

CAVALL BERNAT INSTITUTE BENEFICIAL RACE REGULATIONS

Race specifications:

- The race will be held on 25 March 2023.
- The course will be circular. Start and finish at the Torre Mossèn Homs (C/Castellar, Km 19,08227).
- The start will take place at 10 am
- The total distance is 4.8 kilometers.
- There will be 6 prizes; 3 for the women's category and 3 for the men's category.
- The awards ceremony will take place after the end of the race, at 12 noon.
- The race can be run or walked.

Article 1

- The race is open to athletes of any nationality, federated or not. To participate it is necessary to be 18 years old on the day of the race.

Article 2

- Each runner participates in the Cursa Mossèn Homs Project under his or her own responsibility and has a sufficient level of physical condition to take part in the race. It is not allowed to participate in modalities that do not correspond to this athletics event such as skates, skates, bicycles, hand bikes and/or electric wheelchairs, among others.

Article 3

- The route is duly signposted and marked at each kilometer. Liquid refreshment points: at the beginning and end of the race.

Article 4

- The maximum time to complete the race is 1 hour and 30 minutes.

Article 5

- To participate in the race it is compulsory to run with a chip. The organization will provide each participant with a disposable chip which will not have to be returned at the end of the race.

Article 6

- Race bibs must be worn visibly on the front of the torso throughout the race.

Article 7

- Participants may collect their runner's bag and race bib on the day of the race. Failure to pick it up within the established terms will mean that the runner will have to give it up.

Article 8

- Registration will only be valid once payment has been made. Registrations will be open until 06 March 2023 at 23:59h.

Article 9

- Registration for the Cursa Mossèn Homs Project is personal and non-transferable and implies acceptance of these regulations. Under no circumstances may it be transferred or sold to another person, friend or family member because they are unable to attend the day of the race. Any breach of this condition may invalidate your participation in the race and the organization reserves the right to exclude you from participation in future events.

Article 10

- The organization of the Cursa Mossèn Homs Project will not refund the registration fee due to injury and/or illness before, after or during the race, or for any other reason unrelated to the race. Under no circumstances will the registration fee be kept for future editions.

Article 11

- The organization will not be able to modify the route for reasons beyond its control and/or force majeure.

Article 12

- Participants explicitly allow their name, surname, sex and year of birth to be published in the lists of registered participants, as well as in the lists of results, if they finish the race following the established rules. However, only the winners will be published.

Article 13

- The organizers will have a civil liability insurance policy in accordance with current legislation. All participants will be covered by this insurance policy.

Article 14

- The fact of registering for the race implies acceptance of these regulations.

Article 15

- The categories are as follows:
 - Female
 - Male

Article 16

- Due to noise pollution it is not allowed to use loudspeakers, drones, or any other noisy devices. Any noise disturbance will be penalized.

Article 17

- In order to avoid polluting the environment, any participant who throws waste will be automatically disqualified from the race.

Article 18

- The use of any type of paint, spray paint or any other product that may leave temporary or permanent marks in the environment is strictly forbidden.

Article 19

- In order to prevent the risk of fire, it is strictly forbidden to throw flammable objects into the environment. In addition, any type of contamination will be punishable by disqualification from the event.

Article 20

- It is compulsory to follow the established route and not to deviate from it in order to maintain the ecosystem in its current state and to preserve the flora and fauna.
- Any deviation or shortening of the route will be penalized with disqualification.

Article 21

- Avoid the use of poles on stretches where it is not considered necessary due to the risk of erosion.
- If the use of poles is necessary, they should be rubber-tipped or non-metal-tipped.

Article 22

- Leave livestock or private fences as they were found.