

7TH RIALP MATXICOTS TRAIL

RULES 2016

TECHNICAL DETAILS

- DISTANCE: 52 km
- HEIGHT: 4.100 +D (8.200 m. Cumulative)
- MINIMUM ALTITUDE: 725 m.
- MAXIMUM ALTITUDE: 2.883 m
- 6 REFRESHMENT POSTS: 6 food + drink.
- START TIME: 5:30 h.17-09-2016
- TIME OF 1st EXPECTED: 7:00 h.
- MAXIMUM TIME: 15 hours
- MAXIMUM NUMBER OF RUNNERS: 250
- POINTS ITRA/UTMB: 4 points

Art. 1. The Race

RIALP MATXICOTS EXTREM is a big lap around the closer hills next to the village of RIALP and it goes by mountain paths, trails and tracks of the Natural Park of the high Pyrenees and the National Park of Aigüestores and Sant Maurici's lake.

It's a mountain race of 52 km and 4.100 m of positive slope of semiself-sufficiency; that is to say, every participant has to wear its own material of security and the food that he/she may need during the race. However, the organization will establish liquid and solid foodstuff in the strategic points of the race.

The maximum time for carrying out the race is **15 hours**, enough time to complete the marching race with shorts stops.

Art. 2. Dates

17th and 18th SEPTEMBER of 2016.

Art. 3. Programme

Friday, 16th of September

Picking up the race bibs in the square of the Schools from 6-9 pm

Briefing - In the marquee located next to the stall where you pick up the race bib 8 pm

Saturday, 17th of September

Equipment control from 4.45 to 5.15 a.m.

Starting Line 7th RIALP MATXICOTS EXTREME AND RIALP MATXICOTS TRAIL at 5:30 am



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Closing arrivals 7th RIALP MATXICOTS EXTREME at 20:00 pm

Sunday, 18th of September

Trophies delivery at 1 pm

Farewell lunch at 2 pm

Art. 4. Semiself-sufficiency

- Every participant will have to take with him/ her the food that he/she thinks he/she will need.
- During the race the organization will provide liquid and solid foodstuff.
- A foodstuff will be placed at the arrival.
- The assistance will be allowed inside the limits of the foodstuff.

Art. 5. Map and travel log

The entire race takes place in clearly visible tracks and trails traced by the organization. You can download the track in our website www.rialpmatxicots.cat

Art. 6. Control posts (CP)

It is compulsory for all the participants to cross in front of all the CP, which they will be visible thanks to some flags. People from the organization will check the step of each runner in each SC. The participants are responsible to check that the person in charge of the control has verified his/her step in each CP.

Art. 7. Safety

The organisation will provide in different points of the race and step controls, specialised people in charge of taking care of the participants' security. It's compulsory follow the indications of these people, who will be easily recognised due to their identification. In the case a runner wants to abandon the race, the runner must inform as soon as possible to the people from the organisation. Doctors and ambulances will be located in strategic points of the race to act if it would be necessary. In the case the weather conditions were not good, there will be an alternative route which will be informed in the briefing before the starting line. If the route would be changed after the starting line, the runners will be informed in the appropriate CP. There is also a safety and rescue plan in case of emergency. A sweeping team, responsible of closing the race, will check all participants' step.

Art. 8. General Information

There will be a service of changing rooms and showers after the race.



The organization is not responsible of the possible runners' accidents or injuries. The organisation will take care of avoiding them.

The organisation keeps the right to modify the basis of the 7th RIALP MATXICOTS EXTREME or cancel it due to extreme causes, conditions (weather)...

The participants will follow the instructions given by the organisation.

Once the registration is done, the participants accept these rules, the ethics of the race and the rules from the annex.

Art 9. Timetable limits

The maximum time for carrying out the race is 15 hours.

During the route there will be a limit of time in some CP, calculated in order to finish the race in the maximum established time. It is not allowed to continue after the given time. The runners who want to continue will be able to do it outside the race and under their responsibility. Their number will be removed.

	REFRESHMENTS POSTS	Altitude	INTER			CUMUL			fastest	slowest	Times barriers
			Distance	+D	-D	Distance	+D	-D			
Rialp (CP)		748	0	0	0	0	0	0	5:30	5:30	
Saurí	Food+drink	1216	9,12	707	213	9,12	707	213	6:25	7:40	
Coll del Triador	Food+drink	2087	6,62	908	48	15,74	1615	261	7:35	9:40	9:45
Montsent de Pallars (CP)		2854	3,51	770	0	19,25	2385	261	8:15	11:15	
Pas de la Mainera (CP)	Food+drink	2143	6,75	212	895	26	2597	1156	9:00	13:15	13:30
Espot Esquí (CPA)	Complete	1923	7,42	625	887	33,42	3222	2043	10:15	15:25	15:30
Mare de Dèu de Caregue		1416	10,55	489	971	43,97	3711	3014	11:25	18:25	
Caregue (CPA)	Food+drink	1150	2,26	52	292	46,23	3763	3306	11:35	18:45	
Rialp (CP)	Complete	748	6,05	323	754	52,28	4086	4060	12:25	20:25	20:30

CP Control posts

Control and abandonment posts

Art. 10. Abandonment ant repatriation to Rialp

In case of rescue due to accident or injury, which will hamper the runner's closure on foot, the runner will have to try to contact to someone from the organisation phoning (telephone of the centre of control of the race or 112 in case you cannot get in touch with the previous

number).

