



VALSIR MOUNTAIN RUNNING WORLD CUP 2023
19ª TAÇA DE PORTUGAL DE CORRIDA EM MONTANHA * (PER)CORRER CASTRO DAIRE 2023

3º MONTEMURO VERTICAL RUN

(PARADA DE ESTER – CASTRO DAIRE)

Specific Regulation

The Municipality of Castro Daire, Union of Parishes of Parada de Ester and Ester and GDR Granja organize, on July 2, 2023, starting in Parada de Ester and ending at the ridge of the Montemuro mountain range, in collaboration with the Federation Portuguesa de Atletismo and Associação de Atletismo de Viseu and technical support from Terras de Aventura, the MONTEMURO VERTICAL RUN - MVR, a mountain foot race open to athletes of both sexes with no age limit.

The event takes place on a mountain course of the “always uphill” type, and departs from Parada de Ester (seniors and veterans * 10.2 km * 1090 D+) and Eiriz (juniors * 5.6 km * 647 D+) and put it in Fragas do Inferno. It is part of the Valsir Mountain Running World Cup 2023 – Gold Label, 19th Portuguese Mountain Running Cup and the “(PER) CORRER CASTRO DAIRE” 2023 – 5th round, initiatives that are governed by specific regulations.

In addition to the mountain route, in Parada de Ester, there is a set of YOUTH RUNNING for athletes from training levels (Benjamins to Juniors), at distances adapted to each age group, as well as a WALK (5.6 km * 647 D+) non-competitive, on a route identical to that of the juniors, starting in Eiriz and ending in Fragas do Inferno.

This document was prepared taking into account the government and DGS guidelines regarding the behavior to adopt in the organization and participation in sporting events, in order to limit and eliminate the risk of contagion, by COVID-19, among all those involved in the event.

The same can be changed at any time, according to new guidelines however deliberated by the competent authorities, realizing this on the official page of the event.

It is the responsibility of the participants to regularly consult this page to find out about any changes introduced in the meantime in this text.

PROGRAM – SCHEDULE		
TIME	ACION	LOCAL
08:00	opening of the secretariat (40.931076, -8.050941)	Escola Básica de Parada de Ester (Campo de Futebol)
09:15	Start of Youth Races	Parada de Ester – Junta de Freguesia
09:20	Departure of the transport with the hikers and junior athletes for the departure – Eiriz village	Bombeiros Voluntários de Castro Daire (Secção de Parada de Ester / Cabril)
09:45	Departure of the Walk (40.937426, -8.028386)	Eiriz (Associação “Os Lobos da Serra”)
10:00	MVR - Departure of Senior and Veteran Female Athletes	Parada de Ester – Junta de Freguesia
10:10	MVR - Departure of Senior and Veteran Male Athletes	Parada de Ester – Junta de Freguesia
10:30	MVR – Departure of the Junior Athletes (M / F)	Eiriz (Associação “Os Lobos da Serra”)
14:00	Lunch and Awards Ceremony	Parque de merendas de Nª Srª de Fátima (Parada de Ester)

1. GENERALIDADES

1.1. Programa - Horário das provas:

TIME	CATEGORY	SEX	CHARACTERIZATION	DISTANCE
09:15	Benjamins Infantis	M F	1 SMALL LAP	1000 m
	Iniciados	M F	2 SMALL LAPS	1800 m
	Juvenis	M F	3 SMALL LAPS	2600 m
09:45	Caminheiros	M F	Montemuro Walk	5,6 km
10:00	Seniores F / Veteranas F	F	MONTEMURO VERTICAL RUN	10,2 km
10:10	Seniores M / Veteranos M	M		(Seniores / Veteranos)
10:30	Juniores	M F		5,6 km (juniores)

