

REGULATION

MRSA - SIERRA DE ALCARAZ GREENWAY MEGA RACE

ORGANIZATION, DATE AND TIME

A.D. Promodeport, in collaboration with Diputación de Albacete, organise the **1st Edition of SIERRA DE ALCARAZ GREENWAY MEGA RACE**, to be held from April 14 to 17, 2022, with a course of green-way and rural roads, with distances of 26.2 Miles (Marathon) / 50 Miles (80.5 Km) / 100 Miles (161 Km) / 150 Miles (241 Km) / 200 Miles (321 Km)

START AREA

The start and finish line will be located in the Sports Pavilion of San Pedro (Albacete)

PARTICIPANTS

The race is open to the participation of all athletes. They must have been born in 2004 or earlier, without distinction of sex, nationality or whether or not he is federated.

Each runner participates in this race under his entire responsibility and with sufficient physical preparation to face the test in good condition.

REGISTRATION

The registration period begins on November 10, 2021 until the places are filled, or until April 5, 2022.

Registration can be done online on the website www.dorsal21.com

IMPORTANT: check the registration status before registration closes to solve possible incidents.

*** No registration will be made after the deadline or on the day of the race.**

REGISTRATION FEE 26.2 MILES (Marathon)

- € 40 for those registered up to 02/15/2022
- € 45 for those registered from 02/16/2022 to 03/15/2022
- € 50 for those registered from 03/16/22 to 04/05/2022

REGISTRATION FEE 50 MILES (80.5 Km)

- € 65 for those registered up to 02/15/2022
- € 70 for those registered from 02/16/2022 to 03/15/2022
- € 75 for those registered from 03/16/22 to 04/05/2022

Cancellation insurance: € 10 up to 03/25/2022 without specifying the reason for the cancellation.

REGISTRATION FEE 100 MILES (161 Km)

- € 120 for those registered up to 02/15/2022
- € 130 for those registered from 02/16/2022 to 03/15/2022
- € 135 for those registered from 03/16/22 to 04/05/2022

Cancellation insurance: € 10 up to 03/25/2022 without specifying the reason for the cancellation.

REGISTRATION FEE 150 AND 200 MILES (241 y 322 Km)

- € 160 for those registered up to 02/15/2022
- € 170 for those registered from 02/16/2022 to 03/15/2022
- € 180 for those registered from 03/16/22 to 04/05/202

Cancellation insurance: € 10 up to 03/25/2022 without specifying the reason for the cancellation.

The celebration of these last two modalities (**150 and 200 miles**) will be subject to the number of participants in them: the total sum of those registered for these two distances must be **at least 30**.

IMPORTANT NOTE

Registration is personal and non-transferable and implies full acceptance of THIS REGULATION.

Once the registration is made, unless the race is cancelled, under no circumstances will the amount be refunded.

However, changes of bib numbers will be accepted between 03/16/2022 and 04/05/2022 of previously registered runners, without the possibility of changing t-shirt size. To do this, the owner will send an email to the organization, authorizing the change and attaching the beneficiary's data.

INSURANCE

All registered participants will be covered by a Civil Liability policy according to current legislation and Accident Insurance Policy, agreed by the Organization, which will cover accidents that occur as a direct consequence of the development of the test, and never as a derivation of a pathology or latent tare, injury, recklessness, negligence, non-observance of the laws and the articles of the Regulation, etc., nor those produced in the displacements to and from the place where the race takes place.

RESPONSIBILITY

La Organización declina toda responsabilidad de los efectos, consecuencias o responsabilidades derivadas de los daños, tanto materiales como personales, que pudieran ocasionar los participantes, con motivo de la prueba, a sí mismos, a otras personas e incluso en el caso de que terceras personas causen daños al participante, voluntario o personal de la organización.

The Organization declines all responsibility for the effects, consequences or responsibilities derived from damages, both material and personal, that the participants may cause, as a result of the race, themselves, other people and even in the case of third parties cause damage to the participant, volunteer or staff of the organization.

TIMING

The timing will be done through the CHIP system, so its use is MANDATORY. There will be controls at various points, in addition to the finish line, and all runners must pass through these checkpoints.

Runners who are not registered or run without a bib number will not be admitted to the race, they will be prevented from having access to the race in defense of the rights of those registered by regulation.

Bicycle companions are allowed, keeping the corresponding distance and security measures. There will be delimited areas for the exclusion of bicycles, from the organization it will be indicated in-situ to the bicycle companions where they will wait until the passage of the runners.

For the safety of all participants, it is forbidden to run accompanied by minors or with a pet.

START CORRALS

The distribution, the schedules and the organization of the START will be carried out according to the distances to be covered.

