

MALLORCA
5000
SKYRUNNING
CIRCUÏT LAND

BREEFINING MALLORCA 5000

UNA CURSA ARRAN DEL CEL



Aamer
OBRES I SERVEIS

“Una cursa arran del cel”

MALLORCA 5000

SKYRUNNING / NOUETAT
CURSA MODALITAT PER RELLEUS

28 SETEMBRE 2019

SORTIDA
PLAÇA DE SÓLLER | 6AM

INSCRIPCIONS: WWW.ELITECHIP.NET
Obertura inscripcions: 27 de maig 2019

Matinam x Somiar // Secció de Muntanya del Club Polleñec

SPECIFICATIONS

- Distance: 65 Km
- Total uphill meters: 4.745 md+
- Total downhill meters: 4.631 md-
- Highest point: 1.364 (Puig de assanella)
- Lowest point: 47 M (Pollença)





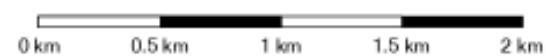
TOPOHISPANIA_DEM_2.04

5000 DETAILED TRACK

GARMIN

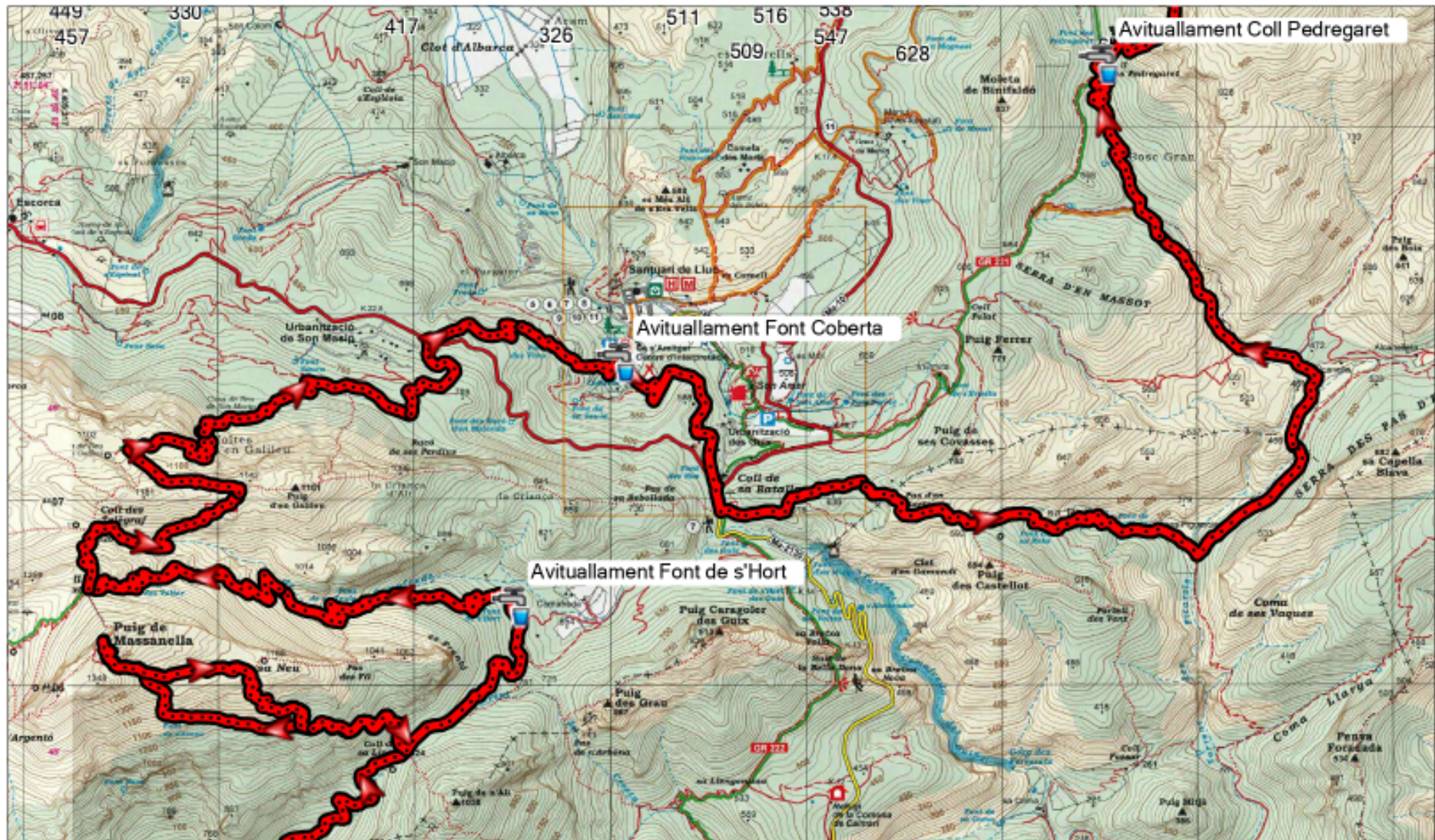


TOPOHISPANIA_DEM_2.04



DETAILED TRACK





TOPOHISPANIA_DEM_2.04

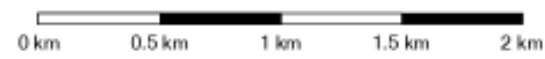


DETAILED TRACK



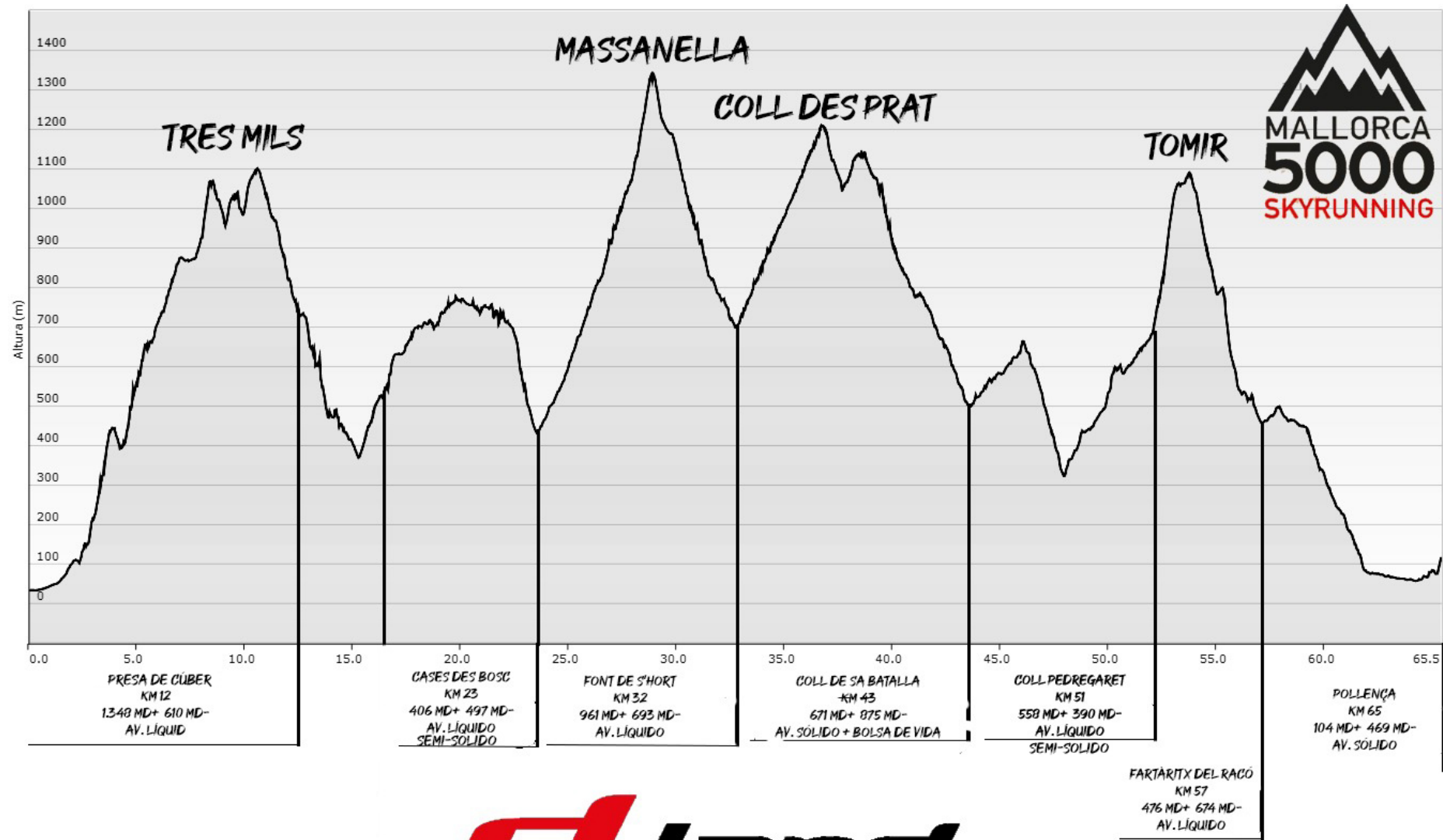


TOPOHISPANIA_DEM_2.04



DETAILED TRACK





AID STATIONS

UBICATION	DISTANCE	PARTIAL		KIND AID	CUTTING TIME
Presa de Cuber	12	12	1.424 md+ 709 md-	Liquid and Solid	11:00
Cases des Bosc	23	11	406 md+ 497 md-	Liquid and semi- solid	
Font de s'Hort	32	9	961 md+ 693 md-	Liquid	
Coll de sa Batalla	43	11	671 md+ 875 md-	Liquid and Solid	18:00
Coll Pedregaret	51	8	558 md+ 390 md-	Liquid and semi- solid	20:00
Fartàritx del Racó	57	6	476 md+ 674 md-	Liquid	
Meta	65	8	104 MD+ 469 MD-	Liquid and Solid	23:00

AID STATIONS

CÚBER

Pa amb oli
Cheese, ham
Marmalade
Nocilla
Sweets, nuts, fruit,
dates

Cola, water,
sparkling water,
isotonic

CASES DES BOSC

Marmalade
Nocilla
Sweets, nuts,
fruit, dates

Water

FONT DE S'HORT

Marmalade
Nocilla
Sweets, nuts,
fruit, dates

Cola
Water

COLL DE SA BATALLA

Pa amb oli
Cheese, ham
Marmalade
Nocilla
Sweets, nuts, fruit,
dates
Quinoa with
boiled potato
and carrot
macaroni.

