

RULES V DURATRAIL



ARRABIDA NATURAL PARK
28/10/2017
SETÚBAL

TRAIL RUNNING NATIONAL CHAMPIONSHIP
TRAIL RUNNING NATIONAL CUP





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1 PARTICIPATION REQUIREMENTS

- 1.1 **MINIMUM AGE TO RACE DURATRIL 18KM and DURATRIL 32Km:** 18 years old.
- 1.2 **MINIMUM AGE FOR DURAWALK:** Minors under 18 may participate in the walk/hike, but must be accompanied by an adult.
- 1.3 **ENTRIES / REGISTRATION REQUIREMENTS.** In order to participate in the event, athletes need to comply with all the registration rules in terms of payment, deadlines, correct personal data and ID documents.
- 1.4 **PHISICAL REQUIREMENTS.** The Ultra DURATRIL 32 KM and the DURATRIL 18KM are characterized by a difficult rugged terrain and high levels of ascent and descent, which demand trail run experience and proper physical preparation. The DURAWALK 13 km is less demanding. Nonetheless, it still requires minimal physical and psychological conditions.
- 1.5 **BIB NUMBER.** Every participant will receive a bib number that must be used during the activities. The bib number should be placed on visible areas of the body (e.g. back or belly) and, if required, must be displayed to race officials, before or during the race.
- 1.6 **MANDATORY GEAR.** All participants will have to carry with them the mandatory gear required for each distance. The gear will be checked at the starting line (see programme).
- 1.7 **EXTERNAL SUPPORT.** External support is not allowed outside aid stations /check points. Between aid stations /check points, athletes must be self-sufficient.
- 1.8 **CODE OF CONDUCT / SPORTSMANSHIP.** At any time or circumstance, the participants should maintain a sportsmanlike conduct, based on the Trail Running values and rules defined by DURATRIL rules and the ASSOCIATION TRAIL RUNNING PORTUGAL, namely: authenticity, humility, fair-play, equality, respect (for other, for one's self, and for the environment), and solidarity. All athletes must follow the instructions given by race officials. The violation of the code of conduct / sportsmanship may be subject to penalties, including disqualification.



2 RACES AND WALK

- 2.1 ORGANISING ENTITY.** THE V DURATRIL is a trail running event organised by Outdoor Clube de Setúbal (OCS) and has the support of the Setubal City Council.
- 2.2 GOAL.** The main goal of this event is to promote the Arrabida Natural Park, the practice of physical activity in Setubal, and Setubal region as a national and international nature and sports destination.
- 2.3 ACTIVITIES.** THE event includes two trail run races (DURATRIL 32km and DURATRIL 18KM) and a walk (DURAWALK 13km). The DURATRIL 32KM makes part of the Portuguese Trail Running National Championship and National Cup.
- 2.4 TYPE OF ROUTES.** Mainly wood trails and dirt roads on hills.
- 2.5 ROUTE AREAS WITH AUTOMOBILE TRAFFIC.** When the DURATRIL route crosses or passes through roads with automobile traffic, athletes will be responsible for complying with road safety rules. When running on the roadside, athletes must follow in line and as close as possible to the left edge of the road.
- 2.6** Before crossing a road with automobile traffic, athletes need to double the attention and follow the instructions of race officials and police officers.
- 2.7 EVENT LOCATION.** The DURATRIL races and walk start and end at Albarquel Park, in Setubal. The registration desk is also located in this park.
- 2.8 TIMING.** Chip timing system is provided by LAP2GO (starting line, check points and finishing line).
- 2.9 CHECK POINTS.** DURATRIL RACES will have check points to avoid violations of the official routes.
- 2.10 PENALTIES / DISQUALIFICATION.** In order to avoid penalties and disqualification, participants need to comply with the rules mentioned in this document, the rules of the Association Trail Running Portugal (ATRP) the rules of the Arrabida Natural Park, the Code of Conduct for the protected areas and the Portuguese Law.
- 2.11 SPORTS PENALTIES.** For each item missing from the mandatory gear list, the DURATRIL organization will impose a 30-minute penalty. Missing a checkpoint will entail immediate disqualification.
- 2.12 ENVIRONMENTAL PENALTIES.** The participants must respect rules of the Arrabida Natural Park and the Code of Conduct for the protected areas (<https://goo.gl/soeq7Z>): do not run off trails; do not pick up plants; do not leave garbage behind; do not disturb the animal life. Non-compliance with these rules will entail disqualification.



RACES AND WALK

2.13 DUTIES AND OBLIGATIONS TOWARDS PARTICIPANTS: the DURATRIL organisation will be responsible for providing all the necessary help to athletes, namely in-race medical coverage, transportation to the hospital or to the finishing line.

2.14 RESPONSABILITY OF PARTICIPANTS. All participants will be held responsible for actions (misconduct) resulting in moral or physical damage to themselves or to third parties.

2.15 DISCLAIMER. The DURATRIL TEAM WILL NOT be held responsible for the loss of personal items due to negligence or theft.

