
REGULATION



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VERY IMPORTANT

- Ethics and essential values will be emphasized: solidarity and respect for the organization, runners, volunteers, sponsors, partners and the public, allied to a healthy sports practice.
- Aware of the immense privilege of those who can run in complete freedom on the mountain paths, it is essential to share this illusion with all those who cannot fully enjoy nature.
- Most of the trails will be covered by mountain paths, traversing trails of eight short walking marked routes. Given its unique characteristics, Marão is the most rugged of the various mountain ranges in mainland Portugal, despite its low altitude.
- When validating the registration, the athlete is fully agreeing with the present regulation.
- The veracity of the data provided is the participant's responsibility, including for insurance purposes.
- If a participant cannot participate in the event, the organization will refund the full registration fee, but only if the participant subscribes the registration insurance.
- In the event that weather conditions or reasons of force majeure make it impossible to carry out the event and lead to its cancellation, only validated registrations that subscribe to the registration insurance will be automatically transferred to the 2022 edition.
- It is only allowed to change data in the registration until the 1st of October 2021.
- With the imperative need to preserve a natural heritage of enormous wealth in view, we want that you, in full communion with nature, enjoy it, respecting and protecting it. For this reason, we ask for compliance with the competent entities guidelines.
- For sustainability reasons, liquid supplies will not be provided through bottles or cups, so each athlete is responsible for taking with them the container(s) they consider most suitable for their hydration (preferably also suitable for hot drinks).
- The organization may momentarily detain a runner or compel him to leave the race if he considers that his condition endangers his physical integrity and his safety.
- Except in case of injury or reasons of force majeure, it is only possible to leave at a gas station. You are forbidden to leave the marked route without informing the organization and being duly authorized by it. If the athlete does so, and proved that such conduct is not duly justified, he might, in both situations, be prevented from registering in future events.
- If it is impossible to cut road traffic in some passages, participants must comply with the traffic rules on public use roads, and must also respect agricultural areas

and private properties, under penalty of having to assume potential damages and compensation for non-compliance.

- When marking routes, the organization will always use reusable and recyclable material. The routes will be covered and carried out on foot until the day of the event.
- The clearance of the marked route will take place immediately after the last participant finishes (closing of “brooms”).
- The organization is not responsible for the goods left with any of the volunteers during the athlete's participation in the race.
- The organization reserves the right to change the distances and the gap if, if it chooses to do so. This gap change will never exceed 20%.
- Every participant waives the right to use their image and authorizes the organization and its sponsors to freely use and publish any photograph or video recorded in the context of the race.
- This regulation may change.

1. Participation Conditions

1.1. Participation age

The Marão Ultra Trail is intended only for athletes aged 18 or over.

1.2. Regulated registration

In order to participate in the Marão Ultra Trail, the athlete must have their registration previously regularized within the established deadlines and accept all the rules contained in this regulation. This acceptance is automatically confirmed by the simple act of registration.

1.3. Physical conditions

It is essential to have appropriate physical condition and experience for the characteristics of this event. They are demanding races, a semi-autonomy run of extreme hardness, high mileage, long duration to its conclusion, mountainous terrain, very technical, combined with great unevenness and unpredictable weather conditions. It should be noted that the terrain where the race takes place might have sudden and sometimes extreme weather changes, so athletes may be exposed to weather conditions as: heat, cold, strong wind, dense fog, snow, ice and intense precipitation. It is essential that the athlete has the notion of effort self-management, whether physical or mental, in the face of very difficult, extreme situations, to which he may be exposed, without immediate help or rescue. It is also imperative that the athlete knows how to act in case of minor injuries, gastric upset, among other normal situations, resulting from mountain activities.

