



## One Hundred® Ultra Mountain Trail World Series 2022

### Portugal Stage

### Douro-Paiva World Series

June 30 to July 3, 2022

Cinfães - Viseu, Portugal

### OFFICIAL REGULATION

#### Art. 1 - ORGANISATION

One Hundred® Group Ltd, based in London - United Kingdom, is the **organising company of the One Hundred® World Series** that, in 2022, will have global stages in Brazil, Wales, Portugal, the United States, and the grand final in Italy. This regulation refers to the Portugal Stage – **Douro-Paiva World Series 2022**, hereinafter referred to as the **Douro-Paiva World Series**.

#### Art. 2 - GENERAL INFORMATION

The **Douro-Paiva World Series** is a mountain track race held in the Douro area, classified as World Heritage Site by UNESCO, between June 30 and July 3, 2022. The routes offered are:

- 2.1. 100 miles (160km) – One Hundred® World Series, Portugal's National Endurance XL Championship by ATRP, and open race.
- 2.2. 100km – One Hundred® World Series.
- 2.3. 45km – WMRA's world cup, and Portugal's FCMP.
- 2.4. 45km in teams of two elements.
- 2.5. 31km – Portugal's ATRP's National Trail Championship, and open race.
- 2.6. 18km
- 2.7. 10km

#### Art. 3 - PARTICIPATION REQUIREMENTS

The minimum requirements for registration on each route of the **Douro-Paiva World Series** are as follows:

**3.1) 100M** – Athletes must have previous experience in mountain running, should not suffer from vertigo, have a high standard of mental and physical preparation, and have adequate equipment for temperatures that may have large variations. Be at least 18 years of age on December 31, 2022. Have the standard medical certificate completed and sent to the organisation, which is valid for 180 days. At least one



verifiable race of 50 miles (80 km) or more non-stop kilometres must also have completed within the time limit in the three years prior to the start date of the event.

**3.1.1)** The 100 miles are hosting Portugal's ATRP's National Endurance XL Championship. The same distance is also available as an open race.

**3.2) 100K** – Athletes must have previous experience in mountain running, should not suffer from vertigo, must have a high standard of mental and physical preparation, and have adequate equipment for temperatures that may have large variations. Be at least 18 years of age on December 31, 2022. Have the standard medical certificate completed and sent to the organisation, which is valid for 180 days. Athletes must also have completed, within the time limit, at least one verifiable race of 50km or more non-stop kilometres in the three years preceding the date of the start of the event.

**3.3) 45K and 45K Doubles** – Athletes must have previous experience in mountain racing, should not suffer from vertigo, have a high standard of mental and physical preparation, and have adequate equipment for temperatures that may have large variations. Be at least 18 years of age on December 31, 2022.

**3.4) 31K** – Athletes must have previous experience in mountain running, should not suffer from vertigo, must have a high standard of mental preparation. Be at least 18 years of age on December 31, 2022.

**3.4.1)** The 31km are hosting Portugal's ATRP's National Trail Championship. The same distance is also available as an open race.

**3.5) 18K** - Be at least 16 years of age as of December 31, 2022.

**3.6) 10K** - No previous requirements.

**Note: 45K Doubles** - For this course, we will for the first time in the **Douro-Paiva World Series** create a team challenge, "Pairs". If you have a colleague and both don't like to run the race individually, here you have the opportunity to form an amazing duo to run the **49K Doubles**. The rules are simple. The duo has to start in the match, TOGETHER, pass the intermediate checkpoints, TOGETHER, and reach the finish line, TOGETHER. It is a challenge for two and the factor of self-help and overcoming is fundamental. Don't let your partner give up! Both will lose.

**3.7) 45K – WMRA.** One Hundred Douro Paiva's 45km distance is part of WMRA's world championship, in the Silver category, and its scoring adds to this championship's qualification. Money prizes for the first five athletes to complete this distance, in both male and female categories, range between 500€ for the first place, and 100€ for the fifth place.

