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# Compressport UTM'19

## Regulation Organization

**Article 1. ADMT** – Sports Association Marão Trail – Non-profit association, with head office on União de Freguesias de Amarante, county of Amarante, promotes Compressport UTM. Sport event which consists of a trail running, taking place on March 29, 30 and 31 of 2019.

### Description of each race

#### **Article 2. Races.**

UTM Endurance ( 3º degree)\*: mountain run on foot for 105 km, with 6 400 m of positive climbing and 6 400 m of negative climbing; it consists in going through every mountain range of Marão (Marão, Alvão, Aboboreira, Matos and Meia Via), crossing the highest point (1 416 m), approximately midway through the course. It starts at 11pm of Friday, day 29, until 0:00 of Sunday, day 31; the course will take a maximum of 25 hours to execute.

UTM ( 3º degree)\*: mountain run on foot for 55 km, with 3 200 m of positive climbing and 3 200 m of negative climbing; it consists in going through the west part of the Marão mountain range, going through the Marão and Aboboreira ridges (one of the most mysterious mountains, crossing the Ribeiro de Goiva waterfalls). It starts at 8 am until 9 pm of Saturday, day 30; the course will take a maximum of 13 hours to execute.

TM ( 3º degree)\*: mountain run on foot for 25 km, with 1 300 m of positive climbing and 1 400 m of negative climbing; it consists in going through the beautiful Aboboreira ridge, its megalithic plateau and the waterfalls of the Goiva brook. It starts at 10 am until 5 pm of Saturday, day 30; the course will take a maximum of 7 hours to execute.

The organization has the right to change the length and the climbings if appropriate, being that the alteration, in case of the climbing, will never be superior than 10%.

\*according to the categorization by difficulty level norm of ATRP – Association of Trail Running in Portugal

The UTME and UTM has its beginning and end at the Ribeirinho park, in Amarante (41.266953, -8.080747). The TM starts on the Ovelhinha (41.248371, -8.030952), in Gondar, county of Amarante and it ends equally on the Ribeirinho park, in Amarante.

#### **Article 3. Program/ Schedule**

**Monday, 01.10.2018**

Opening of registrations

**Sunday, 10.03.2019**

End of registrations

**Friday, 29.03.2019**

14:00 – Opening of the secretariat

20:00 – Briefing UTMe, UTM e TM

22:00 – Closing of the secretariat

22:30 – Opening of the UTMe departure zone

23:00 – Departure of the UTMe (105 kms)

23:10 – Closure of the UTMe departure

**Saturday, 30.03.2019**

06:30 – Opening of the secretariat

07:30 – Opening of the UTM departure zone

08:00 – Departure of the UTM (55 kms)

08:10 – Closure of the UTM departure

08:50 – Beginning of the transportation to the Ovelhinha

09:00 – Closing of the secretariat

09:20 – Ending of the transportation to the Ovelhinha

09:30 – Opening of the TM departure zone

10:00 – Departure of the TM (25 kms)

11:30 – Expected arrival of the first UTMe athlete (105 kms)

12:10 – Expected arrival of the first TM athlete (25 kms)

13:20 – Expected arrival of the first UTM athlete (55 kms)

17:00 – Closure of the TM finish line (25 kms)

17:10 – COMPRESSPORT UTM awards delivery

21:00 – Closure of the UTM finish line (55 kms)

24:00 – Closure of the UTMe finish line (105 kms)

**Sunday, 31.03.2019**

00:30 – End of COMPRESSPORT UTM

## Ethic and Values

The Compressport UTM stands with ethic and values that worries with the runners, sponsors, volunteers and organization members to promote a healthy practice of exercise.

**Article 4. Eco Responsibility.** Do not leave trash in nature, use the containers to deposit them, respecting the fauna and flora and following strictly the already marked course without using shortcuts. It's advised to download the course on the gps, just in case of any doubt. The organization will always try to use reusable or recyclable materials and proceed to do the recycling of batteries, paper, plastic, and others. The marking of the route will be made on foot until the very day of the event.

The course will be cleaned immediately after the last runner. The communication will be mainly executed using electronic devices hence paper communication will be reduced to a minimum.

