

One Hundred World Series 2022
Brazil
Rio Caminho do Ouro World Series
April 21st to 24th, 2022
Serra da Bocaina National Park, Paraty, Rio de Janeiro

Art. 1 – ORGANISATION

The One Hundred® Group Ltd, based in London, UK, is the organiser of the One Hundred® World Series competition, which in 2022 will host global stages in the following countries: Brazil, Wales, Portugal, United States, and the grand finale in Italy. These regulations refer to the Brazil Stage – Rio Caminho do Ouro World Series.

Art. 2 – GENERAL INFORMATION

The Rio Caminho do Ouro World Series is a mountain trail running race, held in the Serra da Bocaina National Park, in Paraty, Rio de Janeiro, from April 21st to 24th, 2022. The available courses are as follows:

- 2.1.** 100 MILES (100M)
- 2.2.** 100 KM (100K)
- 2.3.** 55 KM (55K)
- 2.4.** 21 KM (21K)
- 2.5.** 10 KM (10K)
- 2.6.** KIDS

Art. 3 – PARTICIPATION REQUIREMENTS

The minimum requirements for entry in the Rio Caminho do Ouro World Series in each route are described below:

3.1. 100M – Athletes must have previous experience in mountain running, must not suffer from vertigo, must have a high standard of mental and athletic preparation, and have suitable clothing for temperatures ranging from 0 to 35°C. Athletes must be at least 18 years old on December 31st, 2022. The standard medical certificate must be filled out and sent to the organisation; this document is valid for 180 calendar days. Athletes must have completed, within the time limit, at least one verifiable race of at least 50 miles (80km), nonstop, in the last three years from the event's start date.

3.2. 100K – Athletes must have previous experience in mountain running, must not suffer from vertigo, must have a high standard of mental and athletic preparation, and have suitable clothing for temperatures ranging from 0 to 35°C. Athletes must be at least 18 years old on December 31st, 2022. The standard medical certificate must be filled out and sent to the organisation; this document is valid for 180 calendar days. Athletes must have completed, within the time limit, at least one verifiable race of at least 50km, nonstop, in the last three years from the event's start date.

3.3. 55K - Athletes must have previous experience in mountain running, must not suffer from vertigo, must have a high standard of mental and athletic preparation, and have suitable clothing for temperatures ranging from 10 to 35°C. Athletes must be at least 18 years old on December 31st, 2022. The standard medical certificate must be filled out and sent to the organisation; this document is valid for 180 calendar days.

3.4. 21K - Athletes must have previous experience in mountain running, must not suffer from vertigo, must have a high standard of mental and athletic preparation. Athletes must be at least 15 years old on December 31st, 2022. The standard medical certificate must be filled out and sent to the organisation; this document is valid for 180 calendar days.

3.5. 10K - Athletes must be at least 15 years old on December 31st, 2022. The standard medical certificate must be filled out and sent to the organisation; this document is valid for 180 calendar days.

3.6. KIDS - Athletes must be between 4 and 14 years old on December 31st, 2022. The standard medical certificate must be filled out and sent to the organisation; this document is valid for 180 calendar days.

Art. 4 – REGISTRATION

Entries for the Rio Caminho do Ouro World Series will be made through the link provided on the website, www.onehundred.run, and will follow these deadlines and amounts:

4.1. Conditions for Brazilian athletes and/or Brazil residents, amounts in Reais (BRL)

| Rio Caminho do Ouro World Series | <u>Release Phase</u> 11/12/2021 to 31/12/2021 | <u>Phase 1</u> 01/01/2022 to 28/02/2022 | <u>Phase 2</u> 01/03/2022 to 03/04/2022 | <u>Last Phase</u> 04/04/2022 to 18/04/2022 |
|----------------------------------|--|--|--|---|
| 100M | R\$ 610,00 | R\$ 650,00 | R\$ 700,00 | R\$ 750,00 |
| 100K | R\$ 410,00 | R\$ 435,00 | R\$ 470,00 | R\$ 500,00 |
| 55K | R\$ 230,00 | R\$ 245,00 | R\$ 260,00 | R\$ 280,00 |
| 21K | R\$ 150,00 | R\$ 160,00 | R\$ 170,00 | R\$ 185,00 |
| 10K | R\$ 95,00 | R\$ 100,00 | R\$ 110,00 | R\$ 120,00 |
| KIDS | R\$ 60,00 | R\$ 65,00 | R\$ 70,00 | R\$ 75,00 |

An online surcharge will be added to this amount and the payment can be made in up to 3 interest-free instalments with a credit card.

