



ELS BASTIONS® SKYRACES

Race regulation

Organisation

Article 01. Els Bastions SCP organises four races that will take place on 6 and 7 June 2020 as part of the Els Bastions® SkyRaces event.

Description of the trials

Article 02.

- a. Ultra Els Bastions®: a circular foot race of around 101km and an approximate positive height change of 6.926m and negative of 6.926m with start and finish at Ribes de Freser, allowing a full tour of the Vall de Ribes and crowning the most important peaks of the valley.
- b. Trail Els Bastions®: a circular foot race of around 76km and an approximate positive height change of 5.451m and negative of 5.451m with start and finish at Ribes de Freser, allowing the highest mountains of the Vall de Ribes to be crowned.
- c. Marathon Els Bastions®: a circular foot race of around 51km and an approximate positive height change of 2.786m and negative of 2.786m with start and finish at Ribes de Freser, allowing one of the most emblematic mountains of the Vall de Ribes, the Torreneules, to be discovered.
- d. Short Els Bastions®: a foot race of around 29km and an approximate positive height change of 1.621m and negative of 1.621m with start and finish at Ribes de Freser.

Conditions of participation

The Ultra, Trail, Marathon and the Short are demanding trials which are run semi-independently in the mountains with some sections at night. We advise participants to be in a very good physical condition and have experience in these kinds of trials. Participants must be prepared to deal with race conditions that are often difficult and the physical or mental state derived from great weariness.

Article 03. Minimum age: To be to take part in any of the trials, the participant must be of age on the date of the race.

Article 04. Runner declaration: In order to confirm the entry, it is essential to accept the regulation and to relieve the organisers of any responsibility in the event of accident or bodily harm suffered during or after the competition. This declaration will be made online when entering.



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Article 05. Insurance: Participants who are not in possession of a federative licence equivalent¹ to that of FEEC type C or higher are obliged to take out insurance at the time of entry, which is arranged by the organisation itself.

Participants in possession of a federative licence equivalent to FEEC type C or higher may contract insurance at the time of entry if they should so wish.

Article 06. Image rights: all participants in the races authorise the organisation and its sponsors to freely use and publish all photographs or videos recorded in the context of the race.

Article 07. Entry:

- a. Entry can only be made by the official Els Bastions® website (<http://www.elsbastions.com>).
- b. Payment only constitutes pre-entry. An entry is considered to be valid once all necessary and correct documents are received.
- c. All entry validated before 30/04/2020 will entitle participation in the chosen race.
- d. No change of ownership of entries will be allowed.

Article 08. Cancellation of entry: The entry implies reservation of a place and only part of the amount will be returned in the following cases:

- a. If the cancellation insurance has been taken out on entry, the amounts to be returned will vary depending on the date of cancellation:
 - a.i. For requests received until 15/04/2020, the whole of the entry will be returned except for the amount corresponding to the insurance contracting and processing.
 - a.ii. For requests received between 16/04/2020 and 30/04/2020, 75% of the entry will be returned except for the amount corresponding to the insurance contracting and processing.
 - a.iii. For requests received between 01/05/2020 and 15/05/2020, 50% of the entry will be returned except for the amount corresponding to the insurance contracting and processing.
- b. In the event of medical impairment of the runner on the day of the race, provided this occurs due to accident or serious illness diagnosed after the entry date and have the corresponding medical certificate signed by an official doctor. In this case 50% of the entry will be returned.

Refund requests due to leave will only be admitted if sent before 15/05/2020.

¹ The runner will be responsible for ensuring the equivalence of its license with its corresponding federation.



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In both cases, in order to be to benefit from the refunds, an email must be sent to reservas@elsbastions.com with the name and surname/s of the runner and requesting the cancellation.

Fee refunds will be made to the same credit card used to pay the registration fee.

Race conditions

Article 09. Race bib:

- a. The number is personal and non-transferable.
- b. An identity document must be presented with a photograph in order to be given the number.
- c. It must remain visible at all times during the race.
- d. The number (and the gifts) will not be sent to the runner's home.

Article 10. Cut-off times: There are several cut-off times indicated on the official Els Bastions® website. These times may be changed at any time by the organisation. Runners wishing to continue on the route, even having exceeded the cut-off times, will do so out of the race and under their own responsibility, once they have returned the number to the organisation.

Article 11. Control points:

- a. It is necessary to sign in at all control points provided, including the start and finish.
- b. Each participant will have to follow the whole route without skipping any control point.

