



## **REGULATIONS OF THE MOUNTAIN RACE TRANSVULCANIA ULTRAMARATHON 2019 (Updated 05/17/2018)**

### **RACE: ORGANIZATION, DISTANCE, COURSE, DATE, STARTING TIME. ORGANIZATION**

THE TRANSVULCANIA 2019 is organized by the Sociedad de Promoción y Desarrollo Económico de la isla de La Palma S.A.U (SODEPAL), with the collaboration from the Island Government as well as staff working for different institutes (Sport council; Tourism Council; Environment Council) volunteers and sponsors.

### **DISTANCE AND COURSE**

THE TRANSVULCANIA 2019 consists of different races of different distances and levels of difficulty.

The Ultramarathon is a 74.33 kilometre mountain race that crosses the island of La Palma through two paths of great distance, (GR130 and GR131) with the starting point in El Faro of Fuencaliente and the finishing point in Los Llanos de Aridane. Accumulated slopes of

8.004 meters (4.350 ascending and 4.057 descending) This race runs in its entirety for two paths of great distance, the GR130 and the GR131, without hardly contacting any population cores with the exception of the arrival in the town of Los Llanos de Aridane, a small stretch leading through the town of Los Canarios and another stretch in the harbour of Tazacorte.

The Marathon, 45,00 km with the accumulated slopes of 5213 meters (1.884 ascending and 3329 descending). Starting point in Refugio del Pilar and finishing point at Puerto de Tazacorte.

The Half-marathon, 24,28 km with the accumulated slopes of 2.786 meters (2.097 ascending and 689 descending)

Vertical Kilometer, 6km with the accumulated slopes of 1,000 metres.

Children races, 500, 1000, 1500 or 2000 metres. Closed circuit. They will be held on May, 11th, 2018 at 17.00 and will finish at 19.30

## **DATE AND STARTING TIMES**

- The Ultramarathon will be held on Saturday, May, 11th. Starting at 6.00 and finishing at 23.00.
- The Marathon, will be held on Saturday, May, 11th. Starting at 10.00 and finishing at 19.30.
- The Half-marathon, will be held on Saturday, May, 11th. Starting at 7.30 and finishing at 14.00
- Vertical Kilometer, will be held on Thursday, May, 9th. Starting at 16,30 and finishing at 20.00
- Children races, 500, 1000, 1500 or 2000 metres. Closed circuit. They will be held on Friday, May, 10th, from 16.30 to 19,30.

In the case of the marathon, Half-marathon, vertical kilometre, children races, all times are subject to changes due to security and emergency reasons

## **REGISTRATION.**

### **MAXIMUM LIMIT ON THE NUMBER OF PARTICIPATING RUNNERS AND GENERAL CONDITIONS**

Online entries for TRANSVULCANIA 2019 will be open on May, 18th, 2018. There will be a maximum limit on the number of participating runners for the Ultramarathon (2000 places), Marathon (800 places), Half-marathon (600) and Vertical kilometre (200), so the registration period will be conditioned by the number of runners that will be writing up to that date. Being these places still free, the deadline for the registration for TRANSVULCANIA 2019 is the 30th March 2019.

Once the number of participants has been closed, ( in the case of covering the maximum number of entries) a reserve list will be created to fill up any drop outs that could occur until the final acceptance date of the applications (30<sup>th</sup> March, 2019). This date will be the due date for changes in runners' information.

Registration is open to all those who fulfill the necessary requirements:

Correct filling in of the participation form through the website in addition to the corresponding entry of the registration fee.

Age: Minors are forbidden to participate at the Ultramarathon, Marathon and Vertical Kilometer. In the Ultramarathon, the participation of under 18's is not permitted, while in

the Half-marathon, runners of 16 and 17 years (on the day of the race) can participate, if they have provided a fully completed parental authorization.

In the case of Ultramarathon and Marathon, runners will have to present documents showing whether runners can run and complete the race or not together with the entry as it will detail in the next paragraph.

This is a race of great endurance through the mountain and therefore we recommend a good level of physical fitness, that of which can negotiate the considerable slopes which occur throughout the race over difficult terrain.

### **ONLINE ENTRY**

Registration is made by filling in the form of participation through this website, after accepting these rules. This does not imply that the runner has been finally admitted to the race. Payment will be only allowed online.

