



## **AMAZON ULTRA TRAIL REGULATION 2023**

### **CHAPTER I - SPORTING EVENT**

#### **1- MOTIVATION AND SPORTS, ENVIRONMENTAL AND CULTURAL PURPOSE**

The objective of ULTRA TRAIL AMAZÔNICA is to provide participants with experiences of contact with Amazonian culture and nature, to visit previously unexplored places, aligning sport, nature, safety, entertainment and competitiveness, united with preservation and environmental awareness.

By signing up for the Amazon Ultra Trail, athletes are invited to connect deeply with the rhythms of nature and the diversity of fauna and flora. In addition to the challenge of the race itself, whether by distance, weather and route, the unique characteristics of a jungle race make the event even more exciting. The forest operates at its own pace and decanting it is the biggest challenge!

The event will take place in 3 days, the routes will always pass through trails inside the Amazon rainforest and beaches of the Rio Negro and tributaries, in the pedestrian and mountain bike options.

There will be 3 days of racing in the middle of the jungle, in the non stop survivor model (non-stop and the athlete self-sufficient) for the following distances:

- 13km, 21km, 30km, 50km, 100km, 160km and 255km (160km + Prologue of 95km)

The distances can vary between 5k and 10k, and the variations is due to respect for the Amazonian nature, because it depends exclusively on the ebb of the Rio Negro. This factor, will be determinant for the final tracing of the distances, because it may occur from having to change some tracings according to the water level in mid-October, when the final routes will be displayed.

#### **2- AMAZON EXPERIENCE**

Athletes enrolled for the courses above 30 km will pass through 4 indigenous communities and 05 riverside communities. The indigenous culture will be presented, in the form of dance on the 1st day, as well as the food and overnight experience in the village, in addition to overnight, athletes will be invited to know the culture and habits of people who are in deep harmony with the Amazon and its charms.

A jungle experience is not something people are commonly prepared for, so everyone will undergo jungle survival training so they can venture out and overcome their limits in safety, jungle survival instruction will take place on the 1st day after accreditation.



All access to the event venues is only done by river, with average distance from 1h20min to 20min from Manaus in flights (small speedboats fast) and 3h30min to 1h in regional boats (medium and large, also called Pleasure Boat).

To ensure the well-being of participants and allow them to focus on their performance and enjoy the locality, the Ultra Trail Amazon will offer a safety and hydration structure, and athletes will be able to count on medical teams, rescue teams, speedboat, and ambulances on standby. The route will be objectively signaled, easy visibility and with signs indicating the direction and control points that will have hydration and support to athletes.

### **3- MEDICAL GUIDELINES:**

Runner safety is a primary concern in all To Goal Sports events, working closely with the rules, requirements and teams of private health and public emergency, to ensure from start to finish of the race and throughout your course, health, well-being and prompt service to the medical needs of all runners, spectators, volunteers and staff.

We also recommend that all participants follow simple precautions for a pleasant, enjoyable and safe experience during the event:

- Respect the distance: only take part in the course if you are properly trained and physically prepared to complete the total distance;
- Respect your health: consider consulting your doctor when planning to attend one of our events;
- Respect your body: If you are injured, or experience symptoms of fever, weakness, diarrhea, or vomiting before or during the event and that may prevent you from being physically prepared to run the chosen distance, we recommend that you consider not attending or abandoning the event;
- Respect your routine: Don't make major changes to training and hydration in the days before the race. On race day, a simple rule is to "drink your head" i.e., do not ingest above what you need and prefer water and sports drinks to stay hydrated and maintain sodium levels, and finally, do not wear new sneakers for the first or second time on the day of the race;
- Respect the weather: stay tuned for the weather forecast and suit the weather conditions. In Manaus, due to humidity and heat, use sunscreen and prefer light clothing and the shirt provided by the organizers, ideal for the event;
- If you feel anything different than usual, contact our medical staff at the start, along the route or on arrival, review the route map and check the places of care and medical stations. Every Medical Station has water, toilets, medical facilities and access to emergency transport or removal from the site in case you do not complete the race.



#### 4 - START DATES AND LOCATIONS:

4.1 - THE ULTRA TRAIL AMAZÔNICA, will be held in 3 days on the following dates:

**1st DAY: 03/11/2023 - PROLOGUE AND RECEPTIVE IN TATUYO VILLAGE**

**2nd DAY: 04/11/2023 - PRAIA DA ALDEIA TATUYO**

**3rd DAY: 05/11/2023 - PRAIA DA COMUNIDADE DO TUPÉ**

4.2 – The starts will occur on the portico located on the beach where the landing or overnight occurs and identified by the athlete upon arriving at the concentration with the words DROP, and will occur on the dates and times of the program mentioned below in item 4.4 under any climatic condition, obeying the following sequence:

- 05 minutes before the schedule leave the athletes with Mountain Bike;
- In the time described, athletes leave for trail walking – Trail Run;

4.3 – For the 3 days, the river transport service is included, the only way to access the locations of the routes, so it is necessary the attendance of athletes in the following places and times for each day:

- 1st DAY: 03/11/2023 - Accreditation at tropical executive hotel starting at 7am and boarding according to schedule in item 4.4;
- 2nd DAY: 04/11/2023 - Pier of the Tropical Hotel at 2:30 am with departure of the vessels at 2:45 am for exceptional cases and on demand and payment of extra service previously;
- 3rd DAY: 05/11/2023 - Pier of the Tropical Hotel at 6:00 am for the athletes of the 13k and 21k courses, with departure from the boats at 6:30 am and the beginning of return according to the completion of the course by the athletes and filling the vacancies in the boats from 9:40 am.

#### 4.4 - PROGRAMMING:

##### DAY 1: 03/11/2023

7am

Start breakfast service and start of priority accreditation for athletes who will participate in the 95km prologue.

07h20min

Start of accreditation for all athletes, delivery of bags and withdrawal of the BIB number and breakfast service;

7h40min

Displacement of the athletes registered for the start of the 95km prologue with



immediate start upon arriving at the site.

09h30min

End of accreditation and breakfast service;

09h40min

Technical Congress and Jungle Survival Instruction;

10h40min

Start of boarding on the event boat;

11h10min

End of boarding and start of river travel;

11h50min

Start of buffet service for lunch;

2:00 .m.

Arrival in the Tatuyo Indigenous Community and disembarkation;

14h10min

Reception by Cacique Tatuyo with your language and translation;

14h30min

Beginning of indigenous cultural presentations (3 dances with their meanings: Yurupary, Mawáku, Kapywayá. And a dance with the participation of athletes, moment for photos, paintings etc);

15h30min

Access to the Area of Overnight and general information about the locality;

4:00 .m.

Opening of the optional prologue ranging from 5km to 10km;

7pm

Start of buffet service for dinner;

9pm

Closing of buffet service for dinner;

21h30min

Curfew for overnight.

## **2nd DAY: 04/11/2023**

3h50min

Dawn;

03h55min

Start of buffet service for breakfast;

04h30min

Closing of the arrival area for the athletes of the 95km Prologue

04h50min

End of buffet service for breakfast;

04h55min

Access to the start area;



5h
Start for all distances (30km, 50km, 100km and 160km);
11am
Start buffet service for Lunch in pc control community Agrovila and in the arrival area athletes 30k and 50k;
14h50min
Awards distances 30k and 50k
15h30min
Closing of the buffet service for lunch and opening of the food service on demand and return boarding for complete athletes and dropouts 30k and 50k;
6pm
Start of buffet service for dinner at PC Agrovila Community Control for athletes 100km and 160km;
8pm
Return boarding for 50k, 100k and 160k senior athletes;
10:00.
Closing of the Buffet service for dinner in the Agrovila Community;
<b>3rd DAY: 05/11/2023</b>
06h00
Reception and start boarding of athletes from the 13k and 21k courses;
06h30min
End of boarding and start of river trip
07h30min
Disembarkation and concentration for starting;
7h50min
Start of the 13k and 21k routes;
9am
Home Awards Completion courses (100k, 160k, 13k and 21k);
9h40min
Start boarding for return of the athletes completing and quitting, after the first departure of the boats, they will continue in return according to the capacity;
11am
Start buffet service for Lunch in the CONTROL PC of the Agrovila community and in the Arrival Arena for athletes remaining of the 100km and 160km courses;
3pm
Closing of the buffet service for lunch in the Agrovila Community and boarding for return of the athletes who gave up or who did not pass the cutting time for arrival, then composes the boats for return;
9pm



Closing of the Race and final boarding for the return of the finalist athletes and dropouts.

