

QUADRORTATHON – 10,11,12,13 APRIL 2019



LIDO DI GOZZANO



This is a multiday race of 4 MARATHONS IN 4 DAYS, organized by Club Super Marathon Italy.

You may run the four and appear in the final rankings of the full event, or choose to run just one, two or three and be included in the rankings for those days only.

The time limit is 8 hours for each marathon.

Start and finish in Lido di Gozzano.

Address: Via alla Colonia 6, zip code: 28024, Gozzano (province of Novara).

Start time 8 a.m.

The marathons cover four different routes, all measured, all very scenic.

Races to be run in self-sufficiency. There will be water points every 5 km.

The routes are 100% on asphalt.

There will be also 4 10-km races and 4 half-marathons, with the same start and finish of the marathons.

The races are open to all those who are over 18 years of age.

Calendar:

10th APRIL 2020 Vergante Marathon (route: Gozzano, Gignese, Armeno, Gozzano).

11th APRIL 2020 Mt. Mottarone Marathon (Gozzano, Mottarone, Gozzano).

12th APRIL 2020 Madonna del Sasso Sanctuary Marathon (Valsesia). After the race there will be a party at Lido di Gozzano, at the cost of € 20.

13th APRIL 2020 Lake Orta Marathon, all around the Lake and back to Gozzano. At 4:00 pm farewell celebrations.

ENTRY FEES

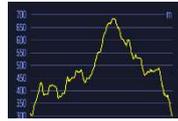
10 km	1 race €15	4 races €50	CSMI members €10 each, €30 all
Half Marathon	1 race €20	4 races €70	CSMI members € 15 each, €50 all
Marathon	1 race € 30	4 races €100	CSMI members €25 each, €80 all

Registration will close at 24:00 on 7/04/2020.

Registration on the morning of race days will have a supplement of €10 for all the runners and will be accepted from 6:30 to 7:30 a.m. prior to the start, so come on time.



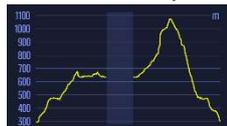
10 APRIL 2020 Vergante Marathon, KM 46 + m. 561. Departure from Gozzano, then uphill to Bolzano Novarese where you will cross the Agogna Valley up to the village of Inverio. Here you will find the Alto Vergante, with its stunning view on Lake Maggiore, and you will reach Gignese, the “Town of the Umbrellas”, which is the highest point of the race: 700 meters. A long descent into a lonely Valley rich of rivers will lead you to the colourful villages of Sovazza and Armeno, and then back to Gozzano.



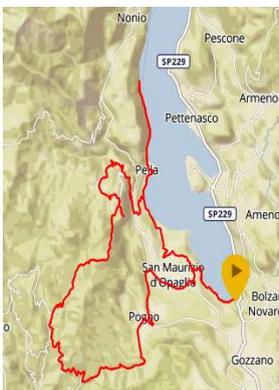
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11 APRIL 2020 Marathon of Mt. Mottarone. Km 43 + m. 859. Departure from Gozzano. Ascent to Vacciago, passage to Our Lady of Bocciola overlooking the Orta Lake. From here you will reach the characteristic villages of Miasino and Armeno, where the climb to Mottarone Mountain starts. From the top of the mountain you will enjoy the view of seven lakes: Orta, Maggiore, Mergozzo, Varese, Besozzo, Comabbio, Monate and Biandronno. Run around the summit and then back on the same route.



Mergozzo, Varese, Besozzo, Comabbio, Monate and Biandronno. Run around the summit and then back on the same route.



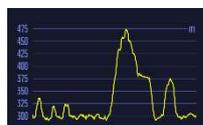
12 APRIL 2020 Marathon of the Madonna del Sasso. km 44.5 + m. 690. Start from Gozzano towards the Val Sesia through the pass of Cremosina up to Valpiana. Then through a silent forest of larches you will reach to the Madonna del Sasso, a cliff which overlooks the Lake. From here you will descend through the “Boletus Land” of Mushrooms (Boletus edulis) in Pella, then turn around in Ronco, and back to Gozzano. 19.30 Party at Lido di Gozzano Restaurant. Cost € 20.



Land” of Mushrooms (Boletus edulis) in Pella, then turn around in Ronco, and back to Gozzano. 19.30 Party at Lido di Gozzano Restaurant. Cost € 20.



13 APRIL 2020. Marathon of Lake Orta. Km 42.5 + m. 420. Full lap of Lake Orta, starting from Gozzano counterclockwise. You will encounter the promontory of Orta and the Lakefront of Pettenasco and Omegna. Scenic climb to Nonio and Cesara. Then descent to Pella and back to Gozzano. 16:00 pm Final Free pizza Celebration on the beach with the Finishers.



