



**One Hundred® Ultra Mountain Trail World Series 2023**  
**Etapas Portugal**

**Douro Paiva World Series**

June 29 to July 2, 2023  
Cinfães - Douro, Portugal

**OFFICIAL REGULATION**

**Art. 1 - ORGANIZATION**

One Hundred® Group Ltd, based in London – United Kingdom, is the organizing company of **the world circuit One Hundred® World Series** that, in 2023, will have global stages in Brazil, Wales, Portugal, United States, and the grand final in Italy. This Regulation refers to the Portugal **Stage – One Hundred® Douro Paiva World Series 2023**.

**Art. 2 - GENERAL INFORMATION**

The **One Hundred® Douro Paiva World Series** is a mountain track race held in the Douro area, classified as world heritage by UNESCO, between June 29 and July 2, 2023. The routes offered are:

- 2.1. 100 miles (160km) – One Hundred® World Series
- 2.2. 100km - One Hundred® World Series
- 2.3. 45km
- 2.4. 31km
- 2.5. 18km
- 2.6. 10km

**Art. 3 - PARTICIPATION REQUIREMENTS**

This article presents the minimum requirements for registration in each course of the One Hundred® Douro Paiva World Series, and the athletes:

**3.1) 100 miles (100M)** – They must have previous experience in mountain racing, 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, 2023. It is the brigator medical-sports examination valid for the current sporting season. At least one verifiable race of 50 miles (80km) or more *non-stop* kilometres must have completed within the time limit in the three years prior to the start date of the event.

**3.2) 100km (100K)** – They must have previous experience in mountain racing, 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, 2023. Mandatory medical-sports examination valid for the current sports season. At least one verifiable race of 50 km or more non-stop kilometres *must be completed within the time* limit in the three years prior to the start date of the event.

**3.3) 45km (45K)** – They must have previous experience in mountain racing, 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, 2023.

**3.4) 31km (31K)** – They must have previous experience in mountain racing, they should not suffer from vertigo, they must have a high standard of mental preparation. Be at least 20 years of age as of December 31, 2023.

**3.5) 18km (18K)** – They must have previous experience in mountain racing, they should not suffer from vertigo, they must have a high standard of mental preparation. Be at least 20 years of age as of December 31, 2023.

**3.6) 10km (10K)** - No prior requirements.

#### Art. 4 - INSCRIPTIONS

Registration for the **One Hundred® 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:

Douro-Paiva World Series Swag Pack	<u>Phase 1</u> 03/07/2021 to 31/07/2022	<u>Phase 2</u> 01/08/2022 to 31/12/2022	<u>Phase 3</u> 01/01/2023 to 31/05/2023	<u>Last phase</u> 01/06/2023 to 25/06/2023
<b>100M</b>	110,00€	120,00€	130,00€	140,00€
<b>100K</b>	74,99€	79,99€	84,99€	94,99€
<b>45K</b>	39,99€	44,99€	47,49€	52,49€
<b>31K</b>	24,99€	27,99€	29,99€	24,99€
<b>18K</b>	18,49€	20,49€	22,49€	24,99€
<b>10K</b>	9,99€	11,99€	13,99€	14,99€

Douro-Paiva World Series No Swag Pack	<u>Phase 1</u> 03/07/2021 to 31/07/2022	<u>Phase 2</u> 01/08/2022 to 31/12/2022	<u>Phase 3</u> 01/01/2023 to 31/05/2023	<u>Last phase</u> 01/06/2023 to 25/06/2023
100M	84,99€	89,99€	94,99€	99,99€
100K	55,99€	59,99€	64,99€	69,99€
45K	32,99€	34,99€	37,99€	39,99€
31K	19,99€	20,49€	22,99€	26,99€
18K	8,99€	10,49€	12,99€	14,99€
10K	7,49€	8,99€	10,49€	11,99€

**4.1) Maximum number of athletes** - The maximum number of athletes in the **One Hundred® Douro Paiva World Series** is 1800 registered, being distributed as follows: 100 miles = 200 athletes; 100km = 250 athletes; 45km = 350 athletes; 31km = 600 athletes; 18km = 600 athletes; 10km = 200 athletes.

