

## BIBS NUMBERS

### Collection

Prades civic center: <https://maps.app.goo.gl/Jq8fGJfcC6GrUorp7>

### Horaris

Friday: 17:00h a 20:00h Bib pickup 100k, 50k, 25k

Saturday: 5:00h a 5:30h Bib pickup 100k 5:00h a 5:45h  
5:00h a 5:45h Drop-off of life bags 100K  
7:00h a 8:00h Bib pickup 50k  
16:00h a 19:00h Bib pickup 25k, promeses i genuine

Sunday: 8:00h a 9:30h Bib pickup 25k, promeses i genuine

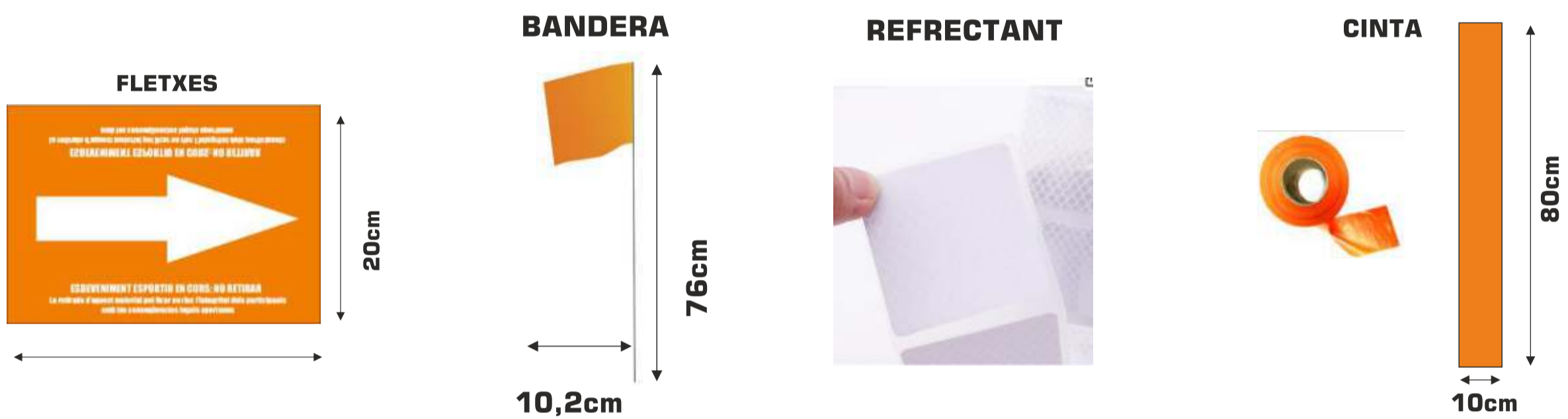
### Required:

- ID card or passport + photocopy of Federation card or private insurance (if you do not have the organization's insurance)
- Picking up a bib for another runner: photocopy of ID card or passport + photocopy of their card if available + written authorization.



## Material de marcatge

Normally orange colour. **Possible alternative belt red and white with @uttgn logo**



## WEATHER

<https://www.meteoprades.net/>

There is no expected rainfall throughout the weekend.

The forecasted temperatures from Friday to Sunday are between 7 and 17 degrees Celsius.

On Sunday, wind gusts between 30 and 100 km/h are expected, which may result in a lower perceived temperature.



## FINAL TRACKS

We have attached a link where you can download the final tracks. We have made some adjustments to certain points and made minimal modifications to the route for everyone's safety. These changes do not affect the distance or elevation significantly.

<https://www.muntanyesdepradesepictrail.com/tracks-definitius>

**IT IS VERY IMPORTANT TO HAVE THE TRACK LOADED ON YOUR WATCH OR PHONE. FOR REASONS EXTERNAL TO THE ORGANIZATION, THERE COULD BE SECTIONS WITH A LACK OF SIGNALS**

## HAZARDOUS POINTS ON THE ROUTE

### MUNTANYES DE PRADES 100K:

- KM 28.5: Before Av3 Montblanc. Exposed stone-to-stone passage.
- KM 47.5: Els Cogullons (Farena). Exposed passage.
- KM 85.1: Grau de VinCabré. Slippery stone plates.
- KM 97.8: Mirador de la Guàrdia. Precipice on the left side.
- Between KM 98.5 and 99: Very steep and damaged path due to wild boar activity.

### PUIG DE GALLICANT 50K:

- KM 43.2: Grau de VinCabré. Slippery stone plates.
- KM 56.2: Mirador de la Guàrdia. Precipice on the left side.
- Between KM 56.7 and 57: Very steep and damaged path due to wild boar activity.

### ERMITA DE L'ABELLERA 25K:

- KM 2.9 to 3.3: Ermita de l'Abellera. Very steep descent

## CRONOMETRATGE I APP DE SEGUIMENT

It is mandatory to pass through the timing point at each aid station or checkpoint.

Race tracking APP

[https://play.google.com/store/apps/details?id=com.sportmaniac\\_live\\_app\\_android.run\\_live\\_13\\_5&pcampaignid=web\\_share](https://play.google.com/store/apps/details?id=com.sportmaniac_live_app_android.run_live_13_5&pcampaignid=web_share)

<https://apps.apple.com/es/app/run-live-13-5/id1544096633>

## WITHDRAW PROTOCOL

### Check the runner's guide carefully

Leaving the race outside of an aid station is not allowed, except if the runner is injured. Once at the aid station, the runner should inform the aid station personnel of their decision to withdraw from the race. The race number will be invalidated, and they will be identified as withdrawn. Regarding evacuation, please consider the following:

If the withdrawn runner chooses to return by their own means (e.g., friends picking them up), they must still inform the organization of their withdrawal. Otherwise, the organization may consider them lost and activate the rescue alarm.

The runner should wait at the aid station until it closes to return with the aid station personnel's available means.

ADVICE: When at an aid station, carefully assess your strength and, most importantly, estimate the distance to the next aid station before continuing, and don't venture forward if you're not confident you can make it.

**CECOC (RACE CONTROL CENTER) Phone: +34 676 67 23 21.**

## MANDATORY EQUIPEMENT

The mandatory equipment is listed in the runner's guide.

**For the 25K distance (due to the wind forecast), a windbreaker is added.**

