

**ehunmilak
goierriko bi haundiak
marimurumendi**

REGULATIONS 2017



Organisation: Arrastaka Mendi Taldea



BASIC FOUNDATIONS

RESPECT

Respect is the basic rule of this race; respect for oneself, for the judges, the volunteers, other runners and spectators alike.

In exactly the same way respect for the environment is also a must and respect for the fauna and flora.

Sticking to the specified route will help avoid irreversible damage and erosion to the surrounding countryside.

SOLIDARITY

Solidarity is another essential value of this type of race; first and foremost you must help any runner who may be in any kind of trouble.

EXPLORE YOUR LIMITS

This race will take you to the limit; runners will have to look within themselves for resources that they never thought they had. Ultra distance races takes a bit of dignity and much humbleness.

RULES

Article 1: ORGANISATION

Beasaingo Arrastaka Mendi Kirol Taldea with Tax ID number G20956157 is registered in the Sports Bureau under number 3875 and complies with the requirements in the decree-law 29 dated 14 February 1989 and organizes the ehunmilak with the support of the regions of Goierri, Urola, Urola kostea, Debagoiena and Tolosaldea.

Article 2: THE RACE

This mountain Ultra-Trail®, which is a 168 km run across 5 regions, goes through back roads and trails for a total cumulative elevation gain of 11.000 m. The start and finish lines are in Beasain and there is a maximum completion time of 48 hours. ehunmilak is a circular route that goes through the towns of Beasain, Zumárraga, Urretxu, Azpeitia and Tolosa.

The race involves climbing several mountain summits where conditions may become difficult due to darkness, wind, cold and rain, therefore one must carry compulsory security equipment (Article 26: Compulsory equipment).

It is necessary to be prepared properly, with proper training and to have inner strength and mental toughness to complete these races.



In parallel to ehunmilak (ehm) is the Goierriko bi haundiak (g2h) that will set out from Beasain and will be run across the Goierri region. g2h is 88 km long and has a 6.000 m cumulative elevation gain that will take the runners through the mountain ranges of Aralar and Aizkorri where it joins the original ehunmilak route. Also, there is marimurumendi marathon (mmm). This race will also set out from Beasain and it will go through the mountains around Beasain. The race is 42.195 km long and has a 4.600 m cumulative elevation gain.

All three races are recognised by the Basque Federation of Mountain. (Euskal Mendizale Federazioa, E.M. F.)

All competitors will have to follow the instructions given by the organisation. Taking part in any of the three races means agreeing to the regulations as well as the ethics of the race issued by the organisation, which can be looked up at www.ehunmilak.com

Article 3: DATES

The races will be held on the 7th, 8^h and 9th of July 2017

Article 4: PROGRAMME

ehunmilak

- Thursday, 6th July: 17:00 - 20:00 runners pick up their **race bibs**
- Friday, 7th July: 10:00 - 13:00 runners pick up their **race bibs**
- Friday, 7th July: 12:30 - 16:00 **pasta party**
- Friday, 7th July: 13:00 - 17:00 **leave the race drop bags and/or a backpack for after the race**
- Friday, 7th July: 17:00 **control of the start of the race opens**
- Friday, 7th July: 18:00 **The start of the race**
- Saturday, 8th July: 16:30 the time when the **first runner is expected to finish**
- Sunday, 9th July: 18:00 **award ceremony**

g2h

- Thursday, 6th July: 17:00 - 20:00 runners pick up **race bibs**
- Friday, 7th July: 10:00 - 13:00 and 18:30-20:30 runners pick up their **race bibs**
- Friday, 7th July: 12:30 - 16:00 **pasta party**



- Friday, 7th July: 13:00 - 22:00 runners **leave the race drop bags and/or a backpack for after the race**
- Friday, 7th July: 22:00 **control of the start of the race opens**
- Friday, 7th July: 23:00 The **start of the race**
- Saturday, 8th July: 10:00 - 11:00 time when the **first runner is expected to finish**
- Sunday, 9th July: 18:00 **award ceremony**

mmm

- Saturday, July 8th: 18:30-20:00 runners pick up their **race bibs**
- Sunday, July 9th: 07:00-08:00 **runners pick up their race bibs and leave a backpack for after the race.**
- Sunday, July 9th: 08:15 **control of the start of the race opens**
- Sunday, July 9th: 09:00 The **start of the race**
- Sunday, July 9th: 12:30-13:00, time when the **first runner is expected to finish**
- Sunday, July 9th: 18:00 **award ceremony**

Note: the organisation of the race reserves the right to change the times without notice

Article 5: SEMI-SELF-SUFFICIENCY

The main rule in the race is to be semi-self-sufficient.

These races are based on the principle of semi-self-sufficient individual racing.

