GUIDELINES – RUN THE TUSCANY ISLANDS TOUR

(Stage race in the Tuscany Islands Archipelago)

3 Islands: ELBA – CAPRAIA – PIANOSA

2 racetracks: RUNNING AND WALKING

1 unique: MEDITERRANEAN EMOTION

September 24, 25, 26, and 27, 2026

Break out of your usual routine and run where you've never run before - but where you've always dreamed of.

An experience that athletes will carry with them for the rest of their lives.

ASD Elba Runners in collaboration with the Municipality of Campo Nell'Elba and the Municipality of Marciana organizes the **First edition of the Tuscany Islands Running Tour.** A 3-day stage race on 3 different islands (Elba, Capraia, Pianosa), with a maximum number of 350 participants, divided into: 250 athletes (for the tour), 50 non-competitive participants (runners and walkers), and 50 single-day participants.

Tour stages for runners and walkers:

Stage 1: Thursday, September 24 – Elba Island: Elba By Night – approx. 11km (walker 5km)

Stage 2: Friday, September 25 – Capraia Island – approx. 13km (walker 5km)

Stage 3: Saturday, September 26 – Pianosa Island – approx. 12.5km (walker 4.5km)

It will also be possible to participate in single stages (not for Pianosa: you must register in the waiting list sending the request by email to the organization).

Optional: Sunday, September 27 – Elba Island – approx. 8.5 km (Trekking for everyone)

The tour base will be Elba, so the accommodations we have partnered with (discounted rates for you and your family) are located in Marina di Campo, the best location for getting around (even by foot) and easily reaching the logistics of all three stages for Sunday's awards ceremony.

PARTICIPATION REQUIREMENTS (Competitive)

All athletes who are 18 years old or older on the date of the event are eligible to participate.

COMPETITIVE PARTICIPATION FOR ITALIANS AND FOREIGNERS

Italians and foreigners who are members:

- Fidal
- Holders of RUNCARD and a valid medical certificate for competitive athletics
- SPORTS PROMOTION BODIES, upon presentation of a copy of their membership valid for 2026 and the health certificate for competitive activity (ATHLETICS) valid on September 24-27, 2026. If registration occurs before membership renewal, the athlete must submit a copy of the 2026 renewal or a self-certification of membership as soon as possible, on their club's letterhead, signed by the President.

Certificates with the sole wording "Athletics" will be accepted as valid.

By registering, athletes ensure they are adequately prepared for the various races. Italian athletes who have a medical certificate for competitive sports but do not have a membership card can obtain a UISP daily membership for €10 (the membership is valid only for the current race).
The athlete must indicate this option by making a request to the organizing company, sending a copy of the valid competitive medical certificate and making the payment together with the registration fee, specifying it in the reason for payment.

FOREIGN ATHLETES (Competitive athletes not resident in Italy)

Foreign athletes can participate by showing a copy of the membership card of a foreign club affiliated with World Athletics and a Health form equivalent to the Italian health certificate in order to sign up for Runcard on **www.runcard.com** or a temporary membership with Asd Elba Runners.

PARTICIPATION FOR ITALIANS AND FOREIGNERS (Non-competitive)

Anyone can participate by filling out a liability declaration form, which can be downloaded from our website or online through the Endu platform. Minors are also welcome, with written parental consent. There will be no ranking or awards ceremony. By registering for a single event or tour, you will receive an event bib, event t-shirt, insurance, post-race refreshments, and medical assistance.

You can request the paper registration form at: **runtuscanyislands@gmail.com**

REGISTRATION PROCEDURE

- SINGLE ATHLETES: online via ENDU **https://www.endu.net/events/run-tuscany-islands**
- **SOCIETIES:** request and then send by email to **runtuscanyislands@gmail.com** the excel form for groups. EPS clubs must submit, along with the Excel file, a membership declaration on letterhead with the names of the athletes, the stamp, and the President's signature.
  Payment by bank transfer: IBAN: IT12C0537274580000011021321 made out to A.S.D. Elba Runners.

