

REGULATIONS

MARBELLA EPIC TRAIL

I EDITION



EVENT ORGANISED BY:

SPORTS CLUB ULTRA TRAIL SIERRA BLANCA



IN COLLABORATION WITH:

MUNICIPALITY OF MARBELLA



REGULATIONS

OUR VALUES

Our philosophy is based on the essential values of mountain running, which are shared by all those involved in this sport. Authenticity and fair play hold a central place in our vision and serve as guiding principles for our daily actions.

AUTHENTICITY

Authenticity is the primary value of mountain running. This sport is founded on the harmony between human beings and nature. It promotes sportsmanship based on simplicity, coexistence, sharing, and a profound respect for differences. The mountain running community values authenticity as much as physical performance.

HUMILITY

Humility is a fundamental value in mountain running. Listening and learning together provide us with a deeper understanding of the principles governing nature and our fundamental comprehension of a challenging sport in a wild environment. Humility involves recognising our own limits and not jeopardising our physical or mental capabilities.

FAIR PLAY

Fair play refers to accepting the rules and the spirit that supports them. It entails each participant embodying the values of mountain running, such as mutual aid towards other runners and respect for all those involved in the races.

RESPECT

Respect applies to oneself, others, and the environment. Respecting others involves having a mindful attitude that respects fellow mountain runners, the local population, their culture, customs, and traditions. Respecting oneself entails taking care of one's own health, rejecting the use of doping substances, and being aware of the dangers of excessive self-medication. Respecting the environment means preserving the fragile natural surroundings in which we run and minimising our environmental impact.

SOLIDARITY

Solidarity is a necessity for survival in the natural environment. It involves helping one another to progress together. Therefore, each participant in a mountain race is obliged to assist anyone in danger or experiencing difficulties. In addition to this community aspect, many athletes are committed to environmental, social, or other noble goals and run to promote these objectives. By doing so, they express their responsibility towards humanity and the environment in which they run.

OUR MISSION

Our mission is to promote mountain running while upholding its ethical values. We strive to make this sport accessible to all, celebrating its diversity of cultures and practice locations.

We are committed to structuring the discipline and sharing best practices to ensure the highest quality in the organisation of sporting events. Our goal is to promote a sport where the joy of mountain running goes hand in hand with safety, health, and respect for the environment.

We seek to maintain constructive relationships with institutions, athletic federations, and mountain running associations at the local, national, and international levels. We actively participate in the development of sustainable practices that prioritise environmental preservation.

Furthermore, we are dedicated to sharing our sportsmanship ethics with children through local educational centres and involving parents to promote the values of mountain running. We strive to be a positive force in fostering a culture of respect, inclusion, and sustainability in the sport, while emphasising the care and preservation of natural ecosystems.

REGULATIONS

ORGANISATION

The **Ultra Trail Sierra Blanca Sports Club**, located in **Marbella** (Málaga), registered in the Andalusian Registry of Sports Entities in Section Two, dedicated to competitive sports, with registration number **025885** and **VAT number G93710192**, organises the **I edition** of **MARBELLA EPIC TRAIL** race.

RACE DIRECTOR - Francisco Viegas García

SAFETY DIRECTOR - Juan José Viegas García

TECHNICAL DIRECTOR - José Ramón Pacheco Ojeda

EVENT COORDINATOR AND ENVIRONMENTAL AFFAIRS - Marina Robertson

THE RACE

The **1st edition** of **MARBELLA EPIC TRAIL** will take place on **February 17th, 2024**.

The start of ULTRA will take place in Marbella from 5:00 am from [Paseo Marítimo de Marbella](#) with the entrance to corralito en la [17 C. Rafael Zea](#), will run through the municipalities of Marbella, Ojén, Istán and Monda, province of Málaga and will finish with the finish line at the entrance of [Nagüeles Park](#), Marbella. The event is authorised by the Andalusian Mountaineering Federation (FAM) and will take place over 1 route with 1 single distance.

The ULTRA course is developed for ultra distance runners who have completed at least one mountain race with a positive elevation gain of more than 4.500m or who have been finisher in the DESTROYER race of the CxM Sierra Blanca event.

NAME OF THE COURSE	APPROXIMATE DISTANCE	APPROXIMATE ELEVATION GAIN	MAXIMUM NUMBER OF PARTICIPANTS
ULTRA (high difficulty)	62,00 km	+4.500	300

The technical profile of the course is available at Wikiloc ([Marbella Epic Trail](#)) and also on our website www.marbella-epictrail.com. However, there may be some variations depending on the GPS navigation instrument used during the race.

