



OFFICIAL RULES:

Organisers:

UNISPORT CONSULTING S.L. organises on the September 14th, 2019, the 4th “10 MILES and 5 MILES CITY OF MAÓ”, which will start at 5.00 p.m. in the Fortress of La Mola (Port de Maó) for the runners of the 10 Miles and at Cala Llonga Urbanization (Passeig dels Mariners street) for the runners of the 5 Miles. There is just one Finishing Line and it will be placed in the Port de Maó (Sea Stations Cruises).

RACES:

- 10 Miles (16.090 km)
- 5 Miles (8.045 km)

REGISTRATIONS:

The online deadline for registrations will be the 11 September 2019, on the web page of the event www.carreramao.com

Last-minute registrations in the Sea Stations Cruises (FINISH) on Friday 13/9/2019 from 5 to 8 p.m.

The minimum age to take part in the 10 MILES CITY OF MAÓ is 18.

The minimum age to take part in the 5 MILES CITY OF MAÓ race is 16.

For the under-18s it is essential to have authorisation from their parent/guardian when collecting their number.

REGISTRATION FEES:

- | | |
|---------------------------------------------------------------------------------|-----------------------------------------------------------|
| <ul style="list-style-type: none"> ● 10 Miles (16.090 km) | |
| <ul style="list-style-type: none"> ● Until 15/08/19 | €17 + €1 insurance for non-federated (+€2 rental of chip) |
| <ul style="list-style-type: none"> ● From 16/08 to 11/09/19 | €22 + €1 insurance for non-federated (+€2 rental of chip) |
| <ul style="list-style-type: none"> ● Last-minute registration | €32 €1 insurance for non-federated (+€2 rental of chip) |
| <ul style="list-style-type: none"> ● 5 Miles (8.045 km) | |
| <ul style="list-style-type: none"> ● Until 15/08/19 | €12 €1 insurance for non-federated (+€2 rental of chip) |
| <ul style="list-style-type: none"> ● From 16/08 to 11/09/19 | €17 €1 insurance for non-federated (+€2 rental of chip) |
| <ul style="list-style-type: none"> ● Last-minute registration | €22 €1 insurance for non-federated (+€2 rental of chip) |

In this edition will be allocated € 2 each inscription to the AECC- Spanish Association against Cancer.

Registration refund policy:

- Until the 31 July REFUND of 50% of the registration
- From the 1st to 31 August REFUND of 30% of the registration.
- From the 1st September **there will be no refunds whatsoever.**

Services included in the registration:

- Commemorative gift of the race
- FINISHER medal
- Web diploma with the time to download, two days after the race
- Other services for the athlete:
 - Food and water in race
 - Food and water after race
 - Cloakroom
 - Medical services
 - Transport to start line

Food and water: water at the following kilometre points and on the finishing line.

10 Miles 1st point – 3.61 miles (5,800 m), 2nd point – 7.15 miles (11,500 m), 3rd point FINISH

5 Miles 1st point – 2.12 miles (3,400 m) - 2nd point FINISH

PROGRAMME OF ACTIVITIES:

Friday, 13 September

- 5 p.m. – 8 p.m. – Sea Stations Cruises
 - Collection of numbers
 - Last-minute registrations

Saturday, 14 September

- 9.30 a.m. – 3 p.m. - Sea Stations Cruises
 - Collection of numbers
 - **This day there will be no last-minute registrations**
- 4 p.m. - Parking lot of the Sea Stations Cruises
 - Depart the bus for the 10-mile race
- 4.15 p.m. - Parking lot of the Sea Stations Cruises
 - Depart the bus for the 5-mile race
- 5.00 p.m. – Fortress of La Mola
 - Start 10 MILES CITY OF MAÓ
- 5.00 p.m. – Cala Llonga Urbanization (Passeig dels Mariners street)
 - Start 5 MILES CITY OF MAÓ
- 5.25 p.m. – FINISHING LINE Sea Stations Cruises
 - Expected arrival first classifiers 5 Miles.
- 6.00 p.m. – FINISHING LINE Sea Stations Cruises
 - Expected arrival first classifiers 10 Miles.
- From 6.30 p.m. – PRIZE-GIVING 10 AND 5 MILES CITY OF MAÓ.
- 7 p.m. - CLOSING FINISHING LINE. Any runner who has not crossed the finishing line in this time range will be disqualified.
- 7.30 p.m. - Maximum time to collect items in the wardrobe

CATEGORIES

Classifications will be made for each of the categories listed:

- General classification men
- General classification women

The following classifications according to the age of the participants in 10 miles and 5 miles (all the winners will receive a trophy):

