



# REGULATION

## ADN RACE PONTA DO SOL 2017

### 1. CONDITIONS OF PARTICIPATION

The **ADN Race Ponta do Sol** is a Skyrunning event, held in Ponta do Sol comprising three races: *Ultra SkyMarathon* (55km 3300m D+), *SkyRace* (25km 1800m D+) e *Mini SkyRace* (12km 300m D+).

#### 1.1. Definitions

*Skyrunning* - the discipline of mountain running, where the slope exceeds 30%, and the climbing difficulty does not exceed the II grade.

*Ultra SkyMarathon* - Races with a minimum of 2500m vertical climb and more than 50 km of distance (tolerance of 5%). The course may use paths or trails of sand, rock or snow (asphalt less than 15%).

#### 1.2. Age Requirements

To participate in the event participants must be at least 18 years and a maximum of 75 years, on the date of the start of the race.

#### 1.3. Registration

The registration in the ADN Race Ponta do Sol means understand and accept without questions the regulation of the event.

So, all participants must:

- Read and accept the conditions of this regulation. Every athlete shows accordance to these rules when sending the registration form.
- Correctly fill the registration form, on the official website of the event [www.adnrace.com](http://www.adnrace.com).
- All participants have to fill the statement of responsibility that will be made available on the official website of the event [www.adnrace.com](http://www.adnrace.com) and deliver it, in paper format, on the secretariat of the event.
- Pay the registration fee.

ASSOCIADOS:



PATROCINADOR OFICIAL:



ORGANIZAÇÃO:



## 1.4. Physical fitness

All participants must:

- Be aware of the distance and the difficulties of the race which will participate and be sufficiently trained to conclude the race.
- Acquired a real capacity for self-reliance in the mountain, allowing the management of the problems induced by this type of race, in particular in terms of changes in the weather conditions (night, wind, cold, fog, rain or snow), as well as the ability to be autonomous between two aid stations, not only in food but also in clothing and safety.
- Know how to face physical and mental problems resulting from extreme fatigue, digestive problems, joint and muscle pain, and others.
- Be aware that the Organization is not responsible to help a participant to overcome these problems and that depends mainly on the ability of the participant.

## 1.5. Personal assistance

All participants are allowed to receive personal assistance by one person and only on the aid stations previously defined by the Organization. Other external assistance is strictly prohibited.

Failure to comply with these rule results in the penalty provided for in article 2.II.

## 1.6. Race bib placement

The race bib should be permanently visible throughout the race, ie, it should be positioned over the clothing, chest area or abdomen. Sponsors' name and logo cannot be modified or hidden.

Only participants with visible bibs will have access to the aid stations.

Failure to comply with these rule results in the penalty provided for in article 2.II.

## 1.7. Conduct rules

The **ADN Race Ponta do Sol** promotes and privileges, above all, the respect for nature and the maintenance of clean environment. All the products consumed or other waste produced by athletes should be placed on the trash containers. Failure to comply with this rule implies the immediate disqualification of the athlete and exclusion in future editions of the event.

Fair play is also one of the key rules of the event so participants should help anyone in danger and alert the nearest checkpoint or contact the Organization via the emergency number in the bib.

The Organization reserves the right to exclude from the race, even before its start, any participant who, through his behavior, disturb the management and/or the proper functioning of the event. Should this occur, the athlete will not be refund.

The participant who is preparing to overcome another must give a voice indication of his/her passage, indicating the side through which they pass (right or left). Those who overcome must be careful not to cause accidents.

For safety reasons, overcome it is prohibited in tunnels, technical sections and "levadas" (water channels), except in cases where the participant in front facilitates the overcome, caring for the safety of both.

The use of shortcuts and failure to fully comply with the defined route of the race will result in the disqualification of the participant.

All athletes are strongly advised not to make use of substances, pharmacological groups and methods to artificially increase their physical capacity. At the end of the races, any athlete may be selected to participate in a doping control, so it is recommended to read carefully the Federative Anti-Doping Regulations of the Portuguese Federation of Camping and Mountaineering.

The unsportsmanlike conducts above referred will be sanctioned according to its degree of severity, according to article 2.II.

## 2. PROVA

### 2.1. Event presentation

The **ADN Race Ponta do Sol** is organized by Associação de Desportos da Natureza, Ponta do Sol, in partnership with the Federação de Campismo e Montanhismo Portuguesa (FCMP), integrating the Skyrunning Madeira Cup.

The **ADN Race Ponta do Sol** is limited to about 500 participants, in the total of the 3 races, distributed as follows:

***Ultra SkyMarathon* – 100 | *SkyRace* – 200 | *Mini SkyRace* – 200**

The event is open to the participation of all athletes, national or foreign, federated or not, according to the established in this regulation. However, only those who have their FCMP license valid for the current year and also the FCMP affiliated teams will be considered for the FCMP classifications.

