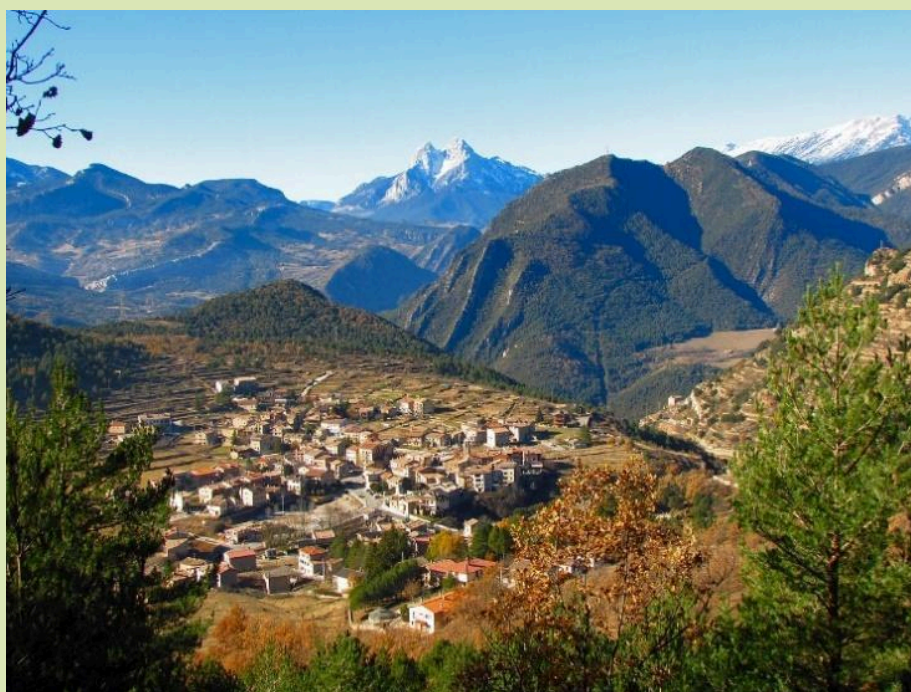


# Rogaine Serra del Catllaràs

## Adrià Triquell Trophy

Saturday, September 28, 2024



### INTRODUCTION

We would like to invite you to a new edition of the Rogaine del Catllaràs on Saturday, September 28, 2024, in Sant Julià de Cerdanyola.

The mapped area will take you to such emblematic spaces as: the Falgars sanctuary, the Xalet del Catllaràs (designed by Gaudí) or the “Roc de la Lluna” viewpoint, with views of the Pedraforca mountain, and during the mushroom picking season.

The map extends across the villages of Sant Julià de Cerdanyola, La Pobla de Lillet and Castell de l'Areny.

This race is part of the Catalan Rogaining Cup and Iberogaine.

So, wherever you like to walk in the mountains, compete, or share a fantastic Saturday with friends, this event is for you. All family members are welcome: young, old and even older. You can do a rogaine with a little elevation gain... or with a lot of elevation gain. And if you know little about this sport, the necessary explanations will be given on-site before the race begins.

## The COC

Founded in 1988, it is the pioneer orienteering club in Catalonia. It was promoted by Carles Lladó, also founder of the Catalan Orienteering Federation. COC members participate in Classic-O, MTB-O, rogaining, adventure races, trail-O and ski-O races, both in the Catalan Cup, Spanish league and World Championships. The club also organizes several races each year, including the Trofeu Internacional Barcelona (TIC BCN), which is part of the City Race Euro Tour league.

## ADRIÀ TRIQUELL



Adrià worked tirelessly with the COC for many years, organizing races, helping with maps, as treasurer and enthusiastically participating in orienteering.

The mastery of different disciplines, as well as his curious nature with the environment, led him to write the book "Parc de la Serralada Litoral".

It has been an example for all of us who have come after.

## SANT JULIÀ DE CERDANYOLA

Sant Julià de Cerdanyola is a little town in the Berguedà county. It is located at an altitude of 950 meters and surrounded by beautiful mountain ranges and peaks, which make its views unique. The most notable festival of Sant Julià de Cerdanyola is the Fia-Faia that is celebrated on the evening of December 24.



