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# OCTOBER TRAIL

## CAMÍ DE CAVALLS • MENORCA

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# BRIEFING 2023

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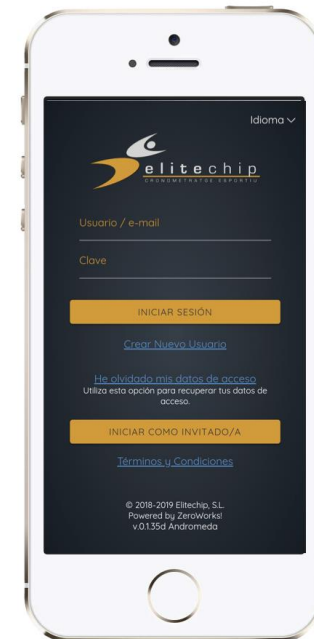
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## RACE FOLLOWING

## Download APP ELITECHIP

- **CHECK YOUR RACE NUMBER**
- **CHECK YOUR RESULTS**
- **RACE FOLLOWING**
- **SHARE YOUR RACE EXPERIENCE**
- **CHECK THE RACE'S CALENDAR**
- **REGISTRATION PLATFORM**





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## PROGRAMME

FRIDAY 20TH OCTOBER

Race number collection.

[Hotel Lago Resort Cala'n Bosch](#) From 4pm to 9pm.

SATURDAY 21ST OCTOBER

- 9:00 h – Start 1 of 11KM from [Parking de Calan Turqueta](#).
- 9:30 h – Start 2 of 11KM from [Parking de Calan Turqueta](#).
- 10:00 h – Start of 32 KM from [Parking de la playa de Son Bou](#).
- 10:00 h – Start 1 of 19 KM from [Parking de Cala Mitjana](#).
- 10:30 h – Start 2 of 19 KM from [Parking de Cala Mitjana](#).
- 17:00 h – Awards ceremony at the finish line zone.



# OCTOBER TRAIL



## HORARIS SORTIDES AUTOBUSOS

### DEPARTURE TIMETABLE

SATURDAY 21ST OCTOBER



### 11<sup>KM</sup>

Direcció Cala Turqueta

7:30 h Inici cursa 9.00 h

8:00 h Inici cursa 9:30 h

11KM –

- 7:30 h – Start of the race 09:00h
- 8:30 h – Start of the race 9:30 h

### 19<sup>KM</sup>

Direcció Cala Mitjana

8:45 h Inici cursa 10.00 h

9:15 h Inici cursa 10:30 h

19KM

- 8:45 h -- Start of the race 10:00 h
- 9:15 h – Start of the race 10:30 h

### 32<sup>KM</sup>

Direcció Son Bou

8:30 h Inici cursa 10.00 h

32KM

- 8.30 h – Start of the race 10:00 h

### Bike

Direcció Son Bou

11:30 h Inici cursa 13.00 h

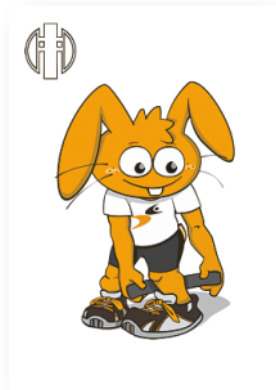
# OCTOBER TRAIL

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## TIMING OF THE RACE

- The race will be timed by the system Championship. All the participants that don't have a yellow chip, the organisation will give a white chip at the race number collection. The chip has to be located on the shoe or around the ankle.
- There will be different controls to guarantee all the participants make the right route.
- The time limit to finish the 32km, 19km and 11km race is 6 hours.

Here you can see how to put on the chip:



# OCTOBER TRAIL

## CAMÍ DE CAVALLS • MENORCA

## RACE SIGNPOSTING

- The route will be signposted with posters, ribbons and “fites”, characteristic element of Camí de Cavalls.



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# IMPORTANT

All the participants that want to retire they can **ONLY** do it in a refreshment station. If they can't do it, the participant will need to phone the urgency telephone that appears in the race number.

