



## REGULATION 2020

### ORGANIZATION

This event aims to combine the spirit of adventure in nature, tourism and sport. It will be held from **July 23 to 27, 2020**.

The PT281+ Ultramarathon Organization is held by Horizontes Turismo Desportivo, with headquarters in Proença-a-Nova, and with the institutional support of the various municipalities in the region.

PT281+ Ultramarathon is a pedestrian event, in nature with mountain characteristics. It develops in routes with the use of sidewalks, forest tracks, rural roads, paths, pedestrian rails and asphalt roads. Carrying out the itinerary on foot and in the shortest possible time, guided by GPS. In some cases the organization may use fixed and mobile markings on the ground to make it easier to read the way forward.

### CONDITIONS OF PARTICIPATION

Although there are no other requirements, in the act of registration you must send your resume by email to [geral@horizontes.pt](mailto:geral@horizontes.pt) and answer some questions. After analysis, **the organization reserves the right not to accept registration.**

Decisions will be sent within 72 hours of registration and are irrevocable.

**\* Participants who have participated in an earlier edition will not be asked for a curriculum.**

See more in: <http://www.pt281.com/participation-conditions/?lang=en>

### REGISTRATION FEES

Category	14/10/19 to 15/11/19	16/11/19 to 31/01/20	01/02/20 to 15/06/20	Du 16/06/20 to 12/07/20
	First Period	Second Period	Third Period	Fourth Period
Single	€ 285,00	€ 340,00	€ 380,00	€ 430,00
Team 2 Relay	€ 440,00	€ 490,00	€ 540,00	€ 590,00
Team 4 Relay	€ 650,00	€ 700,00	€ 750,00	€ 800,00



## ATTENTION

- For payments in installments, send e-mail to [geral@horizontes.pt](mailto:geral@horizontes.pt) to receive more information.

## REGISTRATION FEE INCLUDES:

- Transfers From **Lisbon (Departure from the “Gare do Oriente”) to Proença-a-Nova - Day 22/07 at 9 am.**
- Participation gift
- Assistance and supplies of liquids and solids in all the bases of support indicated in the participant's guide
- Protection and rescue service throughout the race
- Transfers From **Proença-a-Nova to Belmonte - Day 23/07 at 2 pm**
- Finisher trophy
- Consecration party
- Transfers from **Proença-a-Nova to Lisbon (Gare do Oriente) - Day 27/07 at 10 am**
- Personal accident and liability insurance
- Massages and nursing services in some Bases of Support

## CHANGE / CANCELLATION

Changes to participants data are not allowed after 12 July. In case of cancellation, the amount of this edition will be credited to the same athlete or other that indicates, exclusively for the 2021 edition of PT 281 Ultramarathon Beira Baixa .According to the following table:

<b>Cancellation</b>	<b>Amount in credit</b>
<b>Until December 31, 19</b>	<b>100%</b>
<b>Until February 29, 20</b>	<b>75%</b>
<b>Until April 30, 20</b>	<b>50%</b>
<b>Until July 12, 20</b>	<b>25%</b>

## THE RACE / GPS / MARKINGS

### GPS

The GPS will not only function as your guide on the ground, but will also confirm your route. Not delivering the equipment at the end of the race to download causes disqualification.



It is a mandatory equipment and must have as its main requirement its autonomy and the possibility of recording at least 10,000 points.

The equipment should be able to change the batteries at any time during the race.

If you do not have GPS the organization will have a solution to sell the equipment.

GPS is the only guarantee that the route to follow is correct.

The organization will provide the necessary "tracks" in advance to analyze them and enter in the GPS. If doubts persist, do not worry that the organization will have a help solution.

## **PARTICIPATION / FORMS OF PARTICIPATION**

### **SINGLE**

Participation is only for one athlete

### **TEAM RELAY**

The participation is possible for teams consisting of 2 or 4 elements, male, female and mixed.

