



TRANSVULCANIA
LA PALMA ISLAND
MAY 9 2026



REGULATION - TRANSVULCANIA ADIDAS TERREX 2026

I. INTRODUCTION

These regulations describe the conditions under which the TRANSVULCANIA event will take place, being of Strict compliance for all participants in any of the races of which the event is composed. Any incident not included in these regulations will be resolved by the RFEA Technical Delegate and/or Referee Judge (in the case of a technical issue).

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

2. CHARACTER AND OBJECTIVES OF THE RACE

The TRANSVULCANIA is an event with a markedly competitive sporting character at national and international levels and with the possibility of general participation at different levels of competition, effort and motivation. A total of 5 races that take place in a large part of their totality along different trails on the island of La Palma. The TRANSVULCANIA 2026 (16th edition) will be held on the 7th, 8th and 9th of May 2026, with the first race being the **Vertical Climb on the 7th of May**, the **Kids-Junior on the 8th of May**, while the **Ultramarathon, Marathon, Half-Marathon and Joëlette races will take place on the 9th of May 2026**.

Each modality will have a defined route and times for its execution that the registered participants must comply with. Non-compliance with the indicated route or failure to

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meet the stipulated cut-off times may lead to the measures or sanctions that are considered appropriate, such as penalties or disqualification.

The objectives of this event for regulatory purposes are:

- A. To ensure a correct organisation that allows TRANSVULCANIA to remain in the international calendar of long distance mountain races.
- B. To promote the Footpath Network of the island of La Palma (www.senderosdelapalma.com).
- C. To maintain the technical conditions that give options to improve the sporting performance levels of the sportsmen and women who participate in TRANSVULCANIA every year.
- D. To continue to promote TRANSVULCANIA as a world reference event in the organisation of mountain races.

3. ORGANISATIONAL ASPECTS

Promoter and organiser:

The TRANSVULCANIA, an event promoted by the Cabildo Insular de La Palma with the involvement of several of its Institutional Areas (Councils) and organized through La Sociedad De Promoción y Desarrollo Económico y Social de la Isla de La Palma S.A.U.M.P. (SODEPAL), with the collaboration of different sponsoring business entities, municipal corporations and volunteer staff.

General information about the different modalities:

- A. **TRANSVULCANIA in its modality of ULTRAMARATHON (09/05/26)**, is a long distance mountain race of 73.06 km, which crosses the island of La Palma through two Gran Recorrido trails (GR 130 and GR 131), starting at the Faro de Fuencaliente and finishing in Los Llanos de Aridane. With a cumulative difference in altitude of 8,185 meters (4,259 ascending and 3,926 descending). This race runs entirely along the two aforementioned trails, barely touching any towns, except for the

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finish in the town of Los Llanos de Aridane, a small initial section that crosses the village of Los Canarios and another in Puerto de Tazacorte.

Point	Type	Google Maps	Altitude (m)	Dist. (km)	Dist. inter (km)	Elevation gain (m)	Start time / Cut Off
Faro de Fuencaliente	Start line		8	0	–	–	6:00
Los Canarios	Aid Station (Liquid)		715	7,4	7,4	706	
Las Deseadas	Aid Station (Liquid)		1827	17,0	9,6	1184	
El Pilar	Aid Station (Liquid-Solid)		1445	24,8	7,7	270	11:00 (cut-off)
El Reventón	Aid Station (Liquid-Solid)		1415	31,53	6,8	226	
Pico de la Cruz	Aid Station (Liquid-Solid)		2293	46,5	14,9	1398	
Roque de Los Muchachos	Aid Station (Liquid-Solid)		2417	50,7	4,2	307	17:00 (cut-off)
Torre de El Time	Aid Station (Liquid-Solid)		1159	60,7	10,0	119	
Puerto de Tazacorte	Aid Station (Liquid-Solid)		2	68,0	7,2	39	21:00 (cut-off)
Los Llanos de Aridane	Finish line		338	73,06	5,1	363	22:00 (closing)
					73,06	4350	

B. The MARATHON (09/05/26), with a distance of 43.2 kilometers, starts from the El Pilar refuge (El Paso) and finishes in Puerto de Tazacorte, with an accumulated difference in altitude of 5,213 meters (1,884 ascending and 3,329 descending). The start will be made by boxes that will be assigned according to the ITRA score of the runners who have it. In the event of not having an ITRA score, the boxes will be assigned in alphabetical order.

