



team manual

2018 Trail World Championships
Saturday, May 12th
Penyagolosa Trails HG (Spain)



**2018 TRAIL WORLD
CHAMPIONSHIPS**
AN  COMPETITION IN
CONJUNCTION WITH  INTERNATIONAL
TRAILRUNNING
ASSOCIATION

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1. general information

1.1 spain

- > Official name: Kingdom of Spain
- > Area: 505 370 km²
- > Population: 46.468.102
- > Official language: Spanish
- > Currency: Euro. All international credit cards are valid.
- > Local time: UTC/GMT +1 (From October to end March)
UTC/GMT +2 (From March to end October)
- > Driving: Right-hand traffic
- > Electricity: Voltage 230V/ Frequency: 50 Hz/ Plug: C and F
- > Mobile phone network: 4G,3G, GSM and GPS.
- > Mobile phone companies: Movistar, Vodafone, Orange, Yoigo

*NOTE! There is no network in the Finish Line of Sant Joan the Penyagolosa.

1.2 natural Park of Sant Joan de Penyagolosa

This competition will take place in the Natural Park of Penyagolosa, located in the interior part of Castellón province.

The Natural Park has a total area of 1.094'45 hectares. It is located in the east of Spain, covering the regions of Vistabella, Villahermosa del Río and Xodos. Penyagolosa represents a geographical milestone, a cultural reference and a deep-rooted tradition for the Valencian people. Considered as a holy mountain, full of mystery and magical for the community, on its heart stands the hermitage of Sant Joan de Penyagolosa. This transition land between inland villages and coastal towns imbues the personality of its inhabitants used to the rigor of the climate.

Since the Christian reconquest (s.XIV) it has been a pilgrimage destination. Nowadays, Camins del Penyagolosa is in process of being inscribed as World Heritage by the UNESCO. These pilgrimages conformed as uniques, tracing paths from different municipalities up to this neuralgic center, with their own rituals.

Currently, many of these paths have disappeared. Nevertheless, there are some municipalities that jealously protect this inherited predecessor good; such as the Pilgrims of Les Useres, Culla, Vistabella and Xodos. Besides its religious and mystical sense, these routes have been important road links as a channel of the human activity and have had a continuity through the centuries; constituting ways of dialog among people. Paths surrounded by wildcats, mountain goats, civet cats, badgers, roe deers through

a wide range of pines, junipers, oaks, hollies or yews nested by golden eagles, owls or Bonelli's eagles.

LOC calls for athletes, all the participants and assistant's attention to the absolute respect for the preservation of nature, following the principal:

“DON'T LEAVE MORE THAN FOOTPRINTS, DON'T TAKE MORE THAN PICTURES”

2. organization structure

2.1 international association of ultrarunners

Website: www.iau-ultramarathon.org

IAU VICE-PRESIDENT

Name: Nadeem Khan

E-mail: nadeem.khan@iau-ultramarathon.org

IAU GENERAL SECRETARY

Name: Hilary Walker

Mobile: +44 7884 473 336

E-mail: secretary@iau-ultramarathon.org

LOGISTIC & ORGANISATIONAL COORDINATOR

Name: Liesbeth Jansen

Tel.: +31 62 2490053

E-mail: liesbeth.jansen@iau-ultramarathon.org

GENERAL PROJECT COORDINATOR

Name: Paco Rico

E-mail: paco.rico@iau-ultramarathon.org

PROTOCOL COORDINATOR

Name: Lin Gentling

E-mail: lin.gentling@iau-ultramarathon.org

2.2 international trail running association

Website: www.itra.run

PRESIDENT OF ITRA

Name: Michel Poletti (FR)

Mobile: +33 608 029 468

E-mail: michel.poletti@itra.run

TECHNICAL COORDINATOR

Name: José Carlos Santos (POR)

Tel.: +315 910 265 526

E-mail: jose.santos@i-tra.org

COMMUNICATION COORDINATOR

Name: Enrico Pollini
E-mail: info@ultraibericus.es

2.3 royal spanish athletics federation

PRESIDENT:
Name: Raúl Chapado Serrano

GENERAL SECRETARY
José Luís De Carlos Macho

Address:
Avda. de Valladolid, 81 esc. dcha. 1º
28008 Madrid
Tel.: 91 548 24 23
Fax: 91 547 61 13 and 91 548 06 38
E-mail: rfea@rfea.es
Website: www.rfea.es

