

Technical Information - Participant Guide

50-25 MILES

Trail Cat 50 - 25 miles

Refreshment Stations (organized by the event)

Trail Cat 50

21.5 km Catllar Dam - Full aid station

Between km 35-45: SURPRISE checkpoint with light refreshments

59 km Catllar

Water sources (ROADBOOK)

km 6, 29, 65

the route.

Consult the roadbook for additional water sources at other points along

Trail Cat 25

21.5 km Catllar Dam - Full aid station

Water sources (ROADBOOK)

km 6, 33

the route.

Consult the roadbook for additional water sources at other points along

There may be additional surprise manual or automatic check points.

GENERAL RULES (see www.trail.cat): general rules for the three distances: 300, 50 and 25 miles.

Schedule and Timings

50-MILE SCHEDULE

BIB PICKUP: 25-50 miles

Friday, October 16, 6:00-11:30 p.m. (at the start-finish area),
Restaurant Racó del Abat

<https://maps.app.goo.gl/n5mKvtQeCSdWkMHH7>

11:45 p.m. Final race briefing

12:00 a.m. Walk with race staff to km 1; mass start at km 1

25-MILE SCHEDULE

BIB PICKUP: 25 miles

Saturday, October 17, 7:30-8:45 a.m.

8:45 a.m. Final race briefing

9:00 a.m. Walk with race staff to km 1; mass start at km 1

Outside assistance is allowed throughout the entire route. See the roadbook for recommended locations, but assistance is permitted anywhere along the route.

No neutral assistance bag service is provided by the organizers.

Mandatory Gear and Recommendations

Mandatory Gear (applies to all 25-50 MILE distances)

As a Trailcat The Race participant, you are expected to know your body, your capabilities, and how to manage changing mountain conditions: heat, cold, fatigue, navigation, lack of phone coverage, and sudden weather changes.

The route may have temperature contrasts at different times of day and in different areas. Temperatures can be high during the middle of the day, while nighttime or more exposed areas can be challenging. For this reason, you must carry the required gear throughout the

race,
regardless of distance. The organizers may conduct random gear checks
anywhere on the route. Runners who do not meet the mandatory gear requirements may be penalized or disqualified.

Mandatory Gear

The following items are mandatory for all distances:

Mobile phone with sufficient battery.

GPS device with the official route loaded (GPS watch + smartphone,
or

handheld GPS + smartphone).

Charging system or spare battery for the GPS device.

Headlamp with sufficient battery or a charging system.

Emergency thermal blanket.

Whistle.

Waterproof hooded jacket.

1 emergency energy bar.

Mandatory hydration:

Participants must be able to carry at least 1 liter of water at the start.

Cold-weather gear (ONLY REQUIRED IN COLD WEATHER) IN COLD WEATHER)

In addition to the mandatory gear, extra cold-weather protection may
be

required on certain sections of the route, depending on weather
conditions.

Required gear (ONLY IN COLD WEATHER)

Gloves

Hat or neck gaiter

Long-sleeved shirt

Additional thermal layer (fleece, lightweight thermal jacket, or
equivalent)

The organizers reserve the right to activate or strengthen this
requirement

according to the weather forecast.

Recommended Gear

The following items are not mandatory, but are strongly recommended, especially for the longer distances and for runners with outside assistance:

Spare socks.

Wet wipes for foot hygiene.

Trekking poles.

Additional lightweight jacket.

Long pants.

Sunscreen.

Cap or other sun protection for the head.

Breathable long-sleeved shirt for sun protection.

Sunglasses.

Lightweight gloves.

SIXPRO anti-chafing cream.

Small first-aid kit.

Toilet paper in a waterproof bag.

Zip bags for waste, electronic devices, or wet gear.

Earplugs and sleep mask (recommended in rest areas).

Personal medication.

Personal hygiene items.

Spare batteries and charging cables.

Important recommendation:

Always carry cash, a bank card, and a charger or spare battery in your pack. In

ultradistance races, withdrawals or unexpected logistical changes may occur.

Navigation and GPS Use

THIS IS A NAVIGATION RACE WITH NO COURSE MARKINGS. For this reason, you must carry a GPS device with the official route loaded.

This device may be:

GPS watch

Smartphone

Handheld GPS

GPS watches are very useful, but may be less accurate at complicated junctions or in areas with multiple route options. We therefore recommend also downloading the route to your mobile phone as a backup. Please note that distances may differ slightly between GPS devices and brands, with approximate variations of 2% to 4%, depending on the map data used.

We recommend downloading the final race route a few days before the event, as the course may change for logistical, safety, or environmental reasons. The official GPX file will be sent to participants before the race.

FINISH-LINE SERVICES

Finisher medal for all finishers

Showers will be available at the finish, 500 meters away, at "Club Natació Tàrraco." Event staff will give you directions to the showers at the finish.

Finish-line refreshments: drinks and fideuà, with a vegan option for those who requested it during registration.

There will be no awards ceremony. The male and female winners will receive their trophies when they reach the finish.

There will be no podium or category rankings. The overall final results will be published on the event webs