

TPG

TRANS PENEDA-GERÊS

THE RACE OF THE
4 CASTLES

2022
NEWSLETTER_EN



TPG
TRANS PENEDA-GERÊS
THE RACE OF THE
4 CASTLES

The preparations for TransPeneda-Gerês are well underway and the supporting team is working diligently to provide you a fantastic adventure!

To help you plan your participation in TransPeneda-Gerês, here is some more information that you should read carefully. If you need any help or clarification do not hesitate to contact us through the usual communication channels:



info@carlossanatureevents.com

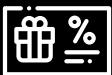


<https://www.facebook.com/transpeneda>



+351 968644158

IMPETUS



In addition to producing the official t-shirt of the event, Impetus has a special gift for you athlete!
15% off the entire online store with code: **TPG15**

Discount not combinable with other promotions and valid until THE END OF THE YEAR 2022

105KM



START LINE AND FINISH LINE

Castle of Lindoso
24h00pm

Castle of Montalegre
Time Limit
29h



EVENT'S SECRETARIAT

27th MAY
22h00pm

Castle of Lindoso
24h00pm
Secretariat's Closing



- <https://www.cmpb.pt/alojamentos.php>
- <https://www.cm-montalegre.pt/pages/388>

PROGRAM

Friday 27th May 2022

21:30 am - Transport by bus to the athletes TPG 105Km, from Montalegre to Lindoso Castle (journey lasting approximately 1h10m, only for participants who tick this option when registering)

22:00 pm - Secretariat opening TPG 105Km (Lindoso Castle)

24:00 noon - Start TPG 105Km (Lindoso Castle)

Saturday 28th May 2022

13:20 pm - Estimated finish time for the 1st athlete TPG 105Km non-stop (Montalegre Castle)

Friday 29th May 2022

05:00 am - Limit Time (29h) for the last athlete to finish TPG 105km

14:30 pm - Prize giving ceremony (Castelo de Montalegre)

16:00 pm - Event's closing TransPeneda-Gerês (TPG)

17:30 pm - Transport by bus from Center of Montalegre to Porto Airport

TRACK

Link to Download the track of the race:

<https://my.atrp.pt/evento/799>



MONTALEGRE'S MAP



Way to Montalegre Multiusos Pavillion

Race Track



Showers



Secretariat
60k, 42k e 27k



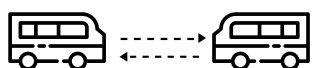
Rest Area



Food
Reinforcement



Transfers



TRANSFERS

TransPeneda-Gerês organization ensures the following transfers for registered participants of the **TPG 105km**:

- 27th May, 21:30pm, from Montalegre to Lindoso
- 29th May, 5:00pm, from Montalegre to Porto's airport

INTERACTIVE MAP

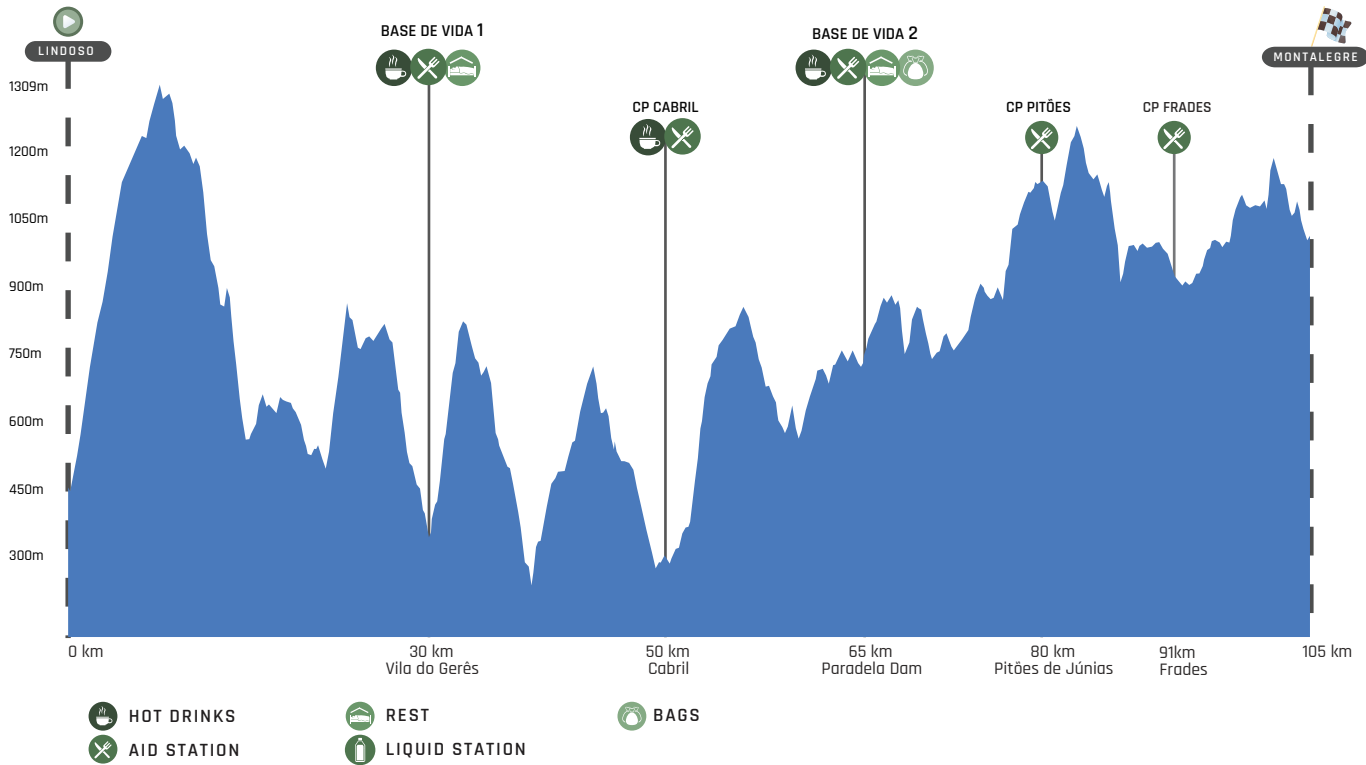
Interactive route map link:

<https://bit.ly/3Mt9JLm>





105 KM [5.900M D+ / 5.350M D-]



AID STATIONS



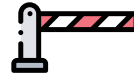
VILA DO GERÊS
PARADELA DAM



LIQUIDS AND SOLIDS
LIQUIDS AND SOLIDS



30 KM
65 KM



06H00 / SATURDAY



41°43'40.7"N 8° 09'42.3" W
41°46 '00.5" N 7° 56'54.5" W

THE REGISTRATION INCLUDES:

- ▶ BIB NUMBER
- ▶ OFICIAL JERSEY IMPETUS
- ▶ 2 AID STATIONS WITH HOT MEALS
- ▶ 3 REFRESHMENT POINTS
- ▶ FINISHER MEDAL
- ▶ VEST
- ▶ PERSONAL ACCIDENTS ENSURANCE
- ▶ ASSISTANCE AND URGENT CARE SERVICE
- ▶ MEAL IN THE FINISH LINE
- ▶ SHOWER

MANDATORY GEAR:

REQUIRED

- 2 HEAD LAMPS WITH EXTRA BATTERIES, WORKIN IN PERFECT CONDITIONS ◀
- SURVIVAL BLANKET ◀
- MOBILE PHONE ◀
- LONG SLEEVES SHIRT ◀
- WHISTLE ◀
- WATERPROOF JACKET WITH HOOD ◀
- STOCK OF WATER AND FOOD TO USE BETWEEN AID STATIONS ◀
- ELASTIC TAPE ◀
- REUSABLE CUP ◀

RECOMMENDED

- POLES ◀
- WATERPROOF TROUSERS ◀
- GLOVES ◀
- FACIAL MASK ◀

FOOD AT THE AID STATIONS

Racing in semi-autonomy will be the rule, which means that the athletes must run with a minimum amount of calories and liquids, in order to satisfy their needs between Aid stations. In the Aid Stations will always be available the following food and drinks:

orange, banana, chips, biscuits, cereal bars, nuts, chicken soup, salt, water, coca-cola and isotonic.

In addition to these the organization will have other food that will vary over the Aid Stations:

vegetables soup, pasta, ham / cheese, bread, sweet pasta, cakes, watermelon/melon, tomatoes ...

Please be advised that liquids will not be supplied in bottles or plastic cups. Each athlete is responsible for taking with them the container(s) they deem most suitable for their hydration.

TPG 105Km's participant will be allowed to have the support of an external helper in the Aid Stations. The external helper should enter inside the Aid Stations/Refreshment post at the same time as the athlete, to be able to support the athlete.

INDIVIDUAL BAGS

Each participant will receive from the organization a bag for the Parabela Aid Station where they can put their individual belongings and the material they will need throughout the race.

The bag must be delivered to the organization before departure, duly identified with the card that will be provided when lifting the dorsal, and will be transported to the respective Aid Station by the organization.

EXTERNAL HELP

External help is allowed at any point along the route. Participants are advised to have some money with them so that they can stock up at the cafes in the villages where they will pass.

Still, it is important that the athletes are aware of their needs during the race, as well as their ability to solve problems in unexpected situations.

PARTICIPANT'S CODE OF CONDUCT

We alert all participants in the TPG "Race of the 4 Castles" to the fact that this race takes place within the area of the Peneda-Gerês National Park and the neighboring villages. So it is essential that every participant adopts a respectful behavior with Nature and that area's populations.

We remind you to collect all your waste along the course, do not cause damage to passages or on private and public properties and do not leave gates open that might lead to the escape or improper exit of animals.

Please also be aware that you may cross paths with wild animals, domestic animals grazing, domestic dogs with or without muzzles or stray dogs.

We recommend to the longer races' participants that will run during the night, not to do it alone. You should do it accompanied by another participant.

ORGANIZAÇÃO



APOIOS INSTITUCIONAIS



APOIOS

IMPETUS

