

## **General Regulations**

The different races compounding Trail Menorca Cami de Cavalls are created to encourage sport and contact with nature.

Our idea is to create several events adapted to all levels that get to know the spectacular scenery of GR223 Cami de Cavalls, in a unique location in the world, which is Menorca as a biosphere reserve.

Its management is done through the cluster of tourist-sport management: Elitechip.

The competition has the institutional support of the Consell Insular and the Department of Tourism and Sport of the Govern de les Illes Balears and with the support of tourism and management companies as Hotels VIVA and sporting goods companies like Compressport and Asics.

The goal is to offer a unique experience to its participants with a sporting event of the highest quality and excellent international prospect.

Trail Menorca Cami de Cavalls will become one of the longest races in the national and international scene, being an incentive of sporting challenge for ultra-distance runners.

Likewise with our aim in offering a race adapted to all people and levels, arises different distances as well as complementary activities for the whole family to enjoy the event.

### **Behaviour and Sustainability**

#### **1.- Sport behaviour and sustainability**

Trail Menorca Cami de Cavalls is created with absolute respect for the environment and this will be the main priority of the organisation and fundamental commitment of the runners.

Any of the following statements might cause the disqualification of the runner:

Throw waste

Make excessive noise (especially at night and crossing towns)

Make short or long shortcuts (because it might cause destruction of vegetation, soil erosion or damage roads and walls)



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Lack of respect towards public, other participants or the Organisation

Road circulation might be opened to traffic, meaning that participants must respect the rules in towns and public roads.

On the road, participants will have to run on the left side and at night to wear front light and a red light on the back.

Participants will be responsible of any damage caused.

Livestock doors must be left as these are found, opened or closed.

Registrations, requirements and obligations of the participants

Register now

Links of interest

Registrations

## **2.- Registrations, requirements and obligations of the participants**

### **2.1.- Requirements**

Be in age of majority

Know and accept the conditions of this regulation.

Do correctly all the steps of pre-registration and registration.

### **2.2.- Registrations**

Registration will only be admitted if is done through [www.elitechip.com](http://www.elitechip.com)

Each participant must fill correctly all his/her personal information, as these will be collated by the organisation during the removal of race numbers.

It will be mandatory to show ID or passport and let the corresponding Federative License deposited until after the race.

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### **2.3.- Payment periods and registration fees are established in:**

**Special offer until the 15st of October of 2012 or the first 100 registrations**

Trail CdC: 120 €

Trail Costa Nord: 80 €

Trail Costa Sud: 80 €

Treking Costa Nord: 45 €

Treking Costa Sud: 45 €

\*Precio reducido para participantes de la I edición y residentes en Baleares:

Trail CdC: 106 €

Trail Costa Nord: 70 €

Trail Costa Sud: 70 €

Treking Costa Nord: 40 €

Treking Costa Sud: 40 €

**Price from the 16st of October of 2012 or once we have 100 registered**

Trail CdC: 150 €

Trail Costa Nord: 100 €

Trail Costa Sud: 100 €

Treking Costa Nord: 60 €

Treking Costa Sud: 60 €

\*Precio reducido para participantes de la I edición y residentes en Baleares:

Trail CdC: 125 €

Trail Costa Nord: 80 €

Trail Costa Sud: 80 €

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Treking Costa Nord: 45 €

Treking Costa Sud: 45 €

\*Para optar al precio reducido se tiene que inscribir el código de bono “BONO CDC2012” o “BONO RESIDENTE”.

**The price includes:**

1 complete set of maps

1 route book

1 t-shirt of the event

Refreshment posts in all races and at the end of each one

Medical service.

Finisher garment at the end of the race

Awards to the absolute winners at the end of the race.

Physiotherapy session of 15 minutes

**Other possible charges:**

In order to participate, the participant needs to be federated with one type of insurance that covers mountain races.

If you are not federated, you need to purchase insurance for one day of 15€

If this insurance is not purchased or accredited in the material control, the runner will not be able to participate in the race.

The race is timed using MyLaps' yellow chip (ChampionChip).

If somebody does not have a yellow chip, he will be required to rent one for 3€

The deposit for the chip's rental is 20€ that will be returned at the finish line.

The participant can keep the chip for a total cost of 23€

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## **2.4.- The enrolment implies the booking of your place.**

Change of names are not allowed, either is to run with the race number of another person. Refunds will only be accepted whenever there is contracted the cancellation insurance of 15€(only we should be able to return the money if you have contracted the cancellation insurance and communicates on written before 17<sup>th</sup> April 2013)

To request any change of modality chosen, is set up a maximum of a month before the start of the race. After this date, it is not permitted any change and it will be subject to availability.

Important notice: All economic refunds will be done the 30th of April of 2013..