Semi autonomy is defined as having the capacity to be autonomous between two refreshment points, not only for food but also for clothing and security, which means being able to adapt oneself to problems which could be encountered or envisaged (bad weather, physical problems, injuries, etc).

Runners must have all their compulsory equipment with them at all times during the race. The compulsory equipment is required to be presented and will be checked when collecting the race bib. At any time during the race, marshals can check any bag, its weight and/or its contents. The runner is obliged to agree to these controls without exception, failing to do so could risk disqualification from the race.

In the marathon, It will not be necessary to carry the all the compulsory materials stated in Article 26 of the regulations.



The food and drink aid stations will have food/drink that has to be consumed there.

In the marathon, runners will be allowed to eat and/or drink up to 100 m from the aid stations.

Only water will be available for refills of both bottles and bladders (all other drinks are excluded).

On leaving the aid stations each runner must have enough food and water to reach the next aid station.

Only runners are allowed to enter the aid stations, with the exception of Azpeitia, Tolosa, Etzegarate and Mutiloa, where the runner can be accompanied by one companion (a friend or family member), however in Etzegarate due to logistic reasons, no companions will be allowed for the g2h runners, and a maximum of 30 companions will be allowed in at any one time for ehm runners.

In the marathon, runners will be allowed outside help to 100 m before and after the aid stations.

The companions are not allowed to give food, drink or any other material to runners along the route or at any of the aid stations (even if the companions are allowed to enter or not) since as established in the rules, ehunmilak and g2h are to be completed in a semi-self-sufficient manner. Any external aid will be penalized (see Article 29).

Companions will have to be identified with the official runner's card provided by the race organisation, and they are not allowed to consume any food or drink from the aid stations or to use any material in these places.

All competitors will have to wear their number and it must be clearly visible upon entering the aid stations (Article 23: Rest areas and showers).

Each competitor must go through the aid station controls even if he/she does not wish to stop at it.

In the ehunmilak race a runner can compete either individually or in a team of three, whereas in the g2h and the mmm only individual participation is available.

The route will be clearly marked along the entire course.

It is strictly forbidden, to be accompanied or agree to be accompanied along all or any part of the race by a person that is not enrolled.

Each runner will have to carry suitable equipment to withstand mountain conditions, as well as the compulsory items



Article 6: REGISTRATIONS

The ehm/g2m races are open to anybody either man or woman born in 1997 or before however, the mmm is open to runners born in 1999 or before. The organisation will be responsible for providing insurance for all the competitors by taking out a basic insurance plan. Apart from the mentioned insurance each runner is allowed to have his/her own insurance.

Competitors will be able to register from the 3th of November 2016, 17:00 on the Internet and payment will be by credit/debit card. Once a provisional registration has been completed a 72 hour payment period will be opened in order to finalize the entry. Failure to make the payment within the 72 hours will result in the cancellation of the registration.

A maximum of 515 places are available for both the ehm/g2h races and the mmm is limited to 265 runners. In case any of the races reach the maximum there will be a waiting list to cover any possible withdrawals that may happen until the closing date of the inscriptions. From that date on there will be no transfers from the waiting list. The transfer from the waiting list to the race start list will be done strictly on a first come first served basis.

Out of the 1295 available race bibs, the organisation will reserve 85 bibs distributed as follows: 27 corresponding to the podiums of the 2016 edition; 30 for sponsors / collaborators; 10 for runners from media; 10 for active collaborators; 6 for invited elite runners; and 2 for challenge prizes. The reserved bibs still available after such assignment is done will be transferred to the general quota.

Teams for the ehm race will be made up of three competitors. Team members will register individually and must fill in the name of the team in the appropriate box. The three team members must register on the same day.

Deadline for registration is the 7th June 2017, from that date no inscriptions will be accepted apart from organisational commitments

Registration includes:

- The race entry
- Accident Insurance
- Public Liability Insurance
- Medical assistance during the race
- Massage service during and after the race at the sports centre
- A gift from Ternua (the official clothing sponsor)
- Food & Drink throughout the race
- Showers (Tolosa, Etzegarate and the finish-line) In the mmm, only at the finish line
- Free bus service for runners: along the route and from finish-line to showers (Antzizar Sports Center)
- Free bus service for friends and family along the route (***)



- Pasta Party (***)
- Plastic drop bags to carry the runner's equipment to different points along the course, to be defined by the organisation (***)
- A string bag for any waste (***)
- A booklet with information about the race and the profile (***)
- Road Book.
- Electronic chip timing: ehunmilak 16 check points / g2h 10 check points / mmm 10 control points.
- Geo-tracking system (***)
- A plastic beaker and a clamp (***)
- 200 free parking places near the start line

A finisher garment will be given at the finishing line to those runners who complete the race within the time set by the organising committee.

