

EVEREST TRAIL RACE 2013

GENERAL RULES

1. DEFINITION OF THE RACE

The **EVEREST TRAIL RACE** (from now **ETR**) is a foot race, with several stages, taking place in the Himalayas of Nepal and specifically in the area of Solukhumbu, between 1,500 and 4,100 meters altitude, with free style, over a distance of approximately 160 km. and a cumulative altitude (+ and -) of approximately 29,000 m., with the requirement that each participant should carry his/her own mandatory technical equipment and personal material established by the Organization. The race is not food self-sufficiency. The Organization provides all meals (feeding service en route, water, breakfast, lunch and dinner at campsites)

2. PARTICIPATION

The **ETR** is open to anyone, male or female, being over 18 meeting and accepting each and every point of this Regulations and who should submit the mandatory medical certificate (accordingly to the model obtained from the race website) and an at-rest electrocardiogram to the **ETR** medical staff on the day of technical controls in Kathmandu. Both in original documents signed and dated within the 30 days prior to the race start, but not earlier. Failure to provide such certifications will mean not to be allowed to participate in the race.



All those who have been members of the Organization are expressly excluded from participating as runners in the three consecutive editions after the edition in which they participated as Organization.

3. CATEGORIES

3.1 Individual

Each participant enters the general classification, regardless of age or sex. However, regardless of the general standings, the Organization will establish a separate ranking for men and for women aged till 50 years and a second category IND.2 also for male and female aged over 50 years.

3.2 Team participant

A team is made up of at least two (2) runners, males or females or mixed. To remain in the race, two members at least of the team must complete the race. Each team member is classified both as a team and individually. If a team becomes less than two runners by abandonment or disqualification of one or more of its members, it will be disqualified as a team and the remaining runners will be classified only in the individual ranking.

4. TECHNICAL AND MEDICAL CHECKS

Technical controls will take place on November 5, 2013. All participants - already dressed and with the race material ready- must present before technical controllers and medical staff at the fixed time informed same day by the Organization, to verify the following points:

4.1 Personal baggage

Runners will hand over their personal baggage to Organization. It will be stored in Kathmandu upon runners' return at the end of the race. Once handed over, runners will no longer have access to their personal belongings.

4.2 Control of mandatory equipment (1)

For an elementary security reason, it is an essential prerequisite to submit the totality of the mandatory material. Otherwise, failure in submitting requested material will suppose a penalty according to table of penalties below. In case the material not submitted was the backpack, shelter material or sleeping bag, for strict reasons of safety, it would imply not participation in the race if the fact happens before the start of the race, or disqualification if it is stated in a technical control during the race.

- (1) On arrival, each runner must fill a document provided by **ETR** Organization where to list all the material that he/she will take to the race. Organization may inspect the runner's backpack at any time checking the material list submitted by runner before the race start. Each participant is responsible for his/her material, which should not be lost or abandoned during the race. In the event of any listed material being missed, runner may be penalized. If a participant wishes to leave any item not being mandatory equipment he/she may do so by informing previously the head of camp or a race controller. Failure to carry any of the items listed or mandatory material will involve a penalty or the disqualification. In any case the organization will take care of any element of runner's personal equipment.

4.3 Personal material control

With detailed list on forms provided by the Organization. The maximum and minimal weight of the race material is 10 kg and 4 kg respectively. Therefore, it is an indispensable condition for all runners that the weight of his/her backpack is between this weight strip.

4.4 Medical certificate and at-rest electrocardiogram graph

The medical certification must be made in the document provided by the organization on the race website. Medical certification and an at-rest electrocardiogram must be original documents signed and dated within the 30 days prior to the race start, but not earlier. Failure in submitting these two documents will mean not to participate in the race.

4.5 Handing over of numbers

The **ETR** Organization will provide two race numbers, one for the runner's front, which will be exclusively and specifically placed at the chest height, and another one for the runner's back to be attached to the backpack, both of them, clearly visible at all time. Numbers shouldn't remain partial or totally covered nor wrinkled by any element of the equipment (the backpack sternum strap, strap-cinches, etc ...). In any case the race numbers may be located in a part of the body other than those specified above.

