



REGULAMENTO G.C

f pisaoextreme

pisaoextreme.pt



TRAIN HARD, RACE HARDER!



SÃO PEDRO DO SUL
Câmara Municipal



1. Conditions of Participation

- The Pisão Extreme event is organised by SpotCriativo Eventos in collaboration with the Municipality of São Pedro do Sul and with the support of local organisations.

The event will take place on 4 October 2026, featuring circular routes in the Serra da Arada, and will comprise four Skyrunning routes, under the auspices of the Portuguese Camping and Mountaineering Federation.

The 65 km route (PEX L) will host the Skyrunning Masters World Championships, open to all individual athletes, whilst

the team titles are reserved exclusively for national teams, whose group registration must be completed via the link provided at

www.spotcriativoeventos.com

1.4 Races

All routes take place in the Serra da Arada in a circular format.

- Pisão Extreme L - 65 km with 6500 D+ - October 4
- Pisão Extreme M - 35 km with 3600 D+ - October 04
- Pisão Extreme S - 25 km with 2200 D+ - October 04
- Pisão Extreme XS - 16 km with 1000 D+ - October 4

1.2 Minimum Age for Participation

PEX L - 65K	PEX M - 35 K	PEX S - 25 K	PEX XS - 16K
23 y	23 y	18 y	14 y

1.3 Registration

Registration for the Pisão Extreme event implies understanding and accepting without reservation the rules and regulations of the race. It is necessary to correctly complete the registration at www.pisaoextreme.pt or at stopango.net and proceed with payment, being aware of the type of race in which you are registering and the demands it requires, being fully responsible for your participation.





1.3.1 Physical conditions

Participants must be aware of the distance and specific characteristics of the race for which they are registering, and must have undergone the necessary training to complete it. They must have developed a genuine capacity for self-sufficiency in the mountains, enabling them to manage problems arising from this type of event, particularly in terms of changing weather conditions (night-time, cold, fog, rain or snow), as well as the ability to be self-reliant between two supply points, not only in terms of food but also clothing and safety. You must also be aware that it is not the organisers' role to help a participant overcome problems resulting from weather conditions or physical issues (extreme fatigue, digestive problems, muscle pain, etc.), and that this depends on the athlete's ability to adapt to the challenging situations that may arise in this type of event whilst progressing through the mountains.

1.4 External Support / Personal Assistance

Any external assistance is strictly prohibited (except in cases of rescue and safety) outside of properly marked locations, leading to the exclusion of the participant.

1.5 Dorsal Placement

The bib number must be permanently visible throughout the entire race.

1.6 Rules of sporting conduct

Pisão Extreme is an event that promotes and prioritizes fair-play above all, making it essential that participants help any participant in danger and alert the emergency numbers or the nearest aid station about the occurrence.



2. Race

The Pisão Extreme event, consisting of 5 routes, is limited to 650 participants for logistical reasons and to maintain the quality of the event. The organization may at any time add spots if conditions allow, distributed as follows:

PEX L	PEX M	PEX S	PEX XS
100	150	200	200

2.1 Start Times / Time Limit

	XS	S	M	L
Start Time	09h00	08h30	08h00	06h30
Time Limit	05h00	07h00	10h00	20h00

The time barriers are calculated to allow participants to reach the finish line within the imposed time limit, already accounting for possible stops, and will be included in the altitude profile delivered with the participation dossier. The time barriers as well as start times may be changed by the organization due to weather conditions or other external factors.



2.2 Timekeeping

An electronic control system will be used for time tracking as well as GPS location devices, so participants must be aware of bib visibility for correct reading at control passages. During the course, there may be surprise checks by the organization for bib and mandatory equipment control, and the athlete must always facilitate what is required.

At the moment of the start, the clock will begin counting time at the established moment with or without the presence of participants. 5 minutes after the start is given, any participants will not be considered for classification.

2.3 Checkpoints

Checkpoints are mandatory passage points located at places designated by the organization, and passing through them is mandatory.

