



GERÊS EXTREME MARATHON®

REGULATIONS

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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 natural heritage of enormous wealth, we want you to enjoy it in full communion with nature, by respecting and protecting it. For this same reason, we inform you that liquid refreshments will not be supplied in bottles or plastic cups. **Athletes are responsible for bringing with them the container(s) they deem most suitable for their hydration (preferably also suitable for 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;
- Registration can be 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 participants 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;
- No changes to the participant's data will be accepted after 25th November 2019;
- **The Organization reserves the right to accept last minute registrations.**
- **For registrations made in the last month prior to the race, the organization does not guarantee t-shirt size.**
- The contents of this manual are subject to change without notice.

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 competition athletes must have their registration validated and 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;
- Athletes must know how to manage their physical and mental stress and cope with adverse situations during the race;

1.4. External help

External help is not allowed, except on refreshment posts. Athletes 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 behaviour, 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 Saturday 30th December 2019 it will take place the **3rd 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 Sunday 1st December and will be **42 km, 32km, 21 km** and **14 km** and are not yet approved by the Portuguese Athletics Federation.

2.2. Program

28th November (Thursday)

05:00 pm – 08:00 pm – Race bib distribution (Fluvial's Swimming Pool Complex, Rua Aleixo da Mota, s/n 4150-044, Porto)

29th November (Friday)

02:00 pm – 06:00 pm – Race bib distribution at Carlos Sá Nature Events office, Barcelos

30th November (Saturday)

10:30 am - Trees planting (Communitarian Village of Ermida)

01:30 pm – 03:00 pm – Race bib distribution for Extreme Mile runners (Auditorium of Vila do Gerês)

03:00 pm – Bus departure for athletes Extreme Mile (next to Auditorium of Vila do Gerês)

03:30 am – Start Extreme Mile

04:30 pm – Tree planting near the Extreme Mile finish line

04:00 pm – 08:00 pm – Race bib distribution (Auditorium of Vila do Gerês)

1st December (Sunday)

07:00 am – 08:30 am – Race bib distribution (Auditorium of Vila do Gerês)

08:50 am – Start 32km race

09:00 am – Start for 42km, 21km and 14km races

01:30 pm – Prize giving ceremony

05:00 pm – End of the event

2.3. Maps and route

See webpage.

2.4. Time barriers

42 Km race time barriers:

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

29 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 – finish line

14 km

Refreshment – 7,5 km

21 km

Refreshments – 6 km, 10,5 km, 15 km

32 km

Refreshments – 4km; 10km; 19km; 25km

42 km

Refreshments – 7 km, 14 km, 19 km, 29 km, 34 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 course. 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. The race will therefore be held on open road (no traffic cuts, albeit with conditioned traffic). These movement constraints are related to the absence of alternatives for local populations.

2.9. Penalties/ Disqualifications

Disqualification, based on the following:

- No complying with the present rules;
- Not finishing the route;
- Throwing away rubbish;
- Race number not visible;
- Refusal to comply with the orders from the organization;
- Anti-sporting behaviour.
- Participants who fall under 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.

3. Registration

3.1. Registration process

Online registration:

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

3.2. Registration prices and deadlines

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

Maximum number of participants:

Extreme Mile – 50 participants

14 Km – 500 participants

21 Km – 700 participants

32km – 500 participants

42 Km – 500 participants

- **Gerês Extreme Marathon 42 km**
 - 17th March 2019 to 25th November 2019 - 30 euros
- **Gerês Extreme Marathon 32km**
 - 17th March 2019 to 25th November 2019 - 27 euros
- **Gerês Extreme Marathon 21km**
 - 17th March 2019 to 25th November 2019 - 17 euros
- **Gerês Extreme Marathon 14 km**
 - 17th March 2019 to 25th November 2019 - 15 euros
- **Gerês Extreme Mile**
 - 17th March 2019 to 25th November 2019 - 10 euros

The registration fee includes:

All the distances: race bib, injury assurance, t-shirt, finalist medal, refreshments, showers + other possible offers.

3.3. Cancellations

If a registered athlete does not attend the race, the organization has no obligation to reimburse the registration fee. If the athlete requests a change for a race with a lower distance, any difference value will not be refunded.

3.4. Secretariat (time and places)

30th November 2019: At the Vila do Gerês Hotsprings Centre's Auditorium – 01:30 am to 03:00 pm;

30th November 2019: At the Vila do Gerês Hotsprings Centre's Auditorium – 04:00 pm to 08:00 pm;

1st December 2019: At the Vila do Gerês Hotsprings Centre's Auditorium – 07:00 am to 08:30 am.

3.5. Services

Showers are available at the end of the race, for women, at the Health Club of the Thermal Animation Center and, for men, in a restroom whose location will be marked.

4. Rankings and prizes

4.1. Prize giving: times and places

The prize giving ceremony will be held at the Vila do Gerês' centre at 01:30 pm, on 1st December. In case of bad weather, the prize giving ceremony can be transferred to other place.

4.2. Prizes

Rankings: For the classification and scoring of athletes in the ranks it will be considered the age of the athlete in the day of the race.

- M Sub-23 and F Sub-23 – 18 to 22 years old
- M Seniors and F Seniors – 23 to 39 years old
- M40 and F40 – 40 to 49 years old
- M50 and F50 – 50 to 59 years old
- M60 and F60 – more than 60 years old

Prizes will be given to the first 3 men and 3 first women of each rank in the races GEM 42 Km, GEM 32 Km GEM, 21 Km and GEM 14 km.

42 km, 32km, 21km, 14 km, Extreme Mile

Male

1st – Trophy, registration 2020

2nd – Trophy, registration 2020

3rd – Trophy, registration 2020

Female

1st – Trophy, registration 2020

2nd – Trophy, registration 2020

3rd – Trophy, registration 2020

Note: Prizes that are not collected during the Prize Giving Ceremony will not be sent by mail after it.

5.1. How to get to 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/> More info at <http://www.ehgeres.pt/>

5.2. Where to stay

Accommodation partners of Gerês Extreme Marathon® (soon).

6. Marks and controls

Soon.

7. Environmental responsibility

Athletes can't throw down their litter (whether it's biodegradable or not) along the course. They must dispose their litter either in the nearest refreshment post, or at the finish line.

8. Image rights

Each participant authorizes the organizers to use any images or recordings taken during the event. Those 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.

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, such as the cancellation of the race due to weather conditions.