Coming back vehicles to RIALP are available in the abandonment control points (CPA). There will be only one journey after the closing of the controls. If somebody gives up the race voluntarily, he/ she will have to use his/ her own means of transport. There is phone coverage in many of the points of the route.

Art. 11 Race bibs

- The runner must wear their race bib given by the organisation all the time and seen in the chest
- The race bib will have to be seen. They cannot be cut, felt, hidden or modified.

Art. 12. Conditions to participate

- Being 18 years old. (celebrated)
- Each runner will bring the appropriate/ suitable material to stand the conditions of the race and the compulsory material and also the food.

Art. 13. Equipment

Each runner must have the following equipment:

MATERIAL A (Obligatory always).

- Backpack o something similar.
- Windproof jacket.
- Frontal torch and a pair of replacement batteries (recommended more than 90 lumens).
- Survival blanket (220 x 140 cm)
- Cap or "buff", handkerchief used to cover your throat and head too.
- Whistle
- Chewing gums.
- Food.
- Hydration System (1 litre minimum)
- Mobile phone, recharged and available.



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- A cup or tumbler (no cups will be available in the foodstuff)

A small bag must be carried in order to keep the waste generated and thrown once you arrive.

MATERIAL B (depending of the weather conditions). The organisation will inform before or during the briefing the day before the material needed.

- Waterproof jacket with cap.
- Thermal t-shirt of long sleeves.
- Long waterproof trousers.
- Long gloves.
- Cap or "buff", handkerchief used to cover your throat and head too.

Art. 14 Other Recommended Material

- Waterproof gloves
- Replacement frontal torch.
- Walking poles
- Replacement T-shirt and socks
- Solar cream and vaseline or cream
- GPS
- Watch

Art. 15. Equipment Control

A control in the starting line will be carried out. Race bibs and material will be checked. The runners who do not have them or present something not valid will not be able to start the race. During the race there will be other controls like this one.

Art. 16. At Night

It is compulsory to switch on the frontal torch during the night.

Art. 17. Direction and Committee of the race. Modifications of the race, timetable limits or cancellation

The committee of the race is made up by:

- Director of the race



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- Technic director
- 1 member of the organisation
- 1 member of the security team of the race
- 1 member of the security teams
- 2 runners (called with priority in the briefing)

The committee of the race will be responsible of:

- The modification or cancellation of the race.
- Dealing with complaints.

Art. 18. Disqualifications and penalties

Low faults. Penalty 1h.
<ul style="list-style-type: none"> a) Do not bring the bib race visible or not show it to the members of the organisation. b) Modify the form or the composition of the bib race. c) Do not bring the torch switched on at night. d) It is accompanied during the tour beyond the refreshment areas
High faults. Penalty 2h.
<ul style="list-style-type: none"> a) Cut through or take a shortcut going outside the route. b) Receive external assistance outside the foodstuff zones.
Very high faults. Disqualification
<ul style="list-style-type: none"> a) Throw rubbish outside the bins. b) Do not bring some of the pieces of the compulsory material, during all the race. c) Use any means of transport during or part of the race. d) Do not respect any of the most essential sportive rules towards the nature and the race. e) Any disrespectful form towards any member of the organisation. f) Go outside the limits of the established timetable or reaching the goal outside the maximum time of the race. g) Do not help an injured runner. h) Lose the timing chip. i) Avoid a SC (step control).

Art. 19. Categories

INDIVIDUAL

- Veteran men
- Veteran women
- Senior men
- Senior women



Diputació de Lleida



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- Absolut men
- Absolut women

Art. 20. Complaints

The complaints must be presented to the committee of the race.

Art. 21. Trophies

There is a trophy to each of the first classified.

Art. 22. Prizes

There are no prizes given as money.

Commemorative prizes given to all the runners.

Raffle of material during the trophies ceremony. It is compulsory to be present.

Art. 23. Registrations

Registrations only online in website www.rialpmatxicots.cat

Maximum number of runners: 250

The prices are:

From 1st of March to 30th of June of 2016 45€

From 1st of July to 31st of August of 2016 55€

The registration includes:

- Participate in the race.
- Commemorative prize.
- Refreshments in the race.
- Farewell lunch on Sunday.

Insurance

The price of the compulsory insurance is 10 € for runners who do not have the federative card (FEEC, FEDME or AETrail)

TO REGISTRATE

- Fill de registration data on website www.rialpmatxicots.cat.



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CANCELLATION OF REGISTRATION

In case of canceling the registration from March 1st to August 31th will be paid 75% of the registration fee . No changes will be a race to anothe .

Art. 24. Responsibilities

The participants do so at your own risk. Falls on them and make the decision to leave the race.

Participants exempt organization claims or claims based on alleged actions or not their actions or others acting on their behalf, and claims or demands resulting from damage that might happen to them and their materials including loss or misplacement.

Participants must sign the documents required to demonstrate more clearly separated from any regulation.

Art. 25. Image rights

The organization reserves the exclusive rights of the images , and do collect photos , videos and information on the tests in which all participants are involved and use all this material for advertising, public relations or other or journalistic purpose of promoting the event.

Any advertising or media project will be before the consent of the organization.

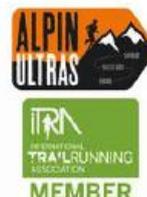
Art. 26. Modifications

The organisation keeps the right to revise, modify or improve the rules. Runners accept these rules, once they made the registration.

Art. 27. Electronic timekeeping

The timing of the race will be carried out with a chip. The cost of it is 20 €. The money will be given back at the end of the race. Runners must pick it up when they get their number.

This race is included in the Pyrenees Mountain Races Firehawk Cup



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