

**THE TRAKA REGULATION**

- ✓ This regulation explains the conditions of participation and the characteristics of THE TRAKA.
- ✓ Participating in THE TRAKA implies the acceptance of all environmental and sustainable measures to stop the climate emergency.
- ✓ You will find all the technical aspects in the technical sheets of the official website of the event.
- ✓ These regulations may be corrected, modified or improved at any time by the organization, as well as schedules, routes and technical specifications.
- ✓ The realization of the registration implies the acceptance and authorization of the cancellation policy and modification of the registration and the event.
- ✓ The realization of the registration implies the acceptance of having previously informed of the route and the technical sheets.
- ✓ The completion of the registration implies the acceptance of the official gift and all its services.
- ✓ The completion of the registration implies the total acceptance of these regulations.

**1. NO NATURE NO FUTURE**

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- 1.1. Events take place in fragile and sensitive natural environments. It is strictly obligatory not to leave any kind of mark after your passage.
- 1.2. The events take place in natural environments. It is strictly obligatory to conserve and preserve ecosystems and their biodiversity, complying with the regulations in force in each area.
- 1.3. Participants must respect the fauna and flora, and remain silent, as far as possible, to prioritize wildlife in the environment.
- 1.4. The events take place in agricultural and livestock environments. Farmers and animal paddles will have preference throughout the entire route if they cross paths with the participants.
- 1.5. The events take place, in large part, in privately owned natural environments. Owners will have preference throughout the entire route if they cross paths with the participants.
- 1.6. Each participant must act responsibly and behave exemplarily in the face of any adversity.
- 1.7. Participants may not go outside the boundaries of the marked paths.
- 1.8. Participants must respect the fences, doors and all kinds of fences related to the safety of livestock or private farms.
- 1.9. The throwing by any participant of bars, energy gels or any residue, including fruit peels, is an immediate expulsion.
- 1.10. It is strictly mandatory to recycle correctly in all feeding areas.
- 1.11. Any action that disrespects the environment, fauna or flora will mean automatic expulsion forever. **Attention: zero permissibility!**

## 2. RIDERS FOR RIDERS

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- 2.1. Participants must prioritize ethics, companionship and respect for the environment and the environment over the event.
- 2.2. In the event that a participant, a third person or any animal is in danger, it is mandatory to provide assistance.
- 2.3. Event participants must alert the nearest checkpoint of any type of incident.
- 2.4. If the participants who have given their help have lost a lot of time, the race director will assess the situation and make the corresponding decisions.
- 2.5. In case of emergency, participants must call one of the telephone numbers noted on the nameplate. They are exclusively emergency telephones. (ONLY IN 360, 200, 100 and 50)
- 2.6. If you need help from the organisation and/or rescue teams, they may take time to find you or arrive in conditions of extreme weather or difficult access and/or lack of visibility; especially if they are outside the marked route.
- 2.7. There are areas of the route without mobile coverage. For this reason there is a risk of not being able to ask for help when needed.
- 2.8. In case of emergency, in areas with no coverage, runners should call and activate 112.

## 3. CLIMATE EMERGENCY

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- 3.1. Participants must be aware that the climate change in which we live hinders weather predictions and it is necessary to be aware in case the organization decides to cancel the event at the last minute.
- 3.2. The fight against global warming is our priority, for this reason we will avoid giving or giving participants any packaging, product or material derived from fossil fuels.
- 3.3. For this reason:
  - 3.3.1. No single-use packaging will be given.
  - 3.3.2. No participant's bag will be given. We will give you the geolocator (if any), imperdibles and official gift in hand.
  - 3.3.3. Sugary drinks from polluting companies will not be given.

## 4. REGISTRATION

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- 4.1. The registration fee will not be refunded.
- 4.2. Registration is not transferable from one year to the next, nor will changes be made for other events on the Klassmark calendar.
- 4.3. You can modify the name and distance of the registration, as well as other information, through '*Your registration*' with the locator and e-mail. To make the change, you must go to the registration section on the website: *Home – My registration*.
- 4.4. One week before the event, name or distance changes cannot be made. If there is a justified reason, a change of name or distance from the participant may be requested. An e-mail ([info@klassmark.com](mailto:info@klassmark.com)) must be sent.
- 4.5. The place will not be assigned to the participant definitively until payment is made.
- 4.6. The organization reserves the right to cancel the event until before departure if the physical integrity of the participants is endangered by weather or other external factors.
- 4.7. The organization is not responsible for the extra expenses related to the registration such as accommodation or trips in case of cancellation of the event.
- 4.8. If the situation requires it, the organization may make the following modifications:

- 4.9. Modify the routes
- 4.10. Activate alternative routes
- 4.11. Modify departure times
- 4.12. Registrations will close once the limit of participants or the announced deadline has been exceeded.
- 4.13. In case of registration at the last minute (one week before the celebration of departure), the size of the requested gift is not guaranteed.
- 4.14. The organization reserves the right to modify the number of registered places.
- 4.15. The organization is not responsible for contractual relations between participants and external services.

