

## UTMCD – 2015 Regulations Annex

The regulations of Ultra Trail de les Muntanyes de la Costa Daurada (UTMCD) is based on the regulations of FEEC Copa Catalana de Curses d'Ultraresistència, being an annex of this one.

The UTMCD's hardness average inside FEEC Copa Catalana de Curses d'Ultraresistència is 135.

Inside UTMCD there will three more races: Half Trail de les Muntanyes de la Costa Daurada (HTMCD), with 46km; Trail de les Muntanyes de la Costa Daurada with 21km (TMCD21); and Trail de les Muntanyes de las Costa Daurada with 10km (TMCD10).

TMCD21 and TMCD10 have the same regulations as Circuit trailSERIES Costa Daurada 2015 because are involved in it.

### 1. Organization

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

**UTMCD** has a round route of 90km (with 4.450m of positive drop and 4.450m of negative drop) which mixes paths and tracks of the Costa Daurada Mountains and goes through 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.

**HTMCD** is developed in the last part of the UTMCD's route, between Vilaplana and Prades with 46,4km and 2.800m D+

**Trails TMCD10 and TMCD21** have an only route where is necessary to pay attention because there are some loops in the rout. Both will take place around Prades.

### 3. Conditions of participation

- To be at least 19. (14 for TMCD10; and 16 for TMCD21).
- The races UTMCD and HTMCD are only for runners older than 23 years. Runners between 19 to 22 years old all will be able to run they will not be included in any ranking.
- 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 and organization team member are subject to compliance with the Reial Decret 1428/2003, from 21<sup>st</sup> Novembre, that regales the Reglament General de Circulació. Specifically the 14<sup>th</sup> article of 2<sup>nd</sup> Annex.

- Racers will have to sign/accept the on-line document “Acceptation of Terms and Conditions to Participate in UTMCD 2015” that will find at the end of the registration form. The sing/acceptation of this document involves to agree and to have the necessary kinds for the race that are detailed in this document.

## 6. Security

- 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.
- In case of retirement, it has to be communicated as soon as possible to the organization crew at the check points or by telephone.
- 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.
- In case of adverse weather conditions or of safety reasons, the competence to modify the route is EXCLUSIVELY of Policia de la Generalitat –Mossos d’Esquadra, Servei Català de Trànsit.
- If the change in the track was made once the race had started, the alternative track will be communicated at the check points.
- 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.
- 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.
- 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.
- 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.
- In case marks of the track have disappeared or if any competitor gets lost, we recommend using the race map.

## 7. Categories

UTMCD has the following individual categories:

- All categories include the masculine and feminine category.
- All categories take as a reference the age on 31<sup>st</sup> December 2015.
- The minimum age to take part in the race and minors take as a reference the day of the race.

CATEGORY	AGE	HTMCD 46 km	UTMCD 90 km
SUB-23*	19 - 22	Non competitive	Non competitive
SENIOR	23 - 40	Yes	yes
VETERAN	41 - 50	Yes	yes
MASTER	51 - 60	Yes	yes
MASTER PLUS	61 or +	Yes	yes
WOMEN TEAM	+ 23	No	yes
MEN TEAM	+ 23	No	yes
MIX TEAM	+ 23	No	yes

\*Non competitive

TMCD\_21km and TMCD\_10km (inside Circuit trailSERIES COSTA DAURADA 2015)

AWARD CATEGORY	REGISTER CATEGORY	AGE	TMCD 10km	TMCD 21km
<b>JUNIOR</b>	JUNIOR-14	14 - 18	Yes	-
	JUNIOR-16	16 - 18	-	Yes
<b>SENIOR</b>	SUB-23	19 - 22	Yes	Yes
	SENIOR	23 - 40	Yes	Yes
<b>VETERAN</b>	VETERAN	41 - 50	Yes	Yes
<b>MASTER</b>	MASTER	51 - 60	Yes	Yes
	MASTER PLUS	61 or older	Yes	Yes

## 8. Classification

### 1. Individual participation

The same as “categories” more:

- General Men
- General Women

### 2. Teams can be Masculine/Mixed/Feminine

It is only possible to compete by teams in UTMCD 90Km.

