



## National-Nederlanden San Silvestre Vallecana Popular Regulations

### Article 1

#### Denomination and institutions

The 46<sup>th</sup> edition of the Nationale-Nederlanden San Silvestre Vallecana Popular will be held on 31<sup>st</sup> of December 2023, which will be run through the streets of Madrid. The event will have the collaboration of the Consejo Superior de Deportes, Dirección General de Deportes de la Comunidad de Madrid, Dirección General de Deportes del Ayuntamiento de Madrid and Área de Coordinación Institucional del Ayuntamiento de Madrid.

### Article 2

#### Who can participate in the Nationale-Nederlanden San Silvestre Vallecana?

All those who wish to take part in this test may do so, regardless of age or sex, if they are properly registered both in time and form. Children under 16 years of age on 31<sup>st</sup> of December 2023 will not be able to register. Those under 18 years of age will have to present a proof of age from their father, mother or guardian when picking up their race bib to participate in the race. Download document. Participation in the race is under the responsibility and own risk of the participants. Participants confirm, upon registration, that they are in full physical condition, exempting the organization from liability for any mishap suffered in the possible previous training or during the race. The organization declines all responsibility for any damage that participants may cause during the race, cause themselves or derive from them to third parties. The event is limited to 40,000 participants.

### Article 3

#### Course and departure times

The races will be run over a homologated course of ten kilometers, totally urban and on asphalt surface. The starting time will be from 4:50 PM, with multiple successive waves: 4:50 PM, 5:00 PM, 5:15 PM, 5:35 PM, 5:55 PM, and 6:20 PM. It will be located in calle Concha Espina on the corner of Plaza Sagrados Corazones and the finish line will be near the Estadio de Vallecas (calle Candilejas). The waves will be organized by time and in this order:

- 4:50 PM Handbike and athletic chairs.
- 5:00 PM Runners with a certified time below 50 minutes (<50 minutes). The maximum number of runners in this wave will be 8,000.
- 5:15 PM Runners with a certified time between 50 and 60 minutes (<52 minutes and <60 minutes). The maximum number of runners in this wave will be 8,000.
- 5:35 PM, 5:55 PM, and 6:20 PM Runners without a certified time or with a time above 60 minutes.

Participants can choose their starting time when registering. The maximum number of runners in each of these waves will be 8,000.

The route goes through Concha Espina (Plaza Sagrados Corazones), Serrano, República Argentina, Serrano, Puerta de Alcalá, Alcalá (opposite direction to traffic), Plaza de Cibeles

(opposite direction to traffic), Paseo del Prado (opposite direction to traffic), Plaza de Cánovas del Castillo / Neptuno (opposite direction to traffic), Paseo del Prado (opposite direction to traffic), Plaza Emperador Carlos V (opposite direction to traffic), Ciudad de Barcelona, Albufera, Sierra del Cadí, Carlos Martín Álvarez, Martínez de la Riva, Candilejas (corner of Tiempos Modernos Street).

## **Article 4**

### **Categories**

The following categories are established:

- Absolute Popular Male and Female \*
- Absolute Junior male and female

Born in 2004, 2005, 2006, and 2007 (16, 17, 18 and 19 years old).

- Male and female promises

Born in 2001, 2002, and 2003 (20, 21 and 22 years old).

The following categories are established:

- Senior male and female

Born between 1988 and 1999.

Male and female veterans

- M-35 from 35 to 44 years old (born between 1979 and 1988).
- M-45 from 45 to 54 years old (born between 1969 and 1978).
- M-55 from 55 to 64 (born between 1959 and 1968).
- M-65 65 and over (born in 1958 and earlier)

Men's and women's handbike and athletics chairs

(\*) In this category, trophies will be awarded on the day of the race at Vallecas Stadium at 7:50 PM.

There will be a special start for the handbike and athletic chairs categories before the official start at 4:50 PM. Participants in these categories are kindly requested to make use of this exit in order to be able to run better as the course is completely free.

All those who want to participate in this category (Handbike and athletic chairs) must register in time and form as the rest of the runners and write an email to [info@sansilvestrevallecana.net](mailto:info@sansilvestrevallecana.net) to be indicated the meeting point at the start and finish

## **Article 5**

### **Visually Impaired Runners**

Blind runners must register in time and form as the rest of the runners and will be governed by the rules of Nationale-Nederlanden San Silvestre Vallecana.



The blind runner must prove a record in an approved race.

In order to provide the guide with a bib, please send an email to [info@sansilvestrevallecana.net](mailto:info@sansilvestrevallecana.net), indicating the guide's details (name, surname, email, and telephone number).

In case of not having a guide, the registered runner must send an email to [info@sansilvestrevallecana.net](mailto:info@sansilvestrevallecana.net) requesting it and the organization will provide one. You must indicate the registration number and the accredited time.

## Article 6

### Deadlines and registration fee

Registration can only be done through the website [www.sansilvestrevallecana.com](http://www.sansilvestrevallecana.com). Registration will be open from October 4<sup>th</sup>, 2023, for those registered in the 2022 edition and from July 3<sup>rd</sup>, 2023, for the rest of the runners. In all cases, registration will close at 11:00 PM on 23<sup>rd</sup> December 2023.

