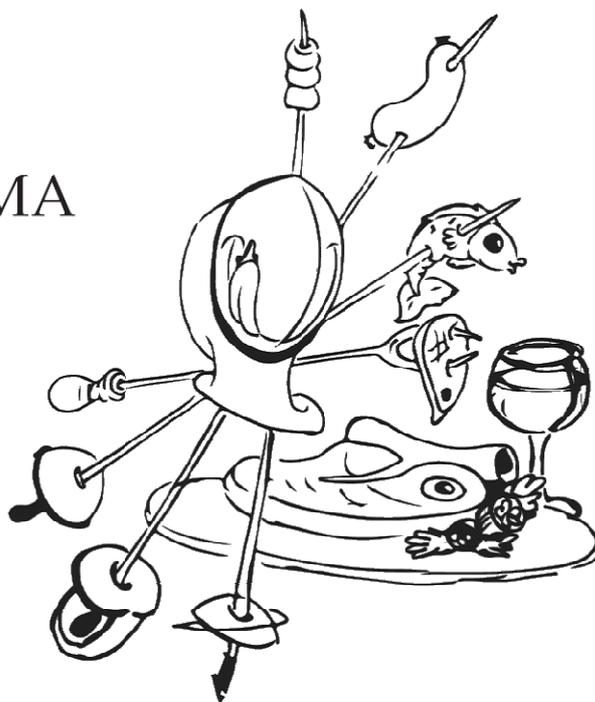


FRASCATI SCHERMA
1954



MASTER – GOLA

(SWORD & FORK)

MAY 5-6 2018

(last updated on March 3, 2018)

THE SPIRIT

MasterGola or Veteran Gluttons in English is a friendly fencing competition for veterans (age: 24+) passionate about fencing, good food and good company. Fencers of all 3 weapons are welcome.

MasterGola is not an official competition but rather an opportunity to meet and fence with new people, both beginners and Olympic champions. As it is a friendly event, the maximum number of participants is limited to 60 fencers. As the participants are both fencers and gluttons, there will be a dinner which is a mandatory part of the event.

The first day is dedicated to fencing and eating, whereas on the second day there will be a visit to one of the wine cellars in the Frascati area which is famous for its white wines.

Frascati is located about 10 km from Rome. The town is very well connected to Rome by train and the fencing hall is close to the local train station. The hotel can arrange a shuttle from the station, if requested. Frascati Scherma is one of the most important fencing clubs in Italy, it has been awarded nine national championships and its athletes have won many Olympic medals.

The godfather of MasterGola is Mauro Numa, gold medallist at the Los Angeles Olympics, member of the FIE Hall of Fame, and notorious glutton!

PROGRAMME

May 5, Saturday

- 12:00 – screening of the movie “The Fencer” (Finnish-Estonian production)
- 14:00 – on-site registration, delivery of participants’ packages
- 14:30 – athletic preparation (with a trainer)
- 15:30 – start of the competition
- 20:30 – dinner

May 6, Sunday

- 09:30 – meeting at the parking lot of Hotel Villa Tuscolana
- 09:45 – guided tour
- 12:15 – visiting a wine producer (with tasting) – to be confirmed
- 13:30 – end of tour; optional lunch

COMPETITION FORMAT

Each fencer can compete in just one weapon.

Pools will be of mixed age and gender. They will be assembled according to Italian veteran rankings. All fencers will move on to the direct elimination tableau. Direct elimination will be separate for men and women.

Each bout will be to 5 hits in the pools, and 10 hits in the direct elimination.

The competition is self-refereed. All competitors must take turns to referee other bouts in their pool. At the end of the day, a ballot will be held to elect the worst referee. He or she will have to do penance, which will be decided at dinner.

DINNER

Dinner will take place in “La Rufinella” restaurant, in the hotel Villa Tuscolana (Via del Tuscolo km 1,500, Frascati).

Dinner is a fundamental part of the event and competition. You can’t take part in the competition without coming to dinner.

