

TAI



THE RACE
BE PART OF IT!

TÊRRAS DO ANCIÃO ULTRA TRAIL



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1. Presentation

Welcome to the **One Hundred® Trail Endurance World Championship** – the first world championship for 100 km, 100 miles, and 150 miles. From the Himalayas to the Alps, the Amazon to the Mediterranean, each stage showcases not only elite athletic performance but also the unique spirit and landscapes of its host region. It is more than an event; it is the breathtaking **Endurance Mountain Trail World Championship**. Featuring challenging races of 13, 20, 35, 62, and 100 kilometers, 100 miles, and the formidable **150-mile Special Edition**.

We are setting the stage in breathtaking locations, culminating in a grand and electrifying final. In collaboration with leading brands and sports professionals worldwide, we are committed to elevating the **Terras do Ancião Ultra Trail (TAUT)** to a premier event. Our vision goes beyond racing, embracing integral parts of our culture and region. Every trail leads to discovery, and every athlete is a celebration of the resilience of the indomitable human spirit—a truly global competition.

In 2026, the TAUT Ultra Trail will host Portugal's official qualifying stage for the **Trail Endurance World Championship**, the first and only global championship dedicated exclusively to long-distance trail running.

In 2026, TAUT becomes the exclusive host in Portugal, offering:

- **100 KM** – Fast, technical, and strategic;
- **100 MILES (160 KM)** – The classic test of resilience;
- **150 MILE Special Stage (240 KM)** – Designed exclusively for this edition.

These three distances will be open to:

- **Elite Athletes** – Competing for global ranking points and qualification for the Final;
- **Age Group Divisions** – From 18 to 70+ years old, ensuring fair and structured competition.

By participating in TAUT, competing athletes will accumulate points for the **Trail Endurance World Championship**, **TORX eXperience**, **UTMB Index**, **ITRA**, **ATRP**, **ADAL**, and the **Ansião Municipal Circuit**.

TAUT – Terras do Ancião Ultra Trail consists of 7 competitive races and a walk, taking place over three days of pure TRAIL in a setting where art meets the landscape through the natural element that defines them: Stone. Held on **February 26, 27, and 28, 2026**, it is already a national benchmark. We continue this legacy with the 12th edition of Trail Running, starting in **Ansião**. The route passes through the roads and paths of the municipalities of Soure, Pombal, Penela, Castanheira de Pêra, Góis, Pampilhosa da Serra, Oleiros, Sertão, Pedrógão Grande, Figueiró dos Vinhos, and Ansião. While the courses boast extreme natural beauty, they are not easy; however, the trails and landscapes are worth every effort.





The ANGEL CHALLENGE will stay in your memory! (5.5.)

The following description provides a general orientation of the routes. All starts are circular, beginning and ending in the center of the village of **Ansião**:

- **TAUTE XL+ (Trail Ultra Endurance XL+)**: Starts at 12:00 PM on February 26 toward the Serra de Sicó. The route is mostly uphill and features highly technical single tracks. It passes through various villages, reaching its highest point in Aigra Velha (Góis) before heading through several municipalities toward the Ribeira de Alge and the imposing Fragas de São Simão. Finally, athletes face the long-awaited "Angel's Climb" (Subida do Anjo) before the finish line in Ansião.
- **TAUTE XL (Trail Ultra Endurance XL)**: Starts at 07:30 AM on February 27. It features a beautiful yet grueling "up and down" section through Ferrarias de São João, passing through Castanheira de Pêra and toward the Ribeira de Alge and Fragas de São Simão, finishing via the "Angel's Climb."
- **TAUTE (Trail Ultra Endurance)**: Starts at 10:00 PM on February 27, following the same trajectory as the Trail Ultra Endurance route from the Cumieeira parish.
- **TAUT (Trail Ultra)**: Starts at 09:00 AM on February 28. It follows the same path as the Ultra Endurance races, branching off at Salgueiro da Lomba before merging again at Fragas de São Simão.
- **TATL (Long Trail)**: Starts at 03:30 PM on February 28, traversing the trails of Ansião and joining the Ultra Trail routes at Serra da Nexebra.
- **TATS (Sprint/Short Trail)**: Starts at 03:00 PM on February 28, crossing the "Angel's Climb" and following the shared final itinerary.
- **TATJ (Youth/Mini Trail)**: Starts at 04:00 PM on February 28, joining the shared route at the village of Ameixieira.
- **NORDIC WALKING / TAC (Hike)**: Both start at 04:00 PM on February 28. These are 12 km routes with medium difficulty, following the Youth Trail path. Each is limited to 100 participants.