It's **TOTALLY FORBIDDEN** to receive external help or food and drinks outside the locations put by the organisation.

The participants will have to obey the organisation instructions at all times. The failure to comply with this point will result in disqualification.

At all starts there will be a wardrobe service and the bags will be returned to the finish line.

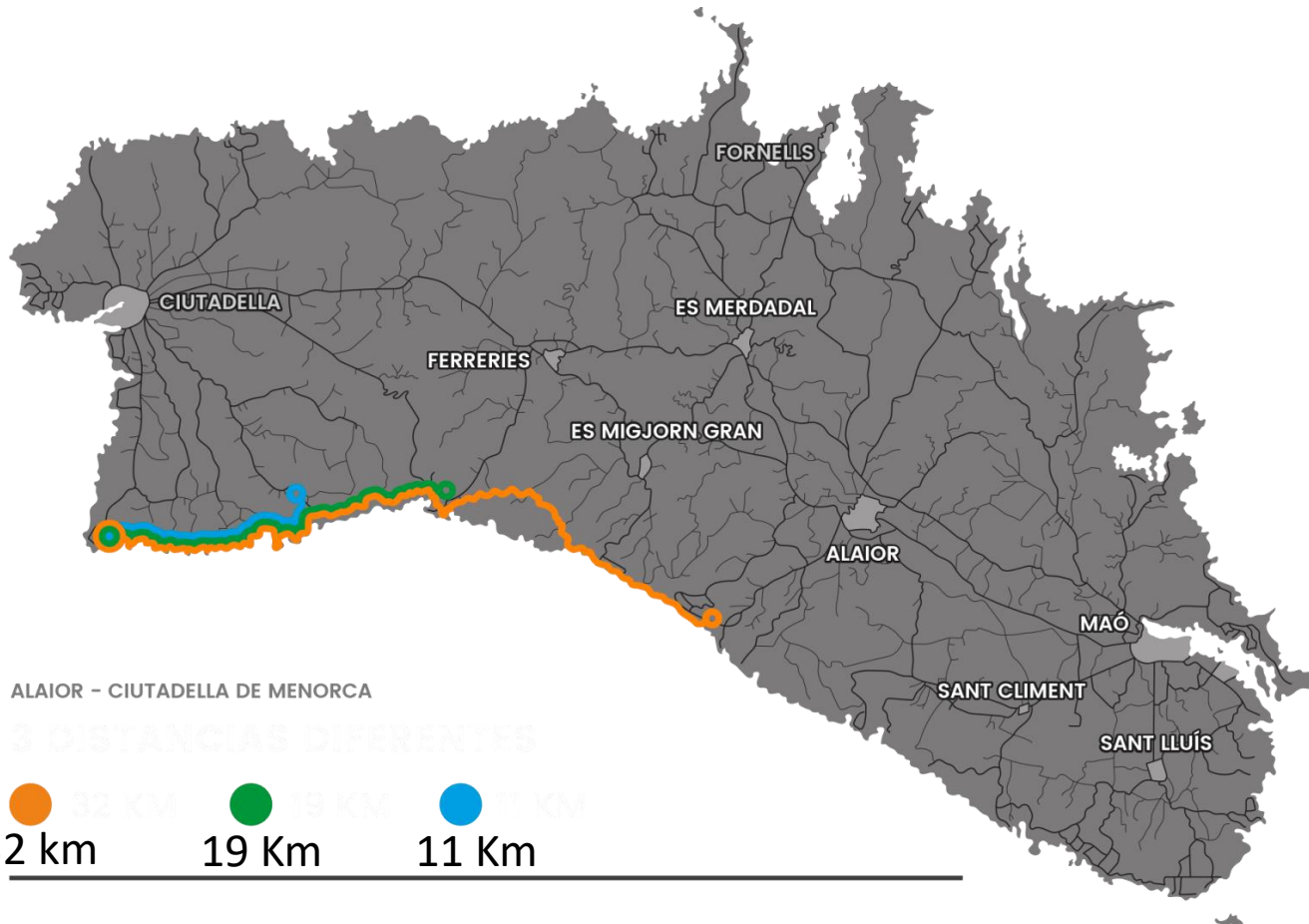


# OCTOBER TRAIL

## CAMÍ DE CAVALLS · MENORCA



## ROUTES







# OCTOBER TRAIL

## CAMÍ DE CAVALLS • MENORCA



**OCTOBER TRAIL** is a race with the distinctive **Reserva de la Biosfera**.

We do our utmost to make it an environmentally friendly race.

