

2025



ANSIBIKERS
TRAIL RUNNING

SE7E & OITO
MARÇO 2025
GENERAL REGULATIONS FOR THE RACE



FEDERAÇÃO
PORTUGUESA
ATLETISMO



ASSOCIAÇÃO
DE TRAIL
RUNNING
DE PORTUGAL



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1. Presentation

TAUT – Terras do Ancião Ultra Trail, integrates 6 competitive races, two days of pure TRAIL in a setting in which the combination of art with landscape based on a natural element that characterizes them - the Stone.

It takes place on the 7th and 8th of March 2025, it is already a reference at national level and we will continue to maintain this reference with the 11th edition of Trail Running, starting in Ansião, where it is planned to pass through the roads and paths of the Municipalities of Penela (Cumieira, São João do Deserto and Aldeia das Ferrarias de São João), Castanheira de Pêra (Peralcovo, Capela Santo António das Neves), Figueiró dos Vinhos (Cercal, Arega and Aguda) and Pombal (Freguesia de Abiul and Serra de Sicó).

There will be a few hundred athletes looking for the "Stone Territories" and enjoying the São João do Deserto mountains, the villages and the beautiful trails of the Serra de Sicó and the banks of Foz de Alge.

Beauty and hardness will certainly not be lacking and appeals to the Guardian Angel will arise, but, in the end, everyone will be surrendered to the charms and corners of the region, an integral part of the cultural network Território de Pedra, our magnificent mountain limestone massifs, where typical villages, with its houses and loose stone walls, interspersed with the fields, are expected to have a good turnout from the various Trail teams in the region, from across the national territory and across borders, as has already happened in other events.

The two days of sport, conviviality and overcoming bring athletes into direct contact with the vast cultural heritage, namely Ancião, which gives its name to the event, which aims to publicize and promote sports in the form of Trail Running, but also the territories where the event takes place.

The routes with extreme natural beauty are not easy, but the trails and landscapes are worth all the effort.

-ANGEL CHALLENGE will stay in your memory! **(5.4.)**

The following description is intended to give a generic orientation of the routes, the departures of all routes are circular, starting and ending in the center of Vila de Ansião:

- **TAUTE XL**(180K) Trail Ultra Endurance Afterwards, it passes through the villages of Cabeça da Corte, and until here the route is mostly uphill and with very technical single tracks, especially those that follow the Serra de Sicó. Passing through Poios, heading towards the parish of Alvorge, the route continues to the parish of Cumieira, then through the village of Bouça and heading to the Capela de São João do Deserto, where we enter an up and down climb that is as beautiful as it is hard, passing through the beautiful village of Ferrarias de São João.

Continuing to climb towards the Coentral mountain range, reaching its maximum altitude of approximately 1192m. From here the race begins to descend, passing through Castanheira de Pêra with a reinforcement at Praia das Rochas and and towards Figueiró dos Vinhos.

The route enters the village of Figueiró dos Vinhos heading to Ribeira de Alge, next to the river, passing through the imposing Fragas de São Simão.

Finally the much desired "Ascent of the Angel" and the race now heads to its final destination, the finish line in the center of the village of Ansião.



- **TAUTE**_(110K) Trail Ultra Endurance, starting at 10pm, March 7th, which has the same route as the Trail Ultra Endurance XL race, with entry into the parish of Cumieeira taking the same route.
- **TAUT**_(62K) Trail Ultra; the departure at 09:00 am, on March 8th, runs the same route as the Ultra Trail Endurance races, separating from it in the village of Salgueiro da Lomba followed by Fragas de São Simão, where it will cross again with the two Ultra Trails, taking the same itinerary of these races.
- **TATL**_(35K) Long Trail, starting at 2:00 pm on March 8th, runs along the trails of Ansião, where it will intersect with the three Ultra Trails in Serra da Nexebra, following the same itinerary of these races.
- **TATS**_(20K) Trail Sprint (Short), starting at 2:30 pm, on March 8th, runs along the trails of Ansião, where it will cross paths in the "Subida do Anjo" taking the same itinerary as the other races.
- **TATJ**_(13K) Trail Jovem (Mini Trail), starting at 4:15 pm on March 8th, runs along the trails of Ansião, where it will cross paths in the village of Ameixeira taking the same routes as the other races.
- **TAC**_(12K) There will also be a place for hiking lovers who like to appreciate nature in its entirety. It is a 12 km route, of medium difficulty and has a limit of 100 participants.

Organization, ANSIBIKERS Association, the event is carried out in the municipalities of Ansião, Pombal, Soure, Penela, Figueiró dos Vinhos and Castanheira de Pêra.

1.1. Location of the Race

Location of the Race: Ansião;

GPS coordinates: (39.91318, -8.43378);

Address: Avenida Luis Camões 3240-134 Ansião.

