



REGULATION

IV EDITION – May 2012

Article 1. DATES

The event will be held on 18, 19 and 20 May 2012. It will start at 14h on the 18th, on Blanes seafront promenade. Numbers will be issued on the actual day of the race at the above-mentioned place, from 10h and up to one hour before the start. Participants will have to be in the starting zone one hour before the start, so that they can undergo the pertinent checks.

Article 2. TRAVEL

The route will be fully signposted with the Organisers' own signs. Various food/drink stations will be provided, duly marked on the course profile map. The check points will be located at the same places, and some will have medical assistance services.

The event will have a service called the "Sweep-Up Runner". This service ensures that at least one runner familiar with the route will be bringing up the rear of the race so as to ensure that participants are safe and remain within the time allowed for the event. This service will have sufficient powers so that where necessary (e.g. runners' poor physical condition, abnormally slow speed, harm to the environment, etc.) it can eliminate or penalise participants if it deems such measures appropriate.

Except in the event of injury or accident, runners should only abandon the event at the check points. Competitors who decide to abandon before reaching the first check point should nonetheless carry on to the next check point in order to notify their decision to the person in charge of the point or to any sweep-up runner; this is so that their chips can be deactivated. If a person abandons before a check point, then he/she should drop back towards the rear of the field until they meet the persons in charge of bringing up the rear, who will then deactivate the chip.

Runners should retain their numbers **and the bracelet** so that they can use the services offered by the organisation.

If there is a need for evacuation due to accident or injury that prevents a competitor reaching one of the check points on foot, then the Organisers must be contacted in order to activate the rescue operation. All entrants have in their ROADBOOKS some telephone numbers to contact in such cases. If due to lack of signal that number cannot be contacted, then the free emergency telephone number 112 is available to all runners. The solidarity and respect of the other runners will be crucial in this kind of situation.



Withdrawal from the race will be decided together with the person in charge of each check point, in the light of the rules set out below:

- Runners who leave the safety or food and drink station, but who have not been injured, will have to proceed as soon as possible and of their own accord to the withdrawal or check points.
- Whenever evacuation is required the head of each check point will decide on the time of evacuation. Runners who abandon the event for any reason, but decide not to go to the evacuation points, subject to prior notice to the person in charge of the check point, shall no longer be under the control of the organisation.
- This is a long-distance mountain event, with significant altitude differences. This makes it essential to be physically well-prepared for covering long distances.

Article 3. ALTERNATIVE ROUTE

The Organisation reserves the right to divert the race via an alternative route and to make such changes as it deems necessary in the light of the various influencing factors. It also reserves the right to suspend the event if meteorological conditions or any case of force majeure renders such suspension necessary. Such steps shall always be taken in prior agreement with the race Organising Committee.

Article 4. REGISTRATION

Registrations will be made through the website of the organising club, or using any other registration platform the club indicates on its own website.

Article 5. Cancellation REGISTRATION AND CONTRACTUAL back guarantee

The Organization of the Costa Brava Xtrem Running, taking into account the needs of the participants enrolled in this year's race offers the possibility to guarantee the repayment of the cost of registration if unable to attend the test for medical reasons duly justified .

The Organization of the race offers a new service guarantee to all participants of the type XTREM if you can not be present in the output. The offer is added to the current policy of cancellation of registration which can accommodate up all registered participants. Until now, if one runner could not participate in the Costa Brava Xtrem Running could request the floor of the test and recover the amount paid before the date of receipt showing only specific doctor. Now with this new offer, you can guarantee the full refund of registration ONLY contracting Back Guarantee.

The most common causes of cancellation has always been injuries or medical problems but now it is no longer a problem for those who apply for the Warranty Return as they can get their money. Those who do not want to worry about the possible injuries that may be subject in the sessions of training, it can request the service back guarantee making the payment of such guarantee.

If you purchased the service and you think you have to give you off the course, you can do until **31 March 2012.**



CANCELLATION back guarantee - OPTIONAL WARRANTY (20 €)

Cancellations received and verified before 31 March 2012 and the relevant Guarantee Return Validated between the dates specified will not be refunded.

HOW TO ORDER Back Guarantee?

- 1.- Check the option "guaranteed return" on the registration form.
- 2.- Make the payment during the registration process from 20 € to Us.

Basic rules REGULAR WARRANTY

Participants who sign this guarantee on behalf of itself, says he has read and agrees:

First .- The Organization will make the payment of the amounts paid to date of the cancellation by the participant for registration (not including the amount of the guarantee contract), if you suffer an accident that , physical illness which hinders the participation in the Costa Brava Xtrem Running 2012.

Second .- The Organization made the return from 1 June 2012.

Third .- The employment of the Guarantee terminates on the day of registration on 31 March 2012.

Fourth .- The participant shall sending e-mail (info@cbxr.es) the application for enforcement of the guarantee along with medical certificate certifying the injury.

CANCELLATION WITHOUT WARRANTY OF RETURN

- a) Cancellations received and verified before **01/01/2012** will return **100%**.
- b) Cancellations received and verified before **31/01/2012** will return **50%**.
- c) Cancellations received before **28/02/2012** will be verified and the return of **40%**.

