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# GRANDE TRAIL SERRA D'ARGA REGULATIONS

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## Grande Trail Serra d'Arga 2019

## Race bib distribution

<b>Race bib distribution GTSA</b>		
<b>Day</b>	<b>Hours</b>	<b>Place</b>
<b>18<sup>th</sup> September</b>	<b>04:00 pm – 08:00 pm</b>	<b>Porto (place to be defined)</b>
<b>19<sup>th</sup> September</b>	<b>02:00 pm – 07:00 pm</b>	<b>Barcelos – Carlos Sá Nature Events office (Avenida da Cal, lote 125, r/c, 4750-787 Vila Boa, Barcelos)</b>
<b>20<sup>th</sup> September</b>	<b>06:00 pm – 10:00 pm</b>	<b>Caminha (Paços do Concelho)</b>
<b>21<sup>st</sup> September</b>	<b>06:00 am – 09:00 am</b>	<b>Dem Village centre</b>
<b>21<sup>st</sup> September</b>	<b>03:00 pm – 07:00 pm</b>	<b>Dem (finish line)</b>
<b>22<sup>nd</sup> September</b>	<b>07:00 am – 08:30 am</b>	<b>Montaria Village Centre (start line)</b>

We call attention to the fact that thousands of people will participate in this competition; if you travel by car, you may not be able to find a place to park.

## VERY IMPORTANT

- It is essential to be in a good physical condition to participate in this race;
- Registration on this competition implies full acceptance of the rules;
- Each runner must drink and eat properly at the refreshment posts;
- It is expected that the first runners finish the main race in 5:30 hours (55 km 3000 d+);
- The registration is personal, non-transferable, and will be accepted on a first-come-first-served basis;
- All the data information provided by participants is their own responsibility and must be legit;
- If a registered athlete can no longer participate; or in the case of cancelation of the event due to climatic conditions, the organization has no obligation to reimburse the registration fee;
- No changes to the participant's data will be accepted after 16<sup>th</sup> September 2019;
- In order to preserve a natural heritage of enormous wealth, we want you to enjoy it in full communion with nature, by respecting and protecting it. For this same reason, we inform you that **liquid refreshments will not be supplied in bottles or plastic cups. Athletes are responsible for bringing with them the container(s) they deem most suitable for their hydration (preferably also suitable for hot drinks);**
- **The Organization reserves the right to accept last minute registrations.**
- **For registrations made in the last month prior to the race, the organization does not guarantee t-shirt size and does not guarantee the event's official t-shirt.**
- The contents of this manual are subject to change without notice.

## **1. Terms of participation**

### **1.1. Age requirement**

The minimum age requirement for participation in Grande Trail Serra d'Arga 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;
- Athletes must know how to manage physical or mental problems arising from high fatigue, digestive problems, muscular or joint pain, etc;

### **1.4. External help**

External help is not allowed, except on refreshment posts. Athletes must know how to adapt to the problems encountered during the race.

### **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 behavior, offensive language and verbal/physical aggressions will not be tolerated and will be punished with penalties, fines or disqualification. Any illegal acts will be reported to the appropriate authorities.

## 2. The event

### 2.1. Presentation of the event / organization

The **Grande Trail Serra d'Arga** is organized by Carlos Sá Nature Events®. It has also the support of the Municipal Chambers of Caminha and Viana do Castelo and the support of Dem, São Lourenço da Montaria, Estorãos, Arga de São João, Arga de Cima and Arga de Baixo.

The public presentation of the event will be held on the 8<sup>th</sup> September, at São Lourenço da Montaria. It will begin at 10 am with the **GTSA Vertical Challenge – Trail VS Road**, followed by the press conference at 12 noon, at Montaria.

The **GTSA Vertical Challenge – Trail VS Road** will be composed for a trail race of 4Km and a road race of 7Km, whose start will be simultaneous at 10am, but will have different start lines. The **GTSA Vertical Challenge Trail** will start at the usual place, at Estorãos (Ponte de Lima municipality). The **GTSA Vertical Challenge Road** will start at Montaria Village centre. Both races will have their finish line at Sra. do Minho.

