

RIALP MATXICOTS WALK REGULATIONS 2020 (updated in February 2020)

TECHNICAL DATASHEET

- DISTANCE : 11 km
- ASCENT: 700 +
- MINIMUM HEIGHT: 725 m
- MAXIMUM HEIGHT: 1,185 m
- START: Sunday 20th September 2020 at 8:30 AM
- REFRESHMENT POINTS: 1 liquid + 1 solid/liquid
- MAXIMUM TIME: 5 hours

ORGANIZATION

Rialp Matxicots is organized by Rialp Town Council.

Article. 1. The race

RIALP MATXICOTS WALK is a NON-COMPETITIVE event across Àssua Valley that starts and finishes in Rialp and crosses mountain tracks as well as paths of Alt Pirineu National Park.

This is a 11-km walk with 700 m vertical climb covered in partial self-sufficiency mode, which means that every participant has to carry the mandatory safety equipment and food he/she needs for the race, considering the different refreshment and check points deployed by the organization.

The maximum time to finish the race is 5 hours.

Article. 2. Dates

19th and 20th SEPTEMBER 2020.

Article 3. Programme

FRIDAY 18TH SEPTEMBER 2020

18:00 Delivery of the numbered bibs (18.00-21.00)

20:00 Briefing. Place: RIALP MATXICOTS tent on Plaça de les Escoles Square.

SATURDAY 19TH SEPTEMBER 2020

18:00 Delivery of the numbered bibs (18.00-21.00)

SUNDAY 20TH SEPTEMBER 2019

08:30 START RIALP MATXICOTS 11K WALK

13.30 AWARDS AND PRESENT CEREMONY

14:30 FAREWELL LUNCH IN RIALP MATXICOTS TENT (14.30-16.00)

This provisional programme may be modified at any time by the organization of the event.

Article 4. Partial self-sufficiency

- Every participant has to carry the food and drinks he/she considers necessary.
- During the race, the organization supplies liquids and solids.
- For sustainability reasons, there will not be any glass at the refreshment points (all events included) and it will not be allowed to drink from the bottles or containers.
- A refreshment point will be set up at the finish.
- Assistance is allowed within the limits of the refreshment points.

Article 5. Map and roadbook

The whole route crosses paths, tracks and itineraries that have been marked by the organization. All the tracks can be downloaded on www.rialpmatxicots.cat.

Article 6. Safety

At some points of the route and at the check points, the organization will place some skilled staff in charge of the safety of all the participants, who will have to follow the instructions of the mentioned staff, duly identified. In case of withdrawal, please inform the members of the organization as soon as possible. If you can't, then contact the Race Control Centre immediately calling the number that appears on the bib. Medical staff and ambulances will be located in strategic spots of the route in order to operate if necessary. If the weather conditions require so, an alternative route will be duly notified during the briefing held before the race. If the change of route is decided after the start of the race, it will be communicated to the participants at the corresponding check point. There is also a rescue and evacuation plan, if necessary. The support team in charge of closing the race will check the passage of all the participants.

An emergency number will allow you to contact the Security Control Centre of the race.

If you can't contact it, phone 112 emergency service, which will get your demand through to the corresponding security member.

Article 7. General information

Changing room and shower service will be available after the race.

The organization take no responsibility for accidents or damage that might be caused to or by the participants. It will just do their best to avoid them.

The organization reserves the right to modify the conditions of RIALP MATXICOTS WALK or cancel it in case of a possible or real force majeure (extreme weather conditions). See article 17 "Race Management and Committee. Modifications of the route, time limits and race cancellation".

The participants have to follow the instructions given by the organization.

The fact of being registered involves that the participants thoroughly accept these regulations, the code of ethics and the attached rules.

Article 8. Time limits

Maximum time to cover the whole route is 5 hours.

Article 9. Withdrawals and return to RIALP

Withdrawals are only allowed in La Mola de Sall and Escàs.

In case of evacuation required by an accident or injury that prevents the participant from reaching a return point, he/she will have to inform the organization by any possible means (Race Control Centre phone number printed on the bib or 112), or get in touch with a member of the control or security staff in order to activate the rescue plan.

The people who pull out of the race have to inform the organization at a check point or phoning the Race Control Centre using the number printed on the bib.

Article 10. Numbered bibs

- The participants have to wear the numbered bib provided by the organization at any time on the front side of their body.
- The bibs must be clearly visible and may not be cut, folded, covered nor altered.

Article 11. Conditions of participation

- Minors have to be accompanied by an adult participant during the whole route. They also have to provide the paternal/maternal permission to take part in the competition.
- Every runner has to carry the suitable equipment in order to face the conditions linked to the race as well as the mandatory material, food included.
- Participants have to sign the disclaimer form provided by the organization.
- Runners have to be in optimal physical conditions in order to achieve this kind of sports event. The organization recommend to have a physical aptitude test done during the year prior to the race.
- Every participant has to have a medical assistance and civil liability insurance like the one that is provided or indicated by the organization during the registration.

