

ATHLETE GUIDE

2023

VILA DO GERÊS · PENEDA-GERÊS NATIONAL PARK



CARLOS SÁ NATURE EVENTS

Carlos Sá Nature Events (CSNE) is a company that promotes and organizes sporting events in very close contact with Nature. Carlos Sá, is the mentor of this project, a Portuguese ultramarathoner with a vast CV in national and international competitions, including a variety of mountain and road ultramarathons, and challenges under extreme weather conditions in the desert, Arctic ice and tropical forest.

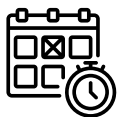
Carlos Sá Nature Events offers trail running and road racing experiences in various regions of Portugal. Through the Best Trails Series Circuit, it promotes competitions in places of rare natural beauty, and values the best athletes in the sport by offering very attractive prizes. The economic dynamism where the activities take place and the environmental enhancement are extremely important for these regions, with the carrying out of these tests.

For 2024, the Best Trails Series Circuit has 6 events planned at national level, where all distances score points, find out more here:



<http://www.carlossanatureevents.com>





PROGRAM

1 DECEMBER

11h00 - 15h00 // 6km Walk and Lunch (Chanfana) organized by Aldeia Comunitária da Ermida (**booking at atace11@hotmail.com**)

14h00 // Opening of Expo Running and Opening of the Secretariat (Auditorium - Vila do Gerês)

15h30 // Closure of the Secretariat (Auditorium - Vila do Gerês)

15h30 // Transfer of Extreme Mile athletes to the starting location (Auditorium - Vila do Gerês)

16h00 // Departure Extreme Mile (Vilarinho das Furnas Hydroelectric Power Station)

19h00 - 21h00 // Opening of the Secretariat (Peneda Hotel - Peneda)

2 DECEMBER

06h00 - 07h00 // Opening of the Secretariat (Peneda Hotel - Peneda)

07h00 // Departure Extreme 90k (Peneda Hotel - Peneda)

14h00 - 20h00 // Opening of Expo Running and operation of the secretariat for the remaining distances (Auditorium - Vila do Gerês)

15h00 // Expected arrival of the 1st Extreme 90Km athlete

22h00 // Expected arrival of the last Extreme 90Km athlete/Finishing the finish line

3 DECEMBER

07h00 // Opening of the Secretariat (Auditorium - Vila do Gerês)

09h00 // Closure of the Secretariat

09h00 // Departure of the 42km and 14km athletes

09h15 // Departure of the 21 km athletes

09h20 // Departure of the 32 km athletes

13h30 // Awards ceremony

17h00 // End of the event

FOR THE EFFICIENT FUNCTIONING OF THE SECRETARIAT SERVICES, THE ORGANIZATION RECOMMENDS ALL PARTICIPANTS TO ARRIVE AT THE SECRETARIAT AS SOON AS POSSIBLE, IN ORDER TO COLLECT THE PARTICIPANT KIT WITHOUT ANY HASSLE.



SECRETARIATS

DECEMBER 1ST · FROM 14H00 TO 15H30

ATHLETES OF ALL DISTANCES

VILA DO GERÊS

THERMAL ANIMATION CENTER AUDITORIUM

41.728125, -8.162116

DECEMBER 1ST · FROM 19H00 TO 21H00

EXTREME 90K ATHLETES

PENEDA

PENEDA HOTEL - PENEDA

41.973789, -8.223468

DECEMBER 2ND · FROM 06H00 TO 07H00

EXTREME 90K ATHLETES

PENEDA

PENEDA HOTEL - PENEDA

41.973789, -8.223468

DECEMBER 2ND · FROM 14H00 TO 20H00

ATHLETES OF ALL DISTANCES

VILA DO GERÊS

THERMAL ANIMATION CENTER AUDITORIUM

41.728125, -8.162116

DECEMBER 3RD · FROM 07H00 TO 09H00

ATHLETES OF ALL DISTANCES

VILA DO GERÊS

THERMAL ANIMATION CENTER AUDITORIUM

41.728125, -8.162116

GERÊS EXTREME MARATHON ATHLETES LIST :