In the participations in relay, the exchanges of testimony are at the discretion of each team and are only possible in the bases of support indicated by the organization. It is mandatory that each runner makes at least one connection between Control Points.

The registered teams will have to arrange their own transportation between the bases of support of its elements. The organization shall exempt itself from this obligation. In racing, there can only be one element in competition. The replacement must go to the replacement point indicated and perform the exchange.

It is up to the athletes to confirm the arrival and announce the departure of the other element.

Regardless of running a shorter distance, all obligations remain as if they were a solo athlete.

Quitting of an element does not mean that the remaining participants will not continue their race. However, they will not be classified nor will they have finalist prizes.

Only **1 GPS** will be used, this will be the testimony for athlete exchange.



## **HALF SELF-SUFFICIENCY**

Along the route there will be aid stations, with food and drink to be consumed on the aid station. Each runner should ensure that he has the amount of food and water needed to be self-sufficient until the next station.

Plastic cups will not be provided at any of the aid stations; Runners should have their own cup or other personal container suitable for that purpose.

## **PARTICIPATING SUPPORT**

Support on the way, when premeditated, is prohibited and immediately disqualify the participant. However, all athletes can purchase or receive solid and liquid food in the places through which they pass.

To each runner is allowed a maximum of **two assistants** in the support bases. Assistants should not disturb the other runners or volunteers who work there and should bring the identifications provided by the organization.

The assistance teams should fill the data sheet up to 24 hours before the race.

The Organization may restrict access to certain areas of support bases.

The members of assistants teams can not consume the food and beverage intended to runners without proper authorization of the organization.

## **PACER**

**Attention:** In the last stretch between the last Base of Support and the Goal of Arrival will be allowed to anyone to run with the athlete, and must inform the name to the control table.

**You can only accompany the athlete without, however, assisting with any other help such as: carrying the backpack, pushing or towing the athlete.**

"Pacers" are forbidden in PT281+.

Athletes not identified running along with the participant are not allowed. Whenever this happens, requires that it get away. Only then will the help you complete the race. The penalty in such cases is disqualification.

Participants who register just to serve as a "hare" to another, whenever they are identified as such, they shall be obliged to withdraw from race.

The elements of the support team is only allowed to run in the 200 meters before and after the support bases.



## **COMPULSORY EQUIPMENT**

Each runner commits to take all the obligatory material.

Failure to comply with any of the obligations disqualifies the participant.

- Backpack or similar;
- GPS and bateries;
- Personal Identification;
- Water supply – 1,5 litre at the minimum;
- Food supplies;
- Two lighting systems with the possibility of replacing the batteries
- Surviving blanket;
- Wistle;
- Phone (add the organization's security numbers. Do not hide the number and make sure the battery is fully charged before leaving);
- Long-sleeved jacket;

### **Recommended:**

- Hat/ bandana
- Extra clothes
- Switchblade
- Sunscreen
- sunglasses
- Insect repellent

### **Confirmation of the equipment will be made at the following locations;**

- Zero control – An hour before departure
- Along the route without - not annouced.
- At the end of the route.

## **IDENTIFICATION**

Each dorsal is given individually and through ID presentation with foto.

Participation identification will only be delivered, to the participant himself.

The support teams will recieve identification to their own use and vehicles.

Athlete identifiers should be visible from the front or back.

Identifiers of support teams should always be legible.



The dorsal is necessary to have access to transportation, aid stations, rescue, rest rooms, bags, etc.

### **RUNNER BAGS**

The organization will give all participants labels with the respective dorsal numbers to identify the bags that will be transported to the various aid stations.

It is the athlete's responsibility to bring their own bags and identify them with the labels provided.

The athlete is putting the support base number where you want this bag.

Fragile or valuable objects should not be placed in bags.

Objects that need the finish line, please do not put in the intermediate support bags. These should be transported from the start to the finish.

Support bags can be delivered only on the last day of the race. Only in exceptional cases the bags will be transported to the finish line before the last participant passes in the support base.