**Article 5. Social Responsibility** is something very important to the Compressport UTM. Aware of the great privilege of those who can run in total freedom through the mountain, it's imperative to also share this illusion with those who can't fully enjoy nature.

**Article 6. Solidarity,** respect for runners, volunteers, sponsors, partners and the public are key elements of Compressport UTM.

## Terms of participation

The UTM Endurance, UTM and the TM are demanding races that are run in semi-autonomy through the middle of the mountain. We advise participants to be in very good physical condition and to have experience in this kind of races. Participants have to be ready in the course of the test to manage adverse conditions, sometimes very difficult, either physical or mental derived of a great effort. The organization reserves the right, if you understand, to pull any athlete if he presents any pathological sign that puts his health and well-being at risk.

### **Article 7. Minimal Age.**

The races (UTM Endurance, UTM, TM): The registration is open to any person of 18 years old or above.

### **Article 8. Declaration of the Athlete**

To validate the registration it is indispensable to accept the regulation and acquit the organizers of any responsibility in case of an accident or body damage suffered during the competition or later. This declaration is performed during registration.

### **Article 9. Insurance**

All participants will have after the validation of the registration an insurance of personal accidents during the race, according to current legislation of the Basic Law of Physical Activity and Sport (Dec. Law 10/2009), with mandatory minimal capitals.

- a. Death – 27 100 €;
- b. Permanent Invalidity – 27 100 € ;
- c. Treatment Expenses – 4 340 €;
- d. Funeral Expenses – 2 170 €;

Subject to payment of the deductible – 100 €

**The payment of the insurance deductible, in case of an accident, is of the athlete's sole responsibility.** The organization will not assume claims expenses, of which did not take the knowledge in opportune time to effect the participation to the insurance, normally until three days after the race's performance.

#### **Article 10. Image Rights.**

Every participant renounces to the right to use his image and authorizes the organization and its sponsors to use and publish freely any photograph or video recorded in the race's context.

#### **Article 11. Registrations.**

The registration will be done through the page <https://stopandgo.com.pt/events>. For entries for the races Compressport UTM will generate automatic references for the participants to make automatic payment, not requiring the sending of proof payment. You will receive an SMS with the payment data. In case of necessity contact the organization through the e-mail [maratrail@gmail.com](mailto:maratrail@gmail.com).

Registrations will be valid after remitted on the platform. It's possible to check a registration "List of registered" in the web page.

All registrations validated until 10/03/2017 entitles you to the complete athlete's kit.

|                            | <b>UTM<br/>Endurance</b> | <b>UTM</b> | <b>TM</b> |
|----------------------------|--------------------------|------------|-----------|
| <b>01/10 to 31/12/2018</b> | 88€                      | 48€        | 29€       |
| <b>01/01 to 24/02/2019</b> | 98€                      | 54€        | 34€       |
| <b>25/02 to 10/03/2019</b> | 110€                     | 61€        | 39€       |

Registrations Limit:

UTME (105 kms) » 250 participants

UTM (55 kms) » 500 participants

TM (25 kms) » 800 participants

**Registrations open 01/10/2018**

**Athlete's Kit includes:**

- Personalized Dorsal;
- Training T-Shirt Compressport UTM;
- UTM Arm Force Sleeves (exclusive only to the UTM Endurance participants, 105 kms);
- Sweat Band UTM (exclusive only to the UTM participants, 55 kms);
- Sports Insurance;
- Geolocalization device to each UTM Endurance participant;
- Foundation Bags;
- Bus Transport to the beginning of the TM race (25 kms), in Gondar;
- Two bases of life: Pardelhas and Alto de Quintela (in the UTM Endurance race);
- Security support, rescue and evacuation by mountain specialized teams;
- Life support from the Red Cross of Amarante and Volunteer Firefighters of Baião;
- Support in road passages from GNR (Republic National Guard);
- Collection of quitter athletes in a large number of services or key points;
- Finisher Award;
- Individual Finisher Diploma;
- Final Supply;
- UTM Final Broth;
- Final meal for the UTM Endurance (105 kms) and UTM (55 kms) races;
- Possibility of warm baths 50 meters from META;
- Professional and personalized service of massages for each athlete: TMG- Therapy;
- Access availability to the race track.

Duly marked route with ecological and reusable markings.

