

9th edition  
**ecOTRAIL**<sup>®</sup>  
Funchal-Madeira Island



DIÁRIO  
de Notícias

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MUNICÍPIO

OCTOBER

21

REGULATIONS



ECO  
**MOUNTAIN  
FEST  
OCEAN  
MADEIRA  
FUNCHAL**

2023

15 km

341 D+

30 km

1637 D+

45 km

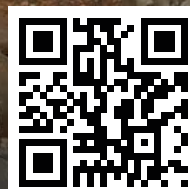
2810 D+

80 km

4621 D+

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## REGULATIONS



### The event

Ecotrail Funchal - Madeira is an organization of DIÁRIO de Notícias da Madeira and the Athletics Association of the Autonomous Region of Madeira, in partnership with Funchal City Hall, under the brand Ecotrail. This is a timed foot race in the middle of nature, with preference for unpaved paths, with four distinct races with different distances and degrees of demand:

**Ecotrail Funchal - Madeira 80** will have an approximate distance of 80km with about 4,621m D+. The start and finish will be in the centre of Funchal (Santa Catarina Park) although a large part of the race will take place on the hills overlooking the city. The race will take place in one single stage, at a free pace, with precise time barriers. The start will take place at 6am on Saturday October 21st.

**The Ecotrail Funchal - Madeira 45** will have a distance of approximately 45km with about 2.870m D+. The start and finish will be at Parque de Santa Catarina in the centre of Funchal. The race will take place in a single stage, at a free pace, with precise time barriers. The start will take place at 7.30 a.m. on Saturday October 21st.

**The Ecotrail Funchal - Madeira 30** will have an approximate distance of 30km with 1.726m D+. The start will be in the Vasco Gil place in Santo António and the finish in Funchal city centre (Santa Catarina Park). The race will take place in a single stage, at a free pace, with precise time barriers. The start will take place at 9am on Saturday October 21st.

**The Ecotrail Funchal - Madeira 15** will have an approximate distance of 15km with 444m D+. The start will be at the Miradouro do Pico dos Barcelos and the finish in the centre of Funchal (Parque de Santa Catarina). The race will take place in one single stage, in a free rhythm, with precise time barriers. The start will take place at 11am on Saturday October 21st.

Ecotrail Funchal - Madeira Kids will have an approximate distance of 940m (Children) and 1890m (Beginners) with about 28m D+ and 63m D+ respectively. All the race will take place in Santa Catarina Park. The start will be at 10h on Sunday 22nd.

### 1.2 Participation age for different races

The Ecotrail Funchal - Madeira 80, Ecotrail Funchal - Madeira 45 and Ecotrail Funchal - Madeira 30 races are open to all athletes completing 20 years of age until 31st October 2023, either professional or not, being strongly recommended, in the first case, that the participant has already completed a trail running race of, at least, 42 km.

The Ecotrail Funchal - Madeira 15 race is open to all athletes who will be 18 years old until October 31st 2023, professionals or not.

### 1.3 Regularised registration

Entries are considered valid and effective, after the payment of the respective entry fee and are accepted by order of receipt of the respective proof of payment, duly identified with the participant's full name or registration number.

In order to participate in the different races, those registered must complete the medical questionnaire available on the race website by 10 October 2022. Failure to do so will lead to cancellation of registration, with no right to a refund.

The check-in has to be done, compulsorily, in the places and times previously announced for the effect, being the athlete himself, or his legal representative, accompanied by an identification document (citizen card, identity card or passport). The bibs cannot be collected on the day of the race, except in situations of force majeure previously authorised by the Organisation.

A maximum of 500 participants can participate in each of the Funchal-Madeira Ecotrail races.

### 1.4 Physical conditions

All men and women who are in good physical condition and respect the stipulations of the present regulations, can participate in the different races of Ecotrail Funchal - Madeira.

The weather conditions may be adverse even in October (wind, cold, rain or even snow). Good training and a real capacity for personal autonomy are essential for the success of this individual adventure.

The Ecotrail Funchal - Madeira is based on the principle of semi self-sufficiency. During the course there will be supply areas where liquid and solid food will be provided to be consumed on the spot. Regarding liquids, although other drinks are available, only water can be used to fill the drums or reservoirs brought by the athlete. Each athlete/participant must guarantee at the start of each refuelling that he/she has the necessary amount of food and water for his/her own consumption until the next refuelling zone.

Aware of the difficulties of each race, all athletes must be physically and mentally prepared for the particularities and demands of the circuit. Even so, we warn that during the race, situations of extreme fatigue may occur, associated with muscular and joint pains, digestive problems or others. In case of these situations, the Organization will limit itself to support the athletes, when necessary or whenever requested, and the athletes themselves must be duly prepared to overcome these moments in the best way.

### 1.5 Possibility of external help

It will be possible to give assistance to the participants in the areas foreseen for that effect (supplying areas and control posts), only by one person, who must present the identification provided by the organization for that purpose. This assistance will always be subject to the rules defined by the Organisation, which will be announced at least one week before the race date.

It is strictly forbidden to be accompanied along the course by anyone other than another competitor(s) duly entered.



### 1.6. Bib number placement

The bib number will be given to the participants at check-in. To do so, each participant must present his/her photo identification. The bib number must be permanently on and visible during the whole race. It must be always on top of the clothes and cannot be fixed on the backpack or legs. The name and logo of the partners must not be changed or hidden. The bibs are personal and non-transferable. No exchange of bibs will be allowed.

### 1.7 Sporting Rules of Conduct

All the acts of the event must be guided by a complete fair-play, assuming the organisation and the competitors, by the fact of accepting this regulation when registering, what is the cultural heritage of this sport: respect for the challenge, mutual help and respect for the other competitors, organisers and collaborators; respect for the natural environment in which they take place looking for a null environmental impact.