1.2. Definitions

TAUTE XL – Terras do Anciao Ultra Trail Endurance XL	BV – Life Bases
TAUTE – Terras do Anciao Ultra Trail Endurance	CMA – City Council of Ansião
TAUT – Terras do Anciao Ultra Trail	BVA – Volunteer Firefighters Ansião
TATL – Terras do Anciao Long Trail	ATRP – Trail Running Portugal Association
TATS – Terras do Anciao Trail Sprint	ITRA – International Trail Running Association
TATJ – Terras do Anciao Youth Trail	UTMB – Ultra Trail Mont-Blanc
TAC – Terras do Anciao Hike	DNS – <i>Did Not Start</i>
PAC – Support and Control Posts	DNF – <i>Did Not Finish</i>
PC – Checkpoints	CN – National Championship

2. Conditions of Participation

The minimum age to participate in the TAUT competitive events is 18 years old, without prejudice to the provisions of point **(5.1.)**, in which athletes aged 16 years or older may participate in the TATJ (Mini Trail), made until September 30, 2025. In the walk, the minimum age for participation is 14 years old, made by September 30, 2025.

Underage athletes must provide proof of the authorization of the guardian in a signed statement delivered to the organization before picking up the athlete kit.

The document can be downloaded from the registration platform or at the end of the regulation.



2.1. Regularized Registration

Registration for Ultra Trail Endurance XL; Ultra Trail Endurance and Ultra Trail involve understanding and accepting the rules and regulations of the race. The athlete must fill out the Term of Responsibility, deliver it, in paper format, at Check-In, at the event secretariat. The document can be downloaded from the registration platform or at the end of the regulation.

2.2. Semi-autonomy and foreign aid

The principle of individual racing in semi-autonomy is the rule that applies to TAUT. Semi-autonomy is defined as the ability to be autonomous between two filling stations, both from the point of view of food and clothing and safety, which allows one to adapt and overcome all difficulties that arise. The following rules apply to this principle, among others:

- Each participant must carry throughout the race all the mandatory equipment described in point **(3.7.)**.
- The material must be transported in an appropriate bag/bag/backpack and must be presented for inspection by the judges or the organization, whenever they request it, under penalty of penalty/disqualification if they do not have it or do not consent to the inspection.
- At the Support and Control Posts (PAC) there will be drinks and food to be consumed on site. Only water may be provided to complete the containers that the competitors carry with them for this purpose.

2.3. Dorsal / Athlete number

The bib number is the identifying element of the athlete in the race and it contains the athlete number that is personal and non-transferable. The bib must be permanently visible throughout the race, that is, it must be positioned on clothing, in the chest, abdomen or leg area and cannot be, for any reason, fixed to the back.

Only participants with a visible bib number will have access to the gas stations.

In case of withdrawal, disqualification or time bar, the athlete is obliged to hand over the bib number to the organization, and its return may be requested at the end of the race. In case of withdrawal, it is mandatory to communicate the abandonment to the organization.

Failure to comply with these rules will result in the penalty provided for in point (3.13).

3. Race

The first trail run held in the Ansião region by the ANSIBIKERS was in 2013. Since then it has been recognized by everyone: athletes, supporters, volunteers, institutions and sponsors.

TAUT is part of the TORX® eXperience Competition Circuit and qualification for the Tor des Géants® 2026.

PAX will be available in 2026 for TAUTE XL(180BigK/110BigK) finalists, who will be able to skip the draw and register directly for Tor des Géants® 2026.

PAX is a direct invitation to register without the need to go through the TOR330 draw. As soon as we know the number of PAX available, we will inform you.

Certification by ITRA - International Trail Running Association, as well as by UTMB Index.



3.1. TORX® eXperience, ITRA and UTMB Index Categorization

	TAUTE XL	TAUTE	TAUT	TATL	TATS	TATJ
	1ºMale (General)	1ºFemale (General)				
ITRA POINTS(*)						
MOUNTAIN POINTS						
FINISHER LEVEL	620	470	370	370	290	260
UTMB INDEX						

(*) All courses count towards ITRA National League

3.2. ATRP Categorization; ADAL; Municipal Circuit of Ansião

The TAUT is a candidate event for the Trail Running circuit of Portugal, integrates the District Circuit of Leiria (ADAL) and Municipal Circuit of Ansião.

	TAUTE XL	TAUTE	TAUT	TATL	TATS	TATJ
Distance	180 Km	110Km	62 Km	35 Km	20 Km	13Km
TAUT Distance Categorization						
Accum. Elevation Difference(+)	6726	3872	2236	1500	690	370
Timeout	40 Hours	22 Hours	13 Hours	6 Hours	4 Hours	3 Hours
ATRP distance categorization						
ADAL District Circuit						
Municipal Circuit of Ansião						
Difficulty categorization						

3.3. Marking the course

It is advisable to use the GPS device/watch on the 180K, 110K and 62K routes. The courses (110K, 62K, 35K, 20K, 13K and 12K) will be marked with 5cm wide reflective tape in personalized white and with strips of yellow reflective material, arrows and markings.

