

REGULATION

V TRAIL RIBEIRA SACRA 2021

REGULATION IV TRAIL RIBEIRA SACRA 24 km and 47 km

Article 1.- The Club Grupo Cuevas - Nogueira Trail, with the collaboration of the City Council of Nogueira de Ramuin, is organizing the V TRAIL RIBEIRA SACRA, with two distances, one of them of approximately 24 Km and a positive drop of about 1500 metres and a distance of about 47 km and a positive slope of about 3300 metres.

Article 2 Tests take place on 10th October 2021 at 8:00 a.m. for Trail mode and at 10:00 for Short Trail mode, both starting and ending in the square of Luintra. The type of the event is free and both federated and non-federated people can participate. The minimum age to participate in both tests is 18 years old.

The maximum time to complete the 47 Km test "Trail" is 11:00 hours since the departure, once this time has finished, the arrival control closes at 19.00. There will be a pitch control and cutting time for both distances, which is set at Mirador de Moura at 13:00 for the MTRS and at Pe do Home at 15:30 for the GTRS. The organization may alter them at any time for safety or weather conditions and causes beyond the event that are required.

The organization has the right to withdraw from race any participant who does not go past the control before the limit time set. If you continue at your own risk without any support from the organization and under your own responsibility.

The participants who have not finished in the time set by the Organization will be disqualified for the time and will not be entitled to the Finisher.

Each participant is responsible to follow the correct way of the stage, for which the Organization will mark the hardest points with the best available means; not following the marked route will be a reason to be disqualified.

The Organization reserves the right to cancel due to a justified cause and also the change of dates and venues, which will always be communicated in advance, unless it has to be cancelled because of weather or justified reasons the very same weekend there will not be right to refund the registration fee. If it could not take place due to sanitary restrictions the registration will be refunded.

Article 3.- PROVISIONING.-

SHORT TRAIL:

24 Kilometres

1° KM 10.5 Mirador de Moura FULL

CUTTING TIME 13:00

2° KM 17.5 Santo Estevo FULL

3° KM 24 Meta LIQUID AND FRUIT

LONG TRAIL:

47 Kilometers

1° KM 10.5 Mirador de Moura FULL

2° KM 17.5 Santo Estevo FULL
CUTTING TIME 15:30

3° KM 25 Mirador A Pena do FULL

4° KM 30 Pe do Home FULL

5° KM 38.100 Lombo Parada FULL

Seca

8 Meta LIQUID AND FRUIT

CLOSING TIME 19:00

These mileilometres markers are approximate. The organization may increase or move the supplies according to the weather, always in benefit of the development of the test.

Semi- self-sufficiency

These races are ruled by the principle of individual race in semi-self-sufficiency, i.e. the ability of the runner to organize their own survival between two provisionings, both in terms of food and clothing, or safety, allowing unassisted resolution of possible foreseeable problems considering the environment (diseases, psychological problems, injuries, etc.). Each runner must carry all the compulsory material throughout the race. This material will be required at the return of their dorsals , while at any time those responsible for the checkpoints of the race may request a verification of such material. All runners are required to undergo such control with kindness, failing such control or not wearing the compulsory equipment leads to a withdrawal or penalty, at the discretion of the organization. under penalty of elimination from the race.

Required Material for the Trail:

- Water Container "Minimum 1L"
- Thermal blanket
- Mobile with the battery charged
- Whistle
- Frontal
- Food Supply
- 2 Face Masks

Recommended Material for the Trail:

- Raincoat (depending on weather conditions may be compulsory)

Material Required Trail Short:

- Thermal blanket
- Water Container or Bottle
- 2 Face Masks

Recommended Material for the Trail:

- Windbreaker

Depending on weather conditions the organization reserves the right to change the Recommended and Required Materials and may require new ones, always warning it earlier by mail and social networks, even the very same day of the race.

All the compulsory materials are checked before departure, the organization may be penalized or even removed from the event any runner without the required material, even during the competition and will have no right to a refund of the registration.

ALL COMPULSORY MATERIAL HAS TO BE AT SIGHT TO ENTER IN THE DEPARTURE LINE , AS WELL AS THE DORSAL.

Continuing with our commitment with the environment and in order to avoid rubbish, **there will not be glasses in the area of provisioning**. Participants carrying containers or waste must carry them to throw them away at the nearest provisioning area or goal where there will be bins.

Article 4 CATEGORIES.- the reference ages of the categories will have to be fulfilled before the date of the race.

47 kms Trail

CATEGORY	AGE	DISTANCE	AWARDS
absolute	Over 18	47 Km	Three first female and three first male
Veterans	Over 45	47 Km	Three first female and three first male
* No cumulative prizes.			

