



# general information sheet

**2018 Trail World Championships**  
**Saturday, May 12th Penyagolosa (Spain)**



**2018 TRAIL WORLD  
CHAMPIONSHIPS**  
AN  COMPETITION IN  
CONJUNCTION WITH  TRAILRUNNING

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## welcome

LOC welcomes all athletes, officials, coaches, medical team and trail family, hoping that the participation in the Trail World Championships in Spain brings us the opportunity to re-encounter for running, to fight without violence and to speak the same language. That this experience will be the experience of everybody, of all men, women, nations, cities and villages of all over the world. That this event will be the one that the people deserve, an everlasting event.

Spain is located on the Iberian Peninsula, in south-western Europe. The Spanish territory has a total area of 505.990km<sup>2</sup>, comprising a continental part and islands: the Balear and the Canary Islands forming the second highest country in Europe delimited on the north by the Pyrenees and on the south by the Mediterranean Sea. Spain is made up by 17 autonomous communities and two autonomous cities: Ceuta and Melilla.

This competition will take place in the Natural Park of Penyagolosa, located in the interior part of Castellón province.

The Natural Park has a total area of 1.094'45 hectares. It is located in the east of Spain, covering the regions of Vistabella, Villahermosa del Río and Xodos. Penyagolosa represents a geographical milestone, a cultural reference and a deep-rooted tradition for the Valencian people. Considered as a holy mountain, full of mystery and magical for the community, on its heart stands the hermitage of Sant Joan de Penyagolosa. This transition land between inland villages and coastal towns imbues the personality of its inhabitants used to the rigor of the climate.

Since the Christian reconquest (s.XIV) it has been a pilgrimage destination. Nowadays, Camins del Penyagolosa is in process of being inscribed as World Heritage by the UNESCO. These pilgrimages conformed as uniques, tracing paths from different municipalities up to this neuralgic center, with their own rituals.

Currently, many of these paths have disappeared. Nevertheless, there are some municipalities that jealously protect this inherited predecessor good; such as the Pilgrims of Les Useres, Culla, Vistabella and Xodos. Besides its religious and mystical sense, these routes have been important road links as a channel of the human activity and have had a continuity through the centuries; constituting ways of dialog among people. Paths surrounded by wildcats, mountain goats, civet cats, badgers, roe deers through a wide range of pines, junipers, oaks, hollies or yews nested by golden eagles, owls or Bonelli's eagles.

LOC calls for athletes, all the participants and assistant's attention to the absolute respect for the preservation of nature, following the principal:

**"DON'T LEAVE MORE THAN FOOTPRINTS, DON'T TAKE MORE THAN PICTURES"**



## weather conditions

Average weather conditions during the past 5 years:

- > Maximum temperature: 23,4°C
- > Minimum temperature: 13,6°C
- > Average temperature: 18,5°C
- > Average precipitations per day: 44mm

## contacts

### INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

Website: [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org)

IAU VICE-PRESIDENT

Name: Nadeem Khan

E-mail: [nadeem.khan@iau-ultramara-thon.org](mailto:nadeem.khan@iau-ultramara-thon.org)

IAU GENERAL SECRETARY

Name: Hilary Walker

Mobile: +44 7884 473 336

E-mail: [secretary@iau-ultramara-thon.org](mailto:secretary@iau-ultramara-thon.org)

LOGISTIC & ORGANISATIONAL COORDINATOR

Name: Liesbeth Jansen

Tel.: +31 62 2490053

E-mail: [liesbeth.jansen@iau-ultramara-thon.org](mailto:liesbeth.jansen@iau-ultramara-thon.org)

GENERAL PROJECT COORDINATOR

Name: Paco Rico

E-mail: [paco.rico@iau-ultramara-thon.org](mailto:paco.rico@iau-ultramara-thon.org)

PROTOCOL COORDINATOR

Name: Lin Gentling

E-mail: [lin.gentling@iau-ultramara-thon.org](mailto:lin.gentling@iau-ultramara-thon.org)

### INTERNATIONAL TRAIL RUNNING ASSOCIATION

Website: [www.itra.run](http://www.itra.run)

PRESIDENT OF ITRA

Name: Michel Poletti (FR)

Mobile: +33 608 029 468

E-mail: [michel.poletti@itra.run](mailto:michel.poletti@itra.run)

TECHNICAL COORDINATOR

Name: José Carlos Santos (POR)

