



UPDATE 11-10-23

# TRANSVULCANIA GENERAL REGULATION 2024

## 1. INTRODUCTION

These regulations describe the conditions under which the event called Transvulcania will take place, being of STRICT compliance for all participants in any of the tests of which the event is composed. Any incident not included in this document will be resolved by the Transvulcania Jury, composed of a Race Head, a Member of Transvulcania Organization, Runners Representative, a Chief Referee and an official from Cabildo de La Palma (Island Council of the island).

These regulations could be corrected, modified or updated at any time by the Organization, being notified in due time and manner to the participants and indicating the periods for claims and resolution of incidents if necessary. The fact of registering for any of the event modalities shows the participant's agreement with the entire content of these regulations.

## 2. CHARACTER AND OBJECTIVES OF THE CAREER

### - Character:

TRANSVULCANIA is a highly competitive sporting event at national and international levels and with the possibility of widespread participation at different levels of competition, effort and motivation. A total of 5 tests that largely take place along different trails on La Palma. Transvulcania 2024 will be held between May 9 and 11, with the first test being the Vertical Kilometer on May 9, while the Ultra, Marathon, Half-Marathon and Kids modalities will take place on May 11, 2024.

Each modality will have a defined route and times for its execution that registered participants must comply with. Failure to comply with the indicated route or not comply with the stipulated cut-off times will allow the race management to take the measures or sanctions they deem appropriate, such as: penalties or disqualification itself.

- **Goals:**

The objectives of this event for regulatory purposes are:

- A) Ensure correct organization that allows TRANSVULCANIA to be maintained on the international calendar of long-distance mountain races.
- B) Promote the Network of Trails on La Palma.
- C) Maintain the technical conditions that provide options to improve the levels of Sportsperformance of the athletes who participate each year in TRANSVULCANIA.
- D) Continue promoting TRANSVULCANIA as a world reference test in the organization of mountain races.

### 3. ORGANIZATIONAL ASPECTS

- **Promoter and organizer:**

TRANSVULCANIA, a test promoted by El Cabildo (La Palma Councils) with the involvement of several of its institutional areas (Ministries), is organized through the Society for the Promotion and Economic and Social Development of La Palma SAU (SODEPAL), with the collaboration of different sponsoring business entities, municipal corporations and volunteer personnel.

- **General test data:**

- A) **TRANSVULCANIA** in its mode of **ULTRA (05/11/24)**, is a long-distance Mountain Race of 73.06 kilometers, which crosses of La Palma through two Long Distance trails (GR 130 and GR 131), starting at the Fuencaliente Lighthouse and arriving at Los Llanos. by Aridane. With a cumulative difference of 8,185 meters (4,259 ascending and 3,926 descending). This test runs entirely along the two paths named above, hardly touching population centers, except for the arrival in the urban area of Los Llanos de Aridane, a small initial section that crosses the town of Los Canarios and another in the Port from Tazacorte.
- B) **MARATHON (05/11/24)** With a distance of 45 kilometers, it leaves the Pilar refuge (El Paso) and its arrival is at the Puerto de Tazacorte, maintaining a cumulative difference in elevation of 5,213 meters (1,884 ascending and 3,329 descending).
- C) **HALF MARATHON (05/11/24)** With an approximate distance of 24.28 kilometers, it leaves from the Fuencaliente Lighthouse and its arrival is located in the Refugio del Pilar (El Paso), with a cumulative difference in elevation of 2,786 meters (2,097 ascending and 689 descending).
- D) **VERTICAL KILOMETER (05/09/24)**. With an approximate distance of 7.6 kilometers and an approximate cumulative difference of 1,160 meters from the

starting point to the finishingpoint.

E) **TRANSVULCANIA KIDS (05/10/24)**. El Pilar Refuge. Schedules to be defined.

- **Schedules:**

MODALITY	DATE	EXIT	ARRIVAL/limit
Ultramarathon	05/11/24	To define	To define
Marathon	05/11/24	To define	To define
Half marathon	05/11/24	To define	To define
KM Vertical	05/09/24	To define	To define
Kids	05/11/24	To define	To define

#### 4. REGISTRATION AND PARTICIPATION CONDITIONS

- **Number of places and general conditions:**

There is a maximum limit on the number of participating runners, to **Ultramarathon (1,600 places)** for the **Marathon (800 places)**, **(600 seats)** for the **Half marathon and (200 places) Vertical Kilometer**, so the registration period will be conditioned by the number of runners who register.