Cola, water,
sparkling water,
isotonic

COLL PEDREGARET

Marmalade
Nocilla
Sweets, nuts, fruit,
dates

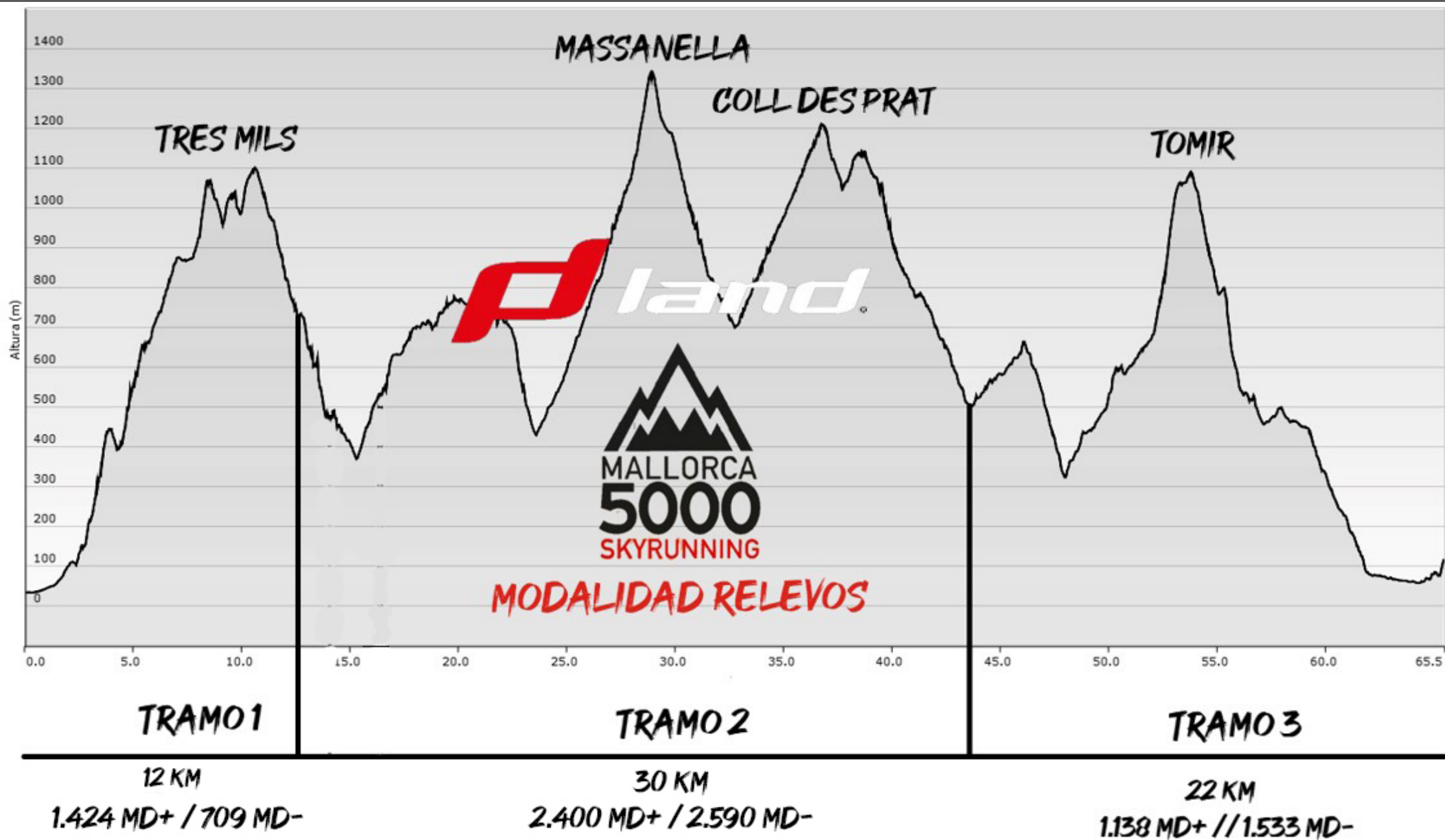
Cola
Water

FARTÀRITX RACÓ

Marmalade
Nocilla
Sweets, nuts, fruit,
dates

Water

RELAYS



RELAYS

	UBICATION	DISTANCE	PARTIAL DISTANCE	UPHILL DOWNHILL
1	PRESA DE CÚBER	13	13	1.424 md+ 709 md-
2	COLL DE SA BATALLA	43	30	2.400 md+ 2.590 md-

RELAYS

- The relay teams will have a white chip for each team that will be delivered in the collection of bibs. This chip will have to be transferred to the teammate at each transition in the change zone zones.
- Do not forget that the runner who starts at Soller will have to take the chip from the exit to deliver it to his teammate.
- The number will be different than the runners who run the Mallorca 5000 Skyrunning of 68km. The back of the relay team will have the same number, only the name of the runner will change.

RUNNER BAG AND BRIEFING

- Runner bag.
- They will be delivered on September 25, 26 and 27 at the offices of Amer e Hijos, (Carrer Margers, 15, 07360 Lloseta, Illes Balears). 9- 14h / / 16- 20h.

