





ITALY
LAKE SCANNO

WELCOME TO SCANNO

On Saturday, July 22, 2023, the XTERRA World Tour triathlon returns for the tenth time to Scanno with the XTERRA ITALY Lake Scanno spectacle. Sports and entertainment in contact with nature, on the shores of the lake, in the village, and on the mountains of the Abruzzo Lazio and Molise National Park.

On the weekend of July 22-23, the town of Scanno hosts the second stage in the Peninsula of the prestigious world circuit of Off-Road Triathlon. After the success of previous editions, this year XTERRA Lake Scanno has two great novelties for the athletes: the race will take place on Saturday to allow us to celebrate together in Piazza S. Rocco at ORSO BRILLO all the athletes who reach the finish line, and a new mountain bike route, without altering the beautiful original track and the wild spirit of XTERRA Scanno.

It is a globally recognized event that will allocate slots for the XTERRA World Championship in Molveno (Trentino), organized by the x-tribe company in close collaboration with the Municipal Administration of Scanno, the Abruzzo Region, and local tourism promotion organizations. The event aims to promote Scanno and the entire region, showcasing its natural and artistic beauty.

The XTERRA brand has been closely linked to the Scanno territory for 10 years, a decade of races and discovery and respect for the environment. It is a winning combination of sports and nature, fully embracing the values of green, sustainability, and environmental protection.

XTERRA, however, is not just a triathlon race but a media phenomenon with thousands of followers, a living tribe that follows every event and travels all over the world. XTERRA is not only a competition but also a village, an outdoor sports celebration that revolves around the race, connecting enthusiasts from all over the world, in an attempt to reduce the noise and frenzy of an increasingly chaotic world and restore harmony between humans and the Earth through the challenge of triathlon, the adrenaline of competition, and the pleasure of conquest.





ITALY LAKE SCANNO

This guide contains all the necessary information to participate in the weekend races in the best possible way and to enjoy a pleasant stay in Scanno. For any other information or clarifications, do not hesitate to contact the organization at info@xterra-italy.it.

However, it is MANDATORY to attend the PRE-RACE BRIEFING for any changes.

Official website: www.xterraplanet.com



THE LOCATION

THE TOWN

Perched on a rocky spur at an altitude of 1050 meters, Scanno is a village surrounded by the greenery of the Sagittario Valley. Considered one of the most beautiful villages in Italy, Scanno is located within the Abruzzo National Park and is an ideal destination both in summer and winter, thanks to its numerous points of interest and the various activities that can be enjoyed in the area. From trekking to mountain biking, horse riding to cross-country skiing, Scanno attracts different types of visitors. The town has ancient origins and it seems to have been inhabited since Roman times, but it was in the 19th and 20th centuries that this location captured the charm of photographers and artists, both Italian and foreign. This is why Scanno is known as “the village of photographers” because its beautiful views and its people have been the subjects of numerous photographs by authors such as Henri Cartier-Bresson, Mario Giacomelli, and Renzo Tortelli. One of the photos taken in Scanno by Mario Giacomelli, known as “The Boy from Scanno,” has become part of the collection of photographic works at the Museum of Modern Art in New York.

THE LAKE

Lake Scanno is the largest natural lake in Abruzzo and was formed due to a landslide from Mount Rava at the foot of Mount Genzana, which blocked the course of the Tasso River. The lake is immersed in a unique natural landscape among the peaks of the Marsicani Mountains and is rich in fauna and flora. Having earned the Blue Flag title and the 5 flags from Legambiente and Touring Club, the lake is completely suitable for swimming. Some refer to it as “the heart-shaped lake” because when viewed from above, it resembles the shape of a heart. This is why the Sentiero del Cuore (Path of the Heart) also starts from the lake, offering a simple and accessible route that takes about an hour to reach a panoramic viewpoint to admire this marvelous body of water. Several cycling and hiking trails wind around Lake Scanno, and along its shores, there are picnic areas and playgrounds for children. The lake has a surface area of about one square kilometer and a depth of approximately 32 meters.