1.4. Possibility of external assistance

The support to athletes by external elements to the organization will not be controlled, being allowed at any point on the route, but it is advisable that such assistance occurs only in the announced locations. There, the person in charge, for the sake of coordination, may prohibit, or limit, the access of companions to facilitate the management of the event or on the recommendation of the DGS or competent authorities. It is recommended that the athlete take a cash amount with him, in order to face any unforeseen circumstances and, if necessary, be able to obtain supplies in spaces of the villages where they will pass. Even so, it is important that the athlete has full awareness of his needs during the race, as well as his ability to solve problems in unexpected situations.

1.5. The dorsal

The dorsal is personal and non-transferable and if it is proven to be misused by another athlete, in this case, the athlete is immediately removed from the race and the two offenders will be prevented from registering for future events. During the race, the dorsal must remain easily visible to members of the organization and other entities that support and / or collaborate with it. It is recommended on the chest or waist and cannot be cut, folded or modified.

1.6. Sports conduct

Inappropriate behavior, the use of offensive language, verbal aggression or any other kind, will be reported to the authorities whenever the act deserves so.

2. The event

2.1. Presentation of the event / organization

The Ultra Trail do Marão (UTM), is a trail running event in its genuine state, under the organizational responsibility of the Associação Desportiva Marão Trail (ADMT), a non-profit association, headquartered in the Parishes Union of Amarante, Municipality of Amarante, which will take place on the 5th, 6th and 7th of November 2021.

Serra do Marão will be the biggest stage for this fantastic adventure that fearless adventurers dare to run since the 2014's launch edition, leaving completely mesmerized by these landscapes and returning year after year to fall in love again.

(learn **more** about the event [here](#))

An event that already counts in its past editions with athletes from more than three dozen different nationalities. For 2021, the Marão Ultra Trail will again have several distances to satisfy the nature enthusiasts.

2.2. Races*

The **Ultra Trail of Marão Endurance (UTME)** begins and ends at Parque Ribeirinho, in Amarante (41.266953, -8.080747).

The **Ultra Trail of Marão (UTM)** and **Trail of Marão (TM)** begins in Ansiães (41.250295, - 7.953501), Municipality of Amarante, right in the heart of Marão, and also ends in Parque do Ribeirinho, in Amarante.

The **Mini-Trail do Marão (MTM)** begins in Aldeia Velha, in the parish of Gouveia S. Simão (41.209612, 8.035779), Municipality of Amarante, na ends in Parque do Ribeirinho, in Amarante.

* the departure/arrival location may change for reasons of force majeure.

	UTM ENDURANCE	UTM	TM	M-TM
DISTANCE (Km)	110	58	27	14
GAP (G+)	7 500	4 000	1 400	300
GAP (G-)	7 500	4 300	1 750	1 000
BEGGINING (Day/H)	5.11.2021 22:00	6.11.2021 8:00	6.11.2021 9:30	6.11.2021 11:00
LIMIT (Day/H)	7.11.2021 6:00	6.11.2021 23:00	6.11.2021 17:30	6.11.2021 16:00
LIMIT (Time)	32 H	16 H	8 H	5 H
ATRP (Degree)*	3	3	3	1

*according to ATRP difficulty level— Associação de Trail Running de Portugal

2.3. Registration

Sunday, December 20th, 2020

09:00 – Opening of registrations

Sunday, October 24th, 2021

10:00 – End of registration

Friday, November 5th, 2021

09:00 – Transport by bus from Porto airport to the center of Amarante (journey lasting approximately 50 min. Only for participants who check this option when registering)

18:00 – Opening of the Secretariat

19:00 – Briefing technical UTM Endurance 110K

21:00 – Closing of the Secretariat

21:30 – Opening of the UTM Endurance 110K departure zone

22:00 – **Departure UTM Endurance 110K (Parque Ribeirinho, Amarante)**

22:10 – UTM Endurance 110K departure closing

Saturday, November 6th, 2021

06:20 – Opening of the Secretariat

07:00 – Transport by bus for **UTM 58K** athletes, from Amarante to Ansiães (trip lasting approximately 30 min., only for participants who tick this option when registering)