Once the number of participants is covered (in the event that the maximum number of registrations is completed) a reserve list will be created to complete those withdrawals that may arise until the final date of acceptance of applications, date on which also. The deadline to make any type of change or modification to the runners' files will close, so from this same day, the data collected in the participants' registrations will be taken as valid.

Participation will be open to all those people who meet the following requirements:

A) Correctly complete the **registration form** in the modality chosen through our website, as well as the corresponding **pay**.

B) Be **adult** (except in the Half Marathon modality which has a junior category which allows the participation of runners who are 16 years old at the time of the event.)

C) **Comply with the physical qualification requirements required for the Ultramarathon and Marathon modalities, explained in these regulations.**

D) Be aware of the requirement of Transvulcania and **yes be able to manage your capabilities** ~~big~~ fully able to face the challenge with conditions of safety for the participant and the organization.

- E) Be fully aware of the environment in which they find themselves, maintaining values of **respect and tolerance for the environment.**
- F) **Respect at all times the regulations and decisions made by the organization.**

In the Ultramarathon, Marathon and Vertical Kilometer modalities, the participation of minors will not be allowed, although runners who are 16 years old or older on the day of the event and who present a duly completed Parental Authorization may participate in the Half Marathon.

This is a long-distance mountain test in semi-autonomy (understood as the ability to be autonomous between two supply points), so we recommend good physical shape, since considerable unevenness will be overcome on very technical terrain.

**- Registration for the competition:**

Registrations will be made via the website, filling out the participation form through of the page **www.transvulcania.com** with the acceptance of these regulations, payment being solely and exclusively Online.

**WARNING:** For this edition, all athletes who want to participate in the Ultramarathon and Marathon modalities must provide documentation that allows the organization to verify the participant's ability to face the test with the following conditions:

**(\*) This requirement will be analyzed and verified by the Race Organization and will be an essential requirement to be admitted to it.**

A) To participate in the Ultramarathon, you must justify participation and completion, after January 1, 2023, in at least one Mountain's race of 40 kilometers at least. This requirement must be justified at the time of registration, otherwise the place will not be confirmed and the corresponding cancellation and refund of the amount paid -50% of management fees will be carried out.

B) To participate in the Marathon, you must justify participation and completion, after January 1, 2023, in at least one Mountain's race of 20 kilometers at least. This requirement must be justified at the time of registration, otherwise the place will not be confirmed and the corresponding cancellation and refund of the amount paid -50% of management fees will be carried out.

C) No special conditions are required for participation in the rest of the modalities (Half-marathon, Vertical Kilometer, Transvulcania Kids), although due to the toughness and specificity of the test it is recommended to have completed a similar test in the previous 12 months.

- **Confirmation of places:**

**Ultramarathon and Marathon**

- Coming of Age
- Implementation of the registration form and Online Payment.
- Accreditation of physical qualification (completion of previous sports test in a timely manner).

**Failure to comply with any of the 3 basic requirements at the time of registration will mean the impossibility of participating in the Ultra and Marathon modality, with the consequent refund of the registration amount less 50% of management fees.**

**Half marathon**

- Age: From 16 years old on the day of the test.
- Completion of the online registration and payment form

**Vertical Kilometer**

- Age: From 16 years old on the day of the test.
- Completion of the online registration and payment form

- **Prices and payment periods:**

<b>Transvulcania 2024 registration prices</b>				
<b>Modality</b>	<b>1st General term</b>	<b>Residents in La Palma 1st term</b>	<b>General 2nd term</b>	<b>Residents in La Palma 2nd term</b>
<b>Ultramarathon</b>	<b>€90</b>	<b>€70</b>	<b>€110</b>	<b>€90</b>
<b>Marathon</b>	<b>€60</b>	<b>€40</b>	<b>€80</b>	<b>€60</b>
<b>Half marathon</b>	<b>€55</b>	<b>€35</b>	<b>€75</b>	<b>€55</b>
<b>Half marathon Junior</b>	<b>€30</b>	<b>€20</b>	<b>€30</b>	<b>€20</b>
<b>Vertical KV</b>	<b>€30</b>	<b>€30</b>	<b>€30</b>	<b>€30</b>

\* **IMPORTANT:** The first registration period runs between the first day of opening of registrations until December 31, 2023 at 23:59 island time, assigning the price that marks the first period in the table. Starting on January 1, 2024 at 00:00 insular time and until the end of registration, the price established in the second period of the table will apply.

When the Race Organization correctly receives the registration and payment and verifies the training requirements set out in the previous point, the registration will be formalized, receiving the corresponding email confirmation of the place.

