

Memorial Edu, Just i Quique

Event regulations

Organization

Article 1. EECVA organizes different trail running races that will take place from July 28th to July 29th 2018, in the frame of the Memorial Edu, Just i Quique.

Definition of the events

Article 2. Races.

- a. UTVA: running mountain race of about 95 km, 7.500 m of elevation gain and 7.500 m of elevation loss; consists of an adventure, for expert people, all around the Aneu Valley.
- b. NRVA: running mountain race of about 42 km, 4.100 m of elevation gain and 3.200 m of elevation loss; consists of running the first part of UTVA, for expert people.
- c. TRAILVA: running mountain race of about 53 km, 3.500 m of elevation gain and 4.600 m of elevation loss; consists of running the second part of UTVA.
- d. SRVA: running mountain race of about 21 km, 1.900 m of elevation gain and 1.900 m of elevation loss; consists of taking a small loop below the Tesol de Son mountain.
- e. MPVA: running mountain race of about 12 km, 500 m of elevation gain and 500 m of elevation loss; consists of taking a loop around the Alt Aneu villages.

Ethics and values

Memorial Edu, Just i Quique is based on essential ethics and values shared by the runners, the partners, the volunteers and the organizers.

Article 3. The Ecoresponsibility. Never throw nothing on the ground, but use the available trash cans, respect the flora and the fauna, strictly follow the route marked without ever cutting paths. The organization will use, as possible, reusable or recyclable material, will sort the waste as well as possible (batteries, paper, plastics, etc...). The marking of the route, made on foot, will be removed the same day (or at the latest 2 days after the race). The cleaning of the route will be done after the passage of the last runner. The communication on paper is reduced at the minimum, giving priority the electronic supports.

Article 5. The social responsibility is at the heart of the Memorial Edu, Just i Quique. Conscious of the immense privilege of those who can freely discover the mountain paths, it is essential to share this pleasure with those who are deprived of it.

Article 6. The solidarity, the respect for the runners, the volunteers, the partners and the public, are essential elements of the Memorial Edu, Just i Quique.

Article 7. The respect for its own body. The Memorial Edu, Just i Quique participates in the anti-doping politics and promotes a healthy and respectful physical activity of the natural capacities, the efforts and the trainings of each. To put into practice these values, the organization can realize random anti-doping controls.

Conditions of participation

UTVA, NRVA, TRAILVA and SRVA are demanding events, which are run in semi-autonomy in the middle of the mountain. It is recommended to be in a very good physical condition and to have an experience of this kind of event. The participants must be ready to manage difficult race conditions and physical or mental states coming from a big fatigue.

Article 7. Minimum Age.

- a. Races (UTVA, NRVA, TRAILVA): the registration is open to anybody born in 2000 or before.
- b. SRVA: the registration is open to anybody born in 2000 or before. People born after 2000 will require the approval of their paternal authorization.
- c. MPVA: the registration is open to everyone. The children of less than 10 years old must always be accompanied by an adult.

Article 8. Medical certificate

- a. Races (UTVA, NRVA, TRAILVA): to validate your registration, it is mandatory to show a medical certificate attesting the ability to practice running in competition, dating from at least one year before the date of the race, with the stamp and the signature of the doctor. All medical certificates attesting the ability to practice a race running competition, which specifies the name, surname, and date of birth of the runner is valid. Nevertheless, you can use the download model on the site. The certificate must be send to medic.ultravallsdaneu@gmail.com No acknowledgement of receipt will be sent.
- b. SRVA, MPVA: It is not necessary to show a medical certificate.

Article 9. Runner declaration. To validate your registration, it is mandatory to accept the regulations and to absolve the event organizers of any responsibility, in case of an accident or any physical injury undergone during the competition or later. This statement must be made on-line during the registration.

Article 10. Complementary condition required for UTVA: reference race. It is necessary to have ended the CRVA 2017, or to have ended during the year 2016 or 2017 a non-stop race over 80 km with more than 5.000 m of elevation gain. In the case of teams, this condition is also necessary for the two members of the team. The race's direction would examine the validity of other references. To validate the registration, the downloadable form on the site has to be sent to race.ultravallsdaneu@gmail.com

Article 11. Complementary condition required for the NRVA: reference race. It is necessary to have ended during the year 2016 or 2017 a non-stop running race less 60 km with more than 3.000 m of elevation gain. The race's direction would examine the validity of other references. To validate the registration, the corresponding downloadable form on the site has to be sent to race.ultravallsdaneu@gmail.com

Article 12. Insurance. Each participant has to be possess an individual insurance of civil liability and accident, applying during the race. The organization suggests a personal accident insurance which can be signed when registering.

Article 13. Image rights. Each participant waives taking advantage of the image rights and allows the organization and its partners to use and publish freely any photo or video taken within the framework of the event.

