



SEVER
DO VOUGA
município

55KM
TRAIL ULTRA

35KM
TRAIL LONGO

20KM
TRAIL CURTO

12KM
MINI TRAIL

KIDS
VOUGA

VOUGA TRAIL

10.11.12 JAN

UM DESAFIO PINTADO DE VERDE

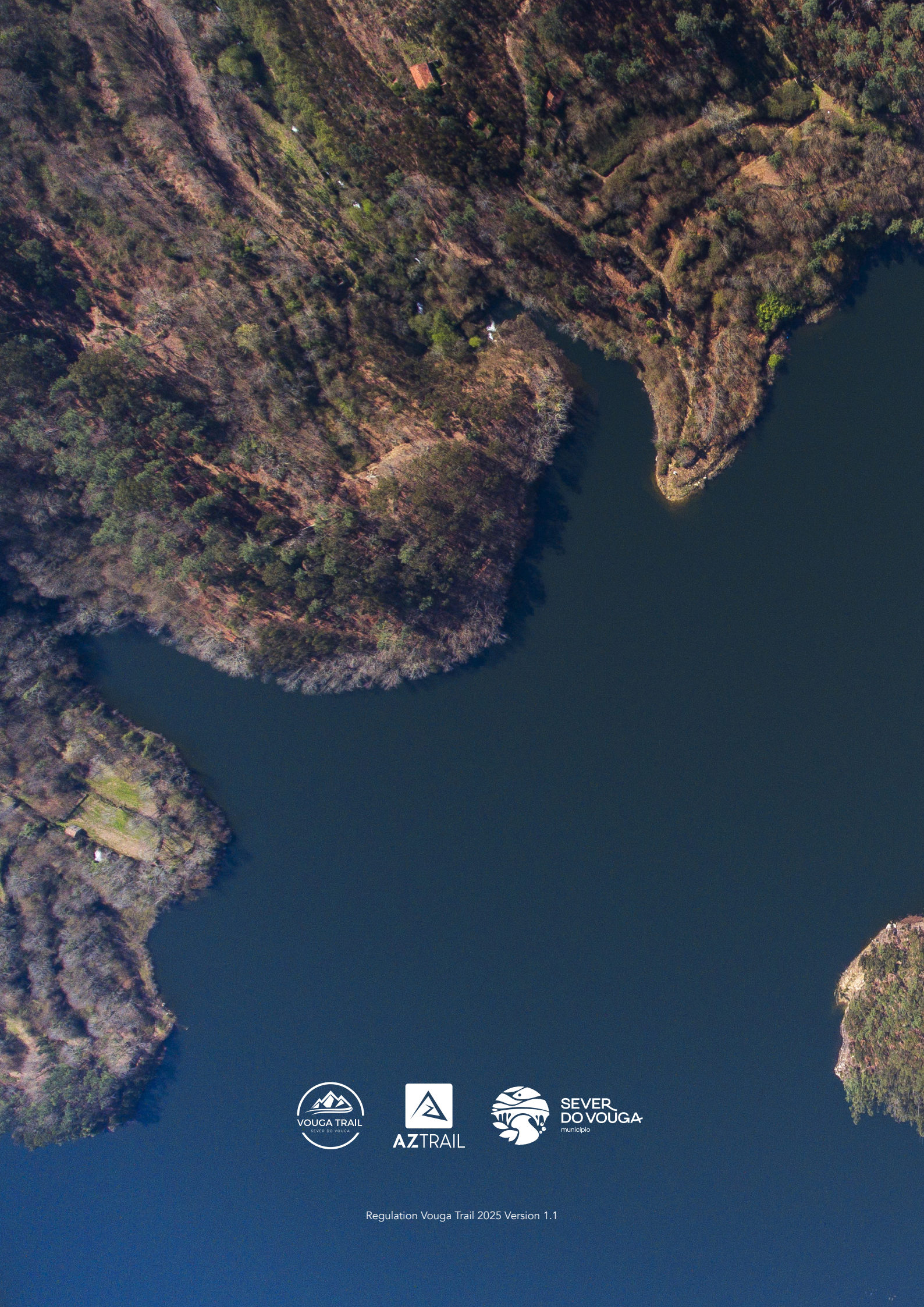


2025 REGULATIONS



AZTRAIL







INDEX

1. PARTICIPATION CONDITIONS

1.1 AGE PARTICIPATION IN THE DIFFERENT RACES	8
1.2 REGULARIZED REGISTRATION	8
1.3 PHYSICAL CONDITIONS	8
1.4 DEFINITION OF POSSIBILITY OF EXTERNAL HELP	8
1.5 BIB PLACEMENT	8
1.6 RULES OF SPORTS CONDUCT	8

2. RACE

2.1 RACE PRESENTATION / ORGANIZATION	9
2.2 PROGRAM / SCHEDULE	9
2.3 DISTANCE / ALTIMETRY	11
2.4 MAP / ALTIMETRIC PROFILE	11
2.5 TIME LIMIT	14
2.6 TIMING SYSTEM	14
2.7 CHECKPOINTS	14
2.8 AID STATIONS	14
2.9 MANDATORY MATERIAL / MATERIAL CHECKS	16
2.9.1 MATERIAL VERIFICATION	16
2.10 INFORMATION ON PASSING POINTS WITH ROAD TRAFFIC	16
2.11 PENALTIES / DISQUALIFICATIONS	
2.12 ATHLETE / PARTICIPANT RESPONSIBILITIES	17
2.13 SPORT INSURANCE	17
	17

3. REGISTRATIONS

3.1 REGISTRATION PROCESS (SITE, WEB PAGE)	
3.2 ELITE ATHLETES	18
3.3 FEES, REGISTRATION PERIOD AND RACE INFORMATION	18
	18
3.4 REFUND OF REGISTRATION FEE	