The organization accepts no liability for loss or damage of any objects during transport. We only ensure the most careful treatment of all the belongings.

### **SECURITY / MEDICAL ASSISTANCE / REST**

In all support bases there are services needed to assist anyone in trouble.

Doctors, nurses and aid rescuers, are allowed to withdraw from the competition all participants they consider not be able to proceed. Rescue teams are allowed to withdraw from the race by any means at your disposal, all runners who believe they are in danger.

Any runners who request the services of a doctor or rescuer commits to accept any decisions.

### **CHECKPOINTS / AID STATIONS**

The participant must confirm the passage at all checkpoints and aid stations

O Guia do participante, que também poderá ser baixado on-line, conterá indicações precisas dos postos de controlo e bases de Apoio.

Only runners with its visible dorsal number have access to aid stations



Participant's Guide, which can also be downloaded online, contain precise indications of checkpoints and bases of support.

**The organization reserves the right to make checks at any other points along the route**

### **RUNNING TIMES/ TIME BARRIERS**

The maximum time for completion of the race is 66 hours.

Hourly barriers to entry and exit of each of the main points of support, will be indicated in the participant's guide.

These times are calculated to enable participants to reach the finish line within the time limit.

Hourly barriers consider times to eat, drink and rest.

To be allowed to continue with the race, runners must get in and out of the support bases or checkpoints within the time established by the organization.

In case of bad weather and /or for reasons of safety conditions, the organizers reserve the right to suspend the race or make changes to the deadlines in order to accommodate them to the interests of all.

### **REST AND BATHS**

In support bases, runners may stop for an extended rest, if accomplish the time limit established as time barrier.

**Sleep is essential for your comfort and safety.**

Whenever you need to sleep off the support bases, should notify the organization or do it very close to the route of the line, preferably in a place that runners to go see it.

In support bases identified by the organization may, in addition to sleeping bathing. Some of the places will have showers with hot water, or cold, to recharge your batteries.

### **WITHDRAWALS**

Runners who decide not to continue the race should continue, wherever possible, to the nearest support base and inform the organizers of their decision.



## **DECLASSIFICATIONS**

Throughout the course, race juries are allowed to check compliance with the regulations by the runners and immediately inform the proving direction of any defaults that occur. Juries may apply the penalties specified in the table below:

## **DEFAULTS AND PENALTIES**

Absence of compulsory safety equipment: survival blanket, two headlights, backpack or waist bag, cell phone- **Disqualification**

Absence of other obligatory material: hat, bandana, whistle, food supplies - **4 hours time penalty**

Refusal to go through a check - **Disqualification**

Runner or support team laying trash on the ground - **Disqualification**

Use of means of transport; Sharing or exchange of numbers of dorsal; Not to pass a checkpoint; Use of doping substances or refusal to perform screening tests; The lack of aid to a corridor in difficulty; Insulting language, bad manners and threats, are grounds for disqualification - **Disqualification**

Disobedience to the direction of evidence, juries, doctors or other elements identified as an organization - **Disqualification**

Departure of a checkpoint beyond the established deadline - **Disqualification**

Disqualification means the runner must leave the race immediately. The disqualified person will be removed the identification number. If the participant decides to continue in the competition, he will be entirely responsible for that decision.

The penalties will be applied by adding 4 hours to the final time, thus allowing the runner to complete the race.

Irregularities demonstrated by video images, photographs sent to the organizers, even after the race, may result in disqualification or penalties.

## **CLAIMS**

All complaints must be submitted in writing, signed and delivered prior to the closing ceremony.





## **CHANGES IN THE TRAIL / TIME BARRIERS - CANCELLATION OF THE RACE**

The organization reserves the right at any time and without prior notice to make changes to the route, the location of the support bases or the time limits.

The organization, in cases of bad weather and /or for safety reasons, reserves the right to postpone the start of the race within 24 hours at most. After that, the race will be canceled.

