

**COSTA  
BLANCA  
TRAILS**  
Finestrat



**101K – 84K – 46K -29K – 20K**  
**November the 16th, 2019**

## **Regulations**

### **1.- ORGANIZATION**

1.1: The Reto Everest mountain club from Elche, with the collaboration of the town hall of Finestrat and other clubs in the province of Alicante organize the Costa Blanca Trails (CBT) sporting event that will be held on November the 16th and 17th, 2019 in the geographical area of the mountains of Aitana, Puig Campana and La Serrella, ascending its main peaks, with exit and finish line in Finestrat (Alicante).

1.2: CBT will consist of five mountain races of 20, 29, 46, 84 and 101 km. of approximate race distances. It will be a semi-self-sufficiency event and will run through the municipalities of Finestrat, Polop de la Marina, Benimantell, Benifato, Beniardá, Confrides and Sella. The 20 km distance will also be open to hikers.

1.3: Those runners who complete the full race of any of the distance finishing before the maximum time established will obtain a digital downloadable diploma

The timing of all runners will be collected, and it will count for the general and categories classification, being eligible for the trophies according to what is established in section 4 of this regulation.

1.4: To participate you must be over 18 years old for the distances of 20K, 29K, 46K, and over 21 years for the 84K and 101K distances.

1.5: In the Ultra 101K will be mandatory to present a medical certificate of fitness for sports practice issued after January 1, 2019 with deadline for submission of November 10.

The registration will not be completed until the presentation and verification of the documents, the fact of not presenting the required document within the deadline will imply the non-participation in the race and the loss of all the rights that the registration gives.

### **2.- ROUTE**

2.1: The itinerary covers mountain terrain, by paths and trails of the Sierra de Aitana, Puig Campana and La Serrella; each participant must be fully aware of the length and

difficulty of the race that can be developed in part at night, under possible climatic conditions of cold, rain and wind. Therefore, you must anticipate that your clothing, footwear, as well as the necessary physical conditions, will be the most appropriate to perform the race.

2.2: The route will be signposted by the Organization with plastic tape of bright colour, banners and other signalling elements located at regular intervals depending on the type of terrain and roads, being the responsibility of each participant to locate the signage and to follow it.

2.3: The sections of the route that run along roads or streets of towns will not be cut to road traffic and participants must adhere to the general rules of Traffic or to the indications of the Organization. It will be obligatory to cross the roads through the places authorized for the occasion and duly marked.

2.4: It will be mandatory to follow the marked itinerary, as well as going through the established controls. The Organization will establish as many surprise controls as it deems appropriate along the way. The runner who does not pass through them will be disqualified.

2.5: The following maximum times for each checkpoint will be established. Those runners who surpass them must deliver their race bib to the closest checkpoint, withdraw from the race and follow the instructions of those responsible for the checkpoint to reach the finish line.

**MTF 20K:** Starting at Saturday (November, 16) at 9:30h. Total time: 6 hours.

<b>Km.</b>	<b>Location</b>	<b>Deadline</b>
00.000	Plaza Unión Europea	09:30
07,500	Coll del Pouet	
12.500	Coll de Sacarest	
19.700	Plaza Unión Europea	15:30

**TPC 29 K:** Starting at Saturday (November, 16) at 9:00h. Total time: 7:30 hours.

<b>Km.</b>	<b>Location</b>	<b>Deadline</b>
00.000	Plaza Unión Europea	09:00
07,800	Coll del Pouet	
12,300	Helipuerto Polop	12:45
22.500	Coll de Sacarest	
28,900	Plaza Unión Europea	16:30

Hydration point at 16,7 km

**MCB 46 K:** Starting at Saturday (November, 16) at 7:30h. Total time: 11:30 hours.

<b>Km.</b>	<b>Location</b>	<b>Deadline</b>
0,000	Plaza Unión Europea	07:30
8,000	Coll del Pouet	
12,300	Helipuerto Polop	11:15
27,000	Font del Pi	
39,700	Coll de Sacarest	
46,100	Meta	19:00

