

**ALUT**

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ALGARVIANA  
**ULTRA TRAIL**

**Powered by:**

**ATR** / ALGARVE  
TRAIL RUNNING

## **RULES AND REGULATIONS**

### **1. EVENT PRESENTATION**

THE ALUT – ALGARVIANA ULTRA TRAIL – is a trail running sports event that takes place throughout the majority of the pedestrian VIA ALGARVIANA trail. The 7<sup>th</sup> edition will take place between the 28<sup>TH</sup> of November and the 1<sup>ST</sup> of December of 2024. The race will start on the 28<sup>TH</sup> of November from the Beliche fortress in Sagres, at 14h30, for both the solo athletes and the relay teams. The ALUT is organized by ATR – Algarve Trail Running with the institutional partnership of ALMARGEM – ASSOCIAÇÃO DE DEFESA DO PATRIMÓNIO CULTURAL E AMBIENTAL DO ALGARVE, which is the managing entity for the Via Algarviana, as also by all of the municipalities that the Via Algarviana crosses. Find out more about Via Algarviana at: [www.viaalgarviana.org](http://www.viaalgarviana.org). Contributions for the maintenance of the Via Algarviana can be done through donations to the managing entity, Almargem Association. To do so, please follow the instructions at: [www.viaalgarviana.org](http://www.viaalgarviana.org).

### **2. REGISTRATION**

#### **2.1. Types of participation**

Athletes may participate as:

- individual;

or

- relay teams with four (4) elements.

Relay teams can be male, female or mixed and are composed of 4 people, according to the following rules:

- The relay team athletes start at the same time as the solo athletes;
- The time of arrival at each transition station is registered for each athlete;
- Relay team athletes start together at every transition station as indicated in point 3.5;
- The relay team with the quickest accumulated time wins;
- All members of the relay teams that finish on time, earn ITRA points;

Registered teams are responsible for the transportation of their members to all transition stations. The organization will not be responsible for this transportation. There can only be one relay team member on course during the race.

All rules applied to the individual athletes also apply to the relay teams. If a member of a relay team forfeits during a segment the remaining members may continue the race, however, none will not be classified nor will they receive the finisher prize.

## **2.2. Conditions for registration**

In order to register for the individual category athletes are required to have completed at least one race classified with 4 ITRA points, between January of 2022 and June 2024. The recommended ITRA Performance Index for this registration is at least 400 points in order to be capable of finishing the race within the scheduled time.

Relay teams' registration requires that all team members have completed at least a 3 ITRA points race between January 2022 and June 2024.

ITRA score points and the list of qualifying races can be consulted on the ITRA website at <https://itra.run/>.

Besides the long distance (308 km/ 191 miles), participants may face other difficulties, such as severe weather conditions (wide temperature ranges, rain, wind), sleep deprivation, navigation and orienteering, amongst other difficulties associated with this type of challenging event.

The organization will provide all the necessary means to ensure safety and support. Nevertheless, participants must bear in mind that the organization's role is not to help runners overcome foreseeable problems in a race with the characteristics as the ALUT. Safety always starts with the athlete's individual ability to prevail in demanding conditions. Each participant must be aware of their own ability to overcome any potential obstacles that may come about with regards to their physical fitness and psychological state of mind, in order to assure his or her well-being.

## **2.3. Registration Calendar and Fees**

Registrations will be open from the 27<sup>th</sup> of March 2024 until the 1<sup>st</sup> of November 2024 or until the maximum number of 140 participants is reached. There are 100 registrations for individual participants. The remaining 40 registrations are reserved for the relay teams. The total number of participants may be extended to guarantee any commitments towards our partners and sponsors.

Registrations will be made available online at [www.alut.pt](http://www.alut.pt). Participants are fully responsible to provide accurate data, which will also be used for insurance purposes.

The registration value is presented below:

	1st phase 27 a 30-06	2nd phase 01-07 a 30-09	3rd phase 01-10 a 12-11
Solo	350,00 €	400,00 €	450,00 €
Relay teams (4 elements)	600,00 €	650,00 €	700,00 €

To validate your registration, payment must be made within 15 days after registering. The registration fee must be paid by the phase deadline, in order to benefit from this value in each payment phase.

Registrations during the first phase can be made in installments. To set an installment payment, please contact the organization at [info@alut.pt](mailto:info@alut.pt).

For installment payments, the first installment is 50€ according to the indicated terms. After processing and validating payment, a confirmation email will be sent to the participant, who will be included in the list of athletes.

