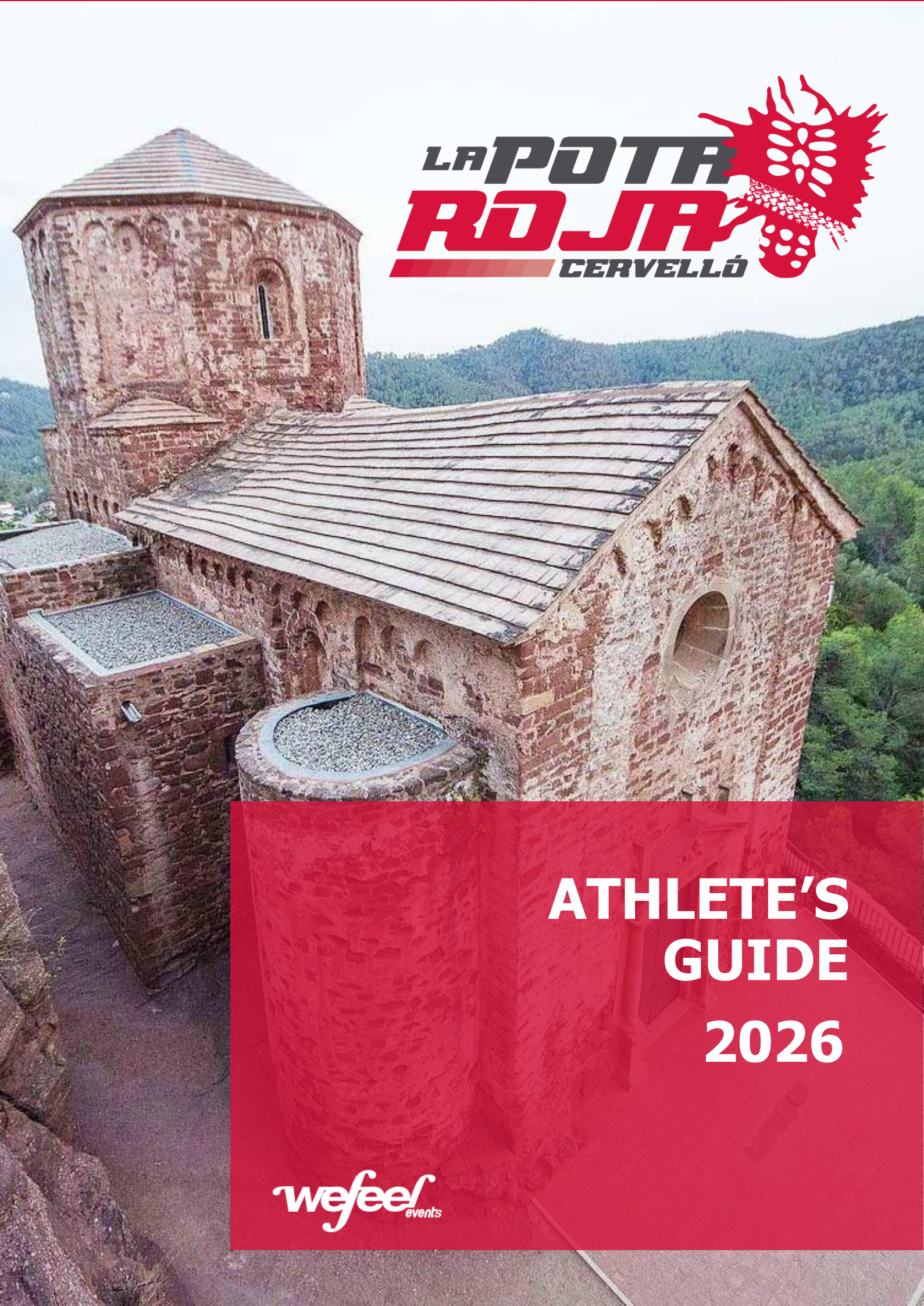


ATHLETE'S GUIDE 2026

wefeel events

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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 and 24km trail and 20 and 35km MTB.