The athlete who finds a colleague in need of help, must stay with this colleague and contact the organisation. An athlete must never be left alone in case of injury and/or need for support. Any participant who sees any illegality in participating in the event must communicate it as soon as possible to the organisation.

The athlete during the entire event must adopt a dignified behaviour, refraining namely from using offensive language, verbal or physical aggressions.

If the infractions described above occur, they will be subject to penalties, as follows

- Warning;
- Disqualification;
- Expulsion and consequent prohibition of registration in subsequent events (for a period of two years).

## 2. The races

### 2.1 Race presentation

The start for this adventure is given in the centre of Funchal, leaving the Santa Catarina Park, and taking the athletes along the central plateau of Avenida Arriaga, passing by the door of the emblematic Sé Cathedral, taking Rua António José de Almeida until Praça do Povo. Closer to the sea, they will follow the public maritime promenade towards the Old Town, entering through the houses on Rua Portão de São Tiago and Travessa do Forte to end on Rua de Santa Maria, in the direction of Largo do Socorro. Here, after passing in front of the charismatic Socorro Church, you walk up the Calçada do Socorro to the Largo da Forca, heading towards the eastern part of the city.

Almost all the way up Lazareto Street, the athletes quickly reach the centre of the São Gonçalo parish, through Rua Nova da Igreja. The quick passage through Conde Carvalhal Street puts them, without delay, on the slope that overlooks the amphitheatre of Funchal, passing through the area of Bica de Pau. Crossing the Estrada do Aeroporto and the Estrada da Camacha will be a real adventure, especially for those who are not familiar with the cosmopolitan lifestyle of Madeira's capital. After driving up Rua Caridade Pestana, you will reach Rua do Balançal to enter the emblematic Palheiro Golf. There won't be time to tee off, but you will be able to enjoy the sun that is rising and admire the city that is waking up as the day chases the night away.

Soon you will find yourselves climbing up to Carreiras, from where you will descend to Curral dos Romeiros and then on to Largo das Babosas and Monte, one of the most emblematic places in Madeira. From Monte they will climb to the Ecological Park of Funchal, entering this by Casa do Barreiro area, and after an up and downhill athletes will reach the banks of Ribeira das Cales.

From here they will start another stretch of ascent, and following a mix of trails and dirt roads along Ribeira das Cales they will reach the vicinity of Casa do Burro, one of the shelters of the Chão da Lagoa plateau. But the stop should be short, as the trail continues to Pico do Areeiro, passing by the Casa do Areeiro, where for many years the Meteorological Station of the city operated.

At Pico do Areeiro it will be time for a few seconds of rest, with the possibility of enjoying the superb view over Madeira's central mountain range, which becomes part of the natural picture as the athletes descend in direction to São Roque's mountains, in the high areas of Alegria, not before passing near Pico Escalvado and Pico Esteios, having always in the sides the valley of Ribeira de Santa Luzia. At this point the athletes taking part in the race Ecotrail Funchal - Madeira 45 will have already passed. They go up through the Alegria site, through alleys and paths, until they find the royal road that connects to Pico do Areeiro, where they find the main race track, following the two races towards Lombo Jamboeiro and at a good pace, they will soon reach Ribeira Grande.

At Lombo Jamboeiro you have to enter the houses to cross Ribeira Grande before going up through Lombinho, at Lombo dos Aguiares, already in the Santo António parish, to take the final part of Levada da Negra, turning left soon afterwards, towards Caminho da Barreira, crossing it and following the trail over Sítio do Vasco Gil, where you will find the Ecotrail Funchal - Madeira 30 course, whose departure will take place at 9am, at Sítio do Vasco Gil, following from there the three races will take an uphill path on the right side of the valley, and follow towards Pico do Prado, and afterwards to Terreiro Freixo, where the most significant nucleus of shearing corrals are still standing, reminding that in other times there were too many sheep in the mountains of Funchal, leading to the desertification of the soils, intensified by the action of the damaging fires. The efforts to counteract this desertification have dictated the reforestation of the mountains, as the athletes will easily see in the several areas where they will pass. From Terreiro Freixo they will head to Pico do Escalvado, and then Pico Cedro, above 1750m, from where they will again enjoy the views over the central mountainous massif of the island, as well as the



## REGULATIONS



Curral das Freiras valley. On the descent the scenery will be different. The irregularity of the floor is a reality that deserves redoubled care, with no room for any carelessness.

Further down, the Paredão, overlooking the Curral das Freiras, is the intermediate goal, before starting the fast descent through the Lombo da Estrela to the Três Paus. Knees will have to be prepared for a gradient of over 1,000 metres.

From the site of the Três Paus, the houses will be a constant, if the lower part of the city was not the most inhabited area. By footpaths and levadas, you will pass through Vasco Gil and Pinheiro das Voltas, appreciating some cultivated land with banana trees and other fruit and vegetables, flanked by fine gardens with a unique assortment of flowers, which even in the month of October will show great beauty. This is where the athletes of the smaller race come 'into play'. Remember that Ecotrail Funchal - Madeira 15 starts at Pico dos Barcelos, at 11am, going through alleys and paths, crossing from time to time the paved road, until Levada do Curral and Castelejo, where at any moment some athletes from the other races will be passing by.

Always going downwards, as it is necessary to get to sea level, the runners go along the first part of the Levada dos Piornais until Santa Rita, in the parish of São Martinho, so that from there they may go down to the lower part of Lombada and reach the promenade that runs along the west coast of the city of Funchal. Feeling the sea breeze and rocked by the sound of the pebbles, the athletes will be passing by Praia Formosa and Cavacas Dock, greeting the statue of João Gonçalves Zarco, before passing by the Bathing Complex of Ponta Gorda, the Marine Biology station and the Lido Gardens.

