

UTSM - Regulations 2023

1. Management

SMACV (Secció Muntanya Agrupació Cultural Vila-seca) and Naturetime are the organiser and technical producer of the event, also supported by the Parc Natural de la Serra de Montsant and the Mancomunitat de Municipis del Parc Natural de la Serra de Montsant, as well as other supportive organizations.

2. Date of celebration

The scheduled date of the race is October 7th-8th but, given the uncertainty caused by the continuous restrictions imposed by the health authorities, his date could be modified.

3. Route

UTSM's route has 63km and 3.200m of positive drop through paths and tracks of the Serra de Montsant mountain range and the villages in the Parc Natural Parc de la Serra de Montsant. The UTSM aims for the respect and the preservation of the Natural Park environment features and values.

There are three more races to allow everybody take part in the event and that are governed by these same regulations: Trail Serra Montsant 27 (TSM27), Trail Serra Montsant 13 (TSM13) and Start Trail (7k).

4. Conditions of participation

- To be at least 21 (7 years old for trekkers in TSM13, 14 years old for runners in TSM13 and 16 years old for runners in TSM27). Minors must be accompanied by an adult
- The Start Trail modality (family trail) is open to all ages, although it is recommended from 3 years old.
- Racers must bring the compulsory equipment asked by the organization and any other equipment that they consider adequate for the characteristics of the race and their physical condition.
- To properly register. By registering in the race, racers agree to the race regulations.
- To have a FEED/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 (10€)
 - Characteristics of the FEED Temporal Accidents Insurance 2023
- Geographical areas: Spain, French Pyrenees and Andorra

5. Responsibilities

1. Racers and organizers are under Real Decreto 1428/2003, published on 21st November, and that regulates Reglamento General de Circulación.
2. Racers will have to sign/accept the online document "Statement Of acceptance of the Conditions of participation" in UTSM 2023. It involves to agree and to have all the requirements of the document (medical, physic, psychological and technical).

3. Racers take part in the race at their own risk. It is up to them to start the race and continue in it. 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 or loss of their equipment.
4. The organization is not responsible for any damage or accident caused or suffered by the racers, though it will keep watch to avoid it.

6. Security

1. There will be members of the security crew 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.
2. In case of retirement, it has to be communicated as soon as possible to the organization crew at the check points or by telephone.
3. 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 race.
4. In case of adverse weather conditions, there will be an alternative track to the higher risk areas that will be communicated at the briefing previous to the start of the race.
5. If the change in the track was made once the race had started, the alternative track will be communicated at the check points.
6. There will be a support team closing the race and picking up all traces from the race, after all competitors have passed, so there will be no marks on the track after they have passed.
7. From dusk to dawn it is compulsory to switch on the headlamp and the red light, for security reasons, and to be seen by other racers and the organization crew.
8. Racers must know and respect the current Ley de Seguridad Vial. It is especially important all about nocturnal circulation having and homologated and visible red light from at least 150 m.
9. 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.
10. In case marks of the track have disappeared or if any competitor gets lost, we recommend using the race map.
11. **MEDICAL CERTIFICATE:** The organization will NOT request a medical certificate from long distance runners, although it does recommend its use. Likewise, it is also recommended to be up to date with the COVID certificate.

7. Race management and comissioners

1. 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.
2. The Race Directors can stop or shorten the Race for security reasons or other reasons beyond the organization control.
3. 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 Commissioners.

4. The organization reserves the right to modify the regulations of the **UTSM** or cancel these regulations.

8. Categories

MSR90, UTSM63, TSM27 y TSM13 have the following individual categories:

TSM27 and TSM13

Junior Men: 14-20 years JH (**16 years for TSM27**)
Junior Women: 14-20 years JF (**16 years for TSM27**)
Senior Men: 21-39 years SH
Senior Women: 21-39 years SF
Veteran Men: 40-49 years VH1
Veteran Women: 40-49 years VF1
Master Men: 50-59 years VMH
Master Women: 50-59 years VMF
Master Plus Men: 60 or older VMPH
Master Plus Women: 60 or older VMPP
Local Men: LH
Local Women: - LF