Article 14. Registrations. The payment only provides a preregistration. A registration is considered as valid when all the required documents for the race are correct and submitted.

A registration must be valid before the time limit or it will be considered as invalid and will not be refunded.

The state of a registration can be checked on the website in: "Registration"- "Registered list".

Any registration validated before the 08/07/2018 gives the right to a specific race bib with the runner's name.

We do not accept more subscribers than the established maximum and there is no waiting list.

Article 15. Modification of a registration. A registered runner can ask to change to the race of lower distance, within the limit of available places and prior to the close of registration. A single modification will be accepted for each registration.

Article 16. Cancellation of a registration. A runner can ask for the cancellation of the registration if he/she cannot take part to the race.

In the case of having signed up to the cancellation insurance when registering, he/she can be reimbursed in the following conditions:

- a. For a request on the 27/04/2018 at the latest, 80% of the amount of the registration will be paid off.
- b. For a request between the 28/04/2018 and the 27/05/2018, 70% of the amount of the registration will be refunded.
- c. For a request between the 28/05/2018 and the 16/06/2018, 60% of the amount of the registration will be refunded.
- d. For a request between the 17/06/2018 and the 01/07/2018, 50% of the amount of the registration will be refunded during the month after the event.
- e. For a request between the 02/07/2018 and 2 days before the start of the race, 40% of the amount of the registration will be refunded during the month after the event, with a medical certificate dated at this period.

To be able to benefit from the refund, download the corresponding form on the website, fill it in and send it to ultravallsdaneu@gmail.com (the remittance can be done on the credit card bank account which served for the registration).

Conditions of race

Article 17. Time barriers. There are several watersheds specified on the Memorial Edu, Just i Quique website (description of each race). Their time barriers correspond at the maximal hour of exit of the point. These can be modified at any time by the organisation. The competitors who would like to continue beyond these time barriers would make it out of the race and under their own responsibility, after handing their race bib and their chip.

Article 18. Routes. The event of the Memorial Edu, Just i Quique takes place almost exclusively on mountain paths which are mainly on the GR or on the HRP. Depending on the race chosen, the runners will cross the national reserve of Aiguestortes and Saint Maurici lake, and the natural reserve of Alt pirineus I Aran. They are subjected, as any visitor, to the standards that apply in these reserves.

Article 19. Refreshment points. Several refreshment points, exclusively for the runners, can be found on the route:

- consequent ones (drinks, sweet foods, salty foods)
- very consequent ones (drinks, sweet foods, salty foods, starch foods)

The person in charge of the refreshment point can forbid, or limit, the access to the accompanying persons to facilitate the management of the race.

Article 20. Race bibs. The bib is personal and not transferable. It must not be exchanged with someone under any circumstances. An identity card with a photography must be shown when getting the bib. It has to be visible during all the duration of the race and can be placed on the breast, belly or leg but must be at the front of the runner.

Article 21. Controls. The number and the location of the checkpoints will not be communicated by the organization.

Article 22. Timing. It is mandatory in all races to check at all checkpoints set for that purpose, departure and arrival included.

Article 23. Compulsory and recommended equipment.

	UTVA	NRVA	TRAILVA	SRVA	MPVA
GPS with tracks downloaded	Recommended	Recommended	Recommended		
Refill battery for the GPS	Recommended	Recommended	Recommended		
Water-purifying tablets	Recommended	Recommended	Recommended		
Windbraker or jacket in duvet	Recommended	Recommended			
Backpack or similar	Compulsory	Compulsory	Compulsory	Compulsory	
Headlight with spare batteries	Compulsory	Compulsory	Recommended		
Thermal blanket (min. 1,40 x 2,10 m)	Compulsory	Compulsory	Compulsory	Compulsory	
Whistle	Compulsory	Compulsory	Compulsory	Compulsory	
Waterproof jacket with hood	Compulsory	Compulsory	Compulsory	Recommended	
Elastic adhesive band (strapping)	Compulsory	Compulsory	Compulsory	Compulsory	
Mobile phone	Compulsory	Compulsory	Compulsory	Compulsory	Compulsory
Water reserve ⁽¹⁾	Compulsory 1.5 L	Compulsory 1.5 L	Compulsory 1.5 L	Compulsory 1 L	Compulsory 0,5 L
Food reserve	Compulsory	Compulsory	Compulsory	Recommended	Recommended
Head protection covering ears ("buff" authorized)	Compulsory	Compulsory	Compulsory	Compulsory	
Long sleeved T-shirt ⁽²⁾	Compulsory	Compulsory	Recommended		
Long leggings ⁽³⁾	Compulsory	Compulsory	Recommended		
Waterproof overall trousers	Compulsory	Compulsory	Recommended		
Gloves	Compulsory	Compulsory	Recommended		
Sticks/poles	Recommended	Recommended	Recommended		
Bivac bag	Recommended	Recommended			
Spare headlight	Recommended	Recommended			
Sun lotion	Recommended	Recommended	Recommended	Recommended	
Anti-strain cream	Recommended	Recommended	Recommended	Recommended	
Glass ⁽⁴⁾	Compulsory	Compulsory	Compulsory	Recommended	Recommended
Twinkling red lamp	Recommended	Recommended	Recommended		
First aid kit	Compulsory	Recommended	Recommended		
Sunglasses	Recommended	Recommended	Recommended	Recommended	

⁽¹⁾ The reserve of water must be full at the start and at the exit of every refreshment point.

