

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

- 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. ATHLETES FOR ATHLETES

- 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 and 100)
- 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

- 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:
 - a) No single-use packaging will be given.
 - b) No participant's bag will be given. We will give you the geolocator (if any), imperdibles and official gift in hand.
 - c) Sugary drinks from polluting companies will not be given.

4. REGISTRATION

- 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) must be sentmailto:inscripciones@klassmark.com.
- 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:
 - a) Modify the routes
 - b) Activate alternative routes
 - c) Modify departure times
- 4.9 Registrations will close once the limit of participants or the announced deadline has been exceeded.
- 4.10 In case of registration at the last minute (one week before the celebration of departure), the size of the requested gift is not guaranteed.

- 4.11 The organization reserves the right to modify the number of registered places.
- 4.12 The organization is not responsible for contractual relations between participants and external services.

5. CONDITIONS OF PARTICIPATION

- 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

- 6.1 The route is open to other users, bicycles, vehicles, tractors, and other machinery. Participants must follow the current traffic regulations and ride with caution at all times. For this reason, participants must always keep to the right side of the road (whether on roads or tracks). Failure to comply with this rule will result in direct disqualification.
- 6.2 The Traka is a ride where all traffic regulations and local laws, both daytime and nighttime, must be respected. In case of abandoning the route, it is strictly forbidden to ride on highways or expressways.
- 6.3 The route may present unexpected situations, some risky and some not; such as fires, traffic accidents, road or track works... It is important to be mentally prepared for these situations and respect the indications of authorities or competent personnel. In these kinds of situations, it is allowed to leave the route and recalculate.
- 6.4 The challenge crosses high mountain areas, mid-mountain, flatlands, and coastal sections. Weather is highly variable depending on the area, and the temperature difference between high zones and the coast can vary by 20 degrees and up to 30 degrees at night. Participants may face adverse weather conditions during the route: rain, snow, hail, thunderstorms, high temperatures, or sudden river floods.
- 6.5 In case of mechanical failure or any incident, the identification plate contains the contact telephone numbers for the organization (360, 200, 100).
- 6.6 Once the maximum time to complete the route has been exceeded, all event services will be deactivated.

7. CODE OF CONDUCT

- 7.1 All participants must respect the current traffic regulations and follow the organization's instructions at all times.
- 7.2 Wearing a helmet is mandatory throughout the event. Not wearing it properly fastened will result in immediate disqualification.

- 7.3 Participants must always have their race number visible.
- 7.4 It is the participant's responsibility to know the route. The organization will provide official GPS tracks and recommends using navigation devices to avoid mistakes.
- 7.5 Participants may only receive external assistance in the areas designated by the organization. Any other assistance along the route will be penalized.
- 7.6 The organization may establish checkpoints along the route to ensure compliance with the rules and the safety of all participants.
- 7.7 The events are individual; therefore, drafting another participant is not allowed, unless they are part of the same team.
- 7.8 It is not permitted to be pushed, pulled, or propelled by any external element beyond the bicycle.
- 7.9 The use of radios or any other electronic device to receive team orders during the event is prohibited. Team orders may only be given in the assistance zones designated by the organization. Any other form of external communication during the event will result in penalties or disqualification.
- 7.10 Participants may share water, food, and basic spare parts among themselves as part of fair play, but providing key components such as a complete wheel, bike frame, or an entire bicycle is not allowed. It is also prohibited to withdraw from the race to benefit another participant by giving essential parts of the bike. Compliance with this rule will be checked at control points and may involve penalties.
- 7.11 To ensure environmental control and avoid waste, all gels, bars, and other foods consumed by participants during the event must be marked with their participant number. This applies to products brought from the start as well as those received in assistance zones or at feed stations. Compliance with this rule will be checked at control points.
- 7.12 The organization will ensure compliance with these rules and apply appropriate penalties in case of infringement. Respect for the environment, safety, and fair play are core values of Klassmark events.

