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05 – 08 dezembro 2019

Sao Miguel Island – Azores - Portugal

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# Regulation ENG

V1 05/03/19



5th edition



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## **1. Conditions of participation**

EPIC Trail Run Azores is a Trail Running event that takes place in the Island of São Miguel - Azores, it has 4 non-stop stage races: EPIC110, EPIC60, EPIC30 and EPIC15.

### **1.1. Minimum age required for participating in the events**

To participate in the event athletes must be at least 14 years old in the EPIC15 race and 18 years old to run the remaining races, completed until 31<sup>st</sup> December 2019.

### **1.2. Regularized registration**

The registration in EPIC Trail Run Azores implies understanding and accepting unreservedly the rules and regulations of the event as well as providing with important information regarding health conditions in the process of registration.

Participants must print and fill out the “Term of Responsibility” and handing it in at the check in desks. The document is available on the website of the event.

Registrations are only possible through the official website of the event ([www.epictrailrunazores.com](http://www.epictrailrunazores.com)). Payment is made online; no receipt is necessary.

The list of the people registered may be consulted at our official website ([www.epictrailrunazores.com](http://www.epictrailrunazores.com)).

### **1.3. Physical conditions**

Participants must be aware of the distance and of the particularities of the race in which they will participate. This is a mountain race, with numerous passages in high altitude and difficult weather conditions (night, wind, cold, rain or fog), that needs a very good training, adapted equipment and personal autonomy capacity.

Each participant will have to draw from their strengths and push their mental and physical limits in order to cross the finishing line.



Runners will have to put up with fatigue, to overcome not only their fears and anxieties, but also usual physical problems. Some participants, having pushed their limits to the extreme, may have to deal with sickness, muscle and joint pains, injuries and other medical matters.

Runners should submit to a complete medical tests to certify their ability to participate in the race. Any occurring situation that compromises runner's health can result in the exclusion from the competition.

Be aware that it is not the organization's responsibility to help an athlete to overcome these problems and that this depends mainly on his ability to adapt to problems arising out of this type of event.

#### **1.4. External aid/personal assistance**

Participants are allowed to receive personal assistance only on check/supply points previously specified by the organization (consult race book).

#### **1.5. Race Bibs**

**The race bib is personal. It must be worn on the chest or waist area, and must be permanently and fully visible throughout the entire race.** It must, therefore, always be positioned over any clothing and cannot, for any reason, be fixed onto the back, a leg, or the bag. The name and logo of the sponsors must neither be modified, nor hidden.

Breaking these rules will lead to penalization according to the article 2.11

#### **1.6. Sporting rules of conduct**

EPIC Trail Run Azores is an event that promotes and privileges, above all, fair play.

Every athlete is obliged to help anybody in danger or seriously injured and alerts the first control post or contact immediately the organization.

The organization reserves itself the right to exclude from the race, even before its start, any participant who, through his/her behaviour, compromises the management and/or the proper functioning of the event. The athlete will not be reimbursed.

Unsportsmanlike conduct will be penalized as stipulated in article 2.11. Sanctions will be based on the situation's seriousness.

Any other issue not mentioned in this document and brought up during the process of this event, will be carefully discussed and solved by the organization, that will provide the involved parts with information through the official site ([www.epictrailrunazores.com](http://www.epictrailrunazores.com)), email ([epictrailrunazores@gmail.com](mailto:epictrailrunazores@gmail.com)) or facebook page.



## 2. The Event

### 2.1. Races/Organization

EPIC Trail Run Azores (5<sup>th</sup> edition) is certified by Internacional Trail Run Association (ITRA) and Associação Trail Running Portugal (ATRP). Is an event with 4 individual races. In 2019 it will take place between 05<sup>th</sup> to 08<sup>th</sup> december in the island of São Miguel - Azores. The race crosses the Lagoa, Vila Franca do Campo, Nordeste e Povoação counties.

The name EPIC Trail Run Azores is a registered trademark which belongs to the association who supports the event: “Associação Portas do Mar”.