2.4 Dropout/withdrawal

Withdrawals must be made solely and exclusively at the zones indicated in the athlete dossier. In the event of an accident or serious injury where the participant is injured and cannot reach the aid station, they must activate the rescue and salvage operation by contacting the SOS number indicated on the bib

2.5 Cancellation

The organization reserves the right to change at any time the route, schedules, or the position of aid stations without prior notice to address safety issues resulting from factors external to the event. If the event is cancelled due to external factors, there will be no right to a refund, and the organization may propose a new date.



2.6 Aid stations

Aid stations will provide participants with food and drinks for on-site consumption. Although other beverages may be available on-site, they will only be provided to fill participants' containers and other receptacles. Their location will be indicated in the athlete dossier made available days before the event.

2.7 Doctor/Safety

Participants must comply with the decisions of the specialized doctor present at the race or the safety officer, who may instruct a participant to withdraw whenever they believe the participant is putting their own life at risk by continuing in the race.

2.9 Compulsory material

Before the start, a control check will be carried out for equipment verification. All participants must carry all mandatory equipment until the completion of the course.

At any time, judges or the organization may request the same for verification, and the participant must accept the control peacefully without contestation, under penalty of exclusion from the event.

For safety reasons, participants are advised to check their equipment in order to assess its condition.

Any participant who starts the competition with poles must carry them to the finish line. Abandoning poles anywhere on the course is strictly prohibited.



2.9 Compulsory material

The mandatory equipment will be adjusted to weather conditions at the time of sending the athlete dossier, days before the event.



1 L de líquidos
Container with liquid/s
1 L



Manta térmica
Thermal Blanket



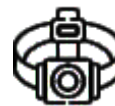
Telemóvel
Mobile Phone



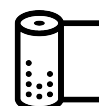
* Impermeável
rainjacket



Apito
WISTLE



Luz Frontal
Headlamp



Ligadura
Roller bandage

L	✓	✓	✓	✓	✓	✓ 2 headlamp or backup battery	✓
M	✓	✓	✓	✓	✓	✓	✓
S	✓	✓	✓	✓	✓	—	Aconselhado Advised
XS	✓	✓	✓	✓	✓	—	Aconselhado Advised

* Depending on weather conditions, the athlete dossier will indicate which is mandatory, windbreaker or waterproof jacket.

Definition of windbreaker: A garment capable of covering the upper body, namely head, chest, back and arms





2.10 Road traffic information

Since there will be no road traffic closure, participants must comply with traffic rules and pedestrian circulation on public roads, as well as respect agricultural areas and private properties, under penalty of having to assume potential damages and compensation resulting from non-compliance.

2.11 Penalties / Disqualifications

The race direction and judges present on the courses are responsible for applying the rules and regulations governing the event, and are therefore authorized to apply the established penalties and disqualifications.

Disqualification

- Use of earphones simultaneously in both ears
- Failure to provide aid/assistance to a participant in need
- Abandoning the race without notifying the organization
- Sharing the bib number with another person
- Using paths that are not marked, intentionally taking shortcuts
- Using unauthorized transportation
- Disrespecting the organization / participants
- Removing course markings
- Disobeying indicated safety measures
- Not obeying the instructions of the race doctor or safety officer
- Exceeding the time limit at time barriers
- Missing one or more checkpoints
- Loss of chip or bib number
- Requesting help without justified need
- Throwing trash on the ground or other environmental pollution
- Participating under the influence of drugs/alcohol
- Unsportsmanlike behavior
- Physical or mental health problems



Penalties

Missing mandatory equipment, per item*	30 minutes or disqualification*
Receiving external help outside designated areas	1 hour
Being accompanied by persons not accredited by the organization, outside designated areas	disqualification
Bib not visible	30 minutes
Headlamp/Front light and rear light off during night	1 hour
Running without t-shirt, shorts and adequate shoes	1 hour

*** Missing water container, mobile phone or thermal blanket results in disqualification and the participant is prevented from starting the route.**

2.12 Athlete/participant responsibilities

Athletes participating in the event accept to participate voluntarily and under their own responsibility in the competition, therefore they agree not to claim or demand from the organization, collaborators, authorities, sponsors and other participants any responsibility with them and their heirs, in everything that exceeds the coverage of their responsibilities, those of their collaborators and participants.

2.13 Insurance

The organisers have taken out civil liability insurance for the event, as well as personal accident insurance for each participant, ensuring the minimum cover required by law.

