



The adverse effects that the pace of modern life has on the environment are a source of great concern and a topic of great discussion in today's society. As members of society and organizers of Outdoor events, we are aware that this activity also contributes to these adverse effects that have repercussions on the natural environment that we love so much and that contributes so much to our physical, mental, emotional and social well-being. That's why we cannot remain indifferent to the various calls to reduce our ecological footprint to preserve the environment that brings us so much happiness!

For 2022, Carlos Sá Nature Events wants to offer, as in 2021, to all those who decide to register for its events, a small contribution of €5 (optional) for the purchase of native trees. Together with the local partners that have accompanied us over the last few years, Carlos Sá Nature Events is committed, with the funds raised, to developing tree planting and reforestation actions in burned areas in the geographical areas where it develops its activities. These actions will be scheduled and carried out by CSNE following the guidelines of these local partners who, better than anyone, know the region, the species and the right times to make the plantations. Will be announced as soon as possible on social media!

We will continue to appeal for the reduction of waste in our events, namely for the reduction of plastic, through actions that we have been implementing over the last few years: the appeal for the use of the reusable cup by each of the participants in the supplies, non-availability of water and other liquids in individual bottles, sending information about the tests in digital and non-printed format, use of reusable materials for marking the trails, among others. We will invest in a better separation of the waste produced at the events, separating organic from non-organic waste and separating everything that can be recycled.

These are small steps but we remain determined to walk to make our events more and more sustainable! We count on each of you to help us!

Thank you very much!
The CSNE team



EXTREME 90 - ROAD ULTRAMARATHON

1. Race Apresentation

The **Extreme_90k** event is held online, along roads in the Peneda-Gerês National Park, joining the localities towns that give the park its name (village of Peneda and Vila do Gerês).

We named it Extreme_90 because the race is included in the category of our extreme marathon races, in this case it is a complementary distance to the **Gerês Extreme Marathon**.

Extreme because it is a road race with a considerable difference in level, more than 2,500m positive and about 7,000m of accumulated difference (+/-), "90" indicates the kilometers to be covered, so the distance is greater than two marathons.

The date of the second edition will be **December 3rd 2022**, and at that time the weather conditions can be really extreme, two years before the event the entire Park was covered with snow.



EXTREME 90 - ROAD ULTRAMARATHON

The participating athletes will have to have a team and a support car, being authorized a team member to run with them whenever they want (called (PACER), they will have to do it by their side, or behind, without ever interfering with the performance, he will never be able to run ahead of the athlete.

Athletes and support staff are required to comply with all road safety regulations, as the roads are open to normal traffic, a reflective flare vest is mandatory for all crew and athletes. Front and back lights so mandatory for the entire team.

They are also required to sign the car with the athlete's name and number, as well as place two reflective stickers with warnings (one behind the other in front of the car) with the phrase (Runners on the road).

The course is not marked, and the athlete or his pacer will have to take a GPS device to navigate the route provided by the organization. We warn you that you should not use the car's gps, since in some villages the athletes followed the central route of these villages, and the cars will have to go around them, to avoid constraints.

The Athlete (never the pacer or support car) is obliged to carry a gps tracking device (Tracker), provided by the organization.

All food and support is provided by the support teams of each athlete, with help between competing teams being allowed if they so wish.

Support teams will have to be especially careful where they stop the car so as not to create constraints in the normal operation of traffic, the roads in the National Park are usually narrow and in many places there is no shoulder for parking. They will also have to respect the other support cars of competing teams. The GNR is at various times supporting the event and may fine teams that are not complying with the traffic code and regulations.

EXTREME 90 - ROAD ULTRAMARATHON



Secretariat

Friday , December 2nd

19h00 - 21h00

Peneda's Hotel

Saturday, December 3rd

06h00 - 06h50

Peneda's Hotel



Start Line

Peneda

07h00

Finish Line

Vila do Gerês

Time Limit

15h

Peneda

Vila do Gerês

