

RULES/PROGRAM

CARLOS S NATURE EVENTS

GRANDE TRAIL DA SERRA D'ARGA®

15th JULY 2017

23rd AND 24th SEPTEMBER 2017



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* ATRP – Portuguese Trail Running Association

The secretariat won't be open on Sunday

Runners shall collect their race bibs before the start of the competition, following the timetable below:

Distribution of race bibs GTSA		
Day	Hours	Place
15th July (GTSA Vertical)	10 am – 10:30 am	Quinta de Pentieiros (Ponte de Lima)
15th July (GTSA Sunset)	5 pm – 7 pm	Start Line (near the main church of Caminha)
21st September	5 pm – 8 pm	Instituto CUF - Porto
23rd September	7 am – 9 am	Dem (next to the finish line)
23rd September	3 pm – 7 pm	Dem (next to the finish line)

We call attention to the fact that thousands of people will participate in this competition; if you travel by car, you may not be able to find a place to park.

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;
- It is expected that the first runners finish the main race in 5 hours (53 km 300 d+);
- 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; or in the case of cancelation of the event due to climatic conditions, the organization has no obligation to reimburse the registration fee;
- No changes to the participant's data will be accepted after 31st august 2017;
- 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 Grande Trail Serra d'Arga 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 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;
- Each athlete must know how to manage their physical and mental stress and cope with adverse situations during the race;
- 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 not allowed, except on refreshment posts. Each athlete must 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 behavior, 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 appropriate authorities.

2. The Event

2.1. Presentation of the event / organization

The **Grande Trail Serra d'Arga** is organized by Carlos Sá Nature Events® with the support and collaboration of Desnível Positivo. It has also the support of the Municipal Chambers of Caminha, Viana do Castelo and Ponte de Lima; and the support of Dem, São Lourenço da Montaria, Estorãos, Arga de São João, Arga de Cima and Arga de Baixo.

Races:

On July 15th the following races will take place: **GTSA Vertical**, **Trail Kids** and **GTSA Sunset**.

GTSA Vertical – this race has a distance of 4 km and 800 m D+; it starts at 11 am in Estorãos (Ponte de Lima) and finishes in the top of the mountain Senhora do Minho.

V Trail Kids – it will start at 12 am in the top of the mountain Senhora do Minho.

- Until the age of 7 – 500 m
- 7 – 10 years of age – 1000 m
- 10 – 13 years of age – 1500 m
- 13 – 16 years of age – 2000 m

GTSA Sunset – It starts (7 pm) and finishes in the town centre of Caminha. There will be two different distances:

- **Adventure 32 km 1100 D+**, the course will pass through Santo Antão Mount and Santa Tecla Mount (Galicia, Spain), crossing the Minho River by kayak.
- **17 km 460 D+**, through Santa Tecla Mount, crossing the Minho River by kayak.

The following races will be held on September 23rd: **Ultra Trail 53 km** (the main race of this event) and **VI Trail Kids**.

Ultra Trail 53 km – It starts at 9 am it and has a distance of 53 km and a total accumulated altitude gain of 6 000 m; it starts and finishes in Dem. This fantastic race passes through many preserved historic villages such as S. João d'Arga, Mosteiro S. João de Arga, Arga de Baixo, Arga de Cima, S. Lourenço da Montaria (and its fantastic river, Âncora) and Dem, belonging to three different municipalities: Caminha, Ponte de Lima and Viana do Castelo.

The **VI Trail Kids** begins at 5 pm in the village of Dem, next to the finish line of the Ultra Trail 53 km.

- Until the age of 7 – 500 m
- 7 – 10 years of age – 1000 m
- 10 – 13 years of age – 1500 m
- 13 – 16 years of age – 2000 m

On September 24th, three competitive races will take place simultaneously: **Long Trail**, 33 km and 21 km and **Short Trail** 14 km. There is also a **7km long hike**. All these races are circular with departure and arrival at S. Lourenço da Montaria.

- **Long Trail 33 km** – It starts at 9:00 am, with a distance of about 33 km and a cumulative gap of 3400m. It crosses the trails of Serra d'Arga passing through several zones of interest like the River Ancora, Pedrulhos, Calçada Romanas, Cerquido, Alto da Senhora do Minho and S. Lourenço of the Mount.

- **Long Trail 21 km and Short Trail 14 km** – It starts at 10:00 am. With an accumulated difference of 2000m and 1300m respectively, it starts in the Parish of S. Lourenço da Montaria, crossing tracks of the Serra d'Arga with passage through the fantastic river Âncora, by the town of Chão and finishing at S. Lourenço da Montaria.

The walk will start at 10: 10h with departure and arrival in S. Lourenço da Montaria.

Once the race is finished, runners can take a shower and a light meal.

2.2. Program

15th July (Saturday)

10:00 am – Secretariat opening in Quinta de Pentieiros (GTSA Vertical)

11:00 am – Start GTSA Vertical and secretariat closing

12:00 am – Start Trail Kids

01:00 pm – Prize-giving (GTSA Vertical) and group photo with Trail Kids participants (Senhora do Minho)

05:00 pm – Secretariat opening in the Start Line, near the main church of Caminha (GTSA Sunset)

07:00 pm – Start GTSA Sunset and secretariat closing

10:00 pm – Prize giving GTSA Sunset at the finish line.