2.4 local organizing committee

RACE DIRECTOR
Name: Tico Cervera
E-mail: tico@penyagolosatrails.com

AID STATION DIRECTOR
Name: Mari Carmen Usó
E-mail: info@penyagolosatrails.com

PROTOCOL DIRECTOR
Name: Eladi Roca
E-mail: eladi@penyagolosatrails.com

MEDICAL DIRECTOR
Name: José Beltrán
E-mail: medical@penyagolosatrails.com

TRACK AND ROUTE DIRECTOR
Name: Rubén Porcar
E-mail: ruben@penyagolosatrails.com

RESCUE AND SAFETY COORDINATOR

Name: José Falomir

E-mail: security@penyagolosatrails.com

COMMUNICATIONS MANAGER

Name: David Gil

Tel.: +34 686 38 63 37

E-mail: prensa@penyagolosatrails.com

MARKETING MANAGER

Name: Carla Tena

E-mail: marketing@penyagolosatrails.com

RUNNERS ASISTANCE

Name: Celeste López

E-mail: runners@penyagolosatrails.com

ACCOMMODATION AND TRANSPORT DIRECTOR

Name: Jose Lamas

Tel.: +34 964 34 37 01 and +34 690 21 52 59

E-mail: infointursports@intur.com

LOC headquarters will be located at:

> **During May 8th, 9th 10th, 11th and 13th:**

Club Marató i Mitja Castelló – Penyagolosa
C/ Sanahuja 55, bajo
12004 Castellón
Spain

And there will be an information desk at the athlete's hotel:

HOTEL INTUR ORANGE
Av. Gimeno Tomás, 9
12560 Benicassim
Castellón
Spain
Tel.: +34 964 39 44 00

> **During the competition (May 12th)**

Finish line Sant Joan de Penyagolosa

3. transport

3.1 transfer to benicassim

The only official Airport is Valencia. Teams will be met at the arrival gate by guides representatives of the LOC, who will be easily recognizable. There is also a closer airport which is Castellón Airport with arrivals from Bristol, London, Poznan, Sofia an Bucarest. Other main airports are Barcelona and Madrid, but for those airports teams will have to contact directly with:

INTURSPORTS TRAVEL SERVICES
José Lamas
infointurports@intur.com
Tel.: +34 964 34 37 01 and +34 690 21 52 59

Teams can take the transport rented by them or book (before April 15th FEF) the bus made available by LOC at the price of 15€ per person, which will take the athletes directly to the Orange Hotel. The travel is about 87km and last about 55 minutes. The federations will have to pay in advance by bank transfer or credit card along with the second payment.

Guides will receive the national teams at the airport of Valencia from Tuesday 8th to Friday 11th, both included.

3.2 bus shuttle service

LOC will manage the following transportation for the delegations:

- > Hotel/Opening ceremony and return
- > Hotel/Start line
- > Finish line/Hotel
- > Hotel/Transfer to airport on Sunday 13th of May

3.3 transportation for coaches / officials to the aid stations

LOC will manage transportation for coaches/officials/medical team, from the start line to Les Useres (aid station 1), then to Vistabella (aid station 3) and then to the finish line. If you have 2 support teams, another bus will offer the possibility to go to Atzeneta (aid station 2) and then to the finish line.

OPTION 1

| Departure | | Arrival |
|---------------------------|---|-------------------|
| 06:05 Universitat Jaume I | > | 07:00 Les Useres |
| 10:05 Les Useres | > | 11:00 Vistabella |
| 16:05 Vistabella | > | 16:30 Finish line |

OPTION 2

| Departure | | Arrival |
|---------------------------|---|-------------------|
| 06:05 Universitat Jaume I | > | 07:00 Atzeneta |
| 11:35 Atzeneta | > | 12:30 Finish line |

3.4 additional option – car rental

For more comfort and flexibility during the Trail World Championships, the teams have the option of renting a car. It will be the only solution for coaches to go to all the Aid stations (following the speed of your different runners.)

In the airport of Valencia there are nine rental cars companies. Seven of them have its office in the ground floor (P0) of the Terminal Building, whereas both remaining ones have its office with point of delivery and withdrawal in the rental of the airport, or in a few minutes of the airport enclosure, into the same Industrial Estate.

The Rental Car companies of Valencia airport have a wide fleet of rental cars, in order that the teams could choose the that one more is convenient for them and they will be able to return it in the most suitable point of delivery.

The teams can do their reservation online from these rental car companies:

- > Sixt
- > Europcar
- > Avis
- > Budget
- > Hertz
- > Enterprise
- > Goldcar
- > Thrifty
- > Firefly

With the online reservation teams will be able to gather comfortably their car after arriving to the airport of Valencia.

4. accomodation

4.1 general information

All delegations will stay at the Intur Orange Hotel, a beach resort in Benicassim, located just 10 km (an approximately 15 min drive) from Castellón center.