Note: There will be a receptive team to guide the athletes when landing on the return of the race area.

**Note: The times described above may be according to the number of participants and operationalization of the starts, as well as other external factors vary in up to 60 minutes.**

## 5 - ACCREDITATION

5.1 - Accreditation is mandatory only for athletes who will run the 30km, 50km, 100km, 160km and 95km prologue. The athletes of the 13k and 21k courses will not be allowed, for these athletes, there will be the service of removing kits according to chapter V.

5.2 - The accreditation is access to the event, place for delivery of documents and belongings and receipt of the BIB number and the chipping time for the 3 days of the race.

5.3 - Accreditation may only be performed by the athlete who is duly registered in the event and upon presentation of the official document with photo (RG, CNH, PROFESSIONAL IDENTITY, WORK CARD and PASSPORT), present the medical certificate or sign the term of responsibility on his health and term of responsibility for participation signed.

5.4 - At the time of accreditation the athlete must check his/her details on the BIB number and course he/she will run.

5.5 - Registration complaints will not be accepted after accreditation.

5.5 – The Accreditation will be held on 03/11/2023 starting at 7:00 am in a structure of its own for this purpose located in the Japiim Hall of the Tropical Executive Hotel located on Av. Coronel Teixeira, 1320-A, Ponta Negra in Manaus / AM and end at 9:30 am.

## CHAPTER II - AWARD

### 6 - RATING:

Athletes of all distances will score for the rankings that the race participates and the scores follow their own criteria and will be presented on social networks the score of each course, among them:

- ATRB - Brazilian Trail Run Association;
- UTMB INDEX – Ultra Trail Mont Blanc;
- Others that throughout the year the registration is carried out.

#### 6.1 - AWARDS:



6.1.1 - All athletes who cross the finish line legally, who are regularly enrolled and without non-compliance with this regulation, will receive participation medals and edible medals (fruits and other edible products if there are sponsors with this interest).

6.1.2 - Medals and gifts will not be awarded post-race to people who, even if registered, have not participated in the race.

6.1.3 - The 03 (THREE) first placed MALE and FEMALE of each Course, both in the trail run and mountain bike, will be awarded trophies in an indigenous ritual.

6.1.4 - The award is a courtesy of the organizer of the event, being subject to change or cancellation without notice, which will only occur in case of extreme situation or force greater.

## **7 - CATEGORIES BY AGE GROUP**

7.1 – Trail running aged 12/31/2023:

Male and female

From 18 to 29 years old

From 30 to 39 years old

From 40 to 49 years old

From 50 to 59 years old

Over 60 years

7.2 - Mountain Bike aged 12/31/2023:

Male and Female

From 18 to 34 years old

From 35 to 44 years old

From 45 to 54 years old

Over 55 years.

7.3 - Observation: The categories by age groups may change according to the number of entries and age groups of the same in each course, prevailing a readjustment in order to guarantee at least 10 athletes in each category, if this need occurs, all athletes will be informed in advance, after the closing of registrations.

7.4 – In case there is no minimum number of athletes in any modality to classify in the age group, this modality will only have the general classification.

## **CHAPTER III - OF THE ROUTES:**

### **8 - The sketches below show the route and altimetry:**

- 1st DAY: 03/11/2023 - Prologue: It is an experimental concept, in which the athlete, the day before participating in his main event, has the opportunity to know the

environment and thereby improve his strategy. They will be offered in 3 distance: 3km until 10km in the area of The Tatuyo Village with 2 hours of duration, free of charge for all routes with release for use according to schedule in item 4.4.

The third option is a 95km course, not free, for athletes who want to challenge themselves in the total distance of 255km, and will have its start according to schedule in item 4.4 and arrival in the Village Tatuyo, is exclusive for athletes able to the course of 160km and have chosen to include the extra distance, and must finish until 4am in the morning of the day 4/11 to then at 5am to be able to start the main course 160km.

- 2nd DAY: 4/11/2023 - START AT THE BEACH OF THE VILLAGE TATUYO - Routes of 30km, 50km, 100km and 160km as below:

**30km route:** Composed of beaches, ponds, stream, jungle area locked and wild, roots, trunks, climbs and descents in grimes, crossing rivers, waterfall (only if the leaking allows to appear the waterfall of the Tatu) and passage through indigenous villages and riverside communities with arrival at the beach of the community of Tupé. It has 1,150m of positive elevation variation (ascents) accumulated and 1,150m of negative variation (descents) and total altimetry variation (ascents + descents) in 2,300m as a result on the Trace The Trail website:

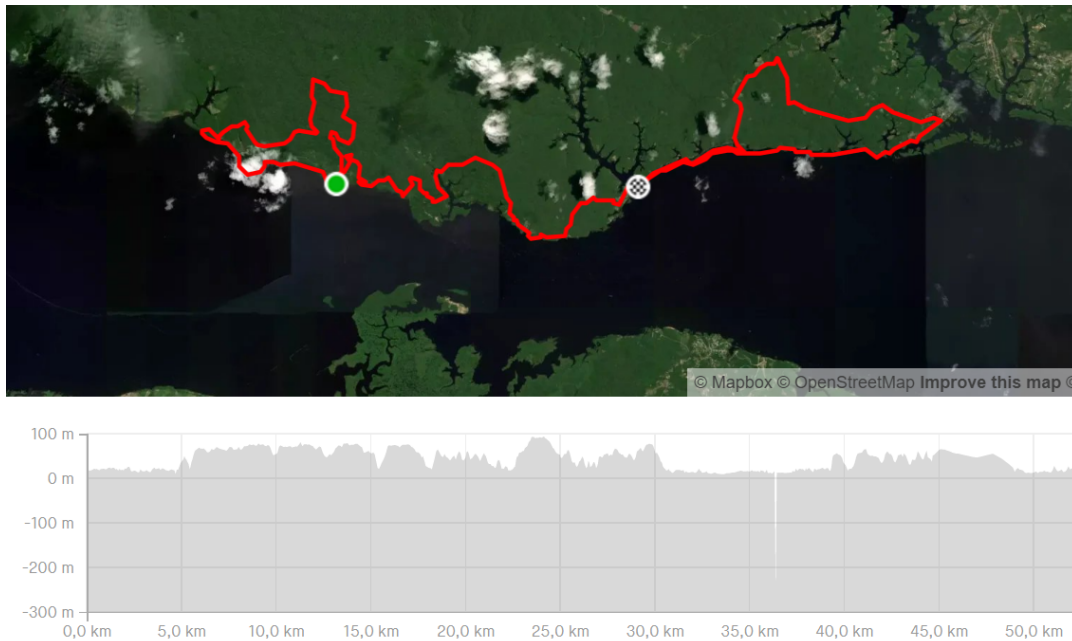


**50km route:** Composed of beaches, ponds, stream, jungle area locked and wild, roots, trunks, climbs and descents in grimes, crossing rivers, waterfalls (only if the leaking allows to appear the waterfall of the Tatu and the Bica da Reserva), sands, firm and unfought trails, passage through indigenous villages and riverside communities, with arrival at The Beach of the comunidad and Tupé. It has 1,665m of