Tel.: +315 910 265 526

E-mail: [jose.santos@i-tra.org](mailto:jose.santos@i-tra.org)

COMMUNICATION COORDINATOR

Name: Enrico Pollini

E-mail: [info@ultraibericus.es](mailto:info@ultraibericus.es)

### ROYAL SPANISH ATHLETICS FEDERATION

PRESIDENT

Name: Raúl Chapado Serrano

GENERAL SECRETARY

Name: José Luís De Carlos Macho

Address:

Avda. de Valladolid, 81 esc. dcha. 1º  
28008 Madrid

Tel.: 91 548 24 23

Fax: 91 547 61 13 and 91 548 06 38

E-mail: [rfea@rfea.es](mailto:rfea@rfea.es)

Website: [www.rfea.es](http://www.rfea.es)

## LOCAL ORGANIZING COMMITTEE

### RACE DIRECTOR

Name: Tico Cervera

E-mail: tico@penyagolosatrails.com

### AID STATION DIRECTOR

Name: Mari Carmen Usó

E-mail: info@penyagolosatrails.com

### PROTOCOL DIRECTOR

Name: Eladi Roca

E-mail: eladi@penyagolosatrails.com

### MEDICAL DIRECTOR

Name: José Beltrán

E-mail: medical@penyagolosatrails.com

### TRACK AND ROUTE DIRECTOR

Name: Rubén Porcar

E-mail: ruben@penyagolosatrails.com

### RESCUE AND SAFETY COORDINATOR

Name: José Falomir

E-mail: security@penyagolosatrails.com

### COMMUNICATIONS MANAGER

Name: David Gil

Tel.: +34 686 38 63 37

E-mail: prensa@penyagolosatrails.com

### MARKETING MANAGER

Name: Carla Tena

E-mail: marketing@penyagolosatrails.com

### RUNNERS ASSISTANCE

Name: Celeste López

E-mail: runners@penyagolosatrails.com

### ACCOMMODATION AND TRANSPORT DIRECTOR

Name: Jose Lamas

Tel.: +34 964 34 37 01 and +34 690 21 52 59

E-mail: infointursports@intur.co

## central meeting point headquarters loc

LOC headquarters will be located at:

> **During May 8<sup>th</sup>, 9<sup>th</sup> 10<sup>th</sup>, 11<sup>th</sup> and 13<sup>th</sup>:**

Club Marató i Mitja Castelló – Penyagolosa

C/ Sanahuja 55, bajo

12004 Castellón

Spain

And there will be an information desk at the athlete's hotel:

Av. Gimeno Tomás, 9

12560 Benicassim

Castellón

Spain

Tel.: +34 964 39 44 00

> **During the competition (May 12th)**

Finish line Sant Joan de Penyagolosa

# transportation

## TEAM ARRIVALS

The only official Airport is Valencia. Teams will be met at the arrival gate by guides representatives of the LOC, who will be easily recognizable. There is also a closer airport which is Castellón Airport with arrivals from Bristol, London, Poznan, Sofia and Bucarest. Other main airports are Barcelona and Madrid, but for those airports teams will have to contact directly with:

INTURSPORTS TRAVEL SERVICES  
José Lamas  
infointursports@intur.com  
Tel.: +34 964 34 37 01 and +34 690 21 52 59

## TRANSFER TO BENICASSIM

Teams can take the transport rented by them or book (before April 15th FEF) the bus made available by LOC at the price of 15€ per person, which will take the athletes directly to the Orange Hotel. The travel is about 87km and last about 55 minutes. The federations will have to pay in advance by bank transfer or credit card along with the second payment.

Guides will receive the national teams at the airport of Valencia from Tuesday 8<sup>th</sup> to Friday 11<sup>th</sup>, both included.

## FREE TRANSFER

LOC will manage the following transportation for the delegations:

- > Hotel/Opening ceremony and return
- > Hotel/Start line
- > Finish line/Hotel
- > Hotel/Transfer to airport on Sunday 13<sup>th</sup> of May
- > Transportation for coaches/officials/medical team, from the start line to Les Useres (aid station 1), then to Vistabella (aid station 3) and then to the finish line. If you have 2 support teams, another bus will offer the possibility to go to Atzeneta (aid station 2) and then to the finish line.