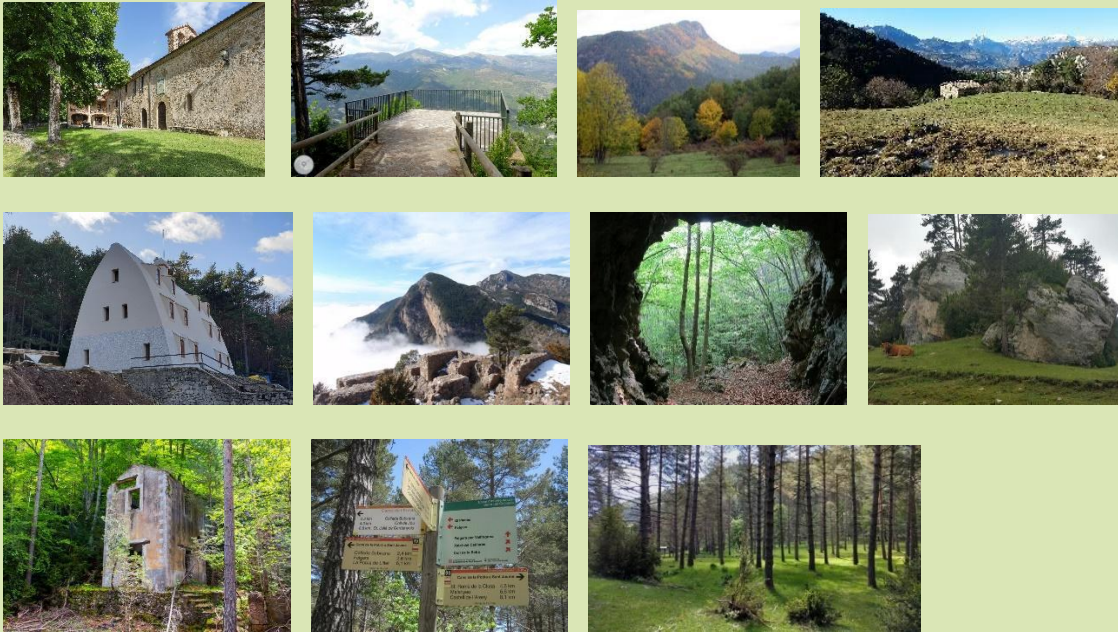
Promotional video of Sant Julià de Cerdanyola

<https://youtu.be/SX0Zj556dkY>

## PROTECTED NATURAL SPACE OF THE SERRA DEL CATLLARÀS

The Massís del Catllaràs rises to more than 1,700 meters and it is covered by dense forests of beech, pine, and oak trees, among others, and with the presence of the "Flor de Neu" flower, protected by law. It also offers an ideal shelter for deer, chamois, roe deer, black grouse, black woodpeckers and marten.

## **PHOTOS**



## **THE SPORT OF ROGAINING**

Rogaining is a cross-country navigation sport. Participants must travel on foot with the aim of achieving, in a given time, the maximum score possible. The points are obtained by finding controls located on-site and marked on a map that serves as a reference to find them.

Each team will be given a map with the location of the controls. The goal is to find the maximum number of controls within a time limit (8h, 4h or 2h, depending on the event chosen). It is a "Score" race, which means that each team chooses the order in which they will visit the controls. A good planning strategy is key to get the maximum points.

Controls will have different scores (between 3 and 9 points) depending on the tens number of their code (for example control number 42 will have a value of 4 points, 91 will have a value of 9 points, and so on).

Once the time limit is reached, every additional 5 minutes needed by the team will imply a penalty of 5 points, which will be deducted from the total points scored by each team.

Rogaining teams are made of 2, 3, 4 or 5 people (exceptionally in the 2-hour and 4-hour divisions participants can go solo, but not in the 8-hour division). Team members must stick together for the entire race. Teams can be all male, all female or co-ed, and several divisions will exist depending on the age of the team members.

Maps are handed over 20 minutes before race start. At this point each team must define the strategy and the route choices in order to collect the maximum number of points within the given time. The map offers multiple route choices, therefore, this is a sport where participants can adapt the difficulty of the route to their age, physical conditions or technical skills. The route will be created by each team following paths, trails, or any other reference elements that they decide, to find the controls marked on the map, with start and finish at the town hall of Sant Julià de Cerdanyola.

You can find more information about orienteering and rogaining on the website of the International Rogaining Federation (IRF) at <https://www.rogaining.com>  
We can also clarify any doubts by email at: [club@clubcoc.cat](mailto:club@clubcoc.cat)

## **GENERAL INFORMATION**

### **Getting to Sant Julià de Cerdanyola**

By car:

- From Barcelona: 1h 25'
- From Girona: 1h 45'
- From Tarragona: 2 hours
- From Lleida: 1h 55'
- From Berga: 28'
- From Vic: 1 hour
- From Olot: 1h 31'

There are buses from the Alsa company to Guardiola de Berguedà, 4 kilometers from Sant Julià de Cerdanyola.