https://mynatureevents.com/listas/geres_extreme_marathon23/

EXTREME 90K ATHLETES LIST :

https://mynatureevents.com/listas/extreme_90/

FOR THE EFFICIENT FUNCTIONING OF THE SECRETARIAT SERVICES, THE ORGANIZATION RECOMMENDS ALL PARTICIPANTS TO ARRIVE AT THE SECRETARIAT AS SOON AS POSSIBLE, IN ORDER TO COLLECT THE PARTICIPANT KIT WITHOUT ANY HASSLE.



EXTREME 90K

THE CHALLENGE OF THE CHAMPIONS

PENEDA · ARCOS DE VALDEVEZ

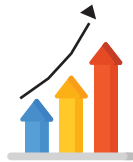
EXTREME 90K



CHARACTERISTICS



DISTANCE
90 KM



POSITIVE LEVEL
2.729 D+



NEGATIVE LEVEL
3.035 D-



DEPARTURE
SRA. PENEDA



DEPARTURE TIME
07:00

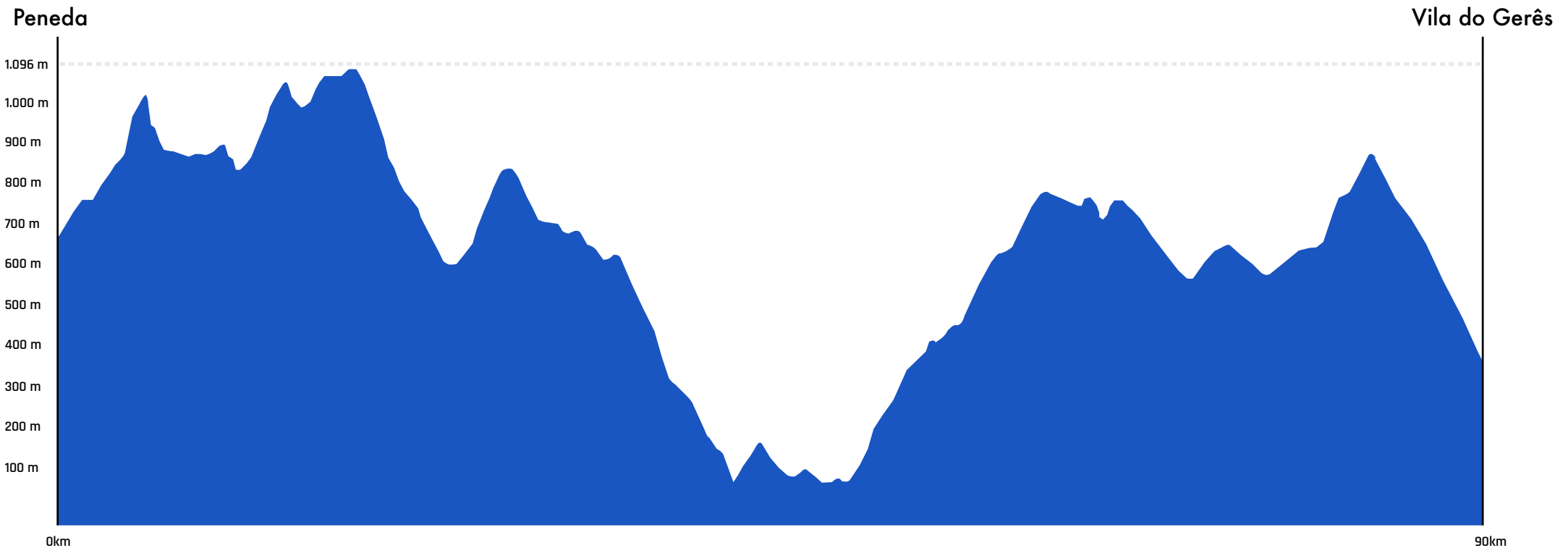
ARRIVAL

NEAR TO "PRACETA HONÓRIO
DE LIMA"



