

# Run to the Tower 2011



Runners Packet



## Welcome to the 29th Annual Run to the Tower

Buongiorno and benvenuto to Italia!

On behalf of U.S. Army Garrison Livorno, it is an honor for us to welcome you to Camp Darby and the Livorno Military Community for one of the most interesting runs in Tuscany. This year the 12K run will take place on Friday, Oct. 21. The race begins at 9:30 a.m. in front of the Camp Darby Parade Field and goes through the flat roads along the Arno River finishing in front of the Leaning Tower of Pisa. Runners will enjoy a flat, fast course with two water points, road guards or police at intersections and a bus at the finishing point to bring them back to Camp Darby.

The race is limited to 700 runners and walkers, with the first 400 registrants receiving a Run to the Tower T-shirt. Medals will be awarded to top three finishers in seven male and female categories at 11:15 a.m. by the Leaning Tower of Pisa.

Registration is open now and will last until Oct. 19 or until the first 700 applications are received. No applications will be accepted on the day of the race.

This information packet contains the registration form and information about where to stay and what to do while you're here. We wish you a pleasant stay in Italy and hope that you will use Camp Darby as your "springboard" to many exciting and interesting experiences. Best wishes for a safe, productive and enjoyable visit.



[www.usag.livorno.army.mil](http://www.usag.livorno.army.mil)

**Lt. Col. Kevin Bigelman**  
U.S. Army Garrison Livorno  
Commander





## Run to the Tower 2011 Registration

**DATE & TIME:** Friday, 21 October 2011 at 9:30 a.m.

**ELIGIBILITY/ADMISSION:**

Open to all U.S. military, civilian personnel, local national employees, Italian military personnel, Italian running clubs, and Family members. Limited to the first 700 registered runners.

**COURSE:**

12-km (7.3 miles) fast, flat blacktop, concrete, all clearly marked. Water stations approximately every 2.5 miles. Medical services on standby.

**ENTRY FEE:** \$15 or 12 euro

**ENTRY PROCEDURES:**

Register thru 19 October, 2011. Completed official entry form and check or money order must be received or postmarked by same date. **There will be absolutely no registrations on race day or day prior to race.**

Make check payable to CMWRF and mail to:

USAG-Livorno  
ATTN: Run to the Tower 2011  
Unit 31301 Box 60  
APO AE 09613

or hand carry to the Camp Darby Outdoor Recreation Center, Bldg. 690. Absolutely no refunds.

**PICK UP RACE PACKET:**

Report to Outdoor Recreation, Bldg. 690, 9:00 a.m.-2:00 p.m. on October 20<sup>th</sup> to pick up race packet including race number, T-shirt, and map of the course.

**RACE DAY REPORTING:**

Report to Fitness Center, Bldg. 305, between 8:00 and 8:45 a.m. on October 21<sup>st</sup> for last minute pick up of race packet including race number, T-shirt, and map of the course.

**T-SHIRTS:** First 400 participants receive free Run to the Tower 2011 commemorative t-shirt.

**AGE GROUPS (Men and Women):**

17 and under, 18-29, 30-34, 35-39, 40-44, 45-49, 50 and over.

**AWARDS:**

Trophies awarded to fastest male and female over all, and to first place finishers in all 7 categories. All categories receive medals for 2<sup>nd</sup> and 3<sup>rd</sup> place. Unit trophies awarded to unit with the highest percentage of participants and for the unit with the largest number of participants. Presentation will take place near the Leaning Tower of Pisa at approximately 11:45 a.m.

**LODGING:**

The Sea Pines Recreational Facilities can accommodate groups and individuals. Contact them today at DSN (314) 633-7225 or COM +39-050-54-7225.

**FOR ADDITIONAL INFORMATION:**

Contact the Camp Darby Outdoor Recreation office at DSN (314) 633-7775 or COM +39-050-54-7775 on Mon-Wed-Fri 1:00-6:00 p.m. or Tue-Thu 9a.m.-2:00 p.m.