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Point	Type	Google Maps	Altitude (m)	Dist. (km)	Dist. inter (km)	Elevation gain (m)	Start time / Cut Off
El Pilar	Start line		1445	0	-	-	6:00 (start with starting boxes)
El Reventón	Aid Station (Liquid-Solid)		1415	6,80	6,80	147	
Pico de la Cruz	Aid Station (Liquid-Solid)		2293	21,70	14,90	1317	
Roque de Los Muchachos	Aid Station (Liquid-Solid)		2417	25,90	4,20	307	13:00 (cut-off)
Torre de El Time	Aid Station (Liquid-Solid)		1159	35,90	10,00	86	
Puerto de Tazacorte	Finish line		2	43,20	7,2	27	16:00 (closing)
					43,20	1884	

C. HALF MARATHON (09/05/26). With an approximate distance of 24.80 km, it starts at the Faro de Fuencaliente lighthouse and finishes at the Refugio del Pilar (El Paso), with an accumulated difference in altitude of 2,786 meters (2,097 uphill and 689 downhill). There is a JUNIOR category for runners aged 17 or 16 years old on the day of the race.

Point	Type	Google Maps	Altitude (m)	Dist. (km)	Dist. inter (km)	Elevation gain (m)	Start time / Cut Off
Faro de Fuencaliente	Start line		8	0	-	-	7:30
Los Canarias	Aid Station (Liquid)		715	7,4	7,4	700	
Las Deseadas	Aid Station (Liquid)		1827	17,0	9,6	1167	
Refugio El Pilar	Finish line		1445	24,80	7,7	230	14:00 (closing)
					24,8	2097	

D. VERTICAL CLIMB (07/05/26). With an approximate distance of 7.26 kilometers and an approximate accumulated difference in altitude of 1,160 meters from the starting point to the finishing point. Runners aged 17 years old on the day of the race may participate.

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Point	Type	Google Maps	Altitude (m)	Dist. (km)	Dist. inter (km)	Start time / Cut Off
Puerto de Tazacorte	Start line		3	0,0	–	17:00
Mirador de El Time	Aid Station (Liquid)		510	2,9	2,90	
Torre Forestal	Finish line		1.164	7,3	4,4	20:00 (closing)
					7,26	

E. **TRANSVULCANIA KIDS (08/05/26)**. This race is held in the Refugio de El Pilar with a circuit of various distances according to category:

CATEGORY	YEAR OF BIRTH	APPROXIMATE COURSE DISTANCE
Mini Kids	Born in 2021 & later	250 m
Sub 8	Born in 2019 & 2020	500 m
Sub 10	Born in 2017 & 2018	750 m
Sub 12	Born in 2015 & 2016	1250 m
Sub 14	Born in 2013 & 2014	2000 m
Sub 16	Born in 2011 & 2012	2500 m
Sub 18	Born in 2009 & 2010	4500 m

F. **JOËLETTE (09/05/26)**. Starting from Mirador de El Time, with a distance of 7.91 kilometers and a cumulative height gain of 1,048 meters. The fact of having a race for people with disabilities in Transvulcania shows the organisation's commitment to values that go beyond sport, wanting to contribute to the construction of a fairer and more equitable society. This modality is a significant step towards inclusion and will allow people with disabilities to have the opportunity to participate in one of the most emblematic trail running events in the world. Transvulcania, with its spectacular route through volcanic landscapes, is the ideal setting for people with disabilities to demonstrate their resilience, skill and passion for sport. This step towards inclusion

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strengthens the event, makes the abilities of people with disabilities visible, and generates the change from a testimonial participation to an active and competitive participation. Incorporating this modality is part of a global accessibility plan for the event that has been in place since last year and which, in this edition, not only reflects a commitment to accessibility and equal opportunities, but also underlines the importance of promoting inclusive sport.

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4. CONDITIONS OF REGISTRATION AND PARTICIPATION

Number of places and general conditions:

There is a maximum limit on the number of runners participating, for the **Ultramarathon (1,200 places), for the Marathon (900 places), (800 places) for the Half-Marathon, (200 places) Vertical Climb and Joëlette (20 teams)** so the registration period will be conditioned by the number of runners who register.

