



CONDITIONS AND REGULATION 2026

1) OVERALL PRESENTATION

The main objective of the Costa Rica Trail – La Transtica is the discovery of a country and its way of life through a sporting adventure with solidarity aims.

The Costa Rica Trail - La Transtica is a free pace trail race, with a prologue and 5 stages with points of refreshment, assistance and bivouac for a total distance of 120 to 200 km.

Between two oceans, the race defines itself by a unique crossing of a natural amazing paradise in the discovery of a new culture and way of life, "Pura Vida".

Starting from Pacific Coast to reach Caribbean Coast through amazing and varied landscapes combining beaches, valleys, river crossing, rainforests, coffee trees, sugar cane plantations and palm groves.

On the way the competitors, will discover an exceptional flora and fauna and will be associated to donations of medical and school equipment, moments of emotion, exchanges and sharing.

During the bivouacs, hosted by the local communities, they will enjoy the welcome from Costa Rican people.

The change of scene is amazing; the runners are plunged into the deep heart of Costa Rica far from the tourist standards.

La Transtica is proposed in 2 formats:

The Extreme race, 190 km in 5 stages, D+ 9 400 m, UTMB Index

The Adventure race, 125 km in 5 stages, D+ 5700 m, UTMB Index

2) ORGANIZATION

The association EL NIÑO is organizing the 16th edition of the Costa Rica Trail – La Transtica which will take place from November 26th midday, 2026 to December 5th morning, 2026 in Costa Rica.

The association EL NIÑO retains the right to change:

- The present rules.
- The itineraries.
- The course and the initial destination in case of "force majeure" or for reasons independent of their will.

The official languages of the race are French, English and Spanish

3) ACCEPTANCE OF THE REGULATIONS

By its enrolment in the race, each participant commits to accept the application of the regulations.

The race management team retains the right to exclude any competitor for anti sports or deliberately unfair behaviour.

4) SOLIDARITY

The association EL NIÑO is committing to invest part of their benefits in solidarity and aids projects in medical, educational domain and sustainable development.

In the villages crossed by the race, the organization will set up various solidarity projects in which every runner will be required to attend.

The runners are welcome to propose and set up their own solidarity projects.

5) COURSE

5.1) Road Book:

A road book (English, French or Spanish) will be given to each runner with all relevant information needed to progress.

It reviews in details the profile of each stage, overall distance and gain or lost of altitude, start and finish lines locations, as well as checkpoints, supplies (refreshment) points, medical assistance point's locations and eventual time fuse.

The runners will imperatively have to follow the beaconing set up by the organization. Checkpoints are set up along the route and runners will imperatively have to pass through those checkpoints.

The runners will have to respect the highway traffic act if the course borrows traffic lanes or roads.

5.2) Modification of the route, time fuses or cancellation of a stage:

For safety reasons, or in case of dangerous weather conditions, the organization retains the right to stop the race, to cancel a stage, to set up time fuses or to change the itinerary without notice.

In this case, the runners will not be in position to aspire to any indemnity or any refund of the subscription fees.

5.3) Checkpoints and Marking:

Runners have to go through each checkpoint mentioned on the roadbook otherwise they will get a time penalty.

They will have to follow marked out ways (marks, directional panels and signs painted on the ground).

If a stage is stopped for security reasons, the runners are required to follow the instructions of the organization.

The organization may decide to stop a runner during the race, for safety reasons.

The instructions of the race judges must be considered by the runners as a race rule.

5.4) Refreshment points:

The organization will set up refreshment (supply) points nearly every 10 km where runners will be able to refill water. Fruits, biscuits and soda will be also available on some points.

6) Equipment - Mandatory Kits

The organization **imposes** to each runner to carry **all along the race a safety kit and a first aid kit**:

6.1) Mandatory safety kit:

- A backpack adapted to the trail or equivalent with a bladder or cans with 1,5 litre capacity, to be filled of water at the start of each stage.
- Eco Cup
- Headlight with new batteries.
- Emergency survival blanket.
- Whistle.
- Cap.
- Light waterproof and breathable jacket

6.2) Mandatory first aid kit:

- Sun protection set
- Elastoplast tape minimum 2,50 long by 8or 9 cm large.
- Small Scissors.

Additionally, we also recommend the following equipment:

- Long gloves and long spindle or leggings for some stages.
- Under clothes
- Clock with GPS.
- Mobile phone.
- Race road book.
- Antiseptic (liquid mono dose).
- Band-Aids, compresses.
- Wound dressing set
- Double skin (such as biofilm, urgomed) for bulbs.
- Petroleum jelly.

6.3) Running Equipment (according to weather conditions):

- A breathable T-shirt.
- Long running tights (rainy, cold or bad weather).
- Short running tights (good weather conditions).
- Running socks (without sewing, anti-sliding).
- Trail shoes (already used).

6.4) Controls:

The race judges may control the mandatory equipment before, during or after each stage. Any runners missing the mandatory kits may be stopped or penalized.

