



TRANS PENEDA-GERÊS

RULES

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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; or in the case of cancelation of the event due to climatic conditions, the organization has no obligation to reimburse the registration fee.
- Regarding the information provided by each athlete: no changes will be accepted after 29th March 2019.
- It is expected that the first runners finish the main race in 7:30 hours (80 km, 3820m d+, 4470m d-).
- 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 **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 only allowed at the refreshment posts. Each athlete must adapt to the problems encountered.

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 **TransPeneda-Gerês (TPG) – Trail World Championships Experience** – is organized by Carlos Sá Nature Events with the support of the Municipal Chambers of Montalegre and Terras de Bouro.

TPG 80 Km – it starts at Vila de Montalegre’s center at 06:30 am and finishes at Gerês’ Village. At the end of the race, from 5:00pm onward, the athletes not autonomous in terms of transport will be transported to Montalegre (start line). The TPG80Km participants should leave a bag of spare clothes at the start line, that will be taken to the finish line by the organisation.

TPG 45 Km – it starts at Mizarela’s Bridge (Montalegre’s municipality), at 10:30 am and finishes at Gerês’ Village. The organisation assures transport, at 9:00 am, from Gerês Village’s centre to Misarela’s Bridge (start line).

TPG 25 Km - it starts at Mizarela’s Bridge (Montalegre’s municipality), at 10:30 am and finishes at Gerês’ Village. The organisation assures transport, at 9:00 am, from Gerês Village’s centre to Misarela’s Bridge (start line).

TPG 11 Km - it starts at Fafião (Montalegre’s municipality), at 11:15 am and finishes at Gerês’ Village. The organisation assures transport, at 9:00 am, from Gerês Village’s centre to Fafião (start line), with a stop at Misarela’s Bridge.

2.2. Program

Saturday 13th April 2019

06:00 am – 06:30 am – Secretariat opening/Race bibs distribution TPG 80 Km (Ecomuseu Montalegre)

06:30 am – Start TPG 80 km (Montalegre’s Village centre)

07:30 am – 09:00 am – Race bibs distribution TPG 45 Km, 25 Km and 11 Km (Hotsprings’ Auditorium, Gerês Village’s centre)

09:00 am- Transfer for the TPG’s athletes 45 Km, 25 Km e 11Km to Misarela’s Bridge

10:00 am – 10h30 am - Race bibs distribution TPG 45 Km, 25 Km and 11 Km (near the start line at Misarela’s Bridge)

10:30 am – Start TPG 45 km and TPG 25 km (Mizarela’s Bridge)

11:15 am – Start TPG 11 km (Fafião)

12:30 pm – Expected arrival of the first runner TPG 25 Km and TPG 11 Km

02:30 pm – Expected arrival of the first runner TPG 45 Km

03:00 pm – Expected arrival of the first runner TPG 80 Km

03:30 pm – Award ceremony (Gerês’ Village centre)

From 05:00 pm onward – Transport for the TPG's athletes 80 km to Montalegre
10:30 pm – Finish line's closing

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 80 Km has a time limit of 16 hours maximum.**
 - Time barriers for **TransPeneda-Gerês 80 Km: Athletes who reach km 66 (Ermida) with more than 13 hours will be barred.**
- There are no time barriers for the other races.

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. Refreshment posts

TransPeneda-Gerês 80 Km

- Refreshment post 1: Travassos do Rio (15 Km)
- Refreshment post 2: Pitões das Júnias (27 Km)
- Refreshment post 3: Xertelo (44 Km)
- Refreshment post 4: Cabril (55Km)
- Refreshment post 6: Ermida (66Km)

TransPeneda-Gerês 45 Km

- Refreshment post 1: Xertelo (7 Km)
- Refreshment post 2: Cabril (19Km)
- Refreshment post 3: Ermida (31Km)

TransPeneda-Gerês 25 Km

- Refreshment post 1: Cabril (4Km)
- Refreshment post 2: Ermida (17Km)

TransPeneda-Gerês 11 Km

- Refreshment post 1: Cabril (4Km)

Drink refreshments won't be provided in bottles or plastic cups. Each athlete must bring with themselves a water stock or a thermos bottle.

2.8. Recommended material

Recommended material	TPG 80 Km	TPG 45 Km	TPG 25 Km	TPG 11 Km
Torch	X			
Water stock	X	X	X	X
Survival blanket	X	X	X	X
Whistle	X	X	X	X
Waterproof jacket	X	X	X	X
Cellphone	X	X	X	X

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.

2.9. 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.

2.10. 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.

2.11. 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.

2.12. 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 May 2018 and will be closed on 7th April 2019.

TransPeneda-Gerês 80 km

50€

The registration fee includes: race bib, injury assurance, t-shirt, finalist medal, refreshments, showers + other possible offers. The organization may replace some of these offers with similar ones.

TransPeneda-Gerês 45 Km

30€

The registration fee includes: race bib, injury assurance, t-shirt, finalist medal, refreshments, showers + other possible offers. The organization may replace some of these offers with similar ones.

TransPeneda-Gerês 25 km

20€

The registration fee includes: race bib, injury assurance, t-shirt, finalist medal, refreshments, showers + other possible offers. The organization may replace some of these offers with similar ones.

TransPeneda-Gerês 11 km

17€

The registration fee includes: race bib, injury assurance, t-shirt, finalist medal, refreshments, showers + other possible offers. 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.

3.4. Material included in the registration

See 3.2.

3.5. Secretariat

The secretariat will be open on the following days and times:

- 13th April 2019: 06:00 am – 06:30 am, for TPG's 80 Km athletes, next to the start line (Ecomuseu, Montalegre's Village centre);
- 13th April 2019: 07:30 am – 09:00 am, Hotsprings Auditorium at Gerês' Village centre;
- 13th April 2019: 10:00 am – 10:30 am, next to the start line (Misarela's bridge)

Athletes must bring an identity document and four pins.

4. Rankings and prizes**4.1. Prize giving: time and place**

See program. The prizes for the TPG's 80Km athletes will be given as soon as the podiums are complete.

4.2. Prizes

All the athletes who finish the race will be given a finisher medal.

TransPeneda-Gerês 80 Km**Male:**

1st Trophy

2nd Trophy

3rd Trophy

Female:

1st Trophy

2nd Trophy

3rd Trophy

TransPeneda-Gerês 45 km

Male

1st Trophy

2nd Trophy

3rd Trophy

Female

1stTrophy

2ndTrophy

3rd Trophy

TransPeneda-Gerês 25 Km

Male:

1st Trophy

2nd Trophy

3rd Trophy

Female:

1st Trophy

2ndTrophy

3rd Trophy

TransPeneda-Gerês 11 Km

Male:

1st Trophy

2nd Trophy

3rd Trophy

Female:

1st Trophy

2ndTrophy

3rd Trophy

5. Informations

5.1 How to get there

Gerês' Village - <http://www.cm-terrasdebouro.pt/index.php/2014-09-18-15-01-10/acessos-ao-concelho>

Montalegre's Village - <https://www.cm-montalegre.pt/pages/409>

Mizarela's Bridge - <https://goo.gl/maps/3pErARSQsFo>

5.2 Where to stay

More info at:

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

<http://www.cm-terrasdebouro.pt/index.php/2014-09-18-15-01-10/alojamento>

Runners can sleep, for free, at a pavilion near the Ecomuseu, at Montalegre. Participants must bring sleeping bags and camping mattresses.

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. 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.