Once the number of participants has been covered (in the event that the maximum number of registrations is completed), **a reserve list will be created** to fill in any withdrawals that may occur until the final date for accepting applications, when the deadline for making any changes or modifications to the runners' forms will also close, so that from this same day onwards, the data included in the participants' registrations will be taken as valid.

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

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- A. Correctly complete the **registration form** in the chosen modality through our website, as well as the corresponding payment.
- B. To be of **legal age** (except in the Half-Marathon modality which has a junior category which allows the participation of runners aged 16 or 17 at the time of the race, in addition to the Kids-Junior modality).
- C. Comply with the **physical qualification requirements for the Ultramarathon and Marathon categories**, as explained in these regulations.
- D. Be aware of the demands of Transvulcania and know how to fully manage their capacities in order to face the challenge in conditions of safety for the participant and the Organization.
- E. To be fully aware of the environment in which they find themselves, maintaining values of respect and tolerance for the environment.
- F. To respect at all times the regulations and the decisions taken by the Organization.

In the Ultramarathon and Marathon modalities, minors will not be allowed to participate. However, in the Half-Marathon, runners who are 16 years of age on the day of the race may participate in the Halfmarathon race. Also runners who are 17 years of age on the day of the race may participate in the Uphill race.

This is a long-distance mountain race in semi-autonomy (understood as the ability to be autonomous between two refreshment points), so we recommend a good physical condition, as there are considerable slopes to be overcome on very technical terrain.

Registration for the competition:

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

Participation requirements and accreditation of physical qualification:

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For the present edition, all athletes who wish to participate in the Ultramarathon and Marathon modalities, must provide documentation that allows the organization to verify the participant's ability to face the race with the following conditions. This requirement must be fulfilled at the time of registration and will be analyzed and checked by the race Organization, being an essential requirement to be admitted to the race. Specifically:

A. In order to participate in the Ultramarathon, you must justify your participation and completion, after 1 January 2025, in at least one mountain race of at least 40 kilometers. This requirement must be justified at the time of registration, otherwise the place will not be confirmed and will be kept on hold until 31 December 2025 at the latest.

In the event that the qualifying race has not been achieved by that date, the corresponding cancellation and refund will be made according to the refund period in which it is found. This waiting period will not be granted for entries requested after 31 December 2025.

B. For participation in the Marathon, you must provide proof of participation and completion, after 1 January 2025, in at least one mountain race of at least 20 kilometres. This requirement must be justified at the time of registration, otherwise the place will not be confirmed and will be kept on hold until 31 December 2025 at the latest. In the event that the qualifying race has not been achieved by that date, the corresponding cancellation and refund will be made according to the refund period in which it is found. This waiting period will not be granted for entries requested after 31 December 2025.

C. No special conditions are required for participation in the other modalities (Half-Marathon, Junior Half-Marathon and Vertical Climb), although due to the hardness and specificity of the race, it is recommended to have completed a similar race in the previous 12 months.

Confirmation of places and general requirements:

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Ultramarathon and Marathon

- A. Age: Age of majority.
- B. Implementation of the online registration form and payment.
- C. Accreditation of physical qualification (completion of previous sports test in due time and form).
- D. Failure to comply with any of these three basic requirements at the time of registration will mean the impossibility of participating in the Ultramarathon and Marathon.

Half Marathon

- A. Age: 16 or 17 years old.
- B. Completion of the registration form and online payment

Vertical KM

- A. Age: 17 years old.
- B. Completion of the registration form and online payment

Joëlette

- A. Age: From 14 years old
- B. You must have a recognised degree of disability
- C. Completion of the registration form and online payment

Accreditation as residents of La Palma:

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For accreditation as residents of La Palma, **in order to obtain the registration discount and to access to the “Palmeros” (local) prizes**, it will be compulsory to present at the time of registration a certificate of census registration that proves that you have been registered on the island of La Palma **at least since 1 January 2025**.

Prices and payment periods:

Registration fees Transvulcania 2026				
Modality	General 1st period	Residents on the island 1st period	General 2nd period	Residents on the island 2nd period
Ultramarathon	90€	70€	110€	90€
Marathon	65€	45€	85€	65€
Halfmarathon	55€	35€	75€	55€
Halfmarathon Junior	30€	20€	30€	20€
Vertical Uphill	30€	30€	30€	30€
Joëlette	30€	30€	30€	30€

The first registration period runs from the first day of the opening of registration until 31 December 2025 at 23:59 (UTC/GMT +01:00), and the price set out in the first period of the table will apply.

