

Regulation Nationale-Nederlanden San Silvestre Vallecana Popular

Article 1

Denomination and institutions

The 45th edition of the Nationale-Nederlanden San Silvestre Vallecana Popular will be held on 31st of December 2022, 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 31st of December 2022 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

Route and departure times

The races will be run over a homologated course of ten kilometers, totally urban and on asphalt surface.

The start will be from 17:00 hours in several successive waves: 17:15 hours, 17:35 hours, 17:55 hours and 18:20 hours. 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:

16:50 Handbike and athletic chairs.

17:00 Runners with an accredited time under 50 minutes (<50 minutes). Maximum number of runners in this start

will be 8,000.

17:15 Runners with accredited time between 50 and 60 minutes (< 52 minutes and <60 minutes). Maximum number of runners in this start will be 8,000.

17:35 Runners with accredited time between 60 and 70 minutes (>60 minutes and <70 minutes). Maximum number of runners in this start will be 8,000.

17:35 hours, 17:55 hours and 18:20 hours runners without accredited mark or over 60 minutes.

The runner will choose the starting time at the time of registration. The maximum number of runners in each of these starts will be 8,000.

The route runs along Concha Espina (Plaza Sagrados Corazones), Serrano, República Argentina, Serrano, Puerta de Alcalá, Alcalá (opposite direction to traffic), Cibeles (opposite direction to traffic), Paseo del Prado (opposite direction to traffic), 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 Cádiz, Carlos Martín Álvarez, Martínez de la Riva, Candilejas (on the corner of calle Tiempos Modernos).

Article 4

Categories

The following categories are established:

Absolute Popular Male and Female * Absolute

Junior male and female

Born in 2003, 2004, 2005 and 2006 (16, 17, 18 and 19 years old).

Male and female promises

Born in 2000 , 2001 and 2002 (20, 21 and 22 years old).

Senior male and female

Born between 1988 and 1999.

Male and female veterans

- M-35 from 35 to 44 years old (born between 1978 and 1987).
- M-45 from 45 to 54 years old (born between 1968 and 1977).
- M-55 from 55 to 64 (born between 1958 and 1967).
- M-65 65 and over (born in 1957 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 20:00.

There will be a special start for the handbike and athletic chairs categories before the official start at 16:50. 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 to be indicated the meeting point at the start and finish.

Article 5

Blind 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, 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 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. Registration will be open from October 4th, 2022, for those registered in the 2022 edition and from October 11st, 2021, for the rest of the runners. In all cases, registration will close at 23:00 on 23rd December 2022.

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

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.

At the time of registration, you can choose the option of "mobile cloakroom (departure-arrival)", which has a cost of 5€ or "fixed cloakroom Vallecas" 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".

- 3 euros: They will go to research and help children with cancer through the Unoentrecienmil Foundation (www.unoentrecienmil.org).

Article 7

What does registration include?

The registration fee for the race entitles you to:

- Participation in the Nationale-Nederlanden San Silvestre Vallecana Popular 2022.
- Participation in the Virtual race of the Nationale-Nederlanden San Silvestre Vallecana 2022. This race can be run from 00:00 on December 28th, 2022 until 23:59 on December 31st, 2022.
- Oysho commemorative 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.

- o "Fixed wardrobe Vallecás".

Operational in the finish area of the race on December 30th from 15:00 to 20:00 hours and on the 31st from 10:00 hours in the tents located on the corner of the Vallecás Stadium (Arroyo del Olivar street with Payaso Fofó street).

Only backpacks will be accepted and will be placed in a plastic bag of 55x55 cm. It is mandatory that the backpack to be delivered fits these dimensions.

This cloakroom will cost 1 euro.

- o "Salida-Meta mobile cloakroom".

It will be open on December 31st from 14:30 to 16:30 hours. 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 55 x 55 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

Collection of the Pack Runner 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 26th to 30th of December 2022. 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. 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.

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 Pack to your home

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, and the access bracelet to the starting box in case you want to run the Popular Race.

Article 9

Accreditation marks for the different outings

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 2022 or in the 2021 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.

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. 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, 2023, until January 16th, 2023.

Article 14

Trophies

Trophies are established for the first three finishers in each category, which will be sent before 18th of February 2023 to the address indicated in the registration form. In the absolute Popular category (male and female) these trophies will be awarded on the day of the race in the Estadio de Vallecas at the end of the Nationale-Nederlanden San Silvestre Vallecana International Race.

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

Right 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 regulations

All participants, by registering, confirm that they have read, understand, and accept these rules.

Article 18

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