

*Follow Your Passion<sup>Y</sup>*



# 4RE

**12H CIRCUIT CYCLING MARATHON**



**14-15/09/2024**

**RACEBOOK**

# Welcome

Dear Riders,

welcome to the Autodromo di Monza!

For 12 hours the Temple of Speed is yours!

After the challenges and excitement of the past editions, we are happy to find you here at the Autodromo Nazionale di Monza for **F1RE**.

Our goal is to make you live, alone or with your team, an unforgettable and safe experience on a circuit that is legend.

From 7:30 p.m. to 7:30 a.m. you will be the heroes of Monza. You with your passion, strength and determination will set up a unique battle on two wheels in a 12-hour race that puts you in the history books.

Thanks again to the City of Monza for its patronage of the event, hospitality and cooperation.

Thank you for your presence and have a good race everyone, see you at the finish line!

The team

**FollowYourPassion**

# Agenda

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# Event Program

## Saturday, September 14th

- **2.00** PM    Opening secretary's office for bibs and race pack.
- **5.30** PM    Opening bike deposit for bicycle technical inspection.
- **6.30** PM    Closing secretary's office; technical briefing.
- **7.10** PM    Start warm-up lap.
- **7.30** PM    Passage on start line and launched start.
- **9.00** PM    Sweet and salty refreshment area (until 7 a.m.).