From here it's on to the last and very short climb towards the Estrada Monumental where they head up to Avenida do Infante, a veritable triumphant entry into the city of Funchal, skirting the gardens of Santa Catarina Park before crossing the finish line next to the Santa Catarina Chapel.

### 2.2 Map / Altimetric profile / Time limit

Will be available online, at the official web site of Ecotrail Funchal - Madeira, the graphics of each one of the distances, the respective / altimetry (positive and negative accumulated gradients), as well as the refuelling stations and the time limits of each control post.

The following tables indicate the time limits/time barriers for the completion of the race(s), as well as the places and distance in which the control of passing times is done, with suspension of the athlete's race if these times are exceeded.

It is worth mentioning that the athlete has a maximum of

- 20 hours to complete the Ecotrail Funchal - Madeira 80.
- 12 hours to complete the Funchal - Madeira Ecotrail 45
- 7 hours to complete the Funchal - Madeira Ecotrail 30
- 4 hours to complete the Funchal - Madeira Ecotrail 15.

The time barriers are calculated to allow runners to reach the finish line in the maximum time foreseen by the Organization (including stops, refreshments and eventual assistances). In order to continue in the race the athlete must leave the control posts or refuelling areas before the time limit set for that location, regardless of the time of arrival at those locations.

Any competitor that hands in his bib number will not be allowed to continue in the race. If he nevertheless wishes to continue he will do so at his own risk and in total autonomy.

An athlete who leaves and hands in his bib number cannot be considered a "Finisher".

In case of bad weather conditions and/or for safety reasons, the Organization reserves the right to cancel and/or stop the race in progress, modify the time barriers, always in collaboration and liaison with the other entities involved in the event.



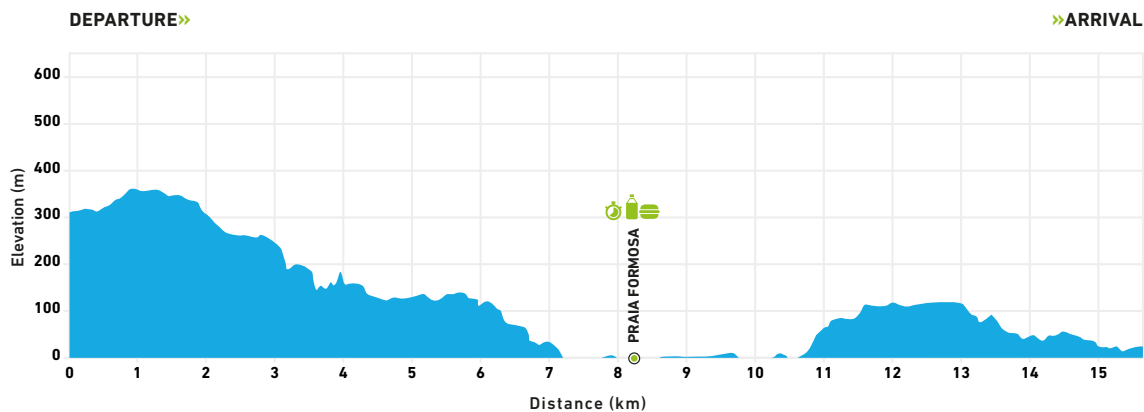
**2.2.1 Ecotrail Funchal - Madeira 15**

**TIME BARRIERS**

CS/SZ	Dist. Inter.	Dist. Acum.	Altitude	D+ Inter.	D+ Acum.	D- Inter.	D- Acum.	Closing	Type
CS1 Pico dos Barcelos	0	0	335	0	0	0	0	11h15	<b>DEPARTURE</b> >>
CS2 Praia Formosa	8,8	8,8	9	161	161	496	496	13h45	CP+L+S
CS3 Parque de Santa Catarina	5,52	14,32	36	180	341	180	676	15h00	<b>ARRIVAL</b> <<

CS: Control Station      SZ: Supply Zone      L: Liquids      S: Solid      CC: Change Clothes      FA: First aid

**RACE PROFILE**



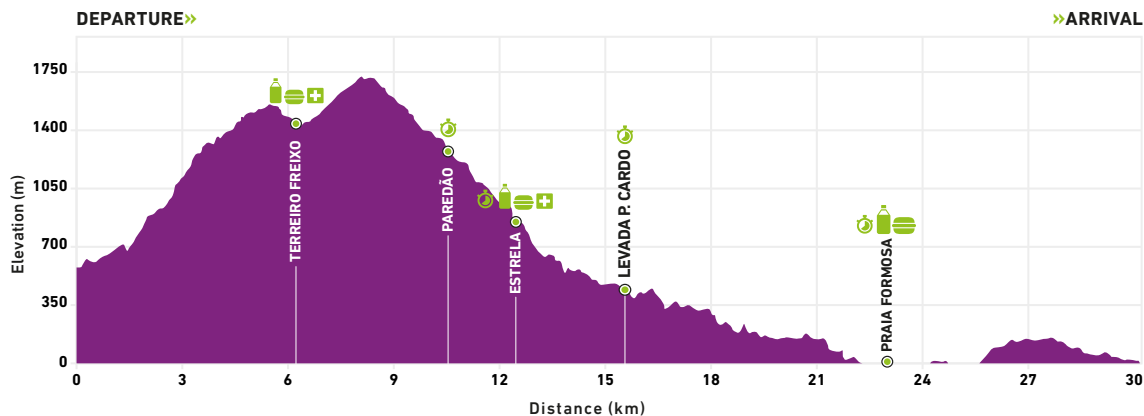
**2.2.2 Ecotrail Funchal - Madeira**

**TIME BARRIERS**

CS/SZ	Dist. Inter.	Dist. Acum.	Altitude	D+ Inter.	D+ Acum.	D- Inter.	D- Acum.	Closing	Type
CS1 Vasco Gil	0	0	649	0	0	0	0	09h15	<b>PARTIDA</b> >>
CS2 Terreiro Freixo	6,19	6,19	1522	951	951	75	75	10h30	CS+L+S
CS3 Paredão	4,44	10,63	1443	304	1255	391	466	11h30	CS
CS4 Estrela	4,92	15,55	802	57	1312	685	1151	12h45	CS+L+S+FA
CS5 Levada Pico Cardo	3,85	19,4	367	56	1368	503	1654	14h00	CS
CS6 Praia Formosa	5,92	25,32	9	98	1466	453	2107	15h00	CS+L+S
CS7 Parque de Santa Catarina	5,53	30,85	36	171	1637	157	2264	16h00	<b>CHEGADA</b> <<

