



Final road to the 2019TWC

National Teams, Athletes and Speakers!

Confirmed National teams and Athletes

It is exponential the number of national teams and athletes registered for this challenge, with 55 teams and more than 400 athletes "on the way" of the Abutres 2019TWC, a record number in what concerns the Trail World Championships.

As for the **men's teams**, the big highlight goes to **Spain** and **France** that appear as favorites, but **Italy**, **Great Britain** and the **USA** arrive quite strong to this Trail World Championships. In addition to these, **Romania** is extremely strong, having 3 top world athletes in their team, and **Portugal** is with a very cohesive team in addition to being playing at home .

As for the **women's teams**, it is expected that the women's collective victory will be strongly disputed between **France** and **Spain**, appearing immediately after **Italy**, **Great Britain**, the **USA** and **Poland** that presents itself with an excellent team.

As for **individual male** performance, it is predicted that this will be the most competitive event in trail running history, so it is difficult to refer candidates from so many amazing athletes who will be attending 2019TWC. However, due to the characteristics of the event, we can highlight **Jonathan Albon** (Great Britain) and **Zaid Ait Malek** (Spain), who have a track almost to their measure, but also **Nicolas Martin** (France), **Tim Tollefson** (United States) , **Marco de Gasperi** (Italy), **Cristofer Clemente** (Spain) and, of course, **Luis Alberto Hernando**, the Spanish athlete who does not need any kind of presentation. But we can never forget the Portuguese **André Rodrigues**, who has an excellent moment of physical form, who has twice won the Trilhos dos Abutres and knows the terrain very well.

For the **women's individual** podium, predictions are easier, with the favorites on the podium being **Azara Garcia dos Salmones** (Spain), **Ruth Croft** (New Zealand) and **Ragna Debats** (Netherlands).

But of course in a World Championship event where the best of the best are present, anything can happen.

You can check the athletes and their teams here:

https://drive.google.com/open?id=116kY5ZoNlq8Dc9nnZW3N8Tl12FoB9F_-W-dsdzMwaw0

The Abutres 2019TWC Speakers

Although native to Ireland, **Eoin Flynn** comes directly from Las Palmas, Gran Canaria, to give "voice" to the Abutres Trail World Championships. This lover and fervent practitioner of the running and trail running, has represented, in many occasions, the National Team of Ireland. At age 38, he has great presence in some of the biggest events in the world of Trail Running, such as UTMB, Transgrancanaria, Penyagolosa 2018 Trail World Championships, Ultra Trail World Tour Ceremony, Ultra Sierra Nevada, etc.

<https://www.facebook.com/eoin.flynn.5>

João Carvalho, affectionately nicknamed as "Joca" by the Portuguese athletes, is undoubtedly a reference in what refers to the activity of speaker! In addition to the love of downhill, he is also a lover of trail running, but as speaker he has been outstanding. Frequent attendance at the biggest trail running events in Portugal, highlighting the Trans Peneda-Gerês 2016 Trail World Championships, MIUT- Madeira Island Ultra Trail, Grande Serra D'Arga Trail, among others.

Joca joins for the first time the team of Trilhos dos Abutres and their resident speakers, Pedro Amorim, Hugo Cabral, Carlos Amorim and Luís Dias, in the most important event of the year modality, the 2019TWC Vultures.

<https://www.facebook.com/joca.limianus>

Top names to participate in the Open Race

ULTRA TRILHOS DOS ABUTRES® is a semi-self-sufficiency test with a total distance of 44 km, which takes place on June 9. Starting at 9:00 AM, it crosses the paths and tracks of the Serra da Lousã - Miranda do Corvo and Vila Nova, and begins and ends at José Falcão Square in Miranda do Corvo. The 9th edition of this mythical event in Portugal will host the 2019 World Trail Championships, where the world champion will be defined and will be a unique experience for the participants, as the course will be identical to the world race.

With almost 1000 participants, we can guarantee that it will be a well disputed event, and we can highlight, among the male athletes, the Vitoria FC Trail Running athletes, **Diogo Baena**, **Pedro Ribeiro** and **Aite Tamang**, against **Sergio Sá**, **Vitor Cordeiro**, **Luiz Mota**, **André Duarte**, **Diogo Pinheiro**,

Emanuel Machado and **Paulo Conde**, who was the second classified in the 30km race of Rails of the Vultures 2018.

In the women, the main candidates for the title of winner of the Ultra Trilhos dos Abutres 2019 are **Susana Rodriguez, Fernanda Verde, Vera Bernardo, Inês Jordão, Mariana Ballester, Paula Lage, Monique Ribeiro, Daniela Russo** and **Sónia Túbal**.

However, at the Trilhos anything can happen, and the outcome may prove to be a perfect surprise.

Is it this year that the foreigners can succeed in the most mediated race of Portugal?

The Region

Miranda do Corvo is a historic village full of emotions, inserted in the network of the Aldeias do Xisto, and the race will pass through Gondramaz and, all those who come to enjoy the Trilhos dos Abutres, will not be indifferent to this village, one of the most characteristics of the group of the Aldeias do Xisto, obligatory point of passage of the race!

