

# **RULES (PROVISIONAL PT) - Extreme West Atlantic Adventure 2020 by AZORES TRAIL RUN®**

When successfully registered for the event, each participant automatically accepts the rules of the Extreme West Atlantic Adventure by Azores Trail Run® (EWAA). The organizer reserves the right to make specific changes whenever necessary, which will be communicated as soon as possible. If there are any spelling errors, or doubts about the running regulations or rules that have been translated into English from Portuguese, or any other type of errors, the regulations and rules in Portuguese shall prevail.

## **1. CONDITIONS FOR PARTICIPATION**

The Extreme West Atlantic Adventure by Azores Trail Run® is a Trail Running event, consisting of 4 Trail running events:

- **Extreme West Atlantic Adventure 3 stages (EWAA);**
- **VK stairway to heaven (VKSH);**
- **Indian Face Trail (IFT)**
- **Extreme West Atlantic Trail (EWAT)**

The events take place on the islands of Flores and Corvo, in the Azores Archipelago. Each athlete can sign up for an event in stages or separately in each event.

### **1.1. MINIMUM AGE OF PARTICIPATION IN DIFFERENT RACES**

The minimum age for participation in any of the races is 18, completed by the day of the race.

### **1.2. REGULARIZED REGISTRATION**

Signing up for the Extreme West Atlantic Adventure by Azores Trail Run® or in the events that make it up, implies understanding and accepting, without reservation, the rules and regulations of the event.

The participant must fill out the Liability Commitment, during the Check-In, at the event office.

The respective registration fee must also be paid. It is not necessary to send the respective proof of payment.

### **1.3. PHYSICAL AND MENTAL CONDITIONS**

Having already carried out a screening test for the SARS-CoV-2 virus within 72 hours before your flight left for the Azores, and the result was negative. ([https://covid19.azores.gov.pt/?page\\_id=6304](https://covid19.azores.gov.pt/?page_id=6304))

Each athlete must be fully aware of the need to be in a physical condition appropriate for the characteristics of these extremely demanding events, which combine the hardness of the terrain with a considerable up and down course and long miles to be completed, in unpredictable weather conditions (exposure to sun, rain, cold, wind and fog), which can be adverse and eventually variable over the duration of the race.

Each athlete must assess their own ability to be self-reliant on the mountain that allows them to reach adequately in managing problems intrinsic to this type of test, such as extreme fatigue, digestive problems, muscle and joint pain and injuries.

It is recommended that all participants perform a sports medical examination that attests to their aptitude for carrying out this type of physical activity.

At any time, before the race or during the race, the organization reserves the right, if it so chooses, to remove an athlete if they show any sign of a condition that puts their health or welfare in jeopardy.

Participants will have to know how to face physical and mental problems resulting from extreme fatigue, digestive and joint problems, and muscle pain, etc.

# **RULES (PROVISIONAL PT) - Extreme West Atlantic Adventure 2020 by AZORES TRAIL RUN®**

## **1.4. DEFINING THE POSSIBILITY OF EXTERNAL ASSISTANCE**

External assistance is allowed for participants only at the supply locations or “fueling points”, as defined by the organization.

## **1.5. CHEST/BACK IDENTIFICATION**

The chest/back identification is personal and non-transferable and must be placed in a visible way, throughout the race, that is, it must always be positioned over clothing.

## **1.6. SPORTS CONDUCT RULES**

An athlete will be punished with disqualification for any sign of unsportsmanlike conduct being revealed. Omissions to this regulation will be resolved by the organization, who, for this purpose, are obliged to provide the respective knowledge to interested parties, in the way it considers most appropriate. These are the privileged vehicles of information transmission, the official website, and the Facebook page of the event. The Extreme West Atlantic Adventure by Azores Trail Run® is an event that promotes and emphasizes, above all, fair play and respect for nature.