- We carry out selective collection of the waste we generate.
- Containers with waste separation and visible indicators.
- Use of returnable and reusable chips.
- Liquid refreshments in reusable containers.
- Local products and suppliers
- Reusable marking elements
- Shuttle service for participants to promote safe and sustainable mobility.



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## ENVIRONMENTAL RULES

The participation implies the knowledge and acceptance of this rules.

### IT'S FORBIDDEN:

- use any type of item that may produce loud noises or sounds
- go off the marked track
- shout and make loud sounds or noises
- it is forbidden to throw away packaging, wrappers or any type of waste. each participant must mark their gels, bars, with their bib number. if any packaging is found, the runner who owns it may be penalised.
- the use of sticks is only allowed with the use of rubber tips or caps on the tips.

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## SANCTIONS

- At all time, the October Trail runner will have to wear the race number given by the organisation in a visible place at the front. It cannot be cut, neither folded or modified. **THE FAILURE TO COMPLY WITH THIS POINT WILL RESULT IN THE IMMEDIATE SANCTION OF THE RUNNER.**
- Exit the track to closing the gap:
  - First sanction: 15 minutes
  - Second sanction: 30 minutes
  - Third sanction: Disqualification
- Throw any type of rubbish, find things under a race number or not bringing the race number written on the envelopes of the products:
  - First sanction: 30 minutes
  - Second sanction: 1 hour
  - Third sanction: Disqualification
- Run at any time accompanied by a person without a race number will suppose the **INMEDIATE DISQUALIFICATION.**

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### FINISH LINE ZONE

- The finish line zone will be located at [Pàrquing de Cala'n Bosch](#).
- There will be a post finish area where there will be a refreshment area with drinks and food provided by the race's collaborators.
- The awards ceremony will be done at 5pm.

**IMPORTANT:** The race results will only be available via the Elitechip app or the web: [www.elitechip.net](http://www.elitechip.net)



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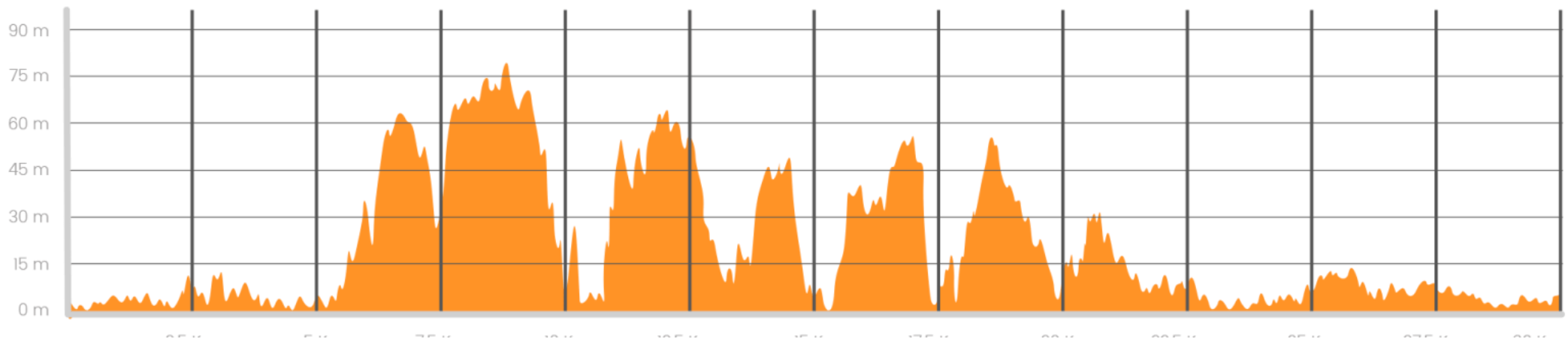
## CAMÍ DE CAVALLS • MENORCA



## OCTOBER TRAIL 32 KM - 750m D+

Saturday 21st October 2023 at 10 am start of October Trail Menorca 32 KM. At Son Bou.