CS: Control Station      SZ: Supply Zone      L: Liquids      S: Solid      CC: Change Clothes      FA: First aid

**RACE PROFILE**





<b>15km</b> 341 D+	<b>30km</b> 1637 D+	<b>45km</b> 2810 D+	<b>80km</b> 4621 D+
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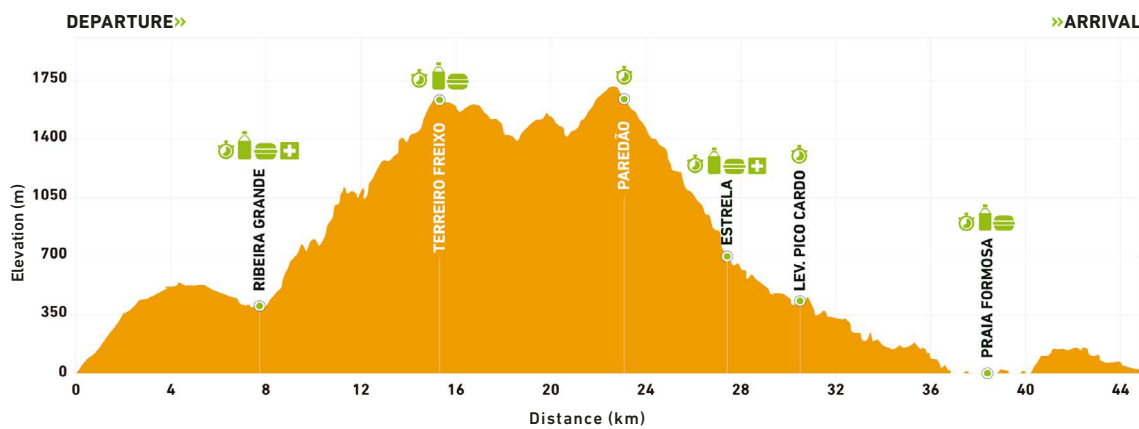
### 2.2.3 Ecotrail Funchal - Madeira 45

#### TIME BARRIERS

CS/SZ	Dist. Inter.	Dist. Acum.	Altitude	D+ Inter.	D+ Acum.	D- Inter.	D- Acum.	Closing	Type
CS1	Parque de Santa Catarina	0	0	36	0	0	0	07h45	DEPARTURE >>
CS2	Ribeira Grande	8,64	8,64	345	719	395	395	10h45	CS+L+S+FA
CS3	Terreiro Freixo	9,89	18,53	1522	1415	2134	231	13h30	CS+L+S
CS4	Paredão	4,52	23,05	1443	304	2438	391	14h30	CS
CS5	Estrela	4,92	27,97	803	57	2495	702	16h00	CS+L+S+FA
CS6	Levada Pico Cardo	3,95	31,92	367	50	2545	493	16h45	CS
CS7	Praia Formosa	5,88	37,8	9	91	2636	433	18h15	CS+L+S
CS8	Parque de Santa Catarina	5,47	43,27	36	174	2810	165	19h30	ARRIVAL <<

CS: Control Station      SZ: Supply Zone      L: Liquids      S: Solid      CC: Change Clothes      FA: First aid

