



REGULATIONS 2023

1. **Organization:** The official organizers of this event are AADD Guara Spirit and town hall of Alquézar.
2. **The race:** This is an event consisting of 4 different distances that all pass-through Sierra de Guara and runs by mountain paths, trails, and tracks.
 - **Ultra-Trail® Guara Somontano** is a mountain race of approximately 102 km and with about 5000 meters of accumulated positive elevation. The maximum time to complete the race is 24 hours, enough time to finish the race walking at a walking pace with short stops.
 - **Vuelta a Sevil**, is a 50km race with 2,600m of elevation gain and shares a big part of the Ultra-Trail course.
 - **Trail Rio Vero** is a reduced version of the long distance. It is approximately 30 km, with around 1400m of elevation gain.
 - **Alquézar Trail** is a 17 km race y 900 m of positive elevation gain.

3. Dates: 22, 22 and 24 of September 2023

4. **Official program:** please see www.utgs.es for more information.

5. Aid stations/Check points:

During the race, the organization will provide liquid supplies based on water and isotonic drinks and in some of the aid stations there will also be solid food.

The content of each aid station will be detailed a few weeks before the race in the section of each course on the race website.

The aid station protocol will be detailed a few days before the race to comply with current Covid regulations.

It is not permitted to be accompanied by people who are not registered participants in the race.

Ultra-Trail® Guara Somontano, it is allowed to receive external assistance at the aid stations /check points of Alquézar, Radiquero, Rodellar, and Las Bellostas. The aid must be given outside the space of the check point in an area designated for this purpose. Receiving help outside these checkpoints are grounds for a penalty.

Vuelta a Sevil, External assistance is allowed in Alquézar and Radiquero.

Trail Rio Vero, External assistance is allowed in Alquézar.

Alquézar Trail, External assistance is not allowed at any time.



** People who provide external assistance may under no circumstances enter the aid stations/check points and/or take anything from the supplies, as the supplies are reserved exclusively for the runners and may only be used by them.

** Depending on the evolution of the Covid-19 health regulations, information will be sent out a few weeks before the race informing of the possibility or not for external assistance.

Waste: Conservation of the environment is one of our main concerns. Therefore, it is mandatory to carry all gels, bars and / or all elements that may be subject to waste marked with your bib number. Random equipment controls may be performed, and it will be checked that everything is properly marked. Furthermore, residues found during cleaning and unmarking of the course will be checked, and measures may be taken afterwards.

6. Map and track

All the information regarding the routes of the race will be published on the website and the tracks will be made available to the runners.

It is recommended by the organization that runners print out the track to carry with them during the race as a safety measure. The race covers several kilometers, and the organization cannot foresee boycott actions by some unscrupulous person (s). The entire race runs along trails and tracks that are clearly visible and thoroughly marked by the organization.

It is also recommended to download the track to a device such as watch, GPS, mobile phone, etc.

7. Check points (CP)

All participants must go through the CP that will be clearly visible. In each CP there will be staff from the organization with a scanner checking the passage of the runners. All participants are responsible for verifying their passage through each CP.

A team of sweepers from the organization will carry out closing the race.

All runners must follow the instructions set out by the organization and security staff at all times.

Failure to follow their instructions will entail serious penalties and may lead to immediate disqualification from the race.

8. Security

The organization will place specialized personnel in charge of ensuring the safety of the participants at certain points along the race and at the checkpoints. It is mandatory to follow the instructions of this staff, who will be easily identifiable.



In case of abandonment, the runner must communicate this as soon as possible to the organization's staff, otherwise the organization will prohibit their participation in following editions.

Medical personnel and ambulances will be available at strategic points along the race to intervene if necessary.

If the weather conditions require it, there will be an alternative course that will be appropriately communicated in the briefing prior to the race. If the change to the alternative course is decided once the race has begun, this will be communicated to the participants at the right control point.

There is a rescue and evacuation plan in case of need.

A team of sweepers in charge of closing the race will ensure the passage of all the participants.

Protocol for action in the event of an accident:

- In the event of finding a runner in an accident or with problems, help must be provided immediately. Failure to do so, entails immediate disqualification from the race.
- At first, an initial assessment of the situation and/or injuries must be made. In the case of suspecting that there may be a fractured bone, do not move the injured person and instead seek help.
- Search for telephone coverage or the control point of the organization closest to the position of the injured person.
- Notify the organization by phone (the phone number is noted on every runner's bib) and report the situation.
- If the problem is serious, notify the emergency telephone number 112 directly.
- Use first aid techniques to properly treat the injured person or assist them as much as possible until help arrives and avoid leaving the injured person alone.

9. General information.

There will be changing facilities and showers for after the race.

