



Regulations for Trail Texugo SPORHTHG 2024

1. Conditions for participation

1.1 Participation age for Sprint Trail (15 kms)

Individuals aged 16 years old or over may take part, as long as they are in good health and are physically and mentally fit for long efforts. The organization is not responsible for any kind of negative consequences caused by their participation.

1.2 Participation age for Long Trail (30 kms)

Individuals aged 18 years old or over may take part in these races, as long as they are in good health and are physically and mentally fit for long efforts. The organization is not responsible for any kind of negative consequences caused by their participation.

1.3 Participation age for Ultra Trail (45 kms)

Anyone aged 20 or over can take part in this race, as long as they are in good health and are physically and mentally fit for long efforts. The organization is not responsible for any negative consequences caused by their participation.

1.4 Participation age for Trail Initiation course (10 kms)

There is no minimum age for participation, however, it is advisable that the participants are in good health and are physically and mentally prepared for long efforts in trail running. The organization is not responsible for any type of negative consequences caused by their participation. Minors must be accompanied by a responsible person over the age of 18. Children under 14 years of age are not recommended.

1.5 Registration

The registration will be validated after the due payment. In order to validate the registration the participants must accept, without any reservation, these regulations and exempt the organization from any responsibilities in case of accident, bodily injury or material damage suffered during the event, as well before and afterwards. The act of registration implies full and unreserved acceptance of the presented regulations. The registration must be made



within the informed deadlines. The veracity of the data provided is the participant's responsibility, including for insurance purposes. Entries will be accepted and made through the site: <https://stopandgo.com.pt>

1.6 Physical Conditions

All participants in the event, in any of the races and Trail Initiation course, must be aware of their own physical conditions and they must enjoy good health, physical and mental preparation suitable for long efforts and be prepared for rough terrain and extreme weather conditions.

1.7 External Help Definition

External assistance means assistance to the athlete, by the provision of food, water, first aid or similar, and must never be confused with transport assistance or action that helps the participant to cross the course more easily. Participants are allowed external personal assistance, as long as it is carried out, only, in the supply and aid zones and does not interfere with another athlete in competition.

1.8 Placing the BIB/Backpack

Athletes must wear the bib in a visible and easily accessible position during the race. The bib is provided with emergency cell phone numbers and organization numbers.

1.9 Rules and Runner Commitment

All acts in the event must be guided by a complete fair-play and environmental preservation.

By accepting this regulation through the registration process, runners assume to respect the challenge itself, other competitors and, if necessary, help other runners in difficulties, respect the organization, organizers and volunteers. Total commitment with the natural environment in which the race takes place, seeking a null environmental impact.

It is strictly forbidden to leave garbage on the course, always use the places provided for this purpose. Follow only the marked route without taking shortcuts in order to minimize the environmental impact of the race.

2. The Race



2.1 Race Description

Trail do Texugo is a Trail Running event, a foot race in nature, with four distances, Ultra Trail (UT) K45+ , Long Trail (LT) K30+ , Sprint Trail (ST) K15+ and a 10K course for Trail Initiation.

The race will start and finish in the village of Aldeia da Serra D'Ossa, covering trails, roads, forest trails, fire breaks, singletracks, passing by streams and places of historical interest. The event aims to promote and publicize tourism in the region, and to promote sports in a natural environment. The race takes place mostly in a rural area, through florestal roads and trails.

2.2 Organization

Trail do Texugo is organized by the Trail Running Sector of Redondo Handball Club - a Non-Profit Association, with its headquarters in Redondo.