## ADDITIONAL OPTION – CAR RENTAL

For more comfort and flexibility during the Trail World Championships, the teams have the option of renting a car. It will be the only solution for coaches to go to all the Aid stations (following the speed of your different runners.)

In the airport of Valencia there are nine rental cars companies. Seven of them have its office in the ground floor (P0) of the Terminal Building, whereas both remaining ones have its office with point of delivery and withdrawal in the rental of the airport, or in a few minutes of the airport enclosure, into the same Industrial Estate.

The Rental Car companies of Valencia airport have a wide fleet of rental cars, in order that the teams could choose the one that more is convenient for them and they will be able to return it in the most suitable point of delivery.

The teams can do their reservation online from these rental car companies:

- |            |              |
|------------|--------------|
| > Sixt     | > Enterprise |
| > Europcar | > Goldcar    |
| > Avis     | > Thrifty    |
| > Budget   | > Firefly    |
| > Hertz    |              |

With the online reservation teams will be able to gather comfortably their car after arriving to the airport of Valencia.



## acomodation

All delegations will stay at the Intur Orange Hotel, a beach resort in Benicassim, located just 10 km (an approximately 15 min drive) from Castellón center.

Av. Gimeno Tomás, 9  
12560 Benicassim  
Castellón  
Spain  
Tel.: +34 964 39 44 00  
E-mail: [infointursports@intur.com](mailto:infointursports@intur.com)

The start line is located 15km from the place where all the delegation will be accommodated. The transfer to the start line is guaranteed by the LOC, by bus.

The organizing Committee will offer full board accommodation, free of charge, for a maximum 2 male and 2 female athletes per delegation for a defined number of nights (See distance to Spain section).

Accommodation for additional athletes, other delegation members and any eventual additional nights will be charged at the following rates:

- > Hotel Intur Orange – **136,00€\*** in double occupancy/ **90,00€** in single occupancy (limited to a reduced number of single rooms available/ **186,00€** triple occupancy)

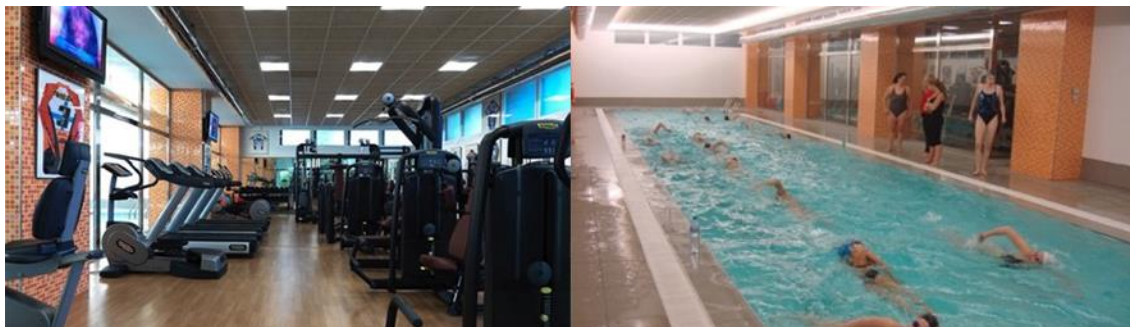
\*Price per room which includes:

- > Full-board accommodation
- > Standard room services (Air conditioning, hair dryer, phone, tv, Direct Dial Telephone)



- > Accommodation facilities (Elevator, laundry, the parking lot)
- > Free access to the football field (subject to availability)
- > Padel club (direct payment at the Padel Club)
- > Wi-Fi available

- > Leisure facilities (Gym, sauna)



- > Free access to indoor heated pool and outdoor pool



**The price includes free transfers.** (See “Free Transfers”)

## meals

- > **Everyday:** breakfast at Hotel Intur Orange
- > May 8th, 9th, 10th, 11st, 12nd: Meals included at Hotel Intur Orange.
- > First service at the arrival will be lunch on the 8th
- > Last service before the departure will be the breakfast on the 13rd

*Everyday: Breakfast, lunch and dinner at the Hotel Intur Orange, excluding the lunch of 12th June, which will be held in Sant Joan de Penyagolosa (finish line) after the arrival.*



## payment

Please note that Member Federations will need to pay an accommodation deposit when they send in the PEFs. This is because the LOC must pay the accommodation in advance so they need the financial security of a deposit from the teams.