FOLLOW THE RACE

To follow the race in real time, there will be a large screen at the race venue displaying live updates of the athletes' progress. The timing of the event will be managed by ENDU, and all the results will be available on the website www.ENDU.net.

ORGANIZATION

Organization: **x-tribe** info@xterra-italy.it

Alex Miconi: alex@xterra-italy.it - ph. 3384840535

Massimo Massacesi: max@xterra-italy.it - ph. 335 5278050

RACE OFFICE

The race office is set up at the race venue located at the Prati del Lago, near the tennis court, and will be accessible during the hours indicated in the program.

PRESS PASS

Press accreditations should be requested via email at info@xterra-italy.it and will be available at the administration office.



ITALY
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SCHEDULE

Much more than just a race, XTERRA Italy Lake Scanno promises to be an entire weekend dedicated to triathlon: running, cycling, and swimming, but also entertainment, fun, and side events in the spirit of XTERRA. On Saturday, July 22, and Sunday, July 23, the town of Scanno and its lake will provide the perfect backdrop for a complete sporting event, enriched by various competitions that will culminate in the second stage of the prestigious off-road world circuit in Italy.

THU 20/07/2023

Ore 10-18 Open race courses

FRI 21/07/2023

Ore 12-18 Area Expo

Ore 10-12 Open race office at **XTERRA Village** Prati del Lago

14-18

Ore 10-18 Open race course

Ore 18 Elite presentation in P.zza S.Rocco

Ore 18.30-19 Race Briefing in P.zza S.Rocco

Ore 19 Live music all'ORSO BRILLO

SAT 22/07/2023

Ore 7:30-9 Open race office at **XTERRA Village** Prati del Lago

Ore 8.30-9.10 Bike check in **XTERRA Sprint**

Ore 9.30 Start **XTERRA Sprint**

Ore 10.30-11.20 Bike check in **XTERRA Full**

Ore 11.45 Start **XTERRA Full Elité** follow **Age-group**

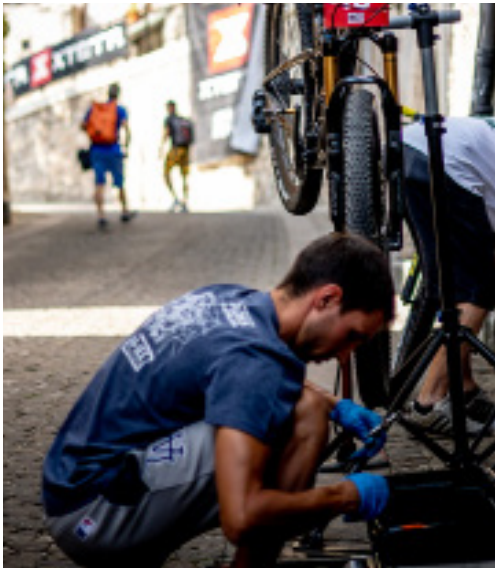
Ore 12.30-17.30 Recovery and Pasta Party

Ore 16.15 Cut off T2 (mtb-run)

Ore 19 Awards Ceremony and Slot allocation for the **XTERRA WORLD CHAMPIONSHIP** Molveno the After Party at Orso Brillo

SUN 23/07/2023

Ore 11 **URBAN CROSS KIDS** P.zza S.Rocco





27.05.2023 | XTERRA Lake Garda

22.07.2023 | XTERRA Lake Scanno

14.10.2023 | XTERRA Sardegna

The XTERRA races in Italy are known for their diverse locations, varied terrains, and challenging elements. The XTERRA Italian Challenge offers individual and team athletes the opportunity to compete against each other to determine the highest score in the premium XTERRA races held at Lake Garda, Lake Scanno, and in Sardinia. Athletes with the best performances in all three races will be named champions of the Italian Challenge, and the top three teams will share the prize money.