**4.2) Registration on the platform** [www.myonehundred.run](http://www.myonehundred.run), registration required before the lifting of the kit under penalty of not being able to participate in it;

**4.3) Registration restriction** - The following athletes cannot register for the **One Hundred® Douro Paiva World Series**:

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

**4.4) Elite athletes** - Elite athletes of the **One Hundred® Douro Paiva World Series** will be considered those who fit the specific conditions described on the website [www.onehundred.run/qualification](http://www.onehundred.run/qualification)

**4.5) Athletes Pack** - **One Hundred® Douro Paiva World Series entries include** the following items:

>> **Entry in the Launch Phase (03/07/2022 to 31/12/2022):**

- 10% discount on any One Hundred races® in 2023 and 2024, anywhere in the world (cumulative with other discounts).

**4.6) Just One Tree** – We are partners with Just One Tree, an initiative that earns £1 for each entry in the one hundred® world series world tour, for the purpose of planting a tree.

**4.7) Kit 100M Swag Pack (in update):**

- Backpack bag;
- One Hundred bracelet;
- Premium racing T-shirt;
- Dorsal with timing chip;
- Insurance against personal accidents with coverage for medical and dental expenses.
- Hydration and feeding along the route, and after the race;
- Immediate medical service;
- Rescue service on the route;

- Photographic and video service;
- Live streaming - Live streaming and GPS track.

**Kit 100K Swag Pack (in update):**

- Backpack bag;
- One Hundred bracelet;
- Premium racing T-shirt;
- Dorsal with timing chip;
- Insurance against personal accidents with coverage for medical and dental expenses.
- Hydration and feeding along the route and after the race;
- Immediate medical service;
- Rescue service on the route;
- Photographic and video service;
- Live streaming - Live streaming and GPS track.

**Kit 45K Swag Pack (in update)**

- One Hundred bracelet;
- Racing T-shirt;
- Dorsal with timing chip;
- Insurance against personal accidents with coverage for medical and dental expenses.
- Hydration and feeding along the route and after the race;
- Immediate medical service;
- Rescue service on the route;
- Photo and video service.

**Kit 31K Swag Pack (in update):**

- One Hundred bracelet;
- Racing T-shirt;
- Dorsal with timing chip;
- Insurance against personal accidents with coverage for medical and dental expenses.
- Hydration and feeding along the route and after the race;
- Immediate medical service;
- Rescue service on the route;
- Photo and video service.

**Kit 18K Swag Pack (in update):**

- Racing T-shirt;
- Dorsal with timing chip;
- Insurance against personal accidents with coverage for medical and dental expenses.
- Hydration and feeding along the route and after the race;
- Immediate medical service;

- Rescue service on the route;
- Photo and video service.

**Kit 10K Swag Pack (in update):**

- Racing T-shirt;
- Dorsal;
- Insurance against personal accidents with coverage for medical and dental expenses.
- Hydration and feeding along the route and after the race;
- Immediate medical service;
- Photo and video service.

**4.8) Kit 100M No Swag:**

- One Hundred bracelet;
- Dorsal with timing chip;
- Insurance against personal accidents with coverage for medical and dental expenses.
- Hydration and feeding along the route, and after the race;
- Immediate medical service;
- Rescue service on the route;
- Photographic and video service;
- Live streaming - Live streaming and GPS track.

**KIT 100K No Swag:**

- One Hundred bracelet;
- Dorsal with timing chip;
- Insurance against personal accidents with coverage for medical and dental expenses.
- Hydration and feeding along the route and after the race;
- Immediate medical service;
- Rescue service on the route;
- Photographic and video service;
- Live streaming - Live streaming and GPS track.

