**GORBEIA SUZIEN 21K AND BASQUE CHAMPIONSHIP IN THE CADET, YOUTH AND JUNIOR CATEGORY 2022 REGULATION**

**1. Date and place**:
Gorbeia Suzien 21K and the Basque Mountain Racing Championship in the Cadet, Youth and Junior category, will be held on October 8, 2021 in the town of Zeanuri (Bizkaia).
Unconfirmed departure time.

**2. Route**:
The race has three routes:

1- Gorbeia Suzien 21K and the Basque Championship in the Junior category will have a route of 21km and 1300m of positive elevation gain.
2- The Basque Championship in the Youth category will have a route of 18km and 1000m of positive elevation gain. The race will start from the hermitage of San Justo.
3- The Euskal Herria Championship in the Cadet category will have a route of 15km and 600m of positive elevation gain. The race will start from Andramariortu.

The organization will have an alternative route prepared in case problems arise on the route or in the preparation of the race. For an unforeseen and heavy reason, the organization will have the power to suspend the race.

**3. Participation:**
In the Gorbeia Suzien 21K all athletes, mountaineers or athletes over 15 years of age can participate.
All athletes, mountaineers or athletes between 19 and 20 years old can participate in the Basque Championship in the Junior category. It will be mandatory to have a federative license from the EMF.
All athletes, mountaineers or athletes between 17 and 18 years old may participate in the Basque Championship in the Youth category. It will be mandatory to have a federative license from the EMF.
In the Basque Championship in the Cadet category, all athletes, mountaineers or athletes between 15 and 16 years old can participate. It will be mandatory to have a federative license from the EMF.
All registered participants are required to comply with these regulations and those of FEDME.

**4. Categories:** Absolute masculine and feminine. In addition, it will be the Basque Mountain Racing Championship in the Cadet, Youth and Junior categories.

**5. Registrations:**
- The registration period for the Gorbeia Suzien mountain race will open on **April 4** at 9 in the morning, until the 175 numbers are finished. With those who are left out, a waiting list will be made.

- The inhabitants of Zeanuri will have the opportunity to register the day before, between 18:00 and 20:00 in the afternoon at the town hall.
- For the Basque Championship in the Cadet, Youth and Junior categories, registration will also open on **April 4**. There will be 20 numbers for each category. With those who are left out, a waiting list will be made.
- Registrations will be made through the rockthesport platform, and you will have a direct link from our website.
- Runners who have a bib number for the Gorbeia Suzien 21k will have to pay 45 euros and those who participate in the Basque Championship 30 euros.
- Any runner who has not paid will not be admitted, in which case the next one on the waiting list will be given the opportunity.
- Return of bibs as long as another runner takes your place:

| **YEAR 2022** | **% AMOUNT** |
|---|---|
| APRIL - MAY | %80 |
| JUNE - JULY | %70 |
| AUGUST | %60 |
| AFTER SEPTEMBER 1 | NOT RETURNING |

**6. Rights and obligations:**

- Runners who register for the GORBEIA SUZIEN 21K and the Basque Championship in the Cadet, Youth and Junior categories will have to comply with FEDME regulations.

- When you take the bib you get: the right to participate in the race, accident and civil liability insurance, the right to use the services provided by the organization and the gift of the race.

- The bib is personal and non-transferable, so the same runner must pick it up in person, presenting their ID.

- Drops will be covered respecting the order of the draw, and the organization will contact these people. In these cases it will also be mandatory to carry out all the registration steps to get the bib. They will have 7 days to make the payment.

**7. Signposting:** The route will be duly signposted with clearly visible signposts and marking tapes. There are kilometric references every 5 kilometers.

**8. Controls:** In the development of the 21K race and the Junior Category Basque Championship, the organization has had 7 intermediate control points on the main route, it being mandatory to pass through them where the regulatory passage controls will be carried out. . Their location is shown on the maps and profiles of the routes. In the Basque Championship, the Juniors will have 6 control points and the Cadets 5.

**9. Refreshments:**

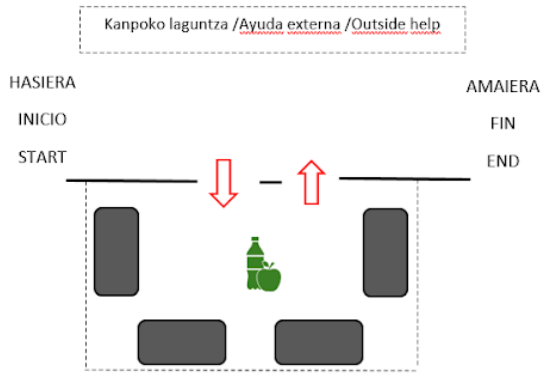
There are 7 solid-liquid refreshment points available on the 21K route and the Basque Championship in the Junior category, plus the finish line. At these points, solid and liquid products will be offered to the participants. Their location is shown on the maps and profiles of the routes. In the Basque Championship in the Youth category there will be 6 aid stations and 5 in the Cadet category.

