

III Rogaining Cap de Creus - 12h.

In this document you will find all the information necessary for the day of the race, it is exposed in the order that you will have to use it the day of the race.

For any doubt do not hesitate to contact the Organization using the mail rogainecapdecreus@gmail.com.

We wish you enjoy so much as we have enjoyed preparin it!

Aligots.



Programa

Friday, November 6 th	
19:00 – 23:00	Reception and number collection. Sala del Ball.
Saturday, November 7 th	
04:00	Reception and number collection. Sala del Ball.
05:00	Access to CONCENTRATION AREA 1. Clean/Check SportIdent, mandatory material control.
05:30	Neutralized start - all together.
06:00	Access to CONCENTRATION AREA 2. Maps delivery.
06:30	Maps opening.
07:00	Start.
19:00	Finish without penalty.
19:30	Dinner – 8/12h races prize giving. Poliesportiu.

How to get there

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](#).

The organization recommends to make use of the parking areas *aparcament 1* and *aparcament 2* shown in the event map.

Due to local regulation is mandatory for motor caravans to park on *aparcament 2*. Parking in any place outside of this area is strictly forbidden.

Event map



- **Aparcament 1.** Parking area, only for cars and forbidden for motor caravans.
- **Aparcament 2.** Parking area, for cars and motor caravans. **For motor caravans is mandatory to park here and forbidden to park anywhere else in the town.**
- **Sala del ball.** Registration and number collection on Friday evening and Saturday morning. There will be WC's.
- **Poliesportiu.** Open on Saturday from 14:00, there will be WC's, showers for the competitors. The SportIdent download, dinner, massage service, and prize giving will be held here.

Number collection (04:00 – 05:15)

In order to ease the number collection, registration desks will be open on Friday 6th from 19:00 to 23:00 at *Sala del Ball*. The same registration desks will be open on Saturday 7th from 04:00 to 05:15.

All the numbers and rented SportIdent cards of the same team will be grouped and given at the same time. **Teams must leave as many deposits as SportIdent cards have rented.**

***** SportIdent Deposit *****

Any official ID (passport, national ID card or driving license) will be accepted or, otherwise, competitors must leave a 50€ deposit. IN NO CASE a SPORTIDENT CARD WILL BE LEASED WITHOUT DEPOSIT.

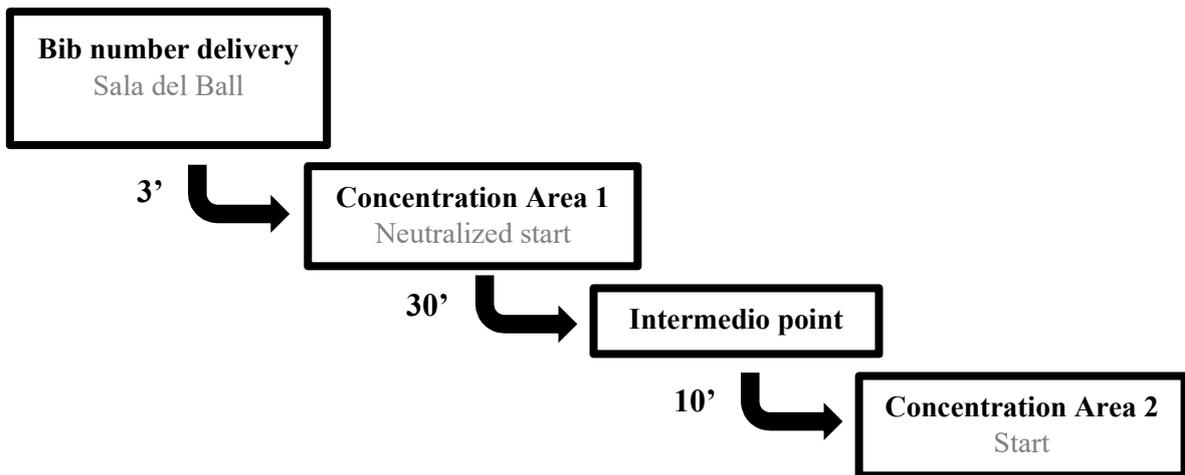
The organization recommends not waiting until the last moment to collect the numbers and SportIdent cards.

Displacement to the starting place

Rogaining competitors will arrive to its starting point accompanied at all times by members of the organization. This displacement will last approximately 40' and is divided into two sections.