4.2. Conditions for foreign athletes, amounts in Pounds (GBP)

| Rio Caminho do Ouro World Series | <u>Release Phase</u> 11/12/2021 to 31/12/2021 | <u>Phase 1</u> 01/01/2022 to 28/02/2022 | <u>Phase 2</u> 01/03/2022 to 03/04/2022 | <u>Last Phase</u> 04/04/2022 to 18/04/2022 |
|----------------------------------|--|--|--|---|
| 100M | £ 81.33 | £ 86.80 | £ 93.33 | £ 100.00 |
| 100K | £ 54.16 | £ 57.81 | £ 62.16 | £ 66.60 |
| 55K | £ 30.33 | £ 32.37 | £ 34.81 | £ 37.30 |
| 21K | £ 19.72 | £ 21.04 | £ 22.63 | £ 24.24 |
| 10K | £ 12.82 | £ 13.68 | £ 14.71 | £ 15.67 |
| KIDS | £ 8.20 | £ 8.75 | £ 9.41 | £ 10.08 |

4.3. Registration restriction. The following athletes will not be able to register for the Rio Caminho do Ouro World Series:

- Athletes who were disqualified for using substances to improve performance.
- Athletes who were blacklisted by One Hundred® Group Ltd at any of their global events.

4.4. Elite athletes. Elite athletes of the Rio Caminho do Ouro World Series will be considered those who fit the specific conditions described on the website www.onehundred.run/qualification.

4.5. Athletes Pack - Rio Caminho do Ouro World Series entries include the following items:

Those registered in the Release Phase (11/12/2021 to 31/12/2021):

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

For all registered:

- Hydration and feeding along the route
- On-call medical team
- En-route rescue team
- Personal accident insurance with coverage of medical and dental expenses

KIT 100M:

- Backpack
- Rubber bracelet
- Premium sports t-shirt
- Pair of running socks
- Visor
- 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
- On-call medical team
- En-route rescue team
- Photographic and video service
- Live streaming

KIT 100K:

- Backpack
- Rubber bracelet
- Premium sports t-shirt
- 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
- On-call medical team
- En-route rescue team
- Photographic and video service
- Live streaming

KIT 55K:

- Backpack
- Rubber bracelet
- Keychain
- Sports t-shirt
- 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
- On-call medical team
- En-route rescue team
- Photographic and video service
- Live streaming

KIT 21K:

- Backpack
- Rubber bracelet
- Keychain
- Sports t-shirt
- 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
- On-call medical team
- En-route rescue team

- Photographic and video service
- Live streaming

KIT 10K:

- Backpack
- Keychain
- Sports t-shirt
- Bib with timing chip
- Personal accident insurance with coverage for medical and dental expenses
- Hydration and feeding along the route and after the race
- On-call medical team
- En-route rescue team
- Photographic and video service
- Live streaming

KIT KIDS:

- Keychain
- Sports t-shirt
- Personal accident insurance with coverage for medical and dental expenses
- Hydration and feeding along the route and after the race
- On-call medical team
- En-route rescue team
- Photographic and video service
- Live streaming

4.6. Maximum number of athletes. The maximum number of athletes in the Rio Caminho do Ouro World Series is 1000 registered, being distributed as follows: 100M = 100 athletes; 100K = 150 athletes; 55K = 200 athletes, 21K = 200 athletes; 10K = 200 athletes; KIDS = 150 athletes.

4.7. Cancellation. If the athlete is unable to participate in the Rio Caminho do Ouro World Series and wishes to cancel his registration, they must notify the organisers by email suporte.brasil@onehundred.run that will be answered to satisfaction.

We will use the following refund policy according to the date of request and % 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 rollover will be issued under any other circumstances. No sale of subscriptions to third parties is permitted. No refunds or credit will be provided for travel exchange if available.

We understand that problems arise at the last minute that can prevent an athlete from reaching the starting line. We incur most costs early in the planning process, and this policy represents our ability

to reasonably provide something for athletes who cannot attend, while maintaining our lowest registration rates with high delivery quality.

If the race is cancelled due to circumstances outside our control up to 15 days prior to the race, the organisers reserve the right to refund 50% of the registration fee paid. This percentage is calculated to allow the organisers to cover part of the expenses incurred that cannot be recovered.