Organization: ANSIBIKERS – BTT Practitioners Association. The event takes place across the municipalities of Ansião, Pombal, Soure, Penela, Castanheira de Pêra, Góis, Pampilhosa da Serra, Oleiros, Sertã, Pedrógão Grande, and Figueiró dos Vinhos.

1.1. Event Location

- **Event Location:** Ansião;
- **GPS Coordinates:** (39.91318, -8.43378);
- **Address:** Avenida Luis Camões 3240-134 Ansião, Portugal.

1.2. Definitions

TAUTE XL – Terras do Anciao Ultra Trail Endurance XL	BV – Bases de Vida
TAUTE – Terras do Anciao Ultra Trail Endurance	CMA – Câmara Municipal de Ansião
TAUT – Terras do Anciao Ultra Trail	BVA – Bombeiros Voluntários de Ansião
TATL – Terras do Anciao Trail Longo	ATRP – Associação Trail Running Portugal
TATS – Terras do Anciao Trail Sprint	ITRA – International Trail Running Association
TATJ – Terras do Anciao Trail Jovem	UTMB – Ultra Trail Mont-Blanc
NW – Nordic Walking	DNS – Did Not Start
TAC – Terras do Anciao Caminhada	DNF – Did Not Finish
PAC – Postos de Apoio e Controlo	CN – Campeonato Nacional





2. Participation Conditions

The minimum age to participate in the competitive races of the TAUT is **18 years old**, without prejudice to the provisions in point **(5.2.)**, where athletes aged **16 or older** by September 30, 2026, may participate in the **TATJ (Mini Trail)**.

For the **Hike (Caminhada)**, the minimum age for participation is **14 years old**, completed by September 30, 2026.

Minor athletes must provide proof of parental or legal guardian authorization through a signed declaration, to be delivered to the organization before collecting the athlete kit. The document can be downloaded from the registration platform or found at the end of the regulations.

2.1. Regularized Registration

Registration for the **Ultra Trail Endurance XL+**, **Ultra Trail Endurance XL**, **Ultra Trail Endurance**, and **Ultra Trail** implies understanding and accepting the rules and regulations of the race. The athlete must fill out the **Liability Waiver (Termo de Responsabilidade)** and deliver it in hard copy during Check-In at the event secretariat. The document can be downloaded from the registration platform or at the end of the regulations.

2.2. Semi-autonomy and External Assistance

The principle of individual racing in **semi-autonomy** is the governing rule of the TAUT. Semi-autonomy is defined as the ability to be self-sufficient between two aid stations, regarding food, clothing, and safety, allowing the athlete to adapt to and overcome any difficulties that may arise.

The following rules apply to this principle, among others:

- Each participant must carry all mandatory equipment described in point **(3.4.)** throughout the entire duration of the race.
- The equipment must be carried in an appropriate bag/pack/backpack and must be presented for inspection to judges or the organization whenever requested. Failure to possess the equipment or refusal of inspection will result in penalty or disqualification.

2.3. Bib / Athlete Number

The bib (dorsal) is the athlete's identifying element during the race and contains the athlete's number, which is personal and non-transferable.

The bib must be **permanently visible** throughout the entire race; it must be positioned over the clothing on the chest, abdomen, or leg, and may not, for any reason, be fixed to the back. Only participants with a visible bib will have access to the aid stations.

In case of withdrawal, it is mandatory to communicate the retirement to the organization. Failure to comply with these rules will result in the penalties specified in point **(3.5.)**.



2.4. Minors

For athletes who have not completed 18 years of age by the date of the event, the legal guardian must fill out the **Liability Waiver** and deliver it in hard copy during Check-In at the event secretariat. The document can be downloaded from the registration platform or at the end of the regulations.

3. The Race

- **One Hundred® Trail Endurance World Championship**
- **TORX® eXperience Competition Circuit**
- **ITRA Certification** (International Trail Running Association), as well as **UTMB Index**.

3.1. TORX® eXperience, ITRA, and UTMB Index Categorization

	TAUTE XL+	TAUTE XL	TAUTE	TAUT	TATL	TATS	TATJ
MOUNTAIN POINTS							

(*) All courses count toward the ITRA National League.

3.2. ATRP, ADAL, and Ansião Municipal Circuit Categorization

The **TAUT** is a candidate race for the **Portugal Trail Running Circuit**, and is part of the **Leiria District Circuit (ADAL)** and the **Ansião Municipal Circuit**.