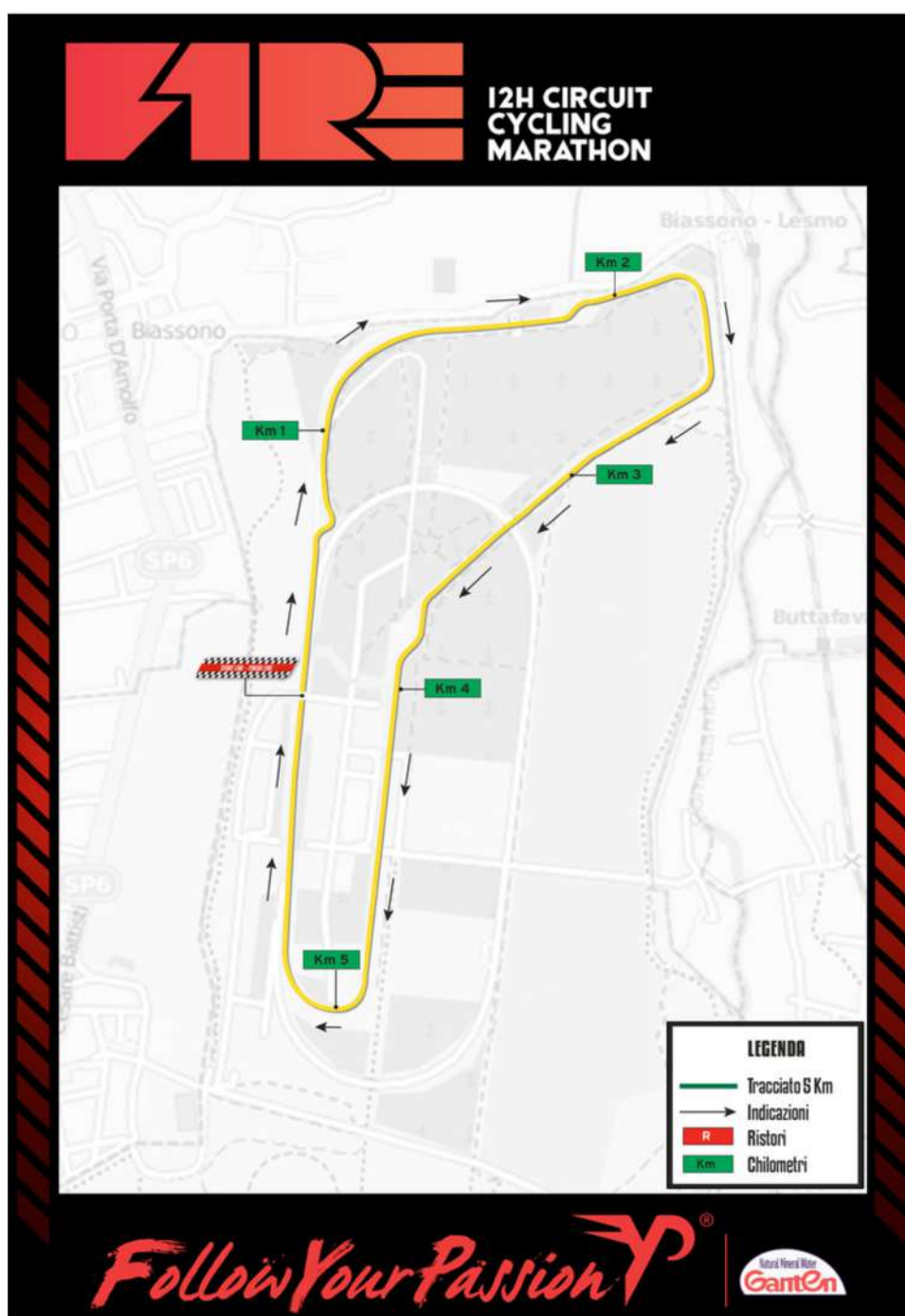
## Sunday, september 15th

- **7.30** AM    Competition end and awards ceremony..

# Maps

## Course Map

Classic lap of the Formula 1 circuit, for 5793 meters and 11 meters of elevation gain.



# Access plan

Access to the Monza racetrack from Porta vedano until 9:30 p.m.  
 From 9:30 p.m. on Saturday until 7:00 a.m. on Sunday morning,  
 entry and exit will be possible only from Porta Santa Maria alle  
 Selve, and only for authorized people.



Autodomo's  
 access

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# General Info

## Race pack and Bibs pickup

Pick-up of race numbers for the various fractions, chips and welcome packs can be made at the secretary's office located at the Expo Village in the old go-kart track "Monza Circuit Karting" parking lot.

- **Saturday**, September 14 from **2 p.m.** to **6:30 p.m.**

Each team manager will receive an envelope containing 1 chip for each athlete and the corresponding bib number. Chips are personal and should not be exchanged under penalty of 2 laps.

Each team leader must hand in at the special point set up by the organization, within 2 hours after the end of the event, all chips received.

Chip return is **mandatory**, in case of loss or failure to return CHIP the athlete will be charged **100 euros**.

### Bibs

Front and back numbers will be given to all participants for the recognition of individual athletes (numbering does not determine the starting order). It is obligatory to respect the number-athlete correspondence as in the list handed out at chip collection. The dorsal numbers must be placed on the right and be visible at all times.

### Wristbands

Access to the Competition Reserved Area is allowed only by showing the dedicated wristband, colored **BLUE** for athletes and **GREEN** for supporters.

This wristband will be provided by the organization/ secretary's office when collecting the race packet.



## Team Uniforms

Athletes belonging to the same team must participate in a jersey representing the team with the exception of professional athletes who may wear their own jersey. Teams with the same uniform will be allowed. There are no restrictions and limitations on uniforms which, however, must be professional and must not be offensive to anyone. In case of bad weather, the use of clear raincoats is recommended to facilitate the identification of teams and race number.

## Bike deposit

The bike deposit opens at **5:30 p.m.** and is located at the **entrance to the pit line.**

It is mandatory for all participants to bring their bikes to the area set up for bike tech inspection. The bike must already have the faceplate as well as the lights, and the athlete the dorsal. For safety reasons, access to the bike deposit is linked to the placing of the front number on the bike and the corresponding dorsal of the athlete.

## Bike equipment

It is absolutely mandatory to use the **front and rear lights** clearly visible and exclusively attached to the frame or handlebars or helmet.

The Race Direction, at its own discretion, may prohibit a competitor not conforming to the rule from starting. **From the start it will be mandatory to have the light on under penalty of disqualification.**

Only road bikes, including fixed-gear bikes, are allowed; mountain bikes or other types of bikes are not allowed.

