



REGULATIONS MITJA PIRINEU® 2018

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MITJA PIRINEU® 2018

The MITJA PIRINEU® 2018 is a mountain race with 20km and 630m of positive elevation gain, organized by Pangea Attitude and Mountain Runners Del Berguedà.

The event will take place on 29th of September 2018, with departure and arrival in Bellver de Cerdanya (Lleida).

Article 1. Requirements

Participants must meet the following requirements to take part in the event:

- The minimal age for taking part in the MITJA PIRINEU®2018 is 18 years reached during the year of the race (i.e. until 31 December 2018).
- Understand and accept these rules and regulations.
- Participants must be fully aware of the nature of the MITJA PIRINEU®2018 event. They must have the knowledge, expertise, equipment, and mental and physical preparation necessary to face and overcome possible problems related with endurance sports, and with the altitude, geography and natural environment in which the event takes place. Potential problems associated with this type of events are: fatigue, digestive problems, muscular and joint problems, contusions, minor injuries, cold temperatures, rain, snow, fog, heat... etc.
- To perform all registration steps correctly.
- To print, fill in and sign the document "Disclaimer and certificate of physical fitness", and to present it at the race-bib collection point in Bagà. This document can be downloaded from the web www.ultrapirineu.com. In this document, the participants registered for the MITJA PIRINEU®2018 declare, among other things, that they take part in the event of their own free will and under their responsibility, and that they meet the necessary physical and health requirements to participate in an event of the characteristics of the MITJA PIRINEU®2018.
- Participants under 18 years old must print, fill in and sign the document « Authorization for minors» and present it at the race-bib collection point. This document can be downloaded from the web www.ultrapirineu.com.
- If participants do not have an official mountaineering federation card, they must purchase insurance for the term of the event (1 day). The insurance will be processed by the Organizer at an extra cost of 5€ for the participant.
- The Organizer reserves the right to exclude from the MITJA PIRINEU®2018 (even before its start) those participants whose conduct obstructs the management and/or the smooth development of the event. Likewise, the Organizer reserves the right to admit participants who do not comply with some of the requirements under exceptional circumstances.
- In case of exclusion, the cost of the registration fee will be reimbursed if it has already been paid.

Article 2. Enrolment and cancellations

(2.1) Limited admission

The MITJA PIRINEU®2018 has a maximum number of 600 race slots, which can be purchased on the web www.ultrapirineu.com from **May 2st** until all places are sold out.

Prize: 36€ + VAT

Registration for MITJA PIRINEU®2018 is direct (i.e. no pre-registration and lottery are involved). Registered candidates will automatically appear on the participants list upon completing the payment.

The Organizer reserves the right to increase or reduce the number of available places due to safety reasons or to any other cause that might affect the proper development of the event.

- Registration for MITJA PIRINEU®2018 will be made only by internet through the official website www.ultrapirineu.com
- Only credit card payments will be accepted. Bank transfer or cash payment will NOT be accepted.
- The candidate does not need to be the owner of the credit card used for the payment.



- If the registration is successfully completed, the name of the candidate will appear immediately in the participants list. The participant will receive an automatic confirmation email.
- Participants must keep this email as proof of payment. It will be necessary for the administrative procedures related to using their rights or purchased services.
- **Failure to receive this automatic email and/or failure to appear at the registered participants list soon after completing the registration procedure indicates that said procedure has not been successfully completed (even if the payment has been successful), or that incorrect contact information has been provided. In any of these cases, to solve the possible error the candidate should contact the Organization via email at registration@ultrapirineu.com.**
- It is recommended to print the proof of payment from the bank, but it should be noted that the only valid document to prove registration is the automatic email that the runner will receive just after registering.

To ensure the correct reception of emails from the Organizers and prevent any blocking or elimination by anti-spam services, registered participants should add the following email addresses to the contact lists of their email server:

- registration@ultrapirineu.com (emails concerning registration and payments)
- info@ultrapirineu.com (emails concerning general information and news)

(2.2) Waiting list

It will be possible to enter a waiting list once the maximum number of runners is reached. The first candidate on the waiting list will be contacted in case of vacancy.