The Organization also reserves the right to increase or reduce the number of places for safety reasons or for any other reason that may affect the proper functioning of the event. All changes will be announced in advance on the official website.

The Organization reserves 20 seats in each race for the event sponsors.

The following description is intended to give a general guideline of the courses, but does not specify them in detail, and the Organization rejects any responsibility that may arise from reading the route:

- The ***Ultra SkyMarathon*** starts at 06:00 at the center of the village of Ponta do Sol, towards to Madalena do Mar, passing through Poios, São Tiago e Anjos, preparing the first big climb through Moledos. Following along the western slope of ribeira da Madalena towards Pinheiro, the course leads the athletes to Levada do Paul da Serra, and then to Cova Grande. After the Levada, the course descends until Ladeiras to take another climb by Arrebetão on the west slope of ribeira da Ponta do Sol, reaching the plateau of Paul da Serra, towards the highest point of the race, Pico Ruivo do Paul. From this peak, the course descends until Levada do Plaino Velho, passing through Caramujo lagoon, towards Pico da Bica da Cana. Then, the race begins the descending phase, passing through emblematic places with superb views to the valley of the Ribeira da Ponta do Sol, such as Fajã Redonda, Pico da Senhora da Ajuda and Quinta until Levada do Techo. The course continues down the hillside to Levada Nova, following to near its stars where after a brief descent to the Levada do Moinho, the athletes will enter the final section of the race, which is inside the ribeira da Ponta do Sol. A short climb up to the Lombada, precedes the final descent by Santo Amaro with the finish line located at the center of the village of Ponta do Sol.

- The ***SkyRace*** starts at 09:00 at the center of the village of Ponta do Sol, towards to Madalena do Mar, passing through Poios, São Tiago e Anjos, preparing the first big climb through Moledos. Following along the western slope of ribeira da Madalena towards Pinheiro, the course leads the athletes to Levada do Paul da Serra, and then to Cova Grande. After the Levada, the course descends through Arrebetão on the west slope of ribeira da Ponta do Sol, passing by Pomar D. João, towards the ribeira da Ponta do Sol. A short climb up to the Lombada, precedes the final descent by Santo Amaro with the finish line located at the center of the village of Ponta do Sol.

- The ***Mini SkyRace*** starts at 11:00 at Pico de Baixo, in Jangão, towards Quinta and then until the Levada do Techo. The course continues down the hillside to Levada Nova, following to near its stars where after a brief descent to the Levada do Moinho, the athletes will enter the final section of the race, which is inside the ribeira da Ponta do Sol. A short climb up to the Lombada, precedes the final descent by Santo Amaro with the finish line located at the center of the village of Ponta do Sol.

The Organization alerts that, for major reasons, the courses and schedules are susceptible to change.

## 2.2. Program

<b>Saturday 29 April 2017</b>
17:00 – Event presentation and starts registration
<b>Monday 31 July 2017</b>
23:59 – End of the 1st phase of registration
<b>Monday 4 September 2017</b>
23:59 – End of registration
<b>Wednesday 13 September 2017</b>
13:00 – Event presentation for the media (place to be designated in Ponta do Sol)
<b>Friday 15 September 2017</b>
10:00 – 20:00 Distribution of race bibs (place to be designated in Funchal)
<b>Saturday 16 September 2017</b>
16:00 – 20:00 Distribution of race bibs (place to be designated in Ponta do Sol)
<b>Sunday 17 September 2017</b>
04:30 – Opening of the center of the event
05:30 – Entry of participants in the start zone of <i>Ultra SkyMarathon</i>
06:00 – Start of <i>Ultra SkyMarathon</i>
08:30 – Entry of participants in the start zone of <i>SkyRace</i>
09:00 – Start of <i>SkyRace</i>
09:45 – Concentration of the participants of the <i>Mini SkyRace</i> race in the departure area for the bus-shuttle in Ponta do Sol
10:00 – Bus-shuttle departures of the participants of <i>Mini SkyRace</i>
10:30 – Entry of participants in the start zone of <i>Mini SkyRace</i>
11:00 – Start of <i>Mini SkyRace</i>
14:00 – Last <i>Mini SkyRace</i> finisher
15:00 – Last <i>SkyRace</i> finisher
18:30 – Last <i>Ultra SkyMarathon</i> finisher
18:45 – Announcement of the official results
19:00 – Prize giving (Bar A Baixa)
19:30 – Closing party (Bar A Baixa)

The Organization alerts that, for major reasons, the courses and schedules are susceptible to change.