VERY IMPORTANT: IN THE CASE OF ULTRAMARATHON AND MARATHON, RUNNERS WILL HAVE TO PRESENT DOCUMENTS WHEN REGISTERING SHOWING WHETHER RUNNERS CAN RUN AND COMPLETE THE RACE OR NOT TOGETHER WITH THE ENTRY. SUCH DOCUMENTS WILL BE CONTROLLED BY THE ORGANIZATION AND WILL BE A MUST TO BE FINALLY ADMITTED TO THE RACE.

A.Ultramarathon runners: documents showing that the runner has run and completed 1 mountain race (distance 40km or longer) in the last 18 months prior to the race day (May, 11th, 2019) Runners will have to present documents certifying this when registering. Being that not the case, entry will not be confirmed

B.Marathon runners: documents showing that the runner has run and completed 1 mountain race (distance 20 km or longer) in the last 18 months prior to the race day (May, 11th, 2019) Runners will have to present documents certifying this when registering. Being that not the case, entry will not be confirmed

C.Half-marathon, Vertical kilometre, children race: No documents are needed but it's strongly recommended to have run and completed a similar race in the last 12 months.

### **CONFIRMATION**

Ultramarathon and Marathon

It's essential that runners fulfil these requirements for their entry to be confirmed:

- Age: older than 18 years old
- Participating form and online payment: correctly filled in and carried out Documents certifying the necessary requirements concerning previous races as already explained

## Half marathon

- Age: older than 18 years old
- Participating form and online payment: correctly filled in and carried out

VERY IMPORTANT: THE NON-COMPLIANCE WITH ANY OF THESE CONDITIONS WILL LEAD TO IMPOSSIBILITY TO TAKE PART AT EITHER THE ULTRAMARATHON OR THE MARATHON OF TRANSVULCANIA 2018 IN CASE YOU DO NOT MEET THE NECESSARY REQUIREMENTS FOR THE RACE AND YOUR ENTRY HAS BEEN FINALLY FORMALIZED, YOU WILL BE INFORMED ABOUT IT VIA MAIL AND YOU WILL RECEIVE 80% OF YOUR FEE BACK

## REGISTRATION FEE AND PERIOD OF PAYMENT

The REGISTRATION FEE (in Euros) will be controlled by the following terms of payment:

- ✓ Ultramarathon General.- 95,00 €
- ✓ Ultramarathon Residents on La Palma.- 75,00 € \*
- ✓ Marathon General.- 75,00 €
- ✓ Marathon Residents on La Palma.- 55,00 € \*
- ✓ Mediamarathon General.- 65,00 €
- ✓ Mediamarathon Residents on La Palma.- 45,00 € \*
- ✓ Mediamarathon Junior General.- 30 €
- ✓ Mediamarathon Junior Residents on La Palma.- 20 € \*
- ✓ Vertical Kilometer.- 50 € \*\*

(\*)Do not forget to attach a copy of your Spanish identity card or NIE to the form

(\*\*) If you run this and another race, you'll obtain a 50% discount.

Once the organization receives the form of participation as well as the payment receipt and it checks out whether the runner fulfils the requirements regarding the completion of and participation at previous mountain races in the case of the Ultramarathon and Marathon, entry will be finally admitted and confirmed via e-mail

Entry at the TRANSVULCANIA 2019, includes:

- Participation in the race.
- Solid and liquid refreshments during the race and at finishing point.
- Transport service to the exit from established Organization points.
- Transport service from arrival to established Organization points.
- Transfer of personal bag of each runner from the start to the arrival at the finishing line
- Assistance during the race through the medical device and security set by the Organization.
- Transport service to the finishing line for those participants that abandon the race.
- Showers, changing rooms, and massages in the service area situated in Los Llanos de Aridane.
- Chiropodist and physiotherapist service for runners.
- Runners bag, commemorative T-shirt.
- Finisher shirt for those runners that complete the Ultramarathon inside the time established by the Organization of 17 hours.
- Finisher medal for those runners that complete the Ultramarathon inside the time established by the Organization of 17 hours.

VERY IMPORTANT: REGISTRATION IS PERSONAL AND NON TRANSFERABLE AND IMPLIES THE ACCEPTANCE OF THESE RULES.

NON-PARTICIPATION AND FEE REFUND

VERY IMPORTANT: ANY PARTICIPANT WHO HAS TO CANCEL HIS PARTICIPATION AND WOULD LIKE TO RECEIVE A FEE REFUND, HAS TO OFFICIALLY REQUEST IT BY MAILING AT [secretariatecnica19@transvulcania.com](mailto:secretariatecnica19@transvulcania.com)

Please bear in mind the following situations:

From the moment the registration is paid, the Organization agrees to return 80% of the amount paid by the runner (except bank expenses), if the non participation is requested and communicated, before the 1st of December 2018.

From the 1st of December until the 12th of February 2019, 60% of the amount paid by the runner, shall be returned

From the 12th of February until the 30th of March, 50% of the amount paid by the runner, shall be returned

From the 1st of April on, no amount of money will be returned, no matter the reason why the runner does not finally take part at the race.

In the event that the runner does not participate in the race on the 12th May, for whatever reason, the organization is not obliged to give any souvenir ( neither runner's bag nor commemorative T-shirt ) once the TRANSVULCANIA 2019 is over.

In the event that the race is suspended before it starts, the Organization will proceed to refund the registration fee to all those runners registered.

Bad weather will not be an impediment to the realization of the race, although the Organization reserves the right to suspend or modify the route if it sees fit to do so, above all, if they feel that the physical integrity of the runners may be impaired.

## **DOPING**

The use of doping substances is totally forbidden. If any test is required to check it out, the Organization will offer the necessary means and resources. Concerning this subject, the Spanish Ley orgánica 3/2013, de 20 de junio, must be respected and followed.

## **IMAGE RIGHTS.**

The image rights resulting in the TRANSVULCANIA 2018 exclusively belong to the race Organization and any use of the same, by company or individual shall be allowed or recognized by the organization. Runners allow Transvulcania organization to publish their name on the website

## **DISQUALIFICATIONS, PROHIBITIONS AND CLAIMS**

### **DISQUALIFICATIONS**

All participants will strictly comply with the rules for TRANSVULCANIA 2019. Failure to comply to the following rules, will lead to immediate disqualification. In addition to reasons previously mentioned, the Organization may disqualify a participant of the race if found that:

- The runner has not passed all control points
- The runner has received the aid of another person, not an organization member, outside the official aid stations (100 meters before or after it)
- The runner has not made all the route marked out by the Organization by foot. The runner has not rendered assistance to any other participant that needed it
- The runner has not worn the race bib in a visible frontal place specified by the organization and in the conditions specified by it
- The runner has run more than 100 meters of the total race course together with another person, not belonging to the organization and not being a participant.
- The runner does not carry the compulsory safety material with him/her. Compulsory kit has to be carried from the start to the finish without exception
- Runners does not keep the environment clean and throws rubbish away in a point where it is not permitted.
- The runner performs actions, behaviors or demonstrations of any kind that go against the image and objectives of the race.

### **CLAIMS BEFORE THE RACE**

Claims before the race should be sent to [secretariatecnica19@transvulcania.com](mailto:secretariatecnica19@transvulcania.com)  
On the days of race bibs' collection, there will be a specific claim desk.

### **CLAIMS AFTER THE RACE**

Any participant of the TRANSVULCANIA 2019 that wishes to make a claim to the race Organization, must do it in Los Llanos de Aridane and submit a deposit of 50 Euros, only to be returned should such claim is favourable to the claimant.

VERY IMPORTANT: IT MUST BE PRESENTED NO LATER THAN 120 MINUTES BEFORE THE AWARDS CEREMONY. OTHERWISE, IT WILL NOT BE ACCEPTED.  
Security and technical aspects: mandatory equipment, awards, maximum set time...

### **COURSE AND SIGNS**

Runners can find the race course on the website. Any change on it will be publicly announced. Information boards and signposts will be found all along the way

## **DURING THE RACE: BEHAVIOUR OF PARTICIPANTS**

Participants should respect the means in which they do the race and keep the environment clean. They should eat and drink WITHOUT LEAVING ANY CONTAINER OUT OF THE RECEPTICLES LEFT FOR THAT USE. THE INCOMPLIANCE OF THIS POINT WILL LEAD TO THE RUNNER'S IMMEDIATE DISQUALIFICATION . This can be done by a simple testimony from any member of race Organization team.

It is totally prohibited to receive outside help or supplies during the course of the race other than at the points set out by the Organization (the aid stations). At trail boxes in Roque de los Muchachos and Refugio del Pilar, only 1 companion per runner is allowed. In the same way it is prohibited to run accompanied by other people that are not registered participants of the race.

## **SAFETY**

The route is not closed to traffic, therefore athletes must take extreme precautions and respect the road's highway code. At crossing points on the road, there will be Organization staff and security measures, as well as medical services at certain places along the entire route. These items are properly signposted and duly specified on the races route planner. During the course of the race participants MUST HEED THE MEMBERS OF THE RACE ORGANIZATION at all times. Failure to comply with this point will result in immediate disqualification.

During the course of the race, any runner that abandons the race are OBLIGED to advise the nearest control point or a member of the Organization team.

Participants of Transvulcania 2019 will be covered by an insurance included in the price of the registration. This will cover physical injuries or damages during the mountain race, May, 9th, 2019 or May, 11<sup>th</sup> 2019.

The participant exempts the Organization from any liability for injury and/or accident

## **START AND FINISH**

### **•Vertical Kilometer**

- Start: Puerto de Tazacorte
- Finish: Torreña Forestal El Time

### **•Half-marathon y Half-marathon Junior**

- Start: Faro de Fuencaliente
- Finish: Refugio El Pilar

### **•Marathon**

- Start: Refugio El Pilar
- Finish: Puerto de Tazacorte

### **•Ultramarathon**

- Start: Faro de Fuencaliente
- Finish: Los Llanos de Aridane.

## CHAMPION-CHIP SYSTEM

The race will be controlled by means of an electronic Champion-Chip system. The participants will receive a chip which they should carry the entire way attached to their shoe. The Organization have control points located along the race to ensure that the runners complete the route, as well as recording the running times for each one. The chip should be handed in at the finishing point, or at the closest control point should the runner withdraw from the race. Another possibility would be to send it per Post. If the chip is not given back to the organization, the runner will not be allowed to take part at the next edition of Transvulcania

### AID-STATIONS (ALSO KNOWN AS FEED STATIONS)

There will be refreshment/aid points (solids and liquids) comprising of water and isotonic drinks and of a variety of fruits, energy bars, rolls, dried fruit, and pastries, depending on whether it is a refreshment or other.

✕ Los Canarios (Liquid).

- Location: 7,03 kms.
- Meters above sea level: 716
- Distance to the next one: 9,45 kms.

✕ Las Deseadas (Liquid).

- Location: 16,48 kms.
- Meters above sea level: 1828 msnm
- Distance to the next one: 7,79 kms.

✕ Refugio El Pilar (Solid - Liquid).

- Location: 24,28 kms.
- Meters above sea level: 1440 msnm
- Distance to the next one: 6,78 kms.

✕ El Reventón (Solid - Liquid).

- Location: 31,06 kms
- Meters above sea level: 1420 msnm
- Distance to the next one: 11,19 kms.

✕ Pico de la Nieve (Solid - Liquid).

- Location: 42,26 kms
- Meters above sea level: 2038 msnm
- Distance to the next one: 5,14 kms

✕ Pico de la Cruz (Solid - Liquid).

- Location: 47,40 kms
- Meters above sea level: 2294 msnm
- Distance to the next one: 4,41 kms



X Roque de Los Muchachos (Solid - Liquid).

- Location: 51,82
- Meters above sea level: 2423 msnm
- Distance to the next one:10,07 kms

X Torreta Forestal El Time (Solid - Liquid).

- Location: 61,90
- Meters above sea level:1156 msnm
- Distance to the next one: 7,38 kms

X Puerto de Tazacorte (Solid - Liquid).

- Location: 69,28 kms
- Meters above sea level: 3 msnm
- Distance to the next one: 5,04kms

X Los Llanos – Finish (Solid - Liquid).

