



General rules

Desafio ACDL

Associação Cultural e Desportiva
de Lamelas



January 20, 2025



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ARTICLE 1: ORGANIZATION

1. The **ACDL – Associação Cultural e Desportiva de Lamelas**, an entity that also promotes sports events, organizes **Desafio ACDL** in Lamelas, Santo Tirso.
2. The event headquarters will operate at the ACDL headquarters in Lamelas, which is also the start and finish location. GPS coordinates: 41.284846, -8.474639.
3. The event will take place on July 19 and 20, 2025.

ARTICLE 2: GENERAL INFORMATION

1. **Desafio ACDL** is a NON-COMPETITIVE BTT/Gravel sporting event where athletes can participate in a 100 km, 200 km, or 400 km course.
2. The following rules have been compiled to ensure the smooth operation of a complex and exciting event, promoting moments of camaraderie and thrill for participants. These rules are essential for the event to proceed positively and safely. The organization reserves the right to amend or introduce rules at any time in the form of an addendum.
3. Participation in **Desafio ACDL** implies acceptance of this Regulation.

ARTICLE 3: AMENDMENTS TO THE REGULATION

1. This document indicates the date of its last update. Any amendments will be introduced into this document.

ARTICLE 4: PARTICIPANTS, CATEGORIES

1. **Desafio ACDL** is open to all Portuguese and foreign participants, requiring no specific status, affiliation, or sports license from the FPC (Portuguese Cycling Federation) or similar entities, regardless of nationality.
2. **There will be no rankings.**
3. Registered participants voluntarily accept responsibility for their participation in the event.
4. Participants agree not to hold ACDL, event organizers (volunteers, staff, entities, etc.), or other participants accountable for any incidents beyond the scope of responsibilities covered by the organization.



5. Participants must comply with traffic rules and respect agricultural areas and private properties; failure to do so may result in liability for damages.
6. Participants should be aware of the event's distance and particularities and adequately prepare.
7. Participants must develop a real capacity for autonomy in mountainous conditions before the event to manage challenges, including weather changes.
8. Participants must be physically and mentally prepared to handle extreme fatigue, digestive issues, joint pain, muscle aches, and other potential health limitations.
9. Participants should understand that the organization is not responsible for assisting with such challenges, which depend primarily on the participant's adaptability.
10. The event is individual, and participants are not allowed to bring animals or any form of external assistance.

ARTICLE 5: REGISTRATION, COURSES, AND TIME LIMITS

1. Registrations will take place via the STOP and GO platform and will open at 12:00 PM on January 20.

2. BTT/Gravel Course Distances and Elevation (approximate):

Distance	Elevation Gain
100 Km	2000 m D+
200 Km	3000 m D+
400 Km	6500 m D+

3. Registration Limits for BTT/Gravel Courses:
 - 3.1. **100 Km:** 150 participants.
 - 3.2. **200 Km:** 150 participants.
 - 3.3. **400 Km:** 50 participants.
4. Registrations are non-refundable.
5. In case of cancellation or postponement due to natural causes (natural disasters, floods, fires or other) there will be no refund.
6. If you have any questions, please contact us via email: acdlamelas@gmail.com.
7. **Desafio ACDL** registration fees:



7.1. First phase – until April 1st

7.1.1. **100 Km:** 15,00 €

7.1.2. **200 Km:** 25,00 €

7.1.3. **400 Km:** 30,00 €

7.2. Second phase – until July 15th

7.2.1. **100 Km:** 20,00 €

7.2.2. **200 Km:** 30,00 €

7.2.3. **400 Km:** 35,00 €

8. Fee includes:

8.1. Participation in **Desafio ACDL**.

8.2. Personal accident insurance.

8.3. Participant kit.

8.4. GPS tracks of the courses.

8.5. Finisher medal for those who complete their respective courses.

8.6. Photographic and video records of the event.

8.7. Live tracking for 200 km and 400 km participants.

8.8. Showers.

9. Course Time Limits and Schedules:

Course	Start Date/Time	Finish Deadline	Time Limit
100 Km	08:00 H 19/07	20:00 H 19/07	12 horas
200 Km	06:00 H 19/07	23:59 H 19/07	18 horas
400 Km	06:00 H 19/07	14:00 H 20/07	32 horas

