

FOGO
VULCAN TRAIL
RUN ON LAVA 2023

The Fogo Vulcan Trail - Run on Lava 2023 will take place on July 14 and 15, 2023 on Fogo Island.

Previous Note

By registering for the Fogo Vulcan Trail 2023 (FVT) the participant declares to have knowledge and fully agree with all the conditions of this Regulation.

The organization may, in case of extraordinary events/situations, suspend and/or cancel any of the activities, classifications, or the entire event.

1. Participation Terms

- 1.1. **Age** - participation in the Short Trail, Long Trail and Vertical Mile (KV) races/activities of the FVT must occur according to the legal ages in force. Participants aged 16 and 17 (juniors) can only compete in races whose distance does not exceed 15 km. Participants aged 18 and 19 (juniors) may only take part in races whose distance does not exceed 25 km. In the vertical kilometer, only participants over 18 years of age with proven experience and registered in the ITRA of at least two trail races in the last year can participate. In the non-competitive walk, children and minors are allowed to participate, provided they are accompanied by their parents or guardians or with written authorization
- 1.2. **Regularized Registration** - To participate in the event, the participant must have his/her registration duly regularized by the established deadlines and accept all the rules contained in these Regulations.
- 1.3. **Dorsal/kit pick up** - identification, proof of registration and/or payment, and a statement of responsibility will be required to deliver the dorsal.
- 1.4. **Physical conditions** - Participants must, at the time of their participation in the event, be in the appropriate physical condition for the characteristics and demands of the extremely tough activity(s), in which several factors are combined, namely high mileage, extremely technical and mountainous terrain and large gradients. During the courses, participants may be exposed to adverse weather situations such as heat, cold, strong wind, dense fog and heavy rain. It is suggested that the participant has the mental and physical conditions to make a self-management of effort, appropriate to the situations they may face, bearing in mind that it may not be possible to get immediate help/rescue in case of injury or incident. It is also suggested that participants know how to act in case of minor injuries, stomach ailments, among other normal situations arising from mountain activities.
- 1.5. **Dorsal** - The participant number is personal and non-transferable and must be placed on the front of the t-shirt in a visible way, and it is not allowed to cover or fold any graphic element of it. The chip is placed in the dorsal. In case of withdrawal, disqualification or time barring, the athlete is obliged to deliver the dorsal to the organization, without prejudice to its return at the end of the race (at the finish line or secretariat).
- 1.6. **Sporting conduct** - All participants, whether organizers and/or collaborators, accept and expressly agree that during the event they must conduct themselves in a fair-play manner, consistent with the ethic of challenge, mutual aid and respect for others, as well as the preservation of the natural environment in which the activities take place, seeking to reduce as much as possible the environmental footprint. The act of registration implies full acceptance of these rules (adapted from the IAAF rules adapted to Trail Running), of the decisions of the Jury, which are sovereign and on which there is no appeal.

2. The Event

Fogo Vulcan Trail - Run on Lava 2023 is a sport/tourism event of leisure and adventure, punctuating for the Cabo Verde Trail Series circuit. The FVT is organized by [IDJ CV](#) and [ITCV](#), with

PATROCINADORES:



APOIO:



ORGANIZAÇÃO:



the sponsorship of [CV Móvel](#), [Caixa Económica](#), [Enapor](#), [NAVEX](#), [ASA](#), [Cabo Verde Airlines](#), [Direção Nacional do Ambiente](#), [PNUD](#), with support from [FCA](#), da [Emicela CV](#) and the High Sponsorship of [Governo de Cabo Verde](#).

