

USEFUL INFOS



GETTING TO THE START

Runners gathering is at 07.00 in front of Palalottomatica.

Getting by coach or car

- From the Grande Raccordo Anulare. Exit 26 "Pontina", going towards Roma's center, after the traffic light crossing you will meet the Palalottomatica. We strongly recommend the Spazio Atlantico - Oviesse Parking, on Viale Oceano Atlantico 271 D, only 300mt from the start. As an alternative solution, you can leave the car on Viale dell'Umanesimo (direction Sant'Eugenio Hospital), or in the surrounding streets.
- From downtown Rome. We remind everyone that the streets along route will be completely closed to traffic during and before the race.

The closed area includes Via Cristoforo Colombo, from Largo Pella (Viale America crossing) to Piazzale XXV Marzo 1957 (Viale Oceano Pacifico crossing) which will close promptly at 04.30 am.

Getting by train OR public transportation

- From Termini Station, take the subway, Line B, toward Laurentina for 10 stops. Get off at EUR Fermi, and then walk towards the Palalottomatica across the bridge on the Eur Lake for about 800mt. We strongly discourage getting off at EUR Palasport

because the street will also be closed to pedestrians from 7 AM. Race start is within an half mile walking distance across the lake area.

LEAVING THE CAR IN THE STARTING AREA

- Parking B Euroma2 Shopping Center from Via Paride Stefanini. Free for the first 3 hours, € 1,00 until 4 hours, € 3 until 5 hours, € 8 until 6 hours, - € 5 each hour more.
- Spazio Atlantico Parking (Oviesse 300 m to the start)
Viale dell'Oceano Atlantico 271 D
- Viale dell'Umanesimo on the right side of Palalottomatica

The parking areas above-mentioned are considered public spaces and are not controlled. The Organizer is not liable for damages of any nature.

GETTING TO THE FINISH LINE

By car or coach:

Via Cristoforo Colombo will be closed to traffic from 08.00am. In case you want to reach Ostia by car after the race start we recommend alternative routes like Via Ostiense. In case you leave before the street closing, you can drive Via Cristoforo Colombo up to Acilia and then

you will be forced to take the side track on Via del Lido di Castel Porziano.

Turn left and drive along Via di Castel Porziano until the seafront, turn right and come near the finish area.

By public transportation:

From the start area you can walk to the Eur Fermi subway stop. Take the train (B Line Underground) Rebibbia/Jonio direction and get off after two stops at the Magliana stop, then change for the "Lido" surface train line. Get off at the last stop, Cristoforo Colombo. The finish line is 400mt away. Average time of journey: one hour.

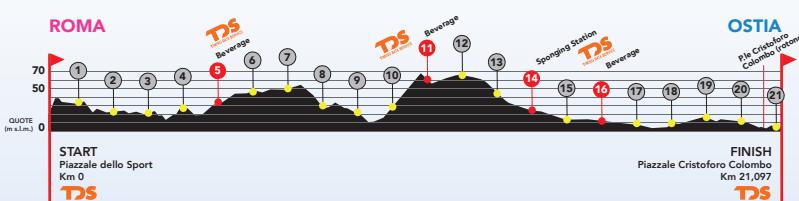
LEAVING THE CAR THE NIGHT BEFORE:

In front of the "Cristoforo Colombo" train stop in Ostia there's a large parking lot. We strongly recommend you to park your cars here the day before, respecting parking rules. It is strictly forbidden to leave the car on the Lungomare Lutazio Catulo, in the stretch between Via L. Ori and the roundabout and on the Lungomare Amerigo Vespucci up to 300mt over the Bathing establishment "Venezia".

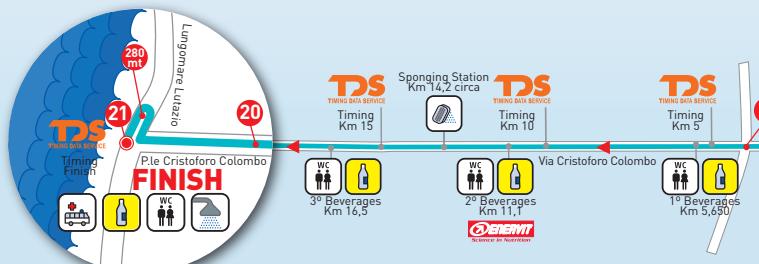
Cars parked along this road will be towed away.