## **2. EVENT**

### **2.1. PRESENTATION OF THE RACES / ORGANIZATION**

The Extreme West Atlantic Adventure by Azores Trail Run® 2020 is a trail running sporting event that will take place in the Flores Islands on 18th and 20th of September and Corvo on 19th of September, 2020, and which will consist of 4 races:

- **Extreme West Atlantic Adventure 3 stages (EWAA);**
- **VK stairways to heaven (VKSH); - Island of Flores**
- **Indian Face Trail (IFT); - Island of Corvo**
- **Extreme West Atlantic Trail (EWAT) - Island of Flores**

### ***Organization***

The Extreme West Atlantic Adventure by Azores Trail Run® is organized by the Clube Independente Atletismo Ilha Azul (CIAIA), with the NIPC: 512030286 and its headquarters at Rua Capelo Ivens, Apartado 194, 9900 Horta, Açores.

### ***Race Leadership***

The race director will be Mario Leal, founder of the event and “ultra-marathon runner.”

### ***Limit of participants***

Due to logistical reasons, the Extreme West Atlantic Adventure by Azores Trail Run® by stages is limited to 50 participants in total.

# **RULES (PROVISIONAL PT) - Extreme West Atlantic Adventure 2020 by AZORES TRAIL RUN®**

However, it is possible to participate in only 1 of the stages, each with a limit of 100 participants.

## **Description of the event and the routes**

The Extreme West Atlantic Adventure by Azores Trail Run® will consist of a race divided into three competitive stages:

### **Extreme West Atlantic Adventure 3 stages (EWAA) - Island of Flores and Corvo;**

*This race is the combination of the three races. They are approximately 64,5 km in total, accumulated at the end of the three days.*

### **VK stairway to heaven (VKSH) - Island of Flores**

*The first stage, VK stairway to heaven (VKSH), on the Island of Flores, takes us on a journey of about 6.5 km, from sea level, in Faja Grande, to the highest point on the island, the Morro Alto, at the altitude of 914m. The trail starts at Faja Grande, a narrow fringe of land, facing America, with cliff tops where stunning waterfalls end, finishing up at the Morro Alto.*

### **2nd stage - Indian Face Trail (IFT) - Island of Corvo**

*This 2nd stage event will take us from Vila do Corvo, past Cara do Indio, reaching the top of the smallest island of the Azores, where we are invited to descend to the Caldeirao or "Cauldron" and circling the perimeter of the existing lagoon, a former volcanic crater which gave rise to the island..*

### **3rd stage - Extreme West Atlantic Trail (EWAT) - Island of Flores -**

*On the last stage, we return to the Island of Flores, which has a great wealth of volcanic landscapes, exuberant nature and with lots of water. We pass through lava and detrital "fajas" or terraced slopes such as Faja Grande and Fajazinha, where countless streams of water flow, forming impressive waterfalls on the hillside, highlighting Poço da Alagoinha, and idyllic landscape that brings together a lagoon, waterfalls, high cliffs of stones contrasting with the green of the islands unique nature and the ocean in the background.*

*The landscape along the way is breathtaking. We pass through the successive long and deep valleys where several streams run by. We can see a large part of the coast, with an abrupt relief, steep terrain and with numerous islets, boulders, tips and coves, which all make for an important nesting area for several species of marine birds.*

## **2.2. PROGRAM / SCHEDULE**

Participating athletes who wish to take advantage of the transportation provided by the organization, must turn up and present themselves at the place and time indicated on the official website of the event. The date and time of starting each race are shown in the program on the official Azores Trail Run® website [www.extremewestatlanticadventure.com/](http://www.extremewestatlanticadventure.com/).

## **2.3. DISTANCE (DISTANCE CATEGORIZATION) / ALTIMETRY (ACCUMULATED POSITIVE AND NEGATIVE LEVELS) / ATRP CATEGORIZATION / INTEGRATED CHAMPIONSHIP / MONT-BLANC POINTS**

All information is available online at [www.extremewestatlanticadventure.com](http://www.extremewestatlanticadventure.com)

# RULES (PROVISIONAL PT) - Extreme West Atlantic Adventure 2020 by AZORES TRAIL RUN®

## 2.4. MAP / ALTIMETRIC PROFILE / ROUTE DESCRIPTION

All races have some technical difficulties and include walking trails, with steps, dirt and stones, pastures and roads.