HTSM 41km

SUB-23 Men: 21-23 years, SH
SUB-23 Women: 21-23 years, SF
Senior Men: 24-39 years SH
Senior Women: 24-39 years SF
Veteran Men: 40-49 years VH1
Veteran Women: 40-49 years VF1
Master Men: 50-59 years VMH
Master Women: 50-59 years VMF
Master Plus Men: 60 or older VMPH
Master Plus Women: 60 or older VMPP

UTSM 63km

SUB-23 Men: 21-23 years, SH
SUB-23 Women: 21-23 years, SF
Senior Men: 24-39 years SH
Senior Women: 24-39 years SF
Veteran Men: 40-49 years VH1
Veteran Women: 40-49 years VF1
Master Men: 50-59 years VMH
Master Women: 50-59 years VMF
Master Plus Men: 60 or older VMPH
Master Plus Women: 60 or older VMPP

MSR 90k (63k + 27k)

Senior Men: 21-39 years SH
Senior Women: 21-39 years SF
Veteran Men: 40-49 years VH1
Veteran Women: 40-49 years VF1
Master Men: 50-59 years VMH
Master Women: 50-59 years VMF
Master Plus Men: 60 or older VMPH
Master Plus Women: 60 or older VMPPF

9. Race Classifications

1. The same as categories plus:

General Men

General Women

10. **Draw and prizes** A Prize for each of the 3 first classified in the General Categories, and for the following categories (EH-EFEM-ER). A Prize for each of the winners of the following categories: SH - SF - VH1 - VF1 - VMH - VMF - VMPH - VMPPF.

After the Prize Ceremony, there will be the Draw of equipment. It is indispensable to be present at the Prize Giving and Draw ceremony to participate in the Draw.

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

11. Finisher

All racers finishing the UTSM in less than maximum time will be considered Finishers and they will be awarded with a Finisher Prize.

12. Bib Numbers

1. Racers must wear the bib number 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.
2. At finishing, do not get rid of the bib number, which racers will need to have access to the meal offered at the Finishing Line, to the Finisher Prize and the Equipment Draw.

13. Bail

1. The timing system is NATURETIME and there is no need a deposit. The chip is on the bib-number.

14. Image rights

The organization reserves the rights to the images obtained by taking 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.

15. Changes

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

TECHNICAL ASPECTS:

16. Races

1. The UTSM is a mountain route, with departure and arrival in Ulldemolins, which runs along paths and trails of the Serra de Montsant Natural Park, passing through several of the municipalities that make it up, in a circular route of 63km, 3.200m of positive slope and the Marathon, a route of 41km and 2.035m of positive slope. The TSM27 leaves and arrives in Ulldemolins, being a circular route of 27km and 1,200m of positive elevation gain and there are only 2 refreshment stations. The TSM10, departs and arrives in Ulldemolins, being a circular route of 13km and 640m of positive unevenness and there is only 1 refreshment station. It can be done on foot. All distances score for the ITRA 2023 ranking
2. The route takes place in the mountains and involves passing through some technical and difficult-to-access areas, where weather conditions (night, wind, cold, rain or even snow) can increase its difficulty and, therefore, it is necessary to carry material of security. Good preparation and a great capacity for personal autonomy are necessary to carry out the tour. The UTSM is a semi-self-sufficient mountain Ultra Trail, in which each participant must bring their food, drink and safety material. It is a mountain race and 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 race.
3. The route will be marked but it is done with open traffic.

