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SERRA AMARELA SKY MARATHON REGULATIONS



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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; or in the case of cancelation of the event due to climatic conditions, the organization has no obligation to reimburse the registration fee;
- No changes to the participant's data will be accepted after 9th June 2019;
- 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.

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 punished with penalties, fines or disqualification. Any illegal acts will be reported to the appropriate authorities. In case of inappropriate language, the athlete will be penalized according to the Skyrunning Competition Rules of the FCMP.

Any athlete should also refrain from using substances, pharmacological groups and methods to artificially increase their physical abilities. In any case, if requested, the participants must accept any anti-doping control.

2. The event

2.1. Presentation of the event / organization

Carlos Sá Nature Events®, in partnership with the **Municipal Chamber of Ponte da Barca and the Portuguese Camping and Mountaineering Federation**, will organize the **second edition of Serra Amarela SkyMarathon** on the 16th June 2019.

The races will have the distances of 48 km, 33 km, 23 km and 15 km, starting and finishing in the village of Entre Ambos os Rios. **SkyMarathon – 48 km** is the main race. There will be also a 9 km non-competitive Solidarity Walk, whose part of the funds will revert to the Volunteer Firefighters of Ponte da Barca.

The participants will have the opportunity to run along unspoilt paths, preserved villages, castles, rivers and green vegetation, with incredible views over the water mirrors of Albufeira de Vilarinho das Furnas and Albufeira de Tamente, in this mountainous massif in the only National Park of Portugal – the **Peneda-Gerês National Park**.

In the end of the races participants can take a shower in the Gymnasium Pavilion of the Primary School of Ambos os Rios. They can also have a light lunch at the finish line.

This year the event will have for the first time the Serra Amarela Kids, non-competitive races for children between 6 and 17 years old, in the following ranks:

- Until 6 years old inclusive – 150m
- From 7 to 10 years old – 950m
- From 11 to 13 years old – 1800m
- From 14 to 17 years old – 2700m

Registrations for Serra Amarela Kids are free and can be done on the day of the event.

2.2. Program

15th June 2019 (Saturday)

03:00 pm – 07:00 pm – Race bib distribution (Primary School in Entre-ambos-os-rios)

16th June 2019 (Sunday)

06:30 am – 07:30 am – Race bib distribution (48 and 33 km) -(Primary School in Entre-ambos-os-rios)

07:30 am – Obligatory Gear Control (SkyMarathon 48 Km)

08:00 am – Start SkyMarathon 48 km and Sky Race 33 km

08:00 am – 08:45 am – Race bib distribution (23km, 15 km and 9km walk)

9:00 am – Start Sky Race 23 km, Mini Sky Race 15 km and 9km solidarity walk
10:30 am – Expected arrival of the first athletes Mini Sky Race 15 km
10:30 am – Expected arrival of the first athletes Mini Sky 33 km
11:00 am – Expected arrival of the first athletes Sky Race 23 km
12:00 noon – Expected arrival of the first athletes SkyMarathon 48 km
12:00 noon – **Serra Amarela Kids**
01:30 pm – Prize giving ceremony

Athletes must go to the start line 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 SkyMarathon 48 Km has a time limit of 11 hours maximum.**
 - Time barriers for **Serra Amarela SkyMarathon 48 Km: Athletes who reach km 15 with more than 3 hours 30 minutes will be barred.** They can continue for the 33 km race, being classified in this distance.
- 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. Refreshment posts

- **Serra Amarela SkyMarathon 48 km**
 - 1st refreshment post - Ermida – 7 Km
 - 2nd refreshment post – Louriça – 15 km
 - 3rd refreshment post – Lindoso – 22 Km
 - 4th refreshment post – Louriça – 29 Km
 - 5th refreshment post – Germil – 37,5 Km

- **Serra Amarela Sky Race 33 km**
 - 1st refreshment post - Ermida – 7 Km
 - 2nd refreshment post – Louriça – 15 Km
 - 3rd refreshment post – Germil – 23,5 Km

- **Serra Amarela Sky Race 23 km**
 - 1st refreshment post – Ermida – 7 Km
 - 2nd refreshment post – Germil – 13,5 Km
 - 3rd refreshment post – Paradela – 18 Km

- **Serra Amarela Sky Race 15 km**
 - 1st refreshment post – Paradela – 9,5 Km

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).

2.9. Obligatory gear*

Obligatory gear*	Mini Sky Race 15 km	Sky Race 23 km	Sky Race 33 km	SkyMarathon 48 km
Torch				
Stock of water	x	x	x	x
Survival blanket	x	x	x	x
Whistle	x	x	x	x
Waterproof jacket	x	x	x	x
Cellphone	x	x	x	x

* The gear described on the list above is only obligatory for the race Serra Amarela SkyMarathon 48 Km. For the other races the gear is only recommended. 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.

2.10. 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.

