

# BULLETIN 0

PUBLISHED ON THE 15th MARCH, 2017

**ULTRASCORÉ-ROGAINE**  
**VIA VERDE DE LA SIERRA**  
SIERRA-SUR SEVILLANA / ANDALUCIA / ESPAÑA

SUPERATE EN UN ENTORNO INCOMPARABLE...  
3º PRUEBA DE LIGA NACIONAL  
**10 DE JUNIO DE 2017**  
CLUB DE ORIENTACIÓN MONTELLANO-O  
TODA LA INFORMACION en [www.montellano-o.es](http://www.montellano-o.es)

## INTRODUCTION:

The **Third Spanish Ultrascoré Rogaine Race** will take place on the 10th June, 2017 in an amazing landscape: *Vía Verde de la Sierra*, in the Natural Reserve of *Peñón de Zaframagón* close to the mountain range of Grazales. This place of great beauty is home to the largest nesting colony of Griffon Vultures in Europe.

A spectacular mass start is waiting for you; the transfer schedule to the Start Zone must be strictly adhered to.

In order to avoid the high temperatures in June, we have organised a mixed race, starting in the afternoon and finishing at night (of different durations: 6h, 4h or 3h).

In the runner's bag there will be gifts from our club : (multi-use neck warmer, test magnet) and also gifts from the Companies that sponsor the race : (local gastronomic products).

We would like to inform you that on the same morning, we are organizing a race within the **Provincial Circuit of Seville**: encourage your family and friends to participate in the Official or Training categories in this O-Pie race (Orienteering Race) where more than 400 participants are expected (**more information at the end of this bulletin**).

This bulletin has been **translated into English and French** for encouraging **foreign participants** to discover the "Vía Verde de la Sierra" (one of the most beautiful green pathways in Europe). Montellano-O Club can answer any emails written in English and French.

We would like to express our gratitude to the **Councils of Coripe, Montellano, to the Foundation Vía Verde de la Sierra and all of the Companies** that have sponsored this event; doing their best to achieve the success of this great Rogaine.

***See you soon, we are waiting for you!***

## CLUB MONTELLANO-O

### DEFINITION:

**Ultrascore-Rogaine** is a type of orienteering race based on the strategy of choosing checkpoints to reach, teamwork, long distance navigation within a limited time and where participants compete in teams of 2-5 people. The route is free, each checkpoint has a corresponding value in points - known since the beginning of the race, when the maps are handed out and each team can develop their own strategy; depending on the physical and technical capacity of their members.

The aim of each team is to get the maximum score within the established time. If any team exceeds the time limit fixed by the organization, it will be penalized.

### LEGISLATION:

Valid legislation: **Liga Española Ultrascore-Rogaine FEDO 2017**

According to current legislation, **participants under 18 years of age** must send the corresponding **authorisation signed** by his/her parent or legal guardian to the organization Montellano-O Club. In order to complete this Authorisation (fill in **Annex 1**, at the end of this bulletin).

We would like to remind you that as stated in the regulations there will be a check of race materials, to ensure that all participants bring the minimum resources needed for the event. If **any of these compulsory items are missing**, as a consequence of this then the **team will be disqualified** (see the list of compulsory material in this bulletin).

### ORGANIZATION:

The competitions organization will be carried out by Club Montellano-O, as a member of the FEDO (Spanish Orienteering Federation), supervised by a Controlling Judge, so accepting the commitment to the achievement of the Valid Orienteering Regulations and the technical-administrative rules passed for the current season 2017.

**Person in charge of the Organization:** Magali Simonin (Montellano-O)

**Controlling Judge:** Antonio Montoro (FEDO Judge)

**Race Director:** Magali Simonin (Montellano-O)

**Race tracer:** Manuel Marmol (Montellano-O)

**Person in charge of Sportident:** Abel Jesus Otero (Fundi-O)

**Person in charge of Security:** Juan Carlos Díaz (Montellano-O)

**Person in charge of the Start Point:** Juan Antonio Muñoz (Montellano-O)

**Person in charge of the Finish Point:** Pedro Moreno R. (Montellano-O)

### PARTICIPATION:

**Except for Orienteers that belong to Foreign Clubs, it will only be possible to participate within the Official Categories, holding the FEDO season licence**, issued by the corresponding federations, and notified to FEDO, according to the unique licence law. **All other participants can only take part in Open or Promotion Categories with the corresponding FEDO licence.** The names of the participants with no FEDO season licence (even foreign participants) will be sent with their ID-card, date of birth and the bank receipt as proof of having paid the corresponding licence fees to the General Secretary, no later than the Thursday before the race.

