ehunmilak
goierriko2haundiak
marimurumendi

REGULATIONS 2024

Organisation: Arrastaka Mendi Taldea

BASIC FOUNDATIONS

RESPECT

Respect is the basic rule of this race; respect for oneself, for the judges, the volunteers, other runners and spectators alike.

In exactly the same way respect for the environment is also a must and respect for the fauna and flora.

Sticking to the specified route will help avoid irreversible damage and erosion to the surrounding countryside.

SOLIDARITY

Solidarity is another essential value of this type of race; first and foremost you must help any runner who may be in any kind of trouble.

EXPLORE YOUR LIMITS

This race will take you to the limit; runners will have to look within themselves for resources that they never thought they had. Ultra distance races takes a bit of dignity and much humbleness.

RULES

Article 1: ORGANISATION

Beasaingo Arrastaka Mendi Kirol Taldea with Tax ID number G20956157 is registered in the Sports Bureau under number 3875 and complies with the requirements in the decree-law 29 dated 14 February 1989 and organizes the ehunmilak with the support of the regions of Goierri, Urola, Urola kosta, Debagoiena and Tolosaldea.

Article 2: THE RACE

This mountain Ultra-Trail®, which is a 171 km run across 5 regions, goes through back roads and trails for a total cumulative elevation gain of 21.000 m. The start and finish lines are in Beasain and there is a maximum completion time of 48 hours.

The race involves climbing several mountain summits where conditions may become difficult due to darkness, wind, cold and rain, therefore one must carry compulsory security equipment (Article 26).

It is necessary to be prepared properly, with proper training and to have inner strength and mental toughness to complete these races.

In parallel to ehunmilak (ehm) is the goierriko2haundiak (g2h) that will set out from Beasain and will be run across the Goierri region. g2h is 90 km long and has a 11.000 m cumulative elevation gain that will take the runners through the natural parks of Aralar and Aizkorri where it joins the original ehunmilak route. Also, there is marimurumendi marathon (mmm). This race will also set out from Beasain and it will go through the mountains around Beasain. The race is 42 km long and has a 4.600 m cumulative elevation gain.

All three races are recognised by the Basque Federation of Mountain. (Euskal Mendizale Federazioa, FVM/EMF)

All competitors will have to follow the instructions given by the organisation. Taking part in any of the three races means agreeing to the regulations as well as the ethics of the race issued by the organisation, which can be looked up at www.ehunmilak.com.

Article 3: DATES

The races will be held on **July 12, 13 and 14, 2024**

Article 4: PROGRAMME

ehunmilak

- July 11, Thursday: 17:00 - 20:00 runners pick up their **race bibs**
- July 12, Friday: 10:00 - 15:00 runners pick up their **race bibs**
- July 12, Friday: 12:30 - 16:00 **pasta party**
- July 12, Friday: 13:00 - 17:00 **leave the race drop bags and/or a backpack for after the race**
- July 12, Friday: 17:00 - 17:45 **control of the start of the race. All participants must be at the control by 17:45**
- July 12, Friday: 18:00 **Start of the race**
- July 13, Saturday: 16:30 the time when the **first runner is expected to finish**
- July 14, Sunday: 18:00 **award ceremony**

g2h

- July 11, Thursday: 17:00 - 20:00 runners pick up **race bibs**
- July 12, Friday: 10:00 - 13:00 and 18:30-20:30 runners pick up their **race bibs**
- July 12, Friday: 12:30 - 16:00 **pasta party**
- July 12, Friday: 13:00 - 22:00 runners **leave the race drop bags and/or a backpack for after the race**

- July 12, Friday: 22:00 - 22:45 **control of the start of the race. All participants must be at the control by 22:45**
- July 12, Friday: 23:00 **Start of the race**
- July 13, Saturday: 08:30 - 09:00 time when the **first runner is expected to finish**
- July 14, Sunday: 18:00 **award ceremony**

mmm

- July 13, Saturday: 18:30-20:30 runners pick up their **race bibs**
- July 14, Sunday: 06:30-07:30 **runners pick up their race bibs and leave a backpack for after the race**.
- July 14, Sunday: 07:15 - 07:45 **control of the start of the race. All participants must be at the control by 07:45**
- July 14, Sunday: 08:00 **Start of the race**
- July 14, Sunday: 11:30-12:00, time when the **first runner is expected to finish**
- July 14, Sunday: 18:00 **award ceremony**

Note: the organisation of the race reserves the right to change the times without notice

Article 5: SEMI-SELF-SUFFICIENCY

The main rule in the race is to be semi-self-sufficient. Semi autonomy is defined as having the capacity to be autonomous between two refreshment points, not only for food but also for clothing and security, which means being able to adapt oneself to problems which could be encountered or envisaged (bad weather, physical problems, injuries, etc).

Runners must have all their compulsory equipment with them at all times during the race. The compulsory equipment is required to be presented and will be checked when collecting the race bib. At any time during the race, marshals can check any bag, its weight and/or its contents. The runner is obliged to agree to these controls without exception, failing to do so could risk disqualification from the race.

In the marathon, It will not be necessary to carry the all the compulsory materials stated in Article 26 of the regulations.

The food and drink aid stations will have food/drink that has to be consumed there. In the marathon, runners will be allowed to eat and/or drink up to 100 m from the aid stations.

Only water will be available for refills of both bottles and bladders (all other drinks are excluded). On leaving the aid stations each runner must have enough food and water to reach the next aid station.

