



**CAMÍ de CAVALLS**  
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## **General Regulations**

### **Article 1 - Organization.**

The Trail Menorca Camí de Cavalls is organized by the club Intersport Menorca Atletisme, produced by Elitechip CB and with the collaboration of Consell Insular de Menorca, Asics and Compressport.

### **Article 2 - Race.**

The Trail Menorca Camí de Cavalls CdC (185 km) is a race that gives back to the island of Menorca through GR-223, starting and finishing in Ciutadella. Along the Trail Menorca Camí de Cavalls CdC are held four additional races to enjoy Menorca in other formats: TMCN Trail Menorca North Coast (100 km.), TMCS Trail Menorca South Coast (85 km.), TCS Trekking South Coast (55 km. ) and TCN Trekking North Coast (32 km.)

The race will take place the days 16-17-18 of May 2014, from 9:00 am

### **Article 3 - Rules.**

Registration for the test implies acceptance of these rules. These rules will be strictly enforced for all participants TRAIL MENORCA CAMI DE CAVALLS CdC.

### **Article 4 - Participation.**

Participation is open to all those who correctly formalize the REGISTRATION and payment of the race. In addition, they must submit the document of RELEASE OF CONTRACTUAL CIVIL LIABILITY, duly signed and completed at the time of delivery of the number, a day before the start of the race, in place and hours determined with sufficient advance notice by the Organization.

Participants must respect the environment and keep it clean. For this purpose, they must eat and drink WITHOUT LEAVING ANY CONTAINER OUT OF THE CONTAINERS enabled for such use. THE FAILURE OF THIS POINT WILL RESULT IN THE IMMEDIATE DESQUALIFICATION OF THE CORRIDOR, and can be disabled through a simple testimony from any member of the organizational team of the race.

The minimum age for participation is 18 years old on the day of the race, and do not allow any athlete participation minor.

This is a race of great fun, so we recommend a good physical form, it is recommended to pass a medical examination prior to participation in this race.

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It is totally prohibited receive foreign assistance or provisioning during race development outside the points arranged by the organization: they coincide with the official race refreshment. Similarly, it is forbidden to be accompanied by other persons who are not registered participants in the race.

The numbers will be delivered on 15th May in place and time designated by the Organization, and shall submit, participants, the document exoneration of responsibility, duly signed and completed, and identity card or any other legal document identification.

The TRAIL MENORCA runner must bear the number facilitated by the Organization at any time, in a visible place (front pectoral part) may not be cut, folded, or modified. The FAILURE OF THIS POINT, WILL RESULT THE IMMEDIATE DESQUALIFICATION OF THE PARTICIPANT.

#### **Article 5 - The Race.**

This race runs entirely by Long Distance Path, the GR 223

The route of the race will be marked with the GR-223 "fitas" and will be reinforced with tape and marking tape created specific to the race. The "track" of the same is published in the official website of the race. Any change or modification will be published in the official

The course is not closed to traffic, so that athletes should exercise caution and respect the Highway Code road.

During the course of the race, participants should make CASTE TO MEMBERS OF THE ORGANIZATION of the test at any time. Non-compliance with this point, will involve the immediate disqualification.

The race will be controlled electronically through the system MyLaps chip. Participants must wear the chip during the race, placing it in the shoe of the corridor, since in the opposite case, the reading of time will fail. The Organization will place controls throughout the race to make sure that the runners complete the course, in addition to record the times of each step.

#### **Article 6 – Pre-registration**

To register for any of the tests of Trail Menorca Camí de Cavalls will be a pre-registration prior to start between September 1, 2013 to October 31, 2013 that cost 5 €. All pre-registered athletes will have a 15% discount on registration for the race.

Pre-registered athletes will receive an e-mail with the code BONUS for registered between January 1, 2014 and April 16, 2014 with 15% discount. As of April 16 BONUS code will not be accepted.

#### **Article 7 - Registration**

Registration for the Trail Menorca Camí de Cavalls will begin January 1, 2014 through the website: [www.elitechip.net](http://www.elitechip.net) and end on May 10, 2014, the registration fees shall be:

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Trail Menorca Camí de Cavalls	140 € (165 € from 16th April 2014)
Trail Costa Nord	95 € (115 € from 16 <sup>th</sup> April 2014)
Trail Costa Sud	95 € (115 € from 16 <sup>th</sup> April 2014)
Trekking Sud	50 € (60 € from 16 <sup>th</sup> April 2014)
Trekking Nord	45 € (55 € from 16 <sup>th</sup> April 2014)

Registration for the event includes:

- Right to participate.
- Journal of the race.
- Event T-shirt.
- Garment or gift finisher at the end of the race.
- Medical service.
- Provisioning in the designated point.