Team prizes

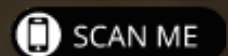
- 1° € 1500,00
- 2° € 1000,00
- 3° € 500,00

Individual Prizes

- 1° Jersey + posto per l'ingresso alla tappa 2024 + premio
- 2° Trophy + prize
- 3° Trophy + prize

Info and rules

XTERRAplanet.com





ITALY
LAKE SCANNO

VILLAGE



XTERRA

ITALY
LAKE SCANNO

LEGEND:



First AID station



Timekeepers



Race office



XTERRA Expo



Retreat backpacks



BAR



Athlete refreshment



Parking



WC



Bike fix



SPONSOR & PARTNER



Food area at race venue

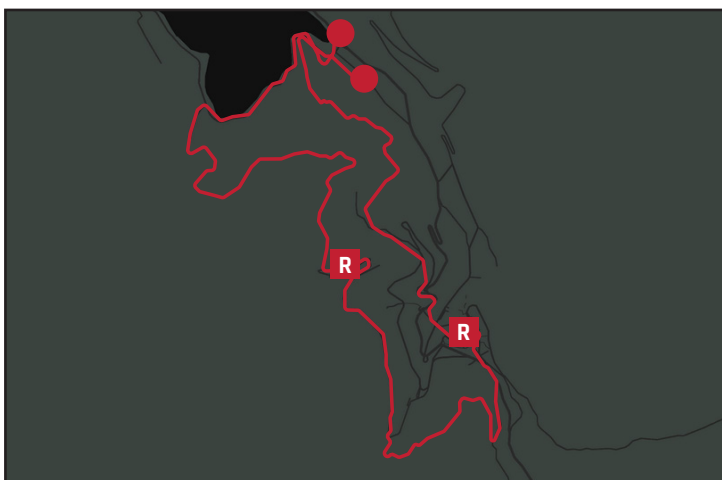
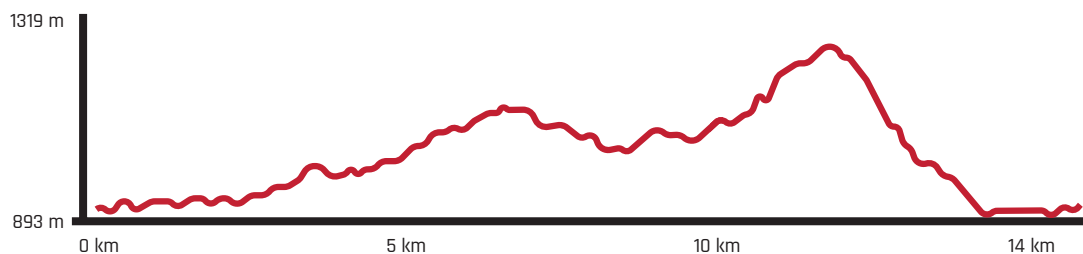


Frazione Swim: 1500m (1300m + 200m) The unique loop course features an Australian exit and a short run on a wooden bridge,



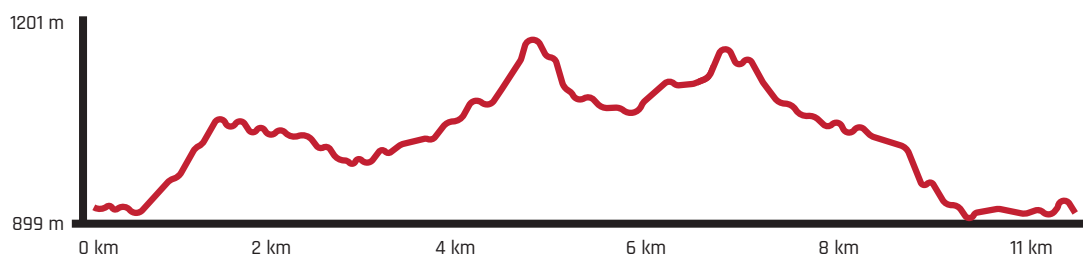
Frazione Bike: The course consists of two laps of 15 km each, with a total elevation gain of 500 meters. It takes participants up and down the characteristic staircases of the picturesque village

R **Ristoro** (energy bar, gel, fruit, isotonic, water)



