



Dear competitors, adventurers and mountain sports fans. We are proud to introduce the first edition of “La Ruta Madre”, our goal is to promote the adventure sports in México, ecotourism, explore the wonders that nature offers to us and live a bunch of emotions together.

Our race requires good physical and mental strength, has more than 100 km of distance and more than 6,000 meters of elevation gain. Considering technical knowledge and physical strength in different mountain sports so that the finishers can say proudly that they did it. We will run through canyons, cross rivers, walk along typical villages of the region, ascend and descend in waterfalls, admiring landscapes worth of the Sierra Madre Oriental and why not, we will start and finish in the “magical village” of Santiago, Nuevo León.

The race will take place in National Park “Cumbres de Monterrey”. The race consists in multiple mountain sports like: mountaineering, trail running, canyoneering, mountain biking, paddling. The competitor need to dominate different abilities as: orienteering, ascend and descend on ropes, paddling techniques, swimming and rock climbing.

Here is the general information and technical details:

**Host:** Santiago, Nuevo León. A 30 minutos de Monterrey, Nuevo León.

**Dates to consider:** 18-20 November 2017.

**Estimated distance:** 100 kilometers.

**Estimated elevation gain:** 6,200 meters of elevation gain.

**Categories:** Mixed and Male. The 3 members of the team must make all the race together.

**1<sup>st</sup> place prize for each category:** \$56,000 MN (about \$3,000 USD). *Free entry next edition.*

**2<sup>nd</sup> place prize for each category:** \$28,000 MN (about \$1,500 USD).

**3<sup>rd</sup> place prize for each category:** \$16,000 MN (about \$850 USD).

Trophies will be rewarded to the top 3 places, medals to all finalists. Welcome kit to all participants.

**Race start:** 00:00 Sunday 19 of November 2017.

**Team limit:** 60 teams.

**Meeting request:** 20:00 of Saturday 18 of November 2017, to deliver race kit and instructions. It is mandatory to be present at this moment or before.

**Estimated Race time:** 24 hours.

**Course open:** 30 hours. 06:00 of Monday 20 of November.

**Awards:** 14:00 Monday 20 of November.

**Airport Host:** International Airport General Mariano Escobedo, Monterrey, Nuevo León.

**Entry Fee:**

**Teams of 3 members:**

\$10,000 Mexican pesos per team until July 2017. (About \$500 USD)

\$12,000 Mexican pesos per team during August and September 2017. (About \$600 USD)

\$14,000 Mexican pesos per team during October and November 2017. (About \$700 USD)

\*We do not have a refund policy, neither before the race nor during the race in case the team decides to leave.

**Bank account for deposit:**

**Banco:** BBVA Bancomer

**Name:** YETI ADVENTURES SA de CV

**Account:** 0110 3861 54

**CLABE Interbancaria:** 0125 8000 1103 8615 43

\*We can deliver invoice or legal receipt, add 16% of IVA.

*\*Due to Monday November 20 is holiday in México, the prizes in money will be delivered Tuesday 21 of November. In case of winners are Mexican teams, the money can be transferred between national banks with the respective CLABE or bank account, the money will be withdrawn from BBVA Bancomer. In case of*

winner are foreign teams, the money will be withdrawn and together with the team can be exchange to dollars or euros as preferred, considering the value of the present day.

### **Conditions:**

Mixed category: At least 1 person of each gender.

Male category: the 3 male members.

Teams of 3 competitors, over 18 years old before the start race date.

### **Checkpoints and supply:**

- 17 checkpoints.

- 4 supply stations.

- 4 places where support team intervention is allowed.

In case the team does not have support team, the staff of the race will help with the transportation of the equipment and necessary supplies between the transition of the disciplines.

### **Mandatory equipment:**

- *The staff will check on every checkpoint before starting each stage, that the competitors have with them with all the required gear for each stage and in appropriate conditions for the development of the activity.*

- *Personal equipment it is not transferable.*

- *The 3 members of the team must use a uniform, at least shirt (torso). The race will give in the welcome kit two t shirts: cotton and sports shirt. The sports shirt can be used as uniform of the team.*

- *It is required that for the paddling stage each competitor brings with him the oar, the floating device we have not decided if it will be kayak, raft or tube. If the team has its own device for paddling, can bring it and use it in the race.*

- Mountain bike
- Helmet (Mountain bike or mountain helmet)
- Front and back light in MTB
- Compass
- Harness
- Safety line
- Headlamp
- Extra batteries
- Ascending equipment: ascender (jumar, basic, croll, micro traxion, tibloc, coordino), two safety lines, stirrup.
- Descending equipment: descender (figure eight, pirana, totem, ATC, reverso, oca, etc.) safety line.
- First Aid Kit
- Emergency blanket
- Whistle
- Lighter / Matches
- Knife
- Personal Flotation Device
- Dry Bag / Keg
- Footwear suitable for each discipline / stage
- Backpack suitable for transporting all the necessary gear for each stage and discipline.
- Sunscreen biodegradable
- Wetsuit, recommended at least torso (vest).
- Clock
- Large duffle bag to transport belongings and equipment of the team between stages (in case of not having support team).
- VHF radio (sealed by the race staff)
- Food and water enough for each stage