The registration fee will be 24€ (each registration will be increased by 0,80€ administration fee).

Starting from September 1<sup>st</sup>, registration will cost €26 (each registration will incur a €0.80 handling fee).

At the time of registration, you can choose the option of "mobile cloakroom (departure-arrival)", which has a cost of 5€ or "fixed cloakroom Vallecana" which has a cost of 1€. The details of this service are included in Article 7 of these regulations.

As an option, and on a voluntary basis, each runner can choose the "Dorsal Zero".

## Article 7

### What does registration include?

The registration fee for the race entitles you to:

- Participation in the Nationale-Nederlanden San Silvestre Vallecana Popular 2023.
- Participation in the Virtual race of the Nationale-Nederlanden San Silvestre Vallecana 2023. This race can be run from 12 AM on December 28<sup>th</sup>, 2023 until 11:59 PM on December 31<sup>st</sup>, 2023.
- Commemorative Boomerang T-shirt.
- It will not be possible to change the t-shirt size requested when registering. If there is no size when you register, the one you choose will be the one delivered. No more t-shirts will be made or can be exchanged.
- Chip / bib timing in the Popular Race and timing through the App of the race in the Virtual Race. - Appearance in the race rankings.
- Accident insurance (Only for participants during the physical race, not during the virtual race).
- Hydration at the finish line in the Carrera Popular.

- Start by time in the Popular Race.
- Medical services in the race (start, route, and finish line) in the Carrera Popular.
- Two cloakroom services in the Popular Race: You must choose which one you want when you formalize your registration, not being possible to do it when you pick up the t-shirt / bib or the day of the race.
- “Fixed wardrobe Vallecas”. Operational in the finish area of the race on December 30<sup>th</sup> from 3:00 PM to 8:00 PM and on the 31<sup>st</sup> from 10:00 AM in the tents located on the corner of the Vallecas Stadium (Arroyo del Olivar street with Payaso Fofó street).
- Only backpacks will be accepted and will be placed in a plastic bag of 40x50 cm. It is mandatory that the backpack to be delivered fits these dimensions. This cloakroom will cost 1 euro.
- “Salida-Meta mobile cloakroom”. It will be open on December 31<sup>st</sup> from 2:30 PM to 4:30 PM. No runners will be allowed access to the venue after this time. It will be located in the starting area, on the side of Paseo de la Castellana between Paseo de la Habana and calle Hermanos Pinzón. The organization is responsible for carrying the bag with the participant’s belongings to the finish line: they are delivered in the vans located in calle Payaso Fofó, after collecting the post-race bag and before arriving at the Estadio de Vallecas. This cloakroom will cost 5 euros.
- IMPORTANT When you collect/receive the runner pack you will be given a wristband, which allows access to the delivery area. Once there you will be given a bag of 40 x 50 cms where you must put ALL your belongings. The organization will not take anything that is not inside the bag.

All these rights can only be exercised in the periods and places defined and communicated by the organization.

## Article 8

### Pick-up of the Runner's Pack at the Fair

#### Collection of the chip/bib and the T-shirt:

The collection of the chip/bib and T-shirt will take place in Centro Deportivo Municipal Daoiz y Velarde. Avda. Ciudad de Barcelona, 162 (Posterior) 28007 Madrid, from 10:00 to 21:00 hours from 26<sup>th</sup> to 30<sup>th</sup> of December 2023. It will only be possible to collect the chip/bib and T-shirt on the day and in the time, slot chosen at the time of registration. Only in case of force majeure will it be possible to request a change of date for the collection by sending an email to [cambios@sansilvestrevallecana.net](mailto:cambios@sansilvestrevallecana.net). If the change is made, the organization cannot guarantee that the size chosen by the participant at the time of registration will be available.

To collect the T-shirt/bib and the chip you must present a valid identity document (DNI/NIE, passport or driving license) together with the registration voucher/confirmation email sent to the contact email and the personal best accreditation described in article 9.

To collect the registration of another person, a photocopy of the runner’s identity document, written authorization from the registration holder, proof of registration/confirmation email and accreditation of the corresponding brand must be presented. The organization reserves the right to request the original document if it considers that the photocopy presented is



fraudulent. If a participant presents a forged document, he/she will be disqualified, and the registration fee will not be refunded.

The day of the race you cannot collect the chip / bib and t-shirt under any circumstances.

Registration is personal and non-transferable. Only in case of serious injury of the registration holder, and after presenting this medical proof, it will be possible to change the ownership of the bib to another person designated by the injured runner. In no case will the registration fee be refunded.

The participant must wear correctly, visible in its entirety and without manipulating or cutting, the T-shirt provided by the organization during the entire route between the access to the starting boxes and beyond the finish arch. Failure to do so will result in immediate disqualification.

The timing chip will be placed in the shoe. Incorrect use of the chip means that it will not appear in the official classification of the race.

Under no circumstances will bibs be provided to any runner as a substitute for this T-shirt.

The organization will not assume any responsibility if the event is suspended or postponed for reasons of force majeure.

