

Follow Your Passion



BERGAMO 21

FOLLOW YOUR PASSION



EthicSport

EthicS

MAKE
YOUR
BEST
PERFORMANCE

BERGAMO URBAN NIGHT TRAIL

FOLLOW YOUR PASSION



BigMat Bergamo 21

21 km

10 km

3x7 km

Bergamo Urban Night TRAIL

12,5 km

3-4 / 02 / 2024

RACEBOOK

Welcome

Dear **Runners**,

welcome to Bergamo!

It is with great pleasure that we welcome you to **BigMat Bergamo21**, a Sunday dedicated to sport and our passion for running.

The **FollowYourPassion** season opens in big style, with a race steeped in history, tradition and competitive spirit.

The stage is the city of Bergamo, which you will cross in all its most iconic places with a fast and flat route that favours those runners who are always ready to challenge themselves and others at a fast pace.

Two distances are scheduled: **21km** and **10km**.

But the challenge will begin on Saturday evening for those who love heights, with the magical atmosphere of the **Bergamo Urban Night Trail**, thanks to which they can discover the fantastic views of the Città Alta.

We thank the City of Bergamo and the Region of Lombardy for their hospitality and patronage.

Our aim is to offer you all an unforgettable and safe experience to experience the excitement of the competition first-hand. Thank you for your presence and have a great race everyone, see you at the finish line!

The team

FollowYourPassion

Discover Bergamo

One of the most important cities in the **Lombardy Region**: discover **Bergamo, la città dei Mille!**

When Le Corbusier arrived in Piazza Vecchia, in the heart of the Upper City, he was enraptured. He said: you cannot touch a single stone, it would be a crime.

To reach the Upper Town, you can take the funicular railway that passes between the ancient **Venetian Walls**, a UNESCO World Heritage Site since 2017. Among the narrow streets of the old town hide extraordinary green oases: the Lorenzo Rota Botanical Garden contains about 1,200 types of plants and a beautiful view of the rooftops. For art lovers, there are unmissable stops, starting with the **Basilica of Santa Maria Maggiore** where you can admire the Tarsie del Lotto.

Exploring the surroundings of Bergamo, one discovers a paradise for Active & Green holiday enthusiasts, with ski slopes in winter and hiking in summer.



For those in search of unique experiences, we suggest a visit to the **Grotta delle Meraviglie** (Cave of Wonders) in Zogno or a day of rafting along the rivers that cut through the Orobie.

For refreshment, let yourself be guided by the typical products of the area. Main dish: **casoncelli alla bergamasca**, a stuffed pasta that the authentic recipe calls for stuffed with meat, grana cheese, sultanas and amaretti biscuits. Then, jugged hare or alpine cheese. If they bring you '**polenta e osei**' for dessert, don't be scared: it is a sponge cake base with little marzipan birds.

In short, a not-to-be-missed city and a not-to-be-missed territory, capable of satisfying the needs of everyone; discover and visit Bergamo, in the heart of **Lombardy**.

Visit the website: <https://www.in-lombardia.it/>

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Event program

Saturday 3rd of February

- h **14.00** Bibs and race package collection (both for athletes of the **Bergamo Urban Night Trail** and for those of the **BigMat Bergamo21**) at the Secretariat located in the EXPO Area near Via Sentierone
- h **17.45** Briefing, closure of secretariat for **Bergamo Urban Night Trail**
- h **18.00** Start of **Bergamo Urban Night Trail** in Largo Gianandrea Gavazzeni. Closure of secretariat.
- h **18.50** Estimated time of first arrivals
- h **19.00** Final Refreshment - **Bergamo Urban Night Trail**
- h **20.30** Closure of **Bergamo Urban Night Trail**

