



## GENERAL INFORMATION SHEET

6<sup>th</sup> IAU Trail World Championships 2016  
Saturday, October 29<sup>th</sup>  
Transpeneda-Gerês (Portugal)



An  Competition in  
conjunction with  INTERNATIONAL  
TRAILRUNNING  
ASSOCIATION

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## WELCOME

LOC welcomes all athletes, officials, coaches and medical team, hoping that the participation in the Trail World Championship in Portugal states a positive mark on your course.

Portugal is located on the Iberian Peninsula, in south-western Europe. The Portuguese territory has a total area of 92 090 km<sup>2</sup>, comprising a continental part and two autonomous regions: the Azores and Madeira archipelagos. It is the westernmost country of mainland Europe, being bordered by the Atlantic Ocean to the west and south and by Spain to the north and east. The name of the country comes from its second largest city, Porto, whose Latin name was Celtic Portus Cale.

This competition will take place in Portugal's only National Park, World Biosphere reserve (declared by UNESCO in 2009).

The National Park has a total area of about 70290 hectares. It's located in the extreme northeast of Portugal, covering the regions of Minho and Trás-os-Montes, which are deeply rural, where population still preserve ancient traditions of priceless historical and cultural value. It is characterized for being a zone with stark relief and pronounced slopes, with a maximum elevation of 1545 m.

LOC calls for athletes, all the participants and assistant's attention to the absolute respect for the preservation of nature, following the principal:

**“DON'T LEAVE MORE THAN FOOTPRINTS,  
DON'T TAKE MORE THAN PICTURES”**



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## WEATHER CONDITIONS

Average weather conditions during past 5 years :

- Maximum temperature: 16,8 °C;
- Minimum temperature: 7,7 °C;
- Average temperature: 12,3 °C;
- Average precipitations per day: 6,4 mm;

# CONTACTS

## INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

Website: [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org)

### IAU

#### IAU PRESIDENT

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#### IAU SECRETARY

Name: Hilary Walker  
Mobile: +44 7884 473 336  
E-mail: [secretary@iau-ultramarathon.org](mailto:secretary@iau-ultramarathon.org)

#### GENERAL PROJECT COORDINATOR

Name: Paco Rico  
Tel.: +34 616 508 228  
E-mail: [paco.rico@iau-ultramarathon.org](mailto:paco.rico@iau-ultramarathon.org)

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### ITRA

#### PRESIDENT OF ITRA

Name: Michel Poletti  
Mobile: +33 608 029 468  
E-mail: [michel.poletti@itra.run](mailto:michel.poletti@itra.run)

#### TECHNICAL AND COMMUNICATION COORDINATOR

Name: José Carlos Santos  
Tel.: (+351) 910 265 526  
E-mail: [jose.santos@i-tra.org](mailto:jose.santos@i-tra.org)

## PORTUGUESE ATHLETICS FEDERATION

Address: Largo da Lagoa, 15 – B  
2799-538 Linda-a-Velha  
Portugal  
Tel.: (+351) 21 414 60 20  
Fax.: (+351) 21 414 60 21  
E-mail: [fpa@fpatletismo.pt](mailto:fpa@fpatletismo.pt)  
Website: [www.fpatletismo.pt](http://www.fpatletismo.pt)

## LOCAL ORGANIZING COMMITTEE

#### RACE DIRECTOR

Name: Carlos Sá  
Tel.: (+351) 922 059 193  
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#### PROTOCOL DIRECTOR

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#### ACCOMMODATION DIRECTOR

Name: Luísa Vilas Boas  
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#### MEDICAL DIRECTOR

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#### PRESIDENT

Name: Carlos Sá  
Tel.: (+351) 922 059 193  
E-mail: [carlossa1973@gmail.com](mailto:carlossa1973@gmail.com)

#### TRANSPORT DIRECTOR

Name: José Carlos Araújo  
Tel.: (+351) 966 285 293  
E-mail: [transportation@carlossanatureevents.com](mailto:transportation@carlossanatureevents.com)

#### COMMUNICATIONS DIRECTOR

Name: Rodrigo Rato  
Tel.: (+351) 933 511 474  
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#### RESCUE MANAGER

Name: Capitão Cláudio Quelhas  
Tel.: (+351) 968 284 131  
E-mail: [rescue@carlossanatureevents.com](mailto:rescue@carlossanatureevents.com)

#### SAFETY AND ROUTE MANAGER

Name: Sargento Caridade  
Tel.: (+351) 966 484 169  
E-mail: [rescue@carlossanatureevents.com](mailto:rescue@carlossanatureevents.com)

## CENTRAL MEETING POINT – HEADQUARTERS LOC

LOC headquarters will be located at:

- **During October 25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup> and 30<sup>th</sup>**  
Elevador Hotel (“Sala Lazer”)  
Monte do Bom Jesus  
4710-455 Braga  
Portugal
- **During the competition (October 29<sup>th</sup>)**  
Arcos de Valdevez Municipal tourism office  
Campo Trasladário  
4970-593 Arcos de Valdevez  
Portugal

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## TRANSPORTATION

### Teams arrival

The only official Airport is Oporto. Teams will be met there by representatives of the LOC through a welcome desk.

### Transfer to Braga city (Bom Jesus)

Teams can take the transport rented by them or can take the bus directly to Braga city (and once at the bus station, directly to the hotel) for 8€ per person. The payment should be made in the moment of entering in the bus. The ride is of about 56km and will last about 1 hour.

The welcome desk will be open from October 25 till October 30, 2016.