**All participants under 18 years of age** must send an **authorization signed** by their parent or legal guardian (fill in the document **Annexe 1**).

### CATEGORIES:

Participants with no FEDO season licence can only take part in the Open categories (except for foreign participants).

OFFICIAL CATEGORIES ( <u>with</u> FEDO licence <u>or</u> for foreign orienteers)		DURATION
Male- Open	No age limit	6h
Female- Open	No age limit	6h
Mixed- Open	No age limit	6h
Male-Veteran	40 years old or over in 2017	6h
Female-Veteran	40 years old or over in 2017	6h
Mixed-Veteran	40 years old or over in 2017	6h
Male-Superveterans	55 years old or over in 2017	4h
Female-Superveterans	55 years old or over in 2017	4h
Mixed-Superveterans	55 years old or over in 2017	4h
Male-Junior	20 years old or under in 2017	4h
Female-Junior	20 years old or under in 2017	4h
Mixed- Junior	20 years old or under in 2017	4h
Veteran- Junior	20 years old or less and 40 years or more in 2017	4h
OPEN CATEGORIES ( <u>without</u> FEDO licence)		DURATION
Long Open	No age limit	6h
Short Open	No age limit	3h

### TEAMS:

**Teams will be made up of 2 to 5 orienteers.** They should always stay together, being allowed a maximum separation of 20 metres between them, and a maximum difference of 1 minute from the first to the last team member to reach the check point. They must compete independently in regard to food, water and clothing for the duration of the race (**several water stations will be available**).

**PROGRAMME:**

**DAY 11/03**

09:00 h. Beginning of the Registration Period

**DAY 01/06**

23:59 h. End of the Registration Period without extra fee

**DAY 02/06**

00:00 h. Beginning of the Registration Period with extra fee

**DAY 03/06**

23:59 h. End of the Registration Period with extra fee

**DAY 09/06**

18:00 h. Opening of the Sports Centre (hard floor) in Coripe

20:00 h. Participants reception in San Pedro square in Coripe (lasting 2h)

**DAY 10/06**

14:00 h. Participants reception in San Pedro square in Coripe

16:00 h. **6h**-participants\_transfer towards the start zone

16:30 h. Materials check **6h**

16:30 h. **3h and 4h**-participants\_transfer towards the start zone

17:30 h. Materials check **3h and 4h**

17:30 h. Technical Briefing **6h**

17:45 h. Map delivery **6h**

18:00 h. **6h** Departure

18:30 h. Technical Briefing **3h and 4h**

18:45 h. Map delivery **3h and 4h**

19:00 h. Departure **3h and 4h**

22:00 h. **Arrival (3h) without penalty**

22:30 h. Closing of finish line **3h**

23:00 h. **Arrival (4h) without penalty**

23:30 h. Closing of finish line **4h**

00:00 h. **Arrival (6h) without penalty**

00:30 h. Closing of finishing line **6h**

00:30 h. Handing out of awards in San Pedro square

	RECEPTION	TRANSFER	MATERIAL CHECK	TECHNICAL BRIEFING	MAP DELIVERY	START
TEAMS 6h	14h00	16h00	16h30	17h30	17h45	18h00
TEAMS 3h+4h	14h00	16h30	17h30	18h30	18h45	19h00

#### PARTICIPANTS TRANSFER:

**All the participants must adhere to their specific transfer time** from the Competition Centre (Plaza San Pedro, in Coripe) towards the Start Zone:

**16:00 for participants 6h**

**16:30 for participants 3h and 4h**

In order to start the transfer **each team will carry their corresponding number and the sealed Sportident card. There will be a mandatory “clean” and “check” of the Sportidentcard when we start the transfer.**

The transfer consists of walking 1,5km along a marked route and under organization supervision. **It is completely forbidden to go off the marked route.**

The organization recommends the use of baseball caps (or similar) during the transfer to avoid the risk of sunstroke.

