



ATHLETE'S GUIDE 2024

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INTRODUCTION



Cervelló, the ideal place for Trail and MTB to coexist in a weekend of maximum affluence in the town.

Cervelló has believed and lived from minute 1 in an event with an important potential so that it can be valued and placed as a reference event of Trail and MTB.

Up to six distances in the same morning: 8, 14, 24 and 42km trail and 20 and 35km MTB.

PROGRAMME

SATURDAY 9TH NOVEMBER 2024

16:00h to 20:00h Collection of race bibs

16:00h to 20:00h – Opening of the participant's fair

[Ceraqua Sports Complex – Map](#)

SUNDAY 10TH NOVEMBER 2024

07:00h to 08:50h Collection of race bibs

07:00h to 16:00h Cloakroom opening

08:00h START – Trail 42K

09:00h 1st START – Trail 24K (Bibs 76 to 175)

09:05h 2nd START – Trail 24K (Bibs 176 to 300)

09:15h START – E - MTB 20K & 35K

09:20h START – MTB 35K

09:25h START – MTB 20K

09:35h 1st START – Trail 14K (Bibs 301 to 450)

09:40h 2nd START – Trail 14K (Bibs 451 to 600)

09:50h 1st START – Trail & Walk 8K (Bibs 601 to 930)

09:55h 2nd START – Trail & Walk 8K (Bibs 731 to 925)