Only runners are allowed to enter the aid stations, with the exception of Azpeitia, Tolosa, Etzegarate and Mutiloa, where the runner can be accompanied by one companion (a friend or family member), however in Etzegarate due to logistic reasons, no companions will be allowed for the g2h runners, and a maximum of 30 companions will be allowed in at any one time for ehm runners.

In the marathon, runners will be allowed outside help to 100 m before and after the aid stations.

The companions are not allowed to give food, drink or any other material to runners along the route or at any of the aid stations (even if the companions are allow to enter or not) since as established in the rules, ehunmilak and g2h are to be completed in a semi-self-sufficient manner. Any external aid will be penalized (see Article 29).

Companions will have to be identified with the official accreditation provided by the race organisation, and they are not allowed to consume any food or drink from the aid stations or to use any material in these places.

All competitors will have to wear their number and it must be clearly visible upon entering the aid stations (Article 23).

Each competitor must go through the aid station controls even if he/she does not wish to stop at it.

In the ehunmilak race a runner can compete either individually or in a team of three, whereas in the g2h and the mmm only individual participation is available.

The route will be clearly marked along the entire course.

It is strictly forbidden, to be accompanied or agree to be accompanied along all or any part of the race by a person that is not enrolled, or by animals.

Each runner will have to carry suitable equipment to withstand mountain conditions, as well as the compulsory items

Article 6: REGISTRATIONS

The ehm/g2m races are open to anybody either man or woman born before July 12, 2004. However, the mmm is open to runners born before July 14, 2006. The organisation will be responsible for providing insurance for all the competitors by taking out a basic insurance plan. Apart from the mentioned insurance each runner is allowed to have his/her own insurance.

A maximum of 550 places are available for both the ehm/g2h races and the mmm is limited to 350 runners. In case any of the races reach the maximum there will be a waiting list to cover any possible withdrawals that may happen

until the closing date of the inscriptions. From that date on there will be no transfers from the waiting list. The transfer from the waiting list to the race start list will be done strictly on a first come first served basis. In the event that a place becomes available in the event, the organisation will notify the runner to offer them this place, and the runner will have a period of 72 hours in which to formalise their registration. If the registration is not formalised within that time frame, the runner will lose their place and the next runner on the waiting list will be contacted.

Out of the 1450 available race bibs, the organisation will reserve 150 bibs distributed as follows: 27 corresponding to the podiums of the 2023 edition; 60 bibs for international tourist promotion (tourist package); 30 for sponsors / collaborators; 10 for runners from media; 15 for active collaborators; 6 for invited elite runners; and 2 for Beasain Challenge prizes. The reserved bibs still available after such assignment is done will be transferred to the general quota.

Teams for the ehm race will be made up of three competitors. Team members will register individually and must fill in the name of the team in the appropriate box. The three team members must register on the same day.

Competitors will be able to register from November 9, 2023, 17:00, on the Internet and payment will be by credit/debit card. Registration to the ehm race will be automatic, upon payment thereof at the time of registration. In g2h and mmm the races, the initial registration will be a waiting list, classified in time of registration. This list will be public and will be available on the website www.ehunmilak.com. At 18:00, the first 550 g2h entries and 350 mmm entries will have the option to formalise the registration. To do so, they will receive an e-mail with the necessary instructions and will have 72 hours to make the registration payment (if they do not formalise the registration within this period, the place will be lost). Once the subscription has been made, these registrations will be added to the list of those registered for the race.

Deadline for registration is June 13, 2024. From that date no inscriptions will be accepted apart from organisational commitments.

It is not allowed the change or the cession of any race bib, neither the distance changes (race changes).

In compliance with the General Data Protection Regulation (RGPD), if a runner is registered through a third party or an outdoor club, the runner to whom the registration refers should send a signed version of the Third Party-Registered Runner clause within a period of one week, otherwise the registration will be cancelled automatically and the registration fee will not be refunded. The organisation will contact the runner to provide the clause indicated and to give further information about the procedure to be followed.

Registration includes:

- The race entry
- Accident Insurance
- Public Liability Insurance
- Medical assistance during the race
- Massage service during the race (Tolosa, Etzegarate) and after the race (at the sports centre)
- Podiatry service during the race (Tolosa, Etzegarate) (***)
- A souvenir from Ternua. If it is a clothing item, the size chosen at the time of registration cannot be changed when collecting the race bib.
- Food and drink throughout the race
- Showers (Tolosa, Etzegarate and the finish-line) In the mmm, only at the finish line
- Free bus service for runners: along the route and from finish-line to showers (Antzizar Sports Center)
- Free bus service for friends and family along the route
- Pasta Party
- Plastic drop bags to carry the runner's equipment to different points along the course, to be defined by the organisation (***)
- A string bag for any waste (***)
- A booklet with information about the race and the profile (***)
- Road Book.
- Electronic chip timing: ehunmilak 17 check points / g2h 10 check points / mmm 10 control points.
- Geo-tracking system (***)
- 200 free parking places for cars and vans, free and near the start line. It will be completed in order of arrival. In case of completion, two other parking spaces without reservation
- 40 free parking places for motorhomes

(***) not applicable for the marathon

Article 7: MEDICAL AND RACE FITNESS REPORT

In order to complete the enrollment for any of the three races, the runner must submit an official valid medical report, according to the template provided by the organization (download at www.ehunmilak.com), along with a 12 derivation resting electrocardiogram. Both documents must be submitted through a link that will be enabled for such purpose on www.ehunmilak.com or by e-mail (doc@ehunmilak.com).