#### RACE PROFILE



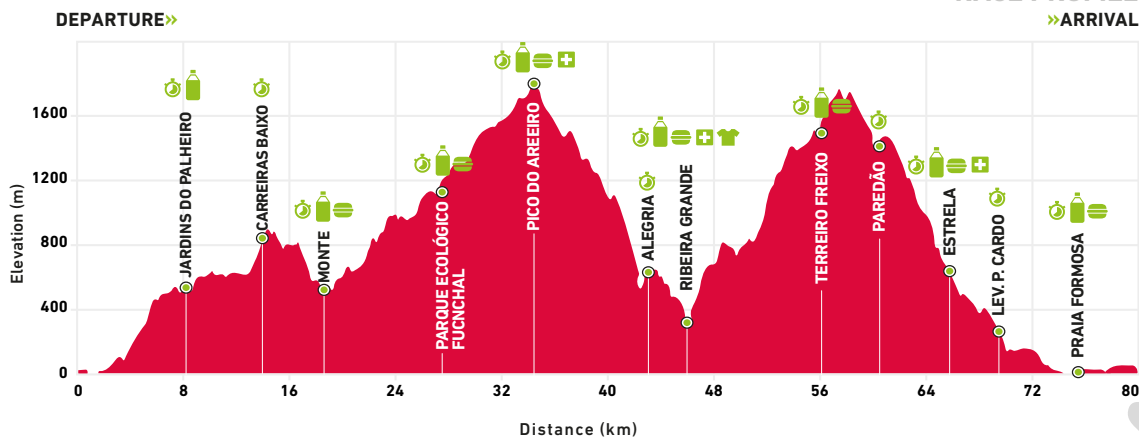
### 2.2.4 Ecotrail Funchal - Madeira 80

#### TIME BARRIERS

CS/SZ	Dist. Inter.	Dist. Acum.	Altitude	D+ Inter.	D+ Acum.	D- Inter.	D- Acum.	Closing	Type
CS1	Parque de Santa Catarina	0	0	36	0	0	0	06h15	DEPARTURE >>
CS2	Jardins do Palheiro	8,62	8,62	558	635	110	110	07h45	CS+L
CS3	Carreiras de Baixo	6,17	14,79	905	481	1116	146	09h30	CS
CS4	Monte	4,99	19,78	568	136	1252	465	10h30	CS+L+S
CS5	Parque Ecológico do Funchal	7,75	27,53	1157	753	2005	148	12h45	CS+L+S
CS6	Pico do Arieiro	7,44	34,97	1792	645	2650	56	14h45	CS+L+S+FA
CS7	Alegria	8,07	43,04	571	53	2703	1223	16h15	CP
CS8	Ribeira Grande	3,56	46,6	345	101	2804	331	16h55	CS+L+S+CC+FA
CS9	Terreiro Freixo	9,89	56,49	1522	1256	4060	102	19h15	CS+L+S
CS10	Paredão	4,35	60,84	1443	281	4341	398	19h45	CS
CS11	Estrela	4,83	65,67	803	62	4403	642	22h40	CS+L+S+FA
CS12	Levada Pico Cardo	3,95	69,62	367	24	4427	460	23h25	CS
CS13	Praia Formosa	6,02	75,64	9	68	4495	426	00h55	CS+L+S
CS14	Parque de Santa Catarina	5,22	80,86	36	126	4621	114	02h00	ARRIVAL <<

CS: Control Station      SZ: Supply Zone      L: Liquids      S: Solid      CC: Change Clothes      FA: First aid

#### RACE PROFILE





### 2.3 Time control methodology

The times and controls of each athlete in the control posts (or in case of surprise controls), will be done by reading the chip contained in the bib number and will be done by the organization Staff duly identified.

### 2.4 Checkpoints

The control posts distributed along the race route, as indicated in the tables above, are compulsory areas. Failure to control in one or more points will lead to the disqualification of the participant. The location of some posts may not be communicated by the Organization. Will be available online, on the official website of the event the tables of checkpoints, their location and time limits.

### 2.5 Refuelling areas

Apart from the Organization members, only the athletes with visible bib number will have access to the supply areas. It will also have access to some of these places, one companion per athlete, properly identified for that purpose. The race descriptive elements will identify on the course the location of the supply areas, as well as the means provided (solids, liquids or both), to be consumed on the spot, being only supplied water to fill the personal water tank of each athlete.

### 2.6 The Course

The race courses of the Ecotrail Funchal - Madeira will be properly marked with flagging tape and other indicative signs, which will be made known to the athletes in due time, namely during the race briefing. Any and every signaling that is not in accordance with this graphics shall not be taken into account by the athletes, as it is not the Organization's responsibility.

#### 2.6.1 Course or time barriers modification; race cancellation

The Organisation reserves the right to change, at any time, the course, the location or locations of the control posts and supply areas without prior notice. In case of adverse weather forecasts (strong depressions, risks of heavy rain, strong wind, orange or red warnings, snow, etc.), the start may be postponed for a maximum of 2 hours; outside this time the race will be cancelled.

In case of bad weather conditions and for safety reasons, the organization reserves the right to cancel or stop the race in progress, review or modify time barriers at checkpoints.

The cancellation, postponement or modification of the race will not give the right to any reimbursement of registration or compensation. All decisions will be taken by a Jury composed of at least the Race Director/Coordinator, the Organiser, the Safety Coordinator, as well as any competent person indicated by the Organisation.

### 2.7 Compulsory Material / Material Checks

The athletes are obliged, during all the race, to have the compulsory material for each race (see table below). The control of mandatory material may occur at any stage of the race, being the athlete obliged to prove that he has it, being subject to disqualification or penalty, as indicated below.

Mandatory Materials	EFM85	EFM45	EFM30	EFM15
Satchel or similar equipment	✓	✓	✓	✓
Hydration pack – 1 litre minimum	✓	✓	✓	✓
Food reserve	✓	✓	✓	✓
Cup 15 cl capacity (minimum)	✓	✓	✓	✓
Water resistant jacket	✓	✓	✓	
Whistle	✓	✓	✓	✓
Thermal blanket (min. 200x100 cm)	✓	✓	✓	✓
Working mobile, with a valid balance and battery (do not Forget to store emergency/organization numbers)	✓	✓	✓	✓
Race bib	✓	✓	✓	✓
Head lamp with batteries or extra battery pack	✓	✓		
Red blinking light (should be on at night and placed on the competitor's back)	✓	✓		
Identification document	✓	✓	✓	✓



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### Strongly recommended material:

According to the weather conditions expected during the race, and the different demands of the terrain, it is recommended to bring, also, the following material:

- Cap/Scarf or similar
- Clothing to cover your limbs
- Warm clothing in case of cold weather forecasts
- Bandage (min. 80x3 cm)
- Sticks
- Sun Glasses
- Vaseline and sun cream

### 2.8 Bags and change of clothes

The participants of Ecotrail Funchal - Madeira 80 may deliver two bags with their clothes and personal hygiene utensils: one for changing clothes at the intermediate race point (Ribeira Grande), another to keep their belongings for the arrival moment. It should be noted that the Organization will not provide bags, appealing to the reuse, in an attempt to reduce the waste produced directly by Ecotrail Funchal - Madeira.

Participants in Ecotrail Funchal - Madeira 45, as well as Ecotrail Funchal - Madeira 30 and Ecotrail Funchal - Madeira 15 may hand in a bag with their clothes and personal hygiene utensils, for their arrival.

The identifications provided with the bib at check-in should be put on the bags.