Any cancellation produced after **28/02/2012** will not be entitled to any refund.

In all cases the return made the Organization from 1 June 2012.

The amount of registration will not be returned for any reason, except for justifiable medical cause



Article 6. INSURANCE

The Organisers refuse to accept any physical or moral responsibility which might arise as a consequence of the event; participants are nevertheless covered by a civil liability insurance policy. Such cover does not extend to cases of illness, imprudence, negligence or failure to observe the law or these regulations, nor to injuries/damage that arise in the course of journeys. The participant holds the Organisers harmless in the event of accident or injury.

Article 7. The Organisers will not be responsible for damage that participants might cause to themselves or to third persons.

Article 8. TABLE OF PENALTIES AND FINES

SELVA MARITIMA		
DISQUALIFICATIONS AND PENALTIES	Disqualification	Penalty
Failure to present mobile telephone	X	
Failure to present glass	X	
Non-presentation of 20 euros	X	
Number covered, folded or not visible		1h
Exceeding the time limit or cut-off time	X	
Taking unauthorised paths	X	
Failure to help runners in distress	X	
Use of unauthorised transport	X	
Disobeying the Organisers' safety guidelines	X	
Not going through the starting-line control	X	
Not going through the finish-line control	X	
Not passing the compulsory check points	X	
Not passing the Check-In and Check Box	X	
Dirtying or damaging the event route	X	
Showing an unsporting attitude	X	
Repeated incident or 2nd penalty	X	
Loss of the chip	X	



XTREM 2nd and 3rd STAGES

DISQUALIFICATIONS AND PENALTIES	Disqualification	Penalty
Non-presentation of backpack or equivalent	X	
Non-presentation of thermal blanket	X	
Non presentacion mobile telephone	X	
Non-presentation of whistle	X	
Failure to present glass	X	
Non-presentation of liquids container	X	
Non-presentation of 20 euros	X	
Number covered, folded or not visible	X	1h
Exceeding the time limit or cut-off time	X	
Taking unauthorised paths	X	
Failure to help runners in distress	X	
Use of unauthorised transport	X	
Disobeying the Organisers' safety guidelines	X	
Not going through the starting-line control	X	
Not going through the finish-line control	X	
Not passing the compulsory check points	X	
Not passing the Check-In and Check Box	X	
Dirtying or damaging the event route	X	
Showing an unsporting attitude	X	
Repeated incident or 2nd penalty	X	
Loss of the chip	X	

Article 9. Participants will be divided into two categories only:

- A. - Men.
- B. - Women.

Article 10. Trophies will be awarded to the three top classified in each category. The Organisers reserve the right to issue a special surprise trophy.



Article 11. The Organisers will provide health-care services and the necessary support resources.

Article 12. In accordance with the promotional interests of Costa Brava Xtrem Running (reproduction of photographs of the event, publication of classifying lists, etc.) by means of any system (Internet, advertising, etc.) and without any time limit, entrants expressly grant the Organisers the right to reproduce given name and surnames, and the classification ranking and pictures of runners.

Article 13. All participants fully accept these regulations and exonerate the Organisers of any responsibility.

Article 14. Total formalisation and processing of registrations is subject to fulfilment of all the following requirements:

- Completion of the registration form in full, leaving no field blank.
- Payment of the full amount of the pertinent registration
- Completing and sending the Medical Certificate by means acknowledged to be acceptable for the purpose and within the stated deadline

Article 15. COMPULSORY MATERIALS

During the Check-In and issuing of numbers procedures, entrants will have to pass by the pertinent Check Box for a check to be made on the materials compulsory for each modality. This year, a distinction must be made regarding the materials compulsory for SELVA MARÍTIMA (1st stage) and for the XTREM (2nd and 3rd stages).

ACCORDING TO ATTACHED TABLE:

MATERIALS COMPULSORY FOR SELVA MARÍTIMA (1st stage)

- Glass to drink or **liquid container**
- Mobile telephone
- One 20-euro note (for emergency use)

MATERIALS COMPULSORY FOR XTREM (2nd and 3rd stages)

- Backpack
- Glass to drink
- Liquids container
- Thermal blanket
- Safety whistle
- Mobile phone
- One 20-euro note (for emergency use)
- Daily provision of food containing 500 calories

Article 16. Complaints shall have to be presented in writing to the Technical Director of the race, and will

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only be accepted within 30 minutes of announcement of the race classification.

Article 17. The processing of registration for this competition involves full acceptance of these regulations.

Article 18. ECOLOGICAL RACE / PROTECTION OF THE ENVIRONMENT

The sole reason for using individual glasses is to avoid generating any more waste than is strictly necessary. This year, the utilisation of larger containers will help to reduce waste volume. All rubbish must be placed in the appropriate bags located at the various check points. Any action that runs counter to this measure will be penalised in accordance with the penalties table.

The registration process of the competition implies full acceptance of precepts in this regulations

CLUB ESPORTIU TAHOO TEAM
Organization 4 th Edition Costa Brava Xtrem Running

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