- 08:30 h departure of the bus from [Hotel Lago Resort de Cala'n Bosch](#) to [Parking de la playa de Son Bou](#). The wardrobe service will be located near the start line zone. Bag collection at the finish line.
- **Start time: 10:00 h.** The participants will have to be at the assigned point 15 minutes before the start.
- There's only one start.



Descargar formato GPX

Descargar formato KMZ



# OCTOBER TRAIL

## CAMÍ DE CAVALLS • MENORCA



## OBLIGATORY MATERIAL OCTOBER TRAIL 32 KM

- Hydration System with minimum capacity of 0,50 L (no glasses will be given at the refreshment station to minimize waste)
- Mobile with sufficient battery and credit
- The race number written on all gels and energetic bars of each participant.
- Thermic blanket
- Race number and chip.
- The organisation deserves the right to add as obligatory material a raincoat to the list depending on the weather conditions the day of the race.

\*\*Before the start, there will be a random control of the obligatory material.



# OCTOBER TRAIL

## CAMÍ DE CAVALLS • MENORCA



## REFRESHMENT STATIONS

- The Organization will supply all the participants 3 refreshment stations around all the track with water, isotonic, food and fruit, apart from other products added by the Organization.
- Each athlete will have to bring their own glass because there won't be any of them at the refreshment stations.
- **It's totally forbidden** to receive external help or refreshment points outside the ones put by the Organization during the race. At every moment, the participants will have to obey the members of the Organization. Failure to comply with these points will result in immediate disqualification.
- REFRESHMENT STATION 1 – KM 4,4 It will be located in [Sant Tomàs](#).
- REFRESHMENT STATION 2 – KM 15,9 It will be located in [Cala Galdana](#).
- REFRESHMENT STATION 3 – KM 24,6 It will be located in [Son Saura](#).
- FINISH LINE – KM 32 It will be located in [Cala'n Bosch](#).

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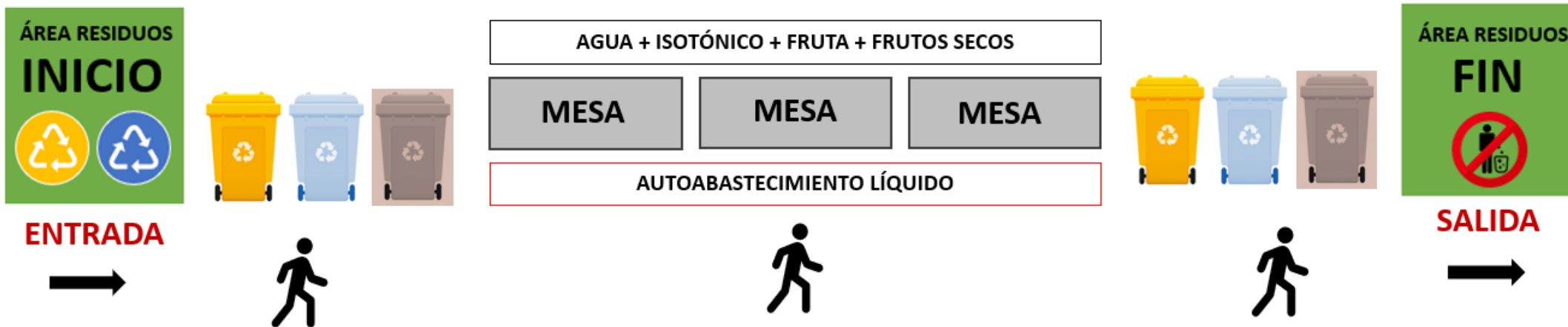
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## REFRESHMENT STATION