07:30 – Opening of the UTM 58K departure zone

07:00 – **Departure of the UTM 58K (place of Eido, Ansiães)**

08:10 – UTM 58K departure closing

08:30 – Transport by bus for **UTM 27K** athletes, from Amarante to Ansiães (trip lasting approximately 30 min., only for participants who tick this option when registering)

09:00 – Opening of the TM 27K departure zone

09:00 – **Departure of the TM 27K (place of Eido, Ansiães)**

09:40 – TM 27K departure closing

09:40 – Closing of the Secretariat

09:50 – Transport by bus for **M-TM 14K** athletes, from Amarante to Gouveia S. Simão (trip lasting approximately 30 min., only for participants who tick this option when registering)

10:30 – Opening of the M-TM 14K departure zone

11:00 – **Departure of the M-TM 14K (Aldeia Velha, Gouveia S. Simão)**

11:10 – M-TM 14K departure closing

11:50 – Arrival forecast for the first athlete of the TM 27K

12:00 – Arrival forecast for the first athlete of the M-TM 14K

12:00 – Arrival forecast for the first athlete of the UTM Endurance 110K

14:50 – Arrival forecast for the first athlete of the UTM 58K

16:00 – Closure of the finish line M-TM 14K

16:00 – Beginning of the award ceremony (Parque do Ribeirinho)

17:30 – Closure of the finish line TM 27K

Sunday, November 7th, 2021

0:00 – Closure of the finish line UTM 58K

06:00 – Closure of the finish line UTM Endurance 110K

10:00 – Closure of the event Marão Ultra Trail - UTM

15:00 – Transport by bus from Parque do Ribeirinho, Amarante, to Porto airport (trip lasting approximately 50 min., only if selected upon registration)

2.4. Altimetric map / profile

All information at: <https://maraotrail.pt/>

2.5. Time limit

If a runner withdraws they must notify the organization of their abandonment, informing their dorsal number. The voluntary abandonment of the race by the athlete is their entire responsibility. For that they will be charged with any possible damage resulting from it and thus clearing the organization of any responsibility.

Time limits for UTM races:

- UTME 110K: time limit of 32 hours;
- UTM 58K: time limit of 16 hours;
- TM 27K: time limit of 8 hours;
- M-TM 14K: time limit of 5 hours.

The conclusion of the races will be with the closure of the Winning Station at 6:00 on Sunday.

2.6. Hourly Limits

Hourly limits at the supplies surfaces will always consider the athletes' exit and not their entry into the space.

All information in:

<https://maraotrail.pt/>

2.7. Checkpoints

The number and location of the checkpoints will not be communicated by the Organization.

2.8. Time tracking

The timing control will be carried out using a chip that the athlete must validate at each checkpoint. The company [Stop and Go](#) will provide dorsels with integrated chips.

2.9. Departures and arrivals

NOTE: If the SARS-COV-2 pandemic is still on the date of the event, the are measures issued by the General Health Directorate (DGS) applied, for the safety of all those present in this and the following regulations.

In case the pandemic persists, matches will be phased. The athletes will depart in groups (yet to be defined), 30 seconds between each one

The use of epi (facial mask) will be mandatory on departure and up to 400 meters after and can then be removed in a place that will be duly marked.

The clock will start counting at the set time, with or without the presence of all the participants. Upon arrival, all participants are required to put on the Epi again.

2.10. Supplies / life base

Moments before entering the supplies surface and / or life base, it is mandatory to put the facial epi (only removing it after leaving) and to disinfect hands at the entry. All participants are advised to maintain the social distance of 2 meters and to wash hands whenever possible.

Only UTM Endurance 110K participants will be allowed to have the support of an external element in supplies. The external element must go to the supplies surface, at the same time as the athlete, to be able to provide due support.

External elements must comply with the same security rules as participants: mandatory use of epi (facial mask) during your stay in supply, hand disinfection and social distance.