2.1. Program (provisional)

The FVT will take place on July 14 and 15 on Fogo Island, according to the following program:

THURSDAY | JULY 13TH | SÃO FILIPE

Participant reception

KIT DELIVERY

FRIDAY | JULY 14TH | CHÃ DAS CALDEIRAS

08H00 - VERTICAL KM

10h00 - KIDS TRAIL (To be organized with the City Halls and Regional Delegations of Education)

14H00 - BRIEFING

SATURDAY | JULY 15TH

08H00 - TRAIL LONGO

09H00 - TRAIL CURTO

09H05 - CAMINHADA

11H30 – CONSAGRAÇÃO

The definitive program with the transport schedule will be communicated on the social networks and on the event's page.

3. Routes / Altimetry / Supplies

All distances are approximate and there may be divergences from the data shown on the participants' devices.

3.1. Vertical Kilometer (KV) uphill - 3.4km 1000m D+ (Limited to 30 participants)

The vertical kilometer (KV) is an organized race against the clock, with a limit of 40 participants. The athletes start every 2 minutes and have to cover a distance of approximately 3 km with a vertical drop of 1000m. The athletes will have to carry all their gear with them since there are no supplies.

Route: <https://tracedetail.fr/fr/trace/trace/173505>

3.2. Vertical Kilometer (KV) downhill - 1km 400m D- (Limited to 30 participants)

The descent back to the start is the athlete's responsibility, following the organization's guidelines. This race is conditioned to weather conditions and may be cancelled for safety reasons.

Note: taking into account the technicality, characteristics and difficulty level of the courses of the vertical kilometer activities, the organization will make a prior assessment of the experience of the participants. If it is considered that any of the participants does not meet the necessary conditions, their registration in these activities will not be accepted.

3.3. Long Trail > Scores for the CVT-Series

The long trail will have a course of 30km 930mD+ | 930m D-

Course: <https://tracedetail.fr/fr/trace/trace/173490>

3.4. Short Trail > Scores for the CVT-Series

The short trail will have a course of 16.4km | 470mD+ | 470m D-

Course: <https://tracedetail.fr/fr/trace/trace/173497>

3.5. Walk and Youth Trophy

8,2km course 554md+

The routes can be changed.

Limit Times:

Short Trail and Walk	Long Trail	Km V e DH
4h time limit	6h time limit	1h45 time limit

3.6. Time control

The time control of the participants will be done by chip placed in the dorsal and by visual monitoring at the supply points.

4. RECOMMENDED Material

4.1. Long Trail, Short Trail and Walking material:

- Water backpack or bottle holder with a minimum capacity of 1 000 ml;
- Container for liquid consumption;
- Cell phone with charged battery;
- Thermal blanket;
- It is recommended to wear a hat.

5. Disqualifications:

- Not completing the entire course, even if, for reasons of mistake, not seeing the signs or other;
- Ignore instructions from the organization;
- To damage the environment, throw trash on the ground, even if it is water bottles or gel packs;
- Have any kind of unsportsmanlike conduct;
- Failure to meet deadlines;

6. Penalties:

- Not having the dorsal clearly visible – 10 minute penalty
- Loss of Dorsal - 30 minutes penalty

7. Registration

The registration process is personal and non-transferable and will be accepted on a first-come, first-served basis. Registrations will only be accepted on the [stopandgo](#). By registering, participants accept these Rules, and in case of doubt, or if a situation arises that is not covered in these Rules, they should consult the Organization.

7.1. Values and Deadlines

Entries will automatically be sold out when the maximum capacity for the event is reached. Registration will close at 11:59 pm on June 15, 2023. The registration fees are:

	ATIVIDADE	30/jun	Após 30/06/2023
FOGO VULCAN TRAIL	KV UPHILL + DOWNHILL	75,00 € 8 250,00 ECV	100,00 € 11 000,00 ECV
	KV UPHILL + DOWNHILL + TRAIL LONGO	100,00 € 11 000,00 ECV	125,00 € 13 750,00 ECV
	KV UPHILL + DOWNHILL + TRAIL CURTO	90,00 € 9 900,00 ECV	110,00 € 12 100,00 ECV
	KV UPHILL + DOWNHILL + CAMINHADA	80,00 € 8 800,00 ECV	100,00 € 11 000,00 ECV
	TRAIL LONGO	50,00 € 5 500,00 ECV	75,00 € 8 250,00 ECV
	TRAIL CURTO	40,00 € 4 400,00 ECV	60,00 € 6 600,00 ECV
	CAMINHADA	25,00 € 2 750,00 ECV	35,00 € 3 850,00 ECV
	TRAIL JOVEM	0,00 €	
	KIDS TRAIL		

