



SKY MARATHON
SERRA AMARELA
BY CARLOS SÁ NATURE EVENTS

SERRA AMARELA SKY MARATHON
RULES



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VERY IMPORTANT

- It is essential to be in a good physical condition to participate in this race;
- Registration on this competition implies full acceptance of the rules;
- Each runner must drink and eat properly at the refreshment posts;
- 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.
- 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 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.
- **This race is part of the “Best Trail Series”, organised by Carlos Sá Nature Events, and the ATRP (Trail Running Portuguese Association) Series.**

1. Terms of participation

1.1. Age requirement

The minimum age requirement for participation in **Serra Amarela SkyMarathon** 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;
- Athletes must know how to manage physical or mental problems arising from high fatigue, digestive problems, muscular or joint pain, etc;

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 reported to the appropriate authorities.

2. The event

2.1. Presentation of the event / organization

Carlos Sá Nature Events®, in partnership with the **Municipal Chamber of Ponte da Barca** will organize **the fourth edition of Serra Amarela SkyMarathon** on the 18th and 19th June 2022.

The bet on Serra Amarela arises from the recognition of the fantastic potential of this region, with all its beauty and wildness, for the practice of outdoor sports in Portugal.

This event will feature several competitive distances and other activities. On the **18th of June**, the **Sunset Trail** will take place in Vila de Ponte da Barca, with approximately 10kms, as well as the **Technical Trail Journeys**, with relevant activities on the modality. On the **19th of June**, distances of 48 km, 34 km, 15 km and a 9 km walk will take place. The premier event will be the Trail Ultra with about 48kms.

Participants will once again travel inhospitable trails, through castles, rivers, lush and verdant vegetation, with incredible views over the water bodies of **Vilarinho das Furnas** and **Tamente Albufeira**, through the preserved villages of **Lindoso, Germil, Paradela, Sobredo, Lourido, Ermida, S. Miguel** and **Froufe**, villages that are part of this mountainous massif of the only National Park in Portugal – the Peneda-Gerês National Park!

All the participants should go to the Entre-ambos-os-rios village center (gathering point) autonomously.

In the end of the races, participants can have a light lunch at the finish line.

2.2. Program

18th June 2022 (Saturday)

- 16:00 pm – 20:00 pm – Race bib distribution (Ponte da Barca Auditorium, 41.808046, -8.418922)
- 17:00 pm – 19:00 pm – **Technical Trail Journeys** (Ponte da Barca Auditorium, 41.808046, -8.418922)
- 19:20 pm – **Sunset Trail** (Praça Terras da Nóbrega, Ponte da Barca // 41.807877, -8.421759)

19th June 2022 (Sunday)

- 06:00 am – 08:00 am – Race bib distribution (48km and 34km) - (Primary School in Entre-ambos-os-rios)
- 08:00 am – Start 48km and 34 km
- 08:30 am – 09:00 am – Race bib distribution (15 km and 9km walk)
- 09:00 am – Start Short Trail 15 km - Entre-ambos-os-rios village center
- 09:00 am – Start 9km walk - Entre-ambos-os-rios village center
- 10:30 am – Expected arrival of the first athletes 15 km
- 11:30 am – Expected arrival of the first athletes 34 km
- 12:30 pm – Expected arrival of the first athletes 48 km
- 13:30 pm – Prize giving ceremony - Entre-ambos-os-rios village center

All participants must go to the Entre-ambos-os-rios village centre autonomously.

2.3. Distances and altimetry

More info at:

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

2.4. Maps and route

Please see 2.1. More info at:

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

2.5. Time barriers

- Any runner who abandons the race must inform the organisation and return his race bib.
- **Serra Amarela Ultra Trail 48 Km has a time limit of 11 hours maximum.**
 - Time barriers for **Serra Amarela Ultra Trail 48 Km: Athletes who reach km 29 with more than 7 hours will be barred.**
- There are no time barriers for the other races.

2.6. 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.

2.7. Control posts

Intermediate time controls will be opportunely defined.

2.8. 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 SASM Rules will be applied.

The start will be phased. The athletes will start in groups of 20 elements, with breaks of 30 seconds between them.

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.

2.9. Refreshment posts

- **Serra Amarela Ultra Trail 48 km**
Refreshment post 1 – Ermida – 7km
Refreshment post 2 – Lindoso – 22km
Refreshment post 3 – Louriça – 30km
Refreshment post 4 – Germil – 38km
Refreshment post 5 – Paradela – 43km
- **Serra Amarela Long Trail 34 km**
Refreshment post 1 – Ermida – 7km
Refreshment post 2 – Louriça – 16,5km
Refreshment post 3 – Germil – 25km
Refreshment post 4 – Paradela – 30km
- **Serra Amarela Short Trail 15 km**
Refreshment post 1 – Paradela – 9km
- **Serra Amarela Walk 9 km**
Refreshment post 1 – Lourido – 5km
- **Sunset Trail 10km**
Refreshment post (liquids) at the finish line

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.

2.10. Mandatory gear

The use of a protective mask is mandatory in the racing bibs distribution, in the event arena, at the start line to a duly marked point, at the refreshment posts and right after the finish line.

