

Cursa del Llop (The Race of the Wolf)

June the 12th and 13th of 2010

Regulation

- a. The participants must be over age of 18 and they must accept this regulation. The race is participative and not competitive.
- b. The insurance of accidents is obligatory
- c. There are five modalities of participation: complete long circuits, complete short circuits, partial stages, relay and team.

1. The complete modality crossing the long circuits of cycling and mountain biking supposes to make the whole circuit in order to choose to the “trophy of the wolf”. For the people enrolled in this modality, the organization will provide accommodation, dinner and breakfast the night of Saturday to Sunday. All the participants in this modality will receive an Official finisher certificate and a commemorative trophy. In feminine category , it will be possible to take part in this modality completing the short circuits of cycling and mountain biking.

2. The complete short circuits modality supposes to make the whole circuit choosing the short circuits of cycling and mountain biking, opting for an special trophy. The organization will provide accommodation, dinner and breakfast the night of Saturday to Sunday.

All the participants in this modality will receive an Official finisher certificate and a commemorative trophy.

3. The individual modality to partial stages supposes to register to so many stages as it is wanted, with a maximum of five, but without choosing in the trophy of the wolf. All the participants in this modality will receive an Official finisher certificate and a commemorative trophy.
4. The modality of relays supposes to register three persons with the purpose of making the six stages of the race. In each stage a single member of the team participates. All the participants in this modality will receive an Official finisher certificate and a commemorative trophy.
5. The modality by teams supposes to register three persons with the purpose of making the six stages of the race. At least one of the three must be a woman. In each stage two members of the equipment have to participate. All the participants in this modality will receive an Official finisher certificate and a commemorative trophy.

Timetable and available time:

	Departure	Available time
Cycling Tortosa-Tortosa	7.30 a.m.	7h (long circuit) 190 km

		6h (short circuit) 122 km
Mountain race running Tortosa-L'Ampolla	14.30 p.m.	4h 32 km
Sea kayak L'Ampolla-Riumar beach (Deltebre)	18.30 p.m.	2h 30' 16 km
River Kayak Deltebre-Tortosa	6.00 a.m.	4h 24 km
Half marathon Tortosa-Caro	10.00 a.m.	3h 30' 21 km
BTT race Caro-Tortosa	13.30 p.m.	8h (long circuit) 110 km 7h (short circuit) 83 km

d. The participants who choose the Trophy of the Wolf modality - complete modality crossing the long circuits of cycling and mountain biking - and do not finish or cannot take the exit of some stage will be able to continue in race without option to the Trophy of the Wolf.

e. The participants of relay and team, at the moment of the inscription will indicate who will do each one of the stages.

For the enrolled ones in noncontiguous modalities, the times of departure and the maximum time is the following one:

Cycling : 7.30a.m. – 8 hours (long circuit) 6 hours (short circuit)

Mountain race running : 14.30 p.m. - 5 hours

Sea Kayak : 18.30 p.m. - 2 hours 30 minutes

River Kayak : 6.00 a.m. - 5 hours

Half marathon : 10.00 a.m. - 3 hours 30 minutes

BTT race: 13.30 p.m. - 8 hours (long circuit) 7 hours (short circuit)

f. The inscription for all the modalities is open since the 1st of February 2010. The inscription will close when arriving at the maximum number of participants or arriving at the date limit for each modality, as it is detailed next:

	Without surcharge	With surcharge
Trophy of wolf	up to 30/04/10	up to 31/05/10
Special Trophy	up to 30/04/10	up to 31/05/10
Team	up to 30/04/10	up to 31/05/10
Relay	up to 30/04/10	up to 31/05/10
Cycling	up to 31/05/10	up to 12/06/10

Mountain running	up to 31/05/10	up to 12/06/10
Sea Kayac	up to 31/05/10	up to 12/06/10
River Kayac	up to 31/05/10	up to 13/06/10
Half marathon	up to 31/05/10	up to 13/06/10
BTT race	up to 31/05/10	up to 13/06/10

Maximum number of participants:

Trophy of wolf + Special trophy:	15 participants
Teams	No limit
Relay	No limit
Cycling	300 participants
Mountain running	200 participants
Sea Kayac	50 participants
Rive Kayac	50 participants
Half marathon	300 participants
BTT race	150 participants

g. The inscriptions will be able to be made effective:

By the Internet (inscriptions online) following the pertinent instructions in the Web of Cursa del Llop (www.cursadelllop.com)

By fax to number 977 446 276, sending the leaf of inscription and the banking voucher.