Note: Cape Verdeans living in Cape Verde will have free registration through a discount voucher that can be requested to the organization, the Athletics Federation of Cape Verde, the municipalities and partner companies/sponsors of the project. In the case of the KIDS TRAIL, this

is a free activity for all children up to the age of 13. The Youth Trophy is a competitive activity for young people between the ages of 14 and 17.

7.2. Refund of registration fee

There will be no refund of the registration payment, except if the race is previously cancelled for reasons attributable to the Organization. Entries are personal and non-transferable. Until June 10 the Organization allows the transfer of registration data to another competitor if requested by the competitor with confirmed registration. In case there are vacancies available, will also allow the change of race.

7.3. Items included in the registration

- Participation in activities;
- Event T-shirt (delivered after the activity has taken place)
- Solid and liquid supplies;
- Dorsal;
- Finisher toast delivered after carrying out the activity);
- Health care;
- Participation in the Cape Verde Trail Circuit.

8. Ratings

In the competitive distances/activities of Short Trail, Long Trail and KV there will be classification of all participants who complete the courses in a validated way.

With the general classification of the Short Trail, Long Trail there will be trophies awarded until the third place and financial support, to be announced in due course, until the fifth overall (male and female). There will be no prizes or classification for the Walk.

9. Categories and Prizes - General Classifications

		FOGO VULCAN TRAIL					
		MASCULINOS		FEMININOS		TOTAL	
KM VERTICAL	1 LUGAR	100,00 €	11 025,60 ECV	100,00 €	11 025,60 ECV	200,00 €	22 051,20 ECV
	2 LUGAR	75,00 €	8 269,20 ECV	75,00 €	8 269,20 ECV	150,00 €	16 538,40 ECV
	3 LUGAR	50,00 €	5 512,80 ECV	50,00 €	5 512,80 ECV	100,00 €	11 025,60 ECV
TRAIL LONGO	1 LUGAR	150,00 €	16 538,40 ECV	150,00 €	16 538,40 ECV	300,00 €	33 076,80 ECV
	2 LUGAR	125,00 €	13 782,00 ECV	125,00 €	13 782,00 ECV	250,00 €	27 564,00 ECV
	3 LUGAR	100,00 €	11 025,60 ECV	100,00 €	11 025,60 ECV	200,00 €	22 051,20 ECV
	4 LUGAR	75,00 €	8 269,20 ECV	75,00 €	8 269,20 ECV	150,00 €	16 538,40 ECV
	5 LUGAR	50,00 €	5 512,80 ECV	50,00 €	5 512,80 ECV	100,00 €	11 025,60 ECV
TRAIL CURTO	1 LUGAR	100,00 €	11 025,60 ECV	100,00 €	11 025,60 ECV	200,00 €	22 051,20 ECV
	2 LUGAR	75,00 €	8 269,20 ECV	75,00 €	8 269,20 ECV	150,00 €	16 538,40 ECV
	3 LUGAR	50,00 €	5 512,80 ECV	50,00 €	5 512,80 ECV	100,00 €	11 025,60 ECV
	4 LUGAR	40,00 €	4 410,24 ECV	40,00 €	4 410,24 ECV	80,00 €	8 820,48 ECV
	5 LUGAR	25,00 €	2 756,40 ECV	25,00 €	2 756,40 ECV	50,00 €	5 512,80 ECV
TROFÉU JOVEM	1 LUGAR	TROFÉUS					
	2 LUGAR						
	3 LUGAR						

The amounts will be delivered by the Cape Verdean Athletics Federation or its designee, in cash or by bank transfer, within 90 days after delivery of the report by the National Anti-Doping Organization of Cape Verde (ONAD-CV).

