

## EMAF – European Masters Athletics Festival For Silver Age

From 14 to 19 of April athletes from all over Europe will join Ancona for six days of sport, well-being and health

**150 'over 60' athletes, 12 European and Extra-EU countries involved, 6 days of meetings, events and athletics competitions:** these are the numbers of **EMAF - European Masters Athletics Festival For Silver Age**. The project, financed by Erasmus + Programme and coordinated by FIDAL - Federazione Italiana di Atletica Leggera, was presented last Friday, 17<sup>th</sup> of January at Ancona Palaindoor. The presentation was attended by the FIDAL President Alfio Gioni, the General Secretary of FIDAL Marche Regional Committee Giuseppe Scorzoso, Caterina D'Auria and Marco Cardinaletti of Eurocube, Nicola Silvaggi coordinator of Officina dello Sport, Marco Gervasi and Stefano Amatori from the University of Urbino "Carlo Bo", Department of Biomolecular Sciences.

### EMAF: the project

EMAF Festival will be held from 14<sup>th</sup> to 19<sup>th</sup> April in Ancona: all activities will take place at Palaindoor as well as in the city centre of Ancona, Marche regional capital.

EMAF has been approved and financed by the "Erasmus+ - Not for profit sport events Programme" under the coordination of FIDAL and with the support of Eurocube, a European projects and funds consultancy company, based in Marche region, which has developed a qualified know-how in the field over the years. Fundamental to the success of the project is the support of an extensive network of public institutions, sports players, scientific and social organizations: Municipality of Ancona, Marche Region, Italian National Olympic Committee – CONI, Istituto Nazionale di Riposo e Cura per Anziani – INRCA, a National Scientific Institute which operates in the geriatric and gerontological field, the Regional School Office for Marche Region – USR, EMA - European Masters Athletics have all given immediately their support for the realization of EMAF project.

The project has a duration of 12 months and a budget of EUR 433,893.00. 150 'over 60' athletes will reach Ancona from 12 countries: Austria, Denmark, France, Germany, Latvia, Norway, Portugal, Romania, Serbia, Slovakia, Spain, Italy. Costs of their travel and stay will be entirely covered by EMAF, with a program full of activities, initiatives and events. EMAF intends to exploit the special role that sport can play with regard to health-enhancing physical activities, especially for the elders, with the aim of spreading the concept of "sport for all" among athletes, citizens and institutions, to further promote voluntary activities in sport, together with social inclusion, equal opportunities



and awareness of the importance of health-enhancing physical activity through increased participation in, and equal access to sport. To reach project objective, FIDAL will organize a six days of competitions, events, seminars, social and cultural activities within the Palaindoor as well as in the city centre.

### 14-19 April: six days of sport and well-being

Since their arrival on April 14<sup>th</sup>, participants will be able to take confidence with Palaindoor and train in the most important indoor athletics facility in Italy; April 15<sup>th</sup> will be entirely dedicated to seminars and conferences on the benefits of sport in adulthood and on the positive effects of physical activity for the whole society; on April 16<sup>th</sup> a road race will be held in the historic center of Ancona, in a location that FIDAL will decide in close collaboration with the Municipality of Ancona, then a social walk, open to the whole community, will also take place to illustrate the main sites of interest of Ancona city. The day will be closed with the screening of the docu-fim "Il Campione" realized by Border Studio of Trieste and focused on the life of Giuseppe Ottaviani, the 103 years-old world record holder of master athletics; April 17<sup>th</sup> and 18<sup>th</sup> will be dedicated to athletics competitions at Palaindoor, while on 19<sup>th</sup> April the 150 participants will return home.

### Sport at all ages, benefits for all

The link between sport and health is a cornerstone of all EU policies in this field. Physical activity, practiced at any age, is a tool to increase people healthy, contributes to maintaining self-sufficient living conditions, improves agility, balance and coordination, prevents chronic diseases and, therefore, leads to a decrease of health costs for the whole society. The topic will be the focus of EMAF seminars: researchers and experts from all around Europe will join Ancona on Wednesday, April 15<sup>th</sup> bringing their know-how and experiences. The whole morning will be dedicated to scientific researches on the effects of sport on physical and mental well-being in adulthood, while in the afternoon the social benefits of sport will be at the core of the discussion. Professor Nicola Silvaggi, athletics coach at international level, scientific coordinator of Officina dello Sport and teacher of training theory and methodology at the University of L'Aquila will coordinate the scientific sessions.

### The researches

During EMAF Festival, two researches, anticipated during the press conference for the project presentation, will also be deepened. The first one, titled "Health and Movement" was conducted by Officina dello Sport under the coordination of Nicola Silvaggi: the study involved around two hundred people in Ascoli Piceno between the ages of



65 and 93 with the aim of demonstrating the usefulness and advantages of a regular exercise across the entire lifecycle. Results demonstrate a greater physical efficiency of people practicing physical activity in line with other recently published studies and reports at EU level. The second research was carried out by Marco Gervasi, Davide Sisti, Stefano Amatori, Marco Andreazza, Piero Benelli, Piero Sestili, Marco Bruno, Luigi Rocchi and Anna Rita Calavalle of the Department of Biomolecular Sciences at the University of Urbino “Carlo Bo”. The study was carried out during the European Master Indoor Championships held in Ancona in 2016, through the monitoring of the tone and muscle elasticity of 390 athletes. According to the results, muscle tone, elasticity and stiffness change with aging but physical activity can delay the effects on muscle aging. Starting from these results, the University of Urbino “Carlo Bo” and Officina dello Sport will conduct other studies and tests on the athletes during EMAF Festival.

## Programme

14/04/2020 Arrival of participants and training at Palaindoor of Ancona

15/04/2020 Open seminars on the following topic: “Sport at all ages, benefits for all”

16/04/2020 Road race (10 km), social walk in the city centre, screening of the docu-film “Il Campione”

17-18/04/2020 Indoor competitions at Palaindoor, Ancona

19/04/2020 Departure of participants

## EMAF in a nutshell

*EMAF – European Masters Athletics Festival for Silver Age, coordinated by FIDAL - Federazione Italiana di Atletica Leggera, is a project financed under Erasmus+ - Not for profit sport events.*

*The project involve more than 150 athletes coming from at least 12 Countries.*

*Participants will be in Ancona from 14<sup>th</sup> to 19<sup>th</sup> of April 2020 taking part to competitions, seminars as well as several cultural and social events and initiatives. The aim is to show the advantages that sport can bring for individuals and for society as a whole.*

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