(2.3) Fee refund policy

All participants may cancel their registration and get a % fee refund **until August 31th**, when the registered participant lists are definitively closed. **No fee refund will be processed after this date.**

To cancel one's registration, the runner should send an email to registration@ultrapirineu.com requesting the cancellation.

The refund will vary according to the date of the cancellation, as described below.

- **May:** 70%
- **June:** 60%
- **July:** 50%
- **August:** 40%
- **September:** Cancellation not allowed. There will be no refunds.

CANCELLATIONS WILL BE ALWAYS SUBSTITUTED BY THE PERSON ON TOP OF THE WAITING LIST. RACE BIB TRANSFERS ARE NOT ALLOWED UNDER ANY CIRCUMSTANCES.

Fee refunds will be made to the same credit card used to pay the registration fee.

Article 3. Race bib, gift bag and wristband

(3.1) Collection of race bib, chip and wristband

Each participant must wear the race bib on the front of the body, on top of the clothing, and it must be easily visible at all times.

Race bibs are personal and non-transferable. By default, race bibs (and gift bags) will only be given to participants who have registered for the event. Participants must show an IDENTITY CARD, PASSPORT or NIE (Foreign Identification Number) to prove their identity in order to collect their race bib. The identity document must be the same used for registration.

RACE BIB TRANSFERS ARE NOT ALLOWED UNDER ANY CIRCUMSTANCES.



After the identity check, the personnel handing out the race bib will put a control wristband on the wrist of the participant. The participant must wear this wristband during the entire event. Together with the race bib, the wristband entitles access to all services available for participants: start area, aid stations, transport for dropouts, medical services... etc.

Not wearing the wristband during the event entails disqualification.

Race bibs and gift bags will be collected at Bagà's Sports Hall ONLY on the date and time announced at the event's program published on the official website www.ultrapirineu.com.

It won't be possible to collect the race bib on the day of the event before the start.

RACE BIB COLLECTION BY A PROXY

If the race bib owner cannot personally collect the race bib, he/she may authorize a different person to collect it on his/her behalf. This person (the proxy) must provide the following documentation in order to collect the race bib:

- Original signed document "Authorization for race bib collection by a third person". By this document the race bib owner authorizes the proxy to collect the race bib on his/her behalf at Bagà. This document must be downloaded from the web www.ultrapirineu.com, printed and signed by both parties (the race bib owner and the person who will collect the race bib).
- Disclaimer and certificate of physical fitness signed by the race bib owner (original signed document).
- Copy of the race bib owner's identity card, passport or NIE.
- Copy of the race bib owner's mountain federation card (unless he/she purchased the insurance available at registration).
- Original IDENTITY CARD, PASSPORT or NIE of the person who collects the race bib.
- In the case that the bib that has been collected is that of a runner under 18, he must be correctly filled and signed the document " Authorization for minors " in addition of the photocopies of the DNI of the minor (participant) and of the father/mother or guardian (person who signs the document).

Note: A special color wristband will be provided for participants who don't collect their race bibs personally, to facilitate identification by the Organizers. In this case, the participant must carry his/her IDENTITY CARD, PASSPORT or NIE during the event, to prove identity if requested.

(3.2) Race bib types and characteristics

Race bibs provide the following information to runners and Organizers:

- **Race bib number:** each participant will get a race bib number, randomly assigned.
- **Name of participant:** race bibs may display the name of the participant.
- **Elevation profile:** the elevation profile of the course will be printed inverted at the bottom of each race bib, so the runner may easily check it.
- **On the back of the race bib:** The protocol in case of emergency will be printed on the back of the race bib, including the emergency telephone numbers. There will be a blank space where the runner may write information relevant for the medical personnel in case of emergency or loss of conscience. This information may be the RH blood type, or any relevant medical condition suffered by the participant such as allergies, AIDS, epilepsy, diabetes, celiac disease, etc.