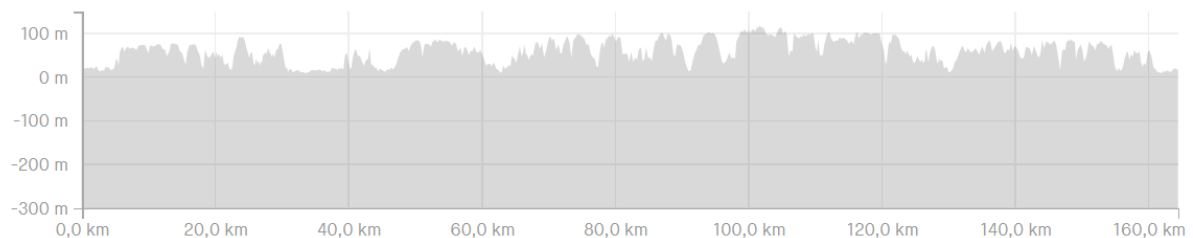
cumulative positive elevation variation (ascents) and 1,663m of negative variation (descents) and total altimetry variation (ascents + descents) at 3,328m as a result on trace the trail website:



**100km route:** Composed of beaches, ponds, stream, jungle area locked and wild, roots, trunks, climbs and descents in grimes, crossing rivers, waterfalls (only if the leaking allows to appear the waterfall of the Tatu and the Bica da Reserva), sands, firm and unfought trails, wild and uninhabited area, passage through indigenous villages and riverside communities, with arrival at the Beach of the community of Tupé. It has 3,880m of positive elevation variation (rises) accumulated and 3,860m of negative variation (descents) and total altimetry variation (ascents + descents) at 7,740m as a result on trace the trail website:

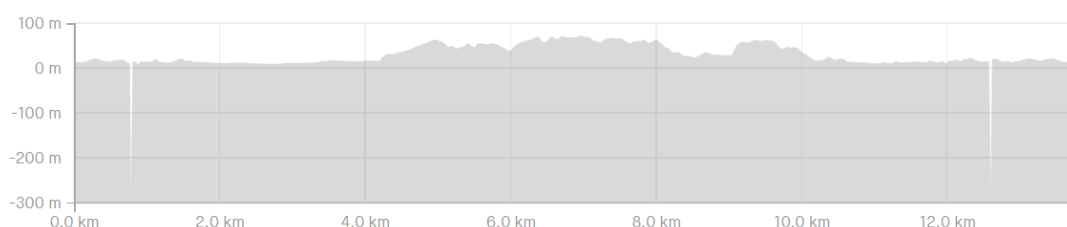
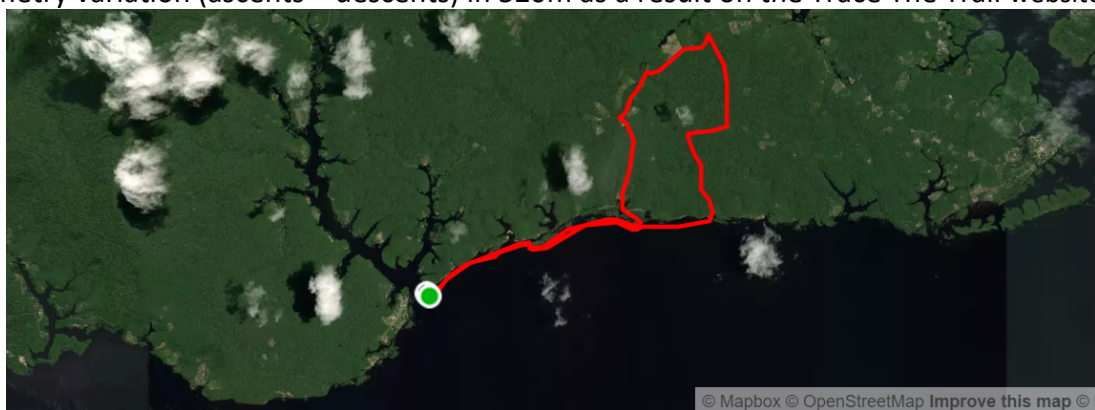


**160km route:** Composed of beaches, ponds, stream, jungle area locked and wild, roots, trunks, climbs and descents in grimes, crossing rivers, waterfalls (only if the ebb allows to appear the waterfall of the Tatu and the Bica da Reserva, waterfall of the reed, alligator waterfall), sands, firm and unfought trails, wild and uninhabited area, pastures and remote areas, passage through indigenous villages and riverside communities, with arrival at the beach of the community of Tupé. It has 6,440m of cumulative positive elevation variation (ascents) and 6,440m of negative variation (descents) and total altimetry variation (ascents + descents) at 12,880m as a result on the Trace The Trail website:



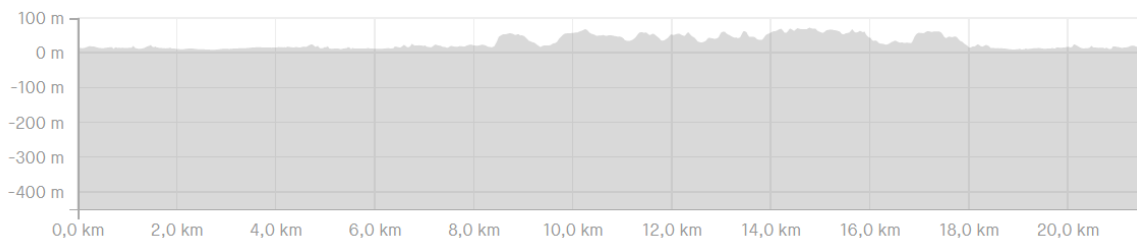
- 3rd DAY: 05/11/2023 - START AT THE BEACH OF THE COMMUNITY OF TUPÉ - Routes of 13km and 21km as below:

**13km route:** Composed of beaches, ponds, stream, wild jungle area, roots, trunks, in grimes and descents, crossing rivers, sands, tracks firm and unlocked, trails locked, starting, and arriving at the Beach of the community of Tupé. It presents 261m of positive elevation variation (ascents) accumulated and 259m of negative variation (descents) and total altimetry variation (ascents + descents) in 520m as a result on the Trace The Trail website:





**Route of 21km:** Composed of beaches, ponds, stream, wild jungle area, roots, trunks, climbs and descents in grimes, crossing of rivers, waterfalls (only if the leaking bica da Reserva), sands, firm and unfought trails, passage through riverside communities, with arrival at the beach of the community of Tupé. It presents 493m of positive elevation variation (ascents) accumulated and 491m of negative variation (descents) and total altimetry variation (ascents + descents) in 984m as a result on the Trace The Trail website:



8.1 - The routes may be changed by technical decision, actions of nature, force major or other reasons, and will be notified in advance by e-mail, social networks and media in general, without prejudice to the event as a whole.

9 - This event is conceived and organized by the company TO GOAL SPORTS VENTURES GESTÃO ESPORTIVA EIRELI, and through its employees, who will have the competence to solve any problem or answer any possible questions during the race.

#### **CHAPTER IV - OF THE INSCRIPTIONS:**

10 - The competitor, herenamed the athlete, who registers in the period stipulated in this regulation, pay the amount corresponding to the registration within the specified period, express agreement with the rules of this Regulation and accept the Term of Responsibility, an integral part of this Regulation and who is in full physical and psychological condition, who can participate in this type of race that has high physical strain, may participate in the AMAZON risk of animal attacks, risk of cuts and scratches, risk of tripping, which requires disposition, endurance and muscle explosion, with risks of sprain, muscle distension, aquicardia, sudden and even death. For ultramarathon routes it is mandatory at the time of



accreditation, present medical certificate or sign the declaration of fitness for the race as to your health and sign the term of responsibility.

10.1 - Registration should only be made through the Internet, on the website [www.ultratrailamazonica.com.br](http://www.ultratrailamazonica.com.br).