#### START ZONE:

There will be a **Water Station provided** in the Start Zone.

The organization will check all the **compulsory material** of **all the groups**.

**The teams with insufficient compulsory material will not be allowed to compete.**

A final briefing will take place 30 minutes before the departure time.

The participants will receive their map 15 minutes before the departure time.

#### SPORTIDENT SYSTEM:

**The race timing will be done by Sportident system.**

The authorized cards for the 3 Orienteers Categories will be the following:

	SIAC	SI-Card 11	SI-Card 10	SI-Card 9	SI-Card 6
6h- TEAMS	YES	YES	YES		
4h- TEAMS	YES	YES	YES	YES	YES
3h- TEAMS	YES	YES	YES	YES	YES

There will be Sportident cards available for participants to rent (request them when filling in the Registration Form, or by email to [inscripcion@montellano-o.es](mailto:inscripcion@montellano-o.es)) with a cost of 3 euros. In order to collect them in the Competition Centre it will be compulsory to leave a 50 € deposit or an ID-card.

The SI card must be carried fixed to each member's wrist during all of the race, with the corresponding unbreakable seal which the organization will give you together with the number. **The seal will only be removed by the organization when the team reaches the finish line. If any participant breaks the seal, the whole team will be disqualified.**

**REMEMBER** that the **maximum difference between the first member to reach a check point and the last one to do it is 1 minute. If this rule is not followed, the team will be disqualified.**

**COMPULSORY MATERIAL:**

The organization will check all the Compulsory Material of all the teams.

The teams with insufficient compulsory material will not be allowed to compete.

PARTICIPANT	TEAM
Sealed SportIdent Card	Mobile phone
Bag	Isothermal Emergency Blanket
Whistle	<b>First Aid Kit:</b> bandage or dressing (i.e. Compeed), stitches, vaseline and muscle cream, sterile compresses, surgical tape and antiseptic liquid.
Torch with batteries	
Food for the day	
Water Bottle	
Waterproof Jacket	
Warm clothing	
<i>Trainers with good grip</i>	

### MOBILE PHONE:

For safety reasons, it is compulsory that each team carries a mobile phone, with full battery, which **will be turned off during the competition**. To be used in the case that the check point is not at the marked place on the map and then the team can prove having reached that point with a picture of such location with a member of the team on it.

**It is recommended by the Organization for all of the teams:**

**-Enter and store both emergency numbers in the mobile phone, in addition to having them printed on the maps:**

**Security Coordinator: 656973347**

**Race Director: 695286873**

**- Put a sticker on the mobile phone with the unlock and activation key number available, so that any member of the team can turn it on.**

### START:

The Start will be all teams together at the same time. The Checkpoint Description Sheets will be handed out with the map, before the beginning of the race, however they will have been published on the competition website 48 hours in advance.

When entering the Start zone, the Organization will check all of the compulsory material. Maps will be handed out 15 minutes before the departure time, to all the participants at the same time.

### FINISH:

Teams will complete the race when they reach the Finish line together; if this is not the case, they will be penalised with the corresponding penalty and with the time running until all the members of the team reach the Finish line.

- The closing times for the Finish of the 6h, 4h and 3h are indicated in this programme.

**- If any team withdraws from the race, under any circumstances, then the judges must be informed at the Finish zone.**

### WATER STATIONS:

The Organization will have 3 Water Stations available and marked on the map (a member of the Organization will always be there serving as a safety link), and also the Water Station located at the Finish Zone.

The first Water Station will be at the Start Zone.

### CHECK POINTS:

The race is completed as each of the check points is achieved.

The corresponding check points have different value (from 3 to 9 points) depending on their location and physical and technical difficulty. The **value of each check point corresponds to the number of tens in the code**: for example, the value of check point 42 will be 4 points (being 4 times 10) and the value of check point 81 will be 8 points.

