

# São Mamede Ultra-Trail®

PORTALEGRE:.. PORTUGAL

REGULATION OF THE TENTH EDITION

5-6-7/5/2023

*The versions of these Regulations in other languages are automatically translated from the Portuguese version, which shall prevail.*

## 1. CONDITIONS OF PARTICIPATION

### 1.1. AGE OF PARTICIPATION IN DIFFERENT TESTS

The races are open to all persons, men and women, affiliated to a federation or not, subject to the minimum age of participation indicated below:

Male	Women
M Juvenile - 16 to 17 years old (up to 15 km)	F Juvenile - 16 to 17 years old (up to 15 km)
M Junior - 18 to 19 years old (up to 25 km)	F Junior - 18 to 19 years old (up to 25 km)
M Under 23 - 20 to 22 years old	F Under 23 - 20 to 22 years old
M Seniors - 23 to 39 years old	F Seniors - 23 to 39 years old
M40 - 40 to 44 years old	F40 - 40 to 44 years old
M45 - 45 to 49 years old	F45 - 45 to 49 years old
M50 - 50 to 54 years old	F50 - 50 to 54 years old
M55 - 55 to 59 years old	F55 - 55 to 59 years old
M60 - over 60 years old	F60 - over 60 years old

Note: For the purposes of classification and scoring of the athletes in the classes, the age of the athlete on 31st October of the current competitive season will be considered.  
Ex: An athlete who turns 40 years old between the 1st of January and 31st of October

will be classified in M40 class during all the Championship. Ex: An athlete that turns 18 years old between the 1st of January and 31st of October will be classified in the Junior category during all the Championship.

## **1.2. REGISTRATION IN GOOD STANDING**

The act of registration implies full acceptance of the race rules, of the IAAF/FPA rules adapted to trail running, as well as the ATRP specific rules, and of the decisions of the Jury, which are sovereign and from which there is no appeal.

**MAXIMUM NUMBER OF PARTICIPANTS - 2000**

**UTSM - ULTRA TRAIL OF SÃO MAMEDE - 100 K+** (108 Km approximately) - 500

**UTSM - MARVÃO 50 K+** - MARVÃO - PORTALEGRE - 50 K+ (45 Km approximately) - 500

**UTSM - ALEGRETE 25 K+** - ALEGRETE - PORTALEGRE - 25 K+ (25 Km approximately) - 500

**UTSM - REGUENGO 15 K+** - REGUENGO - PORTALEGRE - 15 K+ (15 Km approximately) - 500

Registration will be formalised by completing a full online form which will be available from 30 December 2022 and paying the registration fee.

The registration period ends on 30 April 2023 or when the aforementioned number is reached, which will be announced on the race website: <https://utsm.wordpress.com/>.

## **1.3. PHYSICAL CONDITIONS**

To participate it is indispensable:

be aware of the specific distances and difficulties of trail running and the positive and negative gradients of these and be adequately prepared;

to have acquired, before the event, a real capacity of mountain autonomy that allows the management of the problems arising from this type of race, namely:

to be able to cope with adverse environmental and weather conditions (night, wind, cold or heat, fog and rain) without external help;

know how to manage physical or mental problems arising from extreme fatigue, digestive problems, muscular and joint pain, minor injuries, ...

to be aware that the organisation's job is not to help the runner to manage his problems and that for a mountain activity safety depends on the runner's ability to adapt to the problems that arise.

#### **1.4. DEFINITION OF THE POSSIBILITY OF EXTERNAL AID**

The principle of individual racing in semi-autonomy is the rule.

Semi-autonomy is defined as the ability to be autonomous between two refuelling stations, both from the point of view of food, clothing and security, which makes it possible to adapt to unforeseeable or climatic problems that may arise, whether or not these were foreseeable beforehand.

This principle entails the following rules:

Each runner must carry during the whole race all the obligatory material described in paragraph Equipment.

This material must be carried in an appropriate bag/backpack and must be presented to the judges for inspection whenever they request it, under penalty of disqualification if they do not have it or do not consent to the inspection; note: beverages and food consumed in the meantime are excepted from this obligation.

At the support and control posts (CAP) there will be drinks and food to be consumed on the spot. Only water can be given to complete the containers that the competitors carry with them.

Personal assistance is allowed (two people maximum per athlete) but all support must be provided within the PAC area.