Hydration points at 16,7 km and 31,150 km

**UTCB 84 K:** Starting at Saturday (November, 16) at 6:00h. Total time: 20 hours.

<b>Km.</b>	<b>Location</b>	<b>Deadline</b>
0,000	Plaza Unión Europea	06:00
8,000	Coll del Pouet	
17,800	Font del Pi	
24,200	Benimantell	11:30
37,100	Racó de Llosa	
42,200	Confrides	16:00
51,800	Aitana	
60,000	Font del Alemany	
65,500	Sella	22:00
77,100	Coll de Sacarest	
83,700	Plaza Unión Europea	02:00/ 17-11

Hydration point at 28,1 km

**GTCB 101 K:** Starting at Friday (November, 15) at 23:59h. Total time: 26 hours.

<b>Km.</b>	<b>Location</b>	<b>Deadline</b>
0,000	Plaza Unión Europea	23:59 15/11
8,000	Coll del Pouet	
12,500	Helipuerto Polop	04:15
26,800	Font del Pi	
33,100	Benimantell	09:30
49,000	Recingle Alt	
58,600	Confrides	16:00
68,000	Aitana	
77,000	Font del Alemany	
82,500	Sella	22:00
93,800	Coll de Sacarest	
100,300	Plaza Unión Europea	02:00 17/11

Hydration point at 37,5 km

2.6: The organization will be able to make the modifications that it considers necessary in the races or even the suspension of it, if the weather conditions so advise it or for other causes of force majeure. In this case the registration fees will not be refunded.

2.7: If the race should be interrupted and suspended at a point along the route, the classification will be determined according to the order and time of arrival at the point of interruption or, failing that, at the last control performed.

2.8: If any participant decides to leave the competition, it must do so at some checkpoint. Preferred abandonment points are Helipuerto Polop, Benimantell, Benifato, Confrides and Sella, where the only places where evacuation by vehicle to the finish line is guaranteed. In the rest of the controls it will be indicated where to go, except in case of injury that will be activated emergency plan.

### **3.- SEMI-SELF-SUFFIENCY**

3-1: The races are developed in a limited maximum time, in a SINGLE STAGE and in a SEMI-SELF-SUFFICIENCY regime. Therefore, the participant must have the ability to organize and guide with their own autonomy the survival between the different checkpoints (food, clothing, safety...), allowing the resolution without help of possible unforeseeable problems in a complicated mountain environment.

3.2: Given the semi-self-sufficiency nature of the race, each runner must foresee and carry the amount of food, beverages, salts and supplements he deems necessary to complete the course. A minimum per corridor of 1 liter of water at the time of departure and 500 calories is established.

3.3: In support, the Organization will provide the following provisioning points that will count with drinks and food in amounts estimated as reasonable that the runners will have to consume in the same place. The organization will not provide glasses in the refreshments, participants must take a folding cup.

3.4: Only outside help will be allowed at the checkpoints of Helipuerto de Polop, Benimantell, Confrides and Sella, in the areas specifically reserved and indicated for it (except in case of accident or emergency) being penalized the participant who receives it outside the established places.

3.5: It is the obligation of each participant to take their waste to the arrival or places indicated by the Organization. The runner who does not deposit them or throw them into an unprepared zone will be disqualified.

3.6: Each participant must carry the mandatory material according to the modality:

<b>Material (X mandatory) (+ recommendable)</b>	<b>101K</b>	<b>84K</b>	<b>46K</b>	<b>29K</b>	<b>20K</b>
<b>Folding glass or container</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Front light with replacement batteries (or 2 front lights) and red taillight</b>	<b>X</b>	<b>X</b>	+	+	+
<b>Thermal blanket (1,40mx2m minimum)</b>	<b>X</b>	<b>X</b>	+	+	+
<b>Cap, hat or similar</b>	<b>X</b>	<b>X</b>	+	+	+
<b>Long sleeve windbreaker with hood</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Pants, minimum length below the knees</b>	<b>X</b>	+	+	+	+
<b>Liquid container (min. 1L capacity)</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	+
<b>Backpack (min. 3L capacity)</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	+
<b>Cellphone (charged and operative) (the one filled in the registration)</b>	<b>X</b>	<b>X</b>	+	+	+
<b>Sunscreen</b>	+	+	+	+	+
<b>Sunglasses</b>	+	+	+	+	+
<b>Suitable footwear</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Food reserve</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	+
<b>Long sleeve thermal t-shirt or sleeves</b>	+	+	+	+	+
<b>Whistle</b>	+	+	+	+	+

3.6: The Organization may request additional mandatory material if the weather conditions so advise. This circumstance if necessary, will be communicated in advance of the start of the race.