The elements of the organization will manage the proper functioning of the Supplies and compliance with the security rules, namely with regard to the time spent in them, always appealing to the common sense of the involved. Except for the elements of the organization and volunteers, all others must stay at the supply surfaces only the necessary time.

Participants and external support elements should always comply with the guidelines applied by the elements of the organization.

In the living base, participants will also have a rest area available.

2.10.1. Food Supply

The races at this event are held in semi-autonomy, so it is essential that each athlete has a minimum amount of calories and liquids in order to satisfy their real needs when necessary. Along the way, there are several types of supplies:

- Light (drinks, sweet food)
- Consistent (drinks, sweet food, savory food)
- Very consistent (drinks, sweets, foods, savory food, pasta, soups)

The following food will always be available at the supply spots: oranges, bananas, chips, cookies, nuts, chocolate, tea, soup / chicken broth, water, soda and isotonic.

In addition to these, we will have other foods that will vary, through what the organization considers to be the most advisable: varied pasta, ham, cheese, aletria, cakes, energy bars, watermelon, apple, tomato, chorizo, meat, coffee, beer,...

For sustainability reasons, liquid supplies will not be provided through bottles or cups, so each athlete is responsible for taking with them the container(s) they consider most suitable for their hydration (preferably also suitable for hot drinks).

Only staff members will touch the containers with food and drinks available. **Athletes should not touch the containers.**

After supplying themselves, the athletes must go out to the Food Area, keep the social distance of 2 meters from other athletes, according to the DGS rules, and only after complying they can remove the epi to be able to feed themselves.

2.11. Individual bags for the life base

The athletes' individual bags can be deposited at Espaço Atleta, next to the Secretariat, up to 30 minutes before the departure of the UTM Endurance and duly identified with a card that will be provided with the athlete kit. The bags will then be transported to the Life Base, KM 54, in Ansiães. Until being available again for withdrawal after 16:00

on 6.11.2021. Its content will not be verified at the time of deposit, therefore, the organization will not be responsible for loss of the individual bags of the athletes. We advise you to not leave valuables inside. After the event is over, you may not claim any bag if it is noted that the athlete has not been concerned to pick it up.

2.12. Mandatory and recommended material

The control of the material can be done at any time during the race since "Zero control" until after the participant finishes the race.

It is mandatory to use the facial mask at Aldeia UTM (Parque do Ribeirinho), at the starting points of each of the races to the duly indicated supplies spots and whenever its use is justified, according to the rules issued by DGS.

MANDATORY MATERIAL	UTME 110 K	UTM 58 K	TM 27 K	MTM 14 K
Dorsal	✓	✓	✓	✓
Whistle	✓	✓	✓	✓
Rescue blanket	✓	✓	✓	✓
Operational cellphone	✓	✓	✓	✓
Facial EPI	✓	✓	✓	✓
Hooded waterproof jacket	✓	✓	----	----
2 operational frontals	✓	✓	----	----
Black red light	✓	----	----	----
Long-sleeved thermal sweater	✓	✓	----	----
Safety food reserve	✓	✓	✓	✓
Reusable Cup	✓	✓	✓	✓
Adesiva elastic band	✓	✓	----	----
Tracker GPS (fornecido pela organização)	✓	----	----	----

RECOMMENDED MATERIAL	UTME 110 K	UTM 58 K	TM 27 K	MTM 14 K
GPS system	✓	✓	----	----
Support sticks	✓	✓	----	----
Waterproof pants	✓ *	✓ *	----	----
Pirate trail pants	✓	✓	----	----
Gloves	✓ *	✓ *	----	----
Cap/Beanie	✓ *	✓ *	----	----

(*) Organization might consider mandatory at any point.

Regardless of weather conditions, participants should consider this material as their **Survival Kit**, and they are advised to take it to mountainous terrain of difficult access.

Every athlete must have the mandatory material during the entire competition, under penalty of being withdrawn. Depending on weather conditions, the organization will announce by email / sms or during the briefing before the race, if any recommended material will become mandatory.