PROGRAMME

SATURDAY 7TH NOVEMBER 2026

16:00h to 19:00h Bibs delivery

16:00h to 19:00h – Opening of the participant's fair

17:00 – Pota Roja Mini Start (0 to 5 yo) · 100m

17:15 –Pota Roja Infantil Start (6 to 8 yo) · 400m

17:30 –Pota Roja Júnior Start (9 to 12 yo) · 600m

Ceraqua Sports Complex – Map

SUNDAY 8TH NOVEMBER 2026

08:00h to 09:00h Bibs delivery

08:00h to 13:30h Cloakroom opening

09:00h START – Trail 24K

09:15h START – E - MTB 20K & 35K

09:20h START – MTB 35K

09:25h START – MTB 20K

09:35h START – Trail 14K

09:50h 1st START – Trail & Walk 8K

10:00h – Opening of the final refreshment

10:00h to 13:00h – Opening of the participant's fair

12:00h Prize-giving ceremony for all distances

13:30h Closing of race control

KIDS RACE

POTA ROJA MINI

- Distance: 100m
- Ages: 0 a 5 years old
- Start: 17:00h
- Route: trip to finish line

POTA ROJA INFANTIL

- Distance: 400m
- Ages: 6 a 8 years old
- Start: 17:15h
- Route: round trip to finish line (2 laps)

POTA ROJA JÚNIOR

- Distance: 600m
- Ages: 9 a 12 years old
- Start: 17:30h
- Route: round trip to finish line (3 laps)

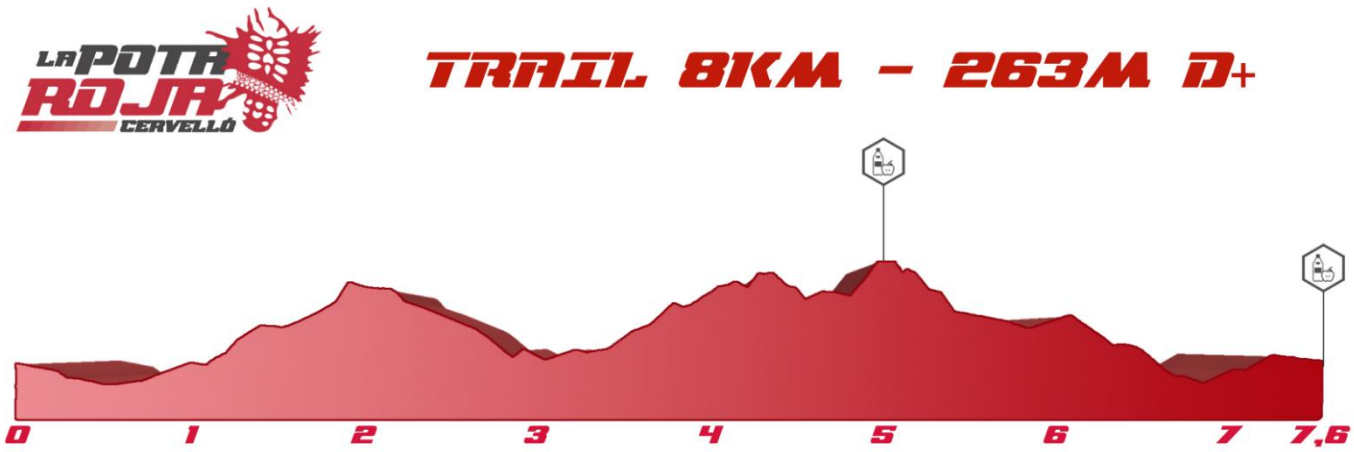
All participants in the children's races will receive a race pack containing gifts, a race bib, a T-shirt and an official medal, as well as refreshments at the finish line.