10. Personal data

In Totum Lda, the Institute of Sports and Youth and the event partners, reserve the right to use the database with elements filled by the participants in their promotional activities. It is granted to the participant / guardian the chance to not authorize the transfer of personal data collected

at the time of registration, and should send an email to geral@intotum.pt informing that it does not disclose its data to the above mentioned entities.

11. Additional Information

For information regarding travel, accommodation, transport and others, we recommend that you contact the Qualitur agency, through the e-mail qualitursf@gmail.com.

About the event - In case of doubt or need for further clarification, please contact the Organization through the e-mail: rui.marques@intotum.pt.

12. Sports insurance

According to the legislation in force, personal accident insurance is not mandatory for participation. However, the Organization encourages participants to acquire/subscribe to the insurance that they consider most appropriate to their case.

13. Dropouts

In case of withdrawal from the race, the participant must choose to do so preferably in one of the supply stations, mandatorily communicating the abandonment to the elements of the organization. If he is unable to do so, he must contact the organization. The dorsal must be delivered to a member of the Organization, so that it can be destroyed.

14. Environmental Responsibility

The participant is solely responsible for transporting all natural (even if biodegradable), or non-natural wrappers and waste from gels, bars and/or others. He/she must deposit the waste in the nearest supply, or carry it to the finish line.

15. Image Rights

The Event Organization, respective sponsors and entities that collaborate with the Organization of this sporting event reserve the right to use freely in all countries and in all forms, images related to the participation of the athletes, as well as the results obtained by them. The race may be recorded on video and/or photographed by the Organization of the event and journalists for later use for publicity purposes. Participants who have any restrictions on the use of their image must notify the Organization in writing beforehand. Otherwise, they will automatically authorize its use at any time, without the right to receive financial compensation from the Organization.

16. Emergency support

The Organization will provide assistance services and medical help through the competent entities for this purpose in Cape Verde: Civil Protection, Ministry of Health and Fire Departments. We alert for the fact that some areas/points of the courses are of difficult access, existing the possibility of the assistance being delayed.

17. Complaints and omissions

Complaints and cases not covered by these regulations will be evaluated and decided upon by the event director. In the case of sports-related situations, they may be forwarded to the technical coordinator.

18. Marking

All routes will be marked with tapes, arrows, guidelines, and horizontal markings.

19. Partners and Sponsors

FVT is a sport/tourism leisure and adventure event in a trekking/ trail circuit format, registered with the ITRA (International Trail Run Association), and eligible for the UTMB. FVT is organized by In Totum and [IDJ CV](#) and [ITCV](#), with the sponsorship of [CV Movel](#), [Caixa Económica](#), [Enapor](#), [NAVEX](#), [ASA](#), [Cabo Verde Airlines](#), [Direção Nacional do Ambiente](#), [PNUD](#), with support from [FCA](#), [Emicela CV](#) and the High Sponsorship of the [Governo de Cabo Verde](#).

20. Final Provisions

- a. The Organization reserves the right to change the Regulation in benefit of the good functioning of the event, being the participants advised of any changes, through publications on the site/page of the [Facebook](#), [Instagram](#) or on the day of the event.
- b. For safety reasons, the Organization reserves the right to modify the routes and/or distances, or even cancel the event. During the event, the refueling stations will be the privileged information stations to communicate to the competitors the technical decisions concerning the event.
- c. The Organization has no responsibility for services and/or products marketed by other entities, namely accommodation, flights, transport and other items that are not identified in this document.

All omitted cases will be solved by the Organization. There will be no appeal from its decisions.

PATROCINADORES:



APOIO:



ORGANIZAÇÃO:

