

ADMINISTRATIVE RULES

1. ORGANIZATION

- The PT281® Ultramarathon is co-organized by Horizontes Turismo Desportivo e Viagens and Associação Interior Convida.
- The event will take place from July 17 to 20, 2025.

2. ACCEPTANCE OF RACE RULES AND ETHICS

- Participation in the PT281® Ultramarathon 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

- Everyone aged 20 or over at the time of registration.
- Although there are no restrictions on taking part in the race, it is highly recommended that you have already taken part in other long races (100km or more) over several days.
- The organization reserves the right not to accept registration if it considers that the person concerned does not meet the minimum requirements to take part in it.

3.2. Registration regularized

- Insert a medical document certifying your physical condition at <https://horizontes.pt/certificado-medico/>.
- The Term of Responsibility is compulsory for all participants and is accepted by the participant during the registration process.
- To take part in the race, the athlete must have previously registered by the established deadlines and accept all the rules contained 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 and 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 depends basically on the quality of the materials/equipment they have.

- Inform the Organizer of any health problems you may have, for example: diabetes, hypertension, asthma and other chronic illnesses, so that, if necessary, first aid can be given appropriately.
- The Organizer reserves the right to exclude from the event, even before it starts, any participant who, through their behavior, conditions management and/or its proper functioning. If this happens, the athlete will not be reimbursed.

4. REGISTRATIONS

4.1. Registration process

- Registration is carried out using the specific form available at: <https://stopandgo.net/events/pt281-ultramarathon-202>, and you can find more information on the <https://horizontes.pt/pt281> website.
- If you have any questions regarding registration, please contact us at: info@horizontes.pt or +351274673139.
- During the registration process, payment can be made by ATM reference, MBway or credit card of the participant's choice.
- Registration closes on June 30, 2025.
- In the athlete's area you can request an invoice up to 72 hours after payment. In this case you must inform the TIN you want to out in the invoice. If you don't enter your TIN, the invoice will be issued In the name of the Final Consumer. After 72 hours of payment, the Organization cannot make changes to invoices.
- For payments in installments, send an email to info@horizontes.pt for more information.
- For phased payments, the first installment will be €100.
- For registration to be valid and to benefit from the value of each of the phases, payment must be made by the registration deadline.
- Once payment has been processed and validated, a confirmation email will be sent and the athlete's name will be added to the entry list.
- The registration and entry 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

Category	11/15/24 to 01/15/25	01/16/25 to 04/30/25	05/01/25 to 06/30/25
Solo	395€	451€	519€
Team 2	697€	697€	697€
Team 4	950€	950€	950€

4.3. Conditions for cancellation/exchange of registration

- No changes to participants' data will be allowed after June 30, 2025.
- The exchange request must be sent exclusively by email, by the athlete with a valid registration, who will receive a reply with the procedure for completing the exchange.
- In the event of a participant withdrawing, a percentage of the registration fee will be refunded according to the following table:

Cancellation	
Until March, 31/2025	60%
Until May, 15/2025	30%
From June, 30 (including) on	There will be no refunds

NOTE: No registration fee is transferred to the following year's edition or any other Horizontes event.

4.4. Regularized registration includes:

- Attendance gift.
- Assistance and liquid and solid supplies at all Support Bases.
- Protection and rescue service throughout the race.
- Transfers from Proença-a-Nova to Belmonte, on July, 17/25.
- Finisher's prize.
- Consecration party.
- Personal accident insurance.
- Massages and Red Cross nursing services at some of the Support Bases.

4.5. Services available

- Transfers from Lisboa to Vila Velha de Ródão (Train), on July, 16/25.
- Transfers from Vila Velha de Ródão to Proença a Nova (Bus), on July, 16/25.
- Transfers from Proença-a-Nova to Vila Velha de Ródão (Bus), on July, 21/25.

- Transfers from Vila Velha de Ródão to Lisboa (Bus), on July, 21/2025.

Amount per athlete – 50€

4.6. Insurance

- The Organization contracts 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 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 that they have personal insurance that covers trail-running and that at the time of assistance, they 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 organizers of the race 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. Interpretation of the Regulation

- Participants registered for the PT281® Ultramarathon agree to take part in the competition voluntarily and under their own responsibility. Therefore, they exempt, waive, 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.
- If these Regulations are published in other languages and if there are any doubts about 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 money 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 domicile of the organizers is hereby established.

RULES RELATING TO THE COMPETITION

5. RACE PRESENTATION

- The PT281® Ultramarathon is a foot race in a natural environment, covering forest trails, country lanes, dirt roads and asphalt. The route passes through the historic and natural landscape of Beira Baixa - Portugal and starts at Belmonte Castle and finishes in Proença-a-Nova.
- The total length of the route is 281 km, 6,733 D+ and with a time limit of 66 hours for completion, in a nonstop regime, with the use of GPS and in semi-autosufficiency. It crosses 7 municipalities at an extremely hot time of year, with temperatures between 30° and 50°.

5.1. PARTICIPATION / FORMS OF PARTICIPATION

INDIVIDUAL

- Participation is by one athlete only.