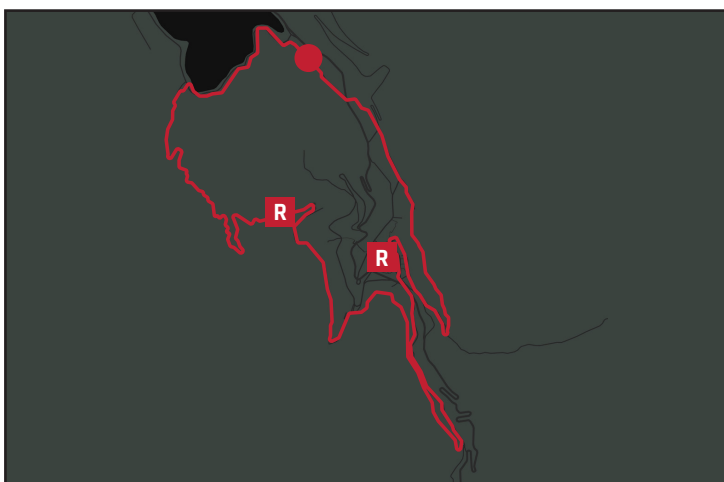
Frazione Run: The race follows a single loop of 10 km with an elevation gain of 440 meters, running on beautiful single tracks beneath the beech forest and along the narrow streets and staircases of the town of Scanno.

R **Ristoro** (energy bar, gel, fruit, isotonic, water)



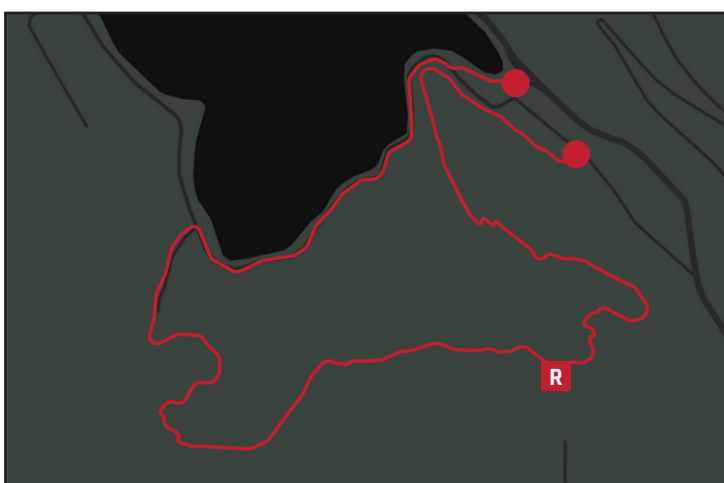
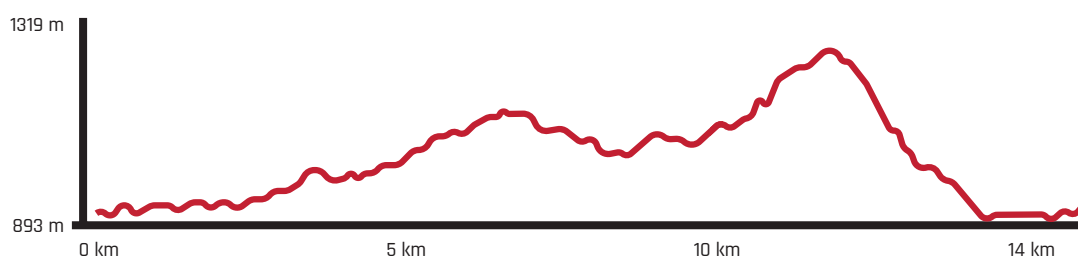


Frazione Swim: The race course consists of a single loop of 750 meters, featuring an Australian exit and a short run on a



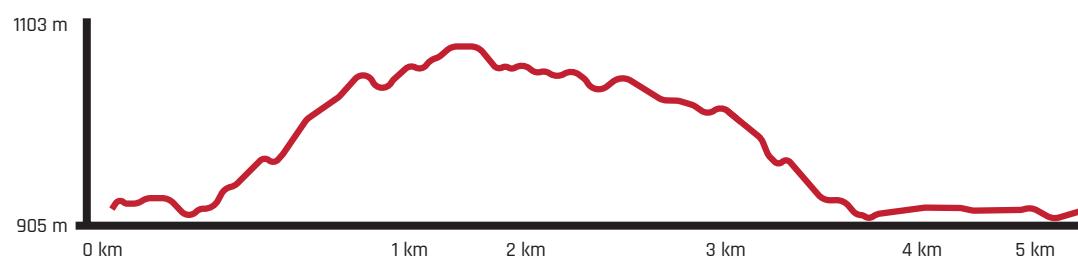
Frazione Bike: The course includes one loop of 15 km with a total elevation gain of 500 meters, taking you up and down the staircases of the charming village of Scanno and through the