- 1.2. Up to 48 hours before the competition, participants receive, via email, the Athlete's Handbook, which contains the final version of the regulation, recommendations and other pertinent information related to the event.
- 1.3. The departure of senior and veteran athletes (M / F) will take place on the inflatable gantry of the Municipality of Castro Daire, installed in front of the headquarters of the Union of Parishes of Parada de Ester and Ester (Av. António Ademar da Costa Cunha, 508; 40.930929, -8.053590) and finish at Fragas do Inferno (40.964792, -8.018530), about 800 meters from Portas do Montemuro.
- 1.4. The start of the junior athletes (M / F) and the Walkers will take place in the village of Eiriz, in front of the "Lobos da Serra" Association (40.937426, -8.028386) and the finish line coincides with the competition for senior and veteran athletes.
- 1.5. The organization provides transportation for junior athletes and hikers to move from Parada de Ester to Eiriz, with this transport departing at 9:20 am, in front of the Castro Daire Volunteer Fire Station – Parada de Ester / Cabril Section;
- 1.6. The organization provides transportation of the athletes' equipment (one piece per athlete, identified externally by a label with the dorsal number), from the start to the finish line;
- 1.7. Once at the finish line, participants should walk to Portas do Montemuro (about 800 meters), where they will be able to take a bus back to Parada de Ester;
- 1.8. The departure and arrival of the YOUTH RACE will take place on the inflatable gate of the Municipality of Castro Daire, installed in front of the headquarters of the Union of Parishes of Parada de Ester and Ester, coinciding with the departure of the senior and veteran athletes;
- 1.9. The Organization is not responsible for the fitness of the athletes, nor for any accident that occurred with them, however, traffic control is guaranteed when the athletes pass on public roads with greater traffic, as well as the assistance and support of ambulances. Whenever justified, the Organization guarantees policing for traffic control. Athletes should always circulate to the right and as much as possible, leaning against the edge;
- 1.10. All non-federated participants are covered by a personal accident insurance contracted by the Municipality of Castro Daire;
- 1.11. All routes will have the support of security teams, traveling in their own vehicles, however, the responsibility of knowing the course of the race will be the responsibility of each participant;
- 1.12. The cases that are omitted in the aforementioned regulation will be resolved by the Organization in accordance with the regulations of the Portuguese Athletics Federation.

2. REGISTRATIONS

2.1. Entries open at 12:00 am on May 1, 2023 and close at 11:59 pm on June 26, 2023. Applications must be formalized online at <http://www.visitcastrodaire.pt/montemuroverticalrun>, or in person at the municipal swimming pools of Castro Daire, accompanied by a scanned copy of proof of payment.

BANK DETAILS FOR PAYMENT OF REGISTRATION

HOLDER - GDR GRANJA

IBAN - PT50 0035 0231 0001 0283 43034

BIC/SWIFT - CGDIPTPL

2.2. Complying with the statement in the “Administrative Rules” of the FPA, referring to “Registration in National Competitions”, in this event there will be a charge of registration fees in accordance with what is disclosed to the athletes affiliated to the FPA;

2.3. Application fee amounts and deadlines:

REGISTRATION DEADLINE	HIKERS		YOUTH RACE	ATHLETES		
	Until 6 years old	+ than 6 years old		any echelon	Junior FPA Affiliates	Senior FPA Members / Veterans
1 of may to 31 of may	free	€ 7,50	free	€ 2,50	€ 3,50	€ 7,50
1 to 26 of june	free	€ 10,00	free	€ 2,50	€ 3,50	€ 10,00

NOTE 1: The absence or withdrawal of the participant during the event does not entitle him/her to a refund of the registration fee.

NOTE 2: The registration process is fully automated, so the respective program does not validate any registration that is not accompanied by a scanned copy of proof of payment or made beyond the deadline for its closing.

Enrollment includes:

- Participation in the MONTEMURO VERTICAL RUN in the chosen modality (Competition, Walking, Young Runs);
- Personal accident insurance;
- Transport of 1 bag with clothes from the start to the finish line;
- Transport of Walkers and junior athletes from Parada de Ester (see point 1.4 of this regulation) to the starting point of the respective activities;
- Return transport to Parada de Ester once the goal is reached;
- Supplies (race and goal);
- Participant's Kit (dorsal, massage voucher and official MONTEMURO VERTICAL RUN t-shirt or scarf);
- Lunch to be served during the awards ceremony.

2.4. At 9 am on June 27, 2023 (Tuesday before the event) the general list of registrants will be posted on the website www.terrasdeaventura.net. It is up to clubs and individual participants to verify the data on this list, having until midnight on 29 June 2023 to submit corrections or complaints via email montemurovr@cm-castrodaire.pt;

2.5. No changes or registrations will be made on the day of the test;

3. DORSALS

3.1. All registrants will be awarded the MVR dorsal. This must be visibly affixed to the chest, using the 4 pins that will be given to you at the secretariat, as it will be your identification at the various test checkpoints as well as on arrival at the finish line. If this does not happen, the athlete may be disqualified;

- 3.2.** Along with the Participant's Kit, the Participant's Bracelet will be delivered, through which you have access to the departure, return transport to Parada de Ester once the goal is reached and lunch;

4. RANKS AND DISTANCES

4.1. The age of the competitor, for the purposes of integration into a group, will be in accordance with the rules of the Portuguese Athletics Federation for the 2022 / 2023 sports season, with athletes competing in the age group indicated for their year of birth, according to the table below ;

4.2.

