

UTMCD – 2013 Regulations

1. Organising

SMACV (Secció Muntanya Agupació Cultural Vila-seca) and Naturetime are the organiser and producer of the UTMCD, also supported by the Baix Camp Regional Council, the Costa Daurada Mountains Tourism Board and the Prades Townhall, as well as other supportive organizations.

2. The Race

The UTMCD is 90 Km long trail. The trail passes along paths and tracks of the Costa Daurada Mountains and passes by some villages and tracks the ancient *Shelters Route*, passing by the shelters of Siurana, La Mussara, Mont-ral and Albarca. The UTMCD aims for respect and the preservation of the natural environment as well as the patrimony and values of the region. There are also 3 more shorter trails also ruled by these regulations: the *Costa Daurada Mountains Half Trail* (46 km long), the *Costa Daurada Mountains Trail* (21 Km. long) and the *Costa Daurada Mountains Trail* (10 Km. long).

3. Conditions of participation

- To be at least 18. (14 for the *Costa Daurada Mountains Trail*)
- Each racer must bring the compulsory equipment asked by the organization and any other equipment that they may consider adequate for the characteristics of the race and their physical condition.
- Racers must properly register. By registering in the race, racers agree to these race regulations.
- To have a FEEC/FEDME valid license covering competitions as well as the competitor liability insurance. In case of not having this license, it is compulsory to hire a temporary insurance provided by the organization.

4. Responsibilities

- Racers take part in the race at their own risk. Actually, racers have the final decision to start the race or to continue in it at their own risk. Racers release the organization for any claims based on acts or omission of other racers or other people. Racers release the organization of any claims based on any damage caused to them, even serious or permanent injuries or death, as well as loss of their equipment.
- Racers must accept and sign the on-line form *UTMCD Race Participation Agreement 2013*. By this signature and acceptance racers agree with the regulations of the race
- The organization is not responsible for any damage or accident caused or suffered by the racers, though it will keep watch to avoid it.

5. Security

- a. There will be members of the crew for security reasons at certain check points on the race track. It is compulsory to follow their instructions. These members of the crew will be identified as such.
- b. In case of retirement, it has to be communicated as soon as possible to the organization crew at the check points or by telephone.
- c. There will be medical crew members and an ambulance at certain spots of the trail in case they might be needed. These medical assistance spots will be indicated on the official map of the Trail.
- d. In case of adverse weather conditions, there will be an alternative track for the higher risk areas that will be communicated at the briefing previous to the start of the race.

- e. If the change in the track was made once the race had started, the alternative track will be communicated at the check points.
- f. There will be a support team closing the race and picking up all traces from the race, after all competitors have passed, so that there will be no marks on the track after they have passed by.
- g. From dusk to dawn it is compulsory to switch on the headlamp and the red light on the back or the rucksack for security reasons and to be seen by other racers and the organization crew.
- h. There are several crossroads to be crossed. These crossroads will be pointed out on the terrain for racers and cars. Racers must be very careful at these spots. It is the racers responsibility to cross safely at crossroads.
- i. All racers must know and respect the Road Safety Spanish Law during the race. We stand out article 123 about night circulation and the use of reflective material seen from 150 m and approved by the authorities.
- j. In case marks of the track have disappeared or if any competitor gets lost, we recommend using the race map.

6. Race Management and Commissioners

- a. The Race Directors can pull out of the race any competitors either having their physical or technical capacities diminished because of fatigue or not having the compulsory equipment or if they lack the ability or capacity to continue in the race.
- b. The Race Directors can stop or shorten the Race for security reasons or other reasons beyond the organization control.
- c. The CP's commissioners are responsible for the Compulsory Check Points. It is forbidden to complaint or ask for the position or the track to these Commisioners.
- d. The organization reserves the right to modify the regulations of the **UTMCD** o cancel these regulations.

