



# 2 VENICE LIDO BEACH TRAIL



5K · 11K

SEPTEMBER 24, 2023

## USEFUL INFO UTILI



### The Race Course

### TECHNICAL TIPS TO BETTER RUN THE VENICE LIDO BEACH TRAIL

#### **PAY ATTENTION: RUNNING ON THE SAND IS DIFFERENT!!!!**

First of all, **respect the environment** and never throw anything on the ground, under any circumstances. If you decide to run the 11K, you will find a refreshment point with [San Benedetto](#) water halfway through the race. For everyone there will be the final refreshment with [San Benedetto](#) water, [Dole](#) fruit, [Palmisano](#) biscuits and [Proaction](#) supplements and to follow the Pasta Party with [Bavaria](#) beer!

Despite being only a few kilometers long, the Venice Lido Beach Trail is still challenging and we advise you to manage your race well right away. First of all, we recommend that you run calmly in running shoes and do it responsibly, trying to hydrate yourself before the race and be as autonomous as possible while running. Do not underestimate the track: it is still a trail and in September it could still be very hot.

#### **The first two kilometers run between sand and sand dunes, so DON'T START RUNNING HARD!**

Then you will **enter the pine forest**, where you must necessarily run inside the marked trails in order not to damage the delicate ecosystem.

**ATTENTION, LOOK ON THE GROUND!** You will find roots and holes, be careful where you step!

The race continues on a dirt road and then enters the beach, along the wooden walkways surrounded by nature. **BE CAREFUL, LOOK ON THE GROUND!**

Once the footbridges are finished, you will climb the dam, here you can decide whether to deviate for the 5K or continue straight on the dam, about 3 kilometers long, to the LIGHTHOUSE.

**The dam is spectacular:** a tongue of boulders and a viable road in the middle of the sea. The landscape is really beautiful but **you have to check where you put your feet** as the dam is concrete! It is therefore not like running on asphalt and therefore it is not recommended to use trail shoes. IT IS STRICTLY FORBIDDEN TO RUN ON THE CLIFFS IF YOU WILL, YOU WILL BE DISQUALIFIED! DO NOT RISK YOUR OWN SAFETY AND THAT OF OTHER ATHLETES!

At the bottom of the dam it goes around the **lighthouse** where the intermediate survey point is located and you will find water. PAY ATTENTION: IF YOU STOP TO DRINK THE WATER FROM THE REFRESHMENT STATION, YOU WILL NEED TO DEPOSIT THE GLASS OR BOTTLE BEFORE LEAVING THE REFRESHMENT STATION ONE! DO NOT GET DIRTY, RESPECT THE ENVIRONMENT !!! IT'S MAGIC!!!

On returning to the dam, keep running, paying attention to runners arriving in the opposite direction.

Just before the end of the long straight you will find, WELL MARKED, the exit from the dam and you will **resume the path between sand and dunes**. After about 300

meters, turning right, you will return to the dunes via wooden walkways after which, after a short straight stretch on the sand, you will see the sea in front of you. Reach it and run the last kilometer and a half on the shoreline to the arrival arch that you will see in the distance! We will be there waiting for you to put the medal around your neck!!

Quiet along the way you will find many volunteers to show you the way to encourage you and guide you to the finish ... you can't go wrong !!!!

Have fun!!!!!!!!!!

## **How to reach the Lido Beach Village – Blue Moon Beach**

### **Lido di Venezia**

To reach the Lido Beach Village you will necessarily have to make the last stop from Venice to the Lido by Vaporetto or Ferry Boat, unless you live right on the Lido !!!



#### **If you reach Venice by train – Santa Lucia Station**

From Venice Santa Lucia station you will have to take the Vaporetto - Line 5.1, 5.2 or 1 to the Lido S.M. Elizabeth. The fastest line is 5.2 which takes about 40 minutes to complete the journey, while line 1 reaches the Lido in about 1 hour.

The Lido Beach Village is about 700 meters away.

Check the [timetable](#).



#### **If you reach Venice by train or tram – Piazzale Roma**

Once you reach Piazzale Roma by bus or tram you will have to take the Vaporetto - Line 5.1, 5.2, 1 or Line 6 to the Lido S.M. Elizabeth.

The fastest line is 6

The Lido Beach Village is about 700 meters away.

Check the [timetable](#).



#### **If you reach Venice by bike - Tronchetto**

At the end of the Ponte della Libertà, which connects Venice to the mainland, keep right and take the first side road on the right towards Tronchetto and continue to follow the signs for "Ferry - Lido".

You will then have to take the Ferry Boat - Line 17 to the Lido San Nicolò stop.

Remember that you can board the bike for free by filling out the form you find at the link below to allow us to better organize the transport and parking of the bikes.