More info: <https://wmra.ch/>



**Art. 4 - INSCRIPTIONS**

Registration for the **Douro-Paiva World Series** will be made through the link provided on the website [www.onehundred.run](http://www.onehundred.run) and will follow the following deadlines and values:

| <b>Douro-Paiva World Series</b> | <b>Step 1</b><br>18/12/2021<br>to<br>14/01/2022 | <b>Step 2</b><br>15/01/2022<br>to<br>29/04/2022 | <b>Step 3</b><br>30/04/2022<br>to<br>10/062022 | <b>Last phase</b><br>11/06/2022<br>to<br>25/06/2022 |
|---------------------------------|---|---|--|---|
| <b>100M</b>                     | 110,0€  | 120,0€  | 130,0€   | 140,0€  |
| <b>100K</b>                     | 75,0€   | 80,0€   | 85,0€  | 95,0€   |
| <b>45K Doubles</b>              | 60,0€   | 67,5€   | 72,5€  | 80,0€   |
| <b>45K</b>                      | 40,0€   | 45,0€   | 47,5€  | 52,5€   |
| <b>31K</b>                      | 25,0€   | 28,0€   | 30,0€  | 35,0€   |
| <b>18K</b>                      | 18,5€   | 20,5€   | 22,5€  | 25,0€   |
| <b>10K</b>                      | 10,0€   | 12,0€   | 14,0€  | 15,0€   |

**4.3) Registration restrictions** - The following athletes may not register for the **Douro-Paiva World Series**:

- Athletes who were disqualified in another race for using performance enhancing substances.
- Athletes who have been blacklisted by the One Hundred® Group Ltd at any of their global events.

**4.4) Elite athletes** – Athletes of the **Douro-Paiva World Series** will be considered elite by fitting the specific conditions described on the website [www.onehundred.run/qualification](http://www.onehundred.run/qualification).

**4.5) Athletes Pack** - The subscriptions for the **Douro-Paiva World Series** include the following items:

**>> Candidates in the Launch Phase (18/12/2021 to 14/01/2022):**

- 10% discount on any One Hundred® in 2022 and 2023, anywhere in the world (cumulative with other discounts).

**4.6) Just One Tree** – We are partners with Just One Tree, an initiative that donates £1 for each registration in the One Hundred® World Series world tour events for the purpose of planting a tree.

**- KIT 100M:**

- Backpack bag
- Bracelet
- Premium running tshirt
- Pair of running socks
- Sunglasses
- Bib with timing chip
- Personal accident insurance with coverage for medical and dental expenses
- Hydration and feeding along the route, and after the race
- Immediate medical service
- Rescue service en-route
- Photographic and video service



- Live streaming and GPS track

**- KIT 100K:**

- Backpack bag
- Bracelet
- Premium running tshirt
- Pair of running socks
- Sunglasses
- Bib with timing chip
- Personal accident insurance with coverage for medical and dental expenses
- Hydration and feeding along the route and after the race
- Immediate medical service
- Rescue service en-route
- Photographic and video service
- Live streaming and GPS track

**- 45K KIT and 45K Doubles:**

- Backpack bag
- Bracelet
- Neck band
- Running tshirt
- Sunglasses
- Bib with timing chip
- Personal accident insurance with coverage for medical and dental expenses
- Hydration and feeding along the route and after the race
- Immediate medical service
- Rescue service en-route
- Photographic and video service
- Live streaming.

**- KIT 31K:**

- Backpack bag
- Bracelet
- Neck band
- Running tshirt
- Pair of running socks
- Bib with timing chip
- Personal accident insurance with coverage for medical and dental expenses
- Hydration and feeding along the route and after the race
- Immediate medical service
- Rescue service en-route
- Photographic and video service
- Live streaming



**- KIT 18K:**

- Backpack bag
- Neck band
- Running tshirt
- Pair of running socks
- Bib with timing chip
- Personal accident insurance with coverage for medical and dental expenses
- Hydration and feeding along the route and after the race
- Immediate medical service
- Rescue service en-route
- Photographic and video service
- Live streaming

**- KIT 10K:**

- Running tshirt
- Bib
- Personal accident insurance with coverage for medical and dental expenses
- Hydration and feeding along the route and after the race
- Immediate medical service
- Photographic and video service
- Live streaming

**4.6) Maximum number of athletes** - The maximum number of athletes in the **Douro-Paiva World Series** is 2000 registered, being distributed as follows: 100M = 200 athletes; 100K = 250 athletes; 45K = 300 athletes; 45K Doubles = 50 athletes; 31K = 400 athletes; 18K = 400 athletes; 10K = 400 athletes.