CATEGORIES AND SUB-CATEGORIES

CATEGORY	SPECIFICATIONS
ABSOLUTE	From 21 years old and above in the reference year.
SENIOR	From 24 to 39 years old, meaning they do not turn 40 in the reference year.
VETERANS A	From 40 to 49 years old, meaning they do not turn 50 in the reference year.
VETERANS B	From 50 to 59 years old, meaning they do not turn 60 in the reference year.
VETERANS C	60 years old and above in the year of the competition.

REGULATIONS

REGISTRATION DEADLINES AND FEES

Registrations will be processed through the race website www.marbella-epictrail.com and no registrations will be accepted after the deadline or once the quota of participants has been filled. The organisation will contact the participant via the email provided in their registration form.

REGISTRATION DATES	PRICE FEDERATED	PRICE UNFEDERATED
09/09/2023 - 30/10/2023	85,00 €	90,00 €
01/01/24 - 15/01/2024	90,00 €	95,00 €

The deadline for registration is **15 January 2024**. (For participants registering after **1 December 2023**, we do not guarantee the availability of T-shirts in your preferred size).

The registration fee for **MARBELLA EPIC TRAIL ULTRA** includes the following:

- Participation in the race.
- Runner's bag.
- Civil liability and accident insurance.
- Cloakroom service at the finish line. Participants can leave their belongings at the designated locker table during bib pick-up on race day.
- Liquid and solid refreshments during the race and at the finish line.
- Medical assistance during the race and at the end of the event.
- Runners who withdraw from the race of their own free will, by medical indication or for not passing the cut-offs, will be taken to the finish area depending on the availability of transport, they must understand that they must wait to be transferred once a vehicle is full (4 places) or they can return by their own means if they do not want to wait. It is **MANDATORY** to communicate if a runner abandons the race, to one of the members of the organisation.
 - EVACUATION POINTS:
 - Puerto de Marbella
 - Cerezal
 - Istán
- Health emergencies will be treated as emergencies and will be given priority in the transfers on the understanding that the ambulance is attending another emergency.
- Massage services.
- Commemorative medal for all participants who finish the race within the time limit established by the organisers.
- Finishers' gift.
- Trophies for the first 3 classified in each category and subcategory.
- Post-race meal and transport to the point of start of the race.
- Showers will be located in the [Paco Cantos](#) sports centre (Saturday and Sunday from 9:00 to 21:00).

CANCELLATION INSURANCE

To request reimbursement of the bib registration fee, you can contact the MEDIADOR RIBÉSALAT directly

- Call 932415050 or send an e-mail to gestion.cliente@ribesalat.com identifying yourself with the number of the certificate received by the company, your full name and ID card number.
- All the documentation accrediting the cause of cancellation must be provided.
- Once the file has been opened, you will receive a tracking reference from the company and the mediator. With this number you will be able to check the status of your claim at any time.

Once the documents have been checked, the next steps will be indicated or the registration fee will be refunded.

REGULATIONS

Under no circumstances can the organisers claim reimbursement of the registration fee in the event of cancellation. If the participant has taken out cancellation insurance, any claim must be made directly to the insurance company.

ASSIGNMENT OF BIB NUMBERS AND CHANGES OF REGISTRATION DATA

To facilitate the process, we have enabled the option for participants to make the necessary changes directly from their personal page. This will be accessible once you follow the instructions that will be sent by the platform by email after registration. Therefore, we ask you to avoid sending emails and, instead, use your personal page to make the necessary modification.

We remind you that the bib transfer and the change of personal data are two different processes and must be applied according to the participant's needs. Transferring a bib number involves transferring the registration to another person, while changing personal information involves modifying the information recorded in the original registration.

Participants will be able to make changes to their registration through the participant's private area page until January 28, 2024. After this date, changes to the registration will not be allowed. It is important to note that these changes do not include the possibility of changing the size of the garment, as all sizes have been confirmed and requested by the following week after the registration deadline.

Participants are requested to follow the established procedures for each process properly.

CLAIMS

To file a claim related to the race, you must send an email to the organisers at the specific email address established for this purpose: info@marbella-epictrail.com. It is recommended that the claim be submitted in writing for better clarity and follow-up.

It is important to note that the deadline for filing claims will be within 48 hours following the publication of the provisional rankings on the official event website. Resolutions for these claims will be addressed and communicated within a maximum period of two months after the completion of the event.