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From 1 January 2026 at 00:00 (UTC/GMT +01:00) and until the end of the registration period, **the price established in the second period of the table will be applied.**

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 confirming the place.

Registration in TRANSVULCANIA, includes:

- A. **Participation** in the race, liquid and solid refreshments during the race and at the finish line.
- B. **Transport service to the start** from the points established by the Organization.
- C. **Transport service from the finish line** to the points established by the Organization.
- D. **Transport of each runner's personal bag from the start to the finish line** (all modalities). These bags will be handed out at the arrival of each finish line on presentation of the race bib up to 1 hour after the closing time of each modality. After this time, the runner will have to go personally to the organisation's offices on the Monday after the race, at their own expense, to collect their bag on the Monday after the race. **The collection of the bag in the Vertical Climb modality will take place at the start of the Puerto de Tazacorte until 17:30.**
- E. The organization assures the return of the bags of the runners who have abandoned, on condition that the abandonment has been registered. The time of return of the bag will depend on logistical needs. The organisation 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 organisation will be transported. Walking poles cannot be transported in the bags. **The contents of the bags will not be checked, no complaints about their contents will be dealt with. It is recommended not to deposit valuables.**
- F. **Participants who abandon or do not arrive on time at the check points will be taken to the finish area in Los Llanos de Aridane.** This action will only be carried out at the checkpoints / refreshment posts.

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- G. Assistance during the race by means of the health and safety equipment set up by the organisers.
- H. **Services at the central finish line in Los Llanos de Aridane** for runners such as physiotherapy and chiropody, showers, among others.
- I. **Runner's bag or box** with a commemorative gift and gifts from sponsors.
- J. **Finishers medal to all participants, of all modalities**, 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, refund of subscriptions and/or changes of modality

- A. To request refunds and/or changes it is necessary for the runner to send a formal request for cancellation to the Technical Secretary's department (secretariatecnica@transvulcania.com), according to the deadlines established below
- B. From the moment of payment of the registration fee, the organisation undertakes **to refund 80% of the amount paid** by the runner (minus administration costs) if a formal request for cancellation **is received before 31 December 2025 at 23:59 (UTC/GMT +01:00)**.
- C. From 1 January 2026 at 00:00 (UTC/GMT +01:00) until 10 April 2026 at 12:00 (UTC/GMT +01:00), **50% of the amount paid by the runner will be refunded (minus the handling fee)**.
- D. From 10 April 2026 at 12:00 (UTC/GMT +01:00) until the day of the event, there will be **no refund in the event of non-participation for any reason whatsoever**.
- E. If the runner who has already registered decides **to change to a higher category, he/she must pay the difference in price corresponding to the period in which he/she wishes to make the change (see price table)**. If, on the

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other hand, the runner who has already registered decides to change to a lower category, the organisation will reimburse the difference in price corresponding to the period in which he/she wishes to make the change (minus the administration costs).

F. In the event that the runner does not participate in the race, for whatever reason, **the Organization will not be obliged to give him/her any souvenir of the race** (neither runner's bag nor commemorative T-shirt) once the TRANSVULCANIA has finished.

G. The Organization reserves the right **to cancel the race if there are objective risk situations** that could endanger the safety and integrity of the participants (weather alerts, forest fires, landslides, pandemics, etc.).

H. The Organisation also reserves the right to **modify the cut-off times, the route, the starting time of the races, neutralisations and even the cancellation of the race.**

K. Once the race has started, in the event of having to suspend the race before its conclusion, the runners will be classified according to the order and time of arrival at the last control point through which they have passed in competition and the race will be considered finished.

5. DOPING

Under no circumstances shall the use of substances that may be considered as doping substances be permitted by any of the administrations or sporting bodies with competence in this area. To this end, and in the event that any of these administrations or entities should request action in this regard, the necessary processes and resources shall be made available for this purpose.

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

6. RULES FOR THE USE OF IMAGES, DATA AND TREATMENT OF THE CORPORATE IDENTITY OF THE RACE

The image rights derived from the TRANSVULCANIA will be exclusive of the race organisation, which means that it will be able to use them as it sees fit, as long as it

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does not violate the participant's right to privacy. Moreover, any use of them by any company or individual must be allowed and/or recognized by the organization itself.

