

# **ULTRA BOCINEROS DEIADAR EXTREM**



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## **BOCINEROS DEIADAR XTREME RULES 2019 DEIADAR ULTRA (100K)**

**Organizer: Trail 52 Sport Mendi Kluba**

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# **RULES**

## **Article 1: ORGANIZATION**

Trail 52 Sport Mendi Kluba (registered in the Register of Sports Entities under number CD0006383 and complying with the requirements established in Decree 29/1989 of February 14 and with the number of CIF G95840914) organizes the BOCINEROS DEIADAR XTREME, it has three different distances 200 Km (Bocineros-Deiadar Xtreme), 100 Km (Bocineros Deiadar Ultra) and 42 Km (Bocineros Deiadar Maratoia) with the institutional support of The General Assembly of Bizkaia and Gernika Townhall.

## **Article 2: ULTRA TRAIL BOCINEROS DEIADAR XTREME**

DEIADAR ULTRA (100k) is an ultra-long-distance / ultra-deep semi-self-relay race with is 100Km of distance and for a total cumulative elevation gain of 10.400 m.

The Start and finish line are in Gernika and run across the TWO BOCINEROS MOUNTAINS in Bizkaia (Sollube and Oiz) and go through the 18 municipalities of the regions of Busturialdea and Duranguesado

**The race will be on the 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> of September 2019. Starting at 0.00 am on Saturday 14<sup>th</sup> in Gernika and a maximum limit time to finish is 24 hours.**

All three races are recognised by the Basque Federation of Mountain. (Euskal Mendizale Federazioa, E.M. F.) and Biscayan Mountain Federation.

The DEIADAR ULTRA (100K) was born with the desire to promote the values of mountaineering - respect, solidarity and knowledge of nature through physical exercise - and to spread the landscape richness of the geography of Province of Bizkaia.

DEIADAR ULTRA (100K) run across through hills, forests, meadows, rocks and in general by spaces and rough terrain in which the conditions can be adverse. To face these races, it is necessary to be accustomed to getting on in the mountains, having a good physical and mental preparation and a great capacity for personal autonomy.

Participants will follow the instructions given by the organization at all times. Failure to comply with this rule may be penalized even with disqualification (see Article 25: Penalties).

Participation in the Ultra Trail DEIADAR ULTRA (100K) entails the acceptance of these regulations and the race ethics published by the organization on its website [www.bocinerosxtreme.com](http://www.bocinerosxtreme.com)

All participants in each of the races must sign a letter / letter of discharge at the time of collecting the bib number in which they commit to comply with the ethical values of the Circuit and exempt the organization from any behavior contrary to such values and / or the law.

### **Article 2.1: Semi-self-sufficiency**

The main feature of the races that make up the DEIADAR ULTRA (100K) is the semi-self-sufficiency of its participants. That is, the capacity of each participant to organize their own survival between supplies, both from the food, clothing and safety point of view so that they can resolve autonomously and self-sufficient situations arising from the competition and the environment in which it develops (physical and / or mental fatigue, illness, injuries, inclement weather, etc.).

The principle of semi-self-sufficiency means that it is forbidden to be accompanied or allowed to be accompanied during or part of the race, outside the authorized zones and clearly indicated at the refreshment posts (200 meters before and after them). Failure to comply with this rule implies punishment that can lead to disqualification (Article 24: Penalties).

### **Article 3: REQUIREMENTS FOR PARTICIPATION**

Requirements Participants must meet the following requirements to take part in the event:

- To be of legal age on the day of the event. To participate in the races that make up the BOCINEROS DEIADAR XTREME it is necessary to have reached the age of 18 on the date of the event.
- To demonstrate that between 01/01/2017 and the day of the registration, the runner has participated in at least 1 mountain trail race completing at least 100km Or, having participated and completed one ultra trail of BASQUE ULTRA TRAIL SERIES.
- Participants must be fully aware of the nature of the DEIADAR ULTRA (100K) they must have the knowledge, expertise, equipment, and mental and physical preparation necessary to face and overcome possible problems related to ultra-endurance running, altitude, geography and the natural environment in which the event takes place. Potential problems associated with this type of events are: fatigue, digestive problems, muscular and joint problems, contusions, minor injuries, cold temperatures, rain, snow, fog, heat... etc.
- To perform all registration steps correctly.

- Fill and send before the closing of the registrations the medical certificate and declaration of physical fitness, This document can be downloaded from the web [www.bocinerosxtreme.com](http://www.bocinerosxtreme.com)
- Fill in and sign the document disclaimer and to present it at the race-bib collection point in Gernika. This document can be downloaded from the web [www.bocinerosxtreme.com](http://www.bocinerosxtreme.com) In this document, the participants registered for the BOCINEROS DEIADAR XTREME declare, among other things, that they take part in the event of their own free will and under their responsibility, and that they meet the necessary physical and health requirements to participate in an event of the characteristics.