Av. Gimeno Tomás, 9
12560 Benicassim
Castellón
Spain
Tel.: +34 964 39 44 00
E-mail: infointursports@intur.com

The start line is located 15km from the place where all the delegation will be accomodated. The transfer to the start line is guaranteed by the LOC, by bus.

4.2 costs and iau quota

The organizing Committee will offer full board accommodation, free of charge, for a maximum 2 male and 2 female athletes per delegation for a defined number of nights (See distance to Spain section).

Travel to Spain takes less than 4 hours: 3 nights (Thursday 10th, Friday 11th and Saturday 12th May)

- | | |
|------------------|---|
| > Algeria | > Ireland |
| > Andorra | > Italy |
| > Austria | > Latvia |
| > Belgium | > Lithuania |
| > Belarus | > Luxembourg |
| > Croatia | > Former Yugoslav Republic of Macedonia |
| > Czech Republic | > Monaco |
| > Denmark | > Netherlands |
| > Spain | > Norway |
| > Estonia | > Poland |
| > Finland | > Portugal |
| > France | > Romania |
| > Great Britain | > Serbia |
| > Germany | > Slovakia |
| > Gibraltar | > San Marino |
| > Greece | > Sweden |
| > Hungary | |

- > Switzerland
- > Tunisia
- > Turkey
- > Ukraine

Travel to Spain takes between 4 and 9 hours: 4 nights (Wednesday 9th, Thursday 10th, Friday 11th and Saturday 12th May)

- > Burundi
- > Canada
- > Cameroon
- > Cape Verde Islands
- > Gambia
- > India
- > Iceland
- > Israel
- > Kenya
- > Lebanon
- > Nigeria
- > Qatar
- > Sierre Leone
- > United States
- > Zambia

Travel to Spain takes more than 9 hours: 5 nights (Tuesday 8th, Wednesday 9th, Thursday 10th, Friday 11th and Saturday 12th May)

- > Argentina
- > Australia
- > Brazil
- > Comoros
- > Costa Rica
- > Ecuador
- > Guatemala
- > Hong, Kong, China
- > Japan
- > South Korea
- > Lesotho
- > Madagascar
- > Mexico
- > Mongolia
- > Namibia
- > Nepal
- > New Zealand
- > Peru
- > Philippines
- > South Africa
- > Sri Lanka
- > Chinese Taipei
- > Uruguay
- > Venezuela
- > Zimbabwe

Accommodation for additional athletes, other delegation members and any eventual additional nights will be charged at the following rates:

- > Hotel Intur Orange – **136,00€*** in double occupancy/ **90,00€** in single occupancy (limited to a reduced number of single rooms available/ **186,00€** triple occupancy)

*Price per room which includes:

- > Full-board accommodation, first meal on the arrival day is lunch & last meal on the departure day is breakfast.
- > Standard room services (Air conditioning, hair dryer, phone, tv, Direct Dial Telephone)



- > Accommodation facilities (Elevator, laundry, the parking lot)
- > Leisure facilities (Gym, sauna)



- > Free access to indoor heated pool and outdoor pool



- > Free access to the football field (subject to availability)
- > Padel club (direct payment at the Padel Club)
- > Wi-Fi available

The price includes free transfers. (See “Free Transfers”)

4.3 payment procedures

Please note that Member Federations will need to pay an accommodation deposit when they send in the PEFs. This is because the LOC must pay the accommodation in advance so they need the financial security of a deposit from the teams.

- > **Until March the 10th: 30%**
- > **Until April the 15th: 70%**

Each proof of payment must be send to infointursports@intur.com with reference to 2018 TWC and the Federation Name

Payment should be done by bank transfer or credit card:

INTURSPORTS TRAVEL SERVICES

- > Bank account: (Banco Sabadell) 40269547791
- > IBAN code: ES15 0081 5181 05 0001023206
- > BIC/SWIFT: BSABESBB
- > <http://www.intursports.com>

4.4 meeting rooms

Arrangements can be made for team meeting rooms through the information desk in the hotel. Requests shall be made at reasonable time in advance.