Passing through the CAPs is compulsory even if the participant does not intend to benefit from any type of support. If the participant does not pass through a CAP, he/she will be disqualified.

It is forbidden to be accompanied or to accept to be accompanied during all or part of the race by a non-registered person, excluding a stretch of 200 m before and after a CAP.

Participants should also bear in mind that there will be no traffic cuts on roads where car circulation is possible and that they must scrupulously comply with all rules applicable to pedestrians.

#### **1.5. PECTORAL PLACEMENT**

They will be given individually at the Secretariat to each participant upon presentation of an identification card.

The breastplate may not be folded or cut and must be carried perfectly visible during the entire race on the front of the competitor (chest or abdomen). The organisation does not provide pins.

## 1.6. RULES OF SPORTING CONDUCT

All the acts of the events must be guided by a complete *fair-play*, assuming the organization and the competitors, by the fact of accepting this regulation when registering, what is the cultural heritage of this sport: respect for the challenge, mutual help and respect for the other competitors, organizers and collaborators; respect for the natural environment in which they take place looking for a null environmental impact.

## 2. TEST

### 2.1. PRESENTATION OF THE TEST(S) / ORGANISATION

The Athletics Club of Portalegre organises the Ultra-Trail of Serra de São Mamede (UTSM) and associated events with the collaboration of the municipalities of Portalegre, Castelo de Vide and Marvão and various other entities and associations.

The Ultra-Trail of Serra de São Mamede is an event that includes 4 races of running/walking progression in the wilderness, in a semi-autonomous regime. Each race takes place in a single stage, at a free rate of progression, in a limited time.

Ultra-Trail® is a registered trademark and the organiser uses it under the express authorisation of the ULTRA-TRAIL DU MONT-BLANC® organisation which owns it.

#### ***RACE CERTIFIED BY ITRA - INTERNATIONAL TRAIL RUNNING ASSOCIATION***

UTSM courses will be ITRA certified and will count towards the [ITRA National League](#).

#### ***ULTRA-TRAIL DU MONT-BLANC® QUALIFYING RACE***

The distances 100 K+, 50 K+, 25K+ and 15 k+ are included in the [UTMB® Index race calendar](#)

#### **QUALIFYING RACE FOR ATRP CIRCUITS**

The 100 K+ race is part of CAMPEONATO ATRP: [Circuito Nacional de Trail Ultra Endurance SÉRIE: 150](#)

The 50 K+ race is part of CAMPEONATO ATRP: [Circuito Nacional de Trail Ultra SÉRIE: 100](#)

20K+ is part of CAMPEONATO ATRP: [National Trail Circuit SERIES: 100](#)

The 15 K+ race is part of CAMPEONATO ATRP: [National Circuit Trail Sprint SERIES: 100](#)

#### ***AADP Championships***

AADP will consider the distance 100 K+ as Trail Ultra Endurance District Championship and the distance 50K+ as Trail Ultra District Championship.

***For the registration process and eligibility in all these international and national events to run smoothly, competitors must, at the time of registration at the UTSM, correctly enter all their details, namely their name, which must be complete.***

## 2.2. PROGRAMME / TIMETABLE

Friday 5 May 2023

10 h	Portalegre (stadium)	Opening of the Secretariat.
21 h	Portalegre (Praça da República)	Opening of the UTSM call room with control of attendance and compulsory material.
22 h	Portalegre (Praça da República)	Departure of the UTSM 100 K+

Saturday 6 May 2023

7 h	Portalegre (stadium)	Transport to the Start place (PORTAGEM-MARVÃO) of the UTSM 50 K+ competitors
9 h	Marvão	Start (Portagem-Marvão) of the UTSM 50 K+ competitors
10 h	Portalegre (stadium)	UTSM 100 K+ Winner Arrival Forecast
13 h	Portalegre (stadium)	UTSM 50 K+ Winner Arrival Forecast
10 am to midnight	Portalegre (stadium)	Arrival of UTSM 100 K+ and UTSM 50 K+ Finalists
17 h	Portalegre (stadium)	Protocol ceremony for UTSM 100 K+ and UTSM 50 K+

Sunday 7 May 2023

7 h	Portalegre (stadium)	Transport to the Start Place (ALEGRETE) of the UTSM 25 K+ competitors
8h	Portalegre (stadium)	Transport to the start place (REGUENGO) of UTSM 15 K+ and UTSM Walk
9 h	Alegrete	UTSM 25 K+ competitors start
9 h 30	Reguengo	Departure of the UTSM 15 K+ and UTSM Walk
10 h 45	Portalegre (stadium)	UTSM 15 K+ Arrival Forecast
11 h 15	Portalegre (stadium)	UTSM 25 K+ Winner Arrival Forecast

