



Welcome

[Aligots](#) orienteering club, [El Port de la Selva](#) town council and [Cap de Creus National Park](#) are delighted to host this Rogaine race in a very special terrain that was home to and inspired Salvador Dalí. Bordered by the historic fishing villages of Port de la Selva at its north-western edge and Cadaqués at its south-eastern edge, as well as being an extraordinary natural paradise it is a heaven for art and bohemia lovers.

www.rogainecapdecreus.wordpress.com



General Information

The Landscape of Cap de Creus

Cap de Creus became Catalonia's first combined maritime & land National Park in 1998 in order to protect the peninsular and the surrounding sea life. Measuring 13,845 hectares, Cap de Creus is the Iberian Peninsula's most easterly point, formed where the Pyrenees meet the Mediterranean. The majestic Rodes range marches out to sea forming alternate peaks and valleys in a singular geological make-up, with extraordinary rock formations and outcrops that are unique in the world.



Race disciplines

There are three race disciplines for the Cap de Creus Rogaine: the 4 hour fun run, the 8 hour race, and the 6 hour official Catalan Cup race.

The 8 and 12 hours races are for teams of 2 to 5 runners and is open to federated runners and non-federated runners with a temporary license. Federated runners' results and points are valid for the Catalan Cup and the IbeRogaine league.

The fun run is open to teams and individuals, however individual runners will not be classified. Non-federate runners will have to pay for a temporary license.

All disciplines share controls and competition terrain, however the fun run map will be smaller and with less control points.

How to get here

The competition centre is in the seaside town of Port de la Selva, 30kms from Figueres.

By car:

Instructions about how to go to Port de la Selva by car can be found in the "Google Maps" links below.

- [From Barcelona/Girona](#)
- [From Vic/Olot](#)
- [From France](#)

By train or bus:

Figueres can be reached by regional train (media distancia), high-speed train (AVE-AVANT) and coach services.

There is a daily bus service to Port de la Selva from Figueres. The regional train station is just 100m from the bus station, and the AVE station at Vilafant is a 15min bus ride direct from the bus station.

[Train schedules](#) – [Bus schedules](#)

By plane:

Port de la Selva is:

- 80kms from Girona airport
- 95 kms from Perpignan airport (France)
- 180 kms from Barcelona airport

Where to stay

[Link](#)

Technical information

Programme

Friday 6th November	
19:00 – 23:00	Number collection. Sala del Ball.
Saturday 7th November	
12h race	
04:00	Competition centre opening – number collection. Sala del Ball.
05:00	Quarantine area for neutralized start open. SportIdent and mandatory material checking.
05:30	Start neutralized exit, all together.
06:00	Quarantine area open – delivery of maps.
06:30	Map opening.
07:00	Start 12h race.
19:00	12h race finish time without penalization.
19:30	Supper and prize giving.
8h race	
04:00	Competition centre opening – number collection. Sala del Ball.
05:00	Quarantine area for neutralized start open. SportIdent and mandatory material checking.
05:30	Start neutralized exit, all together.
06:00	Quarantine area open – delivery of maps.
06:30	Map opening.
07:00	Start 8h race.
19:00	8h race finish time without penalization.
19:30	Supper and prize giving.
4h race	
07:00	Competition centre opening – number collection. Sala del Ball.
09:00	Quarantine area open – delivery of maps.
09:30	Map opening.

10:00	Start 4h race.
14:00	4h race finish time without penalization.
14:30	4h prize giving.

Map

- Cartography: Marian Cotirta, Ionut Zinca & Andreea Zinca
- December 2012
- Scale: 1:20,000
- Contour lines: 10m
- Extension: 32 km²

Highly detailed cartography of vegetation and elements akin to standard orienteering mapping allowing for maximum penetration into the terrain. Some generalization to adapt to the 1:20,000 scale.



Tracks and paths are to be found across the whole of the map, however in some areas this is limited to infrequent animal tracks.

Other than the two towns of Port de la Selva and Cadaqués, each at one extreme of the map, edifications are limited to a few farm buildings, some of which are in ruins. A remarkable number of shepherd shelters are present, also many of which are in ruins. Dry stone walls where

both sides of the wall are visible are represented on the map. Man-made stonewall ledges for agriculture are not represented.



The Cap de Creus Rogaine map allows for diverse orienteering techniques. The use of specific orienteering mapping criteria in the cartography of vegetation allows for secure orienteering away from paths and tracks.