Similarly, registered runners authorise their name and image to be reflected in a list of participants, results lists, tracking system and any other support that the organisation determines for the proper functioning of the event published on the official website of the race.

7. PENALTIES AND CLAIMS

The Judge-Referee may apply penalties and/or disqualify a participant of any modality if he/she proves any of the following faults:

INFRACTIONS	PENALTY
Cutting the course	Subject to Race Director's discretion
Cutting the course within the Caldera de Taburiente National Park	Disqualification
Missing mandatory gear	Disqualification
Refusing gear check	Disqualification
Phone turned off or in airplane mode	15-minute penalty
Littering or not using the toilets provided by the organization	1-hour penalty
Disrespecting people (organization or participants)	Disqualification
Not assisting another participant in difficulty who needs help	Disqualification
Receiving assistance in unauthorized zones	Disqualification
Cheating (e.g., using a vehicle, sharing bib	Disqualification

number, etc.)	
Bib number not visible	15-minute penalty
Use of a non-compliant bib number	15-minute penalty (runner must properly restore the bib during this time)
Proven dangerous behavior (e.g., using poles pointed toward other participants or spectators)	15-minute penalty
Missing a checkpoint	Subject to Race Director's decision
Leaving a checkpoint after the cutoff time	Disqualification
Disrespect towards others including organization, volunteers, or runners, including any kind of abuse, intrusion, theft, or violation of the rules	Disqualification
Intentionally departing a checkpoint after the time barrier	Disqualification
Unauthorized change of starting corral	2-hour penalty
The runner performs actions, behaviors, or statements of any kind that go against the image and objectives of the race	Disqualification

Pre-Race Claims and Incidents:

A. Any claim or incident related to the registration process may be submitted by email to: secretariatecnica@transvulcania.com, up to 72 hours before the scheduled start of the respective race.

B. During bib number collection, a dedicated area will be provided to address any unresolved issues.

Claims During the Race:

A. The Head Referee will handle verbal result-related claims within 30 minutes of result publication. Their decision may be appealed to the competent body of the RFEA.

B. Complaints regarding race management that go beyond the rules set forth in this document will not be accepted as valid claims.

Post-Race Claims and Incidents:

A. For timing-related issues, participants must contact the event's official timing company through its website to submit a claim.

B. Any other claim or incident may be addressed via email to: secretariatecnica@transvulcania.com

8. SAFETY AND TECHNICAL DETAILS OF THE JOËLETTE MODALITY

The Joëlette modality will be conducted according to the following technical details:

- Start: Mirador El Time (Tijarafe)
- Finish: Ultramarathon Finish Line in Los Llanos de Aridane
- Start Time: 4:00 PM
- Finish Cut-Off Time: 8:00 PM
- Distance: 7.91 km
- Positive Elevation Gain: +440 m
- Negative Elevation Loss: -608 m
- Total Elevation Change: 1,048 m (-608 m + 440 m)

The route follows the GR 131 trail to Puerto de Tazacorte and then continues along the same path as the Ultramarathon, except for the section through the Barranco de

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las Angustias ravine, which is unsuitable for Joëlette due to the terrain. Instead, this segment will be covered via the adjacent pavement, up to the metal bridge crossing the ravine, where the final stretch of the race resumes on the GR-I30 to the Argual trail and along Avenida Enrique Mederos to the finish line at Plaza de España in Los Llanos de Aridane.

This is a time-trial race, with a starting order drawn by lot. Starts will be staggered at intervals of at least five minutes to avoid overtaking, which is extremely difficult given the narrow nature of the trail. Team start times will be adjusted according to the number of registered teams.

Roles for the Joëlette Race:

a) Pilots: These are five individuals of any gender who manoeuvre the Joëlette chair. Prior experience is required and will be evaluated by the organisers during registration. Experience can be demonstrated through training, membership in associations that use Joëlette chairs, or any other evidence of knowledge and skill. All pilots must be adults.

b) Passenger: This is the person transported in the Joëlette. They must have reduced mobility, supported by appropriate documentation, and must be capable of giving informed consent. Passengers aged 14 or older may participate with the proper authorisation from their legal guardian.

JOËLETTE CATEGORY

There will be a single category comprising mixed, female, or male teams. All team members will be eligible for awards.