4.5 meals

| | Breakfast | Lunch | Dinner |
|---------------------------------|---------------|-------------------------------------|------------------------------------|
| Tuesday 8th | | 12:30am Hotel | 7:00pm Hotel |
| Wednesday 9th | 07:00am Hotel | 12:30am Hotel | 7:00pm Hotel |
| Thursday 10th | 07:00am Hotel | 12:30am Hotel | 6:00pm Hotel 9:30pm Pasta Party |
| Friday 11th | 07:00am Hotel | 12:30am Hotel | 7:00pm Hotel |
| Saturday 12th | 04:00am Hotel | 02:00pm Sant Joan de Penyagolosa | 7:00pm Hotel |
| Sunday 13th | 08:00am Hotel | Paella Party | |



5. accreditation

5.1 general

- > Each team member will receive an accreditation card, which must be worn at all times and should be clearly visible.
- > Security personnel will control all areas.
- > The accreditation card is not transferable and does not allow the holder to take another person beyond checkpoints.
- > Photos are not required for the accreditation card system.

5.2 accreditation procedure

- > Accreditation cards will be prepared in advance of the event, based on the information provided by the Member Federation in the FEF.
- > No changes will be accepted after the final entry deadline (except in case of lesion or last-minute illness of one of the team members).
- > Accreditation cards will be distributed to the team leader at the Intur Orange Hotel, on 9th, 10th and 11th of May (see “General Programme” section).
- > If a delegation arrives out of the secretariat opening hours, they must go directly to their hotel. Hotel staff will contact someone from the LOC, who will meet the delegation for the accreditation procedure.
- > There will be 4 types of accreditation cards: Team, Press, VIP and LOC.

5.3 loss of an accreditation card

- > Any lost or damaged accreditation cards should be reported to the Accreditation Office at the Intur Orange Hotel.
- > Duplicate cards can be obtained where proof of identity can be established.

5.4 access areas for teams

- > Vests will be distributed to the coaches for the refreshments and aid stations.
- > Access to the Doping Control: one pass will be given to the athlete upon notification and an additional pass for an accompanying person. Passes will be collected once they enter the Doping Control Station.

6. technical information and competition regulations

6.1 general

- > The IAU reserves all rights related to the Trail World Championships.
- > They shall be organized in accordance with regulations of the IAU, ITRA and IAAF.
- > The World Championships are open exclusively to runners entered by their Federation, member of the IAU.
- > The Trail World Championships will include a single race, men and women running together.

6.2 general programme

Tuesday 8th/Wednesday 9th/Thursday 10th

- > Welcome at Valencia and Castellón-Costa Azahar and transfers to Intur Orange Hotel

Tuesday 8th

- > *12:30- 15:00 am* Lunch at the hotel
- > *7:00 pm* Dinner at the hotel

Wednesday 9th

- > *7:00 am* Breakfast at the hotel
- > *12:30- 15:00 am* Lunch at the hotel
- > *4:00-6:00 pm* Secretariat opening for accreditation procedure
- > *7:00 pm* Dinner at the hotel

Thursday 10th

- > *7:00 am* Breakfast at the hotel
- > *9:00 am* Start of Health Policy testing
- > *11:00 am* Secretariat opening for accreditation procedure
- > *12:30- 3:00 pm* Lunch at the hotel
- > *6:00pm* First dinner at the hotel
- > *6:30 pm* End of Health Policy testing
- > *7:00pm* Bus transfer of all the delegations from the hotel to the opening ceremony
- > *7:30 pm* Trail World Championships opening ceremony
- > *9:00 pm* Bus transfer back to the hotel
- > *9:30 pm* Pasta Party at the hotel

Friday 11th

- > 7:00 am Breakfast at the hotel
- > 9:00 am Secretariat opening for accreditation procedure and Health Policy testing
- > 11:00 am End of Health Policy testing
- > 11:00 am Technical meeting at the Intur Orange Hotel
- > 12:30 am Press conference of the TWC and the open races at the Raval Theatre
- > 12:30 - 3:00 pm Lunch at the hotel
- > 4:00 - 6:00 pm Health Policy medical commission meeting
- > 7:00 pm Dinner at the hotel

Saturday 12th

- > 0:00am Start of the CSP Open Race
- > 4:00 am Breakfast at the hotel
- > 5:00 am Departure to Universitat Jaume I (start line) - 15min ride by bus
- > 6:00 am Start of the Trail World Championships
- > 7:00 am Start of the MiM Open Race
- > 8:34 am Arrival of the frontrunners to Les Useres (Aid Station 1)
- > 9:24 am Arrival of the frontrunners to Atzeneta (Aid Station 2)
- > 10:00 am Cut off time Les Useres (Aid Station 1)
- > 11:30 am Cut off time Atzeneta (Aid Station 2)
- > 11:39 am Arrival of the front runners to Vistabella (Aid station 3)
- > 2:10 pm Arrival of the front runners to the Finish Line
- > 4:00 pm Cut off time Vistabella (Aid Station 3)
- > 5:00 pm Flower ceremony of the Trail World Championships
- > 5:30 pm Start of the transfer back to hotel
- > 7:30 pm Dinner at the hotel
- > 9:00 pm Cut-off time Trail World Championships (Finish Line)