IMPORTANT INFORMATIONS : <https://carlossanatureevents.com/pdfs/ApresentacaoGEMA2023.pdf>

EXTREME 90K



Tracks:

Wikiloc

<https://pt.wikiloc.com/trilhas-corrida/extreme-90k-2023-118819546>

Trace de Trail

<https://tracedetrail.fr/fr/trace/trace/201162>

BY CARLOS SÁ NATURE EVENTS

GERÊS

EXTREME MARATHON®

WORLD'S TOUGHEST ROAD MARATHON®

DISTANCES

EXTREME MILE

42KM • 32KM • 21KM • 14KM



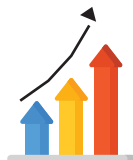
MARATHON 42K



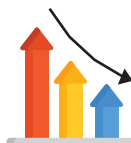
CHARACTERISTICS



DISTANCE
42 KM



POSITIVE LEVEL
1350 D+



NEGATIVE LEVEL
1350 D-



DEPARTURE/ ARRIVAL
NEAR TO "PRACETA HONÓRIO
DE LIMA"



DEPARTURE TIME
9:00

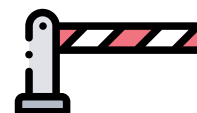


AID STATIONS
5



TIME LIMIT
7H

TIME BARRIER



KM 29 MUSEU DA GEIRA



5H15 IN THE RACE

RECOMMENDED MATERIAL



THERMAL BLANKET



WATER TANK

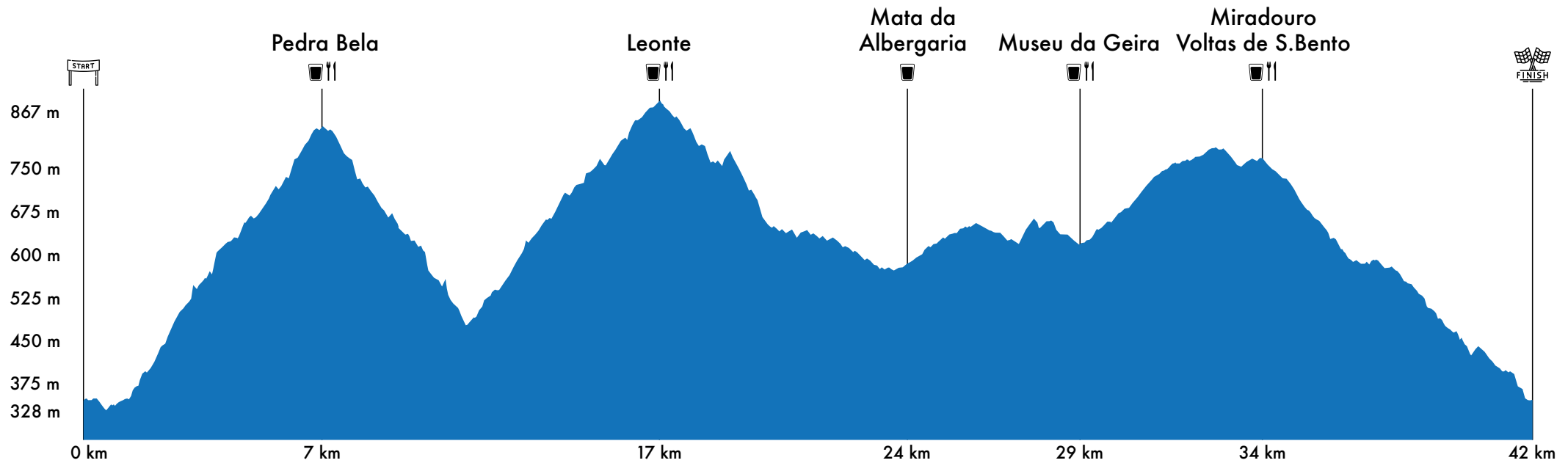


WATERPROOF JACKET



MOBILE PHONE

MARATHON 42K



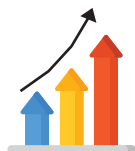
Download dos tracks :