#### 2.1.1 Organization

EPIC Trail Run Azores is an “Associação Portas do Mar” and “Clube Açoriano de Todo o Terreno e Turismo” organization, and it will be technically supported by “Morcegos Trail Clube” in absolute harmony with nature.

#### 2.1.2 Event organizing Committee

The Race director is Mr. Luís Onça.

#### 2.1.3 The races and their courses

##### EPIC120

The departure will be given at 23h00, on 06<sup>th</sup> December 2019 in front of the Nordeste village city hall and crosses the Nordeste, Povoação (Faial da Terra, Ribeira Quente, Furnas), Lagoa (Ribeira Chã, Água de Pau) counties with the finish line is at Vila Franca do Campo in Açor Arena Sport Center.

##### EPIC60

The departure will be given at 07:00, on 07<sup>th</sup> December 2019 at Furnas Camping and crosses the Povoação (Furnas), Lagoa (Ribeira Chã, Água de Pau) counties with the finish line is at Vila Franca do Campo in Açor Arena Sport Center.

##### EPIC30 / EPIC15

The departure will be given at 09h00 / 09h15 on 07<sup>th</sup> December 2019 at the small village of Água de Pau (Lagoa county) with the finish line is at Vila Franca do Campo in Açor Arena Sport Center.

This 2 races are perfect for fans of short distances and it is also suitable for those who want to start trail running practice. This way, the courses are medium difficulty, mostly made of easy tracks. Participants may run or just walk.

Due to external reasons, routes and timetables may have to be changed at any of the courses.

### 2.2. Program/timetable



The program and timetable can be consulted on race book or at the official site of this event.

Due to external reasons, schedules and locations may have to be changed.

### 2.3. Distance / altimetry / categorization ATRP / categorization ITRA

Race	Distance	Slope (D+)	Time limit	Categorization ATRP	Categorization ITRA/UTMB
EPIC120	110.1	6084	28h	Endurance	5 points
EPIC60	63	3380	14h	Ultra Trail	4 points
EPIC30	34.3	2060	09h	Trail	2 points
EPIC15	16.3	790	06h		-----

### 2.4. Map/Profile/Route description

The routes of EPIC Trail Run Azores are mostly composed of paths, trails, footpaths, paved forest roads and small stretches of asphalt. Courses include public roads either on-road or off-road, go across farms and villages and use service roads that pass through private properties. Therefore, routes will not be closed to the race and participants must take into account the fact that there may be cars, people, electrified and non electrified wires, and animals moving in both directions on the trails.

Courses sometimes follow some roads and sometimes cross them perpendicularly. Participants must take precautions crossing those fields.

There will be locations on the paths that will have gates, fences and cattle limiting wires that participants will have to open and close or simply pass underneath or over them. Whenever a participant finds such an obstacle, it must be left the way it was found.

The organization will provide a GPS tracks of the courses. However, signalling placed on the ground will always prevail.

The organization will mark the route with signalling ribbons with a reflective band (for better night vision), and also use signs and marks on the pavement. It is imperative to follow the posted paths without taking shortcuts. If a participant doesn't see any signs for approximately 200 metres, it is advisable to go back and find the respective sign. Common sense should prevail.

### 2.5. Maximum authorised time

EPIC Trail Run Azores is an event that integrates four single non-stop races, all with a time limit.

These time barriers are calculated to enable participants to reach the finish line in the maximum time imposed, while making possible stops (rest, meal...) **To be authorised to**



**continue the event, runners must set off again from the control post before the fixed time limit** (whatever their arrival hour at the control post). Any competitor excluded from the race and wishing to continue his race can only do so at his own responsibility and in complete autonomy.

Any participant excluded from the race will not be allowed to continue. If this happens, competitors will be at their own responsibility will not have any kind of support by the organization committee.

Due to external reasons (weather and/or security), the organization reserves the right to stop the event underway or to modify time barriers.

## **2.6. Timing system operation**

An electronic system will be used.

