



## RIALP MATXICOTS 65K TRAIL REGULATIONS 2020 (updated in February 2020)

### TECHNICAL DATASHEET

- DISTANCE: 65 km
- ASCENT: 5,500 +D (11,000 m cumulative gain)
- MINIMUM HEIGHT: 725 m.
- MAXIMUM HEIGHT: 2,883 m
- REFRESHMENT POINTS: 8 solid/liquid + 2 liquid
- START: 19<sup>th</sup> September 2020 at 05:30
- APPROXIMATE TIME 1<sup>st</sup>: 9 hours
- MAXIMUM TIME: 17.5 hours
- ITRA/UTMB POINTS: 4 points
- NUMBER REGISTRATIONS: 150

### ORGANIZATION

Rialp Matxicots competition is organized by Rialp Town Council.

#### Article. 1. The race

RIALP MATXICOTS EXTREME is an ultradistance race that has the top in the Montsent de Pallars peak through mountains paths and trails of Alt Pirineu Natural Park and Aigüestortes i Estany de Sant Maurici National Park.

This is a 45km race with 5,500 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 17.5 hours.

#### Article. 2. Dates

19<sup>th</sup> and 20<sup>th</sup> SEPTEMBER 2020.



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### Article 3. Programme

#### **FRIDAY 18<sup>TH</sup> 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 14<sup>TH</sup> SEPTEMBER 2019**

04:45 Checkpoint opening of RIALP MATXICOTS 65KM TRAIL

05:30 Start RIALP MATXICOTS 65KM TRAIL

23:00 CLOSING ARRIVALS RIALP MATXICOTS 65KM TRAIL

#### **SUNDAY 15<sup>TH</sup> SEPTEMBER 2019**

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](http://www.rialpmatxicots.cat).

### Article 6. Check points and timing (CPC-CP)

It is mandatory for participants to stop at the CP and CPC, which will be clearly indicated. The staff located in every CP will check the crossing of the runners, who will be responsible for making sure that the members of the organization duly check their crossing at every CP. The support team in charge of closing the race will check the



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passage of all the participants, who will have to follow the instructions of the organization and security staff at any moment.

### Article 7. 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 8. 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 TRAIL 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 9. Time limits

Maximum time to cover the whole route is 17.5 hours. The time limits to get through some checkpoints (CP) are calculated in order to finish the race within the maximum time established. Participants who exceed those time limits will not be allowed to

continue. If they still want to go on, their numbered bib will be removed and they will run on under their sole responsibility, out of the race. In case of bad weather conditions or for safety reasons, the organization reserves the right to stop the race, change its itinerary or alter its time limits.

CONTROL	EXTREM Time limit
Start RIALP	05:30 h.
Coll del Triador	10:15 h.
Estany Gento	12:30 h.
Pas de la Mainera	15:00 h.
Espot Esquí	18:00 h.
Caregue	21:00 h.
Finish RIALP	23:00 h.

### Article 10. Withdrawals and return to RIALP

Withdrawals are only allowed at the checkpoints for which a time limit has been established.

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.

The organization will have some vehicles available to return to Rialp in the indicated locations. It reserves the right to decide about the time to transfer the runners to Rialp, at latest at the closing time of the checkpoints. In case of voluntary withdrawal of the checkpoints for which a time limit has been established, the runner will have to arrive on his/her own. There is mobile phone signal in most areas of the route.

### Article 11. 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 12. Conditions of participation

- Runners have to be 18 years old.
- 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 13. Mandatory equipment

In order to guarantee their personal safety, participants have to carry the following equipment:

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MANDATORY EQUIPMENT
Backpack or equivalent
Hooded waterproof jacket with inner membrane
Headlamp and spare batteries (> 90 lumens recommended)
Emergency blanket (220 x 140 cm).
Whistle
Food
Hydration system (minimum 1 l)
Charged operational mobile phone
<b>GLASS</b> (for sustainability reasons, no glass will be provided at the refreshment points)
EQUIPMENT B (according to the weather conditions). Information about this material will be provided during Friday's briefing, at the latest.
Long-sleeved thermal shirt
Waterproof trousers
Long gloves
Hat and/or neck warmer

RECOMMENDED MATERIAL (not mandatory)
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 and altimeter watch

Mandatory equipment must be carried during the whole route. Apart from the starting check, some aleatory controls will be carried out during the race.