In the event of an accident, participants must contact the organisation's emergency number, which is printed on their race number. Any visit to a healthcare provider without prior authorisation is at the athlete's own risk and expense; the athlete must ensure they retain proof of expenditure to submit to the insurer at a later date, bearing in mind that there is an excess of at least €120 for which the athlete is liable.





3. Registration

3.1 Registration process

A link to the registration platform will be available on the website www.spotcriativoeventos.com; only registrations and pre-registrations made via this platform will be accepted.

It is the responsibility of each participant to complete the form with the correct details and to make payment in accordance with the instructions provided; the participant bears full responsibility for the accuracy of the information provided.

The organisers accept no liability for incorrect data entry on the platform which may lead to any rejections by the insurer.

Registrations will not be accepted from athletes who are under suspension by their respective federations due to sanctions imposed prior to the event, or who have previously been barred by the organisers.

For any further enquiries, please email:
pisaoextreme@gmail.com

3.2 Fees and registration periods

Registration will close once the maximum number of places has been reached or on 27 September 2026, whichever comes first.

	PEX L - 65K	PEX M - 35 K	PEX S - 25 K	PEX XS - 15 K
PERIODO PROMOCIONAL ATÉ DIA 2 OUTUBRO 2025	46 €	22 €	17 €	11 €
ATÉ DIA 1 MARÇO 2026	52 €	26 €	19 €	13 €
2 MARÇO A 10 JUNHO	58 €	30 €	22 €	15 €
11 JUNHO A 27 JULHO	62 €	33 €	23 €	16 €
28 JULHO A 27 AGOSTO	65 €	35 €	25 €	17 €
28 AGOSTO A 27 SETEMBRO	70 €	37 €	26 €	18 €





3.3 Race Change / Registration Transfer

- **The organization will not freeze registrations for future events.** After August 1, 2026, no changes to the registration will be permitted except for data corrections for insurance purposes.

Registration transfers are not permitted without prior authorization from the organization and based on duly justified factors by the athlete.

3.4 Registration Refund

Registration refund is only possible with the purchase of registration insurance available as an extra during sign-up, at a cost of 6.

- The insurance covers injuries provided they are duly proven with legal documentation.
- The insurance does not cover work-related situations, natural phenomena or any type of road accident that prevents the athlete from attending on event day.
- The registration insurance must be activated by October 8, 2026.



3.4 Included in your registration:

- Bib number to participate in the event
- Personal accident insurance for the event
- Finisher prize, if you complete the course;
- Finisher medal, if you complete the course;
- Digital race guide;
- Timing;
- Showers;
- Solid and liquid supplies during the race; - Medical assistance;
- Safety/rescue teams

Extras that can be purchased during registration:

T-shirt PEX 2026 €10

Surprise item - €5

Registration Insurance - €6

Donation to SPS Volunteer Firefighters - €2

3.5 Race Office

- The race office will be located near the start area - The schedule and location will be announced in the athlete dossier
- Bib collection is only permitted by the participant themselves, not by third parties
- Failure to collect the bib/athlete kit in person does not entitle any refund or post-event delivery.
- Participants in the 6 km and 35 km must submit the liability waiver, sent by email with the athlete dossier, in physical format, filled in and signed by the participant, to collect the bib.



4.0 categories and prizes

The various events will be won by the competitors who record the fastest combined time in the final stage, with any applicable penalties added, if applicable.

Only those participants who pass through all the checkpoints and cross the finish line within the stipulated time limit will be classified.

Team rankings will be determined based on the three best results achieved by the respective athletes.

Prize-winners must attend the prize-giving ceremony in person; prizes cannot be collected by third parties.