<https://bit.ly/3V8ZHU2>

RACE 32K



DISTANCE
32 KM



POSITIVE LEVEL
1210 D+



NEGATIVE LEVEL
1210 D-



DEPARTURE/ ARRIVAL
NEAR TO "PRACETA HONÓRIO
DE LIMA"



DEPARTURE TIME
09:20



AID STATIONS
4



TIME LIMIT
DON'T HAVE



THERMAL BLANKET



WATER TANK

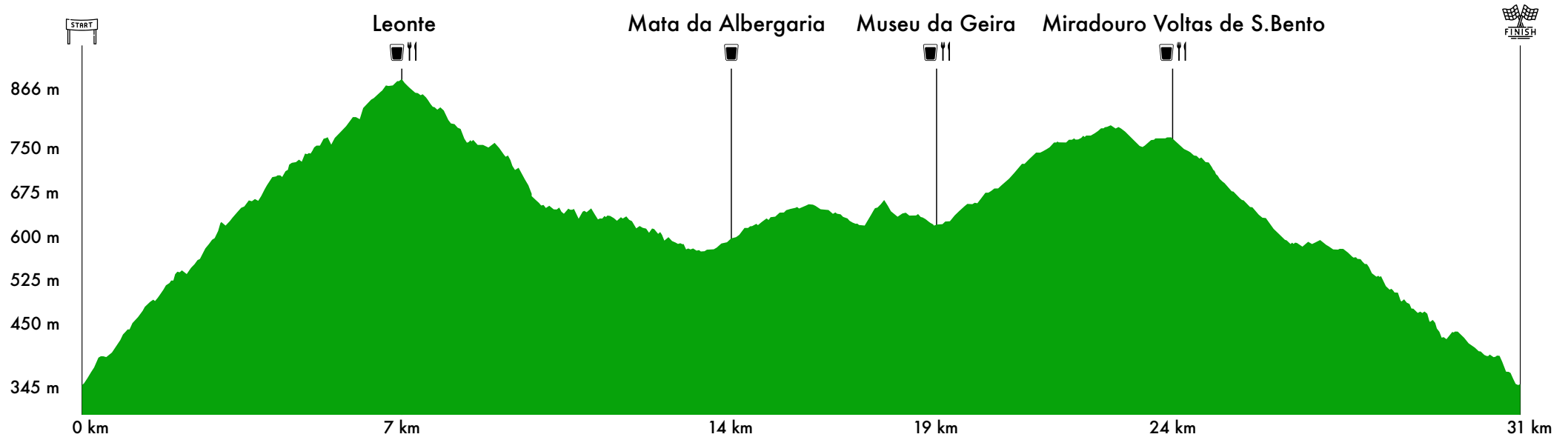


WATERPOOF JACKET



MOBILE PHONE

RACE 32K



Download dos tracks :

<https://bit.ly/3V8ZHU2>

HALF MARATHON 21K

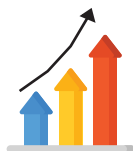


CHARACTERISTICS



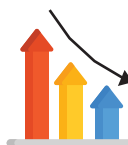
DISTANCE

21 KM



POSITIVO LEVEL

990 D+



NEGATIVE LEVEL

990 D-



DEPARTURE/ ARRIVAL
NEAR TO "PRACETA HONÓRIO
DE LIMA"



