



TRANS PENEDA-GERÊS

THE RACE OF THE
4 CASTLES

TRANS PENEDA-GERÊS RULES 2024



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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 the month prior to the event is not permitted to change personal details in the registrations and the organization is not obliged to reimburse the registration fee.
- 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.
- **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 **TransPeneda-Gerês (TPG)** 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 organization, 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 **TransPeneda-Gerês (TPG) “Corrida dos 4 Castelos”** - is an event under the organizational responsibility of Carlos Sá Nature Events®, which will take place from the 03rd to the 05th of May 2024, with the collaboration of the 5 Municipalities of the Peneda-Gerês National Park.

The Peneda-Gerês National Park will be the main stage for this fantastic Trail event, which will feature races over several distances: 15km, 30km, 55km, 100km and 100 Miles.

The TransPeneda-Gerês, was born for the realization of the World Trail Championship in 2016, with an 85km version, covering the central part of the National Park. This time, the event has grown over the last few years, differentiating itself in events of various distances. In 2020, the competition was held at the mythical distance of 100 miles (about 165kms), crossing the entire National Park. The launch edition of this mythical distance **TPG 165Kms**, called edition 0, took place between the 2nd, 3rd and 4th of October 2020, having been a huge success, with 88 finishers in the non-stop version and 29 teams in the Relay version. Starting inside the fantastic Castle of Melgaço, the participants also passed through the Castle of Castro Laboreiro and ended up at the Castle of Montalegre.

In 2024 it will once again be possible to participate in this fantastic 100 Miles crossing of the National Park, with the participants having a total time limit of 49h. It will be, therefore, an authentic journey of discovery and adventure, in this unique corner of Peneda-Gerês.

Carlos Sá Nature Events, together with the municipalities of the National Park, thus continues to innovate and create conditions for unique events that have greatly contributed to the promotion of this territory.

2.2. Program

Thursday 02nd May 2024

19h00 to 21h00 – Secretariat opening 100 Miles (Melgaço Volunteer Firefighters)
-Possibility of Hard Soil, in the Volunteer Fire Department of Melgaço and in the Multipurpose Pavilion of Montalegre.

Friday 03rd May 2024

07h00 - Transport by bus from Porto Aeroporto to Melgaço **100 Miles** (journey lasting approximately 2h, only for participants who tick this option when registering);
07h00 - Transport by bus from Montalegre to Melgaço **100 Miles** (journey lasting approximately 2h, only for participants who tick this option when registering);
08h00 to 10h45 – Secretariat opening TPG **100 Miles** (Melgaço Volunteer Firefighters)
11h00– Start TPG 100 Miles
21h30 - Transport by bus from Montalegre to Vila do Gerês **100km** (journey lasting approximately 1h20, only for participants who tick this option when registering);
20h00 – 24h00 Secretariat opening **100km, 55km, 30km and 15km** (Vila do Gerês)
24h00– Start TPG 100km (Vila do Gerês)

Saturday 4th May 2024

07h30 to 14h00 – Secretariat opening **55km, 30km and 15km** (in Montalegre Multiusos Pavillion)
08h30– Transport by bus from Montalegre to Cabril **55km** (journey lasting approximately 1 hour, only for participants who tick this option when registering);
10h00– Start TPG 55km (Cabril)
14h00 – Transport by bus from Montalegre to Outeiro 30km (journey lasting approximately 20 min, only for participants who tick this option when registering);
15h00– Start TPG 30km (Outeiro)
18h00 to 20h00 - Prize giving ceremony (Montalegre Castle) to the athletes of **100 Miles, 100km, 55km and 30km**

Sunday 5th May 2024

08h00 – Secretariat opening **15km** (in Montalegre Multiusos Pavillion)
08h30 – Transport by bus from Montalegre to Gralhas village (the start line) **15km** (only for participants who tick this option when registering);
09h00 – Start TPG 15k (Gralhas)
11h00 - Prize giving ceremony (Montalegre Castle)
12h00 - Event's closing TransPeneda-Gerês (TPG);
13h30– Transport by bus from Center of Montalegre to Porto Aeroporto

2.3. Map / profile altimetry / courses

More information soon at:

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

2.4. Time barriers

The rider who withdraws must notify the organization of his abandonment, communicating his bib number.