Sunday 13th

- > 8:00 am Breakfast at the hotel
- > 11:00 am Trail World Championships award ceremony and Closing Ceremony
- > 13:00 am Start of the transfer by bus from the hotel to Valencia Airport
- > 12:30 am Lunch for athletes departing in the afternoon

6.3 prizes and titles

In the Prizing ceremony medals will be given to the first three positions, (Team and individual, male and female). Teams will be awarded with 7 medals (6 athletes and Team Manager)

Individual titles

- > Trail World Champion men
- > Trail World Champion women

Team titles

- > Trail World Champion men
- > Trail World Champion women

6.4 race information

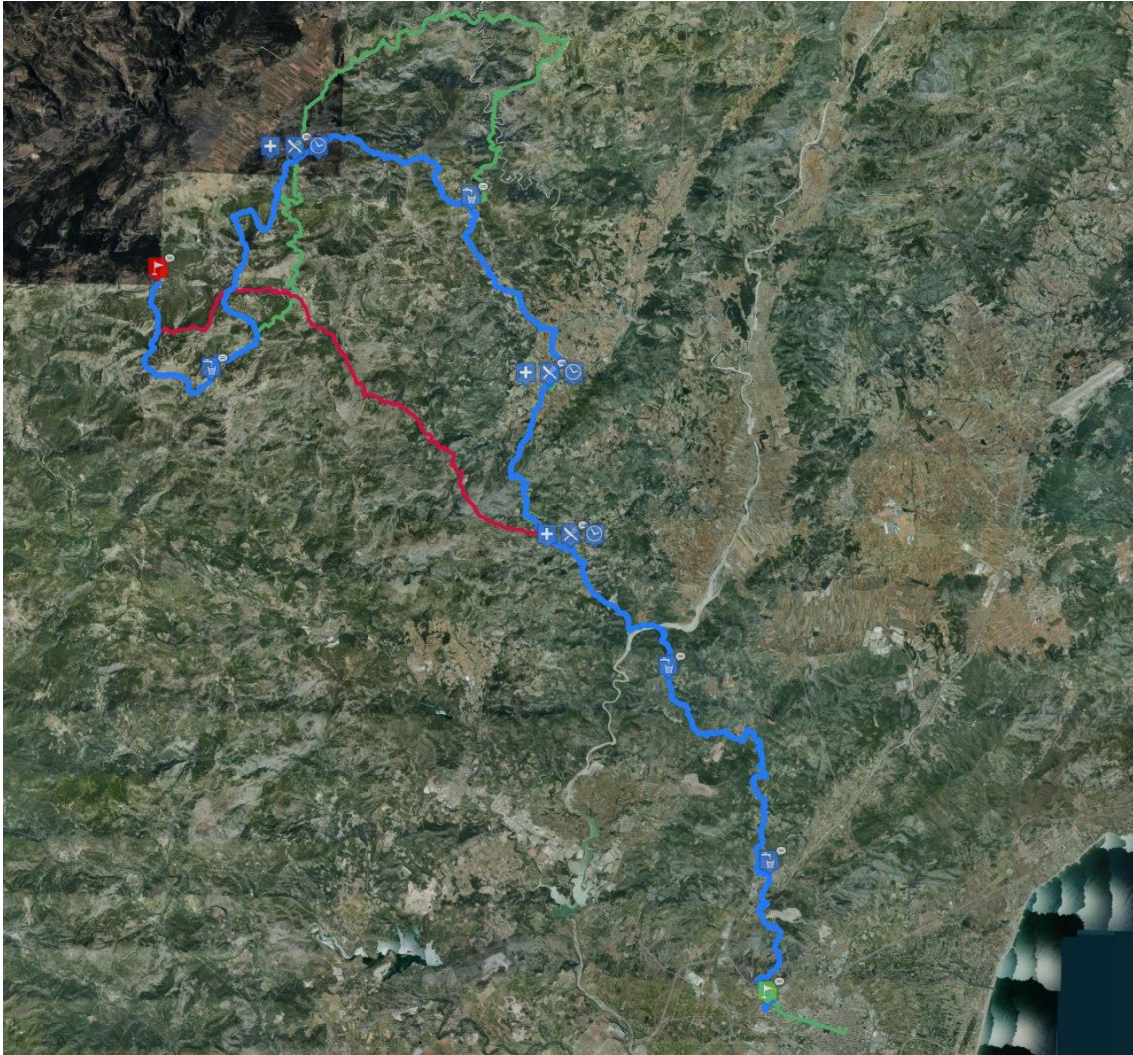
- > **Date:** May 12th 2018
- > **Start time:** 06:00 am
- > **Max. Time:** 15h (official race ends at 9:00pm)
- > **Course:** Trail
- > **Distance:** 85, 4km
- > **Total height:** 4.900 D+

Film section on the web site:

www.penyagolosatrails.com

There will also be two Open Races. The CSP 108 km race starts at 00:00 am is limited to 600 runners with the start line at the historical center of Castellón and the MiM 60 km starts at 07:00am at the same start line that the TWC and has 1500 runners.