	TAUTE XL+	TAUTE XL	TAUTE	TAUT	TATL	TATS	TATJ
Distance	150M	100M	100Km	62 Km	35 Km	20 Km	13Km
TAUT Distance Categorization							
Total Elevation Gain (+)	9639	7726	3872	2236	1500	690	370
Time Limit	60 Horas	40 Horas	24 Horas	14 Horas	6 Horas	4 Horas	3 Horas
ADAL District Circuit							
Ansião Municipal Circuit							

3.3. Checkpoints

There will be **Checkpoints (PC)** throughout the races. Failure to pass through all checkpoints will result in disqualification, as provided in point (3.5.). Checkpoints may be manual or conducted via automatic "chip" scanning.



3.4. Mandatory and Recommended Equipment and Inspections

Like all the rules established in these regulations, the list of mandatory equipment is primarily intended to ensure the safety of the participants. This equipment constitutes the first line of response in case of an emergency: the athlete's own self-protection measures.

To this end, and also to ensure the principle of **semi-autonomy** defined in point (2.2.), each and every athlete in the race must, for their own safety, always carry the following with them:

MATERIAL OBRIGATÓRIO	TAUTE XL+ 150M	TAUTE XL 110M	TAUTE 100K	TAUT 62K	TATL 35K	TATS 20K	TATJ 13K	NORDIC WALKING	TAC-12K WALKING
RECIPIENTE DE LIQUÍDOS CONTAINER FOR LIQUID/S MIN. 1 L	X	X	X	X	X				
COPO / CUP	X	X	X	X	X	X	X	X	X
LUZ FRONTAL(C/ baterias suplentes) HEADLAMP(spare batteries)	X	X	X	X	X	X	X	X	X
LUZ TRASEIRA /BACKLIGHT	X	X	X	X	X	X	X	X	
APITO /WHISTLE	X	X	X	X	X	X	X	X	
TELEMÓVEL / MOBILE PHONE	X	X	X	X	X	X	X	X	X
MANTA TÉRMICA THERMAL BLANKET	X	X	X	X	X	X	X		
IMPERMEÁVEL / RAIN JACKET	X	X	X	X	X				
LIGADURA / ROLLER BANDAGE	X	X	X	X	X	X			
RELÓGIO GPS OU TÉLEMOVEL com GPX TRACK GPS WATCH OR CELL PHONE With GPX TRACK	X	X	X						
GEO LOCALIZADOR (Fornecido pela Organização) GEO LOCATOR (Provided by the Organization)	X	X	X						
BASTÕES / STICKS								X	
(PT)MATERIAL RECOMENDADO				(EN)RECOMMENDED GEAR					
Bastões	Vestuário com cobertura dos membros*			Sticks			Clothing with member coverage*		
Calças Compridas*	Protetor solar			Long Pants*			Sunscreen		
Luvas*	Muda de roupa			Gloves*			Change of Clothes		
Boné/Gorro/Lenço Bandana*	Quantia em numerário (para fazer face a algum imprevisto)			Cap/Hat Tissue/Bandana*			Amount in cash (to deal with an unforeseen event)		
* Depending on weather conditions, the organization may require									

Mandatory equipment will be verified during **Check-in (Control Zero)**. Any athlete who does not possess the equipment indicated above will be barred from participating in the race.

The same equipment will also be verified along the course at random times and locations. Any athlete found not carrying the equipment indicated above will be disqualified, in accordance with the terms established in point (3.5.).



3.5. Penalties / Disqualifications

Participants who fail to comply with the regulations will be barred from participating if the infringement occurs prior to the start (**DNS - Did Not Start**) and will be disqualified if the infringement pertains to acts occurring during the event (**DNF - Did Not Finish**).

In order to safeguard the competitors' right to appeal, they may be permitted to continue in the race. Any athlete will be penalized or disqualified if they:

INFRACTION	SANCTION TO BE APPLIED
Failure to assist another participant in difficulty	Disqualification
Failure to comply with these regulations	Disqualification
Sharing the bib with another person during part or all of the course	Disqualification
Using paths other than those marked for the race, intentionally shortcutting the route	Disqualification
Using unauthorized transport (hitchhiking/lifts)	Disqualification
Removing course markings	Disqualification
Disobeying safety measures indicated by the organization and associated entities	Disqualification
Refusal to present mandatory equipment when requested by the organization	Barred from participating
Exceeding the time limit at checkpoints with time barriers	Disqualification
Missing one or more checkpoints	Disqualification
Loss of the Timing Chip	Disqualification
Littering and/or damaging the surrounding environment	Disqualification
Receiving external assistance outside the areas defined by the organization	1-Hour Penalty
Being accompanied by persons not accredited by the organization, except in defined areas	1-Hour Penalty
Bib not visible or attached in a non-visible location	20-Minute Penalty

Any athlete who abandons the race and fails to notify the organization may be barred from participating in future editions of events organized by **ANSIBIKERS**.