If the race is cancelled because it does not meet a minimum number of participants, the organisers reserve the right to cancel the race up to 60 days before the event by returning to customers the amounts already paid, without the need to pay any hotel reservations or other accommodations expenses, travel expenses, including air tickets and any other costs that the runner may have incurred for you or others accompanying it, as well as any additional compensation.

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

The following is not allowed:

- Postpone registration to the following year
- Participation in other stages instead of the stage for which the athlete has enrolled
- Exchange of the number of the breast number or use by anyone other than the registered athlete themselves

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

Art. 5 – MEDICAL CERTIFICATE

All athletes of the Rio Caminho do Ouro World Series must complete the standard medical certificate provided by the organisation. The same must be completed, signed, and stamped by a doctor and the athlete must carry it in his personal running space at www.myonehundred.run by April 8, 2022. Failure to comply with this date will result in the cancellation of registration without refund.

Art. 6 – SCHEDULE

The Rio Caminho do Ouro World Series will follow the schedule:

Atividades da prova de 100 Milhas – 100M

Atividades da prova de 100 Km – 100K

Atividades da prova de 55 Km – 55K

Atividades da prova de 21 Km – 21K

Atividades da prova de 10 Km – 10K

Atividades da prova KIDS

21/04/2021: Thursday

17:00 to 22:00 – Hand out of kits and checking of mandatory equipment - 100M

17:00 to 22:00 – Hand out of drop bags - 100M

17:00 to 22:00 – Hand out of kits and checking of mandatory equipment – 55K

22/04/2021: Friday

08:00 to 09:00 – Hand out of drop bags - 55K
08:00 to 10:00 – Hand out of drop bags - 100M
10:00 – Start - 55K
10:00 to 22:00 – Hand out of kits and checking of mandatory equipment - 100K
10:00 to 22:00 – Hand out of drop bags - 100K
10:00 to 22:00 – Hand out of kits and checking of mandatory equipment - 21K
10:00 to 22:00 – Hand out of kits and checking of mandatory equipment - 10K
14:00 – Start - 100M
15:00 – Expected arrival of the 1st athlete - 55K [5h into the race]
20:00 – Time out - 55K [10h into the race]
20:00 to 22:00 – Withdrawal of drop bags - 55K

23/04/2021: Saturday

07:00 – Start - 100K
08:30 – Awards - 55K
10:00 to 14:00 – Hand out of kits and checking of mandatory equipment - 21K
10:00 to 14:00 – Hand out of kits and checking of mandatory equipment - 10K
10:00 to 14:00 – Hand out of kits - KIDS
14:00 – Expected arrival of the 1st athlete - 100M [24h into the race]
17:00 – Start - 21K
17:15 – Start - 10K
17:45 – Expected arrival of the 1st athlete - 10K [30min into the race]
18:30 – Expected arrival of the 1st athlete - 21K [1h30min into the race]
18:45 – Time out - 10K [1h30min into the race]
19:00 – Awards - 10K
20:30 – Awards - 21K
21:00 – Time out - 21K [4h into the race]

23/04/2021: Sunday

08:00 – Time out - 100K [25h into the race]
09:00 – KIDS Start
10:00 to 13:00 – Withdrawal of drop bags - 100K
10:00 to 15:00 – Withdrawal of drop bags - 100M
12:30 – Awards - 100K
13:00 – Awards - 100M
14:00 – Time out - 100M [48h into the race]

The athletes' kits will be distributed in the race arena, to remove their kits the athletes must present valid ID with photo and all mandatory equipment of the race.

Art. 7 - MANDATORY EQUIPMENT

The following equipment is mandatory in the Rio Caminho do Ouro World Series and must be carried by athletes throughout the race:

7.1. 100M and 100K

- Hydration backpack or water bottle holder with a combined capacity for at least 1 liter.
- Hooded waterproof jacket with waterproof membrane type Goretex or similar (minimum: 10,000 mm) and breathable (recommendation: RET less than 13).
- Long-sleeve first-skin type shirt.
- Long or knee-covering trousers.
- Buff-type cap, hat or bandana.
- Thermal blanket.
- Whistle.
- First aid kit, containing at least: bandage, gases, adhesive, antiseptic, needle, antihistamine and analgesic.
- Two lanterns with their spare batteries.
- Glass or bottle of water. To reduce plastic usage, there will be no disposable utensils (cutlery, cups, plates, bowls) available at rest points, therefore athletes should bring their own material for hot/cold foods.
- Active and charged cell phone.
- GPS-tracker provided at check-in of the race.
- Chest number visible throughout the race.