JOËLETTE REGISTRATION

a) Registrations will be made online via the race's official registration platform.

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- b) One registration form must be completed per team, including all pilots and the passenger.
- c) A maximum of twenty teams may register.

JOËLETTE TIMING

Each team will wear a bib with a timing chip. The route will be appropriately marked.

JOËLETTE AID STATIONS

There will be two aid stations:

- Puerto de Tzacorte – km 2.8
- Los Llanos de Aridane (Finish Line) – km 7.9

JOËLETTE CLASSIFICATION

- a) Trophies will be awarded to the top three teams.
- b) All finishers will receive a finisher medal.

JOËLETTE RACE COMMITTEE

The committee will comprise the following individuals, who are responsible for overseeing all aspects of the race's organisation, resolving any incidents, and applying penalties for breaches of the rules:

- The Race Director
- A representative from “Athletes Without Borders”
- A representative from the relevant Sports Federation
- The person in charge of Starts and Finishes
- The Head of Security

JOËLETTE EQUIPMENT

Each team member must carry the following equipment:

- Suitable footwear and clothing
- The passenger must wear a helmet and safety harness
- Race bib: must be worn visibly and must not be folded or cut
- Teams may carry any other equipment they deem necessary for the race

9. SAFETY AND TECHNICAL ASPECTS FOR THE REMAINING MODALITIES

Route and Signage:

A. The official race itinerary is published on the event's website. Any changes or updates will also be communicated through the same channels.

B. The main signage will be that of the GR-I30 and GR-I31 trails, including directional posts, location markers, distance indicators (travelled and remaining), aid station locations, cut-off times, and start/finish points. Any segments outside these GR trails will be specially marked. Participants are encouraged to carry a GPS track of the route downloaded from the website.

C. The organisation reserves the right to modify the route if necessary. Changes will be communicated on the official Transvulcania website and by email. On race day, the route and cut-offs may be adjusted or neutralised for safety reasons.

D. Deviating from the marked route in any modality is strictly forbidden.

Runner Conduct During the Race:

A. Participants must respect the natural environment and keep the area clean. All waste must be deposited in designated bins. Failure to comply will result in disqualification and may be sanctioned upon testimony from any race staff member.

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B. External assistance or food/drink outside official aid station areas (100 metres before and after the aid station) is strictly prohibited.

C. Special assistance zones will be available at El Pilar and Roque de Los Muchachos aid stations. Only one support person per runner/team is allowed. Non-registered individuals may not accompany runners.

D. In the Ultramarathon and Half Marathon, the use of poles is prohibited for the first 7.67 km up to the Los Canarios aid station. Poles may be carried on the runner's backpack but must not be in hand until allowed zones, and may only be picked up or dropped off at designated assistance areas. Violation leads to disqualification.

E. In the Ultra and Marathon, pole use is also restricted between Pico de las Ovejas and Refugio Punta de los Roques, and between Mirador de los Andenes and the Isaac Newton Telescope. Any breach results in disqualification.

Safety and Insurance:

A. The race course will not be closed to traffic. Therefore, athletes must exercise maximum caution and obey traffic laws. At road crossings, there will be marshals and security measures in place, along with medical services at designated locations along the route. These locations will be clearly marked and indicated in the official race itinerary (rutómetro).

B. In the event of an incident, there will be several control points throughout the course, all connected via radio or phone to the Race Control Centre. If a participant is not near a control point, they may call the Race Control Centre using the emergency number printed on their bib. If this fails, participants may contact emergency services directly by calling 112 as a last resort.

C. Except in the case of injury, a participant may only withdraw at a control point. The withdrawal must be reported to the responsible official at that location or directly to the Race Control Centre. The athlete's bib will then be marked as "withdrawn".

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D. During the race, participants must follow the instructions of the organisers and race officials at all times. Failure to do so will result in disqualification.

E. Any participant who withdraws must inform the nearest control point official, a sweep team member, or call the race control phone number printed on their bib.

F. All participants are covered by accident insurance contracted by the organisers and included in the registration fee. This insurance provides standard coverage for mountain races and is valid only during the official day of the race for which the participant is correctly registered.

G. Participants waive any claim against the organisers for injury and/or accident not attributable to the event itself.

H. The organisers are not responsible for any incident that occurs outside the officially marked route. In such cases, the accident insurance will not apply.