**4.7) Cancellation** - If the athlete is unable to participate in the **Douro-Paiva World Series** and wishes to cancel their registration, they must notify the organisers by email at [portugal@onehundred.run](mailto:portugal@onehundred.run). We will use the following refund policy, referring to the date of the refund request and percentage to be refunded:

Up to 60 days before the event = 75% in credit for One Hundred® events in 2022 or 2023; Up to 30 days before the event = 50% in credit for One Hundred events® in 2022 or 2023; Up to 15 days before the event = 25% in credit for One Hundred events® in 2022 or 2023.

No cash refund, transfer or roll-over will be issued under any other circumstances. No sale of subscriptions to third parties is permitted. No refunds or credit will be provided for route change if available.

We understand that last-minute problems arise that can prevent an athlete from reaching the starting line. We incur most of the costs at the beginning of the planning process, and this policy represents our ability to reasonably provide compensation for athletes who cannot attend, while maintaining our lowest and highest quality enrolment rates.

If the race is cancelled due to circumstances out of our control up to 15 days prior to the race, the organisers reserve the right to refund 50% of the paid registration fee. This percentage is calculated in such a way as to allow the organisers to cover part of the costs incurred which cannot be recovered.

If the race is cancelled for not meeting a minimum number of participants, the organisers reserve the right to cancel the race up to 60 days before the event, returning the amounts already paid, without the need to pay any hotel reservations or other expenses of stay or travel, including airline tickets and any other costs



that the athlete may have incurred for themselves or others accompanying him, as well as any additional compensation.

If the test is cancelled or interrupted for atmospheric reasons, or for any other reason outside our control, there will be no refund of the registration fee.

The following is not allowed:

- Postpone registration to the following year
- Participate in other stages instead of the stage for which the athlete has enrolled
- Bib exchange with anyone other than the registered athlete themselves
- Changes to registration must be requested by email [portugal@onehundred.run](mailto:portugal@onehundred.run) by June 26, 2022.

Any athlete found with another athlete's running number during or after the race will be disqualified and blacklisted from the One Hundred®.

#### **Art. 5 – STATEMENT OF RESPONSIBILITY**

All athletes participating in the One Hundred® Douro Paiva World Series must fill in the standard statement of responsibility provided by the organisation. This document must be signed by the athlete and handed in at the time of bib and kit pick up. Should this statement of responsibility not be signed or delivered, the athlete's registration will be promptly cancelled, with no refund.

#### **Art. 6 - TIMELINE (in progress)**

The **Douro-Paiva World Series** will follow the schedule:

##### **June 30<sup>th</sup>, 2022 - Thursday**

Location: Cinfães City Market

- 17:00** – Reception opening  
Kit hand-out – 100 miles.
- 22:00** – Reception closing

##### **July 1<sup>st</sup>, 2022 - Friday**

Location: Cinfães City Market

- 12:00** - Reception opening  
Kit hand-out – All races  
Drop bag hand-out (Location TBA)
- 14:00** - Bus departure heading to Vila Nova de Gaia for the 100M race
- 17:00** - Welcoming of athletes (snacks) – Location: Serra do Pilar, Vila Nova de Gaia
- 17:30** - 100M control – Location: Serra do Pilar, Vila Nova de Gaia
- 18:00** - 100M starts – Location: Serra do Pilar, Vila Nova de Gaia
- 22:00** - Reception closing – Cinfães City Market

##### **July 2<sup>nd</sup>, 2022 - Saturday**

Location: Cinfães City Market

- 05:00** - Reception opening  
Kit hand-out – 100K, 45K, 31K (ATRP), 31K (open race), 18K, 10K
- 05:30** – Bus departure heading to Castelo de Paiva



**06:30** - Welcoming of athletes (snacks) – Castelo de Paiva  
**06:45** – 100K control – Castelo de Paiva  
**07:00** - 100K starts - Castelo de Paiva (Largo Conde)  
**08:30** - Welcoming of athletes for ATRP's 31K (snacks) - Cinfães City Market  
**08:45** - ATRP's 31K control  
**09:00** - ATRP's National Trail Championship starts (31K) - Cinfães City Market  
**09:00** - Reception closing  
**11:00** - Expected arrival of 1<sup>st</sup> 31K athlete – Cinfães City Market  
**14:30** - Reception opening  
**15:00** - Awards ceremony for ATRP's 31K – Cinfães City Market  
**16:00** - Expected arrival of 1<sup>st</sup> 100M athlete - Cinfães City Market  
**19:00** - Expected arrival of 1<sup>st</sup> 100K athlete - Cinfães City Market  
**19:00** - Reception closing