7. Categories

Junior Men: 14 to 17 years old (1996-1999) JH (only in the Trail race – TMCD)

Junior Women: 14 to 17 (1996-1999) JF (only in the Trail race – TMCD)

Senior Men: 18 to 40 (1973-1995) SH

Senior Women: 18 to 40 (1973-1995) SF

Veteran Men 1: 41 to 50 (1963-1972) VH1

Veteran Women 1: 41 to 50 (1963-1972) VF1

Master Men: 51 to 60 (1953 – 1962) VH2

Master Women: 51 to 60 (1953 – 1962) VF2

Master Plus Men: 61 or more (1952 ...) VH2 (NOT in the Trail race – TMCD)

Master Plus Women: 61 or more (1952 ...) VF2 (NOT in the Trail race – TMCD)

Team categories:

Men Team (EH)

Women Team (EF)

Mixed Team (EM)

8 Classification

The same as categories +:

- General Men
- General Women

8.1 Teams can be Masculine/Mixed/Feminine

- 8.1.1 Teams can be of 2 or 3 runners. For team competition, the box “Team Category” in the Registration Form must be ticked and fill in the box “Team Name”. **VERY IMPORTANT:** Be sure the team name is written in exactly the same way in all team members and use capital letters.
- 8.1.2 8.1.2. Team Classification will consist of the Finishing Time of the slowest team member.
- 8.1.3 It is compulsory for all the team members to run together. The Check Points will not be validated until all team members have passed through the Check Point. The Check Point time and the Finishing Line time will be that of the last team member to pass through the Check Point.
- 8.1.4 In case any team member does not finish the Race, the team will be disqualified from the Team Classification.
- 8.1.5 Team members also compete individually in the General and individual Classifications.

8 Draw and i Prizes

There will be prizes for each of the 3 first classified in the General Categories, and for the following categories (EH-EF-EM). There will be prizes for each of the winners of the following categories JH - JF - SH - SF - VH1 - VF1 - MH - MF – MPH – MPF.

After the Prize Giving Ceremony, there will be the Draw of equipment. It is indispensable to be present at the Prize Giving and Draw ceremony to receive the prize and to participate in the Draw. If the winner of a prize is not present at the Prize Giving Ceremony, the prize will be given to the next racer in the classification.

- There are no monetary prizes.
- Trophies and draw of lots of the race sponsors products.

10. Finisher

All racers finishing the UTMCD in less than 24 hours will be considered Finishers and they will be awarded with a Finisher Prize.

11. Bibs

11.1. Racers must wear the bib given by the organization during the entire race. The bib must be shown on the front and be always visible, it can't be cut, folded or modified in any way.

11.2. At finishing, do not get rid of the bib, which you will need to have access to the meal provided at the Finishing Line, to the Finisher Prize and the Equipment Draw.

12. Deposit

12.1. At the Check-in you will be asked a 20€ deposit in case of loss or not returning the SPORTident timing system.

12.2. It must be a 20€ note.

12.3. The deposit will be returned as the SPORTident is given back at the Finishing Line.

13. Image Rights

The organization reserves the rights to the images obtained by photographs and recording videos. The organization also reserves the rights to use this material for advertising, public relations, journalism or any other purpose, as well as to promote the race and other events produced by NATURETIME.

14. Changes

The Organization reserves the right to amend, change or improve these regulations any time.

15. Races

- L'UTMCD is a mountain race starting and finishing in Prades. It runs along the paths and trails of the Costa Daurada Mountains and passing by some of the villages in the area.
- The UTMCD is a 90 Km. circular trail and it has a positive slope of 4.450 m to be completed in 24h, maximum. There is also the HTMCD race, 46 Km. long, to be completed in 12 hours and the TMCD race present in 2 versions: the 21 km long race to be completed in 6 hours and the 10 km long race to be completed in 3 hours.
- The UTMCD is a semi-self-sufficient mountain trail passing by all the towns within the limits of the Costa Daurada Mountains, it is a round trail of 102 Km. and a positive slope of 3.400 m. Since it is a mountain race, it may require passing through technically difficult areas as well as areas of difficult access. Besides, weather conditions such as wind, rain and coldness, can make the race even more difficult and therefore it is indispensable to have all the compulsory equipment asked by the organization. It is also necessary to be physically and psychologically prepared and to be self-sufficient to accomplish the races.
- The UTSM is a semi-self-sufficient race so racers must bring their own food, liquid and equipment.
- The trail is marked but it is open to the traffic.

