



BRAZIL RUNNING ADVENTURE RACE

RACE REGULATIONS 2026

160 KM Non-Stop Race

100 KM Stage Race

60 KM Stage Race

- ART. 1: ORGANISATION:

TENDAO is organizing the 3rd edition of the "BRASIL Running Adventure Race," starting from Canto de Atins and finishing in the village of Santo Amaro, in the Lençóis Maranhenses Desert.

- ART. 2: DEFINITION OF THE RACE:

Three races are offered with the same start and finish:

- **160 km non-stop:** Description:
- **100 km in 3 stages** or **60 km in 3 stages** (routes are marked) in semi-autonomy.

The first (24 km) and third (26 km) stages are shared by both races. The second stage is 50 km for the 100 km race and 10 km for the 60 km race.

The 100 km and 60 km stage race routes are marked. The 160 km route is only marked in the sections shared with the 100 km course.

The 160 km non-stop race starts at the same time as the stage race. It is a non-stop race where GPS navigation is mandatory, as there are sections of the course without markings or where markings may be invisible, especially in the desert and at night.

- **ART. 3: CONDITIONS OF ENTRY FOR PARTICIPANTS:**

To take part in the race, participants must be adults and in good health. For this reason, they must provide a copy of their passport as well as the organization's medical certificate completed by a doctor.

In addition, the full registration fee must be paid by the deadlines specified in these rules.

By participating in the race, runners fully accept the rules and the race's ethics without reservation.

- **ART. 4: RACE SCHEDULE:**

April 12 Arrival at the hotel in São Luís from 2 p.m.

Dinner at a restaurant. Overnight at Hotel Fortaleza, São Luís.

April 13 Departure at 6 a.m. Transfer by bus to the Parnaíba Delta.

Lunch on arrival at the hotel by the sea. Dinner and overnight at the hotel.

April 14 Breakfast and transfer by bus to the port of Tutoia for a boat tour of the Parnaíba Delta islands.

Lunch during the visit and arrival in Tutoia.

Transfer from Tutoia to Hotel Porto Preguiças (located by the river). Dinner and overnight.

April 15 Relaxing day on a boat on the Preguiças River (lunch during the tour) and return in early afternoon for gear check around 4 p.m.

6 p.m. race briefing. Dinner and overnight at the hotel.

April 16 First race day. Departure at 4 a.m. by 4x4 to the Lençóis Desert for the common start of all races.

Lunch, dinner, and overnight in hammocks with local residents in Baixa Grande for stage race participants.

April 17 Start of the second stage with lunch, dinner, and overnight with local residents in Queimada dos Britos for stage race participants.

Arrival of the first 160 km non-stop competitors in Santo Amaro.

April 18 Arrival of all competitors in Santo Amaro. Lunch on arrival. Transfer by bus to São Luís.

Awards ceremony dinner in São Luís. Overnight at hotel in São Luís.

April 19 Departure for France to catch an international flight to Paris or with a stopover in Rio de Janeiro.

Description of the 160 km non-stop course:

Cut-off times:

- For the 160 km: the maximum time allowed to complete the course is 58 hours.
- For the 60 km: there are no cut-off times except for the final stage, where participants must reach the intermediate checkpoint (17.5 km in 5 hours).

- For the 100 km: there are no cut-off times except for the final stage, where participants must reach the intermediate checkpoint (17.5 km in 5 hours).

- **ART. 5: TECHNICAL AND ADMINISTRATIVE CHECKS:**

Checks will take place on **April 14, 2026**, around 4 p.m.

Each participant must report to the race officials. They must have fulfilled all technical and administrative requirements set by the organization. Any failure to meet these requirements may result in disqualification without reimbursement of the fees paid. A demonstration of GPS use will be required by the organizing team for participants in the 160 km race.

- **ART. 6: NEUTRALISATION:**

The race may be neutralized if the organization deems it necessary for safety reasons.

- **ART. 7: COURSE NAVIGATION:**

A road book will be given individually at the briefing. This road book will indicate approximate distances, the nature of the terrain, directions, and special features of the course—a valuable aid for your progress.

For the 160 km, a portable GPS device or watch (provided by the participant) is mandatory to start the race. GPX tracks of the course will be sent to you by email 20 days before the event. Markings will be installed for safety reasons and on the 100 km and 60 km routes.

- **ART. 8: CHECKPOINTS:**

Checkpoints will be spaced approximately every 20 to 25 km (for all races). They will serve as passage controls and for hot and cold water resupply.

Medical assistance will be present at certain checkpoints with the mission to assist, treat, and stop any struggling runner.

There will be no intermediate checkpoints on stages shorter than 25 km. There will be at least one intermediate checkpoint on the 50 km stage.

- **ART. 9: COLD/HOT WATER AND SOFT DRINKS RESUPPLY:**

Resupply will be provided at checkpoints, approximately every 25 km. There will be no solid food available, only drinks (cold water, hot water, soft drinks).

- **ART. 10: FINISH:**

A timekeeper will record each runner's time at every stage finish.

