



Comitato Regionale **PIEMONTE**

M160K regulation

Version 1, 20/11/2023

*This regulation may be subject to changes. A periodic check of the official regulations published on the website www.100migliamonviso.eu is recommended

FIDAL Piedmont approval n. 404 / Trail /2024

ART 1. GENERAL INFORMATION

The Amleto Bertoni Foundation, in collaboration with the Municipality of Saluzzo, the Monviso Park, the Unione Montana Valle Varaita, the Montana Union of the Municipalities of Monviso, the Consortium of the Po montano Imbrifero Basin, the Bim del Varaita Consortium, the Running Valle Varaita, Running Valle Infernotto, Athletics Saluzzo and the U.S. Sanfront, organizes the third edition of the running event called "Terres Monviso - 100 Miglia Monviso", affiliated with F.I.D.A.L.

ART 2. EVENTS

The event, which offers a total of 3 events, will take place on 19, 22 and 21 July 2024 and on 25 August 2024 in a natural environment in the territory of the Terre del Monviso. Each test takes place in a single stage, at free speed, in limited time:

Friday 19 July 2024 - **M160K** - 160 km - 9000 meters of elevation gain - Saluzzo-Saluzzo

Saturday 20 July 2024 - **M45K** - 45 km - Approximately 2000 meters of elevation gain - Sampeyre-Saluzzo

Sunday 21 July 2024 - **M20K** - Approximately 1000 meters of elevation gain - Brossasco-Saluzzo

Sunday 27th August 2023 - **Monviso Trail** - 26 km - 1900 meters of elevation gain - Crissolo-Crissolo

Con il patrocinio di



Organizzato da



+39 349 83 57 091

+39 333 86 02 379

info@100migliamonviso.eu

www.100migliamonviso.eu

SPECIFIC REGULATION - M160K

ART 3. CONDITIONS OF PARTICIPATION

For this distance, in addition to the obligation to be 20 years old (those born in 2004 and earlier are admitted) and to be in possession of a regular medical certificate (see Article 5), it is strongly recommended to:

- be aware of the length and specificity of the race and have adequate preparation;
- having participated and completed a mountain running race with a distance equal to or greater than 80 km;
- have acquired, before the race, a real capacity for personal autonomy in the mountains to be able to better manage the problems related to this type of test and in particular:
- knowing how to face alone, without help, climatic conditions that could become difficult due to the altitude (night, wind, cold, fog, rain or snow);
- being able to manage, even if you are isolated, the physical or psychological problems due to great fatigue, gastrointestinal problems, muscle or joint pain, small wounds ...

Participation in one of the events referred to in art. 2 implies the unreserved acceptance of this regulation and the F.I.D.A.L. Inherent in Trail Running races (rule 252).

ART 4. SEMI AUTONOMY

The race is regulated by the principle of semi autonomy.

Semi-autonomy is defined as the ability of the member to proceed autonomously between a refreshment point and another for what concerns his food and liquid needs, as well as the needs that derive from environmental conditions or from unfavorable events such as problems physical or fatigue. It is important that the athlete is autonomous in the race course, knowing that he can, however, refer to several solid and liquid refreshment points and three Life Bases, Crissolo (km62), Casteldelfino (km105), Brossasco (km140).

This principle implies that:

- it is mandatory to bring with you all the material, different from race to race, indicated in art. 8 of these Regulations;
- the refreshment points will be supplied with liquids and solids;
- it is forbidden to be accompanied on the course by a person who is not regularly registered.



In any case, private assistance will be possible within 50 meters of the refreshment areas (and in any case within the areas determined by the organization), by a single person who must first identify himself with the managers of the refreshment point.

In Crissolo (km62) and Casteldelfino (km105) life bases the athlete can find a bag left to the organization upon delivery of the bib (to have their equipment in both bases it will be necessary to leave two bags). A hot meal, cots to rest and medical staff will be available in the life base.

The bags deposited in the life bases can be collected at the village of Saluzzo starting from 9.00 on Sunday.

