

# RULES/PROGRAM

CARLOS SÁ   
NATURE EVENTS

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EXTREME GERÊS MARATHON®  
2<sup>nd</sup> DECEMBER 2017

CARLOS SÁ NATURE EVENTS®  
**EXTREME**  
**GERÊS MARATHON®**  
WORLD'S TOUGHEST ROAD MARATHON®

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## VERY IMPORTANT

This race is held on mountain roads. It is held on paved roads and on dirt tracks, but it is not meant to be a race where a runner can compare his racing time with other races with the same length. This is not a trail race either, because it doesn't take place on mountain trails.

This race is held inside Portugal's only National Park; all participants must respect its rules.

Due to logistical, security and environmental needs, registrations are very limited.

In order to preserve a very rich natural legacy, we want all athletes to enjoy a communion with Nature while respecting and protecting it. Because of this, we inform that all liquid refreshments will not be supplied in bottles or plastic cups. Each athlete must carry a recipient which is suitable for his hydration (for cold and hot drinks).

The Peneda-Gerês National Park is a natural heritage we want to preserve! We want our children to enjoy this heritage tomorrow the same way we enjoy it today!

- To participate in this competition, it is mandatory to be in a good physical condition;
- Registration on this competition implies full acceptance of the rules;
- Registrations is made at: <http://carlossanatureevents.com>
- The registration is personal, non-transferable, and will be accepted on a first-come-first-served basis;
- All the data information provided by each participant is their own responsibility and must be legit;
- If a registered athlete can no longer participate; or in the case of cancelation of the event due to climatic conditions, the organization has no obligation to reimburse the registration fee;
- Changes to participants data won't be accepted after 12<sup>th</sup> November 2017;

## **1. Terms of participation**

### **1.1. Age requirement**

The minimum age requirement for participation in Extreme Gerês Marathon® is 18 years of age.

### **1.2. Confirmed registration**

To participate in the race your registration must be validated and you must agree to comply with the race regulations.

### **1.3. Physical condition**

- It is essential to be in a good physical condition to participate in this race;
- The terrain where this race is held is subject to sudden weather changes. Therefore, runners might be exposed to different weather conditions such as: heat, cold, strong wind, thick mist, intense rain and even snow;
- Each athlete must know how to manage their physical and mental stress and cope with adverse situations during the race;
- Each athlete must know how to manage physical or mental problems arising from high fatigue, digestive problems, muscular or joint pain, etc;

### **1.4. External help**

External help is not allowed, except on refreshment posts. Each athlete must know how to adapt to the problems encountered during the race.

### **1.5. Race bibs**

The race bib is personal and not transferable. Race bibs must be clearly visible throughout the race. In the case of abandonment runners must return their race bib to the organisation.

### **1.6. Sportsmanlike conduct rules**

Unlawful behavior, offensive language and verbal/physical aggressions will not be tolerated and will be punished with penalties, fines or disqualification. Any illegal acts will be reported to the appropriate authorities.

## 2. The Event

### 2.1. Presentation of the event / organization

**Extreme Gerês Marathon** is organized by Carlos Sá Nature Events in association with Associação Viver Peneda-Gerês, with the support of the municipality of Terras de Bouro.

On Friday 1<sup>st</sup> December (national holiday) it will take place the **1<sup>st</sup> Extreme Mile**, which will have an average slope of 35% and 525 m D + in just 1 mile. This event has a limited number of entries.

The main races will take place on Saturday 2<sup>nd</sup> December and will be **42 km** (individual and relay), **21 km** and **13 km** and are not yet approved by the Portuguese Athletics Federation. **Relay Marathon (3 people per team)** – each athlete will run around 1/3 of the distance.

Transportation to the transition place and transportation from the transition place to the finish line will be taken care by the organization.