12 h	Portalegre (stadium)	Protocol ceremonies of the UTSM 25 K+ and UTSM 15 K+
10.45 a.m. to 3 p.m.	Portalegre (stadium)	Arrival of UTSM 25 K+ and UTSM 15 K+ Finalists

### **2.3. DISTANCE (CATEGORISATION BY DISTANCE)/ ALTIMETRY (POSITIVE AND NEGATIVE ACCUMULATED GRADIENTS)/ DIFFICULTY CATEGORISATION ATRP / TIME LIMIT**

The UTSM (Ultra-Trail of Serra de São Mamede): 108 km (possibility of difference up to 5 km) with a total unevenness of about 11 000 m (D+ 5500 m), with start and finish in Portalegre after passing through Salão Frio, Carreiras, Castelo de Vide, Portagem-Marvão, Porto de Espada, São Julião, Alto de São Mamede, Alegrete and Reguengo, in semi-autonomy and 26 hours of race time limit. There will be cuts in the PAC 4 PORTAGEM at about 45 km (at 9 hours, 11 hours of race), PAC 7 SÃO JULIÃO at about 62 km (at 13 hours, 15 hours of race), PAC 8 SÃO MAMEDE at about 72 km (at 15 hours, 17 hours of race), PAC 9 ALEGRETE at about 85 km (at 18 hours, 20 hours of race) and PAC 10 REGUENGO at about 100 km (at 22 hours, 24 hours of race). The competitors that do not enter in these PAC until the indicated time will be forbidden to continue in competition.

The UTSM 50 K+: 45 Km (possibility of difference up to 3 Km) with a total gradient of about 5000 m (D+2200 m), starting from Portagem-Marvão and finishing in Portalegre, after passing through Porto de Espada, São Julião, Alto de São Mamede, Alegrete and Reguengo in semi-autonomous and 12 h time limit.

The UTSM 25 K+: 25 Km (possibility of difference up to 1 Km) with a total gradient of about 2000 m (D+1000 m), starting from Alegrete and finishing in Portalegre, after passing through Reguengo in semi-autonomy and 8 hr time limit.

UTSM 15 K+: 15 Km (possibility of difference up to 1 Km) with a total gradient of about 1000 m (D+500 m), with start in Reguengo and finish in Portalegre and 4 h of time limit. In this event there will be 2 starting areas: one for runners and another for participants who just want to walk.

The definitive Circuit and the tracks .gpx can be consulted on the [Trace de Trail](#) website.

### **2.4. MAP/ALTIMETRIC PROFILE/ ROUTE DESCRIPTION**

All the races take place on existing trails in the municipalities of Portalegre, Castelo de Vide and Marvão without any special technical complexity or danger, but very demanding in terms of physical condition. It is a very difficult sportive event in which

only people with the adequate preparation for each one of the distances should enrol. Only the shortest distance (15 Km) can be considered adequate for any person, even without previous preparation, if you do it as a Walk. The Organization suggests that in the remaining distances only people with the following level of experience should enter: UTSM 100 k+ - minimum 3 years of *trail running* practice, finalist of Marathon or trail race with a minimum of 6 h duration; UTSM 50 K+ - minimum 2 years of *trail running practice*, finalist of Marathon or trail race with a minimum of 4 h duration; UTSM 25 K+ - minimum 1 year of *trail running* practice, finalist of Half-Marathon or trail race with a minimum of 2 h duration; Alegrete 15 K+ - Suitable for healthy and active people even without a specific preparation. The organisation remembers the importance of a sports medical examination for all people who practice sport and advises all competitors to join the Portuguese Athletics Federation/Trail Running Association of Portugal that formally requires this examination.

The 100 K+, 50 K+ and 25 K+ races fit in the ATRP typology for these distances and although they are disputed in a mountain range with only 1025 m of maximum altitude they must be considered very demanding, namely the UTSM, because of the high thermal amplitude that can be verified and the type of stony, dusty ground, exposed to the wind at night and to the sun during the day and the continuous change of the upward and downward profile of the same. There are slopes and slopes with 40% to 50% inclination and in the 108 Km race the average number of abandonments reaches 25%.