At any time, the organization reserves the right to change the route or change the schedule of the event. It also reserves the right to cancel the event in case of dangerous climate conditions.



■ TWC ■ MiM ■ CSP

6.5 refreshments and aid stations

At every of the 3 Aid Stations (Useres, Atzeneta and Vistabella) with food and drinks there will be supporting staff from the national teams where the runners can go directly. Moreover, they can pick up some drinks and food from the “open” area.

There will also be 4 other only water supply points at Borriol, Bassa, Benafigos and Collao.

Plan to carry enough water and food to be self-sufficient between each aid station.

6.6 entries

The final entries by name must be made by the Federation of the country of the athlete before April 15th.

6.7 team ranking

- > A team will appear in the team results if it has 3 ranked athletes on arrival.
- > Delegations who have entered 7, 8 or 9 runners, must nominate the six who will compete for the team result.
- > The result will be done by adding the times of the 3 three athletes from those nominated by the team.
- > The winning team will be the one that scores the lowest total time by adding the times of its first 3 athletes on the team.
- > In case of a tie, it will be decided in favour of the best third of each team.

6.8 technical meeting

- > **Place:** Intur Orange Hotel
- > **Date:** 11st May 2018
- > **Time:** 11:00am

The Technical Meeting will be held on Friday May 11th at 11:00 am, in the Intur Orange Hotel. Open to two delegates by team, it will be conducted in English and chaired by

the General Project Coordinator Mr. Francisco Rico and by the Technical Coordinator Mr. José Santos.

The provisional Agenda is:

- > Welcome
- > Presentation of the International Officials and Competition Officials
- > Information regarding technical matters: course, departure, refreshment (stations and personal drinks, cut off times, security, finish, respect of rules and penalties)
- > Information regarding medical and anti-doping matters
- > Information regarding logistical matters (local transportation, return to the airport ...)
- > Information regarding protocol matters (Award and Closing Ceremony)
- > Answering of questions submitted in writing by the delegations
- > Each team manager of the national teams with more than 6 athletes will indicate who is not counting for the team ranking at the end of the Technical Meeting.

6.9 bibs numbers and chips

- > For the competition, each athlete must wear 2 bibs, which is compulsory: one at the front and one at the back. The bib's numbers should be visible all the time.
- > The chips will be attached to the bibs.
- > The bibs will be given to the team leader during Accreditation Procedure.
- > LOC will forbid participation for any athlete using a different bib from his own.

6.10 cut-off times

- > The maximum time allowed for the entire race will be 15 hours.
- > LOC has considered 3 points and has calculated the split time needed to be respected in order to enable participants to reach the finish in the maximum time imposed.

- > To be authorized to continue the event, competitors must leave each of these checkpoints before the time limit set (whatever is the time of arrival at the checkpoint).
- > Athletes who exceed the maximum time of 15h will be disqualified.

Athletes will be stopped if they don't leave the following points by the specific time:

| Location | Team Assistance | Altitude (m) | Accumulated | | | Intermediary | | | Times | | Cut-off time |
|------------|-----------------|--------------|---------------|--------|--------|---------------|--------|--------|---------------|---------------|--------------|
| | | | Distance (Km) | D+ (m) | D- (m) | Distance (Km) | d+ (m) | d- (m) | Faster runner | Slower runner | |
| Castellón | | 69 | 0 | 0 | 0 | 0 | 0 | 0 | 06:00 | 06:00 | |
| Borriol | NO | 188 | 8,2 | 376 | 258 | 8,2 | 376 | 258 | 06:35 | 07:00 | |
| Bassa | NO | 421 | 22,3 | 1074 | 722 | 14 | 698 | 464 | 07:45 | 08:40 | |
| USERES | YES | 396 | 31 | 1529 | 1201 | 8,7 | 455 | 479 | 08:34 | 10:00 | 10:00 |
| ATZENETA | YES | 408 | 40,6 | 1968 | 1627 | 9,5 | 439 | 426 | 09:24 | 11:30 | 11:30 |
| Benafigos | NO | 943 | 51 | 2572 | 1698 | 10,3 | 604 | 71 | 10:24 | 13:30 | |
| VISTABELLA | YES | 1247 | 62 | 3486 | 2308 | 10,9 | 914 | 610 | 11:39 | 16:00 | 16:00 |
| Collao | NO | 1293 | 77,8 | 4519 | 3296 | 15,7 | 1033 | 988 | 13:29 | 19:25 | |
| Sant Joan | | 1275 | 85,4 | 4900 | 3694 | 7,5 | 381 | 398 | 14:10 | 21:00 | 21:00 |