2.3 Programme

December, 01, 2023 - Registration Opening

January, 30, 2024 - First fase registration Deadline

March, 2, 2024 - Deadline for registration

April, 6, 2024

15h00 - Secretariat Opening (Location to be defined)

19h00 - Closing of secretariat

April, 7, 2024

06h30 - Secretariat Opening (Health Center / Cycling Center, Aldeia da Serra D'Ossa)

08h30 - Start of the **Ultra Trail 45K**

09h00 - Start of the **Long Trail 30K**



09h30 - Start of the **Sprint Trail 15K**

09h45 - Start of the **Trail Initiation course 10K**

Prize Giving Ceremony:

13H00 - Beginning of Awards Presentation

2.4 Map / altimetric profile / courses description / classification

RACE	Distance	total cumulative	Elevation loss (-)	Elevation gain (+)	Cut-Off Time	ITRA Score	Difficulty Level
Ultra Trail	45 km	5300	2750	2750	9H	2	3
Long Trail	30 Km	3708	1900	1900	8H	1	4
Sprint Trail	15 Km	1884	972	972	No limit	0	4
Initiation Trail	10 Km	-	-	-	No limit	-	-

Trail do Texugo courses are situated in areas of historical and landscape interest in the municipality of Redondo. Old paths used by the people of the village, forest roads, streams, etc. It should be noted that the races are not closed and the participants must take into account the fact that there will be vehicles, animals, people and bicycles circulating in some parts of the course. Athletes must be careful when crossing public roads and forest trails.

There will be alternative courses, to cope with any situation outside the organization's control.

The organization reserves the right to change the course and the position of the checkpoints or aid stations at any time, without prior notice.

Course map and altimetry available at: www.traildotexugo.pt

2.5 Time Barrier



To avoid passing in safety-sensitive areas, the following passing times are established:

Race	Local	Distance	Race Time	Hours
Ultra Trail	São Gens	27.5 kms	7 hours course	15.30 H
Long Trail	São Gens	20.5 kms	6 hours course	15.00 H
Sprint Trail	São Gens	6.7 kms	3 hours course	12.30 H

To continue in the race, athletes must leave the checkpoint before it closes. Otherwise, it will be barred, a situation that implies the delivery of the chip to the organization. If the athlete decides to continue on the course, it will be of his own and entire responsibility and in complete autonomy.

2.6 Time control method

Time control and classifications will be provided by the company StopandGo and will be published at the race location, on the event website, as well as on the StopandGo website, in Live Timing, during and after the event. The control will be done by chip, and there will be several control points along the course. Any complaints regarding the classifications must be made in writing, up to 30 minutes after the end of the last athlete in the race, in order to have effect on the day of the race.

2.7 Checkpoints

The route marking is the organization's responsibility, and the athlete must respect it throughout the race, being expressly forbidden to take shortcuts.

Along the route there will be control points duly marked.

There will be a "0" control through a chip, made by the organization with the StopandGo treadmill. The organization will carry out several controls in places that will only be known by the athletes during the race.

Any failure in passing control will result in disqualification. It is essential that the participant carries his dorsal clearly visible. If the dorsal is lost during the race, the participant must provide its number at the organization's checkpoints, in order to register his passage.

2.8 Aid/Supply Stations



Trail do Texugo will have 7 aid stations in total for all races.

- 2 liquids and 5 solids in Ultra Trail 45Km;
- 1 liquids and 4 solids in Long Trail, 30Km;
- 1 liquids and 2 solids in Sprint Trail, 15Km;
- 1 solids in the Trail Initiation course.

Aid stations location:

Identificação	Ultra Trail	Long Trail	Sprint Trail	Trail Initiation course
P 1 - Estradão São Gens	Km 05,0 - Liquids	Km 05,0 - Liquids	Km 05,0 - Liquids	-
P 2 - Castelo	Km 09,0 - Liquids/Solids	Km 09,0 - Liquids/Solids	-	-
P 3 - Monte do Castelo "Tailwind"	Km 18,5 - Liquids/Solids	-	-	-
P 4 - Acero Castelo	Km 24,0 - Liquids/Solids	Km 16 - Liquids/Solids	-	-
P 5 - São Gens	Km 28 - Liquids/Solids	Km 20,0 - Liquids/Solids	Km 06,0 - Liquids/Solids	-
P 6 - Subida Pêro Crespo	Km 32,2 - Liquids	-	-	-
P 7 - Campo de Tiro	Km 43,2 - Liquids/Solids	Km 25,8 - Liquids/Solids	Km 13,7 - Liquids/Solids	-
P 8 -				Liquids/Solids (pending)

Each athlete, upon leaving each aid station, is responsible for having the necessary amount of drink and food to reach the next aid station.