Sunday 4th of February

- h **7.00** Bibs and race package collection at the Secretariat located in the EXPO Area near Via Sentierone, **until the 8.45.**
- h **8.40** Grid opening
- h **9.00** Start of the **BigMat Bergamo21 - 10km competitive** distance followed by the start of the **10km non-competitive** event in Viale Roma
- h **9.40** Start of the **BigMat Bergamo21 - 21km** competitive and tourist sports distance for foreign athletes in Viale Roma
- h **9.45** Start of the **BigMat Bergamo21 RELAY 3x7**
- h **10.00** awards of **10 km**
- h **12.45** awards **21 km**

Maps

Route map - 21 km

21
KM**BigMat**
HOME OF BUILDERS
LA VISCONTEA S.P.A.**BERGAMO21***FollowYourPassion*Sud Nord
GamEn

Route Map - 10 km

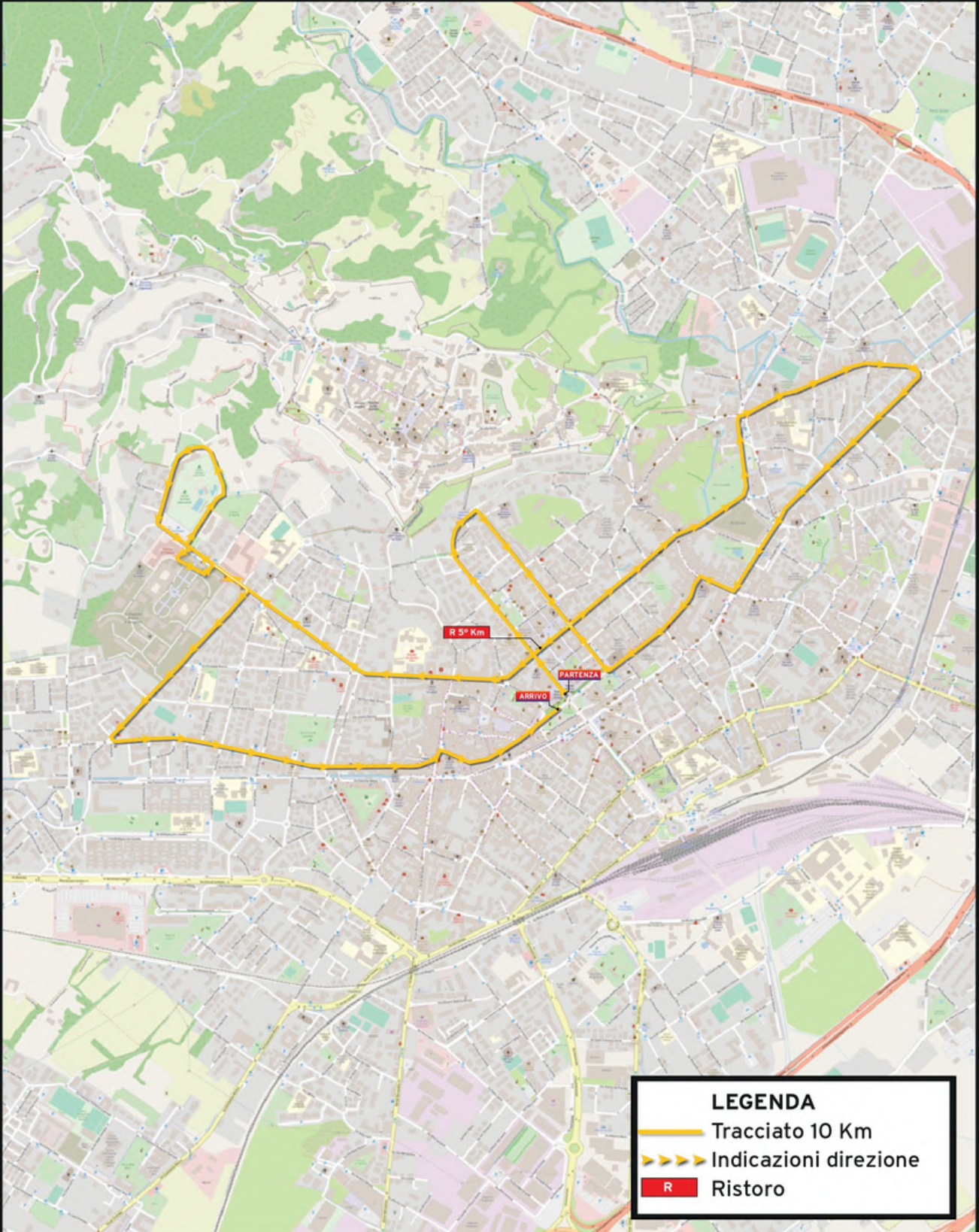
10
KM

BigMat
HOME OF BUILDERS
LA VISCONTEA S.P.A.