RACE COURSE

RomaOstia 2017 ALTIMETRY



OSTIA



START AREA

START AREA SERVICES

Within the start area you will find public toilets but no private dressing rooms. You cannot pick up bibs on the race day.

BAGGAGE

A special service will be organized for the transportation of all bags containing the athletes' personal belongings from the start line (Roma) to the finish line (Ostia). Athletes will be allowed to **use only the bags provided by the organization** (they will be distributed with the bibs). With the bib number you'll pick up also the label with the same number of your bib where you have to insert your mobile number and the number of the truck where you can leave your bag (we can use it for emergencies). This label must be put at the top of your bag. On your bib (written down) you will find the number of the truck where you can leave your bag. All bags will have to be handed on truck bags 08.30 am. We recommend you to leave your bag before the deadline, to avoid delays. You will find the trucks on Via Cristoforo Colombo near the Pomodoro sculpture and Via dell'Oceano Pacifico. Check your truck number on your bib before lining up to queue.

Romaostia will take extreme care in the collection, handling and delivery of all bags, but declines any responsibility for lost items and will not offer any refund.

GRIDS

Before the race start you will be divided in seven grids, depending on your bib number.

Every grid is indicated by signboard:

9.15 AM - First wave

Elite Runners White

Grid #1 - Top Runners (Black)

Grid #2 - Best Runners (Red)

Grid #3 - Good Runners (Blue)

9.22 AM - Second wave

Grid #4 - Front Runners (Green)

Grid #5 - Runners (Pink)

9.30 AM - Third wave

Grid #6 - Tap Runners (Orange)

Grid #7 - Fitwalkers (Brown)

9.40 AM - 5KM Start

(Non Competitive race)

this race, referred to the organizing committee and excluded from future editions of the Roma Ostia event.

In order to guarantee the safety of everyone, it is strictly prohibited to discard any personal garment removed while in the starting grids; one must either remove garment desired prior to entering into the starting grid, otherwise the garment should be tossed over the tall enclosing gates and out of the grid zone.

FITWALKERS

This year again, Fitwalkers will be able to participate in the Roma Ostia Half Marathon. They will start at the last grid and their bags will be transported to the finish (Ostia).

It is strictly prohibited to advance in the grid to a different coloured starting grid than the one assigned on each individual bib. Whoever infringes this regulation will be removed from the electronic chronometer system when crossing the start line; they will be disqualified from

		12/03/2017	Grades	
		GRID	MEN	WOMEN
FIRST WAVE	ELITE RUNNER (white)		until 1h09'59"	until 1h24'59"
	FIRST GRID (black) - TOP RUNNER		1h10'00" <> 1h19'59"	
	SECOND GRID (red) - BEST RUNNER		1h20'00" <> 1h29'59"	1h25'00" <> 1h29'59"
SECOND WAVE	THIRD GRID (blue) - GOOD RUNNER		1h30'00" <> 1h39'59"	1h30'00" <> 1h39'59"
	FOURTH GRID (green) - FRONT RUNNER		1h40'00" <> 1h49'59"	1h40'00" <> 1h49'59"
	FIFTH GRID (fuchsia) - RUNNER		1h50'00" <> 2h09'59"	1h50'00" <> 2h09'59"
THIRD WAVE	SIXTH GRID (orange) - TAP RUNNER		oltre 2h10'00" e no time	oltre 2h10'00" e no time
	SEVENTH GRID (brown) - WALKER			