Bus timetable: <http://www.getbus.eu/index.php?lang=en&seccao=2>

### Free transfers

LOC will manage the following transportation for the delegations:

- Hotel/Opening ceremony and return

Vehicle	1 - 3 days (price per day)	4 - 7 days (price per day)	8 or + days (price per day)	Airport delivery fee	Out of hours Charge (9 pm to 8 am)	Personal insurance (per day)
Citroën C1 (4 persons)	39,90 €	34,90 €	29,90 €	24,90 €	44,90 €	4,99 €
Peugeot 208 (5 persons)	44,90 €	39,90 €	34,90 €	24,90 €	44,90 €	4,99 €
Citroën C4 Grand Picasso (5+2 persons)	94,90 €	84,90€	79,90€	24,90 €	44,90 €	4,99 €
Ford Tourneo Custom (9 persons)	119€	114€	99€	24,90 €	44,90 €	4,99 €

Rate includes unlimited mileage, theft protection (TP), collision damage waiver (CDW), road service charge and VAT.

More information about car rentals can be found here:

<http://www.ana.pt/en-US/Aeropostos/porto/Porto/PlanYourTrip/Car-Hire/Pages/CarHire.aspx>

- Hotel/Start line
- Finish line/Hotel
- Hotel/Transfer to airport on Sunday 30<sup>th</sup>
- Transportation for coaches/officials/medical team, from the start line to the aid station 1, then to aid station 3 and then to the finish line. If you have 2 support teams, another bus will offer the possibility to go to aid station 2 and then to the finish line.

### Additional option – car rental

For more comfort and flexibility during your stay, you have the option of renting a car. It will be the only solution for coaches to go to all the Aid stations (following the speed of your different runner).

Online reservation is available on [www.firstrent.pt](http://www.firstrent.pt)

Phone number: (+351) 707 224 466

## ACCOMMODATION

All delegations will stay at the Bom Jesus Hotels, a green nook of Braga city, located just 2 km (an approximately 8 min drive) from the city center.

**Address:**

Monte do Bom Jesus  
4715-056 Braga  
Portugal  
Tel.: +351 253 603 470

The start line is located 36 km from the place where all the delegations will be accommodated. The transfer to the start line is guaranteed by the LOC, by bus.

The organizing Committee will offer full board accommodation, free of charge, for a maximum 2 male and 2 female athletes per delegation for a defined number of nights (See Distance to Portugal section).

Accommodation for additional athletes, other delegation members and any eventual additional nights will be charged at the following rates:

- 4 star Hotel (Templo Hotel, Elevador Hotel, Parque Hotel) - **100€\*** in double occupancy/**140€\*** in single occupancy (limited to a reduced number of single rooms available)
- 3 star Hotel (Lago Hotel or João Paulo II Hotel) - **80€\*** in double occupancy/**120€\*** in single occupancy

(limited to a reduced number of single rooms available)

\*Price per person and per night which includes:

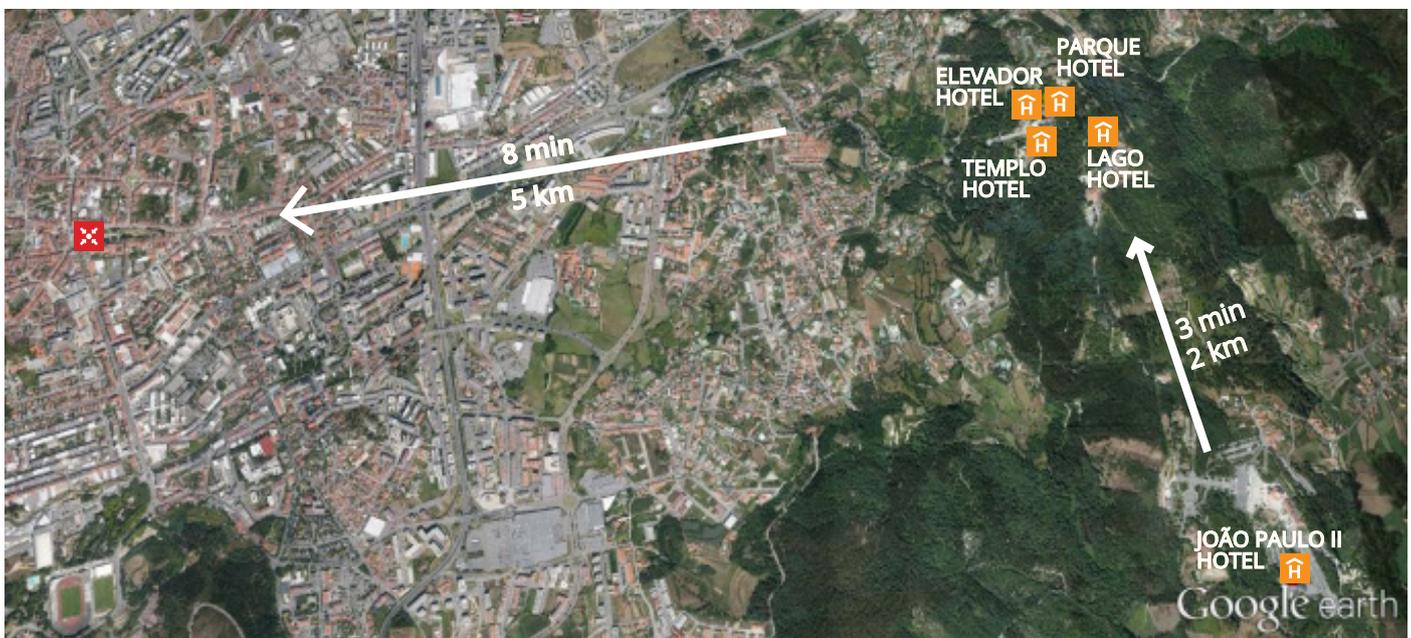
- Full-board accommodation
- Standard room services (Air conditioning, hair dryer, phone, tv, Direct Dial Telephone)
- Accommodation facilities (Elevator, laundry, the parking lot)
- Leisure facilities (Gym, sauna)
- Free access to indoor heated pool with waterfall, jacuzzi, Turkish bath and cardio-fitness room of Templo Hotel

10% of discount on SPA treatments in Templo Hotel.