** depending on the evolution of Covid-19

The organization is not responsible for any accidents or damages that the participants may be involved in or cause, although it will ensure that they are avoided.

The organization reserves the right to modify the grounds of the different races or suspend all or part of them, in the event of a consequence or cause of force majeure (extreme weather conditions) or vary the course.

Participants must follow the instructions given to them by the organization.

By registering, all participants unreservedly accept these regulations, the ethics of the race and the attached regulations, as well as the Covid protocol in force on the day of the event.



In case of cancellation of the race once it has started, no registration fee will be refunded.

10. Time limits.

During the race there will be cutoffs to go through the check points. The cutoffs are calculated to be able to finish in the established maximum time. Participants will not be allowed to continue if they do not meet these cutoff times. Those who wish to continue will have their bib removed, and they will be able to continue out of the race under own responsibility. In case of bad weather conditions or for security reasons, the organization reserves the right to stop the race, modify the route or vary the cutoffs.

11. Withdrawal and return to Alquezar.

Withdrawals can only be made at certain check points. Please note that the evacuation time can be very long at some remote points and will take place once the check point is closed.

In case of severe accident, evacuation will be carried out from any point of the course if needed.

In case of evacuation due to an accident or injury that prevents the return on foot to one of the check points, try to notify the organization by all possible means by contacting a control person or security assistance to activate the rescue operation. Those who withdraw must notify the organization either at the nearest control, check point/aid station or by contacting the head of the organization through the telephone number that will be communicated to the participants. The organization will have return vehicles on arrival at the drop-off points. There will only be one trip, so the return will be made once check point closes. There is telephone coverage at many check points along the course.

12. Participant conditions.

For both Ultra Trail, Vuelta a Sevil and Trail Rio Vero the minimum age to participate is 18 years old.

Ultra Trail: A proof of a reference race is required: It must be a mountain marathon with a minimum of 2,500 positive elevation gain (approximately). In addition, a medical certificate must also be submitted.

Alquézar Trail: The participation of minors between 16 and 18 years of age is allowed, with written parental permission, corresponding the following model. To take the start, each runner must have adequate equipment to withstand the conditions of the race and the mandatory equipment required by the organization.

13. Mandatory equipment.

Each participant must carry, to guarantee their own safety, mandatory equipment. Each runner must carry their own equipment, if it is detected that a runner is carrying the mandatory equipment of another runner it will be grounds for disqualification. There will be no equipment control before the start, but at different points of the route there will be random equipment controls.

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The mandatory equipment of this regulation is indicative, it will be confirmed a few days-hours before the race depending on the weather forecast.

MANDATORY EQUIPMENT ULTRA TRAIL 102 km.

(In case of a bad weather forecast, the organization can expand the required mandatory equipment)

- Picture ID
- Backpack or equivalent
- 2 masks.
- Hooded jacket to withstand bad weather in the mountains and it must have a waterproof membrane.
- Warm clothes (thermal shirt, fleece or similar)
- Headlamp and spare batteries
- Red rear position light (bike pilot type)
- Survival blanket
- Sun Cap or Buff
- Food that each considers necessary
- Hydration system (min. 1L)
- Cup (there will be no cups at the aid stations)
- Mobile phone

Mandatory equipment VUELTA A SEVIL 50 Km.

(In case of a bad weather forecast, the organization can expand the required mandatory equipment)

- Picture ID
- Backpack or equivalent
- 2 masks
- Windbreaker or rain jacket
- Warm clothing (thermal shirt, fleece or similar)
- Survival blanket
- Sun Cap or Buff
- Food that each considers necessary

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- Cup (there will be no cups at the aid stations)
- Hydration system (min. 1L)
- Mobile phone

MANDATORY Equipment TRAIL RIO VERO 30 Km.

(In case of bad weather forecast, the organization can expand the required mandatory equipment, some equipment can also be removed if the weather permits)

- Picture ID
- Backpack or equivalent
- 2 masks
- Windbreaker or raincoat
- Warm clothing (thermal shirt, fleece or similar)
- Survival blanket
- Sun Cap / Buff
- Cup (there will be no cups at the aid stations)
- Hydration system (min. 1L)
- Mobile phone

MANDATORY equipment ALQUÉZAR TRAIL 17 Km.

(In case of bad weather forecast, the organization can expand the required mandatory equipment, some equipment can also be removed if the weather permits)

- Picture ID
- Backpack or equivalent
- 2 masks
- Survival blanket
- Sun Cap / Buff
- Hydration system (min. 0.5 L)
- Mobile phone with charged battery.



14. Recommended supplementary equipment.

It is recommended to expect this list of equipment

- Long pants or tights, below the knee
- Long-sleeved thermal shirt
- Sunscreen
- Gloves
- 0.5L largemouth flasks for easy refilling on the go
- High power headlamp to see better at night
- Telescopic poles
- T-shirt and spare socks
- watch with altimeter
- Mini first aid kit: elastic bandage/tapping bandage (80 x 3cm), antiseptic remedy.