The entire registration and verification process is done manually, so it may not be immediate. There will be no refund for the registration fee unless the organization is imputable for the cancellation of the event.

#### **2.4. The registration fee includes**

- Transfers from Faro to Sagres on the 28<sup>th</sup> of November 2024 – time to be announced in the participant’s guide. You must request this service upon registration;
- Participant’s kit;
- Assistance, plus liquid and solid supplies in all Aid stations;
- Assistance and relief services throughout the race;
- Transfers from Alcoutim to Faro on the 1<sup>st</sup> of December 2023 – time to be announced in the participant’s guide. You must request this service upon registration;
- Finisher prize;
- Event hoodie;
- Personal accident and liability insurance;
- Massage and nursing service in some aid stations;

- Other giveaways from partners;
- Hard floor for rest, in Alcoutim, as soon as the last aid station opens;

## 2.5. Changes of registration data/cancellation

Changes of participant data are not allowed after the 15<sup>th</sup> of November 2024. In case of cancellation, the participant can be entitled to a refund, with an administrative tax of 25.00€, and considering the following penalties:

Cancellation	Refund percentage
Until 30 <sup>th</sup> of July	100%
Until 30 <sup>th</sup> of September	50%
Until 1 <sup>st</sup> of November	25%

## 2.6. Medical certificate/Disclaimer

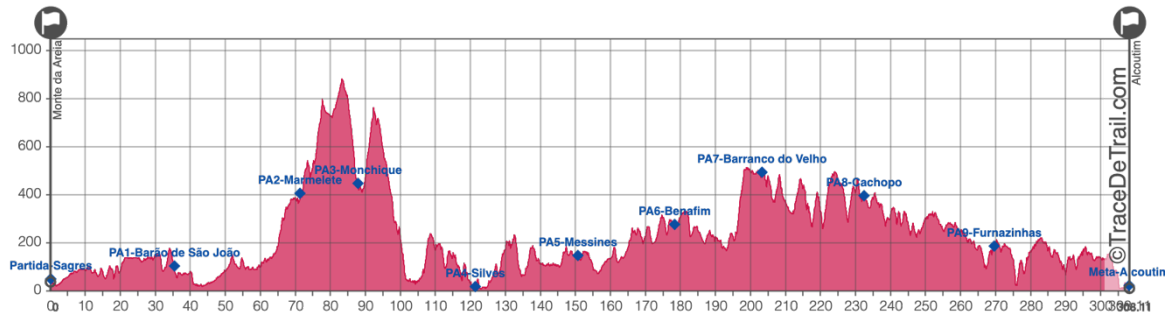
Participants must provide a valid medical certificate until the 15<sup>th</sup> of November 2024, stating his or her ability to participate in extreme endurance sports, along with a disclaimer to be downloaded from [www.alut.pt](http://www.alut.pt). In addition, participants must show evidence of their participation – and completion – in a competition according to what’s stated in point 2.2.

Applicants will not be accepted in this event without these documents.

## 3. THE EVENT

### 3.1. The course

The course covers a distance of approximately 308 km (191 miles) and a time limit of 72 hours. The course could be see at link: <https://tracedetrail.fr/fr/trace/trace/247219>. These figures can be adjusted, with the definitive information being supplied fifteen days before the event starts, along with the corresponding GPS track.



### 3.2. Route markings/GPS navigation

The ALUT – Algarviana Ultra Trail follows mainly, but not exclusively, the Via Algarviana trail which is marked by a set of trail markers. These markings include poles, direction arrows, and paintings on natural surfaces to show route directions. Nonetheless, the whole ALUT event should be exclusively guided through GPS navigation.

GPS will allow to check the full and correct coverage of the route by all participants and to ensure the compliance of the defined route for the competition. Elimination applies if the participant refuses to provide his track log file when required at the end of the competition.

A GPS recording device/sports watch is mandatory equipment and must have autonomy and a log memory for at least 10 000 points.

The GPS recording device/ sports watch should allow the changing/charging of batteries at any time during the event to ensure the continuous tracking and recording of data, without interruptions, during the entire competition. GPS track files will be supplied before race start.

For further information on Via Algarviana, please refer to: [www.vialgarviana.org](http://www.vialgarviana.org).