- The use of the mask will be mandatory in the provisioning areas.

- 100m before and after the refreshment posts there is signposting for the start and end of the refreshment zone.

- The assistance to the runners will be done in the provisioning area, but always outside the area of the tables.

- It will be mandatory to follow the instructions of those responsible who are at the aid stations. Failure to comply with this rule will lead to direct expulsion from the race.




**10.- Time of passage:**

The maximum time of entry into the finish line will be 4 hours and 30 minutes for the main race, so those who exceed the maximum time established will lose all options to appear in the final classification.

In any case, the people in charge of the organization will have the power to withdraw from the race the runners who do not meet the expectations of the times set for the timing controls, as well as anyone who has violated the rules of the race, have not completed the course marked, do not wear the regulation number in a visible way, disregard the indications of the organization or maintain a non-sporting attitude towards the other participants. For these purposes, the organization has planned the participation of two people who will act as a career closing. All those participants who are affected by a decision of disqualification must deliver the number at the nearest checkpoint and leave the race according to the indications of the members of the organization.

| CONTROL | Km | LIMIT |
|---|---|---|
| Gorbeiako aterpea | 9 | 120 min |
| Zenigorta | 11 | 180 min |
| Lanbreabe | 17 | 225 min |

For these purposes, the organization plans the participation of two people who will act as race closure. All those participants who are affected by a disqualification decision must deliver the number at the nearest control post and leave the test following the instructions of the members of the organization.

**11. Prizes:**
In the Gorbeia Suzien 21K the first three of each category will get a beautiful basket with local products.

**12. Briefing:**
The organization will provide topographical information on the sites that the race passes through, as well as the most relevant organizational details in a presentation that will be held at the Zeanuri fronton, the day before, October 7, 2022 in the afternoon.

**13. Delivery of bibs:**
The number delivery will take place at the Zeanuri fronton on September 25, 2021 (the day before) between 5:00 p.m. and 8:00 p.m. And the same day of the race between 08:00 and 09:30, in the same place.

**14. Environment:**
The race takes place mostly through places of exceptional natural beauty, so it will be an obligation for everyone to preserve the environment by avoiding throwing waste outside the provisioning areas. For this purpose, garbage containers or bags will be placed up to a distance of 100 meters from the aid station.
Failure to comply with this rule by the participants will be grounds for direct disqualification.

**15. Healthcare:**

The organization will have health care services at the most strategic points of the route and in the start-finish area.

**16. Security:**

The organization reserves the right to divert the race to alternative routes and make the modifications it deems necessary based on the different conditions, as well as the suspension of the race if the weather conditions force it or due to force majeure.

**17. Assistance in accidents:**

The participants are obliged to help the injured who need help, as well as to report any mishap at the checkpoints.

**18.- Mandatory to wear-bring a windbreaker and a face mask**.

The ISF forces to carry all the participants during the course of the race, a windbreaker. This windbreaker must be of the corresponding size to the participant, with long sleeves and hood. In the case of lack of a hood, you can accept a windbreaker without it, as long as it is accompanied by a hat, buff or similar that covers the head of the participant in its entirety. In case of especially adverse weather forecast, the organization may require, in addition to the windbreaker, a thermal blanket or something else as part of the mandatory material.
It will be mandatory to wear a face mask in the places requested by the organization.
In the refreshment areas there will be no cups, the runner will have to carry the cup.

**19.- Important points:**

- It is mandatory to carry a windbreaker with a hood. If the weather forecast requires, the organization may require to carry added gear (gloves, thermal blanket…) as mandatory. In case the organization decided to add gear, the runners will be informed the day before the race by email.
- Mandatory gear control will be made at the start point and the finish line. It is recommended to go to the start point control with enough time.
- It is required to bring the race bib to the height of the chest and it has to be visible at all times. It will be required to show it at all the control points.
- The route is marked with flags and tape. Every kilometer is numbered.
- If you have to give up and retire, try to do it in a checkpoint. It is mandatory that you remove your bib and give it to the organization. In case you want your bib back, notify the organization by email once the race is over.
- The organization is not responsible for transferring the retired runners to Zeanuri. We will try our best in case the transfer is need it.
- It is prohibited to get any food or drinks supplies outside the provisioning areas.
- The starting boxes (classified by bib number) and warm up zones (green arrow), see image:

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**Important NOTE ( COVID -19)**

**Regarding the epidemiological situation we are experiencing, the organization will take specific measures before the race and we will define a specific COVID protocol. This protocol will be available to all runners before the race.**