



# GENERAL INFORMATION SHEET

**JUNE 8<sup>TH</sup> . 2019**

MIRANDA DO CORVO . PORTUGAL



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# 2019 TRAIL WORLD CHAMPIONSHIPS

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AN  COMPETITION IN CONJUNCTION WITH 

**“DON'T KILL ANYTHING BESIDES TIME,  
DON'T TAKE MORE THAN PICTURES,  
DON'T LEAVE MORE THAN FOOTPRINTS,  
TAKE NOTHING BUT MEMORIES”**



**ERSUC ATTRIBUTES THE ECOEVENTO CLASSIFICATION  
TO TRILHOS DOS ABUTRES**

## TABLE OF CONTENTS

- 4.
- 6.
- 7.
- 8.
- 9.
- 11.
- 12.
- 13.
- 14.
- 16.
- 17.
- 18.
- 20.



## WELCOME

Ready for an epic journey?

LOC welcomes all athletes, officials, coaches, the medical team and trail family, hoping that participation in the 2019 Trail World Championships in Portugal brings us the opportunity to re-encounter to run, fight without violence and speak the same language, in a "trail spirit" manner. Since the first edition (2011), our focus has been placed on the athletes, creating unique sensations for those who enjoy the mountains. And these are the experiences that we would like to convey.

part and two autonomous regions: the Azores and the Madeira archipelago. It is the westernmost country of mainland Europe, bordered by the Atlantic Ocean to the south and west and by Spain to the north and east. Its islands bathe in the Atlantic Ocean. The name of the country comes from its second largest city, Porto, whose Latin name was Portus Cale.

Portugal is located in the Iberian Peninsula, in southwestern Europe. The Portuguese territory amounts to a total area of 92 090 km<sup>2</sup>, comprising a continental



Miranda do Corvo is a historic town in Portugal, whose first royal document is from the first king, D. Afonso Henriques, in 1136. The number of inhabitants in the region in 2011 (last register) totalled 13,098. The region has an extensive historical heritage: Monastery of Nossa Senhora da

Assunção, Sanctuary of Senhor da Serra, Sanctuary of Nossa Senhora da Piedade and the mythical schist village schist, Gondramaz. The maximum altitude is 1.000m.



Miranda do Corvo

Coimbra is a city and a municipality in Portugal. The population at the 2011 census was 143,397, in an area of 319.40 square kilometres (123.3 sq mi). The fourth-largest urban centre in Portugal (after Lisbon, Porto, Braga) it is the largest city of the district of Coimbra, a historic Portuguese city, whose first royal document dates back to D. Afonso Henriques, the first king, in 1136. Among the many archaeological structures dating back

to the Roman era, when Coimbra was the settlement of Aeminium, are its well-preserved aqueduct and cryptoporticus. Apart from attracting many European and international students, the university is visited by many tourists for its monuments and history. Its historical buildings were classified as a World Heritage site by UNESCO in 2013.



Coimbra

The Local Organizing Committee wishes you the very best stay and great success. LOC calls for the attention of all athletes, participants and assistants

to the absolute respect for the preservation of nature, following the principle.



## CONTACTS

### International Association of Ultrarunners

Website: [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org)

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### International Trail Running Association

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### Local Organizing Committee President

#### LOC President

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#### Administrative and Safety Director

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E-mail: [geral@geosafety.pt](mailto:geral@geosafety.pt)

### Portuguese Athletic Federation

Website: [www.fpatletismo.pt](http://www.fpatletismo.pt)

#### President

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Address: Largo da Lagoa 15B

2799-538 Linda-a-Velha

Mobile: +351 966 395 740

Fax: +351 21 4 14 6 020

E-mail: [jpvieira@fpatletismo.pt](mailto:jpvieira@fpatletismo.pt)

\* Available in June





## WEATHER CONDITIONS

Average weather conditions during the past 5 years:

- Maximum temperature: 32°C
- Minimum temperature: 18°C
- Average temperature: 19.3°C
- Average precipitation per day: 22mm



## CENTRAL MEETING POINT HEADQUARTERS LOC

The LOC's headquarters will be located at the Trail World Village<sup>1</sup>:

- **During 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> June:**

HOTEL VILA GALÉ COIMBRA

R. Abel Dias Urbano 20,

3000-317 Coimbra . Portugal

- **During the competition ( 8<sup>th</sup> June)**

Start and finish line in Expotrail® area in Miranda do Corvo



 [Interactive Map](#)



1. Choupal National Forest; 2. Hotel Vila Galé e Hotel Dona Inês; 3. Opening Ceremony; 4. Parade starting point.

<sup>1</sup> It is an area that includes the hotels Vila Galé, Dona Inês and the National Forest of Choupal in Coimbra.