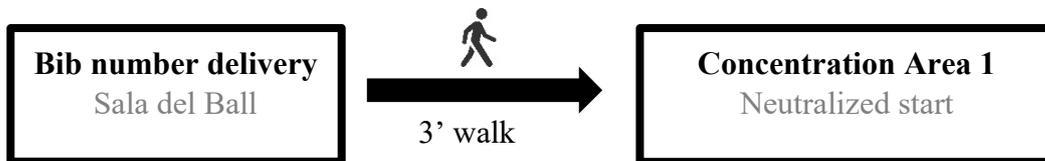
- First section, about 30', starts at 05:30 in the Concentration Area 1.
- Second section , about 10', which will finish in Concentration Area 2. Where competition map will be delivered and race will starts.

**ALL competitors must be within
the CONCENTRATION AREA 1 at 05:30.**



Concentration Area 1 (05:00 – 05:30)

The displacement to the Concentration Area 1, which will open at 05:00, will be traced *Sala del Ball* and takes about 3' walk.



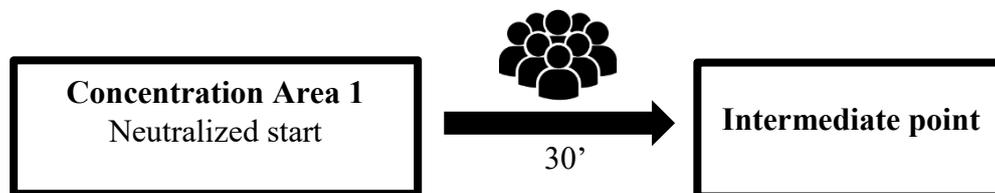
In the entry to the concentration area, where all the members of the team have to be united, the organization will check the obligatory material asked in the regulation (**not to have the whole obligatory material can motivate disqualification**) and there will be the clean/check of the SportIdent.

Mandatory equipment

- **Per competitor**
 - Windbreaker
 - Emergency blanket (2x1.4m)
 - SportIdent card
 - Whistle
 - Water (1l minimum)
 - Food
 - Compass
 - Headlamp
- **Per team**
 - First-aid kit
 - Cell phone
 - Permanent marker

GPS, pedometers, altimeters or any other kind of calculation devices are forbidden.

At 05:30, punctual, members of the organization will accompany all the participants of the rogaine up to an intermediate point. This displacement will be of approximately 30 '.

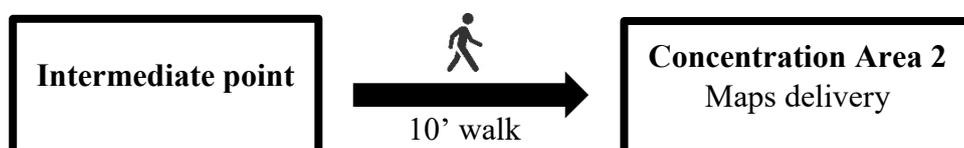


WE INSIST!

**All the participants must be
at 05:30 inside the Concentration Area 1**

Concentration Area 2 (06:00 – 06:30)

Arrived to the intermediate point, all participants will be accompanied to the Concentration Area 2, starting point of the rogaine. In this second section the displacement will not be superior to 10'.



Again, the entry to the concentration area all the team members must be united in order that every component receives a rolled map of the competition. **This map will not be able to be opened until the organization indicates it, at 06:30.**

From 06:30 to 07:00 is allowed to unroll the map and plan the race strategy.

At 07:00 the III Rogaine Cap de Creus will start.

Map Considerations

Apart from the information already available on the website ([map](#) description, [pictures](#) of the area and [pictures](#) of the previous editions), we attach the following considerations.

Technical and cartographic notes

The accurate cartography allows safe navigation in spite of the map being at the scale of 1:20.000 with an equidistance of 10 on contour curves and some necessary generalization.

The map of the race is 47x44cm printed on paper “stone”. All maps will carry a description of the controls using symbols. With sufficient time in advance, a description of the controls in pdf will be published on the website if participants wish to print it themselves.

All maps will carry the telephone numbers of the organization and emergency services.

Distributed throughout the extensive area of the map there will be a total of:

- **67 controls with a total of 399 possible points.**

As the contest regulations indicate, an appraisal of the controls for their technical and/or physical difficulty has been taken into account.