2.13. Competition disqualifications

The schedule for disqualifications are indicated at www.maraotrail.pt of the ULTRA TRAIL OF MARÃO (**Ticket Tables**) and it can be modified at any time by the organization. Athletes who wish to follow the course, whom have outpassed the disqualification schedules, will be immediately out of the competition and the dorsel will be removed the number by the organization. The athletes that want to continue the course, will be at their own risk. **Time barriers always consider the departure of the athletes from the supplies zone.**

The Jury will monitor the observance of this regulation, accepted by the athlete upon registration in the competition, and will be entitled to apply the appropriate sanctions.

The Jury of the Race, constituted by the event director, the representative of the referees of ATTRP and a representative of the athletes have the responsibility to evaluate every complain. These complaints must be solved 24 hours after the end of the race and must be mentioned on the Final Minutes.

VIOLATION OF THE REGULATION	DESCCLASSI-CATION
Not completing the entire defined route	✓
Voluntary deserting garbage	✓
Damaging or modifying the material placed by the organization	✓
Not assisting another participant in difficulties	✓
Not having the mandatory safety equipment	✓
Not passing through a checkpoint	✓
Desrespecting indications of the organization elements or its collaborators	*
Having any unsportsmanlike conduct	*
Voluntarily causing an accident	*
Quitting the proof without notifying the organization	*

(*) Organization might forbid the athletes to participate in future editions.

2.14. Claims

Athletes may submit written complaints to the Jury of the Race no later than 2 hours after the results of the race are posted, or after the participant finishes it. The complaints will be accepted after paying 50 € guarantee and will only be reimbursed if the Jury considers it justified.

Complaints must be written in the following format:

- Name and surname of the person that is complaining;
- Citizen card number or similar;
- Name (s) and surname (s) of the affected person;
- Dorsel (s) Number (s);
- Claim.

2.15. Responsibility towards the athlete / participant

- Registration in this competition will imply full acceptance of this regulation.
- Participants will be responsible for all actions likely to cause damage (material, moral, or any other nature, themselves and / or third parties).
- The organization declines all responsibility, in case of accident, negligence, or theft of objects and / or valuables.
- The organization, as well as anyone involved in the organization of the competition, is exempt from liability resulting from the acts described above
- During the race, athletes will be able to outpace the other competitors as long as they won't put their integrity and others at risk, keeping a 2 meters safety distance from one another. Athletes should favor the outpace maneuver, even stopping if necessary.

2.16. Sports insurance

The organization contracts the mandatory insurance by law. The insurance is included in the registration fee, so all participants will have personal accident insurance during the competition, according to the legislation Basic Law of Physical Activity and Sports (Dec. Law 10/2009), with mandatory minimum capital:

- | | |
|---------------------------------------|-------------|
| ➤ Death | € 28.530,00 |
| ➤ Permanent Disability | € 28.530,00 |
| ➤ Treatment and Repatriation Expenses | € 4.590,00 |
| ➤ Funeral Expenses | € 2.290,00 |

Deductible payment	€ 90,00
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The participants are responsible for the deductible payment, in the event of an accident. The organization will not incur on any casualties expenses, if not informed in a timely manner to effect the insurance (up to three days after the test).

3. Application

3.1. Application process (web page)

Applications will be available at stopandgo.com.pt. It will be generated automatic payment references for the ULTRA TRAIL DO MARÃO registration. Proof of payment will not be required. Participants will receive an email / sms with payment details. If necessary, contact the organization by e-mail to: maratrail@gmail.com.

3.2. Registration fees and periods

Online registration starts at December 20th, 2020 and closes at October 24th, 2021 or when registration limits are reached.

Note: for **UTM ENDURANCE 110K**, it is possible to pay the amount of the enrollment in two equal parts during the first two phases, receiving new data for payment one month before the race. In case of not validating the second payment, you will lose the right to be reimbursed of any amount.

