XV GOMERA PARADISE SKY REGULATIONS

The XV GOMERA PARADISE SKY mountain race is a self-supported mountain race, organized by Gomesport Eventos, with sponsorship from the Honorable Island Council of La Gomera, the Illustrious City Council of San Sebastián de La Gomera, the Illustrious City Council of Hermigua, the Illustrious City Council of Agulo, the Illustrious City Council of Vallehermoso, the Illustrious City Council of Valle Gran Rey, Promotur Turismo Islas Canarias, Fred Olsen Express, as well as various collaborating companies.

Article 1. Scope of application.

This Regulation will be fully applicable to all participating runners in the XV GOMERA PARADISE SKY, and they must strictly comply with its content, as their acceptance will derive from the formalization of the registration of participation.

Article 2. Jury.

For matters not covered by these Regulations, the decision of the Jury of the XV GOMERA PARADISE SKY, which will be constituted for this purpose and will be composed of:

- Career Director.
- A Member of the Organization.
- A Referee Judge.

Article 3. The Race

The XV GOMERA PARADISE SKY is a mountain race consisting of the following (6) modalities:

- ULTRA SKY SWC: features an approximate route of 62.5 km.
- MIEL DE PALMA SKY MARATHON : presents an approximate route of 42 Kms.
- SKY RACE SWC: features an approximate route of 30 km.

- GOFIO SHORT SKY: presents an approximate route of 16 Kms.
- SILBO GOMERO STARTER SKY: features an approximate route of 10 km.
- KV SKY SWC: features a 5 km route.

The race will take place along the La Gomera Trail Network, the North Main Road (GM-1), the road between Aguajilva and El Atajo, the streets of the municipalities of Hermigua and Agulo, San Sebastián de La Gomera, Vallehermoso, and Valle Gran Rey. The following population centers will also be included:

- ULTRA SKY SWC: Vallehermoso, Agulo, Hermigua and San Sebastián de La Gomera.
- MIEL DE PALMA SKY MARATHON : Vallehermoso, Agulo, Hermigua and San Sebastián de La Gomera.
- SKY RACE SWC: Hermigua, Caserío de El Cedro, Lomo Fragoso, El Atajo and San Sebastián de La Gomera.
- GOFIO SHORT SKY: San Sebastián de La Gomera.
- SILBO GOMERO STARTER SKY: San Sebastián de La Gomera.
- KV SKY SWC: To be confirmed.

*******The measurements were taken using the Garmin eTrex device 30X AND TRACES THROUGH CAMP BASE SOFTWARE*******

Article 4. Course.

The route for each modality can be consulted on the map posted on the official website of the event www.gomeraparadise.com, in accordance with the tracks.

The race route in its six (6) modalities will be marked with barrier tape and specific signage created for the event.

The route will not be closed to traffic, so athletes must exercise extreme caution and obey traffic laws. At road crossings, there will be race officials and safety measures in place, as well as medical services at designated locations along the entire route. These crossings will be clearly marked and sign posted.

Article 5. Events date.

The XV GOMERA PARADISE SKY will be held on September 18, 19 and 20, 2026, in all its modalities, with the established start times being the following:

- KV SKY SWC: 09:30 hours on Friday, September 18.
- ULTRA SKY SWC: 05:00 hours on Saturday, September 19.
- MIEL DE PALMA SKY MARATHON: 06:00 hours on Saturday, September 19.
- SKY RACE SWC: 08:00 hours on Sunday, September 20.
- GOFIO SHORT SKY: 08:30 hours on Saturday, September 19.
- SILBO GOMERO STARTER SKY: 08:00 hours on Saturday, September 19.

******* SCHEDULES ARE SUBJECT TO CHANGE *******

Article 6. Participant Requirements

Participants must fully comply with the following requirements:
Be 18 years of age or older, except:

- GOFIO SHORT SKY: Ages 14+.
- SILBO GOMERO STARTER SKY: Ages 14 and up.
- Be in good physical shape.
- To have correctly completed the registration.
- The participant, being aware of the difficulty involved in running the XV GOMERA PARADISE SKY race in any of its SIX (6) modalities, will exempt the Organization from any responsibility in case of injury and/or accident.

Article 7. Registration.

To formalize registration, each participant must:

Complete the form correctly published on the official website of the event www.gomeraparadise.com, in the registration section.

