



With the support



In collaboration with



Club del Mare di Marina di Campo, Centro Velico Elbano di Rio Marina,
Circolo Nautico di S. Giovanni

12^ Elba Mare Marathon 60 Miles



Isola d'Elba 25 June-3 July 2009
Annual meeting point for marine kayakers

Meeting place: seashore of Marciana Marina, at "Sea Kayak Italy"

Programme

Thursday 25 June

From 15:00 – arrival of participants and registration

Friday 26 June

17:30 – Briefing and presentation of the “*12th 60-miles Elba Mare Marathon*” at the Headquarters of *Circolo della Vela* in Marciana Marina

Saturday 27 June

Kayak excursion from Marciana Marina to Marina di Campo – total mileage: 16 miles

9:30 – Start of the excursion from Marciana Marina beach

17:30 – Arrival at Marina di campo

18:30 – Back to Marciana Marina by bus

Sunday 28 June

Kayak excursion from Marina di Campo to Morcone (Capoliveri) – total mileage: 12 miles

8:30 – Leaving Marciana Marina by bus

9:00 – Arrival at meeting point and start of the excursion

17:00 – Arrival at Morcone (Capoliveri)

18:00 – Back to Marciana Marina by bus

Monday 29 June

Kayak excursion from Morcone (Capoliveri) to Rio Marina – total mileage: 13 miles

8:15 – Leaving Marciana Marina by bus

9:15 – Arrival at meeting point and start of the excursion

17:30 – Arrival at Rio Marina, rest & refreshment and visit of the village.

19:00 – Back to Marciana Marina by bus

Tuesday 30 June

Kayak excursion from Rio Marina to S.Giovanni (Portoferraio) – total mileage: 11 miles

8:15 – Leaving Marciana Marina by bus

9:45 – Arrival at meeting point and start of the excursion

18:00 – Arrival at S.Giovanni (Portoferraio), rest & refreshment

21:00 – Back to Marciana Marina by bus

Wednesday 1 July

Kayak excursion from S.Giovanni (Portoferraio) to Marciana Marina – total mileage: 11 miles

8:15 – Leaving Marciana Marina by bus

9:30 – Arrival at San Giovanni and start of the excursion

18:00 – Arrival at Marciana Marina

Thursday 2 July

“Marelba Day”: technique, water games and kayak competition

10:00/13:00 – Marciana Marina: technique and water games

16:00 – “Marciana Marina- Enfolà and back” – 10 miles Kayak competition (for holders of medical certificate for no agonistic activities)

20:00 – Ethnic dinner at Marciana Marina Hostel

Friday 3 July

“Marelba Day” – Bye bye Elba

Rules:

All following kayak models/classes can participate to the marathon:

- **RECREATIONAL**, with minimal length of 4 mt, only if equipped with handles, floating bags required to make the kayak unsinkable where turned upside down;
- **TOURING & HIGH PERFORMANCE.**

A minimal equipment is mandatory, including a lifejacket which you should always wear, spray skirt, a system for emptying the kayak (for example a pump or a big sponge), a whistle or other loud system to call attention.

We also recommend to bring with you a set of dry clothes in a watertight bag

During the excursions, lunch breaks and rest time is foreseen. Assistance will be provided by Marine Guides and Instructors from Sottocosta wearing a recognizable sign, and by a fast boat from the Italian *Vigili del Fuoco*.

Requisites for participation:

- 18 years of age as a minimum;
- mandatory medical certificate of good health from own physician;
- good experience and knowledge of techniques for marine kayaks, and the ability to paddle for at least 3 consecutive hours maintaining a 3 knots speed on average

In order to ensure the regular flow of the event and for security reasons, each Guide will have the authority to suspend one or more participants who, owing to lack or insufficient technical preparation, may create a situation of insecurity for themselves or for other participants. The management team may decide to suspend a daily excursion owing to technical reasons or meteorology changes.

Registration fees:

€ 60,00 per person to be paid at registration time, before the starting of the first excursion.

The registration fee includes:

- initial refreshment (first day)
- refreshments and dinner as per programme
- bus transfers
- nautical plastic map
- T-shirt souvenir
- Insurance (included in registration with Sottocosta)
- Assistance during the Marathon by marine guides and Sottocosta instructors

Please send a **pre-registration communication** to info@seakayakitaly.it specifying: family name, name, address, telephone, Fiscal Code, Kayak model and whether a reservation at the Hostel is required. We also invite all participants to bring a typical food product of the own region which will be used for the ethnic dinner scheduled for the 2nd of July.

Accommodation

The organization will put at the disposal of participants a Hostel from 25 June to 2 July included. The Hostel has common rooms with excellent toilets, showers and beds with mattresses. Participants will have to provide their own set of sheets or sleeping bag.

For those who wish to stay at the Hostel, we will require an additional 100 Euros on the registration fees. Places are available until exhaustion. We recommend to reserve in advance through the pre-registration communication.

For further information:

Gaudenzio Coltelli cell. 348.2290711 –fax 0565.996609

Email : info@seakayakitaly.it or gaudenzio.coltelli@sottocosta.it