2.16 SPORTS INSURANCE. In accordance to the Portuguese legislation (decreto-lei nº10/2009, de 12 de Janeiro), all participants will be covered by a sports insurance.

ATTENTION:

All participants must carry their own water container to be refilled at aid stations. Due to environmental reasons, the DURATRIL team will not provide any kind of container (e.g. cup, bottle, etc.).

ATTENTION:

DURATRIL routes will cross some national and municipal roads. All participants must comply with road safety rules and follow the instructions of race officials and police officers.

2.17 DETAILED INFORMATION ON DURA RACES AND DURAWALK: see pages below.



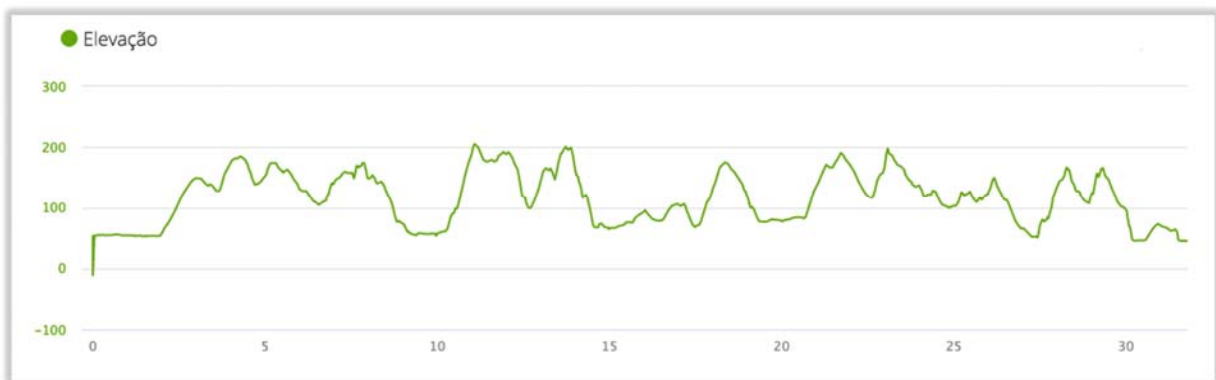
RACES AND WALK

DURATRAIL 32 KM (TRAIL RUNNING NATIONAL CHAMPIONSHIP AND NATIONAL CUP)

Distance	Total Elevation	Difficulty Level	Gear	Race Location	5 Aid Stations
31.8km	1310m +	LONG TRAIL Level 2 (medium)	<p>Mandatory</p> <ul style="list-style-type: none"> -Bib Number 32km -Water recipient / container 500ml -Whistle -Wind breaker - Emergency blanket <p>Recommended</p> <ul style="list-style-type: none"> -Camel Bag or water container (0,5L - 1L) -Energy bars - Leg Protection (for thorny bushes) 	Albarquel Urban Park, Setúbal	<p>5km - Liquids</p> <p>9km – Liquids & Solids</p> <p>16.5Km – Liquids & Solids</p> <p>24.5km – Liquids & Solids</p> <p>29km – Liquids</p>

PROGRAMME / SCHEDULE

2017/10/27 FRIDAY	2017/10/28 SATURDAY
<p>18:00 – Registration desk is open</p> <p>23:00 – Registration desk is closed</p>	<p>07H30 – Registration desk is open (late check-in)</p> <p>08h30 – Control Zero: Gear check.</p> <p>08h50 – Race Briefing.</p> <p>09h00 – Pre-start: running at slow pace (controlled by pacemakers) until Km zero. After arrival, athletes need to wait for the starting shot.</p> <p>13H00 – Trophy ceremony</p> <p>15h00 – End of event (6 hours to finish the race).</p>





RACES AND WALK

DURATRAIL 18 KM

Distance	Total Elevation	Difficulty Level	Gear	Race Location	3 Aid Stations
17.5km	684m +	Long Trail Level 2 (medium)	<p>Mandatory</p> <ul style="list-style-type: none"> -Bib Number 18km -Water recipient / container <p>Recommended</p> <ul style="list-style-type: none"> -Camel bag or water recipient (0,5l- 1l) -Energy bars - Leg Protection (for thorny bushes) 	Albarquel Urban Park, Setubal	<p>5km - Liquids</p> <p>9km - Liquids & Solids</p> <p>15Km - Liquids</p>