The medical report and the electrocardiogram must be valid for a maximum of one year before the race start date. Both documents must be signed and stamped by a doctor, with their name and license number clearly indicated.

In addition to the medical report model provided by the organization, the Basque Mountain Federation report model will also be accepted together with a valid electrocardiogram. Both documents must be valid for a maximum of one year before the race start date, signed and stamped by a doctor, indicating her name and collegiate number.

Any manipulation of the medical documentation will mean the expulsion of the runner from the registration in the race, without the right to a refund of the amount of the same.

The deadline for submitting these documents will depend on the registration date, as indicated in the following table. If they are not received before the corresponding date, the enrollment will be automatically cancelled, and the registration fees will not be refunded.

Registration Date	Deadline for medical report and electrocardiogram submission
09/11/2023 --- 22/02/2024	22/02/2024
23/02/2024 --- 25/04/2024	25/04/2024
26/04/2024 --- 13/06/2024	13/06/2024

NOTE: Those runners contacted by the organisation to give an allowance to enroll from the waiting list during the last week will have a period of seven days to submit the medical report and the electrocardiogram.

Article 8: REGISTRATION FEE

Registration Date	ehunmilak	g2h	mmm
09/11/2023 --- 22/02/2024	151 €	95 €	47 €
23/02/2024 --- 25/04/2024	166 €	110 €	52 €
26/04/2024 --- 13/06/2024	186 €		

Article 9: REGISTRATION CANCELLATION INSURANCE

Every competitor will have the opportunity to purchase cancellation insurance, for 10€ at the time of subscription. This amount will be added to the registration fee. Cancellation insurance must be contracted at the time of registration, direct or on the waiting list, and this option cannot be modified once registration has been made.

The insurance entitles competitors to reimburse the registration costs. Once the registration deadline closed, NO amount will be refunded regardless of the reason.

Registration can only be withdrawn in the following circumstances:

- The runner has had an accident, injury, a serious illness or has died.
- Serious illness requiring hospitalization or the death of a husband or wife, partner or next of kin.

In case of an accident, injury or serious illness a doctor's report instructing the runner not to participate in any of the races is required. The report must be signed and stamped by a doctor, with their name and license number clearly indicated. The report must be sent by e-mail (inskripzioak@ehunmilak.com).

Compensation terms: every reimbursement claim will have to be accompanied with the medical report at least by June 13, 2024.

Article 10: REGISTRATION CANCELLATION

Registration cancellations can only be done by either e-mail (inskripzioak@ehunmilak.com).

If case of a cancellation due to any of the reasons stated in Article 9, the competitor will only be entitled to a full refund if he/she has selected and paid for the insurance when registering. He/she will have to notify the organisation by sending their withdrawal in writing together with the required medical report. In this case, the runner will be refunded the full registration fee, but not the cost of the cancellation insurance, €10.

Should any competitor who decided not to take the cancellation insurance, or even having it hired does not meet the requirements of Article 9, the refunds will be made according to the following table. In that case, no medical report will be required.

Date of withdrawal	**Amount to pay (%depending on the amount of the registration)**
09/11/2023 --- 22/02/2024	60%
23/02/2024 --- 25/04/2024	50%
26/04/2024 --- 13/06/2024	40%

NO refunds will be made after 00:00 - June 14, 2024. All payments are to be made by bank transfer or credit card.

Article 11: CATEGORIES

- Men
- Women
- Teams (ehunmilak)

Teams are made up of three people, regardless of sex

Article 12: TEAM ENTRY (ehunmilak)

The teams will be made up of three people, regardless of sex, who will have to run the race together. They will have to go through all control points and finish the race together.

Article 13: CLASSIFICATIONS

The classifications for the race will be done by categories and there will also be a general category.

In the case of teams, if any of the team members retires from the race, the rest of the team members can continue and will be classified in the general individual category however they will not be eligible for the prizes. These runners will be identified accordingly in the general individual category. Conversely, all runners taking part in the team category and finish as a team will not be eligible for individual classification prizes.

Temporary results will be available for the competitors, friends and families all the way through the race. There will be an information point giving the split times for various controls or location of the competitor in real time.

The provisional results of all the races will be published on the official web page the day after the races have finished.

Article 14: APPEALS

Appeals regarding any aspect of the race can only be submitted to the organisers in writing.

The deadline for appeals is 24 hours after the temporary classifications have been published on the official website. The resolutions on these claims will be addressed and communicated within two months after the end on the event.

Article 15: PRIZES

Every runner who completes the race within the time limit set by the organisation will receive an email with a certificate with their finishing time, their position and their split times at the control points along the route.

A finisher award will be given at the finishing line to those runners who complete the race within the time set by the organising committee. If it is a clothing item, the size chosen at the time of registration cannot be changed.

The prizes are the following:

ehunmilak

- **First man**: 1000 € + “Txapela” (traditional beret) + trophy
- **Second man**: 600 € + trophy
- **Third man**: 400 € + trophy

- **First woman**: 1000 € + “Txapela” (traditional beret) +trophy
- **Second woman**: 600 € + trophy
- **Third woman**: 400 € + trophy

- **First team**: 1000 € + 3 “Txapelas” (traditional beret) + 3 trophies
- **Second team**: 600 € + 3 trophies
- **Third team**: 400 € + 3 trophies

g2h

- **First man**: 500 € + “Txapela” (traditional beret) + trophy
- **Second man**: 300 € + trophy
- **Third man**: 200 € + trophy

- **First woman**: 500 € + “Txapela” (traditional beret) +trophy
- **Second woman**: 300 € + trophy
- **Third woman**: 200 € + trophy

mmm

- **First man:** 250 € + Txapela” (traditional beret) + trophy
- **Second man:** 150 € + trophy
- **Third man:** 100 € + trophy

- **First woman:** 250 € + Txapela” (traditional beret) + trophy
- **Second woman:** 150 € + trophy
- **Third woman:** 100 € + trophy

To collect a prize it is compulsory to be present at the award ceremony at the time set out by the organisation, if not, and without express authorization by the organisation, the runner will be disqualified.