ART 5. METHOD OF REGISTRATION / REFUNDS REQUIREMENTS FOR PARTICIPATION ATHLETES REGISTERED IN ITALY

Based on the provisions of the "Rules for the organization of events" issued by FIDAL, athletes registered in Italy can participate limited to people from 20 years onwards (born in 2004 and earlier) in possession of one of the following requirements:

- Athletes registered for 2024 for clubs affiliated with FIDAL and in good standing with the medical examination;
- Athletes registered with a Sports Promotion Body (Athletics Section), by presenting a valid medical certificate of specific competitive fitness for athletics, which must be delivered to the organizers;
- Athletes in possession of RUNCARD, MOUNTAIN AND TRAIL RUNCARD, (valid as sports insurance and permission to compete), limited to people from 20 years (born in 2003 and earlier). Participation is in any case subject to:
 - a) upon presentation of a valid medical certificate of specific competitive fitness for athletics, which must be shown to the organizers in original and kept, in copy, in the records of the organizing company of each event. The medical certificate for non-resident foreigners can be issued in one's own country, but the same tests required by Italian law must have been carried out: medical examination; complete urinalysis; electrocardiogram at rest and after exertion; spirometry;
 - b) verification by the organizer of the validity of a medical certificate of specific competitive fitness for athletics.
 - c) verification by the organizer of the validity of a medical certificate of specific competitive fitness for athletics.

Con il patrocinio di



Organizzato da



+39 349 83 57 091

+39 333 86 02 379

info@100migliamonviso.eu
www.100migliamonviso.eu

PARTICIPATION REQUIREMENTS FOR ATHLETES NOT REGISTERED IN ITALY

Italian / foreign athletes not registered in Italy can participate, limited to people from 20 years onwards (born in 2004 and earlier) in possession of one of the following requirements:

- Athletes with club card affiliated to Foreign Athletics Federations recognized by the WA. Upon registration, they must alternatively present the self-certification of possession of the card recognized by the WA. The self-certification will then, in any case, be signed in original upon collection of the bib;
- Athletes in possession of RUNCARD, MOUNTAIN AND TRAIL RUNCARD, (valid as sports insurance and permission to compete), limited to people aged 20 and over (born in 2004 and earlier). Participation is in any case subject to:
 - a) upon presentation of a valid medical certificate of specific competitive fitness for athletics, which must be shown to the organizers in original and kept, in copy, in the records of the organizing company of each event. The medical certificate for non-resident foreigners can be issued in one's own country, but the same tests required by Italian law must have been carried out: medical examination; complete urinalysis; electrocardiogram at rest and after exertion; spirometry.
 - b) verification by the organizer of the validity of a medical certificate of specific competitive fitness for athletics.
 - c) verification by the organizer of the validity of a medical certificate of specific competitive fitness for athletics.

Registration must be done online through the WEDOSPORT service by filling out the appropriate form in its entirety through the payment instruments provided by it.

In case of non-performance of the event for reasons not related to the Organization, it will be the responsibility of the same to proceed with a partial and not total reimbursement of the registration.

- Cancellation by April 15, 2024 - Return of 70% of the registration
- Cancellation by May 30, 2024 - Return of 50% of the registration
- Cancellation after May 30, 2024 - The organization reserves the right to decide the reimbursement fee based on the expenses already incurred

The organization reserves the right to propose automatic registration for the 2025 event.

In any case, it will not be possible to refund bank or Wedosport platform fees.

Con il patrocinio di



Organizzato da



+39 349 83 57 091

+39 333 86 02 379

info@100migliamonviso.eu

www.100migliamonviso.eu

Registration is personal and definitive, bib numbers and / or name changes are not allowed.

Registration implies acceptance of these Regulations and safety communications published on the site or communicated during the briefing before departure.

No distance changes will be possible in any way.

ART. 6 REGISTRATION FEES

The Amleto Bertoni Foundation - Instrumental Body of the Municipality of Saluzzo is a non-profit organization; the registration fees to be paid by the athletes must be understood as individual contributions from the competitors to cover organizational costs.

The registration fees for the year 2024 are as follows:

- Start offer until 31/12/2023 - 120€
- Standard registration from 01/01/2024 to 30/04/2024 - 140€
- From 01/05/2024 - 160€
- Pacer fee (see art. 20) - 25€

*Registrations including mandatory tracker rental.

Registrations will close on Sunday 14/07/2024.

ART 7. BIB WITHDRAWAL

The 19/07/2024 from 15 to 19 at the **race direction** which will be based in **Piazza Cavour in Saluzzo**.