It is the responsibility of each athlete to bring their own bicycle, helmet, lights and technical equipment. The use of a hard helmet is mandatory in the race, which must meet the safety and protection standards dictated by the relevant regulations. The athlete is also required to wear a **helmet** in the stages preceding or immediately following the race, particularly when wearing the race jersey with the number applied. In road training, during any warm-up phase preceding the start, the wearing of a hard helmet is still mandatory.

The bikes must be in accordance with the relevant UCI regulations, in particular:

1. for racing, prosthetics are allowed as long as they do not exceed the height of the brakes.
2. permissible wheel diameters are 26" (women only) and 28"; in all cases the front and rear wheels must be the same diameter.
3. spoked wheels are not allowed.
4. disc brakes are allowed.
5. **NO two-way radio equipment, earphones are allowed.**

Transportation of glass containers is prohibited.

Participants are responsible for the safekeeping and storage of their equipment.

## Team Area and Support teams

A maximum of 3 technical staff members are allowed for each team, who will have access to the athlete village areas provided with a special bracelet provided at chip collection. In addition to the athletes village shared with everyone, the organization provides the teams an area for the technical assistance of each team.

The team area is located in the Expo Village.

## Mechanical assistance and tire punctures

In case of punctures or other mechanical problems, the participants are responsible for changing wheels, as well as any other technical equipment.

## Safety car and traffic flow

### SAFETY CAR

In case of serious crashes of one or more competitors, wet circuit due to rain or other events that compromise the safety of the race, the Safety Car is expected to intervene.

From the moment the Safety Car enters the circuit for any of the above-mentioned events the race will be neutralized with corresponding stop of laps for all teams. The competition will resume as soon as the Safety Car leaves the circuit upon communication from Race Direction. While the Safety Car is on the track, the teams involved in the incident are allowed to replace injured athletes.

## **CIRCULATION**

During the race, it is obligatory for racing cyclists to keep to the right and leave the left-hand passage clear for faster competitors, service and support vehicles.

# **Changes**

Each athlete is free to change when he/she believes it is opportune keeping in mind that:

1. Changes must take place within the space marked by the organization and athletes must wear the team bib.
2. Inside the change area, including the entrance corridor, only the athlete who has to make the change may enter and stop, in case more than one athlete from the same team is present, a verbal warning will be given first and then 1 lap penalty will be assigned.
3. Starting from the change area must be mandatory with the foot on the ground, otherwise after a first verbal warning, 1 lap penalty will be assigned.
4. An area reserved for team leaders and managers will be marked.
5. The minimum time for the change between two athletes of the same team is 10 seconds. This time represents the duration of the transit in the pit lane, between the passage on the entry and exit detection mat. The passage will be managed electronically with a tolerance, between entry and exit of athletes of the same team, which will be evaluated by the race judges. Any anticipation will be punished with 2 laps penalty. In the case of a minimum changeover time of less than 10 seconds, a penalty of 10 seconds additional to the time taken for the changeover will still be attributed.
6. In the last 10 minutes of the competition it is strictly prohibited to change the competing athlete.

## Lap

The athlete once he/she enters the race track must mandatorily complete at least 1 lap of the race track, otherwise 2 penalty laps will be given to the team to which he/she belongs. The presence on the race course of more than one athlete from the same team will be penalized with 2 penalty laps.

## Waste Management

All those caught littering along the circuit will be reported to the Jury and excluded from the final ranking. Participants are encouraged to maintain a decent attitude on the course and in all areas of the event.

## Services

### REFRESHMENTS

A refreshment area will be set up in the expo secretary area for the athletes with liquids (water, salts, coke), and sweet and salty solid food, from 9 p.m. to 7 a.m.

### FOOD & BEVERAGE

There will also be food stands in the Expo Village where athletes and supporters can purchase food and beverages.

### MECHANICAL ASSISTANCE

A space dedicated to mechanical assistance by **La Lombarda** will be set up in the expo secretariat area.

### RECOVERY SERVICE

Throughout the race and post-race there will be a massage service by **Compex**.