### **Parking**

- Curb parking will be available in some streets. Upon arrival, take the streets to the left on the first crossing. On the right side is the old town which is very narrow and parking is forbidden there. Please follow the directions of the race staff to ensure an orderly parking process.
- For overnight camping in motorhomes and RVs, you must park in the sports area, next to the municipal swimming pool. Approximately 1 kilometer away from the town hall and competition center. Bathrooms will be open overnight at the pool complex for participants.

*Map of parking areas*

### **THE RACE**

The competition center will be located in the Sant Julià de Cerdanyola Town Hall building.

There will be no bibs.

For those who need it, there will be an introductory talk.

### **Start and Finish:**

It is right in front of the town hall of Sant Julià de Cerdanyola. There will be open traffic in the streets surrounding the area. Keep this in mind, especially at start and finish.



### **SCHEDULE**

#### **Saturday, September 28**

*8:00 a.m. Competition center opening, registration and exception handling*

*8:30 a.m. Bracelet pickup*

*9:15 a.m. Gear check and access to start corral for 8h participants*



9:30 a.m. Briefing 8h rogaine  
9:40 a.m. Map handout 8h rogaine  
10:00 a.m. Mass start 8h rogaine  
10:15 a.m. Introductory talk for 4h and 2h participants  
10:30 a.m. Access to start corral for 4h and 2h participants  
10.40 a.m. Briefing 4h and 2h rogaines  
10.45 a.m. Map handout 4h and 2h rogaines  
11:00 a.m. Mass start 4h and 2h rogaines  
1:00 p.m. Finish 2h rogaine  
1:30 p.m. Award ceremony 2h rogaine  
3:00 p.m. Finish 4h rogaine  
3.30 p.m. Award ceremony 4h rogaine and lunch (if ordered)  
6:00 p.m. Finish 8h rogaine  
6:30 p.m. Dinner  
7:00 p.m. Award ceremony 8h rogaine

## **COURSES**

- 8 hours: Official event and part of the Catalan Cup of Rogaining.
- 4 hours: Non-official. It can be done solo or in teams of 2 to 5 people.
- 2 hours: Non-official. Can be done solo or in teams of 2 to 5 people. Suitable for all those who want to get started in the sport of Orienteering .

## **DIVISIONS**

### **8-hour rogaine Catalan Cup race:**

The official divisions will be used:

- HO: Includes all men divisions.
  - DO: Includes all women divisions.
  - XO: Includes all co-ed divisions.
  
  - JJ: Juniors (all team members are 23 or younger).
  - JA: Junior/Adult (one member under 23 and another over 23).
  
  - HV: Male veterans (all team members over 40).
  - DV: Female veterans (all team members over 40).
  - XV: Co-ed veterans (all team members over 40).
  
  - HSV: Super Veteran Men (all team members over 55).
  - DSV: Super Veteran Women (all team members over 55) .
  - XSV: Super Veterans Co-ed (all team members over 55).
  
  - HUV: Ultra veterans male (all team members over 65).
  - DUV: Ultra veterans women (all team members over 65).
  - XUV: Ultra veterans co-ed (all team members over 65).
- For Junior, Veteran, Super Veteran and Ultra Veteran teams, the age is determined on the day of the competition.
- Participants under the age of 16 must be part of teams that have a component over the age of 18.
- Divisions with less than 3 teams may be canceled. In this case teams will be included in the next division up (younger).

**Awards :**

**Official 8-hour Catalan Cup race**

For all 8h divisions with the exception of those where there are not a minimum of 3 participating teams. If so, divisions will be combined.

**Awards:**

**Non-official 4h race**

- *Men teams*
- *Women teams*
- *Co-ed teams*
- *Men solo*
- *Women solo*

**Awards:**

**Non-official 2h race**

- *Men teams*
- *Women teams*
- *Co-ed teams*
- *Men solo*
- *Women solo*

**REGULATIONS**

FCOC competition regulations:

<https://drive.google.com/file/d/11dtzXEgHvUazS3-jJ-pSHTfSTZ1QeiV9/view>

**MANDATORY GEAR**

The mandatory gear is for the 8-hour race, (for the 4-hour and 2-hour races, carrying this gear is recommended, but not mandatory).

Mandatory gear per participant:

- Waterproof jacket
- Emergency blanket
- Map provided by the organization
- Sportident
- Whistle
- Water
- Food
- Compass

Mandatory gear per team:

- First aid kit
- Cellphone with the organization's phone number and sealed

Prohibited gear:

- GPS that can load maps and altimeter

Recommended gear:

- Marker
- Magnifying glass. Although the map is on a scale of 1: 15,000 in the divisions of 8h and 4h there are areas with a high concentration of elements.

### Water on course

There are several water springs marked on the map.

### Food post race

There will be snacks and drinks at the finish line and a meal for the 8-hour participants (it is necessary to bring a plate, utensils and a cup/flask).

### REGISTRATION

Registration for the event opens on June 20th at <https://rogaïnecatllaras.clubcoc.cat>

- Until Friday, September 13th, registrations will be at standard price.
- From September 14th to September 22nd, a late fee will be applied (see table below).
- After September 22nd registration will be closed, except for the 2h and 4h rogaines which will be open until race day. However, it is advisable to book a map by sending an email to [cluborientaciocatalunya@gmail.com](mailto:cluborientaciocatalunya@gmail.com)

### FEES

| <b>Rogaine 8h</b>   | <b>Registration fee<br/>Until 13-Sep-2024</b> | <b>Late fee<br/>Until 22-Sep-2024</b> | <b>License fee<br/>(if not federated)</b> | <b>ePunch<br/>Rental</b> |
|---|---|---------------------------------------|---|--------------------------|
| 8 hour rogaine<br>JJ, JV, HS, DS, XS, HV, DV, XV,<br>DSV, HSV, XSV, DUV, HUV, XUV | €26.00<br>(includes meal)                     | €31.00<br>(includes meal)             | +€7.00                                    | +€5.00                   |
|   |   |                                       |   |                          |
| <b>Rogaine 4h and 2h</b>  | <b>Registration fee<br/>Until 13-Sep-2024</b> | <b>Late fee<br/>Until 22-Sep-2024</b> | <b>License fee<br/>(if not federated)</b> | <b>ePunch<br/>Rental</b> |
| 4 hour rogaine  | € 16.00                                       | €20.00                                | +€7.00                                    | €0.00                    |
| 2 hour rogaine  | € 11.00                                       | €15.00                                | +€3.00                                    | €0.00                    |

## **TECHNICAL INFORMATION**

### **THE MAP**

Map: Serra del Catllaràs

Mapped by :

Updated on Summer 2024 by :

Course Setter:

*Map scale for the 4 and 8 hour rogaines 1:15,000 ; Contour interval 10m.*

*Map scale for 2-hour rogaine: 1:10.000 ; Contour interval 5m.*

Attention to prohibited areas, basically a few private properties.

### **Mapper's notes**

*Coming up soon!*

### **Couse Setter Notes**

*Coming up soon!*

### **Tips and recommendations IMPORTANT!!!**

*Coming up soon!*

### **Recommendations from Biodiversity and Natural Environment**

They remind us that:

- Use trails, paths and roads as much as you can in your itineraries.
- Be especially careful to avoid any littering, or any other damage you may cause to the natural environment. It is forbidden to throw any kind of waste, wrapping or packaging (ice creams, energy bars...) into the natural environment.
- Be respectful of the private property.
- If participants use walking poles, they must use rubber caps on the pole tip so as not to erode the paths.
- Both on the website and in the competition center, you will have the code of good practice in the organization of races and mountain walks.



## **RACE TIMING**

- Timing will be done using the Sportident (SI) system. The AIR system will not be activated. Each member of the team must wear an SI ePunch attached to the wrist with a seal provided by the organization and approved by the FCOC. If the seal is broken or the ePunch is lost, the team will be disqualified.
- The ePunch may not be removed from the wristband until after unloading at the finish, where a member of the organization will cut the band off.
- To get the points of each control visited, which will be determined by the value of the first digit of the control code, all team members must insert their ePunch in the control base. The competitor is solely responsible for checking the operation of the base upon insertion (visual and sound signal).
- When reaching the finish line, team members should wait for the last component of the team before punching the finish control.
- If you don't have an SI ePunch, you can rent it when at registration (€5 for 8 hours), with capacity for 50 controls (SI-9). For the 4h and 2h events, the organization offers them free of charge.
- In case of abandonment, it will be mandatory to go through the finish table and inform the organization, in order to be able to keep track of all the participants of the race.

## **Scores and time penalty**

- The score of each control will be determined by the value of the first digit of the control code; all team members must punch each control found.
- In the event of a tie on points, the team that reached the finish line first will win.
- The team's time will be set by the time the last component punches the finish control.
- The race time limits are 8, 4 and 2 hours. After this time, teams will be applied the following penalty depending on the elapsed time:
  - Up to 00:04:59 minutes – 5 points
  - From 00:05:00 to 00:09:59 minutes; – 10 points
  - From 00:10:00 to 00:14:59 minutes; – 20 points
  - From 00:15:00 to 00:19:59 minutes; – 30 points
  - From 00:20:00 to 00:24:59 minutes; – 40 points
  - From 00:25:00 to 00:29:59 minutes; – 50 points
  - More than 30' minutes: disqualification
- All team members must punch each control within the same minute interval.