BAGS WITH PERSONAL CLOTHING

A free storage service for bags containing athletes' personal clothing will be available near the competition start/finish area.
The only bags athletes may use to store their clothing will be those with the appropriate bib number provided by the organizers. The bags must be marked with the appropriate sticker, included in the technical envelope containing the bib number.
Afterwards they will be deposited in a dedicated area nearby, to be recovered after the race (near the finish line). While the organizers will take the utmost care in collecting and returning bags, they are not responsible for any losses.

AWARDS

SINGLE STAGES: only the top 3 men and top 3 women for each stage will be awarded prizes.

TOUR: the top 3 men and women overall and in each category will be awarded prizes.

* CATEGORIES PLANNED FOR THE TOUR:

•CATEGORY A (Seniors S/M -S/F) 18-34 YEARS

•CATEGORY B (Seniors S/M -S/F) 35-39 YEARS

•CATEGORY C (Seniors S/M -S/F) 40-44 YEARS

•CATEGORY D (Seniors S/M -S/F) 45-49 YEARS

•CATEGORY E (Seniors S/M -S/F) 50-54 YEARS

•CATEGORY F (Seniors S/M -S/F) 55-59 YEARS

•CATEGORY G (Seniors S/M -S/F) 60-64 YEARS

•CATEGORY H (Seniors S/M -S/F) 65-69 YEARS

•CATEGORY I (Seniors S/M -S/F) 70-44 YEARS

•CATEGORY L (Seniors S/M -S/F) 75-79 YEARS

•CATEGORY M (Seniors S/M -S/F) 80-84 YEARS

The awards ceremony will take place at the end of the events, at 11:30 a.m. in the Piazza del Comune (Marina di Campo). A stage with music will be set up from 11:00 a.m., and from 12:00pm a little aperitif will be offered.

- Any prizes of any kind not collected at the time of the awards ceremony, by the winner or his/her delegate, may not be collected under any circumstances after the awards ceremony itself.

MEDICAL ASSISTANCE

An adequate health service will be set up and managed by the organization in collaboration with

Local agencies and assistance services. First aid stations will be available at each start and finish point.

PARTICIPATION MEDAL

All competitors who regularly cross the finish line will receive a medal.

For Tour participants, the medal will be awarded on Saturday at the end of the final stage.

PHOTOSHOOT

The photos will be available for purchase online (in paper or digital format) 48 hours after the end of the event on the website **www.getpica.com**.

FREE POST-RACE RECOVERY MASSAGE SERVICE

Physiotherapists, masseurs, and osteopaths qualified for post-race recovery (Body Evolution) will be present at the event. The service is offered to interested parties at the end of their race and includes manual massage/mobilization techniques, combined with muscle stimulation.
peria-articular reflex-gene areas, for physical recovery and management of typical pain in athletes, even in certain overuse syndromes.
The therapist's knowledge of the subtle mechanisms underlying musculoskeletal function will also allow them to provide advice and guidance so that the athlete can integrate the knowledge into their training.**(Service to be confirmed)**

DIPLOMA OF PARTICIPATION

All classified participants will be able to print their participation certificate in the dedicated section of the website, starting a few days after the event (for competitors only).

COMPLAINTS

Complaints must be sent to the organization by October 15, 2026, accompanied by the complaint fee.

€50.00 which will be refunded if accepted.

DELIVERY OF BIB NUMBERS AND RACE PACK

Race bibs will be distributed in Marina di Campo at the Piazza del Comune, where a special area will be set up for the occasion, on the following days:
• Thursday, September 24, 2026, from 3:00 PM to 7:00 PM

• For single stages Capraia, Pianosa: from 1 hour to 30 minutes before departure.

The race pack contains the official race shirt + other technical items, an event medal (at the end), and a participation diploma (at the end for competitive races).

