



100 KM DEL SAHARA

20° edition

Runner's – Nordic Walking - Walkers

04 – 11 October 2020

100km in 4 Stages 25 km each

PROGRAM

Sunday 4th October 2020

Arrival in Djerba

Arrival in Djerba with direct flight from Italy or different countries, dinner and overnight in **** hotel.

Monday 5th October 2020

Transfer to Douz

Bus transfer to Douz with lunch, technical checks, dinner and overnight in ****hotel.

Tuesday 06th October 2020

First stage

Wake up and breakfast.

09.00 AM: 1st stage start, 25 km. Runners, Nordic Walkers and Walkers.

Finish line by the camp, afternoon at leisure.

08.00 PM: Dinner and overnight in camp.

Wednesday 07th October 2020

Second Stage

Wake up and breakfast

08.00 AM: 2nd stage start, 25 km. Nordic Walkers and walkers.

09.00 AM: 2nd stage start. Runners.

Finish line by the camp, afternoon at leisure.

08.00 PM: Dinner and overnight in camp.

Thursday 08th October 2020

Third Stage

Wake up and breakfast

08.00 AM: 3rd stage start, 25 km. Nordic Walkers and Walkers.

09.00 AM: 3rd stage start. Runners.

Finish line by the camp, afternoon at leisure.

08.00 PM: Dinner and overnight in camp.

Friday 09th October 2020

Fourth Stage

Wake up and breakfast

08.00 AM: 4th stage start, 25 km. Nordic Walkers and Walkers.

09.00 AM: 4th stage start. Runners.

Finish line by the camp, afternoon at leisure.

08.00 PM: Dinner and overnight in permanent tented camp Ksar Ghilane.

Saturday 10th October 2020

Transfer back to Djerba

Transfer to Djerba *****hotel , lunch, dinner and overnight

Sunday 11th October 2020

Return

Transfer to airport , end of services

INFORMATION:

- **Passport:** For all participants a valid (at least 6 months) passport is necessary
- **Vaccination:** No vaccination required.
- **Medical certificate:**
For all the participants (runners and walkers) it is **MANDATORY** to show an official medical certificate signed by a specialized sport doctor or organization,
 - for the runners it is required with cardiac stress proof.
 - for the walkers a simple good health certificate is required.

Without the certificate the racing bib number shall not be released.
- **Baggage:**
During the flight the hand baggage must carry the necessary equipment for the race:
 - running/walking shoes
 - shorts
 - t-shirt
 - survival kit

Some baggage loss or late delivery occasionally happened in the past; this could compromise the race. Having the necessary equipment for the race will solve the problem, while non-necessary stuff can be easily arranged.

The hand baggage must be stuffed inside the single bag allowed during the race.

Pay attention: no exceeding baggage will be carried on the organization's vehicles.

- **The trip:** The trip will be from Sunday 4th to Sunday 11th October with direct flights Milan – Djerba
- **Accommodations:**
 - 4/10/2020 – The first night is in hotel**** in Djerba, half board.
 - 5/10/2020 – The second night is in hotel**** in Douz, half board.
 - From 6/10/2020 to 8/10/2020 – Three nights in tented desert camps, full board.
 - 9/10/2020 – Night in permanent tented camp, Ksar Ghilane, full board.
 - 10/10/2020 – Night in hotel**** in Djerba, full board.
- **Catering:**

Catering is completely organized by the Italian staff with imported Italian food. A fully equipped kitchen-truck managed by the Italian kitchen staff will provide all the meals. The food is brought directly from Italy: pasta, rice, beef, chicken and pork meat, different kind of vegetables, bread, pizza and different desserts.

In the hotels you'll have also the chance to experience the tasty Tunisian cuisine.
- **The terrain**

The running terrain is typical for the desert areas: sand dunes and hard surface sections. The first leg is all on sand dunes, the 2nd leg has a first section of dunes, while the 3rd is mostly hard terrain with a final section of dunes.
- **Suggested equipment:**
 - Comfortable clothes to wear after the race are highly recommended, t-shirts, a sweater or a pile jacket, a light windproof shell, a wool hat, a tracksuit, towel, swimsuit and slippers.
 - Socks for the race (4 pairs), needle and thread, safety pins
 - Tyvek overall can be useful
 - Toilet kit, toilet paper and sanitary wipes, ear plugs, eyedrops, lipstick, band aids, Compeed plasters, Vaseline, sunscreen, personal medication, headlight, mineral salts, dried fruit, swiss knife, sunglasses, goggles to use in case of sandstorm.
- **Weather and climate:**

Temperatures in October can be pretty hot in the late morning hours. That's why it is mandatory to run with a water supply.

In any case you must be ready to face any condition: it's part of the race, part of the challenge!
- **Technical equipment:**
 - Shoes must be appropriate for running on rugged terrains, so must be pretty protective, at least one size bigger than usual since the feet tend to swell because of the heat.

- Special gaiters against the sand are highly recommended, but you must check they are properly designed or they can be more a jam than a help. Toe socks are pretty useful against blisters.
- Running shirts should be made with technical fabrics, like dry fit or similar; if you don't have dark complexion, avoid tank tops.
- It's a good idea to have the Saharan long cotton scarf known as "shesh"; it can be very useful in case of wind and sandstorm as a protection for nose and mouth, together with the goggles for the eyes.

- **Safety Kit (Race pack):**

For safety reasons the race pack must **imperatively** contain:

- at least 1 liter of water – in the camelback reservoir or in the hip belt bottles;
- mineral salts, emergency aluminum blanket, whistle, lighter;
- hat, sunglasses, hi-protection sunscreen, swiss knife and Compeed plasters are highly recommended.