## **5. CONDITIONS OF PARTICIPATION**

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- 5.1. All participants must be of legal age on the day of the event. Otherwise, it is mandatory to present the '*authorization of minors*' that you will find in the section of documents. In case the minor is under 16 years of age, he / she must be accompanied throughout the course of the event.
- 5.2. Those registered participate in the event voluntarily and under their responsibility. For this reason, the entity and the organizing company, the municipality, collaborators and workers, sponsors and other participants are free of any civil liability.
- 5.3. Participants automatically accept upon registration *the 'disclaimer and certificate of physical aptitude'* which informs of the risks involved in participation and excludes the organization of responsibilities in case of any incident, accident or contagion derived from participation.
- 5.4. When the participant registers, he accepts all the points of these regulations. Failure to comply with one of them would result in automatic expulsion.

## **6. DEVELOPMENT**

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- 6.1. The tour is open to other users, bicycles, vehicles, tractors, you. Participants must follow current traffic regulations, as well as ride with caution at all times. For this reason, you should always drive on the right of the road (road or track) you are running. Failure to comply with this rule will be grounds for direct disqualification.
- 6.2. The Traka is an exit where all traffic regulations and local day and night laws must be complied with. If you abandon the route, it is strictly forbidden to drive on motorways and dual carriageways.
- 6.3. Along the way you can experience unexpected situations, some risky and others not; such as fires, traffic accidents, works on roads or roads... It is important to be aware of these situations and respect the indications of the authorities or competence persons. In this type of adversity it is allowed to leave the route and recalculate the route.
- 6.4. The challenge runs through areas of high mountains, medium mountains, flat areas and stretches of coast. The climate is very varied depending on the area and the difference between the highlands and the coast can vary 20 degrees and up to 30 degrees at night.
- 6.5. Participants may encounter different adverse weather situations during the tour: rain, snow, granite, thunderstorms, high temperatures or unexpected river floods.
- 6.6. In case of breakdown or any incident, on the nameplate are the telephone numbers to contact the organization. (360, 200, 100 and 50)
- 6.7. Once the maximum time to finish the tour has been exceeded, all event services will be deactivated.
- 6.8. Participants may only receive external assistance in the designated areas of each circuit.
- 6.9. The tests are in pairs or individually, so it is not allowed to go to wheel unless you are the teammate.
- 6.10. It is not allowed to be wielded, stretched or propelled by an external element beyond the bicycle.

## **7. WITHDRAWALS (360, 200, 100 i 50)**

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- 7.1. Participants who decide to leave must withdraw at one of the checkpoints. Only a serious injury will justify the participant leaving at another point on the route.
- 7.2. The organization only undertakes to return participants to the starting point of the event when they have left at a checkpoint with motorized access.
- 7.3. The organization reserves the right to return participants to the starting point once they have finished the event, in order to ensure its optimal development.
- 7.4. Participants who decide to leave the event must notify the organization.
- 7.5. In case of abandoning and returning by bicycle, it is strictly forbidden to ride a bicycle on motorways and motorways.

## **8. TRACK**

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- 8.1. The route is not marked, you must follow the GPS track at all times.
- 8.2. If for any reason you abandon the route at any time, it is mandatory to return to the exact point where you have abandoned.