Each bib will be delivered individually to each competitor upon presentation of:

- Identification document with photo
- Copy of valid medical certificate (if not already uploaded / sent)

In case of impossibility to collect the bib, a third person may be delegated who must present the following documentation:

- Registration confirmation email printed and signed in original by the delegating member;
- Copy of the identity document of the delegating member.

The bib must always be visible for the entire duration of the race. It must therefore be placed over all clothing and in no case fixed on the bag or on a leg (this also to facilitate checks on the course without being stopped). Sponsors must not be modified or hidden.

ART 8. MATERIAL

The material indicated must be integrated according to individual needs.

Note: based on the weather forecast, it will be possible to change the mandatory material that will be communicated to the athletes by means of the e-mail address indicated during registration.

Mandatory equipment:

- basic trail running clothing suitable for temperatures;
- gloves, hat or bandana or buff;
- trousers + socks that cover the whole leg;
- backpack;
- mobile phone with coverage for Italy and France with the Organization's emergency numbers entered; keep the phone always on, do not mask the number and start with the battery charged and the phone in low consumption mode to ensure battery life throughout the race - the personal phone number must be communicated to the organization;
- personal glass of 15 cl minimum (bottles and camel bags excluded);
- water bottles or Camel Bags with a water reserve of at least 1 liter;
- headlamp working with spare battery (s);
- Thermal blanket (min 1.4m x 2m);
- Whistle;
- waterproof jacket with hood (Goretex type rainproof or similar and breathable, welded seams, no exposed or non-waterproof parts).

Recommended equipment:

- poles;
- waterproof overtrousers;
- additional warm long sleeve layer + light windproof with sleeves;
- Waterproof gloves or overgloves (latex gloves are accepted);
- Spare clothing;
- Food supplies.

Con il patrocinio di



Organizzato da



+39 349 83 57 091
+39 333 86 02 379
info@100migliamonviso.eu
www.100migliamonviso.eu



ART 9. DEPARTURES / TIMES

The start of the race will be at **9 pm on Friday 19th July 2024 in Piazza Cavour in Saluzzo.**

Each athlete is required, in the days preceding the event, to check the mailbox, entered during the registration phase, at least once a day.

ART 10. ROUTE

The route develops mainly on dirt paths, dirt roads. Competitors must strictly respect the race course, marked with signs, flags and, for the night part, reflective strips, as well as the GPX track. The removal from the official track, in addition to resulting in disqualification from the order of arrival, will take place at the sole risk and peril of the competitor.

ART 11. ENVIRONMENT

Competitors must behave respectfully for the environment. The event takes place within a Regional Park and, for a while, within an integral reserve. Anyone surprised to abandon waste along the route will be disqualified from the race and will incur any penalties provided for by municipal regulations.

ART 12. WEATHER

In the event of important weather phenomena (strong storms, fog, etc.), the organization reserves the right to make changes to the route even at the last minute in order to eliminate any dangers or conditions of severe discomfort for the participants. Any changes will be communicated to the participants and reported by the staff.

The **METEO MONVISO** system will be active for athletes, which can be consulted for approaching the race.

ART 13. SAFETY, INSURANCE, MEDICAL ASSISTANCE

Organization staff will be present on the route and various rescue points will be set up connected by radio or telephone with the race direction which will be based in Piazza Cavour in Saluzzo; at the base of Saluzzo and on the route there will be ambulances, civil protection and a team of doctors throughout the duration of the races.

Any runner injured or in difficulty can call for help:

- showing up at a refreshment point or life base

Con il patrocinio di



Organizzato da



FONDAZIONE
AMLETO
BERTONI



+39 349 83 57 091
+39 333 86 02 379
info@100migliamonviso.eu
www.100migliamonviso.eu

- asking another runner to call for help
- by calling the organization

Each runner, in the event that he detects the presence of people in difficulty, must promptly call the emergency number stamped on the bib and notify the emergency services.

The emergency numbers active during the event will be as follows: 3469499587, 3498357091, 3338602379.

If for some reason the organization number is not reachable, call 112.

The environmental and running conditions can make rescue wait longer than an athlete expects.

The safety of the athlete, in the waiting time, will depend on his correct behavior and on the quality of the material worn or available in the backpack.

A competitor who requests the intervention of the rescue or a doctor submits to their authority and accepts their decisions.