3.4. Checkpoints

There will be Checkpoints (CP) throughout the races. Failure of the athletes to pass through all the checkpoints results in their disqualification, provided for in point (3.13.) Checkpoints can be manual or by automatic chip reading.

3.5. Time control methodology

The athlete's time control will be carried out by electronic means "chip". Athletes may be asked to, at a given time, receive and carry a geolocation device with them for the purpose of monitoring the race by the security teams.



3.6. Route Signage/GPS the TAUTE XL

It runs mostly, but not exclusively, through the Serra de Sicó, a road that is signaled on the ground by a set of equipment that includes poles and direction arrows, as well as reflective tape, in order to indicate the direction of the route.

Notwithstanding this, the entire route of the TAUTE XL must be guided exclusively using a GPS device/watch. The GPS device/watch, in addition to ensuring that you are taking the route stipulated for the race, will allow you to confirm that you have completed the complete and correct route.

If requested, failure to deliver the equipment at the end of the race, to download the registration file, results in the disqualification of the athlete.

The GPS device/watch is a mandatory equipment and must have as its main requirements its autonomy and the possibility of recording at least 10,000 points.

The equipment must have the possibility of changing/charging the batteries at any time of the race, to ensure its normal and correct uninterrupted operation throughout the race. The files with the course of the race will be provided in advance.

3.7. Mandatory, recommended material and checks

Like all the rules established in this regulation, also, and especially the mandatory material, has as its main objective to ensure the safety of the participants. This is the material that is part of the first measures in case of emergency: the self-protection measures of the athlete himself.

In this sense and also to guarantee the principle of semi-autonomy defined in point (2.2.), each and every one of the athletes in the race must, for their own safety, always carry with them:

REQUIRED MATERIAL								TAUTE XL 180K	TAUTE 110K	TAUT 62K	TATL 35K	TATS 20K	TATJ 13K	TAC-12K HIKE
CONTAINER FOR LIQUID/S MIN. 1 L								X	X	X	X			
CUP								X	X	X	X	X	X	X
HEADLAMP(spare batteries)								X	X	X	x	x	x	x
BACKLIGHT								X	X	X	x	x	x	
WHISTLE								X	X	X	X	X	X	
MOBILE PHONE								X	X	X	X	X	X	X
THERMAL BLANKET								X	X	X	X	X	X	
RAIN JACKET								X	X	X	X			
ROLLER BANDAGE								X	X	X	X	X		
GPS WATCH OR CELL PHONE With GPX TRACK								X	X	X				
GEO LOCATOR(Provided by the Organization)								X	X	X				
RECOMMENDED GEAR														
Sticks								Clothing with member coverage*						
Long Pants*								Sunscreen						
Gloves*								Change of Clothes						
Cap/Hat Tissue/Bandana*								Amount in cash (to deal with an unforeseen event)						
* Depending on weather conditions, the organization may require														

The required material will be checked at zero control. The athlete who does not carry the material indicated above will be prevented from participating in the race.

The same material will also be checked along the way, in a random way and in random places. The athlete who does not carry the material indicated above will be disqualified, under the terms established in point (3.13.).



3.8. Program / timetable

The TAUT program starts on Thursday, March 6, 2025, at 9:00 pm.

Thursday March 6th	19H00 to 22H00	Secretariat/Delivery of Ansibikers headquarters dorsal	
	21H00	TAUT 2025 Opening Ceremony	
Friday March 7th	06:00 to 09:00 17:00 to 22:30	Secretariat/Delivery of Ansibikers headquarters dorsal	
	07H00	Box Control National Championship	TAUTE XL – 180K
	07H30	Race Start National Championship	
	07H30	Box Control	
	08H00	Race Start	
	21H00	Box Control National Championship	TAUTE – 110K
	21H30	Race Start National Championship	
	21H30	Box Control	
	22H00	Race Start	
	19H00 to 03H00	TAUT Night Fall Edition with DJ and Entertainment	
Saturday March 8th	08:00 to 16:30	Secretariat/Delivery of Ansibikers headquarters dorsal	
	08H30	Box Control	TAUT – 62K
	09H00	Race Start	
	09H30	Takids – Trail Kids	3K
	13H30	Box Control	TATL – 35K
	14H00	Race Start	
	14H30	Box Control	TATS – 20K
	15H00	Race Start	
	15H30	Box Control	TATJ – 13K
	16H00	Race Start	
	16H15	Start	TAC – 10K
	18H00	Catering	
	18H30	Award ceremony	
	20H00	Rock N' Riders Band	
00H00	Closing of the TAUT event - 2025		

More details regarding the program will be released on the event's official channels, at: www.facebook.com/TerrasDoAnciaoUltraTrail and www.ansibikers.com

3.9. Passing information and road traffic locations

Participants must take into account that there will be no traffic cut on roads where car circulation is possible, and all applicable rules set out in the Highway Code and other legislation and regulations in force must be scrupulously complied with, especially with regard to pedestrians.

