

1. CONDITIONS OF PARTICIPATION

1.1 - The race

Ecotrail Porto – 80 will have an approximate distance of 80 km with about 1600D+. Departure and arrival will be in Gramido-Gondomar. The race will take place in a single stage, at a free pace with time barriers. The match will take place at 7:30 am on Saturday, April 9, 2022

Ecotrail Porto – 42 will have an approximate distance of 42 km with about 403 D+. The departure will be in Covêlo-Gondomar and the arrival in Gramido-Gondomar. The race will take place in a single stage, at a free pace with time barriers. The match will take place at 8:30 am on Saturday, April 9, 2022. Athletes will be transported from Gramido to the place of the match.

Ecotrail Porto – 20 will have an approximate distance of 20 km with about 280 D+. The departure will be in the Biological Park of Gaia- Avintes and arrival in Gramido- Gondomar. The race will take place in a single stage, at a free pace with time barriers. The match will take place at 10 am on Saturday, April 9, 2022. Athletes will be transported from Gramido to the place of the match.1.2 – Participation – Age Limit

The Ecotrail Porto - 85 km, Ecotrail Porto - 45 km and Ecotrail Porto- 30 km is open to all athletes, professionals or not, aged 20 and over on the 31 of October 2021. It is highly recommended that, in the case of the 85Km trail, the participant

has already completed a trail-running of at least 42Km.

Ecotrail Porto – 15 km is open to all athletes, professionals or not aged 18 and over on the 31 October 2021.

1.2. Age participation different races

All athletes who turn 18 by April 9, 2022 can sign up for the Ecotrail Porto - 80 km, the Ecotrail Porto - 45 km and the Ecotrail Porto - 20 km.

1.3 - Registration

Registrations will be considered valid and effective once the registration fee has been paid and validation of the registration will depend on the reception of the confirmation of payment with the full name of the participant or registration number.

It is mandatory that the check-in be done at the places and times previously announced and the athlete or his/her legal representative has to show an identification (citizen card, ID or passport). The bibs cannot be collected on the day of the race, except in cases of force majeure agreed by the Organizing Committee.

The maximum number of participants for the Ecotrail Porto – is 500 per trail race.

1.4 - Physical Conditions

The different Ecotrail Porto – Races are open to male and female participants in good physical conditions and who will abide by these Regulations.

The weather conditions may be adverse even in October (wind, cold, rain and even snow). Good training and a true sense of personal autonomy are essential for the success of this individual adventure.

Ecotrail Porto - has the principle of semi self-sufficiency as a rule. During the route there will be supply areas where liquid and solid food will be provided.

Each athlete/participant must guarantee at the start of each supply that they have the amount of food and water necessary for their own consumption until the next supply zone.

Aware of the difficulties of each race, all athletes must be physically and mentally prepared for the particularities and demands of the circuit.

1.5 - Outside assistance

It is strictly forbidden to be supported along the course by any person other than one who is registered for the race.

1.6 - The bib

The bib and bracelet will be delivered to participants at the check-in and each participant is to produce an ID with a photo.

The bib must be placed and be visible throughout the entire race. It should be worn over the clothing at all times and not placed on the satchel or legs. The name of the partners and logos may not be altered or hidden.

The race bibs are personal and non-transferable. No exchanges are allowed.

1.7 - Codes of Conduct

All acts of the event must be guided by fair play, mutual assistance and respect for other competitors, organizers and collaborators; respect for the natural environment in which they take place, seeking zero environmental impact.

The athlete who finds a colleague in need of assistance, should stay with him and contact the organization. An athlete should never be left alone in case of injury and/or need for support. Any participant who sees any illegality in the participation of the event must notify the organization as soon as possible.

The athlete throughout the competition must adopt a dignified behavior, refraining in particular from using offensive language, verbal or physical aggression.

If the infractions described above are verified, they will be penalized, namely:

- Warning;
- Disqualification;
- Ban and consequent prohibition of registration in subsequent events (for a period of two years).

2. THE RACES

2.1. Presentation of the races

The arena will be located in Gramido – Gondomar (next to Clube Náutico), this will be the starting point of the 80km, arrivals of all distances and the departure point of the vans for the 42km and 20km departures.

The race will take place in the Serras do Porto and banks of the Douro River

The 80km will cover trails, paths and ecological corridors in Gondomar, Valongo, Paredes, Gaia and Porto.

The 42km depart from Covêlo- Gondomar and will travel along trails and paths from Gondomar, Gaia and Porto, a common route to the 80km.

The 20km starts at the Gaia Biological Park, covering about 2km of trails and paths within the Park, heading towards the Douro River- Avintes entering the common route at 42km and 80km.

