



Foz Coa

DOURO

TRAIL ADVENTURE®

BY CARLOS SÁ NATURE EVENTS

FOZ COA DOURO TRAIL ADVENTURE RULES



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1. Terms of participation

1.1. Age requirement

The minimum age requirement for participation in Foz Côa Douro Trail Adventure® is 18 years of age.

1.2. Confirmed registration

To participate in the competition athletes must have their registration validated and agree to comply with the race regulations.

1.3. Physical condition

- It is essential to be in a good physical condition to participate in this race;
- The terrain where this race is held is subject to sudden weather changes. Therefore, runners might be exposed to different weather conditions such as: heat, cold, strong wind, thick mist, intense rain and even snow;
- Athletes must know how to manage their physical and mental stress and cope with adverse situations during the race;

1.4. Possibility of outside help

Support for athletes by elements external to the organization is only allowed at fuel stations, and the athlete, according to point 1.3., must be aware of their needs during the race, as well as their ability to solve problems in unexpected situations.

1.5. Race bibs

The race bib is personal and not transferable. Race bibs must be clearly visible throughout the race. In the case of abandonment runners must return their race bib to the organisation.

1.6. Sportsmanlike conduct rules

Unlawful behaviour, offensive language and verbal/physical aggressions will not be tolerated and will be reported to the appropriate authorities.

2. The event

2.1. Presentation of the event / organization

The Foz Côa Douro Trail Adventure® (FCDTA) is organized by Carlos Sá Nature Events®, with the support of the Municipality of Vila Nova de Foz Côa and will take place from 23 to 25 April 2022.

Alto Douro will be the main stage for this fantastic Trail event, which will feature the 3 days/3 stages pack and also, on the 24th, with distances to count for the Best Trail Series and ATRP circuit.

The points of interest go through the magnificent landscapes of mountains and terraced valleys, torn by the Douro and Côa rivers, through the agricultural fields with the vineyards (of the best wines in the world), almond trees in bloom and olive trees. The deactivated Tua and Pocinho railway line, the historic villages of Castelo Rodrigo and Marialva, the villages of Foz Côa, are some of the many highlights of the region.

If the organization understands it and the safety of the participants justifies it, the routes previously established for the event may be changed.

2.2. Program of Foz Côa Douro Trail Adventure 2022

1st Day – Saturday 23 of April

- 12:45 pm** – Athletes meeting at the Campanhã train station.
- 01:25 pm** – Transfer to Foz Côa
- 04:40 pm** – Check-in at Centro de Alto Rendimento do Pocinho and Race bib distribution
- 05:30 pm** – Transfer to visit the famous Quinta de Vale Meão.
- 06:30 pm** – Start of 1st Stage **Sunset 15Km**
- 09:00 pm** – Dinner at Centro de Alto Rendimento do Pocinho.

2nd Day - Sunday 24 of April

- 06:30 am** – Race bib distribution
- 08:00 am** – Transfer the athletes of 45k e 23k to Numão Castle.
- 09:00 am** – Start **FCTA_45km**
- 09:30 am** – Transfer the athletes of 13k to Mós do Douro
- 10:00 am** - Start **FCTA_23km**
- 10:20 am** - Start **FCTA_13km**
- 03:00 pm** – Prize giving ceremony
- 07:30 pm** – Dinner at Centro de Alto Rendimento do Pocinho to athletes of the 3 Days version.

3rd Day – Monday 25 of April

- 07:00 am** – Start of breakfast at CAR
- 09:00 am** – Visit to Museu do Côa
- 09:30 am** – Start 3rd Stage **18Km**
- 11:00 am** – Expected arrival of the first athletes
- 02:00 pm** - Expected arrival of the last athletes
- 02:30 pm** – Prize giving ceremony
- 05:15 pm** – Return to Porto in train

***NOTE: The distances and altimetry can suffer changes**

2.3. Time control methodology

Control performed through a chip inserted in the dorsal.