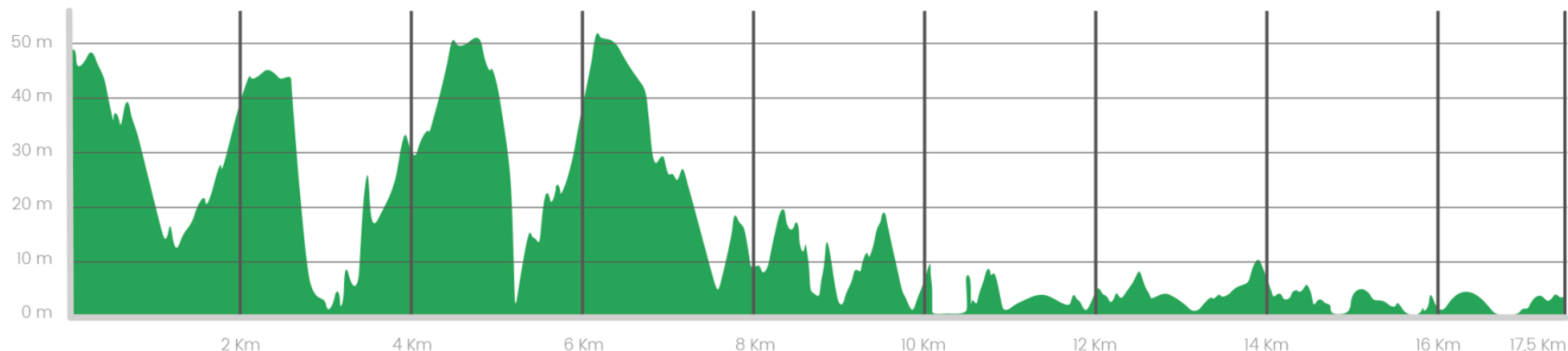
# OCTOBER TRAIL

## CAMÍ DE CAVALLS • MENORCA

## OCTOBER TRAIL 19 KM – 400m D+

Saturday 21st October 2023 at 10:00 h start of October Trail Menorca 19 km.  
At Cala Mitjana Parking.

- **8:45 h bus departure (start 1)** from [Hotel Lago Resort de Cala'n Bosch](#) to [Parking de Cala Mitjana](#). The wardrobe service will be located near the start line. Bag collection at the finish line.
- **9:15 h bus departure (start 1)** from [Hotel Lago Resort de Cala'n Bosch](#) to [Parking de Cala Mitjana](#). The wardrobe service will be located near the start line. Bag collection at the finish line.
- **Start 1 - 10:00 h.** The participants will have to be at the place 15 minutes before the start.
- **Start 2 - 10:30 h.** The participants will have to be at the place 15 minutes before the start.



Descargar formato GPX

Descargar formato KMZ

# OCTOBER TRAIL

## CAMÍ DE CAVALLS • MENORCA

# IMPORTANT

At this distance there will be two starts so as not to collapse the path.

**Start 1:** 10:00h

**Start 2:** 10:30h.

- Only those who start at the first start are eligible to win the race.
- Those who do not go at their start will be penalized with **30 minutes**.
- The buses will departure at:
  - **8:45** Bus departure ([veure ubicació aquí](#)) to Parking [Cala Mitjana](#) (first start).
  - **9:15** Bus departure ([veure ubicació aquí](#)) to Parking [Cala Mitjana](#) (second start).



# OCTOBER TRAIL

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RACE NUMBER START 1 10:00 H

NUM: 1001 - 1375

RACE NUMBER START 2 10:30 H

NUM: 1376 - 1600

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www.illadelstrails.com

19 KM

1012

CHIP: CD80501

Telèfon d'urgències: 676 035 552  
SALIDA 10:00H

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ILLA TRAILS  
**OCTOBER TRAIL**  
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19 KM

1436

CHIP: DR9P7M1

Telèfon d'urgències: 676 035 552  
SALIDA 10:30H



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## OBLIGATORY MATERIAL OCTOBER TRAIL 19 KM

- Hydration System with minimum capacity of 0,50 L (no glasses will be given at the refreshment station to minimize waste)
- Mobile with sufficient battery and credit
- The race number written on all gels and energetic bars of each participant.
- Thermic blanket
- Race number and chip.
- The organisation deserves the right to add as obligatory material a raincoat to the list depending on the weather conditions the day of the race.