(*) not applicable for the marathon**

Article 7: MEDICAL AND RACE FITNESS REPORT

In order to complete the enrollment for any of the three races, the runner must submit an official valid medical report, according to the template provided by the organisation, along with a resting electrocardiogram. Both documents must be submitted through a link that will be enabled for such purpose on www.ehunmilak.com or by e-mail (inskripzioak@ehunmilak.com). Only the report template provided by the organisation will be accepted. It will be available for download at www.ehunmilak.com.

The medical report and the electrocardiogram must be valid for a maximum of one year before the race start date. Both documents must be signed and stamped by a doctor, with their name and license number clearly indicated.

The deadline for submitting these documents will depend on the registration date, as indicated in the following table. If they are not received before the corresponding date, the enrollment will be automatically cancelled, and the registration fees will not be refunded.

Registration Date	Deadline for medical report and electrocardiogram submission
03/11/2016 --- 09/02/2017	09/02/2017
10/02/2017 --- 06/04/2017	06/04/2017
07/04/2017 --- 07/06/2017	07/06/2017

NOTE: Those runners contacted by the organisation to give an allowance to enroll from the waiting list during the last week will have a period of seven days to submit the medical report and the electrocardiogram.

**Article 8: REGISTRATION FEE**

Registration Date	ehunmilak	g2h	mmm*
03/11/2016 --- 09/02/2017	137 €	85 €	42 €
10/02/2017 --- 06/04/2017	152 €	100 €	47 €
07/04/2017 --- 07/06/2017	172 €		

*For the mmm race runners with a yellow chip receive a €2 discount during the inscription.

Article 9: REGISTRATION CANCELLATION INSURANCE

Every competitor will have the opportunity to purchase cancellation insurance, for 10€ at the time of subscription. This amount will be added to the registration fee.

The insurance entitles competitors to reimburse the registration costs. However, this warranty will only be valid up to the thirty days prior to the start of the race. In the last month before the race **NO** money will be reimbursed under any circumstance.

Registration can only be withdrawn in the following circumstances:

- The runner has had an accident, injury, a serious illness or has died.
- Serious illness requiring hospitalization or the death of a husband or wife, partner or next of kin.

In case of an accident, injury or serious illness a doctor's report instructing the runner not to participate in any of the races is required, the report must be sent by e-mail (inskripzioak@ehunmilak.com).

Compensation terms: every reimbursement claim will have to be accompanied with the medical report at least 30 days prior to the start of the race. All the cases will be dealt with within the two months after the event.

Article 10: REGISTRATION CANCELLATION

Registration cancellations can only be done by either e-mail (inskripzioak@ehunmilak.com).

If case of a cancellation due to any of the reasons stated in Article 9: (Registration cancellation insurance), the competitor will only be entitled to a full refund if he/she has selected and paid for the insurance when registering. He/she will have to notify the organisation by sending their withdrawal in writing together with the required medical report. In this case, the runner will be



refunded the full registration fee, but not the cost of the cancellation insurance, €10.

Should any competitor who decided not to take the cancellation insurance, or even having it hired does not meet the requirements of Article 9, the refunds will be made according to the following table. In that case, no medical report will be required.

Date of withdrawal	Amount to pay (%depending on the amount of the registration)
03/11/2016 --- 09/02/2017	60%
10/02/2017 --- 06/04/2017	50%
07/04/2017 --- 07/06/2017	40%

No refunds will be made after 00:00 - 8th June 2017.

All payments are to be made by bank transfer or credit card.

Under no circumstances will any runner number be transferable to another person.

Article 11: CATEGORIES

- Men
- Women
- Teams (ehunmilak)

Teams are made up of three people, regardless of sex

Article 12: TEAM ENTRY (ehunmilak)

The teams will be made up of three people, regardless of sex, who will have to run the race together. They will have to go through all control points and finish the race together.

Article 13: CLASSIFICATIONS

The classifications for the race will be done by categories and there will also be a general category.

In the case of teams, if any of the team members retires from the race, the rest of the team members can continue and will be classified in the general individual category however they will not be eligible for the prizes. These runners will be identified accordingly in the general individual category. Conversely, all runners taking part in the team category and finish as a team will not be eligible for individual classification prizes.

Temporary results will be available for the competitors, friends and families all the way through the race. There will be an information point giving the split times for various controls or location of the competitor in real time.

The provisional results of all the races will be published on the official web page the day after the races have finished.



Article 14: APPEALS

Appeals regarding any aspect of the race can only be submitted to the organisers in writing.

The deadline for appeals is 24 hours after the temporary classifications have been published on the official website. The resolutions on these claims will be addressed and communicated within two months after the end on the event.