The organization marks the route with flags (red and yellow), with a reflective band and vertical signposts. It is imperative to follow the marked paths without taking shortcuts. If they stop seeing signs for approximately 200 meters, participants should turn back until they find the respective signs again. Common sense must prevail.

**VK stairways to heaven (VKSH); - Island of Flores** <https://tracedetrail.fr/fr/trace/trace/111539>

**Indian Face Trail (IFT) - Island of Corvo** <https://tracedetrail.fr/fr/trace/trace/111542>

**Extreme West Atlantic Trail (EWAT) - Island of Flores** <https://tracedetrail.fr/fr/trace/trace/111543>

## 2.5. TIME LIMIT

The routes, times, and places of passage control may undergo adjustments until the date of the race, depending on climatic and terrain contingencies.

Any athlete who shows up at a checkpoint after the set time will have their chest and back identification removed by a member of the organization and must abandon the race as there will be no further assistance from that point on, since, either for the organization or for the assistance services, it is not possible to guarantee their safety.

Any athlete who, on their own initiative, decides to withdraw from the race must inform the organization to prevent the assistance services from focusing their attention on an allegedly missing athlete, neglecting support for those athletes still in the race.

## 2.6. TIME CONTROL METHODOLOGY

An electronic time tracking system will be used. The athlete's time control process will be done using chip readers at some places on the course, in other places using antennas and mats.

The chip will be attached to the back of the athlete's chest/back the athlete's movement to be recorded.

## 2.7. CONTROL STATIONS / CHECKPOINTS

Checkpoints are mandatory crossing points and are located in places outlined by the organization. The crossing checkpoints may undergo adjustments until the date of the race, depending on climate and terrain contingencies.

There will be other points, at places not disclosed by the organization, to control the correct compliance of the route by the athlete's (manual control). Failure to pass on or more checkpoints will lead to the disqualification of the participant. The initial and final control will be done using an electronic chip.

<b>1st stage - VK stairway to heaven (VKSH); - Island of Flores</b>	
<b>Control Station / Checkpoints</b>	<b>Distance</b>
Start	0 km
Finish	6.8 km

# RULES (PROVISIONAL PT) - Extreme West Atlantic Adventure 2020 by AZORES TRAIL RUN®

<b>2nd stage - Indian Face Trail (IFT) - Island of Corvo</b>	
<b>Control Station / Checkpoints</b>	<b>Distance</b>
Start	0 km
Cauldron	9.9 km
Finish	19.3 km

<b>3rd stage - Extreme West Atlantic Trail (EWAT) - Island of Flores</b>	
<b>Control Station / Checkpoints</b>	<b>Distance</b>
Start	0 km
Ponta da Faja	9.7 km
Ponta Delgada	19.9 km
Ponta Ruiva	29 km
Finish	35 km

## **2.8. SUPPLY LOCATIONS / EXTERNAL SUPPORT**

In short distance events (KV Flores) there will be no food at the support stations, only water and isotonic drinks that will be served by the properly equipped team. In the longest distance races (the second and third stages) there will be individual packages of food at each of the filling stations for each runner. Entry to supply stations will be subject to the use of a mask and the limit of people inside the stations.

## **2.9. MANDATORY MATERIAL / RECOMMENDED MATERIAL / VERIFICATION OF MATERIAL**

On registration pick up day, the athlete must sign the mandatory material verification form at the office for the race they will participate in.

At the beginning, during and at the end of any of the races, it can be verified, by members of the organization, whether each athlete is accompanied by the mandatory material, listed below:

\* depending on weather conditions the organization may require

- Any participant who starts the competition with batons will have to transport them to the finish line. It is strictly forbidden to have access to or abandon the sticks anywhere on the route.

- For security reasons, participants are advised to check their material in order to confirm that it is in perfect condition for the race.

