

Regulations 2020



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Article 1. ORGANIZATION.

The Club Marató i Mitja, with the sponsorship of the Castellón County and the collaboration of the province's clubs and the municipalities of: Castelló de la Plana, Borriol, Vilafamés, Les Useres, Lluçena del Cid, Atzeneta del Maestrat, Benafigos, Culla, Xodos, Villahermosa del Rio and Vistabella del Maestrat are **Penyagolosa Trails® HG®** organizers.

Article 2. RACES.

Penyagolosa Trails® HG® 2020 is a sports event composed of three long-distance, semi self-sufficient races. Departing from Castelló de la Plana, runners will finish at the Sanctuary of Sant Joan de Penyagolosa in the heart of the **Penyagolosa Natural Park**. The route runs through trails and paths of the mountain ranges that make up the second most-mountainous province of Spain.

- **XXII Penyagolosa Trails® MiM® [Marató i Mitja]:** 60K 3300d+ 2000d-. Depart at 06:00 on April 18th. Maximum race time: 15 h. With 3 ITRA points. The race is part of the **Spain Ultra Cup®**.
- **IX Penyagolosa Trails® CSP® [Castelló-Penyagolosa]:** 110K 5600d+ 4400d-. Depart at 00:00 on April 18th. Maximum race time: 27 hours. With 5 ITRA points. The race is part of the **Spain Ultra Cup®** and **Ultra Trail World Tour® PRO** and qualifying for **Western States Endurance Run® 2021**.

Article 3. PARTICIPATION.

To participate, you must:

- Obtain prior to the race, a capacity to be self-sufficient, which would allow you to solve unassisted the challenges that can occur in this type of race, especially:
 - Weather conditions that can be very difficult due to heat, wind, cold or rain.
 - Know how to manage, even if isolated, physical or mental challenges resulting from fatigue, digestive problems, muscle or joint pain, minor injuries, etc.
- Be fully aware that for this activity in the nature, safety depends on the runner's ability to solve foreseeable problems that may be encountered.
- Be of legal age on the day of the race and accept race regulations.

Participants registered in this race participate voluntarily, take responsibility for themselves and meet the necessary physical and health requirements to participate in a race of this nature.

Article 4. SEMI SELF-SUFFICIENCY.

These races are governed by the singular race principle of semi self-sufficiency. That is, the ability of a runner to manage his/her own survival between two aid stations, including food, clothing and security.

This principle implies the following rules:

- Each runner must carry all mandatory equipment throughout the race (see article 9 EQUIPMENT). At any time, commissioners may request a check of this equipment. All runners are obliged to submit to such requests, under penalty of elimination from the race.
- Except in case of accident or emergency, personal assistance is authorized only at certain aid stations (*), in areas reserved for that purpose, or within 100 meters before or after designated areas.
- It is forbidden to be accompanied during all or part of the race by an unregistered person, outside of designated aid stations.

(*) Personal assistance is allowed in the following places:

- **Penyagolosa Trails® MiM®:** Borriol, Useres, Torrosselles and Xodos.
- **Penyagolosa Trails® CSP®:** Borriol, Useres, Atzeneta del Maestrat, Benafigos, Culla, Vistabella and Xodos.

It is forbidden in all other aid stations or in any other point on the route.

It is the obligation of each participant to carry their own waste until the finish or until places designated by organizers.

Article 5. PREVENTION AND MEDICAL MEASURES.

The race organization will implement its own preventative medical measures. These measures have neither the aim nor the competence to substitute national and international regulations in force in the antidoping fight, but they are intended to strengthen medical assistance put in place by organizers.

Each runner commits to:

- Inform organizers in case of use of a prescription subject to a Therapeutic Use Exemption (TUE). Allergy and/or any other type of medication that could qualify for a TUE.
- Comply with the collection of urine, blood or capillary samples and their corresponding analyses as requested by the organization's Medical Council, understanding that the expenses inherent to both extraction and analysis will be responsibility of the organization.
- Accept any appointment made by the race doctor, based on the information collected to assess the runner's ability to participate in any of the races. After that appointment, organizers may determine the runner's participation in the race.