4.6 Handing over of control card

The **ETR** Organization will supply each runner with a control card to be shown to race controllers or medical staff when requested.

4.7 Handing over of timing transponder

Runners will be provided with a timing transponder to be placed near the shoes or in a shoe itself in case of having appropriate space. All runners should hand it over at the end of the last stage. In the event of timing transponder being lost, it shall entail the loss of the bail lodged.

4.8 Handing over of a last stage bag

On arrival in Kathmandu, runners will be provided with a plastic bag where to put essential clean clothes into (or what runner wishes) that will be returned at the end of 6th race stage the day before coming back to Kathmandu.

5. STARTING PROTOCOL

Daily stage start will be always in group. All participants must be checked by the start-line controllers and marked on the control card. Participants should be present in the starting area 15 minutes before the fixed stage starting time mentioned in the race Road Book. All runners should start at the scheduled time indicated by Organization, which could be modified because of logistics or safety reasons.

6. SUPPLY OF SOLIDS AND LIQUIDS

The Organization is responsible for the supply of food and liquids before, during and after the daily stage to each participant, as well as breakfast, lunch and dinner.

Along the way it is possible to buy food and drinks. The Organization is not opposed, though obviously it will be important to be dependent on the chronometer.

7. DISTRIBUTION OF WATER AND ENERGETIC COMPLEMENTS

The Organization establishes a specific timetable for the drinkable water collection that must be scrupulously respected by runners. It is compulsory that water collection after the daily stage is in the time immediately after crossing the finish line.

	WATER	BARS	GELS
Starting	1 L.	3	3
CP1	1 L.		
CP2	1 L.		
CP3	1 L.		
Arrival	2 L.		



8. MAXIMUM STAGE TIME

Each stage has a maximum time to be accomplished, accordingly to the path characteristics. The cutting time will be indicated daily, both for the first checkpoint and for the rest of checkpoints, as well as maximum completion time of the daily stage.

Runner who has not passed the checkpoints or the end line before the limit time or has abandoned will be allowed to start the next daily stage and following stages –with authorization of medical team- but he/she won't score for the general final ranking.

In the event of entering out of time limit or abandoning a stage will happen again, runner should end his/her participation.

9. ROUTE AND ROAD BOOK

The **ETR** takes place in a high mountain terrain, with an approximate length of 160 km. and with a total difference between positive and negative elevation over 29,000 m. The race track combines dirt path and steps sections with high mountain terrain.

The exact race course will be announced on November 5 during technical checks. At that very moment, runners will be provided with a road book where globally specified details of each stage will be specified. In addition, race director will give necessary daily information every morning before the race starts.

Runners are required to carry the road book during the stages. The failure to submit it when requested by one of the controllers will suppose a penalty.



MILEAGE AND CHANGES OF LEVEL (APPROX.)

STAGE	DISTANCE	ELEVATION GAIN APPROX.
1	22 km	3.800 m
2	30 km	5.900 m
3	30 km	5.000 m
4	31 km	5.400 m
5	16 km	3.150 m
6	29,5 km	5.250 m

ADEAVENTURA as organizer of **EVEREST TRAIL RACE 2013**, reserves de right to modify the regulations, stages race tracks, stages mileage, developing and destination areas, etc. for reasons of force majeure (weather, safety or any other reason) that might threaten either runners and organization staff safety or successfully development of the race.

10. MARKING AND CHECKPOINTS

Participants in the **ETR** must necessarily follow the established and marked path for each stage. The route will be properly marked so that all participants are able to remain in the race track without difficulty. Checkpoints will be along the stage, varying from 2 to 4, depending on the stage distance to run. Participants must pass them and mark the control card under risk of penalty and/or disqualification. These checkpoints allow race controllers to record the runner's passing time and to ensure the supply of solid and liquid aliments. When daily briefing, the Organization will inform of checkpoints cutting time and limit arrival time to the stage end point. The use of any mean of transportation (horses, yaks, etc.) shall entail the runner's immediate disqualification. Any rescue operation caused by a runner crucial mistake in the route to be followed up shall entail the loss of the bail lodged.