R Ristoro (energy bar, gel, fruit, isotonic, water)



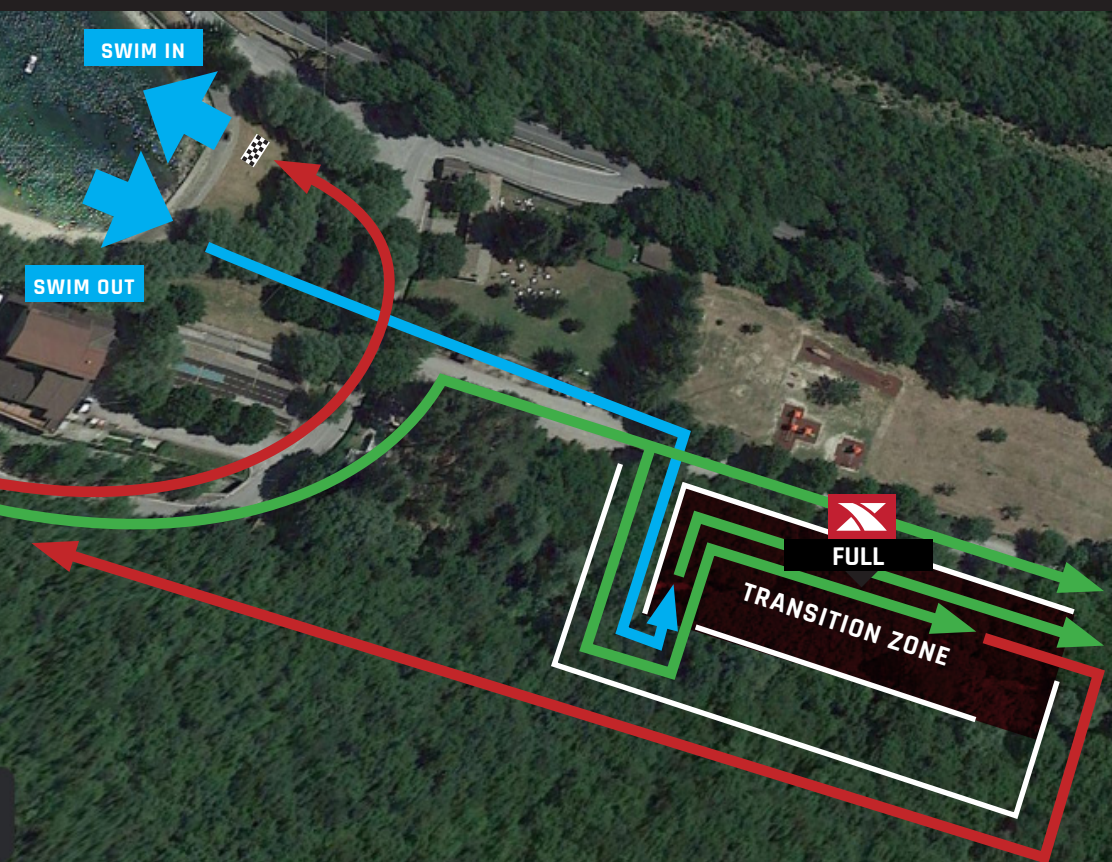
Frazione Run: The race follows a single loop of 5 km with an elevation gain of 180 meters, winding through beautiful single tracks beneath the beech forest and offering stunning views of the lake.