Mandatory gear	Sunset Trail 10 km	Short Trail 15 km	Long Trail 34 km	Ultra Trail 48 km
Stock of water	x	x	x	x
Survival blanket		x	x	x
Whistle		x	x	x
Cellphone		x	x	x

Regardless of the weather conditions, participants should consider this material as their Survival Kit, so it is advisable to always bring this gear on hard-to-reach mountainous terrain.

2.11. 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.

2.12. Disqualifications

Disqualification, based on the following:

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

2.13. 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.

2.14. 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 are available online through <http://www.carlossanatureevents.com/>

Registrations opening – 15th December 2021

Registrations closing – 12nd June 2022

- **Serra Amarela Ultra Trail 48 km**
35 Euros (40€ from 15th May 2022 onward)
The registration fee includes: race bib, injury assurance, t-shirt, finalist medal, refreshments, showers, light lunch at the finish line + other possible offers. The organization may replace some of these offers with similar ones.
- **Serra Amarela Long Trail 34 km**
28 Euros (33€ from 15th May 2022 onward)

The registration fee includes: race bib, injury assurance, t-shirt, finalist medal, refreshments, showers, light lunch at the finish line + other possible offers. The organization may replace some of these offers with similar ones.

- **Serra Amarela Short Trail 15 km**

15 Euros (20€ € from 15th May 2022 onward)

The registration fee includes: race bib, injury assurance, t-shirt, finalist medal, refreshments, showers, light lunch at the finish line + other possible offers. The organization may replace some of these offers with similar ones.

- **Serra Amarela Walk 9 km**

10 Euros

The registration fee includes: injury assurance, t-shirt, refreshments, showers, light lunch at the finish line + other possible offers. The organization may replace some of these offers with similar ones.

- **Sunset Trail 10km**

5 euros if registered for the 19 days tests

10 euros only registered on the Sunset Trail

The registration fee includes personal accident insurance, final supply at the finish line.

3.3. Included gear

See 3.2.

3.4. 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 30 th April 2022	70% of the registration fee
From 1 st May to 31 st May 2022	40% of the registration fee
After 1 st June 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;

3.5. Secretariat (time and places)

The secretariat will be open on the following days and times:

- June 18, 2022: 16:00 to 20:00, next to the Ponte da Barca Auditorium;
- June 19, 2022: 06:00 am – 08:00 am, at the Entre-ambos-os-Rios Basic School, for participants from 48km and 34km distances;
- June 19, 2022: 08:00 – 09:00, at the Entre-ambos-os-Rios Basic School for participants in the remaining distances.

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.

4. Rankings and prizes

4.1. Prize giving: times and places

See program.

4.2. Prizes

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

	 M/F	 Male	 Female
SERRA AMARELA BY CARLOS DA NATURE EVENTS			
SASM 48k			
1º Place	✓	300€	300€
2º Place	✓	200€	200€
3º Place	✓	150€	150€
4º Place	✓	100€	100€
5º Place	✓	75€	75€
SASM 30k			
1º Place	✓	200€	200€
2º Place	✓	100€	100€
3º Place	✓	75€	75€
SASM 15k			
1º Place	✓		
2º Place	✓		
3º Place	✓		



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 SASM 48Km, SASM 34Km and SASM 15Km.

5. Information

5.1. How to get to Serra Amarela

LINK: <https://goo.gl/kvH23K>

5.2. Where to stay

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

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

The cases omitted from this regulation will be solved by the Organization.

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.

12. Best Trail Series Rules

12.1. Best Trail Series Presentation

The Best Trail Series (BTS) is organized by Carlos Sá Nature Events. It will be held during the year 2022, consisting of 5 Trail Running events according to the calendar below. If, for reasons of force majeure, one or some of the competitions do not take place or their dates have to be changed, these regulations may be altered, in which case the organisation is sovereign.

The participants of the Best Trail Series are committed to fully comply and respect the regulations of the events that compose it.

12.2 Calendar Presentation

- 23 to 25 April – Foz Côa Douro Trail Adventure (13k, 23k, 45k, 3 Days)
- 26 to 29 May – Trans Peneda-Gerês (27k, 42k, 60k, 105k, 165k and 4_Days)
- 18 and 19 June – Serra Amarela Sky Marathon (Trail Sunset, 9k, 15k, 34k, 48k)
- 3 and 4 September - Penacova Trail do Centro (Prologue 3.5k, 17k, 30k, 43k)
- 24 September and 30 September to 2 October - Grande Trail Serra D'Arga (GTSA Vertical, 15k_Sunset, 17k, 27k, 45k, 110k)

12.3. Goals

- 12.3.1** – Promote and reward participation in the competitions organised by Carlos Sá Nature Events;
- 12.3.2** - Promote a series of high quality races, with variable distances, for both trail and road athletes;
- 12.3.3** - Give greater spotlight to elite athletes and to athletes in the squad;
- 12.3.4** - Give greater value to the effort of elite athletes and athletes from the squad;
- 12.3.5** - Give greater spotlight to Carlos Sá Nature Events sponsors and partners.