### **Recommended Equipment:**

- Trekking poles
- Cap / Hat
- Sunglasses
- Warm, waterproof, breathable clothes
- Pull straps to help companions
- Buff

- Spot (Find me spot): GPS to show tracking and send help messages to 10 contacts.
- Flag in case of foreign teams
- Air pump
- MTB tubes
- MTB tools

**Rules:**

1. All participants must follow the next regulations before and during the race. The organization reserves the right to modify the rules, any changes will be notified to the participants.
2. The highest authority of the race is the staff of Yeti Adventures; it will have the right and responsibility to change the route of the race at the last moment in case the integrity of the participants could be affected.
3. Replacements are authorized up to 24 hours before the start of the race, the organization must be informed of all personal data and all restrictions must be provided.
4. All participants must have health insurance that covers all the expenses in Mexico, all competitors must send policy, insurance and relevant information prior to the race.
5. All participants must have the physical and health conditions that correspond to the requirements of this race.
6. All participants must know how to swim.
7. All participants must have knowledge of paddling techniques in flat water.
8. All participants must have the necessary knowledge in climbing and descending ropes.
9. All participants must have first aid and CPR techniques.
10. There must be a team leader, who will be the representative in the before and d after career.
11. At least one person per team will be the responsible of presenting the team in the registry of each of the control points. The other two competitors may be preparing equipment or recharging supplies.
12. Each team will have their passport where the 17 control points of the race will be signed, if they reach a checkpoint and an earlier one is pending, the team must return to complete the signatures. If at the end of the race a minimum control point is missing, the team will be disqualified.
13. Members cannot be separated by more than 100 meters or more than 2 minutes. Penalty of an additional 15 minutes over the total running time.
14. In case of a participant want to leave the race, the rest of the team must leave, all must be united.
15. The final time of each team will be when the last competitor crosses the goal.
16. All members of the team must carry an official identification that will help the organization to recognize them at any stage of the race.
17. All participants must wear all the time of the race their competitor number
18. Participants can push, pull or drag their teammates through their own physical limits.
19. Within the optional equipment, it is recommended to have one spot per team (locator device in case of emergency). Teams that has this device must register phones and mails of race organizers. Logistics of this detail will be handled personally with each team.
20. Within the mandatory equipment, it is mentioned to have VHF radio, it must go in the or dry bag. The organization will identify each radio before starting the race, it can be used only in case of emergency and using it deserves disqualification but the organization will come to help the team
21. It is strictly prohibited to use GPS, maps that are not delivered by the organization, use of night vision

devices, transportation that isn't designated by the race, radios or cell phones for communication during the race.

22. Use helmet in disciplines that require it, like: cycling, canyoning, climbing. Penalty of an additional 15 minutes on the total race time for each member that does not use it in each discipline. You cannot use helmets in trail running, rowing, swimming.

23. Use safety line when starting a rappel or finishing an ascent in ropes. 15 minutes will be penalized adding to the total time of the race for each member of the team that does not use properly the safety line.

24. The final race time of each team will be the time when all the team crosses the finish line, adding the times in case there are penalties. The results will be announced in the award ceremony.

25. If a team does not aid another team that requires it in case of an accident or emergency, it will be disqualified. The team that aided, may request to reduce the time spent in assisting another team to the organization, will evaluate and bonus them.

26. The participants must show knowledge in the use of the equipment, in case of not demonstrating it and attempting the safety of the participant (s), the staff will decide to cancel the section and the team will be disqualified.

27. Participants must show good health before and during the race, in case any participants does not show it and show symptoms of extreme fatigue or illness, the staff at any control point may decide to terminate the team's participation.

28. The organizers have the power to suspend or change the route of a race for reasons of safety and integrity of the participants.

29. It is forbidden to throw garbage along the course of the race, if a competitor is surprised, it will be penalized with 15 minutes over the total race time

30. It is forbidden to use any type of drug or physical or mental adulterant during the race, any participant who is surprised, will be disqualified the equipment. In case of taking a special medication, show the medical staff where authorized.

31. It is forbidden any physical or verbal aggression between competitors of the same team or foreign team, if any participant is showing aggressive behavior, the team will be disqualified.

32. Any complaint, must be treated only by the captain team with the Yeti Adventures staff behind closed doors, in the time between the end of the race and the moment of the ceremony awards.

33. At least one member of the team must have knowledge in orientation, map reading on any scale, UTM scale and compass management.