ASSOCIADOS:



PATROCINADOR OFICIAL:



ORGANIZAÇÃO:



## 2.3. Distance/Altimetry/Time limit

Table 2.1 – Races information

Races	Distance	Positive Gain	Negative Gain	Time Limit
<i>Ultra SkyMarathon</i>	55 Km	3300m	3300m	12,5h
<i>SkyRace</i>	25 Km	1800m	1800m	6h
<i>Mini SkyRace</i>	12 Km	300m	900m	3h

## 2.4. Map/altimetric profile /route description

The routes of **ADN Race Ponta do Sol** follows paths, tracks, dirt roads, ridges, slopes and small stretches of road. The routes use public roads, either on the road or off road, crossing places and villages and use accesses that pass through private properties. Therefore, the routes will not be closed for the event, and in this sense, the participants must be aware the fact that there may be vehicles, people and animals circulating in one direction or another in the race route.

In the areas where the route intersects some roads, the crossing should deserve the maximum attention on the part of the participants.

There will be places of the routes in whose there may be gates that the participants will have to open and close. Whenever a participant encounters a closed gate, he or she must leave it in the form that found it, or be closed.

The Organization will signal in the days prior to the event the whole route with signaling tapes with a reflective band (for better night vision), signs and marks on the pavement. It is mandatory to follow the signposted paths without taking shortcuts. Participants, if they stop seeing signs for approximately 200 meters, should turn back until they find their signaling again. Common sense must prevail.

A map and altimetric profile of each route will be made available as well as a brief description of the places of passage of the routes.

## 2.5. Time barriers

The **ADN Race Ponta do Sol** it's an event that comprises three races in only one stage each, within the time limit.

The time barriers are calculate to allow participants to reach the finish line within the time limit imposed, counting already the possible stops (rest, supplies, etc.), according to table 2.1.

In order to be allowed to continue in the competition, participants must arrive at and leave the checkpoint prior to their closure, otherwise they will be prevented from proceeding and consequently will be disqualified.

Any participant excluded from the race and who wishes to continue, can only do so by delivering the bib, continuing on its own responsibility and in complete autonomy.

For major reasons (meteorological and/or safety), the Organization reserves the right to change time limits.

Table 2.1 shows the time limit for each race.

## 2.6. Time control

Time control will be performed by an electronic timing system provided by the Organization of the event, which consists in the inclusion of a chip in the bib of the participants, and in the checkpoints there will be an electronic station that will record the passage of the runners.

In addition to the electronic control there will also be made a manual control of passage log.

After receipt of the bib with the chip, the athlete is responsible for any damage that. Any situation relating to this matter shall be communicated to the Organization as soon as possible.

In the starting zone the clock will start counting at the set time, with or without the presence of the participants. Participants who are not present within 15 minutes of departure or are present beyond this period will be barred from leaving and as such will not be classified.

## 2.7. Checkpoints

The checkpoints are obligatory points of passage and are located in places designated by the Organization. A member of the Organization shall be responsible for each of these checkpoints. A time table, with different information, will be made known to the participants.

Not controlling one or more checkpoints will lead to the disqualification of the participant. During the race there may be "surprise checkpoints" in order to ensure full compliance of the course. Its position shall not be communicated by the Organization.

Drop-offs must be made only and exclusively at checkpoints and the Organization will provide transportation from the point of abandonment, with road accessibility, until arrival.

In the event of an accident or injury in which the participant is immobilized and unable to reach a checkpoint, he must activate the rescue operation by contacting the Organization.

The contact number of the Organization for emergency purposes shall be printed on the runner's bib and shall also be recorded in advance on the participant's mobile phone.

Due to problems associated with the environment and type of injury it may be necessary to wait for longer than expected. Therefore, the primary safety of athletes depends basically on the quality of the equipment they have.

Only participants with the bib race will have access to the checkpoints.

A time table will be published for each event, with information about the checkpoints, on the official event page.

The Organization holds that for major reasons, the location and number of checkpoints can be changed.

## 2.8. Refreshments posts

The refreshments posts will provide runners with food and drink to be consumed on the post. While other liquids are available on site, water will only be provided to fill runner's flasks or bladders.

Each runner must make sure, upon leaving each filling station that has the amount of drink and food necessary to reach the next refreshment post.

Only runners with visible bibs will have access to the refreshment post. There will be two types of filling stations: one with only liquids and another with solids and liquids, which will vary according to your location. The Organization will not grant cups on the refreshment post.

There will be first aid positioned at some checkpoints. It is essential that runners assist any person in danger by alerting the nearest checkpoint and/or contacting the Organization.

Participants shall obey the decisions of specialized medical personnel, subjecting to their authority. Medical teams have the right to:

- Disqualify an athlete (removing his pectoral), if they consider him/her incapacitated to continue in race;
- To hospitalize an athlete whose state of health so requires;
- To evacuate, by all means at the disposal, an athlete that they consider in danger of health.

Information on the refreshment posts will be made available on the official website of the event.

The Organization holds that, for major reasons, the location and number of refreshments posts are likely to be altered.

## 2.9. Obligatory equipment

During the race, all participants must have appropriate clothing and footwear as well as the obligatory equipment (table 2.2) in the full length of the course and in perfect conditions of use, otherwise they will be penalized.