3.5 RACE OFFICE / TIMES AND LOCATIONS	20
3.6 NON-TRANSFERABILITY OF REGISTRATION	20
3.7 REGISTRATION LIMITS	20
	21
4. CATEGORIES AND PRIZES	
4.1 DATE, PLACE AND TIME AWARDS CEREMONY	
4.2 DEFINITION OF AGE/SEX CATEGORIES FOR INDIVIDUALS AND TEAMS	22
4.3 AWARDS	22
4.4 DEADLINES FOR COMPLAINTS ABOUT RATINGS	24
	24
5. GENERAL INFORMATION	
5.1 HOW TO ARRIVE	25
5.2 WHERE TO STAY	25
5.3 PLACES TO VISIT	25
6. OTHER INFORMATIONS	
6.1 MARKING AND CONTROLS	26
6.2 ANTI-DOPING CONTROL	26
6.3 ENVIRONMENTAL RESPONSIBILITY	26
6.4 IMAGE RIGHTS	26
6.5 DATA PROTECTION	26
6.6 SUPPORT AND EMERGENCY	26
6.7 SUSPENSION AND / OR CANCELLATION OF THE RACE	27
6.8 OMITTED CASES	27
6.9 OTHER POINTS	27
7. VOUGA KIDS	
7.1 TERM OF RESPONSIBILITY	28
INSURANCE POLICY CONDITIONS	29



IMPORTANT INFO

- * By registering, you agree in full to these regulations.
- * You need to be in the right physical condition for the characteristics of this extremely tough race, which combines mileage, duration, mountainous terrain, steep gradients, exposure to unfavorable weather conditions, etc.
- * Vouga Trail stands for ethics and essential values: solidarity and respect for and towards the organization, the runners, volunteers, sponsors, partners, athletes' families and the public, allied to healthy sporting practice.
- * It is essential to drink at every aid stations and to eat regularly.
- * Registration is personal and non-transferable and is accepted on a first-come, first-served basis.
- * The veracity of the data provided is the responsibility of the participant, including for insurance purposes.
- * In case that participant is unable to take part and/or the weather conditions do not allow the event to take place or even it is cancelled, the organization is not obliged to return the registration fees or refund the participant.
- * Changes to the data provided by participants after **January 3, 2025** will not be accepted.
- * Given the imperative need to preserve a natural heritage of enormous wealth, we want you to enjoy it in full communion with nature, respecting and protecting it. For this very reason, we would like to inform you that liquid refreshments will not be supplied in bottles or plastic cups. Each athlete is responsible for bringing with them the container(s) they deem most suitable for their hydration (preferably also for hot drinks).
- * The organization reserves the right to accept last-minute registrations.
- * This regulation is subject to change.

1. PARTICIPATION CONDITIONS

1.1 AGE PARTICIPATION IN THE DIFFERENT RACES

The competitive races in the Vouga Trail event are only for athletes aged 18 or over, with the exception of Vouga Trail Mini for athletes aged 16 or over, Vouga Trail Walk for athletes aged 14 or over and Vouga Kids for athletes aged 4 or over, with parental permission, by completing and signing the attached liability form - REQUIRED CONDITION. The disclaimer must be sent to the organization's email address or handed in when picking up the bib. The email address to be used is: geral@vougatrail.pt.

1.2 REGULARIZED REGISTRATION

In order to take part in the race, the athlete must have previously registered by the established deadlines and accept all the rules set out in these regulations.

1.3 PHYSICAL CONDITIONS

To take part, it is essential to:

- Be aware of the specific distances and difficulties of trail running and their unevenness, as well as being adequately prepared physically and mentally;
- Having acquired, before the event, a capacity for mountain autonomy that allows them to manage the problems that arise in this type of race, namely;
- Being able to cope without outside help with adverse environmental and weather conditions (wind, heat, cold, fog and rain);
- Being able to manage physical or mental problems resulting from extreme fatigue, digestive problems, muscle and joint pain, minor injuries, etc.

1.4 DEFINING THE POSSIBILITY OF EXTERNAL HELP

Support for athletes from outside the organization is only permitted at the aid stations. The athlete, in accordance with point 1.3, must be aware of their needs during the race, as well as their ability to solve problems in the event of unexpected situations.

1.5 BIB PLACEMENT

The bib is personal and non-transferable. The athlete's bib must be in a place that is easily visible to the organizers and other entities that support and/or collaborate with the race. In the event of withdrawal, the athlete must hand in the bib to the organizers at the race office, thereby communicating their withdrawal. Afterwards, the bib can be collected as a souvenir from the race director's office at the event venue.

1.6 RULES OF SPORTS CONDUCT

Inappropriate behavior, such as using offensive language, verbal or physical aggression or leaving litter on the tracks, will not be tolerated and will lead to disqualification.

2. RACE

2.1 RACE PRESENTATION / ORGANIZATION

On January 10, 11 and 12, 2025, the AZtrail Association, in partnership with the Municipality of Sever do Vouga, will organize the **sixth edition** of Vouga Trail, divided into the Vouga Trail Ultra, Vouga Trail Long, Vouga Trail Short, Vouga Trail Mini, Vouga Walk and Vouga Kids events.

Starting and finishing in the center of Sever do Vouga, at Pavilhão Gimnodesportivo de Sever do Vouga (EN 328), Av. Comendador Augusto Martins Pereira, 3740 Sever do Vouga, it will be a circular race with distances of 55 km, 35 km, 20 km, 12 km and a 12 km walk. In the Vouga Kids event, the distances will be adjusted to the age groups of the participants, with a minimum length of 500mts and a maximum length of 2000mts.

On January 11, the Vouga Trail Ultra and Vouga Kids will take place.

On January 12, the Vouga Trail Long, Vouga Trail Short, Vouga Trail Mini and Vouga Walk will take place.

Participants in the Vouga Trail will have the opportunity to run in the natural heritage area of the municipality of Sever de Vouga, along inhospitable, verdant trails, levadas, the banks of the River Vouga and Mirador do Castelo, located between the Serra da Freita, Arestal and Ladário massifs.

