

5th MTB MEETING ORGANIZED BY CAI DONGO ON SUNDAY 28.08.2016

1) It is possible to choose between two trails:

- **Hard Track** 27 Km long – the first section is on road, with only few difficult slopes and large turns through the chestnut forest on the old route that, long ago, connected the Villages of the Valley. The Last 10 Km, are off road, out of the forest up to “Rifugio Giovo”, where the old military way starts, which climbs steeply up to “Rifugio S. Jorio”
- **Easy Track** 12 Km long – The trail is mainly off road with gentle slopes, it starts half-way of the Hard Track in “località Bocchetta Germasino”

From Rifugio S. Jorio, in a few minutes walk, it is possible to reach the border between Italy and (Suisse), with the little church dedicated to S. Iorio and above all, the beautiful 360° view over “Alto Lario”, “Valtellina”, “Legnone and Legnoncino” on the Italy side, and Lugano, Locarno, Lago Maggiore, the Mischabel group, Wiessmies and Fletschhorn on Switzerland side

2) The Event is open to all bikers and amateurs.

“Il Codice di autoregolamentazione del ciclo escursionista- Biker self regulation rules” is to be adhered to by all participants

3) The event will take place in **any weather condition**.

4) **SAFETY**: All bikers must wear a properly secured helmet.

5) **ENTRY FEES**:

Before august 19th:

- 15 € CAI members 2016;
- 25 € others.

From august 19th to 25th

- 20 € CAI members 2016;
- 30 € others.

6) **MEETING POINT FOR ALL RIDERS**: Dongo, Piazza Matteri from 8.00 a.m. to 8:30 am to get race number plate and gadgets, also for participants to Easy Track!!!

7) **START**:

- **Hard Track** will start at 9:00 a.m. from Dongo, Piazza Matteri
- **Easy Track** will start at 9:30 a.m. from Gravedona ed Uniti, Germasino loc. Bocchetta

8) **FINISH**: The finish is Rifugio S. Jorio 1980 mt above sea level, in Gravedona ed Uniti.

9) **REFRESHMENTS**: 2 refreshment points are placed along the track (loc. Baltrigo and loc. Ardalla).

A complete lunch will be available at Rifugio S. Jorio after the conclusion of the excursion. All biker's friends and relatives can book the lunch (price: 15 euros)

10) **AWARDS**: The event is a non competitive race, nevertheless all uphill times will be recorded, issued on web site www.caidongo.it as well as the pictures of the event. Many awards will be given to bikers by draw.

11) **INFORMATION AND INSCRIPTION**:

- On web: download the form from the web site www.caidongo.it fill it in and send by e-mail to info@caidongo.it enclosing a copy of the payment receipt.
- Directly at the CAI branch: apply in person at the Dongo office: G.E. Falck, 11 – open all Friday from 20:45 to 22:00
- The banking details are

Heading:	C.A.I. Sezione di Dongo
Causal:	Raduno MTB
IBAN:	IT66 1056 9651 2600 0001 4021 X36
Filiale:	044 DONGO
BIC/SWIFT:	POSOIT2102W
BIC/SWIFT SEDE:	POSOIT22

12) INSCRIPTION: You must register by August 25. Registration after this date won't be accepted.

13) REGISTRATION FEE INCLUDES:

- Event registration
- Gadgets, typical and local products
- Rucksack transport service to arrival point.
- Refreshments along the track
- Complete lunch at arrival point, consisting in Pasta, bread, delicatessen, cheese, cakes and spring water.
- Insurance
- Pictures and race-time available on web site www.caidongo.it to be downloaded

14) GENERAL INFORMATION:

- Directional arrows will indicate the way.
- crashes before, during and after race are not covered by the event organizer.
- For everything not included in these Event rules", refer to "BIKER SELF REGULATION RULES"



CLUB APINO ITALIANO

SEZIONE DI DONGO

P.IVA 02451900134

Via G.E. Falck, 11

22014 DONGO (CO)

Tel. e Fax 0344.81074

E-mail: info@caidongo.it

http: www.caidongo.it