The start area will be delimited with metal barriers. Competitors must enter this area using the indicated entrance for checking. They must not enter the start zone without their chips checked.

At the starting area, there will be a clock that will begin the count at the established time, with or without the presence of the participants. Participants who are not present until 10 minutes after the departure time or that are beyond this period, won't be able to be in the race and, therefore, will not be classified.

## **2.7. Checkpoints (PC)**

Check points are obligatory passage points and are located in areas outlined by the organization. In each of these controls there will be a member of the organization committee.

Not passing in one or more check points will lead to the disqualification of the participant.

**Unexpected control posts are set up in places other than control and refreshment posts.** Their position is not communicated by the organisation.

Retirements must be done only and exclusively on check points. In case of accident or injury that doesn't allow the competitor to reach a check point, a rescue operation must be activated by calling the organization using the number printed on the race bib.

The organization reserves the right to change, at any time, the route and position of the check/supply points, without notice. In case of adverse weather conditions at the time of the departure, the start may be delayed by up to two hours - after this period, the race is cancelled. There will be no right to reimbursement. During the race, in case of bad weather, and for security reasons, the organization reserves the right to change time barriers, or even suspend, reduce, neutralize or stop the race. There will be no right to reimbursement.



## 2.8. Supply points (PA)

Participants will be supplied with food and drinks. Each participant should make sure, when leaving each supply point, that he has the amount of food and drink needed to reach the next supply point.

Supply points can be only of liquids or food plus liquids.

There will be first aid positioned in some check points. It is crucial that participants help any person in distress and alert the nearest control post and/or contact the organization.

Participants should follow medical advice. In order to prevent actions concerning health matters, the organization can ask runners who show signs of health problems to leave the race.

## 2.9. Supply and checkpoints (PAC)

PAC are supply and checkpoints. Organization can have, along the course, some more supply and checkpoints that are not provided in the race book.

## 2.10. Obligatory material/material checks

In order to participate in these events, a set of obligatory equipment is required. At any time during the race, the director of the race or individuals responsible for the control posts have the right to check competitors' material. The participant will have to accept these inspections peacefully, without question, under penalty of being excluded from the race, according to the list of penalties in article 2.11.

Mandatory equipment	EPIC110	EPIC60	EPIC30	EPIC15
Race bib (provided by the organization) visible during the entire race	X	X	X	X
Backpack or similar equipment	X	X	X	
Water tank or equivalent of 1 litre capacity, minimum	X	X	X	
Water tank or equivalent of 0.5 litre capacity, minimum				X
Survival blanket	X	X	X	
Elastic band or bandage	X	X		
Waterproof jacket	X	X	X	
Operational phone (with credit and enough battery)	X	X	X	X
Food reserve	X	X		
Whistle o	X	X	X	
Personal portable cup (the organization will not supply cups)	X	X	X	X
2 Flashlights/Headlamps, with replacement batteries	X			



Mandatory equipment	EPIC110	EPIC60	EPIC30	EPIC15
Flashlight or Headlamp		X		
Red tail light (flasher) – placed on the back of the athlete, during the night	X			

**Other recommended material (optional)**

Walking poles; Long running trousers which cover the knees completely; Cap (Buff); Change of clothing; Sun cream; Cash amount (to deal with any complications), medicines, gloves.

For safety reasons, it is recommended that participants check their equipment, in order to make sure it is in perfect conditions for the race.

**2.11. Information about road traffic**

Since road traffic will not be closed for the event, participants must comply with the traffic regulations in cities and public roads, as well as respect agricultural areas and private houses, under penalty of having to assume potential damages and damages resulting from their failure to comply with this rules.

**2.12. Penalties/disqualification**

Race officers and those in charge of different control and supply points are authorised to uphold regulations and to immediately impose a penalty.