At the same time as the trail races, there will be a medium-difficulty, non-competitive walk. On the first day of the competitive events there will be a social event, Vouga Kids. At the end of the races, all participants will be entitled to a swim. **Locations to be informed in the athlete's guide.**

2.2 PROGRAM / TIMETABLE - PROVISIONAL

JANUARY 10TH (FRIDAY)

5pm Opening Expo Vouga Trail

5:30pm - 8pm Functioning of the race office

7pm Opening Ceremony

JANUARY 11TH (SATURDAY)

- 6am - 7:30am; 5pm - 8pm** Functioning of the race office
- 7am** Mandatory material check for Vouga Trail Ultra
- 7:30am** Race Start Vouga Trail Ultra
- 10am** Race Start Vouga Kids
- 10:05am** Race Start Mini Benjamins
- 10:15am** Race Start Benjamins A
- 10:30am** Race Start Benjamins B
- 10:45am** Race Start Infantis
- 11am** Race Start Iniciados
- 11:30am** Final ceremony / Vouga Kids awards ceremony
- 12pm** Expected arrival of the 1st runner in the Vouga Trail Ultra
- 4:30pm** Final ceremony / Vouga Trail Ultra awards ceremony
- 8pm** Finish line closing

JANUARY 12TH (SUNDAY)

- 6:30am-9am** Functioning of the race office
- 7:30am** Mandatory material check Vouga Trail Longo
- 8am** Race Start Vouga Trail Longo
- 8:30am** Mandatory material check for Vouga Trail Curto
- 9am** Race Start Vouga Trail Curto
- 9:10am** Mandatory material check Vouga Trail Mini
- 9:30am** Race Start Vouga Trail Mini
- 9:45am** Race Start Vouga Trail Walk
- 10:30am** Expected arrival of the 1st runner in the Vouga Trail Mini
- 10:50am** Expected arrival of the 1st runner in the Vouga Trail Curto
- 11:45am** Expected arrival of the 1st runner in the Vouga Trail Longo
- 2:30pm** Final ceremony
- 4pm** End of the event

Access to the departure area will be restricted.

2.3 DISTANCE/ALTIMETRY

Vouga Trail Ultra (VTU) 55 km, gradient: d+2800 mts

Vouga Trail Long (VTL) 35 km, gradient: d+2000 mts

Vouga Trail Short (VTC) 20 km, gradient: d+700 mts

Vouga Trail Walk 12 km, gradient: d+ 400 mts

Vouga Kids 500 mts to 2000 mts: d+100 mts (maximum)

- **Mini Benjamins** 400 mts
- **Benjamins A** 500 mts
- **Benjamins B** 1000 mts
- **Infantis** 1500 mts
- **Iniciados** 2000 mts

2.4 MAP / ALTIMETRIC PROFILE

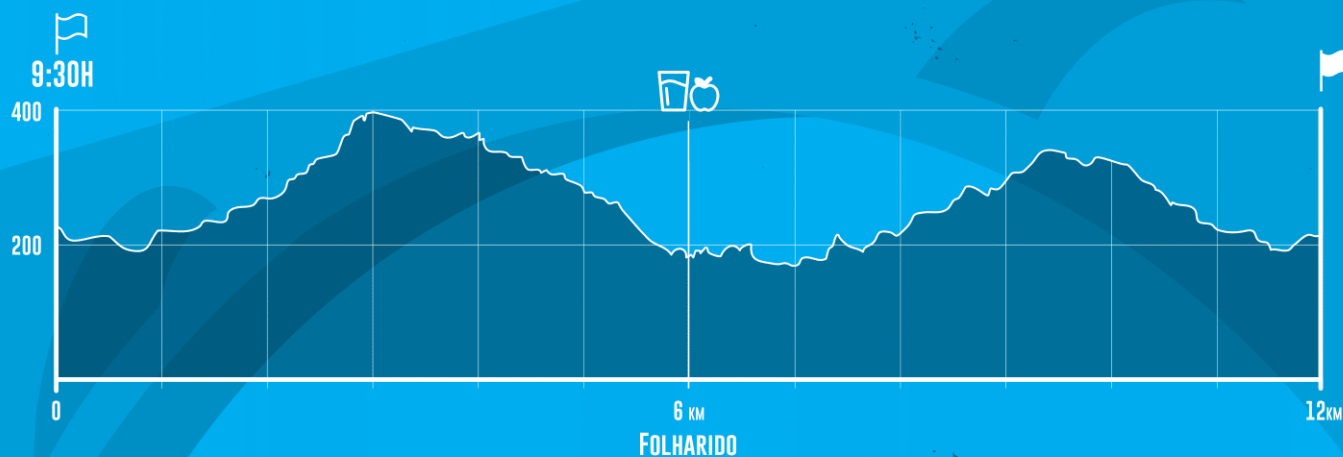
Next page.

