Luso 7K Regulations

1. Organized by the Marathon Club of Portugal, integrated in the Lisbon Half Marathon event, the "Luso 7K" race will be held on May 8, 2021, starting at 09:30, with the support from the municipalities of Lisbon and Oeiras as well other official entities.

2. This is a timed race, with 7.000 meters.

3. The starting shop of the "Luso 7K", will be given in Algés at the National Stadium and the finish line will be located at the Jerónimos Monastery. The route is available at the race site.

4. The organization will install an official supply, in the km 5, but can be available other supply area at places duly marked.

5. Registrations are available at www.maratonaclubedeportugal.com**.**

5.1 There will be several registration periods with different values;

5.2 The Luso 7K race is limited to 2.000 runners;

5.3 Requests for registration changes will not be accepted. Registrations are personal and non-transferable.

5.4 Under no circumstances will the organization refund the registration fee.

5.5 The organization may at any time suspend or extend the deadlines, add or limit the number of entries of the competition and according to technical or structural availability, without notice.

6. The participation kit is delivered with the BIB includes:

– one technical official race t-shirt
– personalized BIB with timing chip;
– one bag;
– offers from sponsors and partners

7. Duly registered athletes will be able to collect their BIBs and their “participation kit", at the location defined 3 days prior to the race. There is no BIB deliveries or other contents on the race day.

7.1. To pick up the BIB and the participation kit it the participants must present the registration confirmation document.

7.2. Runners official ID document;

7.3. The BIB is non-transferable and when used by another runner will imply disqualification.

8. The race BIB, which contain an electronic chip, will be the identification of the athlete, and must be fixated in the pectoral area of the athlete.

8.1. For safety reasons (in case of an accident or physical indisposition and when an emergency situation arises) is recommended to fill in the personal data requested at the back of the BIB.. This information may be of the utmost importance in the event of a health problem during the race.

9. The athletes will be disqualified when:

9.1. Using a BIB from other athlete;

9.2. Using a damaged BIB;

9.3. Misplaced BIB that can create timing registration failures;

9.4. Folded BIB;

9.5. Lack of use the BIB during the full course;

9.6. Skip railings either in the departure or arrival zone;

9.7. Do not respect the race indications signals;

9.8. Falsify any element on the registration form;

9.9. Present physical maleness or apparent weakness before departure;

9.10. Use more than one chip or BIB;

9.11. Manifest unsportsmanlike behavior or do not comply with the rules laid down in the regulation and the safety and hygiene instructions given by staff and competent authorities before, during and after the race.

10. There will be trophies for the first three female and male finishers.

10.1. All ranked athletes will receive an official medal and other souvenirs.

11. The timing system and classification will be timed by the system provided by "My Laps", electronic basis that will only work if the athlete properly puts his official BIB.

12. There will be available free “Carris” buses to transport runners to the starting line.

13. There is no gear check available.

14. Athletes will benefit from a personal accident insurance offered by the organization, as provided for in paragraph 15 of Article 18 of DL No. 10/2009, with a death or permanent disability capital of EUR 28 000.00 and treatment costs of up to EUR 4.000, although the organization, through the "Femédica", has a care and medical assistance service throughout the race and in the finish line area where a hospital tent will be installed. Participants must meet the health conditions necessary for distances as long as the Marathon, assuming after the registration they feel psychologically fit for effort.

15. The athlete, when registering, authorizes the organization of the race and its members and sponsors, the rights to use their image as captured or edited in the footage or photos that will take place during the event, authorizing its reproduction in communication formats of support permanently and for free.

16. The organization reserves the right to use the database with the elements completed by the participants in their possible promotion actions or other.

17. When registering, all participants automatically declare that they agree to the following disclaimer:

17.1. I have read and I agree with all the Rules of the Marathon Club of Portugal, available on the website of the race;

17.2. I am aware of my health status and that I am physically and psychologically able to participate;

17.3. I assume that I will refrain from participating in the race if my health conditions change after registration;

17.4. I am aware of the content of the insurance policy and have read the specifications of the insurance policy at the Rules of Race;

17.5. By participating in the race, I authorize, free of charge and unconditionally, that the organization and the partners of the race use my image. By this instrument, I budge all rights of my image, as captured in photographs and footage that will take place during the race, renouncing the receipt of any amount that may be earned with its disclosure in communication pieces.

17.6. I participate in the race by my own free will, exempting the organization, partners, directors, employees and other companies linked to the organization of the event from any liability resulting from my participation in the race, before, during and after it (e.g. loss of personal effects for theft or other circumstances).

18. If the athlete does not want his/her data to be used, he or she must alert the organization.

19. The cancellation of the race may occur due to force majeure factors and unrelated to the organization (extreme weather conditions, demonstrations, government restrictions, etc.). In case of postponement, the organization guarantees the automatic transfer of registrations of all athletes to the proposed new date. The organization may, in exceptional cases, have to change the route, including the place of departure and/or arrival, as well as the times of the race. Under no circumstances will the organization refund the registration fee.

20. It is expressly prohibited to participate with pets, strollers, skates, as well as any other accessory that is not used in racing.

21. Complaints must be made in accordance with the principles of WA and FPA and AIMS. There will be a fee of € 50.00 for each claim, an amount that will be deposited until the situation presented is resolved. The amount will be refunded in case of approval. The time for complaint analysis will be in line with the necessary time to consult all elements for a perfect knowledge of the complaint.

22. The organization has several platforms to support participants' questions and should be consulted if necessary.

23. The omitted situations on this document will be solved by the technical director of the race in accordance with the official regulations applied and opinions from WA/AIMS.