- > **Until March the 10th: 30%**
- > **Until April the 15th: 70%**

**Each proof of payment must be send to [infointursports@intur.com](mailto:infointursports@intur.com) with reference to 2018 TWC and the Federation Name**

Payment should be done by bank transfer or credit card:

- INTURSPORTS TRAVEL SERVICES
- > Bank account: (Banco Sabadell) 40269547791
  - > IBAN code: ES15 0081 5181 05 0001023206
  - > BIC/SWIFT: BSABESBB
  - > <http://www.intursports.com>

### THE TRAVEL GRANTS

Travel grants will be paid after all outstanding membership fees and accommodation cost are deducted.

THE TRAVEL GRANTS WILL ONLY BE PAID BY BANK TRANSFER! IAU will inform the delegations about the amount of their Travel Grant.

### ACCREDITATION PROCEDURE

- > Accreditation cards will be prepared in advance of the event, based on the information provided by the Member Federation in the internal entry.
- > No changes will be accepted after the final entry deadline (except in case of lesion or last-minute illness of one of the team members).

Accreditations will be distributed to the team leader at Hotel Intur Orange.

# preliminary (PEF) and final entry (FEF) forms

## PRELIMINARY ENTRY FORM (PEF)

**In order to book the accommodation, each Federation will send:**

- > A list with the number of athletes and the billing details.
- > Required number of rooms and its typology (single, double or triple)
- > Required number of nights

**Moreover, this data must be send:**

- > Federation name
- > Fiscal address
- > VAT
- > Country

Teams will also have to indicate to which bank account the Travel Grant has to be transferred.

## FINAL ENTRY FORM (FEF)

With the final entry forms, each Federation will send the final list with the names of their athletes, dates of birth, gender and will inform the LOC about the travel itinerary details and the time of arrival at the Airports of Valencia or Castellón of the delegation members and other information:

- > Arrival and departure times
- > Food restrictions
- > Number of team members that are going to use the bus made available by LOC at the price of 15€ per person, which will take the athletes directly to the Orange Hotel. The travel is about 87km and last about 55 minutes. The federations will have to pay in advance by bank transfer or credit card along with the second payment (April 15th 2018)

Please note that the full board accommodation and transfer offers made by the LOC are conditional on the prompt return of the entry forms within the deadline. PEF and FEFs shall be completed and sent before the following deadlines:

- > **PEF: March 10th 2018**
- > **FEF: April 15th 2018**

**All forms must be sent in digital format to both these email addresses:**

info@penyagolosatrails.com  
secretary@iau-ultramarathon.org  
[infointursports@intur.com](mailto:infointursports@intur.com)

## general competition information

This event respects IAAF trail rules. With semi-autonomic character, the race goes through Penyagolosa Natural Park, going through areas of lush vegetation, streams, villages with ancient history and historical religious rich locations.

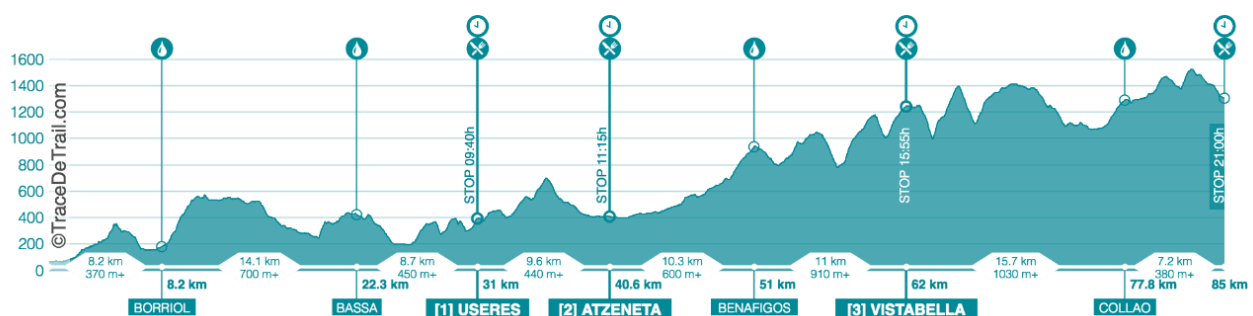
- > Website : <http://www.penyagolosatrails.com>
- > See also: <http://www.iau-ultramathon.org/>
- > See also: <http://www.itra.run/>

### OFFICIAL COMPETITION

- > Men's individual competition
- > Women's individual competition
- > Men's team competition
- > Women's team competition

Only athletes and teams entered by their National Federation can take part in the official competition. Federations can select up to 9 athletes per gender (maximum 9 men and maximum 9 women), 6 of whom can take part in the team competition. The 3 other athletes will be entered for the individual competition only.