VOUGA TRAIL *MINI*

12/01/2025

12KM

510 D+



BARREIRA HORÁRIA



ABASTECIMENTOS



GPX



SEVER
DO VOUGA
município



UTMB INDEX

20KM M

ITR 0

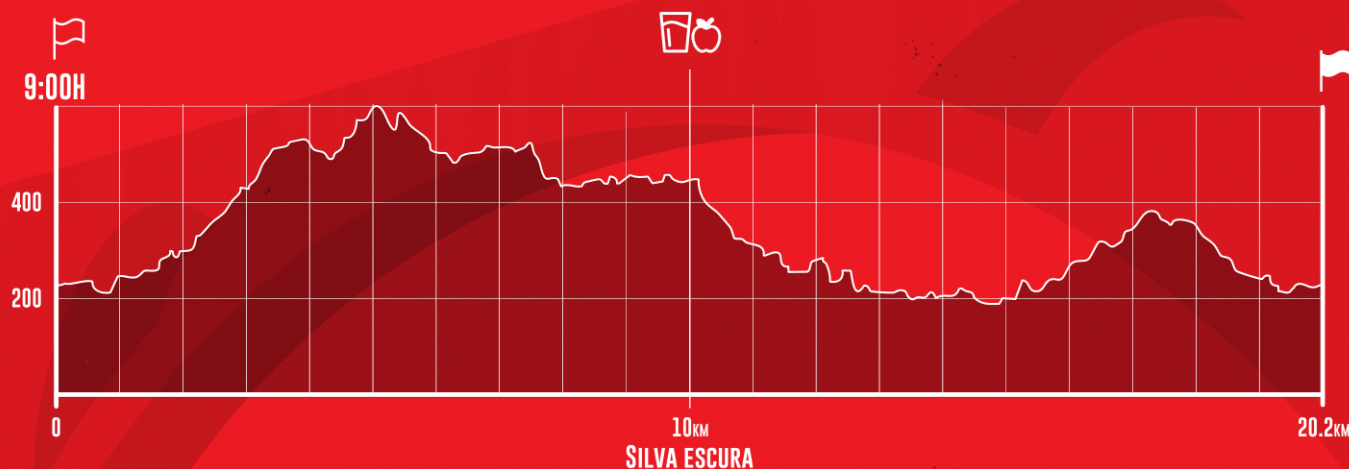


VOUGA TRAIL *CURTO*

12/01/2025

20KM

922 D+



BARREIRA HORÁRIA



ABASTECIMENTOS



GPX



SEVER
DO VOUGA
município



UTMB INDEX

20KM M

ITR 0

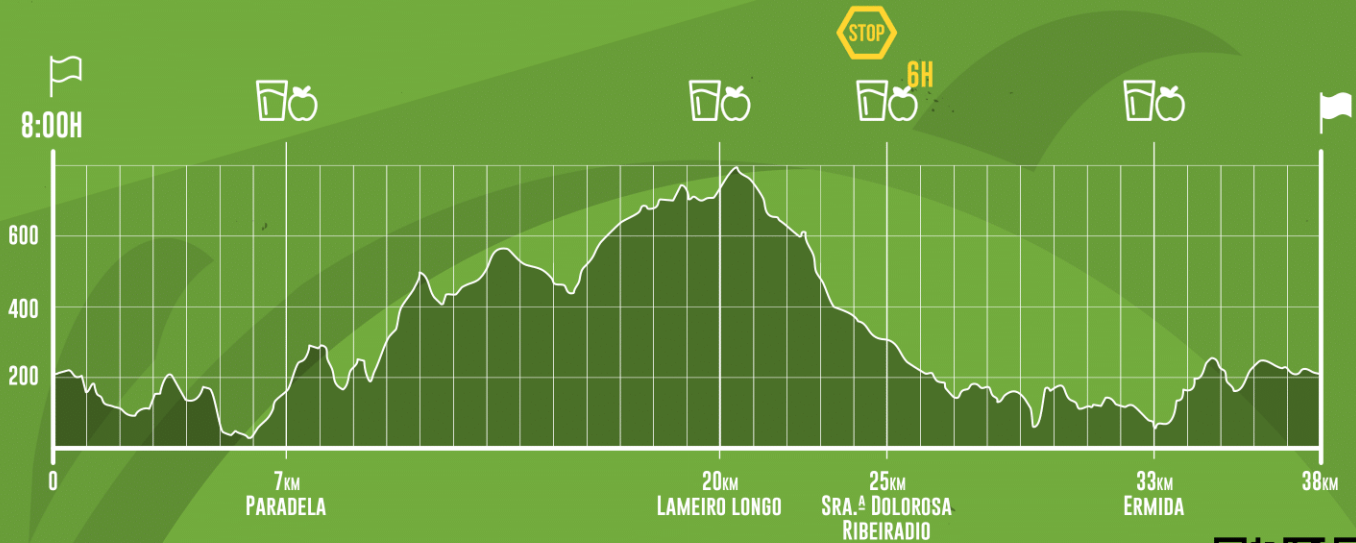


VOUGA TRAIL *LONGO*

12/01/2025

35KM

2151 D+



BARREIRA HORÁRIA

ABASTECIMENTOS



GPX



SEVER
DO VOUGA
município



UTMB INDEX

20K M

ITR 0

4

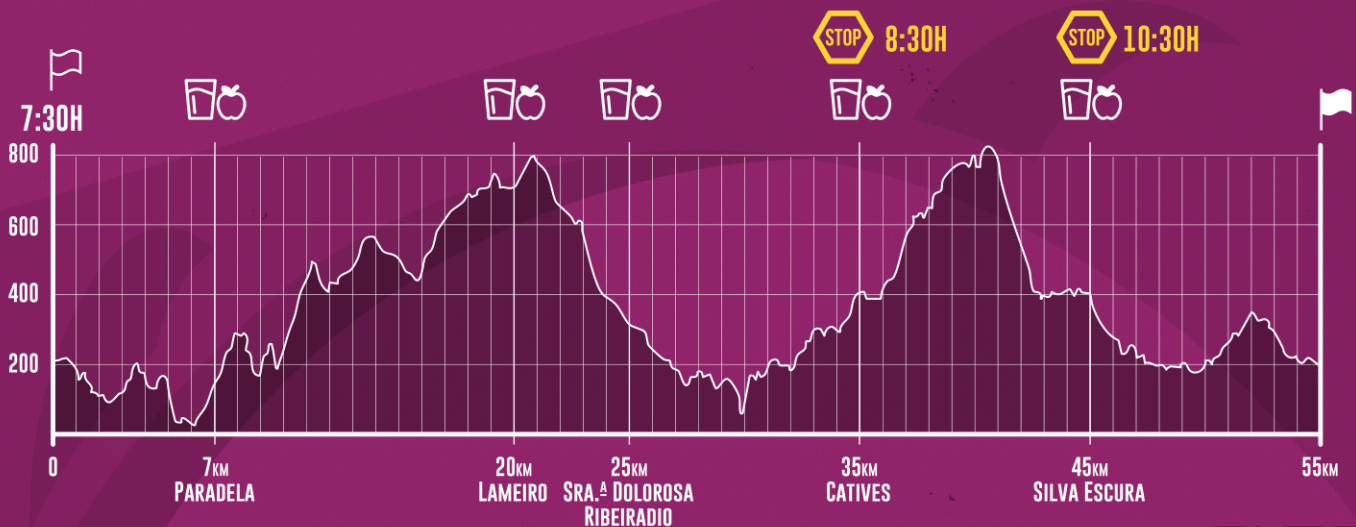


VOUGA TRAIL *ULTRA*

11/01/2025

55KM

3050 D+



BARREIRA HORÁRIA

ABASTECIMENTOS



GPX



SEVER
DO VOUGA
município



UTMB INDEX

20K M

ITR 0

4



2.5 LIMIT TIME

Any participant in any of the events who withdraws must notify the organization of their withdrawal, informing them of their bib number.