**9. THE TRAKA ADVENTURE**

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- 9.1. The Traka Adventure is an outing area where all traffic regulations and local day and night laws must be complied with. If you abandon the route, it is strictly forbidden to drive on motorways and dual carriageways.  
IMPORTANT! If you leave in the high mountain area, to return to Girona the maps send the vehicles through the N-260 TÚNELS DE COLLABÓS and A-26 Olot to Besalú motorways.
- 9.2. Along the way you can experience unexpected situations, some risky and others not; such as fires, traffic accidents, works on roads or roads... It is important to be aware of these situations and respect the indications of the authorities or competence persons. In this type of adversity it is allowed to leave the route and recalculate the route.
- 9.3. The challenge runs through areas of high mountains, medium mountains, flat areas and stretches of coast. The climate is very varied depending on the area and the difference between the highlands and the coast can vary 20 degrees and up to 30 degrees at night. Participants may encounter different adverse weather situations during the tour: rain, snow, granite, thunderstorms, high temperatures or unexpected river floods.
- 9.4. The challenge is in pairs or individually, so it is not allowed to go to wheel unless he is the partner of your team.
- 9.5. It is not allowed to be wielded, stretched or propelled by an external element beyond the bicycle.
- 9.6. The challenge has no refreshment area. Participants must be self-sufficient on their own. You can stop to recharge and buy, but external assistance is not allowed. It is also not allowed to make pre-event reservations in accommodation or restaurants.
- 9.7. In case of medical emergency or bicycle breakdown, it is allowed to take the transport deemed necessary. If you continue in the race, it must be done from the same point that you abandoned the route.
- 9.8. In the pairs category, muto support may be given, but under no circumstances can a participant be dragged by a rope or rubber. If one of the two components drops out, the other teammate will be able to continue in the race but will not be part of any final time.
- 9.9. The organization will not provide any type of insurance and is not responsible for any damage that may be directly and / or indirectly to the participant or third parties during the challenge.
- 9.10. The participant is required to have their own insurance that must meet the following requirements.
  - 9.11. Authorization to go by bicycle both day and night.
  - 9.12. All responsibility and accident coverage during the challenge lies with the participant.
  - 9.13. The insurance must explicitly cover death and have good medical coverage for a minimum of 6 months.
  - 9.14. In case of being from a country outside the event, the insurance must be covered for extradition and repatriation.

## **10. MATERIAL AND CLOTHES**

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- 10.1. Bringing the right equipment to face the event is the responsibility of each participant.
- 10.2. Participants have the duty to wear and equip themselves correctly according to the technical and meteorological conditions of the event.
- 10.3. The organization reserves the right to prevent the departure or stop any participant who considers that it does not bring the necessary material.
- 10.4. The organization recommends that all participants, during the development of the event, have food and drink. The use of sun protection is also recommended if exposure conditions require it.
- 10.5. The organization is not responsible for any lost or forgotten object during the development of the event.

## **11. FORMAT AND CATEGORIES**

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- 11.1. The format and categories awarded will depend on each distance. You can consult the information in the technical specifications.
- 11.2. If a category has fewer than five participants, it will be canceled.
- 11.3. The age of the participant as of December 31 of the current year will be taken into account.
- 11.4. The gifts are cumulative.
- 11.5. It will be essential to be present at the final ceremony to receive the trophy, medal or gift.
- 11.6. Development of team events:
  - 11.6.1. Participants in team events must complete the tour with their partner or team, crossing the checkpoints and finish line together. Otherwise, the team would be disqualified and out of the event.
  - 11.6.2. If one of the team members leaves and the other continues, in no case will it be classified as an individual.
  - 11.6.3. The race director may apply the sanctions he deems appropriate after evaluating each of the situations.

**12. PENALTIES AND DISQUALIFICATIONS**

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- 12.1. The organization may disqualify all participants who do not comply with the regulations during the course of the event.
- 12.2. The sanctions will be agreed by the organization. The race director will impose the corresponding penalty according to the seriousness of the facts.
- 12.3. The organization will expel any participant who does not respect the rules of the road, as well as, do not circulate on the right of the road (road and track).
- 12.4. The organization will expel any participant who shows or has a violent behavior against another runner, official or public.
- 12.5. The organization will expel any participant who does not go through all the checkpoints and feeding areas.
- 12.6. The organization will expel all participants with an attitude that is disrespectful of the environment, fauna or flora.
- 12.7. The race director reserves the right to assess each action individually and modify the parameters established above.

**13. CHECK IN**

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- 13.1. To collect the identification plate, identification by the participant will be essential. Therefore, it will be mandatory to present an identification document (DNI, driver's license or passport) and the federative card in case of being federated.
- 13.2. To collect the identification plate of a third person, it will be necessary to provide a photocopy of the DNI and the federative card in case of being federated.
- 13.3. The participant has the duty to know the coverage conditions of their insurance company or federative entity.
- 13.4. The resale of registration rights and the consequent participation with the identification plate of another person may have penalties for both the seller and the buyer; and the possibility of taking action against both.

**14. DATA PROTECTION**

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- 14.1. In accordance with Organic Law 15/1999 of December 13, all participants' data will be included in a private file owned by the organizers, for the sole purpose of managing the event.