## **Article 12. Change of Registration**

An athlete who's already registered can ask to change to any of the other races, always and while there's still available vacancies and also while the registrations are occurring. Each subscription is personal and non-transferable therefore it's not possible to request your change to another participant. It will only be acceptable a chance of registration under the following conditions:

A request before 31/12/2018, will be returned 80% of the difference of values

- A request between 01/01/2019 and 28/02/2019, will be returned 80% of the difference of values
- Any requests after 01/03/2019, there will not be any returns.

To be able to change the registration you must notify the organization through the following e-mail [maraoctrail@gmail.com](mailto:maraoctrail@gmail.com) ( also making sure to send the receipt of payment; without this reference it's not possible to make any returns)

## **Article 13. Revocation of the registration**

An athlete can ask for the cancellation of the registration in case of not being able to participate on the run. In that case, it's possible to make a refund under the following circumstances:

For any requests before the 31/12/2018, 70% of the registration fee will be returned;

For any requests between the 01/01/2019 and 24/02/2019, 40% of the registration fee will be returned;

- For any requests between the 25/02/2019 and 03/03/2019, 25% of the registration fee will be returned, only by submitting a medical certificate that proves the inability to participate in the race.

- b. For any requests between the 04/03/2019 and 10/03/2019, 20% of the registration fee will be returned, during the month after the race, only by registry of date of hospitalization during this period.

To be able to benefit from this refund you must notify the organization through the following e-mail [maraoctrail@gmail.com](mailto:maraoctrail@gmail.com) (also making sure to send the receipt of payment; without this reference it's not possible to make any returns).

## Race Terms

### **Article 14. Disqualification Schedules.**

There are many disqualification schedules indicated on the website [maraoctrail.pt](http://maraoctrail.pt) of the Compressport UTM (as well as the explanation of each race). These schedules can be modified at any time by the organization. The athletes that wish to follow the course, and have exceeded the disqualification schedules, are immediately out of the race, and will have their dorsal and chip taken out by staff members. If these already disqualified athletes wish to proceed on the race, they are at their own risk. The time limits will always be taken in account when the athletes leave the supply store and not when they come in.

### **Article 15. Course.**

The Compressport UTM tests mostly cover mountain tracks, covering rails of seven pedestrian courses of small marked routes, and given their singular characteristics is the most rugged among other mountain ranges of Portugal, despite its low altitude.

In the impossibility of performing the road traffic cut in some passages all participants must oblige to the traffic rules on roads of public use, and should also respect the agricultural areas and private properties, under penalty of having to assume potential damage and indemnification resulting of non fulfillment.

### **Artigo 16. Supplies.**

There are several kinds of supplies distributed along the course:

- Light (drinks, sweet food);
- Consistent (drinks, sweet and salty food);
- Many consistent (drinks, sweet and salty food, soups).

The supply responsible can prohibit, or limit, the access of the companions to make the course's management easier.

### **Article 17. Dorsal.**

It is mandatory the presentation of an I.D. with a picture to take the athlete's kit. Under no circumstances can be used by a third person, being personal and non-transferable. During the test, it has to be seen by the whole organization, on the chest or waist; not being cut, folded or modified. It can be a reason for penalization or immediate disqualification of its manipulation.

### **Article 18. Controls.**

The number and location of the timekeeping controls and the materials will not be revealed by the organization.

### **Article 19. Timing.**

It is mandatory the mincing in every expected checkpoint provided for this purpose, departure and arrivals included.

The [Stop and Go](#) company will in charge of the timing service and will be provided dorsal with integrated chips.

## Article 20.

Mandatory and recommended material.

