



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. Refreshment posts	06
2.8. Recommended gear	07
2.9. Information of places with car traffic	07
2.10. Disqualifications	07
2.11. Participation conditions	07
2.12. 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; or in the case of cancelation of the event due to climatic conditions/reasons of force majeure, the organization has no obligation to reimburse the registration fee.
- Regarding the information provided by each athlete: no changes will be accepted after 24th April 2020.
- 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, and it will be held on the 1st and 2nd May 2020.

TPG 105Km – it starts at Montalegre and finishes at Vila do Gerês. The organisation assures transport by bus (with a cost of 5€) to the start line, on the 1st of May 2020, from Vila do Gerês to Montalegre.

TPG 55 Km – it starts at Pitões das Júnias and finishes at Vila do Gerês. The organisation assures transport by bus (with a cost of 5€) to the start line, on the 2nd May 2020, from Vila do Gerês to Pitões das Júnias.

TPG 23 Km - it starts at Ponte da Mizarela and finishes at Vila do Gerês. The organisation assures transport by bus (with a cost of 5€) to the start line, on the 2nd May 2020, from Vila do Gerês to Ponte da Mizarela.

2.2. Program

Friday 01st May 2020

03:00 pm – 07:00 pm – Race bibs distribution TPG (all distances) at Hotsprings' Auditorium, Gerês Village's centre

07h30 pm – Briefing TPG 105km at Hotsprings' Auditorium, Gerês Village's centre

09h00 pm – Transfer by bus, from Vila do Gerês to the start line in Montalegre (TPG105km participants)

00h00 am– Start TransPeneda-Gerês 105km (Montalegre's centre)

Saturday 02nd May 2020

00:00 am – Start TPG 105 km (Montalegre's centre)

06:30 am – 09:00 pm – Race bibs distribution (TPG 55Km and TPG 23km) at Hotsprings' Auditorium, Gerês Village's centre

07h00 pm – Transfer by bus, from Vila do Gerês to the start line in Pitões das Júnias (TPG 55km participants)

09h00 pm – Transfer by bus, from Vila do Gerês to the start line in Ponte da Mizarela (TPG 23km participants)

09:30 am – Start TPG 55 km (Pitões das Júnias)

10:30 am – Start TPG 23 km (Ponte da Mizarela)

10:30 am – Expected arrival of the first runner TPG 105 Km

12:30 pm – Expected arrival of the first runner TPG 23 Km

03:00 pm – Expected arrival of the first runner TPG 55 Km

05:30 pm – Award ceremony (Vila do Gerês)

10:00 pm – Expected arrival of the last runner TPG 105 Km

End of the event TPG

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 105 Km has a time limit of 22 hours maximum.

Time barriers:

- Km 81 (at Vila do Gerês), at 05:00pm (17 hours in the race);

TransPeneda-Gerês 55 Km has a time limit of 12:30 hours maximum.

There is no time barriers for **TransPeneda-Gerês 23 Km**.

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

More information soon.

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 105 Km	TPG 55 Km	TPG 23 Km
Torch	X	x	
Water stock	X	X	X
Survival blanket	X	X	X
Whistle	X	X	X
Waterproof jacket	X	X	X
Cellphone	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 3rd October 2019.

TransPeneda-Gerês 105 km

70€

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 55 Km

45€

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 23 km

25€

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.

If a registered athlete can no longer participate or in the case of cancelation of the event due to climatic conditions/reasons of force majeure, the organization has no obligation to reimburse the registration fee.

3.4. Material included in the registration

See 3.2.

3.5. Secretariat

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

01st May 2020: 03:00 pm – 07:00 pm, Race bibs distribution TPG (all distances) at Hotsprings' Auditorium, Gerês Village's centre

02nd May 2020: 06:30 am – 09:00 am, Race bibs distribution TPG 55km and TPG 23Km at Hotsprings' Auditorium, Gerês Village's centre

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 105Km athletes will be given as soon as the podiums are complete.

4.2. Prizes

There will be classification by categories determined by the ATRP. For the classification and scoring of athletes in the ranks it will be considered the age that the athlete will have on October 31st of the current competitive season. Ex: An athlete who turns 40 between January 1st and October 31st will be classified in the M40 category throughout the Championship.

- M Júnior and F Júnior – 18 and 19 years old
- M Sub-23 and F Sub-23 – 20 to 22 years old
- M Seniors and F Seniors – 23 to 39 years old
- M40 and F40 – 40 to 44 years old
- M45 and F45 – 45 to 49 years old
- M50 and F50 – 50 to 54 years old
- M55 and F55 – 55 to 59 years old
- M60 and F60 – more than 60 years old

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

TPG Ultra Trail Endurance 105Km, TPG Ultra Trail 55 Km, TPG Long Trail 23 Km, will be awarded as follows:

- M Júnior and F Júnior – 18 and 19 years old (first 3 men and first 3 women);
- M Sub 23 and F Sub-23 – 18 to 22 years old (first 3 men and first 3 women);
- M Seniors and F Seniors – 23 to 39 years old (first 3 men and first 3 women);
- M40 and F40 – 40 to 49 years old (first 3 men and first 3 women);
- M50 and F50 – 50 to 59 years old (first 3 men and first 3 women);
- M60 and F60 – more than 60 years old (first 3 men and first 3 women);

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

TransPeneda-Gerês 105 Km

Male:

1st Trophy

2nd Trophy

3rd Trophy

Female:

1st Trophy

2nd Trophy

3rd Trophy

TransPeneda-Gerês 55 km

Male

1st Trophy

2nd Trophy

3rd Trophy

Female

1st Trophy

2nd Trophy

3rd Trophy

TransPeneda-Gerês 23 Km

Male:

1st Trophy

2nd Trophy

3rd Trophy

Female:

1st Trophy

2nd Trophy

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>

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 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 pf force majeure.