Article 4. Certificate of physical fitness

The act of registering for the MITJA PIRINEU®2018 entails the acceptance of its regulations by all participants. It also implies that the participant has the adequate preparation and that he/she is aware of the hard geographical and weather conditions one may encounter throughout its course. The participant also declares that he/she is physically and psychologically prepared to perform an activity of the characteristics of the MITJA PIRINEU®2018 and that he/she has passed the medical tests relevant to his/her age and physical conditions.

Registered participants understand that they participate in the event voluntarily and under their own responsibility. Thus, they exempt the Organizer from any liability and will not press any charges or file any liability claims against the Organizer, its collaborators, sponsors or other participants.



To this end, when collecting their race bib in Bagà, participants must submit the document “**Disclaimer and certificate of physical fitness**” duly printed and signed. This document will be read and accepted during the registration process, and each participant must print it, fill in and sign it.

A printable version of the document can be downloaded from the official website www.ultrapirineu.com.

Article 5. Required and recommended technical gear

Using the appropriate gear is essential to enjoy trainings and mountain races with maximal safety. When planning their gear, sky runners must consider all potential unexpected events that may happen in mountains, such as hypothermia due to slowing or stopping pace, overexertion, bad weather, fog, wind, low temperatures... etc.

There is a dedicated “required technical gear” section in the official web of Ultra PIRINEU®2018 exclusively aimed at explaining why some items are required and others recommended, as well as to clarify doubts about them.

To run the race, all runners without exception must carry the items labeled as required from the list at the “equipment” section on the web www.ultrapirineu.com, On Friday, September 28rd, the Organization will inform if some of these items are finally NOT mandatory during a particular schedule and/or during the entire race. The decision will be taken according to the most recent weather forecast.

Runners must either wear or carry the required material in their backpack.

There will be general or random inspections of required clothing and equipment at any point throughout the course, from start to finish (both included). Not carrying a required item entails immediate disqualification.

Article 6. Checkpoints, aid stations and assistance

- Participants must follow the marked course without disobeying any signs and must stop at all checkpoints, located at aid stations.
- Besides the official checkpoints (announced on the web www.ultrapirineu.com), the Organization may set up “mobile” checkpoints to control pace or gear at any point of the course.
- Participants must respond to the requests and questions posed by a course steward, physician, nurse or aid station supervisor at checkpoints or at any other point throughout the race.
- **Tents and sport halls used as aid stations are restricted exclusively to the use of runners. No public or assistance crews may enter the aid stations.**
- Participants may use personal assistance only inside the ASSISTANCE AREAS, located within 50-100 meters around each aid station tent. The limits of the ASSISTANCE AREA will be properly marked along the course, with a sign of start/end of ASSISTANCE AREA clearly limiting where the area starts and finishes.
- The Organization may perform gear checks just before entering an ASSISTANCE AREA.
- Access by car to some aid stations may be blocked for safety reasons or poor state of the roads. The Organizers only guarantee access by car to those aid stations reachable by paved road, which will be duly indicated on the web of the event.
- Each aid station has a designated closing or cut-off time. Participants must reach all aid stations before their closing time to be able to continue on the race. The closing times will be published on the website www.ultrapirineu.com.
- Aid stations will be supplied with liquids and solid food, which will vary according to the location on the course. The items available in each aid station may be checked at the web.
- Food and drinks must be ingested at the aid station, in sufficient amount to meet the energy requirements to reach the next aid station. Water can be loaded in the containers or hydration packs carried by the participants.
- Having a race bib and a wristband is required to get access to the aid stations.
- An area with warm food, medical assistance, massages, etc... will be enabled in Bellver for all participants.
- All runners (with the wristband) will have access to the showers set up at Bellver’s swimming pool facility.