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

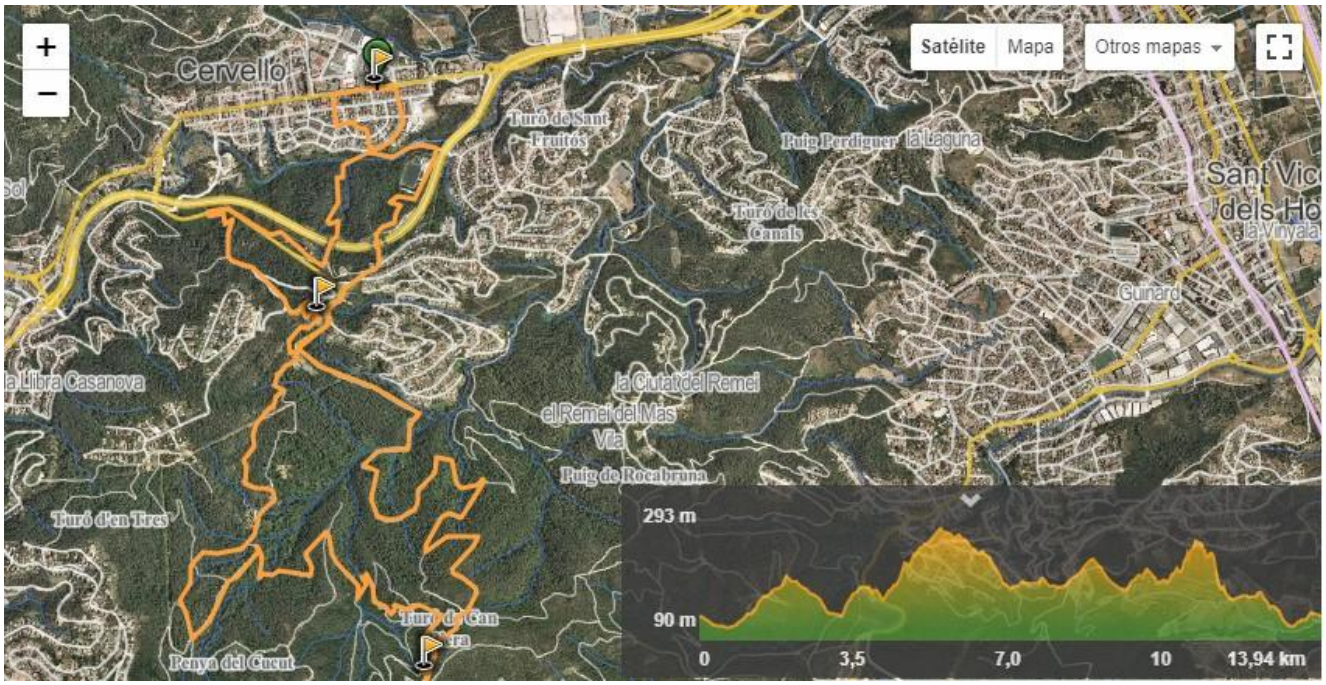


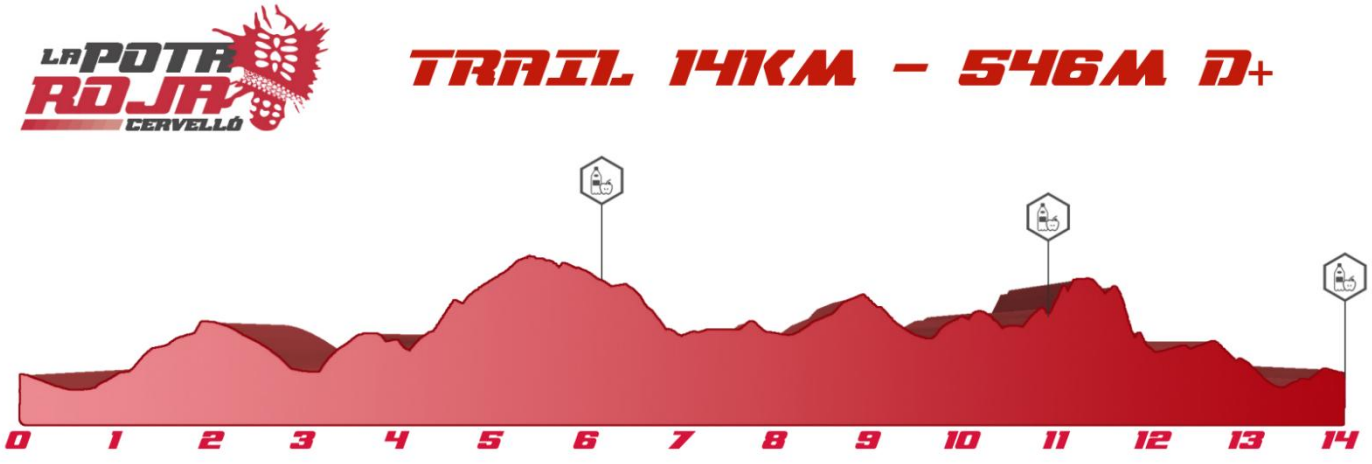


TRAIL ROUTES

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

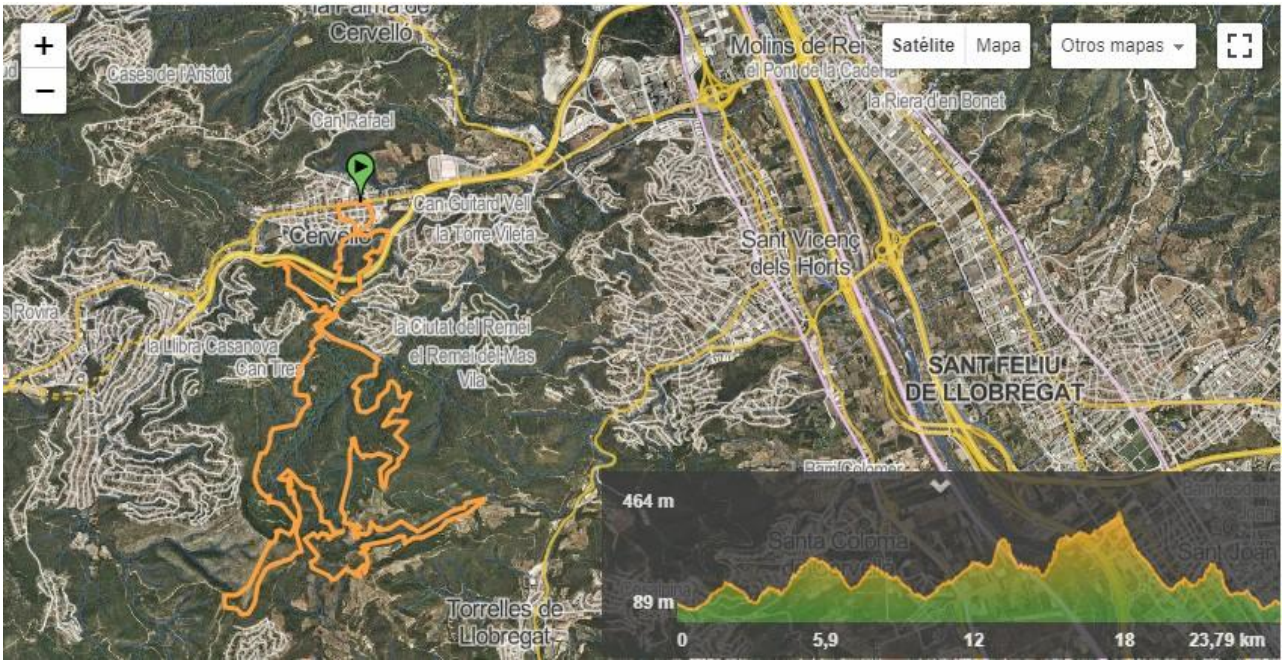


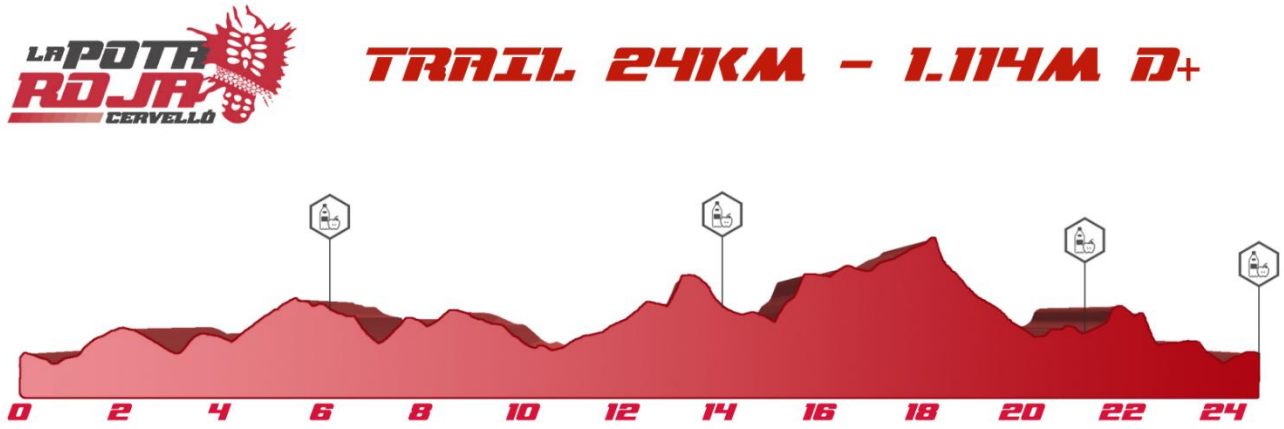


TRAIL ROUTES

TRAIL 24KM

- 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





MTB ROUTES

MTB SHORT ROUTE

- 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



LA POTA ROJA CERVELLÓ