#### Races:

On the 8<sup>th</sup> September will take place the **GTSA Vertical Challenge – Trail VS Road**.

**GTSA Vertical Challenge Trail** – this race has a distance of 4 km and 800 m D+; it starts at 10:00 am in Estorãos (Ponte de Lima) and finishes in the top of Senhora do Minho.

**GTSA Vertical Challenge Road** - this race has a distance of 7 km and 550m D+; it starts at 10:00 am in Montaria and finishes in the top of Senhora do Minho.

On the 21st September, the following races will take place: **GTSA Ultra Trail 55 km and GTSA Long Trail 37Km**. All these races start and finish in Dem.

**Ultra Trail 55 km** - It starts at 8:00 am and it has a distance of 55 km and a total accumulated altitude gain of 6 000 m; it starts and finishes in Dem. This fantastic race passes through many preserved historic villages such as S. João d'Arga, Mosteiro S. João de Arga, Arga de Baixo, Arga de Cima, Cerquido, S. Lourenço da Montaria (and its fantastic river, Âncora) and Dem, belonging to three different municipalities: Caminha, Ponte de Lima and Viana do Castelo.

**Long Trail 37 km** – For athletes competing at National Trail Championships it starts at 8:30 am. For other athletes it will start at 09:00 am. Has a distance of about 37 km and a cumulative gap of 4200m. It crosses the trails of Serra d'Arga passing through several zones of interest like the River Ancora, Pedrulhos, Calçada Romanas, Cerquido, Senhora do Minho and S. Lourenço da Montaria.

On the 22<sup>nd</sup> September two races will take place simultaneously: **Long Trail 27 km** and **Short Trail 17 km**. There will be also a **short hike with 12 km**. All these activities start and finish in S. Lourenço da Montaria.

**Long Trail 27 km and Short Trail 17 km** – It starts at 09:00 am. With an accumulated difference of 2400m and 1050m respectively, it starts in the Parish of S. Lourenço da Montaria, crossing tracks of the Serra d'Arga with passage through the fantastic river Âncora and finishing at S. Lourenço da Montaria.

The **short hike** will start at 09:15, starting and finishing in S. Lourenço da Montaria.

Once the race is finished, runners can take a shower and have a light meal.

**GTSA Kids** – it will start at 02:00pm in S. Lourenço da Montaria. Ranks and distances:

- Until the age of 6 – 250 m
- 7 – 10 years of age – 750 m
- 11 – 13 years of age – 1500 m
- 14 – 17 years of age – 2100 m

## 2.2. Program

**8th September** – GTSA Vertical Challenge – Trail VS Road

**09:30am – 10:00am:** Race bib distribution near the start line

**GTSA Vertical Challenge Trail** - Estorãos

**GTSA Vertical Challenge Road** – Montaria Village centre

**10:00am:** Start GTSA Vertical Challenge – Trail VS Road

**11:30am:** Prize giving ceremony GTSA Vertical Challenge – Trail VS Road

**12:00 noon:** Press Conference/Public Presentation of **Grande Trail Serra d'Arga 2019**

**18<sup>th</sup> September (Wednesday)**

**04:00 pm – 08:00 pm** – Race bib distribution in Porto (place to be defined)

**19<sup>th</sup> September (Thursday)**

**02:00 pm – 07:00 pm** – Race bib distribution in Barcelos (Carlos Sá Nature Events office)

**20th September (Friday)**

**06:00 pm – 10:00 pm** – Race bib distribution (Paços de Concelho, Caminha)

**21st September (Saturday)**

**06:00 am – 09:00 am** – Race bib distribution (Dem)

**08:00 am** – Start Ultra Trail 55 km

**08:30 am** – Start Ultra Trail 37 km (for athletes competing at the National Trail Championships)

**09:00 am** – Start Ultra Trail 37 km (for other athletes)

**03:00 pm** – Race bib distribution (Dem)

**05:00 pm** – Prize giving GTSA Ultra Trail 55 km and GTSA Long Trail 37 km

**07:00 pm** – Secretariat closing

**08:00 pm** – End of activities.

**22nd September (Sunday)**

**09:00 am** – Start Long Trail 27 km and Short Trail 17 km (S. Lourenço da Montaria)

**09:15 am** – Start Short Hike 12 km

**10:15 am** – Expected arrival of the first athletes Short Trail 17 km (S. Lourenço da Montaria)  
Lourenço da Montaria)