# RULES (PROVISIONAL PT) - Extreme West Atlantic Adventure 2020 by AZORES TRAIL RUN®

In the beginning, during and at the end of any of the races, it can be verified, by members of the organization, whether each athlete is accompanied by the mandatory material, listed below:

Mandatory Material	EC (6.5K)	CV (22.9K)	FL (35.1K)
Mask before the start and in the first 200 meters and when cutting the finish line	X	X	X
Chest and back Identification (provided by the organization) - to be placed in a visible position during the entire route	X	X	X
Backpack or similar equipment	X	X	X
Water bottle or equivalent of 0.5-liter capacity, minimum	X	X	X
Thermal blanket (min. 100 x 200 cm)	X	X	X
Windbreaker / waterproof jacket	X	X	X
Operational phone (with sufficient battery and credit time)	X	X	X
Backup food supply	X	X	X
Whistle	X	X	X
Cup (the organization will not give away cups at supply stations)	X	X	X

Recommended Materials
Batons
Windbreaker / Waterproof pants *
Cap/Beanie/Scarf/Bandana *
Gloves *
Clothing covering limbs *
Sunscreen
Change of clothes
Cash amount (for any unforeseen event)

\* depending on weather conditions the organization may require

## 2.10. INFORMATION ON CROSSING PLACES WITH ROAD TRAFFIC

During the course of both events, there is the possibility of road traffic occurring as can be seen in the maps of the route of the events in Courses, so athletes should be aware and take precautions).

## 2.11. PENALTIES / DISQUALIFICATIONS

Infringement	Penalty
Not using the mask	Disqualification and impediment to participate

# RULES (PROVISIONAL PT) - Extreme West Atlantic Adventure 2020 by AZORES TRAIL RUN®

Lack of element of the mandatory material	Penalty for each missing element 30´
Lack of more than 3 elements of the mandatory material	Disqualification
Refusing verification of mandatory material	Disqualification
Not completing the entire course	Disqualification
Littering on the trail or disrespecting the environment	Disqualification
It is strictly forbidden to have access to or abandon the batons anywhere on the route.	60´ Penalty
Not having the chest and back identification clearly visible	15´ s Penalty
Alterations to the chest/back identification	Disqualification
Refusing to show ches/back identification	Disqualification
ignoring the organization´s disqualification	Disqualification
Having any unsportsmanlike conduct	Disqualification
Not passing the mandatory checkpoints	Disqualification
Refuse to provide assistance to another participant in evident difficulty.	Disqualification
Abandoning the race without notifying the organization.	Disqualification and preventing participation in events for one year.
Fraud (e.g. using transport, sharing or changing the chest/back identification, etc)	Disqualification and preventing participation in events for one year.

## 2.12. RESPONSIBILITIES FOR THE ATHLETE / PARTICIPANT

Participants registered for the Extreme West Atlantic Adventure by Azores Trail Run agree to participate voluntarily and under their own liability in the competition. Therefore, they agree not to claim or demand from the organization, employees, authorities, sponsors and other participants any liability towards them and their heirs, in everything that exceeds the coverage of their responsibilities, that of their employees and participants.

## 2.13. SPORTS INSURANCE

The organizer takes out civil liability and personal accident insurance for the duration of the event. This insurance guarantees the coverage of your responsibilities, those of your employees, and participants. The insurance conditions can be read of the following links (Civil Liability and Personal Accidents).

## 3. REGISTRATIONS

### 3.1. REGISTRATION PROCESS

Registrations are made on the website at <https://www.extremewestatlanticadventure.com/>

Each participant must correctly complete the registration form and pay the amount within the stipulated period. The veracity of the data provided is the participant´s responsibility, stressing the importance of their accuracy for insurance purposes.

Available means of payment are MB-Multibanco and MB Way (only for within Portugal and valid for 3 days); Credit Card and PayPal.

# RULES (PROVISIONAL PT) - Extreme West Atlantic Adventure 2020 by AZORES TRAIL RUN®

Proof of payment is not required.

After confirmation of payment, the name of the athlete will be in the list of those registered.

Payment of the registration fee implies a reservation of place, is personal and non-transferable.