Article 12. Mandatory equipment

In order to guarantee their personal safety, participants have to carry the following equipment: MANDATORY EQUIPMENT WALK (regardless of the conditions of the race).

- Charged operational mobile phone
 - Glass (for sustainability reasons, no glass will be provided at the refreshment points)
- (*) Runners have to carry a small bag to keep their rubbish and throw it in the corresponding containers when they arrive at the refreshment points.

Article 13. Recommended additional equipment

- Wide mouth, easy to fill on motion, 0.5-l water bottles
- Gloves with membrane
- Telescopic sticks
- Change of shirt and socks
- Sunscreen, vaseline or antifriction cream

- GPS
- Altimeter watch

Article 14. Starting check

Numbered bibs (and mandatory equipment) will be checked at the start before acceding to the departure area. The participants who do not carry the mandatory equipment or have imperfect or faulty material will not be allowed to start the race.

Article 15. Race management and committee. Modifications of the route, time limits and race cancellation.

The Race Committee is composed of:

- Race Manager
- Race Technical Manager
- 1 member of the organization
- 1 member of the race security staff
- 1 member of the security staff
- 2 runners (designated before the briefing).

The Race Committee will make the following decisions:

- Change and/or cancel the race before the start to protect runners' integrity.
- Attend the claims presented to the Race Management.

The Race Management can withdraw any runner from the competition whenever it considers that his/her physical or technical capacity is diminished because of tiredness, he/she is not wearing the mandatory equipment, or his/her conditions do not allow him/her to continue the race. It can also cancel, shorten, neutralize or stop the race after the start for safety reasons or force majeure (weather, etc.). The CP controllers are in charge of the Mandatory Checkpoints. The participants are not allowed to complain nor ask the controllers about regulations, rankings and itineraries.

Article 16. Code of ethics

As this sports event takes place in nature, all the participants are required to behave in an exemplary ethical way, respecting the wonderful environment of the place.

Article 17. Prizes

As this event is non-competitive, there will not be any prize in cash nor rankings.

From 1st March to 31st August 2020: €21

The price includes:

- Race shirt
- Swag bag
- Refreshment points during the race and at finish
- Sunday lunch
- Medical and security service
- Civil liability insurance

Conditions of participations, online registration form and complete race information are available on www.rialpmatxicots.cat.

Accident insurance is mandatory for participants who are not covered by the typical competition insurances such as FEDME, FEEC, UIAA, ISF, RFEA and ITRA.

Additional cost for participants who are not federation members: €5 extra insurance cost.

Article 18. Registration

REGISTRATION PROCEDURE

- Fill in the online registration form on www.rialpmatxicots.cat and follow the steps.
- Your registration will be officially formalised as soon as you get the confirmation email. Your name will then appear on the registration list.

REGISTRATION CANCELLATION: From 1st March to 31st August, 75% of the registration fee will be repaid. From 1st September on, no registration fee will be refunded.

RACE CHANGE: From 1st March to 31st August, if you want to change the type of race you want to participate in, subject to availability, you will have to cancel

your registration (75% refunded) and proceed to a new registration in the desired race. From 1st September on, no race change will be allowed.

Article 19. Liability

Participants run under their sole responsibility. They are the ones who decide to start and run the race.

Participants exempt the organization from the claims or demands based on their supposed actions or non-actions or others that act in their favour as well as from the claims or demands derived from damage that might affect them or their equipment, including loss.

Participants have to sign the documents that are required to clarify any section of the regulations.

Article 20. Image rights

The organization reserves the exclusive image rights, to take and compile pictures, videos and information that involve all the participants as well as to use all that material for adverts, public relations or other journalistic or promotional aims.

Any mediatic or advertising project requires the previous approval of the organization.

Article 21. Changes

The organization reserves the right to revise, change or improve these regulations at any time. The fact of getting registered involves the acceptance of the regulations by the participant.

Article 22. Eco-responsibility

The different RIALP MATXICOTS competitions go across landscapes of high environmental value, mainly through areas that belong to Aigüestortes i Estany de Sant Maurici National Park and Alt Pirineu Natural Park. This is why the organization emphasize on the need to have an exemplary environmentally friendly behaviour, to use the specific containers at any time, to respect flora and fauna, and to strictly follow the marked paths without using any shortcuts. Any behaviour that is contrary to these indications will involve the corresponding penalty (see regulations) or disqualification.

The organization commit to using, to the extent possible, reusable and eco-friendly materials to signal and mark the races as well as to removing them all just after the end of the competitions.



REGULATIONS RIALP MATXICOTS 11K WALK 2020

As none of the RIALP MATXICOTS competitions will provide plastic glasses at the refreshment points located along the routes, we remind all the participants about the mandatory use of their own glass during the event.

Article 23. Ethics and values

Respect and solidarity among participants, volunteers, collaborators and public are basic aspects of the RIALP MATXICOTS COMPETITION.