LABEL WITH BIB NUMBER

11000

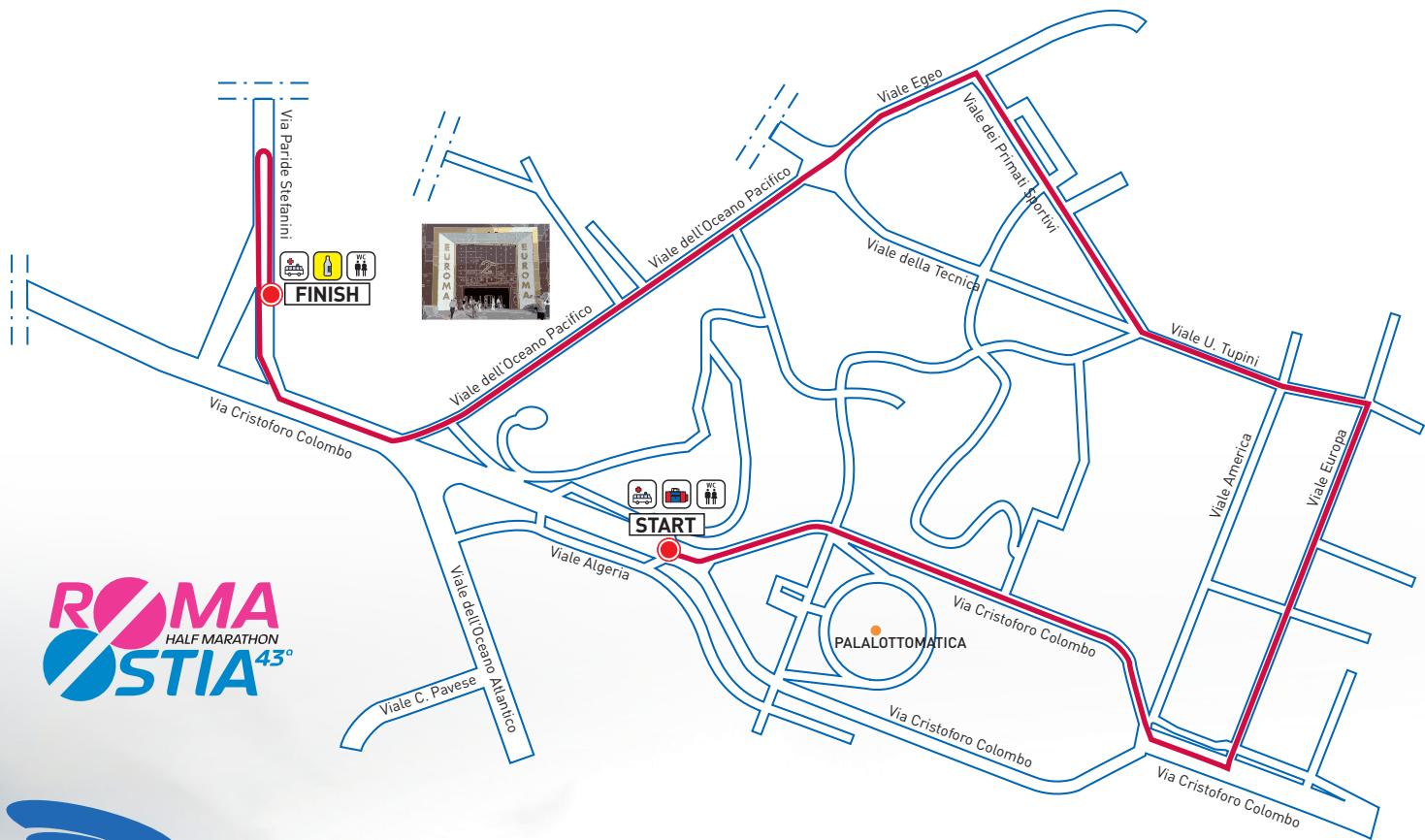
NOME E COGNOME
NAME AND SURNAME / NOM ET PRENOM