**The number of check points for each race will be the following:**

**6 hours:** 60 check points.

**4 hours:** 40 check points.

**3 hours:** 30 check points.

The corresponding **Checkpoint Description sheet** will be published on our website : [www.montellano-o.es](http://www.montellano-o.es) 48 hours in advance.

It will be also available the day of the race and it will be separate from the map.

### **RANKING:**

The ranking will be established according to the obtained points: it will be the **total score of the corresponding check points** which have been reached by the team. The **penalties for arriving late to the Finish line** will be the following:

- **From** 00:00 minute up to 10:00 minutes, the team will lose 1 point per minute.
- From 10:01 minutes up to 20:00 minutes, the team will lose 2 points per minute.
- From 20:01 minutes up to 30:00 minutes, the team will lose 3 points per minute.
- **OVER** 30:00 minutes , all points will be lost.

If two teams obtain the same score, the winner will be the team which has spent less time in the race. If there is still a draw, the winner will be the team which has reached more check points.

### **AWARDS:**

The awards will be given to the best three teams of each category.

### **SAFETY:**

In order to participate in the competition you must follow the safety rules of the Organization.

Emergency phone numbers are included on the maps:

**Safety Coordinator: 656973347**

**Race Director: 695286873**

### **Accident:**

In the case that you need to ask for help, for being lost, or involved in any accident or incident, the affected team will use any available means to contact the Organization.

The members of the team will try to stay together and not separate ,in the instance that one of them suffers an accident or incident that impedes him/her to move, it is only permitted to leave the injured person alone if this action doesn't make their condition worsen and only with the aim of looking for help.

### **Providing assistance:**

Any participant is obliged to provide assistance to any person, in danger and asking for help. If any team denies such help, they will be disqualified, without prejudice, of any penal responsibilities that may occur. If it is verified that any team requesting it, has no sufficient reasons to ask for help then they can be penalized or disqualified. The team that provides help can be compensated for the lost time.

### **Insurances:**

FEDO has taken out a Sports Accident Insurance Policy for the participants assistance and civil responsibility in relation to any damages caused to third parties during the competition.

### **Responsibilities:**

FEDO and Montellano-O Club provide all the available means in order to avoid risks during the planning and development of the competition. However, it will be the responsibility of the participants, in the case of their lack of foresight or of assuming unnecessary risks.



FEDO and Montellano-O Club will not be responsible for injuries suffered by the participants during the development of the race, or for the loss and damage of any items used by them.

The Organization of the race will not be responsible for the consequences resulting from the suspension of the competition, or the cancellation of the competition once it has started; due to external circumstances or those beyond its control, such as fire, inclement weather, flooding, etc. During the course of the competition the Organization reserves the right, under medical advice, to remove from it any participant deemed to not be in suitable condition.

#### COMPLIANCE OF THE RULES:

##### **The Controlling Judge:**

The FEDO has designed **Antonio Montoro** as Controlling Judge, and he will be the person in charge of the Orienteering Regulations, guaranteeing the fulfilment of the valid annual rules, and those particular rules passed by FEDO.

##### **The Technical Jury:**

The Controlling Judge will designate the Technical Jury, among the participant teams, composed of two representatives and two substitutes that must belong to a different autonomous region than the organizer's region, and from different teams.

The substitutes will be part of the Technical Jury in the case that any of the permanent members of the jury's team will be involved. It will comprise of the Controlling Judge (voice and vote), two representatives of the participants' teams (voice and vote), the organization representative (voice but not vote).

Claims will be addressed to the organizer, prior to the completion of the event, and complaints will be addressed to the Technical Jury of the competition, up to 30 minutes after the race finishes. The decision of the Technical Jury can be appealed as per the corresponding procedure included within the Orienteering Rules.

#### RACE TRACER COMMENTS:

« The Sierra Sur, in Seville, the setting of the competition, is a mountain range which belongs to the Béticas mountains, located in the Southeast of the province of Seville, bordering the province of Cádiz.

The mountain range is characterized by the presence of a rugged terrain, full of low elevations (not exceeding 1,000 metres), but with marked reliefs and the presence of rocky outcrops of limestone and dolomite. Amongst them stands the impressive rocky outcrop of the Rock of Zaframagon, which is a Nature Reserve having a route prohibited for public use – due to the existence of the largest colony of Griffon Vultures in Andalucia.