The bags with your belongings must be delivered in the start area until the start of the race, in the place identified for that purpose. It is not allowed to put sticks inside the bag, so any participant who starts the competition with them, will have to carry them to the finish line. The recovery of the bags will be done in Funchal, in the finish line area, by the athlete himself or by third parties that present the participant's identification document. The bags will be available until one hour after the race time limit. After this period, the athlete must contact the Organization to recover his belongings. In case it is necessary to send the bags by mail, all costs will be charged to the participant. The content of the bags is not verified, so it will not be accepted any contestation to its content. It is not advisable to leave valuable objects in the bags.

The maximum period for claiming the bag will be 15 days after the event. After this period, the Organisation will dispose of the bag as it sees fit.

### 2.9 Information about passing places with road traffic

In the parts of the courses that take place in the public road, each participant must respect the road code, since the traffic will not be cut off, being the athlete the only responsible for the eventual transgression of these rules.

- Special attention is recommended to the Ecotrail Funchal - Madeira 15 athletes at the moment of the start, since the race, in this phase, takes place on the road, although with partial closure to car circulation.





## 2.10. Penalties/Disqualifications

There will be along the course members of the Organisation specifically empowered to request the verification of the compulsory material and the respect for the regulation (identification of the participants, respect for the environment and spirit of the event, prohibited assistance and accompaniment, bibs not visible, etc).

Any runner who does not have in his possession, at the time of the control, all his mandatory material will be automatically disqualified, without possibility of appeal against this decision.

Penalties will be applied for any other lack of regulation. The controller will inform the marshal or the Race Secretary and may request (according to the seriousness of the act committed and the participant's behaviour), the disqualification of the competitor.

The Race Jury may announce the disqualification of a competitor for any serious breach of the regulations and in particular in case of

- Irregular use of the bib;
- Failure to present an identification document or presentation of an identification document not corresponding to their bib number;
- Failure to respect the Highway Code when using public roads and regional and local roads;
- Disrespect the indications given by the members of the organisation, present or not at the control posts and supply areas;
- Use (during the race) of any means of transport;
- Departure from a supply zone/control post outside the time limit set by the organization
- No assistance to a competitor in difficulty;
- Personal assistance outside the official zones foreseen for refuelling;
- Receiving prohibited accompaniment during the course;
- Pollution or degradation of a space or environment by the competitor or team member;
- Rude manners, insults or threats towards any athlete, member of the Organization or volunteer;
- Refusal to be examined by a medical doctor of the Organisation at any time during the race;
- Doping or refusal to undergo an anti-doping control.

Subject to Penalty	EFM80	EFM45	EFM30	EFM15
The bib supplied by the organization If not worn appropriately, if damaged or is covered	Disqualification	Disqualification	Disqualification	Desclassificação
Lack of backpack or similar equipment to transport material	Disqualification	Disqualification	Disqualification	Disqualification
Lack of water container with a minimum capacity of 1l	30 minutos	30 minutos	30 minutos	30 minutos
Lack of a glass with the minimum capacity of 15 cl	30 minutos	30 minutos	30 minutos	30 minutos
Lack of an operational mobile phone	Disqualification	Disqualification	Disqualification	Disqualification
Lack of a waterproof jacket	Disqualification	Disqualification	Disqualification	-
Lack of flashlight/torch or frontal	1 hour	1 hour	-	-
Not comply with the designated itinerary, disregard the signposts or to use shortcuts	Disqualification	Disqualification	Disqualification	Disqualification
To leave trash on the route	Disqualification	Disqualification	Disqualification	Disqualification
Lack of the whistle	1 hour	1 hour	1 hour	1 hour

## 2.11. Abandonment and transport

Except for injury or serious health problems, no competitor may leave the race outside the supply zone or checkpoint. The competitor must hand in his bib number to the person in charge of the checkpoint. If the athlete wishes to have access to the services and facilities of the Organisation and of the event, even after leaving the race, he must contact the Organisation to find out how he can do so.

An athlete that intends to abandon the race, must inform the Organization previously through the emergency number previously indicated and that, for convenience, will appear in the bib number. The transport to the finish zone of the race will be decided by the person in charge of the control post or supply zone, respecting the following conditions:

- Athletes who drop out, whose state of health does not necessarily imply an immediate return, will be transported to the finish zone as soon as possible.



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- In case of bad weather that justifies the partial or total stop of the race, the Organization will ensure the transportation of the athletes that were stopped, as soon as possible from the control posts or supply zones.

- Leaving the race before a control post or supply zone, except for the reasons foreseen above implies that the athlete is responsible for his return and transport to the finish zone.

### 2.12. Athlete/Participant Responsibilities

Every athlete / participant, when making his registration, commits not only to respect and comply with the present regulation, but also to accept to be ruled by the applicable laws in Portugal and in the Autonomous Region of Madeira, concerning the participation in sport and leisure events.

### 3. SPORTS INSURANCE

The Organisation has Civil Liability insurance and Personal Accident insurance, as stipulated by law.

The Civil Liability insurance guarantees compensation for damages arising from bodily injury and/or material damage that are caused to third parties, caused by an accident, for which the Organisation is responsible, in accordance with the Particular Conditions.

All participants will be covered by a personal accident insurance in the values foreseen by law. The values of the coverages and deductibles of the Personal Accident Insurance will be announced up to 10 days before the competition. The following covers will be contemplated

- Death by Accident
- Permanent Disability by Accident
- Treatment Expenses due to Accident
- Simultaneous Death of the Insured Person and Spouse
- Funeral Expenses
- Cost of rescue, search and transport of the injured person

Whenever the values of any of the items exceed the amounts foreseen, the difference will be of the exclusive responsibility of the claimant. The Organisation does not assume any responsibility in this respect.

In case of accident, the participant should, in the first place, contact the organization through the means provided (phone contact or email), which will arrange for the participant to be directed to the medical institution most appropriate to his/her state of health.

All and any claim requires the completion of a claim form with the respective policy number, stamped and signed by the Organisation, as policyholder.

Any and all claims can only be accepted when made on the day of the event or within the following five days, as long as the claimant has informed the Organisation of the accident/incident during the event. After this date, the Organisation reserves the right not to accept the referred participation.