Registration for the XV GOMERA PARADISE SKY will also include:

- Participation in the race.
- Liquid and solid refreshments during the race.
- Refreshments at the finish line.
- Assistance during the race through the health and safety equipment provided by the Organization.
- Transportation service for the different departures.
- Transport service to the Finish line located in San Sebastián de La Gomera for participants who leave on time and in the proper manner, from the collection points enabled by the Organization.
- Massage in the service area with qualified physiotherapists, located in San Sebastián de La Gomera.
- Post-event lunch.
- Runner's bag.

Article 8. Registration period.

The deadline to formalize registration to participate in the XV GOMERA PARADISE SKY will be from April 12 to August 15, 2026, both inclusive.

The number of participants will be limited in each of the six race categories, with a maximum of:

- ULTRA SKY SWC: 200 places.
- MIEL DE PALMA SKY MARATHON: 200 places.
- SKY RACE SWC: 300 places.
- GOFIO SHORT SKY : 300 places.
- SILBO GOMERO STARTER SKY: 200 places.
- KV SKY SWC: 100 places.

Likewise, the Organization may transfer places from one modality to another if one is not filled and there is more demand in another, so the registration period will be conditioned by the number of runners who register up to that date.

Once the number of participants is closed (in the event that the maximum number of registrations is reached), a waiting list will be created to fill any cancellations that may occur until the final date for accepting applications (August 15).

Article 9. Entry Fees

The price varies depending on the type of participation chosen, as follows:

- ULTRASKY SWC: 85€
- MIEL DE PALMA SKY MARATHON: 60€.
- SKY RACE SWC: 50€.
- GOFIO SHORT SKY: 40€.
- SILBO GOMERO STARTER SKY: 35€.
- KV SKY SWC: 30€.

<u> THE PAYMENT PERIOD WILL BE DIVIDED INTO 3 INSTALLMENTS:</u>**

-10% discount for local runners from La Gomera. (REGISTRATIONS OPEN FROM APRIL 6 TO APRIL 11)
-Standard price.
-5€ increase starting from July 15.

<u> CANCELLATION OR MODIFICATION INSURANCE: Registration fees will not be refunded, except if CANCELLATION INSURANCE (€5) is purchased at the time of registration.</u>**

<u>ONCE REGISTRATION IS CLOSED, NO REFUNDS OR DISTANCE CHANGES WILL BE PROCESSED.</u>

Article 10: Declaration of responsibility, assumption of risks and exemption from liability.

Registration for the event implies full acceptance of these regulations and, in particular, the signing of the following declaration of responsibility by the participant:

a) Voluntary participation and individual responsibility: The participant declares that he registers and participates in the test voluntarily, aware of its demands, and under his sole and exclusive responsibility.

b) Physical condition and state of health: The participant states that he/she is in an optimal state of health and in adequate physical, mental and technical conditions to face a test of these characteristics, having carried out the necessary preparation for it, and not suffering from illness, injury or limitation that may be aggravated as a result of his/her participation.

c) Knowledge of the environment and the route: The participant declares that he/she knows the characteristics of the test, having previously studied the route through the means provided by the organization, as well as its distance, elevation, technical difficulty and particularities of the terrain, and having planned his/her participation based on these circumstances.

d) Express assumption of risks: The participant recognizes and accepts that mountain races take place in the natural environment, which implies inherent risks, among others:

- Falls, trips or accidents resulting from uneven terrain.
- Adverse or changing weather conditions (heat, cold, rain, wind, fog, etc.).
- Sections with open traffic or public road crossings.
- Geographical isolation and possible difficulty in accessing or delays in healthcare.
- Extreme fatigue, dehydration, or any other circumstance resulting from prolonged physical exertion.
- The participant assumes these risks consciously and responsibly.

e) Self-sufficiency and equipment: Participants agree to have the mandatory equipment required by the organizers and to use it correctly throughout the event, being responsible for its condition and functionality, as well as their own ability to be self-sufficient during the course. Participants also expressly accept that the organizers may modify or add to the mandatory equipment requirements depending on weather conditions or other circumstances that affect the safety of the event, and agree to comply with these requirements.

f) Compliance with rules and instructions: The participant agrees to comply with these regulations and to follow at all times the instructions of the organization, volunteers, security services and health personnel.