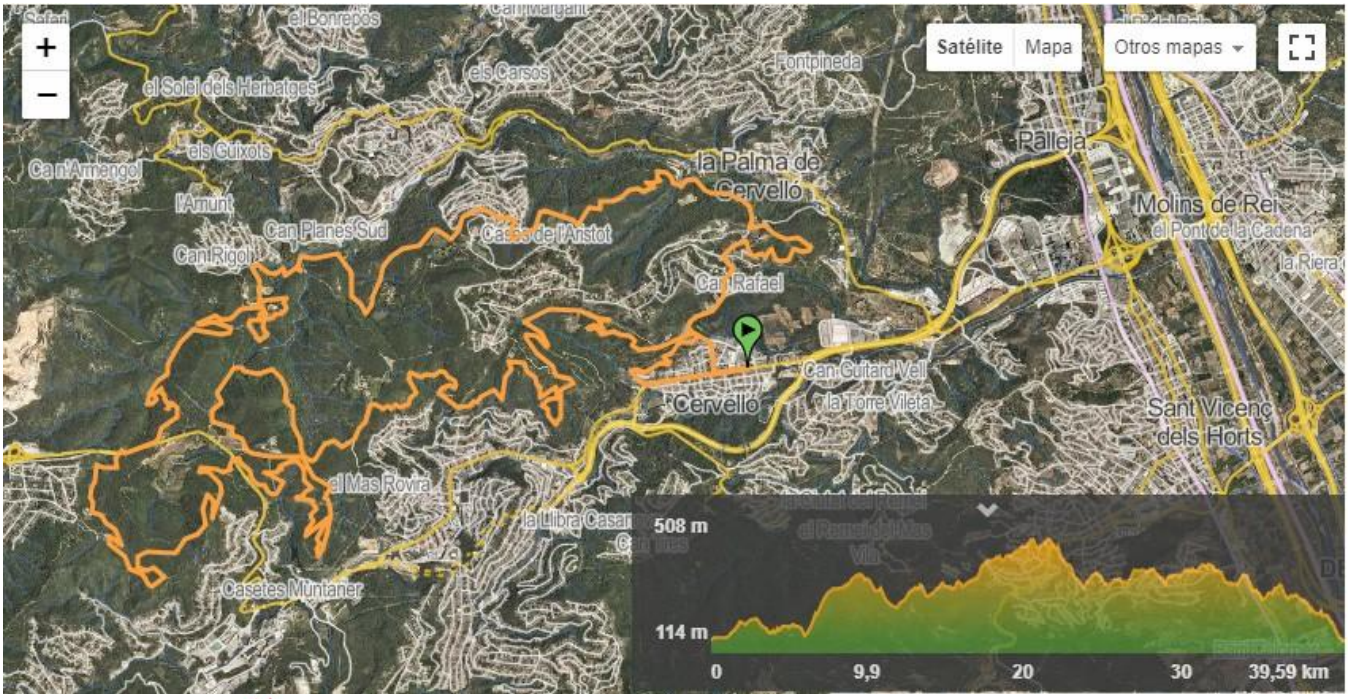
BTT 19KM – 598M D+



MTB ROUTES

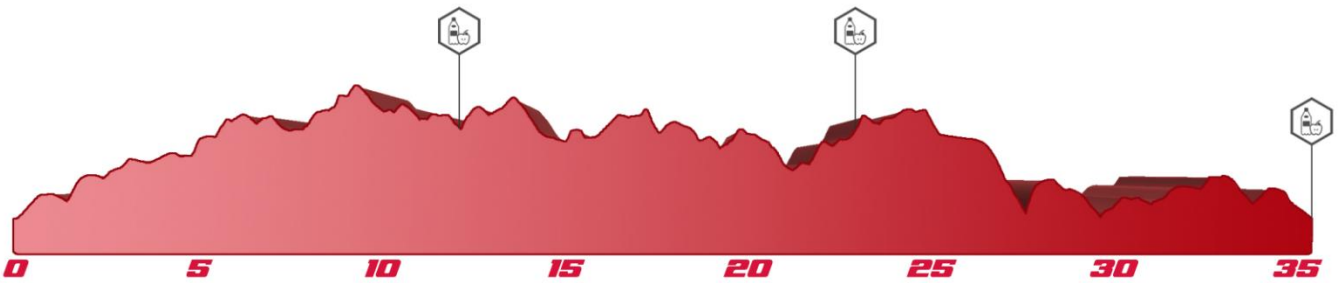
MTB LONG ROUTE

- 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



LA POTA ROJA CERVELLÓ

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.

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 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) and 14 (24K) 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 7th November

From 16:00 to 19:00h

Sunday 8th November

From 8:00 to 9:00h

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 refreshment station(s) along the route, including some home made refreshment stations by REMOR.
- Final refreshments
- Finisher diploma
- Menstrual Point in different points of the race
- Post-race recovery service
- 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

MENSTRUAL POINT

Once again, La Pota Roja is a menstrually responsible race thanks to the involvement and collaboration of Remor Run & Respect together with Menstrual Point.

What is Menstrual Point?

A Menstrual Point is a dispenser of organic cotton pads and tampons that ensures access to essential products for all menstruating people.

The partnership between Menstrual Point and REMOR Run & Respect not only brings menstrual products to places where there was previously no access, but also opens a path where menstruation is no longer an obstacle in sports — it becomes one more reason to show how far we can go.

Where will you find it?