10:00h – Opening of the final refreshment post with sandwiches

10:00h to 15:00h – Opening of the participant's fair

13:30h Prize-giving ceremony for all distances

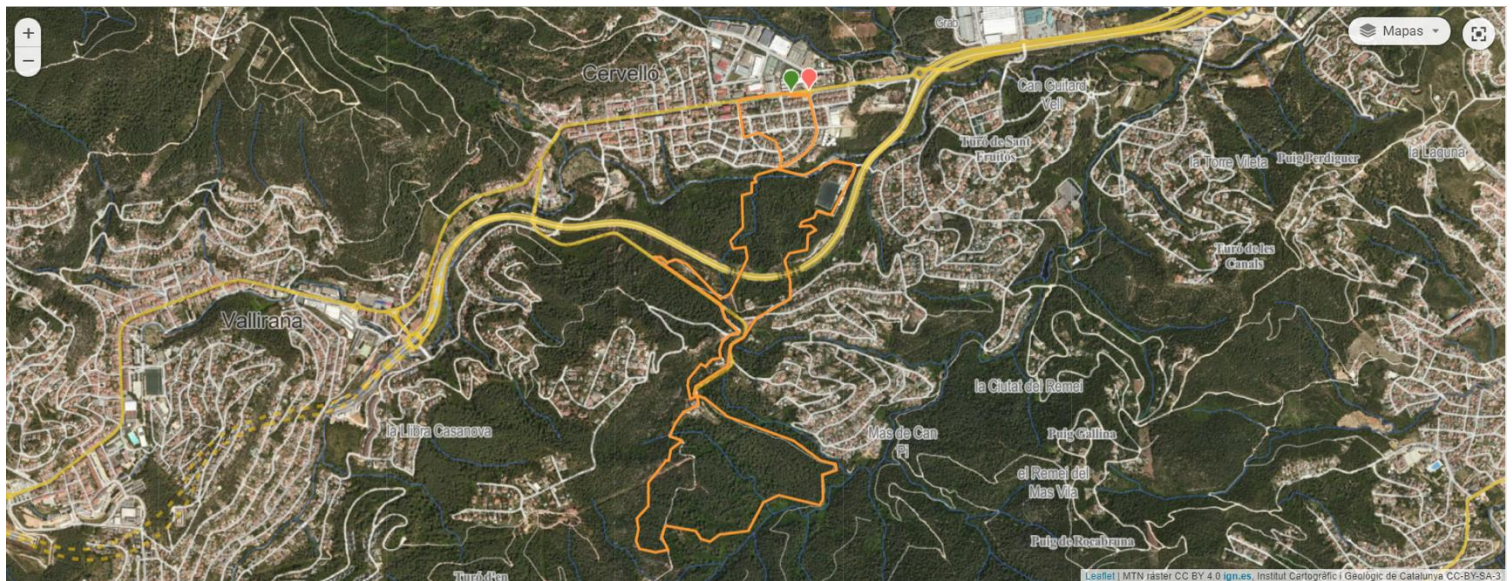
15:30h Closing of race control

TRAIL ROUTES

TRAIL & WALK 8KM



- Distance: 7,62 km
- Elevation gain: 263 metres
- Highest point: 233 metres
- Lowest point: 90 metres
- Refreshment point at km. 5,2 approx. and final refreshment point



TRAIL 8KM - 263M D+



TRAIL ROUTES

TRAIL 14KM



- Distance: 14,5 km
- Elevation gain: 546 metres
- Highest point: 293 metres
- Lowest point: 90 metres
- Refreshment point t km. 6* (by Remor Run & Respect) and 11,5 approx and final refreshment point



TRAIL 14KM - 546M D+

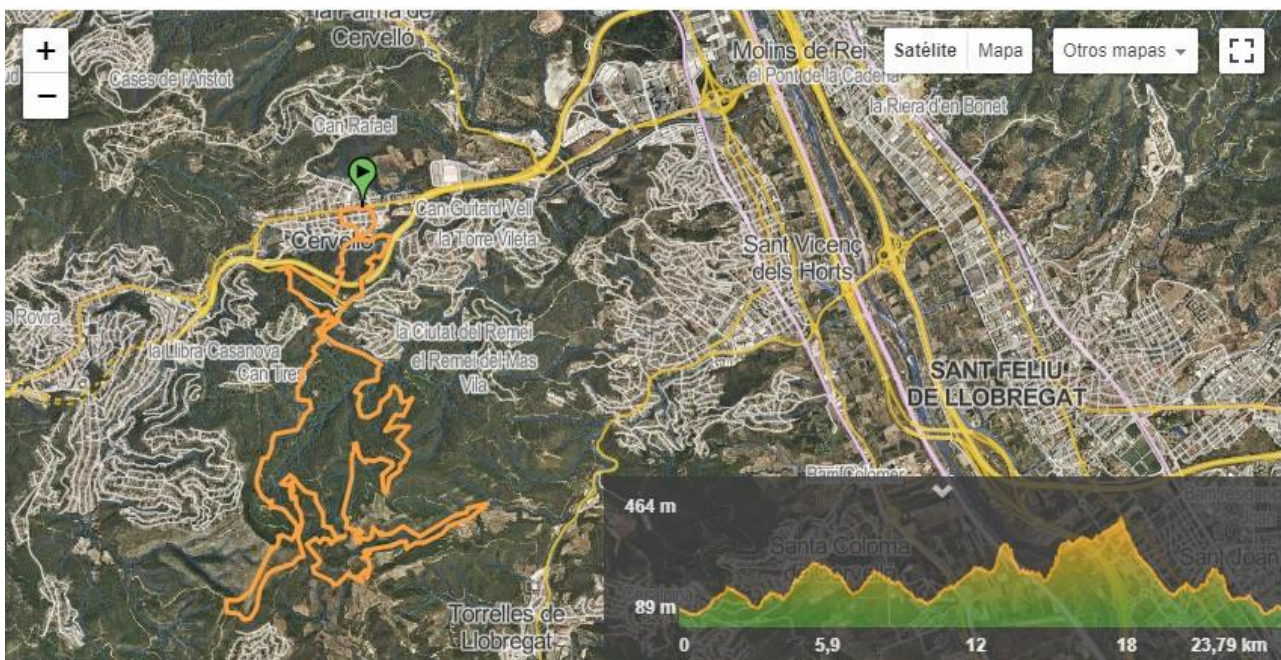


TRAIL ROUTES

TRAIL 24KM

[wikiloc](#)