The time limit for completing the Vouga Trail Ultra event will be 12.30 hours.

The finishing time for the Vouga Trail Long and Vouga Trail events will be 8 hours.

The time limit for completing the Vouga Trail Short and Vouga Trail Mini events will be 7 and 6 hours respectively.

There will be time barriers, in locations to be defined by the organization, with a view to the safety of participants in the event. The time barriers can be consulted on the altimetry maps.

Vouga Trail Ultra

1º Time Barrier - 8:30am race, 4pm on January 11, in Catives km 352º Time Barrier - 10:30am race, 6pm on January 11, in Silva Escura km 45

Vouga Trail Longo

Barreira Horária - 6am race, 2pm on January 12, in Ribeiradio, Sr.ª Dolorosa, km25

2.6 TIMING SYSTEM

Control is carried out using a chip that the athlete must validate at each of the checkpoints. Failure to hand in and/or loss of a chip to the organization is the sole responsibility of the participant. Participants will be responsible for all costs associated with replacing them.

2.7 CHECKPOINTS

The intermediate controls will be at a place to be defined by the organization.

2.8 AID STATIONS

Vouga Trail Ultra

- PA 1 - Paradela (solid/net) 7 km
- PA 2 - Lameiro Longo (solid/liquid) 20 km
- PA 3 - Sra.ª Dolorosa Ribeiradio (solid/liquid) 25 km
- PA 4 - Catives (solids/liquids) (Time Barrier) 35km
- PA 5 - Silva Escura (solids/liquids) (Time Barrier) 45 km
- Food reinforcement 55 km (finish line)

Vouga Trail Long

- PA 1 - Paradela (solids/liquids) 7 km
- PA 2 - Lameiro Longo (solids/liquids) 20 km

PA 3 - Sra.^a Dolorosa Ribeiradio (solids/liquids) 25 km

PA 4 - Ermida (solids/liquids) 33 km

Food reinforcement 38 km (finish line)

Vouga Trail Short

PA 1 - Silva Escura (solids/liquids) 10 km

Food reinforcement 20 km (finish line)

Vouga Trail Mini

PA 1 Folharido (solids/liquids) 6 km

Food reinforcement 12 km (finish line)

Vouga Trail Walk

PA 1 Folharido (solids/liquids) 6 km

Food reinforcement 12 km (finish line)

Vouga Kids

Final food reinforcement

NOTE: LOCATIONS/DISTANCES MAY BE REDEFINED.

We would also like to inform you that liquid refreshments will not be provided in bottles or cups, so each athlete is responsible for taking with them the container(s) they deem most suitable for their hydration (preferably also for hot drinks). Only staff members will touch the containers with the food and drinks provided. Athletes should not touch the containers and only indicate what they want.

2.9 MANDATORY MATERIAL / MATERIAL CHECKS

MANDATORY MATERIAL	TRAIL ULTRA	TRAIL LONG	TRAIL SHORT	TRAIL MINI AND WALK
Water tank	Mandatory	Mandatory	Mandatory	Mandatory
Working phone (with enough battery)	Mandatory	Mandatory	Mandatory	Mandatory
Thermal blanket	Mandatory	Mandatory	Mandatory	Mandatory
Whistle	Mandatory	Mandatory	Mandatory	Mandatory
Windproof or waterproof jacket	Mandatory	Mandatory	Mandatory	Mandatory
Headlamp	Mandatory	-	-	-
Cap or headgear	Recommended	Recommended	Recommended	Recommended

Please note: The organization does not offer cups/plates at the aid stations.

2.9.1 MATERIAL CHECK

There will be a material check at the zero control, at which the athlete will be subject to disqualification if they fail to comply with the mandatory material.

2.10 INFORMATION ON PASSING POINTS WITH ROAD TRAFFIC

The organization will have a security system along the entire route, however, given that it will be impossible to cut through traffic at some crossings, participants must comply with the traffic rules on public roads, and must also respect the surroundings of the route, being aware that the route may cross private property under penalty of having to assume potential damages and compensation resulting from their non-compliance.

2.11 PENALTIES / DISQUALIFICATIONS

The athlete is penalized:

60min for lack of compulsory material at the checkpoints.

The athlete is disqualified:

If they arrive at the intermediate checkpoint after the time set by the organization.

If they arrive at the finish line control after the closing time.

If they do not follow the stipulated route.

If you don't follow the instructions of the organizers.

Any unsportsmanlike conduct.

Any polluting behavior.

In future editions, the organization will prevent the registration of athletes and pedestrians who display bad conduct during the event.

2.12 RESPONSIBILITIES TOWARDS THE ATHLETE/PARTICIPANT

Registration for the race implies full acceptance of these regulations. Participants will be held responsible for all actions likely to cause material, moral or other damage to themselves and/or third parties. The organization declines all responsibility in the event of an accident, negligence or theft of objects and/or valuables from each participant. The organization, as well as any of those involved in organizing the race, are exempt from any liability resulting from the acts described above.

2.13 SPORTS INSURANCE

The organization contracts the insurance required by law for this type of race. The insurance premium is included in the entry fee.

The athletes are solely responsible for paying the insurance excess in the event of an accident.

Any accident or incident that occurs during the course of the race is the responsibility of the participants, in everything that exceeds the risk covered by the insurance.