The “penetrability” of open and rustic land has been drawn using the corresponding ISOM symbology:

	<p>407 Undergrowth: slow running An area of dense undergrowth but otherwise good visibility (brambles, heather, low bushes, and including cut branches) which reduces running to ca. 60-80% of normal speed. This symbol may not be combined with 406 or 408. Colour: green 14.3% (11.9 lines/cm).</p>
	<p>409 Undergrowth: difficult to run An area of dense undergrowth but otherwise good visibility (brambles, heather, low bushes, and including cut branches) which reduces running to ca. 20-60% of normal speed. This symbol may not be combined with 406 or 408. Colour: green 28.6% (23.8 lines/cm).</p>

Photos

[Photos](#) taken at the competition terrain.

[Photos](#) taken during previous editions of the Rogaine Cap de Creus.

Rules

Categories

- 8h and 12h races
 - **JJ**: Junior category. 19 years and under.
 - **HO, DO, XO**: Open categories. Mens (HO), womens (DO), mixed (XO). All ages.
 - **HV, DV, XV**: Veterans. Mens (HV), womens (DV), mixed (XV). All team members over 40 years.
 - **JA**: Teams made up of juniors under 19 years and senior over 20 years.
 - **SV**: Super veterans. Men, women & mixed over 55 years.
- 4h race
 - **HO, DO, XO**: Open categories. Mens (HO), womens (DO), mixed (XO). All ages.

Under 16 years can only compete in teams with at least one over 18 years team member.

Race control system

The race will be timed using the SportIdent system. It is the competitor's sole responsibility to ensure that their SI-card has enough capacity to cover the race ([SI capacities](#)). There will be a total of 63 controls for 6h race and 44 controls for 3h race. SI-cards can be hired on registration.

Each team member must use an SI-card which must be attached with a wristband that the organisation will supply. Tampering with the wristband or broken or lost wristband will disqualify the team.

Each team member must punch the control points' SI-base for the team to obtain the points. It is the competitors' sole responsibility to check that their SI-card registers the SI-base making a 'pip' and/or LED flash.

On passing the finish line, the team must wait for the last team member before punching the finish SI-base.

Obligatory material

Before being allowed into the pre-race quarantine area teams will be checked for the following items:

- **Per person:**
 - Waterproof jacket
 - Emergency blanket
 - SI-card with wristband supplied by the organization
 - Whistle
 - Water (1 litre minimum)
 - Food
 - Compass
 - Headlamp (8h and 12h race)
- **Per team:**
 - First aid kit
 - Cell phone (sealed by the organization)
 - Permanent felt-tip pen

Use of GPS, pedometer, altimeter, or any type of electronic devices that aid in the calculation of routes is strictly forbidden.

It's not mandatory, but **strongly recommended to dress leg protections or long trousers** due to thorny vegetation.

Time penalization

The time limit for the official category and the fun run are 6hrs and 3hrs respectively. Teams arriving after this time will be penalized according to the following:

From	to	Penalization
00'00''	04'59''	5 points
05'00''	09'59''	10 points
10'00''	14'59''	20 points
15'00''	19'59''	30 points
20'00''	24'59''	40 points
25'00''	29'59''	50 points
30'00''	-	disqualification

Registration

Registration process will be open [here](#).

Early registration before 01/09/2015:

- 12h race: 30€ ⁽¹⁾
- 8h race: 25€ ⁽¹⁾
- 4h race: 15 ⁽²⁾

Late registration from 01/09/2015 to 01/11/2015:

- 12h race: 35€ ⁽¹⁾
- 8h race: 30€ ⁽¹⁾
- 4h race: 15 ⁽²⁾

Temporary license for non-federate runners:

- Temporary license 5€

SI-card hire:

- 6€⁽³⁾

⁽¹⁾ Official category registration fee includes mid-race water points, refreshment at the finish and supper.

⁽²⁾ Fun run registration includes mid-race water points & refreshment at the finish.

⁽³⁾ For the withdrawal of the SI-card rent it will be necessary to deliver a bail (50 € or ID card), that will be returned on having returned the SI-card once ended the race.

Contact

Don't hesitate to contact us if you have doubts or queries on rogainecapdecreus@gmail.com

Competition organised by Aligots orienteering club. For more information about the club, becoming a member or orienteering in Girona and Catalonia visit www.aligots.org or write to us at aligots@aligots.org