It is crucial to consider that claims received through other email addresses or communication channels will not be accepted. Participants are advised to stay informed about any updates or changes in the claims policies by regularly checking the official event website.

COLLECTION OF YOUR BIB NUMBER

Each runner who registers for the race will receive a personal and non-transferable bib number. The bib number must be visibly worn on the front of the runner's clothing at all times during the race and must not be folded, cut, or manipulated. Additionally, it will contain a timing chip.

To collect your bib number, runners must present a valid form of personal identification, such as a passport, ID card, NIE (Foreigner Identification Number), or driver's licence. If someone else is going to collect the bib number on behalf of the runner, they must provide a digital copy of the signed authorization and of the runner's ID.

The bib number and runner's bag will not be provided without the presentation of these documents under any circumstances. It is important to note that the organisation will not be responsible for any consequences that may arise if the runner fails to meet these conditions.

The bib numbers will be available for collection at the following address: [Plaza del Mar, ground floor, Calle Camilo José Cela 17, 29602, Marbella, Malga.](#)

REGULATIONS

BIB NUMBER COLLECTION SCHEDULE

FRIDAY, February 17, 2024 (Mandatory date for all the participants)

12:00 - 20:00

Control: Before the start, there will be a bib number and chip control carried out to allow access to the participants' area.

MANDATORY AND RECOMMENDED MATERIAL

MANDATORY MATERIAL will be required by the referees at the bib control and at any part of the course. All runners are obliged to submit to this control under penalty of disqualification from the race.

Any runner who fails to comply with these conditions once they are established by the Federation may be denied participation.

- Trousers or tights, minimum below the knees.
- Windbreaker jacket with hood and long sleeves, corresponding to the runner's size.
- Thermal or survival blanket, (minimum 1,20 X 2,10)
- Water container (minimum 1 litre) + folding reusable cup*.
- Mobile phone with power and sufficient battery
- Cap, visor or bandana
- Whistle
- Bib
- Gloves
- GPS or watch with the race track downloaded
- Headlamp or torch with spare batteries + Red light for rear position at night.

In case the organisation provides a GPS device, it will be compulsory to carry it.

***Folding reusable Cup** - The organisation is committed to the environment and seeks to minimise the use of plastic during the race. There will be no availability of cups during the competition, so it is important that each participant brings their own folding cup for personal use.



The organisation declines all responsibility in case of accidents or third-party negligence, as well as for the loss or breakage of participants' belongings.

TIME AND PLACE OF THE START AND FINISH LINE

The maximum race time is 19 hours.

START: 05:00 - [Paseo Marítimo de Marbella](#)

FINISH LINE: 00:00 - [Nagüeles Park, Marbella](#)

It should be noted that any participant who exceeds this time limit will be considered out of the race, and if they wish to continue, they must deactivate their chip and do so at their own responsibility and autonomy.

Additionally, it is important to note that in the event that a race is ahead of schedule, a checkpoint/refreshment station will close when the race sweeper team leaves that checkpoint/refreshment station.

REGULATIONS

TIME LIMITS

ULTRA (approx. 62 km)

➤	Parador de Juanar	08:00 h. Approx. 14,00 km
➤	Casa Purla	10:00 h. Approx. 23,00 km
➤	José Lima	12:00 h. Approx. 27,00 km
➤	Puerto de Marbella (base of Juanar)	15:00 h. Approx. 35,00 km
➤	Istán	18:00 h. Approx. 45,00 km (Drop bag, showers)
➤	Puerto Marbella	21:00 h. Approx. 54,00 km
➤	Meta	00:00 h. Approx. 62,00 km

These times are calculated to allow runners to finish the race within the maximum established time frame, taking into account possible stops such as rest or meals. In order for a runner to be authorised to continue the race, they must leave the checkpoint before the designated cut-off time, regardless of their arrival time at that checkpoint.

AWARD CEREMONY

Prizes will be awarded to the top three finishers in each category and subcategory who reach the finish line. The Organization will inform in advance the possible additional classifications that will be awarded based on the prize possibilities it can manage.

Prizes are not cumulative.

Non-attendance at the awards ceremony will be considered as a waiver of the prizes earned. Any delegation to another person must be known and authorised by the organisation at least half an hour in advance.

The prize-giving ceremony will be held on the day of the race, from 16:00 hours at the entrance to the [Nagüeles Park, Marbella](#).

Categories and subcategories that have not reached the finish line by the time of the trophy presentation will be given at the same finish line.

PARTICIPATION RULES

COVID-19.

