

CANICROSS Demanda Xtrem

3.1 DATE AND PLACE: **The 11th and 12th of April 2015.** On Saturday, both start and finish lines will be located in Paseo Tenorio de Ezcaray (42.322203, -3.012959) whereas on Sunday, they will be located in Valdezcaray Ski Station.

On this occasion registrations will be open for trail runners (no dog), being able to compete with canicrossers in a general classification. Besides, trail runners and canicrossers can be registered in mixed pairs, no matter the category or sex in order to join both sport disciplines together in a new classification.

3.2 SCHEDULE:

SATURDAY the 11th of april: Villa de Ezcaray

PREVIOUS RACE (establishes the order of the runners in the nocturnal race start line)

8:30 Vet control, equipment control, dorsal allocation and runner's bag collection

10:30 End of vet control and dorsal allocation

10:50 Start line control

11:00 Canicross race start (3,8 km)

11:15 Trail run race start – no dog (3,8 km)

12:00 Short canicross start

12:15 Children's canicross start

14:00 Ranking release

14:00 Valencian or vegan paella

NOCTURNAL RACE

19:30-20:30 Dorsal allocation for all nocturnal races

20:00 Children's canicross start

20:30 Short canicross start

21:00 Trail run start – no dog (6,8km) Start by rounds, from the worst to the best results in the previous race

21:15 Canicross start (6,8 km) Start by rounds, from the best to the worst results in the previous race

*It will be possible to participate in the nocturnal race without taking part in the previous race(3,8km). Those runners will be given the worst place in the classification (in addition to a penalty of 30 minutes).

SUNDAY the 12th of April: Valdezcaray Ski Station

9:30-10:30 Dorsals allocation for all races in the day

11:00 Canicross start (by rounds)

11:00 Trail run start – no dog (by rounds)

13:00 Short canicross start

13:30 Children's canicross start

13:40 Children's podium of honour

13:45 Prize give out for the winners in the long circuit categories

3.3 ROUTES:

DAY 11 IN THE MORNING – EZCARAY:

PREVIOUS RACE:

Distance: 3.78 km
Difficulty: average
Average slope: 10.7%
Maximum slope: 39.5%
Land zone: 88%
Road zone: 12%

SHORT RACE:

Distance: 1.4 km
Difficulty: low
Average slope: 2.3%
Land/grass zone: 100%
Road zone: 0%

CHILDREN'S RACE:

Distance: 630 metres
Difficulty: low

DAY 11 AT NIGHT – EZCARAY:

LONG RACE – COMPULSORY FRONT TORCH:

Distance: 6.8 km
Difficulty: high
Average slope: 9.6%
Maximum slope: 32.1%
Elevation increase: 381 m
Land zone: 93%
Road zone: 7%

SHORT RACE:

Distance: 2.54 km
Difficulty: low-average
Average slope: 4.8%
Maximum slope: 25.5%
Land zone: 60%
Road zone: 40%

CHILDREN'S RACE:

Distance: 630 metres
Difficulty: low

DAY 12 IN THE MORNING – VALDEZCARAY:

Plan A, ascent to San Lorenzo mountain, if the weather and snow allow us.

Distance: 8.6 km

Difficulty: high

Average slope: 14.2% - 17.7%

Maximum slope: 45% - 42.4%

Elevation increase: 700 m

Land, track, snow and rocks zone: 100%

PLAN B, LOS SERRANOS PATH:

Distance: 7 km

Difficulty: high

Average slope: 12.3% - 11.5%

Maximum slope: 35.5% - 37.1%

Elevation increase: 433 m

Land, track, snow and rocks zone: 100%

SHORT RACE:

Distance: 2 km

Difficulty: low-average

Average slope: 9.6%

Maximum slope: 42%

Land, track zone: 100%

3.4 REGISTRATIONS:

The number of competitors is limited to 200 canicross runners and 200 trail runners (no dog).

Deadline: Monday the 6th of April.

Price:

CANICROSS & TRAIL RUN (no dog):

- 40€ until the 30th of March
- 60€ until the 6th of April

SHORT CANICROSS:

- 20€ until the 30th of March
- 40€ until the 6th of April

CHILDREN'S CANICROSS:

- 10€ until the 30th of March
- 20€ until the 6th of April

Including Saturday's lunch, commemorative T-shirt, runner's bag and accident insurance for both days. The event will end on Sunday after the prize give out for the whole children's category and for the winners in the long distance categories.

REGISTRATION ON:

- RockTheSport: <http://www.rockthesport.com/evento/canicross-demanda-xtrem-trail-run-canicross>

(i) Thank you for not leaving registration for the last minute as it makes the organization easier for us.

CATEGORIES:

- Children: born in 2003 or after*
- Junior: 2002-1998
- Senior: 1997-1975
- Master I: 1974-1965
- Master II: 1964 or before

* In the children's category the child must be accompanied by an adult. The adult will be wearing a shorter lead connected to the dog. This is a non-competitive race.

VET CONTROL

The sportsman should present:

- Dog's updated vaccination record, signed and stamped by a collegiate vet (compulsory vaccine: the anti-rabies, for a two year period, according to La Rioja legislation).
- Microchip implantation certificate.