All expenses are paid by the injured party, who will be reimbursed by the insurance company according to the insurance coverage, if the insurance claim is duly made and accepted by the insurance company.

The organization will not assume the costs of claims, of which it has not taken cognisance in time to activate the insurance.

### 4. ENROLLMENTS

#### 4.1 Registration process

Entries for the Ecotrail Funchal - Madeira races can be made

- On the official site of the event at [www.ecotrailmadeira.com](http://www.ecotrailmadeira.com) (or through [www.ecotrail-events.com](http://www.ecotrail-events.com))
- At the Diário de Notícias da Madeira shop at Rua Dr. Fernão Ornelas n.º 56 R/C - 9054-153 Funchal.

Payment can be made by ATM or credit card.

ATTENTION: Registrations will only be accepted until October 1st 2023.

#### 4.2 Registration fees and periods

For the registration in Ecotrail Funchal - Madeira is due the payment per participant as indicated below:

Registration dates	EFM80	EFM45	EFM30	EFM15	KIDS RACE
Until 31 of July	65€	53€	37€	26€	0€
Until 30 of September	80€	63€	42€	31€	0€
Until 10 of October	105€	73€	47€	36€	0€



## REGULATIONS



### 4.3 Conditions for the return of the registration fee

Any and all cancellations must be communicated by email or registered letter with return receipt to the Organization, using for the effect the contacts mentioned at the end of this regulation.

The refund request must be made to the Organization of Ecotrail Funchal - Madeira, attaching the respective document proving one of the following cases, within a maximum period of ten days after the event

- Accident or serious illness requiring more than 3 days' sick leave;
- Death or disability;
- Serious illness requiring hospitalisation;
- Death of partner, spouse or direct descendant, or of parents, within 30 days before the event in question.

All requests for reimbursement will be analysed within a maximum period of three months after the Ecotrail Funchal - Madeira races have taken place. No refunds will be made outside the conditions set out in these regulations.

### 4.4 Material included with the registration

#### The registration fee includes

- Personal accident insurance;
- Supply of solids and liquids, during the race in which they are enrolled, in the posts duly marked for that purpose;
- First aid, at the designated stations;
- Participation digital certificate (to be downloaded later)
- Medal and Finisher Kit (exclusively for the athletes that finish their race).

All the remaining services provided by the Organization along the course of the different races or in the finish zone are not included in the registration fee. All the athletes may, even so, have access to those services, as long as they fulfil the requirements for that effect, namely the payment of some fee, whenever duly announced.

### 4.5 Race Secretariat/Times and places

The race secretariat will work as follows:

October 19th: from 14:00 to 8pm - Forum Madeira - Floor 0;

October 20th: from 10am to 8pm - Forum Madeira - Floor 0;

October 21st (race day): between 5.30 am and 2.00 am of the following day, next to the Santa Catarina Chapel, in the Parque Santa Catarina, at Ecovila.

The delivery of the bibs will be made according to a schedule, which will be announced in due course by the Organization.

### 4.6 Available services (transportation, etc)

The organization guarantees to all athletes transport service, in the conditions mentioned below.

#### Free of charge:

- Transport from the centre of Funchal (place to be informed later by the Organization) to the start of the different races (whenever justified), which must be requested at the moment of registration;
- Transport from the nearest accessible point by car to the finish/secretariat, in case of abandonment or being prevented by the Organization to continue in the race.

## 5. CATEGORIES AND PRIZES

### 5.1 Definition of date, place and time for prize giving

The prize-giving will take place on the 22nd October 2022, at Santa Catarina Park, starting at 11 am.



## 5.2 Definition of Categories

The following categories will be considered for classification:

Age Group	Ages	Years of Birth*
Juniors	18 and 19 years old	2004 and 2005
Seniors	20 years onwards	2003 and previous
Masters	35 years old and older	Reference year 1988

\*from 01/01/2023

Note: The Veteran age group is considered for Male and Female athletes when athletes take the Veteran age group on their 35th birthday, whether it's a track event or out of stadium event.

Masters	From	To
V70	70	...
V65	65	69
V60	60	64
V55	55	59
V50	50	54
V45	45	49
V40	40	44
V35	35	39

For the purposes of classification and scoring of the athletes in the categories, the age that the athlete will have on the 31st October of the current competitive season will be considered. Ex: an athlete who turns 40 years old between the 1st of January and the 31st of October will be classified in M40 class; an athlete who turns 18 years old between the 1st of January and the 31st of October will be classified in the Junior class.

**5.2.1** The first three classified in each race - male and female - will be entitled to a trophy.

**5.2.2** The first classified in each category of the 80's race - men and women - will be entitled to a trophy.

**5.2.3** There is no teams classification.

## 5.3 Deadlines for classification complaints

Runners who do not agree with their classification, must, on the race day, complain to the race secretariat.

If they only detect the irregularity after the Secretariat closes, they must make the complaint by email ([info@ecotrilmadeira.com](mailto:info@ecotrilmadeira.com)). In this case, the Organization will answer the request in the following 24h.

The athletes that finish the race in which they registered can claim their "FINISHER KIT" until 30 days after the race. After that period they lose the right to claim their prize.

## 6. Adverse sanitary situation

Some adverse sanitary reasons may lead the Organisation to implement restrictive measures, change procedures, condition services available to the athletes, or even cancel the race.

In such a scenario, the athletes will be informed, by email, as soon as possible (at least one week before the event), of the contingency plans to be put in place, as well as the conditions and benefits that should be attended to in case of an adverse health situation.



### 6.1 Departures

Due to various possible constraints, we may need to implement individual, sequential starts, with a timetable to be defined a posteriori. If this option is necessary, the Organization will inform the athletes in the information that will be divulged during the week of the race.

