



TRANS PENEDA-GERÊS RULES

Index

1. Terms of participation	04
1.1. Age requirement	04
1.2. Confirmed registration	04
1.3. Physical condition	04
1.4. External help	04
1.5. Race bibs	04
1.6. Sportsmanlike conduct rules	04
2. The Event	05
2.1. Presentation of the event / organization	05
2.2. Program	05
2.3. Map / profile altimetry / courses	05
2.4. Time barriers	06
2.5. Time check	06
2.6. Control posts	06
2.7. Start and Finish Lines	06
2.8. Aid Stations	07
2.9. Recommended and mandatory gear	07
2.10. Information of places with car traffic	07
2.11. Disqualifications	07
2.12. Participation conditions	08
2.13. Insurance	08
3. Registration	08
3.1. Registration process	08
3.2. Registration prices and deadlines	08
3.3. Cancelations	08
3.4. Material included in the registration	08
3.5. Secretariat	09
4. Rankings and prizes	09
4.1. Prize giving: time and place	09

4.2. Prizes	09
5. Informations	10
5.1 How to get there	10
5.2 Where to stay	10
6. Marks and control posts	10
7. Environmental responsibility	10
8. Photo copyright	10
9. Support and emergency	11
10. Omissions	11
11. Others	11

VERY IMPORTANT

- To participate in this competition, it is mandatory to be in a good physical condition; each athlete must be aware of his/her capacity to be autonomous in mountain trail and be prepared for unpredictable weather conditions;
- Registration on this competition implies full acceptance of the rules.
- You 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 each participant is his/her own responsibility and must be legit.
- If a registered athlete can no longer participate the organization has no obligation to reimburse the registration fee.
- In case of cancelation of the event due to climatic conditions/reasons of force majeure, the registrations will be automatically transferred to 2021's edition or it will be reimbursed 50% of the registration fee to the athletes that require it.
- 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.**
- 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 **TransPeneda-Gerês 165km “Race of the 4 Castles”** is 18 years of age.

1.2. Confirmed registration

To participate in the competition, you must have your registration validated and agree to comply with the race regulations.

1.3. Physical condition

It is mandatory to be in a good physical condition; each athlete must be aware of his/her capacity to be autonomous in mountain trail. 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. Each athlete must know how to manage his/her physical and mental stress and cope with adverse situations. Each athlete 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 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.

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 give back their race bib to the organisation, thus informing their abandonment of the race.

1.6. Sportsmanlike conduct rules

Misbehavior, 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 authorities.

2. The Event

2.1. Presentation of the event / organization

The Peneda-Gerês National Park will be the main stage for a memorable Ultra Trail crossing called the "Race of the 4 castles". With the start line inside the fantastic Castle of Melgaço, it will pass through the castle of Castro Laboreiro, Castle of Lindoso and it will finish at the Castle of Montalegre.

This event, called TransPeneda-Gerês, was born to hold the World Trail Championship in 2016, with an 85km version, covering the central part of the National Park. This time the event grows to the mythical distance of 100 miles (about 165 km), crossing the entire National Park. This crossing will be made non-stop, with the participants having a time limit of 50h. It will be an authentic journey of discovery and adventure, in this unique Peneda-Gerês National park.

The launch edition of this mythical TPG 165Kms non-stop distance, called zero edition, will take place between the 2nd, 3rd and 4th of October 2020. There will be a limit of 100 registrations to run this magical distance.

There will also be the possibility to participate in the relay mode, TPG 165Kms Relay, with over 100 places available for teams of three elements. In this case, the team's strategy will be attractive to participation, since each team will be able to determine how many and what kilometers each element will make. For example, if one of the three elements get injured at the start of the race, the other two teammates can complete the rest of the course and the team will be qualified.

2.2. Program

Thursday 1st October 2020

03:00 pm – Secretariat opening (in front of Melgaço's city hall)

18h00 – Transfer by bus from Porto's airport to Melgaço city center (2hs journey aproximately, only for participants that chose this option at the registration)

10:00pm – Secretariat closing.