### July 3<sup>rd</sup>, 2022 – Sunday

Location: Cinfães City Market

**06:00** - Reception opening  
**07:30** - Welcoming of athletes (snacks)  
**07:45** – WMRA's 45K control - Cinfães City Market  
**08:00** – WMRA's 45K starts - Cinfães City Market  
**08:45** – 31K control (open race) - Cinfães City Market  
**09:00** – 31K starts (open race) – Cinfães City Market  
**09:45** – 18K control – Cinfães City Market  
**10:00** – 18K starts - Cinfães City Market  
**10:00** – 10K starts (Location TBA)  
**11:30** – Expected arrival of 1<sup>st</sup> 18K and 31KM (open race) athletes – Cinfães City Market  
**13:15** - Expected arrival of 1<sup>st</sup> WMRA's 45K athlete – Cinfães City Market  
**14:00** – Awards ceremony for 18K, 31K, WMRA's 45K, 100K, and 100M  
**15:00** – Finish line closing (Pending update)  
**16:00** – Event ends

The athlete kits will be distributed at the race site. To remove their kits athletes must present a valid ID, with photo, and all mandatory equipment.

### Art. 7 - MANDATORY EQUIPMENT

The following equipment is mandatory in **the Douro-Paiva World Series** and must be transported by athletes throughout the race:

#### 7.1) 100M e 100K

- Hydration backpack bag or water bottle carrier with a combined capacity of at least 1 liter
- Waterproof jacket or windbreaker
- Thermal blanket
- Whistle
- Two lanterns with their spare batteries
- Glass or bottle of water. To reduce the use of plastic, there will be no disposable utensils (cutlery, cups, plates, bowls) available at rest points, therefore all athletes should bring their own material if they wish to eat hot/cold foods.



- Mobile phone
- GPS tracker provided at check-in of the race
- Bib visible throughout the race

### 7.2) 45K and 45K Doubles

- Hydration pack or water bottle door with a combined capacity of at least 1 liter
- Cut-wind
- Cap, hat, or headband type buff
- Thermal blanket
- Whistle
- Glass or bottle of water. To reduce the use of plastic, there will be no disposable utensils (cutlery, cups, plates, bowls) available at rest points, therefore athletes should bring their own material if they wish to eat hot/cold foods.
- Mobile phone
- Bib visible throughout the race

### 7.3) 31K

- Hydration pack or water bottle door with combined capacity for at least 500 milliliters
- Cut-wind
- Thermal blanket
- Whistle
- Mobile phone
- Glass or bottle of water. To reduce the use of plastic, there will be no disposable utensils (cutlery, cups, plates, bowls) available at rest points, therefore athletes should bring their own material if they wish to eat hot/cold foods.
- Bib visible throughout the race

### 7.4) 18K

- Mobile phone
- Glass or bottle of water. To reduce the use of plastic, there will be no disposable utensils (cutlery, cups, plates, bowls) available at rest points, therefore athletes should bring their own material if they wish to eat hot/cold foods.
- Bib visible throughout the race

### 7.5) 10K

- Bib visible throughout the race

It is the responsibility of the athletes to bring equipment that respects these criteria. In case of verification before or during the race, the commissioner or judge will decide whether the equipment meets the criteria described in the regulation or, otherwise, the athlete will be disqualified.

Mandatory equipment can be used or carried inside the backpack or pockets.

All mandatory equipment will be checked when the athletes remove the kit. Those who do not present all the material of the mandatory equipment will be prevented from starting the race.

In addition, one-off checks will be performed during the race.

