

Dear friends,
We hope the preparation went well.

With this year's large turnout, we created some rules and reinforced others that already exist.

A new feature will be that there will be **2 departures**. Participants will be divided into the two departures according to the **"Estimated Time" selected when registering**, confirm your in the following link:

https://carlossanatureevents.com/pdfs/PartidasExtreme90k_2024.pdf

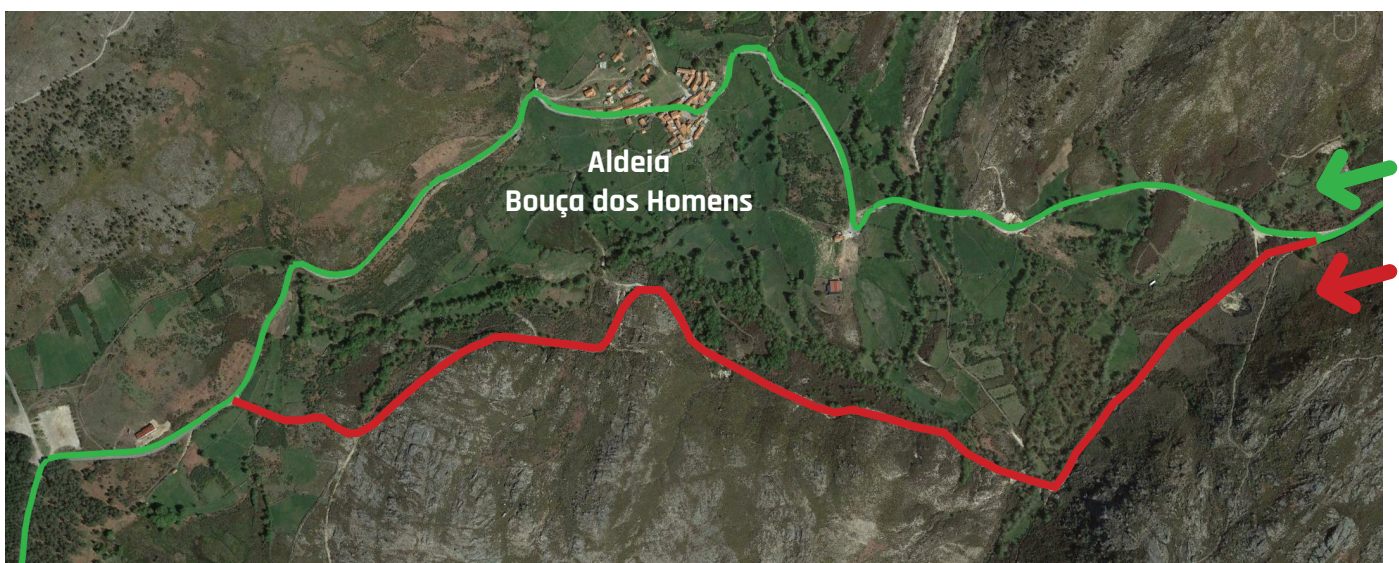
- The athletes' first start will be at **6am**, for those who selected the Estimated Time option **"between 11h and 4h of race"**.
- The athletes' 2nd start will be at **8am**, for those who selected the Estimated Time option **"between 7h and 11h of race"**.

Given the start in **Castro de Laboreiro**, **support cars can only leave 45 minutes later, and can only stop to assist the athlete, at km_8 in Lamas de Mouro.**

As you can imagine, a caravan of 100 cars trying to overtake athletes who are still very focused would be unpleasant and not very functional.

Support cars can only stop in places where there are shoulders and never on the road, the race is taking place with normal traffic flow.

At **km_15** in Bouça dos Homens, **the athletes follow the route through the interior of this village**, the cars follow the main road, it is a detour of just 2km. A member of the organization will be on site to provide guidance.

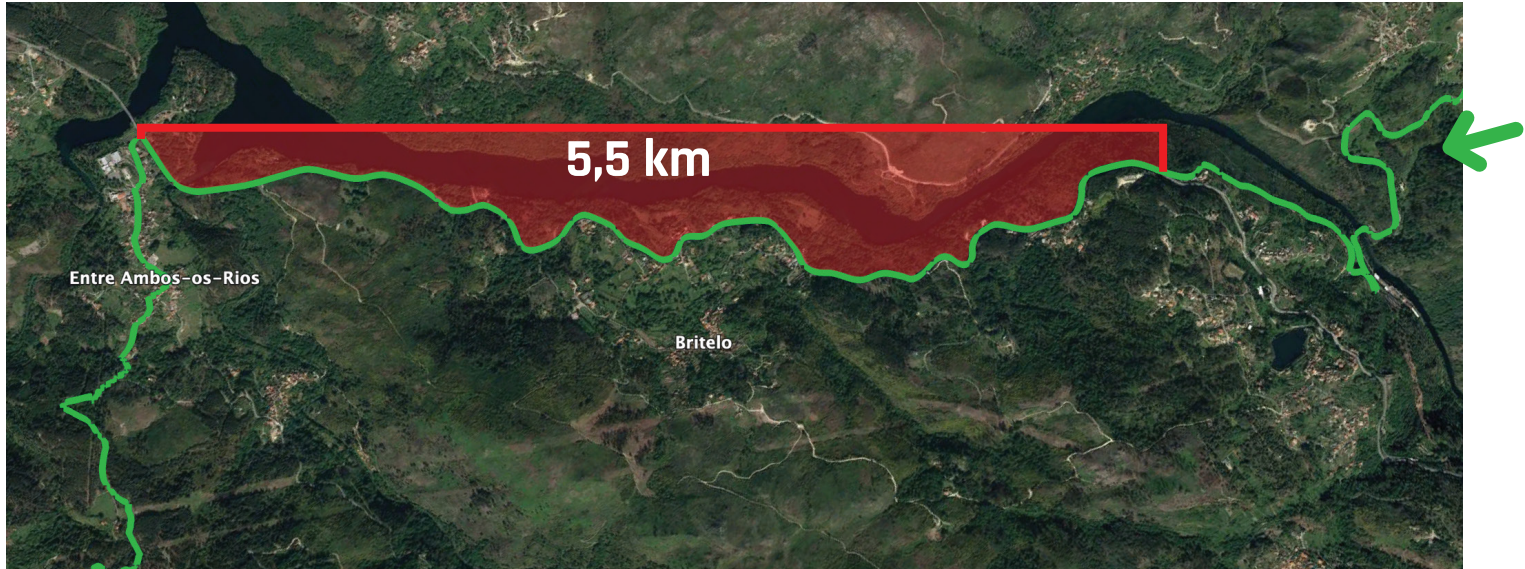


— Extreme_90k route
— Route to be taken by support cars

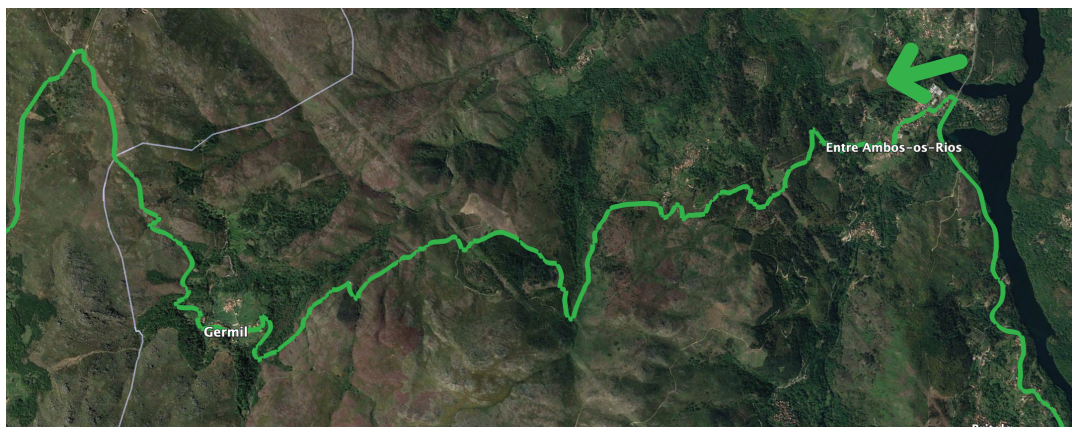
← Race direction

The Pacer can only run alongside or behind its athlete, never in front. **Both are required to always have a reflective vest and front and rear lights when it is dark or with reduced visibility, such as fog.**

Between **Km_44.5 and Km_50** it is **prohibited for support cars to provide assistance**, there are 5.5km on National Road 203 with the highest traffic, on this route if the athlete finds help necessary, the Pacer must accompany your athlete on these 5.5km.