DEPOSITO BORSE / LEFT LUGGAGE SERVICE / CONSIGNE BAGAGES

CAMION N° / TRUCK N°

SE MI PERDO CHIAMAMI AL N° / IF LOST PLEASE CALL N. / EN CAS DE PERTE APPELEZ N°

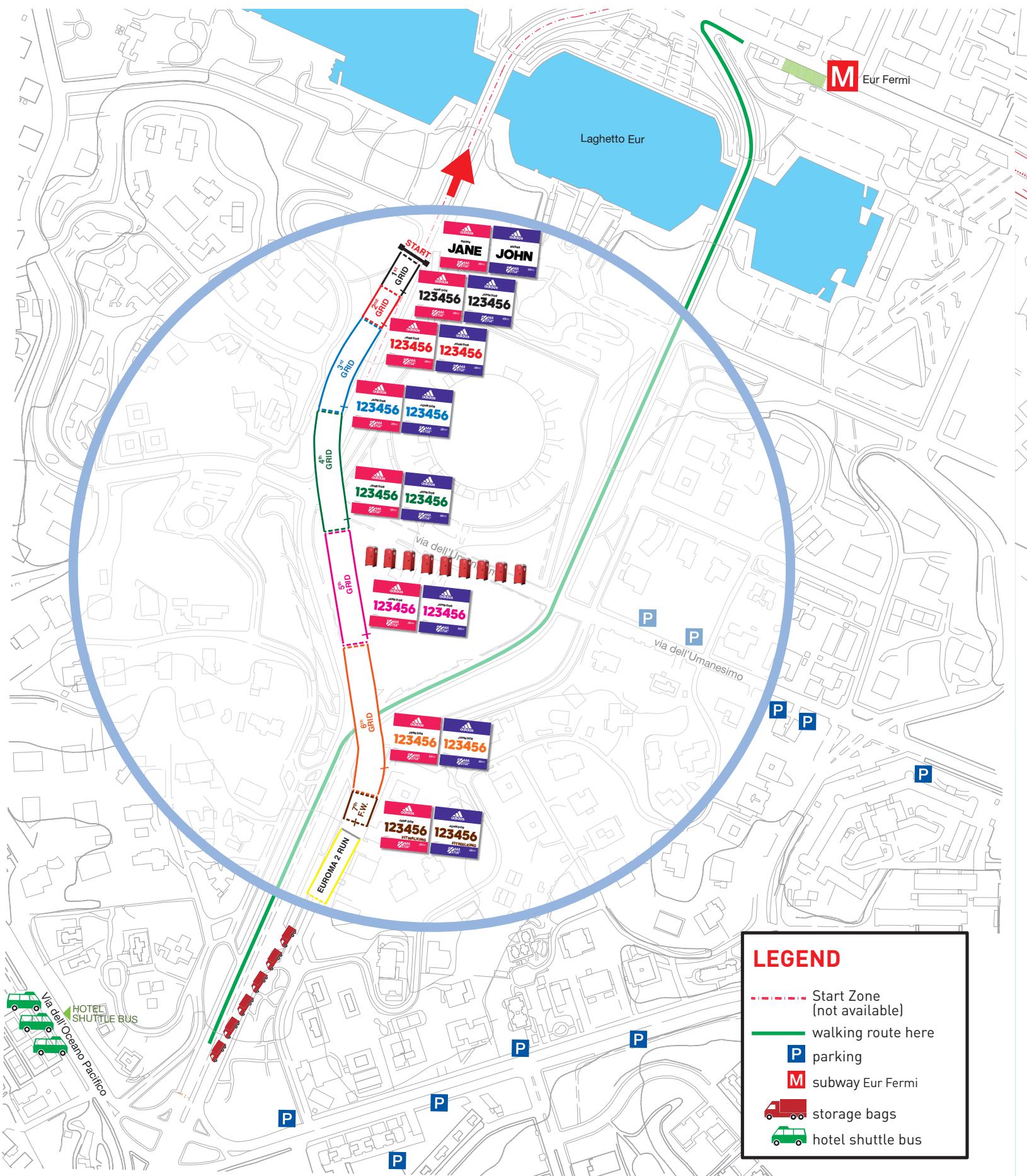
ITINERARY 5KM



COGI-
TO
ERGO
RUN...



No matter how slow you go,
you are still lapping everybody
on the couch.