DEPARTURE TIME

9:15



AID STATIONS

3



TIME LIMIT

DON'T HAVE

RECOMMENDED MATERIAL



THERMAL BLANKET



WATER TANK

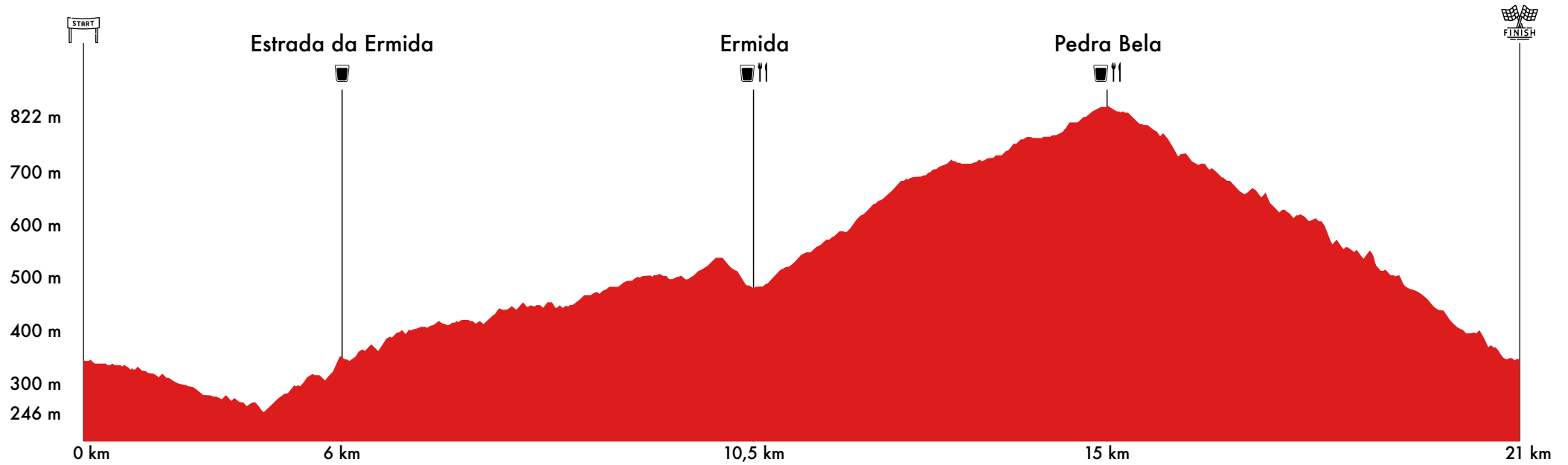


WATERPROOF JACKET



MOBILE PHONE

HALF MARATHON 21K



Download dos tracks :

<https://bit.ly/3V8ZHU2>

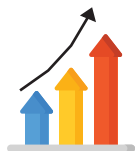
MINI RACE 14K



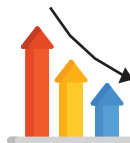
CHARACTERISTICS



DISTANCE
14 KM



POSITIVE LEVEL
780 D+



NEGATIVE LEVEL
780 D-



DEPARTURE/ ARRIVALS
NEAR TO "PRACETA HONÓRIO
DE LIMA"