2.9 Required Material

	 water reservoir	 Mobile phone	 Thermal blanket	 whistle	 windproof jacket	 Poles
Ultra Trail	X	X	X	X	Recommended	Recommended
Long Trail	X	X	X	X	Recommended	Recommended
Sprint Trail	X	X	X	X	Recommended	Recommended
Trail Initiation	X	X	Recommended	Recommended	Recommended	Recommended

Athletes must be accompanied, during the race, by the mandatory material. The organization may, at any time, request its inspection.

If the weather conditions are unstable and/or in a state of alert, the organization may make the material referred as advisable to mandatory. Should this happen, it will be communicated up to 48 hours before the event.

2.10 Information about crossing places and road traffic

The course may cross roads where traffic will not be cut off and the athlete is responsible for taking the necessary precautions when crossing those roads. Throughout the course, in the more technical parts and crossings, there will be members of the organization to ensure athletes safety. All participants must comply with traffic rules inside villages and public roads, as well as respecting agricultural areas and private properties, under penalty of having to assume potential damages and compensation resulting from their non-compliance.

2.11 Penalties/Disqualifications/Rules of Conduct

The athlete undertakes to respect the indications of the organization members, placed in the starting area and along the route. Any competitor who does not comply with the present regulations, does not complete the route as indicated, violates, damages and/or pollutes the environment, does not wear a clearly visible dorsal and does not respect the indications of the organization will be disqualified. Any athlete who uses illicit means



to obtain advantage over others will be automatically disqualified. The athlete is the only responsible for the transportation of all the wrappings and natural waste (even if biodegradable), or not natural, from gels, bars and/or others. He/she must deposit the waste at the nearest supply, or carry it to the finish line, under penalty of being disqualified if he/she does not comply with these rules.

Main sanctions:

INFRINGEMENT	PENALTY
Failure to assist another athlete in difficulty	Disqualification from the race
Leaving the race without informing the organization	Disqualification from the race
Bib exchange between athletes	Disqualification from the race
Assault or insult to members of the organization or athletes	Disqualification and prohibition of registration in future editions of the race
Remove route signage	Disqualification and prohibition of registration in future editions of the race
Disobey the safety measures indicated by elements of the organization/volunteers	Disqualification from the race
Exceed the time limit	Disqualification of the event
Miss one of the control posts	Disqualification from the race
Deteriorate the environment or throw garbage on the floor	Disqualification from the race
Bib/Chip loss	Disqualification from the race
Receive external help outside the supply area	Disqualification from the race
Use illicit means to obtain advantage over other athletes	Disqualification from the race
Non compliant to the Regulations	Disqualification from the race
Not having the required material during the race	15 minutes penalty



2.12 Liabilities towards the athlete

The participant freely and spontaneously assumes the risks and their consequences resulting from participation in the race, whether they be moral, physical, material, or of any nature.

Participants registered in the Trail do Texugo accept to participate voluntarily and under their own responsibility in the competition. Therefore they agree not to claim or demand from the organization, collaborators, authorities, sponsors, and other participants any responsibility with them and their heirs, in everything that exceeds the coverage of their responsibilities, those of their collaborators and participants.

Registration in the races will imply full acceptance of these regulations.

2.13 Sports Insurance

The organization contracts the insurance required by law (personal accident and civil liability) in accordance with Decree-Law 10/2009 of 12 January, for this type of event, and its premium is included in the registration fee.

Any accident or incident, which may occur during the races or during the event is the responsibility of the participants, in everything that exceeds the risk covered by insurance.