Short Trail 24 kms

CATEGORY	AGE	DISTANCE	AWARDS
absolute	Over 18	24 K	Three first female and three first male

Veterans Over 45 24 K Three first female
and three first male

* No cumulative Awards

There will be a special trophy for the largest club, between the two races, if there was a draw, it will be for the club with the runner with the best time in the test of 47 km, if both did not have any members the time would be the best of the 24 km.

There will be a trophy for the oldest runner who managed to finish either of the distances, if there was a draw, it would be for the runner with the best time in the 47 km test; if any of them didn't have time in the 47 race, the time in the 24 race will be the one to take into account.

Runner bags for all the enrolled people.

The awards ceremony will take place in the Plaza de Luintra, estimated time from 16:00 pm on. It might be advanced or delayed by the Organization. It can be cancelled due to sanitary restrictions.

* The only cumulative prize can be for the oldest runner.

Article 5.- The registration fee shall be:

Mini-Trail 24 km / 1500 m + 1500 m-

1st period: 25 € from 1st May to 1st June.

2º period: 30 € from 1st June to 27th September.

Trail 47 km / 3,030 m + 3030 m-

1st period: 40 € from 1st May to 1st June.

2º period: 45 € from 1st June to 27th September

The organization reserves the right to change the number of vacancies. The available estimation is 500 vacancies. 250 GTRS and 250 MTRS.

The organization will book 25 vacancies for their own.

The deadline for registration is 26th September 2021 at 00:00h or until the vacancies are run out.

Once the runner is registered, there cannot be any change in the name of the dorsal or distance.

The registration must be made in www.trailribeirasacra.es and doing the payment by credit card.

There will be a waiting list in both races following the order of enrollment and it will be used in case of cancellations.

Enrollment cancellation.

Registration may be cancelled and receive a partial refund of it.. The refund will be of a 70% if the cancellation is before 1st June and 50% before 26th September.

To cancel the registration please send an email to the organization info@trailribearasacra.es, and the organization may refund the quantities agreed to all applicants the closing day and the refund deadline is 1st October 2021.

There will not be any possibility of changing the distances.

The dorsal must be placed on the chest, with safety pins or tape, always remaining visible. They will be compulsory to enter in the departure line.

All runner carrying a dorsal which doesn't belong to her/ him will be penalized and removed from the test and they will be disqualified in case of achieving the podium.

The collection of dorsal is on Saturday 9th October from 16:00 to 20:00 hours in the Departure Area in Luintra and on Sunday 10th October from 7:00 h to 20 min before each race, in the square of Luintra. You should show your identity card to take the dorsals.

If you are not able to collect the dorsal, the printed authorization attached previously signed together with the necessary documentation and a photocopy of the identity card of the holder's back must be shown to collect them. No dorsals will be handed under other procedures.

There will be a technical speech by Javier Fernández "Circuit Technical Director" published in the social media and broadcast in streaming a few days before the race.

Timing will be done by Chip in the MTRS and by chip and GPS in the GTRS. It is compulsory to take them in all the races. If the chip gets lost and it is not returned 6 euros have to be paid for the chip and 90 euros for the GPS. The company in charge of timekeeping is [Galitiming](#).

Article 6 The organizers hope and wish that all you finish and enjoy this test. Any participant who gives up must warn the organization when possible, by telephone mentioning the dorsal number, either via phone call, WhatsApp or text message, indicating dorsal and the word withdrawal.

Any participant who shows poor physical condition, may be removed from the test by the Organization.

Article 7 The only authorized vehicles to follow the test are the ones designated by the Organization. It is forbidden to follow the participants by car, quad, scooter or bicycle since it may mean a danger. Pets are not allowed for the security and safety of everyone.

The route of the test will not be completely closed to traffic, although there will be staff of the Organization in the most dangerous points.

All participants are required to fulfill road traffic rules, being responsible for the failures they might commit.

Article 8.- SERVICES.-

Parking: It will be marked in the same locality.

Showers: No available.

According to health measures there will or will not be some services.

Ambulance service: there will be a proper medical care for participants. There will be first aid kits, first aid service and ambulance available.

Article 9.- Complaints.- If a participant does not agree with the classification, he/ she should address to the Director of Test and expose the allegations he considers.. Complaints concerning the provisional ratings can be handed up to 10 minutes after its publication. The decision of the Race Director will be unappealable.

Article 10.- Penalty.- If any irregularity is found, the Organization warns the offender when possible, and it reserves the right to disqualify the participant, informing the Race Director. The disqualified runner will have no option to awards and trophies.

Runners who are not enrolled will not be admitted following the rules. Any non registered runner will be responsible for any damage or destruction caused during the event.