|                                                                                 | UTM Endurance | UTM                            | TM          |
|---------------------------------------------------------------------------------|---------------|--------------------------------|-------------|
| <b>2 operational frontals and with batteries</b>                                | required      | required<br>(apenas 1 frontal) |             |
| <b>Back red light</b>                                                           | required      |                                |             |
| <b>Rescue Blanket<br/>(minimum 140x210cm)</b>                                   | required      | required                       | required    |
| <b>Whistle</b>                                                                  | required      | required                       | required    |
| <b>Waterproof jacket with hood</b>                                              | required      | required*                      | recommended |
| <b>Water container (1L)</b>                                                     | required      | required                       | recommended |
| <b>Spare food</b>                                                               | required      | Recomendado                    | recommended |
| <b>Protection for the head that covers the ears (tubular is allowed)</b>        | required      | required*                      | recommended |
| <b>Dorsal</b>                                                                   | required      | required                       | required    |
| <b>Gloves</b>                                                                   | required      | required*                      | recommended |
| <b>Waterproof pants</b>                                                         | required*     |                                |             |
| <b>Pants til the knees</b>                                                      | required      | recommended                    |             |
| <b>Stick</b>                                                                    | recommended   | recommended                    |             |
| <b>Adhesive elastic band (minimum 80x3cm, strapping)</b>                        | required      | required                       | recommended |
| <b>Long sleeved shirt</b>                                                       | required      | required*                      | recommended |
| <b>Reusable cup <sup>(1)</sup><br/>(minimum 15 cl)</b>                          | required      | required                       | required    |
| <b>GPS system</b>                                                               | recommended   | recommended                    | recommended |
| <b>Geolocator <sup>(2)</sup></b>                                                | required      |                                |             |
| <b>Sunglasses</b>                                                               | recommended   | recommended                    | recommended |
| <b>Pins or dorsal holder</b>                                                    | required      | required                       | Required    |
| <b>Sunscreen</b>                                                                | recommended   | recommended                    |             |
| <b>Anti-chafing cream or vaseline</b>                                           | recommended   | recommended                    |             |
| <b>First Aid kit</b>                                                            | recommended   | recommended                    |             |
| <b>Water purification tablets</b>                                               | recommended   | recommended                    |             |
| <b>Operacional phone (with balance and with the organization numbers saved)</b> | required      | required                       | Required    |

- (1) For sustainability reasons, there will not be cups in the supplies. After the registration the athlete will have the chance to buy an eco cup on one of the many available stores.

- (2) The geolocator devise will be given by the organization.

\* Required, unless the organization decides that it can be facultative at the start of the course.

It's recommended that the athlete takes some monetary amount, in case of some unexpected event.

All the athletes must have the required equipments/materials during the course, under penalty of being disqualified. Depending on the weather, the organization will announce during the briefing before the race, if any of the required equipments may or may not be optional.

### **Article 21. Voluntary abandonment.**

It's only possible to leave on one of the checkpoints or supply stations, unless in case of injury. If one of this points is not accessible by vehicle, the athlete must access by their own means to the nearest evacuation point. In case of quitting, it's recommended to be done on the life base. It's forbidden to leave the course without informing the organization and without obtaining a previous authorization. It's obligatory to check if it is a timing control point.

### **Article 22. Required abandonment.**

The organization can momentarily arrest an athlete or make them abandon the race if it's considered that the persons state endanger their physical integrity and safety.

### **Article 23. Meteorological.**

In case of adverse meteorological conditions, the organization has the right to cancel the race, change the course, the disqualification schedules or the race exit time, and even cancel it.

### **Article 24. Runners Bags.**

The runners bags can be put on the Athlete Space, next to the secretariat. They will be under vigilance and available at the arrival. The contents of the bag will not be checked, when delivered, so for that reason the organization is not responsible for any loss. It's advised to not leave any valuable objects inside the bag. After the end of the event, no bag can be claimed, if it turns out that the runner has not bothered to go and pick the bag up.

### **Article 25. Penalty or disqualification.**

The race Commissioners will verify the application of the regulation and will be enabled to enforce the respectively penalties or disqualifications.

The jury of the race, constituted by the event director, the representative of the referees of ATTRP and a representative of the athletes have the responsibility to evaluate every complain. These complaints must be solved 24 hours after the end of the race and must be mentioned on the final minutes.