ARTICLE 6: IDENTIFICATION

1. The organization reserves the right to refuse participants who have committed the following acts in previous events:

1.1. Unsportsmanlike conduct.

1.2. Disrespect towards organizers.

1.3. Doping suspensions.

ARTICLE 7: EVENT PROGRAM

1. All schedules and programs will be communicated via the ACDL Facebook page and/or the Desafio ACDL Instagram page.

ARTICLE 8: BEHAVIOR AT THE EVENT



1. Participants preparing to overtake must provide verbal indication.
2. Physical interference hindering other participants is prohibited and will result in exclusion.
3. Inappropriate language or unsportsmanlike behavior will result in exclusion.
4. Participants are responsible for transporting and disposing of all waste appropriately.
5. Unsportsmanlike and environmentally harmful behaviors will lead to exclusion and a ban from future events.
6. Aggressive behavior will be reported to authorities (PSP, GNR).

ARTICLE 9: REQUIREMENTS AND OBLIGATIONS OF PARTICIPANTS

Participants must:

1. Be at least 18 years old on the event date.
2. Ensure their physical and health condition is suitable for the event.
3. Use a mountain bike, gravel bike, or similar. E-bikes are allowed. Helmets and a functioning mobile phone are mandatory.
4. Have a GPS device with a trackpoint capacity of at least 10,000 points (course will not be marked).
5. Use front and rear lights for the 200 km and 400 km courses during nighttime.
6. Understand that the event is entirely self-supported, without external assistance.
7. Obtain food and supplies independently along the route.

ARTIGO 10: ABASTECIMENTO DURANTE O EVENTO

8. The organization will not provide any solid or liquid supplies along the three routes of **Desafio ACDL**.

ARTICLE 11: INSURANCE AND CONDITIONS

1. Insurance
 - 1.1. All **Desafio ACDL** participants are insured.



2. Conditions

- 2.1. All participants decline to take any legal action as a result of participating in the event.
- 2.2. Participants will be responsible for all actions likely to cause material, moral, or any other damage to themselves or third parties. The organization declines all responsibility in the event of an accident due to negligence or theft of participants' objects and/or valuables. The organization, as well as anyone involved in organizing the event, is exempt from liability resulting from the acts described above.
- 2.3. After registration, participants assume that they are physically and psychologically prepared for the physical and mental effort inherent to the event.
- 2.4. It is essential that the participant has the notion of self-management of effort, whether physical or mental, in the face of adverse situations to which they may be exposed, without immediate help/rescue being possible. It is essential that the participant knows how to act in the event of minor injuries, gastric discomfort, among other situations, arising from the type of event.
- 2.5. In case of emergency, the participant must have the ability to provide geographic coordinates/exact location to rescue teams.
- 2.6. In case of cancellation of the event, participants must provide information about their identity and intention of the action they intend to carry out as quickly as possible.
- 2.7. Any violation of the provisions of the previous points will result in the impossibility of taking part in the event.

ARTICLE 12: IMAGE RIGHTS AND PERSONAL DATA

1. Participants are free to capture photographic images and videos.
2. Participants authorize the entity organizing the event to record multimedia (photo and video), in its entirety for marketing and advertising purposes, and thus assign all rights to its commercial exploitation by the organization.
3. Participants consent to the use of their personal data by the organization.

ARTICLE 13: EVENT CANCELLATION

1. The event may be canceled due to natural causes (natural disasters, floods, fires, etc.).
2. Registration fees will not be refunded.



ARTICLE 14: APPEALS

1. Appeals must be submitted in writing within 30 minutes of the claimant's arrival, with a €50 deposit. The deposit will be refunded if the appeal is accepted.

ARTICLE 15: OTHER MATTERS

1. The organization reserves the right to decide on matters not covered in this regulation or arising from misinterpretations.
2. Any doubts arising from reading these Regulations must be clarified with the Organization prior to the event.

ARTICLE 16: CONTACTS

1. For event-related inquiries:
 - 1.1. Facebook – [ACD Lamelas](#)
 - 1.2. Instagram – [Desafio_ACDL](#)
 - 1.3. Email: acdlamelas@gmail.com.