WARDROBE

In the start and finish area, a wardrobe and rest area will be set up.

DROP BAGS (only 50, 100, 150 y 200 miles)

Each runner may deliver, when picking up the bib number, up to 2 drop bags, into them they can put whatever things they consider they may need in El Horcajo (Miles 25, 75, 125 and 175) and in San Pedro (Miles 50, 100, 150 and 200).

Drop bags must be clearly and permanently labelled with the bib number and the place where the organization will deposit them: **El Horcajo** or **San Pedro**.

The Organization will transport the "drop bag" labelled for this purpose to El Horcajo, so that the runner can collect the things he/she needs from the bag and then deposit the remaining things in it. The bag must be closed without anything sticking out to be sent back to San Pedro once the race is finished.

The Organization will leave the "drop bag" labelled for this purpose in San Pedro, where it will remain during the race so that the runner can collect the things they need from the bag and then deposit the remaining things in it. The bag must be closed without anything sticking out until it is collected at the end of the race.

Important: The runners who retire and want to recover their "drop bags " minimizing the wait will have to go to the El Horcajo checkpoint or wait for the final delivery in San Pedro, in an authorized tent, at the end of the event.

The Organization will not check that the bags are properly closed or that things are inside, neither at the time of delivery in San Pedro or El Horcajo. Therefore, the Organization will not attend to claims for loss or breakage of the things contained in the bags.

For this reason, it is recommended that the things inside are not fragile or valuable and that the runner makes sure that the bag cannot be opened during transport, reinforcing its closure (for example, by means of a string or zip ties).

LOST AND FORGOTTEN LIFE BAGS: Life bags must be collected in San Pedro by the runner no later than 17:00 on April 17.

If not, it can be collected during the next 15 days at the San Pedro town hall. After this period, the bag will no longer be delivered.

RACE DURATION

The race will have the following maximum times and control closures to cover the total of each of the distances:

Race	Maximum time	Start	Goal
26.2 Miles (Marathon)	7 hours	04/16/2022 – 9:00 AM	04/16/2022 – 4:00 PM
50 Miles	15 hours	04/16/2022 – 9:00 PM	04/17/2022 – 12:00 PM
100 Miles	32 hours	04/16/2022 – 4:00 AM	04/17/2022 – 12:00 PM
150 Miles	48 hours	04/15/2022 – 12:00 PM	04/17/2022 – 12:00 PM
200 Miles	72 hours	04/14/2022 – 12:00 PM	04/17/2022 – 12:00 PM

COURSE

The route will be partially signposted. The organization will provide the track in GPX format with the race course.

RACE IN SEMI-SELF-SUFFICIENCY, NECESSARY EQUIPMENT

- Mandatory equipment:

- Identification (DNI, passport or equivalent)
- Front light with enough battery or spare batteries, for use day and night (there are several tunnels with no visibility) throughout the duration of the race.
- Flashing rear light, especially at night
- Water bottles with a minimum capacity of 750 cc and water reserve

- Food reserve, minimum 700 Kcal. (The gels and bars must be marked with the bib number of each runner, those at the start and those that can be delivered by their assistants)
- Long-sleeved hooded windbreaker
- Garments that as a whole cover the body completely, from head to toe, not including the windbreaker
- Thermal survival blanket of 1,40m x 2m minimum
- Whistle
- Operational mobile phone with the recorded emergency number provided by the organization.

- **Recommended things:**

- GPS with the race track of the circuit. A smartphone with GPS may be used.
- Sleeves
- Cap or similar
- Gloves

In case of the use of poles, they must be foldable or telescopic and carried attached to the backpack to be able to pass the start control.

The organization may recommend or eliminate things if weather conditions so advise. These circumstances will be communicated in advance in the technical talk or online.

There will be no control of compulsory equipment at the start of the race, but in the places that the organization deems appropriate, including the finish line.

In case of abandonment, the participant is obliged to communicate this circumstance at any of the provided controls.

CHECKPOINTS

The following checkpoints and maximum passing times are established:

- **Type A: Provisioning**
- **Type B: Dropbag**
- **Type C: Check**

Type B checkpoints are eliminatory from the exact time limit of passage indicated in the table.

Type A and type C controls are not eliminatory, but the approximate time limits of passage are indicated in the table.