### 6.2 Refuelling zones and control posts

Supplying zones may have to be reduced to the essentials or their location changed, being the athletes informed of that change at least one week before the race. All the supplying zones that will be considered will assure the supply of liquids. Solid food may not be available in some of them, according to a determination to be previously announced by the Organization.

Any food that is available, either solid or liquid, must be served by the volunteers or by other elements of the Organisation, always respecting the rules defined by the health authorities at the time of the race. There will be no self-service or buffet service.

The athletes will be served by order of arrival, being then available an area where they can eat. Personal support will only be allowed, under the conditions already described in the regulations, and if the rules defined by the health authorities and in force at the time of the race can be respected.

In the case of Ecotrail Funchal - Madeira 80 race, there will be two areas where hot meals will be served, namely at Pico do Areeiro and Ribeira Grande. In the case of the Ecotrail Funchal - Madeira 45 race, there will be an area where a hot meal will be provided, namely at Ribeira Grande. In order to use the space defined as restaurant area in those supply zones, the runners must respect the rules imposed and properly announced at the place.

### 6.3 Clothes bags and changes

In case the sanitary situation at the time of the race does not allow it, the Organization reserves the right to limit the availability of this service, informing the athletes previously, with at least one week in advance.

### 6.4 Transport and Messages

All these services, paid or not, may be conditioned, as decided by the Organization.

In the case of transportation, to the start points of Ecotrail Funchal - Madeira 30 and Ecotrail Funchal - Madeira 15 races, to be carried out, the rules defined by health authorities at the race date will have to be respected. If the Organization understands that there are no conditions for this service to be provided, it may proceed to its cancellation, leaving the respective displacements to the athletes themselves. In the case of massages, the service will be provided by an entity from outside the Organization with the agreement of the latter. If both entities understand that the conditions for this service to be safely provided are not met, the service may be cancelled. Having had some payment for the service, the value will be returned in full to the athletes.

### 6.5 Prize Giving

Due to the sanitary situation at the time of the competition, the Organisation may understand that the necessary conditions for the prize giving to take place safely are not met. In this case, the prize giving ceremony will be cancelled. The prizes will be delivered to each of the first three finishers, male and female, of each of the races, at the finish line.

### 6.6 Race Cancellation

The Organisation reserves the right to cancel the race in case of unfavourable sanitary conditions. If the race is cancelled due to sanitary reasons, the Organisation will proceed to the refund of the registration fees already paid by the athletes under the conditions defined below:

- Until **31 August 2023**: return of 80% of the amount paid;
- Until **30 September 2023**: a refund of 65% of the amount paid;
- **In the month of the event**: return of 50% of the amount paid.

The cancellation of the competition for health reasons will always have to be supported by evidence or opinion of the regional Health Authority. The decision will be made by a jury composed by the Race Director, the Organiser and the person responsible for Safety.

## 7. INFORMATION

You will find the most varied information of interest for the athlete and companions, namely about the places to sleep with which the Organization may have established protocols, main attractions and others will be available at: [www.ecotrailmadeira.com](http://www.ecotrailmadeira.com).

## 8. ENVIRONMENTAL CONCERN

### 8.1 Garbage and other waste

Each participant will be responsible for carrying the rubbish produced during the race. Any competitor who is identified as knowingly throwing waste into the environment during the course will be disqualified.

Each participant must respect the race signage committing him/herself not to deliberately damage trees and vegetation. Disrespect of this principle will result in disqualification.

There will be rubbish collection at all refuelling stations, which must be used with a view to selective waste collection.



**OCTOBER 21, 2023**

<b>15km</b> 341 D*	<b>30km</b> 1637 D*	<b>45km</b> 2810 D*	<b>80km</b> 4621 D*
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**REGULATIONS**




## 8.2 Environmental partnerships

Within the framework of solidarity values and environmental protection, the Funchal - Madeira Ecotrail Organization will join other entities with objectives of environmental protection and minimization of the ecological impacts of the race. Several concrete measures and initiatives will be announced in due course, in agreement with the partners in this area and will be divulged in the official race site at [www.ecotrilmadeira.com](http://www.ecotrilmadeira.com).

## 9. IMAGE RIGHTS

By being part of any event or initiative carried out by the Ecotrail Funchal - Madeira Organization, each athlete authorizes the Organization to use or reproduce his name, image or voice and his sport performance in the context of Trail in relation to any direct or indirect exploitation of the event. This authorization is extensive to all means known and unknown to date, in any support, worldwide, for an indefinite period of time. Any project or advertising media produced must have the prior consent of the Organisation.

## 10. DATA PROTECTION

The Ecotrail Funchal - Madeira Organization commits itself to scrupulously respect the stipulations of the Portuguese legislation in what concerns data collection and treatment.

We sensitize all participants to know their rights enshrined in the General Data Protection Regulation, approved by Regulation (EU) No. 2016/679 of the European Parliament and of the EC of 27 April 2016.

Participants of Ecotrail Funchal - Madeira may, as holders of personal data, at any time, proceed to exercise their data protection and privacy rights, namely the rights of access, rectification, erasure, portability, limitation or opposition to treatment, under the terms and with the limitations provided for in applicable legal regulations, by sending an email to [info@ecotrilmadeira.com](mailto:info@ecotrilmadeira.com). The Personal Data Protection and Privacy Policy may be consulted at [www.dnoticias.pt](http://www.dnoticias.pt)

## 11. OFFICIAL RACE CONTACTS

All and any communication regarding Ecotrail Funchal - Madeira should be made through the following contacts:

**Ecotrail Funchal - Madeira**  
**EDN - Rua Dr. Fernão Ornelas 56 - 3º Andar**  
**9054-514 Funchal**  
**Email: [info@ecotrilmadeira.com](mailto:info@ecotrilmadeira.com)**  
**Tel: 00351 291 202 300**