**The price includes free transfers.** (See "Free Transfers")

### MEALS

- **Everyday:** breakfast at each hotel
- **October 25<sup>th</sup> and 26<sup>th</sup>:** Meals included at Sala Arca-da (Elevador Hotel)
- **October 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup>:** Meals included at Colunata



 Opening ceremony

## PAYMENT

Please note that Member Federations will need to pay an accommodation deposit when they send in the PEFs. This is because the LOC must pay the accommodation in advance so they need the financial security of a deposit from the teams. The amount payable is 20% of the number of athletes and management over and above the number of athletes being paid for by the LOC ( i.e. 2 men and 2 women max) multiplied by 80 euro ( 3\*\*\* hotel) or 100 euro (4\*\*\*\*) hotel for the number of nights they are staying. For example if the PEF numbers are 3 male athletes and 3 female athletes and 3 management and the teams want to stay in a 4\*\*\* hotel for three nights then the amount payable as a deposit would be for 1 male and 1 female athlete and 3 management is 5(persons) x 3 (nights) x 100€ x 0,2 (%) = 300€

Payment by bank transfer or credit card as outlined below

On receipt of the FEF, Member Federations will receive an invoice for the remaining amount that has to be paid before the 3rd October.

In resume:

**Until July the 15th: 20%**  
**Until October the 3rd: 80%**

**Each proof of payment must be sent to [info@carlossanatureevents.com](mailto:info@carlossanatureevents.com)**

Payment should be done by bank transfer or credit card\*1:

VIVER PENEDA-GERÊS-ASSOCIAÇÃO DE PROMOÇÃO DO AMBIENTE E ACTIVIDADES NA NATUREZA

- Bank account: (Crédito Agrícola Bank) 40269547791
- IBAN code: PT50 0045 1040 40269547791 85
- BIC/SWIFT: CCCMPTPL

\*1 <http://www.carlossanatureevents.com/>



## THE TRAVEL GRANTS

THE TRAVEL GRANTS WILL ONLY BE PAID BY BANK TRANSFER!

IAU will inform the delegations about the amount of their Travel Grant.

## ACCREDITATION PROCEDURE

- Accreditation cards will be prepared in advance of the event, based on the information provided by the Member Federation in the final entry.
  - No changes will be accepted after the final entry deadline (except in case of lesion or last-minute illness of one of the team members).
  - Accreditation cards will be distributed to the team leader at Colunata, on 27th and 28th October (see "General time schedule" section).
- 

## PRELIMINARY (PEF) AND FINAL ENTRY (FEF) FORMS

### Preliminary Entry Form (PEF)

In order to book the accommodation, each Federation will send a list with the **number of athletes**.

Teams will also have to indicate to which bank account the Travel Grant has to be transferred.

### Final Entry Forms (FEFs)

With the final entry forms, each Federation will send the final list with the **names of their athletes, dates of birth, gender** and will inform the LOC about the travel itinerary details of the delegation members and other informations:

- Arrival and departure times
- Flight numbers
- Hotel category (4 star hotel or 3 star hotel)
- Required number of rooms and its typology (single,

double or triple)

- Required number of nights
- Food restrictions

Please note that the full board accommodation and transfer offers made by the LOC are conditional on the prompt return of the entry forms within the deadline.

PEF and FEFs shall be completed and sent before the following deadlines :

**PEF : July 15<sup>th</sup>**

**FEFs : September 26<sup>th</sup>**

**All forms must be sent in digital format to these both email addresses:**

**[info@carlossanatureevents.com](mailto:info@carlossanatureevents.com)**

**[secretary@iau-ultramathon.org](mailto:secretary@iau-ultramathon.org)**

# GENERAL COMPETITION INFORMATION

This event respects IAAF trail rules. With semi-autonomic character, the race goes through Peneda-Gerês National Park, traversing areas of lush vegetation, streams, waterfalls, arid zones of granitic rocks and villages with ancient history.

Website : <http://carlossanatureevents.com>

## OFFICIAL COMPETITION

- Men's individual competition
- Women's individual competition
- Men's team competition
- Women's team competition

Only athletes and teams entered by their National Federation can take part in the official competition.