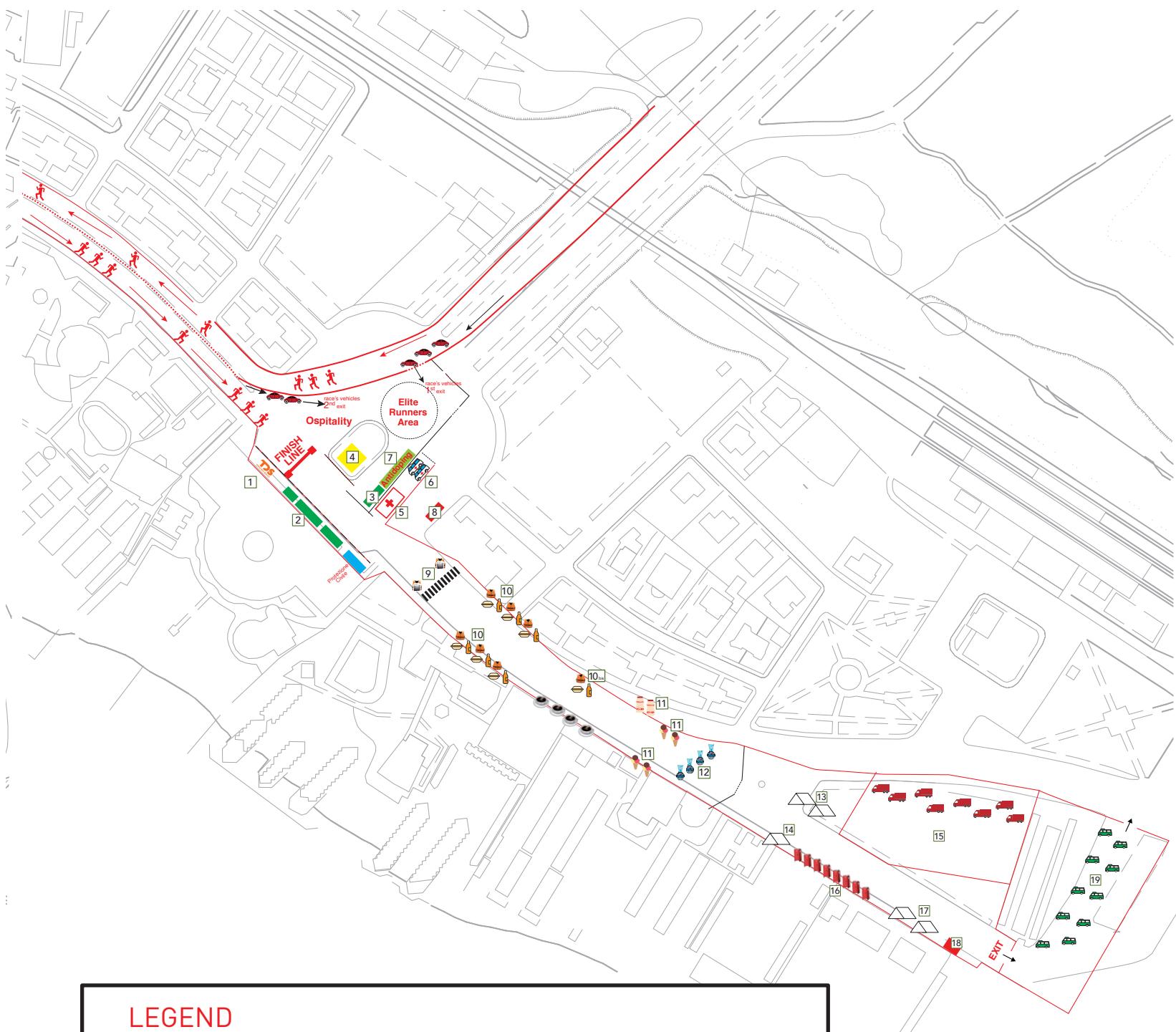


LEGEND

- - - Start Zone (not available)
- walking route here
- P parking
- M subway Eur Fermi
- truck storage bags
- vans hotel shuttle bus