# Ranking

The team that has completed the most laps at the end of 12 hours wins. In the case of teams with equal number of laps, the ranking will be based on the passage over the finish line at the end of the 12 hours. In the event that one or more members of a team do not show up or have to stop their participation and the other members decide to continue in the race, the team will still be ranked in the category in which it entered without penalty.

# Awards

The categories are divided into male, female and mixed (presence of 1 athlete of each sex).

Awards will be given to:

- the first, second and third overall ranking teams,
- the first, second and third placed men's individual,
- the first, second and third placed women's single,
- the first ranked team in each race category (if there are at least three registered teams in the category) by traditional change,
- the first, second and third team in the overall fixed gear ranking.

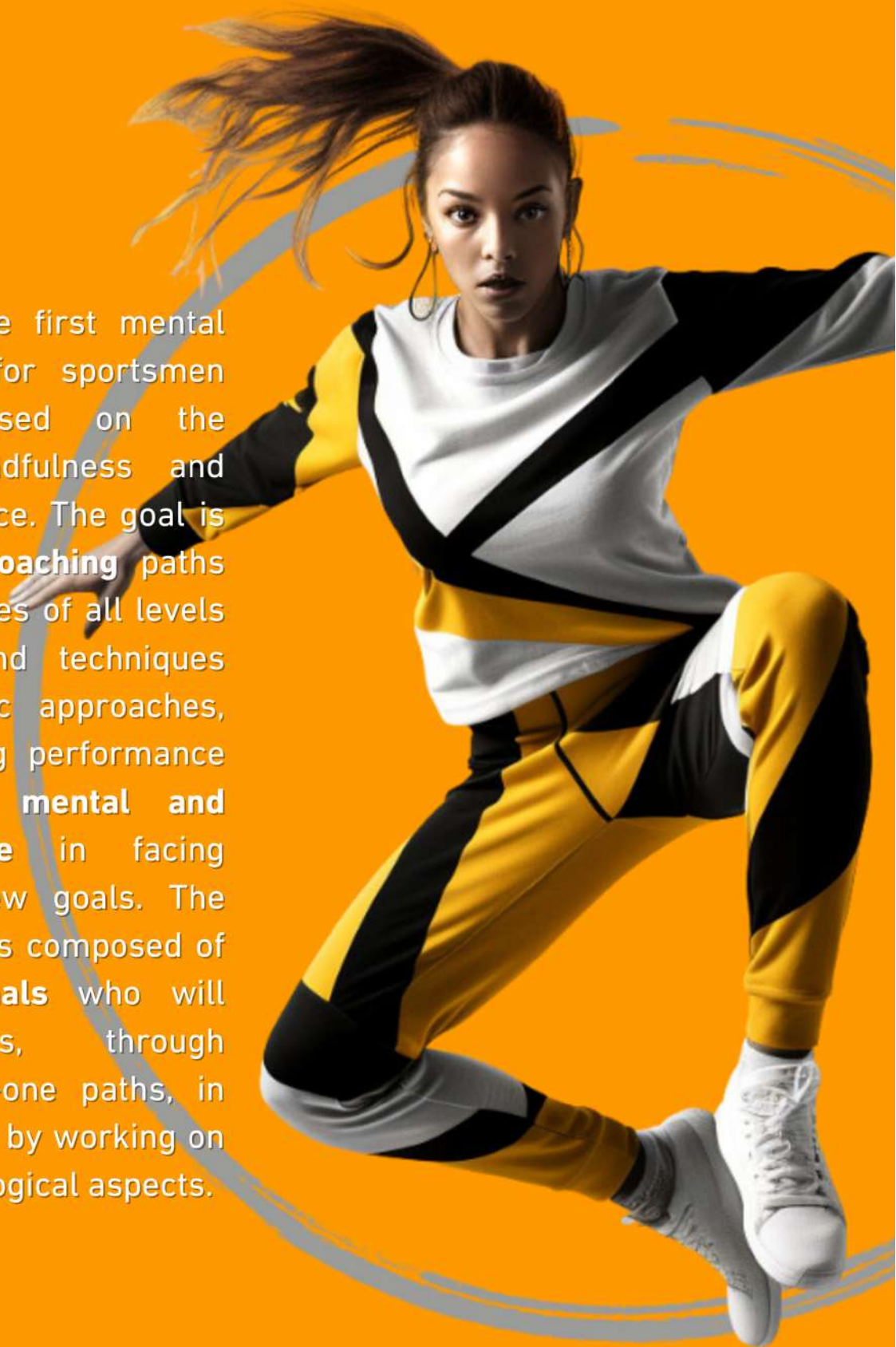
Special awards for:

- best lap women,
- best lap men,
- the team from the farthest place,
- the youngest athlete,
- the oldest athlete



SPORTFULNESS

**Sportfulness** is the first mental training platform for sportsmen and athletes based on the principles of mindfulness and modern neuroscience. The goal is to make **Mental Coaching** paths accessible to athletes of all levels with strategies and techniques based on scientific approaches, aimed at improving performance and, in general, **mental and emotional attitude** in facing challenges and new goals. The sportfulness team is composed of several **professionals** who will support athletes, through customized one-to-one paths, in athletic preparation by working on mental and psychological aspects.



**RUN WITH YOUR LEGS  
WIN WITH YOUR HEAD**

# Logistic Info

## How to arrive

The **F1RE** Expo Village will be set up at the **ex-go-kart track parking lot of the Autodromo Nazionale di Monza**. The entrance is by **Verano Gate**.

### **BY CAR.**

A4 highway exit **Monza Centro**.

Entrance to the Autodrome via Porta di Vedano street, via to Biassono.

**FREE PARKING:** There will be parking available at the Autodromo and parking lots managed by designated staff.

### **BY TRAIN.**

Monza station is 5km from the Autodromo Nazionale di Monza.

### **BY AIRPLANE**

Milan Linate Airport is 25km from the Autodromo Nazionale di Monza and can be reached by the A51.

# Merchandising

Check out **F1RE's** new sweatshirt! Included in the race pack for participants, there will also be an opportunity for everyone to purchase it, subject to availability, during the event days at the secretary's office.





# Photo service

## How to get your race photos with GetPica

During the race, smile for photographers along the route. Photos will be available on [getpica.com](http://getpica.com) or the [getpica](#) app. To get your the photos, you must register on [getpica.com](http://getpica.com) and enter the 9-digit code found next to the Qr code on your bib.

1. Make sure your bib number and QR code are clearly visible throughout your race.
2. Save your bib or take a photo to remember your GetPica code listed next to the QR code. You will need it to access your personal album.
3. Go to [getpica.com](http://getpica.com) or download the app, and create your account. All your race pictures will be stored in one place.
4. Post-race, log into your account, enter the 9-digit code printed next to the QR code, and access your gallery! We will also send you a reminder email.



Share your feelings on social media and be part of the community. Tag us on Instagram @**followyourpassion\_it** and on Facebook @**Follow Your Passion**

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# FollowYourPassion<sup>Y</sup>



**GANTEN IS TITLE SPONSOR OF THE FOLLOWYOURPASSION RACE CIRCUIT.**



Ganten Water, a group specializing in mineral water production in China, is the title sponsor of the FollowYourPassion circuit, with a three-year partnership. The naming of the 16-race circuit will feature the Ganten brand. Ganten Food & Beverage Co. Ltd., already a sponsor of Juventus, the International Basketball Federation, Volleyball and the Australian Open Tennis Championships, has always focused on production and distribution of water from quality. In the heart of the ancient glacial basin of the Lombard Prealps, cradled by the protected and unspoiled beauty of the Alto Garda Natural Park, pure Ganten gushes forth. The brand will be present at all FollowYourPassion events, expos, and race refreshment stations to support and refresh all participants.





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



COMUNE DI  
MONZA



**Thank you to all participants  
See you in Monza**

**FIRE** 12H CIRCUIT  
CYCLING  
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