



# SISTELO EXTREME MARATHON® REGULATIONS

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## VERY IMPORTANT

**Sistelo Extreme Marathon®** is a unique race that combines routes in ECOVIA, in mountain roads and, on a very small percentage, in trails. Along the way, participants will be able to marvel at the green and luxuriant landscape of the region, abundant freshness and the charm of Rio Vez, finishing at the magnificent village of Sistelo - the "Little Portuguese Tibet" - recently classified as one of the "7 Wonders of Portugal", having won in the category of **Rural Village**. Sistelo was also recognized by the Portuguese Government as a national monument, which makes it the first of the country to have this recognition.

The whole course will take place in the Municipality of Arcos de Valdevez, one of the 5 that integrates the area of the only National Park of the country - the **Peneda-Gerês National Park** - classified as a World Biosphere Reserve by UNESCO in 2009.

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);**

- 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;
- Registration is made online 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; 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 13th October 2019;
- Each runner must drink and eat properly at the refreshment posts;
- **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 **Sistelo Extreme 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 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.

## 2. The event

### 2.1. Presentation of the event / organization

**Sistelo Extreme Marathon®** is organized by Carlos Sá Nature Events® with the support of the Municipal Chamber of Arcos de Valdevez.

On Sunday, 20<sup>th</sup> October 2019, the 2nd edition of **Sistelo Extreme Marathon®** will take place, which will include races with approximate distances of 42 km, 32 km, 21 km and 13 km. At the moment, the races are not yet homologated by the Portuguese Federation of Athletics. There will also be a **Solidarity Hike** (6 km) and part of the funds will revert to the Volunteer Firefighters of Arcos de Valdevez.

**Sistelo Extreme Marathon® 42 km, 32 km and 21 km:** starting in Arcos de Valdevez town centre and finishing in Sistelo village;

**Sistelo Extreme Marathon® 13 km:** starting and finishing in Sistelo village;

**Sistelo Extreme Marathon® Solidarity Hike 6km:** Starting in S. Sebastião (near Sistelo) and finishing in Sistelo;

### 2.2. Program

#### 19<sup>th</sup> October 2019 (Saturday)

**03:00 pm – 07:00 pm** – Race bib distribution (Campo do Trasladário, Arcos de Valevez's centre)

#### 20<sup>th</sup> October 2019 (Sunday)

**07:00 am – 08:30 am** – Race bib distribution (Campo do Trasladário, Arcos de Valevez's centre)

**09:00 am** – Meeting point for all athletes on the top of the Roman Bridge, in Arcos de Valdevez's bridge. Start 42 km | 32 km | 21 km. 13km and Solidarity Hike athletes will follow for 1km until the bus departure location.

**09:15 am** – Bus departure for 13 km and Solidarity Hike athletes.

**01:30 pm** – Prize giving ceremony (Sistelo)

**05:00 pm** – End of the event

### 2.3. Maps and route

See webpage.

## **2.4. Time barriers**

**Sistelo Extreme Marathon® (42 km)** has a time limit of 7 hours maximum.

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 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.

## **2.6. Control posts**

Intermediate time controls will be opportunely defined.

## **2.7. Refreshment posts**

### **13 km**

Refreshment – 5,5 km (Portela de Alvite)

### **21 km**

Refreshment 1 – 6,5 km (Gondoriz)

Refreshment 2 – 15 km (S. Sebastião)

Refreshment 3 – Finish line

### **32 km**

Refreshment 1 – 6,5 km (Gondoriz)

Refreshment 2 – 15 km (S. Sebastião)

Refreshment 3 – 24 km (Portela de Alvite)

Refreshment 4 – Finish line

**42 km**

Refreshment 1 – 9 km (Arcos de Valdevez bridge)

Refreshment 2 – 15 km (Gondoriz)

Refreshment 3 – 24,5 km (S. Sebastião)

Refreshment 4 – 33 km (Portela de Alvite)

Refreshment 5 – Finish line

The liquid refreshments will not be given in bottles or plastic cups. Athletes must have a container for their own hydration (it must be able to contain hot drinks too).

**2.8. 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.

**2.9. Penalties/ 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 behavior.
- Participants who fall under the last two points won't be able to register in future editions.

**2.10. 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.

**2.11. 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 online will be open at 15<sup>th</sup> March 2019. For registrations made on the last 2 weeks before the registrations' closing date the prize will increase 5€.

13 km – 15€ Maximum number of participants: 200

21 Km – 17€

32 Km – 27€

42 Km – 30€

The registration fee includes: race bib, injury assurance, t-shirt, finalist medal, refreshments, showers + other possible offers.

##### **Solidarity Hike 6 k m – 10€**

The registration fee includes: injury assurance, t-shirt, refreshments, showers + other possible offers.

#### 3.3. 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.

#### 3.4. Secretariat (time and places)

**19<sup>th</sup> October 2019:** Arcos de Valdevez's centre, Campo do Trasladário, from 03:00 pm to 07:00 pm;

**20<sup>th</sup> October 2019:** Arcos de Valdevez's centre, Campo do Trasladário, from 07:00 am to 08:30 am;

#### 3.5. Services

- Free transfer for participants 13 km and Solidarity Hike, from Arcos de Valdevez town centre to the start line;
- Free transfer for all participants, from Sistelo to Arcos de Valdevez town centre;
- Cold showers at the end of the races in Sistelo (in this case, the bags with spare clothes should be left with the staff in the start line and will be transported to Sistelo);
- Hot Showers at the end of the races in the Municipal Stadium of Arcos de Valdevez.



## 4. Rankings and prizes

### 4.1. Prize giving: times and places

The prize giving ceremony will take place in Sistelo, at 01:30 pm on the 20<sup>th</sup> October 2019. In case of bad weather, the prize giving ceremony can be transferred to other place.

### 4.2. Prizes

Rankings: For the classification and scoring of athletes in the ranks it will be considered the age of the athlete in the day of the race.

- M Sub-23 and F Sub-23 – 18 to 22 years old
- M Seniors and F Seniors – 23 to 39 years old
- M40 and F40 – 40 to 49 years old
- M50 and F50 – 50 to 59 years old
- M60 and F60 – more than 60 years old

Prizes will be given to the first 3 men and 3 first women of each rank in the SisSistelo EM 42 Km, Sistelo EM 32 Km, Sistelo EM 21 Km e Sistelo EM 13 Km.

42 Km, 32 Km, 21Km, 13 Km

#### 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

**Note: Prizes that are not collected during the Prize Giving Ceremony will not be sent by mail after it.**

## 5. Information

### 5.1. How to get to Sistelo

More info at <https://www.cmav.pt/pages/382>

## **5.2. Where to stay**

More info at <https://www.cmav.pt/pages/383>

## **6. Marks and controls**

Soon.

## **7. Environmental responsibility**

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

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 cancellation of the race due to weather conditions.