Friday 2nd October 2020

07:00 am – Start TPG 165Km non-stop and relay (Melgaço Castle)

10:00 am – Estimated passge of the 1st athletes at Km 19 in Castro Laboreiro

11:00 am – Estimated passge of the 1st athletes at Km 26 in Porta de Lamas de Mouro

11:0045 am – Estimated passge of the 1st athletes at Km 35 in Peneda

02:00 pm – Estimated passge of the 1st athletes at Km 59 in Lindoso

05:00pm – Estimated passage of the 1st athletes at Km 74 in Vilarinho das Furnas' Dam

07:00pm – Estimated passage of the 1st athletes at Km 90 in Vila do Gerês

10h00 pm – Estimated passage of the 1st athletes at Km 107 in Cabril

Saturday 3rd October 2020

01h00 am – Estimated passage of the 1st athletes at Km 124 in Paradela's Dam

03h00 am – Estimated passage of the 1st athletes at Km 138 in Pitões das Júnias

06h00 am – Estimated passage of the 1st athletes at Km 160 in Montalegre – estimated finish time for the 1st athlete

Sunday 4th October 2020

09H00am – estimated finish time for the last athlete/Finish line closing

10h00 am – Finish TPG 165Km "Race of the 4 Castles"

11h00 am – Transfer by bus from Montalegre to Porto's airport (2hs journey approximately, only for participants that chose this option at the registration)

2.3. Map / profile altimetry / courses

More information soon at:

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

2.4. Time barriers

Any runner who abandons the race must inform the organisation and return his race bib.

TransPeneda-Gerês 165 Km non-stop and relay has a time limit of 50 hours maximum.

Time barriers:

- 1st Aid Station, Lamas de Mouro, Km 26, at 03h00 pm Friday 2nd October
- 2nd Aid Station, Lindoso, Km 59, at 01h45am Saturday 3rd October
- 3rd Aid Station, Vila do Gerês, Km 90, at 11h00am Saturday 3rd October
- 4th Aid Station, Barragem de Paradela, Km 124, at 09h00pm Saturday 3rd October
- Refreshment Post, Pitões das Júnias, Km 138, at 01h30am Sunday 4th October

2.5. 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.

2.6. Control posts

Intermediate time controls will be opportunely defined.

2.7. Start line and Finish line

The start will be phased. The athletes will start in groups of 20 elements, with breaks of 30 seconds between them. The athletes registered in the solo version will be the 1st ones to start. Only after them will start the athletes registered in the relay version.

The use of a face mask is mandatory in the START area and up to 400m after it. It can then be removed in a place properly signed.

The clock will start counting at the set time, with or without the participant's presence. Upon arrival, after cutting the finish line, all participants are required to put on the face mask again.

2.8. Aid Stations

- Portas de Lamas de Mouro – Km 26 (42°02'21.7"N 8°11'46.0"W)
- Lindoso – Km 59 (41°51'57.4"N 8°11'56.7"W)
- Vila do Gerês – Km 90 (41°43'40.7"N 8°09'42.3"W)
- Barragem de Paradela – Km 124 (41°46'00.5"N 7°56'54.5"W)
- Pitões das Júnias – Km 138 (only refreshment post)

Download the course track here:

<https://tracedetrail.fr/en/trace/trace/125815?fbclid>

Note: this course might suffer some small changes. The final version will be sent as soon as possible.

Hands disinfection is mandatory at the entrance of the Aid Stations and the use of a face mask during the stay in it. All participants are advised to maintain a social distance of 2m and to do effective hand washing whenever possible.

Each participant will be allowed to have the support of an external helper in the Aid Stations, as well as at any point on the route. The participant's kit will contain a pass to access the Aid Stations, without which the external helper will not be able to enter in them.

The external helpers are obliged to follow the same safety rules as the participants: mandatory use of a face mask while in the Aid Stations, hands disinfection and social distance.

The organization staff will manage the good functioning of the Aid Stations and the compliance with the safety rules (i.e. regarding the time spent in the Aid Station), always appealing to the reasonableness of all parties involved.

Participants and external helpers should always follow the organization guidelines.

At the Aid Stations, participants will have food, drinks and a rest area available.

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, energy 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, grilled meats ...

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.

Only the staff members will touch the containers with food and drinks available. **Athletes must not touch the containers.** They should only point to the food and drinks they want and wait to be served by the staff.

After supplying themselves, the athletes must leave the Food Area, maintain the social distance of 2m recommended by the Health Authorities and, only then, remove the face mask to be able to eat.

Individual bags

Each participant will be able to leave with the organization one bag with their individual belongings and the gear they will need throughout the race.

This bag must be delivered on the 2nd of October before start, duly identified with a card that will be provided in the secretariat, and will be transported between the Aid Stations by the organization.

2.9. Mandatory and Recommended Gear

The Mandatory Gear Inspection can be done at the secretariat during the bib number collection or at any time during the race, including the start line.