Other possible costs:

- If you are not federated, you can purchase insurance for 10 €
- The race will be timed with the ChampionChip system, if you do not own yellow chip you will have to rent one at a cost of 13 € (3€ of rent and 10€ deposit)
- Transfer bus for a price of 5 €.

#### **Article 8 - Time limit.**

The runners will have a maximum time to complete each race. Any participant who comes along with a top tome, will be disqualified. Who wants to continue, you will have to deliver the numbers and the chip to the members of the organization of the race, but you can still run out of the race and under your responsibility:

- Trail Menorca Cami de Cavalls (185 km.) Maximum time of 43 hours
- Trail Costa Nord (100 km.) Maximum time of 22 hours.
- Trail Costa Sud (85 km.) Maximum time of 21 hours.
- Trekking Nord (32 km.) Maximum time of 7 hours.
- Trekking Sud (55 km.) Maximum time of 11 hours.

#### **Article 9 - Mandatory equipment**

All runners must wear a MANDATORY MATERIAL SAFETY, which can be controlled at the start, on arrival or at any point in the race, and must consist of:

- hydration system (Camelback type or similar with a minimum capacity of 1 liter)
- Front light
- ID / Passport Card or Federal Tab
- Red light position after

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- thermal blanket or waterproof
  - mobile phone with battery and balance, with the number of the organization recorded
  - whistle
  - Glass or container for drinking in the aid stations (glasses will not be served in order to reduce waste)
  - Number and chip
  - Insurance
- Athletes who do not carry the required material may not continue in the race and will be immediately disqualified.

#### **Article 10 - Retired**

Any runner who leaves the race during the course of it, must leave in an aid station and deliver the dorsal, if not is REQUIRED to notify the organization.

#### **Article 11 – Aid Station**

The organization shall make available to all participants of Aid Station distributed throughout the course where you can stock up on water, isotonic, food and fruit, in addition to other products.

#### **Article 12 – Image rights**

The organization may use pictures, videos and sound during the race, including moments before and after, from the collection of numbers, awards and transportation of participants.

#### **Article 13 - Claims**

Any athlete who wants to make a claim must be submitted in writing with a deposit of 50 € to be inadmissible, the deposit will be refunded only in the event that such claim is favorable to the claimant.

#### **Article 14 - Categories**

Trail Menorca Cami de Cavalls

- Absolute (male and female)
- Under 23 (Sub-23) (male and female)
- Senior (male and female)
- Veterans 40 (male and female)
- Veterans 50 (male and female)

Trail Costa Nord and Trail Costa Sud

- Under 23 (Sub-23) (male and female)
- Senior (male and female)

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- Veterans 40 (male and female)
- Veterans 50 (male and female)

Trekking Nord and Trekking Sud

- Absolute (male and female)

#### **Article 15 - Foreign aid**

Refreshments will be but distant from each other and that will be essential that participants bring their own supplies of food and water.

To be a competitive race, out of respect for equality of opportunities between the participants, is not allowed to receive external help, such as for example, use known or familiar to leave or pick up food or material during the course of the race, not hide it in points route.

Nor is it allowed to use peacemaker during the tour.

The only exception is help in case of an emergency medical condition

#### **Article 16 - Material recommended**

Reserve food, sunscreen, tape, bandage, Vaseline, money, handkerchiefs, mountain footwear, technical clothes, hat, watch or heart rate monitor.

#### **Article 17 - Cancellation**

Cancellations are accepted only to registered athletes who communicate before 16th April 2014 to mail [info@trailmenorca.com](mailto:info@trailmenorca.com). The refund will be 75% of the amount paid for the registration.

#### **Art. 18 – Qualifying races for “The North Face® Ultra-Trail du Mont-Blanc®”**

Trail Menorca Camí de Cavalls CdC is a qualifying race for “The North Face® Ultra-Trail du Mont-Blanc®” 2015 with which to end any of our Trails get points for participating in the event:

TMCdC – Trail Menorca Camí de Cavalls CdC 185 km = 4 points

TMCN – Trail Menorca Costa Nord 100 km = 2 points

TMCS – Trail Menorca Costa Sud 85 km = 2 points

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