Any competitor disqualified has to return his bib. If he wants to continue on route it will be on his own responsibility and in complete autonomy (careful the signs might have been removed).

6.11 mandatory, advisable and authorized gear

Mandatory gear:

- > Waterproof jacket adult size and no minimum thickness required (the runners can choose the model but all seams must be taped/sealed) knowing that the course passes through mountainous terrain. You are allowed to use a waterproof jacket of any color; it does not have to be in the official color(s) of your country. However, the bib must be visible – it is recommended to use a bib holder
- > Survival blanket (140 x 200 cm minimum)
- > 1liter minimum water container (bottle or bladder)

- > For the competition, each athlete must wear 2 bibs, which is compulsory: one at the front, one at the back. The bib's numbers should be visible all the time otherwise no claims will be possible for any mistake in ranking. If The athlete is carrying a backpack the rear bib can be fixed to the backpack in order to be visible
- > Whistle
- > A fully-charged mobile phone

Allowed gear

- > Poles (athletes using poles are not obliged to use them for the whole race, poles can be picked up and dropped off ONLY to the team support staff at one of the 3 Aid Stations)
- > MP3
- > GPS watch

Advised gear

- > Reusable cup: There will not be any glasses or cups provided at the aid stations.
- > Food reserve
- > If the weather is bad, LOC highly recommends that you change the gear you will use and carry accordingly. You will be running on a course in the mountains. Plan to wear technical clothing + long pants + head band / beanie + gloves.

6.12 controls and checks

Starting area: Only accessible by athletes who are on the start list. A control will be carried out on mandatory gear. A Bibs control will also be made to assure that the bib number corresponds to the name and that it is correctly positioned. Entry in this area is prohibited to all those who do not meet the above requirements.

Checkpoints during the course: Different checkpoints will be positioned throughout the course to ensure a perfect regularity of the race (with the electronic computer control and manual control bib). All these controls will then be re-checked on arrival.

The LOC will set up a team of referees who will be spread over the entire route. This team will take note of violations and notify the Race Jury who is composed of 3 members (1 IAU + 1 ITRA + 1 LOC) and has the authority to penalize or disqualify these athletes.

- > During the race a mandatory gear control could occur. In this case, athletes are obliged to follow the referee's guidelines. Controls will be applied equally to all athletes.
- > There will also be an random gear control at the end of the race.
- > Assistance to the runners by the team staff: Assistance to the runners can only be made at the 3 main Aid Stations (Useres, Atzeneta, Vistabella) and at arrival. Only 2 members of the staff with the proper accreditation will be allowed in each of these areas and they will be placed at their Country's assistance table, identified with the Country's flag. Assistance outside these areas or made by unauthorized people will be penalized.

6.13 disqualification

Following infractions will lead to a disqualification:

- > Refusal to equipment checking
- > Lacking any piece of the mandatory gear
- > Refusal to accept the anti-doping control or the ITRA health policy procedures
- > Departure from a control point after the time barrier
- > No compliance of the course track
- > Transferring his/her number to another runner without having informed the organization
- > Throwing away rubbish.

6.14 penalties

Following infractions will lead to a 1h penalty:

- > No compliance with volunteers, organization staff, referees and other runners
- > Not assisting another runner in distress
- > Receiving any kind of assistance outside the 3 authorized areas or made by unauthorized people
- > Not wearing the race bib visible and in the correct manner
- > Be accompanied on the course by someone outside the current race.

6.15 protests and appeals

- > Race Jury will be composed of 3 members (1 IAU + 1 ITRA + 1 LOC).
- > Any litigation or claims must be addressed to the Race Jury.
- > All claims must be made to the Race Jury with a deposit of 100€.
- > They must be made within a maximum of 30 minutes just after the announcement of results
- > The forms will be provided at the Technical Meeting. All the omitted situations in this manual will be judged by the Race Jury.