- Distance: 24,66 km
- Elevation gain: 1.114 metres
- Highest point: 464 metres
- Lowest point: 89 metres
- Refreshment point at km. 6*, 14* (by Remor Run&Respect) and 21,5 approx. and final refreshment point
- Cut-off time: km. 15 at 11:50h



TRAIL 24KM - 1.114M D+

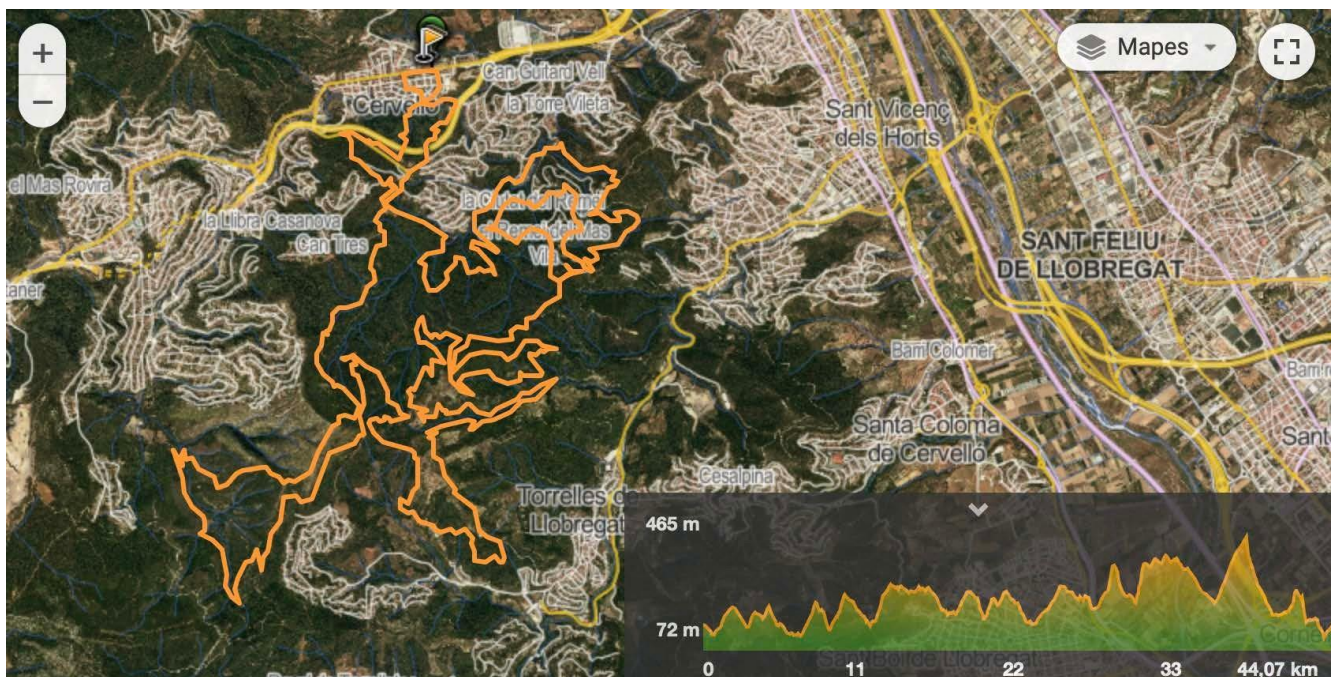
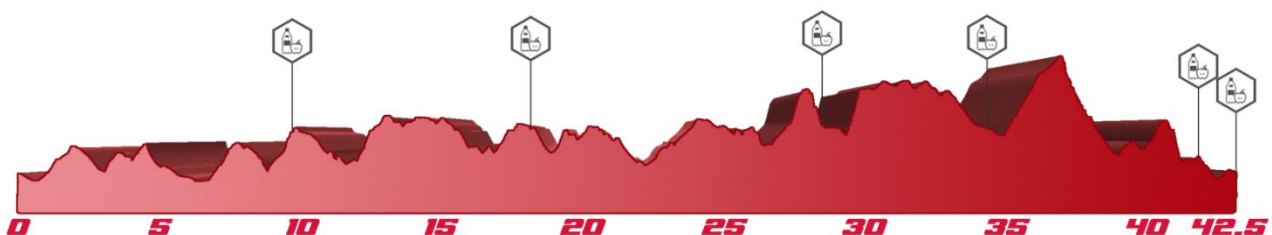