The Race Director, based on their own judgment, has the right to disqualify or remove any participant from the race who, at any time, is found in one of the following situations:

- **Physical or mental health issues.**
- **Abuse or intentional violation of these regulations.**
- **Unsportsmanlike conduct.**
- **Excessive alcohol consumption.**
- **Participation in the race under the influence of hallucinogenic drugs.**

3.6. Course Marking

The use of a GPS device or watch is strongly advised for the **150M, 100M, 100K, and 62K** courses.

The courses (**100K, 62K, 35K, 20K, 13K, and 12K**) will be marked with custom white reflective tape (5cm wide), yellow reflective material strips, arrows, and signage.



3.7. Course Signaling / GPS for the 100 Miles and 150 Miles

These routes run mostly, but not exclusively, through the Serra de Sicó, a path that is **not marked on the ground**. Notwithstanding this fact, the entire Endurance XL and Endurance XL+ courses must be guided **exclusively** using a GPS device or watch.

The GPS device/watch, in addition to ensuring you are following the stipulated race route, will allow the organization to confirm that the complete and correct course was performed. If requested, failure to hand over the equipment at the end of the race to download the log file will result in the athlete's disqualification.

The GPS device/watch is **mandatory equipment** and must meet the following key requirements: sufficient battery autonomy and the capacity to record at least 10,000 points. The equipment must allow for battery replacement or charging at any time during the race to ensure normal and uninterrupted operation throughout the entire event. Files containing the race route will be provided in advance.

3.8. Course Marking

The use of a GPS device/watch is advised for the **150M, 100M, 100K, and 62K** courses. The courses (**100K, 62K, 35K, 20K, 13K, and 12K**) will be marked with custom white reflective tape (5cm wide), yellow reflective strips, arrows, and signage.

3.9. Timing Methodology

Athlete timing will be conducted via an electronic "chip." Athletes may be requested to receive and carry a geolocation device at any given time for tracking purposes by safety teams.

3.10. Aid Stations

Races up to 20km must be completed in **self-sufficiency**. Liquid and solid aid stations will be available along the course. Liquid dispensers must always be used (a volunteer will operate the dispensers for athletes to refill their containers).

3.11. Medical Assistance

When medical assistance is required, the athlete must proceed as follows:

- Request support at one of the Aid and Control Points (PAC);
- Call the phone numbers printed on the race bib.

Emergency medical teams will be strategically distributed along the course. In case of necessity, these teams may enter the course in motorized vehicles while signaling their movement.



3.12. Support and Control Points / Life Bases

There will be **17 Support and Control Points (PAC)**, of which **3 are Life Bases**, featuring a rest area and restrooms. (Specific locations to be announced soon).

Locations of Support and Control Points (PAC) / Life Bases (BV) / Time Barriers (BH)						
Nº PAC	Life Base / Time Barrier	Location	Course / Route	Distance (km)	Total D+ / Total D- (m)	Altitude (m) / Coordinates
PAC 1						
PAC 2						
PAC 3						
PAC 4						
PAC 5						
PAC 6						
PAC 7						
PAC 8						
PAC 9						
PAC 10						
PAC 11						
PAC 12						
PAC 14/1						
PAC 13						
PAC 14						
META						



4. Registration

Pre-registration or registration for the 12th edition of TAUT implies full acceptance of all rules established in these regulations.

Registration closes at **11:59 PM on February 22, 2026**, or earlier if the maximum capacity for the various competitive distances is reached.

For national registrations, automatic **Multibanco** references will be generated with a limited time for payment; otherwise, they will be deactivated.

The accuracy of the data provided is the sole responsibility of the participant, including for the purposes of the insurance mentioned in point **(4.6.)**. No changes to the provided data will be accepted after the registration deadline. Registrations using team names with political acronyms or names will be changed to "Equipa1", "Equipa2", and so on.

4.1. Registration Process

Registration, whether for pre-registration or final registration, must be completed through the specific form available at: <https://stopandgo.net/events/taut-terras-do-anciao-ultra-trail-2026>

Pre-registrations via email or telephone will not be accepted. After registering, notified athletes will have **3 days** to make the payment and finalize their registration. Payment can be made via Multibanco reference, credit card, MB WAY, or PayPal. Registration will be automatically canceled if payment is not received within the stipulated timeframe.

4.2. Number of Available Slots

The total number of participants in the TAUT competitive races will be approximately **1,400** across the 7 races and the hike, distributed as follows:

Limite de Inscrições	TAUTE XL+ 150M	TAUTE XL 100M	TAUTE 100K	TAUT 62K	TATL 35K	TATS 20K	TATJ 13K	NW	TAC
	50	50	50	50	200	250	250	50	100

If the number of available slots for each race is exceeded, a pre-registration period for a **lottery (draw)** will be opened for an additional 400 slots to be distributed among the 7 races.