Article 15: PRIZES

Every runner who completes the race within the time limit set by the organisation will receive an email with a certificate with their finishing time, their position and their split times at the control points along the route. They will also receive the *finisher* gift when giving back the timing chip in the finish line.

The prizes are the following:

ehunmilak

- **First man:** 1000 € + “Txapela” (traditional beret) + trophy
- **Second man:** 600 € + trophy
- **Third man:** 400 € + trophy

- **First woman:** 1000 € + “Txapela” (traditional beret) + trophy
- **Second woman:** 600 € + trophy
- **Third woman:** 400 € + trophy

- **First team:** 1000 € + 3 “Txapelas” (traditional beret) + 3 trophies
- **Second team:** 600 € + 3 trophies
- **Third team:** 400 € + 3 trophies

g2h

- **First man:** 500 € + “Txapela” (traditional beret) + trophy
- **Second man:** 300 € + trophy
- **Third man:** 200 € + trophy

- **First woman:** 500 € + “Txapela” (traditional beret) + trophy
- **Second woman:** 300 € + trophy
- **Third woman:** 200 € + trophy



mmm

- **First man:** 250 € + Txapela” (traditional beret) + trophy
- **Second man:** 150 € + trophy
- **Third man:** 100 € + trophy

- **First woman:** 250 € + Txapela” (traditional beret) + trophy
- **Second woman:** 150 € + trophy
- **Third woman:** 100 € + trophy

To collect a prize it is compulsory to be present at the award ceremony at the time set out by the organisation, if not, and without express authorization by the organisation, the runner will be disqualified.

Article 16: ROAD BOOK

Maps containing the itinerary, profile and compulsory pass control points will be given out to all competitors. Some weeks before the race, each runner will receive a road book with all the information as well as when the race bibs are collected.

A guide can either be downloaded from <http://www.ehunmilak.com> from the beginning of June, or will be sent by regular mail to each registered runner during the month of June. It will include information such as the cut off times, food and drink aid stations, rescue points, care points, as well as access points for their companions.

Article 17: PASS CONTROL POINTS (CHECKPOINTS)

It will be compulsory for all competitors to pass through all the control points and scan the chip to confirm the control has been visited. The control points will be clearly visible and it is compulsory to pass through them all, any failure to go through them will result in disqualified (Article 29: Safety rules).

The food and drink aid stations will be controlled and access will only be allowed if the runner's number is visible

At every control point there will be staff from the organisation looking out for the safety of the runners.

There will be “flying” check points along the route located outside the published control points and aid stations. Their location will be kept secret.

A sweep team from the organisation will go through the entire route closing the race. Instructions both given by the organisation staff regarding safety must be followed at all times.



Article 18: AID STATIONS

There will be three types of aid stations along the track in ehm/g2h:

- **Liquid:** water, soft-drinks and energy-drinks
- **Standard:** oranges, bananas, apples, melon, watermelon, tomatoes, nuts, cheese, quince jelly, olives, salami, cold meat, soup, chocolate, pasta and coffee, as well as drinks
- **Full:** rice, pasta and omelette, plus everything mentioned above

In the marathon (mmm), all aid stations will be mixed.

- **Mixed:** water, soft-drinks, sports drinks, orange, banana, dry fruits, chocolate and biscuits

To avoid the wastage of disposable plastic cups during the race, every runner (ehm/g2h) must carry a beaker (water bottles allowed).

When there's a large numbers of competitors, disposable beakers will be given at the following aid stations: Mandubia (ehm) and Zaldibia (g2h)

Runners (ehm/g2h) will be given a small bag together with the race bib to put their waste into. Failing to use it will result in a penalty.

It is obligatory to follow the marked route and not take any short cuts that could cause irreversible erosion to the land as well as immediate damage.

There will be many bins at all the aid stations and it is compulsory to use them.

Article 19: SAFETY

To ensure the safety of the participants, medical staff posts will be found along the track, and at the checkpoints. It is compulsory to follow the instructions given by these people who will be clearly identified.

Should any competitor decide to retire from the race they must notify a member of the organisational staff at the nearest control point from where they stopped as soon as possible, who will remove the chip from the race bib, or the race control in Beasain.

Medical staff and ambulances will be placed at strategic points along the route, if required.

The days prior to the race a map containing the itinerary, profile, compulsory passing control points and medical assistance points will be given out to all competitors (in the road book).

Take into account that at certain locations of the track, due to the terrain conditions or light/weather conditions, it may take longer than at other in other/normal circumstances for the medical services to reach that place.