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

## 3.2. PRICES AND REGISTRATION PERIODS

The registration runs until 2020, September, 1st

The registration fees are as follows:

Race	
Extreme West Atlantic Adventure 3 Stages	200€
VK stairway to heaven (VKSH)	25€
Indian Face Trail (IFT)	60€
Extreme West Atlantic Trail (EWAT)	60€

When registering, the athlete implicitly agrees in full with these regulations. Each registration is personal and non-transferable.

## 3.3. CONDITIONS FOR RETURNING THE REGISTRATION FEE AMOUNT

The organizations reserve the right not to refund the registration fee for an athlete already confirmed even in the case of early withdrawal if they have not subscribed to the registration insurance provided in the registration form. The refund of fees paid will be made in full if the athlete has been registered. **The deadline to request a refund is until the last day of registration. After the deadline, there is no refund, even if you have subscribed to the registration insurance.**

The refund can only be requested when a participant has proven:

1. Unexpected serious illness, pregnancy, serious injury, or death of the person or a person close to them or their substitute in the workplace makes the presence of the insured person essential there.
2. Severe damage to the property of the insured person in their place of residence, due to fire, storm, theft or water damage, making their presence indispensable at the residence;
3. Cancellation must be requested by email.

### **The organization will not 'freeze' registrations.**

In the case of a change of course or cancellation of any of the events, whether due to adverse weather conditions or other reasons of force majeure, impeding the completion of these events, the registration fees will not be refunded, particularly when the authorities prevent the performance of the race.

## 3.4. MATERIAL INCLUDED / NOT INCLUDED / EXTRAS WITH REGISTRATION

### 3.4.1. Extreme West Atlantic Adventure (3 STAGES EWAA 64,5 KM) INDIVIDUAL

#### **Includes:**

Chest/back identification (is personal and non-transferable)

- 1 Lunch

. On the 19th of September on the Island of Corvo



# RULES (PROVISIONAL PT) - Extreme West Atlantic Adventure 2020 by AZORES TRAIL RUN®

- Boat transfers between the islands - **(only for the athletes registered in the race by stages)**
    - . On the 19th of September, Santa Cruz das Flores (Flores) - Vila do Corvo (Corvo)
    - . On the 19th of September, Vila do Corvo (Corvo) - Santa Cruz das Flores (Flores)
  - Bus transfers during the race - **(tall athletes registered)**
    - . On the 18th of September, Santa Cruz das Flores (Flores) - Fajã Grande (Partida VK stairway to heaven (VKSH))
    - . On the 18th of September, Santa Cruz das Flores (Flores) - Faja Grande (Finish VK stairway to heaven (VKSH))
    - . On the 20th of September Santa Cruz das Flores (Flores) - Fajã Grande (Starting Flores)
  - Sports Insurance
  - Technical T-shirt EWA Adventure
  - Supplies throughout the race
- Finisher award (to all individuals athletes who completed the three stages)

## 3.4.2. INDIVIDUAL STEPS (VK, EWATC, EWATM)

Chest/back identification (is personal and non-transferable)

- Sports Insurance
- Technical T-shirt
- Supplies throughout the race
- Finisher award

### It does not include:

- Accommodation
- Air connections
- Maritimes Links

### Extras:

- Registration insurance: 10€

## 3.5. RACE OFFICE / TIME AND PLACE

The office will initially operate in the village of Santa Cruz das Flores (Flores) from 10:00 a.m. to 1:00 p.m. on 09/18/2020 and at the beginning of each stage.

## 3.6. AVAILABLE SERVICES

### 3.6.1. BUS TRANSFER (only for athletes)

#### The 18th of September 2020 (Friday)

Santa Cruz das Flores (Museum and Municipality Auditorium of Santa Cruz das Flores) - Faja Grande

Morro Alto - Santa Cruz das Flores (Museum Municipal Auditorium of Santa Cruz das Flores)

#### On the 20th of September 2020

Santa Cruz das Flores (Museum and Municipality Auditorium of Santa Cruz das Flores) - Faja Grande