3.7: The use of trekking poles is authorized, the abandonment or delivery of them is not allowed anywhere on the route. The runner who fails to do so will be penalized. A broken cane can be left at the checkpoints.

### **3.8 Transportation of survival bags for the Ultra 101K and 84K**

Each Ultra 101K racer will receive, along with the race bib number, three survival bags into which he can put whatever material he considers necessary to be transported to the Confrides and Sella checkpoints.

Participants in the Ultra 84K will have two bags that will be transported to Confrides and Sella.

These bags, duly identified with the label that will facilitate the Organization, and closed without exceeding its container capacity, will be delivered before departure at the point enabled for it.

The bags will be transported by the Organization to the provisioning points, so that the runner picks up the material he needs from the bag and then deposits the material he has on it. It must also be closed without anything exceeding the capacity of the bag to be sent back to Finestrat once it is used.

The transportation of the bags once the runner has passed through the refreshment will not be immediate, but will be transported to Finestrat at the closing time of that checkpoint, and it may happen that the runner reaches the finish line before his bag and therefore he must wait.

The bags could be collected until the finish line closing time and also at Sunday from 9:00h to 11:00h.

## **4.- CATEGORIES (male and female)**

**ABSOLUTA:** All the runners.

**SUB-CATEGORY PROMESA:** from 18 to 23 years old (only 20K)

**SUB- CATEGORY SENIOR:** from 18 to 39 years old in 29k and 40K, from 24 a 39 years old in 20K, from 21 a 39 years old in Ultra 84K y Ultra 102K

**SUB- CATEGORY VETERANA:** from 40 to 50 years old

**SUB- CATEGORY MASTER:** 51 years old and beyond

Age fulfilled in the year of the competition.

### **Modality PAIRS in GTCB 101K**

**MIXED PAIR:** 1 man y 1 woman.

**FEMALE PAIR:** 2 women.

**MALE PAIR :** 2 men.

**4-1.-** Participants in the PAIRS modality; the 2 members of the same pair must pass all the controls and reach the goal together, as well as not be more than 30 seconds apart on their arrival at the finish line. The participants of the pairs will always participate individually, so if a component of the team leaves the race their partner would not lose the individual classification.

## **5.- TROPHIES**

Participants that classify on the top three (both in ABSOLUTA category, and all the subcategories) will obtain trophy. Also, for the 101K, the PAIRS winners will obtain trophy.

## **6.- DISQUALIFICATIONS AND PENALTIES**

### **6.1 Slight faults:** 3 minutes to 1 hour penalty

- Do not wear the bib number in a visible place
- Modify the shape or composition of the bib number

### **6.2 Severe faults:** 15 minutes to 2 hours penalty

- Anticipate to the starting signal
- Do not carry any of the pieces of mandatory material
- Cutting or shortcutting the route leaving the marked itinerary
- Receive outside assistance outside the checkpoints areas
- Do not go through the checkpoint (2 to 3 hours of penalty for each checkpoint)

### **6.3 Very severe faults:** disqualification

- Throw objects or waste out of assigned points
- Use any means of transport during the race
- Not respecting the sports rules of companionship
- Not respecting nature
- Any disregard to the members of the organization, participants or volunteers of the test

### **6.4 Disqualification reasons**

- Finish the race outside the closing time set by the organization
- Pass through the checkpoints out of the closing time
- Not helping an injured participant
- Change the route signage
- Losing the bib number or the timing chip

## **7.- IMAGE RIGHTS**

The organization of the CBT reserves the exclusive rights of the images, to take and collect photographs, video and information of the races in which the participants are involved, as well as to use this material for announcements, public relations or any other journalistic, advertising purpose. or promotion of the event. Any media or advertising project must have the consent of the organization.