| <b>Infringement of the Regulation</b>                                                                                             | <b>Penalty / Disqualification</b>                                      |
|-----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| Departure from the course, not respecting the marked course                                                                       | 30 minutes                                                             |
| Exit the marked route representing an important shortcut (gps data will be required, if you take it)                              | 1 hour in the TM<br>3 hours in the UTM<br>5 hours in the UTM Endurance |
| Voluntary abandonment of garbage                                                                                                  | 1 hour                                                                 |
| Absence of an element of mandatory safety equipment: dorsal, whistle, , waterproof jacket with hood, frontal, phone or geolocator | <b>Disqualification</b>                                                |

|                                                                                                                          |                                                                           |
|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| Absence of any other element of the mandatory equipment or its manipulation                                              | 2 hours                                                                   |
| Damage or change material placed by the organization                                                                     | <b>Disqualification</b>                                                   |
| Voluntary abandonment of garbage during the race                                                                         | 2 hours                                                                   |
| Prevent being overtaken or the progression of another participant on the race                                            | <b>Disqualification</b>                                                   |
| Ignore the indications of organization elements                                                                          | <b>Disqualification</b>                                                   |
| Have inappropriate behavior (behavior and / or offensive language to: athletes, organization, volunteers or public)      | <b>Disqualification</b>                                                   |
| Not complying with the organization's or employees' instructions (police, firefighters, medical assistants, and others.) | <b>Disqualification</b>                                                   |
| Not helping an athlete in difficulty (injured, exhausted, hypothermia..)                                                 | Penalty of 1 h or <b>Disqualification</b> , depending on the consequences |
| Not going through a checkpoint                                                                                           | <b>Disqualification</b>                                                   |
| Exit from a checkpoint after the disqualification time                                                                   | <b>Disqualification</b>                                                   |
| Abandonment of the event without warning the organization                                                                | Prohibition to participate in the next editions                           |
| To cause an voluntary accident                                                                                           | Prohibition to participate in the next editions                           |
| Any other Infringement of the Regulation                                                                                 | Depends on the jury decision                                              |

Each one of these penalties will accumulate every time that they occur.

It will also be the jury's responsibility to establish the penalties and the harshness of these that oscillate between disqualification and expulsion of the event taking into account the severity criteria and their proportionality.

### **Article 26. Complaints.**

You can file written complaints to the test's jury. They must be submitted no later than 2 hours after the distribution of the awards test respectively, or the conclusion of the same. They will only be accepted after being paid a 40€ guarantee. The guarantee will only be reimbursed if the Jury of the Test considers the complaint justified. The complaints will be in writing and must comply with a minimum format type, which will include the following:

- Names and surnames of the person performing it;
- Number of your I.D. (Identification Document/Citizen Card) or similar;
- Name and surname of the athletes affected;
- Number of dorsal;
- Situations that allege.

## **Post Test Conditions**

### **Article 27. Finish Line.**

Arriving at the finish line, the runners can enjoy the final food post, recover his life base bag, go to the washrooms and the massage team.

The organization is not responsible for the left goods of any volunteers during the participation of the athlete in one of the tests.

## **Rankings and Awards**

#### **Article 28. General Ranking.**

- a. UTM Endurance: award and trophy to the first five men and women and first three teams.
- b. UTM: award and trophy to the first three men, women and teams.
- c. TM: award and trophy to the first three men, women and teams.

The teams will be constituted by their top three elements and wins the team with the least number of points. Each point will be assigned in order of the elements general rankings. For example, for a player that finishes in 11º, will be assigned 11 points.

#### **Article 29. Ranking by category.**

UTM Endurance, UTM and TM: trophy for the first three of the general in each race: men, women and teams. The athletes will all be ranked according to the levels indicated below. The failure to appear in the awards delivery implicates the loss of the same.

##### Male Levels:

MSub 23 – 18 to 22 years old  
MSeniores – 23 to 39 years old  
Vet I – 40 to 49 years old  
Vet II – more than 50 years old

##### Female Levels:

FSub 23 – 18 to 22 years old  
FSeniores – 23 to 39 years old  
Vet I – 40 to 49 years old  
Vet II – more than 50 years old

**Note:** For the purposes of the athlete's ranking and scoring in the levels it will be used the ATRP rule and will be considered the athlete's year birth, that is will be considered the age that the athlete will have on December 31 of the current competitive season. Ex.: An athlete that turns 40 on December 31, will be classified in level M40 during the entire circuit.

#### **Article 30. Finisher.**

Everyone that finishes (finishers) will benefit from a souvenir related to his test. To the tests (UTM Endurance, UTM, TM) the finisher can download his individual diploma on the official web page.

#### **Article 31. Missing Cases**

Missing cases of this regulation will be resolved by the organization and whose decisions will not recourse.

The current regulation was made based on the criteria defined by the Trail Running Association of Portugal.