PHASES	PERIOD	UTME 110 K	UTM 58 K	TM 27 K	MTM 14 K
1st Phase	20.12.2020 - 31.12.2020	80€	45€	25€	20€
2nd Phase	01.01.2021 - 30.09.2021	90€	54€	30€	24€
3rd Phase	01.10.2021 - 24.10.2021	110€	65€	35€	29€

Registration limits:

- UTM Endurance 110K: 500 participants
- UTM 58K: 500 participants
- TM 27K: 500 participants
- M-TM 14K: 500 participants

3.3. Athlete kit

The registration fee will include what is described in the chart below . However, the organization may replace some of these offers with similar ones.

The registration revocation or the failure to pick up the athletes kit at the indicated place, until its closure, will imply its loss.

ATHLETE KIT	UTME 110 K	UTM 58 K	TM 27 K	MTM 14 K
Dorsal	✓	✓	✓	✓
Official training shirt	✓	✓	✓	✓
Personal accident insurance	✓	✓	✓	✓
Supplies	✓	✓	✓	✓
Finalist medal	✓	✓	✓	✓
Official UTM vest	✓	----	----	----
GPS Tracker	✓	----	----	----
Security/ Rescue service	✓	✓	✓	✓
Transport to ALDEIA UTM in case of desistance	✓	✓	----	----
Baths	✓	✓	✓	✓
Food reinforcement at the end of the race	✓	✓	✓	✓
Finalist diplome (<i>download online</i>)	✓	✓	✓	✓

3.4. Registration insurance (new applications, after 20.12.2020)

Subscribing the registration Insurance will allow the registered athlete to request the full registration fee until fifteen days before the competition if the application is cancelled.

PERIOD	UTME 110 K	UTM 58 K	TM 27 K	MTM 14 K
20.12.2020 - 24.10.2021	15€	9€	5€	5€

3.4.1. Registration changes

An athlete registered after 20.12.2020 can request to alter the registration to any of the other races if there is an available opening and the applications are not closed. **Each registration is personal and non-transferable and you cannot request the change to another participant.** Only one modification is allowed by registration and under the following terms:

- When requesting for a change to a higher distance run : The athlete will be charged the difference in the registration fee in the corresponding phase to that last change;
- When requesting for a change to a lower distance run: the registration fee will not be refunded.

3.4.2. Unregistering

An athlete registered after 20.12.2020 can request the cancellation of his registration UTM '2021. For this purpose, you must complete the “**Reimbursement Terms**”(download [here](#)), duly grounded and signed and send it to maratrail@gmail.com. After being properly analyzed, the athlete will be contacted and **refunded all / part of the registration fee**. The Insurance Registration fee will not be included in the refunded amount. Cancellation of registration by the athlete causes the total loss of the Athlete Kit. The refund will be in following conditions:

- when the Insurance is **subscribed**:
 - If the request is made until 21.10.2021, 100% of the registration fee will be refunded;
 - If the request is made after 22.10.2021 until 11.05.2021 (18:00 limit), the registration will be transferred to the next edition, or alternatively, refunded at 70% of the registration fee. This amount will be refunded during the fifteen days after the competition.
- when the insurance is **not subscribed**:
 - If the request is made until 21.10.2021, 30% of registration fee will be refunded;
 - If the request is made after 22.10.2021, the registration won't be transferred to the next edition, nor the registration fee will be refunded.

3.5. UTM'2020 Subscribers

In the impossibility of proceeding with the Ultra Trail of Marão, edition 2020, the athletes who chose not to cancel their membership as a result of that fact, were ensured their transition to the 2021 edition.

3.5.1. Registration Changes

An enrolled athlete who transitioned from UTM '2020 to the 2021 edition may request a registration change to any of the other races, there is an available opening and the applications are not closed. **Each registration is personal and non-transferable and you cannot request the change to another participant.** Only one modification is allowed by registration and under the following terms:

- a. When requesting for a change to a higher distance run: The athlete will be charged the difference in the registration fee in the corresponding phase to that last change;
- b. When requesting for a change to a lower distance run: the registration fee will not be refunded.

