



## **PRESENTATION.**

Acantilados del Norte, is one of the wildest races, (due to the places it runs) well known by hikers on the island of La Palma, located in the northern part of the island, is the GR 130 trail (Camino Real de la Costa)

Although it barely reaches 29 km, between the most inhabited areas of the municipalities of Barlovento and Garafía, with a maximum altitude of 600 meters above sea level, it has an Accumulated Elevation Gain (approx) of more than 4200 meters, which is why it is considered one of the toughest mountain races that exists in Europe according to its distance.

The most striking thing for the runner is undoubtedly where it runs, accustomed to running through mountainous areas, this on the contrary always runs parallel to the Atlantic Ocean and with impressive ravines and mountains, with almost 80% of the soil where almost virgin landscapes run.

## **1. ORGANIZATION.**

The sporting event called ACANTILADOS DEL NORTE SKYRACE 2025 by Dynafit, is organized by the company FITTERS LA PALMA EVENTOS DEPORTIVOS, with the sponsorship of Dynafit, Cabildo Insular and the collaboration of the City Council of Villa de Garafía and Barlovento, other administrations-public institutions and different private companies.

If the race is suspended for "x" reasons, the registration money will be refunded in full.

If the race is suspended within the days of delivery of the runner's bag and bib (from Wednesday at 2:00 p.m. to Friday, of the week of the event), for reasons of pandemics or other reasons (temporary or aspects beyond the organization's control), registrations will be moved to the date estimated by the organization (same year), those who do not wish to participate in the new date (if they have one), will have a refund of 60%, The runner's bag will be given to them, the place will be reserved for the next edition and they will have a 15% discount on the 2026 registration.

If for any reason during the race, there is the possibility of neutralizing the race to safeguard the health of the runners for "X" reasons, it will stop at the nearest refreshment station. And only the winners of the top ten of the general classification (male and five female), who have reached the refreshment station marked by the organization or the finish line, are decided.



## **2. CALENDAR**

The event will be held on March 22, 2025, where the start will be located in the urban center, at 09.00 in the morning from Barlovento and finish in (Santo Domingo / Garafía).

It has a total distance of 29 kilometers and the participants will have to complete the cliffs in 6 hours.

## **3. REGISTRATION.**

Through the [www.fitters.es](http://www.fitters.es) website

3.4. Registration includes:

Participation in the race

Broker's Bag

Provisioning

Civil Liability and Accident Insurance

Recovery area and shower service

Commemorative trophies (Categories and General)

Finisher Certificate (On request)

Finisher Medal

Final snack

Wardrobe

Transport of a bus before starting the race from arrival to departure (optional)

\*The organization allows the change of bib, modality or its sale, if for (X) reasons the person who purchased it, cannot attend the event has his runner's bag reserved.

\*The organization does not allow financial refunds, nor reserve the place for future editions.

\* The organization allows a financial refund if you have taken out registration insurance.

\* This regulation of changes and refunds will be in force until February 15 at 11:30 p.m., outside this period no modification can be made, since the organization needs a certain period to place the order of everything related to the registration of l@s corredor@s.



#### **4. PARTICIPATION.**

Participation is open to all runners, federated or not, who have duly formalized their registration. All participants must have a VERY OPTIMAL level of physical condition to face a test of these characteristics.

All runners will have a reserved place (not invited), at any address up to two months before the race, if they obtain the following results:

- Male, have a time of 3 hours, 10 minutes and zero seconds or less.
- Female, have a time of 4 hours, 00 minutes and zero seconds or less.

#### **5. DORSALES - BOLSA DEL CORREDOR.**

Para recoger el dorsal será imprescindible presentar el DNI o documento identificativo oficial de cada participante. Podrá ser recogido por cualquier otro participante o persona en la que delegue, llevando una fotocopia del DNI y/o autorización del participante.

-Los participantes deberán llevar, en todo momento, el dorsal entregado por la organización en un lugar visible, de tal manera que puedan facilitar la labor de control al personal de la organización. Los dorsales no se podrán recortar, doblar ni modificar, este dorsal en esta edición tiene un carácter identificativo entre personas que van a competir y personas que no.

-La categoría de relevo el dorsal aconsejamos que lo recoja el que salga primero, ya que solo habrá uno por parejas.

-Se les enviará el programa a sus correos electrónico, informado en redes sociales y actualizándolo en este reglamento, tres semanas antes del evento.