10.2 - The inscription for the main routes of the Amazon Ultra Trail (30km, 50km, 100km, 160km and 160k + prologue 95km) both hiking and mountain biking contains:

- Round-trip river transfer;
- Breakfast according to the chosen distance;
- Lunches according to the chosen distance;
- Dinner according to the chosen distance;
- Overnight from Friday to Saturday in Tatuyo Village
- Camouflaged hammock for overnight;
- Medical team;
- Rescue team;
- Personal accident insurance;
- Indigenous cultural presentation;
- Control points, Hydration points for water replacement (will contain water and ice, will not have glasses or bottles, the athlete should bring his backpack or hydration belt or bottle), and Control Point with lunch / dinner, fruits and simple foods (jujube, salt, honey, cereal bar, banana, etc.);
- Demarcated trails and signaling of the routes;
- 200 professionals involved;
- Survival instruction in the jungle;
- Rescue boats;
- Ambulance on standby;
- Finisher shirt;
- Medal for those who complete the course;
- BIB number;
- Time control;
- Post-tasting activations (fruits, tastings, physiotherapy, etc.);
- Gifts from sponsors (if any);
- Legacy with the riverside and indigenous communities in structure and income generation.

10.2.1 – Note: for the courses of 100km, 160km and 255km (160km+prologue 95km), the athlete must prove his physical and mental capacity to register, either with participation in other events and similar distances or physical fitness certificate in case it is the first time in the chosen distance.

10.3 - For the 13k and 21k courses for both trail running and mountain biking contains:

- Round-trip river transfer
- 01 race shirt
- BIB number
- Time control





- Personal accident insurance
- Biodegradable plastic bag
- Medal for those who complete the course
- Hydration points for water replacement (there will be no glasses or bottles, the athlete should bring his backpack or hydration belt or bottle);
- Fruits in the post-race;
- Medical team;
- Rescue team;
- Demarcated trails and signaling of the routes;
- Gifts from sponsors (if any);
- Legacy with the riverside and indigenous communities in structure and income generation.

ILLUSTRATIVE IMAGE OF SHIRT AND MEDAL WILL BE PRESENTED SOON

10.4 - For mountain bike mode, a numbered board will be provided for use on the bike.

10.5 - **For BRAZILIAN and SOUTH AMERICAN ATHLETES** the amount of investment in the registration is in the Brazilian Real currency (R\$) and are the same for Trail Run and Mountain Bike as follows:

- Route of 13km: R\$ 199.00 (one hundred and ninety-nine reais);
- Route of 21km: R\$ 299.00 (two hundred and ninety-nine reais);
- 30km route: R\$ 890.00 (eight hundred and ninety reais);
- 50km route: R\$ 1,190.00 (one thousand, one hundred and ninety reais);
- 100km route: R\$ 1,590.00 (one thousand, five hundred and ninety reais);
- 160km route: R\$ 1,890.00 (one thousand, eight hundred and ninety reais);
- Extra route: 160km + Prologue of 95km: R\$ 2,280.00 (two thousand, two hundred and eighty reais);

10.5.1 - **For FOREIGN ATHLETES (not South Americans)**: the investment value is in Euros for European athletes and in dollars for other continents, having as face value the following:

- 13km route: \$ 199.00 (one hundred and ninety-nine euros or dollars);
- 21km route: \$ 299.00 (two hundred and ninety-nine euros or dollars);
- 30km route: \$ 890.00 (eight hundred and ninety euros or dollars);
- 50km route: \$1. 190.00 (one thousand, one hundred and ninety euros or dollars);
- 100km route: \$ 1,590.00 (one thousand, five hundred and ninety euros or dollars);
- 160km route: \$ 1,890.00 (one thousand, eight hundred and ninety euros or dollars);
- Extra route: 160km + Prologue of 95km: \$ 2,280.00 (two thousand, two hundred and eighty euros or dollars);

10.5.1.1 - The reason for the value for non-South American Foreign Athletes is in euros or dollars is in order to match the opportunity for participation among all, and, it is also added a personalized service, transfer to the airport to and from the airport, guidance on accommodation and tourism outside the event, as well as investments in people for translation and guidance in general.



10.6 - The number of vacancies for any of the routes may vary according to the coordination of the event and at the time when it seems appropriate.

10.7 - **Athletes over 60 (sixty) years of age** have by law the right to the discount of 50% (fifty percent) in the sports part, the values of logistics, overnight, food and other services provided do not reach such discount, so the athlete over 60 years should contact us to request the discount coupon according to the chosen route via e-mail: [atendimento@togoal.com.br](mailto:atendimento@togoal.com.br).

10.8 - **Wheelchair, Visually impaired and Hearing Impaired athletes** will have, at the free initiative of the organization of the event, the right to a 50% discount (fifty percent) in the sports part, the values of logistics, overnight, food and other services provided do not reach such discount, therefore the athlete must prove the condition, during accreditation or withdrawal of the kit, presenting himself or in case of impossibility, your representative presents a document proving the identity and disability and verified at the time of boarding to the race place. Wheelchair users are people with physical disabilities who need exclusively the use of a sports wheelchair. Visually Impaired, are people with total lack of vision, must run accompanied by a guide (the guide does not compete in the event) who will have his seat reserved also during the round trip transfer to the event venue. Hearing impaired, are people with total absence of hearing, do not require companions and will have a staff person for guidance and communication. You should contact us to request the discount coupon according to the route chosen via e-mail: [atendimento@togoal.com.br](mailto:atendimento@togoal.com.br).

10.9 - **Blood Donors:** At the end of registrations, the organization will provide 02 vacancies, free of charge, for blood donors to 13km or 21km. To have access to the vacancies, the athlete must go to HEMOAM on the date to be informed by the organization, disclosed in advance on the social networks of To Goal Sports and Ultra Trail Amazon, and inform at the reception that intends to compete for the donor vacancy, then prove 03 (three) consecutive donations for men and 02 (two) consecutive donations to women in a period of 12 months, as provided by the Municipal Law, and the athlete may also donate blood at the time of his stay at HEMOAM to complete the pending donation, if applicable. The direction of HEMOAM will pass on the organization of the event the data of the first athletes who meet the above conditions.

10.10 - Courtesy requests will not be accepted for athletes who are already registered in the event, as well as there will be no refund of paid registrations, if the athlete receives a courtesy or benefit, via third parties and is already enrolled in the event, regardless of the option previously registered, and if, use the courtesy for another option, must request, under penalty of being disqualified, the cancellation of your participation in the previous option, without returning previously paid amounts.

10.11 - At the discretion of the organization, a discount may be granted on the value of registrations for teams, advisories and other categories, or through promotional lots to the general public.

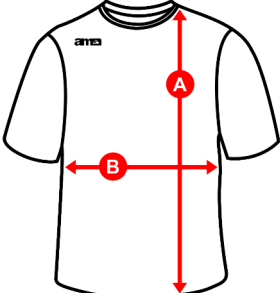
10.12 – There will be no registration via manual form and payment to third parties in kind or for employees of TO GOAL SPORTS VENTURES SPORTS MANAGEMENT, only registration through the online platform will be valid, and the printing of the ticket, without the actual payment, does not guarantee participation in the event.

10.13 - Registration will be closed 15 (fifteen) days before the scheduled date for the race, or on a date prior to the race, if the technical limit set for the event is reached.

10.14 - The online registration fee is already included in the sale amount, and guarantees not only the security and convenience of the transaction performed by the athlete, but also pays the following services: (i) confirmation control and authentication of online payment with financial institutions; (ii) information security system, since personal information is stored and encrypted credit card information of customers is used; (iii) triggering of e-mail confirming the purchase order of the registration (before the confirmation of payment); (iv) triggering of email confirming the sale (or disapproval) of registration after confirmation of payment; (v) cost of internet access bandwidth.

10.15 - The organization offers the option of choosing the size of the shirt, so there will be no possibility of changing the size by wrong choice at the time of delivery. The athlete may not claim impossibility to race in the event in case there is no shirt in size that suits him. In case of error on the part of the organization in the size of the shirt, the athlete has the option to choose the best size available at the moment and then schedule the date for delivery of a new shirt in the correct size.