A competitor who needs medical treatment such as drips or injections will be automatically excluded from the continuation of the race.

The race direction, on the recommendation of the rescue personnel, may at its sole discretion:

- Exclude from the race any participant considered unable to continue safely
- Evacuating a participant by any method is considered in danger
- Hospitalize each participant if deemed necessary by the physician

All competitors must remain on the marked trails. The competitor who voluntarily departs from the marked trails is no longer subject to the responsibility of the Organization.

Each competitor is advised to have their own accident insurance for the duration of the competition. The costs of any evacuations by technical means: helicopter / air ambulance / mountain rescue etc ... are borne by the participant. The participant can later make a claim against his own insurance.

Participation in the test takes place, in any case, under the full responsibility of the individual competitors, who, with their registration, renounce any recourse and / or action against the organizers and the organization in the event of death and / or damage deriving from himself, others or things as well as in the event of further consequences that arise following the tender.

ART 14. CONTROL AND SUPPLY POINTS

Surprise checkpoints will be set up along the route, where organization staff will monitor the passage of athletes. The passage of the athletes will also be checked at the individual refueling points. Only athletes with clearly visible bibs will be allowed access to the refreshment points.

Each athlete will be provided with a Road Book containing the details of the course including the location of the refreshment points and the life bases.

In each refreshment point there will be solids and liquids, water and salts.

The compulsory material can be checked at checkpoints or by surprise along the route or at the end of the race.

ART 15. MAXIMUM TIME AND TIME GATES

The maximum time to complete the tests is set at **42 hours**.

The time gates are as follows: 15 hours Crissolo (km 61), 20,5 hours Grange Gheit (km 78), 28 hours Casteldelfino (km 100), 37 hours Brossasco (km 133).

Any competitor who fails to keep up with the end-of-race service (broom) will be accompanied to the first refreshment point and here excluded from the competition.

ART 16. CHANGES TO THE COURSE, TIMETABLES, CANCELLATION OF THE RACE

The organization reserves the right to change the route and location of the rescue and refreshment posts at any time. In the event of adverse weather conditions (for example dense fog, snow, heavy storms, etc.) and such as to jeopardize the safety of the competitors, the organization may, at its sole discretion, postpone or cancel the start and / or modify and / o reduce the routes and / or modify the barriers and / or stop the race at any point on the track. The suspension or cancellation of the race will not entitle the competitors to any refund of the registration fee.

ART 17. WITHDRAWALS

Except in case of force majeure, the competitor must abandon the race only at a checkpoint. He must therefore notify the authorized person, who invalidates the bib. The runner must keep his canceled bib.



To be able to return to Saluzzo, runners who have abandoned the race at the retreat points will find the means of the organization.

ART 18. RACE PACKAGE

Each athlete will be given, upon collection of the bib, a race pack containing technical and food products.

ART 19. AWARDS

The first 5 men and the first 5 women who will complete each competition will be awarded.

The awards will be held in Saluzzo on Sunday 21st July 2024 from 3.00 pm.

ART 20. PACER

A "Pacer" is defined as a competitor regularly registered in the event who offers his duties as an athlete's companion for a section of the race course;

A competitor may be accompanied by a Pacer only and exclusively from the Casteldelfino Life Base (km 100), Sampeyre (km 117) or the Brossasco Life Base (km 140) onwards, up to the finish line;

The Pacer must regularly register as such, paying the relevant fee. The same registration rules apply as for a competitor to the 100 Miglia Monviso, therefore being in possession of a regular medical certificate, being of age, having a membership in Fidal, EPS or Runcard, etc. The Pacer will be in possession of a regular bib, differentiated and clearly distinguishable from the others, and matched to the bib of the competing athlete;

A Pacer will absolutely not be able to bring food, water, clothing, material of any kind on behalf of the accompanied athlete. He will be able to precede or follow the latter on the path but without providing any kind of mechanical or physical assistance.

A Pacer will not be able to proceed alone on the race course but only and always together with his athlete. If the latter withdraws, the Pacer can proceed only and exclusively in the event that another athlete requests to be accompanied from that point forward.

Only one Pacer is allowed for each competitor, you cannot be accompanied by more than one Pacer.