In the stores of Pam i Toc, c/Cervantes, 2 and Avda. Generalitat, 54 of Tortosa

The fees will be the following ones:

	Without surcharge Until day 30/04/10	With surcharge until 11/06/10	With surcharge exit	Insurance Bus
Cycling 190 km.	25 €	25 €	35 €	15 €
Cycling 115 km.	25 €	25 €	35 €	15 €
Race Mountain 38 km.	15 €	20 €	30 €	5 € Bus 6€
Sea Kayac 16 km.	10 €	15 €	20 €	5 €
River Kayac 24 km.	10 €	15 €	20 €	5 €
Half marathon 21.097, 5	15 €	20 €	30 €	3 € Bus 6€
BTT race 110 km.	20 €	25 €	35 €	8 €
BTT race 83 km.	20 €	25 €	35 €	8 €

	Without surcharge Until day 30/04/10	With surcharge Until day 15/05/10	With surcharge Until day 31/05/10	Insurance
Trophy of the wolf (6 stages)	290€	320€	370€	Included
Special Trophy (6 stages)	260€	290€	340€	Included

Relay (6 stages)	150€	180€	230€	Included
Team (6 stages)	190€	220€	270€	Included

h. The delivery of ridges will become in the act of presentation that will be place in Tortosa, on Friday June the 11th, at “The Park restaurant” (19.00 p.m.)

i. The participants in the individual modality also will be able to gather their ridges one hour before the exit of the stage or stages in which they are enrolled.

j. Bad weather is not reason to call off the event. The payment is non-refundable.

k. The participation in the race supposes the implied acceptance of this regulation. Anything not established previously, is under the decision of the organization.

l. The organization does not become person in charge of the damages that could take the participants or who these could do to third.

m. The organization understands that the acceptance of the form of inscription by part of the participant means that this one is in physical training conditions and psychic adapted to carry out the effort that

supposes the race, and person in charge does not become of the injuries that can be derived.

- n. The participants will have to fulfill the requirements that are demanded to them in each one of the stages as far as the material, the equipment and the food supply.
- o. It is not allowed to go with the naked back in none of the stages.
- p. In the stages of canoe of sea and river, the use of the life jacket is obligatory and whistles. Also, the judges will be able to exclude the participation from those inadequate boats or visibly deteriorated if that can put in danger the security of the participant or participants or they cannot finalize, reasonably, the stage in the time anticipated by the organization.
- q. In the cycling stages and BTT, the use of the helmet is obligatory. Also, the judges will be able to exclude the participation from those inadequate bicycles or visibly deteriorated if that can put in danger to the security of the participant or participants or they cannot finalize, reasonably, the stage in the time anticipated by the organization.
- r. There will be food supplies throughout the route and there will be medical assistance in route and the transition points.

- s. There will be controls of the organization throughout the route. The points of situation of the judges will not be marked because they could be traveling.
- t. The itineraries will be noticeable with clarity in the inscription paper. Also there will be signaling of one or another type throughout the route.
- u. The passage by highways is opened to the traffic. It will be necessary to respect because the rules and signals of circulation. Also it is opened to the traffic the route by mountain tracks, sea and river. It is necessary therefore to carry far the precautions. The breach of these rules could be an object of disqualify.
- v. The judges will be able to disqualify of the race the participants who show evident signs of exhaustion or any physical alteration or psychic that puts in danger their health.
The judges also will be able to disqualify the participants who have committed a serious offense against the rules, their companions or the regulation of the test.
- w. The organization will become position of the transport of bags and knapsacks with the personal material of the participants.
- x. The participants who leave the race will give warning immediately to the organization

y. The organization reserves the right to modify the itinerary and the schedule if she considers it opportune, with the authorization of the competent authority and always taking care of criteria of security for the participant or causes of major force.

The organization reserves to the right of admission of inscriptions taking care of security criteria.

z. The claims will be made in writing, once has finished the race. The decision of the organization will be unquestionable.