The maps of each of the distances, the respective altimetry (accumulated positive and negative elevation), as well as the aid stations and the hourly limits of each checkpoint, will be made available online on the official Ecotrail Porto website. In the following tables, the time limits/time barriers for complying with the race(s) are indicated, as well as the places and distance at which crossing times are controlled, with suspension of the athlete's race if these times are exceeded.

2.2. Timeouts:

- Ecotrail Porto 80 - 15 hours
- Porto Ecotrail 42- 8 hours
- Ecotrail Porto 20 – 5 hours

Time barriers are calculated to allow participants to reach the goal in the maximum time set by the Organization (including stops, supplies and any assistance). In order for the athlete to continue in the race, he must leave the control posts or the supply areas before the time limit set for that place, regardless of the time of arrival there. Any competitor who surrenders his/her breastplate will not be able to continue in the competition. If you still want to continue, you will do so at your own risk and in complete autonomy.

An athlete who abandons and surrenders his identification (chest) cannot be considered a “Finisher”.

In case of bad weather conditions and/or for safety reasons, the Organization reserves the right to cancel and/or stop the race in progress, modify the time barriers, always in collaboration and liaison with the other entities involved in the event.

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2.3. Time Control Methodology

The times and control checks of each athlete at the established checkpoints (or in the case of surprise checks) will be made by reading

the chip contained in the bib and will be carried out by the Staff of the organization duly identified.

2.4. Checkpoints

The checkpoints placed along the course of the race, as pointed out in the tables above, are obligatory passage points. Failure to control at one or more checkpoints will result in the disqualification of the participant. The position of some control zones may not be disclosed by the Organisation.

The tables of the control checkpoints, their location and time limit will be made available online at the official website of the event.

2.5. Refreshment areas

Only athletes and staff will have access to supplies.

In the 100m surrounding the supply, support will be allowed.

2.6. The route

Ecotrail Porto - races will be properly marked with different signposts, which will be brought to the attention of the athletes in due course, more precisely during the race briefing. Any signposts that do not conform to the design set out by the organization must be disregarded by the athletes, since it is not the responsibility of the Organization.

2.6.1. Modifications to the course or time gates; cancellation of the race

The Organization reserves the right to modify the route, location or locations of checkpoints and refueling areas at any time without prior notice.

In case of bad weather conditions and for safety reasons, the organization reserves the right to cancel or stop the race in progress, review or modify time barriers at the checkpoints.

Cancellation, postponement or alteration of the race will not entitle you to any refund of registration or compensation.

All decisions will be taken by the Jury, including at least the Director/Coordinator of the Event, the Organizer, the Safety Coordinator, as well as any and all competent persons indicated by the Organization. Coordinator, as well as any competent person indicated by the Organization.

2.7. Mandatory material / material checks

During the whole race, the athletes are required to have the mandatory material for each of the races (see table below). Control check of mandatory material may occur at any stage of the race. Failure to present the relevant material will result in disqualification or penalty, as indicated below.

Note: The organization does not provide cups for supplies

Recommended material:

Depending on the weather forecast at the time of the race, and the intricacy of the soil, it is highly recommended to also have the following:

- Hat/Cap/Scarf or similar
- Clothes to cover arms and legs
- Warm clothes in case it is cold
- Bandage (min. 80x3 cm)
- Poles
- Vaseline
- Money

2.8. Penalties / Disqualifications

Over the course of the race, there will be members of the organization team specifically qualified to check the mandatory equipment and ensure the compliance with the competition regulations (identification of the participants, respect for the environment and the spirit of the event, illicit help and accompanying, race bibs not visible, etc.).

Penalties are applied for any and every other infringement of the regulations. The controller shall inform the person responsible for the

checkpoint or the Secretariat of the race and may request the disqualification of the competitor (depending on the seriousness of the act committed in violation of the regulations and on the behaviour of runner).

Penalties / Disqualifications	EP80K	EP40K	EP20K
Failure to present properly placed, damage or cover the BIB Number provided by the Organization	30 min	30 min	30 min
Missing water container	30 min	30 min	30 min
Lack of operational cell phone	30 min	30 min	30 min
Lack of waterproof jacket	30 min	30 min	30 min
No flashlight or headlamp	30 min	30 min	-
Not respecting the marked route, ignoring the signs or taking a shortcut	Disqualification	Disqualification	Disqualification
Leave trash on the way	Disqualification	Disqualification	Disqualification
Lack of whistle	30 min	30 min	30 min

2.11. Withdrawal and transport

Except for injury or serious health impairment, no competitor may leave the race outside the refreshment area or checkpoint. The competitor must return his bib to the person in charge of the check point. If the athlete wishes to have access to the services and facilities of the Organization and the event even after withdrawing from the race, he/she should contact the Organization to find out what the procedure is.