FINISH AREA

ROMA
HALF MARATHON
OSTIA^{43°}



LEGEND

- FINISH LINE
- 1. race committee
- 2. RAI tv
- 3. RAI tv
- 4. stage
- 5. medical area
- 6. ambulance
- 7. antidoping
- 8. Mondo Convenienza Children's area
- 9. K-way distribution
- 10. final Beverage

- 10 bis. final beverage for celiac
- 11. Yakult/tè/ice cream
- 12. finisher's medal and chips return
- 13. massages
- 14. music and entertainment **Virgin active**
- 15. race Baggages
- 16. toilettes
- 17. tents changing rooms
- 18. carrefour market
- 19. shuttle bus

RACE INFOS

It's strictly prohibited to occupy the start race area without the bib number or by bicycle. There will be authorized personnel on the race course to remove anyone without the bib number.

PACEMAKER

The Organization will provide a team of qualified race assistants who will run the half marathon at a constant pace in order to cut the finish line in a prearranged time. Below you will find the times of the 14 couples of pacemakers of the edition 2017:

9.15 AM - FIRST WAVE

- 1h 24' (pace 3'59" /km)
- 1h 30' (pace 4'15" /km)
- 1h 35' (pace 4'30" /km)

9.22 AM - SECOND WAVE

- 1h 40' (pace 4'44" /km)
- 1h 45' (pace 4'59" /km)
- 1h 50' (pace 5'13" /km)
- 1h 55' (pace 5'27" /km)
- 2h 00' (pace 5'42" /km)

9.30 AM - THIRD WAVE

- 1h 45' (pace 4'59" /km)
- 1h 50' (pace 5'13" /km)
- 1h 55' (pace 5'27" /km)
- 2h 00' (pace 5'42" /km)
- 2h 06' (pace 6'00" /km)
- 2h 15' (pace 6'24" /km)

The times of the pacemakers are based on real time (when athletes cross the starting line).

If you want to run with a pacemaker team, search the booth at the Casa RomaOstia, and ask for any information.

If you'll not be able to meet your pacemaker at the Expo, look for him in your grid! Pacemakers will wear "Pace Team" shirts and will carry balloons marked with their goal finish time.

The pacemaker gathering will be in Piazzale Nervi at 8.30 AM near the Arnaldo Pomodoro sculpture.

TIMING

Official standings will be released by TDS-Timing Data Service.

In order to be regularly ranked in official standings you must wear the electronic chip. The chip must be given back once you

finish the race to our staff, in exchange of finisher medal. The chip records the real time (at the time that the athletes crossing the timing start line). Only Elite Runners will be ranked accordingly to their official time.

All other runners will be ranked accordingly to their personal Real Time. Real time will be also considered to win the exclusive adidas award in the category prize.

BEVERAGES AND SPONGE STATIONS

Three beverage stations will be available on each side of the road, each station will have several tables, therefore no need to rush to the first one.

They will be at km 5,6, al km 10,9 al km 16,5

Stations may be used to chip removals for dropped-out athletes and there they can find the toilets.

If needed there will be a sponging station at km 14,2.

MEDICAL AIDS

The Organization will provide medical assistance (Italian Red Cross) with 16 ambulances, 8 medical team by bicycle and a medical motorbike along the race course. A fully equipped medical station can be found after the finish line.

TIME LIMITS

Race time limit is 3.30 hours.

There are 2 drop-off points along the route:

- km 10, for runners over 1hour 40 minutes;
- km 15, for runners over 2.30 hours.

All athletes crossing these checks after the time limit will be invited to stop.

FINISH AREA

FINAL BEVERAGE

There will be a final beverage. Each athlete with the bib number will receive a beverage packet with water, fruits, complementary and hot tea. There will be a celiac beverage station.

CHIP REMOVAL

Chips must be returned after finishing the race to our staff in order to receive the finisher medal. Athletes may exclusively drop off their chip at our beverage stations along route in case of dropping out of the race.