Article 7. Safety and medical assistance

There will be several medical and safety teams coordinated with the national 112 emergency services by the central direction of the MITJA PIRINEU®2018.



By default, these teams will be distributed among the different aid stations so runners may ask for assistance or help in case of need.

There will be mandatory medical examinations at some points along the route, which may be random or general. Refusal by the runner to cooperate fully or being disrespectful with the medical personnel may result in immediate disqualification.

All participants will accept the medical decisions of the physicians and medical team, whose decision will prevail over all others. The physicians and caregivers may:

- Remove from the event any runner that they consider incapable of continuing, by invalidating their race bib number.
- Order the evacuation of any participant that they consider to be in danger.
- If necessary, order the hospitalization of a runner.

The race director will never question the judgment or decisions taken by the medical team. The Organization will not be liable for any consequence derived of the disobedience of the orders of the medical team by a runner.

EMERGENCIES ALONG THE COURSE

All runners have the obligation to provide assistance to other participants in need, according to their own capacities and knowledge. Not doing so implies committing a serious punishable offence of “non-assistance to a person in need”.

In the event that the runner or a running mate cannot reach the next aid station due to a medical emergency or any other kind of emergency, the following instructions must be followed (also printed on the back of the race bib):

- **If there is mobile network:** Dial the telephone number appearing on the back of the race bib, describe the situation and follow the instructions.
- **If there is NO mobile network:** Dial 112 and inform as follows:
 - You participate in the MITJA PIRINEU®2018.
 - Your location (approximate).
 - Problem or medical emergency affecting you or your running mate.
 - Name and race bib number of the person affected (your own or that of your mate if you are assisting him/her)

It is important to consider that most of the course of the MITJA PIRINEU®2018 goes through remote areas only accessible by foot. This implies that the medical/rescue teams might take a long time, even hours, to bring aid or rescue in case of need. Therefore, the following instructions must be followed:

- Move to a point where there is mobile network, so you can be in permanent contact with the race director. Do so ONLY IF IT IS POSSIBLE and NEVER LEAVING THE MARKED TRAIL.
- Be accurate when describing the situation: different types of resources will be mobilized based on the information you provide when requesting assistance, so it is important that this information is as accurate as possible.
- Do NOT leave the marked trail; otherwise it would be very difficult to locate you.
- When planning your gear, you should prepare yourself for situations of very slow pace or even of long wait in adverse weather conditions.
- Always inform about any change occurring between the moment of the phone call and your location by aid teams.

Article 8. Drop out and evacuation

Participants may only drop out at aid stations, unless the runner is injured or hurt.

Any runner who wishes to drop out must personally notify his/her decision to withdraw to the aid station supervisor (identified by a fluorescent vest), who will identify the runner and invalidate his/her race bib number.

Concerning the evacuation, the following points must be considered:



- Runners may drop out in any aid station, but only some of them will have vehicles available to evacuate runners who decide to drop out. These aid stations are indicated as **drop out points with transport**.
- The location of these **drop out points with transport** may be checked at the course map on the official web www.ultrapirineu.com
- In any case, the runner wishing to drop out must inform the aid station supervisor (identified by a fluorescent vest). The supervisor will identify the runner as dropout and indicate him/her where to wait for the next transport to Bellver (in case of **drop out points with transport**), or how to get to the closest **drop out point with transport**.
- Even if the dropout opts to get back by own means (i.e. pick up by friends), he/she must inform about his/her intention to drop out. Otherwise the Organizers will consider the runner missing and activate the rescue alarm.
- If a runner decides to withdraw after a **drop out point with transport**, he/she must return to the point and notify the supervisor.
- If the runner cannot reach the next **drop out point with transport** by his/her own means, he/she can wait at the aid station until its closing time, and get back with the transport available for the personnel of the aid station.
- If the race is completely or partially stopped due to bad weather conditions, the Organizer undertakes to evacuate all participants as soon as possible.