#### SIZE OF ADULT MEN'S SHIRTS



### TABELA DE MEDIDAS


**MASCULINO**

**CAMISA POLIAMIDA**

TAMANHO	PP	P	M	G	GG	XG
MEDIDA <b>A</b>	65	67	69	71	73	75
MEDIDA <b>B</b>	48	50	52	54	56	58

\* Os valores apresentados podem sofrer variações de até 2cm para mais ou para menos.

\*\* Valores calculados em Centímetros

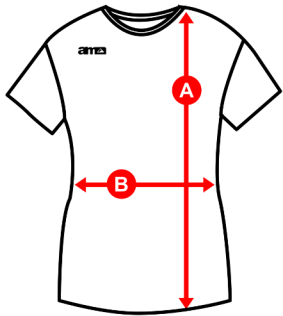



#### SIZE OF ADULT WOMEN'S SHIRTS



TABELA DE MEDIDAS						
FEMININO						
CAMISA POLIAMIDA						
TAMANHO	PP	P	M	G	GG	XG
MEDIDA A	58	60	62	64	66	68
MEDIDA B	37	39	41	43	45	47

\* Os valores apresentados podem sofrer variações de até 2cm para mais ou para menos.  
\*\* Valores calculados em Centímetros

**WARNING FOR THE CHOICE OF SIZES (NO EXCHANGE WILL BE ALLOWED DURING DELIVERY, IF YOU HAVE CHOSEN THE WRONG SIZE YOU CAN UNTIL THE DAY 04/10/2023 REQUEST BY E-MAIL [atendimento@togoal.com.br](mailto:atendimento@togoal.com.br) THE CORRECTION OF THE SIZE.**

11 - At the time of registration, by agreeing to the regulation, inscoring the option presented in the online system, the athlete accepts all the terms of the regulation and assumes full responsibility for his participation in the event according to the term of responsibility, an integral part of this regulation.

12 - The organizing company may, at any time, suspend or extend deadlines or, furthermore, increase or limit the number of registrations, depending on needs, technical availability and/or structural issues, without notice.

13 - Athletes are responsible for the veracity of the information provided in the online system.

14 - The athletes agree that the e-mail and social networks, will be the means of communication used by the organizing company to pass on information and updates regarding the race.

14.1 - The athlete assumes and expressly declares that he is knowledgeable of his state of health and athletic ability, and trained appropriately for the event.

15 - The amount paid for registration will not be returned if the athlete/athlete reports the withdrawal of the race outside the deadline provided for in art. 49 of the Consumer Protection Code - CDC, that is, up to 07 days after purchase.

16 - The registration in the race is personal and non-transferable, and no athlete can be replaced by another athlete in any situation.

16.1 - The athlete who gives or let copies his BIB number to another person will be responsible for any accident or damage that he/she suffers, exempting the service and any responsibility of the organizing company, its sponsors, supporters and public agencies.

16.2 - If there is proven fraud, especially in relation to the benefits defined by law (people over 60 years and donors and liberality of the organizer for PNEs), the athlete will be



disqualified from the race and, may be liable for a crime of ideological and/or documentary falsehood before the competent authorities and will be prevented from participating in other races organized by the company. Furthermore, a ticket will be issued on behalf of the acquirer with the difference to be paid and forwarded via e-mail, and notified of the fraud, even if the situation has been naïve or not known.

16.3 - If there is any inability to participate and you want to assign your registration to third parties, you must request in [the\\_email\\_atendimento@togoal.com.br](mailto:the_email_atendimento@togoal.com.br) with the subject CHANGE PARTICIPANT and inform the basic data for change: full name, date of birth, CPF/passport and contacts (e-mail and phone number), in order to make the adjustments, the option of participation can not be changed, and in case of any benefit (courtesy, promotional discounts or by law) the difference must be paid in advance via ticketing when the change is approved, the deadline for such request is until 15 days before the date of the event.

17 - The minimum age for participation in the event is 18 years on 12/31/2023.

#### **CHAPTER V - DELIVERY OF KITS FOR THE ROUTES 13KM AND 21KM**

18 - The delivery of kits will take place only for athletes registered for the 13k and 21k courses, and will take place on November 3<sup>rd</sup> and 4<sup>th</sup>, from 2pm to 8pm in a place to be informed by the organization by e-mail, on social networks or by phone: (92) 98804-6725.

18.1 The other athletes will participate in the accreditation according to item 5.

19 - The Kit can only be removed by the athlete registered upon presentation of the official document with photo (RG, CNH, PROFESSIONAL IDENTITY, WORK CARD and PASSPORT).

19.1 - The withdrawal of kits can only be effected by third parties upon presentation of specific authorization for this purpose (letter written manually or typed or via whatsapp authorizing the third party, including the full name and number of the RG and CPF to remove the kit, and with signature equal to the official document with photo) with copy or photo of the id of the registrant.

19.2 - The organizing company is not responsible for the removal of the kits in cases where there is a specific authorization through the demonstration of identification document.

19.3 – Athletes aged 60 years or older and PNEs will have priority in the attendance for the removal of the kit and proof of the condition for the discount and signing of the commitment term not to assign their BIB number and time control to another athlete who does not have the condition to obtain the benefit.

19.4 – **THERE WILL BE NO WITHDRAWAL OF KIT ON THE DAY OF THE EVENT AND NOT AFTER THE EVENT, AND THE ATHLETE WHO DID NOT MAKE THE WITHDRAWAL ON THE DAYS AND TIMES STIPULATED IN THIS REGULATION, WILL HAVE THE KIT COLLECTED AND INTENDED FOR SOCIAL ACTIONS.**



20 - At the time of withdrawal of the Kit, the athlete or the authorized third party, must check their data that will be on the label of the envelope containing the BIB number, and if it finds error, make the correction with the organization.

20.1 - The organization is not responsible for errors in the filling of registration data and any errors resulting from these.

20.2 - Registration complaints will not be accepted after the kit has been removed.

20.3 – If there is no availability of the size of the shirt chosen during registration, not extended to the erroneous choice, unless the organization is deciding at the time of delivery of the kit, the organization will write down the situation and the athlete will receive a second shirt with correct size on the date to be matched.

## **CHAPTER VI - INSTRUCTIONS AND RULES FOR SPORTING EVENT**

21 - The official start times of each stage are those described in item 4 of this regulation, so athletes must follow the arrival, boarding, locality and schedules so that they do not miss the start.

22- Athletes must be in the place determined in item 4 of this regulation for accreditation and for boarding at least thirty minutes / half an hour in advance and go to the places where the concentration of the event takes place, when the final instructions will be disclosed by the voiceover.

23 - It is the obligation of athletes to have prior knowledge of their course. The route is available in Chapter III item 8 of this regulation and on the [www.ultratrailamazonica.com.br](http://www.ultratrailamazonica.com.br) and social networks.

24 - The participation of the athlete in the event is strictly individual and the assistance of third parties, as well as the use of any technological resources without the prior written authorization of the organizers.

24.1 - The athlete is self-sufficient from the start to the arrival of each course.

24.2 - Self-sufficient is the athlete who has full responsibility for his participation in the sporting event and is able to leave and arrive without the support of third parties or the organization of the race, that is, will be able to face all adversities encountered in the place where the race is developed, from physical and mental problems, tiredness, hunger, dryness, rain, cold, heat, wind, taking care of minor injuries, screwed insects, removal of thorns etc., that is, is fully responsible for everything you will experience during your participation, as well as being responsible for your prior preparation regardless of the suggestions of the organization.

24.3 - There is no option to support the athlete, therefore, prior planning is not allowed or during their participation in the event for external aid.



24.4 - It is allowed to interact with the local population, whether with water, food or health care, and totally prohibited help with locomotion (hitchhiking) whatever the means used (bicycles, wheelbarrow, animals, boats, motorcycles , etc.), if it occurs the athlete will be disqualified.

