



40K - 80K - 120 K
28th and 29th November 2015

1.- ORGANIZATION

1.1: The LIKE SPORT Club of Climbing and Mountain Sports with the cooperation of the Centre Excursionista El Portell from Finestrat and other clubs from the province of Alicante, organize the **Lurbel Challenge – Aitana**. It will take place on the 28th and 29th of November of 2015, in the geographical area of the Aitana and Puig Campana mountain ranges, ascending to the main peaks, and with start and finish in the town of Finestrat (Alicante).

1.2: The Lurbel Challenge Aitana (DLA) is a mountain race that consists of three trail races of 40, 82 and 120 km. each one of them. These are semi self-sufficient races whose routes go through the towns of Finestrat, Benimantell, Benifato, Beniardá, Cofrides, Sella and Orxeta.

1.3: Those runners who finish the entire route of the DLA 80K and 120 K within the maximum established time will receive a diploma and a finisher award. The finishers of the Challenge 120K will receive 4 points for the “Ultra Trail du Mont Blanc” (UTMB), and the finishers of the Challenge 80K will receive 2 points.

Their arrival time will be registered in the general ranking, by categories, and they may aim for the trophies, as stated in the section 4 of these rules.

1.4: You have to be over 18 years old to be able to participate in the Challenge 40K, and to be over 21 years old to be able to participate in the Challenges 80K and 120K, and sign the disclaimer document.

1.5: In order to register in the Challenge 120K, it is necessary to prove that you have participated and finished a trail race of more than 60K within the established time after 1st of January 2014.

2.- ROUTE

2.1: The itinerary of the race covers different kinds of terrain: mountains, roads and paths across the Aitana, Puig Campana and Serrella mountain ranges. Each participant must be fully aware of the length and difficulty of the race, which can take place at night, under possible adverse climate conditions of cold, rain or wind. Therefore, they should be equipped with the appropriate clothing and shoes, and be in perfect physical condition to run this race.

2.2: The route will be marked by the Organization with bright plastic tape, banners and other manners of marking, which will be placed at regular intervals, depending on the type of terrain and paths. It is the responsibility of each participant to locate the markers and follow them.

2.3: The sections of the race which pass through roads or streets in towns will not be closed to traffic, so participants must respect the traffic rules or the instructions of the Organization. Runners must cross the roads at the designated areas which will be duly marked.

2.4: It will be obligatory to follow the marked itinerary, as well as pass through the established control points.

Unexpected control posts are set up by the Organization along the route. The runner who does not pass through them will be eliminated from the race.

2.5: The following time limitations are established to pass through the different control points. The runner who arrives later than the official closing time must hand in his/her bib number in the closest control point, retire from the race and follow the instructions of those in charge of the control point.

Challenge 40 K: Start at 08:00 a.m. Total time: **9 hours and a half**

Km.	Location	Closing time
15	Font del Molí	10:30 a.m.
21,4	Coll del Pouet	1:00 p.m.
31,3	Ctra. de Orxeta	3:00 p.m.
40	Meta	5.30 p.m.

Challenge 80 K: Start at 06:00 a.m. Total time: **20 hours.**

Km.	Location	Closing time
15	Font del Molí	9:00 a.m.
21,4	Coll del Pouet	11:30 a.m.
30,3	Pas del Comptador	1:30 p.m.
44,5	Benifato	4:30 p.m.
56	Tagarina	8:00 p.m.
65,5	Sella	10:00 p.m.
76,5	Coll de Sacarest	12:30 a.m.
81	Meta	2:00 a.m.

Challenge 120 K: Start at 06:00 a.m. Total time: **30 hours**.