3.10. Medical assistance

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

- Request support at one of the Supply and Control Stations (PAC);
- Call the telephone numbers registered on the bib;
- Call 112.

There will be emergency medical teams strategically distributed along the route.

If necessary, these teams may enter the route in motor vehicles by signaling their march.



3.11. Supplies

Races up to 20km must be carried out in self-sufficiency. Supply points will be available throughout the race, and liquid dispensers must always be used for this purpose (in which a volunteer will handle the dispensers so that the athletes can refuel).

3.12. Support and Control Posts / Life Bases

There will be 13+1* Support and Control Posts (PAC) of which 4 are Life Bases, where there is a rest space with toilets.

Companion, only one (1) per team, per route has access to the PAC (supplies), where they are also entitled to supplies, valid for the routes: 180K; 110K and 62K.

PAC Locations / Life Bases (BV) / Time Barriers (BH)						
Nº PAC	Life Bases (BV) / Time Barriers (BH)	Local	Race	Distance (Km)	D+CUM D-CUM (m)	Altitude (m) Coordinates
PAC 1		ABIUL	180K	19,50	D+ 500 D- 513	190 39.8745,-8.53835
PAC 2		MALAVENDA	180K	39,10	D+ 1308 D- 1138	373 39.96755,-8.54138
PAC 3	LIFE BASE/BH 19H00 (max:11H00)	ALVORGE	180K	52,80	D+ 1551 D- 1469	282 39.97994,-8.45624
PAC 4		SANTIAGO DA GUARDA	180K	62,90	D+ 1884 D- 1830	257 39.94796,-8.48052
PAC 5		CUMEEIRA	180K 110K	75,80 8,30	D+ 2222 D- 2118 D+ 203 D- 208	307 39.94426,-8.38024
PAC 6	LIFE BASE /BH 02H00 (max:18H00) LIFE BASE /BH 01H00 (max:03H00) LIFE BASE /BH 12H30 (max:03H30)	FERRARIA S. JOÃO	180K 110K 62K	83,40 15,90 15,90	D+ 2724 D- 2284 D+ 691 D- 255 D+ 691 D- 255	643 39.97389,-8.32762
PAC 7		Observatório VILA NOVA	180K 110K	97,40 29,90	D+ 3618 D- 2881 D+ 1503 D- 773	940 40.04535,-8.27624
PAC 8		COENTRAL	180K 110K	114,60 47,10	D+ 4271 D- 3769 D+ 2082 D- 1591	40.06397,-8.17936
PAC 9	LIFE BASE /BH 11H00 (max:27H00) LIFE BASE /BH 10H00 (max:12H00)	CASTANHEIRA DE PERA	180K 110K	126,20 58,70	D+ 4498 D- 4257 D+ 2196 D- 1954	444 40.00345,-8.2086
PAC 10		CERCAL	62K	27,40	D+ 1284 D- 900	585 39.9569,-8.32109
PAC 11		FIGUEIRÓ DOS VINHOS	180K 110K	145,60 78,10	D+ 5245 D- 5007 D+ 2839 D- 2606	439 39.90012,-8.27448
PAC 12	LIFE BASE /BH 19H00 (max:35H00) LIFE BASE /BH 16H00 (max:18H00) LIFE BASE /BH 17H00 (max:08H00)	AGUDA	180K 110K 62K	160,70 93,20 39,70	D+ 5965 D- 5767 D+ 3526 D- 3317 D+ 1795 D- 1591	39.90937,-8.33166
PAC 13	35K - BH 17H00(max:03H00) 20K - BH 18H00(max:03H00)	ANJO DA GUARDA	180K 110K 62K 35K 20K	173,50 106,00 52,50 17,40 12,20	D+ 6565 D- 6273 D+ 4058 D- 3775 D+ 2383 D- 2096 D+ 987 D- 695 D+ 548 D- 261	489 39.87193,-8.39975
PAC 14		AMEIXEIRA *THIS SUPPLY POINT IS ONLY ACTIVATED AT 4:00 PM ON THE 8TH	180K 110K 62K 35K 20K 13K	179,40 111,90 58,40 32,80 18,10 10,10	D+ 6760 D- 6612 D+ 4247 D- 4105 D+ 2578 D- 2430 D+ 1477 D- 1327 D+ 760 D- 612 D+ 374 D- 226	354 39.89715,-8.41501
META	180K - BH 23H59(max:40H00) 110K - BH 20H00(max:22H00) 62K - BH 22H00(max:13H00) 35K - BH 20H00(max:06H00) 20K - BH 19H00(max:04H00) 13K - BH 19H00(max:03H00)	ANSIÃO	180K 110K 62K 35K 20K 13K	182,40 114,90 61,40 35,80 21,10 13,10	D+ 6778 D- 6782 D+ 4250 D- 4251 D+ 2586 D- 2587 D+ 1505 D- 1500 D+ 768 D- 766 D+ 380 D- 378	199 39.91266,-8.43164



3.13. Penalties/Disqualifications

Participants who do not comply with the regulation will be prevented from participating if the infraction concerns pre-start procedures (DNS) and disqualified if the infraction concerns acts that occur during the event (DNF).

