



**EXTREME 90
ROAD ULTRAMARATHON**

RULES 2025



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VERY IMPORTANT

This race is held on mountain roads. It is held on paved roads and on dirt tracks, but it is not meant to be a race where a runner can compare his racing time with other races with the same length. This is not a trail race either, because it doesn't take place on mountain trails.

This race is held inside Portugal's only National Park; all participants must respect its rules.

Due to logistical, security and environmental needs, registrations are very limited.

In order to preserve a natural heritage of enormous wealth, we want you to enjoy it in full communion with nature, by respecting and protecting it.

The Peneda-Gerês National Park is a natural heritage we want to preserve! We want our children to enjoy this heritage tomorrow the same way we enjoy it today!

- To participate in this competition, it is mandatory to be in a good physical condition;
- Registration on this competition implies full acceptance of the rules;
- Registration can be made at: <http://carlossanatureevents.com>
- The registration is personal, non-transferable, and will be accepted on a first-come-first-served basis;
- All the data information provided by participants is their own responsibility and must be legit;
- If a registered athlete can no longer participate in the event the organization has no obligation to reimburse the registration fee;
- During the month before the event is not permitted to change personal details in the registration and the organization has no obligation to reimburse the registration fee.
- **The Organization reserves the right to accept last minute registrations.**
- **For registrations made in the last month prior to the race, the organization does not guarantee t-shirt size.**
- The contents of this manual are subject to change without notice.

1. Terms of participation

1.1. Age requirement

The minimum age requirement for participation in Extreme 90k® is 20 years of age.

1.2. Confirmed registration

To participate in the competition athletes must have their registration validated and agree to comply with the race regulations.

1.3. Physical condition

- It is essential to be in a good physical condition to participate in this race;
- The terrain where this race is held is subject to sudden weather changes. Therefore, runners might be exposed to different weather conditions such as: heat, cold, strong wind, thick mist, intense rain and even snow;
- Athletes must know how to manage their physical and mental stress and cope with adverse situations during the race;

1.4. Race bibs

The race bib is personal and not transferable. Race bibs must be clearly visible throughout the race. In the case of abandonment runners must return their race bib to the organisation.

1.5. Sportsmanlike conduct rules

Unlawful behaviour, offensive language and verbal/physical aggressions will not be tolerated and will be reported to the appropriate authorities.

2. The event

2.1. Presentation of the event / organization

Extreme_90k is a race through the roads of the National Park Peneda-Gerês, connecting the village of **Castro de Laboreiro** and the village of Gerês. The name Extreme_90k comes from the fact that this race is included in the category of our Extreme Marathon races.

Extreme because it is a road race with a considerable elevation gain: over 3.300m D+ and about 7.000m of accumulated gain. "90" indicates the number of kilometers to be covered: the distance is greater than two marathons.

The participants must have a team and a support car, being allowed a member of the team to run with the participant whenever they want (called PACER). The PACER will have to run by the side or behind the participant, without ever interfering with his/her performance. The PACER can never run ahead of the athlete.

Athletes and the support team are required to comply with all road safety rules, since the roads will be open to normal traffic. A reflective vest is mandatory for the entire support team and athletes. Front lights and back position lights are also mandatory for the whole team.

Athletes who are unable to have a support team can deliver a bag to the organization, which will be sent to km 50 in Entre Ambos-os-Rios.

They are also required to sign the car with the athlete's name and Bib number, as well as to put two reflectors stickers with warnings (one in the back, one in front of the car) "Runners on the road".

2.2. Program

5th December 2025 (Friday)

01:30 pm – 03:00 pm - Race bib distribution Extreme Mile and Extreme 90km (Praceta Honório de Lima – Vila do Gerês)

07:00 pm – 09:00 pm - Race bib distribution Extreme 90km (**Hotel Miracastro-Castro de Laboreiro**)

6th December 2025 (Saturday)

05:30 am - Race bib distribution Extreme 90km (**Hotel Miracastro-Castro de Laboreiro**)

06:00 am – 1st Departure **Extreme 90km (Castro de Laboreiro)** for those who selected the Estimated Time option "between 11am and 4pm"

08:00 am – 2nd Departure **Extreme 90km (Castro de Laboreiro)** for those who selected the Estimated Time option "between 7am and 11am of race"

03:00 pm – Expected arrival 1st athlete Extreme 90Km

10:00 pm - Expected arrival last athlete Extreme 90Km/ Finish Line closing

7th December 2025 (Sunday)

01:30 pm – Prize giving ceremony

05:00 pm – End of the event

2.3. Departures

In the 2025 edition there will be 2 departures. Participants will be divided into two departures according to the "Estimated Time" selected when registering.

- The athletes' first start will be at 6am, for those who selected the Estimated Time option "between 11am and 4pm".
- The athletes' 2nd start will be at 8am, for those who selected the Estimated Time option "between 7am and 11am of race"..

2.4. Maps and route

See webpage.

2.5. Time barriers

The time limit to conclude the Extreme 90 Km is:

1st Start: 16 hours.

2nd Start: 14 hours.