Article 16: ROAD BOOK

Maps containing the itinerary, profile and compulsory pass control points will be given out to all competitors. Some weeks before the race, each runner can download the road book in digital format from the website www.ehunmilak.com.

The guide will include information such as the cut off times, food and drink aid stations, rescue points, care points, as well as access points for their companions.

Article 17: PASS CONTROL POINTS (CHECKPOINTS)

It will be compulsory for all competitors to pass through all the control points and scan the chip to confirm the control has been visited. The control points will be clearly visible and it is compulsory to pass through them all, any failure to go through them will result in disqualified (Article 29).

The food and drink aid stations will be controlled and access will only be allowed if the runner’s number is visible. At every control point there will be staff from the organisation looking out for the safety of the runners.

There will be “flying” check points along the route located outside the published control points and aid stations. Their location will be kept secret.

A sweep team from the organisation will go through the entire route closing the race. Instructions both given by the organisation staff regarding safety must be followed at all times.

Article 18: AID STATIONS

There will be three types of aid stations along the track in ehm/g2h:

- **Liquid**: water, soft-drinks and energy-drinks
- **Standard**: oranges, bananas, apples, melon, watermelon, tomatoes, nuts, cheese, ham and cheese sandwich, serrano ham, chips, quince jelly, olives, salami, cold meat, soup, chocolate, cookies and coffee, as well as drinks
- **Full**: rice, pasta and omelette, plus everything mentioned above

In the marathon (mmm), all aid stations will be mixed.

- **Mixed**: water, soft-drinks, sports drinks.orange, banana, dry fruits, chocolate, biscuits, quince jelly, and ham and cheese sandwich

Out of respect for the rest of the participants, it is prohibited to drink water directly from the bottle.

Runners (ehm/g2h) will be given a small bag together with the race bib to put their waste into. Failing to use it will result in a penalty.

It is obligatory to follow the marked route and not take any short cuts that could cause irreversible erosion to the land as well as immediate damage.

There will be a garbage collection area in each aid station to classify waste properly. It is mandatory to use them.

Article 19: SAFETY

To ensure the safety of the participants, medical staff posts will be found along the track, and at the checkpoints. It is compulsory to follow the instructions given by these people who will be clearly identified.

Should any competitor decide to retire from the race they must notify a member of the organisational staff at the nearest control point from where they stopped as soon as possible, who will remove the chip from the race bib, or the race control in Beasain.

Medical staff and ambulances will be placed at strategic points along the route, if required. The days prior to the race a map containing the itinerary, profile, compulsory passing control points and medical assistance points will be given out to all competitors (in the road book).

A sweep team responsible for closing the race will check the passing of all the competitors.

Take into account that at certain locations of the track, due to the terrain conditions or light/weather conditions, it may take longer than at other in other/normal circumstances for the medical services to reach that place. Bear in mind that the runner's own safety may critically depend on the material carried in their backpack

In order to validate the registration, it is compulsory to accept the rules when picking up the bib and thus exempt the organising committee of any responsibility in case of an accident or physical injury sustained during or after the competition, although, the organisation will do their best to insure the runners' safety.

Should weather conditions advise to do so, alternative sections may be put in place to reach certain checkpoints. Participants will be duly notified. Should the decision to change to some alternative section be taken once the race has started, the participants will be notified at the appropriate checkpoint.

The organiser reserves the right to change the rules of ehm / g2h / mmm or to suspend it if there is any eventuality or force majeure event or when the organiser is unable to ensure the health and safety of the runners and volunteers.

If any races are cancelled on justified grounds, a partial refund of registration fees will be made, in accordance with the table below. The refund amount has been calculated to allow the organiser to cover any expenses generated up to that moment, for which the organiser is unable to bear the full financial cost.

Suspension date	**Amount to be paid** (% of registration fee)
09/11/2023 --- 01/03/2024	%100
02/03/2024 --- 01/05/2024	60% (+ Ternua race souvenir)*
02/05/2024 --- 13/06/2024	40% (+ Ternua race souvenir)*
14/06/2024 --- 12/07/2024	Ternua race souvenir*

*Shipping costs (registered delivery) payable by the runner

No refund will be given if it is cancelled less than one month before the race or if the race is stopped after it begins.

When the race has started, if the organiser is forced to suspend it, a *finisher* gift will be given to the runners who were taking part in the race at that time.

Article 20: GEOTRACKING

Runners of ehunmilak and goierriko2haundiak will carry a GPS radio-beacon for geotracking or geopositioning purposes. The purpose of these devices is

twofold: The organisation will know the position of all competitors at all times, allowing for a better management of the race and ensuring the safety of all the competitors, also through a public website, information will be available showing the standing of the race, and the geographical location of competitors in real time.