Referring to the symbology used, below is the “legend” the map will carry.

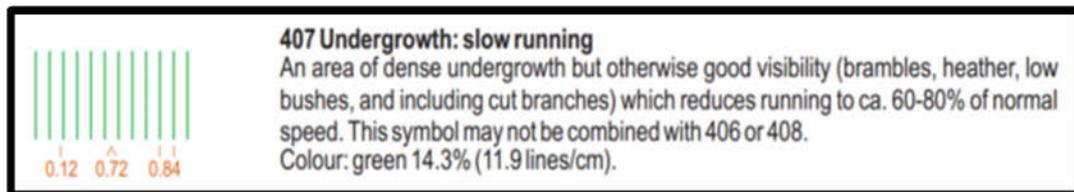
	Corbes de nivell		Carreteres		Límit de vegetació diferenciat
	Talussos, terrasses		Pistes		Límit de cultiu
	Monticles, turó		Camins més o menys visibles		Conreu
	Rasa, murs de terra		Túnels, passera		Vinya
	Depressions, forat		Escales		Plantació d'arbres (oliveres, etc)
	Forat rocós, cova		Pavimentat		Zona privada
	Tallats franquejables		Pavimentat peatonal		Zona prohibida
	Tallats infranquejables		Edificis, construccions		Zona perillosa
	Roques, grup de roques		Ruïnes		Terreny obert rústic
	Zones rocoses, pedregoses		Barraques de pastor		Terreny obert net
	Murs de pedra		Búnquer		Semi-obert
	Tanques o filats franquejables		Element especial fet per l'home		(Blanc) Bosc net. Cursa al 100%
	Tanca infranquejable		Línies elèctriques		Bosc. Cursa al 60-80% del normal
	Torrent, aiguamolls		Línies elèctriques		Bosc o matoll. Cursa al 20-60%
	Forat d'aigua, pou, font		Línies elèctriques		Vegetació molt densa. Cursa al 0-20%
	Elements vegetals, arbres		Línies elèctriques		Malesa, matolls. Cursa al 60-80%
	Aflorament rocós		Línies elèctriques		Malesa, matolls. Cursa al 20-60%

- The symbology corresponding to the circuit (entrance, exit, controls, numbers of controls, etc.) has been modified with colour to facilitate reading for people with daltonism (colour blindness).
- The cartographer has used 3 different symbols,  to represent shepherd huts, which are typical and very numerous in the area. These are stone constructions generally round in shape with a single opening or door. The differences between one and another are minimal. The biggest of the symbols with a grey center has also been used to represent “bunkers”.
- If these huts are in ruins and only form a pile of stones, they are represented with the symbol .
- The symbols corresponding to stone walls, , have been edited to reduce their thickness a little so they can be better read, especially where they parallel paths or clues.
- Not all electrical lines of low tension are represented on the map. Neither are electrified fences, so keep them in mind as some may be connected to electrical current, even though the shock from an electrified fence is more annoying than dangerous.
- According to the Natural Park policy the “Integral Nature Reserve” is not included in the competition venue. On the map it is indicated as a prohibited zone and has not been mapped.
- Areas where drinking water is available are indicated with a symbol of a glass..
- For the 8 and 12 hour races we have set up a Hash House, indicated on the map with the symbol of a glass and the letters HH. Food and drink can be had here.

- Some small areas containing beehives and two other areas with steep inclines near the sea have been indicated on the map as being dangerous.
- The road between El Port de la Selva and Cadaqués has been marked with crosses to indicate that it is prohibited to walk or run along its non-urban stretch. However, it can be crossed, always taking adequate precautions as to car traffic.
- We ask that participants do not enter or cross private areas, vegetable gardens or fields planted with whatever crops.

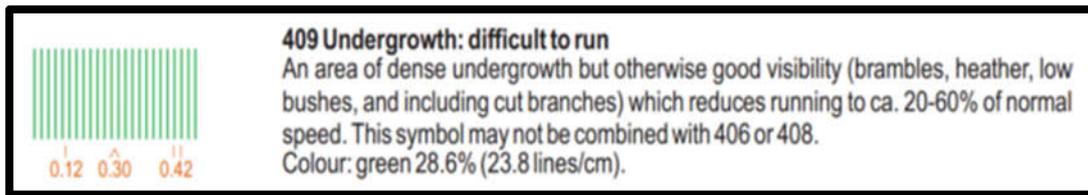
Advice and recommendations.