DEPARTURE TIME
09:00



AID STATIONS
1



TIME LIMIT
DON'T HAVE

RECOMMENDED MATERIAL



THERMAL BLANKET



WATER TANK

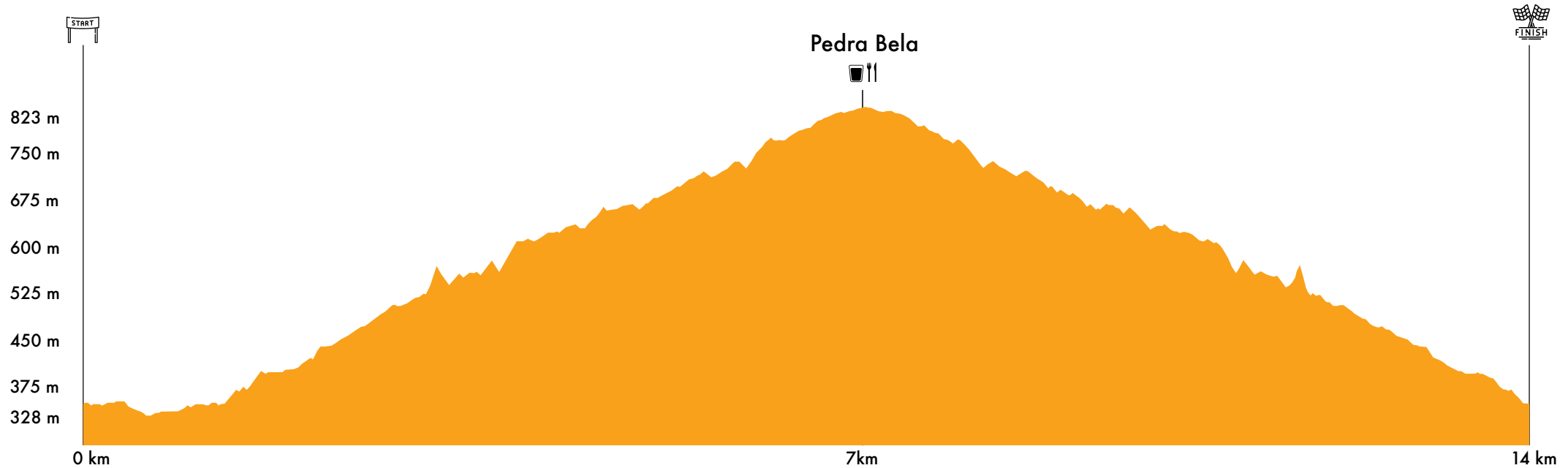


WATERPROOF JACKET



MOBILE PHONE

MINI RACE 14K



Download dos tracks :

<https://bit.ly/3V8ZHU2>

EXTREME MILE

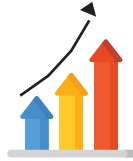


CHARACTERISTICS



DISTANCE

1,6 KM



POSITIVE LEVEL

500 D+



DEPARTURE

HYDROELECTRIC POWER PLANT
VILARINHO DAS FURNAS

ARRIVAL

VIEWPOINT "VOLTAS DE
SÃO BENTO"



DEPARTURE TIME

16:00



SIGNALING

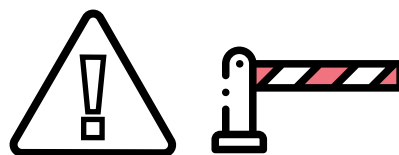
Along the route there are several signposts like the images below. The route is marked with signaling tape, flags, directed signs and duly identified information signs.



TIME CONTROL

Control carried out using a chip placed on the dorsal.

All time management is handled by the Stop and Go company.



8H50 - ACCESS ROAD TO THE VILLAGE DO GERÊS CLOSED

On **December 3rd**, we ask all participants to arrive at Vila do Gerês early because from **8:50 am** the access road to Vila do Gerês through Vilar da Veiga will be closed to traffic.



AID STATIONS

Please be advised that liquid supplies will not be supplied through bottles or plastic cups.

Each athlete is responsible for carrying the container(s) they deem most appropriate for their hydration.

In the goal zone there will be a food supplement of solids and liquids for all athletes.