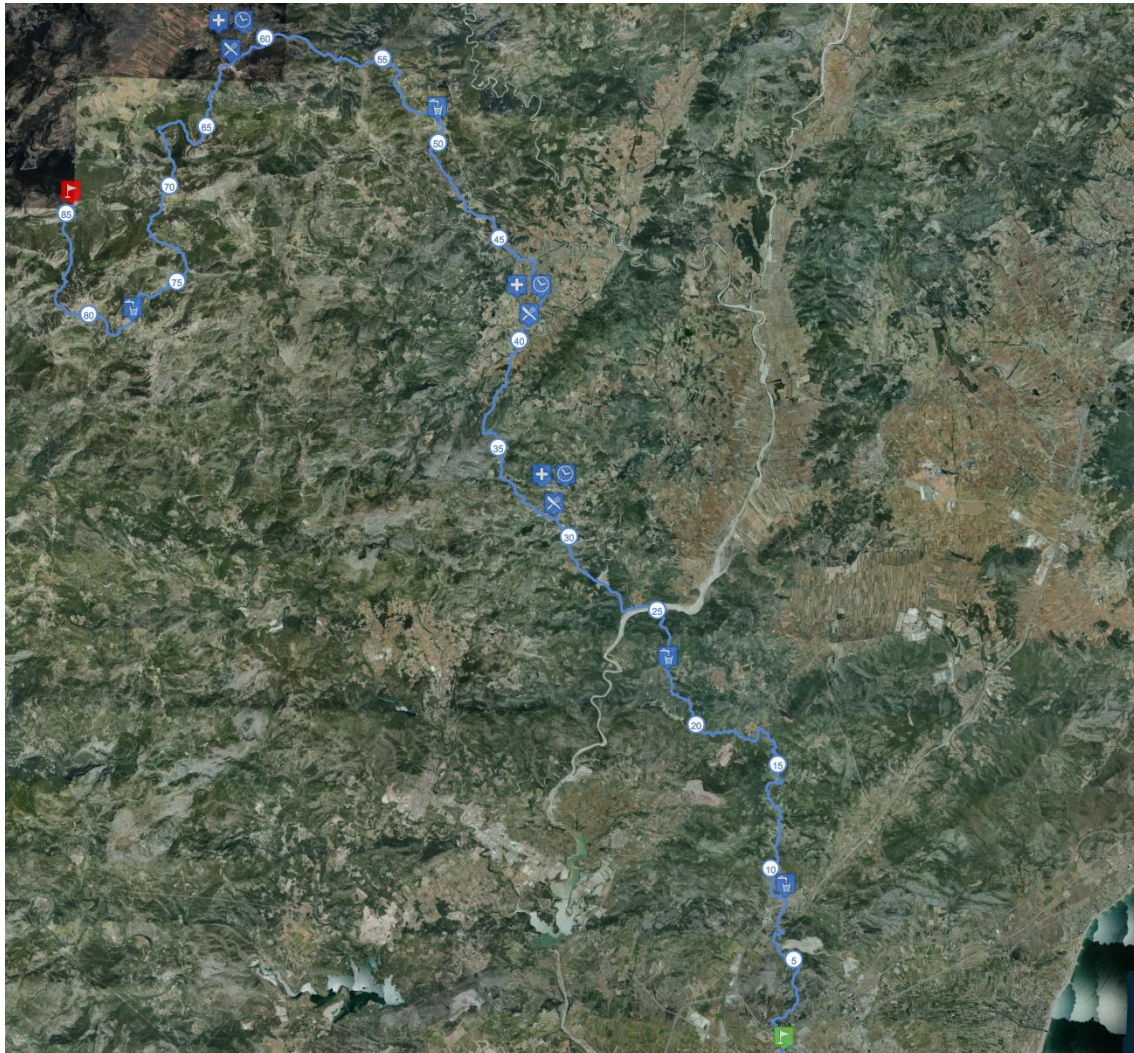
The “team members” need to be identified before the start of the competition by the Technical Meeting at the latest. The first 3 athletes per country will determine the team score which is based on the accumulated finishing times.