Thanks to Remor Run & Respect, you'll find dispensers designed and manufactured by Menstrual Point, stocked with organic cotton pads and tampons, at the various refreshment points managed by REMOR (trail only), as well as at bib pick-up and at the final refreshment area.

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!

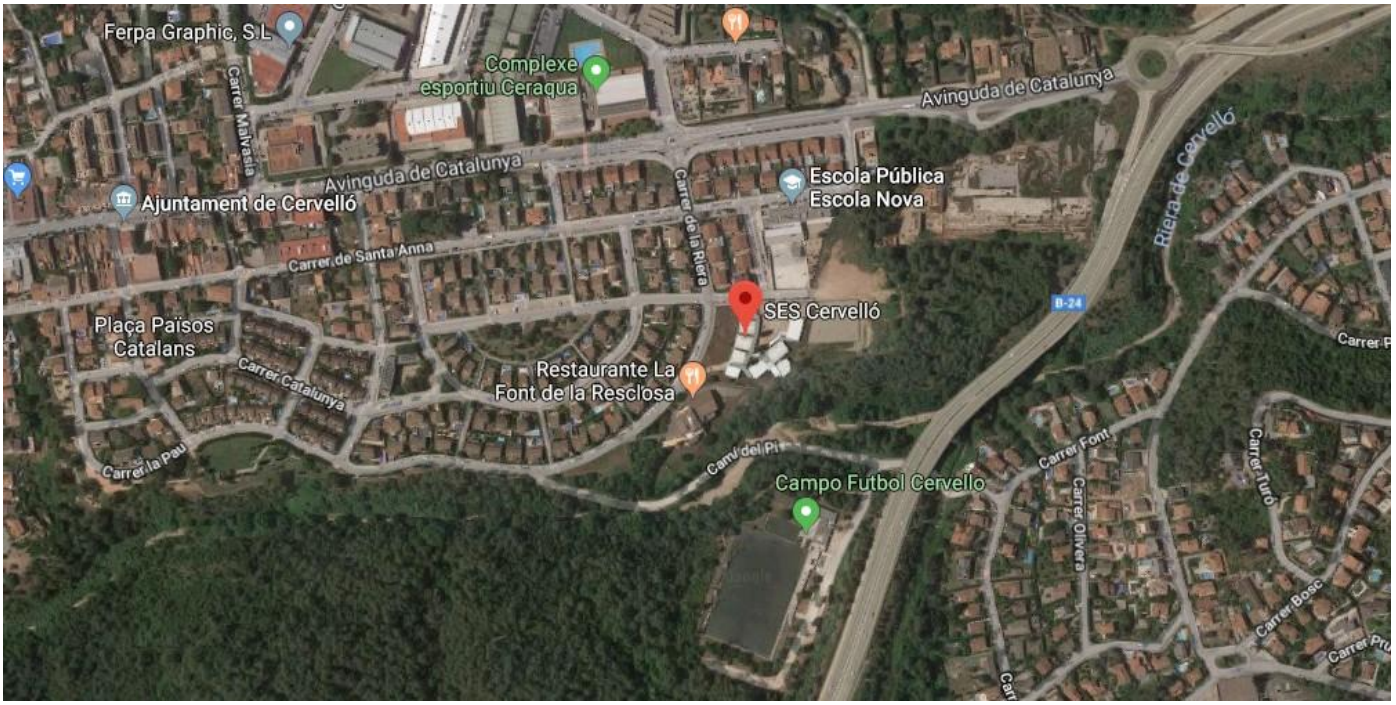
USE PUBLIC TRANSPORT

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

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 distance

2nd and 2nd of each distance

3rd and 3rd of each distance

1st and 1st Local of each distance

COIN

1st and 1st of each category and distance

2nd and 2nd of each category and distance

3rd and 3rd of each category and distance

The categories are:

Sub23 (until 22 yo)
Senior (from 23 to 39 yo)
Master (from 40 to 49yo)
Veteran (plus 50 yo)