Finestrat
COSTA
BLANCA
TRAILS

RETO
EVEREST

101K – 75K – 46K -29K – 20K
19th to 21st November 2021

Regulations

1.- ORGANIZATION

1.1: The "Club de Montaña Reto 8000 de Elche", in collaboration with Finestrat's Town Hall, and other clubs from Alicante's province, organize the sportive event Costa Blanca Trails (CBT) that will take place from 19th to 21st Novembre 2021 in the geographical area of the mountains of Aitana, Puig Campana and La Serrella, hitting its main summits, with start and finish line in Finestrat (Alicante).

1.2: CBT will consist on five modalities of mountain races with 20 K, 29 K, 46 K, 75 K and 101K long. It will consist on a semi-self-sufficiency and it will go throughout the municipalities of Finestrat, Polop de la Marina, Benimantell, Benifato, Beniardá, Quatretonda, Fageca, Confrides and Sella. 20k modality will be open also to hikers.

1.3: Those runners that conclude the full route from any of the modalities within the maximum time range established will obtain finisher medal and downloadable diploma.

The time of each of the participants finishing will be included in the general classification and the classification splitted by categories, being able to opt to the trophies that are listed in the point 4 of these regulations.

1.4: In order to be able to register for the 20K, 29K and 46K you have to be at least 18 years old. However, for the 75K and 101K you have to be at least 21 years old.

1.5: For the 75K and 101K, it would be mandatory to deliver a medical certificate of aptitude that allows you to practice sports, with date after January 1st 2021. The presentation deadline will be before November 7th 2021.

Registration will not be completed until the presentation and checking of the documents delivered. The fact of not presenting the required document within the time limits will imply the NO participation on the race and the loose of all rights that this registration gives.

2.- ROUTE

2.1:The route will take place on mountain terrain, by roads and paths of the mountain of Aitana, Puig Campana and La Serrela. Each runner have to be fully aware of the length

and difficulty of the event, that could take place in some time span along the night, under possibly rainy, cold and windy weather condition.

2.2: The route will be marked by the Organization by plastic beacon tape with vivid colors, as well as other signing elements placed at regular intervals depending on the topology of the terrain and the roads and paths, being each of the participants responsible to locate and follow the placed marks.

2.3: The parts of the route that go through traffic roads or town streets will not be exempt of traffic. Will be responsibility of each participant to follow the traffic normative o the Organisation indactions. It will be mandatory to cross those roads or streets by the places designated to that end, and they will be duly signalized.

2.4: It will be mandatory to follow the route marked, as well as passing through all the checkpoints set. The Organisation will set as many checkpoints with no known location for the participants as it wants through the entire route. The participant not passing through all of them will be disqualified.

2.5: The following table describes the maximum time at which each participant would have to pass through. Those participants that go through any of the checkpoints with a time longer than the described, will have to abandon the race and follow the instructions of the person in charge of each of the checkpoints.

GTCB 101 K: Starting Friday 19th at 23:00h. Max time to complete the race: 25 hours.

Km.	Location	Closing schedule
0,000	Plaza Unión Europea	23:00/ 19/11
8,000	Coll del Pouet	
12,500	Helipuerto Polop	02:30
26,800	Font del Pi	
33,100	Benimantell	07:30
49,000	Recingle Alt	
58,600	Confrides	15:00
68,000	Aitana	
77,000	Font del Alemany	
82,500	Sella	21:00
94,800	Mas del Oficial	
100,300	Plaza Unión Europea	24:00 20/11

Water point at 37,5K

UTCB 75 K: Starting Saturday 20th at 6:00h. Max time to complete the race: 18 hours.

Km.	Location	Closing schedule
0,000	Plaza Unión Europea	06:00
8,000	Coll del Pouet	
12.300	Helip. Polop	9:30
27,000	Font del Pi	
35,000	Benifato	15:00
44,000	Aitana	
53,000	Font del Alemany	
58,500	Sella	21:00

69,800	Mas del Oficial	
75,300	Plaza Unión Europea	24:00

Water points at 16,700K (Casa de Dios) and 37,500K (Font de Partagat)

MCB 46 K: Starting Saturday 20th at 8:00h. Max time to complete the race: 11,5 hours.

Km.	Location	Closing schedule
0,000	Plaza Unión Europea	08:00
8,000	Coll del Pouet	
12,300	Helipuerto Polop	11:45
27,000	Font del Pi	
40,600	Mas del Oficial	
46,100	Meta	19:30

Water points at 16,700 y 31,150.

TPC 29 K: Starting Sunday 21st at 8:30h. Max time to complete the race: 7,5 hours.

Km.	Location	Closing schedule
00.000	Plaza Unión Europea	08:30
07,800	Coll del Pouet	
12,300	Helipuerto Polop	12:15
23,400	Mas del Oficial	
28,900	Plaza Unión Europea	16:00

Water point at 16,700K.

MTF 20K: Starting Sunday 21st at 9:30h. Max time to complete the race: 6 hours.

