

17 JULY 2011

ULTRA MARATONA ATLÂNTICA MELIDES » TRÓIA

43 KM // 26,7 MILES

ALONG THE GRÂNDOLA'S BEACH COAST

RACE STARTS IN MELIDES BEACH AT 9.00 AM CROSSING THROUGH THE BEACHES OF ABERTA NOVA, GALÉ, PINHEIRO DA CRUZ, PEGO, CARVALHAL, COMPORTA, SOLTRÓIA WITH THE FINISH LINE IN TRÓIA

RULES ↓

→ ORGANIZATION

The Atlantic Ultra Marathon Melides – Tróia, is an event organized by the Sports Division of Grândola's City Council, it will take place on the 17th of July 2011, along Grândola's council Shore.

The event is destined to all individuals of any nationality, with 18 years of age or older, who meet the Regulations requirements.

The course has a length of 43 Km, all covered in sand, starting in Melides Beach (N38 W8 07,756 47,610) and ending on Bico das Lulas Beach in Tróia (N38 W8 29,141 54,409).

The Atlantic Ultra Marathon Melides-Tróia will be disputed individually and in teams representing institutions, these teams need a minimum of 3 members of any rank, scoring the 3 best athletes and it's mandatory that at least 3 of them complete the trial before 17:00.

→ SCHEDULE

Office to lift the Race Number and Supply - Melides Beach, between 7.00am and 8.00am

Competitors Gathering (Briefing) – Melides Beach at 8:30 AM

Race Start 9:00 AM

Race Time Limit 5:00 PM

Award Ceremony in Tróia at 5.00 PM

→ SUPPLY

The organization supplies the athletes in the starting zone (Secretariat), with 1.5L of water, one piece of fruit, a gel and an energy bar.

All supplies must be carried by the athlete from the starting zone and it is their responsibility. No athlete is allowed to receive any supplies along the route. However, the organization will provide 1 liter of water to all athletes that reach km 28.5.

On arrival at the finish line, the athletes have access to liquids and food reinforcement.

→ CONTROL

In order to ensure the fairness and sportsmanship of the event, the route will have several checkpoints that may not be identifiable by competitors, so the race number must be visible throughout the trial.

There will also be either a manual or electronic record on some beaches along the route.

Athletes who for whatever reason need to quit the race, should go autonomously or in the support vehicles to the nearest checkpoint beach, where they must hand the race number and chip, and they may request transportation to the finish line if they want to head to Tróia.

Athletes seen by any member of the Organization, receiving supplies and/or any other type of materials or food will be disqualified.

Athletes will also be disqualified if they leave the "public maritime domain" (beach area), and/or in any case climb the dune separation or primary dune.

The Ultra Marathon closes at 5.00 PM, and all competitors still on course will be picked up by the organization, except for those who passed the Soltróia Checkpoint by 5.00 PM.

All athletes who finish the trial after 5.00 PM will not access Prix scoring.

→ SECURITY

Athletes should not, under any circumstances leave by their own means the race area and must wait for vehicles that will travel the route constantly between the first and last athlete.

The Organization is not responsible for any accident that may occur during the race.

All participating athletes are covered by sports insurance.

Ambulances are available throughout the race in areas with easy access, with transportation being provided by specialized personnel from the race area until the ambulances.

The organization recommends the use of sunglasses, cap, sunscreen and run sneakers.

→ INSCRIPTIONS

Registrations should be made until July 12th. The athletes must send their registrations by mail (download the registration form in: ultramaratona-atlantica.blogspot.com).

Registrations should be followed by a copy of the athlete's ID and a copy of the international money transference document to the organization email, in order to validate the registration.

Payment details:

Price per person:

Until the 17th of June – 20€

From the 18th of June until the 5th of July – 25€

From the 6th of July until the 12th of July – 40€

Cancelled registrations until the 17th of June will receive a 50% refund.

Registrations will not be accepted after the 12th of July.

→ ECHELONS

The Atlantic Ultra Marathon Melides-Tróia will have the following Echelons, being considered the athlete's age on the day of the race.

Women's Seniors » 18 - 39 years of age

Women's Veterans » 40 years and over

Men's Seniors » 18 - 34 years of age

Men's Veterans I » 35 - 39 years of age

Men's Veterans II » 40 - 44 years of age

Men's Veterans III » 45 - 49 years of age

Men's Veterans IV » 50 - 54 years of age

Men's Veterans V » 55 years and over

→ CLASSIFICACION PRIZES

Prize money for the top 10 women and men on the overall rating.

1º 750€ 2º 500€ 3º 350€ 4º 200€
5º 100€

From 6th to 10th place 50€

There is an extra 100€ prize money for both women and men if the race record is broken.

Trophies for the first 5 teams.

Trophies for the first 3 athletes in each echelon.

→ PARTICIPATION PRIZE

Running Jersey alluding to the race and souvenirs for all athletes.

Surprise prizes during the award ceremony.

→ GENERAL INFORMATION

All athletes must bring an official ID document, for eventual submission to the secretariat in Melides, or Tróia.

The organization will provide transportation from Tróia to Melides Beach, with 2 € increase to the registration value, departure from Tróia at 06h45 a.m. (departure time subject to confirmation due to the ferries schedule in the month of July 2011).

The organization is not responsible for the loss of items left by the athletes throughout the race.

Low tide is predicted at 10h33 a.m. in Sines Harbour (0,78m), and at 11h04 a.m. in Setúbal Harbour (0,71m), on the 17th of July.

The possibility of a Babysitting service will be accessed, depending on the athlete's request (until the 17th of June).

The omitted cases in the Regulation will be accessed by the organization on the race day.

→ CONTACTS / OTHER INFORMATION

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organização