Location	Team As- sistance	Altitude (m)	Accumulated			Intermediary			Times		Cut- off time
			Distance (Km)	D+ (m)	D- (m)	Distance (Km)	d+ (m)	d- (m)	Faster runner	Slower runner	
Castellón		69	0	0	0	0	0	0	06:00	06:00	
Borriol	NO	188	8,2	376	258	8,2	376	258	06:35	06:55	
Bassa	NO	421	22,3	1074	722	14	698	464	07:45	08:30	
USERES	YES	396	31	1529	1201	8,7	455	479	08:34	09:40	09:45
ATZENETA	YES	408	40,6	1968	1627	9,5	439	426	09:24	11:15	11:15
Benafigos	NO	943	51	2572	1698	10,3	604	71	10:24	13:20	
VISTABELLA	YES	1247	62	3486	2308	10,9	914	610	11:39	15:55	16:00
Collao	NO	1293	77,8	4519	3296	15,7	1033	988	13:29	19:20	
Sant Joan		1275	85,4	4900	3694	7,5	381	398	14:10	21:00	21:00



## trail world championships races vs open races



### TRAIL WORLD CHAMPIONSHIPS RACE

- > **Date** 12 May 2018
- > **Start** time 06:00
- > **Max. Time** 15h
- > **Course** Trail
- > **Distance** 85km
- > **Total height** 5000m

## OTHER OPEN RACES

### MiM (Marató i Mitja) 60KM – OPEN RACE

- > **Date** 12 May 2018
- > **Start time** 07:00
- > **Max. Time** 14h
- > **Course** Trail
- > **Distance** 60km
- > **Total height** 3300m

### CSP (Castelló Penyagolosa Ultra) 108KM – OPEN RACE

- > **Date** 12 May 2018
- > **Start time** 00:00
- > **Max. Time** 27h
- > **Course** Trail
- > **Distance** 108km
- > **Total height** 5600m



## technical meeting

- > **Place:** Intur Orange Hotel
- > **Date:** 11st May 2018
- > **Time:** 11:00am

## opening ceremony

- > **Place:** Castellón city center
- > **Date:** Thursday 10th of May in order to facilitate the athletes rest before the competition.
- > **Time:** 7:30pm
- > **Transportation:** All athletes must be present on time. The opening ceremony will present all the federations with their flags and all federations are expected to participate in the opening ceremony and wear their federation dress.

## flower ceremony

- > **Place:** Sant Joan de Penyagolosa – Finish Line
- > **Date:** Saturday, May 12th
- > **Time:** 5:00 pm

## award and closing ceremony

- > **Place:** Benicassim – Torreón
- > **Date:** Sunday, May 13th
- > **Time:** 11:00

## general time schedule - pending

### Tuesday 8th/Wednesday 9th/Thursday 10th

Welcome at Valencia and Castellón-Costa Azahar and transfers to Intur Orange Hotel

#### Tuesday 8th

- > 12:30 - 15:00 am Lunch at the hotel
- > 7:00 pm Dinner at the hotel

#### Wednesday 9th

- > 7:00 am Breakfast at the hotel
- > 12:30- 15:00 am Lunch at the hotel
- > 4:00-6:00 pm Secretariat opening for accreditation procedure
- > 7:00 pm Dinner at the hotel

#### Thursday 10th

- > 7:00 am Breakfast at the hotel
- > 9:00 am Start of Health Policy testing
- > 11:00 am Secretariat opening for accreditation procedure
- > 12:30 - 3:00 pm Lunch at the hotel
- > 6:00pm First dinner at the hotel
- > 6:30 pm End of Health Policy testing
- > 7:00pm Bus transfer of all the delegations from the hotel to the opening ceremony.
- > 7:30 pm Trail World Championships opening ceremony
- > 9:00 pm Bus transfer back to the hotel
- > 9:30 pm Pasta Party at the hotel

#### Friday 11th

- > 7:00 am Breakfast at the hotel
- > 9:00 am Secretariat opening for accreditation procedure and anti-doping control
- > 11:00 am Technical meeting at the Intur Orange Hotel
- > 12:30 am Press conference of the TWC and the open races at the Raval Theatre
- > 12:30 - 3:00 pm Lunch at the hotel
- > 4:00 - 6:00 pm Health Policy medical commission meeting
- > 7:00 pm Dinner at the hotel

