



# TRAIL DO CENTRO PENACOVA

BY CARLOS SÁ NATURE EVENTS

## PENACOVA TRAIL DO CENTRO RULES



**BEST TRAILS  
SERIES**



CARLOS SÁ  
NATURE EVENTS

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## 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 in the event the organization has no obligation to reimburse the registration fee;
- During the month before the event is not permitted to change personal details in the registration and the organization has no obligation to reimburse the registration fee.
- 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.
- **This race is part of the “Best Trail Series”, organised by Carlos Sá Nature Events, and the ATRP (Trail Running Portuguese Association) Series.**

## **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 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 **Penacova Trail do Centro**.

The **Penacova Trail do Centro** is organized by Carlos Sá Nature Events® with the support and collaboration of the Municipalities of Penacova and it will be held on the 3<sup>rd</sup> and 4<sup>th</sup> September 2022.

On the 3<sup>th</sup> September 2022 it will be held the **PTC Prologue 2,3km** and on the 4<sup>th</sup> September three races will take place: **Ultra Trail 45 km, Long Trail 30 km and Short Trail 17 km**. There will also be a **Hike (12 km)**.

### 2.2. Program

#### 03<sup>rd</sup> September 2022

**06:00 pm – 08:00 pm** – Race bib distribution (Reconquinho Beach, Penacova)

**07:00 pm** – Start PTC Prologue 2,3km

#### 4<sup>th</sup> September 2022

**06:00 am – 07:00 am** – Race bib distribution PTC 45KM (Reconquinho Beach, Penacova)

**07h00 am** – Transport by bus from Reconquinho Beach to Vimieiro Beach ( 20min)

**08:00 am** – Start PTC Ultra Trail 45KM (Vimieiro Beach, Penacova)

**07:45 am – 09:00 am** – Race bib distribution PTC 30KM, PTC 17KM e PTC Hike (Praia do Reconquinho, Penacova);

**09:00 am** – Start PTC 30KM

**09:00 am** – Transport by bus from Reconquinho Beach to Moinhos dos Gavinhos (Hike Only)

**10h00 am** - PTC 17KM (Praia do Reconquinho, Penacova);

**02:00 pm** – Prize giving ceremony

**04:00 pm** – End of the event

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

**Ultra Trail** – 45 Km – D+ 2500m D- 2500m – level 3

**Long Trail** – 30 Km – D+ 1950m D- 1950m – 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 45 km** is **10 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 that the athlete have in their bib.

### 2.7. Control posts

Intermediate time controls will be opportunely defined.

### 2.8. Refreshment posts

#### PTC Ultra Trail 45 km

- **Refreshment 1:** 13km – Praia do Reconquinho, Penacova
- **Refreshment 2:** 18 km – Municipal Chamber of Penacova
- **Refreshment 3:** 24 km – Moinhos de Gavinhos
- **Refreshment 4:** 29 km - Lorvão
- **Refreshment 5:** 36 km – Caneiro

#### PTC Long Trail 30 km

- **Refreshment 1:** 4,2 km – Municipal Chamber of Penacova
- **Refreshment 2:** 10,5 km – Moinhos de Gavinhos
- **Refreshment 3:** 15,2 km - Lorvão
- **Refreshment 4:** 22,4 km – Caneiro

PTC Short Trail 17 km

- **Refreshment 1:** 6 km - Moinhos de Gavinhos
- **Refreshment 2:** 11 km - Lorvão

Hike 12 km

- **Refreshment:** at the finish line

PTC Prologue 2,3km

- **Refreshment:** liquids at the finish line

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 refreshment posts.

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.

**2.10. Mandatory gear**

Mandatory gear	Prologue 2,3 km	Short Trail 17 km	Long Trail 30 km	Ultra Trail 45 km
Stock of water	-	x	x	x
Survival blanket	-	x	x	x
Whistle	-	x	x	x
Cellphone	-	x	x	x

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.

**2.11. 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.

## 2.12. 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.**

## 2.13. 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.

During the race, athletes will be able to overtake other athletes as long as they do not put their integrity and that of their competitors at risk, taking care to signal it, and they must always keep a distance of 2 meters from the athlete to be overtaken. Overtaken athletes should facilitate the overtaking maneuver, leaning as far as possible or stopping if necessary.