## **2.5. TIME CONTROL METHODOLOGY**

It is mandatory for the competitors to pass by the support and control posts located on their course.

At these posts, the competitors will certify the continuity of the competition through an electronic control and/or by a member of the jury.

Besides the CAP that the organisation divulges there will be other control points along the course whose location will not be communicated to the participants. If the competitors do not pass all these checkpoints they will be disqualified.

The final classification will be established by the Finish Order of each competitor. The results will be presented with the overall time of each competitor.

An electronic control system (chips) will be used.

## **2.6. CHECKPOINTS**

There will be 10 Support and Control Posts that will be placed at Centro Vicentino da Serra, Carreiras, Castelo de Vide, Portagem (Marvão), Porto da Espada, São Julião, Cruz do Cume São Mamede, Alegrete, Lagoa do Viveiro and Reguengo.

In the PACs, besides the control of the competitors, assistance such as drinks and food will be provided.

In the Portagem and São Julião PACs there will also be toilets, the possibility of some rest time and a hot meal (vegetable soup without animal protein).

All liquids and other food must be consumed inside the CAP.

The use of bottles is not allowed and the deposit of rubbish in places not specified for the purpose is liable to lead to disqualification of the competitor.

The competitor must carry the wrappings of any food he decides to carry with him within the concept of semi-autonomy in which the race takes place. Any infraction to this rule detected by a member of the Organisation will lead to the immediate disqualification of the competitor and the express indication to leave the marked circuit.

## **2.7. PLACES OF SUPPLY/EXTERNAL SUPPORT**

There will be 10 filling stations that coincide with the 10 PACs described in 2.7.

## **2.8. MANDATORY MATERIAL / MATERIAL CHECKS**

Mobile Phone (100 K+50 K+20 K+15 K+)

Water reserve - Minimum 1 litre (100 K+50 K+20 K+) ½ litre (15 K+)

Food (cereal bar equivalence) 4 (100 K+50 K+); 2 (20 K+15 K+)

Whistle (100 K+50 K+20 K+15 K+)

Thermal blanket (100 K+50 K+20 K+)

Windbreaker and cap (100 K+50 K+20 K+15 K+) (a)

Trousers/collants (100 K+50 K+20 K+15 K+) (a)

Front with battery recharge (100 K+)

(a) this material may be dispensed with if the weather forecasts or the indications of the Health Authorities point to its dispensation, an exclusive decision of the Organization that will announce it up to 2 hours before the Start of each event.

Other optional material:

Other materials may be appropriate, particularly those which are suitable for the atmospheric conditions that may occur;

A change of clothes may be appropriate for participants in the UTSM since several water courses will be crossed. You must deliver to the Secretariat a closed bag with the change of clothes identified with the sticker that the Organization provides. This bag will



then be transported from PAC 5 - Porto da Espada, to the 53 Km, place of the change of clothes, and from there to the Arena, during Saturday afternoon and night.

The compulsory material may be inspected at the beginning, during and at the end of the race by duly identified members of the Organisation. The lack of mandatory material will lead to the disqualification of the competitor.

The optional material (including poles, glasses, caps, etc) will not be subject to any enforcement action and can be used in all or part of the course and cannot be abandoned, which implies that its collection and delivery happens in the PAC area to the support teams.

## **2.9. INFORMATION ON PASSING ROAD OR RAIL TRAFFIC SITES**

Participants must take into account that there will be no traffic cuts on roads where car circulation is possible and must scrupulously comply with all rules applicable to pedestrians.

## **2.10. PENALTIES/DISQUALIFICATIONS**

2.10.1 - The participants who do not comply with the rules contained in the regulations will be prevented from participating if the infraction concerns the procedures prior to the Start and disqualified if the infraction concerns acts that occur during the event. In order to safeguard the right of the competitors to complain, the continuity of the race will be allowed, except as foreseen in point 2.11.2.

2.10.2 - The competition medical team, duly identified, may order the withdrawal of a competitor who, according to their medical opinion, does not have the conditions to continue without endangering his health.

2.10.3 - The Race Direction may apply other sanctions that safeguard the sporting truth.

## **2.11. SPORTS INSURANCE**

There will be an Insurance policy per participant in accordance with the law in force for the duly registered competitors. If a dorsal is used during the race by a competitor not duly registered, it is clear that the Organisation and the Insurer do not take any responsibility for anything that may result from this illicit act.