BERGAMO21

FollowYourPassion

Local Road Map
Garmin



LEGENDA

- Tracciato 10 Km
- Indicazioni direzione
- R Ristoro

Route Map - Bergamo Urban Night Trail - 12,5 km

12,5
KM

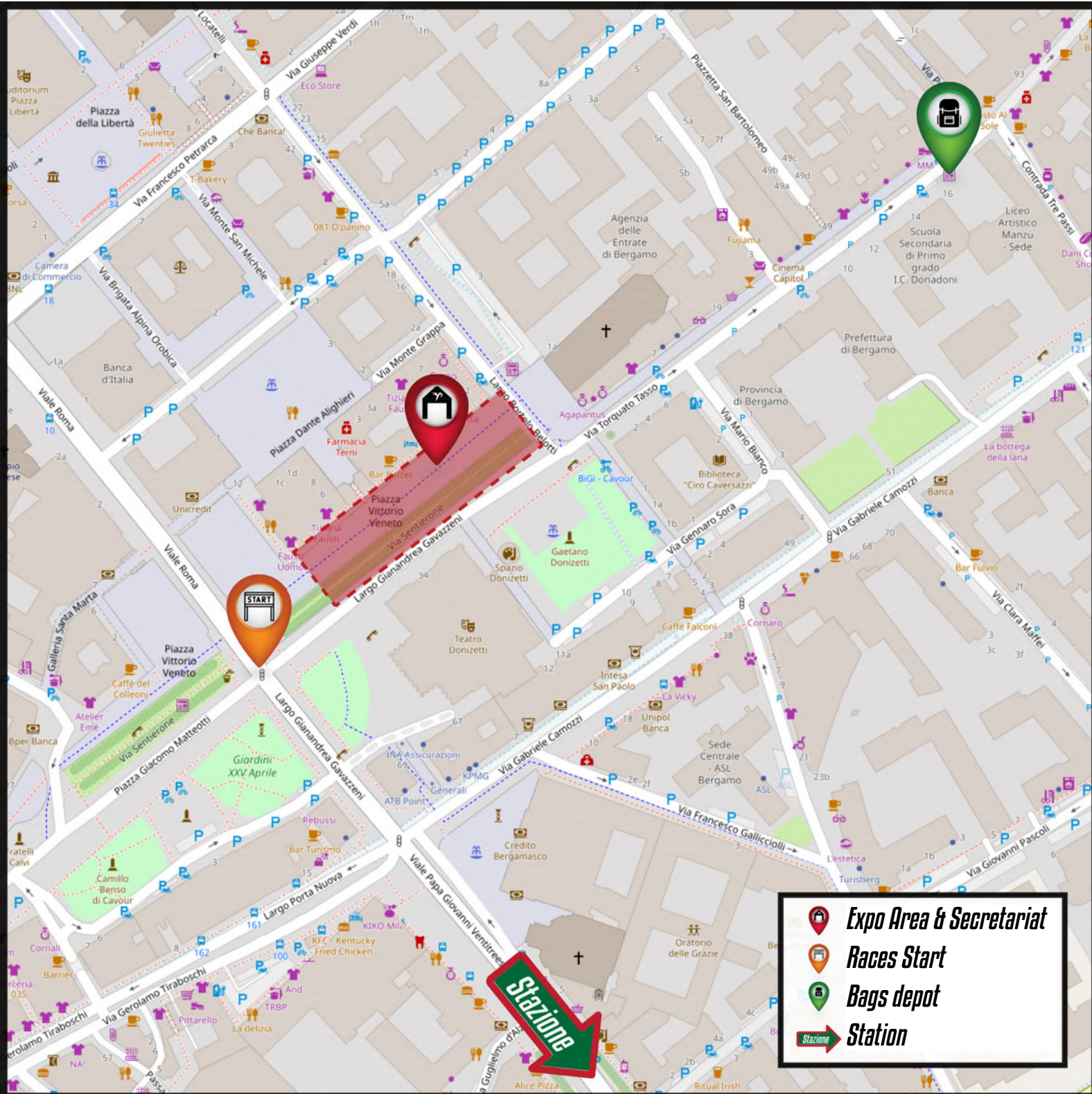
BERGAMO
URBAN NIGHT TRAIL

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Maps

Expo Village Map



Urban Night Trail

Bergamo Urban Night Trail

BIB AND RACE PACKET COLLECTION

At the secretary's office at Sentierone, **from 14.00 to 17.30**. An identity document and the **obligatory material** must be shown at the pick-up.

OBLIGATORY MATERIAL

- Running shoes (preferably trail)
- Headlamp (headlamp), suitable for a night run/walk.
- Charged, energy-saving telephone with emergency number provided by the organisation

STRONGLY RECOMMENDED MATERIAL

- Food reserve (energy bar, gel, etc.)
- Water reserve 250ml
- Long-sleeved shirt or muffs - Hat or bandana - gloves

**** The organisation reserves the right to cancel the registration on the basis of the material the athlete has on hand.**

REFRESHMENTS & SERVICES

REFRESHMENTS: There is a refreshment point near the **Castello di San Vigilio**, about halfway along the route; final refreshments from 19.00

SERVICES PRESENT: toilets and bag deposit; broom service.

TIME LIMIT

The time limit is set at **2.30h**. Beyond this limit the safety of the athletes will not be guaranteed.

General infos

Race packet and bib collection

Race bibs can be collected at the secretariat inside the Expo Village located next to Via Sentierone:

- Saturday 3 February from 14.00 to 18.00*.
- Sunday 4 February from 07.00 to 8.45 a.m.