## 2.14. 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 1<sup>st</sup> January 2022.

Registrations closing: 27<sup>th</sup> August 2022

- **Ultra Trail 45 km**
  - 35 euros

Registration fee includes: race bib, injury insurance, refreshments, finisher medal, showers, race T-shirt and a light meal at the finish line. The organization might substitute some of these offers for similar ones.



- **Long Trail 30 km**
  - 27 euros

Registration fee includes: race bib, injury insurance, refreshments, finisher medal, showers, race T-shirt and a light meal at the finish line. The organization might substitute some of these offers for similar ones.
  
- **Short Trail 17 km**
  - 17 euros

Registration fee includes: race bib, injury insurance, refreshments, finisher medal, showers, race T-shirt and a light meal at the finish line. The organization might substitute some of these offers for similar ones.
  
- **Hike 12 km**
  - 10 euros

Registration fee includes: race bib, injury insurance, refreshment at the finish line, finisher medal, showers, race T-shirt. The organization might substitute some of these offers for similar ones.
  
- **PTC Prologue 2,3 km**
  - 5 euros

Registration fee includes: injury insurance.

### 3.3. Cancellations

In case the athlete cancels his participation, part of the amount already paid will be refunded according to the table below:

Cancellation Date	Refund Percentage
Up until 29th of June	70% of the registration fee will be refunded
From 30th of June to 13th of August	40% of the registration fee will be refunded
after 14th of August	No refund

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 2023 edition, if a refund is requested by the participant, 70% of the amount will be refunded.

### 3.4. Material included in the registration

See 3.2.

### 3.5. Secretariat (time and places)

**3<sup>rd</sup> September 2022, 06:00 pm – 08:00 pm** – Race bib distribution (Reconquinho Beach, Penacova)

**4<sup>th</sup> September 2022, 06:00 am – 07:00 am** – Race bib distribution 45KM (Reconquinho Beach, Penacova)

**4<sup>th</sup> September 2022, 07:45 am – 09:00 am** – Race bib distribution 30KM, 17KM and Hike (Reconquinho Beach, Penacova).

## 4. Rankings and prizes

### 4.1. Prize giving: times and places

See program.

### 4.2. Prizes

Regarding the overall ranking, the athletes will be awarded with trophy and monetary prizes according to the table below:



	 M/F	 Male	 Female
<b>Prologue 3.5k</b>			
1 <sup>o</sup> Place	—	150€	150€
2 <sup>o</sup> Place	—	75€	75€
3 <sup>o</sup> Place	—	50€	50€
<b>PTC - 43k</b>			
1 <sup>o</sup> Place	✓	300€	300€
2 <sup>o</sup> Place	✓	150€	150€
3 <sup>o</sup> Place	✓	75€	75€
4 <sup>o</sup> Place	✓	—	—
5 <sup>o</sup> Place	✓	—	—
<b>PTC 30k</b>			
1 <sup>o</sup> Place	✓	200€	200€
2 <sup>o</sup> Place	✓	100€	100€
3 <sup>o</sup> Place	✓	75€	75€
<b>PTC 17k</b>			
1 <sup>o</sup> Place	✓	—	—
2 <sup>o</sup> Place	✓	—	—
3 <sup>o</sup> Place	✓	—	—

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

There will be rankings by categories:

- M/F Juniors – 18 and 19 years old
- M/F Sub 23 - 20 to 22 years old
- M/F Seniors - 23 to 39 years old
- M/F40 – 40 to 49 years old
- M/F50 – 50 to 59 years old
- M/F60 - over 60 years old

Prizes will be given to the first 3 men and 3 first women of each rank in the PTC 45 Km, PTC 30 Km and PTC 17 Km.

## 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 Vilar Formoso, keep on A 25 until Mangualde, after it take IC12 until Santa Comba Dão 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.

For 2022 Carlos Sá Nature Events wants to suggest, to all who decide to register for its events, a small contribution of 5 € (optional) for the purchase of native trees, choosing the EXTRA Carbon Compensation at the registration. In partnership with the local partners that have accompanied us over the last few years, Carlos Sá Nature Events, commits itself, with the funds raised, to develop tree planting actions and reforestation of burnt areas in the geographic areas where it develops its activity. These actions will be scheduled and carried out by CSNE following the knowledge of these local partners who, better than anyone, know the region, the species and the right time to make the plantations.

## **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.