16. Self-Sufficient

L'UTMCD is an individual almost self-sufficient race:

- There will be provisioning posts with liquid in every village, but most of them will only have water, fruits and nuts.
- There will be 2 **light provisioning posts (AV1)** at the 1/3 and 3/3 of the race (in Cornudella de Montsant and Mont-ral). The AV1 will consist of water, soup, coffee, tea, soft drinks, cheese and cold meat sandwiches, fruit and cookies.
- There will be a complete provisioning post (AV2) in the middle of the trail (Vilaplana). Besides the food provided in provisioning post AV1, there will be pasta or rice.
- **Drinks.** There will be no one-use plastic glasses in the race. The organization will provide racers with a plastic glass to be used during the entire race. The liquid provisioning post will only have water, in the more complete provisioning posts you will find other drinks but you will only be allowed to drink them at the provisioning post, you won't be allowed to take them away, you will only be allowed to fill in your camelbags or water bottles with water.
- It is forbidden to be helped or accompanied by others not taking part in the race. ONLY AT THE PROVISIONING POSTS (Cornudella de Montsant – Vilaplana – Mont-ral) racers are allowed to be helped by others not taking part in the race.
- Each racer must be responsible for their own feeding. It is very advisable a minimum of calories at the start of the race to ensure the semi-sufficiency.
- At the Finishing Line there will be a snack.

17. Map and roadbook

A topographic map will be handed with the race basic information on it. The map will have information about the Race track, the Compulsory Check Points, the Medical Assistance Points and the Provisioning Posts. ATTENTION: there will be Compulsory Check Points, not shown on the map, therefore it is compulsory to follow the Race Track in order to validate the whole Race. On the back side of the map, there will be the Road Book with notes about the track, the most important rules and security advices. Racers can also have access to the track and Wpts for the GPS, on the web page www.naturetime.es

18. Marking/Way Markers

- a. The race track will be marked with tapes all the way. For those sections expected to be done at night the tapes will have a reflective band to make them easier to be seen.
- b. Marking will always be at crossroads and turning ways. There may be less marking where the only way is to follow the main path. There will also be signs marking the way. Special stretches will be especially marked with caution signs.
- c. The organization will have all the race track marked an hour before the race starts. Nevertheless, it is a very long distance to be covered by marks and access to certain spots may be difficult, so the organization can't guarantee that the marks will remain at their place during the whole race. Unfortunately, vandalism can also happen in sport events. That is the reason why the organization provides all racers with a map and roadbook, as well as the track and Wpts for the GPS so that all racers have enough tools not to get lost.

19. Check Points (CP)

- a. Racers must pass through all Check Points CP and to validate their passing by means of the electronic chip SPORTident. The CP will be easily identified.
- b. Each CP has an electronic base in which racers have to insert the SPORTident so that it records the racers pass. Racers can verify the correct work order of the SPORTident when they see it to light up and beep.
- c. All CP are compulsory. Racers are responsible to register their passing through each CP and to download its content at the Finishing Line. Losing the electronic chip SPORTident results in being disqualified and losing the 20€ deposit given when registering. At the Check Points there will be staff which will take care of the racer's security.
- d. All compulsory Check Points will be marked on the map, but there could be other unexpected check points to ensure that all racers follow the marked path. All CP are compulsory, so that not validating one is penalized.