**Kit 45K No Swag:**

- One Hundred bracelet;
- Dorsal with timing chip;
- Insurance against personal accidents with coverage for medical and dental expenses.
- Hydration and feeding along the route and after the race;
- Immediate medical service;
- Rescue service on the route;
- Photo and video service.

**Kit 31K No Swag:**

- One Hundred bracelet;
- Dorsal with timing chip;
- Insurance against personal accidents with coverage for medical and dental expenses.
- Hydration and feeding along the route and after the race;
- Immediate medical service;
- Rescue service on the route;
- Photo and video service.

**Kit 18K No Swag:**

- One Hundred bracelet;
- Dorsal with timing chip;
- Insurance against personal accidents with coverage for medical and dental expenses.
- Hydration and feeding along the route and after the race;
- Immediate medical service;
- Rescue service on the route;
- Photo and video service.

**Kit 10K No Swag:**

- One Hundred bracelet;
- Dorsal;
- Insurance against personal accidents with coverage for medical and dental expenses.
- Hydration and feeding along the route and after the race;
- Immediate medical service;
- Photo and video service.

**4.9) Cancellation** - If the athlete is unable to participate in **the One Hundred® Douro Paiva World Series** and wishes to cancel his registration, he/she must notify the organizers by email [portugal@onehundred.run](mailto:portugal@onehundred.run)

We will use the **following refund policy** according to the date of request and percentage refunded:

Up to 60 days before the event = 75% in credit for One Hundred events® in 2023 or 2024; Up to 30 days before the event = 50% credit for One Hundred events® in 2023 or 2024; Up to 15 days before the event = 25% in credit for One Hundred events® in 2023 or 2024.

No cash refund, transfer 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 lining up on 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 something for athletes who cannot attend, while maintaining our lowest and highest quality enrolment rates.

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 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 organizers reserve the right to cancel the race up to 30 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 himself 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;
- Exchange of dorsal with anyone other than the registered athlete himself;
- Changes to registration must be requested by email [portugal@onehundred.run](mailto:portugal@onehundred.run) by June 25, 2023.

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

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

All athletes of the **One Hundred® Douro Paiva World Series** must complete the standard disresponsibility term provided by the organization. The same must be signed by the athlete and must deliver at the time of collection of the dorsal and registration kit. Failure to comply with this rule will result in the cancellation of registration without reimbursement.

#### **Art. 6 – TIMELINE (in update)**

O **One Hundred® Douro Paiva World Series** seguirá o cronograma:

**29 June 2023, Thursday**

**Location: Serpa Pinto Museum**

**17:00** - Opening secretariat Lifting kit of 100M

**22:00** - Secretariat closure

**30 June 2023, Friday**

**12:00** - Secretariat opening - Serpa Pinto Museum Delivery of the test kit all  
Drop bag delivery (Serra do Pilar)  
**14:00** - Departure of buses to Gaia for the departure of the 100M  
**17:00** - Reception to athletes (coffee and sweets) Serra do Pilar - V. N. Gaia  
**17:30** - Control of the 100M Serra do Pilar - V. N. Gaia  
**18:00** - Departure of the 100M Serra do Pilar - V. N. Gaia  
**22:00** - Secretariat closure - Serpa Pinto Museum

### **July 1, 2023, Saturday**

**05:00** - Secretariat Opening - Serpa Pinto Museum  
100K, 45K, 23K, 10K kit delivery  
**05:30** - Departure of buses to Castelo de Paiva  
**6:15** - Drop bag delivery (Largo Conde)  
**06:30** - Reception to the athlete 100K (coffee and sweets) - Castelo de Paiva  
**06:45** - Control of the 100K - Castelo de Paiva  
**07:00** - Departure of the 100K - Castelo de Paiva (Largo Conde)  
**07:00** - Closure of the secretariat  
**14:30** - Opening of the secretariat - Serpa Pinto Museum  
**16:00** - Expected arrival of the 1st athlete of the 100M - Source of Loves  
**19:00** - Expected arrival of the 1st athlete of the 100K - Source of Loves  
**20:00** - Closure of the secretariat