## Run to the Tower 2011 Entry Form

_____		MI	Female	<input type="checkbox"/>
Last Name	First Name		Male	<input type="checkbox"/>
_____				
Address				
_____				
APO	AE	T-Shirt Size (Circle One)		
		S	M	L XL
_____		_____		
Telephone	Unit			
_____		_____		
Birthdates (YY/MM/DD)	Age on 21 Oct 2011			

**GENERAL RELEASE**

I hereby acknowledge that I am a voluntary participant in the Run to the Tower 2011 (hereinafter [the event]). I assume all risk of personal injury or other consequential damage which may result from my participation in the event and do hereby remise, release and forever discharge the government of the United States, the U.S. Army, Camp Darby, their agents, employees, servants and contractors from any and all claims, causes of action, suits, judgements, costs, demands and liability whatsoever in law or equity which I or my heirs, executors, administrators, successors or assigns may have resulting in any manner from my participation in the event. I further give my consent to receive medical care when authorized or directed by authorized medical personnel for injury which may result from participation in and during the event. My consent however does not imply a promise or commitment that medical assistance will be available to unauthorized persons. I am participating in the event as an amateur and give permission for the free use of my name and picture in any broadcast or news account of the event. I understand my name may be released for corporate sponsorship purposes. I have read and understand the contents of the above.

\_\_\_\_\_  
Signature and Date (if under 18, must also be signed by parent/guardian)

# How to get to Camp Darby

Transportation services to and from and even at Camp Darby are limited. However, ODR offers a fee based shuttle from the [Pisa Galileo Galilei International Airport](#) (PSA). Call DSN 633-7775 to RSVP 72 hours in advance.

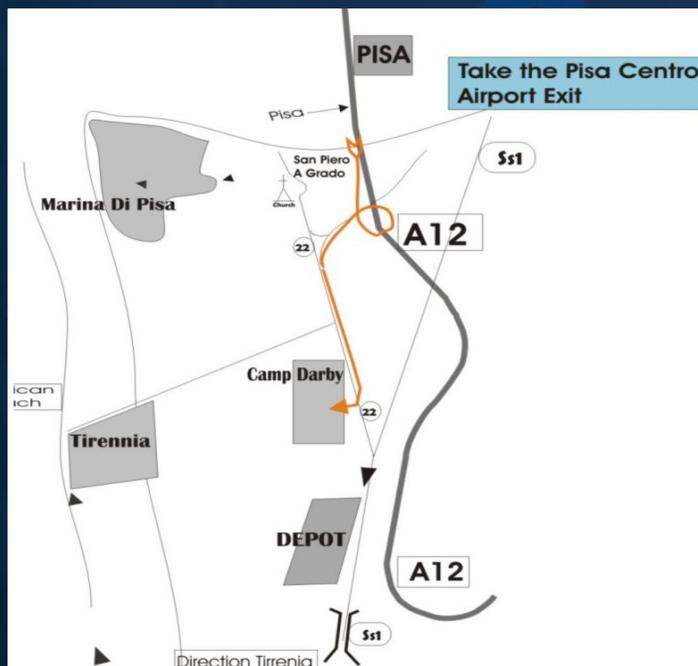
**Pisa Taxi** 050-541600  
**Livorno Taxi** 0586-883377

\*\*\*At this time taxis are not permitted access to Camp Darby.\*\*\*

**Driving by Car** The Autostrade charges a toll. If taking A12, exit Pisa Centro and follow the signs to Camp Darby

\*\*\***Gas Coupons**\*\*\* Only American Active Duty military and DOD civilians on leave or TDY (not on pass) and dependents with Power of Attorney are authorized to purchase gas coupons at the AAFES shoppette.

When purchasing gas coupons, you must present your leave orders and car registration or rental car agreement (POV's cannot be registered in Italy) during normal duty hours at the MP Station. If you're using a borrowed POV, you'll need a Power of Attorney.



**Shuttle Bus** Since the post does not offer any on-base housing, a shuttle bus service is available for our military families that live in the surrounding areas of Pisa, Tirrenia and Livorno. Active duty have first priority.

## Europcar Car Rental on Camp Darby

Open Mon-Fri from 10 a.m. -5 p.m. (closed between 2 p.m.- 3 p.m.) and Saturdays from 10 a.m. -2 p.m. You will not find this office on the Eurocar's web site. However, they offer a special discount exempt from the Italian Vat. Call DSN 633-7395. If you are TDY, you will need to provide a copy of orders. If you need an automatic car or a multi-passenger van, please call several days in advance.

**Trains** You'll want to arrive at the main train station in Pisa or Livorno. Ticket prices and timetables can be found at [Trenitalia](#).

**Airports** The [Pisa Galileo Galilei International Airport](#) (PSA) is sometimes referred to by booking agents as the Florence-Pisa Airport. However, [Florence \(FLO\)](#) is one hour away from Camp Darby. There is an airport shuttle that runs between the two airports and a good alternative when the public transportation and trains are on strikes.