After pre-registration, notified athletes will have **3 days** to complete the payment and finalize their registration. Payment can be made via Multibanco reference, credit card, MB WAY, or PayPal. Registration will be automatically canceled if payment is not made within the deadline. No new payment references will be issued.

The organizing entity reserves the right to exceed the number of slots for each race to include guests of the organization and official event sponsors.

The organizing entity also reserves the right to reduce the number of slots for safety reasons or any other motive that may affect the proper functioning of the race.



4.3. Registration Fees and Periods

PHASE	PERIOD	TAUTE XL+ 150M	TAUTE XL 100M	TAUTE 100K	TAUT 62K	TATL 35K	TATS 20K	TATJ 13K	TAC 12K
1ª Fase	18JUL25 A 31JUL25	270€	97€	77€	37€	17€	15€	13€	10€
2ª Fase	01JUL25 A 17NOV25	370€	117€	97€	47€	21€	17€	15€	13€
3ª Fase	18NOV25 A 17DEZ25	420€	127€	107€	57€	23€	19€	17€	15€
4ª Fase	18DEZ25 A 17JAN26	470€	147€	117€	67€	27€	23€	19€	17€
5ª Fase	18JAN26 A 22FEV26	570€	167€	137€	87€	37€	27€	21€	19€

4.4. Conditions for Registration/Race Changes

A participant may transfer their registration to another person. The registration transfer carries an **administrative fee of €5.00**. The deadline for transferring registration is **February 15, 2026**.

The entire transfer process is coordinated by the organization. The registration holder starts the process by sending an email to **ansibikers@gmail.com**, expressing their intention to transfer. Within 5 days, the organization will contact the participant to proceed with the transfer.

- If changing to a race with a **higher registration fee**, the participant must pay the price difference (based on the values in point 4.3) plus the **€5.00 administrative fee**.
- If changing to a race with a **lower registration fee**, there will be **no refund** of the difference; however, the **€5.00 administrative fee** must still be paid.

4.5. Registration Cancellation

A participant may request to cancel their registration at any time; however, **no refund of the amount paid will be issued**. By cancelling, the participant forfeits the right to the participation kit.

Deferring registration to future editions is only possible if proposed to the organization as a way to minimize the impact of a cancellation and will always incur a **€5.00 administrative fee**.

There is no right to refunds for registration payments or any other costs, except if the race is cancelled for reasons attributable to the organization.

4.6. Sports Insurance

The organization contracts the mandatory insurance for this type of event, and the premium is included in the registration fee. The payment of the **insurance deductible (excess)**, in the event of an accident, is the sole responsibility of the athletes. The organization will not assume expenses for claims of which it was not notified in a timely manner to activate the insurance (**within 24 hours after the close of the race**).



4.7. Race Cancellation

At any time, the event organizer may have to cancel or suspend the event due to bad weather or unsafe conditions, landslides, fire, earthquakes, natural disasters, water shortages, power outages, closure of local parks/roads, protests or blockades along the course, riots, strikes, outbreaks or escalation of diseases, epidemics or pandemics, imposition of quarantine or travel bans, acts or threats of terrorism, lockdowns, civil commotion, or any legislation/regulation by any government or administrative body. **If the race is cancelled, the organization will not issue any refunds.**

4.8. Participant Commitment

By registering for the **TAUT – Terras do Acião Ultra Trail**, I agree to the following:

- I declare that I have read, understood, and will respect these regulations;
- I understand and approve the participation conditions listed in the regulations;
- I agree to strictly respect and promote sporting ethics;
- I declare that I am aware of the medical contraindications this race may trigger, and consequently release the organization from any responsibility for any medical problem that may arise during the event due to negligence on my part;
- I understand that in the case of a false declaration of requirements, the organization reserves the right to cancel my registration without a refund;
- Once registered, I will not contest the regulations at any time.

4.9. Materials and Services Included

- Personalized bib with integrated chip.
- **Finisher Prize** (only for classification distances and for those who complete the race).
- Post-race shower.
- Post-race massage.
- Solid and liquid supplies at designated stations while in competition.
- Medical assistance at the start, aid stations, and finish line.
- Transport to the finish line from an aid station in case of withdrawal or being barred by the organization.
- Personal accident and civil liability insurance.
- Entertainment/Artists during the event days.
- Other partner offers secured by the organization.