17. Semi-self-sufficiency

UTSM is **semi-self-sufficiency** race:

Note: Look at *TIMING 2023*

1. There will be **Basic Refreshments (AV0)** in each municipality through which the race takes place. Includes: Water, fruit and solid (bars)
2. There will be **light refreshments (AV1)** in the race. The AV1s will consist of water, broth, coffee, tea, soft drinks, mini sandwiches of cold meats / cheese, fruit, cookies, etc .; Check the "Technical Data" on the website to know the kilometer point of each refreshment station in each race.
3. The **complete refreshments (AV2)** located midway: Apart from including food and drinks from AV1, it will include Pasta or Rice.
4. **Drinks.** There will be **no single-use plastic cups** in the race. Each runner must carry a container to be able to drink at the refreshment points. In the AV1 and AV2 refreshments, you will find other drinks apart from water, but they can only be taken on-site. You can only load the bottle of the backpack with water.
5. It is **forbidden to have outside help and be accompanied** by other people who are not registered participants in the tests. ONLY AND EXCLUSIVELY external assistance is allowed in the Refreshments AV1 and AV2 areas: Margalef, La Morera de Montsant and Albarça, as long as it is accepted by COVID protocol. Outside these areas, the runners may not be assisted, but they may be encouraged. Runners with SPECIAL DIET needs may receive assistance at checkpoints if they request it from the organization, one month in advance.
6. Each participant **must have the food** that he deems necessary. It is highly recommended a minimum of calories at the beginning of the test to ensure participation in Semi-self-sufficiency.
7. At the finish line there will be a light refreshment point.

18| **Map**

Runners will can consult a topographic map with the race basic information on it at the registration point. 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. Racers can also have access to the track and Wpts for the GPS, on the web page www.naturetime.es

19. **Marking/Way markers**

1. 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.
2. 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.
3. Special stretches will be especially marked with caution signs.

4. The organization will have all the race track marked one 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.
5. It is the responsibility of the runners to carry out the race following the official route. The organization will use all possible resources so that the marking of the race is not altered during it.

20. Check Points (CP)

1. Participants must go through the CPs and verify their passage by means of a chip / QR reader. The CPs will be clearly visible.
2. The timing system will be through a chip / QR that will allow the race to be followed live over the internet.
3. All CPs are required. Participants are responsible for recording their passage through each CP and by goal. The loss of the chip / QR or its deterioration implies the corresponding sanction. At the checkpoints there will be staff from the organization.
4. All the mandatory checkpoints will be marked on the map, but there may be other surprise checks during the tour in order for all participants to follow the marked itinerary. All CPs have the same mandatory validity, so not going through one of them implies the corresponding sanction.
5. A broom team of the organization will carry out the route closing the races and removing the signs.

21. Timing

1. The races feature a single mass start and a single finish. Between the two there will be checkpoints (CP) where partial times will be collected. In the event that the organization deems it appropriate due to extreme conditions, the race may be stopped at any of these points, also stopping the chrono.
2. The race will be won by the person who performs it in the shortest race time, passing all the mandatory checkpoints in order and following the official route. At the end, each runner will be provided with an online document with the race chrono, position, category and partial times in the CP.
3. Time limits: Time limits will be established in the CPs that will be indicated on the official website (Time Table - Timming) and on the race map. Those who exceed these time limits will not be allowed to follow. Those who want to continue will have their number removed and they will be able to continue out of the race and under their responsibility. In case of bad weather conditions or for safety reasons, the

organization reserves the right to stop the race, modify the route or vary the time limits.

22. Retirement and return to Ulldemolins

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
 - La Morera de Montsant
 - Margalef
2. Racers abandoning have to warn the organization they have done so at any Check Point or by phone (phone number indicated in the bib number).
3. There will be a bus returning to Ulldemolins the Check Points where racers are allowed to retire from the race. There will only be 2 trips to return to Ulldemolins 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 Ulldemolins on the Organization Coach.
4. Cellular phones will be out of range, at least at two places: - Main mountain range gullies - Fraguerau Narrow gorge
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 crew to start the rescuing.

23. Services: Changing rooms / showers / Resting Areas / WC

1. There will be changing room and shower facilities for after the test.
2. During the race you will find different WC services in the enclosures where the control is or near it. They are marked on the race map.
3. It is advisable to have a hired accommodation in the area to rest after the race.

