



ADVENTURE RACE SPANISH CHAMPIONSHIP 2015

«VI TROFEO PEÑA GUARA»

Bulletin #1



ORGANIZER:





ADVENTURE RACE SPANISH CHAMPIONSHIP 2015

«VI TROFEO PEÑA GUARA»

GENERAL INFORMATIONS :

Peña Guara Mountain Club is very glad to organise the Adventure Race Spanish Championship (CERA) on the 30th and 31st May 2015. The race will take place in the beautiful scenery of "Mallos de Riglos". This location is a well-known paradise for big wall climbing, where the teams will get charmed by the astonishing trails and canyons and live a unique adventure.

CERA 2015 is the reference event in the Spanish adventure race calendar, on a weekend of adventure and orienteering in nature, with a high competitive level and an wide offer adapted to different distances and difficulties.

The race will be structured in loops, thus reducing significantly the transport of equipment and increasing the impressiveness of the race, since the spectators could see all participants in transition areas.





PROGRAMME

29 May (Fri) - Team arrival, Accreditation and Race Briefing in Riglos.

30-31 May (Sat-Sun) - Adventure Race Spanish Championship 2015.

ACCOMMODATION

Hard floor available with showers and bathrooms at **Refugio de Riglos** (3€/person - please include reservation on the entry form).

- 8 person rooms at **Refugio de Riglos** (www.refugioderiglos.es/) (10€/person - please include reservation on the entry form - 80 beds available).

- Accommodations in **Murillo de Gállego** (10km from Riglos) (turismo.murillodegallego.es/)

- Accommodations in **Ayerbe** (14,5km from Riglos) (<http://www.ayerbe.es/>)

- Accommodations in **Agüero** (15,5km from Riglos) (<http://www.aguero.es/>)

INFORMATION

Peña Guara

C/Vicente Campo 9 Bajos

22002 Huesca

Phone: +34 974212450

Email: p-guara@p-guara.com

LOCATION

Google Maps <https://goo.gl/maps/mE71q>

TECHNICAL INFORMATION

DISCIPLINES

Main disciplines in the race will be *Mountain Bike* and *Trekking*, which will combine with special disciplines that will add points to the final ranking. Special disciplines will be:

- KAYAKING
- VIA FERRATA
- RAPPELING
- CLIMBING
- HIGH ROPE COURSE
- CANYONING
- LASER SHOT



Teams may also perform special orienteering tests during the race, such as memory tests, and / or sections in which team members can be separated to measure their individual skills.

PUNCHING AND TIMING SYSTEM

SPORTident system will be used for timing. In *Elite* and *Adventure* classes, each team member will need an SI card. In *Open* class only one SI card is needed for the whole team. Competitors can use their own SI card (please provide number on the entry form), or the organizer can provide SI cards upon request. SI card renting costs 3 €

ORGANIZATION TEAM

- EVENT DIRECTOR: Manuel Bara Alós
- TECHNICAL DIRECTOR: Jorge García Pardos
- FEDO SPANISH CONTROLLER: Óscar Barberá García
- MAPS: José Ramón García Pardos
- COMMUNICATIONS: Antonio Gros Sanagustín
- SPECIAL DISCIPLINES: Lorenzo Ortas Pont
- MEDICAL ASSISTANCE: Manuel Avellanas Chavala
- DESIGN - MEDIA - SOCIAL NETWORKS: Sara Guérin Bonet, Adriana Bara Arruebo
- COURSES: Carlos Ciria Blasco, Javier Ara Tesa, Miguel Lacarda, Antonio Lacarda, Jorge García Pardos, José Ramón García Pardos, Sara Guérin Bonet y Adriana Bara Arruebo.

In addition, around 60 volunteers will be available for help.

REGISTRATION

Registration will open 19th of January with the entry form on the website. The maximum number of teams that can be registered for *Elite* and *Adventure* classes aggregated is 100.

Competitors in **CERA 2015 - VIº Trofeo Peña Guara Raids de Aventura** must have the FEDO annual license for adventure races. If not, a temporary license is needed, with an additional cost of 12€ per competitor in *Elite* and *Adventure* classes, and 2€ per competitor in *Open* class.



1st term - up to 15th May

120€ per team, *Elite* and *Adventure* classes. 30€ per person, *Open* class.

2nd term - from 16th to 22nd May

140€ per team, *Elite* and *Adventure* classes. 30€ per person, *Open* class.

Temporary license: 12 € (*Elite* and *Adventure*), 2€(*Open*).

SI card renting: 3€.

CLASSES

ELITE

3-person teams + assistance; the three competitors take part in all the sections of the race. The race format is one stage non-stop.

ADVENTURE MEN

2/3-men teams; always two of them take part in every section. Total distance shorter than *Elite*. The race is divided in two stages, Saturday and Sunday.

ADVENTURE MIXED

2/3-person teams, one or two of them female; always two of them take part in every section. Same distance than *Adventure Men*. The race is divided in two stages, Saturday and Sunday.

ADVENTURE WOMEN

2/3-women teams; always two of them take part in every section. Race distance is slightly shorter than *Adventure Men* and *Mixed*, according to federation rules. The race is divided in two stages, Saturday and Sunday.

OPEN

2-5 person teams; all of them take part in all the sections. Class for promoting adventure races, with just one stage of 4-5hours on Sunday morning.

With all this classes the race is open for all competitors, from high experienced teams to those who want to live a new adventure.

Discover all the news about CERA 2015:

<http://cera2015.p-guara.com/>

<https://www.facebook.com/Cera2015> - <https://twitter.com/CERA2015>



SPONSORS AND PARTNERS