Km.	Location	Closing schedule
00.000	Plaza Unión Europea	09:30
07,500	Coll del Pouet	
14,200	Mas del Oficial	
19.700	Plaza Unión Europea	15:30

2.6: The Organization could cancel the event if the weather conditions were that bad or by other causes of force majeure. In those cases registration rights will not be returned.

2.7: If the event would have to be interrupted and suspended in any point of the route, the classification will be determined by the order and times get at the point cancelling it, or in the previous checkpoint.

2.8: If any participant abandon the race by its own decision, it will have to do it in some of the checkpoints. The preferred points for doing that are: Helipuerto Polop, Benimantell, Benifato, Confrides and Sella. Those are the points where the evacuation to the finish location is guaranteed to be done by vehicle. In the rest of points, the participant abandoning will be indicated where to go in order to do so, except in case of injury that emergency protocol will be activated.

3.- SEMI-SELF-SUFFICIENCY

3-1: All the modalities will take place within a maximum time span, in a unique stage and in semi-self-sufficiency regime.

For that reason, each participant will have to be able of organizing themselves and guide with its own resources so to survive between the different provisioning areas. Each participant should be aware of provisioning itself with food, drink, clothes and security, being able, without external help, to finish the race having in mind the foreseeable problems that could occur in a difficult mountain environment.

3.2: Given the self-auto-sufficiency of the race itself, each participant will have to foresee and carry the quantity of food, drink, salts and complements it deems necessary so to be able to complete the full race. It is mandatory to at least carrying a minimum of 1L of water and at least 500 calories at the start of the race.

3.3: As support, the Organization will provide the following provisioning areas that will provide drink and food with reasonable estimated portions that participants will have to consume in the same place. The organization will not facilitate cups in provisioning areas, being each participant responsible of carrying its own one (it can be a foldable one).

3.4: It will only be allowed to receive external help in the provisioning areas of Helipuerto Polop, Benimantell, Confrides and Sella, within the borders of the zones reserved specifically to that end (unless in case of accident or emergency). Receiving help out the delimited zones will conclude in a penalization.

3.5: It will be mandatory for each participant to carry its own waste until the finish line or until he reaches any point that is marked for placing waste. The participants that don't throw away the waste in those places, will be disqualified.

3.6: Each participant will carry the **mandatory material reagarding each modality:**

Material (X = mandatory) (+ = recommended)	**101K**	**75K**	**46K**	**29K**	**20K**
Cup or recipient	X	X	X	X	X
Frontal head light with replacement batteries (or 2 frontal head lights) and rear red light	X	X	+	+	+
Thermal blanket (1,4m x 2m min.)	X	X	+	+	+
Cap, hat or similar	X	X	+	+	+
Windbreaker jacket with long sleeves and hood	X	X	X	X	X
Long pants, thights or leggings (min. below the knees)	X	X	+	+	+
Gloves	X	X	+	+	+
Waterproof pants (this requirement could be cancelled depending on weather conditions)	X	X	+	+	+
Liquid recipient (min. 1L capacity)	X	X	X	X	+
Backpack or fanny pack (min. 3L capacity)	X	X	X	X	+
Operating mobile phone, charged and with the number provided	X	X	+	+	+
Solar cream	+	+	+	+	+
Sunglasses	+	+	+	+	+
Suitable footwear.	X	X	X	X	X
Food provisions.	X	X	X	X	+
Thermal shirt with long sleeves or external sleeves.	+	+	+	+	+
Whistle.	+	+	+	+	+

3.6: The Organization could request additional mandatory material if weather conditions so advise. If that happens it will be communicated in advance before taking the start.

3.7: It is allowed to use running poles but it is not allowed to abandon or deliver them through the route. Any participant breaking this rule will be penalized. If a pole is broken this rule will not apply, and the broken pole could be delivered in any provisioning area.

3.8 Bag transport Ultra 101K and 75K

Each participant of 101K modality will receive along with the race bib, a bag in which he could place the material that he thinks he will need in order to be transported into provisioning area of Confrides (58K).

Those participating in the 75K modality will have a bag that will be transported to Benifato (35K) for the same end.

Those bags, correctly identified by a label provided by the Organization and closed with nothing sticking out, will be delivered before the start of the race, in a specific point designated for that purpose.

The bags will be carried by the Organization to the provisioning area so the participant will be able to pick it up, take the needed material and leave any leftover material. It will be, again, closed with nothing sticking out and it will be sent back again to Finestrat (finish line) once used.

The transportation of the bags, once the participant uses it, will not be inmediate. It will be transported to Finestrat at the time that provisioning point closes, so it might happen that the participant arrives to the finish line before the bag, so it will have to wait.

Bags could be picked up at the finish line until the end of the race or on Sunday 21st from 9:00h to 12:00h.

