



INGORDA RULES - ENGLISH

31th may 2025

1. Soggetto Promotore e descrizioni generali

Levante Bike ASD and FIAB Parma Bicinsieme (below "the promoters") promote for the day Saturday 31th May 2025 the medium-distance ride called "INGORDA – La pedalata assistita dal buon cibo".

The event develops along the permanent cycling routes of the Food Valley Bike and the event consists of a non-competitive ride, punctuated by food and wine stages in suggestive places, to discover the excellence of the area.

The event starts from Piazza Garibaldi, Parma (PR), and there will be the possibility to do 2 routes:

- **Mezza Ingorda:** Parma-Colorno (40 km)
- **Ingorda:** Parma-Busseto (80 km)

Participants must follow and observe some simple "travel" rules and instructions:

A. The use of a helmet is mandatory.

B. The route is the one indicated in the road-book and is available on foodvalleybike.com and on the relative Food Valley Bike APP. Each participant will be provided with a travel document/rider passport, as well as a track in gpx format for satellite navigators.

C. Each participant declares to know the route and to be able to orient themselves along it following the normal road signs and/or the instructions provided by the organizer.

D. The route has flat gravel sections, therefore the use of a bicycle suitable for these conditions is strongly recommended (MTB, gravel; trekking); the use of strictly road bicycles is not recommended, in particular with regard to the tires which must have an adequate tread; the event is open to approved pedal assists bicycles/e-bikes.

E. Each participant will be provided with a sign of identification, not for classification purposes, which must be worn or displayed on their bicycle.

F. For personal or group assistance to individual participants, motorized vehicles such as cars, motorcycles or mopeds are not permitted.

2. Registration and participation fee

The registration fee includes:

- Participation and recognition signs
- Food tastings at the refreshment points



- Technical and virtual package
- FIAB RC and accident insurance coverage for the event

The technical pack will be available at the starting point from 7 to 8:30 on May 31, 2025. The promoters reserve the right to provide other preventive openings for the collection of the packs that will be communicated in advance through the official channels.

At the end of the event, the transport service from Busseto to Parma by bus including bicycle transport is available. The optional service can be purchased during registration until sold out (see art. 4).

The registration fee, including any additional services provided, will be refundable until 04/30/2025 with a deduction of € 15 for secretarial costs. After this date, no fee will be refundable. In case of non-participation on the day of the event, the registration fee and services will not be refunded.

For registration and payment methods, please refer to the event program published on <https://www.endu.net/it/events/ingorda/>.

3. Conduct of the event

L'ingorda è una pedalata non competitiva. la distanza prevista sarà percorsa in autonomia e nel pieno rispetto del codice della strada. Essa, pertanto, deve essere considerata dai partecipanti come una 'passeggiata in libera escursione'. Lungo il percorso saranno allestiti punti tappa, ciascuno caratterizzato dall'eccellenza gastronomica del territorio: Parmigiano Reggiano, Pasta al Pomodoro, Confettura di Prugna Zucchella, Anolino Morbino, Tortèl Dols, Spalla cruda, Spalla Cotta, Ciccioli, Culatello di Zibello, Spongata.

The route is partly on cycle paths, others along roads without traffic restrictions. Each participant must strictly respect the characteristics and regulations in force, aware that the route is open to normal traffic and does not enjoy any system of protection or separation from the use of third parties (pedestrians, other cyclists, motor vehicles of any kind, etc.). More specifically and by way of example, each participant is aware that:

- a) each intersection must be approached in full compliance with the rules of the highway code (stop signs, right of way, entering roundabouts, respecting traffic lights) as no form of protection, control or facilitation of individual passage is provided;
- b) crossing residential areas must be carried out with adequate attention and caution with respect to every other user and in compliance with the highway code and the provisions or indications adopted locally;
- c) along the route (in particular and by way of example along any cycle paths or unpaved sections) there may be any fixed obstacles that are not signalled or other dangers (posts or barriers with the aim, for example, of preventing or limiting the access of vehicles);
- d) along the route there may be holes or other dangers (e.g. dirt and gravel, branches, puddles, etc.) and, particularly along any unpaved stretches, speed and driving behaviour must be based on rules of adequate and customary prudence and safety;
- e) the possible presence of procedures to facilitate or regulate the flow adopted locally even under the responsibility of individual Local Administrations (e.g.: protected intersections, 'all clear' signs,



presence of personnel who inform of the presence of obstacles or dangers or who facilitate the passage) must be considered as purely exceptional and cannot determine any reliance on the adoption of the same possible procedures in subsequent stretches of the route.

Participants must follow and observe all instructions provided by the promoters during the Event.

The departure will take place in a distributed between 7.30 and 9.30 on Saturday 31 May 2025.

Participants must arrive by 1.30 pm in Colorno for the Mezza Ingorda (40 km) and by 5 pm for L'Ingorda (80 km). After this time, the services provided by the program can no longer be guaranteed.

In the event of accidental events that prevent the completion of the route within the expected time frame, the participant is aware that they must independently provide for the return, as the promoters do not offer any collection or transport service.

4. Trasfer service

The transport service for Ingorda participants from Busseto to Parma, which can be purchased together with the registration, is regulated as follows:

- the service is available until all places are filled;
- the service is active from 2:30 pm to 6:30 pm on 31 May 2025 and participants will use it on a first-come, first-served basis;
- the booking fee is refundable within the terms defined in art. 2;
- in the event of non-participation on the day of the event, the booking fee for the service will not be refunded.