**Pisa Bus** tickets may be purchased at any Tabaccheria on the economy or from the bus driver on board any bus. The nearest bus stop is approximately one mile away in front of Pisa Veterinarian University or on the Aurelia.

**GPS coordinates:**  
**Via Livornese, Tirrenia, Pisa**  
[google street view](#)

# Where to Stay

Official Army Lodging: [Casa Toscana](#) DSN 633-7580  
e-mail: [dldarbycasatoscana@eur.army.mil](mailto:dldarbycasatoscana@eur.army.mil)

FMWR Lodging: [Sea Pines Lodge, Log Cabins and Camp Grounds](#)  
DSN 633-7225 e-mail: [sea\\_pines\\_lodge@eur.army.mil](mailto:sea_pines_lodge@eur.army.mil)

Local Hotels

## Tirrenia:

Albergo Bristol Hotel \*\*\* 38 V. delle Felci – 05037161  
Hotel Consoli DelMare \*\*\* 30V.Dei Biancospini – 05037056  
Grand Hotel Continental \*\*\*\* Largo Belvedere – 05037031  
Albergo Pensione Piccolo Hotel – 257 VI Del Tirreno 05037483  
Albergo Pensione Villa Wanda \*\* 4 V Dei Tigli 05037486  
Orchida Marina – 283 Vle Del Tirreno 05037087  
Grand Hotel Golf \*\*\*\* Via della'Edera 29- 05037518/957018  
San Francesco \*\*\*\* Via della Salvia 50 – 05033572  
Albergo Boboba\*\*\*Bia Litoreana\*\*\*0503114  
Hotel Medusa\*\*\* Via Oleandria – 050-37125

## Pisa:

Holiday Inn – SS Aurella Magliarino – 050803310  
Hotel Moderno \*\* 103 V Corridoni – 05025021  
Hotel Relais Dell'orologio – 12/14 V Della Faggiola – 050830361  
Hotel Ristorante Francesco – 129 V.S.Maria – 050554109  
Hotel D'azeglio \*\*\*\* P. Vittorio Emanueleii – 050500310  
Touring Hotel – 24 V. G. Puccini – 05046374

## Livorno:

Hotel Livorno AC10\*\*\*\* - Via Giotto Ciardi (next to IPERCOOP)  
Albergo Garden Pensione – 10A V. Dell Edera – 05037545  
Albergo IL CavaliereNero \*\* - 189 VI Del Tirreno – 05037509  
Albergo IL Gabbiano – 14 V Della Digattiera – 05032223  
Albergo Italia – 15V Del Gattici – 05037720  
Albergo Le Pleiadi – 3 V Del Tirreno – 05037070  
Albergo Mediterraneo – 81 V. Del Gattici – 05037446  
Albergo Pensione IL Tulipano – 345 VI Del Tirreno – 05037406  
Albergo Residence – 283 VI Del Tirreno – 05037087  
Albergo Restorante IL Cavaliere Nero – 189 VL Tirreno – 05037509  
Albergo Rivera Blu – 15 VL Del Tirreno – 05037146  
Villa Laura \*\*\* 52/54 V. Delle Salvie – 05037466  
Albergo Vittoria Camere Mini – 171V.Del Tirreno – 05037451  
Roma \*\* Vle Del Tirreno 101 – 05033028

This listing does not constitute an endorsement by the U.S. Army,  
Camp Darby, Army Lodging or FMWR.



# Where to Eat on Camp Darby

## Cappuccino Bar at DCC

Mon-Fri 5:30 a.m.- 4 p.m.

Serves coffee, sodas, bottled and fresh squeezed juice, alcoholic beverages and breakfast pastries and wide variety of freshly made Italian sandwiches. Euro's only.

## Commissary Sandwich Bar

Tue 10 a.m.-7 p.m.  
Wed 10 a.m.-6 p.m.  
Thu 10 a.m.-6 p.m.  
Fri 10 a.m.-6 p.m.  
Sat 10 a.m.-6 p.m.

Making your favorite sandwiches how you want. Friday is Tuna fish special. Daily specials along with pizza and rotisserie chicken. There is a small salad and fruit bar that is open 11 a.m. to 2 p.m. weekdays.

## Tuscan Bistro by PX

They offer American style breakfast, Italian pastries, and American and Italian coffee and lunchtime specials of the day, and hamburgers and cheese burgers. Prices are in dollars, but you can pay in both currency's.

