



REGISTRATION FILES 2026

To be sent back with your payment (swift in Euro to EL NINO *), the medical file,
and the discharge of responsibility by mail or by post to

Mr Marchal Bernard

1196/2 Avenue de Pibonson, 06250, Mougins, France

bmarchal@lafricanstica.org

FILL IN CAPS PLEASE

Name:..... First Name:.....

Sex : F M Birth Date: Nationality:

Passport N°..... Date of validity:

Course : ☐ Extreme ☐ Adventure

T-Shirt Size: ☐XS ☐S ☐M ☐L ☐XL XXL

How did you know us: ☐Internet ☐ Magazine ☐ Race

☐ Other :

Sporting records:
.....
.....

Trail Level: never practiced ☐ novice
regularly practiced ☐good level ☐ national level

Are you able to swim : ☐ Yes ☐ No

Adress :

Zip Code :..... City:.....

Tel :e-mail :

I accept the race regulation published by **El Niño**

Date :.....Signature :.....

REGISTRATION TERMS

Registration Fees and Terms

Prices in Euros per person, base TWIN or TRIPLE (3 beds) room

La Transtica 2026 10 days / 9 nights From November 26 th (afternoon) to December 5 th (morning)	Price per person
Registration before 15/04/2026	2 600 €
Registration from 15/04/2026 to 15/09/2026	2 800 €
Registration after 1/09/2026	3 000 €

Initial of deposit of 700 € is requested to confirm registration Balance to be paid before October 1st, 2026.
Cancellation policy, read races rules page 8.

THE PRICE INCLUDES

- Hotels and bivouacs (camps) accommodations.
- Bivouacs breakfasts, light meals and dinners, lunches on transfer stages.
- Opening ceremony in San José.
- Podium ceremony in Puerto Viejo.
- Supply of water and food at the check points.
- All private bus transfers mentioned in the program.
- All luggage transfers between each stage.
- Medical aid from our doctor.
- Physiotherapist massages at the end of each stage.
- Tee-shirts of the race.
- Access fees to the parks and reserves mentioned in the program.

THE PRICE DOES NOT INCLUDE

- Flight ticket to Costa Rica.
- Dinner of the 4/12/2025 (evening off).
- Cancellation / luggage and repatriation insurances.
- Extra and tips in the hotels.

Medical file:

Name:

First Name:

Bith Date:

F

M

Heigh:

Weight :

Blood group:

Medical history: Did you get any medical problem which required elaborate examination, long treatment or hospitalisation?

Surgical history: Have you ever been operated and/or anaesthetised ? If yes, when and why, on which occasions? ?

Allergic past records:

Current treatment: Are you on any kind of medication ? If so please specify the treatment?

Do you wear ?

- | | | |
|--------------------|------------------------------|-----------------------------|
| - Glasses : | ☐ Yes | ☐ No |
| - Contact Lenses : | ☐ Yes | ☐ No |
| - Prosthesis : | ☐ Yes | ☐ No |

Do you follow a special diet:

☐ Yes ☐ No

If so which kind of diet:



Are you in conformity with vaccinations ?

- DT Polio : ☐ Yes Date :
☐ No
- Hepatitis : ☐ Yes Date :
☐ No
- Covid 19 : ☐ Yes Date :
☐ No

Do you have first aid knowledge ?

- ☐ Yes Which Grade :
- ☐ No

COMMENTS :

IN CASE OF ACCIDENT:

Repatriation contract, medical evacuation N°:

Name of your insurance company:

Tel N°:

Name of your doctor :

Tel N°: :

Contact name in case of emergency :

Tel N°: :

Certified real and true

Date :

Signature :



DISCHARGE OF RESPONSABILITY AND RACE REGULATION ACCEPTANCE

- EL NIÑO is organizing the “Costa Rica Trail, La Transtica” in Costa Rica in November every year.
- The undersigned, for his own account or the account of his legal representative, his employees and assistants, his heirs or heiress, agents, irrevocably grants discharge of any responsibility to the organizers, EL NIÑO as well as the public authorities and their legal representatives.
- The undersigned and his representatives agree that this discharge is including any kind of damage without any limit, as injuries, death, material damage or economic loss, partial or total, occurring during the participation of the undersigned in the “Costa Rica Ultra Trail, La Transtica” or any other linked activity.
- This general discharge of responsibility is agreed voluntarily and unconstrained by the undersigned who admits that while signing, it is not the subject of any pressure, promise or any influence from EL NIÑO.
- IMAGE RIGHTS: I expressly authorize the organizers of the “Costa Rica Trail, La Transtica” or their representatives such as partners and media to use free of charge and rights any media (photo or video) on which I could appear during my participation in the “Costa Rica Ultra Trail, La Transtica”, on any kind of supports including the promotional and/or advertising documents, in the whole world and for the for an unlimited period of time.
- CNIL : In accordance with the French law on data-processing and freedom (January 6th, 1978), you have full right of access and correction regarding your personal data's. On our behalf, you may receive proposals from other companies or associations. If you do not wish this, you just have to send us a request with your name, first name and addresses.
- The competitor commits to respect the “Costa Rica Trail, La Transtica” regulation and recognize to have received and read it.

Place: Date:

Name in Caps:

Signature:



MANDATORY EQUIPMENT

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

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

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..

It is reminded that bivouacs or camps are not equipped with beds, therefore sleeping bag and inflatable mattress (ideally self inflating) are compulsory.

The organization will handle your race luggage (duffle bag or backpack, maximum capacity 100 litres, waterproof if possible) from one camp to the other .