

STE

MONTEPIO
SINTRA TRAIL
X'TREME

REGULATION 2018



Associação Mutualista
Montepio
Juntos por todos



COM O APOIO:



STE - MONTEPIO SINTRA TRAIL X'TREME

REGULATION / 2018

1. EVENT PARTICIPATING REQUIREMENTS

1.1. RACES

1.1.1. STE - MONTEPIO SINTRA TRAIL X'TREME / 31KM

Open to all Nationalities and gender according with the age groups defined in **4.1.**

The **STE - MONTEPIO SINTRA TRAIL X'TREME** was awarded with 2 ITRA points - <http://www.i-tra.org/> and so it's an **UTMB®** qualifying race.

1.1.2. STE - MONTEPIO SINTRA TRAIL X'PERIENCE / 12KM

Open to all Nationalities and gender according with the age groups defined in **4.1.**

1.2. NON COMPETITIVE HIKING / 8KM

Open to all Nationalities and gender with no minimum age required. When minor it's necessary to be accompanied by a supervising adult.

HIKING track is not marked and so it's mandatory to follow the guides.

NOTE: By participating in one of the above mentioned events the participant accepts this regulation and the term of consent issued in 14.

1.3. REGISTRATION

Registration has to be made on the official website of the organization: <http://www.decilvesublime.pt>

1.4. PHYSICAL CONDITIONS

The **STE - MONTEPIO SINTRA TRAIL X'TREME** is a hard and very demanding technical race suited to experienced Trail Runners.

The **STE - MONTEPIO SINTRA TRAIL X'PERIENCE** is a race suited to those with a lower level of experience or to those who want to participate on a faster race.

The non competitive **HIKING** is suited to all although the participants should be able to walk 8km on forest roads with irregular terrain. When minor the participant needs to be accompanied by a supervising adult.

1.5. ASSISTANCE TO RUNNERS

External assistance to runners is not allowed.

The races are semi autonomy ones.

1.6. RACE BIB

Race bib has always to be visible at the front.

2. THE RACE

2.1. ORGANIZATION

The goal of the organizing company DECLIVE SUBLIME is to show to the growing Trail Running aficionados the best of what Sintra Natural Park has to offer.

A very demanding track created in 2014 has been developed and adapted to this race and includes passages inside outstanding beautiful private properties only accessible to the participants of the event.

The **X'TREME** concept has to do with the beauty of the track with it's technical difficulty and the ability to overcome the challenge. Not with the high level of risk for the participants.

Supporting partners are Sintra Town Hall, Sintra Cascais Natural Park, Sintra Monte da Lua Parks, E. P. Sintra and SPALD gym.

The organization has the right to change the track at any moment. In the eventuality of extreme weather conditions, the organization may suspend, reduce or cancel the races, with no right for reimbursement of the registration fee.

2.2. PROGRAM

SATURDAY, 7TH OF JULY

At Bombeiros Voluntários de São Pedro de Sintra (see **point 3.5.**)

19h00 - 21h30 / Race bib's collection (both races and hiking)

SUNDAY, 8TH OF JULY

STE - MONTEPIO SINTRA TRAIL X'TREME

At Bombeiros Voluntários de São Pedro de Sintra (see **point 3.5.**)

6h30 - 8h00 / Race bib's collection

At Bairro Estabelecimento Prisional de Sintra (see **point 6.**)

08h00 - 08h20 / Mandatory gear control

08h20 / Briefing

08h30 / Starting of the race

14h00 / Prize delivery

16h00 / End of activities

STE - MONTEPIO SINTRA TRAIL X'PERIENCE

At Bombeiros Voluntários de São Pedro de Sintra (see **point 3.5.**)

6h30 - 8h00 / Race bib's collection

At Bairro Estabelecimento Prisional de Sintra (see **point 6.**)

08h30 - 08h50 / Mandatory gear control

08h50 / Briefing

09h00 / Starting of the race

14h00 / Prize delivery

16h00 / End of activities

.HIKING

At Bombeiros Voluntários de São Pedro de Sintra (see **point 3.5.**)

6h30 - 8h00 / Race bib's collection

At Bairro Estabelecimento Prisional de Sintra (see **point 6.**)