11. STAGE ARRIVAL

The timer controller team will daily record the time of each participant, that will be measured in hours, minutes and seconds.

12. CLASSIFICATION TIMES

12.1 Individual classification

Stage individual classification is calculated using the sum of the time made and penalties received (if any). General ranking is calculated by the sum of the time obtained in each stage.

12.2. Team classification

Teams will be classified using the sum of the times of each team member and penalties received (if any). Average time determines the team time. General ranking is calculated by the sum of the time obtained for the team in each stage.

13. CAMPSITES

Daily camps are built in preselected sites. Participants tents are two-men and numbered tent.

By stating in registration form, runner can request with whom he/she wishes to share the tent. Otherwise, the Organization will follow the same sex and same nationality criteria in order to adjudicate the tents when possible.

Each runner will be assigned to a tent number by the Organization. Respecting assignation is mandatory but if runner wishes to change, he/she will have to inform camp head who will give him/her permission to change if possible and convenient. Each and every one of the runners are required to stay overnight at the camp tents. Failure to stay overnight in the campsite premises will mean immediate disqualification. Times for breakfast, lunch and dinner are set by the Organization in broad slots and they will be informed before the start of the daily stage, so that all runners can access without problems of accumulation. The section for the lunch is the longest, two to three hours between the opening and closing of the dining room, taking into account possible differences in time taken to complete the stage. The runners entering finish-line beyond this period of time must wait until the next dinner sitting and/or re-provisioning during the stage.



Each camp will consist of:

- Two-men tents with mattresses
- Toilet tents
- Dining tent
- Medical services tent
- Head camp tent
- Organization area

In no event runners may enter the Organization area. The Organization does not provide electrical energy to recharge the electronic devices carried by participants. Therefore, runners shall take this into account when choosing the electronic devices that plan to use during the race.



13. MEDICAL STAFF

A medical team will have a permanent presence at the start and end points of the stage. Also, other members of the medical team will be at some checkpoints or on the path. In the event of being necessary, they will take action on the race track, despite the terrain difficulties, only connected on foot and helicopter in some areas, but not much. Medical staff will be authorized to take out from the race any participant unable to continue, accordingly to their appreciation, for strictly medical reasons.

15. WEATHER CONDITIONS

Overall, climate in Nepal has two seasons, dry season from October to May and the rainy season from June to September. November is undoubtedly one of the best times to engage in any activity in the area.

In any case, given the global climate change, we must take into account the personal equipment for any unexpected weather.

Note that the race is performed at different heights depending on the stage, so we can calculate that the minimum temperatures in the highest points -especially at night and dawn, can reach **-8 °C** or **-10 °C** or even lower, with a maximum of no more than **+15 °C** or **+18 °C**.

16. ABANDONMENT

The **ETR** is a race with an important component of "adventure" and though it develops in a relatively populated environment, it is essential to bear in mind difficulties that a runner evacuations may involve, given the lay of the land, only connectable afoot and in some zones - not all- in helicopter. That's why abandonment will have to follow a scrupulous protocol that it should make easier the after abandonment procedure, taking special care of the runner safety.

First of all and previously to the daily stage start, participant and medical staff will have to evaluate objectively the physical conditions of a runner sensible to give up, in order the abandonment occurs in the campsite and make easier his/her evacuation if necessary.

In the event of abandonment out of the campsite, under no circumstances, participant will give up the race without informing the Organization and without signing the abandon document provided by the Organization, under penalty of having to pay all the costs of search.

In the event of abandonment during the daily stage, runner must report in person to a commissioner or to a race controller at the checkpoint, return the race number and sign the abandonment document.

