



GENERAL PRESENTATION

LA TRANSTICA is a free pace foot race, with a prologue and 5 stages with points of supply, assistance and bivouac for a total distance from 120 to 200 km.

The main objective of the X trail race LA TRANSTICA in Costa Rica is to discover the country and its way of life and to share this experience with the locals through a sporting competition with humanitarian goals.

LA TRANSTICA is first of all a human and sports adventure.

The annual edition takes place during the last two weeks of November over a period of 10 days (cf. programme of the ongoing edition).

Article 1

• ORGANIZATION

The associations **CG SPORT EVENT (CGSE)** and **EL NIÑO (EN)** the 3rd TRANSTICA which will take place from November 17th evening, 2010 to November 27th morning, 2010 in Costa Rica.

50 participants are expected on this 3rd edition.

The associations CG SPORT EVENT and EL NIÑO reserve the right to change:

- The present rules.
- The physiognomy of the race routes.
- The place and the initial destination in case of "force majeure" or for reasons independent of their will.

CGSE/EN takes care of the runners and of their equipments, from their arrival in San José on Wednesday November 17th, 2010 in the evening, until Saturday, November 27th at the airport, departure of the runners back to their home country.

CGSE/EN determines and gives the race rules to every runner and allocates rewards.

They propose a photographic and video coverage throughout the adventure and are owners of all the rights of this photographic and video coverage.

Every runner is nevertheless authorized to perform his own report.

The official languages of the race are French, Spanish and English.

Article 2

• APPLICATION OF THE RACE RULES

By his enrolment in the race, each participant commits to accept the application of the race rules. The management of the race reserves the right to exclude a competitor whose behavior is anti sports or deliberately of bad faith.



Article 3

- **DEFINITION OF THE RACE**

LA TRANSTICA is a 120 to 200-kilometers running, in free pace, stage-by-stage. It's made of two courses: The Extreme race 40 km per day and the Adventure race 25 km per day. Checkpoints with supplies on the course. Obligation for every competitor to have with him, during the entire race; the compulsory equipment defined by the organization. **The runners have to respect the road regulations when the course follows roads.**

Article 4

- **SOLIDARITY AND ECOLOGICAL AIM**

The associations CG SPORT EVENT and EL NIÑO are aimed at investing part of their benefits in solidarity missions in medical, school and educational domain without forgetting the respect for environment and sustainable development. In villages crossed by the race, the organization of LA TRANSTICA will set up various solidarity missions in which every runner will be required to attend. The runners are welcome to plan humanitarian missions on their side.

Article 5

- **COURSE**

A route of about 200 km long from the Pacific coast up to the Caribbean coast. This part of the country offers surprisingly varied landscapes combining beaches, valleys, passages of collar, suspension bridges, crossings of rivers with ford, humid altitude forests, humid rainforests, fields of sugar cane, coffee trees and palm groves. The participants of LA TRANSTICA will imperatively have to follow the beaconing put in place by the organization. Checkpoints are spread on the axle of running, on which each competitors will have to pass.

In November, climatic conditions are about 25-30°C in the daytime and 8-12°C at night with a high humidity rate and frequent rains. The organization reserves the right to change the layout of the course and mileage according to climatic conditions or to regulations in the crossed regions.



Article 6

• THE RACE

Insurance / Responsibility:

The race is covered by a third-party insurance subscribed by the organizers. The licensed runners benefit from guarantees granted by the insurance linked to their license and he falls on other runners to subscribe individually a public liability and repatriation insurance.

Information:

The road book is given to every runner during the presentation of the course (briefing) the day before or the morning of every stage. The road book gives different indications and information necessary to progress. It points out the contents of stages (distance, differences in altitudes), the points of departure and of arrival, the position of the checkpoints, supplies points and medical points, as well as a reminder of the contents of the compulsory equipment for every stage.

The organization might set up «Time fuses » beyond which competitors might be stopped.

Numbers:

The organization will provide to each runner a set of two race numbers which will have to be worn and visible from face and back. Not wearing the race number will be penalized.

Modification of the itinerary, of the Time fuses or cancellation of the race:

For safety reasons, notably in case of dangerous weather conditions, the organization reserves the right to stop the stage or to change the itinerary and time fuses, or even to cancel stages without notice.

The runner's will not be in position to aspire to any indemnity or any refund of the subscription fees.

Timing:

The race direction launches the chronometer at the beginning of each stage and stops it when the runner has crossed the arrival line. Stage times are cumulated and give the general ranking.