12.4. Characteristics

12.4.1 - All the distances in each race will give points for the Best trail Series.

12.4.2 - Each distance contributes to the Best trail Series with its overall ranking and categories' ranking.

12.4.3- By registering for one of the BTS races, the athlete is immediately qualified to obtain points on the series.

12.4.4 - Only those athletes who are finishers in, at least, 3 of the 5 races of the Best Trail Series will be considered Finisher of the BTS. The finisher prize will be a BTS vest.

12.4.5 - The GTSA Vertical and Sunset's are races that contribute with bonus points for the athletes' final classification. They cannot be individually considered as qualifying races i.e., it is not enough to be a finisher in 3 of these races to be considered a finisher of the Best Trail Series.

12.4.6 - There will be no team classification in the BTS.

12.5. Registrations

12.5.1 - Registrations are made through www.carlossanatureevents.com

12.6. Scores for the Best Trail Series

The events for the Best Trail Series and their scores can be checked here:

https://www.carlossanatureevents.com/pdfs/publicfiles/RegulamentoCircuito2021_EN.pdf

12.7. Final Awards of Best Trail Series

12.7.1 - At the end of the Series there will be an overall F/M ranking and by categories with excellent prizes, as shown below.



Geral	
	M/F
FINAL	
1º Place	700€
2º Place	500€
3º Place	300€
4º Place	250€
5º Place	150€
6º Place	125€
7º Place	100€
8º Place	75€
9º Place	50€
10º Place	50€

12.7.2 - All Finishers will be entitled to a vest regarding the Best Trail Series. For Finishers in the 5 races of the BTS there will be an extra prize.

12.7.3 - Other prizes may be distributed by lot if the organization manage to collect some more.

12.7.4 - The BTS final Prize giving ceremony will be held in the Weekend of 28th to 30th October 2022, during the Alto Douro Trail Tour. Whoever does not attend the ceremony and wants the finalist prize, it will be sent by post with the postage paid by the athlete.

12.7.5 – Athletes who are entitled to money prizes will have to present to the organization a receipt of equivalent value (issued by the athlete’s club or other). Otherwise, the organization will have to deduct 23% of VAT.

12.8. Categories

12.8.1 - Female:

- F Junior – 18 and 19 years
- F Sub 23 - from 20 to 22 years
- F Senior - from 23 to 39 anos
- F40 – from 40 to 49 years
- F50 – from 50 to 59 years
- F60 - over 60 years

12.8.2 - Male:

- M Junior – 18 and 19 years
- M Sub 23 - from 20 to 22 years
- M Senior - from 23 to 39 years
- M40 – from 40 to 49 years
- M50 – from 50 to 59 years
- M60 - over 60 years

	VOUCHERS CSNE	VOUCHERS CSNE
	Masculino	Feminino
Junior- 18/19 anos		
1º Classificado	200€	200€
2º Classificado	100€	100€
3º Classificado	75€	75€

	VOUCHERS CSNE	VOUCHERS CSNE
	Masculino	Feminino
Sub 23_ 20-22 anos		
1º Classificado	200€	200€
2º Classificado	100€	100€
3º Classificado	75€	75€

	VOUCHERS CSNE	VOUCHERS CSNE
	Masculino	Feminino
Senior_ 23/39 anos		
1º Classificado	200€	200€
2º Classificado	100€	100€
3º Classificado	75€	75€

	VOUCHERS CSNE	VOUCHERS CSNE
	Masculino	Feminino
M/F 40_ 40-49 anos		
1º Classificado	200€	200€
2º Classificado	100€	100€
3º Classificado	75€	75€

	VOUCHERS CSNE	VOUCHERS CSNE
	Masculino	Feminino
M/F 50_ 50-59 anos		
1º Classificado	200€	200€
2º Classificado	100€	100€
3º Classificado	75€	75€

	VOUCHERS CSNE	VOUCHERS CSNE
	Masculino	Feminino
M/F 60_ mais 60 anos		
1º Classificado	200€	200€
2º Classificado	100€	100€
3º Classificado	75€	75€

12.8.3 - For athletes who change their age categorie during the year, will be considered the age until 31st October, acording to ATRP recommendations.

12.8.4 - Vouchers awarded to the winners in the age categories must be used in the next year season and for any CSNE events: races, trail tours, hiking tours, or merchandising.

12.9. Tiebreaker between athletes

12.9.1 - In case of a tie, the athlete with the more participations in the BTS events has the advantage;

12.9.2 – Continuing the tie, the money prizes of that and the following places will be divided equally for the two athletes.

12.10. Ranking Update

12.10.1 - The BTS organisation will have the responsability to update the classification tables for overall and age categories ranking.

12.10.2 - All the information related to the BTS and the events that are part of it , as well as the classification tables , will be available at www.carlossanatureevents.com

12.11. Omissions

Omissions in this Regulation will be resolved sovereignly by the organisation.

12.12. Prizes in each race that are part of the Best Trail Series

All information available here:

https://www.carlossanatureevents.com/pdfs/publicfiles/RegulamentoCircuito2021_EN.pdf