- Juvenile men & women (born in 2002 & 2003) (16 – 17 inclusive) *(only 5 miles)
- Junior men & women (born in 2000 y 2001) (18 – 19 inclusive)
- Hopeful men & women (born between 1997 & 1999) (20 – 22 inclusive)
- Senior men & women (born between 15/09/84 & 31/12/1996) (23 – 34 inclusive)
- M35/W35 (born between 15/09/79 & 14/09/84) (35 – 39 inclusive)
- M40/W40 (born between 15/09/74 & 14/09/79) (40 – 44 inclusive)
- M45/W45 (born between 15/09/69 & 14/09/74) (45 – 49 inclusive)
- M50/W50 (born between 15/09/64 & 14/09/69) (50 – 54 inclusive)
- M55/W55 (born between 15/09/59 & 14/09/64) (55 – 59 inclusive)
- M60/W60 (born between 15/09/54 & 14/09/59) (60 – 64 inclusive)
- M65/W65 (Born in 14/09/54 and previous years)

CLASSIFICATIONS

The organisation will publish the official classifications on the official web page of the event, from which time any claims can be made if thought appropriate. All the classifications are the sole and exclusive responsibility of the Committee of Judges and Timekeepers of the FAIB (Athletics Federation of the Balearic Islands).

TROPHIES

- **10 Miles:** the first 3 classified in the men's and women's categories.
- The two winners of the 10 Miles will each receive **10 kg of DO Mahón-Menorca Cheese**.

- **5 Miles:** the first 3 classified in the men's and women's categories.
- The two winners of the 5 Miles will each receive **5 kg of DO Mahón-Menorca Cheese**.

- By categories, of **10 miles and 5 miles**, trophies will be awarded to the winner of each category listed in the corresponding section.

WITHDRAWAL OF NUMBERS IN:

Sea Stations Cruises (FINISH)

Friday 13 September from 5 – 8 p.m. – last minute number collection and registration.

Saturday 14 September from 9.30 a.m. – 3 p.m. – Collection of numbers (**This day there will be no last-minute registrations**).

To withdraw the number, you must have an official ID document (ID, passport, driver's license) and know the assigned number.

To collect the number, federated athletes will have to provide the original copy of their license. If your federation does not provide you with a license document, you must provide a certificate from the corresponding federation. Only athletics federated members are allowed.

The participant unable to go in person to withdraw their number may authorise another person. There is a form which the authorised person must bring, duly filled out, along with their ID card and a photocopy of the participant's ID. This document can be downloaded from the web or in the registration confirmation mail.

TRANSPORT OF PARTICIPANTS:

The Organisation will make available to the participants, with prior notification on the registration form, a transport service to the starting line.

All participants, along with their number, will be given the ticket for boarding the bus.

The bus for the **10-mile race will depart at 4 p.m.** from the parking lot of the Sea Stations Cruises.

The starting line of 10 Miles, in the Fortaleza de la Mola, has parking for private cars, however it is useful to know that the road to la Mola will be closed from 4 p.m. and in case someone does not leave the Mola before the start, then should wait after the race line.

The bus for the **5 Miles runners will leave at 4.15 p.m.** from the Sea Stations Cruises.

The organization strongly recommends using the free transportation (for participants only) that are provided for this purpose as the road suffer major traffic restrictions.

CLOAKROOM SERVICE:

At the starting area, there will be a cloakroom service available for bags to keep participating athletes' belongings safe. Items can be collected at the finishing line with the participant's race number.

The bag must be closed and identified with the label that will be provided by the organisation, together with the number. Only one bag per participant is allowed.

The cloakroom will remain open until 15 minutes before the race (4.45 p.m.). Participants are encouraged to attend the race only with the items that are strictly necessary.

The organisation is not responsible for any personal belongings left in the cloakroom.

MEDICAL SERVICE:

There will be a doctor responsible for this service.

Each runner participates under his or her own full responsibility and states that they have sufficient physical fitness to compete in the race. The Organisation recommends that all runners undertake a medical check-up and/or test of strength before running in the race.

AMBULANCE SERVICE:

There will be a service at the back of the race in each event and at the finish line.

RACE INSURANCE:

All the officially registered participants will be covered by an insurance policy approved by the organisation, which covers the accidents that may occur as a result as a direct consequence of the development of the race, but never originating from an illness of latent defect, injury, imprudence, negligence, inobservance of the law and the conditions of the regulations etc., or those produced in travel to and from the place where the race takes occurs.

The Organisation denies all liability for damages that the participants may suffer from or cause to third parties hours after their participation in the race.

DISCLAIMER OF LIABILITY:

Considering that I have done my registration for **4th 10 MILES AND 5 MILES CITY OF MAÓ** I promise to abide by the rules that govern the race and the rules of the race management and I accept the rules found on the web page of the organisation.