DORSAL ALLOCATION AND EQUIPMENT CONTROL

Dorsals will be given by the race judge. Once your dog is considered by the vets able to compete, having already been given the dorsal, the judge will check if your equipment is the correct one: canicross harness for the dog, lead, belt for the runner which will be compulsory for the long race according to "Reglamento de la Rederación Española de Deportes de Invierno " and "Liga Zona Centro de Canicross, quick freer carabineer is advisable.

Head torch use is compulsory for the nocturnal race for canicrossers and trail runners.

After the vet control that the runners will go through on Saturday morning, they will be given the dorsal for the previous race. For the rest of the races (Saturday's nocturnal and Sunday morning) runners will have to collect their dorsal before the start in the dorsal collection point set up by the organization.



4. RUNNER SERVICES:

- **TOILETS AND SHOWERS:** During the event, showers and toilets will be available to use in the municipal sports complex of Ezcaray, assigned by the Council.
- **MEDICAL SERVICES:** The race will be provided by an ambulance and health staff thanks to Red Cross.
- **PROVISIONING:** During and after the race there will be provisioning for the teams.
- **ACCIDENT INSURANCE:** Runners will be covered by an accident insurance in the race.
- **RUNNER'S BAG:** A set of gifts will be given when giving out the dorsal.
- **T-SHIRT:** A commemorative T-shirt for the event will be given. Please, let us know your size while you are completing the registration form.
- **LUNCH-PAELLA:** Included for all participants. If the companions wish to eat paella, there will be 6€ tickets on sale. Please, choose between valencian or vegan paella when you are completing the registration form.
- **PODIUM OF HONOUR:** The Children's category will be awarded for their participation.
- **PRIZE GIVE OUT:** For the long round in Canicross Demanda Xtrem:
 - Canicross classification: junior, senior, master I and II, female and male categories.
 - Absolute mixed classification, trail run & canicross.
 - In pairs classification made by trail run & canicross runner.
 - Final classification. 1st Riojano Circuit of Canicross Rioja Motor Trophy.
- **IMAGE AND DIFFUSION:** The organization will take photos and record videos during the event. Participation may mean appearing in some of those photos or videos. With the registration in any of the races, you are giving your consent to publish those images with informational purposes to what the event was like in the Association's website and social media, as well as in the media that mentions the event. If any participant wish to delete an image of themselves which has been published in the Association's media, it is possible to request so by email.
- **LIABILITY:** The Association denies all liability in case of accident, negligence as well as participants' personal effects. Participants will be responsible of all damage that they can cause to themselves or third parties.

5. COMPLEMENTARY ACTIVITIES

CANICROSS Rioja was created with educative, fun and social purposes apart from its sport nature.



We will also enjoy the company of someone really special in the great mountain races.

6. SPONSORSHIP AND CONTRIBUTORS

The Association is supported by companies that have donated products in the runner's bag and prizes, or that have offered their resources in order to organise and develop Canicross Demanda Xtrem.

7. ACCOMMODATION

The following links will allow you to consult hostels, apartments and hotels available in Ezcaray. We recommend you to contact the accommodation in advance to guarantee availability.

- Ezcaray Tourist Information Office (prices and dog admission are shown in the website): <http://applarioja.org/archivos/alojamientos-ezcaray-comarca.pdf>
- Ezcaray Council: <http://ezcaray.org/cas/turismo/alojamientos.jsp>

- Molino Viejo hostel: Wooden huts with capacity for 12 people each. 13,04€ (IVA included), accommodation and breakfast. Individual or group entry. Please, say that you are a participant when you are booking the accommodation. It is located 500 metres away from the start and finish lines. DOGS ADMITTED. <http://www.alberguesdelarioja.es/albergue-el-molino-viejo.php>

8. ADVERTISING

The Organization will advertise **CANICROSS Demanda Xtrem** by printing and distributing 1,000 A3 posters of the event. Advertisement will be hired in Oxígeno and Trail Run magazines in their published and web editions as well as in their social media. Radio adverts will be hired and the Association will spread the event by its habitual means. All of this will be made not only to increase the race participation but also to raise awareness about the social importance of dogs and promote their protection and care.

9. THE TOWN OF EZCARAY AND TOURISM

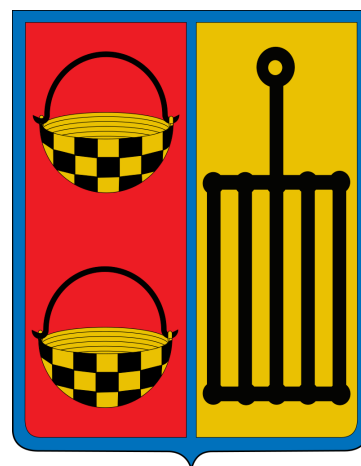
The Association will provide the participants and companions (especially those who come from other provinces) with information of the touristic interest points and promotion of the town of Ezcaray (www.ezcaray.org).

Thanks to the Ezcaray Council and Valdezcaray Ski Station for the interest they have shown in this sport and their collaboration organizing the 1st Riojano Circuit of Canicross Rioja Motor Trophy **CANICROSS Demanda Xtrem**.



valdezcaray
Estación de esquí y montaña de La Rioja

www.valdezcaray.es



www.ezcaray.org

Plus d'information et vidéos: www.canicrossrioja.es et le chaîne de [YouTube](https://www.youtube.com/).