- **Registration in TRANSVULCANIA includes:**

- A) Participation in the race, liquid and solid supplies during the race and at the finish line.
- B) Transportation service upon departure from the points established by the Organization.
- C) Transportation service from arrival to the points established by the Organization.
- D) Transfer of each runner's personal bag from the start to the finish line (all modalities). These bags will be delivered at the arrival of each goal with the presentation of the number up to 1 hour after the close of each modality). After that time, the runner must go personally, assuming the cost, to pick up the bag from the organization's offices on the Monday after the celebration.
- E) The organization ensures the return of the bags of runners who have abandoned, provided that the abandonment has been recorded. The return time of the bag will depend on logistical needs. The organization does not guarantee the return of all bags in Los Llanos de Aridane before the end of the race. Only the bags provided by the organization will be transported. Poles cannot be transported in bags. The contents of the bags will not be verified, and no complaints about their contents will be entertained. It is recommended not to deposit valuable objects.
- F) Those participants who abandon or do not arrive at the checkpoints on time will be transferred to the finish area in Los Llanos de Aridane. This action will only be carried out at checkpoints/supply stations.
- G) Assistance during the race through the health and safety device established by the organization.
- H) Services at the finish line for runners such as physiotherapy and podiatry.
- I) Runner's bag with commemorative gift and gifts from sponsors.
- J) Commemorative medal to all participants who finish their race within the time established by the organization.
- K) Finisher shirt for those runners who finish the Ultramarathon within the time established by the Organization.
- L) Registration is personal and non-transferable and implies acceptance of these regulations.

**- Non-participation and refund of subscriptions:**

- A) **WARNING:** To request refunds, it is necessary for the runner to direct their formal request for withdrawal to the email address of the Technical Secretariat department ([secretariatecnica24@transvulcania.com](mailto:secretariatecnica24@transvulcania.com)) according to the deadlines established below.
- B) From the moment of payment of the registration fee, the Organization undertakes to return 50% of the amount paid by the runner (less bank commissions) if you receive a formal request for withdrawal before January 2, 2024 at 12:00 island time.
- C) From January 2, 2024 at 12:00 island time until April 11, 2024, at 12:00 island time, 30% of the amount paid by the broker will be returned (less bank commissions).
- D) From April 11 at 12:00 insular time in 2024 until the day of celebration of the corresponding modality, there will be no refund of the amount thereof in case of non-participation, whatever the reason.
- E) In the event that the runner does not participate in the race, whatever the reason, the Organization will not be obliged to give him or her any souvenir of the race (neither runner's bag nor commemorative t-shirt) once the TRANSVULCANIA has concluded.
- F) The Organization reserves the right to cancel the test if objective risk situations occur that could endanger the safety and integrity of the participants (weather alerts, forest fires, landslides, pandemics, etc.). The Organization also reserves the right to modify the cut-off times, routes, race departure times, neutralizations and even cancellation.
- G) If the test is canceled before the start for any of the reasons stated above, 50% of the amount paid will be refunded.
- H) If the race is suspended for any reason other than those previously stated, the amount paid will be fully refunded.
- I) Once it has started, if the test has to be suspended before it concludes, the runners will be classified according to the order and time of arrival at the last checkpoint they have passed through in the competition and the same will be considered finished.

## **5. DOPING**

In no case will the use of substances that may be considered doping by any of the administrations or sports entities that have powers in this matter be permitted. To this end, and in the event that any of these administrations or entities may request action in this regard, the necessary processes and resources will be enabled to do so.

In this sense, everything that is applicable according to Organic Law 11/2021, of December 28, on the fight against doping in sports, must be considered.



## **6. RULES FOR USE OF IMAGES AND DATA AND TREATMENT OF THE CORPORATE IDENTITY OF THE CAREER.**

The image rights derived from TRANSVULCANIA will be exclusive to the Test Organization, which means that it may use them as it sees fit, as long as it does not violate the participant's right to privacy. Furthermore, any use of them by any company or individual must be permitted and/or recognized by the Organization itself.

Likewise, registered runners authorize their name and image to be reflected in a list of participants, results lists, monitoring system and all other support that the organization determines for the correct functioning of the event published on the official website of the race.