**Saturday 12th**

- > 0:00am Start of the CSP Open Race
- > 4:00 am Breakfast at the hotel
- > 5:00 am Departure to Universitat Jaume I (start line) - 15min ride by bus
- > 6:00 am Start of the Trail World Championships
- > 7:00 am Start of the MiM Open Race
- > 8:34 am Arrival of the frontrunners to Les Useres (Aid Station 1)
- > 9:24 am Arrival of the frontrunners to Atzeneta (Aid Station 2)
- > 9:40 am cut off time Les Useres (Aid Station 1)
- > 11:15 am Cut off time Atzeneta (Aid Station 2)
- > 11:39 am Arrival of the front runners to Vistabella (Aid station 3)
- > 2:10 pm Arrival of the front runners to the Finish Line
- > 3:55 pm Cut off time Vistabella (Aid Station 3)
- > 5:00 pm Flower ceremony of the Trail World Championships
- > 5:30 pm Start of the transfer back to hotel
- > 7:30 pm Dinner at the hotel
- > 9:00 pm Cut-off time Trail World Championships (Finish Line)

**Sunday 13th**

- > 8:00 am Breakfast at the hotel
- > 11:00 am Trail World Championships award ceremony and Closing Ceremony
- > 13:00 am Start of the transfer by bus from the hotel to Valencia Airport
- > 12:30 am Lunch for athletes departing in the afternoon

## travel information

Below you will find the information for visa. The information is based on what we as LOC know. Maybe there is an embassy or consulate in a city (or country) which is easier for you to reach.

### VISA NOT NEEDED

- |                              |                       |                  |
|------------------------------|-----------------------|------------------|
| > Albania                    | > France              | > New Zealand    |
| > Andorra                    | > Germany             | > Norway         |
| > Argentina                  | > Gibraltar           | > Poland         |
| > Australia                  | > Greece              | > Romania        |
| > Austria                    | > Hungary             | > Serbia         |
| > Belgium                    | > Iceland             | > Slovakia       |
| > Brazil                     | > Ireland             | > Slovenia       |
| > Brunei                     | > Israel              | > Spain          |
| > Bulgaria                   | > Italy               | > Sweden         |
| > Canada                     | > Japan               | > Switzerland    |
| > Costa Rica                 | > Republic of (South) | > United States  |
| > Croatia                    | Korea                 | > United Kingdom |
| > Czech Republic             | > Latvia              | /Great Britain   |
| > Denmark                    | > Lithuania           | > Uruguay        |
| > Estonia                    | > Luxembourg          |                  |
| > Finland                    | > Mexico              |                  |
| > Former Yugoslav            | > Monaco              |                  |
| > Republic of Macedo-<br>nia | > Netherlands         |                  |