To ensure the safety of all participants and in compliance with the relevant health regulations, the mandatory use of face masks will be required at all times during the race in the case of COVID-19. Additionally, the organisation reserves the right to modify the schedules and the starting location if it is necessary to implement required COVID-19 protocols, always providing sufficient advance notice through the race website and other appropriate channels.

The start will be carried out while respecting the current protocols and sanitary measures at the time of the event, paying special attention to the safety distance between participants and the possible staggered start of the runners every few seconds. In the latter case, the participant's race time will correspond to their net time after crossing the start line. The organisation is committed to the safety and health of all participants and will cooperate to the best of their ability to comply with the established protocols and sanitary measures.

Appearance.

To participate in the race, it is mandatory to properly display the race bib on the front of the shirt and wear appropriate clothing and footwear for the competition. Additionally, it is recommended that runners carry a mobile phone with them in case of emergencies during the race.

Physical conditions.

In order to participate in any of the races, it is necessary to be in good physical condition and be prepared to face the difficulty and demands of the route. It is important that participants assess their level of preparation requested in

REGULATIONS

these regulations and ensure that they have the necessary experience and physical capacity to cover the distance and overcome the unevenness of the route, as the test has a high degree of difficulty. The presentation of the medical certificate is compulsory. Failure to present the certificate will entitle the organisers to prevent the athlete from taking part in the race.

Route.

It is recommended for runners to stay on the marked path at all times and not deviate from the established route, for their safety and to prevent terrain erosion and protect the environment. Additionally, it is important to respect the rules of coexistence with other runners and the residents of the areas through which the race passes.

Runners should be aware that the race takes place in protected natural areas, and respect for the environment is essential for the conservation of these areas. Therefore, littering or discarding waste along the route is strictly prohibited, and runners who fail to comply with this rule will be penalised.

Furthermore, it is important to note that the organisation reserves the right to modify the route or cancel the race in case of adverse weather conditions or other circumstances that may endanger the safety of the participants or the natural environment. In such cases, runners will be informed of the modifications through the established communication channels.

Vehicles and Animals.

During the event, participants are not allowed to use any type of vehicle. Furthermore, it is strictly prohibited to be accompanied by animals during the race.

Timing.

To ensure the proper execution of the race, it is mandatory for participants to pass through all the designated checkpoints, including the start and finish. The race will have an approved timing system controlled by chips, and several intermediate checkpoints will be set up to ensure accurate timing of the participants.

External Assistance.

Accompanying a runner by another person, whether a runner or not, is not allowed as it is considered external assistance and may result in penalties. Similarly, any type of assistance and/or refreshment outside the designated areas, such as the race aid stations, will also be considered external assistance and is therefore not allowed.

SAFETY

Mobile Application.

To ensure the safety of all runners, it is recommended that they carry a mobile phone that can be used in case of emergencies, withdrawal, or rescue. Additionally, it is advised to download the mobile application "SOS Emergencias," available on the Play Store and Apple Store, which allows for notifying Marbella Civil Protection in case assistance is required in an emergency situation. This way, we can act quickly and effectively in the event of any unforeseen situation during the race.

Start and Finish.

During the start, we will have the presence of local police and organisation personnel to ensure proper control. However, once the runners are on the road, they will encounter regular traffic. It is important for the runners to always respect traffic regulations and follow the established signage instructions for the race, in order to ensure the safety of both participants and other users of the public roads.

Alternative Route.

In the event of adverse weather conditions that may affect the safety of the participants, the organisation may establish an alternative route, which will be communicated in a timely manner to all runners. If this change needs to be made after the race has started, participants will be informed at the corresponding checkpoint. The organisation reserves the right to modify the route or even cancel the race due to force majeure or when the health and safety of the runners, volunteers, and attending public cannot be guaranteed.

REGULATIONS

Sweep Team.

During the competition, there will be a security team (sweep team) responsible for closing each distance of the race and verifying the passage of all participants. Despite having a trained medical and security team, it is important to consider that the natural environment in which the race takes place and the long distances involved can make medical assistance challenging. Therefore, it is the responsibility of each participant to ensure they carry the appropriate and mandatory equipment in their backpack to guarantee their safety.

Abandonment.

The organisation will have specialised personnel providing healthcare at strategic points along the route and at the corresponding checkpoints. It is mandatory to follow the instructions of this personnel, who will be properly identified. In case of abandonment, it is important to communicate it as soon as possible at the nearest checkpoint to the abandonment location. The organisation's staff will remove the chip while maintaining the race number. In addition, there will be medical personnel and ambulances available to intervene in case of emergencies at strategic points along the route.