R Ristoro (energy bar, gel, fruit, isotonic, water)



TRANSITION AREA

FULL FLOW



1 laps



2 laps

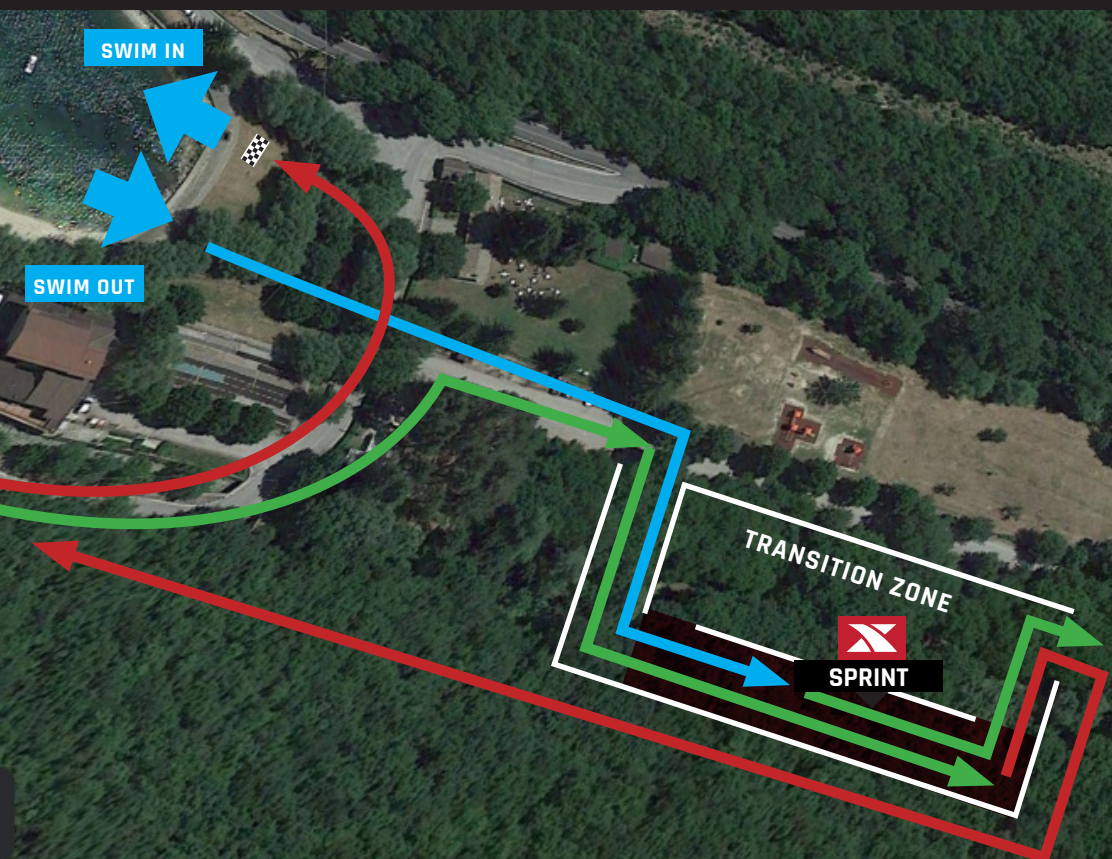


1 lap



FINISH

SPRINT FLOW



1 laps



1 laps



1 lap



FINISH

RACE PACK

In the race kit, each athlete will find:

- **Timing chip**
- **Race bib**
- **Bib plate**
- **Race tattoo**
- **Sticker kit**

Please ensure that you have these items with you and properly placed according to the instructions given by the race organizers.

Please make sure to bring:

- National federation card
- Medical examination
- Registration QR Code
-
-

If any of the above-mentioned documents are missing, the athlete will not be able to participate in the race.



RULES

XTERRA FULL/SPRINT

1. General Rules

1.1 The race regulations must be known by the athlete, as by registering, the athlete agrees to abide by the regulations, and no exceptions will be made for non-compliance.

1.2 It is the responsibility of the athlete to maintain adequate hydration and nutrition. Aid stations will be provided on the bike and run course for this purpose.

1.3 Course cutting - Athletes are not allowed to cut the course and must stay on the marked race course, indicated by arrows and ribbons and guided by volunteers.

