

TERMS AND CONDITIONS OF THE VK ROCA TIRAVAL

CONDITIONS FOR PARTICIPATION

- The race route is 3,5 kilometres long with a total ascent of 700 metres.
- Participants must have completed all the steps required to register correctly.
- Registration alone DOES NOT CONFIRM your place. You must also pay the registration fee.
- Places are assigned on a first-come first-served basis.
- When you collect your bib number, you must bring a signed copy of the competitor declaration agreeing to these terms and conditions.
- Runners must be over the age of 18 on the day of the race; however, those between the ages of 15 and 18 may participate if they submit a consent form signed by a parent or legal guardian.
- Runners must have enough training to be able to complete the mileage and height of this event.
- Those registered for the race are participating freely in the competition and at their own risk. For this reason the organisers, partners, sponsors and other participants are absolved of any liability.
- Participants should have some idea of orienteering in the mountains so that they can read a map if they get lost.
- Participants should not consume prohibited substances, such as those considered to be performance enhancing drugs by the mountain race association, either before or during the event.

- Even before the start of the event, the organisation reserves the right to exclude any participants whose behaviour prevents the event from running smoothly.

EQUIPMENT AND CLOTHING

- No mandatory equipment is required. Nevertheless, it's strongly recommended to carry an hydration system with a minimum of ¼ litre of water, a cup to hydrate yourself at the refreshment stations, and a mobile phone with a fully charged battery.
- Participants must be equipped with the appropriate clothing, which they should always have at hand to deal with the different weather conditions that may arise during the race, or should they cool down due to running at a slower pace or stopping.
- The organisation also recommends runners to bring a mini first aid kit with basic supplies, as well as suncream and extra food and drink.
- Runners must wear footwear that is suitable for the conditions in mountain races.
- The event organisers will carry out random checks to ensure participants are equipped with the material set out in these terms and conditions.
- The race director reserves the right to make changes to the compulsory material up until the briefing on the day before the race.

ROUTE AND SIGNS

- Vehicles will be given priority on asphalt roads and at crossroads during the trail. Participants are responsible for taking care while running and stopping to check for precautions before crossing the road.
- Runners must respect the fences, gates and any other kind of enclosures relating to animal safety and private farms.

- The route will be marked with brightly coloured tape and other signs at regular intervals, depending on the type of terrain and different paths. Participants are responsible for reading the signs.
- You must follow the planned route and make sure not to leave the path or bypass the established checkpoints.
- If the situation so requires, the organisation may make any changes deemed necessary, like postponing the scheduled time for the race.
- The event organisers will not suspend the race due to weather conditions, but it will make changes to the route, if deemed necessary.
The race will only be suspended if the physical well-being of the runners is at risk.

CHECKPOINTS, REFRESHMENT STATIONS AND ASSISTANCE

- There will be one refreshment stations along the route, situated at the **Quer** house (only liquids), plus another liquid refreshment station at the top of **Roca Tiraval** (finish line). There will also be a refreshment station at **Bagà**. Final list of refreshment points will be published on the website www.trailmoixero.cat.
- The refreshment stations are distributed along the route and the distance between each of them is 1 to 2 kilometres approximately. Final list of refreshment points and products available in each one will be published on the website www.trailmoixero.cat.
- Runners should study the location of each of the refreshment stations carefully, so they are aware of the distance and ascent or descent between each of the different points.
- Participants should consume enough food and drink at the refreshment stations to ensure they have enough energy reserves to last until the next station, except for water which can be carried in hydration packs or water bottles.
Cups are not provided for runners to hydrate themselves.
- The event organisers will establish an intermediate time for each of the checkpoints.

Runners who exceed this time must hand their bibs in at the checkpoint and withdraw from the event, following the instructions given by those in charge.

- All runners must be registered at each of the established checkpoints.
- At each checkpoint there will also be an information point where the participants can find the answers to any questions they may have during the course of the race.
- During the route there will be a range of "surprise" checkpoints.
- Participants should dispose of any rubbish from the refreshment stations within the perimeter marked by the event organisers. They should avoid throwing away or leaving items or leftover food and drink outside the designated area.
- Runners may only receive external help from supporters, friends and family within a radius of 50 m to 100 m from each of the two refreshment stations.