Reaching the Finish Line.

The organisation is responsible for ensuring the safety and well-being of all participants, but it is important to note that each athlete is responsible for their own arrival at the finish line, except in the case of accidents, serious injuries, or major causes. Furthermore, there will be designated cut-off times until the completion of the race, and if these times are not met, the organisation will have vehicles that will pick up athletes who do not meet the cut-off time.

In the event that a participant is unable to complete the race within the established time limit, the organisation will provide vehicles to pick them up at designated evacuation points for runners. These areas will be clearly marked and located at strategic points along the route. Participants can wait there to be picked up by the organisation's vehicle and transported to the finish line. It is important to note that these areas are exclusively for the evacuation of runners and not for the waiting of companions or the general public.

Diseases or Medication Allergies.

During the registration process, participants are requested to inform the organisation about any diseases or medication allergies that may be relevant in case of needing medical attention. It is important to highlight that this information is essential to ensure appropriate and timely medical care in the event of any unforeseen circumstances during the competition. Therefore, participants are recommended to provide all relevant and up-to-date information at the time of registration.

Medication.

If a participant is taking any prescribed medication, it is their responsibility to carry it throughout the entire race and administer it according to medical instructions. Self-medication is not recommended, and it is advised to follow the instructions of a healthcare professional. It is important to note that the healthcare services will not be held responsible for any possible adverse effects or side effects that may occur due to self-medication or incorrect use of medication. If there are any doubts or concerns, it is recommended to consult with a healthcare professional before the race.

DISQUALIFICATIONS

This sports event is made possible thanks to the dedicated work of volunteers who tirelessly strive to preserve the nature and beauty of the Sierra surrounding the city of Marbella.

It is important to emphasise that the race organisation, as well as the individuals in charge of each checkpoint and refreshment station along the course, have the necessary authority to enforce the regulations and ensure the proper development of the race.

In the event of any violation of the regulations, the corresponding penalties will be applied as stipulated in the previously established penalty chart. This way, we ensure the maintenance of a sporting spirit and respect for the natural environment that surrounds us.

REGULATIONS

VIOLATIONS	PENALTIES
Arriving at the starting line 15 minutes after the start signal has been given.	DISQUALIFICATION
Displaying violent, xenophobic, or sexist behaviour.	DISQUALIFICATION
Not following the instructions of the race staff.	DISQUALIFICATION
Refusing to comply with mandatory gear checks.	DISQUALIFICATION
Failure to provide assistance to another participant in danger or injured.	DISQUALIFICATION
Cheating (e.g., using a means of transportation, transferring the race bib to another person...).	DISQUALIFICATION
Not passing through a designated checkpoint.	DISQUALIFICATION
Resisting an anti-doping control.	DISQUALIFICATION
Committing environmental offences (littering outside designated bins, removing or damaging vegetation, taking shortcuts).	DISQUALIFICATION

It is expected that all participants of this event act responsibly and respectfully towards the environment. Any action that damages the natural surroundings, such as littering outside designated bins, removing, uprooting, or altering any living or inanimate natural element, or deviating from the established course markings, will be considered a violation of the race regulations. This not only has a negative impact on the environment but also jeopardises the conservation of nature and its biodiversity. Therefore, the collaboration of all participants is requested to maintain ethical and responsible behaviour throughout the race.

Furthermore, participants are asked to carry and manage their waste responsibly until they reach the designated disposal areas indicated by the organisers. Broken trekking poles can be handed in at a checkpoint.

It is important for participants to display sportsmanship at all times and respect other athletes and members of the organisation. They should also take care of the facilities provided for the race and be responsible for any damages that may occur due to their behaviour.

IMAGES RIGHTS

The organisation reserves the right to take and collect photographs, videos, and information during the competition, in which all participants will be involved. Likewise, the organisation reserves the right to use this material for advertising, public relations, or any other journalistic or promotional purposes of the event.

However, any media or advertising project that makes use of such material must obtain prior consent from the organisation.

ACCEPTANCE OF REGULATION AND DISCLAIMER

Participation in the competition implies acceptance of the regulations and the disclaimer, which exonerates the organisers from any liability in the event of an accident or bodily injury suffered during or after the competition.

However, the organisers are committed to ensuring the highest possible safety for all participants.

This declaration is made during the registration process, ensuring that runners are fully informed and aware of the conditions and responsibilities associated with the competition.

Board of Directors

C.D. Ultra Trail Sierra Blanca

MARBELLA EPIC TRAIL

"PRIVILEGE OF THE FEW"