In case of withdrawal, the athlete will be transported to the nearest supply where he will have to wait for transport to the goal (Montalegre).

Bags from life bases go to the goals as soon as possible or after the health bases close.

Any runner who abandons the race must inform the organisation and return his race bib.
Time limits for the event's races:

- TPG 100 Miles: time limit of 49h;
- TPG 100Km: time limit of 29h;
- TPG 55Km: time limit of 12h;
- TPG 30Km: no time limit.
- TPG 15Km: time limit of 3h.

The conclusion of the event will be the finish line at 12:00 on Sunday, May 05th.

2.5. Time check

Time is controlled by chip in the bib.

2.6. Control posts, Aid Stations/Refreshment posts and Time Barriers

(Time Barriers: will be added soon)

Only for TPG 100 Miles and TPG100km'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

The organization staff will manage the good functioning of the Aid Stations/Refreshment. 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, 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.

Individual bags – only for TPG 100 Miles e TPG 100KM participants

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

These bags must be delivered to the organization before departure, duly identified with the cards that will be provided when lifting the dorsal, and will be transported to the respective Aid Stations/Supplies by the organization.

100 Miles 3 bags // Paradamonte – Vila do Gerês – Junta de Freguesia de Paradela

100km 1 bag // Junta de Freguesia de Paradela

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	100 Miles	100km	55km	30km	15km
GPS System	✓	—	—	—	—
2 Head lamps	✓	✓	—	—	—
Mobile phone	✓	✓	✓	✓	✓
Survival blanket	✓	✓	✓	✓	✓
Whistel	✓	✓	✓	✓	✓
Expedition bag (provided by the organization)	✓	✓	—	—	—
Sleeping bag (if you wanted to rest)	✓	✓	—	—	—
Waterproof jacket with hood	✓	✓	—	—	—
Long sleeves shirt	✓	✓	—	—	—
Stack of food to use between supplies	✓	✓	✓	✓	—
Reusable cup	✓	✓	✓	✓	✓
Elastic tape	✓	✓	—	—	—
RECOMMENDED	100 Miles	100km	55km	30km	15km
Poles	✓	✓	✓	—	—
Waterproof trousers	✓	✓	✓	—	—
Gloves/Hat	✓	✓	✓	—	—

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. 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 1st July 2023 and will close at 19th April 2024 or when the limit number is achieved.

The organization decided not to increase the prices for the 2nd Phase until registrations close.

TPG 100 Miles

- From 1st July 2023 to 19th of April 2024 - **130€**

(Note: possibility of paying in 2 parts)

(extra 15€: transport from Porto airport to Melgaço; reservation at the time of registration

Extra 15€: transport from Montalegre to Melgaço; reservation at the time of registration

extra €15: transport from Montalegre to Porto airport; reservation at the time of registration

extra 10€: Food reinforcement at the end of the test; reservation at the time of registration)

The registration fee includes: race bib, offer related to the event, injury assurance, finisher vest, finalist medal, Aid stations, 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.

TPG 100 km

- From 1st July 2023 to 19th of April 2024 - **95€**

(note: possibility of payment in 2 parts)

(extra €15: transport from Montalegre to Vila do Gerês; reservation at the time of registration

extra €15: transport from Montalegre to Porto airport; reservation at the time of registration

extra 10€: Food reinforcement at the end of the test; reservation at the time of registration)

The registration fee includes: race bib, offer related to the event, injury assurance, finisher vest, finalist medal, Aid stations, 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.

TPG 55 km

- From 1st July 2023 to 19th of April 2024 - **50€**

(extra €10: transport from Montalegre to Cabril; reservation at the time of registration
extra 10€: Food reinforcement at the end of the test; reservation at the time of registration)

The registration fee includes: race bib, offer related to the event, injury assurance, finalist medal, refreshment posts, assistance and urgent care services, showers. The organization may replace some of these offers with similar ones.