Checkpoints and Beaconing:

The runners are obliged to go through the checkpoints (PCO, departure and arrival) and must validate their passage by signing the checkpoint form.

The progression is made by following marked out ways (rubalise, directional panels and signposting on the ground).

Checkpoints (PCO) are positioned on the course.

Unexpected controls can also be performed.

The non passing through a PCO will be penalized.

If a stage is stopped because of security, the runners are required to follow the instructions of the organization.

The organization may decide to stop a runner during the race, for safety reasons.

The instructions of the race judges must be considered by the runners as a race rule.

Ranking:

Each participant man or woman enters the overall classification.

A women classification will be also established.

According to the number and to the type of (men, mixed or women) team, a classification by team might be established.

In case of withdraw during one stage, a runner might be allowed to run the next stages, its time will be the time of the last runner on the stage with a penalty of 3 hours for adventure runners and 6 hours for extreme runners.

Race jury and claims:

The race jury is sovereign to allocate penalties or bonuses, it is composed by:

- The race management team.
- The medical team.
- The race judges.

Claims are receivable during 30 minutes after the display of the interim classifications



Race Equipments:

The organization **imposes** on each runner to carry **for the duration of the race a personal safety kit and a first aid kit:**

1/ Personal safety kit

a) Required :

- a 20 liters backpack adapted to the trail or equivalent with a water bag or cans with 2-liters capacity filled of water at the start of each stage.
- energy complements (bars, cereals, gels and energy drink).
- a frontal lamp with new batteries.
- a survival cover.
- a whistle.
- a knife.
- a pair of sunglasses.
- solar cream.
- a cap.
- a light waterproof and breathable jacket (Gore-Tex).

b) Recommended:

- long gloves and long spindle or leggings for some stages.
- under clothes.
- Clock with altimeter and compass and or GPS.

2/ First aid kit :

Looking forward to the arrival of the personnel of security (doctors, first-aid workers) or to join the closest medical post, the regulations of La Transtica impose on every runner to have permanently first aid kit.

It will be as light as possible.

- Sun Protection (skin, lips)).
- Antiseptic solution (such as chlorexydine).
- Compresses, band of gauze, sticking plaster.
- Individual dressing.
- Elastoplast.
- Scissors, needles, cut nails.
- Double skin (such as biofilm, urgomed) for bulbs.
- Sachet of towels impregnated with alcohol.
- Aspirin to be crunched.
- Pack of steril strip.



This should fit in a food airtight box dim: L: 150mm l: 105mmxh:58mm for a weight of 400 g full. Think also about packing in 24X36 film cases, these plastic cases are real small airtight containers. Reassure the closing of the aid box by rubber bands cut in an old inner tube.

At any time, controls could be performed by the race judges who are authorized to stop or to exclude of the race any competitor who would be unable to present the safety kit and the first aid kit.

On the top of that, it is recommended to have medicines for intestinal problems.

Running Equipment (depending to weather conditions)

- A breathable T-shirt.
- long running tights (rainy, cold or bad weather).
- short running tights (good weather conditions).
- running socks (without sewing, anti-sliding).
- trail shoes (tested before).
- toilet paper biodegradable.

Bivouac Equipment

1/Luggage

- A travel bag, of a capacity from 80 to 100 liters, handled by our staff during the day.

2/Bivouac

- A sleeping bag, inflatable mattress and tent.
- clean clothes (warm clothes such as polar).
- shoes to rest and to air your feet after running.
- airtight plastic bag to protect your stuff.
- A vanity case and a towel.
- pair of laces.
- new batteries for the frontal.
- disinfecting pastilles for the camel bag.
- A needle and sewing thread.
- Repellent for mosquitoes.



3 / Individual medical kit

The medical team of La Transtica encourages you to ask for advice to your chemist and to your doctor to help you to constitute your own medicine kit. This information issued from our experience being given only for informative purpose.

Your habitual medicines, two weeks of treatment.

- Biafine.
- Ointment eyewash antiseptic, physiological serum mono dose.
- Analgesic, aspirin 500 mg or paracetamol or Ibuprofen.
- Antispasmodic (spasfon).
- Intestinal antiseptic (ercefuryl).
- Pills to keep your intestinal transit regular (immodium).
- Drugs against diarrhea (smecta).
- Drugs against gastric trouble (type mopral).
- Antibiotic broad specter (such as pyostacine) in case of infection.
- Anti-inflammatory: corticoids (such as solupred 20mg).to cure (tendinitis, articular traumatism, lumbagos) and ointment.

Checks:

Different checks will be made before the beginning of the race:

Administrative checks by the organization.