The Organizer reserves the right to exclude from the DEIADAR ULTRA (100K )(even before its start) those participants whose conduct obstructs the management and/or the smooth development of the event. Likewise, the Organizer reserves the right to admit participants who do not comply with some of the requirements under exceptional circumstances.

#### **Article 4: SUSTAINABILITY AND RESPECT FOR THE ENVIRONMENT**

One of the main values on which the DEIADAR ULTRA (100K) is based is sustainability and respect for the environment.

The races that make up the DEIADAR ULTRA (100K) run in many sections through Natural Park and in general through protected spaces that require a special care and respect on the part of all the parties involved in the race: organization, volunteers, public and participants.

As regards the organization, in addition to ensuring and trying that the impact of the races in the natural environment is the least possible, it undertakes to:

- Use recycled, reusable or biodegradable materials.
- Remove all beacons and marks indicating the routes and, in any case, remove any type of residue that may have dropped during the races.

In addition, the organization will make a special effort to comply with those aspects of the regulation related to the conservation of the environment:

- **At the refreshment posts, there will be no cups to avoid, as far as possible, the generation of rubbish. Each participant must carry a recyclable container (cup, drum or other container) with a minimum capacity of 25 cl.** Exceptionally, they can be used in the first refreshment stand of the races to avoid crowds.
- **Each participant must legibly mark their bib number, with a permanent marker, on the wrappers of bars, gels, food bags, etc., both on the runner's bag and on the drop bag to leave at the corresponding Aid station.** This marking will be checked both at the

material checkpoint that will be made at the time of collecting the bib number and in the access to the corral prior to the start and in the Aid station.

- The organization will include in the runner's bag that will be given when collecting the bib number, a folding cup to use at the refreshment posts and a small recyclable bag-mesh to store the garbage which will be generated during the race, which must be put into the containers found at these refreshment posts.
- It is obligatory to follow the marked path, without shortening or taking any shortcuts, especially in those stretches that run off tracks or paths and protected natural areas, as this entails irreversible erosion and an immediate degradation of the terrain.

Failure to comply with any of these rules implies penalties that may lead to disqualification (see Article 25: Penalties).

#### **Article 5: SIGNPOSTING / MARKING**

The itineraries of the three races of the DEIADAR ULTRA (100K) will be properly marked with tapes, reflective signals and signposts.

However, the organization recommends that participants take the race track, available on the web ([www.bocinerosxtreme.com](http://www.bocinerosxtreme.com)) for greater safety in case of especially adverse weather conditions, participant's confusion or disappearance of trail markings.

#### **Article 6: REGISTRATION**

The organization will ensure all participants with basic insurance. The conditions of such insurance can be seen on the official website ([www.bocinerosxtreme.com](http://www.bocinerosxtreme.com)). Apart from this insurance, each participant may have their own insurance.

Entries will be made via the Internet, through the official website of the event, and by payment by credit or debit card, from December 3<sup>rd</sup>, 2018 at 10:00 a.m. Once the registration is made, the payment term will expire in 72 hours. If payment has not been made within this period, this registration will be canceled.

The organization has 30 bees for their commitments.

The race DEIADAR ULTRA (100K) will have a maximum of 350 participants following the order of registration.

The number assigned to each enrollee is personal and non-transferable.

The registration period will end on 18<sup>th</sup> August 2019

From those dates on, no registration will be made, except for commitments of the organization.

Registration includes:

- Right to participate in the race.
- Accident insurance.
- Liability insurance.
- Medical care in race.
- Massage service during and after the race.
- Commemorative garment of the test.
- Service of food and drink at the refreshment posts.
- Food and drink service, showers and rest area at the Aid stations and finish line zones.
- Free transfer services for the participants: along the route in case of withdrawal and transfer finish/start line and finish-showers-finish line.
- Book of Race / Road Book (document with all the information of the races).
- Chip timing service.
- Free parking in Gernika. (Places are awarded in order of registration.)

In addition, participants who complete the race in the schedule established by the organization will receive a finisher gift at the time of their arrival at the finish line.

In order to validate the registration, it is essential to accept the regulations and exempt the organizers from any liability in case of accident or personal injury suffered during or after the competition, although the organization will do its best to avoid them. This declaration is signed during the collection of the bib number.

### **Article 6.1: Inscription fees**

<b>From December 3<sup>rd</sup>, 2018 to March 10<sup>th</sup>, 2019</b>	<b>90 €</b>
<b>From March 11<sup>th</sup>, 2019 to August 18<sup>th</sup>, 2019</b>	<b>110 €</b>

### **Article 6.2: Insurance for Cancellation of Registration**

Every person may, at the time of registration, subscribe to an annulment insurance, paying for it € 10 per person and race. This amount will be added to the cost of registration.

This Insurance allows to recover the amount paid by the inscription, except the 10 euros paid as Annulment Insurance. This guarantee of return will only be valid until the closing date of registrations of each race. From that date on, NO refund request will be accepted, regardless the reason given.

### **Article 6.3: Cancellation of Registration**

The cancellation of the registration will only be admitted in the following cases:

- Accident, injury, serious illness or death of the enrolled person.