### 3.3. Definition Of External Assistance

The basic principle of this competition is semi-autonomy. Semi-autonomy can be defined as the capability of being autonomous between two supplying points with regards to food, clothing and safety, allowing the participant to overcome any expected or unexpected contingencies. This implies the following rules:

- Each runner must carry all the mandatory equipment along the entire extension of the competition, as described in the “Equipment” section;
- This equipment must be carried in a proper bag/vest/backpack and must be shown to the marshals when required. Failing to meet this request, due to lack or loss of the equipment or – unauthorized access, can imply the participant’s elimination/disqualification;
- Food and beverages will be available at each aid station for consumption on site. Beverages will only be supplied to refill the proper containers carried by the participants;
- Passing through Aid Stations is mandatory, even if the participants don't wish to benefit from

any kind of assistance;

- Due to our ever growing environmental commitment each athlete must bring their own plates and cutlery;
- Participants should be aware that there will be no traffic cut offs in commonly-used roads. Thus, runners must strictly follow all traffic rules applied to pedestrians;
- Deliberated assistance within the route is forbidden and implies the participant’s immediate elimination from the race. Participants are allowed to buy or receive food along the route. Athletes still in competition are allowed to assist each other.

### 3.3.1. Athlete’s assistance

Each runner is allowed to have a maximum of two assistants or support team members at each aid station. Assistants must not disturb other runners or volunteers working on site and must always be in possession of their credentials, supplied by the organization. The organization can limit access to some areas in the Aid Stations. Assistants are not allowed to consume the Aid Station’s food or beverages. Support team members are only allowed to accompany their runners for 200 meters before and after each Aid Stations, except for the last sector between Furnazinhas and Alcoutim where solo athletes are allowed to be paced by their support team members.

### 3.4. Aid stations, schedule, and time barriers

Each participant must report their arrival at every Aid Station and must confirm that this is recorded. The runner's bib must always be clearly visible, particularly when arriving at an aid station. The race starts at 14:30, at the fortress in Sagres for all athletes (individual and relay). The time limit for race completion is 72 hours. Time barriers (i.e. time limit for an athlete to leave the aid station) for each aid station are in the following table:

Poi	Base de Vida   Aid Station	Dist. acum. (km)	D+ acum. (m)	D- acum. (m)	Dist. (km)	D+ (m)	D- (m)	Corte
Partida / Start	Sagres	-	-	-	-	-	-	-
BV1	Barão de São João	35,4	476	476	35,4	476	421	20:30   28.11
BV2	Marmeleite	71,3	1136	660	35,8	660	357	6:00   29.11
BV3	Monchique	87,9	1783	647	16,6	647	605	9:00   29.11
BV4	Silves	121,2	2714	931	33,3	931	1360	15:00   29.11
BV5	Messines	150,6	3377	663	29,4	663	536	20:00   29.11
BV6	Benafim	178,2	3967	590	27,5	590	457	2:00   30.11
BV7	Barranco do Velho	203,2	4601	634	24,9	634	420	10:00   30.11
BV8	Cachopo	232,2	5626	1025	29	1025	1121	19:00   30.11
BV9	Furnazinhas	269,6	6354	728	37,3	728	939	06:00   1.12
Meta / Finish	Alcoutim	308,1	7156	802	38,4	802	968	14:30   1.12

Participants must exit each Aid Station within the time limit set by the organization to be allowed to continue in the competition. The race director has permission to disqualify an

athlete if he presents any of the following situations: physical or mental difficulties, unsportsmanlike conduct, disrespect for the environment, or serious disrespect for the organization or another athlete.

The organization reserves the right to change time barriers in case of unfavorable weather conditions or safety issues, always abiding by the principle of never impairing any athlete.

### 3.5. Relay teams - Schedule and Time barriers

The race starts at 14:30, at the Beliche Fortress in Sagres and undergoes the following rules:

- The race course is divided into 4 stages with fixed starting times;
- The overall time of each relay athlete for a given stage is registered; •

Relay athletes start each stage at the same time;

- Teams are classified according to the accumulated time (the shortest time wins); •

Relay teams are responsible for their own transportation between aid stations;

- A relay athlete must finish his stage before the start of the next stage.

Poi	Base de Vida	Dist. (km)	D + (m)	D- (m)	Etapa	Partida	Chegada	Hora da partida	Dist. etapa (Km)	D+ Etapa (m)	D- Etapa (m)	Tempo limite
Partida / Start	Sagres	0	-	-								
BV1	Barão de São João	35,4	476	421	1	Sagres (partida)	Marmelete (BV2)	28/11/24 14:30	71,2	1136	778	12:00:00
BV2	Marmelete	35,8	660	357								
BV3	Monchique	16,6	647	605								
BV4	Silves	33,3	931	1360	2	Marmelete (BV2)	Messines (BV5)	29/12/24 03:00	79,3	2241	2501	12:00:00
BV5	Messines	29,4	663	536								
BV6	Benafim	27,5	590	457								
BV7	Barranco do Velho	24,9	634	420	3	Messines (BV5)	Cachopo (BV8)	29/12/24 16:00	81,4	2249	1998	12:00:00
BV8	Cachopo	29	1025	1121								
BV9	Fumazinhas	37,3	728	939	4	Cachopo (BV8)	Alcoutim (Chegada)	30/12/24 08:00	79,1	1530	1907	12:00:00
Meta / Finish	Alcoutim	38,4	802	968								