SHOWERS

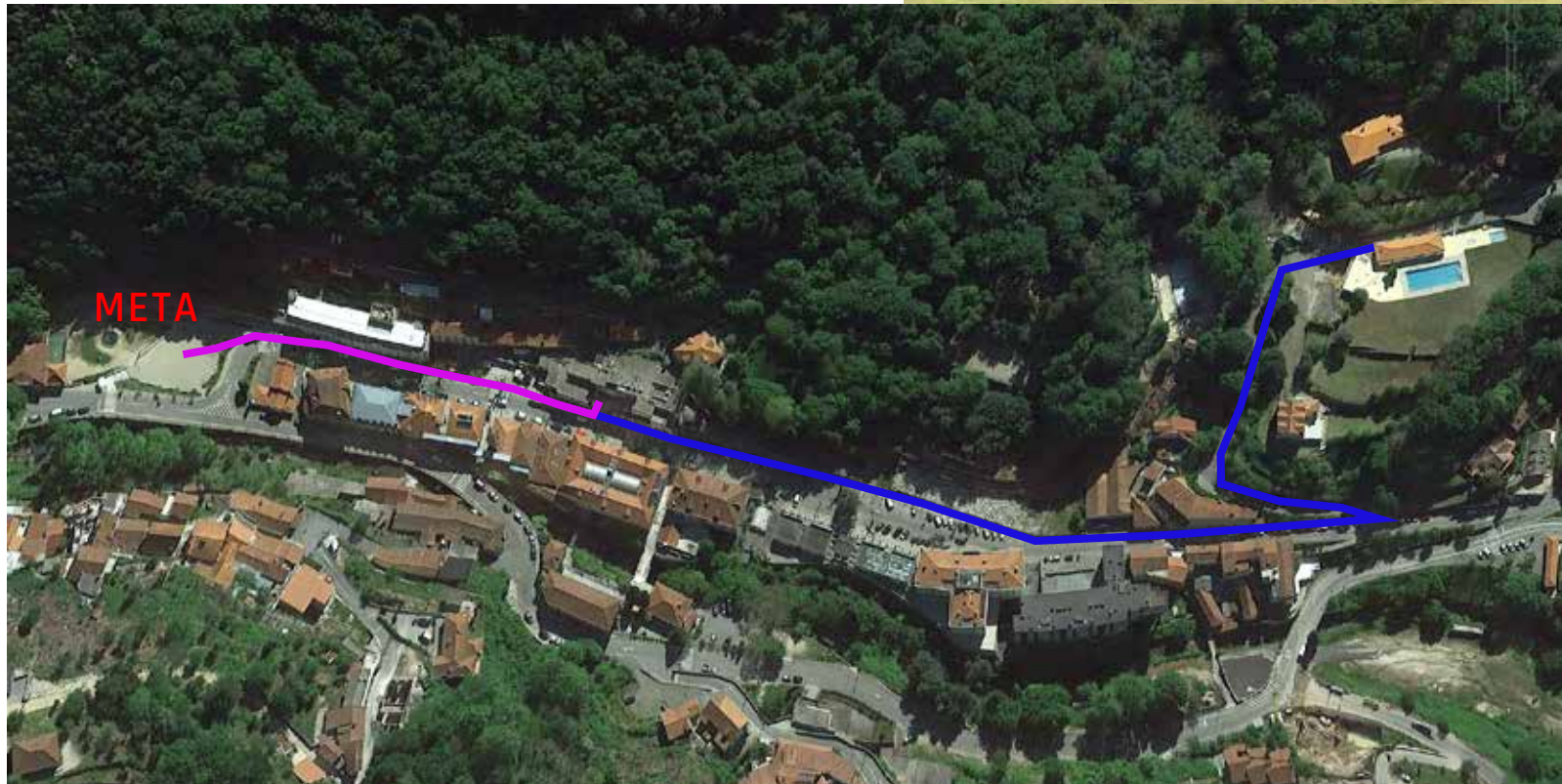
WOMEN

41.728125, -8.162116



MEN

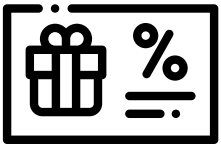
41.725403, -8.161280





JERSEY OFICIAL

IMPETUS



Use the code **GERES15** in the
IMPETUS® online store and enjoy
the 15% discount.

Discount cannot be combined with other current
promotions.





20%

DESCONTO

CÓDIGO:
GEM23

EM TODA A GAMA GOLDNUTRITION

OFERTA VÁLIDA ATÉ 10 DE DEZEMBRO DE 2023

NÃO ACUMULÁVEL COM CAMPANHAS EM VIGOR OU OUTROS CÓDIGOS DE DESCONTO.

BE EXCELLENT ANYTIME ANYWHERE



6KM WALK



LUNCH (CHANFANA DE CABRA)

1 DECEMBER 2023

11H ERMIDA - GERÊS

BOOKING:

ATACE11@HOTMAIL.COM



The best races, for the best runners


CARLOS SÁ
NATURE EVENTS

2023/24



December 1st-3rd



June 16th



March 8th-10th



September 1st



May 3rd-5th



September 27th-29th

ORGANIZATION



INSTITUTIONAL SUPPORT



SUPPORT

IMPETUS

