

BY CARLOS SÁ NATURE EVENTS

# GERÊS

**EXTREME MARATHON®**

WORLD'S TOUGHEST ROAD MARATHON®

GERÊS EXTREME MARATHON®  
**RULES**  
**2022**



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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 in the event the organization has no obligation to reimburse the registration fee;
- 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 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 only allowed at the 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 reported to the appropriate authorities.

## 2. The event

### 2.1. Presentation of the event / organization

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

On Saturday 3th December 2022 it will take place the **Extreme Mile** and the **EXTREME\_90k**.

On Sunday, 4<sup>th</sup> December 2022, several competitive races will take place: **42 km, 32km, 21 km and 14 km**.

### 2.2. Program

#### 3<sup>rd</sup> December (Saturday)

**10:00 am** - Race bib distribution Extreme Mile (Auditorium of Vila do Gerês)

**10:45 am** – Bus transfer to Extreme Mile start line

**11:30 am** – Start Extreme Mile

**02:00 pm – 08:00 pm** – Race bib distribution (Auditorium of Vila do Gerês)

#### 4<sup>th</sup> December (Sunday)

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

**09:00 am** – Start 42km and 14km races

**09:15 am** – Start 21km

**09:20 am** – Start for 32km

**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 Gerês Extreme Marathon (42 Km) is 7 hours.**

#### 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.

## 2.5. Time check

Time is controlled by a chip in the bib.

## 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 Mile**

Refreshment – finish line

### **14 km**

Refreshment – 7 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

Hands disinfection is mandatory at the entrance of the Refreshment posts and the use of a face mask during the stay in it. All participants are advised to maintain a social distance of 2m and to do effective hand washing whenever possible.

**The organization staff will manage the good functioning of the Refreshment posts and the compliance with the safety rules (i.e. regarding the time spent in the Refreshment posts) always appealing to the reasonableness of all parties involved. Participants should always follow the organization guidelines.**

Racing in semi-autonomy will be the rule, which means that the athletes must run with a minimum amount of calories and liquids, in order to satisfy their needs between refreshment posts.

Please be advised that liquids will not be supplied in bottles or plastic cups. Each athlete is responsible for taking with them the container(s) they deem most suitable for their hydration.

Only the staff members will touch the containers with food and drinks available. **Athletes must not touch the containers.** They should only point to the food and drinks they want and wait to be served by the staff.

After supplying themselves, the athletes must leave the Food Area, maintain the social distance of 2m recommended by the Health Authorities and, only then, remove the face mask to be able to eat.

## **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, and they must always keep a distance of 2 meters from the athlete to be overtaken. 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 1<sup>st</sup> January 2022. Due to logistical, security and environmental needs, registrations are very limited.

Maximum number of participants:

14 Km – 500 participants

21 Km – 700 participants

32km – 500 participants

42 Km – 500 participants

- **Gerês Extreme Marathon 42 km**

1<sup>st</sup> January 2022 to 31<sup>th</sup> October 2022 - 30 euros (35€ from 1<sup>st</sup> November onward)

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

- **Gerês Extreme Marathon 32km**

1<sup>st</sup> January 2022 to 31<sup>th</sup> October 2022 - 27 euros (32€ from 1<sup>st</sup> November onward)

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

- **Gerês Extreme Marathon 21km**

1<sup>st</sup> January 2022 to 31<sup>th</sup> October 2022 – 17 euros (22€ from 1<sup>st</sup> November onward)

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



- **Gerês Extreme Marathon 14 km**

1<sup>st</sup> January 2022 to 31<sup>th</sup> October 2022 - 15 euros (20€ from 1<sup>st</sup> November onward)

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

- **Extreme Mile**

1<sup>st</sup> January 2022 to 26<sup>th</sup> November 2022 - 10 euros

The registration includes: race bib, injury assurance, t-shirt (only 1 t-shirt if registered for other races as well), finalist medal, refreshments at the finish line, showers, transport to the finish line in case of withdrawal, assistance and urgent care services + 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 <sup>th</sup> June 2022	70% of the registration fee
From 1 <sup>st</sup> August to 31 <sup>st</sup> October 2022	40% of the registration fee
After 1 <sup>st</sup> 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)

**03<sup>rd</sup> December 2022:** At the Vila do Gerês Hotsprings Centre's Auditorium – 10:00 am to 10:45 am, for Extreme Mile participants;

**03<sup>rd</sup> December 2022:** At the Vila do Gerês Hotsprings Centre's Auditorium – 02:00 pm to 08:00 pm;

**04<sup>th</sup> December 2022:** At the Vila do Gerês Hotsprings Centre's Auditorium – 07:00 am to 08:30 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 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:

				
				
	M/F	Masc.	Femin.	
<b>GEM - 42k</b>				
Recorde		600€	600€	
1º Lugar	✓	300€	300€	
2º Lugar	✓	200€	200€	
3º Lugar	✓	150€	150€	
4º Lugar	✓	100€	100€	
5º Lugar	✓	75€	75€	
<b>GEM - 21k</b>				
1º Lugar	✓	200€	200€	
2º Lugar	✓	100€	100€	
3º Lugar	✓	50€	50€	
<b>GEM - 32k, 14k</b>				
1º Lugar	✓			
2º Lugar	✓			
3º Lugar	✓			
<b>EXTREME MILE</b>				
1º Lugar	✓			
2º Lugar	✓			
3º Lugar	✓			

As for team classifications, the times of the 3 best athletes in the general classification will be considered, (regardless of sex or age).

There will be rankings by categories:

- M/F Juniors – 18 and 19 years old
- M/F Sub 23 - 20 to 22 years old
- M/F Seniors - 23 to 39 years old
- M/F40 – 40 to 49 years old
- M/F50 – 50 to 59 years old
- M/F60 - over 60 years old

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

## 5. Informations

### 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

The route is marked with bright tapes and flags. All participants must pass through the established control posts.

## 7. Environmental responsibility

Athletes can't throw down their litter (whether it's biodegradable or not) along the course. They must deposit 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.