## TRANSPORTATION

### TEAM ARRIVALS AND TRANSFER TO TRAIL WORLD VILLAGE (COIMBRA)

The nearest airports to the Trail World Village (Coimbra) are located in Lisbon (LIS) 197km away, and Porto (OPO) 131km away.

With the online reservation, the teams will be able to conveniently collect their cars after arriving at Porto or Lisbon airport.

Teams can go directly to the Trail World Village by using their own transport, transport they have rented, or by using the bus supplied by the LOC.

Car rental at both airports as follows:

- > Sixt
- > Europcar
- > Avis & Budget
- > Hertz
- > Goldcar
- > Guerin Enterprise

### COST OF THE BUS SUPPLIED BY THE LOC

As for the LOC bus it has to be booked in advance before the 8<sup>th</sup> April along with the FEF.

The federations will have to pay in advance via bank transfer or credit card along with the second payment and the FEF.

Cost **per person** as follows (one way - Airport > Coimbra):

- **Lisbon (LIS)** 20€
- **Porto (OPO)** 15€

In order to use the LOC bus, teams as soon as they arrive, should meet the LOC representatives which will be waiting for you, duly identified, in the arrival area of the respective airports.

### FREE TRANSFER

The LOC will manage the following transportation for the delegations:

- Hotel/Opening ceremony and return
- Hotel/Start line
- Finish line/Hotel
- Hotel/Closing ceremony and return
- Hotel/Transfer to airport on Sunday 9<sup>th</sup> of June
- Transportation for coaches/officials/medical team, from the start line to Piedade Sanctuary (aid station 1), then to Mestrinhas (aid station 2) and then to the finish line.







## ACCOMMODATION

The Organizing Committee will offer full board accommodation, free of charge, for a maximum of 2 male athletes, 2 female athletes and 2 officials per delegation for a specific number of nights (See section on distance to Portugal).

Accommodation for additional athletes, further delegation members and any eventual additional nights will be charged at the following rates (per room, per night).

The number of rooms and typology are limited and the LOC will consider the order of arrival of the PEF's. If not possible to consider the choice made by the delegation, LOC will inform about the possible alternatives and the costs associated with each one.

### VILA GALÉ COIMBRA

Situated in the historical centre of Coimbra, with an amazing view over the Rio Mondego.

There are two restaurants at the hotel, "Versatile" and "Inevitable", and the pleasant bar "Euphoria".



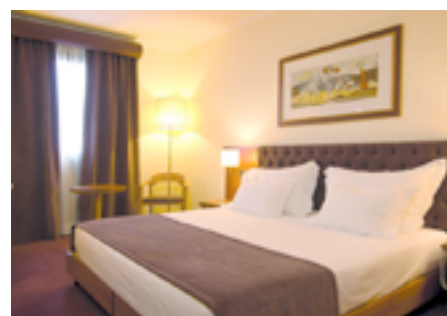
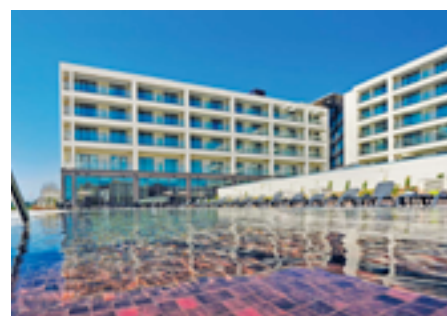
#### Vila Galé

Rua Abel Dias Urbano, 20  
3000-001 Coimbra . Portugal  
+40.213793/ -8.435914



Full board accommodation (prices per room and per night)

- Single 122,00€
- Twin 169,00€
- Triple 239,50€



### DONA INÊS

The Hotel Dona Inês Coimbra is located about 10 minutes on foot from Coimbra city centre and the city's train station.

Guests can relax in the modern Ego Lounge Bar. The restaurant Colo da Garça serves regional Portuguese meals and international cuisine.