Pacers are entitled to refreshments just like other athletes. They can also help the accompanied athlete in refilling water bottles or refueling food, but these operations must not speed up the athlete's refueling process (example: the Pacer and the athlete must enter and exit the refreshment

Con il patrocinio di



Organizzato da



+39 349 83 57 091

+39 333 86 02 379

info@100migliaimonviso.eu

www.100migliaimonviso.eu



area together, it is not allowed for the Pacer to enter first to prepare the refreshment or exit after to complete the operations);

The Pacer will not be included in any ranking;

The Pacer has a very important role for the accompanied athlete, a purely psychological and moral support role.

ART 21. ROUTE SIGNALING

To be visible at night, the signs will be equipped with reflective material that reflects the light of the front. To respect the environment, removable signs will be used consisting of ribbons, arrows and ecological paint that disappears within a few days. It is mandatory (under penalty of disqualification) to follow only the marked trails, without shortcuts to avoid the erosion of the sites.

ART 22. MEALS

At the end of the competition, an additional refreshment will be provided which will be guaranteed until the arrival of the last competitor.

ART 23. DECLARATION OF LIABILITY

Participation takes place under the full responsibility of the competitors who, by registering, exonerate the organizers from any liability, both civil and criminal, for damage to persons and / or property caused by him or derived from him. and of further consequences that arise after the race. At the time of online registration, in order to complete the registration, the runner signs a release of liability.

Participants undertake to respect the rules provided for by the Highway Code Legislative Decree 30 April 1992, n.285 and subsequent amendments and additions and the FIDAL regulation.

ART 24. IMAGE RIGHTS

By completing the registration:

Competitors authorize the organization to use free, without territorial and time limits, still and moving images that portray them during participation in the event.

Con il patrocinio di



Organizzato da



+39 349 83 57 091

+39 333 86 02 379

info@100migliamonviso.eu

www.100migliamonviso.eu



Each competitor expressly renounces to make use of the rights to the image during the test as well as to any recourse and / or action, in any location, against the organization, its members and its authorized partners, for the use made of its image.

ART 25. PENALTIES

An athlete may, at the sole discretion of the competition management, be disqualified if even one of the following situations occurs:

- Cutting of the marked route, or failure to pass a control point;
- Lack of required mandatory material;
- Abandonment of any type of waste on the route, outside the refueling areas;
- Insults or threats to organizers, volunteers or other competitors;
- Use of means of transport in the race;
- Failure to help a competitor in difficulty.

ART 26. CONTACTS

For further information contact:

Dellacroce Alberto (3498357091 - comunicazione@100migliamonviso.eu) or
Sciandra Pietro (3338602379 - info@100migliamonviso.eu).

Reference company: Pod Valle Varaita - CN007

Con il patrocinio di



Organizzato da



+39 349 83 57 091

+39 333 86 02 379

info@100migliamonviso.eu

www.100migliamonviso.eu



INFORMATION ON THE PROCESSING OF PERSONAL DATA

According to Articles 13 and 14 of EU Regulation 2016/679 of 27/04/2016, hereinafter referred to as GDPR, we inform you about the following:

Data controller and joint data controllers

The data controller is the Fondazione Amleto Bertoni - Città di Saluzzo, with registered office in Saluzzo (CN), Piazza Montebello 1, VAT number 02681150047, telephone 0175 43527, e-mail amministrazione2@fondazionebertoni.it. The Fondazione Amleto Bertoni has proceeded to appoint a Data Protection Officer (DPO) who can be contacted by email dpo@aesseservizi.eu or by telephone 0171 451719 or by writing to "AMBIENTE SICURO SERVIZI Società Cooperativa, Data Protection Officer, Via Cascina Colombaro 56 12100 CUNEO".

ASD Atletica Saluzzo and ASD Podistica Valle Varaita are joint data controllers according to art. 26 of the GDPR.

Purpose of processing and consequences of refusal to provide personal data

Personal data will be processed exclusively to enable your registration and the verification of the possession of the requirements necessary to participate in the 100 Miglia Monviso races.

In particular, the following personal data will be collected: SURNAME, NAME, RUNCARD NUMBER, MAIL ADDRESS, AMOUNT PAID, MEDICAL CERTIFICATE.

The data of a particular nature, concerning your state of health, contained in the medical certificate will be processed for the purpose of verifying your eligibility to take part in the competition.