### 3.6. Material obrigatório

Mandatory equipment may be verified throughout the competition. This equipment includes:

- A backpack or running vest with a minimum reservoir of 1,500 ml (50 fl oz) capacity for liquids and/or a drinking cup (there will be no cups, plates or cutlery provided at any aid stations);
- Dedicated GPS recording device or sports watch along with backup batteries •

Food supply (a minimum of 1000 calories)

- Two light sources and respective spare batteries
- Survival/mylar/space blanket
- Mobile phone always turned on and with sound
- Rain jacket
- Whistle

Powered by:



- GPS Tracker – supplied by the organization

### 3.7. Penalties / Elimination

Participation in the competition will be denied to all participants who do not comply with the rules and regulations, if the violation occurs previous to the start of the race; participants will be disqualified. If, however, the violation occurs while the athlete is in the race, he will be disqualified but will be allowed to resume the competition to respect their right to claim.

Participants will incur penalties or disqualification if:

Disqualification	Penalties
Do not comply with the rules and regulations	Does not have his bib clearly visible (up to 10 min.)
Do not race the whole course	Does not follow the marked GPS course (1 hour)
Damages or leaves garbage on the trail	Does not have the mandatory equipment (30 min per missing item)
Ignores indications from the organization	Loss of runner bib (30 min)
Shows any unsportsmanship conduct	
Receives external aid	
Loss of GPS tracker	

The organization reserves the right to impede the participant to continue if, after a medical evaluation at the assistance points, a poor physical condition is established.

### 3.8. Insurance

Personal accident insurance is included with the registration, in compliance with current legislation. The policy number will be communicated to each participant within the athlete's guide before the race.

### 3.9. Race dropout

In case of a race dropout, it is recommended to do so at an Aid Station and participants should immediately report it to a member of the organization. Should this take place outside of an Aid Station, participants must contact the organization as soon as possible. The GPS tracker must be returned to a member of the organization.

### 3.10. Participants' drop bags

The organization will supply labels to all athletes, with the corresponding bib numbers to all Aid Stations. Participants will be responsible for correctly identifying the Aid Station where he or she plans to receive each bag. The organization **will not** provide bags, merely the labels. Each drop bag may not exceed 3kg (6.6 lbs) in weight. Aid Station bags will only be returned to the athlete on the last day of the event. In spite of the utmost care taken with all belongings, the organization will not be liable for any equipment/objects loss or damage during transportation or storage. **Bags that are not collected by the end of the event will be destroyed for safety and hygiene reasons after the event ends.**

Upon request drop bags may be sent to the athlete's destination, **the costs will be borne by the athlete plus a fee of €50.**

## 4. CLASSIFICATIONS AND PRIZES

ALUT's participants (individual or relay teams) will be classified according to the shortest time taken to cover the entire extension of the course. Prizes will be awarded to the first five individual runners (men and women) in the overall classification. The individual runner winner will be awarded the ALUT winner title.

With regards to the relay teams, these will be classified and prizes will only be awarded to the first 3 teams concluding the race (general classification), regardless of the team's gender (male, female, or mixed).

## 5. IMAGE RIGHTS

The organization of the competition, its sponsors, and partners reserve the right to freely disclose the participants' enrollment in the event and the respective results of the competition in countries all over the world, through all means of communication. The organization and any media outlets are allowed to record the event via photography or video for later commercial use.

Participants who do not consent to the use of their individual images for commercial purposes should inform the organization in advance and in writing. Otherwise, participants will be

automatically authorized for their use at any time and lose any right to receive financial compensation.

## **6. FINAL DISPOSITIONS**

The organization reserves the right to change the rules and regulations in order to ensure the smooth running of the competition. Participants will be notified about any changes via email, with information reinforced on the event's site and Facebook page. The organization reserves the right of decision upon omissions to this regulation. The organization's decisions are final. Once enrolled as an ALUT participant, runners must respectfully and unconditionally commit themselves to all the previously stated rules and the ethics of the competition.

Querença, March 14th 2023

**ATR – Associação Algarve Trail Running**