Mandatory Gear

- GPS SYSTEM (**ESSENCIAL**) THE ROUTE IS NOT MARKED
- GPS TRACKER (ASSURED BY THE ORGANIZATION)
- **2 HEAD LAMPS** WITH EXTRA BATTERIES, WORKING IN PERFECT CONDITIONS
- MOBILE PHONE WORKING IN PERFECT CONDITIONS
- SURVIVAL BLANKET AND WHISTLE
- FACIAL MASK
- **EXPEDITION BAG** TO CARRY BETWEEN AID STATION
- **SLEEPING BAG** (IF YOU WANTED TO REST IN STATIONS 3 AND 4)
- WATERPROOF JACKET WITH HOOD
- **STOCK OF FOOD TO USE BETWEEN AID STATION** (ATTENTION TO THE DISTANCE BETWEEN STATIONS)
- ELASTIC TAPE
- REUSABLE CUP
- LONG SLEEVES SHIRT

Recommended Gear

- POLES
- WATERPROOF TROUSERS
- GLOVES

Regardless of the weather conditions the participants should consider this material as their survival kit, so they must always carry it while being in mountainous terrain with difficult access.

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. 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 who engage with one of 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.

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

2.13. Insurance

Insurance is included in the registration fee and is guaranteed by the organization.

3. Registration

3.1. Registration process

Online registration at: <https://www.carlossanatureevents.com/en/tpg>

3.2. Registration prices and deadlines

Registrations will be open on 31st July 2020 and will close at 24th September 2020 or when the limit number is achieved.

TransPeneda-Gerês 165 km Non-stop

Limit of 100 participants

100€

The registration fee includes: race bib, face mask IMPETUS, injury assurance, finisher vest, finalist medal, 4 Aid stations + 1 refreshment post, GPS tracker, assistance and urgent care services, transport to the finish line in case of withdrawal showers. The organization may replace some of these offers with similar ones.

TransPeneda-Gerês 165 Km Relay

Limit of 100 teams

180€/Team of 3 participants

The registration fee includes: race bib, face mask IMPETUS, injury assurance, finisher vest, finalist medal, 4 Aid stations + 1 refreshment post, GPS tracker, assistance and urgent care services, transport to the finish line in case of withdrawal showers. The organization may replace some of these offers with similar ones.

3.3. Cancelations

If a registered athlete can no longer participate the organization has no obligation to reimburse the registration fee. If the athlete changes his registration to a lower distance race, any difference value won't be refunded.

In case of cancelation of the event due to climatic conditions/reasons of force majeure, the registrations will be automatically transferred to 2021's edition or it will be reimbursed 50% of the registration fee to the athletes that require it.

3.4. Material included in the registration

See 3.2.

3.5. Secretariat

The event's secretariat will be open on the 1st October 2020, in front of the Melgaço City Hall, from 3:00 pm to 10:00 pm (**42.112888, -8.259305**).

All participants must collect their bib number on that day, to avoid constraints and facilitate compliance with the Health Authorities guidelines regarding the COVID-19 Pandemic. Athletes must bring an identity document and four pins.

Hands disinfection and the use of a face mask is mandatory during the stay in the secretariat.

The bib number collection will be personal, meaning that the bib number will only be delivered to the athlete itself. Access to the registration list: <https://cutt.ly/FfZ3LHq>

Taking into account the Health Authorities guidelines regarding the COVID-19 Pandemic, each participant will be asked to sign a Declaration Agreement, in which he/she will assume the following:

- That has read and accepted the race's regulation in its entirety;
- That has the physical and psychological capacity to participate in this type of event;
- That does not have any suspected symptoms of COVID-19 infection;
- That had no contact with a confirmed or probable case of SARS-Cov2 or Covid-19 infection in the last 14 days.

The Declaration of Agreement must be printed, duly signed (legible signature) and delivered at the secretariat. The link for the Declaration of Agreement: <https://cutt.ly/3fZ2PC7>

4. Rankings and prizes

4.1. Prize giving: time and place

To be defined soon.

4.2. Prizes

TransPeneda-Gerês 165 Km Non-stop

Male:

1st Trophy

2nd Trophy

3rd Trophy

Female:

1st Trophy

2nd Trophy

3rd Trophy

TransPeneda-Gerês 165 km Relay

1st Team - Trophy for each element

2nd Team - Trophy for each element

3rd Team - Trophy for each element

5. Informations

5.1 How to get there

<https://www.cm-melgaco.pt/visitar/como-chegar/#mainContentOfPageID>

<https://www.cm-montalegre.pt/pages/409>

5.2 Where to stay

More info at:

<https://www.cm-melgaco.pt/visitar/onde-dormir/#mainContentOfPageID>

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

6. Marks and control posts

The route will only be pre-marked at turns or in places of difficult orientation, and it will be mandatory to have a GPS to follow the track provided by the organization

7. Environmental responsibility

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

8. Photo copyright

Each participant authorizes the organizers to use any images taken during the event. 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, 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/reasons of force majeure.