Pella and back to Gozzano. 16:00 pm Final Free pizza Celebration on the beach with the Finishers.



REGULATIONS by PF Gino

Mr Paolo Gino, member and President of the Super Marathon Club Italia, organizes a series of 4 consecutive marathons to be run in 4 days on Lake Orta at Lido di Gozzano, Novara province, from 10th to 13th April 2020. It is possible to run the whole series or just one or more races. This is a private event, open to everybody, male and female, who must be 18 on race day. There will be separate rankings for men and for women, issued daily for each race.

START AND FINISH FROM LIDO DI GOZZANO, NOVARA PROVINCE, ITALY. Start at 8:00, preceded by a short briefing. No anticipated start will be permitted. No athlete will be allowed to start without a bib number. **Marathon Time limit: 8:00 hours.** **Route:** 100% asphalt.

Requirements for entrance: the event is open to everybody, male and female, who must be 18 on race day.

How to enter: DOWNLOAD THE FORM on www.dreamrunners.it - Visit www.clubsupermarathon.it for more info and updates.

Iscrizione On line: Dreamrunners

Contacts: www.orta10in10.it o www.quadortathon.it - presidente@clubsupermarathon.it tel 340-4525911

(mobile: +39 340 4525911)

Entrance Fee: SEE ABOVE. The fee must be paid cash before the start of each race, from 6:30 to 7:30 am; for those who take part in the whole series, payment must be effected in one solution on Day One. The fee includes: health insurance, timing and rankings, medical assistance with ambulance, warm showers at Lido di Gozzano,, a medal for each marathon, a little trophy for the finishers of all the Race Series. No complimentary kit is included. Beach, deck chairs and sunbeds are not free for use and are to be paid separately

Accommodation:

ALBERGO VALSESIANA: Corso XXV Aprile 37, 28024 Gozzano (NO). Tel. +39-0322-94394, Fax +39032294228. Speak with the owner, Mr Franco, cell. 338-3546521. Prices (including breakfast): Single €35. Double €50. Triple €75. Discount of €5 per person a day if you stay 4 days. The hotel is located 500 mt. from the railway station in Gozzano city centre, about 3 km from the start. www.albergovalsesiana.it HOTEL NUOVA ITALIA: Via Beltrami 19, 28024 Gozzano (NO). Tel. +39-0322-93774, Fax +39-0322-953154. Prices (including breakfast): Single €45. Double €65. The hotel is located 1 km from the railway station in Gozzano city centre, about 2,5 km from the www.hotelnuovaitalia.it RISTORANTE PIZZERIA SEMPIONE: Via Dante 16, 28024 Gozzano (NO). Tel. e Fax: +39-0322-94375. First and second course €10 and pizza menu €10. In Gozzano city centre, 500 mt from the station and 3 km from the start. www.pizzeriasempione.it RISTORANTE LIDO GOZZANO: Via alla Colonia, 28024 Lido di Gozzano (NO) Tel. 0322 913350 Starters, first course, second course and dessert €25 <http://www.naturalbaay.com/ristorante/> Located in Lido di Gozzano, next to the start. **CAMPING:** Parking area with 15 places for campers at km 6 of the Marathon, on the Orta Lake, at the outskirts of the town. With hygienic services, payment required. There is also a slide for boats and a small sandy beach. At km 8 you can find Campeggio Castellania Del Lago D'Orta Via M. Buonarroti, 10, 28010 Pella. Telefono:0322 969298 It is possible to park the camper near the Start Line in Via della Colonia, 28024 Gozzano (NO).

HOW TO GET THERE. By car: from Milan follow Motorway A8, then take the A26 to Alessandria, then continue in the direction of Grvellona Toce. Take the exit for Arona. Turn in the direction of Borgomanero, at the third roundabout follow the indications for Gozzano, Lago d'Orta. By train: from Novara take the Novara-Domodossola line and get off at Gozzano railway station, which is 3,5 km far from the start (no taxi service). By plane: The nearest airport is Milan Malpensa, about 40 km south of the Orta Lake. Here you can rent a car to reach Gozzano. There is NO DIRECT BUS SERVICE. No shuttle. Possible Taxi connection €60 circa, tel.+39 349 4187291, info@ncccarservice.it Full details are available on www.orta10in10.it . For further info or any query you may have, send an email to presidente@clubsupermarathon.it (Object: Quadortathon).