15. Disqualifications.

(See the complete list in the Table of Disqualifications and Penalties at the end of the regulation in Annex 1).

16. Categories.

For all distances

- Absolute men (1st, 2nd and 3rd)
- Absolute women (1st, 2nd and 3rd)
- Senior Men, under 40 years old (1st)
- Senior Women, under 40 years old (1st)
- Veteran Men, from 40 to 49 years old (1st)
- Veteran Women, from 40 to 49 years old (1st)
- Men's Master over 50 (1st)

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- Master Women over 50 (1st)

Also, for the ALQUÉZAR TRAIL.

- Under 23 male (1st)
- Under 23 female (1st)

17. Registrations.

Registration exclusively online on the website www.utgs.es in strict order of enrollment.

Registration opens on February 10th, 2023 and will close on September 1st at midnight or when the number of available entries has been reached.

The 'overbooking' method is used, so that at the time the entries are filled there will be no waiting list and only those people who have a cancellation insurance will be able to cancel.

If the limit of entries is exceeded, a waiting list will be enabled to cover possible cancellations. Under no circumstances may bibs be transferred to another person.

The registration fees will be published in the registration section of the website.

The organization makes a cancellation insurance available to the runners that allows them to regain the cost of the registration. The conditions of the insurance can be consulted in the Registration section of the website.

Registration includes:

- Participation in the race
- Commemorative gift
- Finisher souvenir
- Refreshments during the race.
- Electronic monitoring system.
- Safety and medical device

An accident insurance is mandatory for those who do not have specific accident coverage for the federation mountain competition. The price of the organization's accident insurance is €10 for the **Ultra Trail** and **Vuelta a Sevil** and €5 for the **Trail Rio Vero** and **Alquézar Trail**.

Ultra-Trail runners must provide a medical certificate to participate in the race, this certificate must be uploaded to the platform no later than, September 1st, 2023. The organization may withdraw the



registration of those runners who do not comply with the procedure of presenting said medical certificate, without this involving the refund of the registration fee.

The participants are not able to choose to change the distance once registered in a distance. They must notify the organization who will study each case based on the volume of registrations for each distance. However, the change of course to a shorter distance will not give the right to any refund of the registration fee.

18. Responsibilities.

By completing the registration form and accepting the regulations, each participant acknowledges that they are in perfect physical condition to practice sports and specifically to carry out the race in which they have registered for. It is the participants own responsibility to make the relevant periodic medical examinations to ensure that they are in no risk of compromising their health with the participation in the race. The decision to start and carry out the race relies on them. Each participant exempts the organization from the responsibility of suffering any physical problem that may occur during the participation in any of the different modalities of the UTGS.

19. Image rights.

The organization reserves the exclusive rights of the images, taken and collected by photographers, including video, and information of the races, in which all the participants are featured, as well as of the use of all the material for advertisements, public relations or any other journalistic purpose or promotion of the event. Any media or advertising project must have the prior consent of the organization.

20. Data protection.

By virtue of Law 15/1999 of December 13 on the Protection of Personal Data, all UTGS participants are made aware that their personal data is incorporated into an automated file that is the responsibility of the Guara Spirit Association, CIF G22385496, which may use it for promotional purposes related to the nature of the event in which the participant has registered for. If you want to exercise your rights of access, rectification, cancellation, or disapproval, you can contact the owner of the same by sending an email to info@utgs.es

21. Modifications.

These regulations can be corrected, modified, or improved at any time by the organization.

The participant agrees to the regulations upon registration.

ANNEX 1. TABLE OF DISQUALIFICATIONS AND PENALTIES DISQUALIFICATION TABLE

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- Exceed the cutoff of a check point
- Failure to carry any element of the mandatory equipment required.
- Not wearing the mask in mandatory places
- Going through unauthorized roads or highways
- Being sanctioned for doping in any sporting discipline
- Unauthorized transportation
- Throwing waste during the race
- Not respecting the natural environment
- Violations of the rules of the Natural Park
- Disobey security guidelines indicated by the organization
- Failure to help a fellow participant who needs it.
- Asking for help when this is not needed.
- Receive external assistance outside of designated check points
- Being accompanied by a runner who is not registered in the race
- Carry the mandatory equipment of another runner
- Not marking the bib number on gels, salts, etc.

Covid-19

The organization reserves the right to modify any point of this regulation due to compliance with current health regulations regarding the evolution of the COVID19 pandemic.

Equally, the organization will strictly comply with the guidelines of the Government of Aragon regarding the documentation required for events.