The organization will not assume the costs of claims, of which it did not become aware in time to activate the insurance.

The payment of the insurance excess (if any), in case of an accident, is the responsibility of the participants.

Participants, if they wish, may request more information about this matter, namely regarding deductibles, amounts and coverage, through the email trailtexugo@gmail.com.



2.14 Suspension and/or cancellation of races

In case of extreme weather and/or environmental conditions (e.g. forest fire, storms, cyclones, etc.) the start may be delayed by a maximum of two hours, after that the race is cancelled. They may also be suspended and/or cancelled by decision of official entities such as Civil Protection, GNR, MAI, etc. The aforementioned factors may also suspend, reduce or neutralize the events.

If the event is cancelled for reasons beyond the control of the organization, by the deadline for entries, there will be a right to reimbursement of a certain percentage calculated by the organization, in order to cover the expenses incurred with the event.

2.15 Course Marking

The main marking will consist of flagging tape hanging from natural elements at eye level. The color of the stripes will be announced at the start. In addition to the marking stripes, other signs will be used such as printed arrows, lime cutting the roads and various information in addition to indications given by employees of the organization at road crossings and other locations.

The participants are obliged to walk by all the signaled trails as close as possible to the markings and should not shortcut the points in which it is possible to do so.

Failure to comply with this rule may lead to disqualification if in the opinion of the organization, this is done with the intention of reducing the distance traveled or to reduce the natural technical difficulties of the route.

In case a participant goes through any part of the course without signaling, he must go back the way he came and look for the signaled path.

2.16 Trail Initiation

The Trail Initiation is a non-competitive course that will take place in Serra d'Ossa.

It is ideal for beginners, since it will be a non-technical trail, with low altimetry and a low level of difficulty.

The course can be done either walking or running, being the entire responsibility of the



participants if they decide not to follow the marked path.

The distance will be approximately 10 Kms.

Race start will begin at 9H45 (see point 2.3 of the regulation) .

There will be a liquids and solids aid station.

The responsibility of participation for children and young people up to 18 years is the sole responsibility of parents, declining any responsibility in accidents caused by them. It is not recommended for participation of children under 14 years old.

2.17 Voluntary Abandonment

Except in case of injury, it is only allowed to leave the race at the control or aid stations, informing the organization the intention to leave the race.

It is forbidden to abandon the race outside these locations.

2.18 Compulsory abandonment

The organization reserves the right to force any runner to abandon the race, whenever it considers that his condition puts his physical integrity and safety at risk.

3. Registration

3.1 Registration process (place, web page, payment method)

The registrations, depending on the event, must be made using the specific form that will be available on the site: www.traildotexugo.pt or <https://stopandgo.com.pt/events>.

Other methods of registration will not be accepted.

By registering the athletes accept the general terms of the regulations.

For all registrations automatic ATM references will be generated, not being necessary to send proof of payment, having, however, a limited time for payment, under penalty of



being inactivated.

The withdrawal of the dorsal depends on the presentation of proof of payment of the corresponding registration and an identification document.

The removal of the dorsal of the team itself depends on the exhibition of proof of payment of the registration and presentation of the identification document numbers.

3.2 Elite Athlete Registration

Organization reserves free places for elite runners. The criteria for distinguishing a runner as an elite runner is their ITRA or UTMB performance index (Male \geq 750 / Female \geq 625), or having placed first in previous editions of the Badger Trail.

Any request to obtain an entry must be submitted by email at trailtexugo@gmail.com.

Elite athletes may also ask the organization for accommodation/food, and this support will be limited to the support that the organization can raise.

3.3 Registration fees and deadlines:

Race	Vacancies	Registration Fee	
		1° fase before 30 January 2024	2° fase after 30 January 2024
Ultra Trail	175	30 Euros	35 Euros
Long Trail	275	25 Euros	30 Euros
Speed Trail	275	22 Euros	26 Euros
Trail Initiation	100	16 Euros	22 Euros

NOTE: The limit numbers of participants may be changed at the Organization's discretion.



3.4 Exchange of Registration Holder

The exchange of the registration holder is allowed **until March 10, 2024**.

The same must be requested by the holder to the email trailtexugo@gmail.com.

The exchange of the registration holder may not allow the exchange of the jersey size.

3.4.1 Race Exchange

The exchange race, between runners, is only allowed with the organization's authorization, which must be requested through the email trailtexugo@gmail.com, **until March 10, 2024**.

3.4.2 Exchange of Distance

Changing distances is only allowed if:

There are places available in the distance desired by the runner;

Through distance exchange with another runner registered in the event.

In the distances where the vacancies are 100% filled, the exchange will only be possible through an exchange with another runner.

Distance exchange is only allowed with the organization's authorization, which must be requested through the email trailtexugo@gmail.com, **until March 10, 2024**.

3.5 Refund Conditions

A refund may be requested when a participant has a proven impediment to his or her race, provided that it is associated with an accident or illness diagnosed after registration in the



event.

The cancellation must be requested by email to trailtexugo@gmail.com, and the medical certificate must be attached to that request. Cancellations by phone will not be accepted.

The refund of the registration can only be requested **until March 3, 2024**. After that date, the organization will not give refunds, even if associated with accidents or illness.

The amounts to be refunded to participants who meet the above conditions will vary according to the date on which the refund is requested.

The Organization will not "freeze" registrations (transfer registrations to the following year).

If the event is canceled for reasons beyond the control of the Organization, by the deadline date for entries, there will be a right to reimbursement in a percentage calculated by the Organization, to cover the expenses incurred with the event.

3.6 Material included with registration

Ultra Trail / Long Trail / Sprint Trail

- HGSport technical Tshirt;
- Bib;
- Finisher medal;
- Race timing;
- Liquid and solid supplies along and after the end of the race;
- First Aid;
- Insurance;
- Logistical support;



- Souvenirs;
- Prizes for the first three in each class and the first three classified in the general female and male classification.
- Baths.

Trail Initiation (10Km)

- HGSport technical Tshirt;
- Finisher medal;
- Supplies of liquids and solids along and after the end of the walk;
- First Aid;
- Insurance;
- Souvenirs;
- Logistical support.
- Baths.

3.7 Secretariat

The secretariat will be at the Enoteca de Redondo on April 6, between 15H00 and 17H00 and on the day of the event (Sunday, April, 7) from 6H30 at the start point of the race - Aldeia da Serra D'Ossa.



3.8 Collecting BIBs

The dorsal will be delivered individually to each participant upon presentation of personal identification and/or proof of payment. The pickup of Team BIBs must be requested to the email trailtexugo@gmail.com until **March 26, 2024**. Participants may collect their bib up to 30 minutes before the start of the respective race.

3.9 Available services

The organization has at the disposal of the athletes transport to the finish place in case of injury or withdrawal, being subject to capacity and availability of transport vehicles.

In case of need a check-up can be performed by the medical team available at the Medical Post that will be located in the finish zone.

Access to toilets in the finish line area.

Solo Duro - Redondo Sports Hall (Must be accompanied by sleeping bag and mattress) It is requested that the place, available for the purpose, be respected, with no damage materials, also respect the appropriate places to put the garbage, etc.

All participants who wish to stay overnight on hard ground must request it through the email: trailtexugo@gmail.com.

The organization will provide free transportation for participants between the finish line and the baths, located in Redondo, and vice versa.

4. Categories and awards

4.1 Definition date, place and time prize-giving

7 April 2024, 13H00 - Finish Line



The prize-giving will only take place after the classifications by category and individual are completed. Therefore, there may be some delay in the prize giving ceremony.

4.2. Definition of age categories/individual sex

Trail Ultra, Trail Longo and Trail Sprint will be awarded to the first 3 classified in the general classification and by age group.

The runners who finish the races will receive a finisher prize.