## **8.- DATA PROTECTION**

By signing up for the CBT, the participants give their consent for the organization of the event to automatically and solely for sports, promotional or commercial purposes treat their personal data. In accordance with the provisions of Organic Law 15/1995 on the Protection of Personal Data, participants may exercise their right of access, rectification, cancellation and opposition by sending an email to the address [info@costablancatrails.com](mailto:info@costablancatrails.com). Those registered expressly assign to the organization the right to reproduce the name, last name, category and result obtained.

## **9.- MODIFICATIONS**

This regulation may be corrected, modified or improved at any time by the Organization. The fact of making the registration shows the conformity of the participant with this regulation.

For everything not covered in this regulation, this RACE will be based on the provisions of the Reglamento de Carreras por Montaña of the Federació d'Esports de Muntanya i Escalada de la Comunitat Valenciana (FEMECCV).

## **10.- ACCEPTANCE OF THE REGULATIONS AND INFORMED CONSENT**

Participants at the time of completing the registration agree to respect this regulation and are aware of everything specified in the attached document of informed consent.

## **INFORMED CONSENT**

### **COSTA BLANCA TRAILS**

**Finestrat, November 17, 2018**

Please read this document carefully, since upon completing the registration you are aware of the content of this.

As a future participant in one of the Costa Blanca Trails races, I accept and certify:

1. That I am physically well prepared for this ultra-resistance race, that I am in good health without suffering from illness, physical defect or injury that may be aggravated by my participation in this race. If during the race, suffered any type of injury or any other circumstance that could seriously harm my health, I will inform the Organization as soon as possible.
2. That I am aware that this type of competitions, when developed in the mountains, where there are places of difficult control and access, carry an additional risk for the participants. Therefore, I attend by my own will and initiative fully assuming the risks and consequences arising from my participation.
3. That I have sufficient physical capacity, technique and resources to guarantee my own safety, under the conditions of semi-self-sufficiency in which the race is developed, as well as the knowledge of the place where it runs, a protected Natural Area. I am aware that the mountains of the Marina Baixa are complicated at all times of the year, but running in winter and at night makes them more severe, since the night decreases the perception of the relief and demands more attention on the most stretches. technical, so I will value and be aware of what I am going to undertake, knowing and accepting these difficulties and specific dimensions.
4. I must know how to manage, even when I am alone, the physical or mental problems resulting from fatigue, digestive problems, muscle or joint pain, as well as small wounds. This clearly and consistently assumes that I have sufficient capacity to solve the unforeseeable problems that I will find, remedying them with the obligatory material or other ones that I can suppose need.
5. In this context, I keep in mind that it is impossible to have a member of the organization at any time near me to help me, so there will be many occasions when I will have to solve the problems myself.
6. That I will value if, in addition to the mandatory minimum material required, I must add something else that I may need depending on my physical capacity and the weather forecast. I accept that it is not the responsibility of the organizer to inspect or supervise my competition material, so only I am responsible for carrying all the material required by the Organization.
7. That I dominate and commit myself to comply with the security rules and protocols established by the Organization, as well as to maintain a responsible behaviour that does not increase the risks for my physical or mental integrity. I will follow the instructions

and abide by the decisions made by those responsible for the Organization (judges, doctors, organizers and / or volunteers) on safety issues.

**8.** That I authorize the Medical Services of the race, to practice any cure or diagnostic test that I may need, whether or not I am in a position to request it; in response to your requirements, I promise to abandon the race if they deem it necessary for my health.

**9.** That, before or during the race, I will not consume prohibited substances, considered as doping by the athletics and mountain federations.

**10.** That I authorize the Organization of the race to use any photograph, film or recording that it takes whenever it is exclusively related to my participation in this event.

**11.** That my race number is personal and non-transferable, so it cannot be taken by another participant or any other person in my place.