### **July 2, 2023, Sunday**

**06:00** - Secretariat Opening - Serpa Pinto Museum  
**07:30** - Reception to athletes (coffee and sweets)  
**07:45** - 45K Control  
**08:00** - Match 45K - Source of Loves  
**08:45** - 31K Control  
**09:00** - Match 31K - Source of Loves  
**09:15** - 18K Control  
**09:30** - Departure 18K - Source of Loves  
**09:30** - Departure 10K/walk - Fountain of Loves  
**09:00** - Closing of the secretariat - Serpa Pinto Museum  
**11:30** - Expected arrival of the 1st athlete of the 23K- Fountain of Loves  
**13:15** - Expected arrival of the 1st athlete of the 45K - Source of Loves  
**14:00** - Award ceremony, 23K/45K /100K/100M  
**15:00** – Finish line closing  
**16:00** - End of the event

### **Art. 7 - MANDATORY EQUIPMENT**

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

### **7.1) 100M e 100K**

- Hydration backpack bag or water bottle door with combined capacity of at least 1 liter;
- Waterproof jacket or windbreaker;
- GPS + GPX track
- Thermal blanket;
- Whistle;
- two Fronts (Light) with their spare batteries;
- Glass or bottle of water. In order 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;
- Dorsal number visible throughout the race.

### **7.2) 45K**

- Hydration backpack or water bottle port with a combined capacity of at least 1 liter;
- Windbreakers;
- GPS + GPX track
- Thermal blanket;
- Whistle;
- Glass or bottle of water. In order 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;
- Dorsal number visible throughout the race.

### **7.3) 31K**

- Hydration backpack or water bottle port with combined capacity for at least 500 milliliters;
- Windbreakers;
- Thermal blanket;
- Whistle;
- Mobile phone;
- Glass or bottle of water. In order 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.
- Dorsal number visible throughout the race.

### **7.4) 18K**

- Hydration backpack or water bottle port with combined capacity for at least 500 milliliters;
- Windbreakers;
- Thermal blanket;

-Whistle;

Cell phone.

- Glass or bottle of water. In order 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.

-Number of dorsal visible throughout the race;

#### **7.5) 10K**

- Mobile phone;

-Number of dorsal visible throughout the race;

**-Athletes of 100K and 100M should be guided by GPS and this is mandatory, and can be a watch and must present it at check-in. The proof is all taped and signaled, but the markings on the route are a reinforcement of signaling that complement each other with GPS.**

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 only carried inside the backpack or pockets.

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

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

#### **EQUIPAMENTO RECOMENDADO:**

Os participantes da corrida são aconselhados a trazer os seguintes equipamentos com eles, para além dos obrigatórios:

- Camisola quente para a noite;
- Barras energéticas ou alimentos sólidos;
- Fita adesiva elástica;
- Quantia em dinheiro para uso em alguma eventualidade;
- Bastões de corrida/caminhada são permitidos;
- Óculos de sol;
- Protetor solar.

#### **Art. 8 - MAXIMUM TIME LIMITS AND CUTTING TIMES (UPDATED)**

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

<b>100M</b>			
<b>KM</b>	<b>LOCATION</b>	<b>MAX TIME (cut)</b>	<b>GPS</b>
<b>58km</b>	Castelo de Paiva	6.00h – 01/07	41.03940748602118, -8.262158632278444
<b>97km</b>	São Pedro	16:00h – 01/07	40.99797395359889, -8.09046506881714
<b>124km</b>	Alhões	01:00h - 02/07	40.9831621374721, -8.013174533843996
<b>160km</b>	Cinfães - Meta	<b>42h – 14:00h – 02/07</b>	41.07155443411536, -8.089563846588137 <sup>9</sup>
<b>100K</b>			
<b>KM</b>	<b>LOCATION</b>	<b>TOTAL TIME</b>	<b>GPS</b>
<b>47km</b>	São Pedro	16:00h - 01/07	40.99797395359889, -8.09046506881714
<b>67km</b>	Alhões	01:00h – 02/07	40.98300825204548, -8.013432025909426
<b>100km</b>	Cinfães - Meta	<b>30h – 14:00h – 02/07</b>	41.07155443411536, -8.089563846588137
<b>45K</b>			
<b>KM</b>	<b>LOCATION</b>	<b>TOTAL TIME</b>	<b>GPS</b>
<b>26km</b>	São Pedro	<b>6h – 14:00h – 02/07</b>	40.99797395359889, -8.09046506881714
<b>45km</b>	Cinfães - Meta	<b>8h – 16:00h – 02/07</b>	41.07155443411536, -8.089563846588137
<b>23K</b>			
<b>KM</b>	<b>LOCATION</b>	<b>TOTAL TIME</b>	<b>GPS</b>
<b>23km</b>	Cinfães - Meta	<b>6h – 14:00h – 02/07</b>	41.07155443411536, -8.089563846588137

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.

In order 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 organization. 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 refueling points must immediately inform the race organisers by telephone service to the number indicated by the organization.

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, SUPPORT CREW AND DROP BAGS (in update)**

The One Hundred® Douro-Paiva World Series is a semi-self-sufficiency event 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 at the filling stations indicated in this regulation, in the areas designated for this purpose 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 organization. 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 organization 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.

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 number of dorsal.

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

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

<b>100M (in update)</b>		
<b>KM</b>	<b>LOCATION</b>	<b>SERVICE</b>
14	Alheira de Aquem	Drinks
26	Framil Canedo	Drinks/Food
44	Raiva	Drinks/Food
59	Castelo Paiva (Base Vida)	Drinks/Food
72	Espiunca	Drinks/Food
82	Paradela	Drinks/Food

97	São Pedro	Drinks/Food
113	Sobrado	Drinks/Food
124	Alhões (Base Vida)	Drinks/Food
140	Pimeiró	Drinks/Food
154	Vila Viçosa	Drinks/Food
160	FINISH LINE	Drinks/Food
<b>100K</b>		
<b>KM</b>	<b>LOCATION</b>	<b>SERVICE</b>
14	Espiunca	Drinks/Food
25	Paradela	Drinks/Food
40	São Pedro	Drinks/Food
55	Sobrado	Drinks/Food
67	Alhões (Base Vida)	Drinks/Food
84	Pimeiró	Drinks/Food
96	Vila Viçosa	Drinks/Food
100	FINISH LINE	Drinks/Food
<b>45K</b>		
<b>KM</b>	<b>LOCATION</b>	<b>SERVICE</b>
9	Covelas	Drinks/Food
16	Tendais	Drinks/Food
26	São Pedro	Drinks/Food
34	Vila Viçosa	Drinks/Food
45	FINISH LINE	Drinks/Food
<b>23K</b>		
<b>KM</b>	<b>LOCATION</b>	<b>SERVICE</b>
9	Covelas	Drinks/Food
20	Vila Viçosa	Drinks/Food
31	FINISH LINE	Drinks/Food
<b>10K</b>		
10	FINISH LINE	Drinks/Food

#### Art. 10 – ROUTE

Most of the routes of the One Hundred® Douro-Paiva World Series are a mountain and mountain area, as well as part of the Douro, a UNESCO 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) 100M:** 157.12km long, 7011m positive uneven, 1,350m altitude;

**10.2) 100K:** 98.62km long; 4699m positive uneven, 1,350m altitude;

- 10.3) 45K:** 41.42 km long, 2102m positive uneven, 1,350m altitude;
- 10.4) 31K:** 29.62km long, 1,711m of positive uneven 876m maximum altitude;
- 10.5) 18K:** 17.86km long, 1,160m positive deranged 876m maximum altitude;
- 10.6) 10K:** 8.81km long, 491m of positive uneven 489m maximum altitude.