CHOICES FOR A PARTICIPANT WISHING TO ABANDON

- In case of serious medical conditions, there will be medical evacuation as soon as possible.
- In the case of abandonment is not medically urgent and requiring immediate evacuation, runner –if possible- will try to reach the stage end point together with a member of staff.
 - In the event of runner wishes to continue on the race, he/she will be allowed to take part in the next daily stage and so on, if medical staff doesn't discourages him/her, but he/she won't score for the general ranking. In case this situation repeats, runner should be forced to give up.
 - In the event of definitive abandonment, medical team will evaluate the runner physical situation and depending on the area, he/she will be escorted or transported to the race end point, after having signed the release and waiver document provided by Organization.
 - Transportation mean will vary accordingly to runner's physical situation, abandonment zone and available means. This evacuation procedure will entail the loss of the bail lodged. When in the race final point, participant can either remain in the village till day of race ends (costs in charge of Organization) or fly to Kathmandu or home earlier than planned. In that case, costs will be in his/her charge.

17. PARTICIPANT'S REQUIRED EQUIPMENT

Runner must take into account the equipment to be chosen accordingly to the special thermal characteristics of the area as well as the consequences in terms of weight. The mandatory equipment and personal effects of each participant must represent a minimum total weight of 4 kg. and up to 10 kg. The compulsory material must be shown to controllers and / or camp heads in both administrative controls and during the race to their demand.

MANDATORY MATERIAL

- Backpack
- Sleeping bag (special attention to the temperatures in the area in November)
- Headlamp + batteries
- 10 Safety pins
- Compass
- Lighter
- Clock
- Metal knife
- Cutaneous antiseptical and basic first aid
- Whistle
- Survival blanket
- Cap
- Gloves
- Warm clothes (special attention to the temperatures in the area in November)
- Long tights

Though the Organization does not demand as mandatory material the canes, its utilization is advisable, given the characteristics of the area.



18. PERSONAL EQUIPMENT

Participant who wish to leave some items of their personal equipment must notify the responsible Organization member. Naturally, none of these elements must correspond to the mandatory material list. In the event of not being able to justify the absence of any of the elements indicated in the list of personal material, it will imply a penalty. Provided that **ETR** is a race of technical material self-sufficiency, no runner will be allowed to receive any type of external help concerning this paragraph (changes of footwear,

T-shirts, etc...). Runners must have same material at the race start than at the race end. In order to guarantee this point to all participants, one will proceed, before and during the race, to weigh the runners backpack of a random way. Likewise, in any case no runner eventually situated and the end of the daily stage should be helped by Sherpa staff, concerning to backpack carriage, except express authorization of a controller or race manager in case of abandonment. In the event of Organization reaches to know this situation, runner will be immediately disqualified.

19. WASTE MANAGEMENT

In some inhospitable sections or specially removed from populations, the accumulated residues will have to be deposited in the stage ending point. Bottles of water, gels, energetic bars, etc., will be marked by the corresponding runner's number and they will have to be deposited at the end of stage in the containers enabled for this. In case of finding merry residues of a runner out of the containers, the corresponding penalties will be applied.

20. NUMBER AND CONTROL CARD

In case of loss or damage of the race number, runner will have to inform Organization in order to proceed to the corresponding refill. If the above mentioned situation is repeated, it will imply a penalty. The absence of number, the wrong emplacement, its falsification or modification they will also imply a penalty and even the disqualification. Same applies to the control card, indispensable element in the checkpoints, provisioning points, etc. Runner should show it whenever he/she is requested by a commissioner of career or controller. In case of loss or damage, runner will have to inform the Organization in order to proceed to the corresponding refill if necessary.

21. ECOLOGY AND HUMAN ENVIRONMENT

One of the main issues and backbone of the **ETR** is the respect for the natural and human environment. Any behavior objectively harmful to human or natural environment and the lack of respect for the local customs will be severely punished even with the disqualification of the race.