20. Timing

20.1.1. There is a mass START and a FINISHING LINE. From the Start to the Finishing Line there will be Check Points (CP) recording racers time. In case the organization deems it necessary, the Race can be stopped at the Check Points, stopping timekeeping as well.

20.1.2. The winner will be the first to run the whole trail in the minimum time, passing by all the Check Points. When finishing, all racers will be given a document with their timekeeping, their position, their category and the score timekeeping at the CPs.

20.1.3. Time Deadlines: There will be time deadlines at all the CPs which will be indicated on the official web and on the race map. No racer exceeding these deadlines will continue in the race, nevertheless those racers wanting to continue whatever will be able to do so by returning the number and the SPORTident, continuing at their own risk and out of the race.

21. Retirement and return to Prades

21.1. Retirement from the race can only be done at the following places, where there will be someone from the organization crew and a provisioning post:

Albarca	Albiol
Cornudella de Montsant	Mont-ral
Vilaplana	Capafonts
La Mussara	

21.1.2. Racers abandoning have to warn the organization they have done so at any Check Point or by phone; the organization will provide with the organization phone number.

21.1.3. It is compulsory that all racers go to the Finishing Line whereas they have finished the Race or even if they have abandoned the Race, to discharge the SPORTident and return it to the organization.

21.1.4. There will be a coach returning to Prades at the Check Points where racers are allowed to retire from the race. There will only be 2 trips to return to Prades so that the return will be done at the closing of the CP and will move forward as the race does so, picking up those racers abandoning the race. After retiring at any of the allowed Check Points, it is not compulsory to return to Prades on the Organization Coach.

21.1.5. There is cellular phones coverage in all the race.

21.1.6. In case of emergency or injury that prevents the racer from arriving to a CP on foot, racers must try by all means to contact the Organization staff to start the rescuing.

22. Services: Changing rooms / showers / Resting Areas / WC/ Bag carrying

22.1. There will be changing rooms and showers available when finishing the race. During the race, there will be WC at the Check Points or nearby. For those racers arriving to the Finishing Line, there will be a resting area. The organization recommends racers to rent an accommodation in the area.

22.2 The Organization provides Bag carrying to Vilaplana . This race bag will be provided by the Organization at the check-in, no other bags will be carried by the organization.

23. Compulsory Equipment

For security reasons, each racer must carry the following compulsory equipment:

23.1 UTMCD Compulsory Equipment

Race Compulsory Equipment

ULTRA TRAIL MUNTANYES DE LA COSTA DAURADA 2013



	UTMCD (90Kms)	HALF-TRAIL (42Kms)	TRAIL (25,5Kms)	TRAIL (10Kms)
Bib number on the front	X	X	X	X
4 safety pins	X	X	X	X
Backpack/rucksack or similar	X	X	recommended	recommended
Caloric food to be self-sufficient during the race	X	X	recommended	
Hydration system/liquid storage	X (MIN. 1L)	X (MIN. 1L)	recommended	recommended
Reusable cup/glass	X	X		
Survival blanket (220 x 140 cm)	X	X		
Map and Roadbook (provided by the organization)	X	X		
Mobile Phone	X	X	recommended	recommended
Reflective approved equipment *	X	X		
First aid kit: adhesive elastic bandage/tapping (80 x 3 cm), antiseptic	X	X		
Head torch with batteries and spare batteries	X	X		
Back red light (similar to the ones on a bike)	X	X		
Waterproof and breathable jacket with hood	X	recommended		

*All racers must know and act according to the law Ley de Seguridad Vial.
We emphasize article 123 (Circulation at night) referring to the use of reflective material to be seen from 150 metros ago and approved (Real Decreto 1407/1992)

23.2 UTMCD Recommended Equipment

- Tablets or pills to make water drinkable.
- Powerful head torch (more than 80 lumens) for better vision at night
- Spare clothes necessary in case of bad weather conditions.