\*\*Before the start, there will be a random control of the obligatory material.

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## AVITUALLAMENTS

- The Organization will supply all the participants 3 refreshment stations around all the track with water, isotonic, food and fruit, apart from other products added by the Organization.
  - Each athlete will have to bring their own glass because there won't be any of them at the refreshment stations.
  - **It's totally forbidden** to receive external help or refreshment points outside the ones put by the Organization during the race. At every moment, the participants will have to obey the members of the Organization. Failure to comply with these points will result in immediate disqualification.
- REFRESHMENT STATION 1 – KM 3,3 located in [Cala Galdana](#).
  - REFRESHMENT STATION 2 – KM 11,8 located in [Son Saura](#).
  - FINISH LINE – KM 19 located in [Cala'n Bosch](#).

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## REFRESHMENT STATIONS



# OCTOBER TRAIL

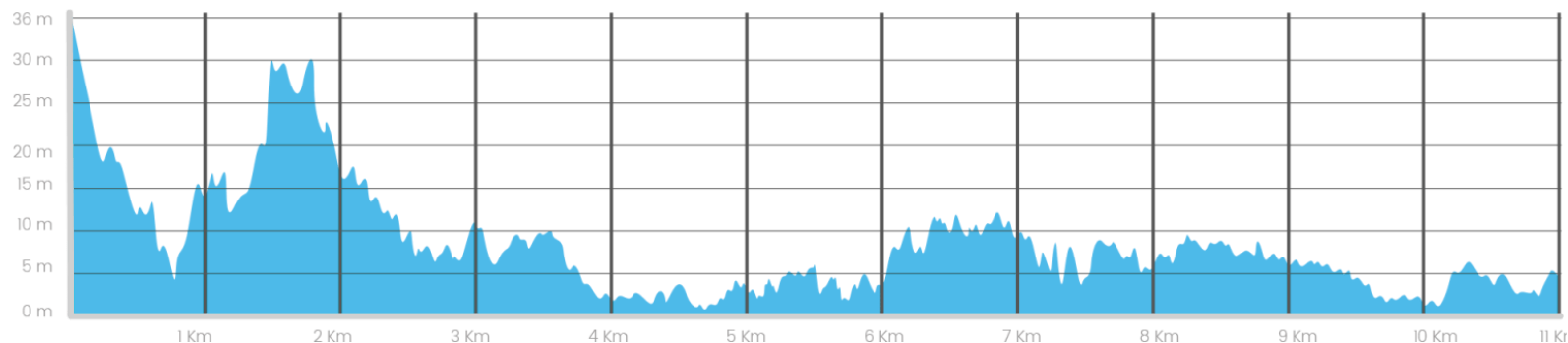
## CAMÍ DE CAVALLS • MENORCA

## OCTOBER TRAIL 11 KM – 200m D+

Saturday 21st October 2023 at 9:00/9:30 h  
Start of the October Trail Menorca 11 Km in Cala'n Turqueta.

- 7:30 h bus departure from [Hotel Lago Resort de Cala'n Bosch](#) to [Pàrquing de Cala'n Turqueta](#). The wardrobe service will be located near the start line. Bag collection at the finish line.
- 8:00 h bus departure from [Hotel Lago Resort de Cala'n Bosch](#) to [Pàrquing de Cala'n Turqueta](#). The wardrobe service will be located near the start line. Bag collection at the finish line.
- Start 1 - 09:00 h. The participants will have to be at the place 15 minutes before the start.
- Start 2 - 09:30 h. The participants will have to be at the place 15 minutes before the start.

*\*All runners are obliged to arrive at the **start of the race by bus** service due to environmental measures. bus departures are 1:30 hours before the start of the race for logistical transport reasons.*



# OCTOBER TRAIL

## CAMÍ DE CAVALLS • MENORCA

# IMPORTANT

At this distance there will be two starts so as not to collapse the path.