A) Cutting the course will result in disqualification by the race officials.

It is the responsibility of the competitor to know the race course. The absence of ribbons or barriers on the course does not justify shortening the race course. The organizer will provide a pre-race briefing, which the athlete must attend.

B) It is the responsibility of the athlete to respect the environment and not litter the course with objects and waste (bottles, gel wrappers, etc.). Objects and waste may only be discarded at designated aid stations. Failure to comply with this rule will result in disqualification by the race officials.

1.4 Athlete assistance - No external assistance is permitted, except from the event staff. Limited assistance is allowed between participating athletes, limited to providing tools, spare tubes, or any necessary bike repair items, as long as it does not hinder the progress of the donating athlete.

Changing mountain bikes or exchanging bikes between athletes is not allowed.

The passing of water, food, and first aid between competitors is permitted.

1.5 Good conduct - Unsportsmanlike behavior, disrespectful and offensive language are not permitted. Such behavior may result in a warning, demotion in ranking, or disqualification.

1.6 Protests - Protests are allowed as a means of expressing dissatisfaction with the actions of a judge, another athlete, or race conditions. A protest can be made against a disqualification during the race that excludes the athlete from the final rankings or against any other sanction or situation that penalizes the athlete in the final rankings. The protest is lodged by the athlete (if of legal age) or by a representative of the athlete's affiliated organization (official or registered coach) if the athlete is a minor, in accordance with the procedures set out in Article 120 of Fitri regulations.

1.7 The rules and conduct described in the race aim to provide athletes with equal opportunities to express their potential and participate in a safe and respectful manner in the disciplines of the Italian Triathlon Federation. Sanctions penalize athletes who seek to gain an advantage through improper or unsporting behavior and also aim to educate them in respectful behavior towards fellow competitors and the atmosphere of sportsmanship and participation. The severity of the sanction imposed is proportionate to the seriousness of the offense committed and may include disqualification from the race and/or loss of any related prize money.

1.8 Audio-Music Devices - No type of audio or music player is allowed during the competition. Examples include earphones, recorders, MP3 players, and two-way radios. The use of such devices will result in a warning.

1.9 Time Limits - The time limit is based on entering T2, the transition between the bike and run. All athletes must enter T2 within 4.5 hours of the start of the race. In case of wave

starts, the time will be measured from the start of the last wave. However, the organizer reserves the right to modify the time limits and will communicate them to the athletes in advance.

1.10 An athlete who withdraws must remove the race number and inform the race officials of their withdrawal. Failure to report the withdrawal may result in further action against the athlete.

1.11 Penalty Box - There will be no penalty box; athletes will receive warnings for infractions where applicable, and if a second warning is received, the athlete will be disqualified.

2. Swimming

2.1 Wetsuit usage is permitted based on water temperature, which will be measured on the day before the event and confirmed by the race officials on the race day.

If the water temperature approaches the specified limits, the decision will be made two hours before the start and communicated through an official announcement by the race officials.

A) The wetsuit must not have a thickness greater than 5mm and must be worn in its entirety.

B) Swim caps - The organizers will provide swim caps, which must be worn by all participants for safety reasons in the water.

C) Buoys - Athletes found cutting a buoy (course) will be disqualified as per the general rule 1.3.

D) The use of fins or any other auxiliary support to aid swimming is not allowed.

3. Mountain Bike

3.1 Only mountain bikes with 26", 27.5", or 29" wheels are allowed for the race. Cyclocross-type bicycles are not permitted. Aero bars and curved handlebars are not allowed.

3.2 Helmet - The protective helmet must be approved and properly worn throughout the entire bike leg. Both feet must be on the ground before unfastening the helmet.

Participation will be canceled if the helmet is damaged or deemed unsafe. Refusal to wear the helmet will result in disqualification.

3.3 Single bike - Cyclists must complete the bike leg with the same bike they started the competition with. The bike must be returned to the T2 bike-run transition area before continuing the race.

