

MITSUBISHI CIRCUIT LISBON TRAIL III CASCAIS TRAIL EXPERIENCE 2019

CASCAIS, LISBON, PORTUGAL OCTOBER 27TH, 2019

WeRun, with the support of the Câmara Municipal de Cascais, is organizing on October 27th of 2019 the III Cascais Trail Experience. This is a Trail Running competition (pedestrian run in Nature), where the contestant can do one of the three competitions: Long Trail (TL) K20+, Short Trail (TC) K10+ and Trekking.

1. Participation Conditions

1.1. Age of the participants for each competition

1.1.1. Anyone older than 18 years (by the time of the event) will be able to register for the Long and Short Trail

1.2. Registration Control

1.2.1. All registrations will only be accepted if they are done through the website werun.pt on an existing form for such event.
An ATM reference will be created for the payment.

1.3. Physical Conditions

1.3.1. In order to participate it is essential to be aware of the specific distances and difficulties of races and of the high and low slopes of the trails. It also important to be adequately prepared physically and mentally to be able to face adverse environmental and climate conditions such as hot, cold, wind, fog and rain. Know how to manage the physical and mental problems resulting from extreme fatigue, digestive problems, muscle and joint pain, minor injuries, etc.

1.4. Definition of possible external help

Personal assistance is tolerated exclusively at a filling station. Except for these posts, it is expressly forbidden to be accompanied by a person not registered in the competition. No outside help will be allowed, so the athlete must be aware of his physical condition and manage his problems that might arise on an activity of this nature, safely.

For any eventuality you should contact the organization by calling the emergency numbers, which will be printed on the number or through any element of the organization, preferably at the Filling Stations (PA's).

1.5. Number Placement

The contestants are obliged to place on their jersey the number, which should always be visible during the race. The contestants will be obliged to show their identification number to all controllers and to the Organization of the event when required, under penalty of declassification or exclusion of the event;

The organization will not provide pins, so the athlete must bring pins or number holder.

1.6. Sport Conduct Rules

1.6.1. Participants should seek to preserve the nature and the social environment in which the event will be held and respect the organization and other participants, in particular by observing the following duties and rules of conduct:

- Assist any practitioner in case of an accident, as circumstances require;
- Respect the marked areas of the route and the instructions given by the Organization;
- Do not damage the nature. Nor cause damage to private or cultivated areas;
- Do not leave empty containers along the way, but only in the appropriate places.

1.6.2. Failure to comply with the previous point implies the automatic disqualification of the athlete.

1.6.3. All anti-sport behavior will result in the disqualification of the contestant, who will not be able to participate on future editions of the III Cascais Trail Experience.

1.7. **MITSUBISHI** Circuit Lisbon Trail

- The K20 + and K10 + III Lx Trail Monsanto are part of the MITSUBISHI Circuit Lisbon Trail.

2. Race

2.1. Schedule

09h45 – “Zero Control” K20+ and K10+

10h00 – Departure 20+K and K10+

10h15 – Trekking Departure

11h00 – Predicted arrival of the runners from K10+

12h00 – Predicted arrival of the runners from K20+

13h30 – Predicted award giving ceremony

2.2. Distance (categorized by distance) / Altimetry (accumulated unevenness)

2.2.1. Long Trail (TL) – Distance 20 kilometers

2.2.2. Short Trail (TC) / Trekking – Distance 10 kilometers

Altimetry

2.3. Time Limit

2.3.1. The time limit to complete the race is up to 6 hours, where such control will be done at the finish line.

2.4. Time Control Mythology

2.4.1. The control process of the times made by the athlete is done through an electronic system, the chip in the number.

2.5. Control Stations

2.5.1. The control stations will be placed in specific locations, to be defined by the organization, that might not be revealed.

2.6. Supply Locations

2.6.1. The organization will set up several supply stations that will include supply of beverages, fresh fruits, among others. Drinks will NOT be provided in glasses, but personal bottles may be filled. The fruits will be cut into small individual pieces. In any of these cases, the waste produced must be placed by the athlete in the waste bin.

2.6.2. Failure to place the waste in the proper place by the athlete will result in a penalty, or possible disqualification.

2.6.3. Location of the Supplies for the race (Solids and Liquids):

K20+: 1st Supply - liquid;
2nd Supply - liquid & solid
K10+ / Trekking: 1st Supply - liquid;

2.7. Mandatory Equipment / Equipment verification

2.7.1. There is no required material! However, the organization does not provide glasses or bottles for liquids in the Supply Locations, so it is recommended to use a glass or any other bottle.