***For participants in the Bergamo Urban Night Trail, bib collection is permitted until 17.45.**

The bib number will be communicated by **EVODATA** via e-mail.

Bibs may also be collected by third parties with a written proxy and a photocopy of a valid ID.

In order to ensure maximum safety and assistance, athletes are requested to complete the back of the bib number with the information indicated: blood group and emergency number.

Starting grids and bib colours

COMPETITIVE RACES And 21km Turistic-Sporting goals

The starting sector for each athlete is assigned on the basis of the best personal time declared at the time of registration, and will be indicated by the appropriate identification colour of the bib. Four starting grids will be set up:

Grid 1 **BLUE**, Griglia 2 **YELLOW**, Griglia 3 **RED**

However, the organising committee reserves the right to possibly move some athletes from one sector to another according to organisational contingencies.

10KM NON COMPETITIVE RACE

For non-competitive events, a dedicated starting grid will be set up by the organisers at the end of the competitive events, identified by the colour **GREEN**.

BIB COLOURS

21 KM competitive: **RED** bib, **21KM** tourist-sporting: **WHITE** bib,

10 KM competitive: **YELLOW** bib, **10 KM** non competitive: **GREEN** bib,

RELAY 7x3: **BLUE** bib, **URBAN NIGHT TRAIL:** **WHITE** bib.

Refreshments

The following refreshments are provided:

21 km: km 5: water; km 10: salts, banana, supplements;

km 15: salts, banana, supplements; km 20: water and salts.