See **ANNEX I**.

Article 6. REGISTRATION CONDITIONS.

To validate registration for any **Penyagolosa Trails® HG®** race, each runner must:

- Provide a disclaimer (*).

He/she must, in addition to the previous document, for **Penyagolosa Trails® CSP®**:

- Provide a non-contraindication medical report for ultra-endurance sport (*).

These documents must be uploaded to the corresponding space, next to the list of registered runners, **before the 1st of March**. Organizers will not accept any documents sent by e-mail or any other means other than the one indicated. In case of non-receipt of either document before the date indicated, the registration will be canceled.

(* Documents will be available for download during the month of December.

The following registration fees have been established:

- **Penyagolosa Trails® MiM®**: 70 €.
- **Penyagolosa Trails® CSP®**: 110 €.

The registration fee includes:

- Accident insurance.
- Access to all aid stations established by the organization.
- Medical care throughout the race and upon arrival at the finish.
- Showers and massages in designated areas.
- Gift bag (race kit).
- Possibility of obtaining trophies and cash prizes offered by organizers.
- Bus transportation for all participants from the finish back to the start.
- Cloakroom storage at the finish line.

Once registration is completed and paid for, any runner can request fee refund in case he/she decides not to participate. For this purpose, the following deadlines have been established:

- Until February 15: 80% of registration.
- From February 15 to 28: 50% of registration.
- As of March 1st, no amount of the registration fee will be refunded.

All requests for registration refund must be made in writing to inscripciones@penyagolosatrails.com and include relevant personal information, proof of payment, and a bank account number into which the amount of the corresponding registration reimbursement will be transferred according to the conditions established above.

Article 7. REGISTRATION.

For reasons of safety, respect for the environment and respect for runners, it is necessary to limit the number of bibs. All pre-registrations and registrations will be done exclusively by completing the form via Internet.

IMPORTANT: If you opt for MiM® lottery, it is not possible to simultaneously sign up for CSP® lottery, or vice versa.

The **pre-registration** period will be from **19:00 on November 23th until 19:00 on December 8th**.

Since 2015, there has been no waiting list. Given the experience of previous years, most cancellations occur as late as possible and it is not reasonable to consider participating in a long-distance race without adequate preparation.

Therefore, registrations will be managed through **overbooking**, that is to say, when registration closes, more runners than slots available will be registered because cancellations are anticipated. Thus, all runners will have the same time to properly prepare.

Lottery:

If the number of pre-registrants is higher than the maximum allowable number of slots, a lottery will be organized. Otherwise, if the maximum number is not exceeded, all pre-registered runners will be automatically registered without having to enter the lottery. In addition, the process of pre-registration would become immediate registration and would remain open until the remaining slots are filled.

Direct registration, without entering the lottery, will comply with any of the following requirements:

- **Loyalty:**

MiM®: It is necessary to have completed at least **10** race editions between **MiM® and CSP®**.

CSP®: It is necessary to have completed at least **4** editions of the **CSP®**.

- **Results:** Runners who have scored any of the following results in any of the last two editions (2018-2019).

MiM®: men < **07h30'**, women < **09h00'**

CSP® : men < **15h30'**, women < **19h30'**

- **Podium:** Absolute podium in one of the previous editions and subcategories from the last year.

- **ITRA General Ranking** [limited quota]: Check your score on itra.run, you must state your score and link to your personal profile at time of pre-registration, at least **775** will be necessary for men and **650** for women.

1,500 places for the **MiM®** and **600** places for the **CSP®** will be raffled among all runners who have pre-registered during the established period, excluding from the lottery, those who have obtained a slot for fulfilling any of the previous requirements.

Then, organizers will then reserve an amount of slots for:

- **Clubs and Sponsors:** for the teams of our partner clubs and official sponsors.
- **Series and international participants:** this consideration will be strictly applied and limited to:
 - Runners designated by the **Spain Ultra Cup®** and **Ultra-Trail World Tour®**.
 - Minimal representation of each country from the list of pre-registrants.