24. Compulsory equipment

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

MATERIAL OBLIGATORIO EN CARRERA
ULTRA TRAIL SERRA DE MONTSANT

ESPAÑOL



63KM

41KM

27KM

13K

	63KM	41KM	27KM	13K
Dorsal en la parte delantera	✓	✓	✓	✓
4 imperdibles (o equivalente de sujeción de dorsal)	✓	✓	✓	✓
Mochila o equivalente	✓	✓	✓	Se aconseja
Comida calórica para ser semi-autosuficiente durante la carrera.	✓	✓	✓	Se aconseja
Sistema hidratación	X (MIN. 1L)	X (MIN. 1L)	X (MIN. 0'5L)	Se aconseja
Vaso reutilizable	✓	✓	✓	✓
Manta de supervivencia (220 x 140 cm)	✓	✓	Se aconseja	Se aconseja
Teléfono móvil	✓	✓	Se aconseja	Se aconseja
Material reflectante homologado (nocturnidad o mala visibilidad)*	✓	✓		
Botiquín: venda elástica vendaje/tapping (mínimo 80cm x 3cm), antiséptico	✓	✓		
Linterna frontal y un juego de pilas de recambio	✓	NO		
Luz roja de posición trasera (tipo piloto de bici)	✓	NO		
Chaqueta IMPERMEABLE y TERMOSELLADA con capucha	✓	✓	Se aconseja	
Chaqueta cortaviento (en caso de llevar la chaqueta anterior no hace falta ésta)	NO	NO	✓	Se aconseja

*Todos los corredores deberán conocer y actuar según la **Ley de Seguridad Vial** en vigor durante el evento. Resaltamos el artículo 123 (Circulación Nocturna) en referencia al uso del material reflectante (luz blanca delante y roja detrás, por ejemplo): visible a 150 metros y homologado (Real Decreto 1407/1992)

Aumento de la capacidad impermeable de la chaqueta.
 Forro polar o camiseta térmica manga larga (mín. 110g)
 Buff/gorro
 Guantes
 Mallas/pantalón por debajo rodilla

- **Waste carrier bag:** A small mesh bag to store personal waste and all your waste until a checkpoint. Any participant who throws or abandons their waste on the tour will be penalized.

- **Safety equipment:** In case of bad weather, the organization reserves the right to require technical clothing. This information will be provided to runners during the bib races delivery.

Recommended additional material

- Water purification tablets
- Head torch (more than 80 lumens) to see better at night
- Additional hot equipment in case of adverse weather
- Covering to protect the map
- Spare t-shirt and socks
- Sun-cream and petroleum jelly or anti-friction cream
- Watch and altimeter
- GPS
- Technical clothes: Long sleeve, thermal shirt (minimum 150 g.), thermal cap, tubular, gloves, etc.
- Whistle
- Long trousers or leggings covering under the knees

- **Prevention material:** it is recommended that all riders do not limit to carry the minimum equipment required, but bring with them material that they see fit to develop his training career, your fitness level and climatological forecast.

25. Further technical considerations

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

1. Verification of numbers.
 2. Verification of all or part of the mandatory material.
 3. The chip / qr must be marked on the electronic signature control output reader.
 4. Participants who do not carry the mandatory equipment, or who present it unusable or defective, will not be able to start.
2. **Finishing Line Check out:** The organization will carry out a material control on all runners after passing through the finish line, especially those with podium options. All the mandatory material requested will be verified, penalizing for each missing piece.
3. **Water:** This is a semi-self-sufficient journey in which the water from the sources of the towns will be combined with that offered at the AV0 + AV1 + AV2 aid stations, with which it can be collected from the mountains in the different natural sources that exist. The water found in the mountains and in the towns is normally drinkable but the use of some light purification system is recommended, such as the use of pills or liquids that can be obtained in pharmacies, since the water will not always be treated.
- The place where the fountains of each town are located will be indicated on the map. Likewise, the itinerary will pass through them.
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.
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. Fauna: At night, there is more fauna movement, please, be respectful, you are at their home.
6. **Road Circulation:** Road circulation is forbidden, except for the indicated stretches and: - In the urban areas when arriving and leaving villages. -There will a few spots in which it will be necessary to cross roads. At those spots there will members of the crew as well as signs for racers and vehicles. Nevertheless, racers must be very careful at this stretches and pay special attention. Racers must have a reflective and approved red light visible from 150 meters.