The organization will not bear the costs of accidents of which it was not aware in time to activate the insurance. To activate the insurance, and in the event that it is not activated during the race, the athlete and/or the organization should use the email: geral@vougatrail.pt.

See the specific insurance conditions on page 29.

3. REGISTRATIONS

3.1 REGISTRATION PROCESS (SITE, WEB PAGE)

Entries will be made via the Stop and Go platform in accordance with the rules issued there.

Registration is a condition of the athlete's acceptance of these participation rules. The bib will be picked up individually and identification will be required.

3.2 ELITE ATHLETES

The organization reserves free places for elite athletes. The criteria for distinguishing a runner from an elite runner is their ITRA or UTMB performance index (Male ≥ 800 / Female ≥ 650), or having been a winner in one of the previous editions of the Vouga Trail. Any request to obtain an elite athlete registration must be submitted by email to geral@vougatrail.pt.

THE REQUEST MUST ALWAYS BE MADE BEFORE THE ATHLETE'S REGISTRATION IS VALIDATED. REQUESTS MUST ALWAYS BE ANALYZED BY THE RACE DIRECTORS.

3.3 FEES, REGISTRATION PERIOD AND RACE INFORMATION

Online registration opens on September 11, 2024.

Vouga Trail Ultra (VTU)

55 km, gradient; d+2800 meters

Race with timing and classification system.

35 euros (1st stage - 11 Sep to 6 Nov)

45 euros (2nd stage - 07nov to 01jan)

The registration fee includes: Official Technical T-shirt; personal accident insurance, finisher's prize; supplies; showers; photographers; firefighters and medical support during the event, as well as any other offers that the organization may obtain. The organization may replace some of these offers with similar ones.

Vouga Trail Long (VTL)

38 km, gradient: d+2000 meters.

Race with timing and classification system.

30 euros (1st stage - 11 Sep to 6 Nov)

35 euros (2nd stage - 07nov to 01jan)

The registration fee includes: Official Technical T-shirt; personal accident insurance, prize finisher; supplies; showers; photographers; firefighters and medical support during the

	1st STAGE 11 sep to 6 nov	2nd STAGE 07 nov to 01jan
Trail-Ultra(VTU)	35€	45€
Trail Long(VTL)	30€	35€
Trail Short(VTC)	20€	25€
Trail Mini(VTM)	14€	19€
Walk	12€	
Vouga Kids	Free	

event, as well as any other offers that the organization may obtain. The organization may replace some of these offers with similar ones

Vouga Trail Short (VTC)

20 km, gradient: d+700 meters.

Race with timing and classification system.

20 euros (1st stage - 11 Sep to 6 Nov)

25 euros (2nd stage - 07nov to 01jan)

The registration fee includes: Official Technical T-shirt; personal accident insurance, finisher's prize; supplies; showers; photographers; firefighters and medical support during the event, as well as any other offers that the organization may obtain. The organization may replace some of these offers with similar ones.

Vouga Trail Mini (VTM)

12 km, gradient: d+ 400 meters.

Race with timing and classification system.

14 euros (1st stage - 11 Sep to 6 Nov)

19 euros (2nd stage - 07nov to 01jan)

The registration fee includes: Official Technical T-shirt; personal accident insurance, finisher's prize; supplies; showers; photographers; firefighters and medical support during the event, as well as any other offers that the organization may obtain. The organization may replace some of these offers with similar ones.

Vouga Walk

12 km, gradient: d+400 meters.

Race not timed.

12 euros

The registration fee includes: a bib, personal accident insurance, a T-shirt alluding to the race, supplies, showers, as well as any other offers that the organization may come up with. The organization may replace some of these offers with similar ones.

Vouga Kids

As Vouga Kids is a social event, registration is free but compulsory. In order to take part, children must have a signed declaration of responsibility from their guardian (parent or guardian), which will be made available by the organization - MANDATORY CONDITION

In order to promote and motivate young people to take part in sport, no timing or classification system will be used.

3.4 REFUND OF REGISTRATION FEE

The organization is not obliged to refund the registration fee of athletes who have already been confirmed and are unable to attend on the day of the event. If the athlete requests a change of registration to a race with a shorter distance, any difference will not be refunded.

3.5 RACE OFFICE/TIMES AND LOCATIONS

The race office will be open on the following days and at the following times:

January 10: 5:30pm to 8pm

January 11: 6am to 7:30am and 5pm to 8pm

January 12th: 6:30am to 9am

All athletes must be accompanied by an identification document and four pins.

As the Athlete's Kit contains one item of compulsory material for the race, the bib, it can only be picked up and handed to the athlete. There is no option to send the bib to an address.

3.6 NON-TRANSFERABILITY OF REGISTRATION

Registration for the Vouga Trail does not allow the registration to be transferred, making it irregular and consequently invalid and not covered by insurance.

Any change of data or user of the registration/dorsal must be communicated to the organization, which will assess the feasibility of the possible change, and will then inform the participant of the decision taken.

The deadline for changing registration data is **January 3, 2025**.

3.7 REGISTRATION LIMITS

Entries for the Vouga Trail 2025 are limited according to the following allocation:

VougaTrail Ultra 300 participants

VougaTrail Long 350 participants

VougaTrail Curto 500 participantes

VougaTrail Mini 300 participantes

VougaTrail Caminhada 200 participantes

4. CATEGORIES AND PRIZES

4.1 DATE, PLACE AND TIME AWARDS CEREMONY

Date January 11th and 12th

Venue Pavilhão Gimnodesportivo de Sever do Vouga

Prize-giving 4:30pm (day 11) and 2:30pm (day 12)

4.2 DEFINITION OF AGE/SEX CATEGORIES FOR INDIVIDUALS AND TEAMS

The age categories will be defined automatically according to the data provided by the participants at the time of registration and with reference to the athlete's age on October 31 of the current competitive season.