TPG 30 km

- From 1st July 2023 to 19th of April 2024 - **30€**

(extra €5: transport from Montalegre to Outeiro; reservation at the time of registration
extra 10€: Food reinforcement at the end of the test; reservation at the time of registration)

The registration fee includes: race bib, offer related to the event, injury assurance, finalist medal, refreshment post, assistance and urgent care services, showers, light meal in the finish line. The organization may replace some of these offers with similar ones

TPG 15 km

- From 1st July 2023 to 19th of April 2024 - **20€**

(extra €5: transport from Montalegre to Gralhas village; reservation at the time of registration
extra 10€: Food reinforcement at the end of the test; reservation at the time of registration)

The registration fee includes: race bib, offer related to the event, injury assurance, finalist medal, refreshment posts, assistance and urgent care services, showers. The organization may replace some of these offers with similar ones.

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
until 30 th November 2023	70% of the registration fee
From 1 st December to 1 st April 2024	40% of the registration fee
After 1 st April 2024	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 2025 edition, if a return is requested by the participant. 70% of the value will be refunded;

3.4. Material included in the registration

See 3.2.

3.5. Transfers

There will be several optional transfers to facilitate logistics for athletes who do not travel with family or in a group.

- 03rd May 2024, **07h00** - Transfer of athletes **100 Miles** from Porto airport to Melgaço (about 2h travel time); cost of 15€; reservation at the time of registration
- 03rd May 2024, **07h00** - Transfer of the **100 Miles** athletes from Montalegre to Melgaço (about 2h travel time); cost of 15€; reservation at the time of registration
- 03rd May 2024, **21:30** - Transfer of athletes **100Km** from Montalegre to Vila do Gerês; cost of 15€; reservation at the time of registration
- 04th May, 2024, **8:30 am** - Transfer of athletes **55Km** from Montalegre to Cabril (about 40min journey); cost of 10€; reservation at the time of registration
- 04th May, 2024, **14:00 am** – Transfer of athletes **30Km** from Montalegre to Outeiro (about 20min journey); cost of 5€; reservation at the time of registration
- 05th May, 2024, **8:30 am** – Transfer of athletes **15Km** from Montalegre to Gralhas village (about 15min travel); cost of 5€; reservation at the time of registration
- 05th May 2024, **1:30 pm** - Transfer of athletes to Porto Airport; cost of 15€; reservation at the time of registration

3.6. Secretariat

For the **100 Miles** distance, the secretariat will operate on May 3, 2024, at the Volunteer Fire Department of Melgaço, between 8 am and 10:45.

For the **100km, 55km, 30km** and **15km** athletes, the secretariat will work at the Vila do Gerês Auditorium, on May 3, 2024 from 20:00 to 24:00.

On the 4th of May, for the **55km, 30km** and **15km** distances, the secretariat will work at the Multipurpose Pavilion in Montalegre from 7:30 to 14:00.

On the 5th of May, for a distance of **15Km**, the secretariat will work at the Multipurpose Pavilion in Montalegre, starting at 08:00.

4. Rankings and prizes

4.1. Prize giving: time and place

-Awards Ceremony on May 4th, 2024, between 18:00 and 20:00 at Castelo de Montalegre for the **100 Miles, 100km, 55km** and **30km** athletes.

-Awards Ceremony on May 5th, 2024, at 11:00 am at Castelo de Montalegre for the **15km**.

4.2. Prizes

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

Prémios	M/F	100 Miles	100km	55km	30km	15km
Geral	1º ao 10º	X	-	-	-	-
Geral	1º,2º,3º	-	X	X	X	X
Sub-23 18 aos 22 anos	1º,2º,3º	X	X	X	X	X
Séniores 23 aos 39 anos	1º,2º,3º	X	X	X	X	X
M/F 40 40 aos 49 anos	1º,2º,3º	X	X	X	X	X
M/F 50 50 aos 59 anos	1º,2º,3º	X	X	X	X	X
M/F 60 + 60 anos	1º,2º,3º	X	X	X	X	X

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

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 **TPG 100 Miles** route will be fully marked, however, it will be mandatory to have a GPS.

In the remaining distances (**TPG 100Km**, **TPG 55Km**, **TPG 30Km** and **TPG 15Km**) the course will also be marked with brightly colored ribbons and flags.

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.

For 2024 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. 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 obliged to help the injured and to respect the traffic rules at road junctions.

The organization reserves the right to make the changes it deems necessary, depending on the different conditions, as well as the suspension of the event, if weather conditions so require, or for reasons of force majeure.