22. BAIL

Participant in the **ETR** will have to sign an authorization (document available in the race website) to charge his/her credit card an amount of **400€** or send same amount by means of bank transfer. Bail amount is retained to cover possible expenses derived by abandonment, operations of search, or loss of the timing transponder.

Whether at the end of the race none of these suppositions has occurred, no amount is going to be charged to runner's credit card. Bail amount deposited by means of bank transfer, will be returned by same mean on 18th November. In case the expenses for abandonment overcome the established bail amount, this shall be informed to participant in order to make the appropriate decisions together.

RACE PENALTIES TABLE

REASON	TIME	DISQUALIFICATION	LOSS OF BAIL
No submitting medical certificate and / or electrocardiogram		X	
No submitting sleeping bag and / or shelter materials and / or backpack		X	
No submitting other elements of mandatory material	2 h		
No race number 1 st warning	1 h		
No race number 2 nd warning	2 h		
No race number 3 rd warning		X	X
Wholly or partially covered race number	1 h		
Backpack excessive weight (or underweight) accordingly to General Rules	1 h		
Unjustified absence of personal material accordingly to initial list	1 h		
Unauthorised race number location	1 h		
Identity falsification by race number		X	X
Do not checking in stage start line	2 h		
Delay in the stage start line	30 minutes		
Passing the checkpoints out of time		X (see General Rules)	X (see General Rules)
Arriving to the finish-line out of time		X (see General Rules)	X (see General Rules)
Abandonment without medical reason		X (see General Rules)	X (see General Rules)
Abandonment (in case of medical reason that requires immediate evacuation)		X	X
Do not staying overnight in the adjudicated tent without advising Organization	1 h		
Throwing away waste during the race (water bottles, caps, wrappers, etc.)	5 h		
Prolonged search operation caused by serious path tracking mistake		X	X
Use of any mean of transportation during the race (horses, etc.)		X	X
Unfair conduct that could attempt against other runners		X	X
Behavior that adversely affect the human or natural environment		X	X

23. CLAIMS

Opportune claims can be done by writing in the document issued by Organization same day of the stage and presented same day on which incidence occurs to the head camp at his tent.

Depending upon the incidence, the answer to the claim will be given between the following day and the race ending one.

24. IMAGE

ADEAVENTURA as organizer of the **ETR** reserves all rights to use the images recorded and photographed during the race. For this reason, the participant allows Organization to use his/her image, both individually and collectively, in everything the race involves.

Any photographic and/or video material made during the race cannot be used by the participants and accompanying persons (except for private use) without explicit written authorization of ADEAVENTURA.

Therefore any subsequent production either photographic, video or advertising use by participating brands or runner's sponsors must have the written permission of ADEAVENTURA. Any request for race images for advertising shall be conducted only through racer direction.

25. LIST OF AWARDS

INDIVIDUAL GENERAL CLASSIFICATION

1st Men ranking classified	Trophy + prize of 1.500€ + discount of 600€ in ETR 2014
2nd Men ranking classified	Trophy + prize of 1.000€ + discount of 500€ in ETR 2014
3rd Men ranking classified	Trophy + prize of 500€ + discount of 400€ in ETR 2014
1st Women ranking classified	Trophy + prize of 1.500€ + discount of 600€ in ETR 2014
2nd Women ranking classified	Trophy + prize of 1.000€ + discount of 500€ in ETR 2014
3rd Women ranking classified	Trophy + prize of 500€ + discount of 400€ in ETR 2014
1st Men IND.2 (+50) ranking classified	Trophy + discount of 500€ in the ETR 2014
1st Women IND.2 (+50) ranking classified	Trophy + discount of 500€ in the ETR 2014

TEAM GENERAL CLASSIFICATION

1st Classified	Trophy + discount of 600€ per person in ETR 2014
2nd Classified	Trophy + discount of 500€ per person in ETR 2014
3rd Classified	Trophy + discount of 400€ per person in ETR 2014

Cash prizes will be delivered from 1st January, 2014



EVEREST TRAIL RACE 2013

GENERAL CONDITIONS

Find below all details of procedure and general conditions that concern the participation in the third edition of **EVEREST TRAIL RACE** (from now **ETR**).