I. In accordance with our code of ethics, ostentatious displays of political messages or imagery during the event are strictly prohibited.

J. Each participant must ensure they carry enough food and drink when leaving each aid station to reach the next one.

MODALIDAD	SALIDA	META
Ultramaratón	Faro Fuencaliente	Los Llanos de Aridane
Maratón	Refugio del Pilar	Puerto Tazacorte
Mediamaratón	Faro Fuencaliente	Refugio del Pilar

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KM Vertical	Puerto Tazacorte	Torreta Forestal Time
Kids-Junior	Refugio del Pilar	Refugio del Pilar
Joëlette	Mirador de El Time	Los Llanos de Aridane

Runner Control:

A. Each participant will be monitored using a timing chip and/or GPS device provided by the official race timing system.

B. To ensure accurate tracking, participants must pass through every timing checkpoint. Missing a checkpoint will result in disqualification by the Head Referee.

C. Participants must pass each control point within the designated cut-off times. Failure to do so will result in disqualification.

D. Any runner who, after being cut off, continues on the race route against the rules does so at their own risk. The organisers will not assume responsibility nor activate emergency protocols for these individuals. Their bib will be removed and they will be considered out of competition from that point forward.

E. Bib numbers must be visible at all times during the race, especially on the front of the upper body when passing through control points.

10. Bib Collection

A. Bib numbers will be distributed on **6, 7, and 8 May 2026 at the time and location specified by the organisers**. Participants must present a valid ID or legal identification document.

B. Bibs for the **Vertical KM** may only be collected until **14:00 on Thursday 7 May 2026**.

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C. Bibs for the **Kids-Junior modality** may only be collected until **14:00 on Friday 8 May 2026**.

D. Bibs can only be collected by the registered runner. No exceptions will be made.

E. Bibs may not be collected at the starting line on race day.

F. The official bib must be worn visibly at all times (waist, abdominal area, or chest — always front-facing) and must not be altered, folded, or cut.

G. Breaching any of the above rules will result in disqualification or denial of participation.

II. Mandatory Equipment Check:

All runners must carry the following mandatory basic safety equipment, which will be checked at the start, at designated points during the race, and at the finish line:

	 Chaleco o cinturón con agua Running vest or belt with water	 Frontal con luz roja trasera Headlamp with red light on the back	 Manta térmica Emergency blanket	 Teléfono con batería Phone with battery	 Bidón o vaso reutilizable Soft flask or reusable cup	 Silbato Whistle	 Casco Helmet
ULTRAMARATÓN Ultramarathon	✓	✓	✓	✓	✓	✓	✗
MARATÓN Marathon	✓	✓	✓	✓	✓	✓	✗
MEDIAMARATÓN Halfmarathon	✗	✗	✓	✓	✓	✓	✗
SUBIDA VERTICAL Vertical Uphill	✗	✗	✗	✓	✓	✓	✗
JOËLETTE Joëlette	✗	✗	✓	✓	✓	✓	✓

A. **Hydration system** (camelback or waist pack) with at least 1-litre capacity

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- B. **Headlamp** with a minimum of 200 lumens
- C. **Rear red** position light
- D. **Thermal blanket** (minimum dimensions: 2 x 1 metres)
- E. **Mobile phone** with the number provided at registration, to be used only in case of emergency or withdrawal. It must be switched on and not in aeroplane mode, with a fully charged battery
- F. **Collapsible cup or equivalent** — cups will not be provided at aid stations to reduce plastic waste
- G. For Joëlette participants: passenger must wear **a safety helmet**
- H. At the El Reventón aid station, it is mandatory to carry **at least 1 litre of fluid to proceed towards Pico de la Cruz**
- I. Emergency **whistle**

This mandatory equipment must be carried from start to finish and may not be discarded or handed off at any point during the race. Non-compliance will result in immediate disqualification.

L. A bag drop service will be available at the start line of each race. Bags may be collected at the finish line of each respective modality.

M. Recommended items include: spare clothing (in case of cold or rain), anti-chafing cream or petroleum jelly, sunblock, GPS watch, cap, sunglasses, elastic adhesive bandage (for taping or strapping), and any other item the participant deems necessary.