PROGRAMME / SCHEDULE

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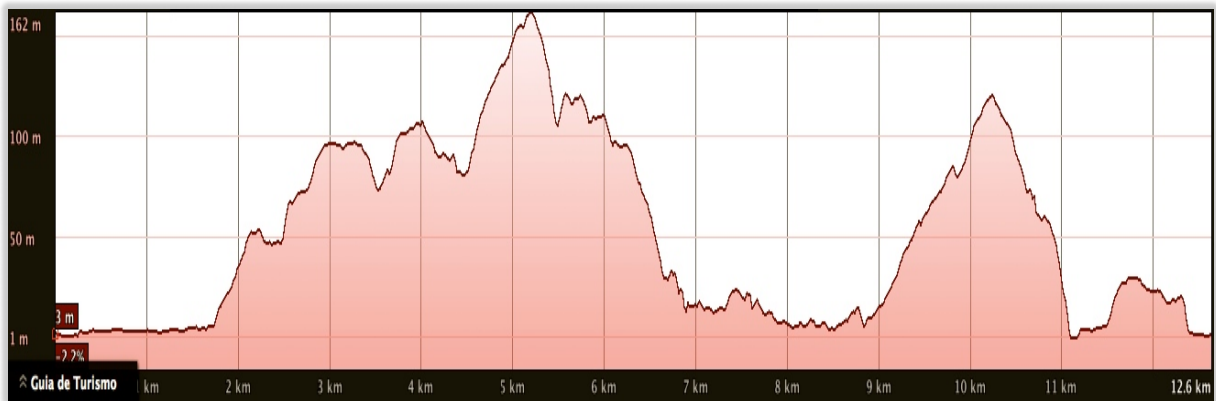
RACES AND WALK

DURAWALK 13km

Distance	Total Elevation	Difficulty level	Gear	Location	2 Aid Stations
12.6km	480m +	Medium	<p><u>Mandatory</u></p> <ul style="list-style-type: none"> -Bib Number Walk -Water recipient / container <p><u>Recommended</u></p> <ul style="list-style-type: none"> -Camel bag or water recipient (0,5l- 1l) -Energy bars - Leg Protection (for thorny bushes) 	Albarquel Urban Park, Setubal	<p>6.5km – Liquids & Solids</p> <p>10Km – Liquids</p>

PROGRAMME / SCHEDULE

2017/10/27 FRIDAY	2017/10/28 SATURDAY
<p>18:00 – Registration desk is open</p> <p>23:00 – Registration desk is closed</p>	<p>07H30 – Registration desk is open (late check-in)</p> <p>09h00 – Warm Up</p> <p>09h30 – Start of guided walk</p> <p>14h30 – End of walk</p>





3 ENTRIES

3.1 ENTRIES. Go to LAP2GO website (link available on <http://duratrail.proaventuras.com/>), fill the form and pay the fee according to the payment instructions.

3.2 CONFIRMATION. Following the payment, the participant or club will receive a confirmation email.

3.3 COMPLAINTS / DOUBTS. All questions regarding entries must be forwarded to suporte@lap2go.com

3.4 FEES AND PAYMENT DEADLINE

	Until 31st August*	until 30th September*	Until 5 th October (last day) **
32km	23.50 euro	25.00 euro	25.00 euro
18Km	18.50 euro	21.00 euro	21.00 euro
WALK	12.50 Euro until 8th October*		
* Includes buffet lunch and t-shirt		** it only includes lunch	

3.5 HOW TO CANCEL REGISTRATION / REFUND CONDITIONS (in case of injury, duly attested by a doctor declaration)

Until 31st August	Until 15th September	Until 30th September	From 1st October
75%	50%	25%	%

3.6 THE ENTRY FEE INCLUDES:

- Bib number;
- Provisions at aid stations;
- Buffet lunch;
- Bag;
- Finisher medal (races);
- Personal liability Insurance;
- Personal accident insurance
- Access to shower facilities;
- Massage (queue order must be respected);
- Transportation to the finishing line (in case of withdrawal);
- Medical / first aid coverage.



4 AGE GROUPS AND TROPHIES /PRIZES

4.1 RESULTS BY AGE GROUP/GENDER. See table below

Team Results	Women (general results)	Men (general results)	Women Age Groups	Men Age Groups
			F Sub-23	M Sub-23
			F Seniores	M Seniores
			F 40	M 40
			F45	M 45
			F50	M 50
			F55	M 55
			F60	M 60

4.2 . INDIVIDUAL AND TEAM PRIZES/ TROPHIES. There will be prizes / trophies for the first three individuals (male and female) and teams of both races, and for the first three competitors of each age group.

4.3 RESULTS INFORMATION: DURATRIL site (<http://duratrail.proaventuras.com>) and DURATRIL Facebook (<https://www.facebook.com/duratrail>).

4.4 Trophies Ceremony: 12:00AM for DURATRIL 18KM, and 13:00PM for DURATRIL 32KM.



5 USEFUL INFORMATION

5.1 HOW TO GET HERE. See information on DURATRIL website
<http://duratrail.proaventuras.com>

5.2 WHERE TO PARK: <https://goo.gl/Cp6EHN>

5.3 WHERE TO STAY: <http://visitsetubal.com.pt/en/onde-ficar-2/>

5.4 VISITOR GUIDE: <http://visitsetubal.com.pt/en/>



6 FINAL NOTES

ATTENTION

These rules may be subject to change. In that case, all participants will be informed through email or other DURATRIL communication channels (web site and Facebook).