09h20 / Briefing

09h30 / Starting of the hiking

2.3. DISTANCE / POSITIVE CLIMBING

STE - MONTEPIO SINTRA TRAIL X'TREME

31,2Km with 1650m D+

STE - MONTEPIO SINTRA X'PERIENCE

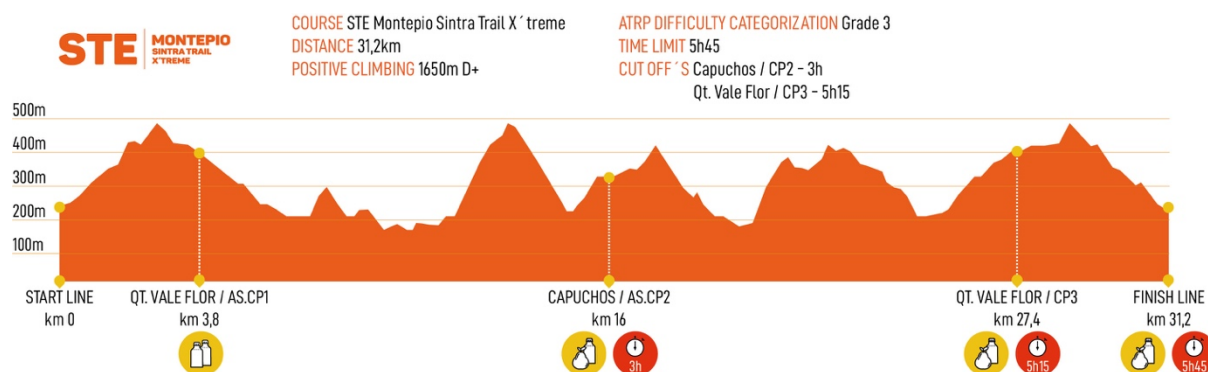
12km with 535m D+

HIKING

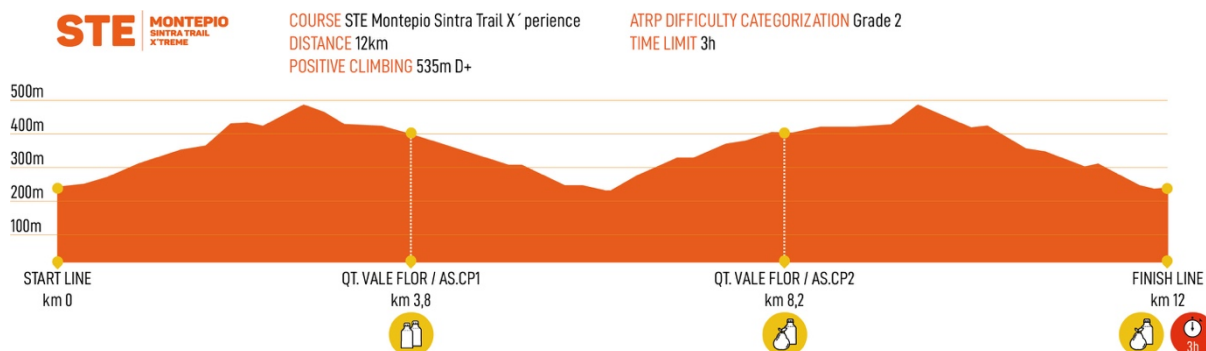
8km and 250m D+

2.4. PROFILES

STE - MONTEPIO SINTRA TRAIL X'TREME



STE - MONTEPIO SINTRA TRAIL X'PERIENCE



2.5. TIME LIMITS AND CUT OFF'S

STE - MONTEPIO SINTRA TRAIL X'TREME

Time limit of **5h45'**.

Cut off at km 16 (PAC 2) of 3h and at Km 27,4 (PAC 3) of 5h15'.

STE - MONTEPIO SINTRA X'PERIENCE

Time limit off **3h**.

2.6. DROP OUTS / DNF'S

PROCEDURES:

If able to progress go to the next aid station. Alternatively go the other pick up points to be defined on the athlete's guide that will be sent by email to all participants.

Inform the organization by calling the number printed on the race bib.

If not able to progress inform the organization by calling the number printed on the race bib and wait for the or for an element of the organization.

In case of real life emergency call 112.