The compulsory safety kit can be verified at any moment; the lack of any of the elements will cause an immediate penalty as per rules and regulation.

- **Suggestions :**

- For those who have problems with thigh friction, wearing cyclist shorts is highly recommended; Vaseline is more suitable for the nipples if not using plasters. Best practice is to frequently inspect the feet, looking for early stage friction areas and treat them with Compeed plasters in time, before blisters form. A proper precautionary dressing of the sensible areas is also highly recommended.
- A small secret for those not stressed by rank problems and who want completely enjoy the experience: **Start slowly and when you feel good...slow down !!!**

- **Photo / Video service:**

The organization is offering to the participants customized photo and video shooting. Professional photographers and video-makers in charge will receive the participants' booking and fee payment directly on the spot.

FREQUENTLY ASKED QUESTIONS:

- **How are tents organized ?**

Tents can fit six-people, it's possible to pre-book the spots for organized teams, or form groups directly on the spot. Single athletes can choose any tent until it's fully occupied. Tents are numbered and each group/single will sleep in the same tent for the entire event.

- **What languages are spoken ?**

Zitoway Sport & Adventure staff has Italian as main language, but several staff members fluently speak English, French and Spanish. Among participants, given the pretty high number of international runners, main language is English. Briefings are held in Italian and English.

- **Is internet connection available at the camps ?**

In the desert there is no internet service.

- **Is telephone connection available at the camps ?**

With own phone usually it's available but not everywhere.

- **What plug (adaptor) do I need for re-charging devices at the camps ?**

European plugs (Italian, 3 pins); multi-plugs connected to the generator are available.

- **How's my baggage managed during the race ?**

Every morning personal baggage must be delivered in the center of the campsite.

The organization will carry all the baggage on a 4x4 vehicle and deliver them at the next camp, where every runner will collect his/her own after the stage.

- **What kind of meals are offered in the camps ?**

A fully equipped kitchen-truck managed by the Italian kitchen staff will provide all the meals. The food is brought directly from Italy: pasta, rice, beef, chicken and pork meat, different kind of vegetables, bread, pizza and different desserts.

In the hotels you'll have also the chance to experience the tasty Tunisian cuisine.

- **I have special meals requirements, what can I do ?**

You need to inform in advance [Born2Run](#) agency; they will inform Zitoway Sport & Adventure staff.

- **Are there showers ? Hot showers ?**

Showers are pretty "basic", separate for men and women, with not-heated, ambient temperature.

- **Are there WC available in the camps ?**

No. Desert offers room enough for everyone to experience an "open sky" toilet. It's nevertheless necessary to bury toilet paper in order to avoid unpleasant "flying surprises".

- **What do I need in the camps – e.g. sleeping bag, after-race sportswear, shampoo, etc.?**

One mattress each participant is available. Other advisable items: a medium weight sleeping bag, some after-race comfortable garments, a sweater or pile jacket for the night and a wind-proof shell, warm hat, personal hygiene kit, a pair of comfortable shoes. Ear plugs are highly recommended.

- **Can I litter in the camps ?**

Yes, bins are available at the camps.

- **How is drinking water managed in the camps?**

Drinking water in 1,5 lt. sealed bottles is distributed every day in the camps.

- **What is the compulsory equipment ?**

At least 1 liter of water (in bottles or camelback reservoirs), mineral salts, aluminum blanket, whistle, lighter, headlamp.

Highly recommended: sun hat, sun glasses, high-protection sunscreen, small knife and Compeed plasters.

The compulsory equipment can be checked at any moment by the organization and any missing item will produce a penalty to the runner.

- **How's the race itinerary marked ?**

Arrow plates, ribbons and hi-visibility flags, some of them Zitoway branded.

- **How do I manage litter during the run ?**

Zitoway Sport & Adventure is very strict about environmental protection. Therefore – as per our rules and regulations that every participant must sign – littering along the itinerary it's strictly forbidden. Garbage must be carried in own pack or waist bag until it can be disposed at the waterpoints or at the camp.

- **What can I find at the waterpoints?**

Water, tea, fruits, dates, biscuits.

- **Is a GPS useful ?**

Zitoway Sport & Adventure doesn't provide any GPS tracks. GPS is not necessary for orienting during the race, since the stages are completely marked by the organization and monitored by our vehicles. So said, GPS can be useful to pace yourself or for personal record purposes.

- **Is there phone coverage along the itinerary ?**

Phone coverage is pretty much irregular, so full connection is not granted.

- **Is a medical certificate necessary ?**

Yes.

INDIVIDUAL ENTRY RATE:

PROGRAM WITH FLIGHT (from Milan or Rome) booked before 31th March	€1.800
PROGRAM WITH FLIGHT (from Milan or Rome) booked before 30th June	€1.900
PROGRAM WITH FLIGHT (from Milan or Rome) after 30th June	€2.000
Supplement for single room 3 nights	ON REQUEST

NO FLIGHT OPTION: All program can be booked without flight and will be discounted by 200€. In this case, meeting point will be directly Douz Hotel on October 4th for the Stage's program.

Individual entry rate with flight includes:

- Direct flight from Milan to Djerba
- Bus transfer to Douz
- 3 nights in hotel ****
- 1 night in Tented camp
- 1 night in permanent tented camp Ksar Ghilane
- Full board both in camps and hotel, with meals provided by the organization at the camps.

The rate does not include:

- **AIRPORT TAXES 90€ APPROX.**
- **personal health and repatriation insurance (to be issued by participants separately in their country of origin)**
- drinks in hotel
- everything not expressly included in "The rate includes".

Subscriptions deadline: 03/09/2020 (except in case of sold out)