24.5 - The athlete when registering for the event is fully aware that their preparation is their full responsibility, and will face adversities of the jungle environment, and will have to have autonomy and ability to plan to solve problems independently, without the help of the organization, especially with the weather conditions (heat, humidity, rain, cold etc. ), manage when alone physical and mental problems (fatigue, fear, digestive problems, mild wounds, joint and muscle pain, etc.), problems with food, hydration and own equipment, and that their safety within the jungle environment depends strictly on their behavior and ability to adapt and solve everything that is experienced there.

24.6 - The option of the athlete to carry bags will be made available by the organization of the race. The bags must be prepared in advance and delivered during the accreditation identified for the staff to make available at the specific Control Point for this purpose.

24.7 - All Control Points will be informed in the athlete's booklet that will be available in the emails, social networks and website of the event in October, 15 days before the date of the race.

24.8 - The mandatory items may not be stored in the bag, unless they are too many items, spare to which the athlete carries with him.

24.9 - It is mandatory for the athlete to behave:

- Whistle;
- Backpack with hydration system (minimum 2 liters)
- Head flashlight with reserve batteries (minimum of 2 sets for every 50km)
- Thermal Blanket (minimum 2 units)
- First aid kit containing: tweezers, antacid, analgesic, anti-thermal, anti-inflammatory, antihistamines, bathing cream, adhesive, gauze, gloves, bandage, antiseptic.

24.10 - The mandatory items will be checked in the accreditation for all athletes and at the Control Points by sampling, or randomly during the start, arrival and route. Not carrying the mandatory items mentioned above declassify the athlete.

24.11 - They are not mandatory, but rather suggested by the organization the athlete to behave:

- Cap or bandana or buff
- Fleece or long sleeve thermal blouse
- Legging pants or shorts
- Change of clothes



- Sunscreen, repellent, vaseline
- Food reserve (fruits, chocolates, energy bars, salt and sugar sachets etc.)
- Cash amount to deal with any unforeseen
- Additional items in the First Aid Kit that the athlete deems necessary
- Use a watch or cell phone with a GPX file reader application and previously download the route of the race

24.12 - We recommend athletes to use trail running shoes for the course. We are not responsible for possible accidents to athletes who are barefoot or wearing inappropriate shoes.

25. - It is mandatory for the athlete to complete the entire course.

25.1 - In case of altered, misplaced or undone signaling (either by human, animal or nature action) and induce the athlete to error, it will be the athlete's responsibility to return to the correct point and comply with his course, not having the organization responsibility in the final result of the athlete or about what happened, and will not answer complaints about the incident.

25.2 - The organization will always be reviewing path signs to inspect and make adjustments if necessary, always with the focus on offering positive experience and prevent the athlete from erring the course.

25.3 - The trails will pass through jungle trails, ponds, beaches, pastures, plantations, grasses, sites, farms, stones, stream, rivers, fences, holes, sand, slats, vegetation of straws, open area, area covered by the canopy of trees, extensions, vicinal and with all the layout widely marked and signposted with ribbons and informational signs.

25.4 - The course may undergo changes in some stretches that may present difficulties or risks to athletes, this right is reserved exclusively for the organization, the athlete is responsible for following the course.

25.5 - If the fall of trees occurs that prevents following the original course layout, the athlete will have to evaluate at the time of his passage the two possibilities:

a) Go over the trunk; or

b) bypassing the tree and returning to the original layout, in this case, we always recommend using the root side, so that you do not have to enter the jungle and bypass the largest space that the tree top occupies, in addition to the difficulty of viewing and locomotion, more details will be covered during the jungle survival instruction and technical congress.

25.6 - The passage of athletes through the control points is mandatory and follows the chronological order according to each route, the non-passage or the passage in sequence different from the chronological order disclassifies the athlete and depending on the



situation, will not continue on the course and will be forwarded to return to the safety place and end of the event.

25.7 - The routes for access via maps, detailed description, GPS, applications in general will be available in October when the possibility of the complete layout according to the leak of the Rio Negro, and will be informed via e-mail to subscribers and social networks and on the [www.ultratrailamazonica.com.br](http://www.ultratrailamazonica.com.br) site.

26 - The first five (general and male) placements of each course will be defined on a first-come, first-served basis. The others will be for the net time that the athlete used between dropping and completing the course.

27- At all control points - PC, start and finish there will be water for supply and at the Control Point for meal - PA (lunch and dinner) there will be fruits (banana, orange and watermelon), sweet and savory (banana, jelly bean, cereal bar, peanut, salt sachet etc.) and local food, which can be pupunha, açaí, chestnut among others.

27.1 - The athlete must carry his container to supply his hydration (hydration backpack, bottle, squeeze, cup, etc.), as no glasses, bottles or any other type of water container will be provided.

27.2 - The locations of each control point will be available for consultation in October and will be informed in the athlete's guide, by email, social networks and on the event's website: [www.ultratrailamazonica.com.br](http://www.ultratrailamazonica.com.br).

27.3 - Detailed information on elevation gains, altimetry, place and time of the cut-off point and other details relevant to the route will be available for consultation in October and will be informed in the athlete's guide, by email, social networks and on the event's website: [www.ultratrailamazonica.com.br](http://www.ultratrailamazonica.com.br).

27.4 - The athlete must throw his waste consumed at the control point in the appropriate and identified waste bin, as well as transpose with him the waste consumed along the route as carbohydrate sachets, plastic packaging, lids, bottles etc. for disposal at the control points and start and finish area in the appropriate bins.

27.5 - The athlete who disrespects the environment and throw garbage outside the appropriate places will be disqualified.

28 - The Amazon Ultra Trail takes place in the Tupé Sustainable Development Reserve - RDS Tupé, Puranga-Conquista Sustainable Development Reserve, in an area of indigenous and riverside communities and is the duty of everyone, from athletes, visitors, organization, staff and residents to care for, preserve and preserve the site. It is an obligation to know, respect and defend the environment where the event is held. Any mistreatment, lack of respect or inappropriate behavior with the culture and the local environment will be the cause of disqualification and even expulsion from the event.



29 - TRAIL RUN and Mountain Bike are sports that have their own ethics and require specific behaviors of care and preservation of nature and people who inhabit the place and with other athletes, staffs and organization of the event, therefore, it is a reason for disqualification in case of the athlete:

- use shortcuts, circumvent the route layout;
- change the signs, remove demarcation or ribbons or indicate wrong path to other athletes;
- have unsportsmanlike, aggressive or insulting attitudes towards residents, staffs, other athletes and organization;
- destructive actions against nature;
- use drugs to improve performance;
- access locations other than the route layout;
- not provide support, help, support or help to another athlete in case of accidents or special needs;
- run without shirt and or with BIB number without being visible.

29.1 - The athlete has the obligation to meet a request for passage, which must be done politely by the other athlete who wishes to overcome, in a stretch of "single-track" due is faster than the athlete who is ahead, and regardless of the placement that is competing, must meet the request and allow the passage.

29.2 - The athlete may be penalized even after completing his course in case of information of any violation of this regulation.

29.3 - The athlete must respect and comply with all instructions regarding safety, health and other decisions regarding the evidence passed on by the staff throughout the event in general.

29.4 - If the athlete makes the decision to stop, abandon, give up his participation in the course, it will be mandatory to inform the staff or nearest athlete, or at the control point so that the rescue team and evacuation of the jungle environment take action for removal or follow-up to the exit point.

29.5 - If the athlete witnesses an accident, he/she must also assist and certify the safety situation, communicate the staff or nearest control point.

29.6 - If the athlete needs any medical treatment or makes use of any medication that is not included in his medical certificate, he/she must inform in advance in the accreditation so that we can provide the professionals and specific medical support.

29.7 - The organization will not be responsible for or transport any kind of individual equipment during the event, unless in cases of emergency or withdrawal in which the athlete is unable to do so and the rescue through the mobile structure used is possible to transport.