3.4 Overtaking - Athletes being overtaken must yield to the passing competitor. The overtaking competitor must audibly communicate "on your left" or "track" when passing another competitor. The leading or faster competitor must, at their own responsibility, safely overtake the slower competitor. The slower competitor must facilitate the passing maneuver once they have heard the initial command.

If both competitors are disputing the position, the leading competitor may not facilitate the passing maneuver. However, the leading competitor must not interfere physically or impede the progress of the overtaking competitor.

3.5 Drafting - Drafting is allowed.

3.6 Number - The race number must be placed on the handlebars of the mountain bike and facing forward. It is not allowed to damage or modify the race number with sponsor stickers.

The first violation of improper number placement will result in a warning; a second violation will be penalized with a warning.

If the race number is lost, a warning will be issued.

3.7 It is not necessary to wear the race bib for the trail run leg during the bike leg. The race bib on the mountain bike is sufficient for identification purposes.

4. Trail Run

4.1 Race Bib - The race number must be worn on the front of the body. It is not allowed to damage or modify the race bib with sponsor stickers. The first violation of improper race bib placement will result in a warning; a second violation will be penalized with a warning. If the race

bib is lost, a warning will be issued.

5. Transition

5.1 Riding the bike before exiting the transition area is not permitted. Athletes must dismount from the bike before entering the transition area. Riding the bike within the transition area will result in a warning.

5.2 Helmet - The helmet must be properly worn and fastened before exiting the transition area, and the helmet must remain closed when re-entering the transition area. It is common sense to wear the helmet correctly. Failure to do so will result in a warning.

5.3 Athletes or individuals delegated by athletes must present their race bib to the transition area personnel to retrieve their bikes and race equipment.

5.4 Bikes must be returned to the same position on the bike rack. Bikes should be securely placed on the bike rack and not left on the ground.

6. Unregulated Circumstances

The rules and regulations published by the National Federation of each country are considered legitimate, except for what is specified in the XTERRA regulations. In the event that a decision is required that is not covered by the XTERRA regulations, the decision will be made by the Chief Referee or the Technical Delegate, if present, in accordance with the technical regulations of the Italian Triathlon Federation.

7. Race Uniform

It is mandatory to wear the triathlon race suit during the race.

The use of a CamelBak backpack is allowed.

PRIZES

SPRINT RACE

Top 3 M/W
Top 3 for each categories

FULL RACE

Top 5 M/W
Top 3 for each categories
Top 3 relay

SLOT WORLD CHAMPIONSHIP 2023 TRENTO

For participants in the FULL race only, a total of 51 slots will be up for grabs, with an additional extra slot awarded for every 10 participants per category.

SPECTATORS GUIDE

SWIM

The swim start from the beach in front of the race area allows spectators to admire the spectacle offered by the athletes divided into their respective waves. The Australian exit, which interrupts the swimming phase, provides excitement and adrenaline and allows for cheering and supporting the athletes.

Transition T1-T2. Reached by the athletes running from the swim leg at the Prati del Lago, approximately 200 meters from the water, spectators can admire the large area where the bikes are positioned and observe who is exiting the transition zone to embark on the

BIKE

The spectacular and captivating cycling course offers the opportunity to closely follow the race. In the "Full" race, with its double loop, spectators who prefer to stay at the Village can witness the athletes passing by the lakeside midway through the course. For those who want to witness the athletes' effort up close, they can move to the village of Scanno and admire the spectacle of the famous staircases in Piazza Vecchia.

RUN

The run leg can also be followed by either staying within the race area or easily moving along the course.

VILLAGE, LEDWALL, LIVE TIMING

The dynamics of the race will be narrated by our announcers in the Village, with the assistance of live timing. Within the XTERRA Village and in the village of Scanno, throughout the entire weekend, entertainment activities and event announcements will be organized to make the stay enjoyable for athletes, supporters, and everyone who wants to spend a pleasant day by the lake. By subscribing to the event's newsletter, you will receive the program of all activities in real time.







DOMENICA
23.07.2023
SCANNO (AQ)



KIDS



URBAN CROSS KIDS

R U N • B I K E

ISCRIZIONI APERTE AI NATI DAL 2009 AL 2017

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Comune di Scanno

