

REGULATIONS  
2ND EDITION  
MEGA RACE VIA VERDE  
OF THE SIERRA DE ALCARAZ

ORGANIZATION, DATE AND TIME

The A.D. Promodeport, in collaboration with the Diputación de Albacete, organize the 2nd Edition of the MEGA RACE VIA VERDE DE LA SIERRA DE ALCARAZ, to be held from 20 to 22 October 2023, with a route along Via Verde and rural roads, with distances of:

- 13.1 Miles (Half Marathon)
- 26.2 Miles (Marathon)
- 50 Miles Individual and relay teams of 4 runners (80.5km)
- 100 Miles Individual and team relay of 4 runners (161km)
- 150 Miles (241km)
- 200 Miles (322km)

STARTING POINT

The start and finish line will be located in the town of Casas de Lázaro (Albacete).

PARTICIPANTS

The race is open to the participation of any athlete born in 2005 and earlier, regardless of gender, nationality and whether or not federated.

Each runner participates in this race under his/her own responsibility and with sufficient physical preparation to face the race in good conditions.

REGISTRATION

The registration period begins on March 10, 2023 until full places are available, or until October 9, 2023 at the latest.

The registration can be done via web through the web page [www.dorsal21.com](http://www.dorsal21.com)

**IMPORTANT:** check the registration status before the registration deadline in order to solve possible incidences.

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

REGISTRATION FEE 13.1 MILES (Half Marathon)

- 15 € for those registered until 15/07/2023
- 22 € for those registered from 16/07/23 to 09/10/2023

REGISTRATION FEE 26.2 MILES (Marathon)

- 35 € for those registered until 15/07/2023

- 45 € for those registered from 16/07/23 to 09/10/2023

#### REGISTRATION FEE 50 MILES INDIVIDUAL (80,5 Km)

- 65 € for those registered until 15/07/2023

- 75 € for those registered from 16/07/23 to 09/10/2023

Cancellation insurance: 10 € until 09/20/2023 without specifying the cause of cancellation for refund of the full fee-.

#### REGISTRATION FEE 50/100 MILES TEAMS OF 4/6 RELAYS (80,5 Km)

- 180 € for teams registered until 15/07/2023

- 200 € for those registered from 16/07/23 to 09/10/2023

Cancellation insurance: 20 € until 20/09/2023 without specifying the cause of cancellation for refund of the full fee.

#### REGISTRATION FEE 100 MILES INDIVIDUAL (161 Km)

- 120 € for those registered up to 15/07/2023

- 130 € for those registered from 16/07/23 to 09/10/2023

Cancellation insurance: 10 € until 20/09/2023 without specifying the cause of cancellation for refund of the full fee.

#### REGISTRATION FEE 150 AND 200 MILES INDIVIDUAL (241 and 322 Km)

- 160 € for those registered until 15/07/2023

- 170 € for those registered from 16/07/23 to 09/10/2023

Cancellation insurance: 10 € until 20/09/2023 without specifying the cause of the cancellation for refund of the full fee.

NOTE: 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 20 participants.

#### IMPORTANT NOTE

Registration is personal and non-transferable and implies full acceptance of THESE REGULATIONS.

Once the registration has been made, unless the race is cancelled, the registration fee will not be refunded under any circumstances.

However, changes of bib holders will be admitted between 16/09/2023 and 30/09/2023 of previously registered runners, without the possibility of changing the size of the T-shirt. To do so,

the holder will send an email to the organization, authorizing the change and attaching the data of the beneficiary.

## INSURANCE

All registered participants will be covered by a Civil Liability policy according to current legislation and Accident Insurance Policy, arranged by the Organization, which will cover accidents that occur as a direct result of the development of the race, and never as a result of a pathology or latent defect, injury, imprudence, negligence, failure to comply with the laws and the articles of the Regulations, etc., nor those produced in travel to and from the place where the race takes place.

## RESPONSIBILITY

The Organization declines all responsibility for the effects, consequences or liabilities arising from damages, both material and personal, that may be caused by participants, on the occasion of the race, to themselves, to other people and even in the event that 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 controls.