30 - There will be points and cut and timeout to complete each route being:

- 13k route - 0 cut-off point and 3h to complete
- 21k route - 0 cut-off point and 5h to complete
- 30k route - 0 cut-off point and 8h to complete
- 50k route - 0 cut-off point and 13h to complete
- 100k route - 01 cut-off point and 25h to complete
- 160k route - 02 cut-off points and 40h to complete
- 95k prologue - 02 cutoff points and 20h to complete

31 - All communication of the event is carried out by the official website and pages on the social networks of the event, being the athlete's obligation to consult periodically in order to obtain updated information, possible changes, modifications or unforeseen, being the means: [www.ultratrailamazonica.com.br](http://www.ultratrailamazonica.com.br), Instagram @ultratrailamazonica, @togoalsports, e-mail [uta@togoal.com.br](mailto:uta@togoal.com.br) and [atendimento@togoal.com.br](mailto:atendimento@togoal.com.br) the officers.

31.1 - We ask you to receive emails in your mailbox.

32 - **THE USE OF HELMET** FOR MOUNTAIN BIKE athletes is **MANDATORY**;

32.1 - We recommend the use of tires without cameras and with sealant;

33 – For each athlete will be provided a number, which should be used visibly on the chest without erasure, mutilation or alterations, during the entire course of the race, being able to disqualification participants who do not meet this requirement and also a plaque for use in mountain biking.

34 - In the event of disqualification of the first place, will be called the qualified with the best time, successively.

35 - The athlete must observe the route, not being allowed any auxiliary means to achieve any kind of advantage. Likea, access to the areas of the event will not be allowed using paths without being flagged for such situation, being prohibited to skip the grids or tapes or access alternative trails that delimit these areas to enter the track at any time of the race. Failure to comply with these rules will cause the athlete to disqualification.

Sole paragraph: In order to avoid the occurrence of accidents, the presence of animals along with the athletes on the courses will be expressly prohibited.

36 - The athlete who acts in such a way as to prevent or hinder the progression of other participants during the race will be subject to disqualification.

37 - The athlete must withdraw immediately from the race if so determined by a member of the official medical team indicated by the Organizing Committee, and also by other members of the coordination / staff in case of extrapolating the estimated time (11min





/km), even in parts of the course, in order to preserve the safety of the participants and interdiction of the space destined to the race.

38 - The classification of the race will be carried out through electronic timing system, the electronic control item composes the kit delivered to the athlete.

38.1 - The time of all athletes participating in the competition will be timed and informed later, provided that they comply with the rules provided for in this regulation.

38.2 - The use of the electronic item to control the time is mandatory in the course of the entire race, and participants who do not meet this requirement are subject to disqualification.

38.3 - The athlete who does not remove his BIB number and electronic control item (included in the kit) on the date and times stipulated will be prevented from participating in the race.

38.4 - The placement of the electronic control item is the responsibility of the athlete, as well as the consequences resulting from the non-use or improper use of the same. Incorrect placement may compromise the classification, and there is no subsequent appeal in case of disqualification or non-signal capture. Improper use by the athlete may result in non-time marking, exempting the Organizing Committee from the responsibility of the consequent non-disclosure of the result. If in doubt, ask someone in the organization for help.

38.6 - The BIB number shall be fixed on the shirt, on the front, at the height of the abdomen, in the horizontal position. And the plates for mountain bike athletes should be fixed to the bike handlebars in the horizontal position. The placement of the BIB number for all athletes and the plate on the bicycle is the responsibility of the athlete, as well as the consequences resulting from the non-use or improper use of the same. Incorrect placement may compromise the classification, and there is no subsequent appeal in case of disqualification or non-registration on arrival. The inadequate use of the breast number by the athlete may result in the non-time being marked, exempting the Organizing Committee from the responsibility of the consequent non-disclosure of the result. If in doubt, ask someone in the organization for help.

38.7 – The arrival will be fully filmed using two cameras and will still be photographed all who cross the finish line.

39 - The Mountain Bike competition is sprint style with a single lap on the course, regardless of the category.

40 - The registration made by the athlete or his attorney, matters in the declaration of knowledge and accepts all the content of this Regulation, and at no time can claim ignorance or ignorance of everything stipulated here.



## **CHAPTER VI - THE PHYSICAL CONDITIONS OF ATHLETES AND SUPPORT SERVICES**

41 – All athletes must be up to time with rigorous medical evaluation to perform the race, being aware of their state of health and physical fitness to participate in the race.

41.1 – The ORGANIZER is not responsible for the physical health of the athletes, it is the total responsibility of each athlete to know their ability.

42 - The athlete is responsible for the decision to participate in the race, evaluating his physical condition, performance and judging by himself whether or not to continue throughout the competition.

42.1 - The Organizing Committee may, following the recommendation of the doctor responsible for the race, determine that the athlete interrupts or does not participate in the race.

43 – The ORGANIZER has no responsibility for the medical care and medical expenses of athletes in cases of hospitalization or injuries generated by participation in the race. An ICU ambulance service will be available for emergency care to athletes and for their removal to hospitals in the public health system.

44 - The athlete or his/her companion may decide to remove or transfer to hospitals from the private health network, removing the organizing company from any responsibility or reimbursement for the expenses arising from this medical care.

44.1 - When registering, the athlete attests that he/she has physical conditions to perform the chosen course.

44.2 – The event has personal accident insurance for registered athletes.

44.3 - The policy contains:

- coverage for accidental death of R\$ 100,000.00;
- permanent disability coverage by accident up to R\$ 100,000.00;
- reimbursement of medical and hospital expenses, medical and pharmaceutical assistance by accident up to R\$ 10,000.00;
- Scope of coverage is only during the participation of the event.

44.4 - Any expenses higher than that contracted in the Policy will be on behalf of the athlete.

45 – At the start/finish and along the race course there will be hydration stations with water and on the larger routes the Meal Point with food and fruits.

46 - A tent/structure identified as a storage guard shall be made available to the participants only in the concentration part of the race.



46.1 - It is recommended that the athlete does not leave any valuables in the locker, since the Organizing Committee has no way to control and take responsibility for the items that the athlete voluntarily chooses to leave on site.

46.2 - The Organizing Committee will not be responsible for the content of the volumes delivered or for the loss of materials or damage that, perhaps, the athletes may suffer during the participation of the event.

46.3 - The volume guard will be disabled 20 minutes after the end of the race, and each user must therefore collect their volumes before that deadline.

## **CHAPTER VII - COPYRIGHT**

47 - The athlete who registers and consequently participates in the race is unconditionally accepting and agreeing to have his image and voice disseminated through photos, films, radio, newspapers, magazines, internet, videos and television, or any other means of communication, for informative, promotional or advertising uses related to the race, without incurring any burden to the companies and/or partners responsible for the media coverage of the race, forgoing the receipt of any income that may be received with such rights at any time/date.

48 - All *athletes, staffs, organizers* give in the act of their registration all rights to use their image and voice to the organizing company and / or to the partners of the race, responsible for the media coverage of the race.

49 - Filming, television, photographs or video relating to the race have the rights reserved to the organizers.

## **CHAPTER VIII - SUSPENSION, POSTPONEMENT AND CANCELLATION OF SPORTING EVENT**

50 - The Organizing Committee, strewhether for the safety of athletes, may determine the suspension of the race, whether or not initiated, for reasons of public safety, vandalism and/or reasons of force-greater force. If the race is suspended, for any of these reasons, this will be considered held and there will be no designation of a new date for the race.

51.1 - Athletes are aware that they must assume, at the time of registration, all risks and damages of the eventual suspension of the race (initiated or not) for reasons of public safety, vandalism and/or reasons of force greater force, not generating any responsibility for the organizing company.

52.2 - In the event of suspension of the sporting event there will BE NO refund of the registration fee.



53 - The race may be postponed or canceled at the discretion of the organizing company, being communicated to the registered is decision by e-mail, social networks and the official registration site of the race.

## **CHAPTER IX - GENERAL PROVISIONS**

54 - The safety of the race will receive support from the competent bodies and there will be signs for the orientation of the athletes.