From the **ETR** Organization we recommend to read attentively and thoroughly each and every of the paragraphs of "General Conditions" as well as "Race Regulations", in order to clarify possible doubts on the race functioning. In any case, we're to your disposition to answer any question or to extend information. Email us to info@everesttrailrace.com or call us to the telephone (+34) 902 333 135.

1. ORGANIZATION

ADEAVENTURA, with NIF B61185401 license GCMD 144 and the address: Comte d'Urgell, 99, CP 08011 Barcelona, is the organizer of the **ETR** third edition that will take place from 3th to 15th November 2013 in the Himalayas of Nepal.

Participant in 3rd edition of the **ETR** acknowledges that he/she has read, understood and agrees to be bound by each and every point of its Race Regulations and General Conditions.

Likewise, he/she declares to take part with full knowledge of the risks that **ETR** carries and commits him/herself to submit a medical certificate of aptitude and an at-rest electrocardiogram, signed and dated within the 30 days prior to the race start (**NOT EARLIER**). Medical report should be only done on the specific document provided by Organization in the race website and it will be submitted to **ETR** medical team on the day of technical controls in Kathmandu.



2. RACE PROGRAM

November 3

Departure flight from city of origin to Kathmandu. Overnight on board.

November 4

Upon arrival at Kathmandu airport, meet & greet by Organization team followed by transfer to hotel for check in and accommodation. Overnight at hotel.

November 5

Breakfast. Time at leisure in Kathmandu. Around 18:00 h. in the late afternoon, technical and medical checks, handover of runner's personal baggage to Organization, collection of numbers and timing transponder. Race briefing and welcome dinner at the hotel hosted by ETR Organization.

November 6

Breakfast at 6:00 h. Around 6:30 h., bus drive to the first campsite (6-7 h. aprox.). Lunch box. Arrival and distribution of tents. Dinner and overnight at tent.

November 7 to 11

Race development. Daily meals and overnight provided by ETR Organization

November 12

Last stage. Arrival to the finish line. Overnight at lodge. Dinner by ETR Organization.

November 13

Breakfast and return flight to Kathmandu, meet & greet at the airport and transfer to the hotel. Collection of personal baggage. Time at leisure. Overnight at hotel.

November 14

Breakfast. Time at leisure in Kathmandu. At the evening, prize-giving ceremony and farewell dinner hosted by Organization. Overnight at hotel

November 15

Breakfast. In time transfer to airport for flight home.



3. REGISTRATION

REGISTRATION OPENING: From 1st March to 31th July 2013 or when the places available are covered

4. FARES AND CONDITIONS

DEPARTURES FROM BARCELONA / MADRID / MAIN EUROPEAN CITIES

FLIGHTS INCLUDED CHOICE

- Individual registration **3.060 €**
- Team registration **3.060 €**
- Single room supplement for 4 overnights at Kathmandu hotel **210 €**

WITHOUT FLIGHT CHOICE (*)

- Individual registration **2.100 €**
- Team registration **2.100 €**
- Single room supplement for 4 overnights at Kathmandu hotel **210 €**

DEPARTURES FROM REST OF THE WORLD

WITHOUT FLIGHT CHOICE (*)

- Individual registration **2.100 €**
- Team registration **2.100 €**
- Single room supplement for 4 overnights at Kathmandu hotel **210 €**

INCLUDED

- Intercontinental return air ticket (economy) from main European cities to Kathmandu (**IN THE "FLIGHT INCLUDED" CHOICE**)
- Domestic flight Lukla / Kathmandu
- 4 Overnights accommodation at 4* hotel (local level) in Kathmandu, in double room with breakfast included.
- 1 Overnight accommodation in mountain lodge with dinner before coming back to Kathmandu
- Welcome dinner second day in hotel Kathmandu
- Farewell dinner and awarding of the prizes celebration
- All transfers hotel and airport
- Drive to the race starting point
- Box lunch during drive to the starting point of the race
- Bottled drinking water, all breakfasts, lunches, dinners and provisionings along the race
- Medical assistance in campsites
- Accommodation in two-person tents with mattress included
- "Finisher" medal
- "Finisher" Tshirt



(*) Participant choosing "without flight" option will have to provide information of his/her flight to Kathmandu before 15 October 2013, in order to have a transfer in. Otherwise, transfer in will be at the expense of the participant.