**11:30 am** – Expected arrival of the first athletes Long Trail 27 km (S. Lourenço da Montaria)

**02:00 pm** – Start GTSA Kids

**03:00 pm** – Prize giving Long Trail 27 km and Short Trail 17 km ((S. Lourenço da Montaria)

**05:00 pm** – End of the event

**Athletes must go to the start line autonomously.**

**2.3. Distance, altimetry and ATRP\* difficulty levels**

**GTSA Vertical** – 4 Km – 800m d+ (1600dac) Short Trail – level 4

**Ultra-Trail** – 55 km – 3000m d+ (6000dac) Medium - distance Ultra-Trail – level 3

**Long Trail** – 37 km – 2100m d+ (4200dac) Long Trail – level 3

**Long Trail** – 27 km – 1200m d+ (2400dac) Long Trail – level 2

**Short Trail** – 17 km – 550m d+ (1050dac) Long Trail – level 2

\* ATRP – Portuguese Trail Running Association

**2.4. Maps and route**

Please see 2.1. More info at:

<https://www.carlossanatureevents.com/en/gtsa>



## 2.5. Time barriers

- Any runner who abandons the race must inform the organisation and return his race bib.
- **GTSA Ultra Trail 55 km** has a time limit of **12 hours maximum** and **Long Trail 37 km** has a time limit of **11 hours maximum**. There are no time limits for the other races.
- Time Barriers for **Ultra Trail 55 km and Long Trail 37Km**:
  - Km 35, at 04:00pm
  - Km 46, at 06:00pm

## 2.6. Time check

Time is controlled by chip; athletes must validate it in the checkpoints. The loss of a chip is the sole responsibility of the participant. All the costs associated with its replacement shall be borne by the participant.

## 2.7. Control posts

Intermediate time controls will be opportunely defined.

## 2.8. Refreshment posts

- **GTSA Vertical Challenge – Trail VS Road**
  - **Refreshment 1** – Finish line (top of Senhora do Minho)
- **Ultra Trail 55 km**
  - **Refreshment 1** – 15 km (Arga de Baixo)
  - **Refreshment 2** – 26 km (Cerquido)
  - **Refreshment 3** – 37,5 km (Montaria)
  - **Refreshment 4** – 47 km (Pedrulhos)
- **Long Trail 37 km**
  - **Refreshment 1** – 11 km (Cerquido)
  - **Refreshment 2** – 21 km (Montaria)
  - **Refreshment 3** – 30 km (Pedrulhos)
- **Long Trail 27 km**
  - **Refreshment 1** – 5,5 km (Amonde)
  - **Refreshment 2** – 10 km (Viveiros)
  - **Refreshment 3** – 18km (S. João de Arga)
- **Short Trail 17 km**
  - **Refreshment 1** – 5,5 km (Amonde)
  - **Refreshment 2** – 10 km (Viveiros)
- **Short Hike 12km**
  - **Refreshment 1** – 5,5 km (Amonde)

## 2.9. Recommended gear

Recommended gear	GTSA Vertical Challenge – Trail VS Road	GTSA 17 km	GTSA 27 km	GTSA 37 km	GTSA 55 km	Short hike
Torch					X	
Stock of water	X	X	X	X	X	X
Survival blanket		X	X	X	X	
Whistle		X	X	X	X	
Waterproof jacket		X	X	X	X	
Cellphone		X	X	X	X	

Regardless of the weather conditions, participants should consider this material as their Survival Kit, so it is advisable to always bring this gear on hard-to-reach mountainous terrain.

## 2.10. Information of places with car traffic

The organization will have a security system throughout the course. However, as it will be impossible to cut road traffic in some places, participants must comply with the traffic rules on public-use roads and must respect the surrounding environment.

## 2.11. Penalties/ Disqualifications

Disqualification, based on the following:

- No complying with the present rules;
- Not finishing the route;
- Throwing rubbish away;
- Race number not visible;
- Refusal to comply with the orders from the organization;
- Anti-sporting behaviour.