- Severe illness with hospitalization or death of the spouse, partner, ascendant relatives / descendants of the first degree of the enrolled person.

In case of accident, injury or serious illness of the enrolled person, it is necessary to send a medical certificate certifying the contraindication to perform the race.

Any of the other causes of cancellation indicated must be justified by the corresponding certificate, which must be sent to the organization by ordinary mail (c / Juan Antonio Zunzunegui, nº 10 - 8º dch., 48013 - BILBAO) or by e-mail (Inskripzioa@bocineros xtreme.com). No cancellation request will be accepted by phone or fax.

If a registered person wants to cancel their registration but has not paid the Annulment Insurance or he/she has contracted it but does not meet the assumptions indicated in Article 6.3, the amount to be reimbursed will be proportional to the date of request for such refund:

<b><u>Receipt request date</u></b>	<b><u>Amount to be returned (% amount paid)</u></b>
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During the first registration period in each race	50%
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During the second term of enrollment in each race	30%
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No application for cancellation of registration will be accepted later than the closing date of registration of each of the races.

All applications for cancellation of registrations will be studied and resolved during the two months following the end of the event.

The refunds will be made by bank transfer or credit card payment.

### **Article 7: WAITING LIST**

In case of completing the enrollment quota in the race, a waiting list will be created that will be used to cover the casualties that may occur until the date of completion of the enrollment period. From that date on, no inscriptions on the waiting list will be formalized.

Entries on the waiting list will be made by a strict order of registration.

### **Article 8: MEDICAL CERTIFICATE**

In order to formalize the registration, it will be necessary for the participant to send to the organization a medical certificate by regular mail or e-mail (inskrizioa@bocinerosxtreme.com) or attach this document in the registration form. **It must be in possession of the organization by the closing date inscription..**

Failure to send this certificate within the period indicated will result in the cancellation of the registration and the loss of any right to refund the registration fee.

The medical certificate cannot be dated more than one year older than the date of beginning of the race.

The medical certificate must be signed and stamped by a doctor, stating his name and collegiate number. Otherwise, the registration will be automatically disabled and the registration fee will not be paid.

The organization offers a model certificate that can be downloaded from the official website of the BOCINEROS DEIADAR XTREME ([www.bocinerosxtreme.com](http://www.bocinerosxtreme.com)).

### **Article 9: CATEGORIES**

- Male Absolute
- Female Absolute

### **Article 10: CLASSIFICATIONS**

The organization of the BOCINEROS DEIADAR XTREME will establish a classification, for the race and, which will determine the participants with the right to prize and gift.

The pace timing will be available to the participants / companions in real time, as far as possible, on the website of the BOCINEROS DEIADAR XTREME ([www.bocinerosxtreme.com](http://www.bocinerosxtreme.com)). Also, the final results will be displayed on the web the day after the end of each race.

### **Article 11: AWARDS**

The organization of the BOCINEROS DEIADAR XTREME establishes a series of prizes and gifts for participants who complete the race, as well as prize and gift.

For positions, the prizes will be the following ones:

(Male categorie of any age)

- 1st. € 600 + txapela (traditional Basque beret) + trophy
- 2nd. € 300 + trophy
- 3rd. € 200 + trophy

(Female categorie of any age)

- 1st. € 600+ txapela (traditional Basque beret) + trophy
- 2nd. € 300 + trophy
- 3rd. € 200 + trophy

It will be compulsory for all participants who complete the podium in the different categories to be present at the awards ceremony on the day and time

scheduled by the organization, which will be duly announced on the web ([www.basqueultratrail.com](http://www.basqueultratrail.com)). The participant's absence at this ceremony implies the loss of their right to receive the corresponding prize.

All cash prizes will be subject to withholdings according to the current legislation.

### **Article 12: CLAIMS**

Race claims will only be submitted to the organizers in writing. The deadline will be within the 24 hours following the publication of the provisional classifications that will be displayed on the official website of the BOCINEROS DEIADAR XTREME ([www.bocinerosxtreme.com](http://www.bocinerosxtreme.com)).

The resolutions of such claims will be processed and communicated within a maximum period of one month after the end of the event.

### **Article 13: ROAD BOOK**

After closing the registrations for each event, each participant will receive by ordinary mail, e-mail or downloading the Route Book from the official website [www.bocinerosxtreme.com](http://www.bocinerosxtreme.com).

This guide includes the itinerary plans and race profiles, as well as other practical information: Checkpoint time limits, refreshment posts, medical and care stations, access places for companions and, in general, the essential information about the races.

### **Article 14: CHECKPOINTS**

The organization will carry out checkpoints both for safety and to verify the participants' presence in the race.

Participants must go through the established checkpoints to confirm their crossing by means of a chip provided by the organization.

These checkpoints will be clearly visible and passing through all of them is compulsory. Not going through any of them implies disqualification (Article 25: Penalties).