The prizes will be delivered on the day of the event, the organization will not send the prizes by mail to those who do not pick them up on that day.

The age of the participant on October 31, 2024 will be considered for the purposes of the bracket.

There will be awards for the first three places in Ultra Trail, Long Trail, and Sprint Trail teams according to point 4.2.1.

The age groups for Ultra Trail, Long Trail and Sprint Trail will be designated as follows:

FEMALE

F Juvenile (16-17 years) (only Sprint Trail)

F Junior (18 a 19 years old) (Only Sprint Trail)

F Sub-23 (20 a 22 years)

F Seniors (23 a 34 years)

F35 (35 a 39 years old)

F40 (40 a 44 years old)

F45 (45 a 49 years old)

F50 (50 a 54 years old)



F55 (55 a 59 years old)

F60 (60 a 64 years old)

F65 (65 a 69 years old)

F70 (70 years or +)

MALE

M Juvenile (16-17 years) (only Sprint Trail)

M Junior (18 a 19 years old) (Only Sprint Trail)

M Sub-23 (20 a 22 years)

M Seniors (23 a 34 years)

M35 (35 a 39 years old)

M40 (40 a 44 years old)

M45 (45 a 49 years old)

M50 (50 a 54 years old)

M55 (55 a 59 years old)

M60 (60 a 64 years old)

M65 (65 a 69 years old)

M70 (70 years or +)

4.2.1 Team classification

The collective classification is determined in two steps: first, and based on the absolute



general classification (men and women), the places of the 3 first classifications, of each team, are added. In case of a tie, the team that closes first in the collective classification is declared the winner. The teams are then ranked by increasing order of points obtained in the previous operation. Example: Team A: 5th + 6th + 7th = 18 => 1st place (15 points) Team B: 3rd + 4th + 12th = 19 => 2nd place (13 points) Team C: 1st + 2nd + 17th = 20 => 3rd place (11 points)

5. Information

5.1 Image Rights

The acceptance of these rules implies, necessarily, the runner's authorization for the organization, sponsors and Social Media to record all or part of his participation in the event. It also implies his agreement that the organization may use the runner's image for promotion and dissemination of the race in all its forms (radio, written press, video, photography, internet, posters, media, etc.) and that he cedes all rights to commercial and advertising exploitation that it considers appropriate to execute, without right, by the runner, to receive any economic compensation.

Any external project or advertising media produced for publication must obtain the prior consent of the organization.

The official means of communication and information of the Trail do Texugo | SportHG is considered the website www.traildotexugo.pt, trailtexugo@gmail.com, as well as the official facebook and instagram.

5.2 Data Protection

The runner's personal data, indicated in the registration platform, will be saved by the organizer for processing purposes in the event, and will be published, namely in the list of entries, media news, information and classification of the race.

All participants accept, free of charge and unconditionally, to give Trail do Texugo, the rights of using their image, as well as their personal data, photograph and audio visual, captured during the event; authorizing its reproduction, publication, adaptation, use or reuse in social networks or other means of publicity that Trail do Texugo uses, directly or



through third parties in social networks and/or sponsors.

5.3 Ecological Responsibility

Trail do Texugo, responds to a philosophy with more and more supporters, which combines outdoor sports and respect for nature. For this reason, we invite all participants to adopt this philosophy and to contribute, through their responsible ethical behavior, to maintaining the balance of the environment in which the race takes place.

The course takes place entirely in Serra D'Ossa. Our goal is to have a minimal impact on this natural environment, using reusable materials, limiting the race waste to the minimum possible.

The organization also encourages the use of individual cups by the athletes, so that they can serve drinks in the supplies. There will be no cups or disposable dishes available in aid stations. All waste must be placed in the appropriate places.

5.4 How to arrive/Where to stay

This and other information can be found at: <http://www.traildotexugo.pt>

6. Omission cases

In cases not covered by the Trail do Texugo Regulations, the organization reserves the right to take the decision it deems appropriate. These decisions cannot be appealed.