In order to safeguard the right of competitors to complain, continuity in the race may be allowed. Any athlete who:

INFRACTION	SANCTION TO BE APPLIED
Not providing assistance to another participant in difficulty	Declassification
Not complying with this regulation	Declassification
Sharing the dorsal with another person, for part or all of the route	Declassification
Use paths other than those marked for the race, intentionally cutting short the route	Declassification
Using unauthorized transportation (lift)	Declassification
Remove signage from the route	Declassification
Disobey the safety measures indicated by the organization and associated entities	Declassification
Refusal to present the recommendation material, if requested by the organization	Prevented from participating
Exceeding the control time limit at checkpoints with a time barrier	Declassification
Fails one or more checkpoints	Declassification
Chip Loss	Declassification
Throwing garbage on the ground and/or damaging the surrounding environment	Declassification
Receive external help outside the areas defined by the organization	1 Hour Penalty
Be accompanied by people not accredited by the organization, except in the areas defined by the organization	Penalização de 1 Hora
Breastplate not visible or affixed in an inconspicuous place	20 Minute Penalty
Do not have recommendation material (1 penalty for each missing item)	20 Minute Penalty

The athlete who abandons the race and does not communicate this fact to the organization may be prevented from participating in future editions of events organized by ANSIBIKERS

The race director, based on his own judgment, has the right to disqualify or not allow the participants who, at any time, are in one of the following situations:

- Physical or mental health problems.
- Abuse or intentional violation of this regulation.
- Unsportsmanlike behavior.
- Excessive alcohol intake.
- Participation in the race under the influence of hallucinogenic drugs.



3.14. Environmental responsibility

ANSIBIKERS – the event's organizing entity, has as its main objectives, not only the promotion of sports in general and trail running in particular, but also the dissemination of the territories where it develops its activities, always with a strong concern for its environmental heritage.

In order to minimize the impact and environmental footprint in the territories where the TAU passes, we have adopted a set of measures, of which the following stand out: the reduced limit of athletes in the race, the non-supply of plastic bottles during the event, the reuse of all marking material, the separation of waste, among others.

In pursuit of the objective of environmental preservation and awareness, participants and all those involved in the realization of the TAU are required to adopt an environmentally responsible and sustainable behavior.

4. Registration

Registration must be made through the link available on the event's official website at: <https://stopandgo.net/events/taut-terras-do-anciao-ultra-trail-2025>

Registration closes at 11:59 pm on March 3, 2025 or earlier, if the maximum limits for the various competitive distances are reached.

4.1. Registration Process

By registering, participants accept the general terms of this regulation.

There will be no right to refunds of the registration payment amount, or any other, except if the test is cancelled for reasons attributable to the organization.

The veracity of the data provided is the sole responsibility of the participant, including for the purposes of insurance indicated in point **(4.8.)**.

Changes to the data provided after the end of registration are not accepted.

Registrations with team names, acronyms or party names, will be changed to Team1, Team2 and successively.

4.2. Elite Athletes Registration by Competitiveness Index

TAUT values the competitiveness of participating athletes and the criteria to distinguish a runner from an elite runner is its ITRA performance index, so the athlete can benefit from discounts or exemption from the registration fee through his ITRA performance. The organization reserves free places for athletes who took first place in the previous edition of TAU.

Offer valid until December 31, 2024. Discounts are reduced from week to week!

DISTANCE	MALE			FEMALE		
	ITRA (PI)			ITRA (PI)		
180K	700	750	800	550	600	650
110K	700	750	800	550	600	650
62K	700	750	800	550	600	650
35K	750	800	850	600	630	660
20K	750	800	850	600	630	660
13K	750	800	850	600	630	660
SPECIAL DISCOUNT	7%	13%	25%	7%	13%	25%

To benefit from the discount, send an email to ansibikers@gmail.com with your personal ITRA account link.



4.3. Number of Registrations Available

The number of participants in the TAU competitive races will be approximately 1800, in total of the 6 races, distributed as follows:

	TAUTE XL 180K	TAUTE 110K	TAUT 62K	TATL 35K	TATS 20K	TATJ 13K	TAC
Registration Limit	100	200	100	300	450	350	300

The organizing entity reserves the right to exceed the number of vacancies for each event, for the inclusion of guests of the organization and also for the official sponsors of the event.