## **7. PENALTIES AND CLAIMS.**

The Organization may disqualify a participant from the race if it proves that:

- A) The runner does not pass through all the checkpoints.
- B) The runner does not comply with the cut-off times at the points where they are made.
- C) The runner receives external help from someone outside the Organization outside the official race aid stations (200 meters in front and 200 meters behind said aid stations).
- D) The runner does not complete the entire route on foot through the place marked by the Organization.
- E) The runner does not provide assistance to any participant who needs it.
- F) The runner does not wear the number in a visible front part specified by the Organization and in its complete format, without cuts or folds.
- G) The runner is accompanied for more than 100 meters along the race route by someone who is not registered as a TRANSVULCANIA runner.
- H) The runner does not carry the MANDATORY MATERIAL, depending on each type of participation, from the beginning of the race until its completion.
- I) The runner deposits any material considered as packaging or waste in some place not authorized for this purpose, both at the official race refreshment points and along the race route.
- J) The runner uses the poles in some part of the course where it is not permitted.
- K) The runner carries out actions, behaviors or manifestations of any kind that go against the image and objectives of the race.

- **Claims and incidents prior to the race:**

- A) Any claim or incident related to the registration process may be addressed by email addressed to [secretariatecnica24@transvulcania.com](mailto:secretariatecnica24@transvulcania.com), up to a period of 72 hours before the registered test takes place.
- B) During the delivery of numbers, a specific area will be enabled for possible incidents that could not have been resolved prior to that moment.

- **Claims during the race:**

- A) Any TRANSVULCANIA participant who wants to make a claim to the Race Organization in relation to the classification may do so by email [secretariatecnica24@transvulcania.com](mailto:secretariatecnica24@transvulcania.com), within a period of 48 hours after the closing of the race of the modality. participatory of each one.
- B) Those complaints related to the management of the race that exceed the points regulated throughout this document will not be admitted as a claim by the organization.

## **8. SAFETY AND TECHNICAL ASPECTS OF THE RACE.**

- **The itinerary and signage:**

- A) The course route is the one published on the race's official website. Any change or modification in it will be made public by the same means.
- B) The basic signage will be the one normally available on the GR130 and GR131 route. Directional posts, location panels and posts, confirmation in some cases of distance traveled and distance left, information on supplies and cut-off times, as well as the start point and end point of the route. Those modalities that may take place at any point outside the GR130 and 131 trails will be duly marked for the correct development of the test.
- C) The Organization reserves the right to make modifications to the itinerary if necessary. If it is carried out, it will be officially reported on the Transvulcania website, in addition to sending the information by email to the participants. Even on race day itself, the organization reserves the right to modify or neutralize parts of the route or cut-off times if there is any type of risk that could affect anyone involved in the race.
- D) Itineraries that do not conform to the route marked by the organization and that include the routes defined for the test will not be permitted in any of the modalities.

- **Behavior of the runners during the race:**

- A) Participants must respect the environment in which the test is carried out and keep the test environment clean. To do this, they must stock up WITHOUT LEAVING ANY CONTAINER OUTSIDE THE CONTAINERS enabled for such use. FAILURE TO COMPLY WITH THIS POINT WILL LEAD TO DISQUALIFICATION

IMMEDIATELY OF THE RUNNER, and may be disqualified through a simple testimony from any member of the Race's organizational team.

- B) It is totally prohibited to receive external help or refreshments during the race outside the points provided by the Organization: these will coincide with the official refreshments of the race. In addition, "Assistance Areas" will be incorporated into the El Pilar and Roque de Los Muchachos aid stations where any runner who wishes can receive assistance from their team or companions. Only one person per Runner/team is allowed in each "Assistance Area". Likewise, it is prohibited to be accompanied by other people who are not registered participants in the test.
- C) In the Ultra modality the use of poles is prohibited in the first 7.67 km. of the race, to the Los Canarios Aid Station. Runners can carry the poles in their backpack or other support system, but they cannot carry them in their hands in this first section of the race.
- D) In the Ultra and Marathon modalities, the use of walking sticks is restricted from the Ovejas peak to the Punta de los Roques refuge and from the Los Andenes viewpoint and the Isaac Newton telescope.

**- Security and insurance:**

- A) The route will not be closed to traffic, so athletes must take extreme precautions and respect the road traffic code. At the points where the road must be crossed, there will be Organization personnel and security measures, as well as medical services in certain places along the entire route. These points will be duly marked and marked, in addition to being punctually specified on the test route meter.
- B) During the course of the race, participants must OBEY THE INSTRUCTIONS OF THE MEMBERS OF THE ORGANIZATION of the race at all times. Failure to comply with this point will imply immediate disqualification.
- C) Any runner who abandons the race during the course of the race must MUST notify the person responsible for the nearest control point, inform the team members or call the control center by phone with the number provided on the race number. .
- D) All runners who participate in TRANSVULCANIA will be covered by accident insurance contracted by the organization included in the registration price. Said insurance will have the same medical coverage as any Federal Mountain License, although it will only be effective in the event that the participant needs it during the day of the race for which they are correctly registered.
- E) The participant will exempt the Organization from any responsibility in the event of injury and/or accident due to causes beyond the control of the event organization itself.
- F) The organization will not be responsible or liable for any actions that may occur outside the officially marked itinerary. If this action occurs by any participant, the accident insurance will not be liable for it.

