

Finestrat
COSTA
BLANCA
TRAILS



**101K – 75K-75K Relay Race x 2 – 46K -29K – 20K
From November 18 to 20, 2022.**

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 20K, TPC 29K, MCB 46K, UTCB 75K. UTCB 75K Relay Race x 2 and GTCB 101K. 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 20K 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 20K, 29K, 46K, 75K Relay Race events and over 21 years old for the 75K and 101K events. You must be that age on race day.

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 101 K: Departure **Friday 18** at 23:00h. Maximum time: 25 hours

Km.	Place	Cut-off time
0,000	Plaza Unión Europea	23:00/ Friday 18
8,000	Coll del Pouet	
12,500	Helipuerto Polop	03:00
26,800	Font del Pi	
33,100	Benimantell	07:30
49,000	Recingle Alt	
58,600	Confrides	14:30
68,000	Aitana	
77,000	Font del Alemany	
82,500	Sella	20:00
94,800	Mas del Oficial	
100,300	Plaza Unión Europea	24:00 Saturday 19

Water supplies at Km. 37,5.

UTCB 75 K: Departure **Saturday 19** at 06:00. Maximum time: 18 hours

Km.	Place	Cut-off time
0,000	Plaza Unión Europea	06:00
8,000	Coll del Pouet	
12.300	Helip. Polop	9:45
27,000	Font del Pi	
35,000	Benifato	13:30
44,000	Aitana	
53,000	Font del Alemany	
58,500	Sella	20:00
69,800	Mas del Oficial	
75,300	Plaza Unión Europea	24:00

Water supplies at Km. 16,700 (Casa de Dios) and 37,500 (Font de Partagat).

UTCB 75K Relay Race X 2: Saturday 19. Maximum time: 18 hours

Km.	Place	Cut-off time
Section 1: Departure at 06:00 a.m.		
0	Start	06:00
8	Coll del Pouet	
12,2	Helipuerto Polop	09:45
26,9	Font del Pi	11:15
34,9	Benifato	13:30
Section 2: Departure limit at 1:30 p.m.		
0	Benifato	
8,7	Aitana	
17,5	Font del Alemany	
23,1	Sella	20:00
34,6	Mas del Oficial	
40,1	Finish line	24:00

Water supplies at Km. 16,700 of section 1.

MCB 46 K: Departure **Saturday 19** at 08:00. Maximum time: Eleven and a half hours.

Km.	Place	Cut-off time
0,000	Plaza Unión Europea	08:00
8,000	Coll del Pouet	
12,300	Helipuerto Polop	11:45
27,000	Font del Pi	14:45
40,600	Mas del Oficial	
46,100	Finish line	19:30

Water supplies at Km. 16,700 and 31,150.

TPC 29 K: Departure **Sunday 20** at 08:30 a.m. Maximum time: seven and a half hours.

Km.	Place	Cut-off time
00.000	Plaza Unión Europea	08:30
08,000	Coll del Pouet	
12,300	Helipuerto Polop	12:15
23,400	Mas del Oficial	
28,900	Plaza Unión Europea	15:30

Water supplies at Km. 16,700.

MTF 20K: Departure **Sunday 20** at 09:30 a.m. Total time: six hours.

Km.	Place	Cut-off time
00.000	Plaza Unión Europea	09:30
07,500	Coll del Pouet	
14,200	Mas del Oficial	
19.700	Plaza Unión Europea	15:30

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 Polop Heliport, Benimantell , Benifato , 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 Helip aid stations . Polop, Benimantell , Benifato , Confrides and Sella, 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	75K and relays	46K	29K	20K
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 101K and 75K

Each Ultra 101K 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 aid station (km.58)

Participants in the Ultra 75K will have a bag that will be transported to Benifato (km. 35).

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 UTCB 75K Relay Race x 2

The relay modality is carried out on the UTCB 75K route and is divided into two sections:

Section 1: Finestrat- Benifato with around 35 km., 2,550 m. of unevenness + and 2,165 of unevenness -, with departure on Saturday 19 at 06:00 a.m. with a time of 7 hours and 30 minutes.

Section 2: Benifato -Finestrat with around 40 km., 1,937 m. of unevenness + and 2,358 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.

Participants in this modality may hire transportation to Finestrat at the end of the first stage in Benifato and from Finestrat to Benifato to start the second stage at the time of registration. The price is 3 euros.

Transportation from Finestrat to Benifato for the runners of the second section will be at 08:00 a.m.

4.- CATEGORIES (male and female)

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

4.1.- 20K, 29K y 46K:

- **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.- 75K and 101K

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.- 75K 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.

8.- Participants are obliged to respect the protection measures against **COVID-19** that the health authorities may have at the time of the race.

INFORMED CONSENT

COSTA BLANCA TRAILS

From November 18 to 20, 2022.

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.