g) Authority of medical personnel: The participant expressly accepts that the medical and healthcare personnel of the event may determine their withdrawal from the race for health or safety reasons. In such a case, the participant will be obliged to leave the race immediately and may not continue under any circumstances, with medical criteria always prevailing over any other consideration.

h) Exemption from liability: The participant expressly exempts the organization, collaborating entities, sponsors, technical staff and volunteers from any liability for personal or material damages that he or she may suffer or cause during his or her participation in the event, provided that they are not the result of malicious or gross negligence on the part of the organization.

i) Modifications and suspension of the test: The participant accepts that the organization may modify the route, neutralize, interrupt or suspend the test for reasons of safety, weather conditions, force majeure or any other circumstance that justifies it, without this generating the right to claim or compensation.

j) Health assistance: The participant authorizes the organization to provide him/her with the necessary health assistance during the event and, if necessary, to evacuate him/her to a health center.

k) The Organization will provide group accident insurance for those participants who do not have a federation license that protects them in case of accident.

Article 11. Categories and Awards.

A trophy will be awarded and free participation in the next edition (if it is held) will be guaranteed to the first-place finisher in the following categories:

- Male General.
- Female General.

A trophy will be awarded to the top three finishers in the following categories (only the age on the day of the event will be used to calculate age):

- Junior Male Category (from 14 to 17 years old).
- Junior Female Category (from 14 to 17 years old).
- Senior Male Category (from 18 to 39 years old).
- Senior Female Category (from 18 to 39 years old).
- Veteran Category I Male (from 40 to 49 years old).
- Female Veteran Category I (from 40 to 49 years old).
- Veteran II Male Category (from 50 to 59 years old).
- Female Veteran II Category (from 50 to 59 years old).
- Veteran Category III Male I (60 years and older).
- Veteran Category III Female (60 years and older).
- Best Gomero (registered in La Gomera).
- Mejor Gomera (registered in La Gomera).

Regarding the **Vertical Kilometer**, TROPHIES WILL ONLY BE AWARDED TO THE THREE BEST MALE AND FEMALE FINISHERS IN THE OVERALL CLASSIFICATION.

The prizes are cumulative.

It is essential that the winners be present at the awards ceremony, provided that the runner is not yet competing at that time. Otherwise, the Gomera Paradise Sky organizers will not be obligated to send the trophy to the winner, who will then have to collect it at a place and time determined by the organizers during the week following the race.

Article 12. Participant Conduct

It will be mandatory for each participant:

Participants must respect the environment where the race takes place and keep the surrounding area clean. To this end, they must eat and drink without leaving any containers outside of the designated receptacles. Failure to comply with this rule will result in the runner's immediate disqualification, based on the testimony of any member of the organizing committee.

It is strictly forbidden to receive external assistance or supplies during the race outside of the designated aid stations, which coincide with the official race aid stations. Likewise, it is forbidden to be accompanied by anyone other than registered participants in the race.

The race number must be worn at all times in a visible location and may not be cut, folded, or altered. The race number will have the telephone number for the event's Emergency Services printed on it, which may only be used in case of emergency or runner rescue.

During the race, participants must at all times obey the members of the Race Organization; failure to do so will result in the immediate disqualification of the runner.

Article 13. Mandatory Material.

All runners, without exception, must carry the following MANDATORY SAFETY EQUIPMENT:

- Hydration system (camelback type or waist pack with a minimum capacity of 0.5 liters and 1.5 liters for those of the ULTRA SKY AND MIEL DE PALMA SKY MARATHON) with water.
- Food reserve for the ULTRA SKY AND MIEL DE PALMA SKY MARATHON.
- Cup or jerrycan for drinking at aid stations.
- Mobile phone with sufficient credit and battery of the number specified in the registration, although this may only be used in case of emergency, withdrawal or rescue.
- Front and rear LED (preferably red) for the ULTRA SKY and MIEL DE PALMA SKY MARATHON distance, as well as a replacement for it either with batteries or a new battery.
- Thermal blanket.
- Whistle.

Furthermore, the Organization may, at any time, either at the start or during the race, check that the runner is carrying all the mandatory safety equipment listed above. If a runner fails to comply with the above, the Organization will prohibit them from starting or continuing the race, and they will be automatically disqualified.