- **Departure and arrival areas:**

MODALITY	EXIT	GOAL	TIME OFENDING
Ultramarathon	Fuencaliente Lighthouse	The Plains of Aridane	16 hours
Marathon	Pilar Refuge	Puerto Tazacorte	10 hours
Half marathon	Fuencaliente Lighthouse	Pilar Refuge	7 hours
KM Vertical	Puerto Tazacorte	Forest Time Turret	2 hours
Kids	Pilar Refuge	Pilar Refuge	

- **Corridor control:**

- A) Each participant will be controlled by a chip by the test's timing system throughout the course.
- B) For correct monitoring of the participant, he or she must go through each of the timing control steps. Failure to pass through any of them will authorize the organization to take sanction or disqualification measures.
- C) Participants must pass through each checkpoint in a timely manner, respecting the cut-off times set by the organization for each of the points. Failure to arrive at the established cut-off time in a timely manner leads to the automatic disqualification of that number.
- D) Those numbers disqualified during the race and who decide of their own free will to continue along the route marked by the race, the organization will not be responsible for any incidents that may occur to them, nor will emergency protocols of the race be activated to assist them. The number will be collected by the person responsible for the provisioning station where the time cut takes place.
- E) The bib number must always be visible when passing through the controls, mainly on the front part of the participant's upper body.

**9. DELIVERY OF BIBS.**

- A) The numbers will be delivered on May 8, 9 and 10, 2024 at a place and time designated by the Organization, and participants must present their DNI or any other legal identification document.
- B) **WARNING:** THE BIBS CAN ONLY BE WITHDRAWN BY THE RUNNERS PERSONALLY WITHOUT EXCEPTION, SO THEY WILL NOT BE DELIVERED TO PEOPLE WHO DO NOT CORRESPOND TO THE OWNER OF THE SAME.
- C) It is not allowed to collect the number of any modality on the same day of the test.

- D) The TRANSVULCANIA runner in any of its modalities must wear the number provided by the Organization at all times, in a visible place (Waist, abdominal part or chest, in any of these cases always on the front part that can be seen at any time required by the organization) and cannot be cut, folded or modified.
- E) Failure to comply with this section will result in non-participation in the test and/or disqualification from it.

## **10. SUPERVISION AND CONTROL OF MANDATORY MATERIAL.**

- A) All runners must carry MANDATORY SAFETY EQUIPMENT, which will be checked at the beginning of the modality, at strategic points of the race and upon arrival at the finish line, and must consist of, depending on the modality, the following materials:
  - B) Hydration system (camelback type or fanny pack with a minimum capacity of 1 liter)
  - C) Headlamp
  - D) Red rear position light
  - E) Thermal blanket (minimum dimensions of 2 X 1 meters)
  - F) Mobile phone with the number contemplated in the registration, although this can only be used in case of emergency, withdrawal or rescue. It is important to have a fully charged battery.
  - G) Folding cup or similar, since there will be no cups at the aid stations.
  - H) This MANDATORY SAFETY MATERIAL must be carried by the runner at all times, from the Start to the Finish of each type of participation, and may not be removed during the course of the race for any reason. THERE WILL BE NO CUPS AT THE RESERVATION STATIONS in order to protect the environment and avoid the use of plastic, so each runner must carry their own.
  - I) The use of sun protection is recommended, such as a hat, sunglasses and cream with sun protection factor.
  - J) ATHLETES WHO DO NOT CARRY THE MANDATORY MATERIAL WILL NOT BE ABLE TO CONTINUE IN THE RACE AND WILL BE IMMEDIATELY DISQUALIFIED.
  - K) The Organization will enable left luggage service only at the starting points of each of the modalities. Later, participants will be able to recover their belongings at the finishline of the practiced modality.
  - L) The Organization is not responsible for the objects left inside the personal bags that are transported to the finish line. Nor will it be held responsible for objects that are misidentified or have identification other than the one provided by the organization.

Updated to:  
S/C of La Palma as of September 29, 2023