The lack or the bad state of the obligatory equipment, places in danger not only the safety of the athlete itself but also that safety of the persons who can come to his aid, if it is necessary, therefor is advisable that the athletes make an inspection prior to the start of the race.

This is a mountain running event, on technical rails and where the weather conditions are constantly changing, so in addition to the obligatory equipment, it also includes two very important items that all athletes must have during the event: self-conscience and common sense. The first person who should think and take precautions for their safety is the athlete himself.

Table 2.2 - Obligatory equipment

Obligatory equipment	<i>Ultra SkyMarathon</i>	<i>SkyRace</i>	<i>Mini SkyRace</i>
Race bib (to be placed on the front of the runner and visible during the entire race)	X	X	X
Backpack	X	X	X
Water reservoir 1 litre minimum	X	X	X
Survival blanket (min. 100x200 cm)	X	X	X
Waterproof jacket with hood	X	X	X
Mobile phone (charged and functioning)	X	X	X
Food reserve	X	X	X
Whistle	X	X	X
Personal portable cup (min. 15cl)	X	X	X
Head-torches (in good working order with spare batteries)	X	-	X
ID card	X	X	X

Verifications checks will be made to verify the obligatory equipment throughout the race by elements of the Organization.

The participant must accept these checks in a peaceful manner, without contesting, otherwise he will be excluded from the competition, according to the list of penalties in article 2.II.

The first three athletes of the general, male and female, of all the races will be inspected, after completing the same. Randomly, verifications will be made to participants after the finish line.

## 2.10. Information on passage of sites with road traffic

Since there will be no road traffic cut off, runners must comply with traffic rules in cities and roads of public use, as well as respect agricultural areas and private properties, otherwise they will have to assume potential damages and costs resulting from their conduct.

Table 2.3 – Road traffic interception locations

<i>Ultra SkyMarathon</i>			<i>SkyRace</i>			<i>Mini SkyRace</i>		
Location	Km	Road	Location	Km	Road	Location	Km	Road
Vila da Ponta do Sol	0,10	Estrada Regional 101	Vila da Ponta do Sol	0,10	Estrada Regional 101	Jangão	0,00	Caminho da Quinta
São Tiago	1,30	Travessa de São Tiago	São Tiago	1,30	Travessa de São Tiago	Ribeira da Ponta do Sol	10,30	Estrada Regional III
São Tiago	1,85	Estrada da Quebrada	São Tiago	1,85	Estrada da Quebrada	Pico das Tabaibeiras	11,05	Caminho do Pico das Tabaibeiras
São Tiago	2,00	Caminho da Cruz	São Tiago	2,00	Caminho da Cruz	Santo Amaro	12,10	Estrada Regional 222
Anjos	2,60	Caminho das Fontes	Anjos	2,60	Caminho das Fontes	Vila da Ponta do Sol	12,40	Estrada Regional 226
Madalena do Mar	4,50	Via Expresso 3	Madalena do Mar	4,50	Via Expresso 3	Vila da Ponta do Sol	12,40	Estrada Regional 226
Madalena do Mar	5,65	Via Expresso 3	Madalena do Mar	5,65	Via Expresso 3	Vila da Ponta do Sol	12,40	Estrada Regional 226
Madalena do Mar	5,85	Estrada do Torreão	Madalena do Mar	5,85	Estrada do Torreão	Vila da Ponta do Sol	12,40	Estrada Regional 226
Madalena do Mar	6,20	Estrada do Torreão	Madalena do Mar	6,20	Estrada do Torreão			
Moledos	6,85	Estrada Regional 222	Moledos	6,85	Estrada Regional 222			
Achada de St <sup>o</sup> . Antão	7,50	Caminho Poço do Lombo	Achada de St <sup>o</sup> . Antão	7,50	Caminho Poço do Lombo			
Pinheiro	10,20	Estrada do Pinheiro	Pinheiro	10,20	Estrada do Pinheiro			
Cova Grande	14,80	Estrada Regional 209	Cova Grande	14,80	Estrada Regional 209			
Loiral	16,20	Caminho Real 28	Loiral	16,20	Caminho Real 28			
Arrebentão	17,90	Caminho Real 28	Arrebentão	17,90	Caminho Real 28			
Cruzamento Estanquinhos	28,30	Estrada Regional 110	Ribeira da Ponta do Sol	22,30	Estrada Regional III			
Bica da Cana	37,10	Estrada Regional 110	Pico das Tabaibeiras	23,05	Caminho do Pico das Tabaibeiras			
Sítio da Quinta	42,30	Caminho da Quinta	Santo Amaro	24,10	Estrada Regional 222			
Ribeira da Ponta do Sol	52,30	Estrada Regional III	Vila da Ponta do Sol	24,40	Estrada Regional 226			
Pico das Tabaibeiras	53,05	Caminho do Pico das Tabaibeiras						
Santo Amaro	54,10	Estrada Regional 222						
Vila da Ponta do Sol	54,40	Estrada Regional 226						

## 2.11. Penalties

The competition Jury is responsible for applying the rules of the event, and is therefore authorized to apply the penalties and disqualifications of the table below.