#### Delivery of the Runner's Pack to the address

if you have chosen this option, the pack will arrive at the address you have indicated in the registration from December 1st onwards. Shipments are not made by date of registration, they are made by operational issues depending on size of t-shirt chosen, peninsular or not. Those registrations formalized after December 22nd cannot be guaranteed to arrive before the race on 31st of December. In the Runner pack you will receive besides the t-shirt, the chip/bib, the cloakroom bracelet chosen, and the access bracelet to the starting box in case you want to run the Popular Race

This service has an additional cost of €5, which will be added to the registration fee.

Please ensure that you provide all the shipping details correctly to avoid any issues.

## **Article 9**

### **Accreditation of Time for Different Starting Corrals**

To receive a time bracelet that allows you to start from a starting box of less than 60 minutes, you must select it when registering. Afterwards, the participant must certify his qualifying when collecting his chip/bib and T-shirt by means of a printed document (official classification or accrediting diploma), receiving at that moment the corresponding bracelet.

These marks must be achieved in the 10 km track or road races validated by Nationale-Nederlanden San Silvestre Vallecana during 2023 or in the 2022 Nationale-Nederlanden San Silvestre Vallecana race, published on the race website. See list.

The organization may request the accreditation of any participant from the time of registration until the awards ceremony. If he/she presents a falsified proof of mark, he/she will be disqualified, and the registration fee will not be refunded. If no such proof of marking is

presented, he/she will start from the last drawer. Once a wristband has been handed over to enter the starting box, it is the runner's responsibility to keep it: another one will not be handed over if it is lost, damaged or stolen.

## **Article 10**

### **Medical Service**

The organization will have an adequate medical service at the start, finish line and along the course of the race. The participant authorizes the medical services of the race to carry out any treatment he/she may need, whether or not he/she is in a position to request it; if the organization or the medical services require it, the participant agrees to abandon the race.

## **Article 11**

### **Authorized vehicles and limitations accompanying runners**

The only vehicles authorized to follow the race are those designated by the organisers.

It is strictly forbidden to participate or follow the runners in a car, motorbike, bicycle, skates, scooters or with pushchairs, as well as to run with pets because of the danger they could pose to the athletes.

It is strictly forbidden to participate without a T-shirt/bib under any condition.

## **Article 12**

### **Disqualifications**

Any athlete who does not comply with these rules will be disqualified. In addition, the medical service of the race and the race director and/or the referees present are empowered to withdraw during the race:

- The athlete who shows a bad physical condition.
- The athlete who does not complete the whole course.
- The athlete who does not have the bib number or does not have it visible.
- The athlete who does not wear correctly, visible in its entirety and without manipulating or cutting, the T-shirt provided by the organization during the entire course between the access to the starting boxes and passing the finish arch. If this is not the case, he/she will be immediately disqualified.
- The athlete who does not reach the finish line in the maximum stipulated time (1 hour and 20 minutes) from the starting gun.
- The athlete who repeatedly complains to the referee, timing staff, race director or any member of the organization, provided that this claim does not conform to the provisions of Article 15.



## **Article 13**

### **Classifications**

The official rankings will be published on the race website [www.sansilvestrevallecana.com](http://www.sansilvestrevallecana.com).

The net times (time from passing through the starting arch) for the Nationale-Nederlanden San Silvestre Vallecana Popular are established as official, except for the absolute prize-giving, for which the gross time (time from the shot) will be established.

If the name of a participant does not appear in the rankings, please write an email to [info@sansilvestrevallecana.net](mailto:info@sansilvestrevallecana.net). Before sending it, it is necessary to make sure that the chip was correctly placed. In order to detect the wrong chip reading, it is helpful to indicate if you have started or arrived at the same time as a runner who does appear in the rankings, indicating in that case your data.

The deadline for corrections to the rankings will be open from January 3rd, 2024, until January 15th, 2024.

## **Article 14**

### **Trophies**

Trophies will be awarded to the top three finishers in each category, and they will be sent starting from January 19th, 2024, to the address indicated during registration. In the Popular absolute category (male and female), these trophies will be awarded on the day of the race at the Vallecana Stadium at 7:50 PM.

## **Article 15**

### **Claims**

Claims relating to the classification must be made to the timing judge or race director up to 30 minutes after the runner's entry into the finish line, enclosing 40 euros. This amount will remain on deposit until a decision is made on the claim presented, taking the time necessary to carry out the necessary checks and consultations. Only if the decision issued considers the claim to be justified will the amount deposited be returned. The participant who does not comply with this process may be disqualified by application of Article 12 of these rules.

## **Article 16**

### **Rights of Image**

The acceptance of these rules implies that the participant authorizes the Organization to the total or partial recording of his participation in the same and gives his consent so that his image can be used as a result of the promotion and dissemination of the race in which he has participated without the right on his part to receive any financial compensation.



## **Article 17**

### **Acceptance of the Regulation**

All participants, by registering, confirm that they have read, understand, and accept this regulation.

## **Article 18**

All matters not foreseen in the previous articles will be decided by the organizing committee of the event