- **ART. 11: WITHDRAWAL:**

If a participant decides to withdraw, they must inform the nearest checkpoint by handing their identification tags to the checkpoint official. The runner will remain self-sufficient while awaiting evacuation. If necessary, they may activate their beacon to trigger emergency rescue.

- **ART. 12: MEDICAL ASSISTANCE:**

A medical team selected by the organization, consisting of a doctor and a physiotherapist, will be present throughout the event. Their mission is to assist participants during the race and on the course. They may disqualify any participant deemed unfit to continue.

- **ART. 13: INSURANCE:**

The organization has taken out repatriation assistance insurance. Each participant takes part fully aware of the risks this competition may entail and releases the organization from any responsibility in case of physical failure or accident. Cancellation insurance may be purchased.

- **ART. 14: MANDATORY EQUIPMENT FOR PARTICIPANTS:**

Participants must plan their food needs for each day of the race.

For the 160 km: food for 2.5 days is required: 1500 calories per day \times 3 = 4500 calories needed.

MANDATORY GEAR:

- a backpack
- a compass
- a lighter
- a skin antiseptic
- a whistle
- an emergency blanket (2.20 m \times 1.40 m)
- 1 headlamp or flashlight + spare batteries
- 2 bottles or a Camelbak and one bottle (total capacity minimum 2 litres, 3 litres recommended)

- food
- Cap or head covering
- Water purification tablets or a filtration system
- **160 km only:** a portable GPS (you must know how to use it) + spare batteries
- a knife (blade at least 5 cm) (**mandatory for the 160 km**)
- 2 headlamps or flashlights + spare batteries (**mandatory for the 160 km**)

The bag will be checked by the organization before, during, and at the finish of the race.

EQUIPMENT PROVIDED BY THE ORGANIZATION:

- a road book
- a tracking beacon
- GPS points in .GPX format (to upload to your GPS)

● **ART. 15: WEATHER CONDITIONS:**

The average weather conditions at this time of year are:

- 25 °C at night
- 30 °C during the day, with a perceived temperature of 40 °C in the daytime

● **ART. 16: REGISTRATION:**

Registration fees are paid as follows:

A deposit is paid via the Njuko platform, with the balance to be paid by bank transfer or credit card before **February 28**.

Tendao is a travel agency registered under number LI 062010002.

RESERVATION FILE

- Registration deadline: **March 1, 2026**, or when the limit of 50 participants is reached
- Commitment form to be completed on Njuko
- Payment for the trip
- Copy of a valid passport

MEDICAL FILE

The blank medical certificate must be completed by your doctor, clearly stating your fitness for this type of event. The certificate can be downloaded from the website!

If the required documents are not presented at the checks, disqualification may be decided without reimbursement of the fees paid.

VISA

No visa required for Brazil!

- **ART. 17: CANCELLATION OF REGISTRATION:**

€50 will be retained as administrative fees in case of withdrawal.

15% of the total registration fee will be retained by the organization for withdrawals occurring between **15/07/2026 and 30/11/2026**.

30% of the total registration fee will be retained by the organization for withdrawals occurring before **15/01/2026**.

50% of the total registration fee will be retained by the organization for withdrawals occurring between **16/01/2026 and 28/02/2026**.

After **01/03/2026**, no refund requests will be accepted.

It is possible to take out cancellation insurance with the organization.

- **ART. 18: IMAGE RIGHTS:**

TENDAO reserves the image rights for the event. By registering for the race, participants accept the use of their individual or group images and their name by TENDAO for any use related directly or indirectly to the BRAR.

- **ART. 19: SPONSORSHIP:**

Bib numbers will be assigned following the organization's guidelines, and sponsor logos will under no circumstances be concealed.

- **ART. 20: PENALTIES & DISQUALIFICATION:**

Any failure to comply with the signed rules during a check will result in a **5-hour penalty**.

Anyone failing to validate their presence at a checkpoint will be disqualified.

Anyone needing to receive food at a checkpoint for their sustenance will incur a **5-hour penalty**.

Anyone requiring an IV drip for their safety will be disqualified following medical advice.

Anyone exceeding the race time limit will be disqualified.

Anyone using a motorized vehicle will be disqualified.

- **ART. 21: TENDAO & COMMUNICATION:**

The organization reserves the right to modify the start time or date or part of the course in response to events beyond its control or for participant safety.

The organization also reserves the right to amend the rules if it deems necessary. Runners will be informed and will validate any changes before the start.

- ART. 22: RUNNER'S DECLARATION:

The runner declares that they have checked for any medical contraindications that may concern them and, as a result, releases the organization from any responsibility for medical, accidental, or other issues that may arise during the race.

However, the organizing entity has liability insurance. By signing this document, you acknowledge being fully informed of this, agree to participate with full awareness of the risks, and waive any claim against the organizer in this regard.

The logo for TENDAO is written in a bold, red, cursive script. The letters are fluid and interconnected, with a dynamic, flowing appearance. The 'T' is particularly large and has a long, sweeping tail that extends to the left.

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