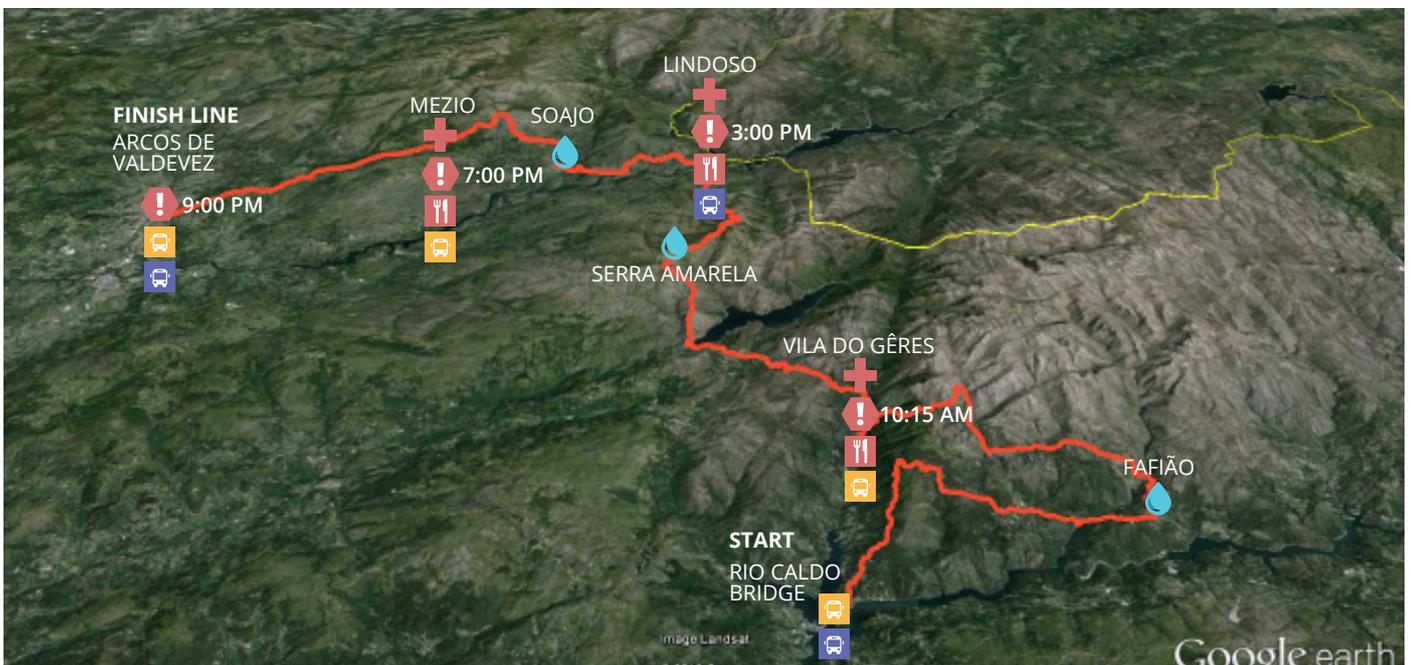
Federations can select up to 9 athletes per gender (maximum 9 men and maximum 9 women), 6 of whom can take part in the team competition. The 3 other athletes will be entered for the individual competition only.

The "team members" need to be identified before the start of the competition by the Technical Meeting at the latest. The first 3 athletes per country will determine the team score which is based on the accumulated finishing times.

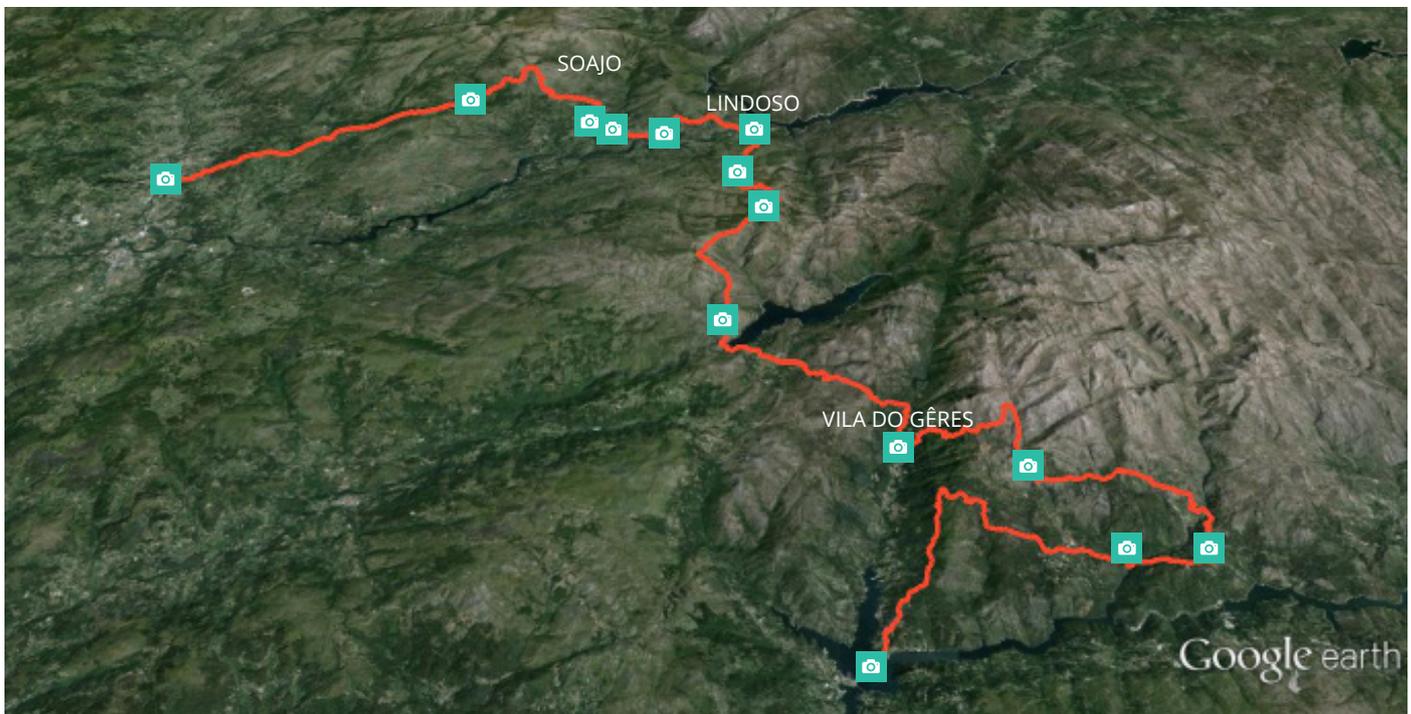
## WATER SUPPLIES AND AID STATIONS



- |                 |  |                     |
|-----------------|--|---------------------|
| Water Supply    | Transportation for Support team 1 (Start - Vila do Gerês - Mezio - Finish) | Moderate difficulty |
| Aid Station     | Transportation for Support team 2 (Start - Lindoso - Finish)               | High difficulty     |
| Cut-off time    |  |                     |
| Food and drinks |  |                     |