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

Accompanying persons on bicycles are allowed, keeping the corresponding distance and safety measures. There will be delimited areas of exclusion of bicycles, from the organization will be indicated to the companions on bicycles where they will have to wait until the passage of the runners.

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

## STARTING BOXES

The distribution, schedules and organization of the start will be made according to the distances to be run.

## GUARDROP

A checkroom and rest area will be available at the start and/or finish line.

## LIFE BAGS (only for 50, 100, 150 and 200 miles)

Each runner will be able to hand in, when picking up the race bib, up to 2 life bags, inside which he/she will be able to put the material he/she may need in Miles 25, 75, 125 and 175 and in Casas de Lázaro (Miles 50, 100, 150 and 200).

The life bags must be clearly and permanently labeled with the bib number and the place where the organization will deposit them: El Horcajo or Casas de Lázaro.

The Organization will transport the "bag of life" labeled for this purpose to Robledo, so that the runner can collect from the bag the material he/she needs and then deposit in it the material that is left over. The bag must be closed without anything protruding to be sent back to Casas de Lázaro, once the race is over.

The Organization will leave in Casas de Lazaro, the "bag of life" labeled in such a way, where it will remain during the race for the runner to collect from the bag the material he/she needs and then deposit in it the material that is left over. The bag must be closed without anything sticking out until it is collected at the end of the race.

Important: Runners who withdraw and want to recover their "life bags" minimizing the wait should go to the checkpoint in Robledo or wait for the final delivery in Casas de Lázaro, in a designated area, at the end of the race.

The Organization will not check that the bags are well closed or what material is inside, neither at the time of delivery in Casas de Lázaro nor in Robledo. Therefore, the Organization will not attend to claims for loss or breakage of the material contained in the bags.

It is therefore recommended that the material inside the bag is not fragile or valuable and that the runner ensures that the bag cannot be opened during transport, reinforcing its closure (for example, by means of a string or flanges).

**LOST AND FORGOTTEN LIFE BAGS:** Life bags must be picked up at Casas de Lazaro by the runner until 20:00 on October 22nd at the latest.

If not, it can be collected during the following 15 days at the town hall of Casas de Lázaro. After this period the bag will not be delivered.

#### DURATION OF THE TEST

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

Test

Maximum time

Start

End

26.2/13.1 Miles

(Marathon) and Half Marathon

7 hours

21/10/2023 - 9:00

21/10/2023 - 16:00

50 Miles

16 hours

21/10/2023 - 8:00

21/10/2023 - 24:00

100 Miles

32 hours

21/10/2023 - 8:00

22/10/2023 - 16:00

150 Miles

48 hours  
20/10/2023 - 01:00  
22/10/2023 - 01:00  
200 Miles  
66 hours  
20/10/2023 - 01:00  
22/10/2023 - 19:00

NOTE: The times indicated may vary according to the number of participants in each distance (changes will be communicated in advance).

#### ROUTE/CIRCUIT

The course will be signposted during the day and at night, with beacons, signs, etc.

#### RACE IN SEMI-SELF-SUFFICIENCY, NECESSARY MATERIAL.

##### - Compulsory equipment:

- Identification (ID card or equivalent)
- Headlamp with sufficient battery or spare batteries for day and night use (there are several tunnels with zero visibility) for the entire duration of the race.
- Flashing rear light, especially at night
- Drum(s) or tanks with a minimum capacity of 750 cc and water reserve.
- Food reserve, minimum 700 Kcal (gels and bars must be marked with the number of the bib of each runner, both at the start and those that can be delivered by their assistance).
- Long-sleeved windbreaker with hood.
- Clothing that covers the body completely, from head to toe, not including the windbreaker.
- 1.40m x 2m minimum survival blanket
- Whistle
- Operational cell phone and with the emergency number to be provided by the organization recorded.

##### - Recommended equipment:

- Sleeves
- Cap or similar
- Gloves
- GPS with the track of the route. A smartphone with GPS can be used.

