



SERRA AMARELA SKY MARATHON

# RULES 2023



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### VERY IMPORTANT

- You must be physically fit for the characteristics of this extremely tough race, which combines high mileage, long duration, hilly terrain, steep slopes, exposure to the sun, etc.
- By registering you fully agree with the present regulations.
- It is essential to drink at all refreshments and to eat properly.
- The registration is personal and non-transferable and will be accepted in order of arrival.
- The veracity of the data provided is the participant's responsibility, including for Insurance purposes.
- If a participant is unable to participate in the event, the organization will not be obliged to refund the registration fee.
- Keep to the planned track;
- Preserve the flora and avoid disturbing the fauna;
- Do not leave rubbish or other traces of passage;
- Do not light fires;
- Be friendly with the people you meet on site;
- Given the imperative need to preserve a natural heritage of enormous wealth, we want you, in full communion with nature, to enjoy it, respecting and protecting it. **For this same fact, we inform you that liquid supplies will not be provided through bottles or plastic cups. Each athlete is responsible for taking with him/her the container (s) he/she considers more adequate for hydration (preferably serving also hot drinks).**
- **The Organization reserves the right to accept last minute registrations.**
- **For registrations made in the last month before the race, the organization does not guarantee t-shirt size.**
- This regulation is subject to changes;
- **This event is part of the "Best Trail Series" circuit organized by Carlos Sá Nature Events and the ATRP National Circuit. The Organization reserves the right to accept last minute registrations.**

## **1. Conditions of participation**

### **1.1. Age of participation**

The competitive races of the Serra Amarela SkyMarathon event are only for athletes over 18 years of age.

### **1.2. Regularized enrollment**

In order to participate in the event, the athlete must have their registration in order within the established deadlines and accept all the rules contained in these regulations.

### **1.3. Physical conditions**

It is essential to have the appropriate physical condition for the characteristics of this extremely tough race, which simultaneously includes high mileage, long time to finish, extremely mountainous terrain with high mountain characteristics and high gradients, with technical trails. The terrain where the race takes place is subject to sudden weather changes, so the athletes may be exposed to different weather situations such as: heat, cold, strong wind, dense fog and heavy rainfall. It is fundamental that the athlete has the notion of effort self-management, both physical and mental, before extreme adverse situations to which he/she may be exposed, without immediate help/rescue. It is essential that the athlete knows how to act in case of minor injuries, gastric indispositions, among other normal situations, arising from mountain activities.

### **1.4. Definition of the possibility of external aid**

The support to the athletes by external elements of the organization is only allowed in the aid stations, and the athlete, according to point 1.3, must be aware of his needs during the race, as well as his capacity to solve problems facing unexpected situations.

### **1.5. Placement of the race bib**

The bib is personal and non-transferable. The bib of the athlete must be in a place easily visible to the elements of the organization and other entities that support and/or collaborate with it. In case of desistance, the athlete must deliver the bib to the organization at the race secretariat, thus communicating his desistance.

### **1.6. Sports conduct**

Inappropriate behavior, the use of offensive language, verbal aggression or any other kind, will be reported to the authorities whenever the act merits such a report.

## 2. Race

### 2.1. Race presentation/ organization

On the 3rd and 4th of June 2023, Carlos Sá Nature Events will organize the fifth edition of the event Serra Amarela SkyMarathon, in partnership with Ponte da Barca Municipality.

The bet on Serra Amarela comes from the recognition of the fantastic potential of this region, with all its beauty and rugged terrain, for the practice of this sport, which is growing fast in Portugal.

This event will have several competitive distances and other activities. On June 3rd will be held in the town of Ponte da Barca the Sport and Health Days. On June 4th, the distances will be 30km, 15km and 9km walk.

Once again, the participants will walk through inhospitable tracks, through castles, rivers, luxuriant and green vegetation, with incredible views over the water mirrors of the Vilarinho das Furnas and Tamente reservoirs, through the preserved villages of Germil, Paradela, Sobredo, Lourido, Ermida, S. Miguel and Froufe, villages that are part of this mountainous massif of the only National Park of Portugal - the National Park Peneda-Gerês!

On the 4th all participants must go to the center of the village of Entre-Ambos-os-Rios (concentration place) in an autonomous way.

At the end of their races all participants will have food reinforcement in the finish line.