Technical checks by the race judges, on compulsory equipment.

Check on the medical files by the medical team

Supply:

The organization is in charge of supplying fruits, biscuits, mineral water and gaseous drink for each competitor. These supplies will be available at the checkpoints.

Food:

At the bivouac we will provide:

- breakfast.
- light cold meal at the end of the stages.
- diner (local meal).
- 1 liter of water for the evening and night.
- 2 liters of water at the beginning of each stage



Bivouac:

Each runner will retrieve at the bivouac his personal bag and his bivouac equipment.

- Toilets on some stages.
- Facilities to have a wash on each stage (rivers or showers).

Withdraw:

In case of withdraw, the runner has imperatively to contact the organization as soon as possible and will have to give back his race number to nearest race judge

Every runner having given up will not be able to pretend under any circumstances to continue the race. He will be stopped on the nearest checkpoint and will be repatriated on the arrival line according to possibilities.

In the case of serious medical state, repatriation will be immediately organized.

In case of non respect of this obligation, the runner engages his responsibility towards the organization

Medical care:

A medical team chosen by the organization made by an emergency doctor and by two physical therapists will be present for the duration of the race. It will be positioned along the race in assistance vehicles, on checkpoints and at the arrival. It will handle the repatriation of the runners having a physical or moral problem, to the next bivouac place. The race judge in charge of a checkpoint will be able to ask for the intervention of the medical team for any runner presenting signs of weakness before allowing him to continue the stage. Medical team is authorized to force to withdraw any runner, if it judges that the runner is unable to continue the stage or the race in safe conditions.

Security and first-aid assistance:

A team of Costa Rican Firemen with their emergency vehicles will follow the race permanently and will be in charge of the first aid coverage on La Transtica. They will assist the medical team and they will be positioned on checkpoints and at the arrival. They will handle the repatriation of the runners having a physical or moral problem, to the next bivouac place. The race judge in charge of a checkpoint will be able to ask for the intervention of this team for any runner presenting signs of weakness before allowing him to continue the stage.



Security manager :

A French professional fireman will be in charge of the management of the medical team and of the first-aid team and of the coordination of the first aid in case of incident.

Radio assistance :

Each checkpoint will be equipped with a mobile or a radio as well as the medical team to follow the evolution of the race on real-time

Penalty-disqualification :

By registering in La Transtica, the runner commit to:

- respect the environment.
- follow the race course without cutting tracks.
- not use an external means of transport during the race.
- not throw waste on the course.
- pass through all checkpoints.
- wear the race number, visible from face and back during the whole race.
- carry with him during all the stages the compulsory equipment.
- assist any runner in trouble.
- allow the medical team to examine him and to respect its decision.

The breach of one of these rules by a runner can involve a penalty and/or an immediate disqualification without any possibility of appealing against this sanction

Article 7

• REGISTRATION TERMS

The race is opened to any major person, of both sexes, of any nationality, meeting requirements of the present regulations and holder of the medical certificate certifying its aptitude for running in competition. The medical certificate will have to be dated from less than three months before the departure of the race.

The runner will have to provide:

- The registration form.
- The acceptance of the race rules.
- The medical certificate.
- A document attesting that the competitor is able to swim in river or sea.
- An identity document.
- The discharge of responsibility.
- The payment of the registration fees.
- Individual repatriation and public liability insurance.

For 2010 we will limit the number of registrations to 50.



Article 8

• TEAMS

The participants can register as individual or as a team member.

A team is constituted of at least three runners.

The runners of the same team have to stay close together at the departure, when they pass through checkpoints, medical points or supply points and at the arrival.

Article 9

• REGISTRATION FEES

The amount off the registration fees is: **1290** Euros.

THE PRICE INCLUDES

1. Accommodations in the hotels and during the bivouacs mentioned in the programme.
2. Breakfast and dinners during the bivouacs
3. Opening ceremony.
4. Podium ceremony.
5. Closing ceremony in San Jose.
6. Descent in rafting of the Rio Pacuare (if weather conditions allow it).
7. Supply of water, energy drinks, cereals bars, fruits and biscuits.
8. All transfers mentioned in the program in private bus.
9. All transfers of the luggage between each stage.
10. Framing: Professional guides for the descent of the river Pacuare, race judges (classifications, course, departure/arrival), a team in charge of security, doctors, physiotherapist, and first-aid assistants.
11. 2 tee-shirts of the race.
12. Access fees to the parks and reserves mentioned in the program
13. Rewards

THE PRICE DOES NOT INCLUDE

1. The flight ticket.
2. Cancellation/luggage insurances.
3. Tips in hotels or activities.
4. Drinks in the hotels.
5. Airport Taxes- (US\$26 to date
6. Hotel nights in San Jose for the Costa Rican runners.