Km.	Location	Closing time
15	Font del Molí	9:00 a.m.
21,4	Coll del Pouet	11:30 a.m.
30,3	Pas del Comptador	1:30 p.m.
39,4	Benimantell	3:30 p.m.
47	Bco. de la Canal	5:30 p.m.
62,4	Bco. del Monesillo	10:30 p.m.
68,5	Confrides	11:30 p.m.
80	Port de Tagarina	3:00 a.m.
90	Sella	5:00 a.m.
101	Coll de Sacarest	7:30 a.m.
108	Ctra. de Orxeta	9:00 a.m.
119	Meta	12:00 p.m.

2.6: The Organization reserves the right to modify the route if necessary or even to cancel the race, if weather conditions make it inadvisable, or for other force majeure reasons. In any of these cases, the registration fees will not be refunded.

2.7: If the proof has to be interrupted and suspended at some point during the course of the race, the classification will be established in terms of order and time of arrival to the point of interruption, or otherwise to the last control point.

2.8: If any participant decides to withdraw from the race, he or she has to notify it to the closest aid station.

The preferential control points where one can withdraw from the race are Benifato, Benimantell, Confrides and Sella, as they are the only places where the arrival to the finish line by car is guaranteed. Runners who abandon the race outside these control points, for evacuation they will have to follow the instructions of the person in charge of any control point; except in the case of an injury or accident, when the emergency protocol will be implemented.

3.- SEMI SELF-SUFFICIENCY

3.1: Given the semi self-sufficient character of this race, each runner must be able to carry the quantity of foods, drinks, salts and complements deemed necessary to be able to complete the race. At the starting line of the race, each runner has to carry at least 1 litre of water and 500 calories.

3.2: The organization will provide the following aid stations as support, with drinks and foods in quantities considered reasonable, that must be consumed in the same place.

The organization will not provide glasses at aid stations. Each runner must carry and use his/her own plastic folding glass.

3.3: It will be permitted to receive external assistance in official aid stations in the areas specifically reserved or indicated for it (except in the case of an accident or emergency). Those participants who receive external assistance in any other different place will be penalized.

“External assistance” means the provisions and also the companion of any person who is not participating in the race.

3.4: It is each participant’s obligation to carry his/her own rubbish to the finish line or to designated places by the organization. The runner who does not deposit it, or leave it in a non-designated area, will be disqualified.

3.5: Each participant must carry the following **mandatory equipment**:

For Challenges 80 and 120 K:

- Trail running shoes with good grip, treaded sole and upper with fastening elements which supports the shoe fastened to the foot and protect it fully just under the ankle.
- Waterproof jacket or windbreak with long sleeves and hood.
- Leggings or long pants, at least below the knee.
- Thermal blanket (minimum dimensions 220 cm x 140 cm).
- Deposit with water, at least 1 litre (completely full in the start line).
- Food reserve, minimum of 500 calories.
- Cap or similar.
- Headlamp in perfect conditions and spare batteries.
- Rear red position light.
- Connected mobile phone.
- Plastic folded glass.

For the Challenge 40 K:

- Trail running shoes with good grip, treaded sole and upper with fastening elements which supports the shoe fastened to the foot and protect it fully just under the ankle.
- Waterproof jacket or windbreak with long sleeves and hood.
- Deposit with water, at least 1 litre (completely full in the start line).
- Food reserve, minimum of 500 calories.
- Plastic folded glass.

3.6: The Organization may request other mandatory equipment, if weather conditions make it advisable. If necessary, it will be informed in due time before the start of the race.

3.7: The trekking canes are authorised, but they will have to be transported from the beginning to the end of the race by each participant who decides to use them. It is not allowed to abandon them or give them in any point during the route of the race. The runner who does not comply with it, will be penalized.

A broken trekking cane can be left in any aid station.

3.8 Carrying of bags Challenge 80 K and 120K

Together with the bib number, each runner of the Challenge 80 K will receive two bags to put the equipment he or she considers necessary, and they can leave them in one of these aid stations: Benifato or Sella.

Each runner of the Challenge 120 K will receive three bags, to leave them in one of these aid stations: Benimantell, Confrides or Sella.

These bags, duly identified with a label given by the Organization and completely closed, will be given back again (the same day) to the staff in charge of giving the bib numbers.