26. Claims and penalizations

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

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.

Disqualification: See the table below.

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 2023	DISQ.	PENALTY
Lacking any piece of the compulsory equipment	X	
Exceeding the time limit at a CP	X	
Offenses against the environment. Throwing out rubbish	X	
Doping	X	
To advance outside paths	X	
Use of non-authorized means of transport	X	
Infractions against the Natural Park regulations and rules	X	
Loss or destruction of chip	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	
Refusing to pass the check out at the Start	X	
Not marking the 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 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		2h (x item)
Wearing the race number or bib not seen or unfolded or not in a correct way		1h

ENGLISH

Declaration of acceptance of the conditions of participation in:

UTSM – OCTOBER 7th/8th 2023 - ULLDEMOLINS

1. We know and fully accept the 2023 Race Regulations. Registration for the race confirms that I sign this Declaration of Acceptance of Conditions of Participation online, and I am responsible for the validity of the data and I accept Regulation 2023 and this Declaration of Acceptance of Conditions of Participation.
2. We are aware that this type of competition, taking place in the natural environment, in places difficult to control and access, implies an additional risk for participants. By virtue of this, we attend with our own will and initiative, being aware and assuming the risks and consequences inherent in our participation in this test.
3. We come with the preparation required by the competition, we enjoy good general health, without suffering any illness, physical defect or injury that may be aggravated by our participation. If during the test, we suffer any kind of incident that could harm our health or pose a risk to our physical integrity, we will inform the organization as soon as possible. It is our sole responsibility to ensure that we do not continue in poor physical activity.
4. We are in possession of a sufficient variety of physical abilities, technical skills and sufficient survival resources to ensure our own safety in the different disciplines and special events of this event, under the conditions of autonomy in which it takes place. . We also have the sports and safety equipment required for the different modalities in which we will intervene; it is in good condition, it is approved and we know how to use it properly.
5. We know and master the security protocols stipulated for each discipline in which we will intervene, committing ourselves to comply with the established security standards; as well as maintaining responsible behavior that does not increase the risks to our physical integrity.
6. Participants compete at their own risk. It is up to them to make the final decision to start and complete the race or part of it. Participants exempt the organization, its sponsors, collaborating entities, volunteer staff and labor staff from claims or lawsuits based on alleged actions or omissions by participants or others acting in their favor. As well as claims or claims resulting from damages that may occur to participants (any type of injury and even death) and their materials, including loss, destruction, breakage, theft or misplacement.
7. The organization is not responsible for any accidents or damages that may be suffered or caused by the participants, although care will be taken to prevent them.
8. We authorize Naturetime, and by extension the organization, to use any photographs, footage or recordings that are taken as long as it is exclusively related to our participation in this event.
9. Declare to be aware of the benefits and coverage of your accident insurance, mandatory to participate in the competition, and notify the organization of the event that this insurance covers the activity in its entirety, according to current legislation.

10. We undertake to follow the general guidelines for respect for the environment listed below.

List of General Guidelines for Respecting the Environment

- Do not cause alterations in the processes and natural functioning of ecosystems.
- Do not damage biotic, geological, cultural or, in general, landscape resources.
- Dodge or avoid environmentally sensitive areas.
- Avoid walking on rivers when it can be done by the river.
- Carry out physiological needs in the appropriate places or, in any case, outside the water and away from the points of passage or meeting of people, or in rocky places.
- Do not light a fire or cause a fire hazard.
- Do not dump or leave solid or liquid objects or waste outside the designated places.
- Remove and move all items and waste produced to the assistance, exit, or finish areas.
- Do not leave leftover materials, wrappers or food used during the competition.
- Carry out the route with the least possible noise.
- Do not disturb the tranquility of the space or the domestic or wild fauna.
- Respect the rural world, local rights and customs.
- Leave the gates, grilles, chains or similar in the same situation in which they were found.
- Do not invade private or prohibited properties along the route.
- Limit the use of artificial lighting and sound to the basic needs of organization, progression, security and emergency, especially inside protected natural spaces.