ASSESS YOUR STRENGTH

When leaving an aid station, you must properly assess your strength and be aware of the distance to the next **drop out point with transport**. Do not attempt to continue if you are not sure of being able to get there.

Participants who bring their own personal assistance must keep in mind that the access to some aid stations may be closed due to bad weather or safety reasons. Updated information will be available on the web, Twitter and Facebook.

ACCIDENT INSURANCE

In the event that the Organizer considers that a runner requires external emergency evacuation by ground or helicopter, the insurance of the runner will assume all financial obligations connected with this service. This insurance may be linked to Segurartic@-Catalana Occidente, or the official mountaineering federation card (FEEC or autonomic equivalent enabled by FEDME, ISF or UIAA, A.E.TRAIL o RFEA) declared by the runner when registering; or the insurance purchased by the runner upon registration (in this case all procedures will be carried out by the Organizers).

The Organizer is not responsible for any debts incurred due to the accident, for example in the event that the runner declared having a license that is not valid or inexistent.

Article 9. Modifications to the course, cut-off times or cancellation of the event

In case of bad weather or force majeure, the Organizer has the right to suspend, neutralize or change the cut-off times and/or the course of the event.

(9.1) Modification to the course/cut-off times and neutralization/suspension

The Organizer may inform about potential changes affecting the course according to the weather forecasts during the week prior to the event.

The final decision, however, will be announced during the pre-run briefing on Friday 28th September published at the official social networks and web www.ultrapirineu.com.

The Organizer may delay the start or neutralize or suspend the event if weather conditions on the day of the event are considered dangerous for the runners (such as electric storm, lack of visibility, abundant snow or ice, etc.).

If conditions do not improve after few hours, the MITJA PIRINEU®2018 will be definitely suspended.



(9.2) Cancellation before the date of the event

If the event is cancelled due to force majeure more than 7 days before the start date, the registration fees will be partially refunded. The amount refunded will depend on the date of the suspension and the amount that the Organizer has already spent on non-refundable costs.

If the event is cancelled for reasons beyond the Organizer’s control within 7 days before the start of the MITJA PIRINEU®2018, or if the event is suspended after having started, no registration fees will be refunded.

Article 10. Penalties and complaints

In order to implement the rules and regulations that govern this event, the following persons will be authorized to apply penalties: course stewards, physicians, checkpoint supervisors and aid station supervisors.

The penalties, set out in the table below, will be applied immediately and at the same place where the offence is detected. Time penalties will be applied in the presence of the authorized person.

Failing to comply the penalty implies committing an offence of “disobeying the orders of the course stewards, aid station supervisors, physicians or nurses”, penalized with disqualification.

(10.1) Table of penalties

TYPE OF OFFENCE (High to low seriousness)	PENALTY
Failure to give assistance to a person in need	Disqualification and ban from entering any future edition of the event
Dropping out without immediately notifying the Organizer	Disqualification and ban from entering any future editions of the event
Transferring the race bib or chip to another person to run in place of the registered runner during part or the totality of the event; and/or providing false information to the Organizers.	Disqualification and ban from entering any future edition of the event (to the race bib owner)
Unsporting behavior towards other athletes or the Organizers	Disqualification
Disobeying the orders of the course stewards, aid station supervisors, physicians/nurses, or not permit an antidoping control and/or record a positive result.	Disqualification
Not having the mandatory equipment or refusal to cooperate during an inspection of equipment	Disqualification
Refusal to undergo a medical examination	Disqualification
Skipping a checkpoint	Disqualification
Littering or any behavior that may harm the natural environment	Disqualification
Not following the race course, shortening its distance	1 hour: 1st warning Disqualification: 2nd warning
Receiving personal assistance outside the area of 100m around aid stations.	15 minutes: 1st warning Disqualification: 2nd warning
Run for 100m or more accompanied by someone without a race bib who displays a clear intention to help the runner, outside the area of 100m around aid stations.	15 minutes: 1st warning Disqualification: 2nd warning
Not following the race course, although NOT shortening its distance or even increasing it	Penalty will be determined in a case by case basis



(10.2) Complaints

Complaints before the closing time of MITJA PIRINEU®2018:

Runners may file complaints while the MITJA PIRINEU®2018 is taking place. Complaints should be submitted in writing by filling a form available at the finish line in Bellver. A 50€ deposit (in cash) must be paid to file a complaint. This deposit will be refunded if the complaint is accepted and resolved in favor of the runner.

