

BY CARLOS SÁ NATURE EVENTS

GERÊS

EXTREME MARATHON®

WORLD'S TOUGHEST ROAD MARATHON®

GERÊS EXTREME MARATHON®
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. For this same reason, we inform you that liquid refreshments will not be supplied in bottles or plastic cups. **Athletes are responsible for bringing with them the container(s) they deem most suitable for their hydration (preferably also suitable for hot drinks);**

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 Gerês Marathon® is 18 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. External help

External help is only allowed at the refreshment posts. Athletes must know how to adapt to the problems encountered during the race.

1.5. 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.

1.6. 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

Gerês Extreme Marathon is organized by Carlos Sá Nature Events in association with the support of the municipality of Terras de Bouro.

On Friday 5th of December 2025 it will take place the **Extreme Mile**.

On Saturday 6th of December 2025 it will take place the **EXTREME_90k** and **Race 12km(NEW)**.

On Sunday, 7th of December 2025, several competitive races will take place: **42 km, 32km, 21 km** and **14 km**.

2.2. Program

5th December 2025 (Friday)

01:30 pm – Opening of the Expo Running and Race bib distribution (Praceta Honório Lima – Vila do Gerês)

03:00 pm – Bus transfer to Extreme Mile start line

03:30 pm – Start Extreme Mile

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

6th December 2025 (Saturday)

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

06:00 am – 1st Start Extreme 90k (athletes who expect to complete more than 11 hours of competition)

08:00 am – 2nd Start Extreme 90k (athletes who expect to complete less than 11 hours of competition)

09:30 am – 08:00 pm – Race bib distribution for the remaining distances (Praceta Honório Lima – Vila do Gerês)

09:30 am - Race bib distribution Race 12km (Praceta Honório Lima – Vila do Gerês)

10:30 am – Bus transfer to Race 12km start line

11:00 am – Start **Race 12km (Fronteira Portela do Homem)**

7th December 2025 (Sunday)

07:00 am – 08:30 am – Race bib distribution (Praceta Honório Lima – Vila do Gerês)

09:00 am – Start 42km and 14km races

09:15 am – Start 21km

09:20 am – Start for 32km

01:30 pm – Prize giving ceremony

05:00 pm – End of the event

2.3. Maps and route

See webpage.

2.4. Time barriers

The time limit to complete the Extreme 90k® (90 km):

1st Start: 16 hours

2nd Start: 14 hours

The time limit to complete the Extreme Gerês Marathon® (42 km) is 7 hours.

42 Km race time barriers:

29 km – Geira Museum – 5h15min of race (at 2:15 pm)

The supporting car that closes the race, the "Sweepers", or the person in charge in each control post, will have the power to withdraw from the race any runner who isn't within the time limit, or any runner whose state of health necessitates doing so. Each runner that withdraws the race should go to the nearest refreshment post and ask for support / inform of his / her withdrawal or, alternatively, at the secretariat, informing the organization of his/her bib number.

2.5. Time check

Time is controlled by a chip in the bib.

2.6. Control posts

Intermediate time controls will be opportunely defined.

2.8. Refreshment posts

Extreme Mile

Refreshment – finish line

12 km

Refreshment – 5,5 km

14 km

Refreshment – 7 km

21 km

Refreshments – 6 km, 10,5 km, 15 km

32 km

Refreshments – 7km; 14km; 19km; 24km

42 km

Refreshments – 7 km, 17 km, 24 km, 29 km, 34 km

The organization staff will manage the good functioning of the Refreshment posts and the compliance with the safety rules always appealing to the reasonableness of all parties involved.

Racing in semi-autonomy will be the rule, which means that the athletes must run with a minimum amount of calories and liquids, in order to satisfy their needs between refreshment posts.

Please be advised that liquids will not be supplied in bottles or plastic cups. Each athlete is responsible for taking with them the container(s) they deem most suitable for their hydration.

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, and they must always keep a distance of 2 meters from the athlete to be overtaken. 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.