Breach of Rules	SANCTION TO BE APPLIED
Not assisting a person in difficulty	Disqualification
Abandoning the race without notifying the organization	Disqualification
Sharing the race bib with someone else	Disqualification and eradication of future events
Short-cutting the route	Disqualification and eradication of future events
Using unauthorized transportation (ride)	Disqualification and eradication of future events





Serious miss respect towards the organization or other participant (assault or insult)	Disqualification
Removal of signs marking the route	Disqualification and eradication of future events
Doping	Disqualification and eradication of future events
Disobeying safety measures indicated by the organization and associated entities	Disqualification
Refusal to submit to medical examinations/evaluations	Disqualification
Lacking obligatory safety material and/or refusing showing it when requested by the organization	Disqualification
Exceeding the time limit at check points with a time barrier	Disqualification
Not passing through a control point	Disqualification
Losing the control chip and/or of the tag on the backpack or similar	Disqualification
Asking for help without substantiated need	Disqualification
Making animals accompany a participant	Disqualification
Throwing away rubbish	Disqualification
Use of paths other than those indicated for the race as long as they do not represent intentional shortcuts	1 hour penalty (1st warning); Disqualification (2nd warning)
Receiving external aid outside the areas defined by the organization	30 minutes penalty (1st warning); Disqualification (2nd warning)



Being accompanied by persons not accredited by the organization, except in the areas defined by the organization	1 hour penalty
Modifying, bend or hide the advertising materials	1 hour penalty
Flashlight/Headlight and/or rear light shut off overnight	30 minutes penalty
Race bib not visible or on the leg	15 minutes penalty for each warning

### **2.13. Responsibilities to the athlete/participant**

Registered participants in EPIC Trail Run Azores accept to participate voluntarily and under their own responsibility in the competition. Therefore they agree not to claim or require the organization, employees, officials, sponsors and other participants of any responsibility to them and their heirs, in everything that exceeds the coverage of their responsibilities.

### **2.14. Sports insurance**

For the time of the event, the organizer subscribes an insurance that covers individual accidents and civil responsibility for the participants, according to Portuguese law Dec Lei 10/2009.

Athletes can consult the insurance conditions at the race book.

Death

Permanent disability

Treatment and Repatriation Expenses

Funeral Expenses

Insurance franchise

In case of accident, the participant must, firstly, contact the organization, which will provide transportation to the most appropriate medical institution, along with the insurance claim form with the respective policy number, stamped and signed by the organization (insurance holder). Sometimes, in view of the urgency/severity of some accidents, it becomes impossible to conclude the process of the insurance claim form. In those circumstances, the participation of the sinister can be made after first aid is completed.

Any document related to an expense whose insurance claim was already participated, will be paid in advance by the respective victim and its originals sent to the insurer for later reimbursement, if applicable.



In case of accident, the participant must contact organization within 24 hours, prior the race finish. The organization will not assume expense claims of which it did not become aware in a timely manner to activate the insurance.

### 3. Registrations

#### 3.1. Registration process (webpage, payment)

Only Registrations on the web site [www.epictrailrunazores.com](http://www.epictrailrunazores.com) are valid.

Each participant must correctly fill the registration form and pay the corresponding value within the time limit set, being the participant responsible for the accuracy of his data.

The organization is not responsible in the case of eventual liability refusals by the insurance company due to incorrect information introduced on the registration form by the participant.

Means of payment available are: MB (only for Portugal) and Bank Transfer (foreigner athletes).

It is not necessary to send the proof of payment.

After confirmation of payment, the name of the athlete will appear on the entry list. In the case of runners for EPIC their registration will only be final after verification of the criteria set out in article 1.2.

Entries from athletes who are punished by their respective federations due to sanctions imposed in the wake of anti-doping controls will not be accepted.

The payment of the registration fee involves a reservation.

Any further clarification should be requested by email to [geral@stopandgo.com.pt](mailto:geral@stopandgo.com.pt)

#### 3.2. Fees and periods of registration

The registration period will take place between april 05<sup>th</sup> to november 25<sup>th</sup>, 2019 (if they are not filled up already).