These complaints may be filed until the closing time of MITJA PIRINEU®2018. Their resolution may affect the provisional ranking and awarded runners.

All complaints will be studied and resolved by the **jury of the competition**, composed by:

- **The race director**
- **The sports director**
- **The chrono manager (if needed)**
- **A runner randomly chosen and accepted by the parties**

No appeal may be filed against a resolution taken by the **jury of the competition**.

These complaints will be resolved as soon as possible, within a maximum period of 7 days.

If the resolution favors the runner, the 50€ deposit will be refunded and the penalty time will be deducted, correcting the runner's position in the final ranking if appropriate.

Complaints after the MITJA PIRINEU®2018:

No complaints will be accepted in situ after the closing time of the MITJA PIRINEU®2018. Any complaint after that time may be filed by email info@ultrapirineu.com. Complaints will be accepted during a period of 15 days after the celebration of MITJA PIRINEU®2018.

To file a complaint, the email should include the following information about the affected runner:

- Name and surname.
- ID number.
- Club membership (if appropriate).
- Address.
- Race bib number
- Telephone number.
- Exposition of the facts.
- Request of the affected runner.
- Attached: any proof to support the complaint may be included here.

Resolution of the complaints will be issued within 7 days after receiving the email.

NOTE: The email info@ultrapirineu.com will only accept complaints from affected runners. No comments, reports or any other types of complaints from NON-participants will be accepted.

Article 11. Categories and prizes

(11.1) Categories (male and female)

- **General**
- **Senior (18 to 39 years reached during the reference year)**
- **Veteran (40 to 49 years reached during the reference year)**
- **Master (50 or more years reached during the reference year)**

NOTE: In all categories the age that is considered is the age the runner will have on 31 December of the reference year.



(11.2) Prizes and trophies

The top three finishers (men and women) of each category will receive an official trophy from organization.

Article 12. Lost and forgotten objects

Lost and forgotten objects will be kept for 15 days after the race ends. The place and schedule for their recovery will be indicated at the web.

After the 15 days term, any requests from their owners will not be responded to.

Article 13. Image rights

Image rights are recognized in Article 18.1 of the Spanish Constitution and regulated by Law 5/1982, of May 5th on the right to one's honor, personal and familiar privacy and to one's image; and also by the provisions of Organic Law 15/1999 of December 13th on Personal Data Protection.

Accepting the present regulations mandatorily involves that the participant authorizes Pangea Attitude SL and authorized entities to take photographs and filming their participation in MITJA PIRINEU®2018. In addition, the participant consents the publication, commercial and advertising exploitation of the images taken during MITJA PIRINEU®2018 -including those images in which the participant is clearly identifiable- without any right of economical compensation for the participant. Images will not be used for any other purposes than those stated before.

Participants may exercise their rights to access, rectify, cancel or oppose their personal data in accordance with the Organic Law 15/1999 December 13th by sending an email to the address info@ultrapirineu.com.

Pangea Attitude owns all image rights of the event in exclusive. Any media or advertising projects exploiting the image of MITJA PIRINEU®2018 must have its consent.

Article 14. Modifications to Regulations

Registration for the event implies understanding and accepting the rules and regulations.

The content of this regulation will be amended if is detected any error that could generate confusion to the participants.

Participants will be duly informed of any relevant modification to the regulations through the web.

This is **Version 2** of regulations of the MITJA Pirineu 2018.