N. The organiser's list represents a minimum safety requirement, which each runner must adapt to their own needs. Runners are strongly advised to prioritise effective protection against wind, cold, and possible snow, rather than opting for the lightest gear.

O. The organisation is not responsible for any valuables or items left inside personal bags transported to the finish line. Mislabeled or unlabelled items may not be returned.

12. ACTIVATION OF COLD OR HEAT KIT BASED ON WEATHER CONDITIONS

Depending on weather conditions, the organiser **may activate the Cold Kit or Heat Kit, which will be required in addition to the basic mandatory equipment.** Participants will be notified before bib collection of the activation of any of these kits, if necessary. The notification will be sent via email (to the address provided at registration), published on the race website and social media channels, and also communicated at the bib pick-up point.

COLD KIT

- **A hooded jacket** suitable for severe mountain weather, made with a waterproof membrane rated at a minimum of 10,000 mm water column and breathable (recommended RET under 13). The jacket must have an integrated or attached hood designed by the manufacturer. Seams must be sealed. The jacket must not contain any panels made of non-waterproof material, except for manufacturer-designed vents (underarms or back), provided they do not significantly compromise waterproofing. It is the runner's responsibility to ensure their jacket complies with these standards. The judgement of the control personnel or commissioner will be final.
- **Long running trousers** or a combination of tights and socks that fully cover the legs.
- **A thermal second layer consisting** of a long-sleeve top (cotton excluded) weighing at least 180g, or a combination of a long-sleeve thermal base layer (first or second layer, cotton excluded) weighing at least 110g plus a windbreaker with DWR (Durable Water Repellent) protection.

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- **The windbreaker does not replace the waterproof jacket, and vice versa.**
- **Protective eyewear.** Glasses with photochromic lenses that adapt to sunlight and poor weather are acceptable.
- **Waterproof gloves.**
- The Cold Kit is additional to the basic mandatory gear **and does not replace it.**

HEAT KIT

- **Sahara-style cap** or any headwear that completely covers the head and neck.
- **Sun cream** in its original container, minimum 15 ml, with SPF 50 or higher.
- **One or more sealable containers** capable of carrying at least 2 litres of water. Plastic bags or zip-lock bags are not acceptable.
- **Protective eyewear.** Glasses with photochromic lenses for both sun and poor weather are acceptable.
- It is the runner's responsibility to ensure that the kit complies with these requirements. At control points, the decision of race officials or marshals will be final.
- The Heat Kit is additional to the basic mandatory gear **and does not replace it.**

13. TROPHIES AND CASH PRIZES

Trophies:

Trophies will be awarded to the top three finishers (male and female) in the General and Palmero/a categories of the following races: Ultramarathon, Marathon, Half Marathon, Junior Half Marathon, and Vertical KM.

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Additionally, trophies will be awarded to the top three finishers (male and female) in each age category of the Kids-Junior race (Mini Kids, Sub 8, Sub 10, Sub 12, Sub 14, Sub 16, and Sub 18).

Trophies will also be awarded to the top three teams in the Joëlette modality.

The date and time of these ceremonies will be announced in advance on the race's official website.

ULTRAMARATHON	
Place	Prize (Men and Women)
1	6.000 €
2	2.500 €
3	1.500 €
4	750 €
5	600 €
6	500 €
7	400 €
8	300 €
9	200 €
10	100 €

MARATHON	
Place	Prize (Men and Women)
1	1.000 €
2	750 €
3	600 €
4	500 €
5	400 €

HALF MARATHON	
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Place	Prize (Men and Women)
1	800 €
2	600 €
3	500 €
4	350 €
5	250 €

UPHILL	
Place	Prize (Men and Women)
1	800 €
2	600 €
3	500 €
4	350 €
5	250 €

In the case of a tie in any prize-winning position, the cash prize for that position and the subsequent one(s) will be combined and equally divided among the athletes.

Example: If two athletes tie for second place, they will share the total of the 2nd and 3rd place prizes equally.

Important Notes:

- All prizes are in euros and will be paid via bank transfer.
- Applicable tax withholdings will be deducted from the prize amounts.
- Not attending the awards ceremony will result in forfeiting both the trophy and the corresponding cash prize.

15. APPLICABLE REGULATIONS

For all matters not covered in these regulations, the following shall apply (in order):



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1. RFEA Trail Running Regulations
2. World Athletics Competition and Technical Regulations