An athlete who wishes to withdraw from the race must first inform the Organization through the emergency number previously indicated and that, for convenience purposes, will be in the bib. The transport to the finish line of the race shall be decided by the person in charge of the checkpoint or refreshment area, subject to the following conditions:

- Athletes who withdraw but whose health condition does not necessarily imply immediate return, will be transported to the finish line as soon as possible.
- In case of bad weather that justifies the partial or total suspension of the race, the Organization shall ensure that the athletes who have been stopped are transported as soon as possible from the check points or refreshment areas.
- Withdrawing from the race before a checkpoint or refreshment, except for the reasons stated previously, implies that the athlete is responsible for his return and transportation to the finish area.

2.12. Liability of the athlete / participant

Every athlete / participant, upon signing up, undertakes not only to respect and comply with these regulations, but also agrees to be governed by the applicable laws in Portugal, regarding to participation in sporting events and leisure activities.

3. SPORTS INSURANCE

The Organization provides Civil Liability insurance and Personal Accident insurance in accordance with the legal dispositions.

The Civil Liability insurance guarantees compensation for damages resulting from physical injury and / or materials that are caused to third parties, caused by an accident, for which liability is imputed to the Organization, in accordance with the Special Conditions.

All participants shall be covered by personal accident insurance according to the terms set out by law. The comprehensive coverage with franchise of the Personal Accident Insurance, the payment of the franchise will be the participant's entire responsibility.

In case of accident the participant shall contact the Organization through the available means (telephone contact or email), which will provide the referral to the medical institution most appropriate for their state of health.

Each and any accident requires the filling in of a form of the accident report with its policy number stamped and signed by the Organization as the policy holder. Each and any form of accident can only be accepted when reported on the day of the race or in the next five days, provided that the injured party has notified the Organization of the accident during the event. After this date, the Organization reserves the right not to accept such claim.

All expenses shall be paid by the victim and then, reimbursed by the insurance company in accordance with the insurance coverage, provided the insurance claim has been duly reported and accepted by the insurance company. The organization will not be liable for expenses of accidents of which the organisation has not been informed in good time to communicate to the insurance company.

4. REGISTRATION

4.1. Registration process

The registrations for the Ecotrail Porto - can be done:

- On www.ecotrail-events.com <https://porto.ecotrail.com/>, the official site of the race.
- Payment can be made by ATM or credit card.

ATTENTION: Deadline for Registrations will be 4th of April 2021.

4.2. Fee and registration dates

To enrol for the Ecotrail Porto each participant has to pay:

	EFP80K	EFP40K	EFP20K
Até 28 de fevereiro	60€	30€	20€
De 1 a 15 de março	75€	40€	25€
De 15 de março a 4 de abril	85€	45€	30€

4.3. Conditions for reimbursement of the entry fee

Each and any cancellation for the race is to be communicated to the Organization by email or registered letter with acknowledgement of receipt sent to the Organization referred on the last page of these Regulations.

Request for reimbursement should be sent to the organisation in Porto – Ecotrail Porto – - attaching the relevant evidence, in accordance with the terms of the paragraph that follows, within a maximum period of ten days following of the occurrence:

- Accident or serious illnesses which will entitle to sick leave for over 3 days.
- Death or disablement
- Serious illness requiring hospitalization
- Death of the partner, spouse or direct descendent or one of the parents within 30 days prior to the event in question.

All the requests for reimbursement will be analyzed within the period of three months following the races Ecotrail Porto. No reimbursement will be made outside the conditions provided for in these regulations

4.4. Material included in registration

- The registration fee includes:
- T-shirt
- Personal accident insurance;
- A Digital Certificate of Participation (to be downloaded later)
- Medal and Kit Finisher (exclusively for athletes who finish the race).
- Prizes
- First aid

4.5. Secretariat of the event/ opening times and locations

The secretariat of the event and distribution of the bibs will be made according to a schedule, which will be released by the Organization in due course.

4.6. Available Services (transport, etc)

The organization guarantees all athletes free transport, under the following conditions.

Free of charge:

- Transport from Gramido to the starting point of the races 42km (Covêlo) e 20km(Parque Biológico de Gaia), provided it is requested at the time of enrolment ;
- Transport from the closest spot that can be accessed by car to the finish line point/secretariat, in case of withdrawal;

5. Categories and Awards

5.1. Date, Place, Awards Ceremony

The awards ceremony will be held on April 9th, 2022, at Gramido,

5.2. Definition of categories

The following categories will be considered for ranking

General M/F
SUB 23 M/F (18 - 22)
Seniores M/F (23 -39)
M40/ F40 (40 - 44)
M45/ F45 (45 - 49)
M50/ F50 (50 - 54)
M55/ F55 (55 - 59)
M60/ F60 (+ 60 – 65)
M65/ F65 + de 65

There will be no ranking per teams.