7.2. 55K

- Hydration backpack or water bottle holder with a combined capacity for at least 1 liter.
- Windbreak.
- Long-sleeve first-skin type shirt.
- Long or knee-covering trousers.
- Buff-type cap, hat or bandana.
- Thermal blanket.
- Whistle.
- First aid kit, containing at least: bandage, gases, adhesive, antiseptic, needle, antihistamine and analgesic.
- Two lanterns with their spare batteries.
- Glass or bottle of water. To reduce plastic usage, there will be no disposable utensils (cutlery, cups, plates, bowls) available at rest points, therefore athletes should bring their own material for hot/cold foods.
- Active and charged cell phone.
- GPS-tracker provided at check-in of the race.
- Chest number visible throughout the race.

7.3. 21K

- Hydration backpack or water bottle holder with a combined capacity for at least 500 milliliters.
- Windbreak.
- Thermal blanket.
- Whistle.
- One lantern with its spare batteries.
- Glass or bottle of water. To reduce plastic usage, there will be no disposable utensils (cutlery, cups, plates, bowls) available at rest points, therefore athletes should bring their own material for hot/cold foods.
- Chest number visible throughout the race.

7.4. 10K

- Glass or bottle of water. To reduce plastic usage, there will be no disposable utensils (cutlery, cups, plates, bowls) available at rest points, therefore athletes should bring their own material for hot/cold foods.
- Chest number visible throughout the race.

7.5. KIDS

- Chest number visible throughout the race.

It is the responsibility of the athletes to bring the equipment that meets 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 and otherwise the athlete will be disqualified.

Mandatory equipment can be used or only carried inside the backpack or pockets. All mandatory equipment will be checked when athletes remove their 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 carried out during the race.

RECOMMENDED EQUIPMENT

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

- Waterproof pants
- Energy bars or solid foods
- Elastic adhesive tape
- Amount of money for use in any eventuality
- Running/walking sticks are allowed

Art. 8 - MAXIMUM TIME LIMITS AND CUTTING TIMES

The following maximum time limits and cutting times in the Rio Caminho do Ouro World Series must be met by athletes throughout the race:

8.1. 100M

| 100M TIME LIMITS | | | |
|------------------|--------------------------|------------|---------------|
| KM | REGION | TOTAL TIME | AVERAGE PACE |
| 45,0 | CACHOEIRA DO PIMENTA | 12h | 16'00" min/Km |
| 100,0 | RECANTO DA ROSE | 28h | 16'48" min/Km |
| 135,0 | REFÚGIO PEDRA DO ESPELHO | 38h | 17'20" min/Km |
| 161,5 | CHEGADA-PONTALPARATY | 48h | 17'50" min/Km |

8.2. 100K

| 100K TIME LIMITS | | | |
|------------------|--------------------------|------------|---------------|
| KM | REGION | TOTAL TIME | AVERAGE PACE |
| 45,0 | CACHOEIRA DO PIMENTA | 10h | 13'20" min/Km |
| 74,5 | REFÚGIO PEDRA DO ESPELHO | 17h | 13'41" min/Km |
| 101,0 | CHEGADA-PONTALPARATY | 25h | 14'52" min/Km |

8.3. 55K

| 55K TIME LIMITS | | | |
|-----------------|--------------------------|------------|---------------|
| KM | REGION | TOTAL TIME | AVERAGE PACE |
| 29,1 | REFÚGIO PEDRA DO ESPELHO | 5h | 10'19" min/Km |
| 57,0 | CHEGADA-PONTALPARATY | 10h | 10'32" min/Km |

8.4. 21K

| 21K TIME LIMIT | | | |
|----------------|----------------------|------------|---------------|
| KM | REGION | TOTAL TIME | AVERAGE PACE |
| 20,8 | CHEGADA-PONTALPARATY | 4h | 11'32" min/Km |

8.5. 10K

| 10K TIME LIMIT | | | |
|----------------|----------------------|------------|--------------|
| KM | REGION | TOTAL TIME | AVERAGE PACE |
| 10,1 | CHEGADA-PONTALPARATY | 1h30min | 8'55" min/Km |

The cutting sites are located at control points. Athletes who do not reach these points within the established deadlines will not be able to continue the race. It is forbidden to follow the cut-off point

Each 100M, 100K and 55K athlete will receive their respective support bags, called and then re-use the supply areas. The judges of the race reserve the right to disqualify athletes who break 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 judged by the medical team as unfit to continue the race, and any other athletes who decide to give up, will be taken to the arrival of transportation made available 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 fuel points shall immediately inform the race organisers by telephone service 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.