**\* Strava font. There may be variations according to each user's software and device.**

#### **Art. 11 - ATHLETE INSURANCE**

All athletes of the One Hundred® 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 One Hundred® 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 routes of the One Hundred® Douro-Paiva World Series 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, in particular 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 organization advises athletes to bring in a small garbage bag.

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

#### **Art. 14 - METEOROLOGY**

The routes of the One Hundred® Douro-Paiva World Series may undergo weather variations and, in case they are very adverse (dense fog or thunderstorm), the organization reserves the right to make last minute changes, even during the race, in order to eliminate potential hazards or conditions that may cause difficulties to athletes. Athletes will be informed of these changes. The organization also reserves the right to suspend or cancel the race if weather conditions endanger athletes, volunteers or support teams. If necessary, the organizers 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 One Hundred® 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 organization'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;
- Dorsal 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 challenged in writing to the organization 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 - PRIZES**

The One Hundred® Douro-Paiva World Series will be played individually, where each athlete will travel the route in its entirety, being divided for registration, classification and award in the following categories, taking as reference date the age on December 31, 2023.

### **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

Male Senior Grand: 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

Senior Female: Runners over 59

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

- **100M e 100K**

<b>Male &amp; Female</b>	<b>100M</b>	<b>100K</b>
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	150€	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€

**16.1) Award with buckles and medals,** distributed as follows:

- **100M:** All finishers will receive an exclusive Douro Paiva World Series buckle.

- **100K, 45K, 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 purchases in the online store. Card miles can be debilled on one hundred exams or online store registrations. All 100M and 100K athletes receive miles for every kilometre traveled.

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

The first three athletes from the distances of 45K and 31K 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)

**16.6) Awarded with trophies,** distributed as follows:

-**King of the Hill:** The first ranked of each genre in the segmented climbing route, called King of the Hill, on the 100M and 100K courses, will receive exclusive Douro-Paiva World Series trophies.

**-Mountain Goat:** The first finisher of each genre on the segmented descent course, called Mountain Goat, on the 100M and 100K courses, will receive exclusive Douro-Paiva World Series trophies.

**-General Male and Female Elite:** The top 3 (three) finishers of each gender on each course (except walk/10K) 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.

To define the classification of the three (3) first placed of each gender in general will be considered the gross time, and for the other classifications will be considered the net time.

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) - Pagamento prémios monetários**

Todos os prémios monetários serão liquidados até 60 dias após a data da prova. Não existe acumulação de prémios monetários de geral/escalão, somente trofeus.

Todos os prémios monetários a ser pagos pela One Hundred estão sujeitos aos impostos em vigor.

### **Art. 17 - ANTIDOPING**

By enrolling in the One Hundred® Douro-Paiva World Series, each athlete:

-You must declare to the organization any information regarding the use of a prescription subject to Therapeutic Use Exemption (TUE) via email [portugal@onehundred.run](mailto:portugal@onehundred.run); Sportsmen may be ill or have conditions requiring the ingestion of certain medicines. Where this medicine, taken for the purpose of treating a disease or condition, is on the list of prohibited substances, THE ET 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 doctor of the organization, understanding that any expenses inherent in the performance of these samples and the associated analyses are the direct responsibility of the organization;

- Agree to respond to all calls that the organization's physician may send you based on medical information about you, in order to discuss your ability, or not, to participate in the race in 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 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 One Hundred® Douro-Paiva World Series, athletes authorize the organization 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 One Hundred® Douro-Paiva World Series indicate full acceptance of the rules and regulations of the race and any subsequent changes made. By registering, participants disexempt the organization from any civil or criminal liability for personal and/or property damage caused by them.

#### **Art. 20 - Miscellaneous**

Participants are obliged to assist the injured and to comply with the rules of traffic at the intersections of the road.

#### **Art. 21– FINAL PROVISIONS**

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

The organization 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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