Athletes failing to drop off their chip may still return it by mail to GS Bancari Romani (Via Marco Polo 104, 00154 Roma) no later than April 15, 2017. Athletes willing to keep their chip as a souvenir or athletes who not return their chip by the above deadline will be asked to pay €18 fee.

FINISHER MEDAL

A finisher medal will be awarded to all participants crossing the finish line.

KWAY

Each athlete will receive a K-way upon arrival

MASSAGES AT THE ARRIVAL

There will be two massage stands offered by CETILAR.

HOW TO RETURN TO THE START AREA

You can take the Roma-Lido line to Cristoforo Colombo and get off at EUR Magliana (20 minutes) then take the subway (B Line) and get off at EUR Fermi (2 stops).

USEFUL INFOS



AFTER THE RACE

BAGGAGE PICKUP

Trucks will be lined up numerically, just after the refreshment area, about 300 meters from the arrival. Check your bib for the number of the truck and the color of your bag.

SHOWERS, DRESSING ROOMS AND TOILETS

Sporting Beach Resort will allow to each runner a full range of services which include a private dressing room with shower and private toilets.

ADIDAS BAG PRIZE

After 11:45 am, the male athletes from the 21st to the 200th and the female athletes from the 21st to the 50th will be eligible to receive an exclusive Adidas bag.

This special reward can be picked up at the Sporting Beach Resort, located opposite the baggage claim area, as indicated by signs that will be in place.

For those who do not collect the backpack reward immediately after race, it will be possible for you to pick it up at the G.S. Bancari Romani office from Tuesday March 12th.

We do not ship or deliver reward backpacks to any athletes outside of Rome.

MONEY PRIZES

Runner's money prizes will be paid by bank transfer, after doping check. Athletes will have to fill a format. They need their documents.

Category prizes

Excluded from these prizes are men classified from 1st to 200th place, and women classified from 1st to 50th place.

Only those from MM50 and MW50 until over 80 will be rewarded. The first 15 of a category with 100 finishing athletes, the first 10 of the same categories with 51 to 99 finishing athletes, the first 5 of categories with 21 to 50 finishing athletes and the first 3 of categories with 20 or less finishing athletes. These prizes will be awarded at a date, time and placed to be announced, usually 60 days after the event, taking into consideration team awards, and age related awards.

Disabled Category

First three men and first three women. Prizes will be consigned after arrival at finish line.

Prizes

MAN

1°	3.000 €
2°	1.500 €
3°	800 €
4°	600 €
5°	500 €
6°	400 €
7°	300 €
8°	250 €
9°	200 €
10°	150 €
from 11° to 20°	100 €
from 21° to 200°	ADIDAS bag

WOMEN

1°	3.000 €
2°	1.500 €
3°	800 €
4°	600 €
5°	500 €
6°	400 €
7°	300 €
8°	250 €
9°	200 €
10°	150 €
from 11° to 20°	100 €
from 21° to 200°	ADIDAS bag

Money Prizes cannot be combined with adidas bag prize

Team prizes

1°	1.500 €
2°	1.200 €
3°	1.000 €
4°	800 €
5°	600 €
6°	500 €
7°	400 €
8°	300 €
9°	250 €
10°	200 €
from 11° to 15°	150 €
from 16° to 20°	100 €

Teams with at least 50 athletes who completed the race not included in the first 20: 60 €.

The organizing committee will donate its prize to the Onlus association chosen by the participating athletes, which will be delivered on the day of the official award ceremony.

Age based awards

Prizes will be given to those athletes who beat any record based on age.

RANKINGS

Rankings will be published right after the race on www.romaostia.it and www.tds-live.com.

FAMA CRESCIT E UNDO



matteogiovannote.it fori - www.matteogiovannote.it



ROMA
HALF MARATHON
OSTIA^{43°}



12 MARZO 2017 - KM 21,097



La Gazzetta dello Sport
Tutto il rosa della vita



Barceló
Aran Mantegna

Askoll
I am electric



Concessionaria Fiori



ROMATODAY.IT



WWW.ROMAOSTIA.IT