If poles are used, they must be collapsible or telescopic and must be attached to the backpack in order to pass the exit control.  
in the backpack to be able to pass the exit control.

The organization may recommend or eliminate material if weather conditions so advise. This circumstance will be communicated in advance in the technical talk or through the web.

There will be a mandatory material control at the start of the race, and in places that the organization deems appropriate, including the start/finish.

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

## CHECK POINTS

The following controls and maximum time limits will be established at a later date

- Type A: Provisioning
- Type B: Bag of life
- Type C: Control

Type B controls will be eliminatory from the exact time limits indicated in the table.

The type A and type C controls will not be eliminatory, but the approximate passing time limits will be indicated.

\* Athletes who do not meet the minimum time limit at each intermediate step will be invited to withdraw from the competition. All this for the safety of the runners themselves.

A runner may withdraw from the race only at a checkpoint and by handing in the race bib. In case of withdrawal, the runner is obliged to inform the Organization. The competitor assumes full responsibility as soon as he/she voluntarily leaves the race or is disqualified.

## REFRESHMENTS

The organization will provide as support, refreshments with water, isotonic drink, solid supplies (pasta, fruit, etc.), coffee and broth at certain points (which will be indicated on the day), food in quantities estimated as reasonable, to be consumed on the spot.

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

## SERVICES

The organization will provide a service for the collection of individual material to be taken 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:

- Accommodation the night before in a conditioned area in Casas de Lázaro (starting area).
- Final refreshments and shower service at the finish line. Rest area at the finish line.

## MEDICAL ASSISTANCE

The race will have the necessary medical and sanitary services to assist the runner during the race. The Organization recommends all participants to undergo a Medical Examination prior to the race, accepting all participants the risk derived from the sport activity.

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

## CATEGORIES

The following INDIVIDUAL categories are established in Half and Marathon: every 5 years  
MALE and FEMALE

The following INDIVIDUAL categories are established in 50/100/150/200 Miles: Every 5 years

The following RELAYS categories are established: Single category, without distinction of age or sex.

- For all distances:

- A -From 2005 to 1989 (from 18 to 34 years old).
- B -From 1988 to 1984 (from 35 to 39 years old).
- C -From 1983 to 1979 (40 to 44 years)
- D -From 1978 to 1974 (from 45 to 49 years old)
- E - 1973 to 1969 (from 50 to 54 years of age)
- F -From 1968 to 1964 (from 55 to 59 years old)
- G -From 1863 to 1959 (from 60 to 64 years old)
- H -From 1958 to 1954 (from 65 to 69 years old)
- I -From 1953 and before (over 70 years old)

\* SINGLE CATEGORY in teams of 4 components: Each team component will run a distance of between 15 and 20 km. Depending on the location of the relay.

## TROPHIES

Trophies will be awarded:

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

Those registered in 100/150/200 miles, will qualify in all the lower distances, except in Marathon and Half Marathon.

Prizes and trophies not collected at the time of delivery, will be refused and cannot be claimed once the awards podium is closed.

## AWARDING OF TROPHIES

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

Every 30 minutes the rest of the trophies will be handed out to the athletes who have reached the finish line.

## COLLECTION OF RACE BIBS

The race bib, the chip and the runner's bag can be collected at a location and on days that will be announced well in advance, from 10:00-14:00 and 16:00-21:00 and up to 1 hour before each race,

presenting the identity document. To pick up the bib of another person, it is necessary to present a signed authorization with a photocopy of the ID card.

The bibs must be worn clearly visible on the front of the trunk during the entire race.

## DISQUALIFICATIONS AND CODE OF GOOD SPORTSMANSHIP

All participants are requested to respect the rules of sportsmanship and good behavior, being respectful with other athletes, judges and members of the organization.

All participants must be aware of and respect the Competition Rules, accepting the modifications that may be adopted by the Race Committee for reasons beyond the control of the organization, before and/or during the competition.  
and/or during the competition.

