

ADMINISTRATIVE RULES

1. ORGANIZATION

- Oh Meu Deus® - Ultra Trail® - Serra da Estrela is organized jointly by Horizontes Turismo Desportivo and Associação Interior Convida, with the institutional support of Seia City Council and the União das Freguesias de Seia, São Romão e Lapa dos Dinheiros.
- The name Oh Meu Deus® is a registered trademark belonging to Horizontes Turismo Desportivo.
- The XIV Edition will be held on June 6, 7 and 8, 2025

2. ACCEPTANCE OF RACE RULES AND ETHICS

- Participation in the Oh Meu Deus® - Ultra Trail® - Serra da Estrela implies express and unreserved acceptance of these regulations, the ethics of the event and all the instructions sent by the organizer to participants.
- It is essential that participants help anyone in danger and alert the nearest checkpoint or contact the Organization.

3. PARTICIPATION

3.1. Participation age

- Participation for all distances in the event Oh Meu Deus® Ultra Trail® Serra da Estrela is open to any participant over the age of 18.
- Seventeen-year-olds are allowed to take part in OMD20. However, they must ask the Organization for authorization by emailing info@horizontes.pt, which must be signed by their parents or guardians.

3.2. Registration regularized

- Insert in the website platform at <https://horizontes.pt/certificado-medico/> the medical document (mandatory document) attesting to your physical condition to participate in the OMD100 and OMD160 distances.
- The Term of Responsibility is compulsory for all participants and is accepted by the participant during the registration process.
- In order to take part in the race, the athlete must have previously registered by the established deadlines and accept all the rules set out in these regulations.

3.3. Physical conditions

- Be fully aware of the extent and specificity of the race and have acquired the capacity for personal autonomy to manage the difficulties and problems that can arise in this type of event, especially those related to changes in weather conditions and have the ability to be autonomous between aid stations, in relation to food, clothing and safety.
- You should be able to cope with physical and mental problems resulting from extreme fatigue, digestive problems, joint problems, muscle pain, etc.
- Be aware that it is not the Organization's role to help a participant overcome these problems and that this depends mainly on their ability to adapt to the problematic situations arising from this type of event. Therefore, the primary safety of athletes basically depends on the quality of the materials/equipment they have.
- Inform the Organization of any health problems you have, such as: diabetes, hypertension, asthma and other chronic illnesses, etc, so that adequate first aid can be provided, if necessary.
- The Organizer reserves the right to exclude from the event, even before it starts, any participant who, through their behavior, conditions the management and/or its proper functioning. If this happens, the athlete will not receive a refund.

4. REGISTRATION

4.1. Registration process

- You can register using the specific form available at: <https://stopandgo.net/events/oh-meu-deus-2025> and find more information at <https://horizontes.pt>.
- If you have any questions about registration, please contact info@horizontes.pt or +351 274673139.
- During the registration process, payment can be made by ATM reference, MBWAY or credit card of the participant's choice.
- Registration closes on May 18, 2025.
- In the athlete's area you can request an invoice up to 72 hours after payment. In this case, you must enter the TIN you want for the invoice. If you don't enter your TIN, the invoice will be issued in the name of the Final Consumer. After 72 hours from payment, the Organization cannot make changes to invoices.
- For registration to be valid and to benefit from the amount of each of the phases, payment must be made by the registration deadline.
- Once the payment has been processed and validated, a confirmation email will be sent and the athlete's name will be added to the entry list.

- O The registration and verification process is carried out manually, so it may not be immediate.
- Except in cases where the race is cancelled for reasons attributable to the Organization, there will be no right to a refund of registration fees.