#### RECOMMENDED EQUIPMENT:

Race participants are advised to bring the following equipment with them, in addition to the mandatory ones:

- Warm sweater for the night





- Energy bars or solid foods
- Elastic adhesive tape
- Spare money for use in any eventuality
- Running/walking sticks are allowed
- Sunglasses
- Sunscreen

**Art. 8 - MAXIMUM TIME LIMITS AND CUT TIMES (in progress)**

The following maximum time limits and cutting times in the **Douro-Paiva World Series** must be met by the athletes throughout the race:

| <b>100 Miles</b> |                        |                        |
|------------------|------------------------|------------------------|
| <b>LOCATION</b>  | <b>MAX. TIME (cut)</b> | <b>GPS Coordinates</b> |
| Castelo de Paiva | 12h – 6.00h – 02.07    |                        |
|                  | 22h – 16:00h – 02-07   |                        |
| Finish Line      | 42h – 14:00h – 03-07   |                        |
| <b>100K</b>      |                        |                        |
| <b>LOCATION</b>  | <b>TOTAL TIME</b>      | <b>GPS Coordinates</b> |
|                  | 8h – 16:00h 02-07      |                        |
| Finish Line      | 30h – 14:00h – 03-07   |                        |
| <b>45K</b>       |                        |                        |
| <b>LOCATION</b>  | <b>TOTAL TIME</b>      | <b>GPS Coordinates</b> |
| Finish Line      | 10h – 18:00h – 03-07   |                        |
| <b>31K</b>       |                        |                        |
| <b>LOCATION</b>  | <b>TOTAL TIME</b>      | <b>GPS Coordinates</b> |
| Finish Line      | 7h – 15:00h – 03-07    |                        |
| <b>18K</b>       |                        |                        |
| <b>LOCATION</b>  | <b>TOTAL TIME</b>      | <b>GPS Coordinates</b> |
| Finish Line      | 5h – 14:00h - 03-07    |                        |

The cutting sites are located at checkpoints. Athletes who do not reach these points within the established deadlines will not be able to continue the race. It is forbidden to proceed from the cut-off point and then to use the supply areas again. The judges of the race reserve the right to disqualify athletes who violate the rules.

To protect the health of participants, medical staff at checkpoints have the authority to stop runners who are deemed unfit to continue the race, even within time limits. In this case, the participant must follow the instructions of the medical team. Anyone who does so will be immediately disqualified.

Participants who reach the checkpoints after the maximum time, those who are injured and those who are deemed unfit by the medical team to continue the race, and any other athletes who decide to give up, will be taken to the arrival of transport provided by the organisation. For logistical reasons, athletes who have given up may have to wait before being sent to the arrival area.

Any participant who withdraws from the race at any point other than the established refuelling points must immediately inform the race organisers by phone to the number indicated by the organisation.



All 100M and 100K participants will receive a GPS tracker device at the race check-in and each device includes an emergency button. The runner should only use the button in case of emergency and if the button is pressed the runner will be immediately disqualified from the race and will not be able to return to it.

**Art. 9 - FILLING STATIONS, CREW SUPPORT AND DROP BAGS (in update)**

The **Douro-Paiva World Series** is a race of semi-self-sufficiency and athletes are required to bring minimal amounts of water, as well as all other equipment listed as mandatory.

Semi-self-sufficiency is defined as the ability to be autonomous between filling stations and be able to safely adapt to any problems (bad weather, physical suffering, injuries, etc.).

When leaving the rest points, athletes must have enough water and food to reach the next post.

Support teams, called CREW SUPPORT (including family and friends) can only assist athletes in certain locations in the designated areas as defined by the post coordinator. Only one person per athlete can provide assistance and will be admitted 15 minutes before the athlete's arrival.

Each 100M and 100K athlete will receive their respective support bags, called DROP BAG, with their dorsal number and only these will be transported by the organisation. Athletes will be able to put on clothes or food, the delivery of drop bags should follow the schedule of the event. Athletes are advised not to place valuables in drop bags. The organisation is not responsible for any theft, loss, or damage. Running/walking sticks are not allowed or left in the drop bags. The drop bags should be removed after the test following the schedule of the event, upon presentation of the dorsal number. Unremoved drop bags will be forwarded for donation.

The following filling stations and their services are available to athletes:

Only corridors with visible dorsal numbers have access to filling stations.

It is expressly forbidden for athletes to drink from the bottles supplied at the filling stations: personal glasses should be used. Garbage should be left at each filling station.

There will also be a supply on arrival. In addition, each participant can have a hot meal on arrival. To enjoy this hot meal, it is necessary to present the bib number.