The organization strongly recommends taking the phone with battery during the race, and a bottle of water with sufficient quantity to guarantee the hydration in the displacement between supply locations. If the weather conditions so require, the required/recommended equipment may be changed in advance. The organization will not provide pins, so the athlete must have pins or a number holder.

2.8. Information on going through locations with road or rail traffic

2.8.1. The route for the race uses public roads whether on the road or off-road, goes through villages and towns and uses accesses and services that pass through private properties. The route will not be closed for the race and in this sense the contestants must consider the fact that there may be vehicles, people and animals to move in different directions during the course of the race.

Failure to comply with the rules of the road code may lead to disqualification.

2.9. Penalties / declassifications

2.9.1. If, for any reason, an athlete decides to give up the Race, he shall immediately inform the Race Organizers. This can be done at any control, supply station or directly to the organization's contact for this purpose.

2.9.2. The lack of immediate information to the Organization in the case of withdrawal may trigger a search and rescue operation that obviously will incur expenses for the Organization. These costs, if any, will be charged to the athlete who neglected to report his / her withdrawal.

- 2.9.3. Failure to place the waste in the proper place by the athlete will result in a penalty, or possible disqualification.
- 2.9.4. Failure to comply with point 1.6. will lead to automatic disqualification of the athlete.
- 2.9.5. Contestants who do not comply with the following will be disqualified:
 - Not properly registered;
 - Does not use the number assigned to you;
 - Does not complete the entire course;
- 2.9.6. If an athlete demonstrates poor physical condition, the medical service of the event has the power to withdraw him/her from the event.

2.10. Responsibilities to the athlete / participant

The contestant declares that he/she fulfills the conditions described in point 1.3 and assumes, of his own free will, the risks and their consequences arising from participation in the race, whether they are moral, physical or material damages or of any nature. It is the organization, as well as any of those involved in the organization of the race, exempt from liability beyond those required by law. Registration in the race will imply full acceptance of this regulation.

2.11. Available Services

- 2.11.1. At the end of the race, massages, showers and showers will be available.

3. Registration

3.1. Registration Process

- 3.1.1. Registrations for the III Lx Trail Monsanto are limited to 2000 participants for the overall event and will be done in 3 ways:
 - Through the official site werun.pt being the payment made through payment reference or Paypal.
 - Via bank transfer to IBAN: PT50 0035 0659 0001 2759 9303 7, sending your data and registration (name, date of birth, team, t / shirt, NIF, telephone number, locality, ID nº) to the general email @ werun.pt. Our team will send you the confirmation of your registration and receipt.
 - In person at the OUTPRO Store in Alfragide, headquartered at Cavaleiros 72,2790- 045 Alfragide - Lisbon
- 3.1.2. Registrations will only be validated after payment and confirmation are made.
- 3.1.3. Registration at the event will determine the full and unconditional acceptance by the participants of this regulation and other rules of the event.

3.2. Price and registration periods

- 3.2.1. Registration will open on December 5th, 2018 and will close October 19th, 2019 at 11:59 p.m.
- 3.2.2. The registration fees of the tests will be varied according to the periods described below:

Dates	1 st Term	2 nd Term	3 rd Term
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	12/05/2018 to 04/08/2019	08/05/2019 to 09/21/2019	09/22/2018 to 10/19/2019
Long Trail	16€	18€	20€
Short Trail	12€	14€	16€
Trekking	8€	10€	12€

3.3. Price and registration periods

- 3.3.1. At no time will the registration fee be refunded if the athlete withdraws from the race. In case of early withdrawal, it will only be allowed transfers of registration to another athlete, which must be made within the registration deadlines (see Point 3.2.1.). For such to have effect, send an e-mail to the organization (geral@werun.pt) with the complete information of the new athlete and the ID number of the athlete previously enrolled.
- 3.3.2. Changes to the registration that are for change of race the monetary differences will not be returned.

3.4. Equipment included with registration

- 3.4.1. The registration fee for the III Lx Trail Monsanto includes:
- Jogging T-shirt
 - Shaker Prozis
 - Cash-Back
 - **NOTE - Registrations made/paid by bank transfer and at the OutPro Store do not benefit from the Cash-Back (Prozis offer), as they are not made on the Prozis platform.**
 - Participation in one of the races: Long Trail, Short Trail and Trekking;
 - Number with chip included (TL and TC); number without chip in the Trekking;
 - Sports Insurance;
 - Logistics and technical support. First aid. Solid and liquid supplies in the assistance / supply areas and at the end of the race;
 - Sports Massage at the of the race;
 - Availability of the shower rooms next to the start and finish line of the race (shower, wc's)
 - Other gifts that the organization might receive.