Registration fees are as follows:

	<b>05/04/2019 to 31/08/2019</b>	<b>01/09/2019 to 31/10/2019</b>	<b>01/11/2019 to 24/11/2019</b>
EPIC110	80,00 €	90,00 €	100,00 €



EPIC60	50,00 €	60,00 €	70,00 €
EPIC30	30,00 €	40,00 €	50,00 €
EPIC15	20,00 €	25,00 €	25,00 €

### 3.3. Change of race, registration transfer and registration refund conditions

After October 31st, 2019, changes are not permitted.

If the change is for a race with a higher registration fee, the change will be subject to the payment of the difference in values at the date of the change. If the change is to a race with a lower registration fee, there will be no refund of the difference.

A refund or the transfer of the registration to another person can be requested when a participant has a proven impediment to be in the race, if it is associated with an accident or a disease diagnosed after registering for the race.

Cancellation or transfer of the registration must be requested by email to [geral@stopandgo.com.pt](mailto:geral@stopandgo.com.pt), using the same email used in the registration form. This request must be accompanied by the medical certificate stating the impediment.

Cancellations will not be accepted by phone.

The amounts reimbursed to participants that meet the above conditions, will vary according to the date on which the refund is requested.

The organization will not 'freeze' registrations for future events.

The reimbursement of fees paid will be made only under special conditions.

If the event is cancelled for reasons beyond the control of the organization before the deadline of registration, participants will be entitled to reimbursement at a certain percentage calculated by the organization to cover expenses supported on the event.

### 3.5. Secretariat of the event (Check-In)/time and location

The event secretariat will be at Pavilhão do Mar in Ponta Delgada, and will be open for check-in during following hours:

SECRETARIADO EPIC 2019		
5TH DECEMBER 2018		
17H00	Check in Open	Pavilhão do Mar - PDL
20H00	Check in Closed	Pavilhão do Mar - PDL
6TH DECEMBER 2018		

<http://www.epictrailrunazores.com/>  
[epictrailrunazores@gmail.com](mailto:epictrailrunazores@gmail.com)



<b>14H00</b>	Check in Open	Pavilhão do Mar - PDL
<b>17H00</b>	Check in Closed	Pavilhão do Mar - PDL
<b>20H30</b>	Fast Check In EPIC110 (30 minutes)	Pavilhão Açor Arena - VFC
<b>7TH DECEMBER 2018</b>		
<b>05H00</b>	Fast Check In EPIC60 (30 minutes)	Pavilhão Açor Arena - VFC
<b>07H30</b>	Fast Check In EPIC30 + EPIC15 (30 minutes)	Pavilhão Açor Arena - VFC

For Check-In, participants must present the following documents/material:

- Identification card or passport.
- Term of responsibility (in paper form, completed and signed by the participant).

Athletes that could not be at check in, must contact organization.

### **3.6. Services provided**

#### **3.6.1 – Services included in the registration fee**

Custom race bib with integrated chip or similar.

Official souvenir of the event.

Organization will provide a race book of the event that will be made available only online and 15 days prior the event. The guide includes practical information, such as: route, slopes, time barriers, check, supply points, and other information.

Awards for the finishers.

Solid and liquid supplies, while in competition at PAC.

First Aid and Medical Assistance, in the posts marked as such and at finish line.

Transport by BUS from Pavilhão do Mar (Ponta Delgada) to Açor Arena in Vila Franca do Campo (finish line), and then to the start line of each race.

Transport to the finish line, in case of retirement or being stopped by the organization from continuing on the race.

A soft meal at the finish line.

Shower.

Classification trophy, if applicable.

Babysitting

Hard Ground



#### 4. Categories and awards

Trophy ceremony will take place on Sunday, 09th of December 10h30 at pavilion Açor Arena at Vila Franca do Campo.

##### 4.1 - Awards:

The 4 different races will be won by the competitors who has the lowest time at the end of the race, added the penalties, if any. Only those participants who pass through all check points and cut the finish line within the stipulated time shall be classified.

There will be no prize money.