In tests it has been seen that there are some sections along the route where there is no GPS coverage and these locations will be made known to the runners on a map. If the beacon has no GPS coverage, the positional information is not available therefore the position of the runner may not be known in those sections. However, information is recorded to when the competitor enters and leaves these zones. Once the competitor returns to an area that has GPSS coverage their position will be updated. Furthermore, the stored positions will be then sent, and therefore, the trace followed will be also known.

GPS beacons

The GPS beacon must be carried on top of or in some lateral pocket of the backpack, near the surface if possible, having the side of the battery facing inwards and the antenna facing outwards.

Competitors will be required to carry the GPS beacon during the whole race (Article 29). The GPS beacon is an expensive device therefore it is the responsibility of the runner to take care of it from the very moment it is handed over until they cross the finish line or retire from the race.

In principle, the organizing committee does not foresee the need to change batteries during the race, however the organisation will have a set of replacement devices if required.

If for any reason a GPS beacon stops working it will be replaced at the nearest checkpoint. In case there is a shortage of substitution beacons at that checkpoint the organisation will make every effort to replace it in the following checkpoint but the runner will not be stopped from continuing due to this reason.

Operation

The organisation will carry out a test to check that each runner's beacon is working properly before entering the starting line area. If problems are detected, the organisation will call the runner and their beacon will be replaced in a specified area close to the starting line.

Once switched on the GPS beacons do not need any special care. Its buttons will be disabled (except for the on/off button). If the organisation detects that a beacon has not sent a signal for a certain period of time, the runner will be contacted via the contact information provided at the time of enrollment. If it is detected that the beacon was turned off for any reason, the runner will be asked to switch it back on and will be instructed how to do so.

Website

A special website dedicated to geo-tracking will be available at the ehunmilak website. Although it will be enabled on the eve of the race, it will become operational on the race day.

The application will have:

- A map and information about each competitor. The tracks profile will be also displayed at the bottom of the page. It will also be possible to locate the runner on the profile map.
- The original track of the race.
- A trace followed by each runner up to their current position.

Special note of the organisation

In order to perform a greater management of the runners' positions, the organisation will have a specialized website with more features to those available to the public.

The organisation shall not be contacted through this website. The geo-tracking website customized for the race management will only include information about runners. There is more information than that available on the public website in order to ensure the safety of the runners. This information will not be available to the public unless there are unforeseeable circumstances (extreme weather conditions, accidents, etc.). In such cases, the action plans agreed by the partners that guarantee the safety during the race will be put into force.

The organisation will not provide any additional information about any runner outside the cases mentioned above.

Article 21: TIME LIMITS/CUT OFF TIMES

The maximum time to complete ehunmilak is 48 hours, 22 hours for g2h, and 8 hours for mmm. The cut-off times in the following tables are maximum times, and refer to the race time.

These are the cut-off times and they are estimated so it is possible to complete the race in the maximum allowable time taking into account possible stops for resting, eating etc. For a runner to be allowed to continue in the race**,** runners must leave the control point before the respective cut-off time**,** regardless of their arrival time to it. Any runner who is outside the cut-off time will be disqualified from the race and if they wish to carry on running they will not be allowed to do so until the runner has had their number cancelled. From that point the person will be running at their own risk, under their own responsibility and autonomy.

Apart from the time limits indicated in the tables, it is important to point out that, if a race is advanced, a control/supply station of that race will close when the race closing team leaves that control/supply station.

ehunmilak		
Zumarraga/Urretxu	km 21	4h 25’
Azpeitia	km 55.5	13h 45’
Tolosa	km 79.5	20h
Amezketa	km 98	24h
Txindoki	km 104	26h 50’
Lizarrusti	km 116	30h 50’
Etzegarate	km 130	34h 50’
San Adrian	km 140	38h
Oazurtza	km 150	42h
Beasain	km 171	48h

g2h		
Zaldibia	km 7	1h 25’
Txindoki	km 23	5h
Lizarrusti	km 35	8h 30’
Etzegarate	km 49	12h 15’
San Adrian	km 59	14h 40’
Oazurtza	km 69	17h 30’
Beasain	km 90	22h

mmm		
Atxurtza	km 18	3h 20’
Arriaran	km 32	6h
Beasain	km 42	8h

The organisation reserves the right to stop the race, change the route or vary the cut-off times should poor weather conditions or safety reasons require it.

Should cut-off times be changed the runners who are outside the new calculated times will be disqualified from the race.

Article 22: WITHDRAWALS AND RETURNS TO BEASAIN

Unless due to an injury or accident, a runner must not abandon the race outside a checkpoint or aid station. Those who decide to abandon at an intermediate point must carry on until the next checkpoint, and notify the organisation so that their chip can be made inactive. In the event of abandonment before a checkpoint, if the runner turns around, the race closing team will be responsible for deactivating the chip. At this point, the rider will be out of the race and must make their way back themselves.

If a competitor retires, it will keep their race bib so as to have access to the services offered by the organisation (shuttle buses, showers, aid stations...).

The organisation can stop a runner momentarily or make them abandon the race should they consider that their physical and/or mental state puts them at risk.

Any runner, who alerts the medical team, must accept their decisions.

Medical staff may in any case:

- Retire any unfit competitor from the race
- Evacuate any runner that seems at risk
- Evacuate any runner to a medical center according to their judgment

In case a runner has to be hospitalised, the organisation will neither organise nor provide their transfer back home.