Tabela 2.5 – Penalties

Nº	Action	Sanction to be applied
1	Failure to assist a participant in need	Disqualification and unable to entry in future events
2	Abandon the event without warning the Organization	Disqualification and unable to entry in future events
3	Sharing the bib with another person during part or all of the race	Disqualification and unable to entry in future events
4	Use other paths than those signalized for the race, intentionally shortcutting the race track	Disqualification and unable to entry in future events
5	Using unauthorized transport (hitchhiking)	Disqualification and unable to entry in future events
6	Seriously failing to respect the Organization or other participants (aggression or insult)	Disqualification and unable to entry in future events
7	Remove signalization of the race	Disqualification and unable to entry in future events
8	<i>Doping</i>	Disqualification and unable to entry in future events
9	Disobeying the security measures indicated by the Organization and associated entities	Disqualification and unable to entry in future events
10	Refuse to perform medical examinations	Disqualification
11	Absence of the obligatory equipment and/or refusal of presentation, if requested by the Organization	Disqualification
12	Exceeding the time limit of control at the checkpoints	Disqualification
13	Fail to control at one or more checkpoints both announced and surprise	Disqualification
14	Loss of the chip of timing system	Disqualification
15	Call for help without substantiated need	Disqualification
16	Being accompanied by animals	Disqualification
17	Throwing garbage onto the floor and/or damaging the environment	Disqualification
18	Lack of identification document	Disqualification
19	Lack of operational mobile phone	Disqualification
20	Lack of waterproof jacket with hood	Disqualification
21	Lack of survival blanket	Disqualification
22	Execute two false starts	Disqualification
23	Starting 15 minutes after the start of the race	Disqualification
24	Intentionally do not facilitate overtaking or putting obstacles to another athlete	Disqualification
25	Having a unsportsmanlike conduct towards opponents or elements of the Organization	Disqualification
26	Damage private or garden areas	Disqualification and unable to entry in future events
27	Use other paths than those signalized for the race, provided they do not represent intentional shortcuts.	Penalty of 1 hour (1st warning); Disqualification (2nd warning)
28	Receiving external help outside the areas defined by the Organization	Penalty of 30min. (1st warning); Disqualification (2nd warning)
29	To be accompanied by persons not accredited by the Organization, except in the defined areas	Penalty of 1 hour
30	Modifying, folding or hiding advertising material	Penalty of 1 hour
31	Flashlight off at night	Penalty of 1 hour
32	Lack of whistle	Penalty of 1 hour
33	Lack of backpack or similar equipment	Penalty of 30min.
34	Lack of container(s) for water with a minimum of 1 liter	Penalty of 30min.
35	Lack of personal portable cup (min. 15cl)	Penalty of 30min.
36	Race bib not visible	Penalty of 15min., for each warning

The penalty or penalties will be counted in the final time of the runner in question.

ASSOCIADOS:

**ponta do Sol**  
Sinta a Diferença!



PATROCINADOR OFICIAL:



ORGANIZAÇÃO:



## 2.12. Responsibilities to athlete/participant/runner

The participants enrolled in **ADN Race Ponta do Sol** accept to participate voluntarily and under their own responsibility in the event. Therefore, they agree not to claim or demand into the Organization, volunteers, authorities, sponsors and other participants and their heirs any responsibility, in any way that exceeds the coverage of their responsibilities

## 2.13. Race insurance

The participants in **ADN Race Ponta do Sol** are covered by personal accident insurance, with coverage equal to or greater than the minimum amounts defined by law.

In case of an accident, the participant should contact the Organization, who will send it to the medical institution most appropriate to their state of health, together with a copy of their respective claim participation. Sometimes, due to the urgency/severity of some accidents, it is impossible to fill out the participation in the event of the accident. In these circumstances, the claim may be treated after the participant has been given first aid.

The Organization shall be covered by civil liability insurance in accordance with the minimum amounts required by law or above.

The Organization will not assume claims expenses, which it did not know in a timely manner to activate the insurance.

## 3. REGISTRATION CONDITIONS

### 3.1. Registration process

Entries will be submitted on the page [www.adnrace.com](http://www.adnrace.com) and only these will be accepted.

Each participant must correctly fill out the registration form and pay the amount of the registration fee within the stipulated period, being the participant responsible for the accuracy of their personal information.

The form of payment available is by Multibanco, and the athlete must keep proof of payment in order to prevent any problem.

Foreign participants should request the Organization for payment method by email to [info@adnrace.com](mailto:info@adnrace.com).