In addition to the notified checkpoints, the organization can perform 'mobile' controls over the course. Their location will not be communicated and passing through them is also compulsory.

### **Article 15: REFRESHMENT POSTS AND AID STATIONS**

#### **Article 15.1: Refreshment posts**

There will be several refreshment posts throughout the course of the race where the participants will be able to eat, drink and stock up on food and drink.

Participants will have a stand with liquids and beverage supply at the start corral/park.

There will be no cups/glasses at the refreshment posts. In compliance with one of the principles governing the Circuit - respect for the environment and sustainability - and to avoid as far as possible the generation of garbage, each participant must carry a recyclable container (cup, drum or other container) with a minimum capacity of 25 cl.

The organization will provide a cup in the Runner's bag that will be delivered when collecting the bib number.

It is the responsibility of each participant to dispose, at the start of every refreshment post, of the drink and food necessary to arrive at the next station in a self-sufficient way.

As a general rule, only the race participants will be allowed to have access to refreshments. The access of a companion will be allowed at the refreshment posts if they are in enclosed places (sport centers / frontons) only if properly identified through the accreditation provided by the organization Art. 22.3: Companion Card).

In compliance with the philosophy of semi-self-sufficiency that governs the races that make up the BOCINEROS DEIADAR XTREME, **neither accompanying people nor any person outside the organization can provide food (solid or liquid) or material to the participants, Neither inside nor outside the refreshment posts.** Failure to comply with this rule is sanctioned (Article 24: Penalties).

All participants must wear the bib number clearly visible when entering the refreshment posts.

All participants must go through these posts even though they do not want to stop at them.

There will be 4 types of refreshments:

- **Liquid:** water, soft drinks and isotonic beverages.
- **Basic:** in addition to what it is available at this post, fruits (oranges, bananas, watermelons, melons, tomatoes) and nuts.
- **Normal:** in addition to the basic provisions, cheese, quince, sausage, chocolate, pasta, broth and coffee.
- **Complete:** in addition to those available in Normal, rice, macaroni and potato tortilla (Spanish omelet).

Exceptionally, in the event of a significant influx of participants, disposable cups will be distributed in the first refreshment posts of each race. These cups can only be used in the space enabled for the refreshments.

Each participant, along with the bib number, will be given a small bag to collect their waste / residues. In compliance with one of the principles governing the BOCINEROS DEIADAR XTREME- respect for the environment and sustainability - the organization will enable litter bins at each refreshment post with the

corresponding recycling colour (green / organic waste, yellow / packaging, blue / paper), and should be used if necessary.

Likewise, each refreshment post will have a place set up as End of Refreshment area with garbage deposits, from which the participants will no longer be able to dispose of the products and will have to deposit the residues generated there. Any participant who does not make the correct use will be penalized (Article 25: Penalties).

### **Article 15.2: Aid stations**

The DEIADAR ULTRA (100K) will have one Aid station in Ereño (Km 59). There, the participants will have a complete food and drink supply, showers, massage area, medical assistance and a rest area with mats / hammocks and blankets (max. 20 participants at the same time). The time limit to stay in this rest zone will be until 10 minutes before the closing of the control in that area.

At the finish lines of each race there will also be a complete food and drink supply, showers, massage area, medical assistance service and a rest area with cushions / hammocks and blankets. These rest areas can not be used for overnight stays. They are reserved for those participants who reach the finish line during the night from Saturday to Sunday and the maximum time to stay in them will be 3 hours. Those participants, who have finished the race on Saturday and want to extend their stay until Sunday, must search for their own accommodation.

### **Article 15.3: Refreshment posts and Aid stations**

Km. 13 (Sollube)	Basic
Km. 19 (Almike)	Normal
Km. 27 (Altamira)	Normal
Km. 36 (Kortezubi)	Normal
Km. 48 (Akorda)	Normal
<b>Km. 59 (Ereño)</b>	<b>AID STATION (complete+showers+Rest Area)</b>
Km. 72 (Aulesti)	Normal
Km. 78 (Munitibar)	Normal
Km. 85 (Oiz)	Liquid
Km. 92 (Albiz)	Normal
Km. 101 (Finish line)	<b>AID STATION (Complete+Showers+Rest Area)</b>

### **Article 16: RACE BAG AND BACKPACK FOR PARTICIPANTS**

#### **Article 16.1: Drop bag for AID STATIONS**

At the time of collecting the bib number, the participant will receive a plastic bag/sack that will have at his disposal at the Aid station and in which he can

put any material or equipment he considers necessary, except trekking poles, which are not allowed in the bags.

Up to one hour before the race, the bag will be given to the organization which will be responsible for transferring it to the Aid station and, once the race ends, take it to the finish line area.

Upon arrival at the Aid station, it is compulsory for the participant to collect the bag, which will have to be returned to the organization once the participant leaves the Aid station.

Only the organization bags will be accepted.

The contents of these bags will not be verified by the organization; therefore no claims will be accepted. It is recommended not to introduce any valuables.