6.5) Luggage:

Our staff will forward **one travel bag per runner, maximum capacity of 100 litres**, from one camp to the other.

We recommend duffle bag or backpack, waterproof if possible.

6.6) Bivouac (camp) equipment:

- A sleeping bag.
- An inflatable (ideally self inflating) mattress (**no beds in the camps**).
- Change of clothes (including warm clothes).
- Shoes to relax and to refresh your feet after running.
- Airtight plastic bag to protect your stuff.
- A vanity case and a towel.
- Pair of laces.
- New batteries for the headlight.
- A needle and sewing thread.
- Repellent for mosquitoes.

Toilets and showers (fresh) will be available on each camp.

6.7) Individual medicine kit:

The medical team encourages you to ask for advices to your chemist or to your doctor to help you to constitute your own medicine kit.

This information bellow comes from our experience and is being given only for informative purpose.

- Biafine.
- Eyewash antiseptic, physiological serum doses.
- Analgesic, aspirin or paracetamol or Ibuprofen.
- Antispasmodic.
- Intestinal antiseptic.
- Pills in case of transit troubles.
- Broad spectrum antibiotic in case of infection.
- Anti-inflammatory: to cure tendinitis, traumatismes, lumbagos ...
- Eosin individual doses
- Any medicine treatments you may have for two weeks.

6.7) Food / Beverage:

On each camp we will propose:

- Breakfast.
- Light meal at the end of each stage.
- Diner (local meal).
- Mineral water.

7) RANKING

Each participant will be ranked.

A women classification will be also established.

A ranking by team might be established if there are a relevant number of teams.

A team is made by 3 runners, running together all along the race.

7.1) Timing:

Stage times are cumulated and give the general ranking.

7.2) Bibs:

The organization will provide to each runner a set of two bibs which will have to be worn and visible from face and back. Any runner not wearing its bibs will be penalized.

7.3) Withdrawal:

A runner having given up during a stage will not be allowed under any circumstances to continue the stage but might be allowed to run the next stage if our doctor is ok.

He will be driven to the nearest checkpoint and will be repatriated on the arrival line as soon as possible.

In the case of serious medical disease, repatriation will be immediately organized.

In case of withdraw during one stage, a runner might be allowed to run the next stages, its time will be the time of the last runner off the stage with a penalty of 3 hours for adventure runners and 6 hours for extreme runners.

7.4) Penalties - disqualification:

By registering in the race, the runner commits to:

- Respect the environment.
- Follow the race course without cutting tracks.
- Not use an external means of transport during the race.
- Not throw waste on the course.
- Pass through all checkpoints.
- Wear the race number (bib), visible from face and back during the whole race.
- Carry with him during all the stages the mandatory equipment.
- Assist any runner in trouble.
- Allow the medical team to examine him and to respect any decision.

The non respect of one of these rules by a runner can involve a time penalty and/or an immediate disqualification without any possibility of appealing against this sanction

7.5) Race jury and claims:

The race management team is sovereign to allocate penalties.

Claims are receivable during 30 minutes after the publishing of the ranking.

8) ASSISTANCE

8.1) Medical aid:

A medical team chosen by the organization made by an emergency doctor and by one or two physiotherapists will be present for the duration of the race. It will be positioned along the race in assistance vehicles. It will handle the repatriation of the runners having a physical or moral problem, to the next bivouac place. The race judge in charge of a checkpoint will be able to ask for the intervention of the medical team for any runner presenting signs of weakness before allowing him to continue the stage. Medical team is authorized to force to withdraw any runner, if it judges that the runner is unable to continue the stage or the race in safe conditions.

8.2) Security and first-aid assistance:

A security team will follow the race permanently and will be in charge of the first aid coverage on the field. They will assist the medical team and they might be positioned on checkpoints and at the arrival. They will handle the repatriation of the runners having a physical or moral problem, to the next bivouac place. The race judge in charge of a checkpoint will be able to ask for the intervention of this team for any runner presenting signs of weakness before allowing him to continue the stage.

8.3) Security manager:

A French fireman will be in charge of the management of the medical team, the first-aid team and of the coordination of the first aid in case of incident.

9) Insurance / Liability:

The organization team is covered by a third-party insurance subscribed by the organizers.

The licensed runners might benefit of guarantees granted by the insurance linked to their license.

Non licensed runners will have to subscribe individually a third party and repatriation insurance.

It is important for the runners to be aware of the difficulties of the course and of the conditions that they may have to face (length of the itinerary, difference of level and altitude, bad weather conditions).

Each runner must be aware of the risks linked to this kind of competition and his responsible for its own safety and security.

The runners are participating under their own responsibility; the organization declines any responsibility in case of physical problem or of accident.

10) REGISTRATION TERMS

The race is opened to any major person, of both sexes, of any nationality, meeting requirements of the present regulations and who fit with our medical file requirements.

