



51st GranFondo Matildica

Lands of Lambrusco and Parmigiano Reggiano Mountain Cheese

RULES and PROGRAM Granfondo Cicloturistica

Sunday 27 August 2023

A.S.D. COOPERATORI of Reggio Emilia, with the collaboration of the Municipality of Reggio Emilia and the UISP Cycling Committee of Reggio Emilia, organises the **51st GranFondo Matildica Terre di Lambrusco e Parmigiano Reggiano di Montagna** on Sunday 27 August 2023, valid as the "Giro delle due Cime 2023", the round of the Regional Criterium Gran Fondo Cicloturistiche 2023 and the UISP provincial cycling championship.

The GranFondo is a free cycling event, divided into three routes (54, 130 and 169 km), which also includes a self-managed cycle meeting, and is open to all cyclists born in 2008 and earlier, in good standing with UISP membership, FCI and other sports promotion bodies that have signed an agreement with the FCI.

E-bikes are also allowed.

REGISTRATION:

Online on Endu website (www.endu.net) by Friday 25 August, 12.00 noon.

Saturday 26 August and Sunday 27 August at the Bike Village at Piazza delle Vittoria - Reggio Emilia.

1) To register online you must be registered on the portal www.ENDU.NET, and have your own profile (email and password). If you are not registered, go to the ENDU portal and register by following the simple instructions that will be given.

2) At the start, you will be on the green grid. At the refreshment posts in **Canossa-Cavandola, Casina, Castelnovo né Monti, Vetto** and, for the long route, in **Canossa** (refreshment post) you will find staff who will read the QR Code positioned on your faceplate, using your smartphone with the EnduScan app. On arrival, remember to carry out the same operation at the refreshment point located in Piazza Martiri del 7 luglio 1960, because if you do not, your route score will not be recognised.

It will also be possible to register by sending the appropriate form (available on the website www.granfondonatildica.it) to the email address granfondo@cooperatori.it, enclosing a copy of the bank transfer of the participation fee to IBAN code IT20X0200812834000102502486, reason for registration "iscrizione Granfondo Matildica società xxxxxxx", a copy of the membership card, a medical certificate of agonistic fitness for participants in the MedioFondo and GranFondo, a medical certificate of sporting fitness for participants in the Corto route

PARTICIPATION FEE: includes race package for all participants in the 3 routes, entry fee, insurance, supplies/resources, medical assistance, broom wagon, pasta party. **The commemorative gadget of the event is not included.**

€ 15 online on the Endu website, by Friday 31 March,

A.S.D. Cooperatori

I-42122 Reggio Emilia Via Antonio Marro, 2 (zona campovolo) Tel. 0522-17.512.53
www.cooperatori.it - granfondo@cooperatori.it - segreteria@cooperatori.it
Partita IVA 01672740352 CF 91003470357



€ 20 online on the Endu website, from 1 April to 26 August,

€ 25 Saturday 27 August and Sunday 27 August on site

COMPETITIVE FITNESS CERTIFICATE:

Participation is subject to regular possession of the following requirement:

- for athletes registered with the FCI or a sports promotion organisation: certificate of fitness for competitive cycling (certificates for other types of sport such as triathlon, duathlon, athletics, etc. are not valid);
- for subjects with Italian residence but who are not members of the FCI or Sports Promotion Bodies: certificate of fitness for the practice of sports activities of particular and high cardiovascular commitment (as per Ministerial Decree of 24.04.2013) - as per the downloadable model
- for foreign residents: certificate of fitness to take part in competitive cycling competitions also issued by a doctor in their country of residence - as per downloadable model E (or equivalent);

The possession of a sports card can be considered an alternative to the verification of the possession of a regular and appropriate certificate only in the case of a sports card bearing the Data Health logo together with the expiry date of the certificate of fitness for competitive cycling.

- A medical certificate of non-competitive sports fitness is sufficient for participants in the Short Course. For each participant, whether of Italian or foreign residence, the certificate of fitness for participation must have an expiry date no earlier than the day of the race.