TEAMS (RELAYS)

- Participation is possible in teams of 2 or 4, male, female or mixed, in relay form.
- The first athlete to set off, has to cover the first 2 bases from Belmonte to Penamacor.
- The second athlete, has to cover the bases from Penamacor to Idanha a Nova.
- In relay races, the exchanges are at the discretion of each team and are only possible at the support bases 2, 4, then 5, 6 and 7.
- The remaining bases are at the discretion of the participants.
- Each runner must make at least one connection between checkpoints.

- Registered teams will have to provide their own transportation between the support bases of their members. The Organization is exempt from this obligation. Only one competitor may be in the race. The substitute must go to the announced substitution point and make the change.
- It is up to the athletes to confirm the arrival and announce the departure of the other member.
- Regardless of whether they are running a shorter distance, all obligations remain the same as if they were a solo athlete.
- The withdrawal of a member does not prevent the remaining participants from continuing in the race. However, they will not be classified and will not have finisher prizes.
- The support bases with food, will be for the athletes in the race and not for the other participants who are not in the race. Remember that only the participant in the race needs to eat, as they have no chance of obtaining food outside the bases. The other participants are on the move with their own vehicles and can easily obtain food.
- Only 1 GPS will be used, and this will be the token for changing athletes.

5.2. Outside help

- Support along the route, when premeditated, is prohibited and immediately disqualifies the participant. However, all runners can buy and receive solid and liquid food at the places they pass, in the latter case, as long as it is not premeditated.
- Each runner is allowed a maximum of two assistants at the support bases. The assistants must not disturb the other runners or the volunteers working there and must carry the identification provided by the Organization.
- The presence of support teams is only allowed for a maximum of two elements inside the Bases and only with the presence of the participant.
- The runner must enter the Bases and take out the drinks and food they need and then head to their support area.

NOTE: Assistants may not consume the food and drink intended for the runners, unless the organization sees fit and is able to offer it.

5.3. Pace runner

- On the last stretch, between the last support base and the finish line, anyone will be allowed to run with the athlete.
- They may only accompany the athlete, without assisting them with any other type of help, such as: carrying the rucksack, pushing or towing the athlete.
- Pace runners are prohibited on the rest of the PT281® Ultramarathon route.

- Non-accredited people are not allowed to run alongside the participant. Whenever this happens, demand that they move away. Only in this way will you be helping them to finish the race unblemished. The penalty in these cases is disqualification.
- Participants who sign up only to serve as a “hare” for someone else, whenever they are identified as such, will be obliged to withdraw from the race.
- Members of the support team are only allowed to run in the 200 meters before and after the support bases, except in the last stretch between Montes da Senhora and the finish line, where they can accompany the runners along that specific route.

5.4. BIB

- Each bib will be given out individually and on presentation of photo identification. Participation badges will not be given to anyone other than the runner.
- The support teams will be given identifiers for their own use and in their vehicles.
- The athlete's identification must be visible from the front or back.
- The identifiers of the support teams must always be legible.
- The bib is required for access to transport services, catering, rescue and rest areas, bags, etc.

5.5. Route description

- The PT281® Ultramarathon routes are mostly made up of paths, trails, unpaved forest roads and large 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 therefore 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 race courses 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 when sending out the Participant's Guide.
- Participants can leave the race course whenever they want and will not be penalized if they return to it from the same point they left.

5.6. Mandatory equipment

When entering the race, each runner undertakes to bring all the mandatory equipment. Failure to comply with any of these obligations will disqualify the participant.

- Backpack
- GPS and spare batteries
- Identification document (can be a copy)
- Water tank with a minimum capacity of 1.5 liters.
- Lights - front and back
- 2 Survival blankets
- Whistle
- Operational cell phone (add the organization's security numbers. Do not hide the number and check that the battery is fully charged before leaving)
- For reasons of sustainability, disposable materials such as plates, spoons/forks or cups will not be provided. Each athlete should bring the container they deem appropriate for their food (preferably one that also serves hot food).

5.7. Recommended equipment

- Hat
- Change of clothes
- Pocket knife
- Sunscreen
- Sunglasses
- Insect repellent
- Anti-friction cream

5.8. Penalties

- Disqualification means that the runner must leave the race immediately. If the runner decides to continue, it will be at their own risk.
- Penalties will be applied by adding 4 hours to the final time, thus allowing the runner to complete the race.
- Irregularities demonstrated by video footage or photographs sent to the organizers, even after the race, may result in disqualification or penalties.
- Along the route, authorized personnel of the Organization are authorized to check compliance with the regulations by the runners and immediately inform the race direction of any violations that occur. They may apply the penalties specified below:

- Absence of mandatory safety equipment: whistle, survival blanket, two fronts, water tank with a minimum capacity of 1.5 liters, operational telephone

4 HOURS TIME PENALTY

- Runner, or support crew, who litter the ground

DISCLASSIFICATION

- Use of means of transportation; sharing or exchanging bib numbers; failure to pass a support base; failure to help a runner in difficulty; insulting language, bad manners