Moreover, participant choosing "without flight option" is advised that ETR Organization assumes no liability for problems resulting from schedule changes, cancelations, tickets changes, etc. affecting continental flights directly purchased by him/her.

DISCOUNTS

- For those runners who have participated in 2012 edition: **200 €**

PAYMENT POLICY

The inscription is only accepted when participant has completed and submitted the online registration application form and paid first or one-time payment on the days immediately afterwards:

Departures from Madrid, Barcelona and main European capitals, including intercontinental flight to/from Kathmandu

1st Payment	1.300 €
2nd Payment (before 15 September)	1.760 €

Departures without including intercontinental flight

1st Payment	1.300 €
2nd Payment (before 15 September)	800 €

Participant will have to add to registration fare the insurance (if any) and extras amount. Insurance amount will be included in the first payment if split-payment choice.

Once split payment or one-time payment is done, send a scan of the bank slip via email to logistica@everesttrailrace.com or fax it at number (0034) 934 520 177, indicating the participant's name and **EVEREST TRAIL RACE 2013**.

Participant's registration will not be considered firm until payment has not been made in full (registration fare and extras amount, if any) as well as required documents has been forwarded, as per requested in the relevant section **registration procedure**

Prices are calculated according to exchange rates, transport rates, airport fees and taxation applicable until March of 2013. Any change in these prices may lead to a revision of the final price of the race.

BANK DETAILS

Beneficiary:

ADEAVENTURA

Beneficiary address:

Comte d'Urgell, 99

08011 BARCELONA (Spain)

Bank account number : 2000014864

IBAN: ES89 0487 1166 8820 0001 4864

SWIFT/BIC: GBMM ES MM XXX

5. PROCEDURES

From 12:00 h. of 1st March 2013

5.1 Complete and submit online the registration application form available in the relevant section of this website, or fax it at the number (0034) 934 520 177.

5.2 Formalize first payment (if split payment chosen) or one-time payment accordingly to chosen and marked options of relevant section fares:

- First payment (including insurances) at the time of registration/sending of application form or on the days immediately afterwards.
- Second payment with extras amount (single room in Kathmandu) if any, before 15 September.

FLIGHT INCLUDED CHOICE

Split payment

- First payment: **1.300 €**
- Second payment: **1.760 €** (before 15 September)

One-time payment

- One-off payment at the moment of registration or on the days immediately afterwards: **3.060 €**

WITHOUT FLIGHT CHOICE

Split payment

- First payment: **1.300 €**
- Second payment: **800 €** (before 15 September)

One-time payment

- One-off payment at the moment of registration or on the days immediately afterwards: **2.100 €**

In regard to "without flight" choice, be advised that the **ETR** Organization assumes no liability for problems resulting from schedule changes, cancelations, ticket changes, etc. affecting intercontinental flights directly purchased by participants.

BANK DETAILS

Beneficiary:

ADEAVENTURA

Beneficiary address:

Comte d'Urgell, 99

08011 BARCELONA (Spain)

Bank account number: 2000014864

IBAN: ES89 0487 1166 8820 0001 4864

SWIFT/BIC: GBMM ES MM XXX

5.3 Send a scan of the bank slip via email to logistica@everesttrailrace.com or fax it at number (0034) 934 520 177, indicating the participant's name and **EVEREST TRAIL RACE**.