⁽²⁾ Can be replaced by a T-shirt has short sleeves with sleeves so that arms are completely covered.

⁽³⁾ Can be replaces by a tight with calf so that legs are completely covered.

⁽⁴⁾ For reasons of environmental protection, there are no tumblers in the refreshment points.

Each runner has to carry, during all the duration of the race, the compulsory material. Depending on the



weather conditions, the organization specify during the briefing previous to the race the compulsory equipment which could become optional.

Article 24. Assistance. The personal assistance is exclusively tolerated on refreshment points. It is forbidden to be accompanied by a person who is not registered on the race.

Article 25. Voluntary abandonment. Except in the case of a wound, the abandonment is only possible in a control point or in an accommodation area. If this point is not accessible by vehicle, the participant will have to get back to the closest repatriation point on his/her own. It is forbidden to leave the route without having warned the organization beforehand and be duly authorized. It is mandatory to stick, if it is a timing control point.

In the case of the teams, the other team's member can continue. In both cases, the agreement of the organization is essential.

Article 26. Compulsory abandonment. The organization team can momentarily stop a runner or oblige him to abandon the race if it considers that his state puts in danger his physical integrity or his safety.

Article 27. Meteorology. In case of inclement weather conditions, the organization reserves the right to neutralize the race, to modify the route, the watersheds and the departure time or even to cancel it.

Article 28. Runner bags.

The runner personal bags can be dropped during the planned schedules in a closed place. They will be safely kept and available at the arrival.

The accommodations areas bags, offered by the organization, can be dropped during the planned schedules. They can be got back after the closure of accommodation areas. The sticks are not accepted in these bags.

As no checking of the bags is being made at the drop, the organization disclaims any responsibility in case of loss. The bags not collected at the end of the event cannot be claimed, and aren't going back.

Article 29. Penalty or disqualification. The marshals handle with care the regulation and are allowed to apply the penalties or the planned disqualifications. The jury of the event, consisting of the race manager, the person in charge of the controls and the marshal, has the power to determine complaints.

Lack in the regulation	Penalties/disqualification
Exiting the marked route	Penalty of 15 min
Accompaniment by an unregistered person in the race except the tolerance zones	Penalty of 2h
Assistance or provisioning except out of the tolerance areas (except for Eufòria)	Penalty of 2h
Exiting the marked route (or walking out of the track) and taking an important shortcut	Penalty of 1 to disqualification
Voluntary throwing of garbage	Penalty of 2h
Missing one piece of compulsory security material: headlight, thermal blanket, whistle, waterproof jacket with hood, elastic adhesive band, mobile phone	Disqualification
Missing another piece of compulsory material	Penalty of 2h
Non-assistance to a person in trouble (wound, exhaustion, hypothermia...)	Penalty of 1h or disqualification, depending on the consequences
Not passing a checkpoint or not sticking there	Disqualification
Leaving a checkpoint after the time barrier	Disqualification
Be accompanied by an animal	Disqualification
Abandoning the race without warning the organization	Ban on participation in the following editions
Others breaches in the regulation or in the ethic of the race	The jury of the event will state

Every lack in the regulation cumulates as often as it is noticed.

Article 30. Complaints. The runners can present complaints to the jury of the event, in writing, with a maximum deadline of 2 hours after the allocated race prizes ceremony (or 2h after the fact).

Conditions after running

Article 31. On the arrival site, the runners can get their bags back; take a shower, a massage service. They can also have their after-race meal with their accompanists.

Ranking and rewards

Article 32. General ranking.

- a. UTVA: trophy to the first three of all categories.
- b. NRVA: trophy to the first three men and women.
- c. TRAILVA: trophy to the first three men and women.
- d. SRVA: trophy to the first three men and women.
- e. MPVA: No trophy.

It can be withdrawn with the bib, at the place and the times scheduled, at the latest on the Sunday, last day of the event. It will not be sent to the residence of the runner under any condition.

Article 33. Finishers. All the competitors finishing the races (UTVA, NRVA, TRAILVA) get a present according to it. It can be withdrawn with the bib, at the place and the times scheduled at the latest on Sunday, the last day of the event. It will not be sent to the residence of the runner under any condition.

In case of any doubt, the catalan version is the only one valid.