It is the Participant's responsibility to activate the Insurance in case of need, completing and delivering the corresponding Accident Report to the Insurance Company. The Organisation will provide the Policy number and the procedure manual with the agreed rules, but it is not responsible for the administrative handling of the same, nor will it pay for any expenses that result from non-compliance with the agreed rules or the lack of agreement between the Claimant and the Insurer. There will be an excess per accident, the payment of which is the Claimant's responsibility.

### 3. REGISTRATIONS

#### 3.1. REGISTRATION PROCESS (SITE, WEB PAGE, BANK TRANSFER)

Registration will be formalised by completing a full online form which will be available from 30 December 2023 at <http://utsm.wordpress.com> and paying the registration fee.

The entry period ends on 30 April 2023 or when the number of 500 competitors in each of the events has been reached.

The confirmation of the registrations will be made by email through personalized communication to the responsible for the same according to the normative established by the entity that manages the process.

#### 3.2 Registration fees and periods

##### INDIVIDUAL SUBSCRIPTION PRICES

	<b>December</b>	January	February	March	April
<b>100 K+</b>	<b>50 €</b>	60 €	70 €	80 €	100 €
<b>50 K+</b>	<b>38 €</b>	40 €	42 €	45 €	50 €
<b>20 K+</b>	<b>20 €</b>	22 €	23 €	24 €	25 €
<b>15 K+</b>	<b>15 €</b>	16 €	18 €	19 €	20 €

#### 3.3. CONDITIONS FOR REIMBURSEMENT OF REGISTRATION FEE

There will be no refund of the registration payment, except if the race is previously cancelled for reasons imputable to the Organisation.

Entries are personal and non-transferable. The badges will be delivered individually and the participants must present the CC/BI/DNI when collecting them as well as the Entry Form that was sent to them by email by the entity managing the process.

Until 30 April, the organisers will allow you to change your entry details to another competitor. The person responsible for the entry may change the entry data by paying a fee of € 5. Changing to a higher distance also implies the payment of the difference in value on the date the change is requested. Changing to a lower distance does not oblige the Organisation to refund the difference in value.

#### 3.4. MATERIAL AND SERVICES INCLUDED IN THE REGISTRATION

Dorsal and Chip, T'shirt (if registered until March 31st), Food and drinks at the PAC's, light meal at the end, access to the Arena and to the live concert, changing rooms and shower, hard ground if requested, transport to the start place of the 100 K+, 50 K+, 25 K+ and 15 K+, support during the race by the medical, security and rescue team, medical support in the Arena, eventual sponsors' souvenirs, personalised information to competitors and companions, INTERNET in the Arena, classification prizes, finishers' prize, festive atmosphere in the Arena and localities where the event passes, the right to participate in the event, the possibility to be photographed for the event albums by the official photographer Fotos do Zé, capitalisation of points for ATRP, UTMB and ITRA.

### **3.5. RACE SECRETARIAT/ TIMES AND PLACES**

The Organization's headquarters, works at the Eduardo de Sousa Lima Stadium, in Portalegre. The Secretariat will remain open at the following times:

Friday, 5	10 a.m. to 8 p.m. From 8.30 p.m. to 10 p.m. it will be open in the Start Zone at Praça da República only to give the pectorals to the competitors of 110 Km.
Saturday 6	6 am to 8 pm
Sunday, 7	6 h to 9 h

### **3.6. EXTRA SERVICES AVAILABLE**

Light meals from Friday morning next to the Arena (paid separately at the time);

There will be a light snack service in a place adjacent to the Arena (paid separately at the time).

## **4. CATEGORIES AND AWARDS**

### **4.1. DEFINITION OF DATE, PLACE AND TIME OF DELIVERY OF PRIZES**

Protocol ceremonies with podium: They will be held only for the first 3 overall in each event (see schedule in 2.2).

### **4.2. AGE/GENDER CATEGORIES INDIVIDUAL AND TEAMS AS DEFINED ATRP**

In each of the 4 events the following classifications will be determined:

OVERALL MALE

GENERAL WOMEN

Individual rankings will be drawn up by age category and gender.

## TEAMS

Sum of the times of the first 3 male and female athletes from each club;

### 4.3. DEADLINES FOR COMPLAINTS ABOUT CLASSIFICATIONS

Complaints must be made within 48 hours. Classifications are final 72 hours after the end of this period. The Jury for the analysis of complaints should meet whenever possible at the race venue and include, besides the Race Director, a member of the ATRP and a representative of the athletes.

