



## A.N.I.A.D. Onlus

(Associazione Nazionale Italiana Atleti Diabetici)

**Is organizing the  
1st International Marathon Championship (\*)  
for runners with diabetes**

TROPHY **changing  
diabetes®**

**First Communication**

IN COLLABORATION WITH:



The event will be granted unconditional support by Novo Nordisk:



A.N.I.A.D. at the 24 ^ Rome Marathon scheduled for April 8, 2018, organized in partnership with:

*Maratona di Roma 2018*

*International Diabetes Federation*

*Lyons Distict 108 L*

*Novo Nordisk – Program Changing Diabetes<sup>®</sup>*

## **1st International Marathon Championship for runners with diabetes – trophy Changing Diabetes<sup>®</sup>**

The purpose of the event, in line with the objectives of the Association, is to raise social awareness of diabetes disease, and of the importance of physical activity for prevention and treatment of chronic metabolic diseases.

### **PARTICIPATION CRITERIA**

XXIV Acea Rome Marathon Roma

8 April 2018 - start 8.40 am - Via dei Fori Imperiali (Colosseum)

Foreign athletes who do not have a IAAF card should get the Runcard

Registration will be obtained through A.N.I.A.D.

Athletes must be 20 or older on the race day.

The following categories of (not Italy resident) athletes are allowed to run the race:

a) athletes holding a membership card of non-Italian Athletics Federations authorized by IAAF (in that case it is not needed to send the otherwise compulsory medical certificate for competitive athletics and to pay for the otherwise compulsory assurance), upon registration these athletes may either

- upload a scanned version of the membership card, which has to be valid until the date of the event included;
- download here the self-declaration and send it to [info@aniad.org](mailto:info@aniad.org)

[\(SEE ALL THE IAAF MEMBER FEDERATIONS HERE\)](#)

<https://www.iaaf.org/about-iaaf/structure/member-federations>

b) athletes who do not have a membership card recognised by IAAF are allowed to run the race only through compulsory assurance (Runcard) and the medical certificate for competitive athletics. The Runcard will be bought by A.N.I.A.D. upon registration.

DOWNLOADING HERE THE MEDICAL FORM (compulsory: only this form is allowed). It must be filled in (and submitted complete with physician's signature and stamp) and must keep valid on the date of the event. Athletes have to produce their medical certificate to the Marathon Village at the time of bib number collection.

## RACE BIB ASSIGNMENT

The race bib will be assigned after the completion of the registration procedure, based on the record statement (PB) realized in the last two years, with its date and place. The organization reserves the right to carry out checks on declared records. Depending on the bib number allocation, on the Marathon morning athletes will be able to access their own starting area and wave.

During the next weeks ANIAD will **TRY** to get funds enough to cover the costs **of the first 15 foreign athletes asking to participate as for:**

- a) race registration
- b) Saturday night dinner (April 7)
- c) double room hotel accommodation (check-in on April 7, check out on April 8 by 4 p.m.)
- d) farewell dinner on April 8
- e) organization of an info point at the Marathon Village
- f) scientific report organization
- g) personalized T-shirt
- h) athlete support on the day of the event

Along the race circuit ANIAD will be present with personalized refreshment points, possibly close to km 10, 20, 30 and 35.

ANIAD tables will distribute sweet drinks or similar products and will have glucose strips and meters available to measure capillary glucose concentrations on request.

## TENTATIVE PROGRAMME

### Saturday April 7, 2018

- Ore 14:30 Meeting at the ANIAD info point, Marathon Village
- Ore 15:30 Scientific Meeting
- Ore 19:00 Bib and T-shirt pick-up. Organizational briefing
- Ore 20:30 Dinner

### **Sunday April 8, 2018**

- Ore 7:30      Gathering for the race (meeting point ANIAD) – group picture
- Ore 8:40      Group start – all together for about one km and each one at his own pace thereafter
- Ore 14:00     Gathering at the ANIAD meeting point and transfer to the hotel to take a shower and have the farewell dinner together.

ANIAD's President  
Marcello Grussu

(\*) Obviously enough, this championship is not meant at identifying people with diabetes as carrying a disease. On the opposite it identifies these people as "athletes", exactly as all other participants, as they run as FIDAL or any other sports association cardholders. The emphasis carried along by the term "Championship" dose not refer to any special ranking or awards and is only meant at making the public aware that diabetes does neither jeopardize athletic performance nor prevents people from participating in strenuous competitions and that exercise enhances glucose control and is therefore part and parcel of the whole therapeutic process per se. We sincerely thank all participants for providing their witness and raising public awareness.