23rd September (Saturday)

07:00 am – Secretariat opening in Dem

09:00 am – Start Ultra Trail 53 km and secretariat closing

03:00 pm – Secretariat opening in Dem

05:00 pm – Start VI Trail Kids

05:30 pm – Prize giving in Dem (Ultral Trail 53 km), and group photo with the participants of the VI Trail Kids

07:00 pm – End of Saturday activities

24th September (Sunday)

09:00 am – Start Long Trail 33 km (S. Lourenço da Montaria)

10:00 am – Start Long Trail 21 km and Short Trail 14 km

10:10 am – Start Walk 7 km

11:30 am – Expected arrival of the first runners Short Trail 14 km (S. Lourenço da Montaria)

11:50 am – Expected arrival of the first runners 21 km and 33 km S. Lourenço da Montaria)

03:00 pm – Prize giving ceremony 14 km, 21 km and 33 km (S. Lourenço da Montaria)

Athletes must go to the start line on their own.

2.3. Distance, altimetry and ATRP* difficulty levels

GTSA Vertical – 4 Km – 800m d+ (1600dac) Short Trail – level 4

GTSA Sunset – 32 Km – 1100m d+ Long Trail – level 2

GTSA Sunset – 17Km – 460m d+ Short Trail – level 1

Ultra-Trail – 53 km – 3000m d+ (6000dac) Medium-distance Ultra-Trail – level 3

Long Trail – 33 km – 1700m d+ (3400dac) Long Trail – level 3

Long Trail – 21 km – 1000m d+ (2000dac) Long Trail – level 3

Short Trail – 14 km – 650m d+ (1300dac) Short Trail – level 2

* ATRP – Portuguese Trail Running Association

2.4. Map / profile altimetry / courses

See 2.1. / More information:

<http://carloissanatureevents.com/evento.aspx?idevento=GTSA>

2.5. Time barriers

- Any runner who abandons the race must inform the organisation and return his race bib.
- **Ultra-trail** has a time limit of **11 hours** maximum; **Long Trail 33 km** has a time limit of **7 hours**. There are no time limits for the Long Trail 23 km and Short Trail.

2.6. 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.

2.7. Control posts

Intermediate time controls will be opportunely defined.

2.8. Refreshment posts

- **GTSA Vertical**
 - **Refreshment 1** – Meta (Alto da Senhora do Minho)
- **GTSA Sunset 32 km**
 - **Refreshment 1** – 8 km (Santa Tecla)
 - **Refreshment 2** – 17 km (Caminha)
 - **Refreshment 3** – 22 km (Santo Antão)
 - **Refreshment 4** – 28,5 km (Santo Antão)
- **GTSA Sunset 17 km**
 - **Refreshment 1** – 8 km (Santa Tecla)
- **Ultra Trail 53 km**
 - **Refreshment 1** – 7 km (Arga S. João)
 - **Refreshment 2** – 15 km (Arte na Leira)
 - **Refreshment 3** – 24km (Cerquido)
 - **Refreshment 4** – 33 km (Montaria)
 - **Refreshment 5** – 44 km (Pedrulhos)
- **Long Trail 33 km**
 - **Refreshment 1** – 8 km (Viveiros)
 - **Refreshment 2** – 15 km (Chão)
 - **Refreshment 3** – 22 km (Cerquido)
- **Long Trail 21 km:**
 - **Refreshment 1** – 8 km (Viveiros)
 - **Refreshment 2** – 15 km (Chão)
- **Short Trail 14 km:**
 - **Refreshment 1** – 8 km (Viveiros)

2.9. Recommended material

Recommended material	GTSA Vertical	GTSA Sunset 32 km	GTSA Sunset 17 km	GTSA 14 km	GTSA 21 km	GTSA 33 km	GTSA 53 km	Race-walk
Torch		x	x					
Stock of water				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	x	x	

The organization will check each athlete's material before the start. Participants that don't possess the obligatory material won't be allowed to start the race.

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. Penalties/ Disqualifications

Disqualification, based on the following:

- No complying with the rules;
- Not finishing the route;
- Throwing rubbish away;
- Race number not visible;
- Refusal to comply with the orders from the organization;
- Anti-sporting behavior.

Participants who fall under 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.

2.13. Insurance

The entry fee includes a personal accident insurance premium.

3. Registrations

3.1. Registration process

Online registration: <http://www.carlossanatureevents.com/>

3.2. Registration prices and deadlines

Registrations open on 1st March 2017.

- **GTSA Vertical**
15 euro
The registration fee includes: race bib, injury assurance, refreshments, showers + other possible offers.
- **GTSA Sunset**
15 euro
The registration fee includes: race bib, injury assurance, refreshments, showers + other possible offers.
- **GTSA Vertical + GTSA Sunset**
20 euro
The registration fee includes: race bib, injury assurance, refreshments, showers + other possible offers.
- **Walk 7 km**
5 Euro
The registration fee includes: race bib, injury assurance, refreshments, showers + other possible offers.
- **Ultra Trail 53 km**
35 Euro
The registration fee includes: waistcoat, race bib, injury assurance, official t-shirt, finalist medal, refreshments, showers + other possible offers. The organization might replace these offers for similar ones.