FITRI CARD: This card is not valid for registration purposes.

NO CARD: Non-members may activate a day card at a cost of €10.00 for insurance cover during the event. For the issue of the card, a medical certificate for competitive cycling and a photocopy of an identity document for both the Granfondo and Mediofondo (to be uploaded to the Endu portal by noon on 25 August) are required.

MEETING POINT: Piazza della Vittoria, Reggio Emilia.

DEPARTURE: Green grid in Piazza Martiri del 7 luglio 1960 - Reggio Emilia, from 07:30 for the Corto, MedioFondo and Granfondo routes;

ARRIVAL: Piazza della Vittoria, Reggio Emilia

ROUTES: 54Km (elevation gain 750 metres), 130 Km (elevation gain 2038 metres), 169.7 Km (elevation gain 2865 metres)

All routes will be signposted with directional arrows and refuelling/rest stops.

LONGEST ROUTE Km. 169,7: Reggio Emilia, Albinea, Ca' Bertacchi, Regnano (water refreshment), Montalto, La Vecchia, Paderna (water refreshment), Pecorile, Canossa - Scarponi Monument (refreshment), Casina (water refreshment), La Gatta, Castelnovo ne' Monti (water refreshment), Vetto (water refreshment), Ciano d'Enza, Canossa (refreshment), Borsea, San Polo d'Enza, Quattro Castella (water refreshment), Bergonzano, Reggio Emilia (refreshment)

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MEDIUM ROUTE 130 km: Reggio Emilia, Albinea, Ca' Bertacchi, Regnano, (water refreshment), Montalto, La Vecchia, Paderna (water refreshment), Pecorile, Canossa (refreshment), Casina (water refreshment), La Svolta, Castelnovo ne' Monti (refreshment), Vetto (water refreshment), Ciano d'Enza, San Polo d'Enza, Quattro Castella (water refreshment), Bergonzano, Reggio Emilia (refreshment)

SHORT ROUTE 54 km: Reggio Emilia, Albinea, Ca' Bertacchi, Regnano, (water refreshment), Montalto, La Vecchia, Paderna (water refreshment), Pecorile, Reggio Emilia (refreshment).

SELF-MANAGED CYCLE MEETING:: registration from 08:00 to 10:00 at Piazza della Vittoria, Reggio Emilia

Participation fee 5 €

MAXIMUM TIME for all routes: Arrival at the finish line by 15:30.

PASTA PARTY: Opening at 11:30 a.m.

"GREEN ZONE": We appeal to the civic sense of the participants not to throw rubbish along the roads, but to place it in the appropriate containers at the refreshment posts identified by a start and an end refreshment post, and in the "green zones" along the route. Competitors who throw objects of any kind outside the marked spaces will be disqualified.

DAILY CLASSIFICATIONS: Company rankings will be drawn up on the basis of the number of participants by awarding one point for those taking part in the self-drive and three points for those taking part in the remaining routes.

CLASSIFICATIONS FOR THE TWO-COUNTRY CIRCUIT: The Company classification will be drawn up by adding up, for each cyclist with competitive eligibility, the points of the long route (169) or medium route (130) according to the QR Codes registered; if, on the other hand, the cyclist does not have competitive eligibility, the points (54) of the short route will be awarded (see UISP National Technical Regulations at point 2.10).

Those who choose to participate in self-managed mode must present themselves in Piazza Martiri del 7 luglio 1960 between 8:00 and 10:00 and register their passage manually at the dedicated UISP table. In this case, 30 points will be awarded for the final classification.

The official classification will be published on www.granfondonatildica.it

AWARDS: from **2.30 p.m.** at Piazza della Vittoria.

Prizes will be awarded to the **first 10 companies** with at least 5 registered participants and the team with the highest female presence.

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THE USE OF HARD HELMETS AND OBSERVANCE OF THE HIGHWAY CODE IS COMPULSORY

UISP REGULATIONS APPLY.

The event will take place in all weather conditions.

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