Briefing

- The briefing will be held on September 27 at 7:30 p.m. at the offices of AMER e Hijos (Carrer Margers, 15, 07360 Lloseta, Illes Balears).

BAG OF LIFE AND WARDROBE

- In the runner's bag you will find these labels for the life bag and the wardrobe, where you will have to write the name, number of number and the contact telephone number.

BOLSA DE VIDA

NOMBRE:

Nº DORSAL:

TEL. CONTACTO:



GUARDARROPA

NOMBRE:

Nº DORSAL:

TEL. CONTACTO:



GUARDARROPA

NOMBRE:

Nº DORSAL:

TEL. CONTACTO:



GUARDARROPA

NOMBRE:

Nº DORSAL:

TEL. CONTACTO:



TIMETABLE

- 3:50H BUS DEPARTURE FROM POLIDERPOTIVO PUERTO DE ALCÚDIA
- 4:10H BUS DEPARTURE FROM POLIDEPORTIVO DE POLLENÇA
- 4:30H BUS DEPARTURE FROM ANTHONY'S CAFE (INCA)

- 5:45 Briefing
- 6:00 Start

- 23:00 Time barrier at finish line

MATERIAL

COMPULSORY MATERIAL

- Liquid reserve 1 liter
- Plastic vessel or similar.
- Thermal blanket
- Mobile phone.
- Whistle
- Front lamp with batteries.

RECOMMENDED MATERIAL

- Cap or Buff.
- Poles (Always with the tips protected with plugs of rubber).
- Sunscreen.
- Life bag.

REGULATIONS

- The registration implies knowledge of the rules of the Balearic league of mountain races of the Balearic Mountain Federation and Climbing.
- To collect the bib number, all participants must present the ID card and the federation card if applicable.
- The participant has the obligation to complete the route following the signaling established by the organization and, in addition, must pass the supplies and controls established following at all times the indications of the judges-career arbitrators.

REGULATIONS

- The abandonments will be carried out on the aid stations as evacuation points, immediately notifying the organization of said situation and arranging transportation through the transport route provided by the organization.
- It will establish a team closes files with the sole purpose of closing the race, progressing at a limit and neutralizing the participants who do not meet the schedule at the cut-off points.
- There will be two health evacuation teams deployed along the route.
- Plastic cups will not be delivered at the refreshment stations.
- The bib will be visible and in the front.

security protocol

Volunteers and runners must report any accidents that may occur.

1. Protect the injured
2. Warn the rest of the runners of the danger
3. If possible, do not leave the victim alone
4. Notify directly the Career Coordinator or directly to 112 if there is no coverage.

DECLARATION GOOD ENVIRONMENTAL PRACTICES

- I will always respect the environment. I will not damage natural resources in both protected and unprotected areas, as well as ethnological elements.
- I will always respect and follow the itinerary of the marked road , avoiding going out of the way.
- I will respect the members of the organization, the other runners, judges, volunteers and all the people involved in the race.
- I will take all my gels, bars, etc. properly, marked with my bib number.
- I will not throw any type of waste outside the places authorized by the organization.

DECLARATION GOOD ENVIRONMENTAL PRACTICES

- I will carry poles only when allowed and, if I do, I will do so with the plugs properly fitted.
- I will not emit light signals during the tour, except for the front and rear lighting in the night sections.
- I will not shout or make unnecessary gatherings during the tour, respecting the environment, neither in competition nor in training.
- I know and accept the regulations of mountain races of the Fbme, as well as the zones of protection and I commit myself to fulfill them.



**MALLORCA
5000
SKYRUNNING**
CIRCUÏT LAND ESPANYA

A **amer**
OBRES I SERVEIS



“Una cursa arran del cel”

MALLORCA 5000

SKYRUNNING / NOVETAT
CURSA MODALITAT PER RELLEUS

28 SETEMBRE 2019

SORTIDA
PLAÇA DE SÓLLER | 6AM

INSCRIPCIONS: WWW.ELITECHIP.NET
Obertura inscripcions: 27 de maig 2019