TRAIL ROUTES

TRAIL 42KM

wikiloc

- Distance: 42,56 km
- Elevation gain: 1.868 metres
- Highest point: 465 metres
- Slowest point: 72 metres
- Refreshment point at km. 9,9, **16,6***, **27,2*** (by Remor Run&Respect), **33,4*** and 40,3 approx. and final refreshment point.
- Cut-off time: km. 30 a las 13:30h

**TRAIL 42KM - 1.925M D+**

MTB ROUTES

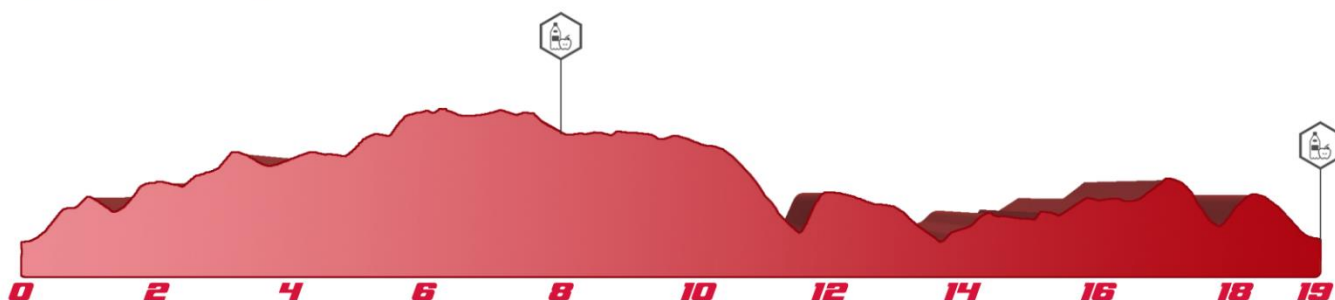
MTB SHORT ROUTE

[wikiloc](#)

- Distance: 19,09 km
- Elevation gain: 598 metres
- Highest point: 411 metres
- Slowest point: 112 metres
- Technical difficulty: low
- Refreshment point at km 8 approx