## **Sportident ePunch Capacity**

It is important that you check the capacity of your Sportident ePunch so that it has enough capacity for all the controls you may find along the rogaine. Rogaine is designed so that no one can find all controls.

*Remember that the number of controls is:*

*– 4h and 8h tours:*

*– 2-hour tour:*

Here is the information to verify your Sportident number and its capacity.

Name SI Number - Capacity

- SI-11 - 9000001 to 9999999 (128 controls)
- SIAC - 8000001 to 8999999 (128 controls)(Air+)
- SI-10 - 7000001 to 7999999 (128 controls)
- pCARD - 4000001 to 4999999 (20 controls)
- SI-08 - 2000001 to 2999999 (30-controls)
- SI-09 - 1000001 to 1999999 (50-controls)
- SI-06 - 500001 to 999999 (64-controls)
- SI-05 - 000001 to 499999 (30-controls)

## **SUSTAINABILITY**

### **Territory**

The race runs through some privately owned areas. Be respectful of the people who live there, and at all times respect the ban on passing through the middle of the fields.

If you break any electric shepherds (wires), make a note of the location and report as soon as you get to the competition center so that it can be repaired.

### **Mobility**

Public transport reaches Guardiola de Berguedà, 4 kilometers from Sant Julià. We would appreciate if you carpool with other people to facilitate parking and minimize costs, pollution and space in the Competition Center.

At the entrance to the village there is an electric vehicle charging point.

### **Waste**

In Sant Julià de Cerdanyola there is door-to-door waste collection. There are no containers.

There will be a segregated waste collection island at the competition center which we ask that you use if you generate any waste on site. Be very careful on the run not to lose any of the food wrappers you are carrying.

To be able to drink at the end-of-race refreshments, it is essential to bring a cup or flask. The organization will not provide single-use cups of any kind. You will also need to bring plates and cutlery for the meal.

### **Accessibility**

People with reduced mobility will have a reserved space next to the Competition Center to be able to park. *Bathrooms will also be accessible.*

## **SAFETY**

All participants are responsible for their own safety.

**Wildlife:** There are no dangerous animals, but there are cows, horses and also chamois and deer.

**In the event of an accident:** In some areas, you will find many broken branches and fallen trees in the undergrowth. There are areas with steep slopes that must be avoided. In the event of an accident during the race, the participant must do everything possible to alert anyone on the ground, try to reach the competition center by their own means or call the emergency number there on the map and which he will have recorded on the mobile phone he will carry during the competition: 679396626 (Albert Daví, race director).

**Ambulance:** There will be an ambulance for the duration of the event at the Competition Centre.

**Roads:** On the map there are two small paved roads with little traffic. Be careful just in case.

Although orienteering is not a risky activity, being a sporting activity in mountain terrain can cause minor injuries. It is important to read all the technical information of the race, since if there is a specific risk on the ground it is detailed in that section.

**EMERGENCY TELEPHONE :** 679396626 (Albert Daví, race director).

## **WEATHER FORECAST**

Remember that we are in a mountain area between 950 and 1,600 meters, so it is recommended to be cautious and provide rain and warm clothing, and sun protection, as well as consult the weather forecast. <https://www.meteo.cat/>

## **ORGANIZATION CHART**

- *Race director: Albert Daví*
- *Map:*
- *Course Setting:*
- *Sportident:*
- *Registrations:*
- *Supplies:*
- *Sustainability:*
- *Logistics:*
- *Start line:*
- *Finish line:*
- *Web: Jordi Deu*
- *Photography and social media: Alba Loré*

### Organizing team:

Albert Daví, Josep Palau, Daniel Garolera, Vicky Diaz, Sergi Fernandez, Jaume Miralles, Jordi Deu, Marc Triquell, Jordi Ginés, Maite Torrejon, Lluc Batalla, Carme Cristòfol, Pere Bossa, Xavi de Cabo, Isabel Escayola.

## **ACCOMMODATIONS**

### **Sant Julià de Cerdanyola**

Rural Tourism:

- Cal Arderiu: Telephone: 938 227 487; Website: [www.Calardriu.com](http://www.Calardriu.com)
- El Pla de Cal Carboner; Telephone: 661 073 221

Apartments:

- Cal Salat; Roger Puig 660162147

There are several other accommodations in **Guardiola de Berguedà**, **Bagà** and **La Pobla de Lillet**.

### **Alt Berguedà**

<https://www.altbergueda.cat/Serveis/Allotjaments.html>