The processing of personal data for the above-mentioned purposes does not require your express consent (Art. 6(b) and (e), Art. 9(2)(g) GDPR). Your refusal, even partial, to provide the personal data requested will make it impossible for the data controller to establish and manage the relationship itself and/or provide the service requested.

For the purpose of the correct management of the competition, timing, the composition of the final ranking, as well as the protection of the safety of the athletes, they will be equipped with chips with RFID technology and, if necessary, with a geolocation device. Such processing falls within the legitimate interest of the owner.

In the context of the event, it is possible that images, audio and/or video may be taken for dissemination or institutional communication purposes. In this case, your explicit consent is not required, as such activities may be assimilated to temporary processing for the purpose of the occasional publication of articles, essays and other expressions of thought. In this case, the provisions on journalistic activity shall apply to the same, subject, however, to the limits to the right of reporting placed to protect confidentiality, as well as compliance with the code of ethics for journalistic activity and the right of the person concerned to oppose, for legitimate reasons, its dissemination.

Con il patrocinio di



Organizzato da



+39 349 83 57 091
+39 333 86 02 379
info@100migliaimonviso.eu
www.100migliaimonviso.eu



The data controller may also use your email address to inform you about the next edition of the event, which is in the legitimate interest of the data controller, for direct marketing purposes.

Data processing methods

The processing of personal data is carried out by means of electronic or in any case automated tools, in compliance with the regulations in force in particular with regard to confidentiality and security and in accordance with the principles of correctness, lawfulness and transparency and protection of the rights of the data subjects. The processing is carried out directly by the organisation of the data controller, co-owners, their managers and/or designated subjects.

Registration will take place online, through the portal <https://wedosport.net/> which you can access directly or through the sports association, affiliated with FIDAL, with which you have registered. Wedo s.a.s. has been qualified as the responsible party, according to Article 28 of the GDPR, by contractual agreement.

Communication and Dissemination

Your personal data may be communicated, within the limits strictly pertinent to the above obligations, tasks and purposes, and in compliance with the relevant legislation in force, to the following categories of subjects

- Subjects to whom such communication must be made in order to fulfil or to require the fulfilment of specific obligations provided for by laws, regulations and/or EU legislation;

Personal data will not be disseminated in any way.

Personal data retention period

Personal data will be retained until the intended purpose is achieved. A copy of the medical certificate will be kept by ASD Atletica Saluzzo for 5 years, according to art. 5 of DM 18/02/1982.

Transfer of data

Personal data are stored on servers located within the European Union.

Rights of the data subject

In your capacity as data subject, you have the rights set out in Articles 15 et seq. of the GDPR, namely the rights to:

1) Obtain from the data controller confirmation as to whether or not personal data relating to him are being processed and, if so, to obtain access to the personal data and the following information:

- a. the purposes of the processing;
- b. the categories of personal data concerned;
- c. the recipients or categories of recipients to whom the personal data have been or will be disclosed, in particular if they are recipients in third countries or international organisations;

Con il patrocinio di



Organizzato da



+39 349 83 57 091

+39 333 86 02 379

info@100migliaimonviso.eu
www.100migliaimonviso.eu

d. where possible, the period for which the personal data will be retained or, if this is not possible, the criteria used to determine that period;

e. the existence of the right of the data subject to request from the controller the rectification or erasure of personal data concerning him/her or to object to the processing of personal data concerning him/her;

f. the right to lodge a complaint with a supervisory authority;

g. if the data are not collected from the data subject, all available information on their origin;

h. the existence of an automated decision-making process, including profiling as referred to in Article 22(1) and (4), and, at least in such cases, meaningful information on the logic used, as well as the importance and the envisaged consequences of such processing for the data subject.

2) To be informed of the existence of appropriate safeguards within the meaning of Article 46 relating to the transfer, if personal data are transferred to a third country or international organisation;

3) Receive on request a copy of the personal data undergoing processing from the controller. In case of further copies requested by the data subject, the data controller may charge a reasonable fee based on administrative costs. If the data subject makes the request by electronic means, and unless otherwise specified by the data subject, the information shall be provided in a commonly used electronic format. This right shall not infringe the rights and freedoms of others.

To exercise your rights or for questions or information regarding the processing of your data and the security measures taken, please write to amministrazione2@fondazionebertoni.it

The data controller
President of Fondazione A. Bertoni
City of Saluzzo