After confirmation of payment, the name of the athlete will be valid in the list of participants.

The Organization is not responsible, for any denial of responsibility, by the insurer, resulting from the incorrect insertion of the personal information in the registration form by the participant.

Entries will not be accepted for athletes who are punished by their federations due to sanctions imposed following anti-doping controls.

The payment of the registration fee implies a reservation of place, personal and non-transferable.

Any additional clarification should be requested by email to [info@adnrace.com](mailto:info@adnrace.com).

## 3.2. Fees and periods of registration

The registration period will run from April 29 to September 4, 2017.

The registration fees are as follows:

Table 3.1 – Registration fees

Race	1st period 29 of April to 31 of July	2nd period 1 of August a 4 of September
<i>Ultra SkyMarathon</i>	20,00 €	30,00 €
<i>SkyRace</i>	15,00 €	22,50 €
<i>Mini SkyRace</i>	10,00 €	15,00 €

In the 2nd period of the registration the Organization does not guarantee personalized bibs nor the official t-shirt of the event.

## 3.3. Registration Changes

It is allowed to change the registration in the event, only during the first period of registrations, and whenever there are places available.

If the change is for a race with a higher registration fee, the differential will be paid at the rates at the time of the change. If it is for a race with a lower registration fee, there will be no refund of the differential.

After the closing of the 1st registration phase, no changes are allowed.

## 3.4. Conditions for refund of registration fee

Refund can be requested until the end of the first period of registration, when a participant has proved an impediment to the race, provided that it is associated with an accident or an illness diagnosed after the registration in the race.

The refund must be requested by e-mail to [info@adnrace.com](mailto:info@adnrace.com) or by registered mail to A.D.N. - Ponta do Sol, Associação de Desportos e Natureza, Estrada de Santo Antonio, nº6, Lugar de Baixo, 9360-503, Ponta do Sol.

This request must be accompanied by the medical certificate.

Phone cancellations will not be accepted and the Organization will not proceed with the "freezing" of registrations.

The amounts reimbursed to participants who meet the above conditions will vary according to the date of the request, namely:

Table 3.2 – Refund of registration fees in case of injury

Occurrence Period	% of refund to be returned
Until 31 <sup>st</sup> of July	90% of the registration fee will be returned
From 1 <sup>st</sup> of August to 4 <sup>th</sup> of September	50% of the registration fee will be refunded
From 5 <sup>th</sup> of September to 17 <sup>th</sup> of September	No refund

The amounts retained will be used to cover the expenses with the event, namely in the registration platform, event announcement and acquisition of all the logistics of the event (supplies, race bib, t-shirts, prizes, etc.).

All refund requests will be reviewed no later than 30 days after the event. After this date no refund requests will be accepted nor there will be any refunds.

### 3.5. Interruption, Cancellation and Postponement of the Event

In the case of strongly bad weather conditions on the day of the race, the start may be delayed by at most one hour, after which the race will be canceled or postponed. There will be no refund.

The Organization may interrupt the event if, during the event, the weather conditions manifestly jeopardize the safety of the athletes. In this case, the athlete upon arrival at a checkpoint shall follow the instructions given by the members of the Organization and shall be bound to comply with them. In this situation, the Organization also reserves the right to modify the hourly barriers and, or to suspend, reduce, neutralize or stop the race. There will be no refund.

The Organization will have alternative routes and may reduce the initial course in order not to subject athletes to adverse weather conditions, in order to guarantee the safety of all participants. This decision will be communicated to all athletes before the race start.

The event may be canceled if, for reasons beyond the control of the Organization, such as natural disasters like fires, floods, meteorological warnings or other unforeseen event occur that make it impossible to run the event on the scheduled date or until thirty days after the scheduled date of the event.

In this case, the amounts to be refund to the participants, according to the date of the occurrence, shall be as follows:

Table 3.3 – Refund of registration fees in case of cancellation due to factors unrelated to the Organization.

Occurrence Period	% of refund to be returned
Until 31 <sup>st</sup> of July	90% of the registration fee will be returned
From 1 <sup>st</sup> of August to 17 <sup>th</sup> of September	No refund

The amounts retained will be used to cover the expenses with the event, namely in the registration platform, event announcement and acquisition of all the logistics of the event (supplies, race bib, t-shirts, prizes, etc.).

The event may be postponed until thirty days after the date scheduled for the event if, for reasons beyond the control of the, such as natural disasters like fires, floods, meteorological warnings or other unforeseen event occur that make it impossible to run the event on the scheduled date.

To postpone the event, and within a maximum period of 30 days after the scheduled date, the following conditions must be granted:

- The damages caused by the above mentioned circumstances permits the realization of the event, although in conditioned form;
- Safety conditions for the passage of athletes are guaranteed;
- Issuance by the competent authorities of their respective licenses and authorizations;
- There is a date available in the race calendar in that period.