2.4. Supplies

This race takes place in semi-autonomy, being essential that each athlete is accompanied by a minimum amount of calories and liquids for each stage, in order to satisfy their needs between supplies. Liquid/solid supplies will be approximately 10 km apart on average.

2.5. Recommended material

- Food reserve;
- Reservoir for liquids with at least 0.5l capacity;
- Survival blanket;
- Whistle;
- Waterproof Jacket;
- Mobile phone;
- Headlight;
- Device that allows viewing geographic coordinates and altimetry - GPS or another that has this functionality

2.6. Information on passing places with road traffic

The organization will have a security system along the entire route, however, given that it will be impossible to cut off road traffic in some passages, participants must comply with the traffic rules on public roads, and must also respect the surroundings of the route. , being aware that the route may cross private property under penalty of having to assume potential damages and compensation resulting from non-compliance.

2.7. Penalties / disqualifications

Athletes must comply with this regulation and have an appropriate sporting and environmental conduct, in compliance with the rules of Portuguese Law.

Don't leave more than footprints, don't take more than pictures!

2.8. Responsibilities towards the athlete / participant

Enrollment in the race will imply total acceptance of the present regulation. Participants will be responsible for all actions likely to produce material, moral or any other damage to themselves and/or third parties. The organization declines all responsibility, in case of accident, negligence, or theft of objects and/or valuables from each participant. The organization, as well as any of those involved in the organization of the event, are exempt from liability resulting from the acts described above.

2.9. Sports insurance

The organization contracts the insurance required by law to carry out this type of test. The insurance premium is included in the registration fee.

3. Registrations

3.1. Registration process (site, website, bank transfer)

Registration is done online through the website. <https://carlossanatureevents.com/en/fcdta2020>

3.2. Registration fees and periods

FCDTA 3 Days/3 stages (without accommodation or tent) - limit of 100 participants

Until 15th April 2022 – **120€**

The registration includes: Transfers between stages every day; 2 Nights in a tent at the Pocinho High Performance Center (CAR); 1 lunch (25th); Personal accident insurance; Protection and rescue service; Liquid and solid supplies +/- every 10km; Finalist Award; Offer alluding to proof; Other offers and services that the organization may obtain.

FCDTA 3 Days/3 stages (Hotel) – limit of 100 participants

Until 15th April 2022 – **200€**

The registration includes: Transfers between stages every day; 2 Nights at the Centro de Alto Rendimento do Pocinho (CAR) with breakfast included, in a single or double room (double rooms have a limited number of 8); 2 dinners; 1 lunch (25th); Personal accident insurance; Protection and rescue service; Liquid and solid supplies +/- every 10km; Finalist Award; Offer alluding to proof; Other offers and services that the organization may obtain.

FCDTA_45km

Until 15th April 2022 – **30€**

The registration includes: Personal accident insurance; Protection and rescue service; Liquid and solid supplies +/- every 10km; Finalist Award; Offer alluding to proof; Other offers and services that the organization may obtain.

FCDTA_23km

Until 15th April 2022 – **17€**

The registration includes: Personal accident insurance; Protection and rescue service; Liquid and solid supplies +/- every 10km; Finalist Award; Offer alluding to proof; Other offers and services that the organization may obtain.

FCDTA_13km

Until 15th April 2022 – 15€

The registration includes: Personal accident insurance; Protection and rescue service; Liquid and solid supplies +/- every 10km; Finalist Award; Offer alluding to proof; Other offers and services that the organization may obtain.

3.3. Event secretariat / times and locations

FCDTA 3 Days/3 stages – Saturday 23rd of April

16h40: Race bib distribution at the Centro de Alto Rendimento do Pocinho(CAR)

FCDTA_45k, 23k e 13k – Sunday 24th of April

06h30-10:00: Race bib distribution at the Foz Côa City Council

3.4. Conditions for returning the registration fee

The organization does not feel obliged to return the registration fee of athletes already confirmed and unable to attend the day of the event. If the athlete requests a change in registration for a race with a shorter distance, the eventual value of the difference in the registration amount will not be refunded.