2.7. CHECK POINTS

STE - MONTEPIO SINTRA TRAIL X'TREME

CHECK POINTS	KM
CP1	3,8
CP2	16
CP3	27,4
Manual	Several

STE - MONTEPIO SINTRA TRAIL X'PERIENCE

CHECK POINTS	KM
CP1	3,8
CP2	8,2

2.8. AID STATIONS

STE - MONTEPIO SINTRA TRAIL X'TREME

AID STATION	KM	PRODUCTS
AS1	3,8	Water
AS2	16	Drinks and food
AS3	27,4	Drinks and food
FINISH LINE	31,2	Drinks and food

STE - MONTEPIO SINTRA TRAIL X'PERIENCE

AID STATION	KM	PRODUCTS
AS1	3,8	Water
AS2	8,2	Drinks and food
FINISH LINE	12	Drinks and food

HIKING

AID STATION	KM	PRODUCTS
AS1	4,7	Water
FINISH LINE	8	Drinks and food

2.9. MANDATORY GEAR

STE - MONTEPIO SINTRA TRAIL X'TREME

- Race Bib
- Water container(s) minimum 1000 ml
- Mobile phone
- Whistle
- Survival blanket

STE - MONTEPIO SINTRA TRAIL X'PERIENCE

- Race bib
- Water container(s) minimum 500 ml
- Mobile phone

IMPORTANT: Each participant shall use a permanente marker to previously mark with his Bib number, all packages of the nutritional items (gel, bar, etc), that will be used during the race. He shall also carry all the empty packages to the finish line or leave it at the Aid Stations trash containers

HIKING

- Race bib

2.10. RECOMENDED GEAR

- Flask(s) or container(s) minimum 2000 ml **(there will be no cups on the water points or aid stations)**
- Gloves
- Hat
- Sun protector

2.11. PENALTIES

30' PENALTY:

- 1 mandatory item missing
- Getting external help

DISQUALIFICATION:

- More than 1 mandatory item missing
- Leaving the marked track
- Not passing by a control check point
- Missing partial or total cut off's
- Not showing bib or gear when requested by the organization
- Withdraw or change the markings of the course
- Not helping another runner in distress
- Picking flowers or plants
- Leaving trash in the track

NOTE: A gear checking will be implemented before and during the race. Mandatory items have to be carried till the finish line.

3. REGISTRATION

3.1. REGISTRATION PROCESS

Go to: <http://www.declivesublime.pt>

Click on "REGISTRATION" and you will be redirected to STOPANDGO platform:
<https://stopandgo.com.pt/events/ste-sintra-trail-x-treme-2018>

To pick up your bib you need to show you ID.

Any claims should be done via email to: declivesublime@gmail.com

3.2. FEES

STE - SINTRA TRAIL X'TREME

- 20 Euros till the 30th of April
- 25 Euros after the 30th of April

STE-SINTRA TRAIL X'PERIENCE

- 15 Euros till the 30th of April
- 20 Euros after the 30th of April

HIKING

- 8 Euros till the 30th of April
- 10 Euros after the 30th of April

ATTENTION: Registration limit date is the 2th July. Same limit for registration data changes.

3.3. CANCELLATION OF REGISTRATION DUE TO INJURY

Only accepted with a medical report:

- 50% reimbursement till the 24th of June
- 0% reimbursement after the 24th of June

3.4. WHAT IS INCLUDED WITH THE REGISTRATION

- Parking
- Race Bib
- Food and drink at the refreshment posts (for the hiking participants, water at km 4 and food and drinks at the arrival area)
- "Finisher" prize (races only)
- Personal accident's insurance (see **point 12.**)
- Showers at SPALD gym 400 meters away from the finish line (races only)
- Transportation to the finish line (DNF's)
- Medical assistance and rescue

3.5. RACE BIB'S COLLECTION

At Bombeiros Voluntários de São Pedro de Sintra (Fire Station), Estrada Nacional 9, nº22, Sintra

<https://goo.gl/maps/k7k76M65JxE2>

Coordenadas: 38.782449, -9.375820



4. PRIZES AND AGE GROUPS

4.1. PRIZES

STE - MONTEPIO SINTRA X'TREME

Prizes will be awarded to the first 3 of every age group*, to the first 3 of the general male and female classification and to the best 3 teams. Team ranking will be obtained by adding the final time of the first 3 athletes to arrive to the finish line regardless from gender or age group.

The one team to register a lower total time will win the race and so on.