LOCATION	INTER DISTANCE (km)	CUMULATE DISTANCE (km)	ALTITUDE (m)	CUMULATE D+ (m)	CUMULATE D- (m)	FASTER RUNNERS	SLOWER RUNNERS	CUT-OFF TIME
Rio Caldo		0	145	0	0	05:00 am	05:00 am	
Pedra Bela	6.15	6.15	820	675	0	05:35 am	06:00 am	
Fafião	8.85	15	485	1000	620	06:10 am	07:00 am	
Vila do Gerês	15.15	30.15	350	2000	1550	07:39 am	10:09 am	10:15 am
Serra Amarela	15.85	46	1335	3500	2050	09:45 am	12:30 am	
Lindoso	8.5	54.5	450	3500	2935	10:15 am	02:55 pm	03:00 pm
Soajo	9	63.5	300	3840	3420	11:15 am	03:20 pm	
Mezio	10	73.5	640	4820	3888	12:27 am	06:57 pm	07:00 pm
Arcos de Valdevez	10	85.5	66	5000	5100	01:15 pm	08:50 pm	09:00 pm



 **Photo point 1**  
Rio Caldo bridge  
41°40'38.47"N  
8°10'36.02"W

 **Photo point 5**  
Vila do Gerês  
41°43'46.10"N  
8°9'42.78"W

 **Photo point 9**  
Lindoso  
41°51'55.85"N  
8°11'56.83"W

 **Photo point 13**  
Mezio  
41°53'4.83"N  
8°18'46.75"W

 **Photo point 2**  
41°42'12.30"N  
8°6'35.57"W

 **Photo point 6**  
41°46'12.69"N  
8°12'36.68"W

 **Photo point 10**  
41°52'8.86"N  
8°14'8.33"W

 **Photo Point 14**  
Arcos de Valdevez  
41°50'38.57"N  
8°25'4.61"W

 **Photo point 3**  
Fafião  
41°42'3.64"N  
8°5'26.26"W

 **Photo point 7**  
41°48'42.16"N  
8°11'49.54"W

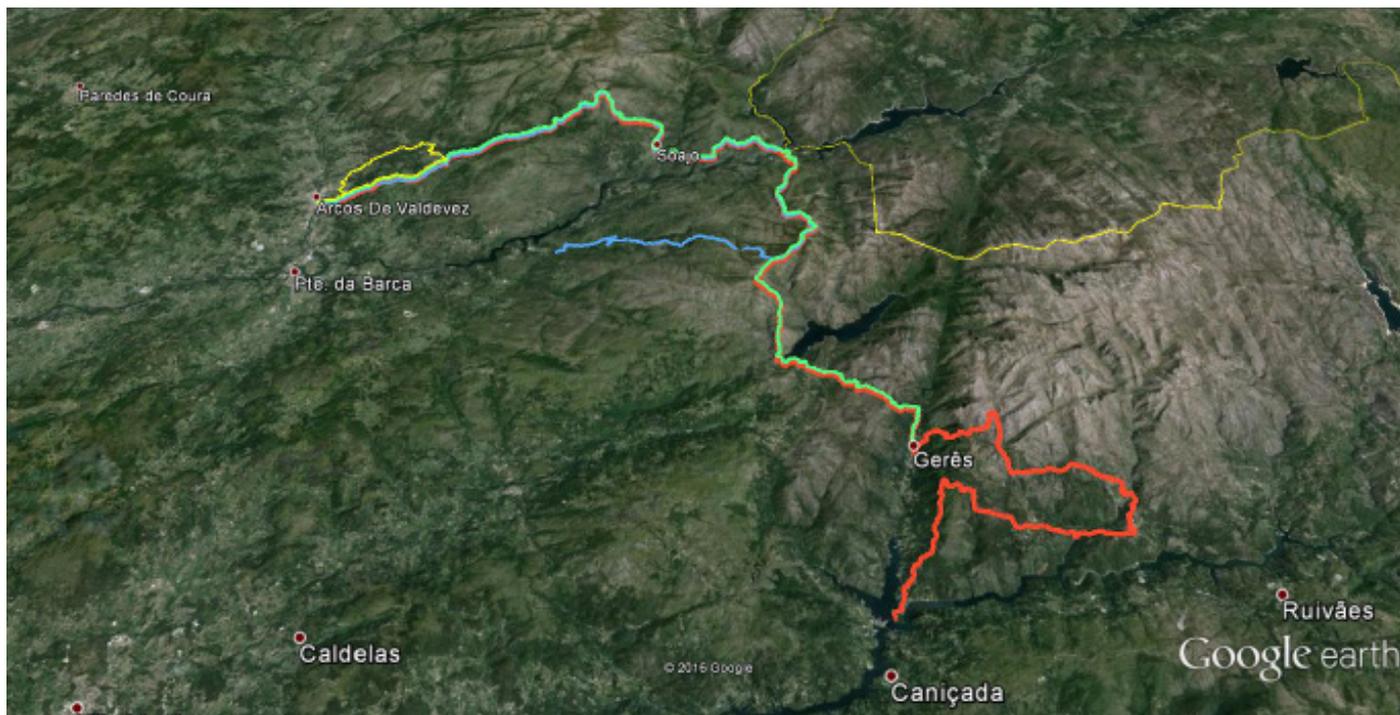
 **Photo point 11**  
41°52'21.48"N  
8°15'21.07"W

 **Photo point 4**  
41°43'20.01"N  
8°7'46.62"W

 **Photo point 8**  
41°49'55.13"N  
8°12'14.42"W

 **Photo point 12**  
Soajo  
41°52'24.91"N  
8°15'50.16"W

# TRAIL WORLD CHAMPIONSHIP RACE VS. OPEN RACE



■ Main race - 85 km

■ Open race - 55 km

■ Open race (relay) - 55 km

■ Open race - 16 km

## Trail World Championship Race - 85 km

Date	October 29 <sup>th</sup>
Start time:	5:00 am
Max time:	16:00 hours (official race ends at 9:00 pm)
Course:	Trail
Distance:	85,5 km
Total height:	5000 m of vertical gain