Lottery info:

The lottery will be held, in front of notary, on **December, 13** at the presentation of **Penyagolosa Trails® HG®** in **Castellón**. The lottery will be public and everyone is invited to attend it live.

Once participants who have obtained a slot for some of the reasons detailed in the rules, have been removed from the lottery, remaining lottery entrants will be assigned raffle numbers according to the order of pre-registration.

The list of lottery numbers will be published after pre-registration closes and before the lottery takes place.

Lottery process:

A number (one for each race) will be randomly drawn from all the numbers assigned to that lottery. Each one of these numbers will be granted a slot, as well as will the 1,499 sequential numbers for that number in the case of the **MiM®**, and the sequential 599 in the case of the **CSP®**. That is to say, if the number happens to be 120 for the **MiM®**, those pre-registrants from number 120 to number 1,619 will have assigned slots.

In case the number drawn is such that the remaining sequential numbers will exceed the final number in the list, the sequence would continue with the first number, number 1, and sequentially include successive numbers until all slots have been assigned. That is to say, if there are 2,000 numbers in the **MiM®** and the number drawn is 1,950, slots would be assigned from 1,950 to 2,000, and then from 1 to 1,449.

Lottery results:

After lottery, all those who have obtained a bib number, must complete their registrations from December 16th to December 27th of 2019. Those who do not complete registration in the determined time period, will lose their right to register. Any time a slot becomes free during this period, organizers will contact the following runners on the provisional list for the 2018 lottery. **In the case of the MiM®: starting with those who have been rejected in lotteries from the previous two editions, and who have not had the option to run in either race, following the order of the provisional list by lottery number, will be contacted.** These newly selected winners must register before the **January, 8th of 2020**. Otherwise, they will definitely lose their slot.

Solidarity bibs:

From the organization of Penyagolosa Trails® HG®, several actions have been developed to allocate funds for solidarity associations. To this end SOLIDARITY BIBS will be offered to runners who want to support one of our partner association.

The solidarity bib guarantees a bib in any of the races, even if the registrations are sold out. The management of these bibs is exclusive to the association.

Subsequently, the Foundation will send **Penyagolosa Trails®HG®** the personal information of the runner who makes the donation. After receiving the data, an email will be sent to the person with the procedures to register for the race.

Article 8. ACCEPTANCE OF THE EVENT RULES AND ETHICS.

Penyagolosa Trails® HG® subscribes to a philosophy that combines outdoor sport with respect for nature. For this reason, we invite all runners to share our philosophy and to contribute – through their eco-friendly behavior – to maintaining the natural environment in the places where the race is held.

Part of the route runs along paths and trails of the Penyagolosa Natural Park. Participants in these races know very well that the mountain is a fragile ecosystem that must be preserved. Therefore, organizers have as their aim an eco-friendly race that shows maximum respect to the mountain environment. The race's objective is to have zero impact on the natural environment, and to increase the awareness of all participants and fans for protecting this exceptional environment. For this reason, organizers, in addition to strictly complying with the norms of the Penyagolosa Natural Park, propose:

- Preventing soil erosion. It is forbidden to use shortcuts off of marked roads and paths – with special attention to the section of the route from Les Useres to Sant Joan de Penyagolosa, which runs through **Camí dels Pelegrins de Les Useres**.
- Limiting waste. Organizers encourage runners to bring their own beverage containers to be used in aid stations.
- Waste management:

In addition, the use of paths and dirt roads located on privately-owned land is regulated by decrees **49/2006 and 98/1996**, which state that:

"People passing through the property for any purpose can only do so with the express consent of the land owners and that equally, sports activities that run through said forest lands are prohibited except for those that are part of events authorized by the appointed general management".

Article 9. EQUIPMENT.