The Organization will carry the bags to the aid station chosen by the runner, so he/she can pick up from them the equipment he/she needs and put back the excess equipment inside the bag. Then, the bag will be completely closed again to be returned to Finestrat once it has been used.

Once each runner has passed through the chosen aid station, the bags will not be returned to Finestrat immediately, but only when the vehicle is completely full with bags from many participants. Therefore, it may be possible that a runner arrives to the finish line before his/her own bag and he/she will have to wait.

Bags can be picked up until 2.00 p.m. of Sunday 29th November.

4.- CATEGORIES (Male and Female)

ABSOLUTE CATEGORY: all participants.

SUB-CATEGORY PROMISE: from 18 to 23 years old (only Challenge 40 K)

SUB-CATEGORY VETERAN: from 40 to 49 years old.

SUB-CATEGORY MASTER: over 50 years old.

Team modality in Challenges 80K and 120K

MIXED TEAM: 1 women and 1 man of 21 years old (age already reached).

WOMEN'S TEAM: 2 women of 21 years old (age already reached).

MEN'S TEAM: 2 men of 21 years old (age already reached).

4-1.- Participants in team categories: the 2 members of the same team will pass together through all the control points and will arrive together to the finish line. In addition, they must be within a distance of less than 250 metres one from the other, in any part of the route.

There is a possibility that each member of a team pass from team category to the individual category, upon request by the runner to the Race Direction, being registrations non-transferable.

Age reached during the year of this competition.

5.- TROPHIES

Trophy to the first three ranked in each category described in section 4 (Absolute, sub-categories Promise, Veteran and Master, and Team category).

Commemorative small present for all the finishers of Challenges 80K and 120K.

6.- PENALTIES AND DISQUALIFICATIONS

6.1 Minor penalties: from 3 minutes to 1 hour penalty

Not bringing the bib number in a visible position, changing the shape or composition of the bib number.

6.2 Serious penalties: from 15 minutes to 2 hours penalty

Begin before the starting signal

Missing of some mandatory equipment

Taking shortcuts to make the route avoiding the marked itinerary

Receiving external assistance outside the aid stations

Not passing through the control points (from 2 to 3 hours penalty for each control point)

6.3 Very serious penalties: penalty will be disqualification of participant

Tossing garbage or wrappings outside the available places

Using any means of transport during all or part of the race

Not respecting the sporting rules

Not respecting the nature

Disregarding the members of the Organization, participants or volunteers of the race

6.4 Other reasons for disqualification

Finishing the race after the final time established by the organization

Passing through the control points later than the closing time of them

Not providing assistance to an injured runner

Modifying the signs during the route

Losing the bib number or the chip

7.- IMAGE RIGHTS

The organization of the Lurbel Challenge Aitana reserves the exclusive rights of the images, to take and collect photographs, videos and information of the races in which participants take part, and to use this material for advertisement, public relations or any other promotion purposes of the event.

Any media project or commercial project shall be subject to the consent of the Organization.

8.- DATA PROTECTION

All participants, by registering in the Lurbel Challenge Aitana, give their consent to the Organization of this race to handle digitally and exclusively for sporting, promotional or commercial means, their personal information. In accordance with what is established in the Organic Law 15/1995, for the Protection of Personal Information, the participant

can exercise his/her right to access these files with the aim of rectifying or partially or wholly deleting their content. To exercise this right, it is necessary make a request in writing by email to desafioaitana@gmail.com.

At the same time, the participants expressly grant the organisers permission to reproduce their first and second name, category and result obtained.

9.- MODIFICATIONS

These regulations can be modified or revised in any moment by the Organization.

Each participant, by registering, accepts the conditions established in the present Regulations.

For all matters that are not expressly indicated in these rules, this race is based on the basis of the Rules and Regulation of Trail Races of the Spanish Federation of Mountain Sports and Climbing of the Valencian Community.