10 km: km 5: water and salts.

There will also be a final refreshment service after the finish area, with liquids, salts, sweet and salty solid food, fruit.

The cups provided at the refreshment stands will be made of **compostable material**, to limit plastic consumption at the event.

Integration plan

Discover the integration plan recommended by our partner **EthicSport**, to face and experience your half marathon at its best.

The right integration plan can be decisive in the success of your performance, that decisive help in reaching your personal best. The excellence of **EthicSport** products will be your faithful allies in this challenge!

MEZZA MARATONA STRATEGIA DI GARA



Il piano di integrazione suggerito è da considerarsi un'indicazione e può essere adattato alle esigenze personali. Per una pianificazione ottimale dell'integrazione sarebbe opportuno tenere in considerazione le reali esigenze, il grado di allenamento, i tempi abituali e la velocità di corsa. Assumere liquidi con regolarità in prossimità dei ristori.

Time limits

For the scheduled races, the following time limits apply:

- 21 km: **2 hours 45 minutes**
- 10 km: **1 hour 10 minutes**

Services present

PACERS: present on **21km**, from **1.25 h to 2.15 h every 5 minutes**, and for **2.30 h**.
Present on 10 km for **33', 34', 35', 36', 60'**.

BAGS DEPOSIT: present, on saturday from 16.00 to 21.00, on sunday from 7.30 to 13.00

CHANGES ROOMS & WC: present

SHOWERS: present

BAGS DEPOT, SHOWERING ROOMS AND SHOWERS will be located at the gymnasium of the **LICEO ARTISTICO STATALE GIACOMO E PIO MANZU'**, via **Torquato Tasso 18, Bergamo**



*Location of bag storage,
changing rooms and
showers*

Timekeeping and rankings

The measurement of times and processing of rankings will be carried out using a transponder chip system.

The rankings and finishing order of the **BigMat Bergamo21**, and the times of the **Bergamo Urban Night Trail** will be available on the event page on the website www.followyourpassion.it/bergamo21/ in real time.

Also from the same page, it will be possible to download the diploma of participation in the event.

Awards

Prizes will be awarded by the organising committee:

- **Competitive 21Km:** prizes in kind for the first 5 absolute men and 5 absolute women, and prizes in kind for the first 3 men and women in each category

JU women, SF35, SF40, SF45, SF50, SF55, SF60 and SF65 and above.

Men JU, SM35, SM40, SM45, SM50, SM55, SM60, SM65, SM70, SM75 and above.

- **Competitive 10Km:** in-kind prizes for the first 3 absolute men and 3 absolute women

Prizes will be delivered only during the award ceremony not in any other moment.

Individual overall prizes (only 21KM)

1st Classified: 300€

2nd Classified: 200€

3rd Classified: 100€

4th Classified: 80€

5th Classified: 50€

Teams prizes

QUANTITY CLASSIFICATION

Prizes will be awarded to the first five classified teams. The rankings will be obtained by taking into account the number of registered participants of the same club over the competitive 21 and 10 km distances. The following prize money will be awarded

1st Team Class. M/F 400.00 €

2nd Team Class. M/F 225,00 €

3rd Team Class. M/F 150,00 €

4th Team Class. M/F 125,00 €

5th Team Class. M/F 100,00 €

Merchandising

Discover the new **BigMat Bergamo21** T-shirt! Included in the race pack for participants, there will also be the possibility for everyone to purchase it, subject to availability, on Sunday, after the start.



Merchandising

Discover the new **Bergamo Urban Night Trail** T-shirt! Included in the race pack for participants, there will also be the possibility for everyone to purchase it, subject to availability, on Sunday, after the start.



Medaglia finisher

And for you who complete the **BigMat Bergamo21**, 21km and 10km, the exclusive finisher's medal, made of 95% recycled wood and produced using sustainable processes, awaits you at the finish line.