4.2. Fees and registration periods

Race	11/15/24 to	01/16/2025 to	05/01/25 to
	01/15/25	04/31/25	05/18/25
OMD20	31€	37€	42€
OMD50	58€	68€	74€
OMD100	95€	116€	137€
OMD160	116€	137€	168€
Walk	15€	20€	25€

4.3. Cancellation conditions / change of registration / refund

- Organizing sporting events is an extremely demanding and costly process, involving many activities and requiring resources to cover fixed costs (salaries, fees, taxes, rental of premises and storage, maintenance of equipment and vehicles, subscription to external services such as the press, logistical costs, etc).
- If you request to change your entry to a shorter distance, the difference will not be refunded.
- If you request a change to a longer distance, you must pay the difference indicated in the regulations, on the date of the request.
- The request for an exchange must be sent, exclusively by mail, by the athlete with a valid registration, who will receive a reply with the procedure for completing the exchange.
- In case of a participant withdrawing, a percentage of the entry fee will be refunded according to the following table:

Cancellation	Refund percentage
Until March 31, 2025	60%



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Until May 17, 2025	30%
From May 18 (inclusive)	No refunds

Note: No registration fee will be transferred to the following year's edition or another Horizontes event.

4.4. A inscrição regularizada inclui:

- Personal accident insurance
- BIB
- Official event gift
- Finisher's medal for those who complete the event
- Supply of solids and liquids while in competition
- Medical and/or nursing assistance at the finish line and at the indicated aid stations
- Offer of registration, in 2026, to the winners (1st place) of each distance

4.5. Services provided

- For the OMD50 distance, the Organization will provide transportation from Seia to the village of Sazes da Beira, where the race starts.
- For the walk, the Organization will provide transportation from Seia to Vila Verde, the starting point.
- At the finish line, the Organization will provide athletes with massages and refreshments.
- Showers will be available
- There will be 'hard floor' in the pavilion (you should bring your own mattress)

4.6. Insurance

- The Organization takes out compulsory insurance, in accordance with Decree-Law no. 10/2009 of January 12, for this type of race, and its premium is included in the entry fee. The athletes are solely responsible for paying the insurance excess in case of an accident.
- The insurance does not cover expenses relating to sudden illness or any other incident that is not the result of an accident.
- Claims must be reported to the insurance company no later than eight working days, after the date of the accident. After this date, the insurer reserves the right not to accept the claim.

- Any and all expense documents relating to a claim that has already been reported, will be paid in advance by the respective claimant (participant) and the originals sent to the insurer for subsequent reimbursement.
- The Organization will not assume the costs of claims, of which it did not become aware in time to make the report. If the participant goes on their own to seek hospital care without any knowledge of the Organization, the insurance will not be activated, and the participant will have to bear 100% of the expenses they incur.
- Although the Organization provides insurance for all participants, it is advisable to have personal insurance that covers trail-running and that, at the time of assistance, check which insurance is the most advantageous in covering the expenses arising from the situation.

4.7. Image rights

- Acceptance of these regulations implies that the participant authorizes the race organizers to record all, or part, of their participation in the race. It also implies their agreement that the Organization may use the athlete's image for the promotion and dissemination of the race in all its forms (radio, written press, video, photography, internet, posters, social media, etc.), assigns all rights to its commercial and advertising exploitation that it deems appropriate to carry out, without the athlete's right to receive any economic compensation.

4.8. Complaints

All complaints must be submitted in writing, signed and handed in before the closing ceremony, with any irregularities demonstrated by video footage or photographs or witnesses.

4.9. Interpretation of the Regulation

- Participants registered for the OMD® Ultra-Trail® Serra da Estrela agree to take part in the competition voluntarily and under their own responsibility. Therefore, they exempt, waive, and agree, not to claim or demand from the Organization, collaborators, authorities, sponsors and other participants any responsibility towards them and their heirs, in everything that exceeds the coverage of their responsibilities, that of their collaborators and participants.
- All doubts about the interpretation of the Regulations and other cases related to the race, will be analyzed and decided by the Event Organization.
- It is the sole responsibility of the Organization to approve any corrections it deems appropriate at any time, which will be published on the Internet, on the event's official website, in the participant's guide and at the secretariat.