- Recommended material:
- Cap.
- Sunscreen
- Sunglasses.

Article 14. Bib Collection

It will be an essential requirement for collecting the assigned race number that each participant shows the following documents:

-National Identity Document or similar.

Race numbers will be collected on September 16, 17 and 18, 2026 at the place and time set by the Organization, which will be made public on the event website www.gomeraparadise.com well in advance.

Runners who are unable to collect their race number in person may authorize another person to do so by submitting a completed and signed personal authorization form. This form is available on the official race website: www.gomeraparadise.com.

Article 15: TRANSPORT

- **ULTRA SKY SWC:**

Saturday, September 19th at 02:30 hours from the finish line located in Plaza de Las Américas.

- **MIEL DE PALMA SKY MARATHON:**

Saturday, September 19: 04:00 hours from the Finish Line located in Plaza de Las Américas.

- **SKY RACE SWC:**

Sunday, September 20: 06:00 hours from the Finish Line located in Plaza de Las Américas.

- **GOFIO SHORT SKY:**

Saturday, September 19: 7:15 a.m. from the finish line located in Plaza de las Américas.

- **SILBO GOMERO STARTER SKY:**

Saturday, September 19: 7:00 a.m. from the finish line located in Plaza de las Américas.

Article 16. Control System.

The race will be timed using a manual timing system and checkpoints. Participants will receive a timing chip that they must wear throughout the course. The organizers will place checkpoints along the route to ensure runners complete the course and to record each runner's split time. The chip must be handed in at the finish line or at the nearest official checkpoint where the runner drops out.

Article 17. Data Protection and Image Rights:

Responsible for processing your data: JOSE A. RODRIGUEZ HERRERA, with CIF 43832533F and address for notification purposes at CALLE LA GUANCHA, 21, 38800. SAN SEBASTIÁN DE LA GOMERA. Santa Cruz de Tenerife.

You can contact the Data Protection Officer at aixa4405@dpocanarias.com.

Purpose The data will be used for administrative management for the event and accounting of our participants.

Legal basis: Articles 6.1 and 9 GDPR:

a) the interested party gave consent for the processing of his or her personal data for one or more specific purposes.
b) the processing is necessary for the performance of a contract to which the data subject is a party or in order to take steps at the request of the data subject prior to entering into a contract;
c) the processing is necessary for compliance with a legal obligation to which the controller is subject;

Recipients: Banking entities and bodies obliged by law.
Rights and additional information: You can exercise your data protection rights in accordance with the regulations and request additional information at the following email address: gomesporteventos@gmail.com

The image rights derived from the Race will be the exclusive property of the Race Organization. Therefore, any use of these rights by any company or individual must be permitted and/or acknowledged by the Organization itself. Similarly, registered runners agree to have their names included in a list of participants published on the official race website.

Article 18. Disqualifications.

In addition to the reasons stated above, the Organization may disqualify a participant from the race if it proves that:

- The runner does not pass through all the checkpoints.
- The runner does not complete the entire route on foot along the path marked by the Organization.
- The runner does not provide assistance to any participant in need. - The runner does not wear their race number on a visible part of the front as specified by the organizers.

Article 19. Withdrawal.

Any runner who abandons the race during its course MUST notify the nearest checkpoint or the sweep team. Runners who fail to comply with this rule will be ineligible to participate in future editions of GOMERA PARADISE SKY.

Furthermore, in the event of withdrawal, the Organization guarantees transportation for the runner to Plaza de las Américas (San Sebastián de La Gomera), provided availability and other circumstances allow. Pick-up will take place at the points established by the organization. Outside of these points, the Organization is not responsible for the collection of withdrawn participants, except in the case of an accident requiring the activation of medical services.