**Start 1:** 09:00h

**Start 2:** 09:30h.

- Only those who start at the first start are eligible to win the race.
- Those who do not go at their start will be penalized with **30 minutes**.
- The buses will departure at:
  - **7:30** Bus departure ([veure ubicació aquí](#)) to Parking [Cala Mitjana](#) (first start).
  - **8:00** Bus departure ([veure ubicació aquí](#)) to Parking [Cala Mitjana](#) (second start).

\*It's obligatory to arrive to the start line by BUS.

**\*\*For security reasons, family members/companions will not be able to attend the departure.**





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RACE NUMBER START 09:00 H  
NUM: 2001 - 2340

RACE NUMBER START 9:30 H  
NUM: 2351 - 2650

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11 KM

**2017**  
Marga Ferragut Mir

CHIP: DG2ABKY

Telèfon d'Urgències: 676 035 552  
SALIDA 09:00H

MENORCA illes balears  
ILLA TRAILS

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[www.illadelstrails.com](http://www.illadelstrails.com)

11 KM

**2385**  
Lupita Power

CHIP: DK7557R

Telèfon d'Urgències: 676 035 552  
SALIDA 09:30H





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## MATERIAL OBLIGATORI OCTOBER TRAIL 11 KM

- Mobile with sufficient battery and credit
- The race number written on all gels and energetic bars of each participant.
- Thermic blanket
- Race number and chip.
- The organisation deserves the right to add as obligatory material a raincoat to the list depending on the weather conditions the day of the race.

\*\*Before the start, there will be a random control of the obligatory material.



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## REFRESHMENT STATIONS

- The Organization will supply all the participants 3 refreshment stations around all the track with water, isotonic, food and fruit, apart from other products added by the Organization.
  - Each athlete will have to bring their own glass because there won't be any of them at the refreshment stations.
  - **It's totally forbidden** to receive external help or refreshment points outside the ones put by the Organization during the race. At every moment, the participants will have to obey the members of the Organization. Failure to comply with these points will result in immediate disqualification.
- REFRESHMENT STATION 1 – KM 4,6 located in [Son Saura](#).
  - FINISH LINE – KM 11 located in [Cala'n Bosch](#).

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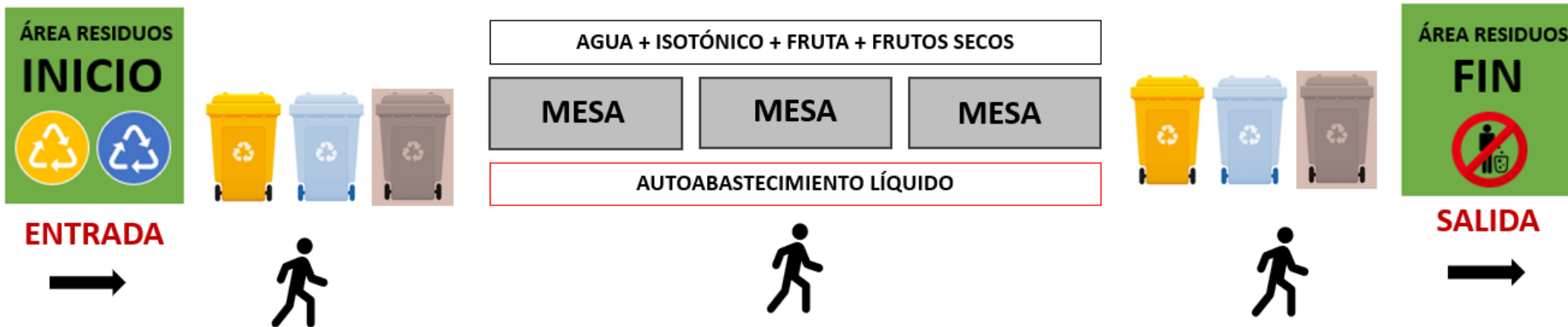
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## REFRESHMENT STATIONS





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