### 2.2. Program

#### 3rd June 2023 (Saturday)

**15h00 – 19h00** – Functioning of the secretariat (Ponte da Barca Auditorium, 41.808046, -8.418922 )

**16h00 – 19h00** – **Conference on Sport and Health** (Ponte da Barca Auditorium, 41.808046, -8.418922)

#### 4th June 2023 (Sunday)

**07h00 – 09h00** –Bibs delivery on the Entre-ambos-os-rios Primary School

**09h00** – **Departure Long Trail 30 km**

**09h05** – **Departure Short Trail 15km**

**09h05** - **Departure Hike 9km**

**10h30** – Expected arrival of the first 15 km athletes

**12h30** - Expected arrival of the first 30 km athletes

**14h00** - **Prize giving ceremony**

### 2.3. Map/ altimetric profile / description of the route

More information at:

<https://www.carlossanatureevents.com/pt/serraamarela>

## **2.4. Time limit**

- Runners who leave the race, must inform the organizers by informing them of their bib number.
- The time to finish Serra Amarela Trail Long 30 Km is **9h**.
- For the other races, there is no time limit.

## **2.5. Time control methodology**

Control carried out through a chip that the athlete must validate in each of the checkpoints. The non-delivery and/or loss of a chip to the organization is the sole responsibility of the participant. All costs associated to its replacement will be charged to the participants.

## **2.6. Check points**

The intermediate controls will be in a place to be defined by the organization.

## **2.7. Aid stations**

- **Serra Amarela Long Trail 30 km**
  - 1st Aid Station- Ermida bridge - 9 Km
  - 2nd Aid Station - Germil – 13,5 Km
  - 3rd Aid Station- Germil – 20,5 Km
  - 4th Aid Station - Paradela - 25 Km
- **Serra Amarela Short Trail 15 km**
  - Aid Station – Paradela - 10 Km
- **Serra Amarela 9 km Hike**
  - Aid Station- Lourido – 5km

**The organization will manage the smooth running of the supplies and the compliance with safety rules.**

**The participants must always obey the organization's guidelines.**

The various races of this event are done in semi-autonomy, being fundamental that each athlete is accompanied by a minimum amount of calories and liquids, in order to satisfy their needs between supplies.

It is informed that liquid supplies will not be provided through bottles or plastic cups. Each athlete is responsible for taking with him/her the container (s) he/she considers more adequate for hydration (preferably serving also hot drinks).

## 2.8. Recommended and mandatory material

There may be Mandatory material control, with the athlete having a penalty of 15 MINUTES in the final time, for each missing item.

Mandatory Material	Short Trail 15 km	Long Trail 30 km
Water container	x	x
Survival Blanket (140cmx200cm, minimum size)	x	x
Whistle	x	x
Mobile phone	x	x

Regardless of the weather conditions participants should consider this material as their Survival Kit, so we advise you to always accompany the athletes in mountainous terrain of difficult access.

## 2.9. Information on the passage of places with road traffic

The organization will have a safety system along the entire route, however, since it will be impossible to cut off road traffic in some passages, the participants must follow the traffic rules on public roads, and must also respect the surroundings of the route, being aware that the route may cross private property under penalty of having to assume potential damages and compensation resulting from their non-compliance.

## 2.10. Disqualification

You will be disqualified if you:

- Does not comply with this regulation;
- Does not complete the entire course;
- Determine or dirty the environment where you pass;
- Do not wear your number clearly visible
- Ignore the indications of the organization
- Has any unsportsmanlike conduct.

**The organization will prevent in future editions the registration of participants who are covered by any of the last two sub-paragraphs.**

## 2.11. Responsibilities towards the athlete / participant

The registration in the race will imply full acceptance of these regulations. Participants will be responsible for all actions susceptible of producing material, moral or any other type of damage to themselves and/or nature, to themselves and/or to third parties. The organization declines all

responsibility, in case of accident, negligence, or theft of objects and/or valuables of each participant. The organization, as well as any of those involved in the race organization, is exempt from any responsibility resulting from the acts described above.

During the race, athletes may overtake, as long as this does not put at risk their integrity or that of their competitors, taking care to signal it. The overtaken athletes must facilitate the overtaking maneuver, leaning as much as possible or stopping if necessary.

### 2.12. Insurance

The organization contracts the insurance required by law for this type of event. The insurance premium is included in the registration fee.