3.5.2. Unsubscribing

An enrolled athlete who transitioned from UTM '2020 to the 2021 edition, that chooses to cancel the subscription, will not be refunded. However, the shipping costs being paid for and the address given to the organization is correct, the Athlete Kit will still be sent. This request must be made by October 21, 2020, to maraoctrail@gmail.com, mentioning the registration number, dorsal number and subscribed race.

3.6. Transport services

There will be several optional to favor logistics for athletes who do not travel in family or groups.

- 5th of November, 2021, 09:00 - Transport by bus from Porto airport to the center of Amarante (about 50 min.), it costs 10€; reservation upon registration.
- 6th November, 2021, 07:00 - Transportation by bus for **UTM 58K** athletes, from Amarante to Ansiães (about 30 min.), it cost 5€*; reservation upon registration.
- 6th November, 2021, 08:30 - Transportation by bus for **TM 27K** athletes, from Amarante to Ansiães (about 30 min.), it cost 5€*; reservation upon registration.
- 6th November, 2021, 09:30 - Transportation by bus for **M-TM 14K** athletes, from Amarante to Gouveia S. Simão (about 30 min.), it cost 5€*; reservation upon registration.
- 7th November 2021, 09:00 - Transportation by bus from Parque do Ribeirinho, Amarante, to Porto airport (about 50 min.), it cost 10€; reservation upon registration.

(*) Athletes with valid registration of UTM '2020 and who transitioned to the Edition' 2021, already have this cost borne

If there are enough interested parties, the organization can organize a transport on Thursday, 4.11.2021, from Porto to Amarante. Interested parties should inform to maraoctrail@gmail.com.

3.7. Survey of the Athlete Kit

In order to be more comfortable for the athlete participating in the **Ultra Trail of the Marão**, the organization:

- a. in partnership with Decathlon Portugal, will give the athletes registered until 10.10.2021, the possibility to pick up the Athlete Kit, from 22.10.2021 to 11.4.2021, in one of their stores at: Braga, Vila Real, Matosinhos, Viseu, Aveiro, Coimbra, Leiria, Amadora, Évora or Faro.
- b. in partnership with Dolmen, will give the athletes registered until 10.10.2021, the possibility to pick up the Athlete Kit in their store at Amarante, from 22.10.2021 to 5.11.2021 (until 17:00).

These options will be available upon registration. When going to one of these stores, the participants must have their identification document. The athletes that choose one of these options, must collect the Athlete kit in the chosen store, being that the Administrative Services wont have it.

If, by any chance, the participants don't have their dorsal at the start, they must in a timely manner request a new one to the Administrative Services, proving their registration at UTM '2021 19. This service will have a cost of 5€ and their previous dorsal number will be immediately canceled.

The timely pick up of the Athlete Kit will imply the impossibility to cancel registration.

3.8. Administrative services

The administrative services at Aldeia UTM will have the following opening hours:

- a. **5th November 2021** – from 18h00 to 21h00
- b. **6th November 2021** – from 06h20 to 09h40

All participants must pick up their Athlete Kit in the scheduled days and times, to avoid restraints at the administrative services, meeting the DGS standards regarding SARS-COV-2 (pandemic COVID-19). All participants must have an identification document at all times. The race organization will not provide pins for the dorsals of the participants.

It is mandatory to disinfect the hands and use a facial EPI while at the Secretariat.

Since the Athlete's Kit contains the dorsal, that is mandatory to use during the race, only the athlete himself can pick it up.