## 55 km

Number of runners:	500 runners
Start time:	10:30 am
Total heights	3000 m of vertical gain
Max time:	09:30 hours

## 55 km (relay)

Number of runners:	Limited to 250 teams (3 runners each)
Start time:	10:30 am
Max time:	9:30h

## 16 km

Number of runners:	Unlimited
Start time:	9:00 am

Information at Carlos Sá Nature Events website: [carlossanatureevents.com](http://carlossanatureevents.com)

## TECHNICAL MEETING

**Place:** Colunata  
**Date:** Friday 28<sup>th</sup>  
**Time:** 11:00 am

## OPENING CEREMONY

**Place:** Avenida da Liberdade – Braga Center  
**Date:** Friday 28<sup>th</sup>  
**Time:** 4:00 pm  
**Transportation:** Buses will leave the hotel from 2.30 pm

All athletes must be present on time.

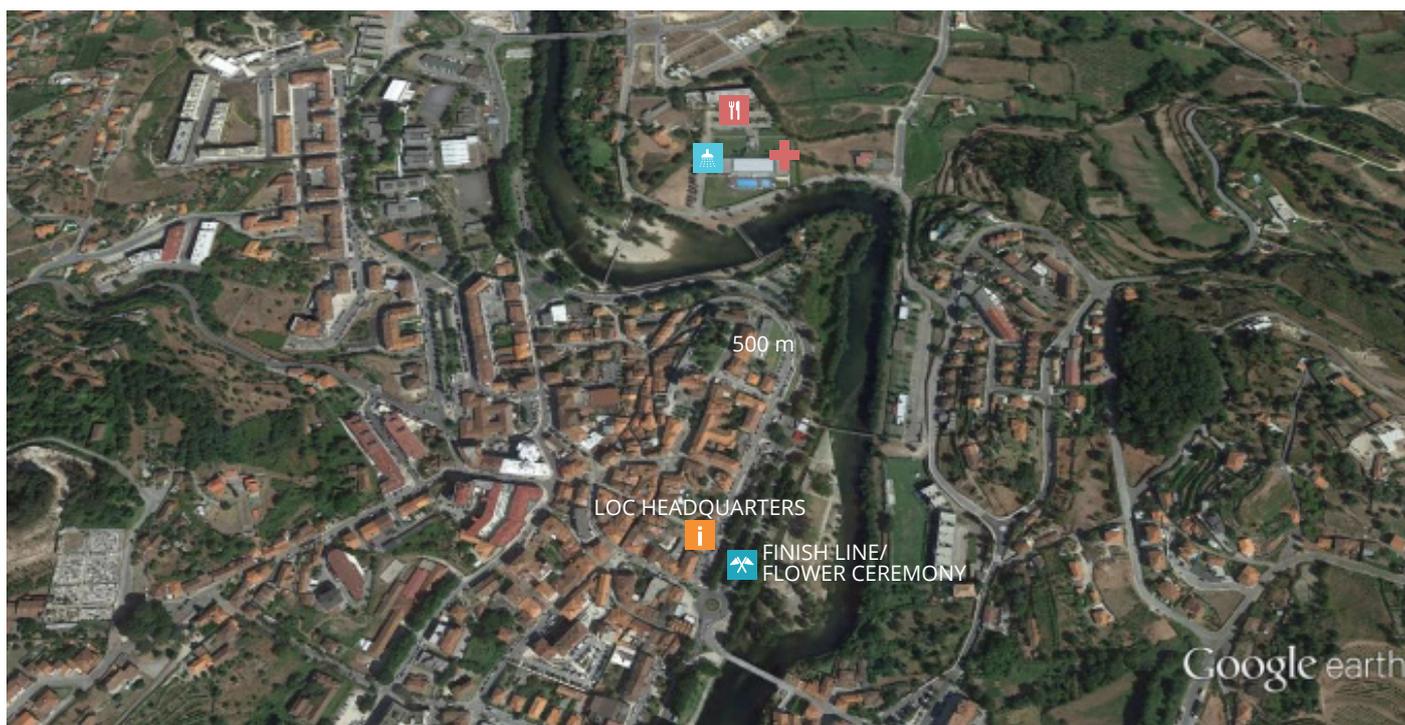
The opening ceremony will present all the federations with their flags and all federations are expected to participate in the opening ceremony

## FLOWER CEREMONY

**Place:** Arcos de Valdevez  
**Date:** Saturday October 29  
**Time:** 04:30 pm

## AWARD AND CLOSING CEREMONY

**Place:** Colunata (Bom Jesus – Braga)  
**Date:** Sunday October 30  
**Time:** 10:00 am



# GENERAL TIME SCHEDULE

## Tuesday 25<sup>th</sup>/Wednesday 26<sup>th</sup>/Thursday 27<sup>th</sup>

Welcome at Oporto International Airport and transfer to Braga city and then to Bom Jesus Hotels

### Wednesday 26<sup>th</sup>

- 8:00 *am* Breakfast at each hotel
- 11:00 – 12:00 *am* Secretariat opening for accreditation procedure
- 12:30 *am* Lunch at Colunata
- 2:30 *pm* Transfer using LOC transportation Bom Jesus – Gerês (optional)
- 5:30 *pm* Transfer back to the hotels
- 7:00 *pm* Dinner at Colunata

### Thursday 27<sup>th</sup>

- 8:00 *am* Breakfast at each hotel
- 11:00 *am* Secretariat opening for accreditation procedure
- 12:30 *am* Lunch at Colunata
- 2:30 *pm* Transfer using LOC transportation Bom Jesus – Braga city center (optional); free afternoon, using public transports
- 5:30 *pm* Secretariat closing
- 7:00 *pm* Dinner at Colunata