Will be automatically disqualified from the race all runners who:

- Do not pass through the established checkpoints.
- Do not complete the entire course, cutting in any area.
- Alter or hide the advertising on the race bib.
- Wear the bib or chip assigned to another runner.
- Do not wear the original bib assigned for this race, or do not wear it visibly.
- Enter the finish line without a race bib.
- Do not heed the instructions of the judges or staff of the organization.
- Failure to provide assistance to a participant, if requested.
- Not respecting the environment (littering, leaving the course).
- Failure to wear all the mandatory equipment required at the start and finish, or at any intermediate checkpoint.
  - intermediate control.
  - Arriving at a checkpoint after the cut-off time.
  - Receiving external assistance at any point of the course (except at the checkpoints).
  - Not respecting the traffic regulations in force since, although the race runs through greenways and rural roads, these will not be closed to their usual road traffic.

## INTERRUPTION OR CANCELLATION

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

Likewise, the race may be suspended for the same reasons, always for justified causes.

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

## CLAIMS

The Organization will publish unofficial classifications on the notice board, located for this purpose in the finish area, from the first hour after the end of each of the races, at which time any claims deemed appropriate may be submitted. All classifications are the sole and exclusive competence of the race judges.

Claims must be made orally to the Chief Referee no later than 30 minutes after the official communication of the results. If they are rejected by the Judge Referee, a written complaint accompanied by a deposit of 100 € may be submitted to the Jury of Appeal. In the event that the



decision is favorable, the deposit of 100 € will be returned. If there is no Jury of Appeal the decision of the Judge Referee is final.

Once the possible claims have been resolved, and the athletes have passed through each and every one of the controls, the classifications will become definitive and will be published on the official website, at which point it is not possible to make any claim.

#### DATA PROTECTION

By registering in MRSA - Mega Race Vía Verde de la Sierra de Alcaraz and accepting its terms and conditions, as well as the rules of the race, participants give their consent to A.D. Promodeport by themselves or through third parties, automatically and exclusively for sporting or promotional purposes, process their personal data. The collection and processing of personal data provided by the user to A.D. Promodeport, is for the purpose of subscribing to a service of sending by any means of electronic communication of information, surveys and events related to the sports sector. A.D. Promodeport has adopted the technical measures stipulated by current legislation to prevent alteration, loss or unauthorized processing of personal data provided by the user and expresses its commitment to confidentiality regarding the processing of personal data of the user.

Also and according to the sporting interests, promotion, distribution and exploitation of MRSA - Mega Race Vía Verde de la Sierra de Alcaraz (reproduction of photographs of the race, videos, publication of ranking lists, etc.) through any device (Internet, advertising, etc.) and without time limit, the registered participants expressly grant the organization the right to reproduce the name and surname, the place obtained in the general classification and the participant's own, the category, the sports brand made and its image. In accordance with the provisions of the Organic Law 3/2018 of 5 December on the Protection of Personal Data and guarantee of digital rights, and Regulation (EU) 2016/679 of 27 April 2016 of the European Parliament, the participant has the right to access these files in order to rectify or cancel all or part of their content. To do so, it must be requested in writing to the registered office of A.D. Promodeport. C / Fennel, 1- 30613 VILLANUEVA

#### 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 - Mega Race Vía Verde de la Sierra de Alcaraz. Furthermore, I exempt the Organization, sponsors or other participating institutions from any responsibility for any accident or injury that I may suffer before, during and/or after the sporting event, renouncing any legal action against any of these entities. During the development of the competition I will contribute as much as possible with the Organization, to avoid personal accidents.

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

I also authorize the Organization to make advertising use of photos, videos and any other audiovisual material in which I may appear, accepting the publication of my name in the classification of the race, in the media and / or 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 deemed necessary or mandatory, communicating it on the website and in the runner's information before the celebration of the race.

All matters not provided for in these regulations will be governed by the General Rules of Competition of the RFEA and IAAF for the current season.

REQUEST FOR MORE INFORMATION OR DETAILS

Exclusively by WhatsApp: +34 667529746 (Manolo Rico) or mail: [mricofra@gmail.com](mailto:mricofra@gmail.com)