## 3. Registration

### 3.1. Registration process (location, website)

Registration is done online through the website <https://www.carlossanatureevents.com/pt/serraamarela>

### 3.2. Registration fees and periods

Registrations open on the 1st of January 2023

Registrations close on the 27th of May

- **Serra Amarela Long Trail 30 km**

30 Euros (35 Euros from the 1st of May 2023)

The registration fee includes: bib, personal accident insurance, technical t-shirt allusive to the race, finisher medal, supplies, baths, snack at the finish line, as well as all the offers that the organization may still provide. The organization may replace some of these offers by similar ones.

- **Serra Amarela Short Trail 15 km**

15 Euros (20 Euros from the 1st of May 2023)

The registration fee includes: bib, personal accident insurance, technical t-shirt allusive to the race, finisher medal, supplies, showers, snack at the finish line, as well as all the offers that the organization may still provide. The organization may replace some of these offers by similar ones.

- **Serra Amarela 9 km Hike**

10 euros

The registration fee includes: bib, personal accident insurance, race t-shirt, refreshments, baths, snack at the finish line, as well as any other offers that the organization may provide. The organization may replace some of these offers by similar ones.

- **Sport and Health Conference**

Free



### 3.3. Conditions for returning the registration fee

See point 3.2.

### 3.4. Registration fee refund conditions

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 the 31st of March	70% of the registration fee will be refunded
1st of April to 14th of May	40% of the registration fee will be refunded
After 15th of May	No Refund

In case the weather conditions or reasons of force majeure do not allow the realization of the event and lead to its cancellation, registrations will be automatically transferred to the 2023 edition, if a refund is requested by the participant a refund of 70% of the value will be made;

#### 3.4.1. Invoices

We alert all athletes of the invoicing rules, who wish to have a VAT number on the invoice must indicate it at the time of registration. After 72 hours of payment, the organization cannot make changes to the invoices.

### 3.5. Race secretariat / times and places

The secretariat will operate on the following days and times:

- 3rd of June 2023: 16h00 - 19h00, at the Auditorium of Ponte da Barca;
- 4th of June 2023: 07h00 - 09h00, at the Primary School of Entre-Ambos-os-Rios;

## 4. Category and awards

### 4.1. Date, place and time of the award ceremony

According to the program.

## 4.2. Age categories / gender individual and teams

Trophies will be awarded in the general classification, according to the table below:

**SOON**

In the remaining races, there will be classification and prizes by teams, for which the times of the 3 best athletes in the general classification will count (there is no gender or age distinction).

There will also be classification according to the following age groups:

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

Trophies will be awarded to the first 3 men and 3 women in each age group.

## 5. Informations

### 5.1. How to get there

Link to the Departure location: <https://goo.gl/kvH23K>

### 5.2. Where to stay

More information at <http://www.cmpb.pt/alojamentos.php>

## 6. Way-Marking and controls

The course will be marked with brightly colored ribbons and flags, and it is compulsory to pass through the established controls.

## 7. Environmental responsibility

The athlete is the only responsible for the transportation of all the wrappings and natural waste (even if biodegradable), or non-natural waste from gels, bars and/or others. The waste must be deposited in the nearest refueling point, or transported to the finish line.

For 2023 Carlos Sá Nature Events wants to propose, as in the others editions, to all those who decide to sign up 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 past years, Carlos Sá Nature Events commits to develop tree planting and reforestation actions in the geographic areas where it develops its activity. 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 time to plant.

You can join this initiative by selecting EXTRA "Carbon Offsetting" when you register.

## **8. Rights for images**

The acceptance of the present regulations necessarily implies that the participant authorizes the race organizers the total or partial recording of his or her participation in the race, also implies his or her agreement for the organization to use the athlete's image for the promotion and dissemination of the race in all its forms (radio, written press, video, photography, internet, posters, media, etc.) and cedes all the rights to commercial and advertising exploitation that it considers appropriate to execute, without right on the part of the athlete to receive any economic compensation.

## **9. Emergency support**

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

## **10. Omitted Cases**

Any cases not covered by these regulations will be resolved by the organizing committee, whose decisions will not be subject to appeal.

## **11. Others**

- Participants are obliged to help the injured and to respect traffic rules at road crossings.
- The organization reserves the right to make any changes it considers necessary depending on the different conditions, as well as to suspend the race if the weather conditions so require, or for reasons of force majeure.