### Dona Inês

Rua Abel Dias Urbano, 12,  
3000-001 Coimbra . Portugal  
+40.214920 / -8.436790



122 Rooms



Radio



Telephone



AC



WiFi



TV



Safe



Minibar



1 Restaurant



Bar



Business Center



Swimming Pool

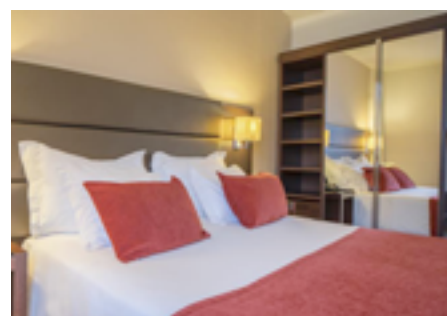
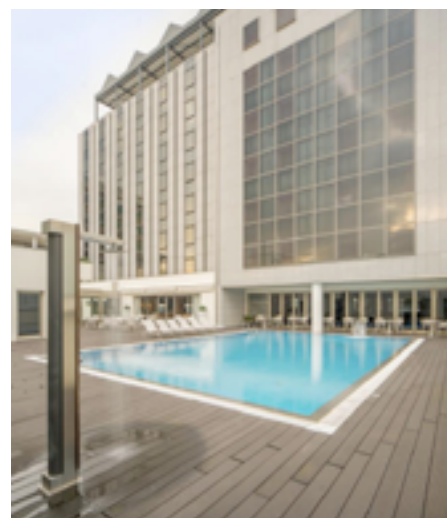


Tennis Court

Full board accommodation (prices per room and per night)

- Single 97,00€
- Twin 141,00€
- Triple 193,00€

The start/finish line is located 28,8km from the delegations' accommodation. The LOC guarantees bus transfer to the start line. The opening ceremony is located in the centre of Coimbra, 10 minutes walk.



1. Hotel Vila Galé; 2. Hotel Dona Inês



## MEALS

- Everyday: breakfast at the hotel you are staying.
- June 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>: **Lunch and dinner at Hotel Dona Inês.**
- June 8<sup>th</sup>: Meals at the VIP Tent at Miranda do Corvo



June 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>: Meals included at Dona Inês.



## PRELIMINARY (PEF) AND FINAL ENTRY (FEF) FORMS

### PRELIMINARY ENTRY FORM (PEF)

#### LIMIT DATE: 25<sup>TH</sup> OF FEBRUARY

In order to book accommodation, each Federation needs to send the following:

- A list with the number of athletes and the billing details.
- Required number of rooms and type of room (single, double or triple)
- Required number of nights

Moreover, the following data must be provided:

- Federation name
- Fiscal address
- VAT number
- Country

Teams will also have to indicate which bank account the Travel Grant should be transferred to.

Note that occupancy of the rooms / hotels is by order of arrival of the PEF's, and that the typologies and number of rooms are limited so the choice made may not be able to be met. In this case the LOC will inform the delegation of the situation and the existing solution.

### FINAL ENTRY FORM (FEF)

#### LIMIT DATE: 8<sup>TH</sup> OF APRIL

With the final entry forms, each Federation will send the final list with the names of their athletes, their dates of birth, gender and will inform the LOC about the travel itinerary details and the time of arrival of the delegation members at Lisbon and Oporto airports in addition to the following:

- Arrival and departure times
- Food restrictions
- Number of team members that are going to use the bus provided by LOC for 15/20€ per person, which will take the athletes directly from the airport to the Trail World Village (Coimbra). The federations will have to pay in advance via bank transfer or credit card along with the second payment (8<sup>th</sup> April 2019).

Please note that full board accommodation and transfer offered by the LOC are conditional on the prompt return of the entry forms within the deadline. PEF and FEFs are to be completed and sent before the following deadlines:

- PEF: 25<sup>th</sup> February 2019
- FEF: 8<sup>th</sup> April 2019

All forms must be sent in digital format to both of these e-mail addresses:

- [twc@abutres.net](mailto:twc@abutres.net)
- [secretary@iau-ultramarathon.org](mailto:secretary@iau-ultramarathon.org)
- [helder.carvalho@abreu.pt](mailto:helder.carvalho@abreu.pt)



## PAYMENT

Please note that Member Federations will need to pay an accommodation deposit when they send in the PEFs. This is because the LOC must pay for the accommodation in advance so they need the financial security of a deposit from the teams.