Remember that coming by bike will not cost you anything more: fill out the form below and present the bike ticket when collecting your bib number, you will receive a refund of the amount paid.

The Lido Beach Village is about one kilometer from the Ferry Boat stop.

Check the [timetable](#).

Pay attention that the Ferry Boat runs every 50 'and takes about 40 minutes to reach the Lido of Venice, so plan your trips carefully.


**BIKE TRANSPORTATION  
FORM**



#### **If you reach Venice by car - Tronchetto**

At the end of the Ponte della Libertà, which connects Venice to the mainland, keep right and take the first side road on the right towards Tronchetto and continue to follow the signs for "Ferry - Lido".

Once you reach the Tronchetto you can decide whether to board your car or leave it

parked at the parking lot  200m from the stop. Download the coupon the pay the discounted fare.

You will then have to take the Ferry Boat - Line 17 to the Lido San Nicolò stop.

The Lido Beach Village is about one kilometer away.

Check the [timetable](#).

Pay attention that the Ferry Boat runs every 50' and takes about 40 minutes to reach the Lido of Venice, so plan your trips carefully.

**DISCOUNT  
COUPON**



### **Book your hotel**

Find your ideal accommodation for your stay on the Lido of Venice through the official portal [visitlido.it](http://visitlido.it) or contact our [2R agency](#)



### **Do you have everything with you??**

Before leaving the house or the hotel, check that you have everything with you:

- the documents required to collect the bib
- clothing for the race (suitable for weather conditions !!!!)
- a small change for the post race
- swimsuit and beach towel to spend the post-race on the beach!



### **Lido Beach Village**

Visit the Lido Beach Village at the Blue Moon - Lido di Venezia.  
Here you will find all the services related to the race and the sponsor village.  
The Lido Beach Village will be open on Sunday 24 September from 8 to 14.



### **Pick up your bib**

On Tuesday 14 September you will receive by e-mail the confirmation letter, the only official document for the collection of the race bib with the timing chip applied.  
The bibs will be delivered at the Lido Beach Village at the Blue Moon Bathing Establishment - Lido di Venezia:

**Sunday, September 24, from 8am to 10am**

Remember to go to the bib pick up section with the confirmation letter on your smartphone, an ID and any still missing documentation required on the letter itself.

Do not print the letter but show it to our volunteers directly on your smartphone.



### **Pick up the goody bag**

After having collected the bib, remember to also take the race pack with the official tank top and the gifts of the sponsoring companies.



### **Bag Service**

When you collect your bib, you will receive the sticker to be applied to your bag.  
The bags must be delivered to the special area set up inside the Lido Beach Village.  
The bag depot will open at 9am

**While ensuring the utmost care, the organization will not be held responsible for any loss / damage to the effects contained in your bag, so we advise you not to bring any valuables with you.**



### **Toilets, changing rooms and showers**

You will find toilets, changing rooms and showers in the Lido Beach Village area, inside the Blue Moon establishment.



### **Start**

The departure is scheduled at **10.30am on Sunday 24 September** from the seafront in front of the Lido Beach Village.



### **Timing**

Thanks to the Evodata chip placed on the race bib, your race time will be recorded.  
Remember not to remove the chip from the bib otherwise you will not be classified.

**ATTENTION!!!! The chip is disposable therefore it must NOT be returned after the race.**



### **In case of withdrawal from the race**

If during the race you encounter any problems or you are forced to retire, do not panic; there are volunteers on the course that you can turn to in case of need. Look for the closest volunteer who will show you how to get back on arrival or will call an emergency vehicle.



### **Maximum time**

The maximum time to finish the race is **2h00'**.



### **Finish line**

The finish is located on the seafront in front of the Lido Beach Village. After arrival you will find the delivery of medals and the final refreshment with water



, biscuits



, supplements



, beer



and fruit



### **Massages**

After the efforts of the beach trail, the [Diabasi](#) masseurs, in collaboration with [Lacomed](#), will be ready to loosen your muscles for the best recovery.



### **Beach and Pasta Party**

After the race don't run away! You can celebrate your race with your friends and family at the Beach Party, with music and a pasta party



### **Relax on the beach**

If you purchased the Promo Beach umbrella and deck chairs during registration, they are waiting for you to relax.

Alternatively, you can book your seat directly at the Blue Moon beach.

Click [here](#) to book it



### **Ranking and race certificate**

After the race you can find the rankings and download your participation certificate on the site [www.venicelidobeachtrail.it](http://www.venicelidobeachtrail.it).



### **Do you have questions?**

If you still have any doubts, contact us by [e-mail](#) or through our social channels .. we are at your disposal!



### **Stay connected**

Don't miss the latest news on Venicemarathon events! Visit our [website](#)!