*Note: For athletes registering or validating after **January 31**, the organization cannot guarantee a personalized bib or the event t-shirt (optional).*

4.10. Optional Services

- Official Event T-shirt: **€17.00**
- TAUT 2026 Magnet: **€2.70**
- Meals (Soup + Sandwich + Drink) at the finish arena: **€4.70** (*Select the number of meals needed for Feb 26, 27, and 28, including for companions*).



4.11. Race Secretariat / Times and Locations

The secretariat will be located at the **ANSIBIKERS headquarters**, following the schedule in point **(4.12.)**. To collect the bib, participants **must** present the ID (ID Card or Passport) used during registration. If a participant cannot attend and has not cancelled, they may authorize a third party to collect their participation kit.

4.12. Program / Schedule

The TAUT program begins on **Wednesday, February 25, 2026, at 7:00 PM.**

Wednesday February 25th	19H00 às 21H00	Secretariat / Bib Collection (Ansibikers HQ)	
Thursday February 26th	09H00 às 12H00	Secretariat / Bib Collection (Ansibikers HQ)	
	11H30	Check-in (Control Zero)	TAUTE XL+ 150M
	11H40	Opening Ceremony 2026	
	12H00	Start / Departure	
Friday February 27th	19H00 às 21H00	Secretariat / Bib Collection (Ansibikers HQ)	
	06H00 às 09H00	Secretariat / Bib Collection (Ansibikers HQ)	
	07H00	Check-in (Control Zero)	TAUTE XL 100M
	07H30	Start / Departure	
	18H00 às 22H00	Secretariat / Bib Collection (Ansibikers HQ)	
	22H00	Check-in (Control Zero)	TAUTE 100K
	22H30	Start / Departure	
20H00 às 23H00	TAUT Nightfall Edition with DJ and Entertainment		
Saturday February 28th	07H00 às 16H30	Secretariat / Bib Collection (Ansibikers HQ)	
	08H30	Check-in (Control Zero)	TAUT 62K
	09H00	Start / Departure	
	10H00	TaKids – Kids' Trail Race	
	12H00	TAKIDS Awards Ceremony	
	14H30	Check-in (Control Zero)	TATS 20K
	15H00	Start / Departure	
	15H00	Check-in (Control Zero)	TATL 35K
	15H30	Start / Departure	
	15H30	Check-in (Control Zero)	TATJ 13K NORDIC WALKING
	16H00	Start / Departure	
	16H00	Start / Departure	TAC 13K
	18H00	Awards Ceremony	
	01H00	Event Closing 2026	

5. Categories and Prizes

The awards ceremony will take place on **Saturday, February 28, starting at 6:00 PM** for all races at the finish arena, located in the center of the village of Ansião.

5.1. Deadline for Classification Appeals

Any appeal must be submitted in writing to the Race Director, accompanied by a **deposit of €50.00** (non-refundable if the appeal is denied). The appeal must include the claimant's name, ID/Passport number, and the name of the affected participant, bib number, and the alleged reasons.

Classifications may be subject to change if any infractions specified in these regulations are proven.



5.2. Definition of Age Categories

Categories will be defined automatically based on the data provided by participants during registration, using the athlete's age as of **September 30, 2026**, as the reference.

CATEGORIES		AGE	ULTRA TRAIL'S	TRAIL LONGO	TRAIL SPRINT	TRAIL JOVEM MINI TRAIL
Male	Female					
SUB 18 M	SUB 18 F	16 TO 17 YEARS OLD				✓
SUB 20 M	SUB 20 F	18 TO 19 YEARS OLD				✓
M SUB23	F SUB23	20 TO 22 YEARS OLD	✓	✓	✓	✓
M SEN	F SEN	23 TO 34 YEARS OLD	✓	✓	✓	✓
M35	F35	35 TO 39 YEARS OLD	✓	✓	✓	✓
M40	F40	40 TO 44 YEARS OLD	✓	✓	✓	✓
M45	F45	45 TO 49 YEARS OLD	✓	✓	✓	✓
M50	F50	50 TO 54 YEARS OLD	✓	✓	✓	✓
M55	F55	55 TO 59 YEARS OLD	✓	✓	✓	✓
M60	F60	60 TO 64 YEARS OLD	✓	✓	✓	✓
M65	F65	65 TO 70 YEARS OLD	✓	✓	✓	✓
M70	F70	Over 70 years old	✓	✓	✓	✓

5.3. Individual and Team Classification

- The 7 different races will be won by the competitors with the lowest total time at the end, including any applicable penalties.
- For all 7 races, only participants who are confirmed to have passed through all checkpoints and cross the finish line within the stipulated time will be classified.
- Team Classification:** Teams must consist of at least 3 members to be eligible. Results will be calculated based on the three best classifications of the respective athletes. For accurate team results, it is essential that the team name is written identically by all participants of that team.
- Attendance:** Winners must be present at the awards ceremony; prizes will not be sent by mail or any other carrier.
- Categories:** For each race, there will be individual female and male classifications for Overall, Age Group, and Team.