The runner will have to provide:

- The registration form.
- The medical file.
- An identity document.
- The discharge of responsibility.
- Individual repatriation and third-party insurance certificate.

11) REGISTRATION FEES

The amounts of the registration fees for 2026 are:

2 600 € for a registration before **15/04/2026**.

2 800 € for a registration from **16/04/2026** to **15/09/2026**.

3 000 € for a registration after **15/09/2026**.

THE PRICE INCLUDES:

1. Hotels and bivouacs (camps) accommodations.
2. Bivouacs breakfasts, light meals and dinners, lunches on transfer stages.
3. Opening ceremony.
4. Podium ceremony.
5. Day off activity depending on weather conditions
6. Supply of water and food at the check points.
7. All private bus transfers mentioned in the program.
8. Luggage transfer between each stage.
9. Medical aid from our doctor.
10. Massages from our physiotherapists at the end of each stage.
11. Tee-shirts of the race.
12. Access fees to the parks and reserves mentioned in the program

THE PRICE DOES NOT INCLUDE:

1. Flight ticket to Costa Rica.
2. Dinner of the 4th of December 2026(evening off)
3. Cancellation/luggage / repatriation insurances.
4. Tips in hotels or activities.

12) PAYMENT:

Initial deposit of 700 € is requested to confirm registration.

Total payment must be received before October 1st, 2026.

All payments have to be sent by swift transfer to the ASSOCIATION EL NINO.

Any incomplete file will not be taken into consideration.

The number of participants being limited to 50 runners, inscriptions will be recorded according to the date of receipt if the registration file is complete.

The organization retains the right to refuse the inscription of a runner providing any justification.

13) CANCELLATION

The cancellations must be sent by letter, refund conditions as bellow:

- 300 € will not be refunded for a cancellation received before 30/06/2026.
- 600 € will not be refunded for a cancellation received between 01/07 and 30/09/2026.
- 1 200 € will not be refunded for a cancellation received between 01/10 and 30/10/2026.
- After October 30th, 2026, cancellations will not be accepted and we will not reimburse the registration fees.

The organization reserves the right to cancel the race in case of insufficient number of participants; in this case the received sums will entirely be refunded.

14) IMAGE RIGHTS

The association EL NIÑO own all the rights of exclusivity linked to the use of the photos and video of the 'Costa Rica Ultra Trail - La Transtica'.

The competitors agree that the association El Nino have the exclusive right to use their name and their individual or collective image for anything which concerns their participation in the 'Costa Rica Ultra Trail - La Transtica', including commercial usage.

Any photo, film or video support realized during the race can be used by the competitors or the accompanists for personal use and promotion (web, social network, blog...).

For commercial use, an accreditation might be required.

AGENDA LA TRANSTICA 2026

Day 1: Thursday, November 26th, 2026

14h : Welcome of the participants at the Hotel Radisson San José.
15h : Briefing course.
16h : Check in (double bed room).
17h : Technical check, interview with the race doctor.
19h : Diner.

Day 2: Friday, November 27th, 2026

Breakfast.
Transfer towards Manuel Antonio (private bus).
Lunch.
Prologue of 6 Km on the beach of Manuel Antonio.
Dinner, night in the hotel.

Day 3: Saturday, November 28th, 2026

Stage 1: Villa Nueva - Santa Maria de Dota

Transfer towards the starting line.
2 to 4 points of supply on this stage.
Light meal on arrival.
Dinner and night in bivouac (Rancho).

Day 4: Sunday, November 29th 2026

Stage 2: Santa Maria de Dota - Ojo de Agua

Breakfast.
2 to 4 points of supply on this stage.
Light meal on arrival.
Dinner and night in bivouac (La Esperanza School).

Day 5: Monday, November 30th 2026

Stage 3: La Esperanza - El Humo

Breakfast.
2 to 4 points of supply on this stage.
Light meal on arrival.
Dinner and night in bivouac (El Humo community hall).

Day 6: Tuesday, December 1st, 2026

Stage 4: El Humo - San Pablo

Breakfast.
2 to 4 points of supply on this stage.
Light meal on arrival.
Dinner and night in bivouac. (San Pablo School)

Day 7: Wednesday, December 2nd, 2026

Transfer stage, recovery day

Breakfast.
Transfer in bus to bivouac point.
Lunch.
Dinner and night in bivouac/hotel.

Day 8: Thursday, December 3rd, 2026

Stage 5: Playa Negra - Manzanillo

Breakfast.
2 to 4 points of supply on this stage.
Lunch.
Podium Ceremony and dinner.
Night in the hotel.

Day 9: Friday, December 4th, 2026

Transfer back to San José

Breakfast.
Transfer in private bus to San José.
Lunch.
Hotel check in.
Afternoon off.
Dinner at your charge.
Night in the hotel.

Day 10: Saturday, December 5th, 2026

Departure San José - Home country

Breakfast.
Check out

Transfer of the participants to the airport, return towards their respective countries.

* This agenda might be modified according to last minute hazards.