



REGULATION

UNISPORT CONSULTING S.L., organizes on June 1, 2024, the 9th edition of the "10 & 5 MILES CIUTAT DE MAÓ", whose start will take place at 6:30 p.m. at the Fortress of La Mola (Port de Maó) for the 10 Mile runners and in the Urb. of Cala Llonga, in the Passeig dels Mariners (Park), for 5 Mile runners. The Finish Line will be the same for both distances and will be located in the Port of Maó (Cruise Ship Maritime Station).

RACES:

- 10 Miles (16,090 km)
- 5 Miles (8,045 km)

REGISTRATIONS:

Online registrations can be made through the website of the event: www.carreramao.com.

The deadline for online registration will be May 30, 2024.

In the event that there are entries available, you can register in person at the bib collection table, at the Decathlon Maó – Menorca store, Av. d'Europa, 3 – 07714 Maó, on Friday 31/05/2024 from 5 p.m. to 8 p.m.

The minimum age to participate in the **10 MILLES CIUTAT DE MAÓ** is 18 years old on the day of the race.

The minimum age to participate in the **5 MILLES CIUTAT DE MAÓ** race is 16 years old, being turned in 2024.

For children under 18 years of age, it is essential to present parental or guardian authorisation when collecting the bib number.

Participants with functional diversity are free to register. They can request the code via email info@unisportconsulting.com

Registration in the event implies full acceptance of these regulations.

Registration fees:

10 Miles (16,090 km)

- Until 30/04/24 €20 + booking fee (€0.90)
- From 1 to 30/05/24 €25 + booking fee (€0.90)
- In-person registrations** €35 + booking fee (€0.90)

5 Miles (8,045 km)

- Until 30/04/24 €15 + booking fee (0,90€)
- From 1 to 30/05/24 €20 + booking fee (€0.90)
- In-person registrations** €25 + booking fee (0,90€)

Participants who are not members of the Athletics Federation must pay €1 for insurance.

Participants who do not have a chip must rent a white chip at the time of registration and that will be given to them along with the bib number. Price: 2 € rent. At the end of the race, the rental chip must be returned.

**In-person registrations will only be made if there are entries available on the date 31/05/2024.

€2 from each registration will be allocated to the Spanish Association Against Cancer.

Registrations are considered final, so it is not possible to replace one athlete with another.

Registration Return Policy:

- Until April 15th: REFUND of 50% of the registration fee
- From April 16th to May 15th: REFUND of 30% of the registration fee.
- From May 16th, **cancellations will not be accepted for any reason.**

If, for any reason beyond the control of the Organization: health pandemics, terrorist actions, climatic circumstances, accidents or cuts in sections of the route, denial of government authorization for any reason or pretext, etc., the race cannot be held on the scheduled date, at the request of the participant, the Organization will refund 75% of the amount of the registration fee. The remaining 25% will remain in the hands of the Organization to cover the management costs of each participant, such as bank commissions, insurance, bib making or other expenses incurred on the occasion of registration.

In the event of postponement, the participant may also choose to deposit the total amount of their registration and keep it open for the new date.

Services included in the registration:

- Commemorative gift of the race.
- FINISHER Medal.
- Athlete Services:
 - Refreshment stations during the races.
 - Post-race refreshments.
 - Cloakroom service.
 - Medical assistance in the race.
 - Transfer by bus to the start of each race.

ACTIVITIES PROGRAM:

Friday, May 31

- 17.00 – 20.00 h. – Decathlon Maó – Menorca, Av. d'Europa, 3 – 07714 Maó
 - Bib numbers pick-up.
 - Last minute registrations (if there are entries available)

Saturday, June 1

- 10.00 – 14.00 h. - Decathlon Maó – Menorca, Av. d'Europa, 3 – 07714 Maó
 - Bib numbers pick-up.
 - **On this day, there will be no last-minute registrations**
- 16.15 – 17.00 h - Cruise Ship Maritime Station (FINISH LINE)
 - Bib numbers pick-up.
 - **There will be no last-minute registrations**
- 17.30 h – Parking lot of the Cruises Maritime Station
 - Bus departure for 10 Miles participants
- 17.45 h – Parking lot of the Cruises Maritime Station
 - Bus departure for 5 Miles participants