- Should these Regulations be published in other languages and in the event of any doubts regarding their interpretation, the Portuguese text will be the only one considered valid.
- In case of bad weather and/or for safety reasons, the Organization reserves the right to interrupt, change timetables, suspend or cancel the event on the scheduled date and place. In such cases, there will be no reimbursement to competitors of amounts already paid or to sponsors.
- Any cases not covered by these regulations will be resolved by the organizing committee, whose decisions cannot be appealed.
- The Forum of Justice of the organizers' domicile is hereby established.

RULES RELATING TO THE COMPETITION

5. PRESENTATION OF THE RACES

- This event will have 4 distances: **OMD20**, **OMD50**, **OMD100** and **OMD160**.
- The **OMD20** race will be in a circular format, starting and finishing in Seia on Saturday, June 7, at 9am.
- The **OMD50** race will be in a linear format, starting in the village of Sazes da Beira and finishing in Seia, on Saturday, June 7, at 8am.
- The **OMD100** race will be in a circular format, departing on Friday, June 6, at 10pm and arriving in Seia.
- The **OMD160** race will be in a circular format, starting on Friday, June 6, at 11am and finishing in Seia. (In this distance, the athlete who finishes in 34 hours will be able to cover another 40 kilometers and complete the total of 200km within the 44-hour limit).
- Anyone who completes the 200km (**OMD160 + 40km**) within the 44-hour time limit will be awarded the title of **VIRIATE**.
- The walk will be in linear format, starting in Vila Verde.
- Meeting point: Seia, 8am, at a location to be announced
- Estimated time of arrival: 1pm
- Level of difficulty: easy-medium
- Transportation to the place of departure.
- For reasons of force majeure, routes and timetables may be altered.



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5.1. Distance data

Race	Distance	D +	D-	Maximum time	ATRP	ATRP grade
OMD160 VIRIATO	159 km	8990 m	8990 m	44h	Trail Ultra Endurance XL	3
	40,9 km	2048 m	2048 m	44h	-	-
OMD100	99,7 km	5900 m	5900 m	26h	Trail Ultra Endurance	3
OMD50	57,71 km	3570 m	3600 m	15h	Trail Ultra	3
OMD20	26,4 km	1380 m	1380 m	11h	Trail Sprint	4
Walk	15km	472m	472	***	***	***

5.2. External help

- Supporters, or responsible team members, will be allowed near the refreshment points, but may never interfere with other athletes in the race.
- Supporters will not be allowed to collect food from the refreshment points; it will only be handled by the organizers.
- No athlete may be accompanied for all or part of the route by unaccredited people.
- The circulation of team support cars on the course will also be prohibited, and they must remain at the finishing points of the Support Bases.

5.3. BIB

- The athlete's number is personal and non-transferable and must be visible at all times during the race. It must be positioned on the clothing, in the chest or abdomen area.
- The athlete must bring their own pins or belt.
- Only participants with a visible bib will have access to the Support Bases.

5.4. Route description

- The OMD® Ultra-Trail® Serra da Estrela routes are mostly made up of paths, trails, footpaths, irrigation channels, unpaved forest roads and small stretches of asphalt. The routes use public roads, whether on or off-road, pass through towns and villages and use access roads that pass through private properties. The routes will not be closed for

the races, so participants should take into account the fact that there may be vehicles, people and animals moving in either direction on the race routes.

- The racecourses cross some roads and sometimes cross them perpendicularly. Participants should pay the utmost attention when crossing roads.
- There will be no road traffic disruption, participants must comply with the traffic rules in towns and on public roads, as well as respecting agricultural areas and private property, failing which they will have to assume potential damages and compensation resulting from their non-compliance.
- There will be places on the routes where there may be gates that participants will have to open and close. Whenever a participant comes across a closed gate, they must leave it the way they found it, i.e. closed.
- The Organization will provide GPS tracks of the race routes. However, the signs placed on the ground will always prevail.
- Most of the signs will be orange ribbons with a reflective band, but flags and signs will also be used. In 95% of cases, the signs will be on the right. Ribbons on the left-hand side of the route indicate that you are going to change direction.
- Never walk more than 200 meters without seeing signs, in which case turn back until you find the last tape or sign. If you can't find the last signpost, contact the Organization immediately.
- Participants can leave the course whenever they want, without any penalty, as long as they return to it from the same point where they left it.