8. PROHIBITED MATERIAL

8.1 To ensure safety and fairness, the use of the following materials during the event is strictly prohibited:

- **Radios and communication devices:** Use of radios or any electronic device to receive team orders during the event is not allowed. Team orders may only be given in the assistance zones designated by the organization. Any other external communication during the event will be penalized or disqualified.
- **Unauthorized assistance materials:** External assistance is only allowed in designated assistance zones. Any other assistance along the route will be penalized.
- **Aerodynamic elements:** The use of aero bars or any element designed to reduce wind resistance is not allowed, as they may compromise safety (except in Adventure 560k category).
- **External propulsion:** Being pushed, pulled, or propelled by any external element beyond the bicycle is not allowed. This includes mechanical systems or any physical support that may alter the natural progress of the race.
- **Key interchangeable and non-interchangeable components:** Participants may share water, food, and basic spare parts as part of fair play, but not key components such as a complete wheel, bike frame, or a whole bicycle. It is also prohibited to withdraw to benefit another

participant by giving essential bike parts or the complete bicycle. This rule will be monitored at checkpoints and may involve penalties.

- **Food marking:** To avoid waste, all gels, bars, and other foods consumed must be marked with the participant's number, including those brought from the start or picked up during the event.
- **Mandatory helmet:** Wearing a certified helmet throughout the event is mandatory. Not wearing it will result in immediate disqualification.

9. DOPING AND ANTI-DOPING CONTROLS

9.1 All participants taking part in any event organized by Klassmark commit to competing free of any prohibited substances and to respecting all current anti-doping regulations.

9.2 Participation is not allowed for any person who is serving a doping sanction, whether provisional or definitive, imposed by any official sports body, national or international federation, or anti-doping agency.

9.3 Klassmark reserves the right to carry out random anti-doping controls without prior notice during any of its events, whether before, during, or after the race.

9.4 Participants selected for an anti-doping control are required to undergo the test, following the instructions of the accredited personnel in charge. Refusal or failure to submit to the control will result in immediate expulsion from the event and notification to the relevant authorities.

9.5 Any positive result in anti-doping controls will result in the immediate disqualification of the participant and the loss of any prize, trophy, ranking, or recognition obtained at the event, as well as the communication of the case to the competent authorities.

9.6 The organization may take legal or administrative action against any participant who violates anti-doping regulations, including a ban on participating in future Klassmark events.

10. WITHDRAWALS (360, 200, 100)

10.1 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.

10.2 The organization only undertakes to return participants to the starting point of the event when they have left at a checkpoint with motorized access.

10.3 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.

10.4 Participants who decide to leave the event must notify the organization.

10.5 In case of abandoning and returning by bicycle, it is strictly forbidden to ride a bicycle on motorways and motorways.

11. TRACK

11.1 The route is not marked, you must follow the GPS track at all times.

11.2 If for any reason you abandon the route at any time, it is mandatory to return to the exact point where you have abandoned.

12. THE TRAKA ADVENTURE

- 12.1 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.
- 12.2 **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.
- 12.3 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.
- 12.4 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. Participants may encounter different adverse weather situations during the tour: rain, snow, granite, thunderstorms, high temperatures or unexpected river floods.
- 12.5 The challenge is in pairs or individually, so it is not allowed to go to wheel unless he is the partner of your team.
- 12.6 It is not allowed to be wielded, stretched or propelled by an external element beyond the bicycle.
- 12.7 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.
- 12.8 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.
- 12.9 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.
- 12.10 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.
- 12.11 The participant is required to have their own insurance that must meet the following requirements.
- 12.12 Authorization to go by bicycle both day and night.
- 12.13 All responsibility and accident coverage during the challenge lies with the participant.
- 12.14 The insurance must explicitly cover death and have good medical coverage for a minimum of 6 months.
- 12.15 In case of being from a country outside the event, the insurance must be covered for extradition and repatriation.

13. MATERIAL AND CLOTHES

- 13.1 Bringing the right equipment to face the event is the responsibility of each participant.
- 13.2 Participants have the duty to wear and equip themselves correctly according to the technical and meteorological conditions of the event.
- 13.3 The organization reserves the right to prevent the departure or stop any participant who considers that it does not bring the necessary material.
- 13.4 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.
- 13.5 The organization is not responsible for any lost or forgotten object during the development of the event.
- 13.6 You can participate with handlebar extensions. We consider that these extensions do not provide an extra benefit in this field and very few of you use them.