Maximum number of participants:

Extreme Mile – 100 participants

12 Km – 300 participants

14 Km – 700 participants

21 Km – 1.000 participants

32km – 300 participants

42 Km – 700 participants

Extreme 90k – 200 participants

- **Gerês Extreme Marathon 42 km**
 - 15/12/2024 to 31/01/2025 - 30 euros
 - 01/02/2025 to 31/10/2025 - 35 euros
 - 01/11/2025 to 28/11/2025 - 40 euros

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

- **Gerês Extreme Marathon 32km**
 - 15/12/2024 to 31/01/2025 - 27 euros
 - 01/02/2025 to 31/10/2025 - 30 euros
 - 01/11/2025 to 28/11/2025 - 35 euros

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

- **Gerês Extreme Marathon 21km**
 - 15/12/2024 to 31/01/2025 - 17 euros
 - 01/02/2025 to 31/10/2025 - 20 euros
 - 01/11/2025 to 28/11/2025 - 25 euros

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

- **Gerês Extreme Marathon 14 km**
 - 15/12/2024 to 31/01/2025 - 15 euros
 - 01/02/2025 to 31/10/2025 - 18 euros
 - 01/11/2025 to 28/11/2025 - 23 euros

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

- **Extreme Mile**

- 15/12/2024 to 28/11/2025 - 10 euros

The registration includes: race bib, injury assurance, t-shirt (only 1 t-shirt if registered for other races as well), finalist medal, refreshments at the finish line, showers, transport to the finish line in case of withdrawal, assistance and urgent care services + other possible offers.

- **Gerês Extreme Marathon 12 km**

- 15/12/2024 to 31/01/2025 - 15 euros
- 01/02/2025 to 31/10/2025 - 18 euros
- 01/11/2025 to 28/11/2025 - 23 euros

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

- **Extreme 90km**

- 15/12/2024 to 31/01/2025 - 100 euros
- 01/02/2025 to 31/10/2025 - 110 euros
- 01/11/2025 to 28/11/2025 - 120 euros

The registration includes: race bib, injury assurance, t-shirt, finalist medal, showers, transport to the finish line in case of withdrawal, 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 th 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 – 01:30 pm to 03:00 pm

6th December 2025: At the Praceta Honório de Lima – 09:30 am to 08:00 pm;

7th December 2025: At the Praceta Honório de Lima – 07:00 am to 09:00 am.

3.5. Services

Showers are available 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 01:30 pm, on 7th December. In case of bad weather, the prize giving ceremony can be transferred to other place.

4.2. Prizes

As for team classifications, the times of the 3 best athletes in the general classification will be considered, (regardless of sex or age).

Regarding the general classification, trophies will be awarded as per the table below:

Awards	M/F	Extreme 90k	12km	42km	32km	21km	14km	Extreme Mile
General	1 ^o ,2 ^o ,3 ^o	X	X	X	X	X	X	X
JUN 18 to 19 years	1 ^o ,2 ^o ,3 ^o	-	-	-	-	X	X	-
Sub-23 20 to 22 years	1 ^o ,2 ^o ,3 ^o	X	-	X	X	X	X	-
Séniore 23 to 39 years	1 ^o ,2 ^o ,3 ^o	X	-	X	X	X	X	-
M/F 40 40 to 49 years	1 ^o ,2 ^o ,3 ^o	X	-	X	X	X	X	-
M/F 50 50 to 59 years	1 ^o ,2 ^o ,3 ^o	X	-	X	X	X	X	-
M/F 60 + 60 years	1 ^o ,2 ^o ,3 ^o	X	-	X	X	X	X	-

5. Informations

5.1. How to get to Gerês

By car – Follow highway A3 until Braga; then follow the signs to Vila do Gerês.

Train/Bus – There are numerous train and bus connections to Braga from several places in the country. From Braga, the Empresa Hoteleira do Gerês has daily bus connections to the Vila do Gerês' centre. More information at <http://www.ehgeres.pt/> More info at <http://www.ehgeres.pt/>

5.2. Where to stay

Accommodation partners of Gerês Extreme Marathon® (soon).

6. Marks and controls

The route is marked with bright tapes and flags. All participants must pass through the established control posts.

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.