For each race, there will be an age-group classification, as follows:

PEX L	Geral M e F (1º 2º 3º)	Séniiores M e F (1º 2º 3º)	M40 / F40 (1º 2º 3º)	M45 / F45 (1º 2º 3º)	M50 / F50 (1º 2º 3º)	M55 / F55 (1º 2º 3º)		
PEX M	Geral M e F (1º 2º 3º)	Séniiores M e F (1º 2º 3º)	M40 / F40 (1º 2º 3º)	M45 / F45 (1º 2º 3º)	M50 / F50 (1º 2º 3º)	M55 / F55 (1º 2º 3º)	M60 / F60 (1º 2º 3º)	
PEX S	Geral M e F (1º 2º 3º)	Séniiores M e F (1º 2º 3º)	M40 / F40 (1º 2º 3º)	M45 / F45 (1º 2º 3º)	M50 / F50 (1º 2º 3º)	M55 / F55 (1º 2º 3º)	M60 / F60 (1º 2º 3º)	SUB 23 (1º 2º 3º)
PEX XS	Geral M e F (1º 2º 3º)	Séniiores M e F (1º 2º 3º)	M40 / F40 (1º 2º 3º)	M45 / F45 (1º 2º 3º)	M50 / F50 (1º 2º 3º)	M55 / F55 (1º 2º 3º)	M60 / F60 (1º 2º 3º)	SUB 23 (1º 2º 3º)

- For age category calculation, the date of December 31, 2026 is considered.

4.3 deadlines and complaints

- Any complaint must be submitted to the organization at the race office before the finish line closes for the respective distance, by filling in the provided form and paying a 100€ deposit.



5.0 statement of liability

By accepting this regulation at the time of registration, the participant declares for all due purposes that participation in the event is their sole and entire responsibility, that they have understood and read this regulation, and that they exempt the organization, partners and other entities from any liability not covered by the event's subscribed insurance.

6.0 image and publicity rights

Participants waive their image rights for the duration of the event, and also waive the right to object to the use of their image by either the organisers or the event's official partners. Only the organisers may assign these image rights to third parties via accreditation or a tailored licence.

The organisation reserves the exclusive right to use the event's imagery, including in audiovisual, photographic or advertising media.

The capture and dissemination of images or video without prior authorisation constitutes an infringement of rights, which is punishable by law.

Any requests should be addressed to pisaoextreme@gmail.com.

The use of promotional material provided by the organisers (bibs, stickers, etc.) is mandatory; modifying, folding or concealing such material will result in penalties.

7.0 Data Protection

The participants' details provided on the registration form will be recorded by the organising body for the purposes of event administration, including insurance, the list of entrants, news, results and the organising body's promotional activities. Participants have the right to access or rectify their personal data at any time by sending an email to pisaoextreme@gmail.com



8. Information

Modificações

Estas regras podem ser editadas, alteradas ou melhoradas a qualquer momento pela entidade organizadora, sem aviso prévio.

Cada vez que o presente regulamento seja modificado, será indicado na linha final de cada página a respectiva versão e actualizado na página oficial do evento.



spotcriativoeventos.com

8.1 Other

O Júri decidirá sobre todos os assuntos relacionados com o evento e que não foram objeto de regulamentação ou sobre más interpretações do presente regulamento.

9. Note

In case of activation of mountain rescue services that turns out to have been inadvertently activated by the participant or by an athlete not registered in the event, all costs of said rescue will be charged to the person involved, with a minimum value of 1500 €





Lobos da Arada

In 2025 there were 10 athletes, the magnificent wolves who managed to finish the infernal 8 km, our congratulations!

POS	DORSAL	ATLETA	NAC.	G.	ESC.	HORA
1º	39	 SÉRGIO CARNEIRO EDL TRAIL	 POR	M	SEN M	2025-02-22 21:15:32.463
2º	33	 EMÍDIO CORREIA INDIVIDUAL	 POR	M	M40	2025-02-22 22:43:57.717
3º	50	 RUI PINTO AMIGOS DO TRAIL DE MESÃO FRIO	 POR	M	M40	2025-02-22 23:43:45.730
4º	37	 FERNANDO BASTOS MONTANHA CLUBE TRAIL RUNNING EPAPEL	 POR	M	M40	2025-02-23 00:46:46.120
5º	31	 MARCELO COELHO GAP HEREDITA - ATLETISMO	 POR	M	SEN M	2025-02-23 02:25:08.267
6º	38	 PAULINO ABREU AZEVIH NATURE	 POR	M	M50	2025-02-23 03:09:22.757
7º	53	 ZECA CARVALHAIS CULTO DO CORPO / ALL PRINT / ALLPRINT	 POR	M	M55	2025-02-23 03:34:58.933
8º	54	 ANTÓNIO TAVEIRA LINCES DO MARÃO	 POR	M	M55	2025-02-23 03:35:06.740
9º	45	 RUI ROCHA AGREGAR	 POR	M	M50	2025-02-23 05:18:21.923
10º	49	 PEDRO LOPES DCL/TRILHOS LUSO BUSSACÓ	 POR	M	M45	2025-02-23 06:10:43.020