There are natural drinking water points along the route, where participants can refuel.

| 100 Miles |                           |                |
|-----------|---------------------------|----------------|
| KM        | LOCATION                  | SERVICE        |
| 16        | S. Martinho Arnelas       | Beverages      |
| 29        | Canedo (Vilares)          | Beverages/Food |
| 45        | Q do Arda                 | Beverages/Food |
| 57        | Castelo Paiva (Base Vida) | Beverages/Food |
| 72        | Espiunca                  | Beverages/Food |
| 78        | Nespereira                | Beverages/Food |
| 91        | São Pedro                 | Beverages/Food |
| 105       | Aveloso (Base Vida)       | Beverages/Food |
| 115       | Sobreda                   | Beverages/Food |
| 130       | Alhões                    | Beverages/Food |
| 137       | Gralheira                 | Beverages/Food |
| 145       | Pimeiró                   | Beverages/Food |
| 152       | Vila de Muros             | Beverages/Food |
| 160       | FINISH LINE               | Beverages/Food |
| 100K      |                           |                |
| KM        | LOCATION                  | SERVICE        |



|            |                     |                |
|------------|---------------------|----------------|
| 15         | Espiunca            | Beverages/Food |
| 21         | Nespereira          | Beverages/Food |
| 34         | São Pedro           | Beverages/Food |
| 49         | Aveloso (Base vida) | Beverages/Food |
| 59         | Sobreda             | Beverages/Food |
| 74         | Alhões              | Beverages/Food |
| 81         | Gralheira           | Beverages/Food |
| 88         | Pimeiró             | Beverages/Food |
| 94         | Vila de Muros       | Beverages/Food |
| 100        | FINISH LINE         | Beverages/Food |
| <b>45K</b> |                     |                |
| <b>KM</b>  | <b>LOCATION</b>     | <b>SERVICE</b> |
| 9          | Covelas             | Beverages/Food |
| 19         | Macieira            | Beverages/Food |
| 28         | Aveloso             | Beverages/Food |
| 37         | Marcelim            | Beverages/Food |
| 45         | FINISH LINE         | Beverages/Food |

|            |                 |                |
|------------|-----------------|----------------|
| <b>31K</b> |                 |                |
| <b>KM</b>  | <b>LOCATION</b> | <b>SERVICE</b> |
| 9          | Covelas         | Beverages/Food |
| 20         | Merlim          | Beverages/Food |
| 31         | FINISH LINE     | Beverages/Food |
| <b>18K</b> |                 |                |
| <b>KM</b>  | <b>LOCATION</b> | <b>SERVICE</b> |
| 9          | Covelas         | Beverages/Food |
| 18         | FINISH LINE     | Beverages/Food |
| <b>10K</b> |                 |                |
| 10         | FINISH LINE     | Beverages/Food |

**Art. 10 - ROUTE (updated)**

Most of the **Douro-Paiva World Series** routes are hill and mountain areas, as well as part of the Douro River, classified as UNESCO’s World Heritage Site. This itinerary requires the ability to run on different terrain types, trails and sters, as well as in rocky and flooded areas, and by rivers.

In the event of adverse weather conditions and any area of the route becomes inaccessible, alternative routes will be outlined in the briefing before the start of the race.

Athletes should strictly follow the marked route and avoid shortcuts or cut the course. Any deviations from the official route may result in disqualification and will be at the exclusive risk of the athletes.

The routes have the following characteristics:

**10.1) 100 miles:** 160km long, 8985m cumulative positive uneven, 1.350m altitude.

**10.2) 100K:** 100km long, 6075m cumulative positive uneven, 1350m altitude.



**10.3) 45K and 45K Doubles:** 45Km long, 2700m cumulative positive uneven, 2700m cumulative negative elevation, 1150m altitude

**10.4) 31K:** 31Km long, 1700m accumulated positive uneven, 1700m cumulative negative elevation, 500m maximum altitude

**10.5) 18K:** 18Km long, 1020m of accumulated positive uneven, 1020m of cumulative negative disability, 406m maximum altitude

**10.6) 10K:** 10Km long

**Art. 11 - ATHLETE INSURANCE**

All athletes of the **Douro-Paiva World Series** are covered free of charge by insurance that covers death and disability by accident and by athlete, in addition to medical and hospital expenses.

**Art. 12 - RESCUE TEAM**

All athletes of the **Douro-Paiva World Series** have at their disposal a rescue team, composed of mountain GNR, firefighters, nurses, and doctors. These will be positioned along the route and will be on foot, in cars with 4x4 traction, and ambulances. There will be a medical station at the test site.