Between **Km_50 and Km_62** you will find the "Germil Wall" it is 860m D+ in 10km, it will be the hardest part of the race, we warn you to manage your effort well in the initial kilometers of the race.



Between **Km_76 and KM_83** we will be inside Mata da Albergaria, **in this 7km section cars are prohibited** from stopping, once again we recommend following the Pacer.



On all these routes where cars are prohibited from stopping, they will be marked with vertical signs alluding to the event.

As in the last editions, we will provide stickers to stick on the support vehicles, one with the athlete's name that must be placed on the left side, and another warning of "Runners on the Road" that must be pasted on the back of the vehicle.

The official Track can be found in the following links, the athlete or their Pacer must carry the track on a navigation device, the route will only be marked at the turns with orange ribbons or direction arrows.

Tracks:

https://drive.google.com/drive/folders/1M1UW77NeiCL5xyr_RTAstkc0bKdHSfKA?usp=share_link

Trace de Trail

<https://tracedetrail.fr/en/trace/276359>



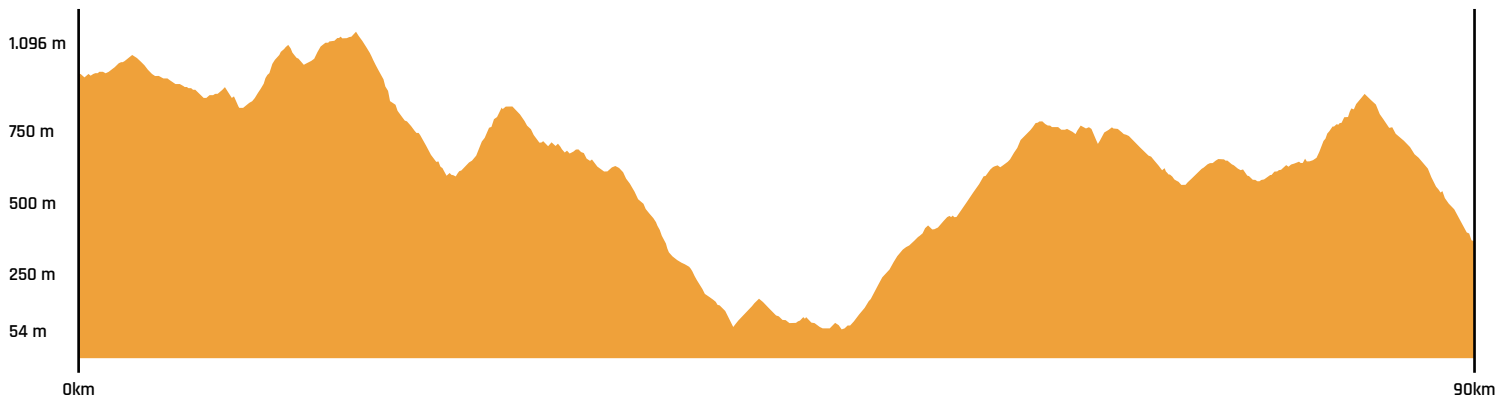
DEPARTURE:
CASTRO DE LABOREIRO
ARRIVAL:
VILA DO GERÊS



EXTREME 90k
[3300M D+ / 3890M D-]

CASTRO DE LABOREIRO

VILA DO GERÊS



Secretariats:

FRIDAY
NOVEMBER 29TH

19h00 - 21h00
Castro de Laboreiro

SATURDAY
NOVEMBER 30TH

05h00 - 07h50
Castro de Laboreiro