Organizers recommend proper planning of race equipment based on competitors' abilities, the weather, estimated race time and other variables that may compromise competitors' safety. Each participant must be fully aware of the race's length and difficulty, which can increase at night, under possible climatic conditions: heat, cold, rain and wind. Therefore, competitors should make sure that clothing, footwear, as well as physical health, are appropriate to complete the race. All participants are obliged to carry the following equipment, which will be checked at the start and can be checked again at any other point during the race.

Equipment	Penyagolosa Trails® MiM®	Penyagolosa Trails® CSP®
Cup or beverage container	MANDATORY	
Headlamp with spare batteries (or 2 lights) and back red light	Highly Recommended (*)	MANDATORY
Thermal blanket, 1.40 x 2m minimum	MANDATORY	MANDATORY
Cap, hat, bandana, visor or similar	MANDATORY	MANDATORY
Container for liquid(s) with at least a 1 liter capacity	MANDATORY	MANDATORY
Mobile phone, fully charged, and programmed with emergency numbers	MANDATORY	MANDATORY
Whistle	Recommended	MANDATORY
Backpack or fanny pack with at least a 3 liter capacity	Recommended	MANDATORY
Pants or tights, minimum length below the knees	Recommended	MANDATORY
Windbreaker or long-sleeved hooded jacket	Recommended	MANDATORY
Sunscreen	Recommended	
Sunglasses	Recommended	
Proper footwear	Recommended	
Extra food	Recommended	
Long or short-sleeved thermal t-shirt	Recommended	

(*): Time of sunrise: 07:18 (local time), start time of MiM 06:00am (local time)

Organizers may add some type of mandatory equipment not included in this section. In such case, such equipment requirement will be properly communicated in advance to race participants via the website or by e-mail.

Article 10. RACE BIBS AND DROP BAGS.

Runners can pick up their race bibs at the **Runners Fair** on **Friday, April 17th from 11:00h to 21:00h, under no circumstances can this be done on Saturday.** In order to obtain your race bib, you must provide your DNI (ID) or its equivalent for non-Spanish/EU citizens. **We remind you that changing or transferring your race bib or chip is not allowed. In this circumstance immediate disqualification and race bib annulment would occur.**

Race bibs will be worn on the front and must be continuously and fully visible at all times. Race bib will always be worn on outer clothing and cannot be attached under any circumstances to a backpack or to the leg. Race bibs cannot be modified, hidden or folded. Race bib will allow the access to buses, aid stations, first aid, showers and rest areas or drop bag transfer areas. Except in case of disobeying a decision by course commissioner, race bibs should never be removed. In case of abandoning the race, the race bib will be deactivated.

Along with the race bib, participants will receive a bag (2 in the case of **Penyagolosa Trails® CSP®**) in which to place their race equipment, which can be delivered to staff, securely closed and clearly marked with the identification method provided. The bag will be transported to the finish line at Sant Joan de Penyagolosa. For **Penyagolosa Trails® CSP®**, a second bag will be transported to Culla. If possible, this second bag will be transferred to the finish in time for the runner's arrival; **this cannot however, be guaranteed.**

Will not be accepted claims for the loss or breakage of the bags' contents; they will not be checked by organizers upon delivery. It is recommended to leave valuables at home. Once securely closed and the contents contained therein, bags will be delivered to race staff at the Runner's Fair before it closes.

Article 11. LOST AND FOUND ITEMS AND AND NOT COLLECTED DROP BAGS

Once the race is over, the lost and found items will be available on weekdays from 17:00h to 21:00h until 29/04 at the headquarters of the club Marató and Mitja to be collected by the owner or by a company of messaging (paid by the runner). After that period the items will be donated to an NGO. **Sanahuja 55 bajo 12004. Castellón.**

Article 12. SAFETY AND MEDICAL ASSISTANCE.

There will be several roving medical teams distributed among different points along the course, depending on immediate medical priorities. These teams will be in radio contact with race directors and will have the capacity to assist at any point throughout the course. This fact does not exempt runners from the obligation to offer assistance to any other participant who is in need.

All runners are subject to the doctor's evaluation and will acknowledge that the doctor's decision is final with the authority to:

- Remove from the race (annulling his/her race number) any runner not fit to continue.
- Order the evacuation of any runner considered being in danger.
- Order the hospitalization of any runner for whom it is deemed necessary.