2.11. Penalties/ Disqualifications

Any penalty or disqualification of an athlete or team will occur within the following:

- Do not follow the marked paths, do not respect organisation signs and do not pass through the designated checkpoints – 3 minutes penalty to disqualification;
- Get help or be supplied, by an athlete or non-athlete, outside the permitted areas (except in an emergency situation) – 3 minutes penalty to disqualification;
- Refuse to use/Cut the bib number – disqualification;
- Refuse, remove or change the advertising logos placed by the organisation on the bib – disqualification;
- Throw rubbish to the ground - 3 minutes penalty to disqualification;
- Obstruct or deliberately difficult an athlete overtake/ Anti-sporting behaviour - 3 minutes penalty to disqualification;
- Do not bring the obligatory gear required by the organization during the whole course - 3 minutes penalty to disqualification;
- Ignore the warnings from the organization and the referees - 3 minutes penalty to disqualification.

2.12. 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.

2.13. 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 will open on February 2019.

- **Serra Amarela SkyMarathon 48 km**
35 Euro (for registrations done on the last 2 weeks before the race increases 5€)
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 Sky Race 33 km**
28 Euro (for registrations done on the last 2 weeks before the race increases 5€)
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 Sky Race 23 km**
22 Euro (for registrations done on the last 2 weeks before the race increases 5€)
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 Mini Sky Race 15 km**
17 Euro (for registrations done on the last 2 weeks before the race increases 5€)
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 Solidarity Walk 9 km**
10 Euro (for registrations done on the last 2 weeks before the race increases 5€)
The registration fee includes: race bib, 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.

3.3. Included gear

See 3.2.

3.4. Cancelations

If a registered athlete does not attend the race, the organization has no obligation to reimburse the registration fee. If the athlete requests a change for a race with a lower distance, any difference value will not be refunded.

3.5. Secretariat (time and places)

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

15th June 2019: 03:00 pm – 07:00 pm, (Primary School in Entre-ambos-os-rios);

16th June 2019: 06:30 am – 07:30 am, (Primary School in Entre-ambos-os-rios), for athletes running the 48km and 33km distances;

16th June 2019: 08:00 am – 08:45 am, (Primary School in Entre-ambos-os-rios), for athletes running the other distances;

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

"The rank of an athlete is determined by his/her year of birth and the calendar year of the sporting season. Therefore, the age to be taken into account for the entire season shall be the age that the athlete has on the 31st December of the year in which the competition takes place. "(In Regulation of Skyrunning Competitions, Federation of Camping and Mountaineering of Portugal)

Rankings:

- M Juvenile and F Juvenile – 16 and 17 years old (who do not complete 18 years old in the reference year)
- M Juniors and F Juniors – 18 and 19 years old (who do not complete 20 years old in the reference year)
- M Esperanças Sub-23 and F Esperanças Sub-23 – 20 to 22 years old (completed in the reference year)
- M Seniors and F Seniors – 23 to 30 years old (completed in the reference year)
- M40 and F40 – 40 to 49 years old (completed in the reference year)
- M50 and F50 – 50 to 59 years old (completed in the reference year)
- M60 and F60 – 60 or more years old (completed in the reference year)

Prizes will be given to the first 3 men and 3 first women of each rank in the SASM 48 Km, SASR 33 Km, SASR 23 Km and SAMSR 15 Km. **The rank M Juvenile and F Juvenile (16 and 17 years old) will be only considered for the race SAMSR 15KM.**

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

Serra Amarela SkyMarathon 48 km – overall ranking

Male:

1st – Trophy, registration 2020

2nd – Trophy, registration 2020

3rd – Trophy, registration 2020

Female:

1st – Trophy, registration 2020

2nd – Trophy, registration 2020

3rd – Trophy, registration 2020

Serra Amarela Sky Race 33 km – overall ranking

Male:

1st – Trophy, registration 2020

2nd – Trophy, registration 2020

3rd – Trophy, registration 2020

Female:

1st – Trophy, registration 2020

2nd – Trophy, registration 2020

3rd – Trophy, registration 2020

Serra Amarela Sky Race 23 km – overall ranking

Male:

1st – Trophy, registration 2020

2nd – Trophy, registration 2020

3rd – Trophy, registration 2020

Female:

- 1st – Trophy, registration 2020
- 2nd – Trophy, registration 2020
- 3rd – Trophy, registration 2020

Serra Amarela Mini Sky Race 15 km – overall ranking

Male:

- 1st – Trophy, registration 2020
- 2nd – Trophy, registration 2020
- 3rd – Trophy, registration 2020

Female:

- 1st – Trophy, registration 2020
- 2nd – Trophy, registration 2020
- 3rd – Trophy, registration 2020

Teams

SASM 48 km / SASR 33 km / SASR 23 km / SAMSR 15 km

- 1st – Trophy
- 2nd – Trophy
- 3rd – Trophy

5. Information

5.1. How to get to Serra Amarela

[LINK](https://goo.gl/kvH23K): <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.

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 Competition Jury, according to the Rules of SkyRunning Competitions of the FCMP.

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.