Article 20. Aid Stations

There will be a minimum number of aid stations for each race category, as follows:

ULTRA SKY SWC:

- Aid Station 1: Vallehermoso Beach – km 7.5 (SOLID FOOD & LIQUIDS).
- Aid Station 2: Santa Clara Hermitage – km 12 (LIQUIDS).
- Aid Station 3: Life Base – Vallehermoso Main Square – km 19.5 (SOLID FOOD & LIQUIDS). Bag Drop Service.
- Aid Station 4: Lomo del Dinero Viewpoint – km 26 (SOLID FOOD & LIQUIDS).
- Aid Station 5: Los Aceviños Hostel – km 31.5 (SOLID FOOD & LIQUIDS).
- Aid Station 6: Base of the climb to Los Tiles Reservoir, Hermigua – km 36.7 (SOLID FOOD & LIQUIDS).
- Aid Station 7: Nature Classroom – km 40.5 (SOLID FOOD & LIQUIDS).
- Aid Station 8: Aguajilva Bar – km 46.4 (SOLID FOOD & LIQUIDS).
- Aid Station 9: El Atajo Neighbourhood – km 50.5 (SOLID FOOD & LIQUIDS).
- Aid Station 10: Laguerode – km 54.5 (SOLID FOOD & LIQUIDS).
- Aid Station 11: La Cabezada – km 59.5 (LIQUIDS).

MIEL DE PALMA SKY MARATHON:

- Aid Station 1: Lomo del Dinero Viewpoint km 6.5 (SOLID AND LIQUID).
- Aid Station 2: Los Aceviños Hostel km 12 (SOLID AND LIQUID).
- Aid Station 3: Base at the start of the climb to Los Tiles Dam, Hermigua km 17.5 (SOLID AND LIQUID).
- Aid Station 4: Aula de la Naturaleza km 21 (SOLID AND LIQUID).
- Aid Station 5: Aguajilva Bar km 27 (SOLID AND LIQUID).
- Aid Station 6: Barrio el Atajo km 31.5 (SOLID AND LIQUID).
- Aid Station 7: Laguerode km 35.5 (SOLID AND LIQUID).
- Aid Station 8: La Cabezada km 40.5 (LIQUID).

SKY RACE SWC:

- Aid Station 1: Base at the start of the climb to Los Tiles Dam, Hermigua km 4.5 (SOLID AND LIQUID).
- Aid Station 2: Aula de la Naturaleza km 8.5 (SOLID AND LIQUID).
- Aid Station 3: Aguajilva Bar km 14.5 (SOLID AND LIQUID).
- Aid Station 4: Barrio el Atajo km 18.5 (SOLID AND LIQUID).
- Aid Station 5: Laguerode km 22.5 (SOLID AND LIQUID).
- Aid Station 6: La Cabezada km 28.5 (LIQUID).

GOFIO SHORT SKY:

- Aid Station 1: Laguerode km 4.5 (SOLID AND LIQUID).
- Aid Station 2: La Cabezada km 14.1 (LIQUID).

SILBO GOMERO STARTER SKY:

- Aid Station 1: Laguerode km 3 (SOLID AND LIQUID).
- Aid Station 2: La Cabezada km 8 (LIQUID).

<u>**EXTERNAL AID CAN BE RECEIVED IN THE FOLLOWING WAY****</u>**

- At the supply points set up by the organization.

The aid stations will offer the runner:

- Water.
- Isotonic drink.
- Coca-Cola.
- Assorted fruit.
- Dried fruit.
- Gominolas.
- Dried fruit.
- Sweets.

Article 21. Image rights.

The image rights derived from the GOMERA PARADISE SKY race will be exclusive to the race organizers. Therefore, any use of these rights by any company or individual must be permitted and/or acknowledged by the organizers. Similarly, registered runners agree to have their names included on a list of participants published on the official race website.

Article 22. Non-participation.

In the event that the participant has formalized the registration with the appropriate payment of the amount of the modality that it was, taking advantage of the cancellation insurance and the date of August 15 arrives, the Organization will not refund said amount.

Furthermore, continuing with the previous assumption, the Organization, once the XV GOMERA PARADISE SKY has concluded, will not be obliged to give the participant in question any souvenir of the event (neither runner's bag nor commemorative t-shirt).

Article 23. Suspension.

In the event of ADVERSE weather phenomena that result in a possible ALERT, the test will be suspended instantly and irreversibly.

In the event of the event being cancelled before it begins, the organization will not refund the registration fee.

If the cancellation is very close to the event (40 days prior to the event), the organizers will refund a proportional amount of the expenses incurred. If the event is cancelled after it has started, the organizers will not refund the registration fee.

Article 24. Claims.

Any participant in the GOMERA PARADISE SKY who wishes to file a claim with the Race Organization must submit a deposit of FIFTY EUROS (€50.00), which will only be returned if the claim is successful.

Article 25. Modifications

This Regulation may be rectified, modified or improved at any time by the Organization.