Article 13. CHECKPOINTS, AID STATIONS AND CUTOFF TIMES.

All runners will have a chip and a race bib. There will be a check upon arrival at all checkpoints and there will also be random checkpoints whose location will not be revealed by organizers.

To avoid excessive use of plastic cups, each runner must carry his/her own cup. Only in the first aid station, due to the large influx of competitors, will disposable cups be available. There will be trash bins at the exit of each aid station, any runner who throws trash on the race course will be disqualified.

To be allowed to continue the race, runners must leave the checkpoint before set time limits, regardless of arrival times to the checkpoint. If runner exceeds cutoff time, he/she must withdraw from the race and follow the instructions of those in charge of the checkpoint.

Penyagolosa Trails® MiM®										
Checkpoint	KM	D+	D-	km	d+	d-	Personal assistance	Point of withdrawal	Close	Time
BORRIOL	8,2	376	259	8,2	376	259	SI	NO	1h50'	07:50 h
Bassa	22,3	1098	748	14,1	722	489	NO	NO	5h00'	11:00 h
LES USERES	31	1556	1229	8,6	458	481	SI	SI	7h00'	13:00 h
TORROSSELES	40,3	2135	1627	9,3	579	398	SI	SI	9h30'	15:30 h
XODOS	49,3	2809	1832	9	674	205	SI	NO	12h30'	18:30 h
Banyadera	56	3401	1961	6,6	592	129	NO	NO	14h20'	20:20 h
SANT JOAN	59,2	3422	2218	3,1	21	257	SI	SI	15h00'	21:00 h

Penyagolosa Trails® CSP®										
Checkpoint	KM	D+	D-	km	d+	d-	Personal assistance	Point of withdrawal	Close	Time
BORRIOL	10,9	413	252	10,9	413	252	SI	NO	1h 55'	01:55 h
Bassa	24,9	1111	716	14	698	464	NO	NO	4h 40'	04:40 h
LES USERES	33,7	1566	1195	8,7	455	479	SI	SI	6h 30'	06:30 h
ATZENETA	43,3	2005	1621	9,5	439	426	SI	SI	8h 30'	08:30 h
BENAFIGOS	53,6	2609	1692	10,3	604	71	SI	SI	11h 00'	11:00 h
CULLA	66	3492	2455	12,3	883	763	SI	SI	14h 40'	14:40 h
Sant Bertomeu	76,2	4013	3029	10,1	521	574	NO	NO	17h 30'	17:30 h
VISTABELLA	84,2	4386	3168	8	373	139	SI	SI	19h 20'	19:20 h
XODOS	93,3	4776	3754	9	390	586	SI	NO	22h 00'	22:00 h
Collao	99,8	5216	3949	6,5	439	195	NO	NO	24h 00'	24:00 h
SANT JOAN	107,4	5604	4356	7,5	389	407	SI	SI	27h 00'	03:00 h

Article 14. DROP OUT, EVACUATION AND RETURN FROM THE FINISH LINE.

Except in case of serious injury, a runner should never abandon outside of a checkpoint. Runners must notify his/her decision to withdraw to the person in charge of the checkpoint, who can definitively invalidate race bibs. Runners should retain race bibs, as this is the pass for buses, food and rest rooms. Evacuation will be decided by person in charge, according to the following general rules:

- **Bus in: Les Useres, Torrosselles, Atzeneta, Benafigos, Culla, Vistabella.** The transfers will be made to the finish line, except for the night schedule of CSP of Les Useres (6:30h) and Atzeneta (7:00h) that will go directly to the start line.
- Runners who drop out in an aid station or checkpoint where there is no bus, and who are not injured, must reach the nearest evacuation bus stop as soon as possible, and by their own means.
- Aid stations that are only accessible by 4x4 vehicles:
Upon closure of the checkpoint, organizers may evacuate retired runners who are still present.
In case of unfavorable weather, which may force a total or partial stop to the race, organizers guarantee evacuation in the shortest time possible.