### **Picking up bags at the finish line**

The bag can be collected by the participant in the finish area. If picked on arrival, the participant will have to hand in the bib number compulsorily. If done at another time, the participant must show their bib number or card, along with the personal identity document.

Participants will be able to pick up their bag at the finish line from one hour after the closing of the Aid station control point and until the prize-giving ceremony of each race. If it has not been picked by then, the participant will have to contact the organization.

### **Collection of bags at the Aid station.**

As long as the Aid station is open, the bag can also be collected at the station itself, upon request of the bib number or Runner's card, together with the participant's identity document.

### **Article 16.2: Finish line backpack**

At the start line, the participants will be able to give the organization a backpack with the necessary for having a shower and changing of clothes at the end of the race. These backpacks will be taken to the finish line, where they will be collected by the participant at the end of the race.

Participants who have not completed the race, can collect theirs backpacks after 09.00 h on Saturday

Participants can collect theirs backpack until awards ceremony after this hour the participants must contact with the organization.

## **Article 17: SAFETY AND HEALTH CARE**

### **Article 17.1: MEDICAL ASSISTANCE**

The organization will locate specialized staff for the health care of the participants at certain points of the route and at the checkpoints. In addition, medical staff and ambulances will be available at strategic points of the route to

intervene in case of need. It is compulsory to follow the indications of these personnel, who will be properly identified.

By default, these teams will be distributed among the different aid stations so runners may ask for assistance or help in case of need.

There will be mandatory medical examinations at some points along the course, which may be random or general. Refusal by the runner to cooperate fully or being disrespectful with the medical personnel may result in immediate disqualification. All participants will accept the medical decisions of the physicians and medical team, whose decision will prevail over all others.

The physicians and caregivers may:

- Remove from the event any runner that they consider incapable of continuing, by invalidating their race bib number.
- Order the evacuation of any participant that they consider being in danger.
- If necessary, order the hospitalization of a runner.

**The race director will never question the judgment or decisions taken by the medical team. The Organization will not be liable for any consequence derived of the disobedience of the orders of the medical team by a runner.**

### **Article 17.2: SAFETY**

A broom wagon team will be in charge of closing the race and checking the compliance, by all participants, of the established time limits and a safety precaution.

Participants should be aware that, given the environment in which races take place and the distances involved, medical care may take longer to arrive than under normal circumstances. Therefore, the safety of each participant will depend on the material carried in the backpack.

All runners have the obligation to provide assistance to other participants in need, according to their own capacities and knowledge. Not doing so implies committing a serious punishable offence of "non-assistance to a person in need". It's punishable with disqualification (Art, 25)

In the event that the runner or a running mate cannot reach the next aid station due to a medical emergency or any other kind of emergency, the following instructions must be followed (also printed on the back of the race bib):

**• If there is mobile network:**

- If it is minor incident, dial the telephone number appearing on the back of the race bib, describe the situation and follow the instructions.
- If it is a serious incident, dial the emergency number 112.

• **If there is NO mobile network:**

Dial 112 and inform as follows:

- You participate in the DEIADAR ULTRA (100K)
- Your location (approximate).
- Problem or medical emergency affecting you or your running mate.
- Name and race bib
- **Article 17.3 Modifications to the course, cut-off times or cancellation of the event**

In case of bad weather conditions or for security reasons, the organization reserves the right to stop the races, modify the route or vary the time limits.

In the event of adverse weather conditions, the organization will have an alternative route that will be communicated conveniently to all participants. If the change to the alternative route is decided after the departure, it will be communicated to the participants at the appropriate checkpoint.

The organization reserves the right to modify the rules governing THE Ultra Trail DEIADAR ULTRA (100K) or to suspend any of its races in the event of an event or cause of force majeure.

In case of cancellation of any of the stages/races, for whatever reason, that is decided 15 days before the beginning, a partial refund of the registration fee will be made. The amount of such reimbursement shall be determined in such a way as to enable the organization to meet the fixed, non-recoverable expenses, according to the date of cancellation.

The organization of the races of the DEIADAR BOCINEROS XTREME may suspend, shorten, neutralize or stop any of them, for safety or causes of force majeure beyond their control (climatology ...).

In the event that this cancellation takes place less than 15 days before the beginning of the race, or in case of interruption of the race after having started, no reimbursement is contemplated.

**Article 18: DOPING**

The use of substances, pharmacological groups and methods to artificially increase the physical capacity of athletes is strictly prohibited, according to the Organic Law 3/2013 of 20 June on the Protection of Athlete's Health and Anti-Doping In the sports activity, the Regulation and other provisions of the EMF / FVM and the FEDME (Spanish initials for 'Spanish Federation of Mountain and Climbing Sports').

Any competitor can undergo anti-doping control, before, during and / or after reaching the finish line. In case of opposition to such control, in addition to the immediate disqualification by the organization of the DEIADAR ULTRA (100K) and its prohibition to participate in any other race thereof (see Article 25: Penalties), the participant will be sanctioned as if he/she had been positive in a doping



control, according to the Anti-Doping Regulation of the EMF / FVM and to the other normative dispositions that are applicable at any moment in relation to this matter.