#### **6. CATEGORIES.**

The categories that are established for both WOMEN and MEN are the following:

CATEGORY YEAR OF BIRTH OBSERVATIONS

U23 2002 / 2007 SKY

ABSOLUTA 1986 / 2001 SKY

VETERAN TO 1985 - 1976 SKY

VETERAN B 1975- 1966 SKY

MASTER 1965 - previous SKY

\*For relief, the minimum age is from 2009.

#### **7. AWARDS.**



The top 10 finishers in the overall standings + the top three in each competition category, both female and male.

\* THE ABSOLUTE CATEGORY IS THE TOP 10

#### GENERAL SKYRACE PRIZE POSITION

(Both male and female)

<b>STAND</b>	<b>GENERAL SKYRACE PRIZE (Both male and female)</b>
1	1000 €
2	600 €
3	400 €
4	300 €
5	200 €
6	100 €
7	100 €
8	100 €
9	100 €
10	100 €

\*The economic prizes will be given in "hand" once the closing celebration is over, before you must fill in the certificate of delivery and sign it.

- The first 3 couples classified in the relay modality (Men's/Women's/Mixed)
- The first runner who reaches the finish line, of the long distance who are born or registered in the Municipalities of Barlovento or Garafía, will also be awarded.
- The first three canari@s will also be awarded (They must be born or registered in the Canary Islands for more than 5 years)
- Prizes will also be awarded to the first three palmer@s reach the finish line, of the long distance who are born or registered on the Island of La Palma (Must be more than 10 years registered in La Palma)
- The "palmero" prize will not be cumulative if it is in the top 3 Canarian.
- The "Melenudo Award" will be awarded to the runner who represents the values of said sports club.
- The best three first teams of the long distance will be awarded; its brief regulations will be;



In the registration, you must put the name of the team to which you belong.

To be eligible for the prize, you must have a minimum of three corredor@s and one of the components must be a runner.

A minimum of three runners must finish (one of them must be a runner)

Only the times of the first three runners will be added (one of them must be a runner)

The team that, adding the times of its first three runners, obtains a shorter time, will be the winners.

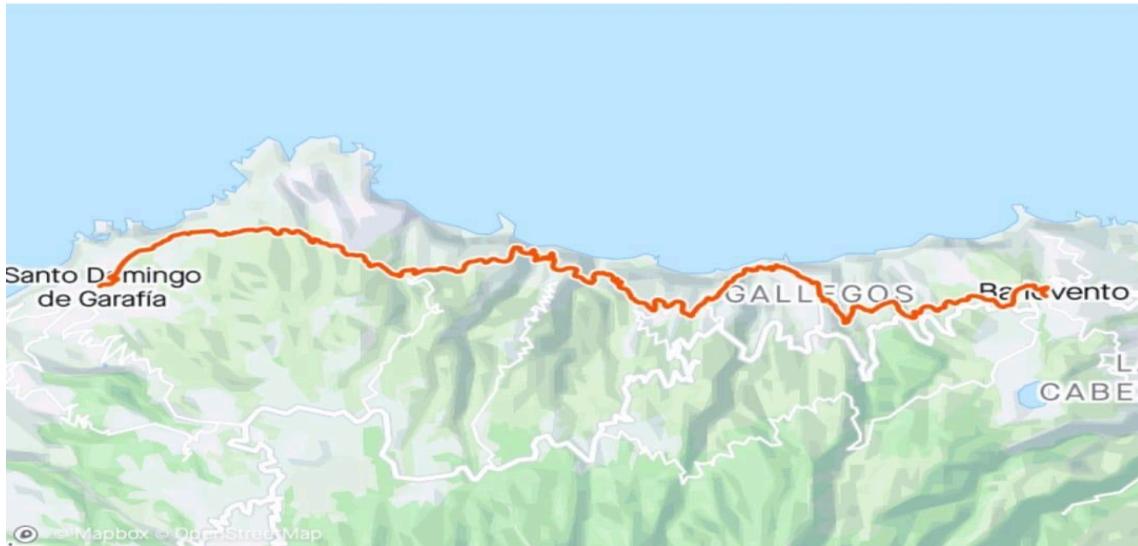
If some runners enter the finish line and are competing for a prize, it will be given to the runner who is closest to the municipality of arrival of the race.