There will be classifications by age group in the races:

Vouga Trail Ultra

General male and female

#M SUB23 and FSUB23 - 18 to 22 years old (made until October 31 in the reference season)

#MSEN and FSEN - 23 to 34 years old (made until October 31 in the reference season)

#M35 and F35 - 35 to 39 years old (made by October 31 at the time of reference)

#M40 and F40 - 40 to 44 years old (made until October 31 at the time of reference)

#M45 and F45 - 45 to 49 years old (made until October 31st in the reference season)

#M50 and F50 - 50 to 54 years old (made until October 31 at the time of reference)

#M55 and F55 - 55 to 59 years old (made until October 31 at the time of reference)

#M60 and F60 - 60 to 64 years old (made until October 31 at the time of reference)

#M65 and F65 - 65 to 70 years old (up to October 31 at the time of reference)

#M70 and F70 - over 70 (made by October 31 at the time of reference)

#General_Team (1st, 2nd and 3rd place)

Trophies will be awarded to the top 3 men and top 3 women.

Vouga Trail Long

General male and female

#M SUB23 and FSUB23 - 18 to 22 years old (made until October 31 in the reference season)

#MSEN and FSEN - 23 to 34 years old (made until October 31 in the reference season)

#M35 and F35 - 35 to 39 years old (made until October 31 at the time of reference)

#M40 and F40 - 40 to 44 years old (made until October 31 at the time of reference)

#M45 and F45 - 45 to 49 years old (made until October 31 at the time of reference)
 #M50 and F50 - 50 to 54 years old (made until October 31 in the reference season)
 #M55 and F55 - 55 to 59 years old (made until October 31st in the reference season)
 #M60 and F60 - 60 to 64 years old (made until October 31 at the time of reference)
 #M65 and F65 - 65 to 70 years old (made until October 31 at the time of reference)
 #M70 and F70 - over 70 (made by October 31 at the time of reference)

Vouga Trail Short

General male and female

#M JÚNIOR and F JÚNIOR - 18 to 19 years old (up to October 31 in the reference season)
 #M SUB23 and FSUB23 - 20 to 22 years old (made until October 31 in the reference season)
 #MSEN and FSEN - 23 to 34 years old (up to October 31 at the time of reference)
 #M35 and F35 - 35 to 39 years old (made until October 31 at the time of reference)
 #M40 and F40 - 40 to 44 years old (made until October 31 at the time of reference)
 #M45 and F45 - 45 to 49 years old (made until October 31st in the reference season)
 #M50 and F50 - 50 to 54 years old (made until October 31 at the time of reference)
 #M55 and F55 - 55 to 59 years old (made until October 31 at the time of reference)
 #M60 and F60 - 60 to 64 years old (made until October 31 at the time of reference)
 #M65 and F65 - 65 to 70 years old (up to October 31 at the time of reference)
 #M70 and F70 - over 70 (made by October 31 at the time of reference)
 #General_Team (1st, 2nd and 3rd place)

Trophies will be awarded to the top 3 men and top 3 women.

Vouga Trail Mini

General male and female

#M JUVENIL and F JUVENIL - 16 to 17 years old (up to October 31 in the reference season)
 #M JUNIOR and F JUNIOR - 18 to 19 years old (up to October 31 in the reference season)
 #M SUB23 and FSUB23 - 20 to 22 years old (up to October 31 in the reference season)
 #MSEN and FSEN - 23 to 34 years old (up to October 31 at the time of reference)
 #M35 and F35 - 35 to 39 years old (made until October 31 at the time of reference)
 #M40 and F40 - 40 to 44 years old (made until October 31 at the time of reference)
 #M45 and F45 - 45 to 49 years old (made until October 31st in the reference season)
 #M50 and F50 - 50 to 54 years old (made until October 31 at the time of reference)
 #M55 and F55 - 55 to 59 years old (made until October 31 at the time of reference)

- #M60 and F60 - 60 to 64 years old (made up to October 31 at the time of reference)
- #M65 and F65 - 65 to 70 years old (made until October 31st in the reference season)
- #M70 and F70 - over 70 years old (done by October 31 in the reference season)
- #General_Team (1st, 2nd and 3rd place)

Trophies will be awarded to the top 3 men and top 3 women.

Vouga Trail Walk

#There will be no trophies and/or rankings.

Vouga Kids

#Age categories will be automatically defined based on the data provided by participants at the time of registration.

#The classification by categories will be considered the age the athlete will be the day before the race:

- **Mini Benjamim** age 4 and 5;
- **Benjamin A** age 6 to 9;
- **Benjamin B** age 10 and 11;
- **Infantis** age 12 and 13;
- **Iniciados** age 14 and 15.

4.3 DEADLINES FOR COMPLAINING CLASSIFICATIONS

The Vouga Trail® event awards cash prizes to the best placed in the following events: VTU (Vouga Trail Ultra – 55km), VTL (Vouga Trail Long – 38km), VTC (Vouga Trail Short – 20km).

There will also be a cash prize for the “Downhill segment”, included in the VTU and VTL races, but athletes must finish the race in question. There will be an independent classification for each distance.

- **VTU** – 5200,00€
- **VTL** – 1450,00€
- **VTS** – 800,00
- **Downhill Segment** – 500,00€

Total Prize Money: 7.950,00€ ** Mandatory Issuance of Receipt:

	1°	2°	3°	4°	5°	
Trail-Ultra(VTU)	1000€	750€	500€	250€	100€	Male / Female
Trail Long(VTL)	300€	200€	100€	75€	50€	Male / Female
Trail Short(VTC)	150€	100€	75€	50€	25€	Male / Female
Downhill	125€ Ultra					Male / Female
Downhill	125€ Long					Male / Female

4.4 DEADLINES FOR COMPLAINING CLASSIFICATIONS

Any and all complaints must be made in writing and sent to the Race Director, accompanied by a deposit of €50 (non-refundable if the complaint is rejected) within 1 hour of the arrival of the participant in question.

The complaint must include the name of the complainant, ID/CC or Passport number, name of the affected participant(s), race number and reasons given.

The Jury will make its decision before the official results are posted.