RANKS	BIRTH YEAR	DISNTANCE
BENJAMINS F / M	BORN IN 2014 AND FOLLOW	1000 metros
INFANTIS A F / M	2012 / 2013	
INFANTIS B F / M	2010 / 2011	
INICIADOS F / M	2008 / 2009	1800 metros
JUVENIS F / M	2006 / 2007	2600 metros
JUNIORES F / M	2004 / 2005	5,6 km
SENIORES F / M	1989 to 2003	10,2 km
F35 / M35	1984 to 1988	
F40 / M40	1979 to 1983	
F45 / M45	1974 to 1978	
F50 / M50	1969 to 1973	
F55 / M55	1964 to 1968	
F60 / M60	1959 to 1963	
F65 / M65	1958 and years before	
HIKERS F / M	All ages	5,6 km

5. TECHNICAL REGULATION

5.1. Athletes must follow the route markings, signaled by plastic tape (white) and signs indicating the correct direction. The organization's human resources that will be along the route will only serve as race judges, so the athletes have the responsibility to be guided solely by the markings;

5.2. SUPPLIES – Three liquid supply points (2.3 km, 5.2 km, 8 km) for senior and veteran athletes and one point (3 km) for junior athletes. Once at the finish line, each participant will be given a bag with a snack;

6. CLASSIFICATION

3 types of classifications will be elaborated:

- Individual general classification (M / F);
- Individual classification by ranking;
- Collective general classification (M / F).

6.1. The collective classification, separated for males and females, will be obtained by adding the number of points corresponding to the individual classification of the first 3 athletes of each team, regardless of age group, in the senior and veteran competition, with the number of points attributed to each athlete corresponding to the respective classification order (1 point for the first classified, 2 points for the second classified, etc.). Once the teams' scores are defined, they will be ranked in ascending order of the total points obtained.

7. AWARDS

“MONTEMURO VERTICAL RUN”

Geral (Seniors / Veterans): Finisher Medal to all classified

MVR trophy and cash prize to the top 10 overall (M / F):

	1º	2º	3º	4º	5º	6º	7º	8º	9º	10º
Geral Masculina	500 €	400 €	300 €	250 €	225 €	200 €	175 €	150 €	125 €	100 €
Geral Feminina	500 €	400 €	300 €	250 €	225 €	200 €	175 €	150 €	125 €	100 €

Monetary prize to the top 10 Portuguese athletes (M / F):

	1º	2º	3º	4º	5º	6º	7º	8º	9º	10º
Aletas Portugueses - Geral M	250 €	200 €	150 €	125 €	112,50 €	100 €	87,50 €	75 €	67,50 €	50 €
Aletas Portuguesas - Geral F	250 €	200 €	150 €	125 €	112,50 €	100 €	87,50 €	75 €	67,50 €	50 €

NOTA: Acumula com prémio da geral

Ranks: Medallion and monetary prizes to the top 5 in each rank:

	Júnior M	Júnior F	Sénior M	Sénior F	M35	F35	M40	F40	M45	F45	M50	F50	M55	F55	M60	F60	M65	F65
1º	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €
2º	40 €	40 €	40 €	40 €	40 €	40 €	40 €	40 €	40 €	40 €	40 €	40 €	40 €	40 €	40 €	40 €	40 €	40 €
3º	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €
4º	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €
5º	10 €	10 €	10 €	10 €	10 €	10 €	10 €	10 €	10 €	10 €	10 €	10 €	10 €	10 €	10 €	10 €	10 €	10 €

Collective: Trophy and monetary prize to the first 5 teams (M / F):

	1º	2º	3º	4º	5º
Equipas M	250 €	200 €	150 €	125 €	100 €
Equipas F	250 €	200 €	150 €	125 €	100 €

Travel Subsidy: €25 for teams that qualify with 5 or more athletes in the junior, senior and veteran categories, regardless of gender.