## **2.5.- Waiting list registration**

There will be a waiting list to fill any runner cancellation before the 30th of April of 2013.

The allocation of places will be made in strict order of registration on the waiting list as we receive a request of cancellation.

In that case, you will be informed by written communication from [www.elitechip.net](http://www.elitechip.net) and since that moment you will become participant to all intents and purposes.

Enrolments for the waiting list will be received from [www.elitechip.net](http://www.elitechip.net).

In order to register for the waiting list, the payment will be necessary.

If someone enrolled to the waiting list does not obtain the place, the total amount of the payment will be refunded on the 30th of April of 2013.

Disclaimer

## **3.- Disclaimer**

### **Cancellation between participants and organizers**

The organizer reserves a contractual right of termination as a right of cancellation before each participant and until the official end of the event.

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## **Disclaimer**

With the previous accreditation, the participant submits an enrolment with own arrangement and binding to an event of his/her choice, of ELITECHIP CB. and confirms without requesting further evidence from the organizer of the event, the possession of skills and experience referred to and requested for all participants under the heading 1 of this document.

Any compensation claims for the participant and against the event organizer are excluded for any lawful reason. This will not apply if the organizer, its legal representatives or agents have acted with intent or negligence in carrying out its responsibilities or if the organizer is responsible due to justified damage resulting of injuries to life, body or health of a person or a breach of the contractual obligations. The participant agrees to be subject to examination and inspection of his/her personal equipment ordered by authorized personnel of the race.

If the participant requires search and rescue, the organizers of the race are not responsible for the payment of these services. The participant also authorizes the event organizers to bill any charges made

The participant accepts the publication of photographic and audiovisual material taken (also of each participant) during the event. By providing an e-mail address, the participant permits consciously to Trail Menorca to use his/her e-mail address to send additional information of the event.

The participant certifies with his signature, that his participation in the event will be under his own risk and that there is an adequate insurance coverage in case of accident or injury..

Furthermore, at the beginning of the event, the participant confirm solemnly that he/she does not know of any health problem that could block his/her participation in the race and that his/her level of physic preparation covers the requirements of an endurance race on alpine mountain that might affect body and mind during the eight stages..

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## RELEASE OF EXTRA CONTRACTUAL CIVIL LIABILITY

Name of the runner: \_\_\_\_\_

Date of birth: Day \_\_\_\_\_ Month \_\_\_\_\_ Year \_\_\_\_\_

Me, \_\_\_\_\_ with ID: \_\_\_\_\_

Throughout the present document, I expressly and voluntarily declare:

First: As a registered runner of the Trail Menorca 2012 race, I consciously know the risks of this sport event.

Third: That while participating in this test, I expressly exonerate ELITECHIP CB and all the sponsors and business partners and all staff involved with these institutions and companies of the extracontractual civil liability that may eventually demand, due to causes or events that occurred on the occasion of my activities as a participant in this event..

Fourth: In view of the above, I assume personal and exclusive responsibility to the risks that participation in this event generate, and therefore I expressly decline make ELITECHIP CB, and all the sponsors and businesses partners and all staff involved with these institutions and business partners, or because during my participation in the above test. As a result of this, I become solely responsible for the results arising from my failure to instructions and guidelines prescribed by the organizers of the event.

Statute of limitations / Legislation in force / Place of jurisdiction

Any claim by the participant to Trail Menorca, without taking into account the legal field, is subject to the statute of limitations, one year after the end of the race contractually specified. The place of jurisdiction for any dispute settlement is Palma de Mallorca. The legal and contractual relationship between the participant and trail will be fully subject to the Spanish law.

## 4.- Image Rights

The organization might use images, videos and sound of the participants during the race, including previous and later moments, from the collection of race bib, awards ceremony and shuttle of the participants.

Also, volunteers, assembly personnel or external people of the race that are somehow part of the race, will also accept these image rights..

In compliance with the law on protection of image rights: Any exceptions must be submitted in writing by the person making express mention of the images.

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## **5.- Technical verifications. Obligatory material..**

The organization might do some technical verifications of the obligatory material before or during the race

The participants who don't have the obligatory material, or have it unusable or defective, will not be able to do or finish the race..

### **5.1.- Is mandatory to have the following material:**

- Front light
- Back red light
- Thermal blanket
- Raincoat
- Mobile phone with credit and battery
- Supply of water of at least a liter
- Water glass (to reduce waste, there will not be cups at the refreshment posts)
- Race bib and chip. The race bib must be worn on the front side and always be visible. Chip must be placed on the footwear to be effective
- Whistle
- MANDATORY INSURANCE

Trekking will have the same obligatory materials but the light, if and only if the race is not during the night.

If a runner is found in this situation, he might be disqualified by the organization..