#### **8. ROUTE.**

8.1. The race will start at the scheduled times, from Barlovento to Garafía.

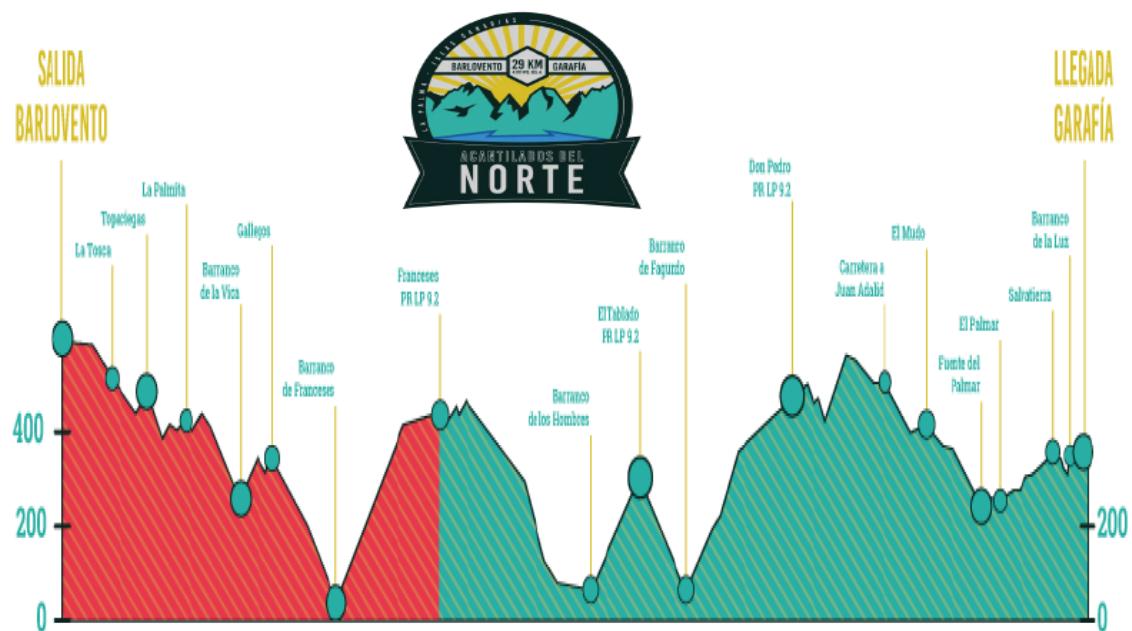
8.2. The Organization reserves the right to change or modify the route originally published, in this case it will be informed and published sufficiently in advance in the different media of the race.

#### **-COMPLETE TOUR**





## PROFILE



### TECHNICAL DATA ACANTILADOS DEL NORTE 2025

**Distance:** 29 km

**Physical Difficulty:** LOUD **Technical Difficulty:** LOUD



 + 2015 (aprox)

 - 2242 (aprox)

 +- 4257 (aprox)

**Start / Finish:** Barlovento / Garafía

- Cut-off time “Franceses / Machines a las 11.45 horas (2 horas y 45 minutos)
- Cut-off time “Don Pedro” a las 14:00 (5 horas)

 **web**

Official Refreshments:

1st Galician (liquid) refreshment station (km 7)

2 Refreshments (Liquid and solid) French (Km 12)

3rd Refreshment Station (Liquid and Solid) Don Pedro (Km 20)

\*4th Refreshment Station (Tabla) will depend on the weather conditions of that day (Km 16)

**Pitch Control:** 3 ( Gallegos / Franceses / Don Pedro)

**Evacuation Zone Organization:** 3 ( Gallegos / Franceses / Don Pedro)

**Registration price:** 50 € / Relevo 50 € COUPLE.

**Información / Documentación / Inscripción:**



[www.fitters.es](http://www.fitters.es)

/

mail:fitterslapalma@gmail.com

facebook.com/fitters-tecnificación-deportiva / acantilados del norte.



**Teléfono:** 699 72 29 56

**Areas of passage to view the race: Guelguén Special Nature Reserve (Coastal cliffs and laurel forest) visible from several places of access by vehicle, in different areas of the route (Don Pedro, El Tablado, Franceses and Gallegos).**



## 1. PROVISIONING

### 9. REFRESHMENTS.

The organization will have 3 refreshment stations. In them, participants will have LIQUID AND SOLID, as shown in the information of the technical sheet of the race. The organization will NOT provide cups at the refreshment points.

\*It is allowed to deliver material, receive external help or supplies during the development of the race, within the official refreshment area (Don Pedro, French and Galician)

<b><u>SOLID</u></b>	<b>Liquid</b>
Orange	Water
Banana	Orange isotonic
Almonds	Lemon isotonic
Pasas	Coca Cola
Chocolate pastries	
Nuts	
Energetic chocolates	
Candy	

### **MANDATORY AND RECOMMENDED MATERIAL.**

<b>OBLIGATORY</b>	<b>RECOMMENDED</b>	<b>MATERIAL</b>
✓	✗	jerry can 0,5
✓	✗	Thermal blanket
✓	✗	Móvil
✓	✗	whistle
✓	✗	Glass or jerry can
✗	✓	Track

\*For the relay event, this material is also mandatory.