For the purpose of ranking and scoring of athletes, the age to be considered will be the age of the athlete as on October 31 of the current season.

- EX: An athlete who turns 40 between January 1 and October 31 will be included in M40 rank.
- EX: An athlete who turns 18 between January 1st and October 31st will be included in the Junior rank.

5.2.1. The top three in each race - male and female - will be eligible for a trophy.

5.2.2. The first of each age group from the 85 race - male and female - will be eligible for a trophy.

5.3. Deadlines for claiming rankings

Athletes who do not agree with their ranking shall file a complaint with the Secretariat of the Event on the day of the race.

Should the irregularity be identified after the closing of the Secretariat, the complaint should be sent by email to (info@ecotrail.com). In this case, the Organization will reply to their request within 24 hours.

Athletes who complete the race in which they register can claim their “FINISHER KIT” within 30 days after the race is held. After that time they have no right to claim their award.

6. Adverse health situation

The Organization may have to implement restrictive measures, change procedures, condition services provided to athletes or even cancel the event in case of some adverse health reasons.

In such a scenario, athletes will be informed, by email, in advance as much as possible (at least one week before the event), of the contingency plans to be put in place, as well as the conditions and benefits that must be met in the event of a situation of adverse health.

6.1 Departures

In view of possible constraints of various kinds, we may have to implement individual, sequential departures, with time scheduling to be defined in due course. Should this occur, the notification will be included in the information that will be released by the Organisation during the week of the race.

6.2 Refreshment areas and checkpoints

The supply zones may have to be reduced to the essential or their location changed, in which case the athletes shall be informed at least one week prior to the race. All supply zones that are to be designated will ensure the supply of liquids. Solid foods may not be available in some of them, in accordance with the decision of the Organization to announce in advance.

Any food that may be made available, whether solid or liquid, must always be served by volunteers or other elements of the Organization, always respecting the rules in force defined by the health authorities at the time of the event. Self-service or buffet shall not be made available.

6.3 Bags and change of clothes

Should the health situation at the time of the race not allow it, the Organization reserves the right to limit the availability of this service, and the athletes will be informed at least one week prior to the date of the race.

6.4 Cancellation of the event

The Organization reserves the right to cancel the race in the event of unfavorable sanitary conditions.

The cancellation of the test for health reasons will always have to be supported by evidence or opinion from the regional Health Authority, the decision being up to them.

6.5 Prize delivery

In view of the health situation at the time of the test, the Organization may determine that the necessary conditions are not met for the

delivery of prizes to occur safely. In that case, the award ceremony will be cancelled. The prizes will be awarded to each of the first three athletes from each race to reach the finish line, male and female.

7. INFORMATION

Information of interest to the athlete and their companions, about places to stay that have protocol with the Organization and places to visit and other information will be available at: <https://porto.ecotrail.com/>

8. ECOLOGICAL CONCERN

8.1 Litter and waste

Each participant will be responsible for bringing the waste produced during the race. Any competitor who is identified to consciously dispose of waste in the environment during the course of the trail shall be disqualified. All participants must respect the signposting of the race and undertake not to damage intentionally the trees and vegetation. Failure to comply with this recommendation will imply disqualification. Waste will be collected at all refreshment areas, which must be used and the participants shall make use of it using the selective waste bins.

8.2. Environmental Partnership

Within the framework of values of solidarity and environmental protection, the Ecotrail Porto - Organization associates with other entities for environmental protection purposes and with the goal of minimizing the ecological impacts of the event. A number of environmental protection and rehabilitation measures taken in agreement with the partners in this area will be announced in due course on the official website of the event at www.ecotrail.com

9. PICTURE RIGHTS

In taking part in the event or initiative of the Ecotrail Porto – Organization, each athlete/participant allows the organisation to use or allow reproduction in his/her name, image or voice and sport performance within the context of the Trail with regard to any direct or indirect exploration of the event. This authorisation is extended to all means known or unknown to-date, using any support, worldwide, for an unspecified period of time. Any project or advertising support produced must have the prior approval of the Organization.

10. DATA PROTECTION

The organisation Ecotrail Porto pledges to scrupulously respect that which is stipulated in the Portuguese law in regard to the gathering and processing of data.

We call the attention of all participants to be aware of their rights as set out in the General Data Protection Regulation, approved by Regulation (EU) No. 2016/679 of the European Parliament and of the European Commission of 27.04.2016.

Participants of Ecotrail Porto as owners of personal data, may, at any time, exercise their rights of data protection and privacy, in particular the rights of access, rectification, deletion, portability, limitation or opposition to treatment, under the terms and limitations set forth in the applicable legal regulations, by sending an e-mail to info@ecotrail.com

11. OFFICIAL CONTACTS OF THE RACE

Email: info@ecotrail.com