### **5.2.- Material labeling**

All disposable materials must be labeled with the race bib number. (It must be used a permanent maker or similar to write down the race bib number on energy bars, gels and other disposable materials)

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### **5.3.- External assistance**

These are semi-self-sufficient races..

There will be refreshment posts, but these ones will be far from each other, for that reason the participants will have to take their own supplies of food and water.

Because this is a competition, to make sure everybody has the same opportunities, is not allowed to have external assistance, like for example, ask your relatives or friends to leave or pick up food or material during the race, either to hide it at some point of the path.

It is not permitted either the use of pacemakers during the race.

The only reason for external assistance is for an emergency medical condition..

### **6.- Recommended material**

Supplies of food, sunscreen, tape, bandage, Vaseline, money, tissues, mountain footwear, technical clothing, hat, watch or heart rate monitor..

Ankle strap in case of sprain.

### **7.- Backpack and cloakroom.**

There will be cloakroom service.

The organization is not responsible of the items left inside the backpacks. It is not recommended to leave valuable objects, luggage and large bulks.

### **8.- Route**

The route will be fully signposted by GR223, and the organization will tighten the signs with reflecting tape and indications for the night parts, which must be followed and respected at every moment.

#### **8.1.- Checkpoints**

These are located at points already mentioned. An organizer will be found there. Skipping one or more Checkpoints will mean to be disqualified of the competition.

Checkpoints are shown at the route section of the website. These will ensure the safety of participants and will permit to keep the speed to ensure the completion of the race on the schedule.

Checkpoints have a closing time, to reach the checkpoint after this one is closed, will mean to be disqualified of the competition

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There will also be surprise checkpoints, properly identified to ensure all participants follow the planned route.

## **8.2.- Refreshment posts**

Participants will make use of the refreshment posts to supply liquids. All refreshments are packed, all waste must be thrown in the bin before leave the post.

## **8.3.- Departures and Arrivals**

The timer will start at the established time, with or without the presence of the participants. Participants who are not on time will not be allowed to participate

TRAIL MENORCA CAMI DE CAVALLS (185 km) – 17th May at 09:00 in Ciutadella

TRAIL COSTA NORD (95 km) – 17th May at 09:00 in Ciutadella

TRAIL COSTA SUD (91 km) –18th May at 09:00 in Maó

TREKKING SUD (52 km) –18th May at 10:00 in Son Bou

## **9.- Abandon point**

The organization will not be responsible for participants who abandon the race or stay out of competition for not reaching a checkpoint.

Abandonment must be done at Checkpoints, contacting with the organization and returning the race bib to the checkpoint organizer.

If due to accident or injury, the runner is immobilized and cannot reach a checkpoint, he/she will activate the rescue operation contacting with his/her mobile phone to the organization through the Emergency Mobile Phone .

Abandoning the race not contacting the organization will be considered a serious misconduct, which will make it impossible to participate in following editions of the race.

The emergency number, in case of being out of range, will be 112. If the emergency situation happens somewhere in range, the emergency number will be 061, which will contact directly with medical services and will be attended by a medical team.

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## **10.- Responsibility of the Race Directors.**

The Race Directors might remove from the competition a runner, when they consider that the runner has decreased his/her physical or technical abilities, as cause of fatigue, does not have required material or his/her conditions are not appropriate to continue the race.

If a medical decision determines that a runner is unable to continue the race, it will be irrevocable.

Is highly recommended to all participants pass a medical examination before participating a race like this.

## **11.- Race Management.**

RACE MANAGERS might cancel, modify, shorten, neutralize or stop the race, for safety or force majeure beyond their control (climatology, flow variations, etc)

### **11.1.- Stewards**

They are the responsible for Checkpoints. Not following their instructions means disqualification. The participants will not claim or question the stewards for regulations, classifications, itineraries, etc.

### **11.2.- Claims**

All claims will be accepted with previous payment of a 30€ deposit. This deposit will only be refunded if the organization considers that the claim is justified. All claims must be submitted in writing within 24 hours after the end of the race. The organization will deal with all complaints and their verdict will not be claimable. To contact with the organization you can use the following e-mail: [info@elitechip.net](mailto:info@elitechip.net)

### **11.3.- Modifications**

The actual regulation might be corrected, modified or improved at any moment by the organization, just like any other information, rule or section for the optimum realization of the event.

The latest version will be find at [www.trailmenorca.com](http://www.trailmenorca.com)

For any case not provided in the regulation, will be resolved by the organization through means of contact..

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## **12.- Ways to progress in the competition**

Runners may only run as a mean of progression being prohibited any kind of assistance or implement which are not the own physical ones and trekking poles.

The non-stop nature of the competition, means that participants are fully trained to perform physical activity continuously on the route.