5.5. Mandatory material

- This list may be subject to changes, which in this case will be communicated in the Participant's Guide, which supersedes the Regulations.
- Any participant who starts the competition with poles must carry them to the finish line. It is expressly forbidden to access or leave the poles anywhere on the course.
- For safety reasons, participants are advised to check their equipment, to ensure that it is in perfect condition for the race.

Mandatory material	OMD 160	OMD 100	OMD 50	OMD 20
BIB to be placed on the chest, abdomen and visible throughout the course	x	x	x	x



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Water tank with a minimum capacity of 1 liter	X	X	X	X
Thermal blanket (min. 100x200)	X	X	X	X
Waterproof jacket	X	X	X	
Cell phone operational for making/receiving calls	X	X	X	X
Food reserve	X	X	X	X
Whistle	X	X	X	X
Lights - front and rear	X	X		
Pins or holders	X	X	X	X
Cup (the organization will not give out cups at the bases)	X	X	X	X
Bowl (the organization will not provide disposable plates and cutlery at the bases)*	X	X	X	

* For reasons of sustainability, no plates, spoons or cups will be provided. Each athlete should bring the container they deem appropriate for their food (preferably one that also serves hot food).

5.6. Recommended material

- Long pants that at least cover the knee
- Waste carrier, whether or not integrated into the backpack
- Gloves, hat, cap or buff (according to the weather forecast)
- Poles (please do not leave them at gas stations or put them in bags)
- Bandage or elastic band, sunscreen, Vaseline or anti-friction cream, sewing kit
- Antacid for digestive problems
- Chocolate bars, energy bars, pieces of fruit.
- Sachets of salt and sugar
- Cash (to cover any unforeseen circumstances)
- Windbreaker (according to the weather forecast)

5.7. Penalties

- The race directors, medical team and control chiefs present at the controls are responsible for applying the rules and regulations governing the race and are therefore authorized to apply the disqualifications set out below:

- Failure to comply with these regulations.
- Do not complete the entire course.
- Deteriorate or dirty the environment through which you pass.
- Do not carry your number clearly visible.
- Ignore the Organization's instructions.
- Any unsportsmanlike conduct.

NOTE: In future editions, the Organization will prevent the registration of participants who fall under any of the last two points

5.8. Rankings | Prizes

- The age categories will be defined automatically according to the data provided by the participants at the time of registration and taking into account the ATRP regulations.

- The team classification will be based on the sum of the top 3 overall finishers, with the team with the lowest score winning.

- Prizes will be awarded to the top 3 overall solo winners in the respective men's and women's categories for the **OMD160**, **OMD100**, **OMD50** and **OMD20** distances.

- Trophy, without distinction of position or category, for the **VIRIATES**.

NOTE: Under no circumstances will a trophy or medal be sent by courier.

5.9. Ranking by category

There will be classifications for the respective Men's and Women's categories for all distances, in accordance with ATRP regulations.

Prizes will be awarded to the top 3 winners in the respective categories for Men and Women.

M Juvenile and F Juvenile - 16 and 17 years old

M Júnior and F Júnior – 18 and 19 years old

M Sub 23 and F Sub 23 – 20 to 22 years old

M Seniores and F Seniores – 23 to 34 years old

M35 and F35 - 35 to 39 years old

M40 and F40 – 40 to 44 years old

M45 and F45 – 45 to 49 years old

M50 and F50 – 50 to 54 years old

M55 and F55 – 55 to 59 years old

M60 and F60 – 60 to 64 years old

M65 and F65 - 65 to 69 years old

M70 – more than 70 years old

NOTE: Considering the provisions of the ATRP Regulations, for the purpose of ranking and scoring athletes in the classes, the athlete's age on September 30th of the current competitive season will be taken into account.

