



CERDANYOLA DEL VALLÈS

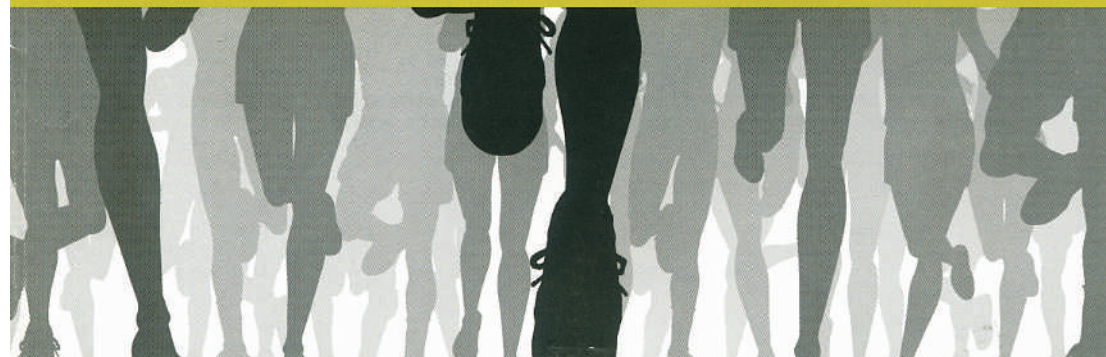
BARCELONA - SPAIN



SENIOREN BERGLAUF EUROPAMEISTERSCHAFTEN

EUROPEAN MASTERS MOUNTAIN RUNNING CHAMPIONSHIPS

SONNTAG, 16 MAI 2010 - 9:00 UHR - SUNDAY, 16 TH. MAY 2010 - AT 9:00 H.





EUROPEAN MASTERS MOUNTAIN RUNNING CHAMPIONSHIPS

SENIOREN BERGLAUF EUROPAMEISTERSCHAFTEN

DISTANZ: 11.700 m.

HÖHENMETER MAX: 400 m.

STRECKENINFO: AUFWÄRTS UND HINUNTER
CERDANYOLA DEL VALLÈS (BARCELONA)
SPANIEN.

ANMELDUNG: AN IHREN NATIONALEN
VERBAND BIS 1 APRIL 2010.

KATEGORIE: MÄNNER / M 35 - 75 +
FRAUEN / W 35 - 75 +

WEITERE INFORMATIONEN:
www.cerdanyolaesports.cat

DISTANCE: 11.700 m.

ALTITUDE MAX: 400 m.

TYPE OF CURSE: GO AND BACK
CERDANYOLA DEL VALLÈS (BARCELONA)
SPANIEN.

REGISTRATION: TO YOUR NATIONAL
FEDERATION TILL THE 1st APRIL 2010.

CATEGORIES: MEN / M 35 TO M 75 +
WOMEN / W 35 TO W 75 +

MORE INFORMATION:
www.cerdanyolaesports.cat

EVAA BEIRATSMITGLIEDER:

Präsident	Dieter Massin
Vizepräsident	Vesa Lappalainen
Schatzmeister	Jean Thomas
Generalsekretär	Kurt Kaschke
Technischer Leiter	Esa Kaihlajarvi

ORGANISATIONKOMITEE:

Präsident	Felix Riba
Vizepräsident	Josep M ^a Antentas
Schatzmeister	Daniel Viladot
Generalsekretär	Francisco Rubio
Technischer Leiter	M ^a Angels Casafont
Technische Sport	Mario Munuera
	Miriam Garcia
	Leonardo Cano,
	Xavier Mimó
	David Zarroca,
	Dimichell Gonzalez
	Jaume Ferret
	M ^a Rosa Busquets

EVAA COUNCIL:

President	Dieter Massin
Vice President	Vesa Lappalainen
Treasurer	Jean Thomas
Secretary	Kurt Kaschke
Technical Director	Esa Kaihlajarvi

LOCAL ORGANIZING COMMITTEE:

President	Felix Riba
Vice President	Josep M ^a Antentas
Treasurer	Daniel Viladot
Secretary	Francisco Rubio
Technical Director	M ^a Angels Casafont
Technische Sport	Mario Munuera
	Miriam Garcia
	Leonardo Cano,
	Xavier Mimó
	David Zarroca,
	Dimichell Gonzalez
	Jaume Ferret
	M ^a Rosa Busquets

COMPETITION RULES AND INFORMATION

■ GENERAL RULES

Basis for the carrying out the competition are the IAAF, EVAA and WMRA rules as well as the specific regulations issued in this Competition. Everyone from the age of 35 is authorized to take part. A qualification is not necessary.

■ PROGRAM

Saturday 15 th. May

19.00 Welcome Ceremony, Cerdanyola Town Hall, Pl. Layret s/n.

Sunday 16 th. May

09.00 Start European Masters Mountain Running Championships at Zona Esportiva Les Fontetes.

09.45 Start Cursa per Collserola (Open).

12.00 Start - Award Ceremonies.

■ AGE GROUPS

Teilnehmer sind wie folgt in Altersklassen eingeteilt:

M-W 35 born from May 16 th. 1975

M-W 40 born from May 16 th. 1970

M-W 45 born from May 16 th. 1965

M-W 50 born from May 16 th. 1960

M-W 55 born from May 16 th. 1955

M-W 60 born from May 16 th. 1950

M-W 65 born from May 16 th. 1945

M-W 70 born from May 16 th. 1940

M-W 75 born from May 16 th. 1935

to may 15 th. 1970

to may 15 th. 1965

to may 15 th. 1960

to may 15 th. 1955

to may 15 th. 1950

to may 15 th. 1945

to may 15 th. 1940

to may 15 th. 1935
and before

■ TEAM SCORING

The first three runners per nation in the same 10 year age group as follows build up a team by time scoring:

M-W 35+40, M-W 45+50, M-W 55+60, M-W 65+70+

■ DRESSING ROOMS

Changing facilities, showers and swimming pool are in the Zona Esportiva Municipal Les Fontetes, complex located in front the start and finish line.