In case it is necessary a runner suffers an injury or accident that prevents them from reaching a checkpoint by their own means, the organisation must be contacted so that the evacuation process can be started. Any of the two telephone numbers printed on the race bib may be used in such cases. Should phone coverage prevent contacting these numbers, the free emergency number 112 is always available (unless out of range by any service provider). Remember, solidarity and respect towards the rest of the runners is essential in these types of situations.

Rescue will be decided together with the staff member in charge at each control point based on the following rules:

- The means of transport available to get to Beasain which is available from Zumárraga, Azpeitia, Tolosa, Lizarrausti, Otzaurte and Mutiloa.
- Those runners who retire either in the safety or aid stations and are not injured will have to reach the abandonment points mentioned above as soon as possible, on their own means.
- At those control points that can only be reached by 4 X 4, as long as a rescue is not necessary, the staff member in charge at that control point will decide the best course of action.
- In the event of total or partial cancellation of the race due to poor weather condition, the organisation insures rescue, within the shortest possible time of those competitors who have been stopped.

Those runners who have abandoned the race for whatever reason, and have decided not to go to the evacuation points without noticing the organisation, will no longer be under the control of the organisation.

Article 23: REST AREAS AND SHOWERS

There are resting places available for all runners in Beasain, Tolosa and Etzegarate (capacity of 30 people), where there will be mats and blankets.

Under no circumstances can the resting area in Beasain be used to spend the night. Those runners who have completed the race on Saturday and wish to lengthen their stay until Sunday will have to find their own accommodation.

Competitors will have access to hot showers in Tolosa, Etzegarate and Beasain; and in Lizarrausti, only under medical instruction.

Access to both resting areas and showers will be barefooted (bags to store foot gear will be provided at the entrances)

Article 24: RACE BIBS

A race bib will be given to each runner together with the electronic timing chip. It will be necessary to show an official valid document with a photograph of the runner (also valid in digital format). The runner's number cannot be collected without showing the compulsory material. Once the compulsory material control

has been gone through, each runner will have to sign a document stating that they agree to the rules and regulations laid out by the organizing committee, exonerating the organisation during the whole race.

Competitors will have to wear the official race bib at all times. The number will have to be worn either on the chest or the abdomen, keeping it clearly visible throughout the whole race. The numbers cannot be folded, partly covered or changed.

The number is the compulsory pass to have access to the exits, aid stations, resting areas,... Hence, the race bib will not be removed.

Article 25: DROP-BAGS FOR THE RUNNERS

For the ehunmilak race, together with the race bib, all runners will be given 2 drop-bags that can be used if they wish to do so. The runners will be able to access these bags at the places designated by the organisation.

Participants will be allowed to collect their bags upon reaching the aid stations. Once control point at the aid station closed, all remaining bags will be sent back to Beasain.

For the g2h race, together with the race bib, all runners will be given 1 drop-bag that can be used if they wish to do so. The runners will be able to collect this bag at the place designated by the organisation.

Runners of the mmm will not have the opportunity of a drop-bag for material during the race.

Collection of the drop-bags in Beasain. The organisation will indicate a place at which the returned drop-bags can be collected. Runners will be able to pick up their bag(s) by showing their race bib or an official valid ID document. If they are pick up by a person representing the runner, the representative must present a valid identity document and complete the document that will facilitate the volunteer in charge of this service. The collection times are as follows:

- ehunmilak Tolosa bag: from 17:00 on Saturday afternoon until 19:00 on Sunday.
- ehunmilak Etzegarate bag: from 10:00 on Sunday morning until 19:00 on Sunday evening.
- g2h Etzegarate bag: from 17:00 on Saturday afternoon until 19:00 on Sunday evening.

After these times, the runners will have to contact the organisation for unpicked bags.

Bag retrieval at different locations along the route. The bags can also be collected at Tolosa and Etzegarate as long as these checkpoints/aid stations

remain open. Runners will be able to pick up their bag(s) by showing their race bib or an official valid ID document. If they are pick up by a person representing the runner, the representative must present a valid identity document and complete the document that will facilitate the volunteer in charge of this service.

Only the drop-bags supplied the organisation will be accepted. Walking sticks cannot be stored or left in these bags.

The contents of the bags will not be checked therefore claims will not be accepted. It is recommended not storing any valuable objects in the drop-bags.

Runners will be able to leave a backpack at the start/finish line to use after the race which will be taken to the location of the showers, the sport centre after the start of the race.

Article 26: COMPULSORY EQUIPMENT

In order to guarantee their own safety, competitors will have to wear the following compulsory material while the race. Runners of the mmm will not have to carry any compulsory material:

- Backpack
- 1 litre of water reserve (during the race)
- Food reserve, minimum 500 kcal (during the race)
- A waterproof hooded jacket capable of coping with the bad weather on the mountain. There must be no parts of the jacket that are not waterproof, except for the areas for ventilation provided by the manufacturer (underarms and back), provided that they do not significantly reduce its waterproofness.
- Long-legged running trousers or leggings (below the knee). A combination of leggings or shorts with socks that fully cover the leg will also be permitted
- 2 front head torches each with a set of spare batteries, unless both torches use the same batteries then only one spare set will be required
- A survival blanket (1,20m x 1,20m minimum)
- A hood or cap
- A whistle
- Adhesive elastic bandage allowing, or bandage and tape, to make a dressing (minimum, 100 cm x 6 cm)
- A mobile phone (remember to fully recharge the battery)
- Red back position light. It will not be necessary for the race, unless the organisation indicates so.

All garments must be the right size for the participant and cannot be modified after leaving the factory. All material will be transported throughout the race in a backpack or similar object that will be marked upon the collection of the bib.