It is strictly forbidden to participate in the DEIADAR ULTRA (100K) if anyone is complying with a doping penalty or has been sanctioned for doping at some point in his or her sporting career (even if he / she has complied with the sanction), whether associated or not at the moment of the formalization of the registration and / or in the date of the event celebration.

If a person has formalized the registration and the organization of the DEIADAR ULTRA (100K) subsequently proves that He/She does not meet the requirements indicated in the previous paragraph, his/her registration will be automatically canceled and will not be entitled to the refund of the fee.

### **Article 19: TIME LIMITS**

The schedules of the tables that are detailed below are time limits and they refer to the time of the participant in race. These times are calculated so as to finish the race in the maximum established time, always taking into account the possible stops (rest, meals ...).

#### **DEIADAR ULTRA (100K) (Start at 24.00h on Friday)**

Almike	Km 19	04:15h on Saturday (4h.15')
Kortezubi	km 36	08:30h on Saturday (8h.30')
Ereño	km 59	14:00h on Saturday (14h.00')
Aulesti	km 72	17:30h on Saturday (17h.30')
Oiz	km 85	21.00h on Saturday (21h. 00')
Gernika	km 101	00:00h on Sunday (24h. 00')

**In order for a participant to continue the race, he must leave the checkpoint before deadline.**

Any participant who, after the established time limit, has not passed through the checkpoint will be out of the race. In case they want to go ahead, they can only do so after deactivating the chip and removing the geo-positioning beacon, and under their exclusive responsibility and autonomy.

In the event that the organization decides to modify the planned time limits, participants who can not reach the new established time limits will be out of the race.

### **Article 20: WITHDRAWALS AND TRANSFERS TO START / FINISH LINES**

Except for injury or accident, a participant should not abandon the race if it is not at a checkpoint or refreshment post. If a participant decides to leave the race outside these, he must go to the nearest checkpoint or wait for the broom

runners in order to get the control chip deactivated and the geo-positioning beacon removed.

After withdrawing, the participant will always keep the bib number to be able to benefit from the services offered by the organization (buses, showers, refreshments upon arrival, etc.).

Participants, who, for any reason, decide to abandon the race and do not go to the evacuation points or notify the person in charge at the checkpoint, will be outside the control of the organization and the organization will be exempt from any responsibility which may occur.

### **Article 20.1: Compulsory withdrawal**

The organization may temporarily stop or withdraw a participant from the competition when they consider that the participant has reduced their physical or technical abilities as a cause of fatigue, do not have the obligatory material, or considers that their health state endangers their physical integrity or safety.

Any participant, who requests the services of the medical team, is submitted to their judgment and assessment of the situation and must accept their decisions.

The official health and medical assistance of the races may in any case:

- Withdraw from the race any participant they consider is not fit to continue.
- Evacuate by the means they deem appropriate and / or order the hospitalization of any participant according to their physical state.

In case of being evacuated to a hospital, the participant must take care of their return to the finish line of the race or to their home.

In case of an accident or injury that prevents the participant from getting to a checkpoint by himself/herself and requiring his/her evacuation, the participant must contact the organization through the telephone numbers provided to activate the rescue operation and that will be printed in the bib number.

If it is not possible to use these numbers because of coverage problems or if the emergency situation is particularly serious, the free emergency number 112 must be dialed.

It is recalled that the solidarity and respect of the other participants in these emergency situations are crucial to minimize the damages of the person assisted.

Failure to assist a participant in an emergency who requests assistance from another participant is sanctioned with disqualification (see Article 25: Penalties).

### **Article 21.2: Finish line transfers**

The return of the retired participants to the start / finish line of each race will be decided together with the person responsible for each checkpoint based on the following criteria:

- The checkpoints from which the retired participants will be transferred to the finish line are the following:

- **Almike, Kortezubi, Ereño, Aulesti and Oiz.**

- Participants who withdraw at any other control or refreshment post and are not injured should access, as soon as possible and by their own means, the indicated transfer points.

- At checkpoints that can only be accessed by off-road vehicles, provided that the evacuation is not urgent, the checkpoint officer will decide when to transfer.

- In case of adverse climatic conditions that justify the total or partial suspension of the race, the organization ensures the evacuation of the detained participants in the shortest possible time.

## **Article 21: BIB NUMBERS/RUBBER BAND/COMPANION CARD**

### **Article 21.1: BIB NUMBERS**

The bib number will be given personally to each participant, along with the time control system. For this, an official identity document in force with a photo, and the Runner's ID card must be presented on the dates and times described in the programme.

To collect the bib number, it is necessary to present the compulsory material (see article 23: Compulsory Material). Once the control of mandatory material has passed, each participant will sign a commitment to comply with these regulations that the organization will keep throughout the race.

Participants must keep the bib number provided by the organization at all times.