## VISA NOT NEEDED

- > **Algeria** (<http://www.emb-argelia.es/>)
- > **Angola** (<http://www.embajada-deangola.com/>)
- > **Belarus** ([www.france.belembassy.org](http://www.france.belembassy.org))  
there's no embassy in Spain to apply at the Russian Embassy: <http://www.mos-covo.embaixadaportugal.mne.pt/>)
- > **Burundi** ([www.ambassade-du-bu-rundi.fr](http://www.ambassade-du-bu-rundi.fr))
- > **Cameroon** (<http://www.cameroon-embassy.es/index.php/es/>)
- > **Cape Verde** ([info@embcv.es](mailto:info@embcv.es))
- > **Comoros** ([www.ambassade-comores.org](http://www.ambassade-comores.org))
- > **Democratic Republic of Congo** (<http://ambardcmadrid.com/>)
- > **Republic of Congo** (to apply at the Democratic Republic of the Congo Embassy: <http://ambardcmadrid.com/>)
- > **Ecuador** (<http://espana.emba-jada.gob.ec/es/> )
- > **Gambia** ( <http://www.gambiaembassy.es/es/> )
- > **Hong Kong, China** (to apply at the China Embassy: <http://es.china-embassy.org/esp/>)
- > **Jordan** (to apply at the Egypt Embassy: <http://www.portugal-embassy-cairo.org/>)
- > **Kenya** (to apply at the Mozambique Embassy: [mail@beira.dgaccp.pt](mailto:mail@beira.dgaccp.pt))
- > **Kyrgyzstan** (to apply at the Russian Embassy: <http://www.moscovo.embaixadaportugal.mne.pt/>)
- > **Lebanon** (to apply at the Cyprus Embassy: (<http://www.embportugalnicosia.org/>)
- > **Lesotho** (to apply at the South Africa Embassy: <http://www.embaixadaportugal.org.za/>)
- > **Madagascar** (to apply at the South Africa Embassy: <http://www.embaixadaportugal.org.za/>)
- > **Mongolia** (to apply at the China Embassy: <http://www.portugalembassychina.com/>)
- > **Namibia** ([windhoek@mne.pt](mailto:windhoek@mne.pt))
- > **Nepal** (to apply at the India Embassy: <http://www.portugal-india.com/>)
- > **Niger** (to apply at the Nigeria Embassy: [abuja@mne.pt](mailto:abuja@mne.pt))
- > **Nigeria** ([abuja@mne.pt](mailto:abuja@mne.pt))
- > **Philippines** (to apply at the Indonesia Embassy - [porembjak@cbn.net.id](mailto:porembjak@cbn.net.id))
- > **Qatar** (<https://www.doha.embaixadaportugal.mne.pt/>)
- > **Russian Federation** (<http://www.moscovo.embaixadaportugal.mne.pt/>)
- > **Sierra Leone** (to apply at the Senegal Embassy: <https://dakar.embaixadaportugal.mne.pt/>)
- > **South Africa** (<http://www.embaixadaportugal.org.za/>)
- > **Sri Lanka** (to apply at the India Embassy: <http://www.portugal-india.com/>)
- > **Chinese Taipei** (to apply at the China Embassy: <http://www.portugalembassychina.com/>)
- > **Turkey** (<http://www.ancara.embaixadaportugal.mne.pt/>)
- > **Ukraine** (<http://ucrania.mne.pt/>)
- > **Zimbabwe** ([embportl@harrare.dgaccp.pt](mailto:embportl@harrare.dgaccp.pt))

## prevention action concerning health policy

In accordance with the rule 53.1 of the IAAF Competition Rules, a preventive health-related action(\*) is set up for the Trail World Championships. This action aims to strengthen the medical supervision and the safety related to the specificities of trail running races. This action is managed jointly by the IAU and the ITRA, in collaboration with the Association AFT (Athletes For Transparency). This action is led by a Medical Commission composed of 3 doctors, who are the race Medical Director and two doctors designed by ITRA's Health Commission. They can take advice from the experts of their choice.

### Each runner agrees to:

1. Declare the following information to the Medical Commission:

- > any medical history and/or pathology in particular those which may increase risk during the sport
- > the regular use of treatments and medicines during the 30 days prior to the start of the race
- > all requests or use of a substance or method subject to a Therapeutic Usage Exemption (TUE).

The declaration of these information to the Medical Commission is done through each runner's ITRA health space that each runner can create free of charge on ITRA website: [http://itra.run/page/381/Mon\\_espace\\_sante.html](http://itra.run/page/381/Mon_espace_sante.html)

2. Submit any urine, and/or blood, and/or hair, and/or saliva samples required from 30 days before the competition and up to 7 days after the competition and the associated analyses requested by the Medical Commission, on the understanding that the costs for the sampling and analysis are covered by the Organization.

3. Not to participate in the competition if glucocorticoids have been used, without any relation to the mode of administration and therefore the presence or not of a TUE, within the 7 days before the start of the competition. The use of glucocorticoids may be identified in the context of the analysis carried out, either from a direct dosage or in the case of an abnormally low cortisol.

4. Accept the use of strictly anonymous data for research purposes. Each participant has a right of access, rectification and opposition to data concerning him/her. The Health Commission is the authority with which the participant can exercise this right.

5. Answer any meeting request on site or remotely (phone or videoconference) that the Medical Commission may ask for in order to discuss their ability or not, to participate in the competition. As a result of the meeting, in accordance with the rule 144 of the IAAF Competition Rules, the Medical Commission may declare a “no start” to the runner for health reasons. The medical information declared on the health space and the results of analysis are accessible only to the Medical Commission and the medical team of the race. Any unreasonable breach, refusal, or transmission of erroneous information in connection with the health policy can result in the runner’s exclusion from the competition.

*\*This action has neither the vocation nor the competence to be substitute for national and international regulations concerning anti- doping.*

**our history, your legend**  
**welcome to the penyagolosa trails!**