



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;
- In the case of cancelation of the event due to climatic conditions or reasons of force majeure, the registrations will be automatically transferred to 2022's edition or it will be reimbursed 50% of the registration fee for the athletes that require it.
- 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 4th 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 Municipalities of Penacova, Mealhada and Mortágua, the Mata do Buçaco Foundation and it will be held on the 4th and 5th September 2021.

On the 4th September 2021 it will be held the **PTC Prologue 2,3km** at Mata do Buçaco and on the 5th September three races will take place: **Ultra Trail 45 km, Long Trail 30 km and Short Trail 17 km**. There will also be a **Solidarity Hike (12 km)**, whose part of the funds will revert to the Volunteer Firefighters of Penacova.

2.2. Program

04th September 2021

02:00 pm – Race bib distribution PTC Prologue 2,3km – Mata do Buçaco

04:00 pm – Start PTC Prologue 2,3km – Mata do Buçaco

04:00 pm – 08:00 pm – Race bib distribution (Reconquinho Beach, Penacova)

5th September 2021

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)

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

09:00 am – Start PTC 30KM

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

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

12:00 am – Expected arrival of the first athletes 17 km

12:00 noon – Expected arrival of the first athletes 30 km and 43km

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, 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. Start line and Finish line

If on the date of the event the Pandemic by COVID-19 still exists, the security measures that will be described in this and in the following points of the PTC Rules will be applied.

The start will be phased. The athletes will start in groups of 100 elements, with breaks of 1 minute between them.

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. Control posts

Intermediate time controls will be opportunely defined.

2.9. 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

Solidarity Hike 12 km

- **Refreshment:** at the finish line

PTC Prologue 2,3km

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

Hands disinfection is mandatory at the entrance of the Refreshment posts 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.

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

Participants should always follow the organization guidelines.

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.

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.

2.10. Mandatory gear

The use of a protective mask is mandatory in the racing bibs distribution, in the event arena, at the start line to a duly marked point, at the refreshment posts and right after the finish line.

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 1st March 2021.

Registrations closing: 27th August 2021

- **Ultra Trail 45 km**
 - 35 euros (40€ from 1st August 2021 onward)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 (32€ from 1st August 2021 onward)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 (22€ from 1st August 2021 onward)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.

- **Solidarity 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. 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.

In the case of cancelation of the event due to climatic conditions/reasons of force majeure, the registrations will be automatically transferred to 2022's edition or it will be reimbursed 50% of the registration fee for the athletes that require it.

3.4. Material included in the registration

See 3.2.

3.5. Secretariat (time and places)

4th September 2021, 02:00 am – Race bib distribution PTC Prologue 2,3km – Mata do Buçaco

4th September 2021, 04:00 pm – 08:00 pm – Race bib distribution (Reconquinho Beach, Penacova)

5th September 2021, 06:00 am – 07:00 am – Race bib distribution PTC 45KM (Reconquinho Beach, Penacova)

5th September 2021, 07:00 am – 09:00 am – Race bib distribution PTC 30KM, PTC 17KM e PTC Solidary walk (Praia do Reconquinho, Penacova).

All participants must collect their bib number in these days and schedules, 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.

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 will be given shortly.



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
Prologue 3.5k			
1º Place		200€	200€
2º Place		100€	100€
3º Place		50€	50€
PTC - 43k			
1º Place	✓	300€	300€
2º Place	✓	200€	200€
3º Place	✓	150€	150€
4º Place	✓	100€	100€
5º Place	✓	75€	75€
PTC 30k			
1º Place	✓	200€	200€
2º Place	✓	100€	100€
3º Place	✓	75€	75€
PTC 17k			
1º Place	✓		
2º Place	✓		
3º 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 2021 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.

12. Best Trail Series Rules

12.1. Best Trail Series Presentation

The Best Trail Series (BTS) is organized by Carlos Sá Nature Events. It will be held during the year 2021, consisting of 5 Trail Running events according to the calendar below.

If, for reasons of force majeure, one or some of the competitions do not take place or their dates have to be changed, these regulations may be altered, in which case the organisation is sovereign.

The participants of the Best Trail Series are committed to fully comply and respect the regulations of the events that compose it.

12.2 Calendar Presentation

- 3 to 5 June - TransPeneda-Gerês (27k, 55k, 105k, 165k)
- 26 and 27 June - Serra Amarela SkyMarathon (Prologue 3,5k, 15k, 30k, 48k)
- 4 and 5 September - Penacova Trail do Centro (Prologue 2,3k, 17k, 30k, 45k)
- 24 to 26 September - Grande Trail Serra D'Arga (GTSA Vertical, Prologue 3,5k, 15k_Sunset, 17k, 27k, 45k, 110k)
- 4 and 5 December -Gerês Extreme Marathon (Prologue2.5k, Extreme_Mile, 14k, 21k, 32k, 42k, Extreme_90k)

12.3. Goals

- 12.3.1 – Promote and reward participation in the competitions organised by Carlos Sá Nature Events;
- 12.3.2 - Promote a series of high quality races, with variable distances, for both trail and road athletes;
- 12.3.3 - Give greater spotlight to elite athletes and to athletes in the squad;
- 12.3.4 - Give greater value to the effort of elite athletes and athletes from the squad;
- 12.3.5 - Give greater spotlight to Carlos Sá Nature Events sponsors and partners.