### 3.6.1. BOAT TRANSFERS **(only for the athletes registered in the race by stages)**

#### On the 19th of September 2020

Santa Cruz das Flores Pier - Vila do Corvo Port

# RULES (PROVISIONAL PT) - Extreme West Atlantic Adventure 2020 by AZORES TRAIL RUN®

Vila do Corvo Port - Santa Cruz das Flores Pier

## 4. CATEGORIES AND AWARDS

### 4.1. DEFINITION DATE, PLACE AND TIME OF AWARDS CEREMONY

The delivery of prizes will be carried out as follows:

- On the 20th of September on the island of Flores, at the place and time to be defined, the handing out of prizes for the Extreme West Atlantic Adventure by Azores Trail Run® (3 stages)

### 4.2. INDIVIDUAL AND TEAM AGE / GENDER CATEGORIES

In all events, in addition to the absolute general classification, the following scales will be considered, referring to the age of the participant on October 31st, 2020:

General M/F

SUB 23 M/F (18 to 22)

Seniors M/F (23 to 39 years old)

M40/ F40 (40 to 44 years old)

M45/ F45 (45 to 49 years old)

M50/ F50 (50 to 54 years old)

M55/ F55 (55 to 59 years old)

M60/ F60 (60 to 64 years old)

M65/ F65 (over 65 years old)

### Teams

The classification of the team classification will be made based on the three best classifications of the respective athletes of the Extreme West Atlantic Adventure by Azores Trail Run.

### Awards

<b>Extreme West Atlantic Adventure 3 stages (EWAA) - Island of Flores and Corvo</b>	<b>Male</b>	<b>Female</b>
General	Trophies for the first 3	Prizes for the first 3
All age groups	Trophies for the first 3	Awards for the first 3
Teams	Trophies for the first three teams	

<b>VK stairways to heaven (VKSH); - Island of Flores</b>	<b>Male</b>	<b>Female</b>
General	Trophies for the first 3	Trophies for the first 3

<b>Indian Face Trail (IFT); - Island of Corvo</b>	<b>Male</b>	<b>Female</b>
General	Trophies for the first 3	Trophies for the first 3

# RULES (PROVISIONAL PT) - Extreme West Atlantic Adventure 2020 by AZORES TRAIL RUN®

Extreme West Atlantic Trail (EWAT) - Island of Flores	Male	Female
General	Trophies for the first 3	Trophies for the first 3

The prizes will be awarded at the ceremony to be held according to what is on the program.

The trophies must be collected in the delivery of prizes by the athlete or someone indicated by them. The organization will not send awards by mail after the event.

### 4.3. DEADLINES FOR CLAIMING CLASSIFICATIONS

Complaints must be addressed in writing to the race office within a maximum of 1 hour after the arrival of the last athlete, accompanied by the amount of EUR 50. If the claim is accepted, this amount will be returned to them. Members of the Portuguese Trail Running Association (APTR) will have one week to complain (regarding APTR ranking).

## 5. IMAGE RIGHTS

The organization reserves the exclusive right to the image of the event. The registration in the competition and the consequent acceptance of this regulation implies the participant's authorization to record images derived from his participation, and the organization can use them in the dissemination and promotion of the competition in any medium. In this way, the participant gives the organization all image rights related to the use of these recordings. Any project or advertising must have prior authorization from the organization.

## 6. INFORMATION

### 6.1. LABEL FOR CHANGING CLOTHES

- Participants in the Extreme West Atlantic Adventure by Azores Trail Run® will be provided with a label for a change of clothes bag, which will be forwarded directly to the finish area (arrival).

Participants of the Extreme West Atlantic Adventure by Azores Trail Run® deliver the bag to the departure zone, which will be returned to them in the arrival zone upon presentation of the chest/back identification.

- The organization does not assume any responsibility for the content of the same bags.
- The organization will not transport anything other than the change of clothes bag.

### 6.2. MODIFICATIONS

These rules can be edited, changed, or improvised at any time by the organization entity, without prior notice.

### 6.3. OTHERS

The race commissioner and race director will decide on all matters related to the even and which were not subject to regulation or misinterpretation of the present regulation.