**Bear in mind that the runner's own safety may critically depend on the material carried in their backpack**

In order to validate the registration, it is compulsory to accept the rules when picking up the bib and thus exempt the organising committee of any responsibility in case of an accident or physical injury sustained during or after the competition, although, the organisation will do their best to insure the runners' safety.

Should weather conditions advise to do so, alternative sections may be put in place to reach certain checkpoints. Participants will be duly notified. Should the decision to change to some alternative section be taken once the race has started, the participants will be notified at the appropriate checkpoint.

The organisation reserves the right to change the basis of the race (ehunmilak/g2h/mmm) suspend or cancel it because an event or force majeure

In case of the cancellation of a race for whatever reason and it is more than 15 days before the start date, a partial refund of the registration fees will be made. The amount of this refund will be calculated so as to allow the organisation to cover all irredeemable expenses committed up to the date of the cancellation. In the case of a race cancellation less than 15 days before the start date or in the case of an abandonment of the race, for whatever the reason, no refund of the registration fee will be made

A sweep team responsible for closing the race will check the passing of all the competitors.

Article 20: GEO-TRACKING

Runners of ehunmilak and goierriko2haundiak will carry a GPS radio-beacon for geo-tracking or geo-positioning purposes. The purpose of these devices is twofold: The organisation will know the position of all competitors at all times, allowing for a better management of the race and ensuring the safety of all the competitors, also through a public website, information will be available showing the standing of the race, and the geographical location of competitors in real time.

In tests it has been seen that there are some sections along the route where there is no GPS coverage and these locations will be made known to the runners on a map. If the beacon has no GPS coverage, the positional information is not available therefore the position of the runner may not be known in those sections. However, information is recorded to when the competitor enters and leaves these zones. Once the competitor returns to an area that has GPSS coverage their position will be updated. Furthermore, the stored positions will be then sent, and therefore, the trace followed will be also known.



GPS beacons

The GPS beacon must be carried on top of or in some lateral pocket of the backpack, near the surface if possible, having the side of the battery facing inwards and the antenna facing outwards.

Competitors will be required to carry the GPS beacon during the whole race (Article 29: Safety rules). The GPS beacon is an expensive device therefore it is the responsibility of the runner to take care of it from the very moment it is handed over until they cross the finish line or retire from the race.

In principle, the organizing committee does not foresee the need to change batteries during the race, however the organisation will have a set of replacement devices if required.

If for any reason a GPS beacon stops working it will be replaced at the nearest checkpoint. In case there is a shortage of substitution beacons at that checkpoint the organisation will make every effort to replace it in the following checkpoint but the runner will not be stopped from continuing due to this reason.

Operation

The organisation will carry out a test to check that each runner's beacon is working properly before entering the starting line area. If problems are detected, the organisation will call the runner and their beacon will be replaced in a specified area close to the starting line.

Once switched on the GPS beacons do not need any special care. Its buttons will be disabled (except for the on/off button). If the organisation detects that a beacon has not sent a signal for a certain period of time, the runner will be contacted via the contact information provided at the time of enrollment. If it is detected that the beacon was turned off for any reason, the runner will be asked to switch it back on and will be instructed how to do so.

Website

A special website dedicated to geo-tracking will be available at the ehunmilak website. Although it will be enabled on the eve of the race, it will become operational on the race day.

The application will have:

- A map and information about each competitor. The tracks profile will be also displayed at the bottom of the page. It will also be possible to locate the runner on the profile map.
- The original track of the race.
- A trace followed by each runner up to their current position.



Special note of the organisation

In order to perform a greater management of the runners' positions, the organisation will have a specialized website with more features to those available to the public.

The organisation shall not be contacted through this website. The geo-tracking website customized for the race management will only include information about runners. There is more information than that available on the public website in order to ensure the safety of the runners. This information will not be available to the public unless there are unforeseeable circumstances (extreme weather conditions, accidents, etc.). In such cases, the action plans agreed by the partners that guarantee the safety during the race will be put into force.

The organisation will not provide any additional information about any runner outside the cases mentioned above.

Article 21: TIME LIMITS/CUT OFF TIMES

The maximum time to complete ehunmilak is 48 hours, 22 hours for g2h, and 8 hours for mmm. The cut-off times in the following tables are maximum times, and refer to the race time.

ehunmilak			g2h		
Zumarraga/Urretxu	km 20	4h 25'	Zaldibia	km 7	1h 25'
Azpeitia	km 53	13h 45'	Txindoki	km 23	5h
Tolosa	km 77	20h	Lizarrusti	km 36	8h 30'
Amezqueta	km 96	24h	Etzegarate	km 50	12h 15'
Txindoki	km 103	26h 50'	San Adrian	km 59	14h 40'
Lizarrusti	km 116	30h 50'	Oazurtza	km 68	17h 30'
Etzegarate	km 130	34h 50'	Beasain	km 88	22h
San Adrian	km 139	38h			
Oazurtza	km 148	42h	mmm		
Beasain	km 168	48h	Atxurtza	km 18	3h 20'
			Arriaran	km 32	6h
			Beasain	km 42	8h