The Green Pathway and the Guadalporcún River are the axes that go through the map and constitute the compulsory reference points for the participants. There are lit tunnels in the Green Pathway. We recommend maximum caution when using them due to the presence of cyclists with mountain bikes on the route.

Compulsory routes will be established for crossing the river. It is not recommended to use another crossing place, because, although at the time of the year that the race will be held the water level will be low, safety is not guaranteed if you do not follow the organizations advice.

The dominant vegetation of the area is the Mediterranean forest, with Oaks, Carob and Olive trees. Penetrability in this part of the forest is very variable, there are clear zones where transit is easy and other zones of impenetrable, dense and jumbled low vegetation. The use of protective leggings or gaiters is recommended for passing through them.

Moreover, there is a reforestation zone of Pine trees and also Olive trees which allow good visibility. There is an extensive network of roads and firebreaks that will ease navigation.

It is **compulsory to use lights during the night part of the race and also for when using the tunnels on the Green pathway.**

Finally, given the time of year when the Ultrascorogaine will be celebrated, the temperature is expected to be high. Therefore we strongly recommend that participants carry a large amount of water with them to avoid dehydration. In addition there will also be several Water Stations throughout the route.

*Manu Marmol, race tracer, March 2017.*

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#### **MAP:**

The map scale used for the race will be **1/20,000** with equidistance on **level curves of 10 metres.**

The **map area is 40km<sup>2</sup>.**

The map will be **A3 size.**

The map has been designed by **Juan Carlos Díaz** and **Cristo Pérez Del Pino** in November 2014. It has been revised by **Magali Simonin** in March, 2017.

#### **LOCALIZATION:**

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#### **COMPETITION CENTRE / FINISH ZONE**

Plaza San Pedro, Coripe

[36.970787, -5.441045](#)

#### **SPORTS CENTRE**

Av. Lepanto, Coripe

[36.973087, -5.439091](#)

#### **CARAVAN PARK ZONE**

Av. Marbella, Coripe (follow the signs)

[36.978643, -5.439644](#)

#### **CAR PARK ZONE 1**

Av. Marbella, Coripe (follow the signs)

[36.975157, -5.439735](#)

#### **CAR PARK ZONE 2**

Ctra. A-8126. (follow the signs)

[36.969457, -5.439772](#)

## REGISTRATIONS:

Limited registrations up to 500 participants.

There will be two registration systems:

### Participants belonging to FEDO clubs:

The participants with FEDO season licence will be registered using the FEDO inscription system.

Those participants without FEDO season licence but belonging to a FEDO club could also use this system.

**<http://www.fedo.org/web/inscripciones>**

The team's name will be indicated in the field "Observations".

### Foreign participants / Participants non-belonging to FEDO clubs:

All the foreign participants and Spanish participants without FEDO season licences that do not belong to any FEDO club, can do the registration on the following website:

**[www.orienteingonline.net](http://www.orienteingonline.net)**

It is compulsory to indicate an ID-card number and date of birth in order to process the race licence. The team's name will be indicated in the field "Observations".

### REGISTRATION periods:

#### **DAY 11/03**

09:00 h. Beginning of the registration period

#### **DAY 01/06**

23:59 h. End of the registration period without penalty fee

#### **DAY 02/06**

00:00 h. Beginning of the registration period with penalty fee

#### **DAY 03/06**

23:59 h. End of the registration period with penalty fee

### Form of Payment:

Club Montellano-O

Banco Sabadell **ES08 0081 5576 0400 0102 0509**

It is necessary to send the corresponding bank receipt of having paid the race to the following address:

**[inscripcion@montellano-o.es](mailto:inscripcion@montellano-o.es)**

The registration will not be valid until the money transfer is done.

### By Team:

The team will make a single payment with the total amount corresponding to its members registration fees.

Concept: **Rogaine2017 + <team's name>**

### Clubs:

Clubs will make a single payment with the total amount corresponding to its runners' registration fees.

Concept: **Rogaine2017 + <club's name>**

### Fees:

The extra fee charged after the 2nd and 3rd June will be 5 euros.

The participants without FEDO season licence will have to pay 2 euros extra for the race.

The participants with no SportIdent card (see authorized models) will have to pay 3 euros extra for renting it.

	Up to 1st June	From 2nd June onwards
6h-TEAMS	20 € / participant	25 € / participant
4h-TEAMS	17 € / participant	22 € / participant
3h-TEAMS	15 € / participant	20 € / participant

### ACCOMMODATION:

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#### **Economical accommodation run by Montellano-O Club:**

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**Hostel “El Vivero” in Montellano** (12km from Coripe), with shared rooms (2 for men and 2 for women) and with 2 big bathrooms with separate showers.

There are places for 16 men and for 16 women.

Prize per person per night: **10 euros**

Beds have a bottom sheet, pillows and pillowcases: it is necessary to bring your own sleeping bag. Breakfast is not included: opposite the hostel there is a restaurant “Venta el Potaje” which offers economical breakfasts and meals.

Available nights: Friday 9th June and Saturday 10th June.

Reservations in [inscripcion@montellano-o.es](mailto:inscripcion@montellano-o.es)

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#### **More accommodation (sorted by car distances):**

- “Estación de Coripe” located in Vía Verde de la Sierra (2km away from Coripe)

More information in [www.laestaciondecoripe.com](http://www.laestaciondecoripe.com)

- Rural House per room “**Huerto del Espino**” (1km away from Coripe)

More information in [www.toprural.com](http://www.toprural.com)

- Houses for rent “**Coripe Rural**” (located in Coripe)

More information in [www.coriperural.es](http://www.coriperural.es)

-Hotel “**Andalou**” (located in Montellano, 15km away from Coripe)

More information in [www.hotelandalou.com](http://www.hotelandalou.com)

-Hostel “**Bobí**” (located in Montellano, 15km away from Coripe)

Call for reservation (0034) 954875356

-Hostel “**Casa Viñita**” (located in Montellano, 15km away from Coripe)  
Call for reservation (0034) 954 87 56 04

-”**Antigua Estación de Tren de Puerto Serrano**” in Vía Verde de la Sierra (25km away from Coripe). Call for reservation (0034) 678107526

-”**Estación Vía Verde de Olvera**” located in la Vía Verde de la Sierra (42km away from Coripe). More information in [www.sesca.es](http://www.sesca.es)

-More accommodation in the city of **Algodonales**.

#### ADDITIONAL INFORMATION:

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In order to keep informed about the race:

- Our **webpage:** [www.montellano-o.es](http://www.montellano-o.es)

- Our **Facebook:** *Montellano-O*

#### ANNEXED INFORMACION:

##### **PROVINCIAL RACE IN CORIPE ON THE 10/06 IN THE MORNING:**

Montellano-O Club organize, besides the event UltraRogaine “Vía Verde de la Sierra” the third race of **O-Pie** (orienteering race) **within the Provincial Circuit of the Council of Seville** next to Vía Verde (medium distance).

We recommend that you participate (or enroll your family or friends) in this quality race (with SportIdent system) and with a starting time of 9h30 a.m. ( Finish line closes at 2.00 p.m.) where most of the orienteer racers from the province of Seville will compete; **more than 400 orienteers** are expected .

Newsletter 0 of this provincial race will be available from the **1st April** on the club website: [www.montellano-o.es](http://www.montellano-o.es)

Montellano-O offers a pre-registration system for this race on our website from the **1st April**, only for **the UltraRogaine runners and their companions** (it is mandatory to name the UltraRogaine team in order to use this pre-registration service).

**ANNEXE 1:**

- Document to be submitted, completed and signed for all **participants under the age of 18:**

I, \_\_\_\_\_, with ID-card number \_\_\_\_\_

Parent or Legal Guardian of:

Name: \_\_\_\_\_ Surnames: \_\_\_\_\_

ID-card number: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Club: \_\_\_\_\_ Country of Residence: \_\_\_\_\_

**I hereby GIVE MY CONSENT for his/her participation in the Ultrascoré Rogaine "Vía Verde de la Sierra" on the 10th June, 2017.**

In \_\_\_\_\_, on the \_\_\_\_\_ 2017.

Signed: \_\_\_\_\_