5.4 Before 15 September, following documents should be emailed or sent by regular post:

- 2 Passport-size photos
- A legible photocopy or a scan of passport data page (participant should be holder of a valid passport for at least 6 months after departure from Kathmandu date)
- Photocopy or scan of accidents and participant's rescue insurance
- Signed authorization including card details (number and date of expiry) accepting charge of bail amount (see rules in the relevant section of Regulations).

Document should be emailed to logistica@everesttrailrace.com or sent by regular post to:

ADEAVENTURA
Comte d'Urgell, 99
08011 BARCELONA

ATTENTION

Registration will not be considered firm until payment has not been made in full (registration fare and extras amount, if any) as well as required documents has been forwarded.

By 15 October at the latest, all necessary documents to take part in ETR 3rd edition (electronic air tickets, Regulations, Participation Manual, etc.) will be forwarded to participant.

Within the 30 days prior to the race start (BUT NOT EARLIER), participant shall have an at-rest electrocardiogram and a medical record as laid down in the ETR Regulations.

Remember that medical report should be done on the specific document provided by Organization in the race website.

Original electrocardiogram graph and original medical certificate (both dated and signed) should be given to ETR medical staff on the day of technical controls in Kathmandu.

Submission of these documents is an absolute condition to participate in the race.

A stress test is also highly recommended by ETR Organization team.



6. CANCELLATION OF REGISTRATIONS

The cancellations of registrations and requests for refunds must be send in writing via email to logistica@everesttrailrace.com (with reading receipt) or sent by regular post (with return receipt) to

ADEAVENTURA
Comte d'Urgell, 99
08011 BARCELONA (Spain)

Cancellation fees

- Cancellations between 20th April and 10th June **50€**
- Cancellations between 11 June and 10th July **200€**
- Cancellations between 11th July and 15th Sep **400€**
- Cancellations between 16th Sep and 15th Oct 2013 **1.300€**

From 16th October to departure date, you will not be refunded any amount for cancellation.

Refunds will be made via bank transfer.

The Organization recommends you a cancellation insurance because of **PRE-FORCE MAJEURE** and a **MONEY-BACK GUARANTEE FOR SPORTING ACTIVITY INJURY**.

In case of cancellation of the event before it begins on the 3rd of November, through no fault of the Organization or force majeure, **ADEAVENTURA** is committed to a full refund of the amounts received.

7. INSURANCES

Participant in the **ETR** must have full knowledge of the risks that implies a race of these characteristics and assumes that he/she takes part under his own responsibility.

MOUNTAIN RESCUE INSURANCE (COMPULSORY)

Since **ETR** develops in a mountain environment which implies the inability to use vehicles of terrestrial transport before any contingency, participant in the **ETR** should have a compulsory accident, rescue and repatriation insurance, which policy specifically covers helicopter rescue and accidents that might occur during participation in a mountain race.

Not forget that the ETR is developed in a mountain environment and is important to note that it is not possible to use overland transportation in case of problem. For this reason all participants in the ETR must have an accident insurance, rescue insurance and repatriation insurance to cover the helicopter rescue and mountain races.

CANCELLATION INSURANCE (OPTIONAL)

ETR Organization recommends taking out a travel insurance for cancellation cost, even it is up to participant.

MONEY-BACK GUARANTEE FOR SPORTING ACTIVITY INJURY (OPTIONAL)

Usually, standard cancellation insurances does not consider as "force majeure" the runner's physical injury caused during training practices or participation in a race.

ETR Organization offers the possibility to recover amounts paid (totally or partially, depending on date of cancellation) by contracting a money-back guarantee for sporting activity injury at a cost of **65€**.

Cancellations till 21:00 h. (Spanish local time) on day 10th July, full money refund.

Cancellations from 11th July to 30th October, total refund except **200€**.

Cancellations from 31th October, no refund.

IMPORTANT

Refund does not include the cost of the insurance.

Participant should have to present the original and dated documents that accredit the fact that motivates the activation of the coverage (medical certificates, official hospitalization sheet, etc.)