DISCLASSIFICATION

- Using paths other than those signposted for the race, intentionally obstructing the course (decision of the Race Director)

4 HOURS TIME PENALTY

- Runner or support crew who litter the ground

DISCLASSIFICATION

- Using means of transport; sharing or exchanging bib numbers; not passing a support base; not helping a runner in difficulty; insulting language, bad manners

DISCLASSIFICATION

- Using paths other than those signposted for the race, intentionally shortcutting the route (decision of the Race Director)

4 HOURS TIME PENALTY

- Disobedience to the orders of the race director, doctors or other elements identified as Organization

DISCLASSIFICATION

- Leave a support base after the established deadline

DISCLASSIFICATION

5.10. Rankings | Prizes

- The winner of the race will be the runner, or team, that needs the shortest time to reach the finish line.
- There are no cash prizes.
- **Each runner who completes the race will be given a finisher's prize.**
- **A general ranking will be drawn up of all participants, as well as rankings for men and women, doubles (both male and female) and mixed teams**
- **Prizes will be awarded to the top 3 men and women in the general classification.**

- The solo winners will be recognized as the absolute winners of the PT281® Ultramarathon. All others will have to add the relay category.

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

- Along the route there will be aid stations, Support Bases, with food and drinks that must be consumed on the spot. Each runner must ensure that they have the necessary amount of food and water to be self-sufficient until the next station.
- Participants must confirm that they have passed through all the support bases
- Only runners with a visible bib number will have access to the aid points.
- The Organization reserves the right to carry out checks at any time along the route.

8. SAFETY / MEDICAL ASSISTANCE / REST

- In some support bases there are the services needed to help anyone in difficulty.
- Rescue teams are authorized to remove from the race, by any means at their disposal, any runners they believe to be in danger.
- Any runners who request the services of a doctor or rescuer, submit to their authority and undertake to accept any decisions made.
- At support bases, runners can stop for an extended rest, as long as they leave within the time limit set as a cut time.
- Sleep is essential for your comfort and safety.
- Whenever you need to sleep outside the support bases, you must notify the Organization or do so very close to the course line, preferably in a place where runners can see you as they pass by.
- At the support bases marked by the Organization, you can not only sleep but also shower. Some of these places will have showers with hot or cold water to recharge your batteries.

9. TIME LIMIT | CUT TIME | WITHDRAWALS

- The maximum time to complete the race is 66 hours.
- The cut time for entering and leaving each of the main support points will be indicated in the Participant's Guide.
- These times are calculated in such a way as to allow participants to reach the finish line within the set time limit.
- The cut time takes into account refueling and rest stop times.
- To be allowed to continue with the race, runners must enter and leave the support bases within the time set by the Organization.
- Runners who decide not to continue the race must proceed, whenever possible, to the nearest support base and inform the organizers of their decision.

10. RUNNERS' BAGS (DROP BAGS)

- **The Organization will give all participants stickers and drop bags, with their respective bib numbers, to identify the bags that will be transported to the various support bases. It is up to the athlete to put the number of the support base where they want the bag.**
- **Fragile or valuable items should not be placed in bags.**
- **If you need items at the finish line, please do not put them in intermediate support bags. These should be carried from the start to the finish.**
- **The drop bags can only be handed in on the last day of the race. Only in exceptional cases will the bags be transported to the finish line before the last participant passes the support base.**
- **The Organization declines any responsibility for the loss or damage of any objects during transportation. Instead, it ensures the utmost care is taken with any belongings handed in.**

11. CHANGES TO THE COURSE / CUT TIME / RACE CANCELLATION

- 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 cut times.
- In case of bad weather and/or for safety reasons, the Organization reserves the right to postpone the start of the race by a maximum of 5 hours. After that, the race will be canceled.

- It also reserves the right, for reasons of force majeure, to interrupt, change times or suspend the race on the scheduled date and place. In these cases, there will be no reimbursement to the competitors of amounts already paid, or to sponsors.

12. GPS

- As well as acting as your guide on the ground, the GPS will be used to confirm your route. Failure to hand in the equipment, if requested, at the end of the race to download it will result in disqualification.
- This equipment is compulsory, and its main requirement must be its autonomy and the ability to record at least 10,000 points.
- It must be possible to change the batteries at any time during the race.
- The GPS is the only guarantee that the route taken is the correct one.
- The Organization will provide the tracks in advance so that they can be analyzed and entered into the GPS. If you still have any doubts, don't worry, the Organization will have a solution to help you.

13. GPS TRACKS / PARTICIPANT'S GUIDE

- GPS, KML or GPX files, cut times and other information, are available on the event's online page.
- For the safety of competitors, the Organization will provide them with devices to monitor their geographical position (Geolocator).
- Any damage to the geolocator when it is returned to the Organization, or its disappearance, is presumed to be attributable to the competitor who was carrying it.
- Failure to return it or the return of the damaged device at the end of the race, will oblige the competitor who was carrying it to pay for its repair or replacement, which may amount to 150€ (one hundred and fifty euros).
- Any competitor who refuses to transport the tracker or fails to transport it to the place indicated by the Organization, will have their stage cancelled.