- **Long Trail 33 km**

25 Euro

The registration fee includes: race bib, injury assurance, official t-shirt, finalist medal, refreshments, showers + other possible offers. The organization might replace these offers for similar ones.

- **Long Trail 21 km**

20 Euro

The registration fee includes: race bib, injury assurance, official t-shirt, finalist medal, refreshments, showers + other possible offers. The organization might replace these offers for similar ones.

- **Short Trail 14 km**

15 Euro

The registration fee includes: race bib, injury assurance, official t-shirt, finalist medal, refreshments, showers + other possible offers. The organization might replace these offers for similar ones.

3.3. Cancellations

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

- See page 4.
- Every bib is individually handed to each runner on production of identity.
- Each athlete must bring an identity document and four pins.

4. Rankings and prizes

4.1. Prize giving: time and place

See program.

4.2. Categories: Age/Sex/Individual/Teams

There will be classification by categories determined by the ATRP. For the purpose of classification and scoring of athletes in the ranks will be considered the year of birth of the athlete, ie, it is considered the age that the athlete will have on December 31 of the current competitive season. Ex: An athlete who turns 40 on December 31, will be ranked at the M40 level throughout the Championship.

- Under 23 - 19 to 22 years
- Seniors - 23 to 39 years old
- M40 - 40 to 44 years
- M45 - 45 to 49 years
- M50 - 50 to 54 years
- M55 - 55 to 59 years
- M60 - over 60 years

Team ranking: finish times of the first three athletes in the general ranking (no gender/age separation).

In GTSA Ultra Trail 53Km, GTSA Trail Long 33 Km, GTSA Trail Long 21 Km and GTSA Trail Short 14Km **prizes for categories ranking** will be awarded as follows:

- Under-23 - 19 to 22 years (first 3 women and first 3 men);
- Seniors - 23 to 39 years old (first 3 women and first 3 men);
- M40 - 40 to 49 years (first 3 women and first 3 men) - M40 and M45 are combined;
- M50 - 50 to 59 years (first 3 women and first 3 men) - M50 and M55 are combined;
- M60 - over 60 years.

Prizes

GTSA Vertical (general ranking)

Male:

- 1st – Trophy
- 2nd – Trophy
- 3rd – Trophy

Female:

- 1st – Trophy
- 2nd – Trophy
- 3rd – Trophy

GTSA Sunset 32 km (general ranking)

Male:

- 1st – Trophy
- 2nd – Trophy
- 3rd – Trophy

Female:

- 1st – Trophy
- 2nd – Trophy
- 3rd – Trophy

GTSA Sunset 17 km (general ranking)

Male:

- 1st – Trophy
- 2nd – Trophy
- 3rd – Trophy

Female:

- 1st – Trophy
- 2nd – Trophy
- 3rd – Trophy

Ultra-Trail 53 km (general ranking)

Male:

- 1st – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)
- 2nd – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)
- 3rd – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)
- 4th – Trophy, registration Gerês Extreme Marathon (a race of your choice)
- 5th – Trophy, registration Gerês Extreme Marathon (a race of your choice)

Female:

- 1st – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)
- 2nd – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)
- 3rd – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)
- 4th – Trophy, registration Gerês Extreme Marathon (a race of your choice)
- 5th – Trophy, registration Gerês Extreme Marathon (a race of your choice)

Long Trail 33 km (general ranking)

Male:

- 1st – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)
- 2nd – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)
- 3rd – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)

Female:

- 1st – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)
- 2nd – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)
- 3rd – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)

Long Trail 21 km (general ranking)

Male:

1st – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)

2nd – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)

3rd – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)

Female:

1st – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)

2nd – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)

3rd – Trophy, registration 2018, registration Gerês Extreme Marathon (a race of your choice)

Short Trail 14 km (general ranking)

Male:

1st – Trophy, registration 2018

2nd – Trophy, registration 2018

3rd – Trophy, registration 2018

Female:

1st – Trophy, registration 2018

2nd – Trophy, registration 2018

3rd – Trophy, registration 2018

If you win a registration in one of the races of Gerês Extreme Marathon, you must confirm your participation in the competition till 18th October.

Teams

Ultra-Trail / Long Trail 33 km / Long Trail 21 km / Short Trail 14 km

1st – Trophy

2nd – Trophy

3rd – Trophy

5. Information

5.1. How to get to Caminha

If you travel from abroad, we recommend you to choose the Oporto International Airport.

Highway A28: exit 28 (Dem).

5.2. Where to stay

Runners can camp on the competition place or in the Sportive Pavilion of Caminha (participants must bring sleeping bags).

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 course. You must dispose your litter either in the nearest refreshment post, or at the finish line.

8. Image rights

Each participant authorizes the organizers to use any images or recordings taken during the event. Those 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

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.