**Art. 13 - ENVIRONMENT**

Most of the **Douro-Paiva World Series** routes are in areas of mountains and mountains in the interior, some parts by the Douro River and vineyards, UNESCO Heritage, and other areas with natural ecosystems. Participants are therefore obliged to respect the environment, by leaving no litter, not collecting flowers and disturbing wildlife. Anyone seen leaving garbage along the route will be disqualified from the race. At various points of supply there are places where athletes can leave the trash. The organisation advises athletes to bring in a small garbage bag.

Athletes must follow the marked route so as not to cause harm to the environment.

To reduce the use of plastic, there will be no disposable utensils (cutlery, glasses, plates, bowls) available at the refuelling points, so athletes should bring their own utensils if they wish to eat hot/cold foods.

**Art. 14 - WEATHER**

The courses of **the Douro-Paiva World Series** may undergo weather variations and in case they are very adverse (dense fog or thunderstorm), the organisation reserves the right to make last minute changes, even during the race, in the course, to eliminate potential hazards or conditions that may cause difficulties to athletes. Athletes will be informed of these changes. The organisation also reserves the right to suspend or cancel the race if weather conditions endanger athletes, volunteers, or support teams. If necessary, the organisers will provide and communicate a plan B up to 24 hours before the start of the race.

**Art. 15 - DISQUALIFICATION, PENALTIES AND RESOURCES**

The following infractions in the **Douro-Paiva World Series** will result in immediate disqualification and removal of the athlete's dorsal number.

- Do not pass a checkpoint
- Use shortcuts
- Leave garbage along the route
- Do not help a participant in difficulty
- Insult or threaten members of the organisation's work team



- Use transport during the race
- Refuse to undergo examinations by the medical team along the route
- Refuse to show the mandatory equipment when requested by the judges

A one-hour penalty will apply for the following infractions:

- Lack of any mandatory equipment, and the athlete must report this lack immediately, in case of recidivism in a new check the athlete will be disqualified
- Unauthorised assistance or assistance outside the points provided for in the regulation
- Bib not visible.

The penalty can be applied immediately as soon as the infraction is proven or at the end of the race. Penalties or disqualifications may be challenged in writing to the organisation of the evidence within 2 hours of the publication of the results. The resources will be evaluated and responded to within the necessary time frame. The decisions are final and unchallenged.

**Art. 16 - AWARDS**

The **Douro-Paiva World Series** will be played individually, where each athlete will run the course in its entirety, being divided for registration, classification, and award purposes in the following categories, taking as reference date the age on December 31, 2022.

**16.1) Male**

- Male Adult: Runners from 30 to 39 years old
- Male Master: Runners from 40 to 49 years old
- Senior Male: Runners from 50 to 59 years old
- Male Senior Grand: Runners over 59 years old

**16.2) Female**

- Female Adult: Runners from 30 to 39 years old
- Female Master: Runners from 40 to 49 years old
- Senior Female: Runners from 50 to 59 years old
- Senior Female: Runners over 59 years old

**16.3) Cash prizes:** Total of € 18,000.00 distributed as follows:

**- 100M e 100K**

| Male & Women's                 | 100M  | 100K  |
|--------------------------------|-------|-------|
| 1st Place General Elite        | 1500€ | 1000€ |
| 2nd Place General Elite        | 1000€ | 500€  |
| 3rd Place General Elite        | 500€  | 250€  |
| 4th Place General Elite        | 250€  | 200€  |
| 5th Place General Elite        | 250€  | 100€  |
| Mountain Goat                  | 175€  | 175€  |
| King of the Hill               | 175€  | 175€  |
| 1st Place Category 30-39 years | 150€  | 100€  |
| 1st Place Category 40-49 years | 150€  | 100€  |
| 1st Place Category 50-59 years | 150€  | 100€  |
| 1st Place Category 60+ years   | 150€  | 100€  |

**45K WMRA**

| Male & Female  | 45k  |  |
|----------------|------|--|
| 1º Lugar Geral | 500€ |  |
| 2º Lugar Geral | 400€ |  |
| 3º Lugar Geral | 300€ |  |



|                |      |  |
|----------------|------|--|
| 4º Lugar Geral | 200€ |  |
| 5º Lugar Geral | 100€ |  |

### 31K

|                          |  |            |
|--------------------------|--|------------|
| <b>Male &amp; Female</b> |  | <b>31K</b> |
| 1st Place General        |  | 150€       |

#### 16.4) Award with buckles and medals: Distributed as follows:

- **100M:** All finishers will receive an exclusive Douro-Paiva World Series buckle.
- **100K, 45K, 45K Doubles, 31K, 18K and 10K:** All finishers will receive an exclusive Douro-Paiva World Series medal.