Logistic info

How to arrive

The **Big Mat Bergamo21** Expo Village will be set up at Via Sentierone.
The start and finish are located adjacent to the Sentierone.

BY TRAIN (recommended means of transport)

The Central Railway Station (FS) is 750 metres from the Expo Village, so it can be easily reached on foot in 10 minutes.

BY CAR

Bergamo exit on the A4 motorway.

There are no designated car parks.

There are pay car parks within 300 metres: Piazza Libertà, Garage San Marco, Parcheggio del Centro, via Paleocapa n. 6.

There are free car parks outside the ring road, such as Piazzale della Malpensata, 1.2 km from Expo Village.

BY AIR

Orio al Serio airport is 5 km from Expo Village; a shuttle bus to the station is available.



Sentierone, Expo Village

Photo service

How to access your race photos with GetPica

GetPica with the Photoday agency will be at your side at all FollowYourPassion events to capture your race memories!

Photos will be available during and immediately after the race. Once you have logged into the app (or getpica.com) and entered the code on your bib, you will be able to view and purchase them.

The photos purchased will initially be in a lower resolution so that you can immediately share them online with your friends and relatives (in any case in a good, clearly visible resolution), on the following day the photos will be available in high resolution (obviously at no extra cost).

During the event PhotoToday will photograph all runners along the route several times and at the finish line.

What should the athlete do?

1.

At the startline, place your bib number well and frontally. Make sure that your bib number and graphic code are clearly visible throughout your race.

2.

Keep your bib number or take a photo to remember your GetPica code written on the side of your race number. You will need it to access your personal album.

3.

Go to getpica.com or download the app, and create your account. All your competition photos will be kept in one place.

4.

Post-race, log into your account, enter the 9-digit code printed next to your race number and access your gallery! We will also send you a reminder e-mail a few hours after the end of the event.

It doesn't end here. Keep sharing the excitement. Tag us on **Instagram** e **Facebook** and make your every step unforgettable.

Sign up for the **FollowYourPassion** newsletter so you don't miss out on news and updates on your favourite events.



Join the new **FollowYourPassion** club on **Strava!** Take part in the community and share your activities, workouts and races

Club: **FollowYourPassion**

<https://www.strava.com/clubs/1175862>

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GANTEN IS TITLE SPONSOR OF THE FOLLOWYOURPASSION CIRCUIT.



Ganten Water, a group specialized in the production of mineral water in China, is the title sponsor of the FollowYourPassion circuit, with a three-year partnership. The naming of the 14-race circuit will include the presence of the Ganten brand. Ganten Food & Beverage Co. Ltd., already a sponsor of Juventus, the International Federation of Basketball, Volleyball and the Australian Open tennis, has always focused on the production and distribution of quality water. In the heart of the ancient glacial basin of the Lombard Prealps, cradled by the uncontaminated and protected beauty of the Alto Garda Natural Park, pure Ganten flows. The brand will be present in all FollowYourPassion events, in the Expos and in the refreshment points during the race, to support and refresh all participants.





RUN TO BIGMAT: HERE YOU WILL FIND EVERYTHING FOR BUILDING AND RENOVATING

BigMat La Viscontea is always at the side of building professionals and private individuals to support them in their projects.

In our shops you will find traditional and state-of-the-art **technical solutions, the best building materials, hardware and power tools, interior finishes and cladding.**

Thanks to our experience and technical expertise, we always guarantee professional answers and customised services for each of your projects.

Sponsor

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LA VISCONTEA

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- Via Milano, 86 - 20062 - CASSANO D'ADDA (MI) - T. 0363 323499

laviscontea@bigmat.it | laviscontea.bigmat.it



*We thank you for your collaboration in making this
race special:*



LA VISCONTEA S.P.A.



Guardia di Finanza
Accademia di Bergamo



con il patrocinio del Comune di Bergamo

con il contributo di



*Thanks to all participants.
See you next year.*



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