



ADVENTURE RACE SPANISH CHAMPIONSHIP 2015

«VI TROFEO PEÑA GUARA»

Bulletin #2



ORGANIZER:





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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.





EVENT PROGRAMME

15 MAY - FRIDAY

- First term deadline for registration in Elite and Adventure classes.

22 MAY - FRIDAY

- Second term deadline for registration in all classes.

29 MAY - FRIDAY

- 18h to 23h: Bibs pick-up and special disciplines skills control.
- 22h: Briefing.

30 MAY - SATURDAY

- 07h to 08:30h: Bibs pick-up and special disciplines skills control.
- 08:30h to 08:55h: Start area entrance and briefing.
- 09h: Race start Elite and Adventure classes.

31 MAY - SUNDAY

- 03h: Finish deadline stage 1 for Adventure class.
- 07:30h to 08:30h: Bibs pick-up for Open class.
- 08:30h to 08:55h: Start area entrance for classes Open and Adventure (stage 2).
- 09h: Race start classes Open and Adventure (stage 2).
- 13h to 16h: Final race lunch at Refugio de Riglos.
- 14h: Finish deadline for all classes.
- 14:30h: Price giving ceremony and gift raffle.

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**
- **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.

SECTION LIST

- Elite:

- 4 Mountain Bike sections
- 3 Trekking sections
- 2 Foot Orienteering sections (specific map)
- 1 Kayak section
- 1 Canyoning section
- 1 Vía Ferrata section
- 1 High Rope Course
- 1 Climbing section
- 1 Laser Shot section

- Adventure (Men-Mixed-Women):

Stage 1

- 3 Mountain Bike sections
- 2 Trekking sections
- 1 Kayak section
- 1 Foot Orienteering sections (specific map)
- 1 Vía Ferrata section
- 1 High Rope Course





Stage 2

- 1 Mountain Bike section
- 1 Trekking section
- 1 Climbing section
- 1 Laser Shot section

- Open:

- 1 Mountain Bike section
- 1 Trekking section
- 1 Climbing section
- 1 Laser Shot section



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

Registrations are open 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.



MANDATORY EQUIPMENT LIST

This is the complete equipment list, the list for every section will be displayed on the road book.

Elite & Adventure classes

Per team:

- First Aid Kit containing at least: bandage, wound dressing (sterile), anti-inflammatory ointment, disinfectant and antiseptic solution, analgesics (pain reliever e.g. Paracetamol) and blister treatment
- Cell phone, with fully charged battery and turned off, with PIN number written on the back
- Magnetic compass
- Cycle repair kit
- Waterproof map holder
- Light source with spare batteries

Per competitor:

- Official race bib
- Whistle
- Backpack, at least 10L capacity
- Water carrying container, at least 1L
- Foods and sustenance
- Survival blanket
- Baselayer top, long sleeve
- Waterproof shell layer top
- Baselayer head (beanie or buff)
- Baselayer legs, long leg (for night sections)
- Cycle helmet with approved safety standard certification
- Mountain Bike
- Light source with spare batteries
- Reflective safety vest
- Rear red light with spare batteries
- Complete neoprene suit, long sleeve and legs, at least 3mm thick (only Elite class)*
- Harness UIAA approved*
- Helmet UIAA approved*
- Carabiner & descender (like eight or tubular device)*
- Via ferrata set with two arms and energy absorber*

* These items can be hired from the organization in case you don't have.

**Kayaks, paddles and lifejackets would be provided by the organization (competitors are free to bring their own paddle and lifejacket).

**For Adventure classes only two complete equipment sets are required as there are only two competitors on the race at the same time.



Open class

Per team:

- First Aid Kit containing at least: bandage, wound dressing (sterile), anti-inflammatory ointment, disinfectant and antiseptic solution, analgesics (pain reliever e.g. Paracetamol) and blister treatment
- Cell phone, with fully charged battery and turned off, with PIN number written on the back
- Magnetic compass
- Cycle repair kit
- Waterproof map holder
- Light source with spare batteries

Per competitor:

- Official race bib
- Whistle
- Backpack
- Water carrying container, at least 1L
- Foods and sustenance
- Survival blanket
- Baselayer top, long sleeve
- Waterproof shell layer top
- Baselayer head (beanie or buff)
- Cycle helmet with approved safety standard certification
- Mountain Bike
- Harness UIAA aproved*
- Helmet UIAA aproved*

RECOMMENDED EQUIPMENT

- Drybag or canyon keg (for Kayak & Canyoning disciplines)
- Gloves (for Canyoning & Via Ferrata disciplines)
- Climbing shoes (only one team member)
- Neoprene socks (for Kayak & Canyoning disciplines)

PROHIBITED EQUIPMENT

- Communication devices (mobile phones, radios, walkies...)
- Electronic navigation devices (GPS). The team carrying a GPS, use it or not, will be disqualified. "Blind" GPS are permitted (those not displaying any kind of map).
- Any map different from those provided by the organization



PRICES

- Free entry to [Raid in France](#) (World Series) for Spanish Adventure Race winner, Elite class*
- Free entry to [Czech AR](#) (Euro Series) for VIº Trofeo Peña Guara winner, Elite class (in case of coincidence with the Spanish Adventure Race winner, price will be for the second team qualified)**
- Free entry to [Raidarán](#) (Euro Series, open class) for VIº Trofeo Peña Guara winner, Adventure Mixed class**
- Free entry to [Raid VTT de Francia](#) for VIº Trofeo Peña Guara winner, Adventure Men class**
- Free entry to **VIIº Trofeo Peña Guara** for VIº Trofeo Peña Guara winner, Adventure Women class**

*Price only available for teams that meet the criteria to participate in Spanish Adventure Race Championship: mixed teams whose members have the FEDO annual license for adventure races. Participation in that raid will be according to FEDO regulation.

**Price available for all the teams participating on the race.

GPS RACE TRACKING with TRACKTHERACE.COM

New technologies advance and raids use them to enhance race visibility and safety. Thanks to Tracktherace.com we will enjoy online GPS tracking of CERA 2015



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