

COMPULSORY MATERIAL AND LAST MINUTE INFORMATION

It is less than one week for the 2nd Rogaine at Berguedà, we offer you the list of needed material and we also give you last minute indications so the event has to have no problem from **your** side as well as from **our** side.

As we already informed you, there's a list of material A and a list for material B, this last list (B) will be compulsory in case of bad weather conditions.

COMPULSORY MATERIAL **A**:

Individual

- Backpack
- Drink container, minimum 1l.
- Enough food for all the event
- Survival material
- Compass
- Wind stopper
- Sportident (If you do not have it, you can rent at the organization desk)
- Plastic cup for drinking
- Plate, glass and cutlery for dinner

For the team

- First aid kit (minimum material compulsory: plasters, bandages, tape, antiseptic, mineral salts or oral serum)
- Mobile phone (sealed by the organisation team)
- GPS (given by the organisation)

Prohibited Material

- GPS with maps integrated, altimeter.

Recommended material

- Cap
- Trousers or pants that completely cover your legs
- Front light
- Marker pen
- Magnifying glass for the 12h runners as the map is scale 1:25000

COMPULSORY MATERIAL **B**:

- Compulsory wind stopper or similar clothes (only 6 and 12h runners)
- Buff or small scarf
- Thermal t-shirt

The **Competition Centre on 4th May** is at **IES Guillem de Berguedà** (high school in Berga), from 7pm until 22pm.

The **hard floor** is in the fitness centre at the same high school. It is totally **PROHIBITED DRINKING AND EATING** inside the fitness centre.

The **Competition centre on 5h May** is at the **Fishermen's place, at Pedret** (a road goes from the high school to the Fishermen's', just follow indication) **from 4am**.

Checking material Control will be available from 30 minutes before quarantine until we close it. At the specified time (at 5am for 12h runners, at 9:40am for 3h corridors and at 10:40 am for 6h corridors) maps will be given. Whoever is not **INSIDE** the quarantine area will not have any map as they are not following the time schedule indicated. Every single team is the only responsible to be at the quarantine place on time.

At the checking material control, mobiles will be sealed and GPS devices given to you.

In order to get to the **Competition Centre** you need to go from the high school to Pedret. Every place is near Berga Centre exit (the exit from the AutoRoute). The parking slot will be all along the **Green Way (Via Verda)**, usually no cars allowed to park at this place. Therefore, we please beg you to respect all indications given in order to park in an efficient way so we can respect other people practising sport as runners and cyclists.

Motorhomes have to park at the yard of high school **IES Guillem de Berguedà** and trying to get to the competition centre (which is 3km far from the high school) with other corridors' cars. Organization members can carry some corridors, but not all them! At the competition centre there's **NO** place for motorhomes.

Another valid option is to park at the beginning of the **Green Way (Via verda)** and going by bike until the **Competition centre**, it is only a 5 km very easy ride (it is an easy and friendly way to get there enjoying the surroundings: the Llobregat's River and some unexpected tunnels). Remember that is a family place where people practise sport and no cars allowed.

YOU (competitors) can only go one way at the **Green Way (Via verda)** by car: From Cal Rosal (parking place) to the competition centre, north direction. You will not be allowed to go both directions by car.

Showers and lunch is at **IES Guillem de Berguedà** (high school) at Berga.

We strongly recommend you that ALL 12h runners go to the **Competition Centre** at Friday afternoon.

With the last rains the landscape is spectacular, lots of springs and rivers full of water (please, be careful!) Just take advantage of this water. In a specific area in the map there are very few water springs so we have organised one place to have a drink.

At Hash House (only for 12h runners) there is going to be food and water, there is not going to be big amount of food and water, enough to recover the minimum energy. We strongly recommend you to bring your own food for the 12 h race.

At the competition center there will be **Chemical Toilets**.

FINALLY WE PLEASE BEG YOU TO RESPECT THE ENVIRONMENT WHICH WILL BE WONDERFUL AND NO TRASH TROWN OUT OF THE ENABLED AREAS.

[Competition Centre Map 2nd Rogaine del Berguedà](#)