3.9. Terms of Responsibility

Meeting the DGS standards in the fight against COVID-19, when collecting the Athlete

Kit, each participant will be asked to sign the Terms of Responsibility, without reservations. By doing this, the participant will assume the following:

- That this regulation and the contingency plan were read and accepted;
- That they have the physical and psychological capacity to participate in this type of event;
- That they will adopt socially responsible behavior: following the measures imposed by DGS during the race (respiratory label, frequent hands disinfection, and whenever possible, maintaining the physical distance and use the facial EPI during the race);
- that they have no symptoms of COVID-19 infection (fever, cough and breathing difficulty).
- That they have not had any contact with a confirmed or probable case of SARS-COV-2 or Covid-19 infection in the last 14 days;
- That they will not go to the race if they have symptoms of COVID-19 infection, including fever, cough and difficulty breathing.

That The Term of Responsibility must be printed, duly signed and delivered when picking up the Athlete Kit (download [here](#)).

4. Classifications and prizes

4.1. Classifications

Classifications	M / F	UTME 110 K	UTM 58 K	TM 27 K	MTM 14 K
General	1º, 2º, 3º, 4º e 5º	✓	----	----	----
		----	✓	✓	✓
Sub - 23 18-22 years		✓	✓	✓	✓
Seniors 23-39 years	1º, 2º e 3º	✓	✓	✓	✓
Veterans I 40-49 years		✓	✓	✓	✓
Veterans II + 50 years		✓	✓	✓	✓
Equipas*		✓	✓	✓	✓

(*) The teams will be consisted by their three best elements and the ones with fewer points will win. Each points will be awarded according to the general classification of teams elements. For example, an athlete who finishes 11th, will be awarded 11 points.

If, eventually, some of the races are part of the national ATRP circuit, the degrees applied to the integrated circuit for the corresponding races are those provided for in the ATRP

regulation (only for the classification, not for trophies attribution).

For the purposes of classifying and scoring athletes by classes, the ATRP regulation will be used and the athlete's year of birth will be considered. It is considered the age that the athlete will have the 31 of October of the current competitive season. Ex: An athlete who turns 40 years old on October 31, will be classified in M40 throughout the circuit.

4.2. Awards

The Award Ceremony will take place at Aldeia UTM, in Parque do Ribeirinho, Amarante, and will start at 16:00. If absent, the athlete will receive his due prize as soon as they show up at the ceremony area. If it is impossible to presenting there in a timely manner, someone can represent them to host the respective prize, but will not be given the possibility to get on the podium.

5. Information

5.1. Wow to get there

<https://maraotrail.pt/como-chegar/>

5.2. Where to stay

<https://maraotrail.pt/alojamento/>

6. Environmental responsibility

The athlete is solely responsible for the transport of all waste (even if biodegradable), or natural.

They must deposit the waste in the nearest supply area, or transport it until it's possible to deposit in the containers for this purpose (there will be several appropriate containers along the route).

Do not throw garbage in nature, respect flora and fauna and strictly follow the outlined route with no shortcuts.

7. Image rights

Under the General Data Protection Regime (GDPR), acceptance of this regulation implies, that the participant authorizes the publication of personal data necessary for the event, and the total or partial recording of participation in it. I also assumes the agreement to broadcasting it in all its forms (radio, written press, video, photography, internet, posters, social media, etc.) and assigns all commercial rights and advertising exploitation that it considered opportune to execute, as well as the use of the athlete's data to receive information that the present promoter wants to address. The participant will not have the right to receive any economic compensation.

8. Support and emergency

There will be support, relief and emergency teams to provide essential care to participants who need them.

9. Alteration / cancellation of the event

The organization reserves the right to make any changes it deems necessary for the safety of the athlete, especially in case of adverse weather conditions, as well as modifying the courses, the disqualification times, the start time of each race or even the suspension or cancellation of the race, or even, provided the cancellation is decreed and/or advised by civil protection or higher authorities. In case of cancellation, **the previous points will apply 3.4 e 3.5**

10.Omissions

The omitted cases of the present regulation that were not subject to regulation or that were misinterpreted will be resolved by the Organization. The decisions made decisions wont have an appeal.

Amarante, December 1st, 2020