4. Secretariat

4.1. Secretariat of the race/time and location

4.1.1. Location of secretariat

- On the day before the event, 25/05 from 12h to 18h, at UNIVEX Lisboa in Chelas, official dealer of Mitsubishi Motors (Rua Dr. José Espírito Santo 38, 1950-097 Lisboa), through the confirmation of registration received in the mailbox after payment. In case the athlete's kit is picked up on behalf of another participant, such is allowed as long as the confirmation of enrollment is shown.
- **On the day of the Event only for Athletes coming from outside Lisbon** and surrounding areas. Athletes will have to send an e-mail with a request of withdrawal on the day of the Event to geral@werun.pt, the secretariat will be next to Departure.

- The organization will guarantee for the period of 5 days, from the date of the race, the custody of all paid and non-collected kits, the same being requested for the email geral@werun.pt.

The costs of sending the kit will be borne by the athlete.

- To know the best transportation to the race please visit:
<https://www.transporlis.pt/Default.aspx?tabid=36>

5. Categories and Awards

5.1. Setting date, location, and time to delivery awards

5.1.1. On the day of the race, next to the finish line, close to 1 p.m. (in case there is a need to change the location, all athletes will be advised in a timely manner)

You can confirm de awards through this link:

- **Awards**

5.2. Definition of the individual age / gender categories and teams

5.2.1. Participating age groups

MALE GROUPS:

Under 23 (18 - 23 years)

Seniors (24 - 39 years)

Veterans M40 (40 - 44 years)

Veterans M45 (45 - 49 years)

Veterans M50 (50 - 54 years)

Veterans M55 (55 - 59 years)

Veterans M60 (60 years old or more)

FEMALE GROUPS:

Under 23 (18 - 23 years)

Seniors (24 a 39 years)

Veterans M40 (40 - 44 years)

Veterans M45 (45 - 49 years)

Veterans M50 (50 - 54 years)

Veterans M55 (55 - 59 years)

Veterans M60 (60 years old or more)

*Barefoot (Just for the race K20+)

- The age groups refer to the age of the contestant on the day of the race.

6. Information

6.1. How to arrive

To know that best transportation to the place of race please visit:

<https://www.transporlis.pt/Default.aspx?tabid=36>

6.3. Notes, image rights and alterations

- 6.3.1. The organization declines any responsibility in the event of an accident, theft of objects or values of each participant in their vehicles;
- 6.3.2. The contestant authorizes the organizers of the event to record all or part of their participation in the competition, and also agrees that the organization can use the image / video of the athlete for the promotion and diffusion of the event in all its forms (radio, print media, video, photography, the internet, posters, the media, etc.) and assigns all rights to its commercial and advertising exploitation that it deems appropriate to perform, without the right of the athlete to receive any financial compensation.
- 6.3.3. By decision of the Direction of the race, due to climatic conditions or of another nature, the trace of the race can be modified or suspended and marked new date, or canceled.
- 6.3.4. The omission or doubtful cases of this regulation will be solved by the direction of the race.

7. Insurance

All contestants, duly registered, are covered by a personal accident insurance policy, with the cover provided for in Dec. Lei do Seguro Desportivo (DL 10/2009), the organization being not liable for any other risks than those covered by said insurance policy. All contestants, without exception, must meet the conditions of health necessary to practice sports, exempting the organization of the event, its partners, supporters and public agencies involved from any responsibilities. All participants for the reason that they sign up tacitly accept the rules of evidence.

In case of activation of the insurance, there will be a deductible of Eur.90,00 at the expense of the athlete. In order to reimburse the expenses incurred, deducting the deductible, you must also send the necessary claims and the invoices (for the following amounts) to the following contact for reimbursement.

Any questions should contact:

Rua João de Freitas Branco, 17 – C

Tel: +351 217 261 542 Tlm: +351 921 399 641

E-mail: geral@mcdiogo-seguros.pt

Site: MCDIOGO - Mediação de Seguros

8. Other

- 8.1. The Organization reserves the right to change the regulation, to enter data that are missing or to be defined shortly, that will be warned of the change, on the Facebook page of the event and Facebook event of the event.

9. Privacy Policy

Terms of Use and Privacy Policy