

Finestrat
COSTA
BLANCA
TRAILS



**103K – 103K Relay Race x 2- 65K- 41K -29K – 18K
From November 17 to 18, 2023.**

Regulation

1.- ORGANIZATION

1.1: The Mountain Club Reto 8000 from Elche, with the collaboration of Honourable City Council from Finestrat and other clubs in the province of Alicante organize the **Costa Blanca Trails (CBT)**. This sporting event will take place in the geographical area of Sierra de Aitana, Puig Campana y La Serrella, ascending its main summits, starting and finishing in the town of Finestrat (Alicante).

1.2: CBT will consist of six mountain races: MTF 18K, TPC 21K, MCB 41K, UTCB 65K. GTCB 103K Relay Race x 2 and GTCB 103K. They will have a semi-sufficient character and will run through the municipal districts of Finestrat, Polop de la Marina, Benimantell, Benifato, Beniardá, Quatretondeta, Fageca, Confrides and Sella. The MTF 18K race will also be available for hikers.

1.3: Those runners who complete the entire route of any of the routes in the maximum established time will obtain a finisher medal and a downloadable diploma. Their arrival time will be collected in the general classification and by categories, being able to opt for the trophies as established in section 4 of these Regulations.

1.4: To participate you must be over 18 years old for the 18K, 21K, 41K, 103K Relay Race events and over 21 years old for the 65K and 103K events. You must be that age on raceday.

2.- COURSE RACE

2.1: The itinerary runs through mountainous terrain, along trails and paths 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 take place partly at night, under possible weather conditions of cold, rain, wind. Therefore, you must ensure that your clothing, footwear, as well as the necessary physical conditions, are the most appropriate to carry out the race.

2.2: The route will be marked by the Organization with brightly coloured markers, banners and other signalling elements located at regular intervals depending on the type of terrain and paths, each participant will be responsible for locating the signage and following it.

2.3: The sections of the route that run along roads or town streets will not be cut off to vehicular traffic, so the participants must follow the general traffic regulations or the indications of the Organization. It will be mandatory to cross the roads through the places set up for the race and marked.

2.4: It will be mandatory to follow the marked itinerary, as well as go through the established controls.

Unexpected check points will set up along the route. The runner who does not pass through them will be disqualified.

2.5: Cut-off times have been established. Those runners who exceed the cut-off times must leave their bib number at the nearest control, withdraw from the race, and follow the instructions of those responsible for the control in order to arrive to finish line.

GTCB 103 K: Departure **Friday 17** at 23:00h. Maximum time: 25 hours

Km.	Place	Cutt-off time
0,000	Plaza Unión Europea	23:00/ 18/11
7,800	Coll del Pouet	
18,600	Font del Pi	05:30
25,900	Benimantell	07:00
30,200	Barranc de les Mates	
42,600	Recingle Alt	
53,200	Confrides	14:00
63,200	Font de Partagat	16:30
75,700	Font del Alemany	
81,800	Sella	20:00
96,000	Mas del Oficial	
102,500	Plaza Unión Europea	24:00 19/11

UTCB 103K Relay Race X 2: Friday 17. Maximum time: 25 hours

KM.	Place	Cutt-off time
	Section 1: Salida a las 23:00h	
0,000	Plaza Unión Europea	23:00
7,800	Coll del Pouet	
18,600	Font del Pi	05:30
25,900	Benimantell	07:00
30.200	Barranc de les Mates	
42,600	Recingle Alt	
53,200	Confrides	14:00
	Section 2: Salida límite a las 14:00h	
0,000	Confrides	14:00
10,00	Font de Partagat	16:30
22,500	Font del Alemany	
28,600	Sella	20:00
42,800	Mas del Oficial	
49,300	Meta	24:00

UTCB 65 K: Departure **Saturday 18** at 07:00. Maximum time: 17 hours

Km.	Place	Cutt-off time
0,000	Plaza Unión Europea	07:00
7,800	Coll del Pouet	
18,600	Font del Pi	14:00
25,500	Font de Partagat	16:30
37,700	Font del Alemany	
43,800	Sella	20:00
58,000	Mas del Oficial	
64,500	Plaza Unión Europea	24:00

MCB 41 K: Departure **Saturday 18** at 08:00. Maximum time: 10,5 hours.

Km.	Place	Cutt.off time
0,000	Plaza Unión Europea	08:00
7,800	Coll del Pouet	
18,600	Font del Pi	13:30
23,700	Cases de Isidor	
34,200	Mas del Oficial	
40,700	Meta	18:30

TPC 21 K: Departure **Saturday 18** at 08:30 a.m. Maximum time: 6,5 hours.

Km.	Place	Cutt-off time
00.000	Plaza Unión Europea	08:30
7,800	Coll del Pouet	
14,400	Mas del Oficial	
20,900	Plaza Unión Europea	15:00

MTF 18K: Departure **Saturday 18** at 09:30 a.m. Total time: 6 hours.

Km.	Place	Cutt-off time
00.000	Plaza Unión Europea	09:30
07,500	Coll del Pouet	
11,000	Mas del Oficial	
17,500	Plaza Unión Europea	15:00

2.6: The organization may suspend the race if the weather conditions so advise or for other reasons of force majeure. In this case the registration fees will not be returned.