- Plastic bag or similar to protect the map
- Spare T-shirt and spare socks
- Sun cream and vaseline or o anti-chaffing cream
- Watch with altimeter
- GPS
- Whistle

23.3. UTMCD Precautionary Equipment. It is recommended to carry not only the compulsory equipment asked for by the organization, but to carry all the equipment racers consider to be worth carrying to fulfill the race according to their physical condition, training as well as weather conditions.

24. Further Technical considerations

24.1. Start Check out

Previous to the start, a Start Check out will be made to have access to the enclosed Start Area:

1. Bibs check out.
2. Compulsory equipment check out.
3. Electronic chip SPORTident check out.

Those racers not having the compulsory equipment or having defective equipment will not be allowed to start the race.

24.2. Finishing Line Check out

A compulsory equipment check out will be made to all racers at their arrival to the Finishing Line, especially to those with options to stand up on the podium. A penalization will follow to any missing item of the compulsory equipment.

24.3. Water

The UTMCD is a semi-autonomy race, racers will find fountains in villages and they will be provided some water at the provisioning posts. They will also pass through some natural fountains on their way. Water in the mountain can be drinkable but the Organization advises to use some kind of method such as pills or tablets to make water drinkable (they can be found at Pharmacies).

Fountains in villages will be marked on the map.

24.4. Paths

It is forbidden to circulate outside the paths. By taking part in the race racers compromise to be ecoresponsible and therefore no short cuts can be taken and the fauna and flora have to be respected. Enjoy the natural paths.

24.5. At night

At night, it is compulsory to use the head torch and a red light on the back of the backpack or rucksack (a bike red light is accepted) so that racers can be seen by other racers and the Organization.

All racers must know and act according to the law Ley de Seguridad Vial.

We emphasize article 123 (Circulation at night) referring to the use of reflective material to be seen from 150 metros ago and approved (Real Decreto 1407/1992).

Fauna: At night, there is more fauna movement, please, be respectful, you are at their home.

24.6. Road Circulation

Road circulation is forbidden, except for the indicated stretches and:

- In the urban areas when arriving and leaving villages.
- There will be a few spots in which it will be necessary to cross roads. At those spots there are signs for racers and vehicles. Nevertheless, racers must be very careful at these stretches and pay special attention.

25 . Claims and penalizations.

25.1 Claims. Claims have to be handed to the organization in written form, two hours before the prizes ceremony.

25.2 **Jury.** The Jury will be composed by the Race Director, the person in charge of the Race Security, the person in charge of the CPs, a racer's representative (chosen by drawing lots) and the timekeeping responsible.

25.3 **Disqualification:** See the table below.

25.4 **Penalties:** As far as possible, the organization will warn offenders to amend the situation. In case of repetition, the racer will be penalized.

DISQUALIFICATIONS AND PENALTIES UTSM 2012	DISQ.	PENALTY
Lacking any piece of the compulsory equipment (see article 23)	X	
Exceeding the time limit at a CP	X	
Offenses against the environment. Throwing out rubbish	X	
Drug taking	X	
To advance outside paths	X	
Use of un-authorise means of transport	X	
Infractions against the natural environment or other racers.	X	
Loss of the electronic chip SPORTident	X	
Disobey the security instructions given by the Organization	X	
Not helping a racer that asks for help	X	
To ask for help without really needing it	X	
Changing any signs along the trail	X	
Refusing to pass the check out at the Start	X	
To start the race in advance		2h
Not marking (with the SPORTident chip) at the compulsory Check Points (CP)	X	
Refusing to wear the compulsory equipment indicated by the organization		2h
Not having the head torch and back light on at night		2h
Receiving external un-authorized help (food, equipment, etc.)		2h
To progress with non-authorized people alien to the race		2h
To pass by non authorized or forbidden paths or roads		2 h
Lacking the compulsory equipment at the Finishing Line check out		1h (x item)
Lacking the compulsory equipment at any moment during the race.		2h (x item)
Wearing the race bib not seen or unfolded or not in a correct way		2h