**Participants who fall under the last two points won't be able to register in future editions.**

## 2.12. Participation conditions

Registration on this competition implies full acceptance of the rules. Participants will be held accountable for all actions that may cause material or moral damages to themselves and/or to third parties. The organization declines all responsibility in case of accident, negligence, or theft of objects.

### 2.13. Insurance

The entry fee includes a personal accident insurance premium.

## 3. Registration

### 3.1. Registration process

Online registration: <http://www.carlossanatureevents.com/>

### 3.2. Registration prices and deadlines

Registrations open on 15th March 2019.

- **GTSA Vertical Challenge Trail**  
10 Euro (on the last 2 weeks before the race the price increases 5€)  
The registration fee includes: race bib, injury insurance, refreshments, showers + other possible offers.
- **GTSA Vertical Challenge Road**  
10 Euro (on the last 2 weeks before the race the price increases 5€)  
The registration fee includes: race bib, injury insurance, refreshments, showers + other possible offers.
- **Short Hike 12 km**  
10 Euro (on the last 2 weeks before the race the price increases 5€)  
The registration fee includes: injury insurance, t-shirt, refreshments, showers, light meal at the finish line + other possible offers.
- **Ultra Trail 55 km**  
35 Euro (on the last 2 weeks before the race the price increases 5€)  
The registration fee includes: race bib, injury insurance, t-shirt, refreshments, showers, light meal at the finish line, finisher medal + other possible offers. The organization may replace some of these offers with similar ones.
- **Long Trail 37 km**  
28 Euro (on the last 2 weeks before the race the price increases 5€)  
The registration fee includes: race bib, injury insurance, t-shirt, finalist medal, refreshments, showers, light meal at the finish line + other possible offers. The organization may replace some of these offers with similar ones.

- **Long Trail 27 km**

25 Euro (on the last 2 weeks before the race the price increases 5€)

The registration fee includes: race bib, injury insurance, t-shirt, finalist medal, refreshments, showers, light meal at the finish line + other possible offers. The organization may replace some of these offers with similar ones.

- **Short Trail 17 km**

17 Euro (on the last 2 weeks before the race the price increases 5€)

The registration fee includes: race bib, injury insurance, t-shirt, finalist medal, refreshments, showers, light meal at the finish line + other possible offers. The organization may replace some of these offers with similar ones.

### **3.3. Included gear**

See 3.2.

### **3.4. Cancelations**

If a registered athlete does not attend the race, the organization has no obligation to reimburse the registration fee. If the athlete requests a change for a race with a lower distance, any difference value will not be refunded.

### **3.5. Secretariat (time and places)**

The secretariat will be open on the following days and times:

- 18th September, 04:00 pm – 08:00 pm, Porto (place to be defined)
- 19th September, 02:00 pm - 07:00 pm, Barcelos (Carlos Sá Nature Events office)
- 20th September, 06:00 pm – 10:00 pm, Paços do Concelho de Caminha
- 21st September, 06:00 am - 09:00 am, Dem
- 21st September, 03:00 pm – 07:00 pm, next to the finish line in Dem
- 22nd September, 07:00 pm – 08:30 pm, next to the start line in Montaria

Athletes must bring an identity document and four pins.

## **4. Rankings and prizes**

### **4.1. Prize giving: times and places**

See program.

### **4.2. Prizes and ranks**

There will be classification by categories determined by the ATRP. For the classification and scoring of athletes in the ranks it will be considered the age that the athlete will have on October 31st of the current competitive season. Ex: An athlete who turns 40 between January 1st and October 31st will be classified in the M40 category throughout the Championship.

- M Júnior and F Júnior – 18 and 19 years old
- M Sub-23 and F Sub-23 – 20 to 22 years old
- M Seniors and F Seniors – 23 to 39 years old
- M40 and F40 – 40 to 44 years old
- M45 and F45 – 45 to 49 years old
- M50 and F50 – 50 to 54 years old
- M55 and F55 – 55 to 59 years old
- M60 and F60 – more than 60 years old

As for team classifications, the times of the 3 best athletes in the general classification will be considered, (regardless of sex or age).