VERY IMPORTANT: PLEASE RETURN YOUR CHIP IMMEDIATELY AFTER ARRIVAL TO THE STAFF AT THE FINISH LINE. FAILURE TO RETURN YOUR CHIP WILL BE FINED €20.

Special offers for hotels and ships on Elba

Running the Run The Tuscany Islands Tour is also a way to experience and discover the islands. Interesting tour packages from Italy and abroad can be found in the section on our website.

WHERE TO BOOK ACCOMMODATION AND FERRY?

The tour's base will be Elba, so the accommodations we have partnered with (discounted for you and your family) are located in the town of Marina di Campo, the best location for getting around (even on foot) and easily reaching all three stages for the awards ceremony on Sunday.

FERRY + ACCOMMODATION FROM €99.00*

For further clarification or information, please contact us at the following address: **booking.runtuscanyislands@gmail.com**

IMAGE RIGHTS

By registering for the 1st Run the Tuscany Islands Tour, the athlete expressly authorizes the organization, sponsors and media, to use still or moving images in which the athlete may appear during participation in the Tuscany Islands Tour or related events, on any type of media, including advertising and/or promotional materials, without territorial limits and for an indefinite period.

DISCLAIMER

By registering for the Run the Tuscany Islands Tour, the athlete declares that he or she accepts the provisions of the regulations published on the website **www.runtuscanyislands.com**. This regulation will be valid for all races on September 24, 25, and 26, 2026, i.e., "1st Run The Tuscany Islands Tour." I understand that participating in this event could be dangerous to my health. I acknowledge that I should not register and participate if I am medically unfit, and especially if I am not athletically prepared. By accepting the registration request, I assume all risks associated with my participation in this event, including any injuries related to travel to or from the event. I fully exonerate the event organizers, sponsors, various volunteer groups, and any other public or private entity involved in organizing the event from any liability, and I understand that any incident or complaint resulting from negligence on the part of any party cannot be attributed to the organization. Finally, the competitor declares, under his or her personal responsibility, not only to have stated the truth (Article 2 of Law No. 15 of January 4, 1968, as amended by Article 3, paragraph 10 of Law No. 127 of May 15, 1997), but also to exonerate the organization (A.S.D. Elba Runners) from any liability, whether civil or criminal, for any damage to persons and/or property caused or resulting from him or her. By accepting the rules, the athlete declares that he or she is voluntarily registering for the 1st Run The Tuscany Islands Tour and assumes all risks that may arise from his or her participation. Athletes participating in the marathon are required to comply with the Highway Code.

PRIVACY PROTECTION

Pursuant to Article 13 of Legislative Decree 30/6/2003 No. 196 (hereinafter, the "Privacy Code") and Article 13 of EU Regulation No. 2016/679 (hereinafter, the "GDPR") (Consolidated Law on Privacy), the organization informs that the personal data collected will be used exclusively to prepare the list of participants, the various rankings, and the archive. The same data may be used to

send informational material by the organization or its partners. By registering, the signatory authorizes the organization and all the entities listed above to use their images and/or videos relating to their participation in the event to promote it on all national and international media without compensation.

FINAL WARNINGS

In the event of natural disasters or other extraordinary circumstances beyond the control of the organizing association, the event may be canceled (to protect the safety of participants), and this may occur up to a few hours before the start of the competition. In this case, there will be no refunds for the boat, accommodation, and registration fees. The Organizing Committee reserves the right to modify any clause of these regulations at any time due to force majeure.

IMPORTANT

*The boat fare is refundable only if the boat is unable to depart for the islands due to bad weather. Adult fare refunded: €44 each way. Child fare refunded: €25 each way.

<u>*If the boat for the island transfer (race stages) is unable to depart due to bad weather, the races on the islands of Pianosa and/or Capraia will be replaced with 2 alternative races on Elba.</u>

*The dates for purchasing bibs are limited to reaching 300 participants (for the tour), after which registration will close (this can happen at any time).

Email:runtuscanyislands@gmail.com Web: www.runtuscanyislands.com