MALE	FEMALE
M Sub 23 / 20 a 22	F Sub 23 / 20 a 22
M Senior / 23 a 39	F Senior / 23 a 39
M40 / 40 a 44	F40 / 40 a 44
M45 / 45 a 49	F45 / 45 a 49
M50 / 50 a 54	F50 / 50 a 54
M55 / 55 a 59	F55 / 55 a 59
M60 / over 60	F60 / over 60

* The organization will take into account the age at 31st October 2018.

STE - MONTEPIO SINTRA X'PERIENCE

Prizes will be awarded to the first 3 of the general male and female classification.

Age groups: **Only for classification purposes.**

MALE	FEMALE
M Youth / 16 a 17	F Youth / 16 a 17
M Junior / 18 a 19	F Junior / 18 a 19
M Sub 23 / 20 a 22	F Sub 23 / 20 a 22
M Senior / 23 a 39	F Senior / 23 a 39
M40 / 40 a 44	F40 / 40 a 44
M45 / 45 a 49	F45 / 45 a 49
M50 / 50 a 54	F50 / 50 a 54
M55 / 55 a 59	F55 / 55 a 59
M60 / over 60	F60 / over 60

* The organization will take into account the age at 31st October 2018.

5. RECOMMENDED PARKING AREAS AND OTHER POSSIBLE PARKING AREAS

GENERAL MAP:



WALKING DISTANCES TO FINISH LINE FROM MAIN PARKING AREAS:

- **P1, P2, Race Bib's Collection, Showers and WC** / 750 m (see **pág. 14**).
- **P3** / 150 m (see **pág. 14**).
- **P4** / 100 m (see **pág. 14**).
- **P5** / 250 m (see **pág. 14**).

WALKING DISTANCES TO FINISH LINE FROM OTHER POSSIBLE PARKING AREAS:

- **P6** / 950 m (see **pág. 14**)
- **P7** / 1250 m (see **pág. 14**)

NOTE: Parking close to the finish line is not possible and so it's advisable to walk from the recommended parking areas.



P1 E P2 / NEAR BIB'S COLLECTION, SHOWERS AND WC

P1 / <https://goo.gl/maps/dDxJZJfLVaH2>

P1 / Coordinates: 38.782396, -9.375943

P2 / <https://goo.gl/maps/aVzfDDEeP6x>

P2 / Coordinates: 38.782209, -9.375402



P3, P4 E P5 / NEAR FINISH LINE

P3 / <https://goo.gl/maps/qWDF7E4F5Mu>

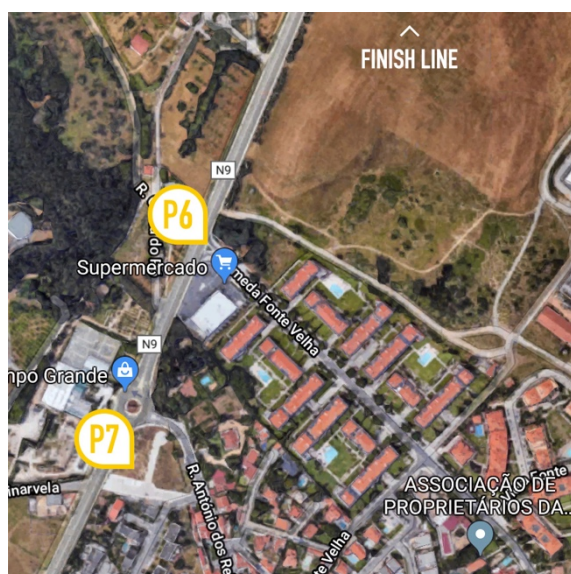
P3 / Coordinates: 38.776977, -9.373658

P4 / <https://goo.gl/maps/KPWLqHP6rB82>

P4 / Coordinates: 38.776623, -9.374408

P5 / <https://goo.gl/maps/JwvCjaToQgD2>

P5/ Coordinates: 38.778939, -9.376247



P6 E P7 / ALAMEDA DA FONTE VELHA – QUINTA DA BELOURA (NEAR ALDI) AND LINHÓ

P6 file:/// <https://goo.gl/maps/Bzniex6TG622>

P6 / Coordinates: 38.774382, -9.379589

P7 / <https://goo.gl/maps/R4iJYzxxkar>

P7 / Coordinates: 38.772551, -9.380921

6. FINISH LINE

<https://goo.gl/maps/FSDnmejM2kG2>

Coordinates: 38.776823, -9.375332



NOTE: Parking close to the finish line is not possible and so it's advisable to walk from the recommended parking areas.