The runner is responsible for having all items specified in these rules upon their person during the race. Failure to bring any of the compulsory items will lead to

your immediate disqualification. If in doubt, the person performing any race checks will have the last word.

Highly recommended material:

- National Identity Card/passport
- Gloves
- Warm clothing to brave cold weather conditions
- Sunglasses
- Sun protection lotion

Recommended material:

- Telescopic walking sticks
- Compass
- Vaseline

If the competitors have decided to use walking sticks it will be compulsory to carry them throughout the whole race. No walking sticks will be allowed to be placed in the drop-bags.

Article 27: CONTROL AT STARTING POINT

ehunmilak. The pre-race check in will start on Friday at 17:00, competitors can enter the start area, closed to the general public. All participants must be at the control by 17:45.

g2h. The pre-race check in will start on Friday at 22:00, competitors can enter the start area, closed to the general public. All participants must be at the control by 22:45.

mmm. The pre-race check in will start on Sunday at 07:15, competitors can enter the start area, closed to the general public. All participants must be at the control by 07:45.

Article 28: NIGHT CONDITIONS

It is compulsory to have the front light on at all times during the night. The rear position light (a portable bicycle red light is sufficient) if one decides to use one, must be placed on the back side of the backpack from the start and it is recommended to turn it on at dusk so that it can be clearly seen by the competitors behind.

Article 29: SAFETY RULES

Since all races are long distance races what prevails above everything else is to safeguarding the safety of all competitors.

The race stewards throughout the race or the staff in charge of each control and aid stations have the power to ensure that the rules are complied with, they can apply penalties based on the following table:

INFRACTIONS	PENALIZATIONS/DISQUALIFICATION
Taking shortcuts	2 h
Taking no notice or objecting to the instructions given by the stewards/safety staff	Immediate disqualification
Failure to carry compulsory material (not to have made reservation for water/food, waterproof jacket, any light at all, thermal blanket or mobile phone)(***)	Immediate disqualification
Failure to wear/carry compulsory material (trousers below knee length or long trousers, 1 torch, no spare batteries, hat of head-band, whistle, bandage, food reserve, red back position light)(***)	2 h
Phone off or in aeroplane mode (***)	1/2 h
Objection to a compulsory material control(***)	Immediate disqualification
Littering	Immediate disqualification
Abandon waste outside the bins located at the aid stations	1 h
Damaging the environment	Immediate disqualification
Disrespect towards people (participants/organisation) by the participant	Immediate disqualification
Disrespect towards people (participant/organisation) by the companions	2 h
Failure to assist anyone in difficulties (e.g. failure to help a competitor asking for help)	Immediate disqualification
External unauthorized assistance	2 h
Being accompanied on the road out of the specified areas, near the aid stations	2 h
Failure to have gone through the start control	Immediate disqualification
Use of any means of transport other than running or walking	Immediate disqualification
Race start control: backpack without seal	1 h
Failure to wear the number clearly visible or wearing it folded	1 h
To be wearing the number in poor condition	1/2 h
Dangerous practices (e.g. to carry the walking sticks without due care and attention and/or threatening manner)	1 h
Failure to go through a passing control point	Immediate disqualification
Asking for unnecessary assistance	Immediate disqualification
Refusing to pass an anti-doping test	Immediate disqualification
Leaving a control zone after the cut-time limit	Immediate disqualification
Refusing to wear the GPS beacon or manipulate it (***)	Immediate disqualification
It is mandatory to comply with all the articles of these regulations. Failure to comply with any of the points of the regulations not included in this table.	1 h

(***) not applicable to the mmm

All penalties that do not imply the disqualification of the runner will be applied to the time registered on arrival at the finish line.

Any competitor may be subjected to a dope test during or on completing the race. Refusing a dope test will be sanctioned in the same way as if they had tested positive (the FVM/EMF rules apply here).

Article 30: STEWARDS

The Race Directors have the power to withdraw any runner from the race if they feel that the runner's physical or technical capacity is reduced due to exhaustion, the competitor has failed to carry or wear compulsory gear or simply because their condition is not good enough to keep on running the race. The Race Directors have the power to terminate, shorten, abandon or stop the race due to safety reasons or circumstances beyond their control (for example, weather conditions).

Competitors are not allowed to complain or question the rules, final classifications or itinerary to any member of the organisation.

Article 31: LIABILITIES

The organisation does not hold any responsibility for claims or requests originated from damage happening to either competitors or their material that may have got lost, damaged or gone astray. Competitors may be required to sign documents highlighting a given section of the rules, in order to exonerate the organisation of any responsibility.

Competitors in the ehunmilak/g2h/mmm understand that they will compete voluntarily and under their own responsibility. Therefore, they exonerate, exempt and drop claim and agree not to report the organisation, co-workers, sponsors and other competitors for civil responsibility with regard to the runners and their next of kin.

Article 32: MODIFICATIONS

If necessary, the organiser may modify, correct or improve these rules at any time. The fact of making the registration obliges the participant to abide by these rules and any subsequent modification.

Article 33: INFORMATION ON PERSONAL DATA PROTECTION

Pursuant to the provisions of the personal data protection legislation, more specifically the General Data Protection Regulation, we hereby inform you that the personal data that you provide by completing the registration form shall be processed by Beasaingo Arrastaka Mendi Kirol Taldea (hereinafter the "organisation") in order to manage the organisation of the sporting event, register participants, manage the provision of competition numbers, arrange the participants' insurance, publish the times achieved in the media and for billing purposes and, generally, any purpose relating to the management and organisation of a sporting event; also to enable us to send marketing messages if you have given your prior consent. These may be sent by normal channels or electronically. You can freely withhold your consent to receive marketing messages without any effect on our relationship.