These are the cut-off times and they are estimated so it is possible to complete the race in the maximum allowable time taking into account possible stops for resting, eating etc. For a runner to be allowed to continue in the race, **runners must leave the control point before the respective cut-off time**, regardless of their arrival time to it. Any runner who is outside the cut-off time will be disqualified from the race and if they wish to carry on running they will not be allowed to do so until the runner has had their number cancelled. From that



point the person will be running at their own risk, under their own responsibility and autonomy.

The organisation reserves the right to stop the race, change the route or vary the cut-off times should poor weather conditions or safety reasons require it.

Should cut-off times be changed the runners who are outside the new calculated times will be disqualified from the race.

Article 22: WITHDRAWALS AND RETURNS TO BEASAIN

Unless due to an injury or accident, a runner must not abandon the race outside a checkpoint or aid station. Those who decide to abandon at an intermediate point must carry on until the next checkpoint, and notify the organisation so that their chip can be made inactive. In case of a runner withdraws from the race, and is allowed by the organisation to return to the previous checkpoint, and meets the race closing team, the chip may be made inactive by the race closing team.

If a competitor retires, it will keep their race bib so as to have access to the services offered by the organisation (shuttle buses, showers, aid stations...).

The organisation can stop a runner momentarily or make them abandon the race should they consider that their physical and/or mental state puts them at risk.

Any runner, who alerts the medical team, must accept their decisions.

Medical staff may in any case:

- Retire any unfit competitor from the race and cancel their bib
- Evacuate any runner that seems at risk
- Evacuate any runner to a medical center according to their judgment

In case a runner has to be hospitalised, the organisation will neither organise nor provide their transfer back home.

In case it is necessary a runner suffers an injury or accident that prevents them from reaching a checkpoint by their own means, the organisation must be contacted so that the evacuation process can be started. Any of the two telephone numbers printed on the race bib may be used in such cases. Should phone coverage prevent contacting these numbers, the free emergency number 112 is always available (unless out of range by any service provider). Remember, solidarity and respect towards the rest of the runners is essential in these types of situations.

Rescue will be decided together with the staff member in charge at each control point based on the following rules:

- The means of transport available to get to Beasain which is available from Zumárraga, Azpeitia, Tolosa, Lizarrausti, Otzaurte and Mutiloa.



- Those runners who retire either in the safety or aid stations and are not injured will have to reach the abandonment points mentioned above as soon as possible, on their own means.
- At those control points that can only be reached by 4 X 4, as long as a rescue is not necessary, the staff member in charge at that control point will decide the best course of action.
- In the event of total or partial cancellation of the race due to poor weather condition, the organisation insures rescue, within the shortest possible time of those competitors who have been stopped.

Those runners who have abandoned the race for whatever reason, and have decided not to go to the evacuation points without noticing the organisation, will no longer be under the control of the organisation.

Article 23: REST AREAS AND SHOWERS

There are resting places available for all runners in Beasain, Tolosa and Etzegarate (a maximum of 30 people), where there will be mats and blankets.

Under no circumstances can the resting area in Beasain be used to spend the night. Those runners who have completed the race on Saturday and wish to lengthen their stay until Sunday will have to find their own accommodation.

Competitors will have access to hot showers in Tolosa, Etzegarate and Beasain; and in Lizarrausti, only under medical instruction.

Access to both resting areas and showers will be barefooted (bags to store foot gear will be provided at the entrances)

Article 24: RACE BIBS

A race bib will be given to each runner together with the electronic timing chip; it will be necessary to show an official valid document with a photograph of the runner. The runner's number cannot be collected without showing the compulsory material. Once the compulsory material control has been gone through, each runner will have to sign a document stating that they agree to the rules and regulations laid out by the organizing committee, exonerating the organisation during the whole race.

Competitors will have to wear the official race bib at all times.

The number will have to be worn either on the chest or the abdomen, keeping it clearly visible throughout the whole race. The numbers cannot be folded, partly covered or changed. Runners will be given an elastic band to be able to fix the number to their waist. The number is the compulsory pass to have access to the exits, aid stations, resting areas,... Hence, the race bib will not be removed.

Each runner will be given a gift when they pick up their race bib.



Article 25: DROP-BAGS FOR THE RUNNERS

For the ehunmilak race, together with the race bib, all runners will be given 2 drop-bags that can be used if they wish to do so. The runners will be able to access these bags at the places designated by the organisation.