Art. 9 - FILLING STATIONS, CREW SUPPORT AND DROP BAGS

The Rio Caminho do Ouro World Series is a semi self-sufficiency race 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 also be able to safely adapt to any problems (bad weather, physical suffering, injuries etc). When leaving the rest points, athletes must have a sufficient amount of 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, 100K and 55K athlete will receive their respective support bags, called DROP BAG, with their breast number and only these will be transported by the organisation. Athletes will be able to put on clothes or food, the delivery and removal of drop bags should follow the schedule of the event, upon presentation of the breast number. 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. Unremoved drop bags will be forwarded for donation.

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

9.1. 100M

| 100M FILLING STATIONS | | |
|------------------------------|--------------------|-------------------------|
| KM | REGION | SERVICE |
| 6,8 | BARRO ALTO | Hydration |
| 17,6 | SÍTIO TUPÃ | Hydration Food Crew |
| 27,0 | PORTEIRA GRAMAS | Hydration |
| 36,5 | BARRA CHICO DO LAU | Hydration |

| | | |
|-------|--------------------------|------------------------------------|
| 45,0 | CACHOEIRA DO PIMENTA | Hydration Food Crew Drop Bag |
| 55,0 | MACUCO | Hydration |
| 68,6 | CUNHA | Hydration |
| 75,7 | TRAVESSIA ENGENHO | Hydration Food Crew Drop Bag |
| 86,5 | IGREJA METODISTA | Hydration |
| 100,0 | RECANTO DA ROSE | Hydration Food |
| 111,5 | IGREJA JERICÓ | Hydration |
| 124,8 | OFICINA DA LÃ | Hydration |
| 135,0 | REFÚGIO PEDRA DO ESPELHO | Hydration Food Crew Drop Bag |
| 152,0 | CAMPO PONTE BRANCA | Hydration Food Crew |
| 154,0 | BUS STOP APPLE HOUSE | Hydration |

9.2. 100K

| 100K FILLING STATIONS | | |
|-----------------------|--------------------------|------------------------------------|
| KM | REGION | SERVICE |
| 6,8 | BARRO ALTO | Hydration |
| 17,6 | SÍTIO TUPÃ | Hydration Food Crew |
| 27,0 | PORTEIRA GRAMAS | Hydration |
| 36,5 | BARRA CHICO DO LAU | Hydration |
| 45,0 | CACHOEIRA DO PIMENTA | Hydration Food Crew Drop Bag |
| 48,8 | MACUCO | Hydration |
| 55,9 | TRAVESSIA ENGENHO | Hydration Food |
| 64,3 | OFICINA DA LÃ | Hydration |
| 74,5 | REFÚGIO PEDRA DO ESPELHO | Hydration Food Crew Drop Bag |
| 91,5 | CAMPO PONTE BRANCA | Hydration Food Crew |
| 93,5 | BUS STOP APPLE HOUSE | Hydration |

9.3. 55K

| 55K FILLING STATIONS | | |
|----------------------|--------------------------|------------------------------------|
| KM | REGION | SERVICE |
| 6,8 | BARRO ALTO | Hydration |
| 17,6 | SÍTIO TUPÃ | Hydration Food |
| 29,1 | REFÚGIO PEDRA DO ESPELHO | Hydration Food Crew Drop Bag |
| 46,1 | CAMPO PONTE BRANCA | Hydration Food Crew |
| 48,1 | BUS STOP APPLE HOUSE | Hydration |

9.4. 21K

| 21K FILLING STATIONS | | |
|----------------------|----------------------|-----------|
| KM | REGION | SERVIÇO |
| 6,8 | BARRO ALTO | Hydration |
| 9,4 | BUS STOP APPLE HOUSE | Hydration |

| | | |
|------|---------------------|-----------|
| 14,6 | PORTO CANOAS | Hydration |
| 18,4 | ROTATÓRIA JABAQUARA | Hydration |

9.5. 10K

| 10K FILLING STATIONS | | |
|----------------------|---------------------|-----------|
| KM | REGION | SERVICE |
| 3,9 | PORTO CANOAS | Hydration |
| 7,7 | ROTATÓRIA JABAQUARA | Hydration |

Only athletes with visible chest numbers have access to the gas 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 breast number.

There are several points of natural drinking water along the route, where participants can replenish.

Art. 10 - ROUTE

Most of the routes of the Rio Caminho do Ouro World Series are within the Serra da Bocaina National Park, this itinerary requires the ability to run on different types of terrain, trails and sters as well as in rocky areas and flooded 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 taking shortcuts or cutting sections of the route. Any deviations from the official route will result in disqualification and will be of exclusive risk to the athletes.

The routes have the following characteristics:

10.1. 100M. 161.5Km long, 6,658m accumulated positive unevenness, 6,658m of accumulated negative unevenness, 1,790m maximum altitude and 1m minimum altitude.

10.2. 100K. 101.0Km long, 5,108m cumulative positive unevenness, 5,108m cumulative negative unevenness, 1,790m maximum altitude and 1m minimum altitude.

10.3. 55K. 55.6Km long, 3,049m accumulated positive unevenness, 3,049m cumulative negative unevenness, 1,484m maximum altitude and 1m minimum altitude.

10.4. 21K. 20.8Km long, 519m cumulative positive unevenness, 519m cumulative negative unevenness, 206m maximum altitude and 1m minimum altitude.

10.5. 10K. 10.1Km long, 98m of accumulated positive unevenness, 98m of cumulative negative unevenness, 32m maximum altitude and 1m minimum altitude.

10.6. KIDS. 50m to 800m long, according to the age of the athletes. 4 years = 50m; 5 and 6 years = 100m; 7 and 8 years = 200m; 9 and 10 years = 300m; 11 and 12 years = 400m; 13 and 14 years = 800m.

Art. 11 - ATHLETE INSURANCE

All athletes of the Rio Caminho do Ouro World Series are covered free of charge by an insurance with death and disability coverage by accident of R\$ 50,000.00 per athlete, in addition to medical, hospital and dental expenses of R\$ 5,000.00 per athlete.

Art. 12 - RESCUE TEAM

All the athletes of the Rio Caminho do Ouro World Series have at their disposal a large rescue team, which is composed of specialised staffs, rescuers, civil firefighters, military firefighters, nursing technicians, nurses and doctors. These will be positioned along the route and will be on foot, motorcycle, cars with 4x4 traction and ambulances. In the race arena, place of starts and arrivals there will be a medical post.

Art. 13 - ENVIRONMENT

Most of the routes of the Rio Caminho do Ouro World Series are within the Serra da Bocaina National Park, among other areas with natural ecosystems. Participants are therefore obliged to fully respect the environment, by leaving no litter, collecting flowers or disturbing wildlife. Anyone seen leaving garbage along the route will be disqualified from the race. At various refueling points there are dumpsters where athletes can leave their trash. The organisation advises athletes to carry a small garbage door.

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, cups, plates, bowls) available at the refueling points, therefore athletes should bring their own if they wish to eat hot/cold foods.

Art. 14 - WEATHER

The courses of the Rio Caminho do Ouro World Series undergo great variations in weather conditions 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, to eliminate potential hazards or conditions that may cause difficulties to athletes. Athletes will be informed of the 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 Rio Caminho do Ouro World Series will result in immediate disqualification and removal of the athlete's chest number.

- Do not cross a checkpoint.
- Use shortcuts.
- Leave garbage along the route.
- Stop helping a participant in difficulty.
- Insult or threaten members of the organisation's work team.
- Use transport during the race.
- Refuse to undergo examinations by medical staff along the route.
- Refuse to show the mandatory equipment if requested by the judges.

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

- Lack of some mandatory equipment; the athlete must immediately communicate this situation, though, in case of recurrence, the athlete will be disqualified.
- Unauthorised assistance or assistance outside the points provided for in the regulation.
- Chest number 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 appealed in writing to the organisation of the race within 2 hours of the publication of the results. The appeals will be evaluated and answered within the necessary time frame, the decisions are final and without appeal.

Art. 16 – PRIZES

The Rio Caminho do Ouro World Series will be disputed individually, where each athlete will travel the course in its entirety, being divided for registration, classification, and award purposes in the following categories, taking as reference date the age on 31/12/2022.

16.1. Male

Male Adult: Runners from 30 to 39 years old

Male Master: Runners from 40 to 49 years

Senior Male: Runners from 50 to 59 years

Grand Senior Male: Runners over 59

16.2. Female

Female Adult: Runners from 30 to 39 years old

Female Master: Runners from 40 to 49 years

Senior Female: Runners from 50 to 59 years

Grand Senior Female: Runners over 59

16.3. Prize money: Total of R\$ 92,000.00 distributed as follows:

100M and 100K

| Male & Female | 100M | 100K |
|-----------------------------|---------------|--------------|
| 1st Place – Elite General | R\$ 10.000,00 | R\$ 5.000,00 |
| 2nd Place – Elite General | R\$ 7.000,00 | R\$ 3.000,00 |
| 3rd Place – Elite General | R\$ 3.500,00 | R\$ 2.000,00 |
| 4th Place – Elite General | R\$ 2.000,00 | R\$ 1.250,00 |
| 5th Place – Elite General | R\$ 1.000,00 | R\$ 750,00 |
| Mountain Goat | R\$ 1.000,00 | R\$ 750,00 |
| King of the Hill | R\$ 1.000,00 | R\$ 750,00 |
| 1st Place Category 30-39 yo | R\$ 1.000,00 | R\$ 750,00 |
| 1st Place Category 40-49 yo | R\$ 1.000,00 | R\$ 750,00 |
| 1st Place Category 50-59 yo | R\$ 1.000,00 | R\$ 750,00 |
| 1st Place Category 60+ yo | R\$ 1.000,00 | R\$ 750,00 |

55K and 21K

| Male & Female | 55K | 21K |
|---------------------------|--------------|------------|
| 1st Place – Elite General | R\$ 1.000,00 | R\$ 750,00 |

16.4. Awarding of buckles and medals: Distributed as follows:

100M: All finishers will receive an exclusive Rio Caminho do Ouro World Series buckle.

100K, 55K, 21K, 10K and KIDS: All finishers will receive an exclusive Rio Caminho do Ouro World Series medal.

16.5. Awarding of trophies: Distributed as follows:

- **King of Hill:** The first place of each gender in the segmented uphill stretch called King of Hill, on the 100M and 100K courses, will receive exclusive Rio Caminho do Ouro World Series trophies.
- **Mountain Goat:** The first finishers of each gender in the segmented stretch of descent called Mountain Goat, on the 100M and 100K courses, will receive exclusive Rio Caminho do Ouro World Series trophies.
- **General Male and Female Elite:** The top 5 (five) finishers of each gender on each course will receive exclusive Rio Caminho do Ouro World Series trophies.
- **Categories:** The top 3 (three) finishers in each category will receive exclusive Rio Caminho do Ouro World Series trophies.
- **Teams:** The 3 (three) largest Teams (registered with the same name) will receive exclusive Rio Caminho do Ouro World Series trophies.

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

Athletes who are awarded the award in general will not compete for the prize in the categories.

Athletes who do not attend the award ceremony will lose the right to the prizes, these will not be sent or delivered in advance for any reason.

Art. 17 - ANTI-DOPING

By enrolling in the Rio Caminho do Ouro World Series, each runner:

- Must declare any information regarding the use of a prescription subject to a Therapeutic Use Exemption to the organisation by email suporte.brasil@onehundred.run.

Sportsmen may be ill or have conditions requiring the ingestion of certain medicines. Should the medicinal drug taken for the purpose of treating a disease or condition be on the list of prohibited substances, the Therapeutic Use Exemption (TEU) may allow the sportsman to take the required medicine.

For more information: 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 inherent in the performance of these samples and the associated analyses are the direct responsibility of the organisation.
- Agree to respond to any calls that the organisation's physician may send you based on medical information about you, in order to discuss your ability, or not, to participate in the race for which you are enrolled. At the end of the consultation the doctor can guide the jury of the test whether or not the runner should be excluded from the test for medical reasons.

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

Art. 18 - IMAGE RIGHTS

At the time of registration of the Rio Caminho do Ouro 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 Rio Caminho do Ouro World Series indicate full acceptance of the rules and regulations of the race and any subsequent changes made. By registering, participants free 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 Rio Caminho do Ouro World Series should be sent to the email: suporte.brasil@onehundred.run for it to be recorded and answered to the satisfaction.

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

All copyrights relating to this regulation and the event belong to One Hundred® Group Ltd.