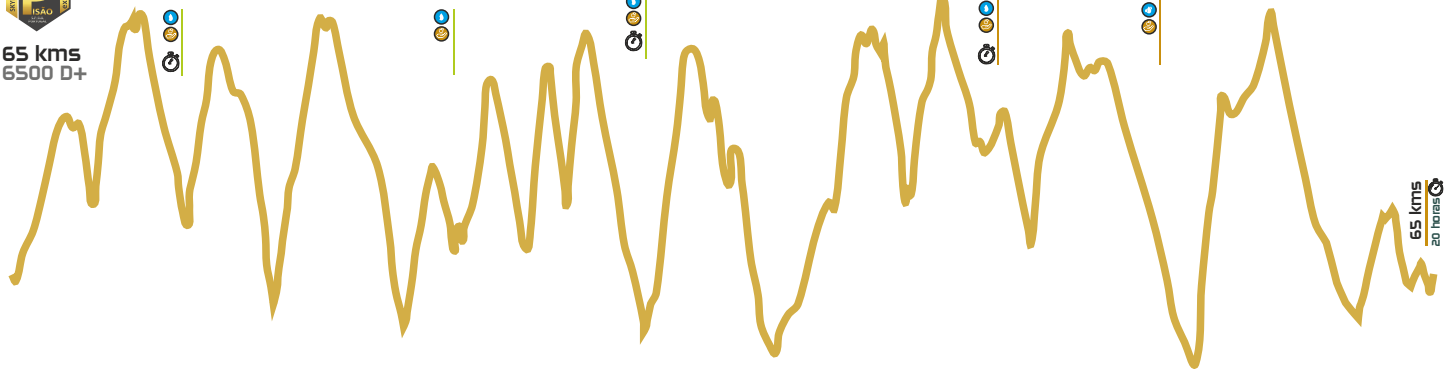
In 2026 with the return of the 65 km, we will consider Lobos da Arada all those who complete the L route within the 16-hour race limit.

Not to be confused with the finisher terminology, that will have 2 additional hours compared to the traditional 18 hours, being extended to 20 hours of race.