BTT 19KM - 598M D+

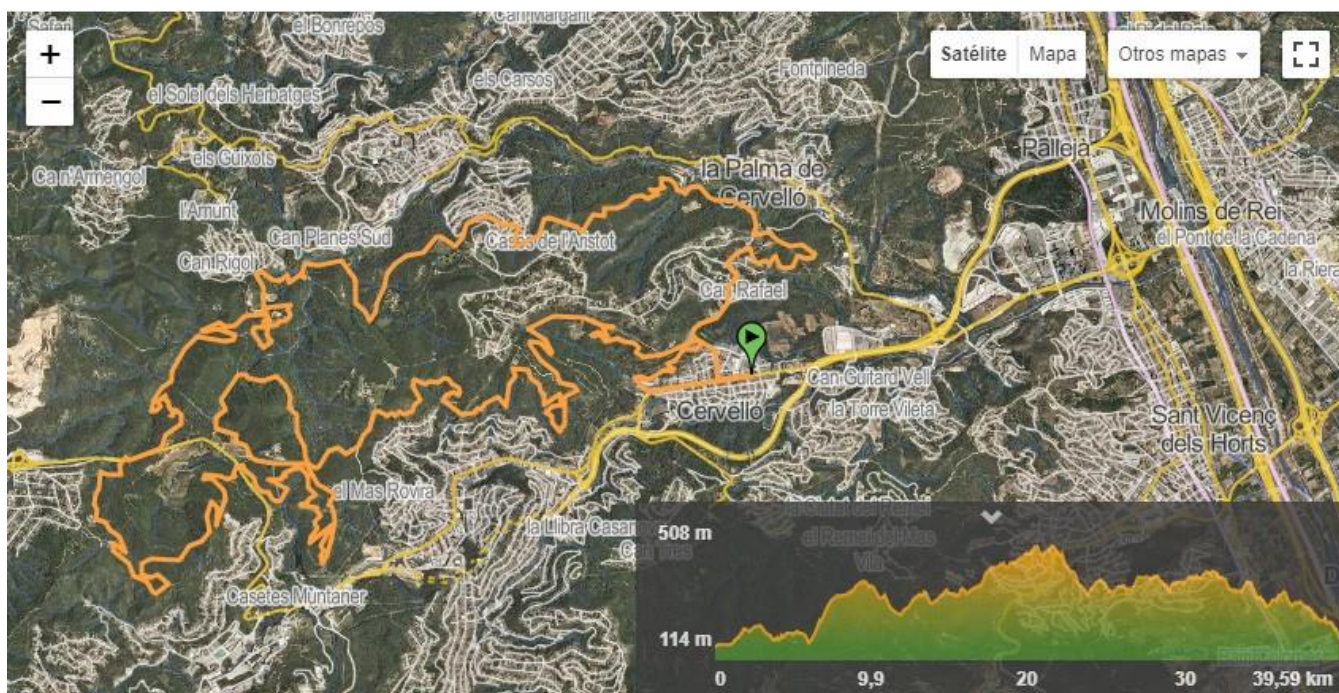


MTB ROUTES

MTB LONG ROUTE

wikiloc

- Distance: 35,37 km
- Elevation gain: 1.275 metres
- Highest point: 508 metres
- Slowest point: 114 metres
- Technical difficulty: medium
- Refreshment point at km 12 and 23 approx.
- Cut-off times: Km. 12 at 11:40

**BTT 35KM - 1.156M D+**

EQUIPMENT OBSERVATIONS

TRAIL 8K, 14K & 24K:

Compulsory equipment: Own glass and mobile phone with credit and sufficient battery. The organisation will not provide cups at the refreshment posts in order to reduce the waste generated.

Recommended equipment: water bottle with 0.5L of liquid. Windbreaker and/or necessary material to be able to cope with sudden changes in temperature.

TRAIL 42K, MTB 20K & 35K:

Compulsory equipment: water bottle with 1L of liquid, mobile phone with credit and sufficient battery. The organisation will not provide cups at the refreshment posts in order to reduce the waste generated.

Recommended equipment: windbreaker and/or material necessary to be able to cope with sudden changes in temperature.

REFRESHMENT POSTS

Products at the refreshment posts:

Water, isotonic drink, coke, fruit, sweets, biscuits and
Finisher energy bars and gels

DISTANCE 8K – Kilometric point 5,1.

DISTANCE 14K – Kilometric point **6,1*** and 10,9.

DISTANCE 24K – Kilometric point **6,1***, **14*** and 21,6.

DISTANCE 42K – Kilometric point 9,6, **17,8**, **27,2***, **33,8** and 41,2.

DISTANCE 20K BTT – Kilometric point 8.

DISTANCE 35K BTT – Kilometric point 12 and 23.

IMPORTANT!! In the fight of La Pota Roja to become a sustainable event, the organisation **WILL NOT PROVIDE CUPS** at the refreshment posts. It is **compulsory for all participants to bring their own container**, either glass or flask, in order to be able to serve themselves with water or isotonic drink.

REMOR REFRESHMENT

The refreshment post that you will find at kilometre point 6 (14K & 24K), 14 (24K) and 18, 27.2 & 36 (42K) will be provided by Remor Run & Respect.