MARATHON			
Name	Type	Dist	26,2 miles
San Pedro	A	0	04/16/2022 9:00 AM
Venta	A	10	04/16/2022 11:40 AM
Estación	C	13	04/16/2022 12:28 PM
Venta	A	16.2	04/16/2022 01:19 PM
San Pedro	A	26.2	04/16/2022 04:00 PM

ULTRA						
Name	Type	Dist	200 miles	150 miles	100 miles	50 miles
San Pedro	A/B	0	04/14/2021 12:00 PM	04/15/2022 12:00 PM	04/16/2022 04:00 AM	04/16/2022 09:00 PM
Venta	A	10	04/14/2021 03:36 PM	04/15/2022 03:12 PM	04/16/2022 07:12 AM	04/17/2022 00:00 AM
Robledo	A	20	04/14/2021 07:12 PM	04/15/2022 06:24 PM	04/16/2022 10:24 AM	04/17/2022 03:00 AM
El Horcajo	B	25	04/14/2021 09:00 PM	04/15/2022 08:00 PM	04/16/2022 12:00 PM	04/17/2022 04:30 AM
Robledo	A	30	04/14/2021 10:48 PM	04/15/2022 09:36 PM	04/16/2022 01:36 PM	04/17/2022 06:00 AM
Venta	A	40	04/15/2021 02:24 AM	04/16/2022 00:48 AM	04/16/2022 04:48 PM	04/17/2022 09:00 AM
San Pedro	A/B	50	04/15/2021 06:00 AM	04/16/2022 04:00 AM	04/16/2022 08:00 PM	04/17/2022 12:00 PM
Venta	A	60	04/15/2021 09:36 AM	04/16/2022 07:12 AM	04/16/2022 11:12 PM	
Robledo	A	70	04/15/2021 01:12 PM	04/16/2022 10:24 AM	04/17/2022 02:24 AM	
El Horcajo	B	75	04/15/2021 03:00 PM	04/16/2022 12:00 PM	04/17/2022 04:00 AM	
Robledo	A	80	04/15/2021 04:48 PM	04/16/2022 01:36 PM	04/17/2022 05:36 AM	
Venta	A	90	04/15/2021 08:24 PM	04/16/2022 04:48 PM	04/17/2022 08:48 AM	
San Pedro	A/B	100	04/16/2021 12:00 AM	04/16/2022 08:00 PM	04/17/2022 12:00 PM	
Venta	A	110	04/16/2021 03:36 AM	04/16/2022 11:12 PM		
Robledo	A	120	04/16/2021 07:12 AM	04/17/2022 02:24 AM		
El Horcajo	B	125	04/16/2021 09:00 AM	04/17/2022 04:00 AM		
Robledo	A	130	04/16/2021 10:48 AM	04/17/2022 05:36 AM		
Venta	A	140	04/16/2021 02:24 PM	04/17/2022 08:48 AM		
San Pedro	A/B	150	04/16/2021 06:00 PM	04/17/2022 12:00 PM		
Venta	A	160	04/16/2021 09:36 PM			
Robledo	A	170	04/17/2021 01:12 AM			
El Horcajo	B	175	04/17/2021 03:00 AM			
Robledo	A	180	04/17/2021 04:48 AM			
Venta	A	190	04/17/2021 08:24 AM			
San Pedro	A/B	200	04/17/2021 12:00 PM			

* Athletes who do not perform the minimum schedule in each intermediate checkpoint will be invited to leave the competition. All this for the safety of the runners themselves.

A runner may leave the event only at a checkpoint and by handing over the bib number. In case of leaving, the runner must notify the Organization. The runner assumes all responsibility for himself since he voluntarily leaves the event or is disqualified.

REFRESHMENTS

The organization will provide as support for supplies with water, isotonic drink, solid supplies (pasta, fruit, etc.), coffee and broth at certain checkpoints, food in amounts estimated to be reasonable, to be consumed in the same place.

It is not allowed to receive external help (except in case of accident or emergency), external help is understood as provisioning, contribution or withdrawal of things, as well as the accompaniment along the route by people who do not participate in the race.

SERVICES

The organization will have an individual things collection service for its transfer to the finish line.

In case of not being able to finish, the runner may be transferred to the finish area according to the organization's disposition.

Other services included in the registration:

- Overnight stay in the conditioned area of the San Pedro Sports Pavilion (starting area).
- Final provisioning and shower service at the finish line. Rest area equipped at the finish line.

MEDICAL ASSISTANCE

The race will have the necessary Medical and Health Services to attend runners during its development. The Organization recommends that all participants undergo a Medical Examination prior to the race, all participants accept the risk derived from sports activity.

Likewise, the athlete declares to be in optimal physical condition to perform this race and does so under his responsibility.

CATEGORIES

The following INDIVIDUAL male and female **categories are established, according to the date of birth:**

- **For distances of 50-100-150-200 miles:** Every year of birth from 2004 and earlier (that is: Category year birth 1995, 1996, 1997, etc.)
- **For the marathon:**
 - From 2004 to 1987
 - From 1986 to 1982
 - From 1981 to 1977
 - From 1976 to 1972
 - From 1971 to 1967
 - From 1966 to 1962
 - From 1861 to 1957
 - From 1956 to 1952
 - From 1951 and earlier

*** CATEGORIES in teams of 2 and more than 4 components: Regulations, fees and conditions will be published shortly**

TROPHIES

Trophies will be awarded:

- To the first three of the general classification (male and female) in each distance.
- To the first three of each category classification (male and female) in each distance.
- Finisher medal to all runners who finish the race.