4.- CATEGORIES (male and female)

- **CATEGORY "ABSOLUTA"**: All participants
  - **SUB-CATEGORY "SENIOR":** from 18 to 39 years old in 20K, 29K and 46K and from 21 to 39 years old in 75K and 101K
  - **SUB-CATEGORY "VETERANA-A"**: from 40 to 49 years old that will not turn 50 years old on the year of the celebration of the event
  - **SUB-CATEGORY "VETERANA-B"**: from 50 to 59 years old that will not turn 60 years old on the year of the celebration of the event
  - **SUB-CATEGORY "VETERANA-C"**: from 60 years old onwards, turned at least on the year of the celebration of the event

The age to have into consideration for all the categories is the one computed for each participant at date of 31st of December of the year of the celebration of the event.

Modality PAIRS in GTCB 101K and UTCB 75K

Mixed pair: 1 male and 1 female
Female pair: 2 females.
Male pair: 2 males.

4-1.- Participants in modality PAIRS: both members will have to pass together through all the checkpoints as well as the finish line, with a distance no longer than 30 seconds. Each participant will also compete individually, so if a member of the PAIR abandon the race, the other one will enter in the final classification.

5.- TROPHIES

The three first participants arriving in each category (the ones presented in point 4) will obtain a trophy.

6.- DISQUALIFYING AND PENALIZATIONS

6.1 Minor faults: from 3 minutes to 1 hour of time penalization. Causes:

- Not wearing the race bib in a visible place
- Modifying the shape or composition of the race bib

6.2 Serious faults: from 15 minutes to 2 hours of time penalization. Causes:

- Taking exit before the exit signal
- Not carrying any of the mandatory material
- Taking shortcuts along the route or getting away of the marked route
- Receiving external help out of the authorized zones
- Not passing through all the checkpoints (from 2 to 3 hours of time penalization each checkpoint missed)

6.3 Very serious fault: penalized with disqualification. Causes:

- Throw away waste out of the delimited zones
- Taking any transportation method along any part of the route
- Not respecting the sporting rules of companionship
- Not respecting the nature
- Any disrespect to any of the members of the Organization, other participants or race volunteers

6.4 Disqualification causes

- Finishing the race after finishing the closing schedules listed before
- Passing through any of the checkpoints after finishing the closing schedule of each one
- Not helping or assisting an injured participant
- Altering the signaling of the race
- Loosing race bib or chip

7.- Regulations acceptance, informed consent and registration conditions.

Each participant, by registering to this race, commits to respect all rules listed in these regulations and declare to be aware of all that is specified in the attached documents about informed consent and registration conditions.

Anything not specified in these regulations will be based on the “Reglamento de Carreras por Montaña de la Federación Española de Deportes de Montaña y Escalada (FEDME)”.

INFORMED CONSENT

COSTA BLANCA TRAILS

Finestrat, 19th to 21st November 2021

Please, read carefully this document, since by registering to this race you will be declaring that you are aware of its contents.

I, as a future participant in any of the modalities of this race, accept and certify that:

1. I am physically prepared for this race of ultra-resistance, that I do not suffer from any disease or injury that could get worse with my participation in this race. If during the race, I would suffer any injury or other circumstance that could affect my health, I will inform the Organization as soon as possible.

2. I am aware that this kind of races, by the fact of being developed on mountain terrains where there are places of very difficult access, they carry an additional risk for the participants. For that reason I participate on this race of my own free will, assuming all the risks and consequences that the participation will carry.

3. I have enough physical and technical knowledge, as well as enough resources so I can guarantee my own security, participating on the self-semi-sufficiency conditions on which the race takes part. I am aware that mountains of Marina Baixa are technically complex in any time of the year, but participating on this race on winter and probably by the night, will worsen those conditions, as night will reduce my perception of the mountain relief and it demands more attention on the more technical stages. So I will evaluate and I will be aware what I am going to do, knowing and acceptance these difficulties.

4. I know how to manage, although being completely alone, the possible physic or mental problems that could result from the fatigue, digestive problems, muscle or articulations pains, so as little wounds. That reflects on that I have the capacity for solving those problems I will probably meet, being able to redress them with the carried material or other needs I could suppose to carry.

5. In that context, I am aware that is not possible to have an Organization member all the time along the route for help me, so there will be a lot of stages of the race in which I will have to solve the problems by my own.

6. I will evaluate that if additional to the mandatory material I have to carry anything extra I could need along the entire route, having in mind my physical condition and the weather forecast. I accept that the Organization is not responsible of checking or supervising my material, so I will be the only one responsible of carrying it all.

7. That I master and I will compromise to follow al the rules and security protocols established by the Organization, as well as behaving reasonably so not to increase the risks for my health (mental or physical). I will follow instructions and I will abide the decisions that the Organization could make in terms of security.

8. I authorize to the medical services of the race to heal and help me or to do any diagnosis that I could help, being or not able to ask for them. I pledge to abandon the race if the medical services require that from my side.

9. I will not consume any prohibited substance, neither before nor after the race. Those substances include doping drugs, considered as it by the “Federaciones de atletismo y montaña”.

10. That my race bib is personal and could not be transferred to any other person, so no one, except me, could carry it.

11. I will accept and fulfill with all the rules and security measures that the Organization has to apply by the legislation at the time of the race in relation to COVID19.