- Location: 74,33 kms
- Meters above sea level: 342 msnm

VERY IMPORTANT: NO GLASSES WILL BE AVAILABLE IN ANY OF THESE AID STATIONS, BEING RUNNERS OBLIGED TO CARRY THEIR OWN GLASS IN CASE THEY WANT TO USE THEM. IT'S NOT COMPULSORY, THEN, TO CARRY YOUR OWN GLASS BUT BEAR IT IN MIND THAT YOU WILL NOT BE OFFERED ANY GLASS TO DRINK IN ANY AID STATION

### **SET MAXIMUM TIME TO PASS CONTROLS**

There is a set maximum time to pass control 4 (Refugio de El Pilar) of 5 hours (11:00am); control 8 (Roque de los Muchachos) of 11 hours (17.00 p.m) and control 10 (Puerto de Tazacorte) of 16 hours (22:00 p.m.) for the Ultramarathon.

There is a set maximum time to pass control at Roque de los Muchachos of 7.5 hours (17.00 p.m) for the Marathon.

All those participants that arrive with a higher time, will be disqualified. Those whom wish to continue will have to hand in the race bib and the chip but may carry on out of the race under their own responsibility.

### **RACE BIBS: COLLECTION AND USE**

The race bibs are issued on the 8th, 9th and 10th of May in the designated time and place by the Organization. The participants must present the identity card/passport or any other legal identification documents. Race bibs can only be collected by the own runner.

The under-18 runners, (those between 16 and 17 years of age) that participate in the Half-marathon, should also present, as well as the documents mentioned before, a parental authorisation, properly completed and signed. This can be downloaded from the race's official website.

VERY IMPORTANT: RACE BIBS CAN ONLY BE COLLECTED BY THE OWN RUNNER.  
 NO THIRD PERSON WILL BE ALLOWED TO COLLECT IT IN HIS/HER NAME  
 VERY IMPORTANT: RACE BIBS CAN NOT BE COLLECTED ON THE DAY OF THE RACE







- Race bibs must be worn at all times in a visible place (waist, chest...always on the front) and can not be cut, folded or modified.

VERY IMPORTANT: FAILURE TO COMPLY TO THIS, WILL LEAD TO IMMEDIATE DISQUALIFICATION OF THE RUNNER.

#### MANDATORY SAFETY EQUIPMENT AND RACE MATERIAL

All runners must carry MANDATORY SAFETY EQUIPMENT, which can be checked at the start, finish or at any point of the race. This should consist of:

- hydration system (type camelback or waist belt with the minimum capacity of 1 litre)
- headlamp (only for ultramarathon modality)
- red light on the back (red tail light) (only for ultramarathon modality)
- thermal blanket (minimal dimensions: 2 x 1 metres. Also known as space blanket or emergency blanket),
- a mobile phone with the number provided at the registration, although this may only be used in case of emergency, withdrawal or rescue.

  <b>TRANSVULCANIA</b> <small>BAÑERA ARIAS LE PUEBLA ISLAND</small>	 <b>AGUA</b> <small>(mochila con agua, cantimplora o similar)</small>	 <b>LUZ</b> <small>(frontal con luz roja trasera)</small>	 <b>MANTA TÉRMICA</b> <small>(aluminizada)</small>	 <b>TELÉFONO MÓVIL</b>
<b>ULTRAMARATÓN</b> <b>Ultramarathon</b>	✓	✓	✓	✓
<b>MARATÓN</b> <b>Marathon</b>	✓	✗	✓	✓
<b>MEDIAMARATÓN</b> <b>Halfmarathon</b>	✗	✗	✗	✓
<b>KM. VERTICAL</b> <b>Vertical Kilometer</b>	✗	✗	✗	✓

**VERY IMPORTANT: THIS MANDATORY SAFETY EQUIPMENT MUST BE CARRIED ALL THE TIME, FROM THE START UP TO THE FINISH-LINE AND RUNNERS CANNOT GET RID OF IT UNDER NO CONDITION**

In the case of the Half-marathon runners, the headlamp, the tail light, the thermal blanket and the hydration system may be ignored, although they are highly recommended. In the case of the Marathon runners, the headlamp and the tail light may be ignored, although they are highly recommended. In the case of the Vertical kilometre, runners are not obliged to carry any of these items but a mobile phone is highly recommended.

The use of sun protection cream as well as hats or sunglasses are also highly recommended.