We hereby inform you that in order to carry out these procedures, it is necessary for your data to be transferred to the banking institutions with which we work, to public bodies and to insurance companies where appropriate (as indicated in the "necessary assignment of data" section), and to the sponsors of

the competition, so that you may be sent information about sporting events organised by the organisation or by third parties and about the products or services offered by the organisers or sponsors of the sporting competition, if you have given us your consent by checking the relevant box.

This data processing is necessary to ensure the proper organisation of the activity and for the purposes of the legitimate interests pursued by both parties, and is also legally authorised by the consent given by you during registration. However, we hereby inform you that you may object to the processing of your personal data for any purposes where such processing is not strictly necessary in order to manage the sporting event; to do so you must write to the organisation.

Your data will be retained for the duration of the relationship, during the periods established by the applicable legislation and for the time necessary to respond to any actions pursued due to the processing of the data. If you give us your consent to send marketing messages, said personal data will be retained until you object to it being processed.

Furthermore, we hereby inform you that we shall collect your geolocation information solely during the sporting event, pursuant to the terms outlined in article 20 of this Regulation, i.e. for the purpose of enabling the organisation to ensure the safety of the participants and so that the geographical location of the runners may be determined in real time. This processing of data is necessary to protect the vital interests of the data subject and for the purposes of the legitimate interests pursued by both parties. This data shall be retained for the time that is strictly necessary for safety reasons and for verifying times.

If you give us your consent by ticking the respective box during registration, your geolocation will be published in real time and your final place will be published online (including your running number and full name in both cases) on the website available to the public (www.ehunmilak.com) subject to the terms of article 20 of these Rules of the Race. If you do not give your consent, only your running number will be published on the website's geolocation application and your full name will be published in the online list of final places, with no link appearing between these two pieces of information. You may object to such processing (publication specified on the website) at any time without this affecting the relationship between the parties. We also inform you that such data will be retained for the duration of the relationship and until you object to it being processed under the specified terms.

We hereby inform you that, during the sporting event, photographic and audiovisual images shall be captured in order to publicise the event on the organisation's website and in the press. Thus, pursuant to the provisions of Organic Law 1/1982 of 5 May, on Civil Protection of the Right to Freedom from Injury to Honour, to Personal and Family Privacy and to Self-Image, and the prevailing personal data protection legislation, the participant hereby authorises the organisation to include such materials in any media and other communication platforms (websites, magazines, videos, media, reports, posters, etc.) that it may deem appropriate in order to publicise the sporting event. Beasaingo Arrastaka Mendi Kirol Taldea may not use these images for any other purpose. This data processing is legally authorised by the consent

given by you on accepting this document. We hereby inform you that your data shall be retained until such consent is withdrawn.

DATA PROTECTION RIGHTS OF THE DATA SUBJECT

You may exercise your rights of access, correction, cancellation, objection, not to be subject to automated individual decisions, portability and restriction of the processing of your data by e-mail (info@ehunmilak.com) or writing to Antzizar kiroldegia, C/Igartza Oleta 3, 20200. Beasain, Gipuzkoa, attaching a copy of your ID card, duly proving your identity. In any event, you have the right to file a complaint with the Spanish Data Protection Agency (AEPD).

NECESSARY ASSIGNMENT OF DATA

The participant authorises the organisation to publish their full name, place of origin, category, competition number, photographs and images taken during the event and the result achieved by the participants in the media, pursuant to the foregoing in this article. The list of the participants in the various events and their aforementioned data shall be published on the website of the organiser of the sporting event when the former have registered and accepted this Regulation.

The details of finishing positions in the different races shall be retained until the data subject objects to the processing, for the purpose of verifying times, and they may be viewed on the organisation's website, notwithstanding the data subject's right of cancellation.

If you make a payment with a credit card, your personal data shall be transferred to the banking institution selected by the event organiser, in order to process the payment for your registration in the sporting event.

The organisation has taken out a sports injury insurance policy for all registered participants. Consequently, participation in this event implies your express consent to assign your identification data to the insurance company selected by the organiser, for the purpose of ensuring that you receive adequate care in the event of an accident during the race.

If the user registers any third parties, either on the platform or at the sporting events managed through it, the former warrants that they have the express prior consent of the data subjects, pursuant to the terms contained in these legal conditions.

QUALITY OF THE DATA

Under no circumstances shall the organisation be responsible for the lawfulness, truthfulness or accuracy of the data provided. It is your sole responsibility to notify the organisation of any change to said data.

It is compulsory to complete the fields marked with an (*) on the registration form. We hereby inform you that you are in no way obliged to provide us with your personal data and that such data is appropriate, relevant and strictly necessary to fulfil the purpose for which it is collected. However, it is necessary to provide the service. If you do not provide the data marked with an (*) on the

registration form, this may result in your registration for the event being rejected, as it is necessary to process the application.

REGISTRATION BY SOMEONE OTHER THAN THE PARTICIPANT (SPORTING CLUBS AND SIMILAR)

If someone other than the person participating in the race registers them for the event (e.g. a sporting club for its members or a relative of the participant), the registration applicant warrants that they have the informed consent of the participants who they are registering for their personal data to be processed and transferred under the terms established in the privacy policy contained in these Rules of the Race.