2.7: If the race should be interrupted and suspended at a point of 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 (check point) carried out.

2.8: If any participant decides to drop the competition, they must do it at an aid station. The preferred drop-off points are, Benimantell , Font de Partagat , Confrides and Sella, the only places where evacuation with vehicle is guaranteed until finish line. In the rest of the controls, it will be indicated where to go, except in case of injury, which will activate the emergency device.

3.- SEMI-SELF-SUFFICIENCY

3-1: The races are carried out in a maximum limited time, in ONE SINGLE STAGE and in a SEMI-SELF-SUFFICIENCY regime.

For this reason, the participant must have the ability to organize and guide survival between the different refreshment posts with their own autonomy. Both from the point of view of food, clothing, or safety, allowing the resolution without help of possible foreseeable problems in a complicated mountain environment.

3.2: Due to the semi-self-sufficiency nature of the race, each runner must provide and carry the amount of food, drinks, salts, and accessories that they think necessary to be able to complete the course. At the time of departure, a minimum of 1 litre of water per runner and a food reserve of 500 calories is established.

3.3: As support, the Organization will provide the following aid stations that will have drinks and food in quantities estimated as reasonable that the runners will have to consume in the same place.

- The organization will not provide cups at the aid stations; participants must bring a container.

3.4: It will only be allowed to receive external help at the Benimantell (103K), Font de Partagat 103K and 65K), Confrides (103K) and Sella 103K and 65K), in the areas specifically reserved and indicated for it (except in case of accident or emergency). The participant who receives it outside the established places will be penalized.

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 throws them in an unprepared area will be disqualified.

3.6: Each participant must carry the **mandatory equipment according to modality:**

Material (X mandatory) (+ recommended)	101K and relays	65K	41K	21K	18K
Cup or container	X	X	X	X	X
Headlamp with spare batteries (or 2 headlamps) and rear red light	X	X	+	+	+
Thermal or survival blanket of 1.40 x 2m minimum.	X	X	+	+	+
Cap, hat, bandana, visor or similar	X	X	+	+	+
Long-sleeved windbreaker jacket with hood.	X	X	X	X	X
Pants or leggings, minimum below the knees.	X	X	+	+	+
Gloves	X	X	+	+	+
Waterproof pants (this requirement can be waived depending on the weather forecast)	X	X	+	+	+
Container/s for liquid with a minimum capacity of 1 litre.	X	X	X	X	+
Backpack or fanny pack with a minimum capacity of 3 liters.	X	X	X	X	+
Mobile phone charged and with the number provided.	X	X	+	+	+
Sunscreen.	+	+	+	+	+
Sunglasses.	+	+	+	+	+
Proper footwear.	X	X	X	X	X
Food reserve.	X	X	X	X	+
Long-sleeved thermal shirt or sleeves.	+	+	+	+	+
Whistle.	+	+	+	+	+

3.6: The Organization may request other mandatory material if the weather conditions so advise. If it is necessary, it will be communicated in advance of departure.

3.7: The use of walking sticks is authorized, not being allowed to abandon, or deliver them anywhere along the route. The runner who fails to comply will be penalized. A broken walking stick can be left at aid stations.

3.8 Bags transport Ultra 103K and 65K

Each Ultra 103K runner will receive, along with the bib number, a bag in which they can put whatever material they think they may need to be transported to the Confrides (103K) aid station (km.53,2)

Participants in the Ultra 65K will have a bag that will be transported to Sella (km. 43,8).

These bags, duly identified with the label that the Organization will provide, and completely closed, will be delivered before departure at the point enabled for it.

The bags will be transported by the Organization to the aid station, so that the runner collects the material they need from the bag and then deposits the leftover material in it. It must also be completely closed, and it will be sent back to Finestrat once used.

The transport of the bags once the runner has passed through the aid station will not be immediate but will be transported to Finestrat at the close of that aid station, and it could happen that the runner reaches the finish line before his bag and must wait for it.

The bags can be collected until the finish line closes and on Sunday 20 from 9 a.m. to 12 p.m.

3.9 GTCB 103K Relay Race x 2

The relay modality is carried out on the GTCB 103K route and is divided into two sections:

Section 1: Finestrat- Confrides with around 53,2 km., 3.800 m. of unevenness + and 3.500 of unevenness -, with departure on Friday 17 at 23:00 a.m. with a time of 15 hours.

Section 2: Confrides -Finestrat with around 49.300 km., 2.000 m. of unevenness + and 2,500 m. of unevenness -. With departure from Benifato limit at 1:30 p.m. and with finish line closing in Finestrat at 12:00 p.m.

In this mode there will only be Male, Female and Mixed categories, with a trophy for the top three finishers in each category.

If any of the runners withdraws, the partner will appear in the section classification, but without the option of a trophy.

4.- CATEGORIES (male and female)

*The age to be taken into consideration will be that of the participant on December 31, 2022.