12.4. Characteristics

- 12.4.1 - All the distances in each race will give points for the Best trail Series.
- 12.4.2 - Each distance contributes to the Best trail Series with its overall ranking and categories' ranking.
- 12.4.3- By registering for one of the BTS races, the athlete is immediately qualified to obtain points on the series.
- 12.4.4 - Only those athletes who are finishers in, at least, 3 of the 5 races of the Best Trail Series will be considered Finisher of the BTS. The finisher prize will be a BTS Vest.
- 12.4.5 - To be able to dispute the BTS final prizes it will be necessary to be a Finisher in at least 4 of the 5 races, being chosen the 4 best results.
- 12.4.6 - The GTSA Vertical, GTSA Sunset, Extreme Mile and the Prologues are races that contribute with bonus points for the athletes' final classification. They cannot be individually considered as qualifying races i.e., it is not enough to be a finisher in 3 of these races to be considered a finisher of the Best Trail Series.
- 12.4.7 - There will be no team classification in the BTS.

12.5. Registrations

- 12.5.1 - Registrations are made through www.carlossanatureevents.com

12.6. Scores for the Best Trail Series

The events for the Best Trail Series and their scores can be checked here:


https://www.carlossanatureevents.com/pdfs/publicfiles/RegulamentoCircuito2021_EN.pdf

12.7. Final Awards of Best Trail Series

- 12.7.1 - At the end of the Series there will be an overall F/M ranking and by categories with excellent prizes, as shown below.



Geral

	 M/F
FINAL	
1º Place	700€
2º Place	500€
3º Place	300€
4º Place	250€
5º Place	150€
6º Place	125€
7º Place	100€
8º Place	75€
9º Place	50€
10º Place	50€

12.7.2 - All Finishers will be entitled to a vest regarding the Best Trail Series. For Finishers in the 5 races of the BTS there will be an extra prize.



12.7.3 - Other prizes may be distributed by lot if the organization manage to collect some more.

12.7.4 - The BTS final Prize giving ceremony will be held at Gerês Extreme Marathon, on the 5th December 2021. Whoever does not attend the ceremony and wants the finalist prize, it will be sent by post with the postage paid by the athlete.

12.7.5 – Athletes who are entitled to money prizes will have to present to the organization a receipt of equivalent value (issued by the athlete’s club or other). Otherwise, the organization will have to deduct 23% of VAT.

12.8. Categories

12.8.1 - Female:

- F Junior – 18 and 19 years
- F Sub 23 - from 20 to 22 years
- F Senior - from 23 to 39 anos
- F40 – from 40 to 49 years
- F50 – from 50 to 59 years
- F60 - over 60 years

12.8.2 - Male:

- M Junior – 18 and 19 years
- M Sub 23 - from 20 to 22 years
- M Senior - from 23 to 39 years
- M40 – from 40 to 49 years
- M50 – from 50 to 59 years
- M60 - over 60 years

Categories

	VOUCHERS
	M/F
Junior- 18/19 years	
1º Place	100€
2º Place	70€
3º Place	50€
	VOUCHERS
	M/F
Sub 23_ 20-22 years	
1º Place	100€
2º Place	70€
3º Place	50€

VOUCHERS	
M/F	
Senior_ 23/39 years	
1º Place	100€
2º Place	70€
3º Place	50€

VOUCHERS	
M/F	
M/F 40_ 40-49 years	
1º Place	100€
2º Place	70€
3º Place	50€

VOUCHERS	
M/F	
M/F 50_ 50-59 years	
1º Place	100€
2º Place	70€
3º Place	50€

VOUCHERS	
M/F	
M/F 60_ over 60 years	
1º Place	100€
2º Place	70€
3º Place	50€

12.8.3 - For athletes who change their age category during the year, will be considered the age until 31st October, according to ATRP recommendations.

12.8.4 - Vouchers awarded to the winners in the age categories must be used in the next year season and for any CSNE events: races, trail tours, hiking tours, or merchandising.

12.9. Tiebreaker between athletes

12.9.1 - In case of a tie, the athlete with the more participations in the BTS events has the advantage;

12.9.2 – Continuing the tie, the money prizes of that and the following places will be divided equally for the two athletes.

12.10. Ranking Update

12.10.1 - The BTS organisation will have the responsibility to update the classification tables for overall and age categories ranking.

12.10.2 - All the information related to the BTS and the events that are part of it , as well as the classification tables , will be available at www.carlossanatureevents.com

12.11. Omissions

Omissions in this Regulation will be resolved sovereignly by the organization.

12.12. Prizes in each race that are part of the Best Trail Series

All information available here:

https://www.carlossanatureevents.com/pdfs/publicfiles/RegulamentoCircuito2021_EN.pdf