The Local Organizing Committee has spent the last few years in endlessly testing and tasting different menus to find the restaurant best suited to the spirit of the event. “La Rufinella” combines quality food from the roman tradition with an excellent location and a suitable venue for our social activities. Since the restaurant is in the recommended hotel, the guests won’t have to drive after dinner.

The menu keeps improving every year. To give you an idea, here is the one from 2016:

- Wide selection of traditional Roman and Frascati (Castelli Romani) area appetizers
- Rigatoni cacio e pepe (short pasta with pepper and pecorino cheese)
- Bucatini all’amatriciana (long pasta with amatriciana sauce)
- Mixed grill (lamb, pork, etc.) with roasted potatoes
- Dessert: Ciambelline al vino (typically dipped in white wine)
- Coffee and Liqueurs

Wine is included.

APPLICATION

Send an email to master@frascatischerma.it and you will receive the form. Writing on Facebook is not sufficient to be officially registered!

It's not possible to guarantee the full participant's package (souvenirs and presents) to participants who apply after April 15. Because of the social nature of the event, the maximum number of fencers is 60. Because of this we reserve the right to close applications for one or more weapons before final application deadline.

Participants must be 24 or older. Fencers who are currently members of any fencing club must present the proper medical certification to their own club prior to the event, so they won't have to provide us with any documentation. Fencers not enrolled to any club can bring a medical certificate directly to the event.

The participation fee will be paid on location.

Athletes	€ 45	Includes tournament, dinner, participant's package
Other guests	€ 40	Only includes dinner and a limited participant's package.

SLEEPING ACCOMODATIONS

The official accommodation is at hotel Villa Tuscolana (<http://www.villatuscolana.eu>). This is an excellent 4 star hotel with an incredible view over the Castelli Romani and Rome itself. The rooms are very spacious and the hotel also has a SPA. The hotel can also arrange a shuttle to the fencing hall.

Room prices for the participants of the event are considerably lower than what you would find on booking sites. We strongly recommend you to use this opportunity.

Single room	40 euro
Double room for single person	50 euro
Double room	80 euro

You can book a room by contacting hotel by yourself:

- email: info@villatuscolana.com
- fax: +39-06-94290221
- tel: +39-06-942900

Remember to mention the "Master Gola Frascati Scherma" offer, or you'll be charged the regular price, which is much higher.

In the hotel you'll find the Wellness centre "LIMPHA SPA", and all Master Gola participants will be entitled to a 15% discount on entry fee and all treatments. The spa offers hot water pool with a hydro massage and a waterfall, a Turkish bath, sauna, emotional showers, a relax zone. Visit the hotel web site for more details.

GUIDED TOUR

Sunday morning we're planning a guided tour. It will include either a visit to the historical sites off the beaten track or a vineyard with a wine tasting. Or both. When you register, tell us if you're interested. The price for the tour will be specified later.

FENCING HALL

The competition will be held in Palestra Simoncelli, via VIII Settembre, at the corner of via Telegono, in Frascati.

This sport centre (2500 square metres) has 20 pistes, and a separate room for warm-up. It is less than 10km from the ring road around Rome, and it is close to the Frascati railway station.

Services include:

- Cafe / Snack area
- Armoury
- Athletic trainer

DIRECTIONS

BY CAR:

Follow the Grande Raccordo Anulare and take exit 21, following directions to Frascati. Once you reach Frascati, at the first roundabout take the first exit (Viale Vittorio Veneto), at the second roundabout take the first exit (Viale Conti di Tuscolo). After about 200 metres, take the first road on the left (Via Cecconi), follow it for 500 metres where it changes name to Via Telegono, At this point you will find the club to your left.

BY TRAIN:

The club is close to Frascati railway station. There is an hourly train from Rome Termini to Frascati. We can arrange to have someone meet you at the station, or the hotel can send its shuttle (which must be reserved in advance).

UPDATES

For more news, keep an eye on the Frascati Scherma web site (which is being updated right now) or the facebook group.

<http://www.frascatischerma.it>

<https://www.facebook.com/groups/324505711078080/>

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