The Serra da Lousã reveals in a unique way the cultural and human side of the Aldeias do Xisto, with the nature and the leisure options that this landscape provides. It is home to deer and wild boars, which hide among cork oaks, chestnut trees, oaks and, of course, pines. The athletes will have the opportunity to go through the Biological Park (with species originating from this mountain), an environmentally protected area (Parque dos Mestrinhas), a shrine (Senhora da Piedade) and a shale village (Gondramaz). A must visit is the incredible Ecumenical Universalist Temple, a temple dedicated to the spiritual reflection of people of different religions, open to non-believers; the elegant Casa das Artes, a project created with the purpose of promoting cultural exchange and different artistic manifestations; and the Biological Park of Serra da Lousã, which includes many activities for small and big ones, giving to know the local fauna and flora, and making possible a pleasant time with the family. Gastronomically, one cannot miss the chance to try the famous Chanfana and the tasty Negalhos, typical dishes of the region.

Aldeias do Xisto

The Aldeias do Xisto (Schist Villages) are the gateway to a diversified range of tourism and leisure opportunities in close contact with nature and the region's culture. This unique landscape in Portugal is the setting for some of the country's best infrastructure for active tourism, including Mountain Biking Trail running, canoeing and climbing. The culture of "sport for all" and the quality of the facilities and information available in Aldeias do Xisto offer the opportunity to practice a whole range of sports, for both amateur and professional enthusiasts. Whether you want a relaxing stroll or to test your

physical and technical limits, there will always be a trail waiting for you and specialized services to support you.

For those who love to walk there are more than 600Km of duly certified walking routes. Runners can test themselves on the trails of the Aldeias do Xisto Trail running Centre. Mountain bikers will be amazed by the trails at all levels of difficulty based around the Mountain Bike Centres. As a territory with abundant water, there are numerous trails following these ecological corridors, allowing direct contact with the surrounding nature. The GRZ-Zêzere Grand Route is a multimodal route for walking, mountain biking and canoeing.

[Bookinxisto](https://bookinxisto.com), a fair trade booking platform where Aldeias do Xisto have a wide and diverse range of accommodation, restaurants and tourist entertainment companies, with services offering direct contact with the territory, its landscapes, its food, secrets and people. Go to bookinxisto.com to book a room, a meal or an experience easily and securely.

Bookinxisto is an online bookings platform exclusive to Aldeias do Xisto, created with the support of the Centro 2020 programme, which brings multiservice together and operates on a fair trade basis – i.e. no fees or brokers.





Trail Running Training Center

The Trail Running Training Center is a pioneering project in Portugal carried out by the Associação Abutrica, in partnership with the Câmara Municipal de Miranda do Corvo, Aldeias do Xisto, Juntas de Freguesia de Vila Nova and Miranda do Corvo, Baldios de Vila Nova.

This space has been the headquarters for many of the athletes and teams that visit Miranda do Corvo, and it consists of a nuclear building, the Casa do Reis, in Vila Nova, and a series of routes marked by the whole county, where it is possible to make a direct contact with the county, the mountains, the fauna and the flora.

The building offers a range of facilities, a service station for bicycles and facilities for stay and training, helping the athletes to have the most adequate physical preparation, also making it possible to hold internships, small seminars or workshops.

To the building, they complement the networks of marked trail running and btt trails, as well as 3 more bicycle service stations, namely the BTT Center of the Aldeia do Xisto of Gondramaz, Quinta da Paiva and Semide.

14 cycle paths, with a total of about 230km, with 4 levels of difficulty, allow you to travel almost all of the county, pedaling a sense of pure air in the face, watching pine trees, oaks, chestnut trees ... different colors and different landscapes along the year. Enduro, downhill and XC, are the aspects of btt that can be practiced in these rails.

The 4 marked routes offer 90 km of variety, with different levels of difficulty, and offer the opportunity to discover the territory of the Xisto (shale) territory.

<https://www.facebook.com/centroestagiovilanova/>

THE ABUTRES ANTHEM

The Vulture woke up!

This is the motto for the official song of Trilhos dos Abutres, song written for the 2019 Trail World Championships, but it will be forever.

In January, during the 2019TWC Official Gala, the Vulture anthem was revealed under the title “The Vulture Awakened”.

With lyrics and production by Pedro Janela, and with the voice of Sérgio Fernandes, it is expected to become a true anthem of the (and to the) Abutres.

This is the music that will be given the “starting shot” in the events, so it’s good to start learning the lyrics!

To help, we gave another appearance to this anthem, adding to the music and lyrics, truly epic images of this great event.

You can watch it here: <https://www.youtube.com/watch?v=t3GGEOnpPsY>

Trilhos dos Abutres 2019 Trail World Championships is an event that has the support of the following entities:

Main sponsor:

Berg Outdoor

An organization:

Associação Abutrica

Federação Portuguesa de Atletismo

ITRA - International Trail Running Association

International Association of Ultrarunners

With the support:

Câmara Municipal de Miranda do Corvo
Município de Coimbra
Turismo Centro de Portugal
Instituto Português do Desporto e Juventude
CIM Região de Coimbra
Aldeias do Xisto

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