It also reserves the possibility to interrupt, change schedules or suspend the performance of the race at the date and place provided. In these cases, there will be no reimbursement to competitors of the funds already paid or to the sponsors.

## **INSURANCE**

- Participants will be automatically insured by Insurance Company, in accordance with Decree Law no. 10/2009, of January 12.
- In the event of an accident, the participant must first contact the organization, which will arrange to be referred to the nearest medical institution along with the claim form. Sometimes, due to the urgency / severity of some accidents, it is impossible to fill out the participation in the event of the accident. Under these circumstances, the claim may be treated after the participant has been given first aid.
- The payment of the insurance deduction of € 120, in case of an accident, is the sole responsibility of the athletes.
- The costs will be borne by the victim and subsequently reimbursed by the insurance company.
- The organization declines any type of payment.
- The organization will not assume claims expenses, which it did not know in a timely manner to activate the insurance.

**ATTENTION:** In case of loss the insurance must be activated up to 24 hours after the event and the organization informed.

## **TRACKS GPS / PARTICIPANT'S GUIDE**

GPS, KML or GPX files, time limits and other information will be sent by email up to 8 days before the race. They will be available, from that time, for download at the event page: <http://pt281.com>.

## **CLASSIFICATIONS AND AWARDS**

The winner of the race will be the rider or team that needs the least time to reach the finish line.



There are no cash awards.

Each runner who completes the race shall be given a "finisher".

A general ranking will be drawn from all participants, as well as rankings for men and women, doubles, triples and courts of both sexes and mixed.

Prizes will be awarded to the top five men and women in the overall classifications.

The solo winners will be enshrined as absolute winners of PT281 Ultramarathon. They will be the only ones to be able to exhibit the PT281 Ultramarathon winners' brand. All others should add the relay category.

### **COPYRIGHT**

The PT281 Ultramarathon Organization, sponsors and the entities that collaborate in the organization of this event reserve the right to use freely in all countries and in all forms, the participation of competitors, as well as the results obtained by them.

The event may be recorded and /or photographed by the Event Organization and journalists for further publicity.

Participants who have any restrictions on the use of their image should notify the Organization in advance and in writing. Otherwise, they will automatically authorize use at any time, without the right to receive financial compensation from the organization.

### **STABILITY AND INTERPRETATION OF REGULATION**

The PT281 Ultramarathon Organization can not be held liable for accidents and their consequences, whether caused by participants, whether they were the victims or caused or not by the race. Likewise, no liability shall be attributed by defaults of the laws, regulations, which shall be borne by the defaulters.

The purpose of this regulation is to ensure equal conditions for all. The guiding principles of the regulation are as simple as: playing fair, being safe and respecting the place where you are.

Participants shall be responsible for all actions liable to produce material, moral or health damages to themselves and / or third parties.

The Organization declines all liability in case of accident, negligence, theft, as well as the objects and values of each participant.

All doubts about the interpretation of the Regulation and other cases related to the event will be analyzed and decided by the Event Organization



This Regulation will not be modified in its entirety.

It is the sole responsibility of the Organization to approve any correction it deems appropriate and at any time, which will be disclosed on the Internet, the official website of the event, the participant's guide and the secretariat.

The cases not provided for in these Regulations, as well as any doubts arising from their interpretation, will be analyzed and decided by the Test Organization.

If this Regulation is published in other languages and in case of doubts regarding its interpretation, the Portuguese text will be the only one considered valid.

The PT281 Ultramarathon Organization reserves the right to apply sanctions, which may go down to the disqualification or exclusion of the event, to any competitor who does not respect the spirit of the present Regulation or that, in any way, damages the good name, Image and prestige of the event or any of its promoters. No responsibility can be attributed to the Organizers for any damages that may result from such a decision. By virtue of the registration, payment and participation of the PT281 Ultramarathon organization, the competitor acknowledges that he has read, understood and accepted, without reservation, the terms and conditions. Any emerging litigation shall be submitted to the jurisdiction of the District Court of the domicile of Horizontes Company.