If all previous conditions are granted, the amounts to be refund to the participants, according to the date of the occurrence, shall be as follows:

Table 3.4 – Refund of registration fees in case of postponement due to factors unrelated to the Organization.

Occurrence Period	% of refund to be returned
Until 31 <sup>st</sup> of July	90% of the registration fee will be returned
From 1 <sup>st</sup> of August to 17 <sup>th</sup> of September	No refund

The amounts retained will be used to cover the expenses with the event, namely in the registration platform, event announcement and acquisition of all the logistics of the event (supplies, race bib, t-shirts, prizes, etc.).

In case of postponement of the event occur after August 1, 2017 no changes are allowed in the registration forms.

The refund must be requested by e-mail to [info@adnrace.com](mailto:info@adnrace.com) or by registered mail to A.D.N. - Ponta do Sol, Associação de Desportos e Natureza, Estrada de Santo Antonio, nº6, Lugar de Baixo, 9360-503, Ponta do Sol.

All refund requests will be reviewed no later than 30 days after the event. After this date no refund requests will be accepted nor there will be any refunds.

### 3.6. Participation kit and services included

The registration fee includes:

- Insurance of civil liability and personal accidents;
- Supply of solids and liquids while in competition;
- First aid, in the posts indicated;
- Timing system;
- Relaxation massage (only for Ultra SkyMarathon athletes)
- Transport by bus for departure (only for Mini SkyRace);
- Transportation from the checkpoints to arrival in case of dropping off the race or being prevented by the Organization from continuing in the race;
- Personalized race bib (guaranteed only for the first phase of registrations) with integrated chip;
- Digital participation certificate (to be downloaded later);
- Prize of arrival (Finisher souvenir);
- Voucher for nautical activities on Ponta do Sol beach;
- A drink during the awards ceremony/closing party at the bar A Baixa;

Participants will also be able to purchase the official t-shirt of the event, for an extra payment of € 5.00, as well as to make a donation of € 1.00 to Associação Portuguesa das Pessoas com Necessidades Especiais - Associação Sem Limites.

These options will be available at the time of registration.

UPDATE 19/7/2017: The official t-shirt of the event will be offered (no cost) to all the participants.

### 3.7. Race bib delivery

Table 3.5 - Race bib delivery

Friday 15 September 2017
10:00 - 20:00 Distribution of race bibs (place to be designated in Funchal)
Saturday 16 September 2017
16:00 - 20:00 Distribution of race bibs (place to be designated in Ponta do Sol)

The race bibs delivery locations will be announced until one week before the event.

At the race bib delivery participants must present the following documents:

- Identification card (CC / BI) or Passport.
- Disclaimer (in paper form, completed and signed by the participant).

Exceptionally, participants who cannot collect the race bib provided by the Organization at the scheduled time, may authorize a third person to do so on their behalf. To do this, they must duly complete their authorization, which will be available for download on the official page of the event and follow the information indicated (namely the presentation of identification documents).

The Organization will not assume any responsibility in case the person duly identified and authorized by the participant misappropriates or damages the material/race bib delivered

The delivery of the race bib by the Organization on the day of the event will not be allowed.

ASSOCIADOS:



PATROCINADOR OFICIAL:



ORGANIZAÇÃO:



## 4. PRIZES AND AGE CATEGORIES

### 4.1. Date, location, and time delivery of prize giving

The prize giving ceremony will take place on Sunday, 17<sup>th</sup> of September at 19:00, in the center of the village of Ponta do Sol (A Baixa bar).

### 4.2. Definition of age categories

The age categories (male and female) will be automatically defined according to the data made available by the participants at the time of registration, and taking into account the age that the athlete will have at the event date, as described in table 4.1.

Table 4.1 – Age Categories

Categories	Age at 17th of September 2017
Juniors M/F	Between 18 and 19
Seniors M/F	Between 20 and 39
Veterans M40/F40	Between 40 and 49
Veterans M50/F50	Between 50 and 59
Veterans M60/F60	From 60

### 4.3. Ratings and Prizes

The races will be won by the competitors who made the least time at the end of each race, plus any penalties, if any.

For all three races, only those participants who control at all checkpoints and cut the finish line within the stipulated time limit will be classified. For each race there will be a female and male individual classification, by categories and by gender.

In order to qualify by teams, teams must have at least three members of the same gender.

The team classification will be based on the three best classifications of the respective athletes.

There will be prizes for the best male and female athlete of or resident in Ponta do Sol in the three races.

A special prize named "King and Queen of the Mountain" will be awarded to Ultra SkyMarathon athletes, who in the respective gender (male and female) makes the shortest time on the section between Madalena and Cova Grande (9.2km + 1300m), and finishes the entire course within the established time limit.