2.6. Time check

Time is controlled by chip. The loss of a chip is the sole responsibility of the participant. All the costs associated with its replacement shall be borne by the participant.

2.7. Control posts

Intermediate time controls will be opportunely defined.

2.8. Refreshment posts

Extreme 90Km

Refreshment at the finish line (during the race the athletes will have support from their helpers in the support car).

2.9. Information of places with car traffic

The organization will have a security system throughout the course. However, as it will be impossible to cut road traffic in some places, participants must comply with the traffic rules on public-use roads and must respect the surrounding environment. The race will therefore be held on open road (no traffic cuts, albeit with conditioned traffic). These movement constraints are related to the absence of alternatives for local populations.

2.10. Disqualifications

Disqualification, based on the following:

- No complying with the present rules;
- Not finishing the route;
- Throwing away rubbish;
- Race number not visible;
- Refusal to comply with the orders from the organization;
- Anti-sporting behaviour.
- Participants who fall under the last two points won't be able to register in future editions.

2.11. Participation conditions

Registration on this competition implies full acceptance of the rules. Participants will be held accountable for all actions that may cause material or moral damages to themselves and/or to third parties. The organization declines all responsibility in case of accident, negligence, or theft of objects.

During the race, athletes will be able to overtake other athletes as long as they do not put their integrity and that of their competitors at risk, taking care to signal it. Overtaken athletes should facilitate the overtaking maneuver, leaning as far as possible or stopping if necessary.

2.12. Insurance

The entry fee includes a personal accident insurance premium.

3. Registration

3.1. Registration process

Online registration:

<http://www.carlossanatureevents.com/>

3.2. Registration prices and deadlines

Registrations opening at 15th December 2024. Due to logistical, security and environmental needs, registrations are very limited.

- **Extreme 90 km**

15th December 2023 to 31st January 2025 - 100 euros

31st January 2025 to 31st October 2025 - 110 euros

1st November 2025 to 29th November 2025 - 120 euros

The registration includes: race bib, injury assurance, t-shirt, finalist medal, showers, assistance and urgent care services, light lunch at the finish line + other possible offers.

3.3. Cancellations

In case the athlete cancels his participation, part of the amount already paid will be refunded according to the table below:

Cancellation Date	Refund Percentage
until 31 st July 2025	70% of the registration fee
From 1 st August to 31 st October 2025	40% of the registration fee
After 1 st November 2025	No refund

3.4. Secretariat (time and places)

5th December 2025: At the Praceta Honório de Lima at Vila do Gerês – 01:30 pm to 03:00 pm;

5th December 2025: Castro de Laboreiro – 07:00 pm to 09:00 pm;

6th December 2025: Castro de Laboreiro – 05:30 am to 07:50 am;

All participants must collect their bib number in these days and schedules, to avoid constraints and facilitate compliance.

The bib number collection will be personal, meaning that the bib number will only be delivered to the athlete itself.

3.5. Services

Showers are available at the end of the race, at the Health Club of the Thermal Animation Center.

4. Rankings and prizes

4.1. Prize giving: times and places

The prize giving ceremony will be held at the Vila do Gerês centre at 09:00pm, on 6th December. In case of bad weather, the prize giving ceremony can be transferred to other place.

4.2. Prizes

Regarding the overall ranking, the athletes will be awarded with trophy

There will be no team rankings and prizes.

There will be tier classification.

5. Informations

5.1. Where to stay

A list of places to stay will soon be released.

6. Marks and controls

The route is not marked. The athlete or his/her Pacer have to take a GPS device to navigate the route provided by the organization. We warn you that you should not use the car's GPS since, in some villages, athletes will follow the central roads of these villages and cars will have to go around them to avoid traffic constraints.

7. Environmental responsibility

Athletes can't throw down their litter (whether it's biodegradable or not) along the course. They must deposit their litter either in the nearest refreshment post, or at the finish line.

For 2025 Carlos Sá Nature Events wants to suggest, to all who decide to register for its events, a small contribution of 5 € (optional) for the purchase of native trees, choosing the EXTRA Carbon Compensation at the registration. In partnership with the local partners that have accompanied us over the last few years, Carlos Sá Nature Events, commits itself, with the funds raised, to develop tree planting actions and reforestation of burnt areas in the geographic areas where it develops its activity. These actions will be scheduled and carried out by CSNE following the knowledge of these local partners who, better than anyone, know the region, the species and the right time to make the plantations.

8. Image rights

Each participant authorizes the organizers to use any images or recordings taken during the event. Those images may be used for promotional documents and/or advertising mediums (radio, press, video, photo, internet, outdoors, etc.).

9. Support and emergency

There will be support, help and emergency teams to provide care to the participants who need it.

10. Omissions

Omissions in this regulation shall be resolved by the organizing committee.

11. Others

Participants are obliged to help injured parties and respect traffic rules at road crossings.

The organization reserves the right to make any modifications it deems necessary, depending on the different conditions, as well as to suspend the race, if weather conditions so require, or for reasons of force majeure.

If a participant is unable to participate and/or weather conditions/force majeure do not allow the event to take place or its cancellation, the organization does not see itself as obligated to refund the registration fees, as well as refunds to sponsors.