Until Oct. 31, 2011 the hours of operation are:

Mon-Fri 7:30 a.m.-6:00 p.m.  
Sat 8:30 a.m.- 5:30 p.m.  
Sun 10 a.m.- 3 p.m.

## "The Gazebo Grill" at DCC

Open for Breakfast weekdays from 7 a.m. – 10 a.m. They serve five American classics for \$5 to include American coffee.

## The American Beach Eatery and Bar

is open daily during the summer when the beach is open. They serve Italian and American cuisine and a variety of adult beverages and ice creams at their separate bar. Prices are in dollars and Euros.

## Girasole at Bowling Alley

They serve Italian and American cuisine. They accept dollars and Euro's and are open:

Mon - Sat 11 a.m.– 9 p.m.  
Sun evenings 5 p.m. to 9 p.m.

## Italian Mensa at DCC

Open to Americans and guests weekdays from 12:30 p.m. -2 p.m. They are closed on Italian holidays.

You have a choice of a half meal (6 Euro) or a Full Meal (7.50 Euro).

After 12:30 p.m., you can request your meal to go if you do not wish to eat there and they will heat shrink the wrapper onto the food container so it doesn't spill.

## Shoppette

Open:  
Mon - Sat 7 a.m.-7 p.m.  
Sun 10 a.m.-6 p.m.

Home of the Rotisserie Sausage, Hot dog and tornado (tortilla with shredded beef). Plus, flavored American Coffees, frozen food, Chips and dip and baby food.

# Day trips from Camp Darby

Camp Darby is located in the region called Tuscany. It is the region of Italy most dear to the tourist because of its natural beauty and for the art treasures contained in the galleries, churches, and palaces of its towns.

**PISA:** 8 km north of Camp Darby on the SS1 (Aurelia).

You can see the Piazza del Duomo (Cathedral Square) with its superb 11th century Cathedral, The Leaning Tower and Baptistry. To climb the Tower Visit the web site for reservations on-line [www.duomo.pisa.it](http://www.duomo.pisa.it)



**LIVORNO:** 12 km south of Camp Darby on the SS1.

This is the third largest seaport in Italy. Home the Livorno Aquarium



**VIAREGGIO:** 33 km north of Camp Darby on the SS1.

Viareggio and its surrounding area are well known for being the largest summer resort in Italy.



**LUCCA:** 32 km north of Camp Darby on the SS1 to Pisa then #12 to Pisa-Lucca.

The city walls date back to the 16th century and the Duomo to the 12th/13th century and can be walked or biked.

**MONTELUPO:** 65 km east of Camp Darby. Perfect place to buy Tuscan ceramics



**CARRARA:** About 66 km north of Camp Darby on the SS1. It is most famous all over the world for its white marble quarries. Visit the marble shops and see the stone cutters at work.

**VINCI:** 73 km east of Camp Darby. Visit the museum and birthplace of Leonardo da Vinci.

**VOLTERRA:** 80 km southeast of Camp Darby. This town of Etruscan origin still preserves its medieval aspect and is also where parts of Twilight was filmed.



**CINQUE TERRA:** About 66 km north of Camp Darby on the Autostrade 12.

This series of quaint five villages are built on the side of massive cliffs. There are hiking routes of varying skill levels . **\*\*\*ITR is offering a trip here, Oct. 22. DSN 633-7084\*\*\***

**SAN GIMIGNANO:** 90 km southeast of Camp Darby. This is the only town in Italy that has kept intact its medieval atmosphere, although only 13 of its original 73 towers remain. Notable are the Duomo (cathedral) and the Church of Sant' Agostina both decorated with famous frescoes.



**FIRENZE:** 120 km east of Camp Darby . Visit the Piazza del Duomo (cathedral square), the Piazza della Signorina with the imposing 14th century Palazzo Vecchio and the Ponte Vecchio, which is famous for its goldcrafts. Other notable points of interest are the Churches of Santa Croce, Santa Maria Novella and Carmine, San Lorenzo with the Medici's Chapel (Michelangelo's statues), the Pitti Palace, Galleria della Accademia (Michelangelo's David) and the San Marco Galleries.

**SIENA:** 130 km southeast of Camp Darby. An interesting medieval town, famous for its 13th century Palazzo Comunale (City Hall Palace), which contains a series of celebrated frescoes, and the Duomo (cathedral) with its beautiful façade