The organizer also reserves the right to reduce the number of places for security reasons or for any other reason that may affect the proper functioning of the race.

4.4. Conditions for Changing the Registration/Exam

The participant may transfer his/her registration to another person. The registration transfer has an administrative cost of €5.00. The deadline to download the application is 24 February 2025.

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

If the change is for a test with a higher registration fee, the differential will be paid, in the amounts referred to in point **(4.9.)**, plus the administrative fee of €5.00.

If it is for a race with a lower registration fee, there will be no refund of the differential; however you will always have to pay the administrative fee €5.00.

4.5. Cancellation of Registration

The participant may at any time request the cancellation of their registration; however, there will be no refund of the amount paid. By canceling the registration, the participant is no longer entitled to the participation kit.

Defer registration for future editions, unless proposed to the organization as a way to minimize the impact of a cancellation, however you will always have to pay the administrative fee of €5.00.

4.6. Cancellation of the Race

At any time the event organizer may have to cancel or suspend the event, due to bad weather or unsafe conditions, landslide, fire, earthquake, natural disaster, water shortage, power outage, closure of local parks, roads or parts of the route, protests or blockade along the route, riot, strikes, outbreak or escalation of disease, epidemics or pandemics, imposition of quarantine or travel ban, acts or threats of terrorism, lockdowns or disorder, other industrial action, civil commotion and any legislation, regulation, decision or omission (including failure to grant any necessary permission) of any government, court, competent national authority or Administrative Body.

If the cancellation of the race occurs, the organization will not refund any amount.



4.7. Material and services included with registration

- Personalized bib with integrated chip.
- Official event t-shirt (optional).
- Finisher prize only in the qualifying distances and for those who complete the race.
- Post-race meal (Sandwich + drink), located in the finish line.
- Post-race shower.
- Post-race massage.
- Filling of solids and liquids, while in competition, at the indicated stations.
- Medical assistance, on departure, at feed stations and on arrival.
- Transportation to the arrival from a feed station, in case of abandonment or being prevented by the organization from continuing in the race.
- Personal accident and liability insurance.
- Acomodation option, upon prior request to the organization.
- Animation, various artists during the days of the event.
- Other offers from partners of the event, which the organization will raise. In the case of athletes who register, or validate their registration, after the end of the fifth phase, the organization, despite making every effort to do so, cannot guarantee the personalized dorsal number or the event's t-shirt (optional).

4.8. Sports insurance

The organization contracts the mandatory insurance for this type of race, and its premium is included in the registration fee. The payment of the insurance deductible, in the event of an accident, is the sole responsibility of the athletes.

The organization will not assume expenses of claims, of which it was not aware in time to activate the insurance (24 hours after the end of the race).

4.9. Registration fees and phases

PHASES	PERÍODS	TAUTE XL 180K	TAUTE 110K	TAUT 62K	TATL 35K	TATS 20K	TATJ 13K	TAC 12K
1 ST PHASE	22JUN24 TO 30JUN24	49€	39€	25€	16€	13€	12€	9€
2 ND PHASE	01JUL24 TO 30SET24	64€	48€	31€	18€	14€	13€	10€
3 RD PHASE	01OUT24 TO 30NOV24	79€	68€	37€	20€	16€	14€	12€
4 TH PHASE	01DEZ24 TO 31DEZ24	94€	78€	43€	22€	18€	15€	13€
5 TH PHASE	01JAN25 TO 31JAN25	108€	88€	49€	28€	22€	17€	14€
6 TH PHASE	01FEV25 TO 03MAR25	138€	108€	59€	30€	23€	18€	15€

- At the time of registration, the athlete unconditionally accepts this regulation.
- Registration is valid after payment.
- Failure to indicate ITRA membership number or the indication of a wrong number, the organization is not responsible for this omission.



4.10. Participant Commitment

By signing up for TAUT – Terras do Ancião Ultra Trail I agree to the following:

- I declare that I have read, understood and will respect this regulation;
- I understand and approve the conditions of participation that are set out in the regulations;
- I agree to scrupulously respect and promote ethics;
- I declare to be aware of the medical contraindications that this event 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 have read and understood that, in the event of a false declaration of the requirements required in the TAUT races, the organization reserves the right to cancel my registration without being entitled to any refund;
- After being registered, at no time will I contest the regulation.

4.11. Race secretariat / times and locations

The organization's secretariat will be located at the headquarters of ANSIBIKERS, during the opening hours established in point (3.8.).

To pick up the dorsal, participants must present the identification document (CC or Passport) used in the registration process.

In the event that the participant cannot participate in the event and has not canceled the registration, he/she may authorize a third party to pick up the participation kit.

5. Categories and Awards

The awards ceremony will take place on Saturday, March 8th starting at 6:30 pm for the races at the finish line, in the center of Vila de Ansião.