7. FOLLOWING A RUNNER

ONLINE:

<https://stopandgo.com.pt/events/ste-sintra-trail-x-treme-2018>

ON TRACK / STE - MONTEPIO SINTRA TRAIL X'TREME

- Lagoa Azul / <https://goo.gl/maps/3nXqURSxFF12> / Coordinates: 38.767547, -9.396827
- Barragem Rio Mula / <https://goo.gl/maps/vEhiP63nRG52> / Coordinates: 38.763678, -9.422272
- PAC2 Capuchos / <https://goo.gl/maps/3toKkioSDED2> / Coordinates: 38.782991, -9.435787
- Finish line / <https://goo.gl/maps/FSDnmejM2kG2> / Coordinates: 38.776823, -9.375332

8. WHERE TO STAY

<https://www.tripadvisor.pt/Hotels-g189164->

[Sintra Sintra Municipality Lisbon District Central Portugal-Hotels.html](https://www.tripadvisor.pt/Hotels-g189164-Sintra_Sintra_Municipality_Lisbon_District_Central_Portugal-Hotels.html)

9. WHAT TO VISIT

- Sintra Mountains
- Sintra Nacional Palace
- Pena National Palace and park
- Mourish Castle
- Quinta da Regaleira
- Chalet da Condessa d'Edla
- More information / <http://www.sintra-portugal.com/index.html>

10. IMAGE RIGHTS

All the image rights are property of the organization of the event.

By accepting this regulation, the participant authorizes the use of its own image to the promotion of this event in all its possible forms without any time limits and without the right to any possible financial compensation.

11. PERSONAL DATA

All the participant's data will be processed by the organizing entity and used for registration as well as for insurance and classification purposes.

All participants may eliminate their data after the event by sending an email to declivesublime@gmail.com.

12. CHANGES TO THIS REGULATION

This regulation may suffer changes that will be duly communicated to all participants via email and our Facebook page:

<https://www.facebook.com/ste.sintra.trail.xtreme/>

12. LIABILITY AND INSURANCE

12.1. LIABILITY

Organization will be responsible to give assistance to all athletes and to supply transport to the finish line or to the nearest hospital in case of injury if needed.

Organization declines all responsibility in case of an accident as a result of a negligent action by the participant.

12.2. INSURANCE

Organization is insured according with the Portuguese legislation (Decreto-Lei n.º 10/2009 de 12 de janeiro), for this kind of events.

All participants are covered by a personal accident's insurance.

The insurance company is **Liberty Seguros**.

In case of injury the participant has 8 days to call the Liberty Seguros line (**800 505 112**), indicate the policy number mentioned on the athlete's guide (to be sent after closing registrations) and follow the instructions.

13. FOR MORE INFORMATION

Site / <http://www.declivesublime.pt>

Email / declivesublime@gmail.com

Facebook / <https://www.facebook.com/ste.sintra.trail.xtreme/>

STOPANDGO / <https://stopandgo.com.pt/events/ste-sintra-trail-x-treme-2018>

14. INFORM CONSENT

INFORMED CONSENT FOR THE PARTICIPATION ON THE FOLLOWING EVENTS:

STE - MONTEPIO SINTRA TRAIL X'TREME, STE - MONTEPIO SINTRA TRAIL X'PERIENCE and NON COMPETITIVE HIKING.

Through this document I state that:

1. I have read, understood and fully accept the regulation of the above mentioned events that will take place on the 8th of July 2017, published at www.decilvesublime.pt and <http://www.stopandgo.com.pt>
2. I recognize the risks and difficulty of the events, I am fully prepared to face the challenge placed by those events, and I assure that I was examined by a doctor and enjoy good health not suffering from any disease, allergy, physical defect, lesion or cardio respiratory disorder advising against taking part in the above mentioned events.
3. I have the knowledge, the technical skill and the necessary gear to guarantee my own safety gear that I will use during the entire event.
4. I commit to comply with the rules set by the organization, to keep a responsible behavior, and to respect all the instructions of the organization staff.
5. I authorize the medical services to perform on me any medical procedure or diagnostic test they may consider appropriate in any moment of the event, wheter or not I have requested it for myself, and to abandon the event if they consider it necessary to preserve my health.
6. I commit to follow the general rules of respect for Nature, environment and other persons.

NOTE: The organization will have the final decision on all issues not covered by this regulation and on its interpretation.