#### Article 14. Starting check and control of material

A starting check will be carried out before acceding to the departure area in order to control the numbered bibs and the mandatory equipment. Participants who do not carry the mandatory equipment or have imperfect or faulty material will not be allowed to start the race. The organization may proceed to some controls of material all along the route in order to make sure that the runners are carrying the equipment that will ensure their safety during the whole race.

#### Article 15. At night

Headlight must be switched on during low-light time.

#### Article 16. 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 17. Disqualifications and penalties

<b>Minor misconduct. 1-hour penalty</b>
<ul style="list-style-type: none"> <li>a) Numbered bib is not clearly visible and/or not shown to the organization staff.</li> <li>b) The shape or composition of the bib has been altered.</li> <li>c) Headlight is not switched on at night.</li> <li>d) Runner is accompanied out of the refreshment points.</li> </ul>
<b>Serious misconduct. 2-hour penalty</b>
<ul style="list-style-type: none"> <li>e) Runner gets external assistance out of the refreshment points.</li> </ul>
<b>Very serious misconduct. Disqualification</b>
<ul style="list-style-type: none"> <li>f) Runner cuts or shortens the route leaving the marked itinerary.</li> <li>g) Runner throws rubbish out of the provided places.</li> <li>h) Runner does not carry part of the mandatory equipment during the whole race.</li> <li>i) Runner uses some means of transport or locomotion during the whole route or part of it.</li> <li>j) Runner does not comply with the basic sports rules of comradeship, respect for nature and code of sports ethics.</li> <li>k) Runner shows serious disregard for a member of the organization.</li> <li>l) Runner crosses a checkpoint out of the established time limits or gets through the finish line after the maximum time.</li> <li>m) Runner does not help an injured fellow runner.</li> <li>n) Runner loses the timing chip.</li> <li>o) Runner jumps a mandatory checkpoint.</li> </ul>

### Article 18. Categories

#### INDIVIDUAL

- Master Men/ 50 or more years reached during the reference year.



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- Master Women/ 50 or more years reached during the reference year.
- Veteran Men/ 40 to 49 years reached during the reference year.
- Veteran Women/ 40 to 49 years reached during the reference year.
- Senior Men/ 18 to 39 years reached during the reference year.
- Senior Women/ 18 to 39 years reached during the reference year.
- Overall Men.
- Overall Women.

### Article 19. Timing

The race is chip-timed. Every participant will make sure to show his/her chip at all the checkpoints deployed by the organization.

### Article 20. Claims

Claims must be addressed to the Race Committee and duly notified in writing to the organization at the latest one hour before the award ceremony together with a €30-deposit that will be refunded if the claim wins the case.

### Article 21. Trophies

A trophy will be given to the first three runners of all categories: Senior Men and Women, Veteran Men and Women, and All ages Men and Women.

### Article 22. Registration

From 1<sup>st</sup> March to 30<sup>th</sup> June 2020: RIALP MATXICOTS TRAIL65K 65€

From 1<sup>st</sup> July to 31<sup>st</sup> August 2020: RIALP MATXICOTS TRAIL65K 75€

The price includes:

- Race shirt
- Swag bag
- Finisher present
- LiveTrail timing system
- Refreshment points during the race and at finish
- Sunday lunch
- Medical and security service





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- Civil liability insurance

Conditions of participation, online registration form and complete race information are available on [www.rialpmatxicots.cat](http://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: €10 extra insurance cost.

### REGISTRATION PROCEDURE

- Fill in the online registration form on [www.rialpmatxicots.cat](http://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 1<sup>st</sup> March to 31<sup>st</sup> August, 75% of the registration fee will be repaid. From 1<sup>st</sup> September on, no registration fee will be refunded.

RACE CHANGE: From 1<sup>st</sup> March to 31<sup>st</sup> 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 1<sup>st</sup> September on, no race change will be allowed.

### Article 23. 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 24. 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 25. 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 26. 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.

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 27. Ethics and values

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