In the case of withdrawing after leaving a checkpoint, it will be necessary to return to that checkpoint and report the race withdrawal to the checkpoint's manager. If upon return to the checkpoint you find the runners who close the race, they will invalidate your race bib and, from this point onward, runner will not be any longer under the control of the race organization.

There will be a exclusive bus service to transfer runners for free from the finish line to start. This service will be free for all runners. The bus schedules will be published later along with an access guide for the public to access different areas along the racecourse, as well as the finish.

Article 15. COURSE MARKINGS.

The route will be marked by organizers with bright colored plastic tape, banners, flags and other course markings located at regular intervals depending on type of terrain and roads, it being the responsibility of each participant to locate marks and follow it. **ATTENTION: If you do not see the course markings, go back and look for the signs again.** It is obligatory to follow the race course and not to take shortcuts. Shortcuts do not save much time, are dangerous and erode the terrain.

Sections of the route that run along urban roads or streets will not be blocked off to traffic; participants must comply with general traffic norms or with the indications put in place by organizers. It will be obligatory to cross roads via pedestrian crossings or places enabled for the occasion and properly marked. It will be obligatory to follow the marked itinerary, as well as go through all the established checkpoints. For greater visibility at night during **Penyagolosa Trails® CSP®**, signs that mark the route will be equipped with refracting elements that will stand out in the light from the runner's front light.

Article 16. PENALTIES.

Course commissioners present on the racecourse, as well as checkpoint and aid station managers, are authorized to enforce these regulations and apply a penalty according to the following table, always with prior authorization from the Race Committee.

Infractions	Penalties
Not respecting the marked route with the intent to take a shortcut	3' to disqualification
Receive assistance or supplies outside of permitted areas (except first aid) from any person, competitor or otherwise	3' to disqualification
Impede another runner from overtaking you or voluntarily blocking another runner	3' to disqualification
Not carrying the equipment required by organizers at each checkpoint	3' to disqualification
Disobeying the rules put in place by organizers and course stewards	3' to disqualification
Remove or alter course markings put in place by organizers	disqualification
Modify or refuse to correctly wear the race bib	disqualification

Disqualification with possible sanction:

Throw trash or debris on the course	disqualification
Refusing to participate without justified cause at the official awards ceremony	disqualification
Cause a sportsmanship incident (insult or confrontation) against a competitor, organizers, race officials or spectator	disqualification
Voluntarily causing an accident	disqualification
Participating under false identity or impersonating another person	disqualification

It will be the responsibility of the Race Committee to establish penalties and their amount.

Article 17. DOPING CONTROL.

Any runner may be subject to doping control before, during, or at the end of the race. In case of refusal to undergo testing, the athlete will be sanctioned in the same way as if he/she were found positive. See ANNEX I, on page 11.

Article 18. COMPLAINTS AND RESOLUTIONS.

In the hour immediately following publication of race classifications, and provided that the formal requirements established in this article are fulfilled, all complaints that have been filed for a fee of 60 € will be accepted.

After that time, no complaints will be accepted. The filing fee will be refunded in the instance that organizers consider that the complaint is justified. Complaints will be submitted in writing to the race director and must meet the following requirements:

- Name and surname of the person filing the complaint, DNI (ID), whom it represents.
- Data of the affected runner(s), race bib.
- Exposition of the facts.

The race committee, formed by the race director and course stewards will have the authority to resolve complaints. There is no recourse against the resolution of the race committee. When the committee deems it necessary, it may meet with as many parties as it deems convenient in order to effect a resolution to the complaints.

Article 19. MODIFICATION OF RACE OR CUTOFF TIMES: CANCELLATION OF THE RACE.

Organizers will make modifications to the race that it considers necessary, or even suspend the race, if weather conditions or other causes become a threat. In this case, registration fees will not be refunded.

Modification to the race and/or its suspension. In the case of bad weather or other major threat, organizers reserve the right to suspend, neutralize or modify time allowances and/or the race and aid stations. In this case, registration fees will not be refunded.