■ MEDICAL CARE - PHYSIOTHERAPY

During the competition day "First - Aid Station" will be provided for the competitors. Sport - massage service are available for all competitors. The services are free of charge.

■ ANTI-DOPING CONTROL

The LOC will conduct drug testing which will take place under IAAF/WADA rules. Athletes using medication or taking medication which could include banned substances as for a drug testing under the IAAF rules must obtain and IAAF Therapeutic use Exemptions (TUE) certificate from IAAF/WMA/EVAA or National Body.

■ REGISTRATION

All entries must be handed in with the official Entry-Form to an EVAA member national association. Registration handed in from countries with no EVAA member association have to be approved by EVAA Council.

■ ENTRY FEE

Entry fee cost is 38 € per individual runner.

The following services are included:

T-shirt, massage after the race, drinks and a typical catalan sandwich, swimming pool, certificate and 1 € for the anti-doping fund.

Entry fee for each team is 10 € This amount has to be paid by the team leader the day before of the race in the Technical meeting.

■ REGISTRATION DEAD LINE

1st. April 2010.

■ COST FOR TRAVELLING AND ACCOMMODATION

For traveling and accommodation must be payed by each participant.

■ RACE NUMBERS CAN BE COLLECTED ON

Ajuntament Cerdanyola - Esports

Pl. Enric Granados s/n.

Saturday 15 th. of May 2010 from 17 h. until 21 h.

Sunday 16 th. of May 2010, till one hour before to start. (in the startline).

PROGRAM

■ SATURDAY 15 TH. MAY

19:00 h.

Welcome Ceremony, Cerdanyola
Town Hall , Pl. Layret s/n.

■ SUNDAY 16 TH. MAY

9:00 h.

Start European Masters Mountain
Running Championships at Zona
Esportiva Les Fontetes.

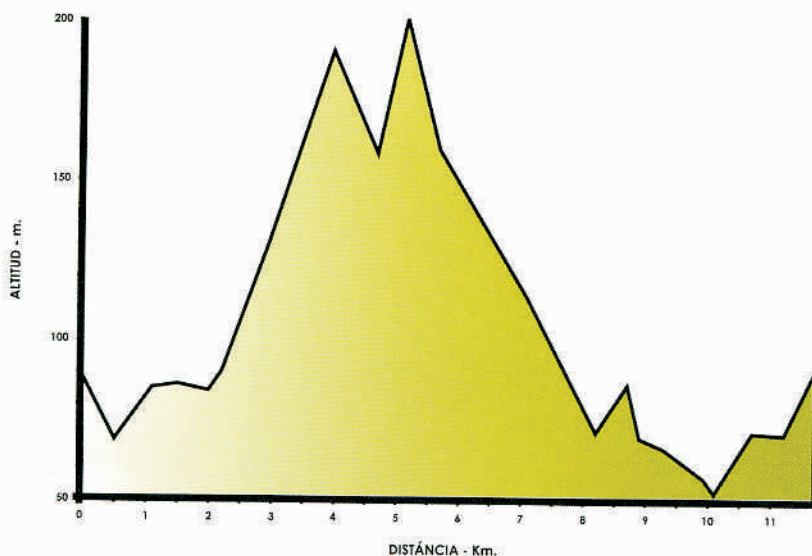
9:45 h.

Start Cursa per Collserola (Open).

12:00 h.

Start - Award Ceremonies.

COURSE DETAILS



HOTEL



HOTEL EUROSTARS

ARTESANS, 2-8
PARC TECNOLÒGIC DEL VALLÈS
08290 Cerdanyola del Vallès
BARCELONA
TEL. +(34) 93 692 06 61



HOTEL SERHS CAMPUS

VILA UNIVERSITÀRIA (CAMPUS UAB)
08193 Cerdanyola del Vallès
BARCELONA
TEL. +(34) 93 580 83 53
reserves.hotelcampus@serhs.com



HOTEL TORRE VERMELLA

CALLE SANTA MARCELINA, 13
08290 Cerdanyola del Vallès
BARCELONA
TEL. +(34) 935 86 34 58
www.torrevermella.es
hotel@torrevermella.es

ENTRY FORM

FIRST NAME: _____

FAMILY NAME: _____

NATIONALITY: _____

☐ MALE ☐ FEMALE

DATE OF BIRTH: DAY _____ MONTH _____ YEAR _____

AGE AS OF MAY 16, 2010 _____ YELLOW CHIP N. _____

CLUB: _____

STREET: _____

CITY CODE: _____

CITY: _____

COUNTRY: _____

TELEPHONE: _____ MOBILE: _____

E-MAIL: _____

ENTRY FEE: 38 €

ENTRY ADDRESS:

Participants must send the entry form and entry fee to their national veterans athletics association. The entries must be accompanied by a copy of the entrant's birth certification or of his/her identify card as evidence for the date of birth.

DEADLINE FOR ENTRIES: Thursday 01/04/2010

DECLARATION / DISCLAIMER

By signing this Entry Form, I declare that to the best of my knowledge and belief that I am in good health and that there are no objection against my participation in European Masters Mountain Running Championships 2010 on medical reasons. I relieve the EVAA and the local organizers of EVAACMR 2010 and/or third parties acting on their behalf of any responsibility with regard to any accident, injury, loss, or damage to myself or to my property, which may be sustained during or in connection with EVAACMR 2010. I also give my consent to be subject to drug testing at EVAACMR2010, should I be selected to do so.

DATE: _____

SIGNATURE: _____