



REGULATIONS

Due to the Covid circumstances and to comply with the indications defined by the health authorities for sports events, the organization defined the following extra safety rules:

- Mandatory presentation of vaccination/recovery certificate or negative COVID 19 test valid on the date of the event (PCR = 72 hours, Antigen = 48 hours) when picking up the participation kit;
- Withdrawal of participation kits should preferably be done by the participants themselves. To pick up the participation kits of another participant it is necessary to present their registration document and the respective vaccination/recovery certificate or negative COVID 19 test valid on the race date;
- When picking up the participation kit, each participant will be given a non-transferable wristband that must be worn until the end of the race;
- Obligatory use of mask until the start line and after the finish line (masks will be given at the finish line to all finishers);
- Compliance with the social distance at all times during the race whenever possible;
- Frequent hand hygiene at the different moments of the race.

1. Integrated in the Half Marathon event, this race has the distance of 8,5 KM.
2. The route in the initial phase will be identical to the "Half Marathon", up to the 3rd KM.
3. Registrations is done online at our official website. The registrations for this event will be limited to 17.000 athletes.
4. Runners will be participating on different ranks accordingly with their ages.
5. There will be no individual or collective classification and prizes will be symbolic only, and strictly equal for all.
6. There will be a supply service at km 3 and a next one at the finish line. Participants will be disqualified if they fail to comply with the entirety of the route.
7. The Organization has a medical assistance service, under the guidance of a team of experts, but are not responsible for any accident that may occur during this test.
 - 7a. FEMEDICA is the health partner responsible for the Official Medical Service.
8. Participants must follow the instructions of the Technical Director of the race and of the elements of the organization.
9. All participants are insured, as stipulated by law in accordance with articles 15 and 18 of the Decree-Law No. 10/2009.
10. The event will begin at 10:30 am and will be broadcasted live by RTP.



11. Any exceptional occurrence of this regulation will be solved by the Technical Director according to the official regulations of the IAAF/AIMS.

12. By registering in the race, all participants are accepting these regulations.