**16.5) Miles Rewards:** One Hundred has a miles card, **GO&RUN Miles Club**, which offers miles to anyone who signs up for your exams and shops in the online store. Card miles can be used on One Hundred race registrations or the online store.

All 100-mile and 100km athletes receive miles for every kilometre travelled.

In case of withdrawal, the miles allocated are those of the last checkpoint.

The first three athletes of the distances of 45km, 25km, and 18km, also receive miles.

1st - 500 miles

2nd - 500 miles

3rd - 250 miles

The top three ranked Mountain Goat and King of the Hill also receive miles on card.

1st - 500 miles

2nd - 500 miles

3rd - 250 miles

More information at: [www.onehundred.run/en/membership-en](http://www.onehundred.run/en/membership-en) [www.onehundred.run/](http://www.onehundred.run/)

#### 16.6) Award with trophies: Distributed as follows:

- **King of the Hill:** The first placed of each genre in the segmented uphill route, called King of the Hill, on the 100M and 100K courses, will receive exclusive Douro-Paiva World Series trophies.
- **Mountain Goat:** The first placed of each genre in the segmented downhill route, called Mountain Goat, on the 100M and 100K courses, will receive exclusive Douro-Paiva World Series trophies.
- **General Male and Female Elite:** The top five (5) finishers of each genre on each course will receive exclusive Douro-Paiva World Series trophies.
- **Categories:** The top three (3) finishers in each category will receive exclusive Douro-Paiva World Series trophies.
- **Teams:** The first Team of the 45K Doubles receives an exclusive Trophy Douro-Paiva World Series.

To define the classification of the top five (5) of each gender in general, the gross time will be considered, and for the other classifications the net time will be considered.



Athletes who do not attend the awards will lose their right. These will not be shipped or delivered in advance for any reason.

### 16.7) Money prize payments

All money prizes will be paid up to 60 days after the race.

Monetary prizes do not accumulate with age group prizes.

### Art. 17 - ANTI-DOPING

By enrolling in the **Douro-Paiva World Series**, each athlete:

- You must declare to the organisation any information regarding the use of a prescription subject to Therapeutic Use Exemption (TUE) through the email [portugal@onehundred.run](mailto:portugal@onehundred.run); Sportsmen may be ill or have conditions requiring the ingestion of certain medicines. If this medicine, taken for the purpose of treating a disease or condition, is on the list of prohibited substances, the TUE may allow the athlete to take the medicine. For more information: [www.wada-ama.org/en/science-medical](http://www.wada-ama.org/en/science-medical). This information should be provided as soon as possible and definitively before the start of the race.
- Accept all requests for samples and analysis of urine and/or blood and/or capillaries related to the requests made by the organisation's physician, understanding that any expenses related to the performance of these samples and the associated analyses are the direct responsibility of the organisation.
- Agree to respond to all calls that the doctor of the organisation can send to him based on medical information about him, to discuss his ability, or not, to participate in the race in which he is enrolled. At the end of the consultation the doctor can guide the jury of the test whether the runner should be excluded from it, for medical reasons.

For all information on combating doping, we invite you to consult the World Anti-Doping Agency website: [www.wada-ama.org](http://www.wada-ama.org).

### Art. 18 - IMAGE RIGHTS

At the time of registration in **the Douro-Paiva World Series**, athletes authorise the organisation to freely use any images that represent athletes during their participation in the event, stop or in motion, without territorial or time limits.

### Art. 19 - DISCLAIMER

Voluntary registration and subsequent participation in the **Douro-Paiva World Series** indicate full acceptance of the rules and regulations of the race and any subsequent changes made. By registering, participants exempt the organisation from any civil or criminal liability for personal and/or property damage caused by them.

### Art. 20 - FINAL PROVISIONS

Questions or technical information about the **Douro-Paiva World Series** should be sent to the email [portugal@onehundred.run](mailto:portugal@onehundred.run) to be registered and answered in a timely manner.

The organisation may, at its discretion or according to the needs of the event, include or amend this regulation, in whole or in part.

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