### 11. REGULATIONS ON THE RELAY MODALITY.



- (FIRST RELAY) The race will start at 09:05 h (they must enter the starting box in the area reserved for the relay with the skyrace distance), from Barlovento to the town of Los Machines (Franceses/Garafía)
- (SECOND RELIEF) From Los Machines (Franceses/Garafía) to the urban center of Santo Domingo (Garafía).
- Full route is the same, as the skyrace distance on the GR 130.

At the time of the relay they must change the bib (Carrier)

They have 2 hours and 50 minutes to reach the French relay and 3 hours and 10 minutes for the second relay to complete the route, if in the first section, the runner has not arrived in that time, the corresponding relay will be started and the couple will be penalized in the final classification with a 20-minute penalty.

They will be able to run (if they wish) with their partner in the section shown below, once they reach the arch of the organization, it is when the bib exchange will take place, the second couple will be able to leave.

First section; 11 Km / Cumulative elevation gain approx 1787 meters.

Second Section; 18 km / cumulative elevation gain approx 2500meters.



## **12. TIMING.**

The race will be controlled by qualified personnel of the organization (Chips) and the times and areas of passage will be reflected in the app (sportmaniac) and on the (Facebook of the race).



### **13. SIGNAGE AND PASSAGE CONTROLS.**

-The route will be marked with: "pieces" of marker tape (white and red), kilometric references of the race and/or any other type of sign where the passage will be mandatory.

We want to keep the environment as "virgin" as possible, so only the basics will be marked with plastic tape (The route goes in one direction of the GR-130 (Red and White) towards Barlovento, which is completely marked with official signs and paintings of the network of trails of La Palma.

-It will be pre-signposted 1 week before the date of the test.

-In order to qualify, participants must complete the entire route and have passed through all the checkpoints established by the organization. It is the responsibility of each participant to follow the marked route. Failure to respect it will be cause for penalty or disqualification.

-Participants, during the route, must follow the instructions of the control staff at all times. If for any circumstance, and if at any time any

If the participant does not continue along the official route, he must retrace his steps and continue along the corresponding route.

\* If any runner skips any part of the route, the organization must verify the "skipped" section and will sanction according to it, with a reasonable time according to the criteria of the director of the race.

### **14. TIME LIMITS.**

-The maximum time to complete Acantilados del Norte is 6 hours 00 minutes.

-Cut-off time in Franceses / Km 11 in 2 hours and 50 minutes.

### **15. COMPETITION JURY OF THE TEST.**

-The jury of the event will be responsible for resolving any possible complaints arising from the development of the competition.

-For what is not contemplated in the race regulations, it will resolve without taking into account any other regulations and/or regulations and will decide between (Race Director, member of the Organization and security member). In case of doubt, the judgment of the Organization shall prevail.

### **16. ABANDONMENTS.**



- In case of abandoning the race, the runner must MANDATORILY indicate it to the staff of the Organization at the nearest checkpoint or by contacting the Organization Center through the telephone number printed on the bib.
- The participant assumes full responsibility from the moment he voluntarily abandons the race or is disqualified.
- The areas of abandonment of the race that have private transport from the organization to the finish line (except for injury, fall or some other problem that prevents walking) will be "Don Pedro" / "Franceses" / "Gallegos" always calling the telephone number that appears on the bib.

#### **17. RESPECT FOR THE ENVIRONMENT.**

Participants must respect the environment in which the test is carried out and keep the environment clean. Failure to comply with this point implies immediate disqualification if the organization realizes that it is done voluntarily.

#### **18. SECURITY.**

The race will always be followed by personnel of the organization, waiting for you at various points of the route, we remind you that in your bib you will have the phone number of the security manager for any inconvenience in the development of the race.

#### **19. RESPONSIBILITIES AND INSURANCE.**

The participants do so at their own risk. The decision of the start and realization of the race falls on them. It is the responsibility of each participant to be physically prepared to take part in the race and accepts these rules in advance. Health personnel will have the power to withdraw the bib number from any runner when they consider that their health is in danger.