The main novelty this year is that, at the aforementioned refreshment posts, you will find a range of local, natural, homemade products that have been carefully prepared to provide you with all the energy you need with natural products.

This refreshments will consist of:

- ✓ Membrillo
- ✓ Sweets
- ✓ Bars
- ✓ Oranges
- ✓ Bananas
- ✓ Bread with chocolate

You will also find homemade isotonic water and apple juice, as well as the hydration system of Remor Run&Respect's handmade fountain.

All this thanks to the collaboration and effort of Remor Run&Respect!

For more details, check it [on this link](#).

BIB PICK-UP

WHEN?

Saturday 9th November

From 16:00 to 20:00h

Sunday 10th November

From 7:00 to 8:30h

IMPORTANT! We recommend to pick your bib numbers up on Saturday.

WHERE?

Ceraqua Sports Complex



[See Map](#)

(Carrer Major 19-39, – 08758 – Cervelló)

HOW?

You must present your **ID card or passport** and authorisation if you are collecting another participant's passport..

SERVICES

- FINISHER MEDAL for all participants
- Official race T-shirt
- Runner's bag with products from our partners
- Bib number and timing chip
- Cloakroom service
- Shower and changing room service in the same pavilion
- Complete and varied rereshment station(s) along the route
- Final refreshments
- Finisher diploma
- Post-race recovery service provided by EUSES and BEMER
- Online monitoring of participants during the race thanks to Wefeel Crono
- Free parking area 200m from the start of the race
- Medical service during the race and at the finish line
- Accident insurance
- Photographs along the route
- Bicycle cleaning point at the end of the course

SUSTAINABILITY

At La Pota Roja we are aware of the importance of preserving the environment that surrounds us, because we are mountain lovers and we love our territory. It is for this reason that in this edition we have joined forces with Remor - Run & Respect, to offer a sustainable and environmentally friendly event.

SUSTAINABLE MARKING

**Only on the trail*

We have created ropes with reeds and natural cord, banners cut from high visibility armillas, kilometric points made from fallen tree trunks and marker arrows using old furniture, among many other things.

The C.E. Pota Roja Cervelló has also joined this sustainable reality helping in the production of some elements and the control and security in the mountain on the day of the race. From the previous edition we also enjoyed a peculiar marking of Remor and elaborated by the pupils of the Institute of Cervelló with representative motifs of the village.



WASTE REDUCTION

We need your collaboration to achieve our goal, and that is why we ask you to bring your own cups to drink water or isotonic drinks at the refreshment posts. The organisation will not provide cups at the refreshment posts. Remember that you will have a recycling point thanks to the Cervelló Town Council and that it is totally forbidden, and it is a disqualification reason, to throw any kind of rubbish in the natural environment.

REFRESHMENTS

We want to reduce the use of single-use materials at the refreshment posts, which is why from now on we will be decorating the refreshment posts with reusable trays and tablecloths. Remember to bring your own glass to serve your drinks!

WE RESPECT THE ENVIRONMENT

One of the main objectives is the maximum conservation of the wooded areas and the maximum respect for the environment where we are, so magnificent and so fragile at the same time. Throughout the year, the runners of the C.E. Pota Roja Cervelló pass through various areas where the race will be held to assess the state of the land and make some small intervention if necessary. With the aim of living the experience in a wild forest, in this edition the brambles have simply been cleared to leave a place as wild as the rest of the year. There are no new trails or sensitive sections that could alter the fragility of the environment.

This year one of the changes introduced in the 42K Trail and 24K Trail route is the ascent to Puig Vicenç, the highest point, where the direction has been reversed as the descent was dangerous as it was a sensitive stretch and worn out by the intense crowds.

We would also like to thank all the owners of the land where the race takes place, without their involvement it would be impossible to enjoy it!