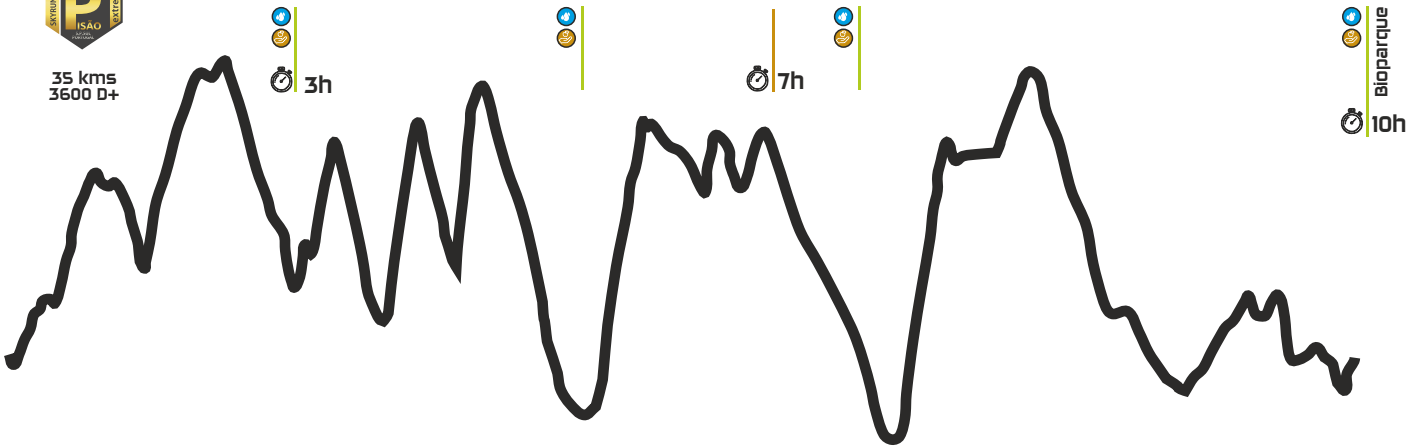
65 kms
6500 D+



TRAIN HARD, RACE HARDER! 65 KM - 13000 DAC



35 kms
3600 D+

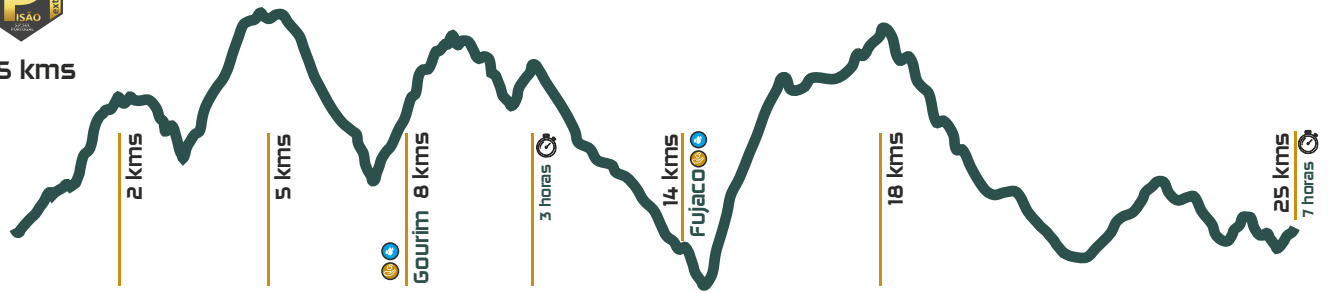


TRAIN HARD, RACE HARDER! 35 KM - 7200 DAC

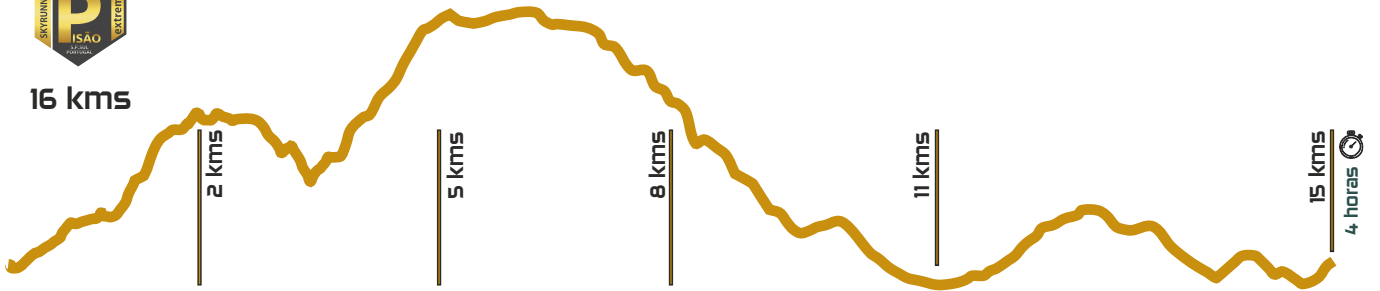




25 kms



16 kms





TRAIN HARD, RACE HARDER!

STATEMENT OF LIABILITY

65 K ☐

35 K ☐

Bib nº _____

I, the undersigned _____,
born on ___ / ___ / _____, holder of the Identification Document n.: _____,
declare that I don't know of any impediment, be it physical or psychological, to my
participation, on the 4th of October of this year, on Pisão Extreme event
whose regulations and information's provided by the organization I am fully aware of,
and I also declare that my participation is of my own and sole responsibility, therefore
I cannot demand of the organization any criminal or civil responsibility, for any physical,
moral or material damages that might happen during that event, on which I am involved
directly or indirectly, other than those covered by the event's insurance.

SIGNING THE PRESENT STATEMENT OF LIABILITY MEANS THAT
ITS CONTENT WAS READ, UNDERSTOOD, AND FULLY ACCEPTED.

_____, 03 October de 2026

(signature as per identification document)

Under Age ☐

(signature of the legal representative)