REGULATIONS VERTICAL KILOMETER

1.- Date and place: I. GORBEIA SUZIEN KILOMETRO BERTIKALA will be held on September 27, 2019 in the town of Zeanuri (Bizkaia) at 3:00 p.m.

2.- Routes: The race has a routeof: 5km 1000m + through the GORBEIA NATURAL PARK.

3.- Puntuable: For the ranking of the Basque Mountain Federation (EMF-FVM).

4.- Participation: 150 participants, all the athletes, mountaineers or athletes over 18 and over 15 years old (with the authorization of the tutors) will be able to participate.

5.- Categories: MAIN RACE: Absolute male and female.

6.- Registration: The registration period will open on June 10 (09:00) through the registration platform and you can register to fill places or until September 10.

7.- Price: The registration fee in the VERTICAL KILOMETER will be 25 euros for the federated and 30 euros for non-federated people.
By paying the price the participants will be able to enjoy the right to participate in the event with all its services (supplies, medical assistance, showers, luggage storage, post-race massage, etc.), a gift bag for each participant in the conditions specified in the inscriptions (technical pledge, local products, etc.), and corresponding insurance.

8.- Signage: The route is properly marked with visible signs and beacon tapes. There are kilometric references every kilometer and cumulative elevation.

9.- Controls: In the development of the test the organization has had 3 intermediate control points in the main route, being obligatory to pass through them where the regulatory controls will be carried out. The situation of the same figures in the maps and profiles of the routes.

10.- Refreshments: There are 1 points of solid-liquid refreshments in the main route, plus the finish line. At these points, solid and liquid products (water, isotonic, fruit, energy bars, etc.) will be offered to the participants. The situation of the same figures in the maps and profiles of the routes.

11.- Time of passage: The maximum time of entry into the goal will be 2 hours and 30 minutes, so that those who exceed the maximum time established will lose any option 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 test according to the indications of the members of the organization.

12.- Prizes: The following prizes are established:
VERTICAL KILOMETER. Male and Female Elite:

- 1º Trophy and 300€.
- 2º 200€
- 3º 100€

13.- Classification: All the participants of the main event will score for the classification of the event and the federated ones will score in the Ranking of the Basque Mountain Federation.

14.- Informative meeting: The organization will provide topographic information on the sites that pass the test, as well as the most relevant organizational details in a presentation to be held in the Zeanuri culture classroom, on the same day, September 27, 2019 a 2:00 p.m. The attendance of all the participants to this meeting is very important.

15.- Delivery of numbers: The delivery of numbers will be made in the fronton of Zeanuri on September 27, 2019 between 13:00 and 14:30 hours.
The bib number is personal, being mandatory to show up personally, show the original DNI of the participant to collect the bib number and the gift bag. The federated / as in mountains must show their federation license also when collecting the number.

16.- Environment: The race takes place for the most part in areas of exceptional natural beauty, so it will be an obligation for all / as to preserve the environment avoiding littering outside the refreshment areas. For this purpose containers or garbage bags will be placed up to a distance of 100 meters from the refreshment station.
Failure to comply with this rule by the participants will be grounds for direct disqualification.

17.- Healthcare: The organization will have health assistance services in the most strategic points of the route and in the exit-goal area.

18.- Security: The organization reserves the right to divert the race by alternative routes and make the modifications it deems necessary depending on the different conditions, as well as the suspension of the test if the weather conditions or force majeure.

19.- Assistance in accidents: The participants are obliged to help the injured / as they need help, as well as to report any mishap in the controls of passage.

20.- Obligatory to wear windbreaker. The organization 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 particularly adverse weather forecast, the organization may require, in addition to the windbreaker, a thermal blanket as part of the mandatory material or even suspend the race if necessary. In case the organization will have an alternative route to perform the test.