5.4. ANGEL CHALLENGE – "Angel's Climb" (Subida do Anjo)

All athletes in the TAUTE XL+, TAUTE XL, TAUTE, TAUT, and TATL who complete the race without being disqualified or penalized are candidates for the **Angel's Prize**. The winners will be the male and female athletes who complete the 590-meter "Angel's Climb" segment in the shortest time.

5.5. Classification Grid

CATEGORIA	MASCULINOS	FEMININOS
Geral Individual	Troféu aos 3 primeiros	Troféu aos 3 primeiros
Todos os escalões individuais	Medalha aos 3 primeiros	Medalha aos 3 primeiros
Geral por equipas	Troféu ao primeiro	
Angel Challenge		
a) Todos Exepto do Mini Trail	Troféu ao primeiro a)	Troféu ao primeiro a)
Nordic Walking (Geral Individual)	Troféu aos 3 primeiros	Troféu aos 3 primeiros



6. Biennial Ranking & Prize Money (2026-2027 Editions)

The organization establishes the **2026/2027 Biennial Challenge**, rewarding the performance and consistency of athletes who complete the event in two consecutive years through Prize Money and an exclusive trophy.

6.1. Classification Criteria

The classification will be determined by the sum of the official times obtained by the athlete in the 2026 and 2027 editions.

Winners will be ranked in ascending order, with the athlete achieving the lowest total combined time ($\text{Time}_{2026} + \text{Time}_{2027}$) declared the winner.

This criterion applies sequentially up to 8th place in the General Classification for each distance, for both Male and Female categories.

6.2. Biennial Trophy 2026/2027

In addition to the monetary prizes, the **Biennial Trophy 2026/2027** will be awarded to athletes who finish on the podium (as per the organization's decision, typically for the winners or the Top 3/Top 8 of each distance in the cumulative ranking). This trophy symbolizes overcoming the combined challenge of both editions.

6.3. Eligibility and Course Changes

- **Finisher Status:** Completion of both editions is mandatory.
- **Distance Flexibility:** In 2027, an athlete may choose a distance equal to or shorter than the one completed in 2026. The final classification will be placed in the ranking of the distance the athlete completes in 2027.
- **Restriction:** Athletes who move up to a longer distance in 2027 (compared to 2026) will **not be eligible** for the Prize Money ranking or the Biennial Trophy.

6.4. Prize Money (Male and Female)

Place / Position	150Miles	100Miles	100Km	62Km	35Km	20Km	13Km
1st	1.000	700	400	270	180	160	100
2nd	800	400	300	180	130	120	80
3rd	520	300	250	140	100	100	70
4th	400	250	150	120	80	60	50
5th	300	200	120	90	70	50	40
6th	250	150	100	80	60	40	30
7th	200	120	80	70	50	30	20
8th	150	100	70	60	40	20	10
Total Male	3.620€	2.220€	1.470€	1.010€	710€	580€	400€
Total Female	3.620€	2.220€	1.470€	1.010€	710€	580€	400€

6.5. Tie-Breaking and Payment

- In the event of a tie in the sum of the times, the winner will be the athlete with the **best time in the 2027 edition**.
- The Prize Money and the Trophy will be awarded during the prize-giving ceremony of the **2027 edition**.



7. Specific Nordic Walking Regulations

Nordic Walking is based on a walking technique using specific poles, ensuring one foot is always in contact with the ground (**running is prohibited**).

- **Use of Poles:** The use of two Nordic Walking poles is mandatory throughout the entire course.
- **Movement Cycle:** Arm and leg movements must be alternated (left arm with right leg and vice versa).
- **Impulsion:** Poles must be planted at an oblique angle and used to propel the body forward, not merely as passive support.
- **Prohibition of Running:** It is strictly forbidden to run or perform a "flight phase" (both feet off the ground).
- **Time Penalty:** The first infraction (running or incorrect technique) will result in a warning or a 10-minute penalty.
- **Disqualification:** Repeated infractions or the absence of poles at the finish line will result in immediate disqualification.
- **Classification:** Classification will be based on the order of arrival (gun time), divided by gender, regardless of age group (Overall).
- **Course Judges:** Organization members (stationary or mobile) will be present to verify that athletes are complying with the walking technique and correct pole usage.
- **Finish Line:** Classification will only be validated after confirming that the athlete was not penalized during the course.