### Friday 28<sup>th</sup>

- 8:00 *am* Breakfast at each hotel
- 9:00 *am* Secretariat opening for accreditation procedure and anti-doping control
- 11:00 *am* Technical meeting
- 12:00 *am* Press conference
- 12:30 *am* Lunch at Colunata
- 2:30 *pm* Bus transfer of all the delegations from the hotels to the opening ceremony
- 4:00 *pm* Opening ceremony
- 6:30 *pm* Bus transfer back to the hotel
- 7:00 *pm* Dinner at Colunata

### Saturday 29<sup>th</sup>

- 3:00 *am* Breakfast at each hotel
- 3:30 *am* Departure to Rio Caldo bridge (start line) - 45min ride by bus
- 05:00 *am* Start of the Trail World Championships
- 6:15 *am* Arrival of the frontrunners to Fafião (Water Supply 1 - 15km)
- 7:39 *am* Arrival of the frontrunners to Vila do Gerês (Aid Station 1 - 30km)
- 9:00 *am* Start of the Open Race 16 km (Arcos de Valdevez)
- 9:50 *am* Arrival of the frontrunners to the up of the Serra Amarela (Water Supply 2 - 46km)
- 10:15 *am* Cut-off time Trail World Championships ( Aid Station 1)
- 10:30 *am* Start of the Open Race 55km relay (Vila do Gerês – Arcos de Valdevez)
- 10:30 *am* Start of the Open Race 55km (Ambos os Rios - Arcos de Valdevez)
- 10:15 *am* Arrival of the frontrunners to Lindoso (Aid Station 2 - 56km)
- 11:00 *am* Arrival of the frontrunners to Soajo (Water Supply 31 – 64km)
- 12:27 *am* Arrival of the frontrunners to Mezio (Aid Station 3 - 73km)
- 1:40 *pm* Arrival of the frontrunners to Arcos de Valdevez
- 2:00 *pm* Starting of the lunch service in Arcos de Valdevez
- 3:00 *pm* Cut-off time Trail World Championships (Aid Station 2) and other races
- 3:30 *pm* Arrival of the frontrunners of the open races
- 4:30 *pm* Flower ceremony of the Trail World Championships
- 5:00 *pm* Award ceremony of the open races
- 5:30 *pm* Start of the transfer back to hotel
- 7:00 *pm* Cut-off time Trail World Championships (Aid Station 3)
- 7:30 *pm* Dinner at Colunata
- 9:00 *pm* Arrival of the last runners

### Sunday 30<sup>th</sup>

- 8:00 *am* Breakfast at each hotel
  - 10:00 *am* Award and closing ceremony at Colunata
  - 11:00 *am* Light lunch
  - 12:00 *am* Start of the transfer by bus from the hotel to Braga bus station
- Departure to the Oporto Airport from Braga bus station, according to the timetable

# TRAVEL INFORMATION

Below you will find the information for visa. The information is based on what we as LOC know. Maybe there is an embassy or consulate in a city (or country) which is easier for you to reach.

## VISA

### VISA NOT NEEDED

- Albania
- Andorra
- Argentina
- Australia
- Austria
- Belgium
- Brazil
- Brunei
- Bulgaria
- Canada
- Costa Rica
- Croatia
- Czech Republic
- Denmark
- Estonia
- Finland
- Former Yugoslav Republic of Macedonia
- France
- Germany
- Gibraltar
- Greece
- Hungary
- Iceland
- Ireland
- Israel
- Italy
- Japan
- Republic of (South) Korea
- Latvia
- Lithuania
- Luxembourg
- Mexico
- Monaco
- Netherlands
- New Zealand
- Norway
- Poland
- Romania
- Serbia
- Slovakia
- Slovenia
- Spain
- Sweden
- Switzerland
- United States
- United Kingdom/Great Britain
- Uruguay

### VISA NEEDED

- Algeria  
(<http://www.embaixadaportugalargel.com/>)
- Angola  
(to apply at the [consulado.luanda@mne.pt](mailto:consulado.luanda@mne.pt))
- Belarus  
(to apply at the Russian Embassy: <http://www.moscovo.embaixadaportugal.mne.pt/>)
- Burundi  
(to apply at the Democratic Republic of the Congo Embassy: [ambassadeportugal@vodanet.cd](mailto:ambassadeportugal@vodanet.cd))
- Cameroon  
(to apply at the Nigeria Embassy - [abuja@mne.pt](mailto:abuja@mne.pt))
- Cape Verde  
(<http://www.praia.embaixadaportugal.mne.pt/>)
- Comoros  
(to apply at the South Africa Embassy: <http://www.embaixadaportugal.org.za/>)
- Democratic Republic of Congo  
([ambassadeportugal@vodanet.cd](mailto:ambassadeportugal@vodanet.cd))
- Republic of Congo  
(to apply at the Democratic Republic of the Congo Embassy: [ambassadeportugal@vodanet.cd](mailto:ambassadeportugal@vodanet.cd))
- Ecuador  
(to apply at the Colombia Embassy: [bogota@mne.pt](mailto:bogota@mne.pt))
- Gambia  
(to apply at the Senegal Embassy: <https://dakar.embaixadaportugal.mne.pt/pt/>)
- Hong Kong, China  
(to apply at the China Embassy: <http://www.portugalembassychina.com/>)