In case of event cancellation due to a major threat and more than 7 days before the start date, a partial registration fee refund will be made. The amount shall be determined on the basis of the organization's capacity for reimbursement after covering fixed, non-recoverable costs.

If the race is interrupted and suspended at a point on the course, classifications will be determined according to the order and arrival time at the stopping point or at the last checkpoint.

Article 20. INSURANCE.

Organizers will provide accident insurance.

Article 21. CATEGORIES AND PRIZES.

Current regulations establish the following categories and subcategories:

Male		Female	
Overall		Overall	
Master 35 (from 35 to 39 years)		Master 35 (from 35 to 39 years)	
Master 40 (from 40 to 44 years)		Master 40 (from 40 to 44 years)	
Master 45 (from 45 to 49 years)		Master 45 (from 45 to 49 years)	
Master 50 (from 50 to 54 years)		Master 50 (from 50 to 54 years)	
Master 55 (from 55 to 59 years)		Master 55 (from 55 to 59 years)	
Master 60 (from 60 to 64 years)		Master 60 (from 60 to 64 years)	
Master 65 (from 65 to 69 years)		Master 65 (from 65 to 69 years)	

The age determination for these categories will be the one that the participant has on December 31 the year of the competition.

Clubs category: Sum of times of the first four athletes, always with representation of both sexes. It will be scored only for the club that appears on the registration, in addition it must be legally constituted.

Prizes:

Trophies will be awarded to the top 3 ranked in each subcategory. In addition to the trophy, the top 3 finishers overall, both male and female, will receive the following cash prizes:

Overall classification men and women	Penyagolosa Trails® MiM®	Penyagolosa Trails® CSP®
1º- 1ª	1.500 €	1.500 €
2º-2ª	900 €	900 €
3º-3ª	600 €	600 €

Notes:

- All cash prizes will be subject to withholding tax (foreigners included).
- Trophies and cash prizes will be cumulative.

Lack of attendance the awards ceremony will be considered as a waiver of trophies or cash prizes, as well as being subject to sanction under Article 16.

The absolute categories will be joint at **17:00h on Saturday 18/04**
The Master trophies will be delivered in a space enabled for it from 15:00h

Article 22. IMAGE RIGHTS.

All runners expressly waive their image rights during the race, and they waive any right to appeal to organizers for the use of that image. Organizers may authorize the media to use that image through an accreditation or license. All communication about the event or the use of images from the event must respect the name of the event and the event's trademarks with organizers' authorization. The organizing entity reserves exclusives rights to event images, as well as rights to the audiovisual and journalistic exploitation of the event. Any media or publicity project must have the consent of the organizers.

Article 23. DATA PROTECTION.

In accordance with what is established in the Organic Law 15/1999 of December 13th regarding the Protection of Personal Data, all personal data provided by participants and the images obtained in the course of the event will be stored in the files of the organizers of **Penyagolosa Trails® HG®**, in order to manage event participation, as well as the promotion, distribution and dissemination of the event. This article grants the ability at any moment to exercise the rights of access, rectification, cancellation and opposition by sending a document accompanied by national ID to the registered office of *Club Esportiu Marató i Mitja Castello - Penyagolosa* in Sanahuja 55, 12004 - Castelló de la Plana.

Article 24. MODIFICATION TO REGULATIONS.

In case organizers are obliged to change these rules, modifications will be properly communicated to participants in advance.

Registering for the race implies recognition and compliance with these rules.

Any circumstance not provided for in these rules will be resolved by the Race Committee.

QUARTZ Event PROGRAM

The organization of **Penyagolosa Trails® HG®** has decided to set up the **QUARTZ Event** program to protect your health and contribute to doping-free sport. This program is open to all participants. This program has neither the vocation nor the competence to replace anti-doping rules but aims to strengthen the medical supervision before and during the competition.