## **13.- Right of way**

Participants who perform longer races will have right of way.

Trekking participants must give way if they are reached by faster Trail participants.

## **14.- Safety regulations**

Not to bring or wear any item of the indicated material by the organization will mean disqualification, like for example:

Not to follow instructions from organizers and collaborators (Police, Guardia Civil, Civil Protection, etc.)

Not to help a participant that requires assistance

Ask for assistance when is not necessary

The breach of regulation by a participant may involve a time penalty, disqualification and even, for the worst case, the impossibility of participating in future editions of this event.

## **15.- TCheckpoints**

Checkpoints are located to permit the largest number of participants to be finishers alternating running and walking.

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### **15.1.-Trail Menorca Cami de Cavalls (185 km. – 46 horas)**

CALA MORELL - KM.17.5 6 TIME LIMIT day 17 at 12:50 pm - SPEED 13:00 Min/km.

ETS ALOCS - KM. 32.6 TIME LIMIT day 17 at 04:00 pm - SPEED 13:00 Min/km.

BINIMELA – KM. 41 TIME LIMIT day 17 at 6:15 pm – SPEED 13:30 Min/km.

CALA TIRANT - KM. 51.1 TIME LIMIT day 17 at 08:30 pm - SPEED 13:30 Min/km.

ARENAL D'EN CASTELL – KM. 62 TIME LIMIT day 17 at 11:00 pm - SPEED 13:30 Min/km.

FAVARITX - KM. 75.5 TIME LIMIT day 18 at 02:30 am - SPEED 14:00 Min/Km.

ES GRAU - KM. 84.1 TIME LIMIT day 18 at 04:35 am - SPEED 14:00 Min/Km.

MAO - KM. 95 TIME LIMIT day 18 at 08:00 am - SPEED 14:15 Min/km.

PUNTA PRIMA - KM. 108 TIME LIMIT day 18 at 10:40 am - SPEED 14:15 Min/km.

CALEN PORTER - KM. 127,3 TIME LIMIT day 18 at 3:45 am - SPEED 14:30 Min/km.

SANT TOMAS - KM. 141,7 TIME LIMIT day 18 at 07:15 pm - SPEED 14:30 Min/km.

CALA GALDANA – KM. 152,5 TIME LIMIT day 18 at 10:00 pm - SPEED 14:30 Min/km.

SON SAURA – KM. 164 TIME LIMIT day 19 at 00:40 – SPEED 14:30 Min/km.

CAP D'ARTRUIX – KM. 172,2 TIME LIMIT day 19 at 3:20 am - SPEED 14:45 Min/km.

CIUTADELLA – KM. 185 TIME LIMIT day 19 at 7:00 am - SPEED 14:50 Min/km.

\*Speed and kilometers approximated.

### **15.2.- Trail Costa Nord**

CALA MORELL - KM.17.5 6 TIME LIMIT day 17 at 12:50 pm

ETS ALOCS - KM. 32.6 TIME LIMIT day 17 at 04:00 pm

BINIMELA – KM. 41 TIME LIMIT day 17 at 6:15 pm

CALA TIRANT - KM. 51.1 TIME LIMIT day 17 at 08:30 pm

ARENAL D'EN CASTELL KM. 62 TIME LIMIT day 17 at 11:00 pm

FAVARITX - KM. 75.5 TIME LIMIT day 18 at 02:30 am

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ES GRAU - KM. 84,1

TIME LIMIT day 18 at 04:35 am

MAO - KM. 95

TIME LIMIT day 18 at 08:00 am

### **15.3-. Trail Costa Sud**

PUNTA PRIMA - KM. 13

TIME LIMIT day 18 at 10:40 am

CALEN PORTER - KM. 32,3

TIME LIMIT day 18 at 3:45 am

SANT TOMAS - KM. 46,7

TIME LIMIT day 18 at 07:15 pm

CALA GALDANA - KM. 57,5

TIME LIMIT day 18 at 10:00 pm

SON SAURA – KM. 69

TIME LIMIT day 19 at 00:40

CAP D'ARTRUIX – KM. 69

TIME LIMIT day 19 at 3:20 am

CIUTADELLA – KM. 91

TIME LIMIT day 19 at 7:00 am

### **15.5-. Treking Costa Sud**

SANT TOMAS - KM. 7

TIME LIMIT day 18 at 11:30 am

CALA GALDANA – KM. 18

TIME LIMIT day 18 at 01:40 pm

SON SAURA – KM. 30

TIME LIMIT day 18 at 04:00 pm

CAP D'ARTRUIX – KM. 38,2

TIME LIMIT day 18 at 05:40 pm

CIUTADELLA – KM. 52

TIME LIMIT day 18 at 08:00 pm

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