8.1.1 Teams can be of 2 or 3 runners.

8.1.2 “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.

8.1.3 Team Classification will consist of the Finishing Time of the slowest team member.

8.1.4 It is compulsory for all the team members to progress together (no more than 1 minute of difference between team members). 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.

8.1.5 In case any team member does not finish the Race, the team will be disqualified from the Team Classification.

8.1.6 Team members also compete individually in the General and individual Classifications.

## 9. Draw and i Prizes

There will be prizes for the three first classified in the General Categories, and for the first classified in the rest of the categories .

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

## 11. Numbers

1. Racers must wear the number given by the organization during the entire race. The number must be shown on the front and be always visible, it can't be cut, folded or modified in any way.
2. At finishing, do not get rid of your number which you will need to have access to the meal provided at the Finishing Line, to the Finisher Prize and the Equipment Draw.

## 12. 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.

## 13. Changes

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

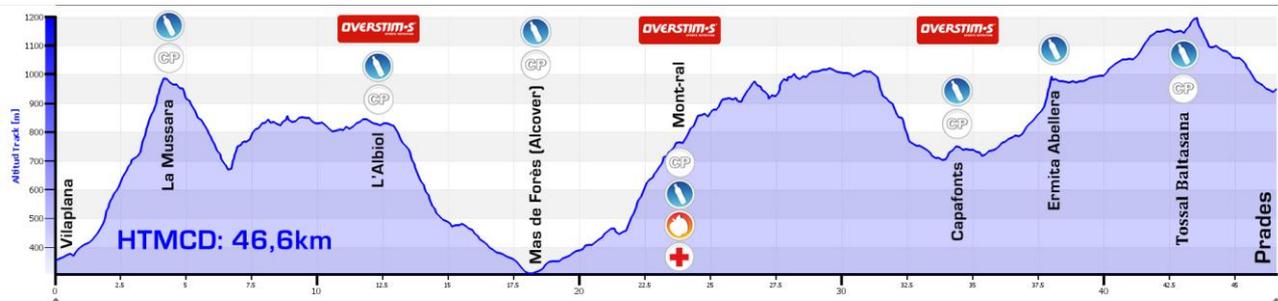
## TECHNICAL ASPECTS UTMCD

### 14. Races

- L'UTMCD is a mountain race starting and finishing in Prades. It runs through paths and some technical sides of difficult access, where weather conditions (night, wind, cold, rain even snow) can increase its difficulty and, so, it is recommended to bring the safety material. It is necessary to have had a good training and a great autonomous self capacity to complete the whole route. UTMCD is a semi-self-sufficient mountain ultra trail where every racer will have to bring safety food, drink and material.
- The trail is marked but it is open to the traffic.

### 15. Profile





## 16. Self-Sufficient

UTMCD/HTMCD is an individual almost self-sufficient race (Please see the technical document TIMMING UTMCD'14)

### Provisioning posts

- **Liquid provisioning post:** There will be provisioning posts with drinks in each village along the race, but most of them will only have water, exceptionally, some may have fruit and dried fruits.
- **Light provisioning posts:** There will be 2 light provisioning posts (AV1) in Cornudella de Montsant and Mont-Ral. This provisioning posts AV1 will consist in water, broth, coffee, tea, soft drinks, and very small sandwiches, fruit and cookies, etc.
- **Complete provisioning post:** There will be a complete provisioning post (AV2) in Vilaplana: Apart from these food and drinks included in a light provisioning post, there will be pasta or rice.
- **Drinks:** There will be not plastic glasses throughout the race. Liquid provisioning posts will only have water. At the light and complete provisioning posts there will be other drinks, but they can only be drunk in situ. Cans or other racers' drink containers can only be filled with water.
- **External assistance:** It is forbidden to receive external aid or to be accompanied by other people that are not racers registered in the race. External assistance is ONLY permitted in the LIGHT and COMPLETE provisioning posts areas (Cornudella de Montsant – Vilaplana - Mont-ral). Outside these areas, external help or assistance is forbidden.
  - TAKE CARE IN MONT-RAL. THE PLACE IS SMALL. IT IS RECOMMENDED TO NOT ACCESS THERE BY CAR
- Racers are responsible for their own food or hydration during the race. It is advisable a minimum of calories at the beginning of the race ensure a semi-autonomous participation in the race.