- **VERY IMPORTANT!!!** The use of long trousers and/or any other leg protection is recommended as there is a widespread presence of low, dry and/or prickly thickets.
- Using a magnifying glass is advisable to facilitate reading the map, even though this trekker has been working without one.
- **Strategy and the choice of the best route together with correctly reading and interpreting the map will determine your route for the race.**
- It is necessary to take into account that a good part of the open zones are marked “green stripe 1” ([image 407](#)), indicating that they are covered with low vegetation.



This necessary generalization makes this “stripe 1” patchy and not uniform throughout the entire map, so remember that vegetation can slow down the pace of the race to one extent or another. You will also have to weigh the pros and cons of crossing a field or taking a path around it. Keeping all this and the fact that the contour curves have an equidistance of 10m makes the choice of your route and attack determining factors in your success.

- Streams, creeks and talwegs usually have dense vegetation along them, indicated on the map as “stripe 2” ([image 409](#)) that, in many places, can prevent or hamper crossing to the other side if there is no path.



- You can find small, partially hidden all over the place that are not represented on the map. These paths, made by animals, can make moving through the various “stripes” areas easier.

Regulations

- Organization:
 - Directors de cursa: Guillem Garcia de Marina i Marta Planas
 - Traçador: Joan Sánchez
 - Responsable SI i inscripcions: Ester Raset i Guillem Garcia de Marina
 - Responsable sortides: Raquel Font
 - Responsable arribades: Marc Amat
 - Responsable avituallament: Joan Canet
- Jury:
 - Jorge Urquizu Barasoain
 - Felip Gili Ribes
 - Pablo Alonso Regidor
- Electronic punching system [SportIdent](#) is used. Every competitor must have a SportIdent card attached to the wrist with special wristbands (provided by the organization and approved by FCOC). In case a wristband of any competitor is damaged in such way that allows detaching the SportIdent card from the wrist the whole team will be disqualified.
- Only the controls validated by all the members of the team will punctuate. Competitors are responsible of checking the right behavior of the SportIdent control by means of checking the light and sound warnings of the base.
- All the members of the team must remain grouped during the race, at a maximum distance of 20m among them.
- The time of the team is the one of the last competitor punching the finish base.

- Competitors must keep the SportIdent card in the wrist until the data download at the arrival desk, where the organizers will remove the wristband.
- In case of withdraw the competitors still must go to the arrival desk to notify the organization.
- If one competitor withdraws the whole team is disqualified. The team still can end the race but it will not qualify on the official results.
- Weather will not be an obstacle for the event but the organization may alter or suspend a part of the controls for the own competitors safety.

Aid stations

Rogainings are races in semi-self-sufficiency, the competitors has to carry what he thinks he will need to drink/eat during the time of race.

The aid stations in race are limited to water carafes with which to be able to refill the water bags. The aid stations are indicated in the map by water glasses. Also there will be a **complete aid station (solid and liquid)** located in the central zone of the map, represented with the symbol **HH** (Hash House), **open from 11:00 to 16:00**.

Carry sufficient water or isotonic drinks to not be dependent of the aid stations indicated on the map. Having to detour for water would affect your itinerary.

It is necessary to emphasize that the aid station HH it's also a point of abandon for the corridors, from 11:00 to 17:00.

Arrivals

IMPORTANT!!! In case of withdraw the competitors still must go to the arrival desk to notify the organization.

The time of the team will be the one of the last competitor punching the finish base.

Teams have 8h to finish the race without penalty. Those teams arriving after this time will be penalized as it is shown on the table below. After 30' extra the finish will close and the remaining teams will be disqualified. The teams

must go to the arrival desk, at *Poliesportiu*, to download the data from SportIdent cards and get the partial times sheet.

Time penalties

From	To	Penalty
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''	-	Disqualified

Prizes

There will be a global classification list and another one by categories and there will be prizes for the three first on each one of these lists. The delivery of prizes will be joint for the races of 8/12h and will be done in the *Poliesportiu* during the dinner, at 19:30.

In the arrival there will be solid/liquid victualling. In the *Poliesportiu* there will be the SI download, service masages, showers and the dinner.