If the hydrological conditions of the Po River allow it, we will evaluate whether to activate the return service with the cruise on the Po River. The service includes short trips by coach and bike transport with a trailer. To use the cruise service, participants must guarantee arrival in Busseto by 3:00 pm. When registering, it is possible to reserve this option, which will be confirmed in advance two weeks before the event.

No transport service is provided for the Mezza Ingorda.

N.B. The company that provides the service and the organizing company assume no responsibility for any damage to the bicycles during transport. Qualified staff will be present and will take all precautions for the correct loading of the bicycles on the trailers equipped for loading cycles.

5. Bicycle suitability

The route has flat gravel sections, therefore the use of a bicycle suitable for such conditions is strongly recommended (MTB, gravel; trekking); the use of strictly road bicycles is not recommended, in particular with regard to the tires which must have an adequate tread; the event is open to approved pedal-assisted



bicycles.

Each participant is required to verify that the bicycle they intend to use is perfectly suitable for the distance and type of route of the Ingorda and assumes all responsibility for any accidents caused by defects or malfunctions of the bicycle and for the consequent damages that may arise to their person or their things or to third parties and the things of third parties, relieving the promoters from any action or request for damages.

No checks or verifications will be carried out on the suitability and efficiency of the vehicle: the delivery of the travel document, the identification sign, must in no way be interpreted as approval and/or evaluation of the suitability and efficiency of the vehicle, the responsibility of which is left to the individual participant. Please remember that the Highway Code requires that the bicycle be equipped with front and rear lights.

6. Medical service

Given the NON-competitive and unsupported nature of the event, no specific medical support is foreseen, nor the presence of an ambulance or medical car in tow. However, during the course of the Event, the organizer will alert some medical facilities along the route. The evaluation of one's own state of health and suitability to carry out the ride is left to the participant's responsibility.

7. Suspension and cancellation of the Event

The promoters may order the suspension of the Event or modify its duration and route if unsuitable environmental conditions occur. In the event that the environmental conditions or circumstances are such as to compromise the departure, or the resumption within a reasonable time of the event, the promoters may order its cancellation.

In the cases of suspension or cancellation provided for in this article, participants will not be entitled to a refund of the registration fee, nor to any sum of money as compensation or reimbursement.

The participant will however have the right to register for the next edition free of charge.

8. Obligations and rules of conduct

None of the roads traveled or crossed during the cycling excursion will be patrolled. Each participant must consider themselves on a personal excursion, the promoters of Ingorda cannot in any way be held responsible for accidents that may occur during the event.

For all participants:

- a) the helmet must correspond to the safety and protection criteria dictated by the regulations in force and must always be well fastened under the chin with the strap;
- b) absolute compliance with the rules of the highway code and any other provisions that may also be locally adopted;



c) compliance with prudent behavior for their own safety, that of other participants, other frequenters of the places, and any spectators;

d) compliance with the provisions and any signals of the promoters, including the passage at the indicated checkpoints and the surprise one, and of the police.

For organizational and recognizability reasons, each participant is invited to display on their arm and on their bicycle the identification signal provided by the organization.

Each participant is aware that, under his/her own responsibility, he/she must equip himself/herself, from the start and independently, with adequate and efficient lights (white front and red rear), in compliance with the Highway Code.

Each participant will equip himself/herself with adequate repair kits.

The participant is aware of the fact that no checks or monitoring are foreseen and that therefore ordinary and reasonable precautions must be adopted by each one as if it were an unsupported trip.

The conduct of the participants must in any case be inspired by criteria of absolute loyalty and correctness to avoid the infringement of the rules contemplated by this regulation.

9. Limitations of liability

The promoters will not be responsible for damages and injuries that may arise to participants of the Ingorda or caused by participants to third parties due to:

a) collisions with other participants, vehicles or stationary obstacles, the characteristics of the road surface, atmospheric phenomena or any other cause not directly attributable to the conduct of the promoters;

b) physical and health conditions or the conditions of the means of transport used.

The promoters will also not be responsible for damages that may arise to the things of participants or third parties due to the performance of the Ingorda.

The promoters are not responsible in any way for bicycles or other materials abandoned, lost or stolen before, during or after the performance of the Ingorda and during stops.

10. Insurance

Each participant is responsible for himself and for any damage that his behavior may cause to himself, to third parties and/or to the property of third parties directly or through his own personal accident and civil liability insurance.

The fee includes RC and accident insurance coverage for the specific event, according to the terms defined by FIAB and available on the page [Assicurazione soci e associazioni - FIAB Italia](#).

The cycle tourist or amateur cycling card covers only what is provided for by the policy of your affiliation body.



11. Competent court

For any dispute relating to the interpretation of these regulations or arising from participation in the Event, including those relating to accidents or injuries of any nature, the court of Parma will have exclusive jurisdiction.

12. Authorization to process personal data, photo-video shooting

Participation in the Event involves the processing of participants' personal data for the purposes and in the manner described in the Organizer's Privacy Policy. All personal data voluntarily provided by participants will be processed for the fulfillment of obligations and the exercise of rights arising from this regulation. Data processing is mandatory and will take place in compliance with the security measures set forth in Legislative Decree no. 196/2003. The organizer/promoter is the data controller. By registering for the Event, the participant confirms that he/she has carefully read the Organizer's Privacy Policy. The participant acknowledges and accepts that, in consideration of the public nature of the Event, the object of the services of dissemination and marketing of the Event's video-photographic recordings, as well as the impossibility of selectively limiting the video-photographic recordings, in order to register and participate in the Event it is necessary to authorize the recording and use of one's image in the manner and for the purposes indicated in this Regulation, as well as in the Release and Privacy Policy.