### 2.2. Program

#### Thursday 30<sup>th</sup> November

**05:00 pm – 08:00 pm** – Distribution of race bibs: CUF Hospital (Oporto)

#### Friday 1<sup>st</sup> December

**9:00 am – 10:00 am** – Secretariat opening (Auditorium – Vila do Gerês)

**11:00 am** – Start Extreme Mile

**03:00 pm** – Cultural Program (Communitarian Village of Ermida) | **Registrations** – Sérgio Gonçalves: sdgoncalves@sapo.pt - 966021718

**04:00 pm – 08:00 pm** – Secretariat opening (Auditorium – Vila do Gerês)

#### Saturday 2<sup>nd</sup> December

**07:00 am** – Secretariat opening (Auditorium – Vila do Gerês)

**08:30 am** – Secretariat closing

**08:30 am** – Bus departure for the 2nd segment's athletes 42 Km relay (near Colunata).

**09:00 am** – Start Extreme Gerês Marathon for athletes participating in the following races: 42 km, 42 km relay – 1st segment – and 13 Km

**09:10 am** – Start 21 km

**09:45 am** – Bus departure for the 3rd segment's athletes (42 km relay), near the bus stop, behind the Adega Bar (Universal Hotel)

**01:30 pm** – Prize giving ceremony

**05:00 pm** – End of the event

### 2.3. Map / profile altimetry

More information:

<http://www.carlossanatureevents.com/evento.aspx?idEvento=GEMA>

### 2.4. Time barriers

42 Km race time barriers:

14 km – Casa da Preguiça – 2h30min of race (at 11:30 am)

30 km – Geira Museum – 5h15min of race (at 2:15 pm)

The supporting car that closes the race, the "Sweepers", or the person in charge in each control post, will have the power to withdraw from the race any runner who isn't within the time limit, or any runner whose state of health necessitates doing so.

Each runner that withdraws the race should go to the nearest refreshment post and ask for support / inform of his / her withdrawal or, alternatively, at the secretariat, informing the organization of his/her bib number. The time limit to conclude the Gerês Extreme Marathon (42 Km) is 7 hours.

### 2.5. Time Check

Time is controlled by chip; athletes must validate it in the checkpoints. The loss of a chip is the sole responsibility of the participant. All the costs associated with its replacement shall be borne by the participant.

### 2.6. Control Posts

Intermediate time controls will be opportunely defined.

### 2.7. Refreshment Posts

#### Extreme Mile

Refreshment post – finish line

#### 13 km

Refreshment post - 7 Km

#### 21 km

Refreshment post 1 (only water) – 6,5 Km

Refreshment post 2 – 11 Km

Refreshment post 3 – 15 Km

### 42 km individual/ 42 Km relay

Refreshment post 1 – 7Km

Refreshment post 2 – 14 Km

Refreshment post 3 – 20,5Km

Refreshment post 4 – 24 Km

Refreshment post 5 – 30 Km

Refreshment post 6 – 36 Km

The liquid refreshments will not be given in bottles or plastic cups. Athletes must have a container for their own hydration (it must be able to contain hot drinks too).

### **2.8. Information of places with car traffic**

The organization will have a security system throughout the route, however, as it will be impossible to cut road traffic in some places, participants must comply with the traffic rules on public-use roads and must respect the surrounding environment.

### **2.9. Penalties/ Disqualifications**

Disqualification, based on the following:

- No complying with the rules;
- Not finishing the route;
- Throwing away rubbish;
- Race number not visible;
- Refusal to comply with the orders from the organization;
- Anti-sporting behavior.

**Participants covered by the last two points won't be able to register in future editions.**

### **2.10. Participation Conditions**

Registration on this competition implies full acceptance of the rules.

Participants will be held accountable for all actions that may cause material or moral damages to themselves and/or to third parties. The organization declines all responsibility in case of accident, negligence, or theft of objects.

### **2.11. Insurance**

The entry fee includes a personal accident insurance premium. Insurance number: AG63771272 (FIDELIDADE).

### 3. Registration

#### 3.1. Registration process

Online registration: <http://www.carlossanatureevents.com/>

#### 3.2. Registration prices and deadlines

Number of participants' limit:

Extreme Mile – 50 participants

13 Km – 500 participants

21 Km – 700 participants

42 Km relay (3 members) – 50 teams

42 Km – 500 participants

Until 31/05:

Extreme Mile – 7€

13 Km – 7€

21 Km – 10€

42 Km relay (3 members) – 30 €

42 Km – 23€

From 01/06:

Extreme Mile – 10€

13 Km – 10€

21 Km – 15€

42 Km relay (3 members) – 36 €

42 Km – 30€

Registration fee includes:

Race bib, injury insurance, refreshments, showers, official race t-shirt and finisher medal.