Participants release the organization from claims or demands based on alleged actions or non-actions of participants or others acting on their behalf; as well as claims resulting from damage that may happen to them or their materials. Participants must sign the documents required to show more clearly this section of the regulations

Likewise, participants authorise the organiser of the event and/or its sponsors to take images, photographs or videos of the sporting event, consenting that their name and surname, as well as their image, including their voice, may be advertised in any media (press, television, internet, newsletters, or any other promotional act), without such use conferring the right to receive any financial compensation.

On the other hand, the organization can make use of the photographic images that are made of the event, but always indicating the owner of the same and only exclusively to promote the



event, if the organization would like to obtain any snapshots for other aspects (Poster, Photocoll... etc) will ask permission from the owner of the same.

#### **20. DISQUALIFICATIONS AND CONSIDERATIONS.**

Any participant will be disqualified who: does not comply with these regulations, does not complete the entire route, does not respect the marked itinerary or route signage to shortcut, does not wear a bib clearly visible, deteriorates or soils the environment, or disregards the indications of the organization (see points number 13 and 17).

Likewise, the participants are obliged to help the injured and to respect the traffic rules at road junctions. The Organization declines all responsibility in case of accident, negligence, as well as the objects of each participant. Participants exonerate the organization from all liability in the event of an accident or injury. The fact of registering for the race makes the participant accept each of the points set out in these regulations.

The organization reserves the right to make the modifications it deems necessary depending on the different conditions, as well as the suspension of the race if weather conditions force it or due to force majeure.

#### **21. MODIFICATIONS.**

These regulations may be corrected, modified, expanded or improved at any time by the Organization, as well as any data, rule or section for an optimal performance of the test. The fact of registering shows the participant's agreement with these regulations.

Any circumstance will be resolved by the Organization as contemplated in these race regulations and without taking into account any other regulations and/or regulations.

The Organization reserves the right to decide and act on those cases not included in these Regulations.

This regulation has been published on October 01, 2024 (if any point is modified, it will be published on its social networks and updated in it)

#### **22. SKYRUNNER WORLD SERIES**

Welcome to the impressive world of skyrunning, the most important circuit in the world, where the real mountain races are, the most technical, the hardest and the most impressive, where the earth and the sky come together, where lovers of true technical and mountaineering routes meet, where the runner and the pure mountain come together.

We invite you to witness the ultimate challenge as we introduce the Skyrunner® World Series. Get ready for 20 iconic races around the world, where elite athletes and amateurs will compete to be crowned the best Skyrunner® of 2025. Each Skyrunner® World Series race is a true test of



skill, endurance and bravery, amidst stunning landscapes, including glaciers, sharp ridges, cliffs and technical terrain.

From the Alps to the Andes, the Skyrunner World Series selects only the best SkyRaces in stunning locations around the world. This attracts the fastest and most intrepid skyrunners, who strive to achieve the distinction of being crowned the best in the world. The highest performing male and female athletes are declared champions at the end of the season. Competing for points throughout the year, athletes aim to qualify for the season-exclusive final race, the SkyMasters.

This year, the Series will offer the largest prize money yet: €100,000, distributed among the top ten athletes in the overall standings, including €20,000 for the winners only. This is in addition to the prize money awarded after each individual race.

Mark your calendar for March 22 (North Cliffs) and join us as we kick off a new season of the Skyrunner World Series. Be part of the excitement while

#### **22.1 ELITES**

There will be 30 bibs reserved for the "elite" profile where the organization will have a "package" of aid where it will be divided into three sections (A, B, C), the profiles of the corredor@s where they will be located will be according to their achievements in 2023 / 2024, their sports history and if they compete in the "World Series", those responsible for the "sky" will be jointly designated as the organization itself.

The "elite reserve" period will be from October 15 to February 1 and will designate February 6 by contacting the interesad@ to inform them in which section they have been placed and what their aid would be.

We inform that as the places are reduced, the level of corredor@s is very high, so possibly l@s corredor@s of lower level may be left without a place so they should be attentive to the opening of general registrations to opt to have a bib to compete in the test.

#### **23. CONTACT DETAILS.**

Information / Documentation / Registration:

WWW.FITTERS.ES

E-mail: [fitterslapalma@gmail.com](mailto:fitterslapalma@gmail.com) / [acantiladosdelnorteskyrunning@gmail.com](mailto:acantiladosdelnorteskyrunning@gmail.com)

[facebook.com/fitters-tecnificación-deportiva](https://facebook.com/fitters-tecnificación-deportiva)

Telephone: 699 72 29 56



THE EVENT PROGRAM WILL BE ATTACHED AND POSTED ON SOCIAL MEDIA 3 WEEKS BEFORE THE RACE