## PRIZES

All finishers will be awarded a FINISHER prize.

The first three classified in each of the classes (MJjuvenile, MJunior, Msub23, MSenior, M40, M45, M50, M55, M60, F Juvenile, FJunior, Fsub23, FSenior, F40, F45, F50, F55 and F60) in each event will receive an exclusive Trophy.

The winning male and female teams in each of the 4 events will receive an exclusive trophy, created for this purpose.

## 5. Information

### 5.1 How to get there

Estádio Eduardo de Sousa Lima in Portalegre (Secretariat and place of all arrivals):

Start of the 100 K+: Praça da República in Portalegre.

Start of the 50 K+ : Ponte Romana da Portagem.

Departure of the 25 K+: Praça da Feira - Alegrete.

Start of the 15 K+: Largo da Igreja de São Gregório - Reguengo.

Please note that due to the event traffic may be restricted in the vicinity so please access in good time in order to find parking nearby.

### 5.2 Where to stay

Hard ground for the first 200 registrants who request it at the time of registration.

<http://www.visitportugal.com/pt-pt>

5.3 Places to visit <http://www.visitportugal.com/pt-pt>

Notes and amendments

## HEALTH

The participant undertakes to mention at the time of registration any special medical care that he or she may require;

The participant undertakes to comply with all national and international anti-doping regulations;

Although the semi-autonomous regime described above makes the participant fully responsible for his/her health condition, the Organisation will provide a medical and nursing service that will permanently accompany the events;

Should a competitor consider it necessary to receive medical assistance they should proceed as follows:

request support in a CAP; or

request assistance from members of the Organisation it finds; or

call the mobile phone numbers of the Security and Rescue team

(913871683 / 962182005) that are inscribed on the dorsal ; or

- call 112 (in which case you are responsible for any medical or transport costs incurred).

A careful and extensive rescue service and medical and nursing support will be available throughout the event and after the end of the races. The relevant medical entity of this team has the authority to order the withdrawal of competitors who, in their opinion, do not meet the health conditions to continue without endangering their health.

## ROUTE MARKING

The main marking will consist of ribbon hanging from natural elements at eye level. The colour of the ribbon will be announced at the start.

The principle will be that of continuous visibility, i.e. from the position of one ribbon the next is seen.

Due to the fact that part of the UTSM course takes place at night, reflective materials will be used. It is mandatory to use the frontal whenever the visibility conditions (night or fog) require it.

In addition to the signposting tape, other signs will be used, such as printed arrows and various information, as well as indications by the Organisation's staff at road crossings and other locations.

The competitors are obliged to run all the signalled trail as close as possible to the markings and must not shortcut the points where it is possible to do so. Failure to comply with this rule may lead to disqualification if, in the opinion of the Jury, this is

done with the intention of reducing the distance travelled or to reduce the natural technical difficulties of the course.

The course passes through many cattle gates that will be mostly open. In case any of them are closed and it is necessary to open them to follow the race, the competitor who opens them must close them after crossing them.

In the case of a competitor travelling through any part of the course without signalling, he must turn back along the path he has followed and look for the signalled path.

## DOPING CONTROL

Every competitor may be submitted to an anti-doping control before, during or at the finish of the race. In case of refusal the competitor will be sanctioned according to the international regulations in force.

## COMPLAINTS

Given the principle stated above in the Fair Play chapter, formal complaints should be avoided.

Should there be any, all complaints must be made in writing on a special form available at the Secretariat and deposited there against payment of a deposit of €100, which will be refunded if the complaint is considered well founded by the Jury.

Complaints will only be accepted if deposited within 30 minutes after the results have been announced.

## IMAGE RIGHTS

By registering, the competitors renounce their image rights during all the acts of the event, namely the race and the protocol ceremonies. Only the organisation can transmit this image right to others, namely the media.

## OMISSIVE CASES

All omitted cases will be solved by the organization having as reference the rules and regulations of Trail Running Association of Portugal and Portuguese Athletics Federation, if technical, and its criteria, if other kind.

The Regulations will be enriched with additional information. Visit the event's website regularly: <http://utsm.wordpress.com> and the event's social page

<https://www.facebook.com/ultratrailserrasaomamede/>

The Organisation (06/04/2023)