INFRACTION .-

- 1.-No aid of another participant who is in danger or injured.
 2. Perform any voluntary action that could damage the natural environment.
 3. Throwing any waste during the race, out of the bins provided by the organization.
 4. Do not complete the race.
 5. Do not carry the dorsal, manipulate or give it away.
 6. Altering the data provided to the Organization regarding to what appearson its ID.
 7. No sport behaviour or not respectful to organizers, collaborators, public and other participants.
 8. Liability or negligent participation in an accident in which another participant becomes involved.
 9. Any other reason not reflected above that may consider punishable by the organization.
- The organization may designate a penalty both of time and suspension of the participant.

Article 11.- Changes.- The organization reserves the right to make any changes due to organizational needs or for the benefit of the participants having tot inform them before departure or when possible during the course of it.

They can also cancel and postpone the test if there is a risk to the safety of participants , because of extreme weather conditions or any other justified reason. Any modification will be properly notified.

If the event is cancelled for justified reasons, the runners cannot ask for a refund of the registration fee.

If it has to be cancelled due to the COVID-19 , the participants will get a refund of the 100% of the registration fees. Unless those participants who have previously cancelled their registration.

Article 12.- LIABILITY.- Each participant at the time of enrollment manifest found in a physical form and to meet the challenge of this test and assumes the risk associated with this sport.

The organization is not responsible for any damages or injuries that participants may suffer or cause to others, nor of the expenses, liabilities or damages that may incur during the event.

The organization has concluded a liability insurance and other accidents for all registered participants to cover incidents inherent in the test. Are excluded from the policy cases arising from a latent condition, failure to observe the laws, recklessness, produced by travel to or from the place where the test is developed.

Article 12.one- They will not be admitted by brokers who are not registered or run without dorsal, preventing access to the Career in defense of the rights of registered regulations.

Given the serious damage it would cause to the Organization and the other riders in the event, if access to the test in violation of the conditions established access or irregularity was committed, the Organization reserves the right to take appropriate measures in compliance with applicable laws. In this sense, civil, criminal or administrative actions that correspond to demand accountability of the offender will be initiated.

Among the irregularities that will lead to the start of such actions, they are (i) not be enrolled in the trial and therefore have no dorsal / chip to participate in the test; (Ii) run with the dorsal / chip of a third party (without making the change of ownership or hidden porting); (Iii) running a dorsal / chip that does not correspond to the test; (Iv) running a dorsal / counterfeit chip (photocopied paper or mimicking the dorsal). That list is made by way of example and not limitation, and there may be other irregularities that result in the initiation of legal action by the Organization.

Both commenting such irregularities as to cooperate with them so they can carry them out, they will be identified as "offenders corridors".

Those runners who are identified as "offenders corridors" by the Organization on the day of the test, shall be separated, identified and expelled by security personnel of the test, in the exercise of its powers, obtaining the same identification data; photographs, etc., which will be used in order to take legal actions correspond to that effect.

If knowledge of the infringement after the conclusion of the test is taken, the appropriate action at the time when knowledge of the infringement is taken will begin.

"Offenders brokers" will receive notifications and / or locations of the procedures where possible responsibilities will be judged, to be part of them.

They will not be admitted by brokers who are not registered or run without dorsal and chip, preventing access to the race in defense of the rights of registered regulations Organization.

Article 13.-ACCEPTANCE SPECIFICATION DISCLAIMER AND DATA

PROTECTION.- Participants register by the fact freely and voluntarily declare to know and fully accept this Regulation. In case of doubt or a situation arise not reflected in it, it will prevail that has to effect the Organization.

By the mere fact of registering, the participant declares: "I am in optimal health to participate in the IV Trail Ribeira Sacra. In addition, hold harmless the Organization, sponsors or other participating institutions before any accident or injury that may occur before, during and / or after the sporting event, resigning from and to any legal action against any such entity. During the development of the race I will contribute as much as possible with the Organization, to avoid personal injury.

Also I authorize the Organization to use photos, videos and any other audiovisual material which can include me and companions and other runners I register and must notify such assignment or authorization, and accepting the publication of names and last in the classification of the test, in the media and / or Internet, without waiting for payment, compensation or remuneration for this concept. "

By entering the IV TRAIL RIBEIRA SACRA, participants give their consent for the CLUB GRUPO CUEVAS - NOGUEIRA TRAIL or any other sponsor of the event, by themselves or through third parties, may store, process and use your name as well as its image collected within the test through photographs, videos, or other media.

According to what is stated in Organic Law 15/1999 of 13 December on Protection of Personal Data, all personal data provided by participants and the images obtained in career development they will be stored in files of GRUPO CUEVAS entity CLUB - NOGUEIRA TRAIL, with the aim of managing the participation in the race, and the promotion, distribution and dissemination of it. May at any time exercise their rights of access, rectification, cancellation and opposition by writing with his ID card to mail: club@gentrail.es

For reporting purposes any registered broker authorized as legal notification via e-mail or phone.

The organization reserves the right to make any changes in these rules if deemed so, must communicate on the web and information broker.