For the Ultra SkyMarathon race, trophies will be delivered to the following classifications:

Table 4.2 – Ultra SkyMarathon awards

Categories	Male	Female
General	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>
Juniors M/F	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>
Seniors M/F	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>
Veterans M40/F40	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>
Veterans M50/F50	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>
Veterans M60/F60	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>
Teams	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>
King and Queen of the Mountain	1 <sup>st</sup>	1 <sup>st</sup>
Best Athlete of Ponta do Sol	1 <sup>st</sup>	1 <sup>st</sup>

Cumulatively and only for the Ultra SkyMarathon race, the following monetary prizes will be awarded:

Table 4.3 – Monetary prizes for *Ultra SkyMarathon*

Classification	Male	Female
1 <sup>st</sup> General	100€	100€
2 <sup>nd</sup> General	60€	60€
3 <sup>rd</sup> General	40€	40€

For the SkyRace competition, trophies will be delivered to the following classifications:

Table 4.4 – SkyRace awards

Categories	Male	Female
General	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>
Juniors M/F	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>
Seniors M/F	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>
Veterans M40/F40	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>
Veterans M50/F50	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>
Veterans M60/F60	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>
Teams	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>
Best Athlete of Ponta do Sol	1 <sup>st</sup>	1 <sup>st</sup>

For the Mini SkyRace competition, trophies will be delivered to the following classifications:

Table 4.4 – Mini SkyRace awards

Categories	Male	Female
General	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>	1 <sup>st</sup> , 2 <sup>nd</sup> e 3 <sup>rd</sup>
Best Athlete of Ponta do Sol	1 <sup>st</sup>	1 <sup>st</sup>

The winners must be present at the giving prizes ceremony.

The Organization will not send trophies, prizes of arrival, or any other elements by post or other means of distribution.

### 4.3. Deadlines for classifications

The deadline for complaints is up to fifteen minutes after the arrival of the last participant in each race. After this deadline, the final results of each race will be published.

Any complaint must be submitted in writing and sent to the director of the event, accompanied by a deposit of 50,00€ (non-refundable if the complaint is rejected).

The complaint must include the name of the complainant, BI/CC number or passport, the name of the affected participant(s), number of race bib, alleged reasons, date and signature.

It must also contain the identification, contact and signature of at least one witness, attesting to the truthfulness of the claimed situation.

Upon receipt of the complaint in the above terms, if an athlete is the subject of a complaint, he will be contacted by the Organization to be heard and present his arguments. If the athlete in question refuses to cooperate with the Organization, he will be penalized according to article 2.II.

The competition jury, which will analyze the complaint, is appointed by the Arbitration Council of Portuguese Federation of Camping and Mountaineering and will pronounce before the final results are displayed.

## 5. IMAGE COPYRIGHT

### 5.1. Permits and use

Registration in the event and the consequent acceptance of this regulation implies the authorization of the participant to record images derived from their participation, permitting that the Organization may use it in advertising and promotion of the event in any medium. In this way, the participant assigns to the Organization all image rights related to the use of such records.

Any outside project or advertising must have prior consent of the Organization.

## 6. REGULATION

### 6.1. Update and publishing

This regulation may be updated and published until the deadline for registration, 4<sup>th</sup> of September 2017, in accordance with the needs of the Organization.

The cases not covered by this regulation shall be resolved by the Organization, for which there shall be no appeal.

## 7. INFORMATIONS

### 7.1. How to get

At 25 minutes from Funchal, following the VRI to Ribeira Brava, continuing west on Via Expresso 3, passing Tabua, Lugar de Baixo until the Rotunda da Ponta do Sol, where you should follow the South direction on ER 101 until the center of the village.

### 7.2. Where to stay

There are several options for staying overnight in the Ponta do Sol area:

- Estalagem da Ponta do Sol: <http://www.pontadosol.com/>
- Hotel da Vila: <http://www.pontadosol.com/hoteldavila/>

### 7.3. Places to visit

The village of Ponta do Sol has a vast natural and built heritage, with emphasis on the following points of interest:

- Ponta do Sol pier (gps location: 32.678023; -17.104162);
- Caminho Real bridge (gps location: 32.681679; -17.107966);
- Local church (gps location: 32.680055; -17.104703);
- São Sebastião chapel (gps location: 32.680920; -17.103650);
- Ponta do Sol historic center (gps location: 32.680161; -17.104846);
- Fajã Redonda (gps location: 32.740577; -17.064744);

### 7.4. Contacts

A.D.N. - Ponta do Sol, Associação de Desportos e Natureza

Estrada de Santo Antonio, nº6, Lugar de Baixo, 9360-503, Ponta do Sol

Website: [www.adnrace.com](http://www.adnrace.com) |

Email: [info@adnrace.com](mailto:info@adnrace.com) |

Telephone: 291 973 038

Version updated on 20/07/2017

ASSOCIADOS:



PATROCINADOR OFICIAL:



ORGANIZAÇÃO:

