



## REGULATION VI TRAIL RIBEIRA SACRA 2022

### REGULATION V 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 VI TRAIL RIBEIRA SACRA, with an approximate distance of 48 km and a positive slope of about 3450 metres.

**Article 2** It takes place on 9<sup>th</sup> October 2022 at 8:00 a.m. 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 is 18 years old.

The maximum time to complete test TRs is 11:00 hours since the departure, once this time has finished, the arrival control closes at 19.00. There will be a pitch controls and cutting time, set at Mirador da Lampa at 11:00, Parador de San Estevo at 12.30, Pe do Home at 15.30 and Outeiro de Voadeiro at 17.00.. The organization may alter them at any time for safety or weather conditions and required causes beyond the event.

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 it will be without any support from the organization and under your own responsibility.

The participants who have not finished in the time set or go past the control line will be disqualified.

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 fees will be refunded, but not the cancellation insurance fare.

### Article 3.- PROVISIONING.-

TRAIL GTRS:

**48 Kilometers**

**1- KM 10.5 Mirador da Lampa** FULL

**CUTTING TIME 3 Hours since the start**

**2- KM 17 Monasterio de Santo Estevo** FULL

**CUTTING TIME 4:30 hours since the start**

**3- KM 25 Mirador A Rasa** FULL

**4- KM 30 Mirador Pe do Home** FULL **CUTTING TIME 7:30 hours**

**5- KM 36.800 Outeiro do Voadeiro** **since the start**

**6- KM 43.500 Pombar** FULL **CUTTING TIME 9 hours since the start**

**7- FINISH LINE** LIQUID AND FRUIT

**CLOSING TIME 11 hours since the start**

These mile kilometres 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 TRS:**

- Water Container "Minimum 1L"
- Thermal blanket
- Mobile with the battery charged
- Whistle
- Frontal
- Food Supply
- Face Masks (following the sanitary policies at that time)

### **Recommended Material for the TRS:**

- Raincoat (depending on weather conditions may be compulsory)

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 finish line where there will be bins.

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

### **48 kms Trail**

<b>CATEGORY</b>	<b>AGE</b>	<b>DISTANCE</b>	<b>AWARDS</b>
<b>absolute</b>	Over 18	48 Km	Three first female and three first male
<b>Veterans</b>	Over 45	48 Km	Three first female and three first male

\* No cumulative prizes.

There will be a **special trophy** for the club with the most Finishers, if there is a tie it will be decided in favor of the club that has the best time among all its runners.

There will be a **trophy** for the **oldest runner** who managed to finish, if there was a draw, it would be for the runner with the best time.

Runner bags for all the enrolled people.

The awards ceremony will take place in the Finish Line, 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 :

**Trail 48 km / 3,450 m -**

1st period: 50 € from 26<sup>th</sup> February to 31<sup>st</sup> March.

2nd period: 60 € from 1st April to 11th September.

**There are 500 vacancies available.**

**The organization keeps vacancies for their own.**

The **deadline for registration** is 11th September 2022 at 00: 00h or until the vacancies are run out.

Once the runner is registered, no change in the name of the dorsal or distance is allowed.

The registration must be made in [www.trailribeirasacra.es](http://www.trailribeirasacra.es) and the payment should be done by credit card.

There will be a **waiting list** following the order of enrollment which will be used in case of cancellations.

**Enrollment with Cancellation Insurance.**

There is the possibility of booking a cancellation insurance at the same moment of enrolling which costs **5 euros**. It includes the complete refund of the enrollment fee although the insurance fee will not be refunded.

You can cancel the enrollment without any justification at any moment before the 11<sup>th</sup> September 2022; after this time there will not be any chance of cancelling or refund.

**Enrollment without Cancellation Insurance.**

Registration may be cancelled and receive a partial refund of it. The refund will be of a 70% if the cancellation is in the first period and 50% in the second and having 11th September as deadline.

To cancel the registration please send an email to the organization [info@trailribearasacra.es](mailto:info@trailribearasacra.es) mentioning the reason to contact and the organization may refund the quantities agreed to all applicants as latest the closing day and the refund deadline is on 1<sup>st</sup> October 2022 unless the organization has a justified cause.

The **dorsal must be placed on the chest always remaining visible**. They will be compulsory to enter in the departure line.

All runner carrying a dorsal which does not 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 8<sup>th</sup> October from 16:00 to 20:00 hours in the Departure Area in Luintra and on Sunday 9<sup>th</sup> October from 7:00 h **to 20 min** before the race, in the same departure line of Luintra. You should show your identity card to take the dorsals.

If you are not able to collect the dorsal personally, 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. A digital form or by email is not accepted.

**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 a Chip placed on the dorsal. The reading can be only done if it is placed horizontally. Saudater S.L. is the company in charge of doing it.

**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: Available in the sports centre.**

**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 or run without dorsal or chip will not be admitted following the rules. Any non registered runner will be responsible for any damage or destruction caused during the event.

#### **INFRACTIONS.**

- 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 to another person.
6. Altering the data provided to the Organization regarding to what appears on its ID.
7. No sport behaviour or not respectful to organizers, collaborators, spectators 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 to 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 cancellations without insurance done before the closing time do not have the right to refund owing to Covid-19.

The insurance fee will not be refund under no circumstances.

**Article 12.- RESPONSABILITY.-** Each participant at the time of enrollment declares being fit, not having temperature and not having being in contact with any Covid -19 patient the last 5 days before the event, and assumes the risk of this sport activity.

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 occur during the event.

The organization has a responsibility insurance and other accidents for all registered participants to cover incidents caused by the test. The cases of a latent condition, pandemic, infraction of laws or those caused in the journey to or from the race are excluded from the policy.

**Article 12.1- Non- registered runners or those without dorsals will not be admitted by the Organization preventing their access to the race** in defense of the rights of registered regulations.

Given the serious damage it would cause to the Organization and the other runners in the event, in case of access to the test in violation of the conditions established or any 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 being enrolled in the trial and therefore have no dorsal / chip to participate in the test; (Ii) running 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 and cooperating with them will lead to be identified as "offender runners".

Those runners who are identified as "offender runners" by the Organization on the day of the test, shall be separated, identified and expelled by security staff 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 the offence is known after the race, appropriate action will be taken at that time.

"Offender runners" will receive notifications and / or locations of the procedures where they will be judged in order to be part of them.

**Article 13.-ACCEPTANCE SPECIFICATION DISCLAIMER AND DATA PROTECTION.-** Participants register 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 what the Organization establishes.

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.

I also 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 VI 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@gcntrail.es](mailto:club@gcntrail.es)

For reporting purposes any registered runner authorizes 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 runner.



**Article 14.** Covid-19 Measures

Under the current situation and looking for the best for each participant to our event, we are obliged to follow the sanitary measures to avoid the transmission and spreading of the virus among us; encouraging sport to fight other pathologies due to sedentary life and offering a safe environment to enjoy the race.

**ATTACHED DOCUMENT II WITH PREVENTION MEASURES**

As we have mentioned above we think the race must take place following all the sanitary measures and environmental ones, to encourage sport as an essential activity for our health. Since there are several studies included by the WHO which prove its efficiency against the tough current situation.

The week before the event all the Covid measures will be updated following the authorities instructions at that moment and all the information will be sent to the runner by email.

**APPENDIX I**

**CERTIFICATE OF AUTHORIZATION TO COLLECT THE DORSALS**

After being enrolled in the VI trail Ribeira Sacra which takes place on 9<sup>th</sup> October 2022 in Luintra, Nogueira de Ramuín , Ourense.

I Declare, Mr/ Mrs \_\_\_\_\_ with ID  
Numer \_\_\_\_\_ Date \_\_\_\_\_ of  
birth \_\_\_\_\_ I authorize Mr/ Mrs  
\_\_\_\_\_ with ID Number  
\_\_\_\_\_ and date of birth  
\_\_\_\_\_ to collect my dorsal and chip, exempting the  
organization of any responsibility of the same once the authorized person signs the  
collection. For this reason I am signing this document and attaching copies of both  
Identity Cards.

Authorizer's signature  
signature

Authorized 's

In \_\_\_\_\_, on \_\_\_\_\_ 2022

## **APPENDIX II**

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## 1. BACKGROUND

### COVID-19 PROTOCOLE FOR TRAIL RIBEIRA SACRA VI 2022

Due to the sanitary crisis of Covid-19 in Trail Ribeira Sacra we want to reactivate the sport in our society since it essential to protect our health both of participants and organization. We are introducing the measures that will be taken with this aim.

The measures will be taken according to what sanitary authorities recommend at the same moment.

## 2. PREPARATION FOR THE EVENT

2.1 Communication to the participant about the health measures for the event:

An email with the measures and any change will be sent to all enrolled participants in the race and will be published in the media, web and social nets related to the event.

## 3. COLLECTION OF DORSALS.

- There will be at least two different places to collect the dorsals.
- The participants will be informed about the obligation of wearing a face mask and the use of sanitary gel, keeping distances and everything needed to avoid social contact.

## 4. DEPARTURE LINES

4.1 Establishment of departure by groups.

-The departure will be in groups trying to keep a minimum distance among runners.

-The departure may be changes due to Covid but the information will be sent by email previously. This will depend on the instructions given by sanitary authorities at that moment.

4.2 Before Departure

- There will be enough space to ensure the distances between runners.
- There will be sanitary gel both at the departure and arrival lines.

## 5. PROVISIONING

Avoiding contact.

- The queues of provisioning are longer than usual, separating volunteers from runners and products.
- Sanitary gel and disinfectant will be provided to volunteers and runners.

## **6. FINISH LINE**

6.1 . Avoiding activity and crowds at the finish line.

6.2 Collection of trophies.

It will be done with all the security, protection and social distance measures to ensure winners' health.

## **7. INSTRUCTIONS FOR PARTICIPANTS.**

7.1 Official announcement.

The organization will inform about any change, measure or warning by email, social nets, press,...

7.2 Instructions, announcements and warnings.

- Approval of the conditions stated by the organization and commitment to fulfill them.
- Complete awareness about the pandemic situation over the competitive character of the event.
- Obligation to follow the sanitary instructions of the organization.
- Compulsory use of the face mask at departure line, finish line, provisioning and at any contact with other runners.
- Fulfillment of the timetables arranged by the Organization.

7.3 General recommendations.

- Avoiding groups at the departure and finish lines.
- Reducing the events that gather all the participants.