Ex: An athlete who turns 40 on October 31st, will be classified in the M40 age group throughout the circuit.

RULES RELATING TO LOGISTICS

6. TIME CONTROL METHODOLOGY

- All races will use an electronic time control system, with a chip attached to the bib.
- At the checkpoints there will be a device to record the passage of athletes.

7. SUPPORT BASES AND CONTROL

- The Support Bases and Control are obligatory crossing points and are located in places outlined by the Organization. There will be an official from the organization at each of these checkpoints.
- Failure to pass in one or more checkpoints, will result in the participant being disqualified.
- During the race there may be “surprise controls” to ensure full compliance with the established course. Their position will obviously not be communicated by the Organization.
- Abandonments must be made only and exclusively at aid stations. In the event of an accident or injury, in which the participant is immobilized and cannot reach an aid station, they must activate the rescue operation by contacting the Organization.
- The Organization's emergency contact number will be printed on the participant's bib/shirt and should also be saved in advance on the participant's cell phone.
- The Organization reserves the right to change the route and the position of the checkpoints / aid stations, at any time, without prior notice. In case of severely adverse

weather conditions, the start may be delayed by a maximum of two hours, after which the race will be canceled. There will be no right to a refund.

- During the race, in the event of bad weather and for safety reasons, the Organization reserves the right to modify the time barriers and/or to suspend, reduce, neutralize or stop the race. There will be no right to a refund.

- Please bear in mind that, due to problems associated with the environment and type of event, it may be necessary to wait for assistance for longer than expected. Therefore, the primary safety of athletes depends basically on the quality of the materials/equipment they have.

- Participants must abide by the decisions of specialized medical personnel.

8. TIME LIMIT

- All the races are single stages with a time limit.

- The cut time is calculated to allow participants to reach the finish line in the time limit imposed, already taking into account possible stops (rest, refueling, etc.).

- All **OMD100** and **OMD160** aid stations will have cut times.

- The **OMD20** and **OMD50** aid stations do not have cut times.

- To be allowed to continue in the race, participants must leave the checkpoint before it closes, otherwise they will be prevented from continuing and will consequently be disqualified.

- If the athlete decides to continue on the course, it will be at their own risk and they will have to hand in their chip/bib and/or tracker to the Organization.

- We would like to warn that signposts may no longer be found, as the race "sweepers" will lift the tapes as you pass.

9. DROP BAGS | SUPPORT BAGS

For **OMD160** there will be a change of clothes in Vide and Alvoco.

- Bags must be handed in by 10:30 am, duly identified (Organization provides the bag, stickers with bib number, name of the Life Base and athlete's name).

- All bags will be transported to the finish line after the aid station closes.

- The Organization is not responsible for the bags contents.

- The bags will only be handed over on presentation of the bib.

For **Viriato** there will be the possibility of a change of clothes in Seia, in which case you should request the bag and the sticker.

For the **OMD100** there will be a change of clothes in Alvoco.

- The bags must be delivered by 9:30 pm, duly identified (Organization provides the bag, stickers with bib number, name of the Life Base and athlete's name).
- All bags will be transported to the finish line after the aid station closes.

10. SUPPLY LOCATIONS

- The aid stations will have liquids for immediate consumption. The Organization provides pure water to fill water bottles or bags. The athlete must ensure that they have the quantities of water and food they need from each aid station to reach the next refueling point.
- Support staff (1 per athlete), will have to provide this support outside the aid stations, if space is tight.
- No cups, plates, bowls or cutlery will be provided at refueling points, in order to protect the environment, we will not provide disposable utensils.

11. INFORMATION

Where to sleep, eat, what to do and places to visit

More information in: <https://visitseia.pt/#>