



MCK ULTRAMARATHON



REGULATION AND RULES

Paths of Aparecida do Norte – Second Edition

Event Date: September 4th, 2021

1. Modalities:

❖ **September, 4th – Alfenas (MG) to Aparecida do Norte (SP) – 282 km (solo and quartet)**

Start Line: Chapel of Pinheirinho

Schedule: 04:00 a.m.

Timeout: 65 hours

❖ **September, 4th - Santa Rita do Sapucaí (MG) to Aparecida do Norte (SP) – 140 km (solo and double)**

Start Line: Santa Rita do Sapucaí - Main Square

Schedule: 11:55 p.m.

❖ **September, 5th - Wenceslau Braz (MG) to Aparecida do Norte (SP) – 70 km (solo and double)**

Start Line: Wenceslau Braz - Main Square

Schedule: 07:00 a.m.

❖ **September, 5th - Monte Verde Guest House to Aparecida do Norte (SP) – 22 km (solo and double)**

Start Line: Monte Verde Guest House

Schedule: 10:00 a.m.

The race will take place in any climatic condition, however, it can be canceled in case of catastrophe and if the physical integrity of participants and organizers are put at risk.

The winners will be those who fulfill their respective modalities in the shortest time.

2. The Race:

- ❖ The teams are obliged to start together. After leaving the city they are free to take turns until the end (double and quartet modalities).
- ❖ All participants must be over 20 years old.
- ❖ Athletes of any nationality can participate.
- ❖ Athletes will sign a term of responsibility on the registration form, assuming the knowledge of the risks to which they are exposed during the race.
- ❖ When the kit is delivered, the athlete must give the signed term of responsibility, along with the medical certificate, declaring that he/she is in perfect physical and mental condition to participate in the competition.
- ❖ The organization is exempt from any obligation regarding possible health damage.
- ❖ The participation of a pacer (athlete not registered in the race that dictates the race pace to another participant) will be allowed.
- ❖ Participants of each modality in the categories will be divided between men and women and according to their year of birth: 20-39 years / 40-49 years / 50-59 years / 60 or more.

3. Registration

- ❖ **Dates of registration:** From March 1st. to August 10th 2021.

- ❖ **Prices:**

SOLO Modality

- 282 Km: R\$ 500,00
- 140 Km: R\$ 250,00
- 70 Km: R\$ 180,00
- 22 Km: R\$ 120,00

RELAY Modality

- Quartet: R\$ 300,00 each participant, starting from de city of Alfenas (MG)
- Double: R\$ 170 00 each participant, starting from de city of Sta. Rita do Sapucaí (MG)

Registration will be made on specific websites.

Athletes aged 60 or over, completed in 2021, will pay 50% of the registration fee, being paid by bank slips or credit card.

4. Participation Kit

The delivery of the kit and the presentation of the term of responsibility will be on September 3rd. 2021 from 05:00 p.m. to 09:00 p.m., or until 01 hour before the start.

The athlete's kit will consist of a personalized t-shirt, a chest number bag and other items that may be offered by the sponsors.

The athlete himself must take his kit, and it will be necessary to present receipt of payment of the registration, a document with photo and signed term of responsibility.

❖ Athlete identification elements (chest number)

Each athlete will receive a number that must be fixed on the front of his or her clothing and with which they will be identified by the organization and also a control card which will be very important during the course

The athlete will be able to use the space of his/her clothes to show his supporters / sponsors, respecting to the placement of the official number.

5. General Rules

- ❖ Registered athletes will not be allowed to run shirtless.
- ❖ When absent from the course for any reason, the athlete must drive the identification stake in. When returning, it must happen in the same place where he left and remove the stake.
- ❖ Food and hydration in the race are on behalf of the athlete.
- ❖ Medical assistance will be provided by a local public hospital.

- ❖ There will be a doctor during the event and if any athlete is showing symptoms that are considered serious; the doctor has the authority to take the athlete from the competition.
- ❖ If the athlete leaves the race, he/she must immediately notify someone in the organization.
- ❖ Once voluntary abandonment has occurred, the athlete will not be able to return to the race.
- ❖ The final result of the athlete who leaves the race, either voluntarily or for medical reasons, will be the valid distance until the moment of leaving the competition.
- ❖ The organization of the race will be in random points by checking the athletes.
- ❖ The athlete will be passing through public roads and need to have full attention once the traffic will be open.
- ❖ The athlete must collect all garbage that he produces keeping the path cleaned, being considered as a very serious fault subject to disqualification.
- ❖ The athlete will not be able to receive help from his pacer or support team to facilitate his running, such as being pulled or pushed.
- ❖ The athlete must run or walk the entire path, the support car can be used only when stopped for rest or change of clothes etc.
- ❖ The use of a walking stick is allowed.

6. Awards

- ❖ Medal for each registered participant who completes the race.
- ❖ There will be awards with trophies for the top 3 overall.
- ❖ There will also be a trophy award for the age groups (male and female), considering the age completed in the year 2021 according to established criteria, regardless of the day and month in which he/she was born.
- ❖ The relay modality will be awarded to the 3 best teams, quartets and doubles.

7. Trip and Accommodations

The organization of the event is not responsible for the athlete's journey to the place of the race and his accommodation. The schedule and costs for this are under responsibility of each participant.

8. Image Rights

The organization will have the exclusive right to use the images of the event and its participants.

When registering for the event, the participant states that he makes available to the organization the right to use his name and his individual and collective image for everything that is related to his participation in the event, including for commercial use.

9. Final Considerations

The organization will provide athlete insurance for all participants in the event.

We will have a dinner with pasta the night before each start – 282 km / 140 km / 70 km from 07:00 p.m. For that, it's required to confirm presence by the e-mail: emailmckultra265@yahoo.com in advance.

The event will be guided by this regulation and, when registering for the race, the athlete confirms that he/she agrees with the rules determined by the organization, which are detailed in this regulation.

The organization may, at its discretion or according to the needs of the event, change these regulations, in part or totally.

10. Organization

- ❖ **José Rafael de Matos - Coordinator**
- ❖ **Mariano S. De Moraes - CREF 012913-P/MG – Technical Director**
- ❖ **Eduardo Silvério Calisto - Coordinator**
- ❖ **Tracking Supervisors**

A whatsapp group will be created for the registered athletes, and further information will be provided in this group.