The bib number should be on the front of the body (chest, belly or legs) and visible throughout the race. The bib numbers cannot be copied, folded, covered or modified. Failure to comply with these requirements implies sanctions that may lead to disqualification (see Article 25: Penalties).

Each participant will receive a rubber band and safety pins to fix the bib number on the waist or shirt.

The bib number is obligatory in order to access the start corral, the refreshment posts, the Aid checkpoints and, in general, any area reserved to the participants of the race.

In no case the participant will have their bib number removed.

Bib number changes are not allowed.

### **Article 21.2 Identification bracelet.**

Once the participant has been identified, the organization staff will deliver the bags, the race numbers and chips on-site. They will also put a disposable bracelet on each participant's wrist which they should be wearing during the whole race. This means (worn with the race number) full access to all

amenities for the runners, including starting area, provisioning spots , transport for those who are unable to finish the race, medical services, pick up racers bag... etc.

Not wearing the bracelet during the race automatically invalidates the race number.

### **Article 21.3 Guest pass.**

Each participant is entitled to one guest pass. In addition to the race number the organization will deliver said pass to each participant in which may write down a guest's name. This grants the guest access to the "pasta party", the "private provisioning spots (Bermeo, Busturia, Kortezubi, Ereño, Aulesti and Albiz) the aid stations and organization's transport services.

The runner's guest is not allowed to help out in the aid stations or use any material or eat/drink anything provided by the organization in the provisioning spots of the "life bases" and they must leave said places at the same time as the participant.

### **Article 22: COMPULSORY MATERIAL**

The organization provides obligatory material they every competitor must wear throughout the race.

The obligatory material will be required to be worn upon delivery and it will be verified that each participant is wearing said items at the "designated starting area" prior to departure.

During the race those responsible of the check/control spots can request a check of material at any time. All participants are required to submit to such controls, if the participant refuses they will be automatically disqualified

(Article 24 penalties)

It is the responsibility of each participant to have the appropriate apparel beyond the mandatory material in order to be able to endure the conditions of the environment.

Each participant must have, to ensure their own safety, the appropriate material. It will be compulsory to carry the following material during the entire race:

- ID / passport
  - Backpack
  - Water supply of a minimum capacity of 1 litre
  - Cup / can (minimum capacity 33 cl)
  - Food supply (minimum 500 kcal)
  - Waterproof, breathable FR rainwear hooded jacket (not windproof)

- Crop pants or tights (below the knee)
- 2 headlights, each with its corresponding power supply. Only if the two front ones use the same type of energy, a single spare will be enough.
- Rear position red light.
- Survival blanket (minimum 1.20m x 1.20m)
- Cap / visor / bandana
- Whistle
- Elastic adhesive bandage
- Mobile phone with charged battery (record the number of emergencies of the organization in the contacts, do not hide the number, keep the phone switched on)

The participant must carry these mandatory elements but it is not necessary wearing them, then they can be inside the backpack.

Failure to carry any of these mandatory elements may lead to immediate disqualification of the participant (see Article 24: Penalties).

Material highly recommended:

- Gloves
- Telescopic sticks/poles
- Extra warm clothing in the event of adverse weather
- GPS with race's track

Recommended material:

- Sunglasses
- Sunscreen
- Vaseline

If you use sticks/poles, it will be compulsory to carry them throughout the race. Sticks/poles will not be admitted in the Aid station drop bag. It will only be allowed to leave them at a control or refreshment point in case of breakage.

You will not be allowed to receive or return material or spare clothing in any place except at the Aid stations (for this purpose the organization will have a bag collection service).

Depending on the weather forecasts, the organization may require as compulsory material the one initially proposed as highly recommended or advised. Likewise, it may also require other material not included in the previous sections, such as crampons. The organization will advise the participants with plenty of time in advance of this eventuality.

### **Article 23: START POINT CONTROL**

One hour before the beginning of the race, the start and compulsory material checking control will begin to allow the participants to access the start corral/park.

Once in the corral/park, the participants will no longer be able to leave until the starting time.

The participants will have liquid refreshments and toilets In the corral/park.

Participants are recommended to go to the corral/park as early as possible to avoid crowds.

## **Article 24: PENALTIES**

Being long distance races, the safety and integrity of the participants prevails over everything else in the event of any eventuality. Therefore, the organization of the race, along the route, or those responsible for each control and refreshment station, has the power to enforce the regulations and to apply the penalties that are detailed below:

### **INFRACTIONS**

#### **PENALTIES**

- Passing on unauthorized paths or roads.....1 h.
- Ignoring the indications of the organization and /  
or health staff .....Immediate disqualification
- Lack of compulsory safety equipment: (Minimum water  
supply of 1 liter, waterproof jacket, lamps, thermal  
blanket, mobile.....Immediate disqualification
- Lack of compulsory material: (Crop pants/ long tights, 1 single lamp,  
energy spares, visor / cap / bandana, whistle, elastic bandage, food  
supply, cup / drum).....2 h.
- Opposing the compulsory material control.....Immediate disqualification
- Throwing away litter or waste.....Immediate disqualification
- Not carrying marked wrappings.....Immediate disqualification
- Environmental infringements.....Immediate disqualification
- Disrespecting people (participant / organization / public).....1 h.
- Receiving unauthorized outside help.....2 h.
- Receiving repeated unauthorized outside help.....Immediate disqualification
- Being accompanied outside permitted areas (refreshment posts)  
by people, not registered in the race or animals.....1/4 h.
- Not going through the start control point.....Immediate disqualification
- Not going through a checkpoint.....Immediate disqualification
- Cheating (using a means of transport, passing the bib number  
to another participant, taking shortcuts, etc.).....Immediate disqualification
- Losing the bib number.....Immediate disqualification
- Not wearing the bib number visible.....1 h.
- Not having an electronic reference.....Organization's decision
- Not helping a participant who demands help.....Immediate disqualification
- Demanding help without needing it.....Immediate disqualification
- Refusing to pass an anti-doping control.....Immediate disqualification
- Leaving a control zone after deadline.....Immediate disqualification
- Refusing to carry or leaving the GPS beacon.....Immediate disqualification

The time penalties will be added to the final time at the finish line.

## **Article 25: RESPONSIBILITIES**

The organization is not responsible for claims or demands resulting from damages that may happen to both participants, companions, fans and materials in case of loss, deterioration or loss outside the insurance coverage contracted by the organization.

Participants enrolled in the races of the DEIADAR ULTRA (100K) understand that they participate in the competition voluntarily and under their own responsibility. Therefore, they exonerate, waive, exempt and agree not to report to the organizing entity, collaborators, sponsors and other participants, any civil responsibility towards the participants and their heirs.

The participants must sign the documents that are required to record in writing their acceptance of this regulation.

### **Article 26: MODIFICATIONS**

The organization reserves the right to modify, correct or improve these regulations at any time. The fact of making the registration supposes the agreement of the participant with these rules.

### **Article 27: RESPONSIBILITY AND PURPOSE OF THE DATA PROCESSING**

In compliance with the provisions of Organic Law 15/1999 of December 13 on the Protection of Personal Data, those registered in the DEIADAR ULTRA (100K) are informed that the personal information provided by completing the registration form will be sent to be part of a file responsible for Trail 52 Sport Mendi Kluba (hereinafter the 'organization').

This file will be used for the organization of the sports event, registration of the participants, management of the delivery of the bib numbers, management of insurances for participants, publication of marks in the media, publication of photographs and images of participants in the media, billing and in general those purposes related to the management and organization of the sporting event.

Your contact details will be kept indefinitely and may be subject to assignment to the sponsors of the races for the sending of information related to sporting events organized by the organization or by third parties as well as the products or services offered by the organizers or sponsors of the sporting event. These submissions may be made by both ordinary and electronic channels, without prejudice to your right to cancel your personal data whenever you deem it appropriate.

#### **Article 27.1: Participants' rights**

If any participant wishes to accede to rectify, cancel or oppose the processing of their personal data, they may do so by sending the request along with a photocopy of their I.D. or passport to the following address: Trail 52 Sport Mendi Kluba. C / Zunzunegui 10, 8º. 48013 - Bilbao (BIZKAIA).

### **Article 27.2: Data transfer**

The organization may publish the name, surname, origin, category, ID number, photographs, and images taken during the races and the results made by the athletes in the media. The list and the indicated data of the participants in the different races will be of public consultation from the moment of the inscription. Consequently, their registration in the event implies their express and unreserved consent to the publication of these data in the media that the organization determines - including the Internet - without prejudice to their right of opposition.

The classifications in the different races will be kept indefinitely to the object of accreditation of marks and can be object of consultation in the web page of the organization without prejudice of its right of cancellation.

If the payment of the registration is made by credit card, your personal data will be transferred to the bank that the organizer of the event determines in order to manage the payment of your registration in the sporting event.

The organization has signed a sports accident insurance for all registered participants; therefore, participation in this event implies their express consent to the transfer of their identification data to the insurance company that the organizer determines in order to guarantee adequate assistance in case of accident during the course of the races.

In the event that the user registers third parties, both on the platform and in the sports events managed through it, guarantees the prior express consent of the interested parties in the terms set out in the present legal conditions.

### **Article 27.3: Data quality**

The organization shall in no case be responsible for the legality, truthfulness and accuracy of the data provided. It is your sole responsibility of notifying the organization of any changes to them. The completion of the fields marked with a (\*) is obligatory. The rest of the fields are optional. If you do not provide any of the data marked as mandatory the consequence may be the denial of your registration in the event.

### **Article 27.4: Data provided by Sports Clubs**

In the event that the registration in the event is carried out by a sports club on behalf of its members, the club guarantees to have the informed consent of these for the treatment and transfer of their personal data in the terms established in the present policy of Privacy.

### **Article 28: IMAGE RIGHTS**

Each participant authorizes the organization and its sponsors to freely use and publish any photograph or recorded video in the context of the race unlimitedly.