



PENACOVA TRAIL DO CENTRO REGULATIONS

Index

| | |
|--|----|
| Index | 01 |
| 1. Terms of participation | 03 |
| 1.1. Age requirement | 03 |
| 1.2. Confirmed registration | 03 |
| 1.3. Physical condition | 03 |
| 1.4. External help | 03 |
| 1.5. Race bibs | 03 |
| 1.6. Sportsmanlike conduct rules | 03 |
| 2. The event | 04 |
| 2.1. Presentation of the event / organization | 04 |
| 2.2. Program | 04 |
| 2.3. Distance, altimetry and ATRP* difficulty levels | 05 |
| 2.4. Maps and route | 05 |
| 2.5. Time barriers | 05 |
| 2.6. Time check | 05 |
| 2.7. Control posts | 05 |
| 2.8. Refreshment posts | 05 |
| 2.9. Obligatory gear | 06 |
| 2.10. Information of places with car traffic | 06 |
| 2.11. Penalties/ Disqualifications | 06 |
| 2.12. Participation conditions | 07 |
| 2.13. Insurance | 07 |
| 3. Registration | 07 |
| 3.1. Registration process | 07 |
| 3.2. Registration prices and deadlines | 07 |
| 3.3. Cancelations | 07 |
| 3.4. Included gear | 08 |
| 3.5. Secretariat (time and places) | 08 |
| 4. Rankings and prizes | 08 |
| 4.1. Prize giving: times and places | 08 |
| 4.2. Prizes and ranks | 08 |
| 5. Information | 09 |
| 5.1. How to get to Penacova | 09 |
| 5.2. Where to stay | 09 |
| 6. Marks and controls | 09 |
| 7. Environmental responsibility | 09 |
| 8. Image rights | 09 |
| 9. Support and emergency | 10 |
| 10. Omissions | 10 |
| 11. Others | 10 |

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;
- 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 4th November 2019;
- Keep yourself on the marked routes;
- Preserve the flora and avoid disturbing the fauna;
- Do not leave litter or other traces of your passage through the routes;
- Do not start a fire;
- Be nice with the people around you;
- 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.**
- 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 **Penacova Trail do Centro** 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 behaviour, 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 **Carlos Sá Trail Running Centers** is a project that arises from all the accumulated experience in organizing trail events, in order to respond to the needs of lovers of this sport (and others), who wish to know a new territory in a completely autonomous way.

It is an organized place with several marked routes, with specific signs homologated by the Portuguese Trail Running Association (ATRP), while guaranteeing the usability of the trails in a safe way.

The purpose is to guide visitors and, at the same time, provide them all the information about the place in which they are, enriching their visit. To promote and give more visibility to this project it will be held the 2nd edition of **Penacova Trail do Centro**.

The **Penacova Trail do Centro** is organized by Carlos Sá Nature Events® with the support and collaboration of the Penacova Municipality.

On the 10th November three races will take place: **Ultra Trail 42 km, Long Trail 27 km and Short Trail 17 km**. There will also be a Solidarity Hike (10 km), whose part of the funds will revert to the Volunteer Firefighters of Penacova. All the races will start at 09:00 am, at Park Verde, near the Volunteer Firefighters of Penacova.

2.2. Program

09th November 2019

03:00 pm – 07:00 pm – Race bib distribution (near the Volunteer Firefighters of Penacova)

10th November 2019

07:00 am – 08:30 am – Race bib distribution (near the Volunteer Firefighters of Penacova)

09:00 am – Start for all races (at Park Verde, near the Volunteer Firefighters of Penacova).

10:30 am – Expected arrival of the first athletes 17 km

11:30 pm – Expected arrival of the first athletes 27 km

01:00 pm – Expected arrival of the first athletes 42 km

02:00 pm – Prize giving ceremony

06:00 pm – End of the event

2.3. Distance, altimetry and ATRP* difficulty levels

Ultra Trail – 42 Km – D+ 2500m D- 2500m – level 3

Long Trail – 27 Km – D+ 1750m D- 1750m – level 3

Short Trail – 17 Km – D+ 1060m D- 1060m – level 3

* ATRP – Portuguese Trail Running Association

2.4. Map / profile altimetry / courses

See 2.1. and more info at:

<http://carlossanatureevents.com/evento.aspx?idevento=PNTC>

2.5. Time barriers

- The time limit to conclude **Penacova Trail do Centro 42 km** is **8 hours maximum**. There are no time limits for the other races.
- The “SWEEPERS” and the head of each control post will have the power to withdraw from the race any runner who isn't within the time limit, or any runner whose state of health necessitates doing so.
- Any runner who abandons the race must alert the organization and return his race bib.