WITHDRAWALS

- Runners who decide to pull out of race must notify the organisation and withdraw at one of the checkpoints.

Sustaining a serious injury will be the only reason for a participant to pull out at any other point along the route, as this will involve a land or air rescue. The participant will be liable any expenses incurred from the use of air transport.

The organisation cannot be held liable for any situations that are not covered by the participant's insurance policy.

- The event organisers only take responsibility for returning participants to the starting point, when they have pulled out of the race at a checkpoint that can be accessed by vehicle, until the end of the race, to make sure it runs smoothly.

EMERGENCIES

- Race participants must notify the organisers of any incidents at the nearest checkpoint or refreshment station.
- Runners must help any other participants who require assistance, within the limits of their own ability and knowledge.
- If participants who have offered assistance have lost a lot of time, the race director will assess the situation and make an appropriate decision.
- It is **COMPULSORY** to have the emergency phone number saved on your mobile phone and written on your running bib, so you can make calls if you are in an area with mobile phone coverage.
- In the event that an emergency occurs in an area without mobile phone coverage, runners must call 112.

ENVIRONMENT

- A large part of the race takes place in Cadí-Moixeró Natural Park, a unique natural landscape that must remain as such.
Participants must take care to respect the environment.
- The natural protected areas through which the race passes include a range of flora and fauna. Runners must respect any animals they come across along the route.
- Runners must adapt to each of the different types of terrain along the route, by avoiding environmentally sensitive areas.
- As mountain runners, participants must protect the environment, while also acting responsibly and showing exemplary behaviour when faced with any difficult situations.
- Participants will be given a running bib and a numbered bag in which they should keep any non-perishable waste (gel packs, hats, etc.) to keep the environment clean.

- Runners should go to the bathroom in the designated place or, if necessary, away from water and far from passing places.

PENALTIES AND DISQUALIFICATION

- The event organisers may disqualify or give a time penalty to any runners who do not comply with the regulations in these terms and conditions.
- The event organisers will agree on the penalties once the event is finished and the race director will impose a penalty depending on how serious the situation is.
- If a participant intentionally throws away any non-perishable waste (gel packs, hats, etc.) outside the designated areas in the refreshment areas, or acts in any way that may harm the environment, they will be disqualified.

BRIEFING, COLLECTING RUNNING BIBS AND RACE START

- Places and times for bib collection and briefing will be published in the website www.trailmoixero.cat. In order to collect your running bib, you will need to show your passport, Spanish ID card, or equivalent, plus the running federation card if affiliated, and the signed competitor declaration.
- If you are unable to attend the race, you must inform the event organisers. It is not permitted to change or transfer your bib to another runner.
- The briefing will be giving at the starting line right before the start, where all runners must be present. The briefing will provide information on the race rules, schedule and any further information.
- The organisation will provide a changing room, which will be available for any participants who wish to leave items in a bag or backpack.
The bag must be handed over at Casal de la Vila on Saturday morning before starting the race.

The organisation will not check the state of the bag nor the materials inside it. Therefore, the event organisers will not be responsible for any damage to the bag and/or the items inside, or the loss of any items.

We therefore recommend that both the bag and the items inside are neither fragile nor valuable. Make sure the bag is closed properly to prevent any items being lost.

DATA PROTECTION

- In accordance with Law 15/1999 of 13 December, all participant data will be held on a file owned by the event organisers, for the sole purpose of running the event.

IMAGE RIGHTS

- The organisation reserves the right to use images of the runners taken during the event.

The participant authorises the event organisers to take photographs and film their participation in the event and gives their consent to publish them on all types of media, including social media, in order to promote and publicise the event, while respecting the participants rights.

The runner does not have any right to receive any compensation for the above.

AGREEMENT

- Completing the registration process for the VK Roca Tiraval implies acceptance of these terms and conditions.
- The event organisers reserve the right to increase or reduce the number of places available. Any changes will be announced on the official race website.

CHANGES TO THE TERMS AND CONDITIONS

- The event organisers reserve the right to change these terms and conditions if circumstances require. Exceptional admissions may also be allowed, even if they do not meet all the requirements set out above.