5.1. Definition of age categories

The categories will be defined automatically according to the data provided by the participants at the time of registration, and with reference to the age that the athlete will be on September 30, 2025.

Without prejudice to the provisions of point (2.).

CATEGORIES		AGE	ULTRA TRAIL ENDURANCE XL	ULTRA TRAIL ENDURANCE	ULTRA TRAIL	TRAIL	TRAIL SPRINT	TRAIL YOUNG
Male	Female							
SUB 18 M	SUB 18 F	16 A 17 YEARS						✓
SUB 20 M	SUB 20 F	18 A 19 YEARS					✓	✓
M SUB23	F SUB23	20 A 22 YEARS	✓	✓	✓	✓	✓	✓
M SEN	F SEN	23 A 34 YEARS	✓	✓	✓	✓	✓	✓
M35	F35	35 A 39 YEARS	✓	✓	✓	✓	✓	✓
M40	F40	40 A 44 YEARS	✓	✓	✓	✓	✓	✓
M45	F45	45 A 49 YEARS	✓	✓	✓	✓	✓	✓
M50	F50	50 A 54 YEARS	✓	✓	✓	✓	✓	✓
M55	F55	55 A 59 YEARS	✓	✓	✓	✓	✓	✓
M60	F60	60 A 64 YEARS	✓	✓	✓	✓	✓	✓
M65	F65	65 A 70 YEARS	✓	✓	✓	✓	✓	✓
M70	F70	More than 70 years	✓	✓	✓	✓	✓	✓



5.2. Individual, collective classification

- The different 6 races will be won by the competitors who add the shortest time at the end of them, also considering the appropriate penalties, if any.;
- For the 6 races, only the participants who prove their passage through all the checkpoints and cross the finish line in the stipulated time, will be classified;
- To obtain collective classification, teams must be formed by at least 5 elements. It will be made based on the five best classifications of the respective athletes. To determine the collective results, it is important that the name of the team is uniform among all the participants of that same team!
- The presence of the winners at the award ceremony is mandatory;
- For each race there will be an individual female and male classification overall, by class and collective.

5.3. Team Trophy 2025 (Prize Money)

In the sum of the times, the team that has the least time is the first classified and so on, for the 2nd, 3rd, 4th and 5th place, the teams can be registered in the two TROPHIES (TRAIL AND ULTRA)

TRAIL TEAM TROPHY - Required Condition:

- The team must have elements registered in the following distances: **TATL-35K**, **TATS-20K** and **TATJ-13K**
- The classification is made with the sum of the three times of the first athlete of the team in each distance (TATL-35K, TATS-20K and TATJ-13K) when he passes the finish line.

ULTRA TEAM TROPHY - Required Condition:

- The team must have elements registered in the following distances: **TAUTE XL-180K**, **TAUTE-110K** and **TAUT-62K**.
- The classification is made with the sum of the three times of the first athlete of the team in each distance (TAUTE XL, TAUTE-110K e TAUT-62K) when he passes the finish line.

Regardless of whether they are in the CN.

PRIZE MONEY	1st Place	2nd Place	3rd Place	4th Place	5th Place
TOFÉU EQUIPA ULTRA	400€	300€	200€	150€	100€
TROFÉU EQUIPA TRAIL	200€	150€	100€	75€	50€

5.4. ANGEL CHALLENGE “Subida Do Anjo”

All athletes from the TAUTE XL, TAUTE, TAUT, TATL and TATS who complete the race without being disqualified or penalized are candidates for the Angel Trophy.

The winner is the one who runs the 590mts of the “Subida Do Anjo” in the shortest time, Male and Female: - TAUTE XL; - TAUTE; - TAUT; - TATL and - TATS.

5.5. Classification Grid

CATEGORY	MALE	FEMALE
General Individual	Trophy for the top 3	Trophy for the top 3
All individual classes	Medal for the top 3	Medal for the top 3
Team Overall	Trophy for the top 3	
Angel Challenge <i>a) All except for Mini Trail (TATJ)</i>	Trophy to the first a)	Trophy to the first a)
Team Trophy 2025 <i>b) Registered in the 4 distances</i>	Prize Money to the top 5 b)	



5.6. Deadline for classifying complaints

Any complaint must be placed in writing and sent to the race director, accompanied by a deposit of €50.00 (non-refundable if the claim is rejected). The complaint must include the name of the complainant, n.º BI/CC or passport, name of affected participant(s), number of the harness and alleged reasons.

The classifications may be subject to change, provided that the infringements provided for in this regulation are proven.

6. Personal data

The data of the participants indicated in the registration form will be registered by the organizer for the purpose of processing the event, namely, insurance company, and list of entries, news, and classification and to send information regarding the event, including subsequent editions.

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

In the event that the participant is a member of ATRP - Trail Running Association of Portugal, ITRA - International Trail Running Association, as well as UTMB Index, and at the time of registration, it presupposes the authorization for their data to be transmitted for the purposes of preparing the classification, statistics and evaluation of the event.