2.6. Time check

Controlled by chip, the athlete must validate it in each control post. 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

Ultra Trail 42 km

- **Refreshment 1:** 6,5 km
- **Refreshment 2:** 11,5 km
- **Refreshment 3:** 19,5 km
- **Refreshment 4:** 31 km

Long Trail 27 km

- **Refreshment 1:** 6,5km
- **Refreshment 2:** 11,5 km
- **Refreshment 3:** 19,5 km

Short Trail 17 km

- **Refreshment 1:** 6,5 km
- **Refreshment 2:** 11,5 km

Solidarity Hike 10 km

- **Refreshment:** 6,5 km

2.9. Recommended gear

The recommended material for the **Penacova Trail do Centro** races is the following: stock of water, survival blanket, whistle, waterproof jacket and cellphone.

No matter the weather conditions, athletes should consider this equipment as their survival kit. So, it is recommended that athletes always have this equipment in high mountain terrain, whose access can be very difficult.

We also inform 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);**

2.10. Information of places with car traffic

The organization will have a security system throughout the route, 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. The participants cannot cross private property.

2.11. Disqualifications

Disqualification, based on the following chart:

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

Participants covered by 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

Online registrations start on 1st February 2019.

- **Ultra Trail 42 km**
 - 1st February 2019 to 25th October 2019 - 30 euros;
 - 26th October 2019 to 4th November 2019 - 35 euros

- **Long Trail 27 km**
 - 1st February 2019 to 25th October 2019 - 22 euros;
 - 26th October 2019 to 4th November 2019 - 27 euros

- **Short Trail 17 km**
 - 1st February 2019 to 25th October 2019 - 17 euros;
 - 26th October 2019 to 4th November 2019 - 22 euros

Registration fee includes: race bib, injury insurance, refreshments, showers, race T-shirt and a light meal at the finish line.

- **Solidarity Hike 10 km**
 - 1st February 2019 to 25th October 2019 - 10 euros;
 - 26th October 2019 to 4th November 2019 - 12 euros

Registration fee includes: injury insurance, refreshments, showers, race T-shirt and a light meal at the finish line.

The organization might substitute some of these offers for similar ones.

3.3. 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.

3.4. Material included in the registration

See 3.2.

3.5. Secretariat (time and places)

09th November 2019 – near the Volunteer Firefighters of Penacova – 3:00pm to 7:00pm;

10th November 2019 - at Park Verde, near the Volunteer Firefighters of Penacova – 7:00 am to 8:30 am;

- Each athlete must bring an identity document and four pins.

4. Rankings and prizes

4.1. Prize giving: times and places

See program.

4.2. Prizes

Rankings: For the classification and scoring of athletes in the ranks it will be considered the age of the athlete in the day of the race.

- M Sub-23 and F Sub-23 – 18 to 22 years old
- M Seniors and F Seniors – 23 to 39 years old
- M40 and F40 – 40 to 49 years old
- M50 and F50 – 50 to 59 years old
- M60 and F60 – more than 60 years old

Prizes will be given to the first 3 men and 3 first women of each rank in the races PTC 42 Km, PTC 27 Km and PTC 17 Km.

Prizes

Penacova Trail do Centro Individual (42 Km, 27 Km, 17 Km) – general ranking

Male:

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

Female:

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

Penacova Trail do Centro Teams (42 Km, 27 Km, 17 Km) – general ranking

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

Note: Prizes that are not collected during the Prize Giving Ceremony will not be sent by mail after it.

5. Information

5.1. How to get to Penacova

If you are coming from Coimbra, take IC2 and IP3 and take the exit towards Penacova. Alternatively, go through Estrada da Beira (N17) and take N 110 until Penacova.

If you are coming from Lisbon or Porto, using either A1 or N1, take IP3 and leave at the Penacova exit.

If you are coming from Spain, through VilarFormoso, keep on A 25 until Mangualde, after it take IC12 until Santa CombaDão and then IP3 until Penacova.

5.2. Where to stay

See:

<http://www.cm-penacova.pt/pt/pages/comeredormir>

6. Marks and control posts

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

7. Environmental responsibility

You can't throw down your litter (whether it's biodegradable or not) along the route. You must dispose your litter either in the nearest refreshment post, or at the finish line.

8. Image rights

Each participant authorizes the organizers to record and to use any images taken during the event, without the right (for the participant) to receive any financial compensation. These 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, whose decisions will not be appealed.

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, as well as the cancelation of the race due to adverse weather conditions or other major reasons.