- 18.30 h. – Fortaleza de la Mola
 - Start 10 MILLES CIUTAT DE MAÓ
- 18.30 h. – Cala Llonga (Park) Passeig dels Mariners
 - Start 5 MILLES CIUTAT DE MAÓ
- 18.55 h. – FINISH LINE Cruise Ship Maritime Station
 - Expected arrival of the first classified 5 Miles.
- 19.30 h. – FINISH LINE Cruise Ship Maritime Station
 - Expected arrival of the first classified 10 Miles.
- From 20 h. – 10 & 5 MILLES CIUTAT DE MAÓ TROPHY CEREMONY.
- Arrival deadline Finish Line: 20.30 h.
- 21 h – Deadline for collection of belongings at the cloakroom.

REFRESHMENTS: Water, isotonic and fruit at the following kilometer points and at the finish line.

10 Miles: 1st point - 3.61 miles (5,800 m), 2nd point - 7.15 miles (11,500 m), 3rd point FINISH LINE
5 Miles: 1st point - 2.12 miles (3,400 m) - 2nd point FINISH LINE

RACE CONTROL:

It will be done by means of a chip that must be fixed in the shoe (laces / adhesive Velcro closure), **less than 30 cm. from the ground** to ensure correct timing.

Participants who have a yellow chip can use it by entering a code in the registration form.

Participants who do not have a chip must rent a white chip at the time of registration and that will be given to them along with the bib. Price: 2 € rent. At the end of the race, the rental chip must be returned.

If the chip is not available or is set incorrectly, it will not be possible to time the race time.

BIB NUMBERS PICK UP:

Place: **Decathlon Maó – Menorca, Av. d'Europa, 3 – 07714 Maó**

Friday, May 31st, 17:00 – 20:00 h. – Bib numbers pick-up and last-minute registrations.

Saturday 1st June 10:00 – 14.00 h - Bib numbers pick-up (On this day there will be no last-minute registrations).

Place: **Cruise Ship Maritime Station (FINISH LINE)**

Saturday, June 1, 16.15 – 17 h. - Bib numbers pick-up (No last-minute registrations).

To pick up the bib numbers, an official identity document (ID card, passport, driver's license) will be essential.

To pick up the bib numbers, athletes who have claimed to be federated will have to provide proof from the corresponding Athletics Federation, for example a certificate. Only federated in athletics are admitted.

Participants who are unable to attend the collection of their bib in person may authorize another person. There is a form which the authorized person must bring filled out, along with their ID and a photocopy of the authorizer's ID. This document can be downloaded from the website. **This procedure is essential to collect a bib from a third person, even if they are relatives. In case of collecting a bib of a federated person, the accreditation indicated in the previous paragraph must be presented.**

TRANSFER FOR PARTICIPANTS:

The organization will make available to the participants, upon request in the registration form, a free transfer service to the starting line of each distance.

All participants, along with their bib number, will be given the ticket to access the bus.

The bus for the **10-mile race will leave at 17.30h.** from the parking lot of the Cruise Ship Maritime Station.

The start of the 10 Miles, Fortaleza de la Mola, has parking that will be enabled for companion cars, however it is convenient to take into account that the access road to La Mola will be closed from 5:00 p.m. and that in the event that a companion does not leave La Mola before the departure, you will have to wait in line for the race.

The bus of the 5 **Mile runners will leave at 17.45h** from the parking lot of the Cruise Ship Maritime Station.

The organization recommends using the free means of transport (only for participants) that are provided, as the road will suffer significant traffic restrictions. In addition, we remind you that there will be no return bus service from the Finish Line to the places of both starts.

CATEGORIES

Classifications will be made for each of the categories listed:

- Men's 10 Mile & 5 Mile Overall
- Women's 10 Mile & 5 Mile Overall

The following classifications are established based on the age of the participants in 10 miles and 5 miles (all of them will receive a trophy for the 1st place):

- Junior male and female (born in 2007 and 2008) (16 – 17 years inclusive) *(can only participate in the 5 miles)
- Junior male and female (born in 2005 and 2006) (18 – 19 years inclusive)
- Promise (born in 2002, 2003 and 2004) (20 – 22 years inclusive)
- Senior male and female (born from 2/06/89 to 31/12/2001) (23 – 34 years inclusive)
- M35/W35 (35 – 39 years inclusive)
- M40/W40 (40 – 44 years inclusive)
- M45/W45 (45 – 49 years inclusive)
- M50/W50 (50 – 54 years inclusive)
- M55/W55 (55 – 59 years inclusive)
- M60/W60 (60 – 64 years inclusive)
- M65/W65 (born before 2/06/59)

CLASSIFICATIONS

All classifications are the sole and exclusive responsibility of the members of the Committee of Judges and Timekeepers of the FAIB (Federació d'Atletisme de les Illes Balears).

TROPHIES: The following runners will receive trophies

- **10 Miles:**

- The first classified in the men's absolute category will receive a trophy and **10 Kg of DO Mahón-Menorca Cheese.**
- The first classified in the women's absolute category will receive a trophy and **10 kg of DO Mahón-Menorca Cheese.**

- Trophy for the 2nd and 3rd classified in the men's absolute category.
- Trophy for the 2nd and 3rd classified in the women's absolute category
- Trophy for the 1st classified and 1st classified in each category by age of the regulations, male and female

● **5 Miles:**

- The first place finisher in the men's senior category will receive a trophy and **5 Kg of DO Mahón-Menorca Cheese.**
- The first classified in the women's absolute category will receive a trophy and **5 Kg of DO Mahón-Menorca Cheese.**
- Trophy for the 2nd and 3rd classified in the men's absolute category.
- Trophy for the 2nd and 3rd classified in the women's absolute category
- Trophy for the 1st classified and 1st classified in each category by age of the male and female regulations.

CLOAKROOM SERVICE:

At the start there will be a bag custody service for the participating athletes.

The locker will remain open until fifteen minutes before the race (18.15 h). Only one piece of luggage per participant will be admitted.

The bag must be closed and identified with the label that the organization will provide you with when you pick up the bib number.

An area will be set up in the Post-Finish area where the participants' bags will be deposited, distributed by number. The withdrawal will be made by presenting the bib number.

The organization is not responsible for personal belongings left in the cloakroom.

The maximum time for the collection of belongings will be 21h on the day of the race.

MEDICAL SERVICES:

There will be a doctor responsible for this service.

Each runner participates in the race under his/her own responsibility and declares to have a sufficient level of physical condition to face the race. The Organization recommends that all runners undergo a medical examination and/or a stress test before taking the start.

AMBULANCE SERVICE:

There will be a service in the race queue for each of the races and finish line.

RACE INSURANCE:

All officially registered participants who have claimed to be federated, participate under the coverage and insurance conditions of the Athletics Federation of their autonomous community. Athletes who have not claimed to be federated and therefore have taken out the race insurance, will be covered by the policy arranged by the organization, which will cover accidents that may occur as a direct consequence of the development of the race, but never as a result of a latent illness or defect, injury, recklessness, negligence, non-observance of the laws and the articles of the regulations, etc., or those produced in the journeys to and from the place where the race takes place.

The organization declines all responsibility for any damages that participants may suffer or cause to third parties in the hours following their participation in the race.

Athletes who have claimed to be federated will have to provide the original of their license. In case your federation does not provide you with a license document, you will have to provide a certificate from the relevant federation. Only federated in athletics are admitted.

As they are not covered by the organization's insurance, it is strictly forbidden to accompany participants by any type of vehicle, device or on foot. **This includes strollers for infants or children.**

EXCEPTIONAL RULES

It is reported that some points of these regulations may be modified to follow the safety rules set by the health authorities or others at the time of the event.

DISCLAIMER:

Considering that I have registered for **10 MILLES & 5 MILLES CIUTAT DE MAÓ** I agree to comply with the rules that regulate the race, as well as the rules of the race direction and I accept the regulations that can be found on the website of the organization.

Hereby:

- I admit that I am solely responsible for all my possessions and sports equipment during the development of the event and its collateral activities.
- I affirm and verify that I am physically prepared and sufficiently trained for this competition and that I have passed the appropriate medical examinations. Being physically well prepared for the competition, I am in good general health, without suffering from illness, physical defect or injury that could be aggravated by my participation in the competition. If during the race, I suffer any type of injury or any other circumstance that could seriously harm my health, I will inform the Organization as soon as possible.
- I agree to receive medical treatment at my own expense if necessary due to injury, accident and/or illness during the race. For this reason, I attend of my own free will and initiative, fully assuming the risks and consequences derived from my participation.
- I allow the free use of my name and any image in any publication or media taken during the event.
- I exempt the organization, event directors, collaborators, sponsors and volunteers from the event of any responsibility or claim on my part. Including any direct or indirect harm or injury and cases of death. It is not applicable if the damage or injury is due to the bad action or negligence on the part of the organization.
- I have sufficient physical capacity, technical dexterity and survival resources to guarantee my own safety, under the conditions of autonomy in which the race takes place.
- I master and commit myself to comply with the safety rules and protocols established by the Organization for the event, as well as to maintain a responsible behavior that does not increase the risks to my physical or mental integrity. I will follow the instructions and abide by the decisions made by those responsible for the Organization (judges, doctors and organizers) on security issues.
- I authorize the Medical Services of the event to perform any cure or diagnostic test that I may need, whether or not I am in a position to request it; At their request, I agree to abandon the event if they deem it necessary for my health.
- My bib number is personal and non-transferable, so it cannot be worn by another participant or any person in my place.
- I know that the organizing entity reserves the right to admit or not admit any participant, even if I have paid the registration fees that would be returned to me in case of not being admitted.
- I am committed to following the general guidelines of respect for the environment:
 - a) Move cautiously through the race circuit.
 - b) Do not cause alterations in the processes and natural functioning of ecosystems.
 - c) Do not deteriorate biotic, geological, cultural or landscape resources in general.
 - d) Circumvent or avoid environmentally sensitive areas.
 - e) Relieve oneself in appropriate places or, in any case, away from points of passage or gathering of people.
 - f) Do not dump or abandon solid or liquid objects or waste outside the places usually authorized for their collection.

The organisers reserve the right to change or modify any information regarding the race or cancel it due to

force majeure, publishing it on the official website.

Motorized vehicles or bicycles, scooters, etc. that do not belong to the organization are strictly prohibited. Official motor vehicles and bicycles that track the race will carry visible identification at all times.

It is strictly forbidden to accompany participants by any type of vehicle, device or on foot. **This includes strollers carrying infants and/or children.**

Participants accept each of the articles of these regulations and undertake honestly and with honor not to anticipate the moment of departure and to cover the entire distance before crossing the finish line.

By registering for the **9th edition of the 10 & 5 MILLES CIUTAT DE MAO**, participants give their consent to the organizer or collaborating companies taking photographic and/or audiovisual files for commercial purposes. The images and/or videos will be displayed on the profiles that the company manages on the various social networks or used for marketing campaigns related to the events that UNISPORT CONSULTING SL and its related companies may carry out.

UNISPORT CONSULTING S.L. is the Data Controller of the personal data provided under your consent and informs you that these data will be processed in accordance with the provisions of the current regulations on the protection of personal data, Regulation (EU) 2016/679 of 27 April 2016 (GDPR) and the Organic Law (ES) (LOPD), in order to maintain a commercial relationship, and kept for as long as there is a mutual interest in maintaining the purpose of the processing and when it is no longer necessary for that purpose, they will be deleted with appropriate security measures to ensure the pseudonymisation of the data or the total destruction of the same. The data will not be communicated to third parties, unless legally obligated. Likewise, you are informed that you can exercise your rights of access, rectification, portability and deletion of your data and those of limitation and opposition to its processing by contacting UNISPORT CONSULTING S.L. at GREMI SABATERS 21 OFFICE A21 07009 PALMA (ILLES BALEARS). Email: administracion@unisportconsulting.com and the complaint to www.agpd.es.

Likewise, and in accordance with the sporting, promotion, distribution and exploitation interests of **the 10 & 5 MILLES CIUTAT DE MAO** for the whole world through any device (Internet, advertising, etc.), those registered expressly cede to the organization the right to reproduce the name and surname, the place obtained in the general classification and the participant's own classification, the category, the sports brand made and its image (reproduction of photographs of the event, publication of qualifying lists, etc.).

The acceptance of these regulations implies that the participant authorises the organisers of the **10 & 5 MILLES CIUTAT DE MAO** to record all or part of their participation in it, gives their consent to use their image for the promotion and dissemination of the event in all its forms (radio, press, video, photo, DVD, Internet, posters, media, etc.) and assigns all the rights related to its commercial and advertising exploitation that they consider appropriate to execute, without the right on their part to receive any financial compensation.