QUARTZ Event program is carried out in collaboration with the **International Trail Running Association (ITRA)**, **Athletes For Transparency association (AFT)** and **Ultra Sports Science Foundation (USS)**; it is managed by a Health Commission solely composed of doctors. This Health Commission can take advice from experts of its choice and specifically give a consultative advice to the race direction on the medical condition of participants. This Health Commission can go as far as to suggest to the race direction that a participant should be excluded from competition for health reasons.

Each participant agrees to:

1. Declare to the Health Commission the following medical information:
 - Any medical history and/or pathology, in particular those which may increase risks during the practice of a sport
 - The use of regular treatments or medication during the 30 days prior to the start of the competition
 - Request or use of a substance or method subject to a Therapeutic Use Exemption (TUE)
2. Provide all urinary and/or blood and/or hair and/or salivary samples required from 30 days before the competition and up to 7 days after the competition. He/she also consents to the associated analysis of these samples, on the understanding that the costs for the sampling and analyses are covered directly by the Organization.
3. Accept not to participate in the competition if glucocorticoids have been used, without any relation to the mode of administration and therefore the presence or not of a TUE, within the 7 days before the start of the competition. The use of glucocorticoids may be identified in the context of the analysis carried out, either from a direct dosage or in the case of an abnormally low cortisol.
4. Accept to answer any meeting request on site or remotely (phone or videoconference) that the Health Commission may ask for in order to discuss their ability or not, to participate in the competition.
5. Accept the use of strictly anonymous data for research purposes. Each participant has a right of access, rectification and opposition to data concerning him. The Health Commission is the authority with which the participant can exercise this right.

The declaration of medical information to the Health Commission is done through the ITRA health space that each participant can activate after having created a free runner account on the ITRA website: itra.run . The declared medical information is only accessible by the doctors of the Health Commission or in the event of medical care being carried out during the competition the declared medical information will also be made available to the medical team.

Any unreasonable breach, refusal, or transmission of erroneous information in connection with QUARTZ Event program can result in the exclusion of the participant from the competition.

ANNEX II. SUSTAINABILITY POLICY

The events in nature have an environmental, economic and social impact in the geographical area in which they are realized. Therefore, the introduction sustainability criteria in the whole life cycle of an event, from the stage of the organization up to the legacy that leaves the proper event in the community that holds it from the social and economic point of view, becomes especially important.

In **Penyagolosa Trails® HG®** we are sure of the need to do our activity in a more responsible and sustainable way, as well as to assure the co-responsibility and the good practices of all the involved agents and, certainly, of the need to protect and preserve the surrounding environment.

In 2017 Penyagolosa Trails® HG® was certified by UNE-EN ISO 20121:2013 that specifies the requirements of a sustainability management system to host all kinds of events or activities related to the same. Thus, it offers criteria for the different stages and activities: design, planning, implementation, review and post sustainable event activities.

This standard does not take the certification of the event as an aim, but the certification of the management system of the organizations that deals with the events with the purpose of assuring that, those limitations included in the scope, are managed in conformity with the sustainability criteria.

Benefits of organizing sustainable events:

- Collaboration in the strengthening of the local economy.
- Reduction of the carbon footprint of the event.
- Cost reduction, as consequence of the reduction in the consumption of resources (water, energy, etc.) and of the optimization of the processes to make them more efficient.
- Improvement of the control on the chain of supply, as consequence of the actions carried out by suppliers and contractors.
- Demonstration towards third parties of the public and ethical commitment with the society, the environment, and the sustainability.
- Increase of the competitiveness and the access to new markets that are becoming ever challenging and specialized that look for an added value, such as those related to environmental respect, religious sensibilities or ethical values.
- Improvement of the reputation and coherence with Social Responsibility and Sustainability policy, for the organizations that promote it as well as those who manage and organize the event.

With this certification, **Penyagolosa Trails® HG® was the first international trail event with this recognition**, becoming an example to follow in terms of efficient management and quality, and responsibility towards society and the environment.

Penyagolosa Trails® HG® joined the few sport events around the world, such as the London Olympic Games®, the Barcelona World Race® or Roland Garros®, with the standard certification for sustainable event management.