Article 26. External Aid.

Participants in all 5 categories will only be allowed to receive outside assistance at the aid stations. Any participant receiving outside assistance outside of these stations will be disqualified by the organizers.

Article 27. Environment

Any participant who deposits garbage or any other type of polluting material in the natural environment through which the test takes place will be automatically disqualified from the Test, and will be subject to a financial penalty from the competent authorities of the area where the infraction occurred.

Article 28. Time Limits

Runners will be able to complete the entire race in a maximum time of:

ULTA SKY SWC (13:30 hours maximum):

- VALLEHERMOSO LIFE BASE CUT-OFF TIME: 09:00 AM.
- AID STATION LOS ACEVIÑOS CUT-OFF TIME: 12:30 PM.
- AID STATION EL CEDRO CUT-OFF TIME: 2:30 PM.
- AID STATION AGUAJILVA CUT-OFF TIME: 3:30 PM.
- AID STATION EL ATAJO CUT-OFF TIME: 4:30 PM.
- AID STATION LAGUERODE CUT-OFF TIME: 5:30 PM.
- FINISH CUT-OFF TIME: 6:30 PM (13 HOURS 30 MINUTES OF RACE).

MIEL DE PALMA SKY MARATHON (10 hours maximum):

- AID STATION LOS ACEVIÑOS CUT-OFF TIME: 09:30 AM.
- AID STATION EL CEDRO CUT-OFF TIME: 12:00 AM.
- AID STATION AGUAJILVA CUT - TIME: 1:00 PM.
- AID STATION EL ATAJO CUT-OFF TIME: 2:00 PM.
- AID STATION LAGUERODE CUT-OFF TIME: 3:00 PM.
- FINISH CUT-OFF TIME: 4:00 PM. (10 HOURS OF RACE).

****INTERMEDIATE SHUT-OFF TIMES WILL BE UPDATED****

SKY RACE SWC (6:30 hours maximum):

- AID STATION EL CEDRO CUT-OFF TIME: 11:30 AM.
- AID STATION EL ATAJO CUT-OFF TIME: 12:30 HOURS.
- AID STATION LAGUERO CUT-OFF TIME: 13:30 HOURS.
- FINISH CUTOFF TIME 14:00 HOURS (6:00 HOURS OF RACE).

****INTERMEDIATE SHUT-OFF TIMES WILL BE UPDATED****

GOFIO SHORT SKY: (3 hours maximum):

- AID STATION LAGUERODE CUT-OFF TIME : 10:00 AM (1:30 HOURS OF RACE).
- RACE CLOSING 11:30 AM (3 HOURS OF RACE).

SILBO GOMERO STARTER SKY (2:30 hours maximum):

- CUT-OFF TIME 10:00 AM AT THE FINISH LINE (2:30 HOURS OF RACE).

<u>STARTS FOR THE SKYRUNNING WORLD CHAMPIONSHIPS WILL BE MADE BY START BOXES, SO THE TIME CUTOFFS WILL BE UPDATED ACCORDING TO THE START BOX TIMES**.</u>**

Article X. Right of Admission, Exclusion for Hostile Conduct and Protection of the Organisation

The Organising Committee of Gomera Paradise Skyrunning, in accordance with the values of sportsmanship, respect and safety promoted by the Canary Islands Mountaineering Federation (FECAMON), the Spanish Mountaineering and Climbing Federation (FEDME) and the International Skyrunning Federation (ISF), reserves the legal right of admission and the authority to refuse or cancel the registration of any prospective participant.

The following circumstances shall constitute grounds for automatic exclusion from the event, as well as for the blocking of registration details on the event's official platforms:

- Attacks on reputation: Having repeatedly made false, insulting, defamatory or disparaging statements on social media, in the media or in public forums that undermine the honour and integrity of members of the Organising Committee, race directors, volunteers or collaborators.

- Risk of boycott or disruption to public order: Having a documented history of hostility, harassment, or direct or implied threats towards the event management that may reasonably compromise the safe conduct of the event, the physical safety of its staff, or the peaceful coexistence of athletes during the World Championships.

The application of this article shall be duly justified by the Race Management and shall result in the immediate invalidation of any registration attempt, with priority being given to the right to ensure a safe event, free from sabotage and any form of attempted boycott.