On reaching these places it is compulsory to retrieve the drop-bags and returned to the designated areas. The drop-bags will be returned to Beasain.

For the g2h race, together with the race bib, all runners will be given 1 drop-bag that can be used if they wish to do so. The runners will be able to collect this bag at the place designated by the organisation.

Runners of the mmm will not have the opportunity of a drop-bag for material during the race.

Collection of the drop-bags in Beasain. The organisation will indicate a place at which the returned drop-bags can be collected. At the time they finish the race, runners will be able to pick up their bag(s) by showing their race bib. Otherwise, the bag may be picked by whoever showing the runner's ID card, and the runner's card or race bib. The collection times are as follows:

- **ehunmilak Tolosa bag:** from 17:00 on Saturday afternoon until 19:00 on Sunday.
- **ehunmilak Etzegarate bag:** from 10:00 on Sunday morning until 19:00 on Sunday evening.
- **g2h Etzegarate bag:** from 17:00 on Saturday afternoon until 19:00 on Sunday evening.

After these times, the runners will have to contact the organisation for unpicked bags.

Bag retrieval at different locations along the route. The bags can also be collected at Tolosa and Etzegarate as long as these checkpoints/aid stations remain open. The bags will only be returned by showing the runner's ID card, and the runner's card or race bib.

Only the drop-bags supplied the organisation will be accepted. Walking sticks cannot be stored or left in these bags.

The contents of the bags will not be checked therefore claims will not be accepted. It is recommended not storing any valuable objects in the drop-bags.

Runners will be able to leave a backpack at the start/finish line to use after the race which will be taken to the location of the showers, the sport centre after the start of the race.

**Article 26: COMPULSORY EQUIPMENT**

In order to guarantee their own safety, competitors will have to wear the following compulsory material while the race. Runners of the mmm will not have to carry any compulsory material:

- National Identity Card/passport
- Backpack
- 1 litre of water reserve
- A beaker
- Waterproof jacket (runner's size)
- Trousers or long knee length (or longer) leggings
- 2 front head torches each with a set of spare batteries, unless both torches use the same batteries then only one spare set will be required
- A survival blanket (1,20m x 1,20m minimum)
- A hood or cap
- A whistle
- An adhesive bandage
- A mobile phone (remember to fully recharge the battery)

Failing to carry any of the compulsory objects involves immediate disqualification from the race.

Highly recommended material:

- Red back position light
- Gloves
- Warm clothing to brave cold weather conditions
- Sunglasses
- Sun protection lotion

Recommended material:

- Telescopic walking sticks
- Compass
- Vaseline

If the competitors have decided to use walking sticks it will be compulsory to carry them throughout the whole race. No walking sticks will be allowed to be placed in the drop-bags.

Article 27: CONTROL AT STARTING POINT**ehunmilak**

The pre-race check in will start on Friday at 17:00, competitors can enter the start area, closed to the general public

**g2h**

The pre-race check in will start on Friday at 22:00, competitors can enter the start area, closed to the general public

mmm

The pre-race check in will start on Sunday at 08:15, competitors can enter the start area, closed to the general public.

Article 28: NIGHT CONDITIONS

It is compulsory to have the front light on at all times during the night. The rear position light (a portable bicycle red light is sufficient) if one decides to use one, must be placed on the back side of the backpack from the start and it is recommended to turn it on at dusk so that it can be clearly seen by the competitors behind.

Article 29: SAFETY RULES

Since all races are long distance races what prevails above everything else is to safeguarding the safety of all competitors.

The race stewards throughout the race or the staff in charge of each control and aid stations have the power to ensure that the rules are complied with, they can apply penalties based on the following table:

INFRACTIONS	PENALIZATIONS/DISQUALIFICATION
Taking shortcuts	1h
Taking no notice or objecting to the instructions given by the stewards/safety staff	Immediate disqualification
Failure to carry compulsory material (not to have made reservation for water/food, waterproof jacket, any light at all, thermal blanket or mobile phone)(***)	Immediate disqualification
Failure to wear/carry compulsory material (trousers below knee length or long trousers, 1 torch, no spare batteries, hat or head-band, whistle, elastic adhesive bandage, food reserve)(***)	2h
Objection to a compulsory material control(***)	Immediate disqualification
Littering	Immediate disqualification
Damaging the environment	Immediate disqualification
Failure to respect other runners or members of the organisation	1h
Failure to assist anyone in difficulties (e.g. failure to help a competitor asking for help)	Immediate disqualification
External unauthorized assistance	1h
Being accompanied on the road out of the specified areas, near the aid stations	1h
Failure to have gone through the start control	Immediate disqualification
Use of any means of transport other than running or walking	Immediate disqualification
Failure to wear the number clearly visible or wearing it folded	1h
To be wearing the number in poor condition	½ h
Dangerous practices (e.g. to carry the walking sticks without due care and attention and/or threatening manner)	1h



Failure to have an electronic reference	The decision is up to the jury in this case
Failure to go through a passing control point	Immediate disqualification
Asking for unnecessary assistance	Immediate disqualification
Refusing to pass an anti-doping test	Immediate disqualification
Leaving a control zone after the cut-time limit	Immediate disqualification
Refusing to wear the GPS beacon(***)	Immediate disqualification

(*) not applicable to the mmm**

All penalties that do not imply the disqualification of the runner will be applied to the time registered on arrival at the finish line.