GTSA Ultra Trail 55Km, GTSA Long Trail 37 Km, GTSA Long Trail 27 Km and GTSA Short Trail 17 Km, will be awarded as follows:

- M Júnior and F Júnior – 18 and 19 years old (first 3 men and first 3 women);
- M Sub 23 and F Sub-23 – 18 to 22 years old (first 3 men and first 3 women);
- M Seniors and F Seniors – 23 to 39 years old (first 3 men and first 3 women);
- M40 and F40 – 40 to 49 years old (first 3 men and first 3 women);
- M50 and F50 – 50 to 59 years old (first 3 men and first 3 women);
- M60 and F60 – more than 60 years old (first 3 men and first 3 women);

## **Prizes (overall ranking)**

### GTSA Vertical Challenge Trail

#### **Male:**

- 1st - Trophy
- 2nd - Trophy
- 3rd- Trophy

#### **Female:**

- 1<sup>st</sup> - Trophy
- 2nd - Trophy
- 3rd - Trophy

### GTSA Vertical Challenge Road

#### **Male:**

- 1st - Trophy
- 2nd - Trophy
- 3rd - Trophy

**Female:**

1st - Trophy  
2nd - Trophy  
3rd- Trophy

Ultra Trail 55 km

**Male:**

1<sup>st</sup> - Trophy, registration 2020  
2nd - Trophy, registration 2020  
3rd - Trophy, registration 2020  
4th – Trophy  
5th – Trophy

**Female:**

1st - Trophy, registration 2020  
2nd - Trophy, registration 2020  
3rd - Trophy, registration 2020  
4th – Trophy  
5th – Trophy

Long Trail 37 km

**Male:**

1st - Trophy, registration 2020  
2nd- Trophy, registration 2020  
3rd- Trophy, registration 2020

**Female:**

1st- Trophy, registration 2020  
2nd- Trophy, registration 2020  
3rd- Trophy, registration 2020

Long Trail 27 km

**Male:**

1st- Trophy, registration 2020  
2nd- Trophy, registration 2020  
3rd- Trophy, registration 2020

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**Female:**

- 1<sup>st</sup> - Trophy, registration 2020
- 2<sup>nd</sup> - Trophy, registration 2020
- 3<sup>rd</sup> - Trophy, registration 2020

Short Trail 17 km

**Male:**

- 1<sup>st</sup> – Trophy, registration 2020
- 2<sup>nd</sup> – Trophy, registration 2020
- 3<sup>rd</sup> – Trophy, registration 2020

**Female:**

- 1<sup>st</sup> – Trophy, registration 2020
- 2<sup>nd</sup> – Trophy, registration 2020
- 3<sup>rd</sup> – Trophy, registration 2020

Teams

**GTSA Ultra Trail 55 km / Long Trail 37 km / Long Trail 27 km / Short Trail 17 km**

- 1<sup>st</sup> - Trophy
- 2<sup>nd</sup> - Trophy
- 3<sup>rd</sup> - Trophy

## 5. Information

### 5.1. How to get to Serra d'Arga

Highway A28, exit 28 (Dem)

### 5.2. Where to stay

Runners can camp on the competition place or in the Sportive Pavilion of Caminha. Participants must bring sleeping bags.

## 6. Marks and controls

The route is marked with bright tapes and flags. All participants must pass through the established control posts.

## 7. Environmental responsibility

Athletes can't throw down their litter (whether it's biodegradable or not) along the course. They must deposit their litter either in the nearest refreshment post, or at the finish line.

## **8. Image rights**

Each participant authorizes the organizers to use any images or recordings taken during the event. Those images may be used for promotional documents and/or advertising mediums (radio, press, video, photo, internet, outdoors, etc.).

## **9. Support and emergency**

There will be support, help and emergency teams to provide care to the participants who need it.

## **10. Omissions**

Omissions in this regulation shall be resolved by the organizing committee.

## **11. Others**

- Participants are required to assist the injured and to respect the traffic rules in road crossings.
- The organization reserves the right to make changes it deems necessary depending on different conditions, such as the cancelation of the race due to weather conditions.