8. Image Rights

The race organization, its sponsors, and the entities collaborating in the organization of this sporting event reserve the right to freely use, in all countries and in all forms, the participation of the competitors as well as their results.

The race may be video recorded and/or photographed by the event organization and/or members of the media for subsequent distribution or advertising use.

Acceptance of these regulations **compulsorily implies** that the participant authorizes the use of their image for the dissemination of the race across all forms of communication (radio, print media, video, photography, posters, social media, etc.). These may be used indefinitely in any advertising action for the sole purpose of promoting and publicizing the event. The participant also waives all rights to any commercial or advertising exploitation the organization deems appropriate, without any right to receive financial compensation.

9. Personal Data

The participant data provided in the registration form will be recorded by the organizing entity for processing purposes related to the event, specifically for: insurance, entry lists, news, classifications, and sending event-related information, including future editions.

All participants may exercise their **right to access, rectify, or delete** their personal data by sending an email to ansibikers@gmail.com.

In the case of participants who are members of **ATRP** (Trail Running Association of Portugal), **ITRA** (International Trail Running Association), or possess a **UTMB Index**, registration implies authorization for their data to be transmitted for the purposes of classification ranking, statistics, and event evaluation.



10. Final Provisions

The organization reserves the right to amend the regulations for the benefit of the proper functioning of **TAUT**.

These rules may be edited, altered, or improved at any time by the organizing entity without prior notice until the day of the event. Whenever these regulations are modified, it will be indicated in the footer, in the field reserved for the **document version** and the respective **update date**.

The organization shall decide on all matters related to the event that are not covered by these regulations or regarding any misinterpretations thereof. There shall be **no appeal** against the decisions of the organization.

Ansião, July 15, 2025

The Organization: ANSIBIKERS - Associação de Praticantes de BTT



11. Updates

VERSION	DATE	SUBJECT
01	12/08/2025	Update to paragraph 4.5. Validity of the ITRA Performance Index (PI) discount offers until December 17, 2025.
02	19/08/2025	Update to paragraph 4.5. Validity of the ITRA Performance Index (PI) discount offers until December 17, 2025.
03	26/11/2025	Update to paragraph 4.5. Validity of the ITRA Performance Index (PI) discount offers until December 17, 2025.
04	26/11/2025	Update to paragraph 4.12. Program / Schedule for the 62K race.
05	17/12/2025	Added Specific Nordic Walking Regulations (Section 7).
06	12/01/2026	Added Biennial Ranking & Prize Money (2026-2027 Editions) (Section 6).
07	11/02/2026	Added PAX2 to 100M and 100K (3.1) TORX® eXperience, ITRA, and UTMB Index Categorization

Liability Waiver (for adults)

I, _____ (name),
born on / / , holder of Identification Document (Citizen Card/Passport) No. _____,
issued on / / by _____, valid until / / , resident at _____,
_____, Zip Code _____ – _____, for the
intended purposes and **Under My Full Responsibility Hereby Declare:**

1. That I do not have any medical contraindications for the practice of physical activities to be performed through participation in the event marked below (**mark with an X**):

- ☐ **TAUTE XL+ - Terras Do Ancião Ultra Trail Endurance XL+** February 26 to 28, 2026;
☐ **TAUTE XL - Terras Do Ancião Ultra Trail Endurance XL** February 27 to 28, 2026;
☐ **TAUTE - Terras Do Ancião Ultra Trail Endurance** February 27 to 28, 2026;
☐ **TAUT - Terras Do Ancião Ultra Trail** February 28, 2026;

2. That it is my full responsibility to ensure, prior to registration, my state of physical fitness for the exercise of this activity in accordance with the provisions of Law No. 5/2007, of January 16 (Basic Law of Physical Activity and Sport), No. 2 of Article 40;

3. That with this declaration and by my own free and express will, I waive the requirement to present a Medical Certificate proving my physical fitness;

4. That I am aware that **TAUT - Terras Do Ancião Ultra Trail** recommends the presentation of a Medical Certificate and undergoing an examination before starting any physical activity.

5. I am fully aware of the regulations and information disclosed by **TAUT - Terras Do Ancião Ultra Trail** and that my participation is under my full and exclusive responsibility. I cannot hold the organization liable for any criminal or civil responsibility for any physical, moral, or material damages occurring during the activity, in which I am directly or indirectly involved, that exceed the coverage of the activity's insurance.

The signing of this liability waiver declaration signifies that its content has been read, understood, and fully accepted.

Ansião, February 26, 2026

(Signature as per ID or Citizen Card)

This Liability Waiver must be delivered to the Organization when collecting your bib.
The bib number will not be issued unless this document is fully completed.



ANSIBIKERS

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