5. GENERAL INFORMATION

5.1 HOW TO ARRIVE

Pack your bags and head to Sever do Vouga in the district of Aveiro, central region of the country, taking advantage of the road connections of the A1, A25, A17, A32 and IC2 and the proximity to the Northern railway line. A stone's throw from the cities of Aveiro and Viseu and an hour from Coimbra and Porto, it is between mountains and rivers that you will find a municipality favored by nature. Let yourself be conquered by the singularities and contrasts of this territory, gateway to the Ria de Aveiro and the Magic Mountains.

5.2 WHERE TO STAY

Sever do Vouga is presented in shades of green, among rivers and streams, waterfalls and reservoirs and surrounded by the magnificent landscapes of the grand Vouga Valley to the highest mountain in the municipality, Arestal. This entire scenario creates refreshment and undeniable well-being. A city of choice for enjoying peaceful moments and contemplating unforgettable details, marked by greenery and the fragrance of nature.

Sever do Vouga offers a wide range of accommodation options:

[Encosta dos Túneis](#)

[Santiago Family House](#)

[Moleiro da Costa Má](#)

[Hotel "O Cortiço"](#)

[Casa da Aldeia](#)

Vougaldeias

5.3 PLACES TO VISIT

With a privileged location, Sever do Vouga is a territory blessed by nature, where rivers and waterfalls invite adventure and relaxation, where craftsmanship keeps tradition alive and the genuine knowledge and flavors of gastronomy span generations.

Museu Municipal

Parque Urbano de Sever do Vouga

Ponte Poço de Santiago

Ecopista do Vale do Vouga

Praia Fluvial Quinta do Barco
Parque de Lazer Cascata da Cabreira
Rio Gresso (Cascata)
Parque do Areeiro
Pedras Talhadas
Minas do Braçal
[Rede de Percursos pedestres](#)
Feira Nacional do Mirtilo (Junho)
[Território Montanhas Mágicas®](#)
Lugar da eira / talhadas

6. OTHER INFORMATIONS

6.1 MARKING AND CONTROLS

The route will be marked with brightly colored ribbons and flags, and passing through established controls will be mandatory.

6.2 ANTI-DOPING CONTROL

All athletes are strongly advised not to use any substances, pharmacological groups or methods intended to artificially increase their physical capabilities. In this, as in any Trail Running event, any athlete may be chosen to participate in an anti-doping control, so it is recommended that you carefully read the ATRP Federal Anti-Doping Regulations.

6.3 ENVIRONMENTAL RESPONSIBILITY

The athlete is solely responsible for transporting all natural (even biodegradable) or non-natural wrappers and waste, originating from gels, bars and/or others. You must deposit the waste at the nearest gas station, or transport it to the finish line.

6.4 IMAGE RIGHTS

Acceptance of this regulation necessarily implies that the participant authorizes the race organizers to record all or part of their participation in it, it also presupposes their agreement so that the organization can use the athlete's image for the promotion and dissemination of the race in all its forms (radio, written press, video, photography, internet, posters, media, etc.) and assigns all rights to its commercial and advertising exploitation that it deems appropriate to carry out, without the right, on the part of the athlete, to receive any compensation economic.

6.5 DATA PROTECTION

TAll participants, when formalizing their registration, authorize the publication of their personal data necessary for the development of the event, either in the official lists, in

the media or on the internet, as well as its use to send information related to the event, including subsequent editions. It also authorizes that the images collected (photographs or videos) may be used in a timeless manner in any advertising campaign, for the sole purpose of promoting and publicizing the event. Each participant is responsible for the veracity of the data provided in their registration.

All participants may exercise their right to access, rectify or cancel their personal data by sending an email to **geral@vougatrail.pt**.

If the participant is a member of the ATRP, the act of registration presupposes authorization for their data to be transmitted for the purposes of preparing the classification and ranking for the various trophies

6.6 SUPPORT AND EMERGENCY

There will be support, relief and emergency teams to provide assistance to participants who need it.

6.7 SUSPENSION AND/OR RACE CANCELLATION

The organization may cancel the event whenever it understands that the safety of participants may be at stake.

If weather or environmental conditions are extreme, the start may be delayed by a maximum of two hours, after which the race is cancelled.

They can also be suspended or canceled by decision of official entities such as Civil Protection, GNR, MAI, ICNF, etc.

6.8 OMISSIONS CASES

Any cases not covered by these regulations will be resolved by the organization, whose decision will not be appealed.

The organization reserves the right to modify these regulations up until the date of the event.

6.9 OTHER POINTS

Completing and sending the registration form implies that the athlete who registers is aware of and accepts these regulations without any reservations.

Participants are obliged to help injured parties and respect traffic rules at road intersections.

The organization reserves the right to accept last minute registrations.

The organization reserves the right to make any changes to the program and route that it deems necessary depending on different conditions, as well as to suspend the race if weather conditions so require, or due to force majeure.

The event can also be canceled as long as it is decreed by the Civil Defense, General Directorate of Health or any other higher authority.



AUTHORIZATION FROM THE EDUCATIONAL RESPONSIBLE

I, _____, being
_____ (degree of kinship) and responsible for the
athlete _____
(name of the athlete) and holder of Citizen Card no. _____
(athlete), authorize my son/daughter to participate in Vouga Trail - Vouga
Kids Race, to be held on January 11, 2025. I further declare that I have read
and accept the rules for this event.

On _____, _____, 20____

Signature of the person in charge

Data from the Education Officer:

B.I./C.C. _____

Cell phone contact _____

Email _____

COVERINGS	SAFE CAPITAL (1)
Death or Permanent Disability (2)	31.672,04 Euros
Treatment Expenses (3)	5.067,53 Euros
Funeral Expenses	2.533,76 Euros

(1) The policy capital (number of people in the same risk location / means of transport x capital per person) is limited to 7.000.000 €.

(2) For children under 14 years of age, the Death guarantee will not apply and will be converted into Funeral Expenses up to the limit of 2.533,76€;

(3) A deductible of €75.00 per claim and insured person will apply to Treatment and Repatriation Expenses.





UM DESAFIO PINTADO DE VERDE



SEVER
DO VOUGA
município