



EXTREME 90
ROAD ULTRAMARATHON
RULES



CARLOS SÁ
NATURE EVENTS

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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.

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 in the event the organization has no obligation to reimburse the registration fee;
- In the case of cancelation of the event due to climatic conditions or reasons of force majeure, the registrations will be automatically transferred to 2023's edition or it will be reimbursed 70% of the registration fee for the athletes that require it.
- During the month before the event is not permitted to change personal details in the registration and the organization has no obligation to reimburse the registration fee.
- **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 90k® 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. 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.

1.5. Sportsmanlike conduct rules

Unlawful behaviour, offensive language and verbal/physical aggressions will not be tolerated and will be reported to the appropriate authorities.

2. The event

2.1. Presentation of the event / organization

Extreme_90k is a race through the roads of the National Park Peneda-Gerês, connecting the places that give the park its name (the village of Peneda and the village of Gerês). The name Extreme_90k comes from the fact that this race is included in the category of our Extreme Marathon races.

Extreme because it is a road race with a considerable elevation gain: over 2.500m D+ and about 7.000m of accumulated gain. "90" indicates the number of kilometers to be covered: the distance is greater than two marathons.

The participants will have to have a team and a support car, being allowed a member of the team to run with the participant whenever they want (called PACER). The PACER will have to run by the side or behind the participant, without ever interfering with his/her performance. The PACER can never run ahead of the athlete.

Athletes and the support team are required to comply with all road safety rules, since the roads will be open to normal traffic. A reflective vest is mandatory for the entire support team and athletes. Front lights and back position lights are also mandatory for the whole team.

They are also required to sign the car with the athlete's name and Bib number, as well as to put two reflectors stickers with warnings (one in the back, one in front of the car) "Runners on the road".

2.2. Program

2nd December (Friday)

07:00 pm – 09:00 pm - Race bib distribution Extreme 90km (Hotel da Peneda - Peneda)

3rd December (Saturday)

06:00 am - Race bib distribution Extreme 90km (Hotel da Peneda - Peneda)

07:00 am – Start **Extreme 90km** (Peneda)

03:00 pm – Expected arrival 1st athlete Extreme 90Km

10:00 pm - Expected arrival last athlete Extreme 90Km/ Finish Line closing

4th December (Sunday)

01:30 pm – Prize giving ceremony

05:00 pm – End of the event

2.3. Maps and route

See webpage.

2.4. Time barriers

The time limit to conclude the Extreme 90 Km is 15 hours.

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.

2.5. Time check

Time is controlled by chip. 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. Start line and Finish line

If on the date of the event the Pandemic by COVID-19 still exists, the security measures that will be described in this and in the following points of the GEM Rules will be applied.

The use of a face mask is mandatory in the START area and up to 400m after it. It can then be removed in a place properly signed.

The clock will start counting at the set time, with or without the participant's presence. Upon arrival, after cutting the finish line, all participants are required to put on the face mask again.

2.8. Refreshment posts

Extreme 90Km

Refreshment at the finish line (during the race the athletes will have support from their helpers in the support car).

2.9. 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.

2.10. 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.

2.11. 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.

During the race, athletes will be able to overtake other athletes as long as they do not put their integrity and that of their competitors at risk, taking care to signal it. Overtaken athletes should facilitate the overtaking maneuver, leaning as far as possible or stopping if necessary.

2.12. 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

Registrations opening at 1st February 2022. Due to logistical, security and environmental needs, registrations are very limited.

- **Extreme 90 km**

1st February 2022 to 1th November 2022 - 100 euros

1st November 2022 to 26th November 2022 - 120 euros

The registration includes: race bib, injury assurance, t-shirt, finalist medal, showers, assistance and urgent care services, light lunch at the finish line + other possible offers.

3.3. Cancellations

In case the athlete cancels his participation, part of the amount already paid will be refunded according to the table below:

Cancellation Date	Refund Percentage
until 31 st July 2022	70% of the registration fee
From 1 st August to 31 st October 2022	40% of the registration fee
After 1 st November 2022	No refund

In the event that weather conditions or reasons of force majeure do not allow the event to take place and lead to its cancellation, registrations will be automatically transferred to the 2023 edition, if a return is requested by the participant. 70% of the value will be refunded;

3.4. Secretariat (time and places)

2nd December 2022: At the Hotel da Peneda – 07:00 pm to 09:00 pm;

3rd December 2022: At the Hotel da Peneda – 06:00 am to 06:50 am;

All participants must collect their bib number in these days and schedules, to avoid constraints and facilitate compliance with the Health Authorities guidelines regarding the COVID-19 Pandemic. Athletes must bring an identity document and four pins.

Hands disinfection and the use of a face mask is mandatory during the stay in the secretariat.

The bib number collection will be personal, meaning that the bib number will only be delivered to the athlete itself.

Taking into account the Health Authorities guidelines regarding the COVID-19 Pandemic, each participant will be asked to sign a Declaration Agreement and presentation of valid Covid Digital Certificate or Negative SARS COV2 Test, in which he/she will assume the following:

- That has read and accepted the race's regulation in its entirety;
- That has the physical and psychological capacity to participate in this type of event;
- That does not have any suspected symptoms of COVID-19 infection;
- That had no contact with a confirmed or probable case of SARS-Cov2 or Covid-19 infection in the last 7 days.

The Declaration of Agreement must be printed, duly signed (legible signature) and delivered at the secretariat. The link for the Declaration of Agreement will be given shortly.

3.5. Services

Showers are available at the end of the race, at the Health Club of the Thermal Animation Center.

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 4th December. In case of bad weather, the prize giving ceremony can be transferred to other place.

4.2. Prizes

Regarding the overall ranking, the athletes will be awarded with trophy and monetary prizes according to the table below:



03.12.22

	 M/F	 Masculino	 Feminino
Extreme - 90k			
1º Place	✓	300€	300€
2º Place	✓	200€	200€
3º Place	✓	100€	100€

There will be no team rankings and prizes.
There will be no tier classification.

5. Informations

5.1. Where to stay

A list of places to stay will soon be released.

6. Marks and controls

The route is not marked. The athlete or his/her Pacer 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, athletes will follow the central roads of these villages and cars will have to go around them to avoid traffic constraints.

7. Environmental responsibility

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

For 2022 Carlos Sá Nature Events wants to suggest, to all who decide to register for its events, a small contribution of 5 € (optional) for the purchase of native trees, choosing the EXTRA Carbon Compensation at the registration. In partnership with the local partners that have accompanied us over the last few years, Carlos Sá Nature Events, commits itself, with the funds raised, to develop tree planting actions and reforestation of burnt areas in the geographic areas where it develops its activity. These actions will be scheduled and carried out by CSNE following the knowledge of these local partners who, better than anyone, know the region, the species and the right time to make the plantations.

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 cancelation of the race due to weather conditions/reasons of force majeure.