**15. IMAGE RIGHTS**

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- 15.1. All participants waive their image rights during the event.
- 15.2. The organization may use the images of the event for reasons of self-interest.
- 15.3. The right to self-image is a right recognized in article 18.1 of the Constitution and regulated in Law 5/1982, of May 5, on the right to honor, personal and family privacy and one's own image, as well as in the application of Organic Law 15/1999 on the Protection of Personal Data, from December 13.
- 15.4. The acceptance of these regulations necessarily implies that the participant authorizes KLASSMARK to take photographs and film of their participation and gives them their consent for the dissemination and commercial and advertising exploitation of all the images taken during the event without having the right to receive any economic compensation. In no case will they be used for purposes other than those indicated.

**16. DISCHARGE OF RESPONSIBILITIES AND CERTIFICATE OF PHYSICAL APTITUDE**

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- 16.1. That I have read and accept in full the rules.
- 16.2. That I am sure that I am physically and psychologically well prepared to carry out the event because I have followed the appropriate medical controls to ensure that I am in good health and that I do not suffer from any illness, allergy, physical defect, injury or cardiorespiratory condition that discourages my participation.
- 16.3. That I am fully aware of the hardness, the route, the profile and the distance of the event because I have previously consulted it on the website.
- 16.4. I am aware that these types of events pose a risk to participants. For this reason, I attend voluntarily and under my responsibility, fully assuming the risks and consequences derived from participation itself. Therefore, I exonerate the organization, collaborators, sponsors and other participants from any responsibility for any physical or material damage that occurs on my person; Therefore, I decline to file a complaint or lawsuit against those advertised.
- 16.5. That I have sufficient knowledge and technical skills to guarantee my own safety, taking into account the natural environment and the conditions of autonomy of the event.
- 16.6. That I have the sports and safety equipment required by the event. I guarantee that the material is in good condition, that I have the knowledge to use it properly and that I will carry it with me throughout the event.
- 16.7. That I undertake to comply with the security rules and protocols established by the organization, as well as to maintain a responsible behavior that does not increase the risks to my physical or mental integrity. I will follow the instructions and abide by the decisions made by those responsible for the organization (judges, doctors and organizers).
- 16.8. That I authorize the medical services of the event to practice any care or action they consider appropriate at any time during the event. I promise to leave the event and allow my hospitalization if they deem it necessary for my health.
- 16.9. That I authorize the organization of the event to take and use any photograph, filming or recording that is made, provided that they are exclusively related to my participation in this event, and not to receive any type of compensation in return.
- 16.10. That before or during the event I will not consume prohibited substances, considered as doping by the different federations. The organization can pass anti-doping control to any participant.
- 16.11. That I am aware that my nameplate is personal and non-transferable, so I will not transfer or sell it to any person. It is included the hypothesis that they cannot attend the event.



16.12. That I undertake to follow the general guidelines of respect for others and the environment, as listed below:

- a) Drive with caution and in accordance with road regulations, on tracks, trails and roads open to traffic.
- b) Circulate, little by little, with the presence of people, animals or vehicles.
- c) Do not cause alterations in the processes and natural functioning of ecosystems.
- d) Not to deteriorate biotic, geological, cultural resources, or in general, the environment.
- e) Dodge or avoid sensitive environmental areas.
- f) Carry out physiological needs in optimal places, or in any case, outside water points and far from places of passage or meeting of people.
- g) Do not light fires or cause fire risk situations.
- h) Not to use or install any type of structure or element that leaves a permanent mark on the environment.
- i) Do not throw away or abandon objects or solid or liquid waste outside the places expressly authorized for their collection.
- j) Do not leave the marked route.
- k) Close the doors or threads for livestock that I am forced to open in my path.

## **17. COVERAGE OF THE KLASSMARK ISSURANCE (360, 200, 100 i 50)**

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- 17.1. The notification of the sports accident must be the same day as the sporting event.
- 17.2. The coverage of healthcare or medical-surgical assistance will only be in healthcare centres arranged by the insurance.
- 17.3. Unlimited healthcare and medical-surgical assistance for sports accidents, up to 18 months.
- 17.4. Unlimited transfer or evacuation expenses to the affiliated healthcare centre.
- 17.5. Expenses of orthopedic material, up to 70%.
- 17.6. Unlimited rehabilitation treatments, up to a maximum of 18 months.
- 17.7. Compensation for total and partial disability due to a sports accident up to €12,025.
- 17.8. Compensation for death as a result of a sports accident up to €6,015.
- 17.9. Compensation for death as a result of a sports accident without direct cause up to €1,805.