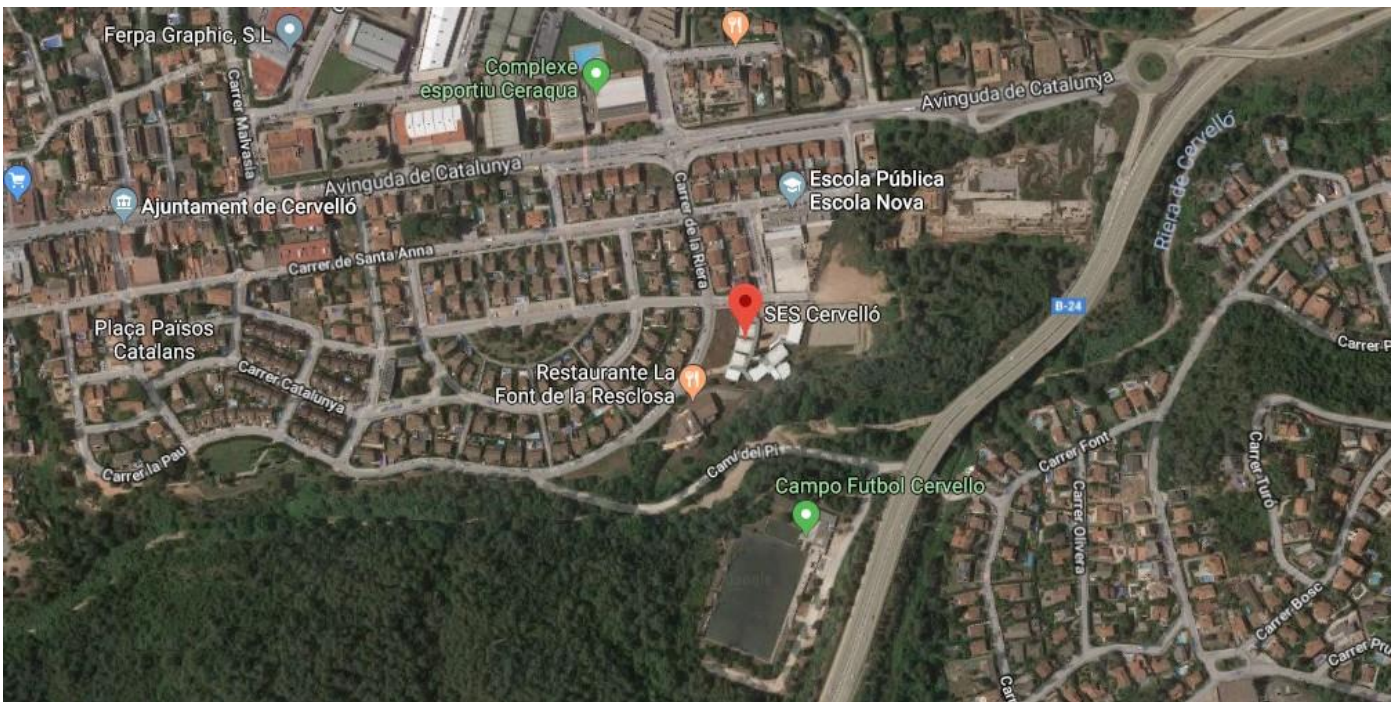
USE PUBLIC TRANSPORT

Using the [Google Maps](#) tool you can calculate your route depending on where you are coming from, but we inform you that in Molins de Rei there is a bus line that connects with Cervelló (567, L50 and L57A). We encourage you all to come to Cervelló by public transport, let's reduce our carbon footprint!

WHERE TO PARK

INSTITUTO SES CERVELLÓ (CALLE DEL PI S/N)

 [See Map](#)



HOW TO ARRIVE

[!\[\]\(e3f8612927870f2e0f9f5989e6dd3064_img.jpg\) Calculate Route on Google Maps](#)

Remember that you can come by public transport.

TRAIL & BTT PRIZES

FINISHER MEDAL for all participants!

TROPHIES

1st and 1st of each modality and distance

2nd and 2nd of each modality and distance

3rd and 3rd of each modality and distance

1st and 1st Local of each category and distance