“(PER)CORRER CASTRO DAIRE” 2023

Collective: Trophy to the first 5 teams.

The awards ceremony takes place at the Nª Srª de Fátima Picnic Park, in Parada de Ester (100 meters from the football field / secretariat), during lunch (pig on a skewer), scheduled to start at 14 hours.

The prizes will be delivered to the athletes themselves or, in their absence, to the delegates of the respective clubs, duly identified for this purpose.

RECOMMENDATIONS

- Delegates of the various clubs and participants in general are advised to strictly comply with this regulation, in particular with regard to the correct distribution of athletes by age groups;
- The Organization reserves the right to request the identification and proof of the age group of the athletes, so they must be accompanied by an identification document for confirmation purposes.

CHARACTERIZATION OF THE COURSES

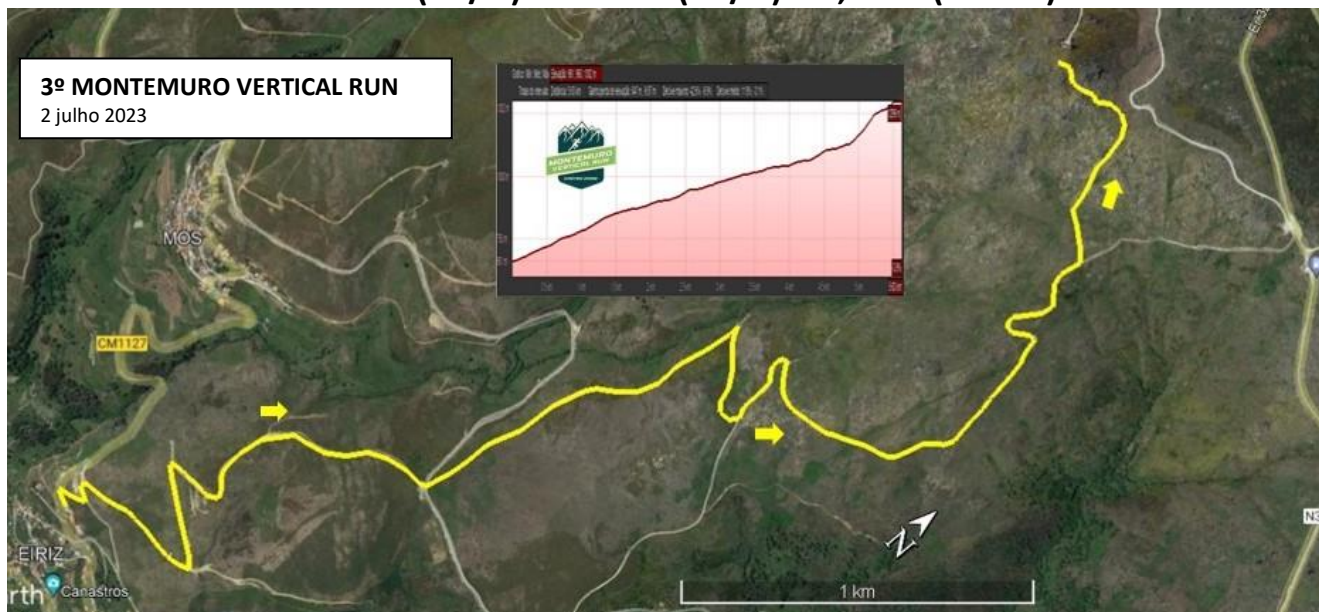
MONTEMURO VERTICAL RUN

Seniores / Veteranos (M / F) – 10,2 km (1090 d+)



MONTEMURO VERTICAL RUN

Juniores (M / F) * HIKERS (M / F) – 5,6 km (647 d+)



YOUTH RACE - Circuit perimeter (1000)

BENJAMINS / INFANTIS A / INFANTIS B (1 lap) – 1000 meters

INICIADOS (2 laps) – 1800 meters

JUVENIS (3 laps) – 2600 meters



USEFUL INFORMATION

Car access to Parada de Este

Accessible by a winding road (N225), embedded in a deep mountain valley, following the bed of the Paiva river, Parada de Ester is just over 20 km away, and about 25 minutes, from junction 6 of the A24 (Castro Daire Leste).



PARADA DE ESTER (Detail of access to Parking, Secretariat and Departure)