7. Image rights

The organization of the event, its sponsors and the entities that collaborate in the organization of this sporting event reserve the rights to freely use in all countries and in all forms, the participation of the competitors, as well as the results obtained by them.

The race may be recorded on video and/or photographed by the organization of the event and/or by elements of the media for later dissemination or publicity.

The acceptance of this regulation implies, mandatorily, that the participant authorizes the use of his/her image for the dissemination of the event in all its forms of communication (radio, written press, video, photography, posters, media, etc.) and that these can be used in a timeless way in any advertising action, with the sole purpose of promoting and publicizing the event.

It also assigns all rights to its commercial and advertising exploitation that it deems appropriate to execute, without the right of the athlete to receive any economic compensation.

8. Final Provisions

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

These rules may be edited, changed or improved at any time by the organizer, without prior notice until the day of the event. Each time this regulation is update, will be indicated in the footer, in the field reserved for the version of the document and its date of update.

The organization decides on all matters related to the event and that have not been subject to regulation or misinterpretations of this regulation. The organization's decisions will not be subject to appeal.

Ansião, June 10, 2024

The organization:

ANSIBIKERS - Associação de Praticantes de BTT



9. Updates

VERSION	DATE	SUBJECT
01	23/07/2024	Update paragraph 4.2. (ITRA(PI) Extended to more athletes and removed the 75% column)
02	11/10/2024	Update paragraph 4.2. Validity of the Performance Index (PI)ITRA discounts offer until December 31, 2024
03	22/10/2024	Update paragraph 4.2. Performance Index (PI)ITRA discount countdown until December 31, 2024
04	28/10/2024	Update paragraph 4.2. Performance Index (PI)ITRA discount countdown until December 31, 2024
05	04/11/2024	Update paragraph 4.2. Performance Index (PI)ITRA discount countdown until December 31, 2024
06	11/11/2024	Update paragraph 4.2. Performance Index (PI)ITRA discount countdown until December 31, 2024. Update of age groups.
07	18/11/2024	Update paragraph 4.2. Performance Index (PI)ITRA discount countdown until December 31, 2024.
08	25/11/2024	Update paragraph 4.2. Performance Index (PI)ITRA discount countdown until December 31, 2024.
09	02/12/2024	Update paragraph 4.2. Performance Index (PI)ITRA discount countdown until December 31, 2024.
10	09/12/2024	Update paragraph 4.2. Performance Index (PI)ITRA discount countdown until December 31, 2024. Increase in the number of spaces for races 4.3. Update of the ATRP Categorization and insertion of the Ultra Trail Endurance and XL National Championship Program / timetable Team Trophy, the Trail Team Trophy and Ultra Team Trophy have been added
11	16/12/2024	Update paragraph 4.2. Performance Index (PI)ITRA discount countdown until December 31, 2024.
12	23/12/2024	Update paragraph 4.2. Performance Index (PI)ITRA discount countdown until December 31, 2024.
13	05/02/2025	Update paragraph 3.12. Support and Control Posts / Life Bases

Term of Responsibility

(For Adults)

_____, (name), born in
____/____/____, holder of identification document (Citizen Card, Passport, other) nº _____
issued in ____/____/____ by _____, valid until ____/____/____, resident in (address)

postal code _____, for the appropriate purposes and

Under Your Sole Responsibility, You Declare:

1. Not have any medical contraindications to the practice of physical activities to be carried out by participating in the race marked below (mark with an x):

☐ **TAUTE XL - Terras Do Ancião Ultra Trail Endurance XL** in 7th and 8th of March 2025

☐ **TAUTE - Terras Do Ancião Ultra Trail Endurance** in 7th and 8th of March 2025

☐ **TAUT - Terras Do Ancião Ultra Trail** in 8th of March 2025

2. It is your sole responsibility to ensure that you are physically fit before registering to carry out this activity in accordance with the provisions of Law nº5/2007, of January 16th (Basic Law for Physical Activity and Sports), nº 2 of article 40;

3. That with this declaration and of his/her free and express will, he/she waives the need to present a Medical Certificate proving his/her physical fitness;

4. That you have become aware that TAUT - Terras do Ancião Ultra Trail advises the presentation of the Medical Certificate and the subject to examination before starting any physical activity;

5. You are fully aware of the regulations and information published by TAUT - Terras do Ancião Ultra Trail and that your participation is your sole and exclusive responsibility, and cannot demand any criminal or civil liability from the organization for any physical, moral or material damages that occur during the activity, in which you are directly or indirectly involved, that exceed the insurance coverage of the activity.

Signing this disclaimer means that its contents have been read, understood and fully accepted.

Ansião, March 7, 2025

(Signature as personal Identification Card)

**This Term of Responsibility must be given to the Organization when you lift the dorsal.
The dorsal number will not be given unless this document is completed in full.**