55 - There will be no reimbursement, by the organizers, as well as their sponsors and supporters, of any corresponding amount or damage to the equipment and / or accessories used by the athletes in the event, regardless of the reason, nor for any loss of materials or injury that athletes or third parties may suffer during participation in the race. The costs of transportation, lodging, food, insurance or any other expenses necessary or arising from your participation in the race, before, during and after it will be the sole responsibility of the athlete.

56 – The Organizers, at their discretion or according to the needs of the race, may amend or revoke this regulation informing the changes through the official website of the registration of the race.

57 - The doubts or omissions of these Regulations shall be resolved by the company and/or the Organizing Committee of the race in a sovereign manner, and there are no appeals against these decisions.

58 - The organization of the race reserves the right to request, at any time, the documentation of the athlete for the purpose of proving the age of the same.

59 - Bathrooms and lockers will be used at the place of concentration of the test as support, offered by the organization of the event. The organization recommends that no valuables be taken for the test and that such structures be used in a civilized and understood manner that they are available to all participants.

60 - The organization is sovereign and will decide on the omitted cases of this regulation and appeals that come, which must be formally submitted in writing, within 10 minutes after the disclosure of the result.

61 - During the awards podium, the athlete can only disclose his sponsors through his clothing (e.g.: cap, t-shirt, shorts, pants, sneakers, sweaters, all of these in common models). It is forbidden to use posters and banners among others for the dissemination of sponsors on the podium. Manifestations of this nature only with the prior authorization of the organization. Failure to comply with this item will result in the athlete's disqualification, as well as the return of the award received. The use of flags of municipalities, states and countries will be authorized, according to the specific legislation.



## **CHAPTER X - FOR SPORTS ADVISORIES**

62 - Interested advisors who wish to use their own space at the event site should contact the Organizing Committee, which will define the space to be occupied and the times previously defined for assembly and disassembly of the structures.

63 - The responsibility for advertising or displaying brands in tents that are not part of the ARENA MAP is solely and exclusively of the advisors, coaches, companies or racing clubs, without the Organization of any responsibility.

64 - Interested parties who request authorization and set up tents may not use a sound system that interferes with the event and may not exceed the limits of the areas designated by the Organization.

65 - The registration of those interested in the monitored area will be on account of the organization of the event. Within this area, there may be no conflicting advertising with the sponsors of the event, trade in products, services and display of political material.

### **TERM OF RESPONSIBILITY**

I, "identified in the registration", in the perfect use of my faculties, I DECLARE, for the proper purposes of law, that:

1. The personal data that was or will be provided to effect this registration at the event are my sole responsibility and/ or my technical representative, manager or team coordinator.
2. I have read, know, accept and submit in full to ALL THAT IS ESTABLISHED BY THE ARTICLES OF THE REGULATION.
3. I am in full physical and psychological conditions to train and compete in this RACE, and there is no medical recommendation contrary to my participation.
4. I participate in the event Ultra Trail Amazônica.
5. I take, by my own free will, all the risks involved and their consequences for participation in this EVENT ( which include possibility of disability and death), exempting its organizers, collaborators and sponsors OF ANY RESPONSIBILITY for any material, moral or physical damages that I may suffer as a result of the option to participate.
6. I am aware of the penalties and possible disqualification that I may suffer if I fail to comply with the regulation or commit serious misconduct.
7. I exclude my right to complain about such aspects of the race.



8. I authorize the use of my image, as well as family and friends, for the purpose of disseminating the event, for photos, videos and interviews in any media, without generating a burden to the organizers, media and sponsors.
9. The risks and difficulties are inherent to this sport event modality, and the occurrence of possible physical damage to athletes, by overcoming such challenges, during the race, cannot be raised to the disfavor of the organizers.
10. I will not have or use at the event venues, route and delivery of kits, or in any other area of visibility of the event, advertising, promotional or political materials without the proper written permission of the organizers; and, also, any material or object that endangers the safety of the participants and/or persons present at the event.
11. I have understood and agree with ALL ITEMS of this DISCLAIMER, thus exempting anyone from any and all legal liability for anything that may occur with me as a result of my participation in this RACE.
12. I read all the content and I am aware that this Term of Responsibility is an integral part of the Regulation of the Event Ultra Trail Amazon, which will take place on 03, 04 and 05 November 2023 in Manaus / AM.
13. I have read and fully agree with the Rules of procedure, expressly declining that all the rules and rules contained are guided by balance and common sense, and I cannot therefore claim in the future not to agree with them.
14. The Organization and medical staff have the right and duty to remove the athlete from the race if the athlete presents inadequate conditions to complete the challenge.
15. I take indemnify any amounts arising from personal or material damage caused by me during my participation in this event.
16. I take over all travel, accommodation, food, transfers, insurance, medical assistance, and any other expenses necessary, or arising out of my participation in this event; before, during or after it.
17. Representative, coach, or team coordinator, I agree with the rules of the race and with my responsibilities specified above, at any time and or place, i have nothing to complain because of its rules, all being within good faith and strict common sense. I declare that the decision and choice to include or exclude participants in said event through the coach system is the sole and exclusive responsibility of the coach. The organization is exempt from any decision, personal or direct evaluation with the participant, being responsible the coach for the accuracy of the information, because, if the participant is aware of their participation or their registration for the event, the responsibility will be the same and his coach.



18. In case of participation in this event, representing teams of participants or service providers any media or vehicle, I declare to have full knowledge, and that I accept the rules of the event, as well as to respect the areas of the organization destined to them, and that it is vetoed my participation in the structures to support teams assembled in inappropriate locations, or that interfere in the progress of the event, and also places without written authorization of the organization, and may be withdrawn at any time.

19. Regardless of whether or not I am present at the time of registration, as well as the withdrawal of my participation kit, which had been properly celebrated by me, or through my coach, team captain or team administrator; I declare to be aware of the entire content of the regulation of the trace, as well as of my rights and obligations within the event, having taken full knowledge of the rules and regulations of the race, expressly granting them full validity, since they are guided by common sense and good faith.

20. I am aware that all services will be available only after the actual payment of the ticket and that it is the responsibility of the registered participant to monitor the communications sent by e-mail to their registered e-mail address, as well as access the event website to verify possible modifications of this regulation, news, and information about the availability of services and / or amenities for their participation in the event.

21. If the organization offers the electronic item lending service of timing, preparation, delivery of results and/or dissemination and publication thereof, the participant is aware that the responsibility for the correct use of the electronic item and installation in his body / clothing is his/her sole responsibility, as well as the passage in the receiver of data collection installed, because they are electronic equipment, and they may suffer some kind of interference and / or loss of information, leaving exempt the organization and directors from the supply of them.

22. I will not use fire, throw waste, or leave garbage throughout the course and participate in the race, and i will not suppress any vegetation or hurt animals and or offend or mistreat residents of the place where the event takes place.

23. I will run all the time within the tracks of the event's routes.

24. I am aware that the place of the race is difficult to access and consequently there may be a perception of delay in medical care, in some places of up to 3 hours or more, according to the climate (rains) and information time, and that is part of the dynamics of the race such difficulties and extreme places.

25. I am aware that the marking of the race in the jungle area has a distance in some points with 300 meters to 500 meters, so that the experience of being in a wild area is perceived and that at this moment the layout is unique and directed by the formation of the route itself and due to the difficulty of the route, may appear to be a longer and on a longer distance, and white straw can also be used directly on the floor.



26. In cases of alterations, destructions, impediments, and other situations not described, but made by third parties during the race, that may incur errors, and these errors are no responsibilities regarding the final time, being computed as part of the athlete's performance.

27. The race is survivor, that is, self-sufficient athlete, where he has full responsibility for his needs and the organization only offers a support in order to compensate for the non-adaptation to the Amazon environment and better performance of the athlete, not being obliged to meet the needs of the athlete in food, hydration, supplements, equipment, hygiene etc.