**VERY IMPORTANT: THOSE ATHLETES THAT DO NOT CARRY THE MANDATORY SAFETY EQUIPMENT, CAN NOT CONTINUE WITH THE RACE AND WILL BE DISQUALIFIED.**

The Organization have a deposit at the refreshment/aid point of Roque de los Muchachos for those runners that wish to get rid of any race material such as canes, clothes leggings etc. The Organization only take responsibility for material properly identified and left at these points, and be responsible to take them to the finish point in Los Llanos de Aridane when said refreshment/aid point has closed (17.00 p.m.)

The organization is not responsible for runners' belongings inside of these bags

## **ALTERNATIVE RACE COURSES**

No other race courses are permitted except those marked by the organization staff and included in the long-distance hiking paths GR130 and GR131

## **RACE BRIEFING**

On May, 10th, 2019 at 18.00 a race briefing will be held. Place yet to be confirmed by the organization and it will be publicly announced

It's not mandatory but highly recommended for runners of the Ultramarathon, Marathon and Half-marathon to attend it.

## **CATEGORIES AND PRIZES/AWARDS**

The awards ceremony is held at approximately 20:00pm on the day of the race's celebration (May, 9th, at 21.00 in the case of the Vertical Kilometer).

A trophy is given to the three classified awards in each one of the races of the following categories:

### **ULTRAMARATHON**

-Absolute Male Category ( from 18 years of age ).

-Absolute Female Category ( from 18 years of age )

- La Palma Male Category ( residents on La Palma, from 18 years of age ).
- La Palma Female Category ( residents on La Palma, from 18 years of age ).

#### MARATHON

- Absolute Male Category ( from 18 years of age ).
- Absolute Female Category ( from 18 years of age )
- La Palma Male Category ( residents on La Palma, from 18 years of age ).
- La Palma Female Category ( residents on La Palma, from 18 years of age ).

#### HALF-MARATHON

- Absolute Male Category ( from 18 years of age ).
- Absolute Female Category ( from 18 years of age )
- La Palma Male Category ( residents on La Palma, from 18 years of age ).
- La Palma Female Category ( residents on La Palma, from 18 years of age ).

#### HALF-MARATHON JUNIOR

- Absolute Male Category ( between 16 and 17 years of age ).
- Absolute Female Category ( between 16 and 17 years of age )

#### VERTICAL KILOMETRE

- Absolute Male Category ( from 18 years of age ).
- Absolute Female Category ( from 18 years of age )
- La Palma Male Category ( residents on La Palma, from 18 years of age ).
- La Palma Female Category ( residents on La Palma, from 18 years of age ).

The mode of participation within these categories will be announced by the organization with sufficient time and by the usual means.

Economic prizes will be given as follows:

ULTRAMARATÓN PRIZES			
Absolute Male Category	Prize(€)	Absolute Female Category	Prize(€)
1º	1500	1º	1500
2º	1000	2º	1000
3º	750	3º	750
4º	500	4º	500
5º	350	5º	350
6º	200	6º	200
7º	200	7º	200
8º	200	8º	200
9º	150	9º	150
10º	150	10º	150

KILOMETRO VERTICAL PRIZES			
Absolute Male Category	Prize(€)	Absolute Female Category	Prize(€)
1º	500	1º	500
2º	250	2º	250
3º	175	3º	175
4º	125	4º	125
5º	75	5º	75
6º	50	6º	50
7º	50	7º	50
8º	50	8º	50
9º	50	9º	50
10º	50	10º	50

MARATÓN PRIZES			
Absolute Male Category	Prize(€)	Absolute Female Category	Prize(€)
1º	500	1º	500
2º	250	2º	250
3º	175	3º	175

MEDIAMARATÓN PRIZES			
Absolute Male Category	Prize(€)	Absolute Female Category	Prize(€)
1º	500	1º	500
2º	250	2º	250
3º	175	3º	175

It is essential that the winners are present at the time of the awards ceremony, provided that the runner is not still competing, in which case the organization of TRANSVULCANIA 2018 will not be obliged to send the trophy to the winner, it should be picked up in a place and at a time determined by the Organization during the week after the celebration of the race. Winners will have to present a copy of their passports or identity cards in order to receive the economic prize.

Rest of runners will be given a finisher certificate.