Those enrolled in 100/150/200 miles, will qualify in all the shorter distances, except in marathon.

Prizes and trophies not collected at delivery, will be considered rejected, and cannot be claimed once the awards podium has been closed.

TROPHY DELIVERY

From the completion of each distance at the finish line, trophies will be awarded on the podium to the first three of the general classification and of the categories that have finished.

Every 30 minutes the rest of the trophies of the athletes arriving at the finish line will be delivered.

BIB NUMBERS DELIVERY

Bib number, chip and bag of the runner can be collected at a location and on days that will be announced in advance, from 10:00 a.m. to 2:00 p.m. and 4:00 p.m. to 9:00 p.m. and up to 1 hour before each race, presenting the identity document. To collect someone else's bib number, it is necessary to present a signed authorization with a photocopy of an Identification Document.

Bib numbers must be clearly visible on the front of the torso during the entire race.

DISQUALIFICATIONS AND CODE OF GOOD SPORTS PRACTICES

All participants are requested to respect the rules of sportsmanship and good behaviour, showing respect for other athletes, judges and members of the organization.

All participants must be knowledgeable and respect the Competition Regulations, accepting the modifications that the Race Committee may adopt for reasons beyond the control of the organization, before and during the competition.

Any runner will be automatically disqualified from the event if they:

- Do not go through established checkpoints.
- Do not complete the entire route, cutting distance in any area.
- Alter or hide the advertising on the bib number.
- Bring the bib number or Chip awarded to another runner.
- Do not wear the original bib number assigned for this race, or do not wear it visible.
- Enter the finish line without a bib number.
- Do not heed the instructions of the judges or staff of the organization.
- Failure to assist a participant, if he requests it.
- Not respecting the environment (throwing waste, leaving the route,...)
- Failure to carry all of the mandatory material required on departure and arrival, or at any intermediate checkpoint.
- Arrive at a checkpoint after cut-off time.
- Receive outside help at any point along the route (except at checkpoints).
- Failure to respect current traffic regulations since, although the race runs along greenways and rural roads, these will not be closed to normal road traffic.

INTERRUPTION OR CANCELLATION

The organization may interrupt the rest at any point if it considers that there may be a danger to the physical integrity of the participants.

In the same way, the race may be suspended for the same reasons, always for justified reasons.

In no case will the registration fee be returned to the participants.

CLAIMS

The Organization will publish some unofficial classifications on the notice board, located for this purpose in the finish area, from the first hour after each of the races are finished, from this time the claims that are deemed appropriate may be submitted. All classifications are exclusive competence of the Race Judges.

Claims must be made orally to the Referee, no later than 30 minutes after the results are officially communicated. If they are rejected, a claim may be submitted in writing and accompanied by a deposit of € 100 to the Jury of Appeal. If the resolution was favorable, the deposit of € 100 would be returned. If there is no Jury of Appeal, the decision of the Referee is final.

Once the possible claims have been resolved, and the athletes' passes have been collated by each and every one of the checkpoints, the classifications will become final and will be published on the official website, from this time no claim is possible.

DISCLAIMER OF RESPONSIBILITIES AND PROTECTION

By the mere fact of registering, the participant declares the following:

“I am in optimal health to participate in MRSA – Sierra de Alcaraz Greenway Mega Race.

In addition, I release the Organization, sponsors or other participating institutions from all responsibility for any accident or injury that may be suffered before, during and after the sporting event, waiving from now on any legal action against any of said entities. During the development of the competition I will contribute as much as possible to the Organization, to avoid personal accidents.

However, the organization recommends that runners undergo a medical examination prior to the test, accepting all participants the risk derived from sports activity.

I also authorize the Organization to make advertising use of photos, videos and any other type of audiovisual material in which it may appear, accepting the publication of my name in the classification of the race, in the media and the Internet, without expecting any payment, compensation or remuneration for this concept”.

FINAL CONSIDERATIONS

The organization reserves the right to make changes to these regulations if it deems necessary or mandatory, communicating it on the website and in the information of the runner before the race begins.

Anything not provided for in these Regulations will be governed by the General Competition Rules of the RFEA and IAAF for this season.

INFORMATION OR DETAILS REQUEST

Exclusively by WhatsApp: +34 667529746 (Manolo Rico) or email: mricofra@gmail.com