



Lisboa,  
a mulher  
e a vida

## RACE REGULATIONS

1. On May 14th 2023 at 10:30 am, will take place the 17<sup>th</sup> edition of the Race “EDP– Lisboa a Mulher e Vida”, organized by Maratona Club de Portugal, with the support of the local government.
2. Women and men of any age may participate, walking, marching, or running, when they are properly registered.
3. The race will have the distance of 5 Km, totally urban, on asphalt. The start will be in Santos (in the back of the Restaurant “Kais”), continuing towards Belém through Rua Cintura do Porto de Lisboa, passing under the Viaduct of Av. Infante Santo. Continuing along Av. Brasília, the participants will follow the road until the “Vela Latina”, and from here continue, in the normal traffic direction, until the Torre de Belém, where the finish line is located.
4. Registrations are exclusively online at [www.maratonclubedeportugal.com](http://www.maratonclubedeportugal.com)
5. Part of the amount raised will be donated for the purchase of breast cancer screening devices.
6. Registrations are open until May 13th (if the race is not sold out before this date). Registrations on the day of the race will not be accepted. Requests for registration transfers will not be accepted, the registrations are personal and non-transferable.
7. The organization may, at any time, suspend or extend the deadlines, add or limit the number of entries for the race, according to technical or structural availabilities, without prior notice.
8. The participation kits will be delivered on May 12<sup>th</sup> and 13<sup>th</sup>, at Seaside Sport Expo, at CCB to be defined, from 10:00 am to 8:00 pm. It's mandatory to present registration (document containing a bar code that will be sent by email) or alternatively, a payment document (receipt of payment made by MB or bank transfer).
9. The Participation kit will contain:
  - 9.1. A unisex technical t-shirt in 5 available sizes, with the size stock being distributed according to availability. If the requested t-shirt size is out of stock, an alternative size will be suggested;
  - 9.2. One personal bib number;

- 9.3. One chrono chip: only for runners participating as a team;
- 9.4. A bag;
- 9.5. Other offers from sponsors.
10. The bib number is non-transferable and when worn by another individual will be disqualified.
11. The bib number is the athlete's identification, being its fixation on the participants chest area mandatory.
12. It is recommended to fill in the personal data on the back of the bib due to the athlete's own safety. This information can be of the utmost importance in the event of an accident, physical indisposition, or any other emergency along the way.
13. Only elite runners, and runners who request chip by May 1<sup>st</sup> through the email [info@maratonaportugal.com](mailto:info@maratonaportugal.com) will have official individual classification. All participants registered for collective awards, will have chip:
- VODAFONE "Mother and daughter" award
  - CME "3 Friends" award
  - MIMOSA "Family Run" (2 runners) award
  - Jogos Santa Casa "Companies" (2 runners) award
  - Seaside "Mother-in-law/daughter-in-law" award

The classifications for collective participation will be defined by the sum of times of the participants of each team.

14. EDP award (individual monetary prizes)

Female Athletes	Male Athletes
500€	500€
300€	300€
200€	200€

Only for runners with chips will be entitled to these prizes

15. There will be prizes for the winners of different categories (provided they are duly registered). The prizes are the responsibility of the sponsors of each category.
16. At the end of the race, the organization will ask the winning teams for their identification and contact details for subsequent prize-giving.
17. The official results will be published up to 15 days after the race day.

18. The runner's results will be published on the race's official website.
19. All finishers will receive an exclusive medal.
20. Duly registered athletes will be covered by personal accident insurance as provided for in n.º 1 do art. 9º at DL n.º 146/93, of 26th of Abril, with an amount for death or permanent injury of 28 000,00 EUR and treatment costs up to 4 514,00 EUR, although the organization has a medical assistance service throughout the course and at the finish line area where an hospital tent will be installed. Participants must meet the necessary health conditions for the effort inherent in the race, assuming after registration that they feel physically and psychologically fit for the effort. In the event of an accident, they should contact Maratona Clube de Portugal (MCP) via email [geral@maratonaportugal.com](mailto:geral@maratonaportugal.com) so they can fill out the [Accident Form](#) to be sent to MCP.
21. Athletes that on the race day manifest unsportsmanlike behavior, do not comply with the rules stipulated in the regulations or do not follow the safety and hygiene. Instructions given by the staff and competent entities may be prevented from participating.
22. The Medical Assistance Service and the Referee Judges are authorized to withdraw from the race any athlete who:
  - a) Show physical discomfort;
  - b) Does not complete the entire course;
  - c) Doesn't have the bib number or it isn't visible;
  - d) Fold, hide or manipulate the bib number;
  - e) Manifests unsportsmanlike behavior or addresses the organization in inappropriate terms.
23. The organization expect all participants to finish the race. However, in case of withdrawal, the athlete must communicate it and deliver the bib number to a member of the organization.
24. The athlete, when registering, authorizes unconditionally and free of charge, the organization of the event and its associates and sponsors, the use of his image, as captured in the footage or photos that will take place during the event, authorizing its reproduction at communicational pieces on different channels.
25. The guardian of the participant, when registering, authorizes unconditionally and free of charge, the organization of the event and its associates and sponsors, the use of the image of his or her child, as captured in the footage or photos that will take place during the event, authorizing its reproduction at communicational pieces on different channels.

26. The organization reserves the right to use the database with the elements filled out by the participants in any promotional or communication campaigns.
27. When registering, all participants automatically declare that they agree with the following disclaimer:
- I have read and agree with the race regulations, available on the race website;
  - I am aware of my health condition and that I am physically and psychologically able to participate on the race;
  - I assume that I will refrain from participating in the race if my health conditions change after registration;
  - I am aware of the content of the insurance policy conditions and have read its specifications at the event regulations;
  - I participate in the event of my own free will, exempting the organization, partners, directors, collaborators and other companies connected to the organization of the event of any responsibility resulting from my participation in the event, before, during and after the event (eg. Loss of personal belongings by theft or other circumstances).
28. In case an athlete does not want his or her data to be used, he or she has the option of not authorizing its use alerting the organization to that fact.
29. It is expressly forbidden for people to participate with pets, rollerblades, bicycles, skates or scooter.
30. The only vehicles authorized to follow the course are the ones designated by the organization. It is totally forbidden to follow the athletes by car, motorcycle or bicycle, for safety reasons.
31. The cancellation of the race may occur due to factors beyond the control of the organization (extreme weather conditions, demonstrations, government restrictions, etc...). In case of postponement, the organization guarantees the automatic transfer of all the registered participants to the new proposed date. The organization, may in exceptional cases, have to change the course, namely the starting and/or finishing areas, as well as the race schedule. In none of the situations specified above, the organization will refund the registration fee.
32. Any situations not addressed by these regulations will be resolved by the Event's Technical Director, in accordance with the official regulations.