- At the finishing line, there will be a light provisioning post.

### **17. Map and roadbook**

UTMCD/HTMCD: 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](http://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.
- c. Special stretches will be especially marked with caution signs.
- d. 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, as well as the track and Wpts for the GPS so that all racers have enough tools not to get lost.
- e. It is the racers' responsibility to follow the official track. Nevertheless, the organization will do its best to avoid any alterations in the marking of the race.
- f. A team of the organization will realize the route closing roads and picking up the marks.

### **19. Check Points (CP)**

- a. Racers must pass all Check Points (CP) and to validate their passing by means of different systems, manually or electronic. The CP will be easily identified.
- b. All CP are compulsory. Racers are responsible to register their passing by the CP and to download its content at the Finishing Line. Losing the electronic chip or its malfunction, results in being disqualified.
- c. 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**

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.
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 have on the Race web page a document with their timekeeping, their position, their category and the score timekeeping at the CPs.
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 electronic chip, continuing at their own risk and out of the race. In case of adverse weather conditions or for security reasons, the organization can stop the race, change the track or change time deadlines.
4. SCHEDULE CHANGE: The race coincides with the spring schedule change. It means that at 2am on 29<sup>th</sup> March the clock will advance to 3am. Although this change, the race will start and finish with

the “old” schedule. So, the racers will keep having 24 hours to complete the race: from 9am on Saturday to 9am (old schedule) on Sunday (or 10am, “new” schedule).

## **21. Retirement and return to Prades**

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

2. Racers abandoning have compulsory to warn the organization they have done so at any Check Point or by phone; the organization will provide racers with the organization phone number.
3. 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. (check the times on the website). After retiring at any of the allowed Check Points, it is not compulsory to return to Prades on the Organization Coach.
4. There is cellular phones coverage in all the race.
5. 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**

1. There will be changing rooms and showers available when finishing the race.
2. 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.
3. The organization recommends racers to rent an accommodation in the area.
4. 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

 <b>Race Compulsory Equipment</b> ULTRA TRAIL MUNTANYES DE LA COSTA DAURADA/2015				
	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	recommended
Hydration system/liquid storage	X (MIN. 1L)	X (MIN. 1L)	recommended	recommended
Reusable cup/glass	X	X	x	x
Survival blanket (220 x 140 cm)	X	X		
Map (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), antisept	X	X		
Head torch with batteries and spare batteries	X	X		
Back red light (similar to the ones on a bike)	X	X		
Waterproof jacket ( 10,000 mm water column ) with hood and taped seams	X	X		
*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)				
Safety equipment (in case of adverse weather)				
Polar fleece (minimum 150 gr)				
Tubular garment (buff)/hat				
Gloves				
Long trousers or long leggings. Also leggings covering under the knees plus long socks				

## Race Compulsory Equipment

ULTRA TRAIL MUNTANYES DE LA COSTA DAURADA 2014



	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 (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)

Safety equipment (in case of adverse weather)

Polar fleece (minimum 150 gr)  
Tubular garment (buff)/hat  
Gloves  
Long trousers or leggings covering under the knees

**-Security Equipment.** In case of adverse weather, more technical clothes may be compulsory such as Warm long sleeved jacket/clothing (minimum 150 g.), long trousers or leggings covering under the knees, Gloves, warm cap, and others.

### 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 enclose Start Area:

1. Bibs check out.

2. Compulsory equipment check out.
3. Electronic chip 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 can be done 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 (UTMCD/HTMCD)**

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 eco-responsible 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 (UTMCD/HTMCD)**

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 if it is homologated) 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 meters away 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.**

1. In FEEC Regulations 2015