I hereby:

- State that I am solely responsible for all my possessions and sports equipment during the race and its collateral activities.
- I confirm and verify that I am physically prepared and sufficiently trained for this competition and that I have trained sufficiently and have passed the appropriate medical examinations. Being physically well prepared for the competition, I am in general good health, without any illness, physical defect or injury that may worsen with my participation in this race. If during the race I suffer some type of injury or any other circumstance that may seriously harm my health, I will inform the Organisation as soon as possible.
- I accept receiving at my own cost the medical treatment in case it should be necessary due to injury, accident and/or illness during the race. I therefore attend at my own free will and initiative, assuming fully the risks and consequences arising from my participation.
- I allow the free use of my name and any image in any publication or means of communication taken during the race.
- I free the organisation, directors of the event, collaborators, sponsors and volunteers of the race of any liability or claim by me, including any direct or indirect damages or injury and cases of death. It is not applicable if the damage or injury is due to the improper action or negligence by the organisation.
- I possess the physical capacity, technical ability and sufficient resources for survival to ensure my own safety, under the conditions of autonomy in which the race takes place.
- I understand and promise to comply with the rules and safety regulations established by the Organisation for the race, as well as behaving responsibly in order not to increase the risks to my physical or psychological integrity. I will follow the instructions and abide by the decisions taken by those responsible for the Organisation (judges, doctors and organisers) in matters of safety.
- I authorise the Medical Services of the race to undertake any cure or diagnostic test on me that may be necessary, whether or not I am in conditions to ask for it; before their requirements I promise to abandon the race if they consider it necessary for my health.
- My number is personal and non-transferable so that no other participant or person may wear it instead of me.
- I know that the organiser reserves the right of admission or not of any participant, even after having paid the subscription fees which will be refunded to me on not being admitted.
- I promise to follow the general guidelines respecting the environment:
 - a) Move prudently along the circuit of the race.

- b) Not cause disturbances in the natural processes and functioning of the ecosystems.
- c) Not harm the biotic, geological and cultural resources or, in general, the landscape.
- d) Avoid environmentally sensitive areas.
- e) Do one's physical needs in appropriate places or, in any case, far from points where people pass or gather.
- f) Not throw or abandon objects or solid or liquid waste apart from the places usually placed for their collection.

The organisers reserve the right to change or modify and information referring to the race or cancel it due to reasons of force majeure, publishing it on the official website.

Motorised vehicles or bicycles that do not belong to the organisation are strictly forbidden. Official motorised vehicles or bicycles that follow the race will be visibly identifiable at all times.

The participants accept each clause in these regulations and honestly and honourably promise not to make a false start at the starting line and to cover the full distance before crossing the finishing line.

By entering the **4th 10 I 5 MILLAS CIUTAT DE MAO**, participants give their consent for the UNISPORT CONSULTING S.L. -GERMATUR GESTION S.L. to use their personal data for exclusively sports, promotionally or commercially related purposes, either themselves or through third parties.

As established in the Organic Law on the Protection of Personal Data, Law 15/1999 of December 13 (LOPD), this entity informs you that the data obtained in order for the Organisation to manage sporting event, will be included in several mixed files called clients/participants; the entity responsible for these files is UNISPORT CONSULTING S.L. in GREMI SABATERS 21 OFICINA A37 07009 PALMA (ILLES BALEARS).

According to that stipulated by law, participants have the right to access, rectify, cancel and oppose this in accordance with Art. 15, 16, and 17 of the Data Protection Law, Articles 27, 30, 31-33 and 35-37. To do this, participants must apply in writing to the registered office of UNISPORT CONSULTING S.L. in GREMI SABATERS 21 OFICINA A37 07009 PALMA (ILLES BALEARS). Email: administracion@unisportconsulting.com

The participant expressly consents to the entity responsible for managing the transfer of data contained in the files to the entities and agencies sponsoring the sporting event in order to carry out the actions corresponding to them, including sending promotions and advertising in accordance with applicable law, transfers that are covered in Article 6, 11 and 12 of the Data Protection Law. In the event that you oppose such transfer you must exercise your opposition in writing to the registered office of UNISPORT CONSULTING S.L. in GREMI SABATERS 21 OFICINA A37 07009 PALMA (ILLES BALEARS).

Also, pursuant to the purposes of sporting interests for the worldwide promotion, distribution and exploitation of 10 I 5 MILLAS CIUTAT DE MAO on any device (Internet, advertising, etc.), participants expressly waive, without time limit, in favour of the Organisation, the right to reproduce their name and surname, the participants' position in the general and individual classifications, the category, the sports brand and its image (reproduction of photos during the race, publication of qualifying lists, etc.).

The acceptance of these regulations necessarily implies that the participant authorises the organisers of the 10 I 5 MILLAS CIUTAT DE MAO to totally or partially record their participation in it, to use their image for the promotion and dissemination of the race in all forms (radio, press, video, photo, DVD, Internet, posters, media, etc.) and gives up all rights to their commercial and advertising use that the Organisation sees fit to run without the participant receiving any financial compensation.