14. FORMAT AND CATEGORIES

- 14.1 The participant's age on December 31 of the current year will be considered for the assignment of the corresponding categories.
- 14.2 Prizes are cumulative.
- 14.3 It is mandatory to be present at the final ceremony to receive the trophy, medal, or prize. Otherwise, the organization reserves the right not to deliver the award.
- 14.4 In addition to the overall classification that includes all participants, each of these categories will be divided into age groups, according to the following official categories:
 - Absolute Male
 - Absolute Female
 - Master 40 Male
 - Master 40 Female
 - Master 50 Male
 - Master 50 Femal
 - Master 60 Male
 - Master 60 Female
 - Master 70 Male
 - Master 70 Female
- 14.5 There will be two main participation categories:
 - ELITE: Category reserved for participants aiming to compete for the overall podium and receive an official elite ranking.
 - OPEN: Category for participants who want to enjoy the event experience without competing for the elite classification, but who will still have official results and may be eligible for age group prizes if provided by the organization.

15. PENALTIES AND DISQUALIFICATIONS**15.1 Causes of Penalty:**

- Throwing waste during the race: Mme penalty or disqualification. Not following the marked route: Mme penalty or disqualification.

- Not carrying the mandatory equipment: Mme penalty or disqualification.
- Disrespectful behaviour towards other participants or the environment: Mme penalty or disqualification.

15.2 External Assistance:

- Participants are only allowed to receive external assistance in the assistance areas designated by the organisation. Any other assistance along the route will be penalised.

15.3 Violent Conduct:

- Violent behaviour towards another runner, official, or spectator: Mme penalty or disqualification.

15.4 Traffic Rules:

- Not respecting traffic rules, such as not keeping to the right on roads and trails: Mme penalty or disqualification.

15.5 Controls and Aid Stations:

- Not passing through all checkpoints and aid stations: Mme penalty or disqualification.

15.6 Respect for the Environment:

- Disrespectful attitude towards the environment, fauna, or flora: Mme penalty or disqualification.

15.7 Positive result in anti-doping controls:

- The race director can assess each action individually and modify the established parameters according to the severity of the facts.

15.8 Discretion of the Race Director:

- Any positive result in anti-doping controls will result in the immediate disqualification of the participant and the loss of any prize, trophy, ranking, or recognition obtained at the event, as well as the communication of the case to the relevant authorities.

16. CHECK IN

16.1 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.

16.2 The participant has the duty to know the coverage conditions of their insurance company or federative entity.

16.3 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.

17. DATA PROTECTION

17.1 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.

18. IMAGE RIGHTS

18.1 All participants waive their image rights during the event.

- 18.2 The organization may use the images of the event for reasons of self-interest.
- 18.3 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.
- 18.4 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.

19. DISCHARGE OF RESPONSIBILITIES AND CERTIFICATE OF PHYSICAL APTITUDE

- 19.1 That I have read and accept in full the rules.
- 19.2 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.
- 19.3 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.
- 19.4 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.
- 19.5 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.
- 19.6 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.
- 19.7 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).
- 19.8 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.
- 19.9 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.
- 19.10 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.

- 19.11 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.
- 19.12 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. Dodge or avoid sensitive environmental areas.
 - e) Carry out physiological needs in optimal places, or in any case, outside water points and far from places of passage or meeting of people.
 - f) Do not light fires or cause fire risk situations.
 - g) Not to use or install any type of structure or element that leaves a permanent mark on the environment.
 - h) Do not throw away or abandon objects or solid or liquid waste outside the places expressly authorized for their collection.
 - i) Do not leave the marked route.
 - j) Close the doors or threads for livestock that I am forced to open in my path.

20. COVERAGE OF THE KLASSMARK ISSURANCE (360, 200, 100)

- 20.1 The notification of the sports accident must be the same day as the sporting event.
- 20.2 The coverage of healthcare or medical-surgical assistance will only be in healthcare centres arranged by the insurance.
- 20.3 Unlimited healthcare and medical-surgical assistance for sports accidents, up to 18 months.
- 20.4 Unlimited transfer or evacuation expenses to the affiliated healthcare centre.
- 20.5 Expenses of orthopedic material, up to 70%.
- 20.6 Unlimited rehabilitation treatments, up to a maximum of 18 months.
- 20.7 Compensation for total and partial disability due to a sports accident up to €12,025.
- 20.8 Compensation for death as a result of a sports accident up to €6,015.
- 20.9 Compensation for death as a result of a sports accident without direct cause up to €1,805.