7. opening and closing ceremonies

7.1 opening ceremony

- > **Place:** Castellón city center
- > **Date:** Thursday 10th of May in order to facilitate the athletes rest before the competition.
- > **Time:** 7:30pm
- > **Transportation:** All athletes must be present on time. The opening ceremony will present all the federations with their flags and all federations are expected to participate in the opening ceremony and wear their federation dress.

7.2 award and closing ceremony

- > **Place:** Benicassim – Torreón
- > **Date:** Sunday, May 13th
- > **Time:** 11:00

All athletes are warmly invited to take part in the official dress of the team.

8. health policy doping control and assistance to runners

8.1 health policy

In accordance with the rule 53.1 of the IAAF Competition Rules, a preventive health-related action(*) is set up for the Trail World Championships. This action aims to strengthen the medical supervision and the safety related to the specificities of trail running races. This action is managed jointly by the IAU and the ITRA, in collaboration with the Association AFT (Athletes For Transparency). This action is led by a Medical Commission composed of 3 doctors, who are the race Medical Director and two doctors designed by ITRA's Health Commission. They can take advice from the experts of their choice.

Each runner agrees to:

1. Declare the following information to the Medical Commission:

- > any medical history and/or pathology in particular those which may increase risk during the sport
- > the regular use of treatments and medicines during the 30 days prior to the start of the race
- > all requests or use of a substance or method subject to a Therapeutic Usage Exemption (TUE).

The declaration of these information to the Medical Commission is done through each runner's ITRA health space that each runner can create free of charge on ITRA website: http://itra.run/page/381/Mon_espace_sante.html

2. Submit any urine, and/or blood, and/or hair, and/or saliva samples required from 30 days before the competition and up to 7 days after the competition and the associated analyses requested by the Medical Commission, on the understanding that the costs for the sampling and analysis are covered by the Organization.

3. 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 the use of strictly anonymous data for research purposes. Each participant has a right of access, rectification and opposition to data concerning him/her. The Health Commission is the authority with which the participant can exercise this right.

5. Answer any meeting request on site or remotely (phone or videoconference) that the Medical Commission may ask for in order to discuss their ability or not, to participate in the competition. As a result of the meeting, in accordance with the rule 144 of the IAAF Competition Rules, the Medical Commission may declare a “no start” to the runner for health reasons. The medical information declared on the health space and the results of analysis are accessible only to the Medical Commission and the medical team of the race. Any unreasonable breach, refusal, or transmission of erroneous information in connection with the health policy can result in the runner’s exclusion from the competition.

**This action has neither the vocation nor the competence to be substitute for national and international regulations concerning anti- doping.*

8.2 doping control

Doping control shall be conducted in accordance with IAAF Rules and Regulations and carried out by the RFEA (Real Spanish Athletics Federation) Doping Control Delegate. Both urine and blood samples may be collected immediately before and during the competition.

- > Athletes selected for doping control shall be informed by anti-doping officers. Athletes will be required to sign a confirmation of notification. Athletes who are going to be tested may invite a team official to accompany them to the Doping Control Centre (DCC).
- > A selected athlete will be allowed a maximum of one hour to report to the DCC but should report as soon as possible from the time of official notification. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCC. Athletes who are required to use prescribed medication for the treatment of a medical condition should clearly indicate them on the official form at the Doping Center.
- > Athletes are reminded that refusal to provide a sample can render them liable to disqualification and may lead to further disciplinary action.
- > The selection of athletes for control will be made on a final position and/or random basis by the Doping Control Delegate.

8.3 assistance to runners

It’s up to the runner in difficulty to call the rescue, or to ask another runner to do it if seriously injured.

Procedures are:

- > If not seriously injured and able to progress the runner should go to the nearest aid station and call for help there.
- > If not able to progress the runner should call the emergency number located on the bib
- > Only in case of life emergency and lack of mobile coverage the runner should call to (#112)
- > It is reminded that the hazards of all kinds related to the environment and the race can make you wait for help for longer than expected (between 5 and 25 minutes in normal times - which can go up to 40 minutes in some cases).
- > Your safety will depend on the quality of the equipment you put in your bag.
- > A runner using a doctor or a rescuer submits to their authority and undertakes to accept their decisions.
- > Doctors are empowered to disqualify (by invalidating the race number) any competitor "deemed" unfit to continue the event and to evacuate by any means runners they consider to be in danger.
- > If necessary, the mountain rescue official will lead and implement all appropriate means, including helicopter. Costs resulting from the use of these exceptional means will be borne by the rescued person. It is the sole responsibility of the runner to form and present a dossier to his personal insurance within the deadline.
- > Each runner has to provide assistance to any person in danger and inform emergency services.