- Jordan  
(to apply at the Egypt Embassy: <http://www.portugal-embassy-cairo.org/>)
- Kenya  
(to apply at the Mozambique Embassy: mail@beira.dgaccp.pt)
- Kyrgyzstan  
(to apply at the Russian Embassy: <http://www.moscovo.embaixadaportugal.mne.pt/>)
- Lebanon  
(to apply at the Cyprus Embassy: (<http://www.embportugalnicosia.org/>))
- Lesotho  
(to apply at the South Africa Embassy: <http://www.embaixadaportugal.org.za/>)
- Madagascar  
(to apply at the South Africa Embassy: <http://www.embaixadaportugal.org.za/>)
- Mongolia  
(to apply at the China Embassy: <http://www.portugalembassychina.com/>)
- Namibia  
(windhoek@mne.pt)
- Nepal  
(to apply at the India Embassy: <http://www.portugal-india.com/>)
- Niger  
(to apply at the Nigeria Embassy: abuja@mne.pt)
- Nigeria  
(abuja@mne.pt)
- Philippines  
(to apply at the Indonesia Embassy - porembjak@cbn.net.id)
- Qatar  
(<https://www.doha.embaixadaportugal.mne.pt/>)
- Russian Federation  
(<http://www.moscovo.embaixadaportugal.mne.pt/>)
- Sierra Leone  
(to apply at the Senegal Embassy: <https://dakar.embaixadaportugal.mne.pt/>)
- South Africa  
(<http://www.embaixadaportugal.org.za/>)
- Sri Lanka  
(to apply at the India Embassy: <http://www.portugal-india.com/>)
- Chinese Taipei  
(to apply at the China Embassy: <http://www.portugalembassychina.com/>)
- Turkey  
(<http://www.ancara.embaixadaportugal.mne.pt/>)
- Ukraine  
(<http://ucrania.mne.pt/>)
- Zimbabwe  
(embportl@harare.dgaccp.pt)

## DISTANCE TO PORTUGAL

### TRAVEL TO PORTUGAL TAKES LESS THAN 4 HOURS

Organizing Committee will offer a full board accommodation free of charge for maximum 2 male and 2 female athletes per delegation for 3 nights (*Thursday 27<sup>th</sup>, Friday 28<sup>th</sup> and Saturday 29<sup>th</sup> October*) athletes from countries where travel to Portugal takes less than 4 hours.

- Algeria
- Andorra
- Austria
- Belgium
- Croatia
- Czech Republic
- Denmark
- Former Yugoslav Republic of Macedonia
- France
- Germany
- Gibraltar
- Hungary
- Ireland
- Italy
- Luxembourg
- Monaco
- Netherlands
- Poland
- Portugal
- Slovakia
- Slovenia
- Spain
- Switzerland
- United Kingdom/Great Britain

### TRAVEL TO PORTUGAL TAKES BETWEEN 4 AND 9 HOURS

Organizing Committee will offer a full board accommodation free of charge for maximum 2 male and 2 female athletes per delegation for 4 nights (*Wednesday 26<sup>th</sup>, Thursday 27<sup>th</sup>, Friday 28<sup>th</sup> and Saturday 29<sup>th</sup> October*) athletes from countries where travel to Portugal takes between 4 and 9 hours.

- Albania
- Angola
- Belarus
- Bulgaria
- Cape Verde
- Estonia
- Finland
- Greece
- Iceland
- Israel
- Latvia
- Lebanon
- Lithuania
- Norway
- Romania
- Russian Federation
- Serbia
- Sweden
- Turkey
- Ukraine

### TRAVEL TO PORTUGAL TAKES MORE THAN 9 HOURS

Organizing Committee will offer a full board accommodation free of charge for maximum 2 male and 2 female athletes per delegation for 5 nights (*Tuesday 25<sup>th</sup>, Wednesday 26<sup>th</sup>, Thursday 27<sup>th</sup>, Friday 28<sup>th</sup> and Saturday 29<sup>th</sup> October*) athletes from countries where travel to Portugal takes between 4 and 9 hours.

- Argentina
- Australia
- Brazil
- Brunei
- Burundi
- Cameroon
- Canada
- Comoros
- Democratic Republic of Congo
- Republic of Congo
- Costa Rica
- Ecuador
- Gambia
- Hong Kong, China
- Japan
- Jordan
- Kenya
- Republic of (South) Korea
- Kyrgyzstan
- Lesotho
- Madagascar
- Mexico
- Mongolia
- Namibia
- Nepal
- New Zealand
- Niger
- Nigeria
- Philippines
- Qatar
- Sierra Leone
- South Africa
- Sri Lanka
- Chinese Taipei
- United States
- Uruguay
- Zimbabwe

## PREVENTION ACTION CONCERNING HEALTH POLICY

This action has neither the aim nor competence to substitute itself in the place of the current national and international regulations in the antidoping fight but is intended to strengthen the medical supervision included in the safetyhealthrescue plan put in place by the race organizer . This action is led by the organisation's internal Medical Council, consisting of doctors, who can take advice from experts of its choice and who will be asked to express a consultative opinion to the race Jury on the medical state of the participants.

### **Each runner agrees:**

- To inform the Organisation's medical counsel in the case of the use of a prescription subject to a Therapeutic Use Exemption (TUE). In this regard, one can find a procedure to follow in the health space, available free of charge to all runners, on the International TrailRunning Association's (ITRA) website: [www.itra.run](http://www.itra.run) . This information is to be declared upon the day of registration in the case of a TUE already requested or previously obtained. If not, it must be made by the 8 th day following

the request for a TUE and imperatively before the start of the race. In the event of an emergency treatment during the race, the runner is required to ask the doctor for a TUE. The latter will then add it to the runner's ITRA health space.

- To give any urinary and/or blood, and/or capillary samples and associated tests requested by the Organisation's Medical Counsel, with the understanding that expenses incurred for the collection of these samples and the associated analyses are the direct responsibility of the Organisation.

- To answer to any summons which the Medical Counsel issues on the basis of the information which has been collected from them by the Medical Council, so as to decide upon their capacity, or not, to participate in the race for which they are registered. At the conclusion of the interview, the Medical Council can propose to the race Jury, that the runner is excluded from the race.