In the event that weather conditions or reasons of force majeure do not allow the event to take place and lead to its cancellation, registrations will be automatically transferred to the 2022 edition or 50% of the registration fee will be refunded to participants who request the reimbursement;

4. Categories and Awards




4.1. Date, place and time of prize delivery

The award ceremony will take place on the following day and time:

- FCDTA 3 days/3 stages: 25th of April at 15h00 in CAR Pocinho.
- FCDTA_45k, 23k e 13k: 24th of April at 15h00

4.2. Categories

Regarding the general classification on the 24th, trophies and monetary prizes will be awarded according to the table below:

			
	M/F	Male	Female
FCDTA_45k			
1º Place	✓	300€	300€
2º Place	✓	150€	150€
3º Place	✓	75€	75€
4º Place	✓	—	—
5º Place	✓	—	—
FCDTA_23k			
1º Place	✓	—	—
2º Place	✓	—	—
3º Place	✓	—	—
FCDTA_13k			
1º Place	✓	—	—
2º Place	✓	—	—
3º Place	✓	—	—
FCDTA_3 Dias			
1º Place	✓	—	—
2º Place	✓	—	—
3º Place	✓	—	—

Regarding the general classification of the 3 Days, the classification will be solo, regardless of the ages of the athletes that compose them.

Prizes

Foz Côa Douro Trail Adventure 3 Days/3 stages

Male:

- 1º – Trophy, 50% discount on FCDTA 2023 registration
- 2º – Trophy
- 3º – Trophy

Feminine:

- 1º – Trophy, 50% discount on FCDTA 2023 registration
- 2º – Trophy
- 3º – Trophy

There will be a Starter classification for athletes who choose to run the 23k distance on the 24th, and an Advanced classification for athletes who choose to run the Ultra 45k on the 24th.

All athletes registered in the 3-day version, also enter the individual classification on the 24th, at the beginning of April, the organization will ask what distance they intend to run on the 24th (13k, 23k or 45k)

*In the 3-day version, there will be no classification by tiers, due to the reduced number of participations.

5. Information

5.1. How to arrive

If you are traveling from outside the country, you can choose Porto International Airport. The transfer to and from the race is included in the registration price, at a time and place to be agreed.

5.2. Where to stay

Accommodation during the stages is included in the registration fee.

5.3. Places to visit

There are numerous places to visit in the area surrounding the test. Detailed information on the page of the municipality of Vila Nova de Foz Côa.

6. Environmental responsibility

The athlete is solely responsible for transporting all wrappings and natural waste (even if biodegradable), or unnatural, from gels, bars and/or others. You must deposit the waste at the nearest supply, or transport it to the finish line.

For 2022, Carlos Sá Nature Events wants to offer, to all those who decide to register for its events, a small contribution of €5 (optional) for the purchase of native trees. Together with the local partners that have accompanied us over the last few years, Carlos Sá Nature Events is committed, with the funds raised, to developing tree planting and reforestation actions in the geographical areas where it develops its activities. These actions will be scheduled and carried out by CSNE following the guidelines of these local partners who, better than anyone, know the region, the species and the right times to make the plantations.

You can join this initiative by selecting the EXTRA “Carbon Offset” when registering.

7. Image rights

The acceptance of the present regulation implies, necessarily, that the participant authorizes the organizers of the event to record all or part of their participation in the same, it also presupposes their agreement so that the organization can use the athlete's image for the promotion and dissemination of the event. in all its forms (radio, written press, video, photography, internet, posters, media, etc.) , to receive any economic compensation.

8. Others

Participants are obliged to help the injured and to respect the traffic rules at road junctions.

The organization reserves the right to make the changes it deems necessary, depending on the different conditions, as well as the suspension of the event, if weather conditions so require, or for reasons of force majeure.

In the event that a participant cannot participate and/or the weather conditions/force majeure do not allow the event to be held or its cancellation, the organization does not feel obliged to return the registration fee, as well as the reimbursement to the sponsors.

9. Omissions

Cases not covered by this regulation will be resolved by the organizing committee, whose decisions will not be appealed.