



## **PRESENTATION**

**Segura Xtreme Triathlon** is a long-distance triathlon organized by the Segura Extreme Sports Club, with CIF.- G72577828 (registered in the Andalusian Register of Sports Entities Second Section, sports and leisure with no. 027299), with the support of private institutions and sponsors . Scheduled for May 31, 2025, it will take place in the Sierra de Segura (Province of Jaén)

## **CHARACTERISTICS AND DISTANCE**

It is a race called "Extreme" due to the distance, weather conditions and unevenness of its segments. Counting with 3,500 metres of swimming, 172 km by bicycle and 43 km of running (trail run). The use of a companion or "suportter" during the run course is "Mandatory"

## **NUMBER OF PARTICIPANTS**

25 participants in individual modality, 6 places in the modality of couples. Couples can be mixed (woman-man) or same-sex, alternating the performance of the three disciplines, with the only condition that the segment that a participant begins he/she has to end it. They have to cross together the finish line.



## **PARTICIPATION AND INSURANCE**

Participation is open to athletes of any nationality, over 20 years of age on the date of the event. Each athlete participates under their own responsibility and declares that they are in perfect physical condition and have sufficient technical ability to face it. The organization will have a Civil Liability insurance policy, in accordance with current legislation. A valid identification document (ID or passport) must be presented.

## **REGISTRATION**

In this Five Edition, registration opens in November 2024 and will close in April 2025, or once the limit participant number is reached. Registration is personal and non-transferable. It implies the acceptance of all the points of this regulation.

## **CANCELLATIONS AND REFUNDS**

In the event of adverse weather conditions or causes of force majeure beyond the control of the organization that makes it impossible to carry out the race, the organization does not assume any responsibility and will not refund any amount of the registration fees. There will be alternatives for this situation, always trying to favor the participant. The cancellation can be made at any time, as long as the corresponding cancellation insurance is contracted at the time of registration, which guarantees the return of the registration paid fees for any reason.



## **SAFETY AND TECHNICAL ASSISTANCE**

Normal traffic will be open along the route, so participants must follow current traffic regulations. Be careful at town junctions and roundabouts, and always remember to keep to the right. The GPS tracking system will be used exclusively in the cycling sector and in the run sector. This will be left in the T1 area next to the bike and next to the bib number and will be picked and carried when starting the bike course. The event has a medical team that will control the course of the event at all times so that it develops correctly. Health personnel are authorized to withdraw any participant for medical reasons.

## **CUT OFF TIMES**

Swimming: - T1: 07:15 a.m. (1:30 hours from the start)

Cycling: - Km 175: T2: 4:45 p.m. (11:00 hours from the start)

Trail run: - Km. 30: "El Campillo" Refuge: 9:30 p.m. (15:30 p.m. from the start).

Finish line: - Segura de la Sierra (Castle): 12:30 h. (18 30: hours from start)

The cut off times can be modified if there are any changes in the circuits, these changes will be published on the web and on social networks in advance.



## EQUIPMENT

- The use of neoprene suit is mandatory for the swim sector.
- The use of a safety buoy is mandatory.
- The bib number is mandatory for the cycling section (visible from behind) and on the trail (visible from the front). In the cycling sector, the sticker on the seatpost and helmet will be mandatory.
- It is mandatory to have a mobile phone with the phone number of the organization. (However, it will be indicated on the bib number)
- The use of a flashing red backlight on the bicycle is mandatory, which must be on during the entire cycling segment, since you will be riding in open traffic. During the first 20 km of cycling, the white, flashing or fixed front light is mandatory.
- The use of a backpack with the mandatory elements (headlight with spare batteries, hooded jacket, long-sleeved thermal garment, thermal blanket, whistle, food and drink) is mandatory for athletes and the "suporter" from km 16 of trail run in "La Capellania". From there it is very possible that it will get dark before reaching the next control point in the "Campillo refuge", for which it is MANDATORY to carry a front light with a spare batteries. The area is rugged and requires the use of good light.



## **SWIMMING RULES**

It is forbidden to use:

- Use of neoprene gloves or booties.
- Use of headphones.
- Use of a hat other than that of the organization.

## **CYCLING RULES**

It is totally forbidden for any car or motor vehicle to go behind, in front of or parallel to the participant on the road.

- Failure to comply with traffic regulations.
- Obstruction of traffic by not driving on the right side of the road whenever possible.
- Use of headphones or mobile phone on the bike.

You are allowed to go parallel with another participant in the ascents to the important mounting passes.

It is allowed to go behind another participant only in descents and a maximum number of two participants.



## **TRAIL RULES**

- Whenever you run on a path or highway, you should run on your left side. It cannot be completely assured that there will be no vehicles on these routes. It will be unlikely but not certain.
- Walking sticks are allowed.
- It is advisable to wear trail running shoes, since practically the entire route is carried out along paths and forest tracks. It is mandatory to be accompanied from km 30 "Refugio del Campillo" to the finish line, it will surely be at night and the area is very abrupt.

## **AWARDS**

There will be no cash prizes or rankings. An act of delivery of gifts, trophies and typical local gifts/products of the area will be handed to each participant.



## **PERSONAL INFORMATION**

By registering, entrants consent to C.D. SEGURA EXTREME, to manage your personal data automatically for exclusively sports, promotional or commercial purposes, by itself or through third parties. In accordance with the provisions of Organic Law 15/1999, December 13, Protection of Personal Data, the participant has the right to access these files in order to partially or totally rectify and cancel their contents. To do this, you must request it in writing at the registered office of C.D. SEGURA EXTREME: c/ María de Molina s/n 23400 Ubeda (Jaen).

***“what is hard to achieve is sweet to remember”***