There will be prizes for the best male and female regional athletes (Azorean runner) in EPIC110, EPIC60 and EPIC30 races.

The presence of the winners is mandatory at the awards ceremony.

The organization will not send trophies, prizes for arrival, or any other elements by postal mail or any other means of distribution.

For each race there will be an individual female and male classification, a classification by category, and a team classification, as follows:

<b>EPIC110</b> <b>EPIC60</b> <b>EPIC30</b>	<b>Male</b>	<b>Female</b>
<b>General</b>	Trophies for the first 3	Trophies for the first 3
<b>Categories</b>	Trophies for the first 3	Trophies for the first 3
<b>Azorean Runner</b>	Trophies for the first 3	Trophies for the first 3
<b>Team</b>	Trophies for the first 3 teams	



EPIC15	Male	Female
General	Trophies for the first 3	Trophies for the first 3
Team	Trophies for the first 3 teams	

#### 4.2. Categories

The categories will be set automatically according to the data provided by the participants at the time of registration, and with reference to their age on the 31st of December 2018 (without prejudice to Article 1.1).

For the team classification, a team must have, at least, 3 finisher athletes.

Seniors M/F – between 18 and 29 years old

Vet. M30/F30 – between 30 and 39 years old

Vet. M40/F40 – between 40 and 49 years old

Vet. M50/F50 – over 50 years old

#### 4.3. Deadline for complaints about the classifications

Any and all claims must be placed in writing and forwarded to the Race Director, with a deposit of € 50,00 (non-refundable if the complaint is rejected) until two hours after the arrival of the participant in question. The complaint must include the name of the complainant, their Identification card or Passport number, name(s) of participant(s) affected, race bib number(s) and alleged motives. Provisional classifications can also be the target of a complaint, up to 30 minutes after their publication.

The jury, which will consider the complaint, is composed of the Race Director, presiding, by the President or Vice-President of the organizing club and by a person of recognized merit in Trail Running.

The jury shall decide on the complaints before posting the official results.

Participants will have a 3 days deadline for the submission of complaints about the classifications.

Classifications will be sent off to the Internacional Trail Run Associaton (ITRA) whitin the valid period of 7 days after the deadline for complaints.

#### 5. Notes and changes



### **5.1. Finish line and life base bags**

For all participants will be provided a card for the finish line bag. Participants in EPIC110 race shall be granted the possibility of sending another bag to PAC5-Furnas (Life Base bag). Participants deliver the bag(s) at the time of their entry into the start area, and it will be returned to them upon presentation of the race bib at the finish line area.

It is not permitted to put walking poles inside the bag, so any participant that starts the race will have to carry them up to the finish line.

The organization does not accept any liability over the content of the bag.

Organization will not be responsible for any missing value.

### **5.2. Image and Advertising Rights**

The organization reserves the exclusive right of exploitation of the image of EPIC Trail Run Azores and photo journalistic and audio-visual materials of the event. Any design or advertising media produced for publication must obtain the prior consent of the organization.

Athletes authorize que use of photos and videos in the race.

There will be an accreditation process for journalists, photographers and videographers, giving them access to restricted locations. This accreditation must be done on the official mail of the event - epictrailrunazores@gmail.com.

It is obligatory the use of the advertising material provided by the organization, (race bib, stickers, etc.). Modifying, bending or hiding the advertising material will be subject to penalty.

### **5.3. Data protection**

The data of the participants listed on the registration form shall be registered by the organization for the purposes of the event in particular processing of insurance, registration lists, news and standings. All participants may exercise their right of access, rectification or cancellation of their personal data by sending to the official mail of the event - epictrailrunazores@gmail.com

In the case of a participant being associated with ATRP – Trail Running Association of Portugal, the registration process requires the permission that his data be transmitted for the purpose of drawing up the standings, statistics and event evaluation, procedures which will be carried out by that Association.

### **5.4 Modifications**





These rules can be edited, changed or improved by the organization at any time, without notice. The fact that you perform your registration implies acceptance of these regulations.



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