4.1.- 18K, 21K y 41K:

- **Absolute Category** : All participants
- **Senior Sub-Category:** from 18 to 39 years old
- **Subcategory Veteran** from 40 to 49 years old
- **Subcategory Master “A”:** from 50 to 59 years old
- **Subcategory Master “B”:** 60 years and over

4.2.- 65K and 103K

Individual Modality:

- **Absolute Category** : All participants
- **Senior Sub-Category:** from 21 to 39 years old
- **Subcategory Veteran** from 40 to 49 years old
- **Subcategory Master “A”:** from 50 to 59 years
- **Subcategory Mastr “B”:** 60 years an over

Couples Modality:

- **Mixed Couple:** 1 Woman and 1 Man
- **Female Couple:** 2 Women
- **Male Couple:** 2 Men

Note: The 2 members of the couple shall go through every check point together. In the same way, both shall go through finish lane together. In addition, they must not be more than 30 seconds away when they arrive at the finish line. Each member of the couple also competes individually, so if a member of the team leaves the race, the other member of the couple would not lose the individual classification.

4.3.- 103K Relay race X2:

- **Mixed Category** : 1 Woman and 1 Man
- **Female Category** : 2 Women
- **Male Category** : 2 Men

5.- TROPHIES

Trophies will be awarded to the first three classified in the categories contemplated in these regulations.

6.-DISQUALIFICATION AND PENALTY

6.1 Minor faults: From 3 minutes to 1 hour penalty.

Not wearing the Bib in a visible place, modifying the shape or composition of the bib.

6.2 Serious faults: From 1 to 2-hour penalty.

Anticipating the starting signal.

Missing item(s) of the mandatory equipment checklist.

Shortening or short cutting the route by leaving the marked itinerary.

Receiving external assistance outside the provisioning areas.

No passage through a check point (2-to-3-hour penalty for each Check Points).

6.3 Very serious faults: The participant will be penalized with disqualification.

Throwing objects or waste outside the assigned points.

Using transport during all or part of the route.

Not respecting the companionship sports rules.

Not respecting nature.

Any disregard for the members of the organization, participants, or race volunteers.

6.4 Reasons for disqualification

Finishing the race outside the closing time set by the organization.

Going through the Check Points later than the cut-off time.

Not assisting a person in difficulty (in need of care)

Altering the signaling of the route.

Losing the bib race or the electronic chip.

7.- ACCPTANCE OF REGULATIONS, INFORMED CONSENT, AND REGISTRATION CONDITIONS.

At the time of completing the registration, the participants agree to respect these regulations, the responsible health declaration (**Annex 1**) and acknowledge everything specified in the attached documents of informed consent and registration conditions. For everything not contemplated in these regulations, this race will be based on the provisions of the Mountain Racing Regulations of the Federation d'Esports de Muntanya i Escalada of Comunitat Valenciana (FEMECCV) and/or the FEDME.

INFORMED CONSENT

COSTA BLANCA TRAILS

From November 17 to 18, 2023.

Please read this document carefully. By completing the registration, you confirm that you know the content of this document.

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

1. I am physically well prepared for this ultra-endurance race, that I am in good health without suffering from illness, physical defect or injury that could be aggravated by my participation in this race. If during the race, I suffer any type of injury or any other circumstance that could seriously harm my health, I will notify the Organization as soon as possible.

2. I am aware that this type of competition, as it takes place in the mountains, where there are places that are difficult to control and access, entails an additional risk for the participants. For this reason, I attend of my own free will and initiative, fully assuming the risks and consequences derived from my participation.

3. I have sufficient physical and technical capacity and resources to guarantee my own safety, under the conditions of semi-self-sufficiency in which the race takes place, as well as knowledge of the place through which it runs, a Protected Natural Area. I am aware that the mountains of the Marina Baixa are difficult at all times of the year but running in winter and at night makes them more severe, since the night diminishes the perception of relief and requires more attention on the steepest sections technicians. For this reason, 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, physical or mental problems resulting from fatigue, digestive problems, muscle or joint pain, as well as minor injuries. This clearly and consistently assumes that I have sufficient capacity to solve the foreseeable problems that I will encounter, remedying them with the mandatory equipment or other material that I may suppose I need.

5. In this context, I consider that it is impossible to always have a member of the organization near me to help me, so there will be many occasions when I will have to solve problems myself.

6. That I will assess if, in addition to the mandatory minimum equipment required, I should add something else that I may need based on my physical capacity and the foreseen forecast.

I accept that it is not the responsibility of the Organizer to inspect or supervise my competition equipment, therefore I am solely responsible for carrying all the equipment required by the organization.

7. That I control, and I commit to comply with the safety standards and protocols established by the Organization, as well as to maintain responsible behaviour that does

not increase the risks to 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 security issues.

8. That I authorize the Medical Services of the race, to perform any cure or diagnostic test that I may need, whether I am able to request it. Given their requirements, I agree to abandon the race if they deem it necessary for my health.

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

10. That my bib race is personal and non-transferable, so no other participant or person can take it in my place.

11. I will accept and comply with all the rules and security measures that the organization must apply by virtue of the legislation in force at the time the race is held in relation to COVID-19.