Article 12. Drop bags²:

- a) The participants of the Ultra will receive at the time of delivery of the race bib two bags (black and red), of about 12 liters capacity each, so that can place in it the material (not mandatory) they may need.
 - **Black Bag** → To choose between Campelles aid station (km23) or Pardines aid station (km87,5). Bag must be delivered before 10pm on Friday 5st.
 - **Red Bag** → Exclusive for Núria aid station (km50,5). Bag must be delivered before 8pm on Friday 5st.
- b) The participants of the Trail will receive at the time of delivery of the race bib a bag (green), of about 12 liters capacity, so that can place in it the material (not mandatory) they may need.

² Only the bags that the organization will give at the time of delivery of the race bib will be accepted. The bags must be returned closed and identified with the race bib number and without any protruding.



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- **Green Bag** → Exclusive for Núria aid station (km25,5). Bag must be delivered before 06h on Saturday 6st.

The bags will be transported by the organization to the aid stations chosen and will be returned to Ribes de Freser once used.

Article 13. Compulsory³ technical material: Two lists have been established: **Material A** compulsory for everyone without exception from the start and **Material B** compulsory but variable depending on the weather forecast and/or level of the participant.

The lists that follow determine minimums that do not bear in mind individual factors of each runner. Therefore, the final choice of material is a responsibility which corresponds only to the participant.

Material A: Compulsory material which all runners without exception must carry throughout the race whatever the weather conditions:

| | ULTRA | TRAIL | MARATHON | SHORT |
|--|-------|-------|----------|-------|
| Mobile phone charged and turned over during all race | X | X | X | X |
| Front with spare batteries or additional front | X | X | X | |
| Thermal blanket | X | X | X | |
| Windproof jacket | X | X | X | X |
| Whistle | X | X | X | |
| Cap or similar. | X | X | X | |
| Container for liquids | X | X | X | X |
| Cash (10€) | X | X | X | |

Material B: Material that will be compulsory depending on the weather conditions expected for the day of the race and/or level of the participant:

- Waterproof pants.
- Waterproof jacket with hood.
- Thermal T-shirt.

³ The organisation may add some compulsory material not described in this section and which will be notified to the participants via the official website.



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- Gloves.
- Crampons.

During the briefing (check time and place on the programme) it will be officially reported whether material B will be compulsory, and from what time, as applicable.

All runners must have all products on this list ready and in a perfect state in case they are finally needed.

The organisation may place general or random controls at different points along the route to check this material.

Article 14. Penalties: any participant incurring any of the following faults may be disqualified by a member of the organisation as due:

| DESCRIPTION OF THE FAULT | PENALTY |
|--|--|
| Failure to help another person. | Disqualification |
| Giving up without notifying the organisation at the time. | Disqualification |
| Giving the number/chip to another person for them to wear it during part of the trial or to do it from beginning to end. | Disqualification of both runners |
| Leaving the marked route to shorten the distance. | Disqualification |
| Missing a control point. | Disqualification |
| Being unsportsmanlike with other athletes, spectators or members of the organisation. | Disqualification |
| Lack of compulsory equipment or refusing to undergo a manual inspection. | Disqualification |
| Leaving any kind of rubbish along the route or in any way damaging the human and natural surroundings. | 1 hour: 1st warning Disqualification: 2 nd warning |
| Leaving the marked route WITHOUT shortening the distance along the route. | To be considered by causes |

Article 15. Compulsory abandonment: the organisation may momentarily stop a runner or oblige them to leave the race if they consider that their state jeopardises their physical integrity or safety.

Article 16. Voluntary abandonment: Except in the case of injury, the race may only be left at a control point. If this point were not accessible by vehicle, the runner will have to use their own means to get to the nearest evacuation



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point. It is forbidden to leave the marked route without having informed the organisation and therefore without being duly authorised to do so. It is necessary to clock in at all passing control points.

Article 17. Weather: In the event of bad weather, the organisation reserves the right to neutralise the race, to change the route, the cut-off times, the starting time and even to cancel it.

Article 18. Suspension of the race before the planned date: in the event of cancellation of the race due to force majeure and more than 7 days before the start, the amount of the entry will be partially refunded. The percentage of this amount will vary depending on the date of suspension and therefore on the expenses already had.

If the cancellation should occur in the 7 days before the race and for reasons beyond the control of the organisation, or in the event of suspension of the race once it has started, no refund will be contemplated.

Conditions after the race

Article 19. At the finish, the runners will have showers and cloakroom service.

Categories and prizes:

Article 20. Categories: The following male and female categories will be established:

- Senior (from 18 to 39 years)
- Veteran (from 40 to 49 years)
- Master (over 50 years of age)

Article 21. Prizes: The prizes must be collected at the time is provided. In no case will prizes be sent to the runners' addresses if they have not been collected.

- General classification prizes: Trophy for the first 3 men and women of the races.
- Classification prizes by categories: Gifts for the first man and woman of the races excluding those of the general classification.



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In the event of doubt over these General Conditions, the Catalan is the only valid version.

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