Any competitor may be subjected to a dope test during or on completing the race. Refusing a dope test will be sanctioned in the same way as if they had tested positive (the FVM/EMF rules apply here).

Article 30: STEWARDS

The Race Directors have the power to withdraw any runner from the race if they feel that the runner's physical or technical capacity is reduced due to exhaustion, the competitor has failed to carry or wear compulsory gear or simply because their condition is not good enough to keep on running the race. The Race Directors have the power to terminate, shorten, abandon or stop the race due to safety reasons or circumstances beyond their control (for example, weather conditions).

Competitors are not allowed to complain or question the rules, final classifications or itinerary to any member of the organisation.

Article 31: LIABILITIES

The organisation does not hold any responsibility for claims or requests originated from damage happening to either competitors or their material that may have got lost, damaged or gone astray.

Competitors may be required to sign documents highlighting a given section of the rules, in order to exonerate the organisation of any responsibility.

Competitors in the ehunmilak/g2h/mmm understand that they will compete voluntarily and under their own responsibility. Therefore, they exonerate, exempt and drop claim and agree not to report the organisation, co-workers, sponsors and other competitors for civil responsibility with regard to the runners and their next of kin.

Article 32: MODIFICATIONS

The organisation can modify, correct or improve these regulations at any time. The act of registration means the competitor has agreed to these regulations.



Article 33: CONFIDENTIALITY

We want to inform you that in accordance with the Organic Law 15/1999 of December 13th on Personal Data Protection, information obtained from your application will be recorded and will be the responsibility of Beasaingo Arrastaka Mendi Kirol Taldea. The record will be registered with the Basque Data Protection Agency which has all the necessary security measures to guaranty complete data security.

Furthermore, the information from all applications implies that the applicant has been informed and gives their consent to have their data recorded.

Your registration details will be kept indefinitely and may be passed on to the sponsors who may send you information related to sporting events organized by the organisation or by third parties as well as the products or services offered by the organizers or sponsors of the sporting event. Information may be sent by regular mail or e-mail. However you will have the right to cancel your personal data whenever you wish to. If you wish to receive this information, indicate it by checking the provided box.

YOUR RIGHTS

Access to the personal data, and any requests for modifications or deletion under the terms established by the Law mentioned above, must be done in writing to Beasaingo Arrastaka Mendi Kirol Taldea, CL IGARTZA OLETA P. ANTZIZAR 3, 20200 Beasain, including the following information: name, address, modification, date, signature and name of the record.

The person requesting modifications is required to ensure the personal information given is true and correct and that any information that could be used against them has not been omitted or altered, incorrect or omission of data will make it impossible to properly provide this service

ASSIGNMENTS OF DATA REQUIRED

The organisation may publish the first name, the surname, the number, the category, the ID number, photographs and images taken during the event and the result of race in the media. Once the registration has been processed, all personal data will be public for consultation. The registration implies consent the publication of these data in the media that the organisation determined - including Internet- without detriment to his right to object. The results of the races shall be maintained indefinitely and may be consulted on the website of the organisation without prejudice to its right of cancellation.

In case you make payment by credit card your personal data will be transferred to the bank to manage the payment of registration in the sporting event.

The organisation has signed a sports accident insurance for all registered competitors in this event. That implies that the one who registers, consents that the organisation may transfer the personal data to the insurer in order to ensure adequate assistance in case of accident during the course of the race. In case



that the user registers a third person, this guarantees to have the prior consent of those concerned with the terms contained in these legal conditions.

DATA QUALITY

The organisation will be responsible for the truthfulness of the data provided. It is the runner's responsibility to notify the organisation of any changes in them.

Filling in the information marked with (*) is required. The other fields are optional. Registration may be cancelled if the information is not fully provided.

SPORTS CLUBS

If enrolment in the race is done by a sports club, the members of the club guarantee that they have been informed of processing and transfer their personal data in the terms set out in this privacy policy.

Article 34: IMAGE RIGHTS

All the competitors authorize the organisation and its sponsors to use and freely issue any photographs taken or video recorded within the race.