#### 3.3. Cancellations

If a registered athlete can no longer participate the organization has no obligation to reimburse the registration fee. If the athlete changes his registration to a lower distance race, any difference value won't be refunded.



### 3.4. Secretariat (Time and places)

**1<sup>st</sup> December:** At the Vila do Gerês Hotsprings Centre's Auditorium – 09:00 am to 10:00 am

**1<sup>st</sup> December:** At the Vila do Gerês Hotsprings Centre's Auditorium – 04:00 pm to 08:00 pm

**2<sup>nd</sup> December:** At the Vila do Gerês Hotsprings Centre's Auditorium - 7:30 am to 8:30 am (to deliver the last race bibs). Also near the finish line, from 9:00 am forward (just for information).

### 3.5. Available services

Free transport for the participants from Vila do Gerês' centre town to the Start line and to the transition place (relay race). Showers will be available at the finish line.

## 4. Rankings and prizes

### 4.1. Prize giving: time and place

The prize giving ceremony will be held at the Vila do Gerês' centre at 01:30 pm. In case of adverse weather conditions the prize giving ceremony will be held in another place to be announced.

### 4.2. Prizes

There will be classification in age ranks. For the purpose of classification and scoring of athletes in the ranks will be considered the athletes' age at the day of the race.

- M Under 23 and W Under 23 - 19 to 22 years
- M Seniors and W Seniors - 23 to 39 years old
- M 40 and W 40 – 40 to 49 years
- M50 and W 50 – 50 to 59 years
- M60 and W 60 - over 60 years

In GEM 42Km, GEM 21Km and GEM 13Km **prizes for age ranking** will be awarded to the first 3 men and to the first 3 women of each age ranking.

42 km, 21km, 13 km, Extreme Mile – general classification

#### Male

1<sup>st</sup>– Trophy, registration 2018

2<sup>nd</sup>– Trophy, registration 2018

3<sup>rd</sup> - Trophy, registration 2018

## Female

1<sup>st</sup> –Trophy, registration 2018

2<sup>nd</sup>– Trophy, registration 2018

3<sup>rd</sup>–Trophy, registration 2018

## 42 km relay (3 members' teams) – general classification

## General

1<sup>st</sup>– Trophy, registration 2018 (each athlete)

2<sup>nd</sup>– Trophy, registration 2018 (each athlete)

3<sup>rd</sup>– Trophy, registration 2018 (each athlete)

## 5. Information

### 5.1. How to get to Vila do Gerês

**By car** – Follow highway A3 until Braga; then follow the signs to Vila do Gerês.

**Train/Bus** – There are numerous train and bus connections to Braga from several places in the country. From Braga, the Empresa Hoteleira do Gerês has daily bus connections to the Vila do Gerês' centre. More information at <http://www.ehgeres.pt/>

### 5.2. Where to stay

Accommodation partners of Gerês Extreme Marathon® (soon).

## 6. Marks and control posts

Soon.

## 7. Environmental responsibility

You can't throw down your litter (whether it's biodegradable or not) along the route. You must dispose your litter either in the nearest refreshment post, or at the finish line. If not you can incur in disqualification penalty.

## 8. Image rights

Each participant authorizes the organizers to record and to use any images taken during the event, without the right (for the participant) to receive any financial compensation. These images may be used for promotional documents and/or advertising mediums (radio, press, video, photo, internet, outdoors, etc.).

## **9. Support and emergency**

There will be support, help and emergency teams to provide care to the participants who need it.

## **10. Omissions**

Omissions in this regulation shall be resolved by the organizing committee, whose decisions will not be appealed.

## **11. Others**

- Participants are required to assist the injured and to respect the traffic rules in road crossings.
- The organization reserves the right to make changes it deems necessary depending on different conditions, as well as the cancelation of the race due to adverse weather conditions or other major reasons.