Payment:

Total payment must be credited before the 1st of November 2010.

All payment will have to be sent by cheque or swift transfer to the ASSOCIATION EL NINO.

Any incomplete file will not be taken into consideration.

The number of participants being limited to 50 runners, inscriptions will be recorded according to their arrival date if the registration file is complete. The organization reserves the right to refuse the inscription of a runner without being obliged to provide a reason.

Article 10

• CANCELLATION

The cancellations must be sent by letter.

Refund conditions are the following:

Total amount of the registration fees will be refunded if the cancellation is received before the 31/07/2010

- 200 Euros will not be refunded for a cancellation received between 31/07/2010 and 31/08/2010
- 400 Euros will not be refunded for a cancellation received between 01/09/2010 and 30/09/2010.
- 800 Euros will not be refunded for a cancellation received between 01/10/2010 and 31/10/2010.
- After the 31st of October 2010, cancellations will not be accepted and we will not reimburse the registration fees.



Article 11

• INSURANCES

Public liability insurance is contracted by the organization.

Each runner participates in full knowledge of the risks linked to this kind of competition.

It is important that the runners who register are aware of the difficulties of the course and of the conditions that they may face (length of the itinerary, difference of level and altitude, bad weather conditions).

The runners are participating under their own responsibility, the organization declines any responsibility in case of physical problem or of accident

Each runner must have subscribed to a personal insurance public liability and repatriation

Article 12

• IMAGE

The associations CG SPORT EVENT and EL NIÑO own all the rights of exclusivity linked to the use of the photos and video of La Transtica.

The competitors agree that the associations CGSE/EN have the exclusive right to use their name and their individual or collective image for anything which concerns their participation in La TRANSTICA, including commercial usage.

Any photo, film or video support realized during the race might be used by the competitors or the accompanists only for a private use, except particular permission or accreditation from the associations CGSE/EN.

Consequently, any project of movie will have to be authorized by the associations CGSE/EN.



- PROGRAMME

The organization reserves the right to change the course of the race and the mileage according to the climatic conditions in the crossed regions.

1st day: Wednesday, November 17th, 2010

Evening arrival of the participants in San José, airport Juan Santamaria.
Welcome by the members of the organization.
Bus transfer to the hotel, check in.
Technical, administrative and medical checks.
Night in the hotel.

2nd day: Thursday, November 18th, 2010

Opening Ceremony, press conference San José.

Breakfast.
Press Conference
Opening Ceremony and lunch.
Technical, administrative and medical checks.
Free evening.
Night in the hotel.

3rd day: Friday, November 19th, 2010

Transfer San José – Manuel Antonio, prologue: Playas Del Pacific: 6 Km.

Breakfast.
Transfer towards Manuel Antonio (private bus).
Lunch.
Prologue of 7 kms on the beach of Manuel Antonio.
Dinner.
Night in the hotel.

4th day: Saturday, November 20th, 2010

Stage 1:

Transfer towards the starting line.
2 to 4 points of supply on this stage.
Bivouac with catering dinner.

5th day: Sunday, November 21st, 2010

Stage 2:

Breakfast.
2 to 4 points of supply on this stage.
Bivouac with catering dinner.



6th day: Monday, November 22nd, 2010

Stage 3:

Breakfast.
2 to 4 points of supply on this stage.
Bivouac with catering dinner at Humo.

7th day: Tuesday, November 23rd, 2010

Stage 4

Breakfast.
2 to 4 points of supply on this stage.
Bivouac with catering dinner.

8th day: Wednesday, November 24th, 2010

Transfer stage

Breakfast.
Transfer in Rafting between Finca La Cruz and Siquieres if weather conditions allow it.
Transfer in bus to bivouac point, dinner.

9th day: Thursday, November 25th, 2010

Stage 5

Breakfast.
2 to 4 points of supply on this stage.
Open lunch.
Podium Ceremony.
Open dinner.
Night in the hotel.

10th day: Friday, November 26th, 2010

Transfer back to San José

Breakfast.
Transfer in private bus to San José.
Lunch.
Installation to the hotel.
Closing and awards ceremony
Night in the hotel.

11th day: Saturday, November 27th, 2010

Departure San José - Home country

Breakfast in the hotel.
Transfer of the participants to the airport in private bus for a return towards their respective countries.