Payment schedule as follows:

- by the 25<sup>th</sup> of February, along with the PEF: 30%
- by the 8<sup>th</sup> of April along with the FEF: 70%

Each proof of payment must be sent to: [helder.carvalho@abreu.pt](mailto:helder.carvalho@abreu.pt) with reference to 2019 TWC and the Federation Name. Payment should be made by bank transfer or credit card:

### Abreu Events

- BPI Bank
- Bank account: 6-1292463.000.001
- IBAN: PT50 0010 0000 1292 4630 0013 1
- Swift/BIC BBPIPTPL

### The Travel Grants

Travel grants will be paid after the competition and all outstanding membership fees and accommodation costs have been deducted.

THE TRAVEL GRANTS WILL ONLY BE PAID BY BANK TRANSFER! IAU will inform the delegations regarding the amount of their Travel Grant.

### Accreditation Procedure

- Accreditation cards will be prepared in advance of the event, based on the information provided by the Member Federation in the final entry.
- No substitutions will be allowed, for illness or injury, after the FEF is submitted.

Accreditations will be distributed to the team leader at Vila Galé, Coimbra.



## GENERAL COMPETITION INFORMATION

This event respects IAAF trail rules. With semi-autonomous character, the race goes through the Louzan Mountain range which reveals the cultural and human side of the Schist Villages in a unique manner, with the nature and the leisure options that this landscape provides. It is home to deer, wild boar and bucks that lurk among cork oaks, chestnut trees, oak and, of course, pine trees. The athletes have the opportunity to pass through a biological park (with

species originating from this mountain range), an environmentally protected area (Mestrinhas park), a sanctuary (Senhora da Piedade) and a shale village (Gondramaz).

- Website : [www.trilhos.abutres.net/](http://www.trilhos.abutres.net/)
- See also: [www.iau-ultramarathon.org/](http://www.iau-ultramarathon.org/)
- See also: [www.itra.run/](http://www.itra.run/)



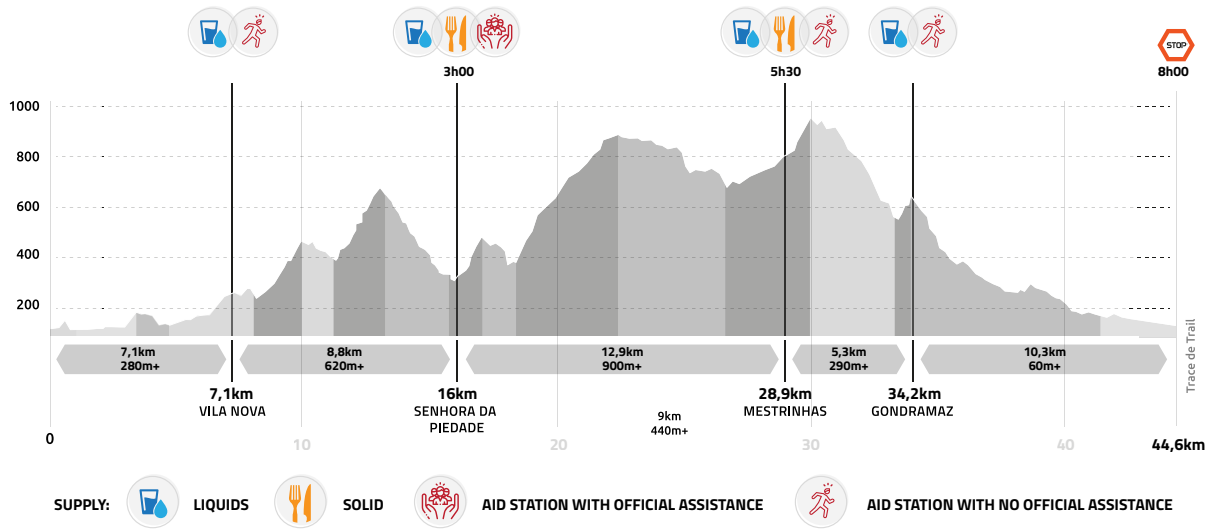
Gondramaz

## 2019 TWC

- Men’s individual competition
- Women’s individual competition
- Men’s team competition
- Women’s team competition

Only athletes and teams entered by their National Federation can take part in the official competition. Federations can select up to 9 athletes per gender (maximum 9 men and maximum 9 women), 6 of whom

can take part in the team competition. The 3 other athletes will be entered for the individual competition only. The “team members” need to be identified before the start of the competition by the Technical Meeting at the latest. The first 3 athletes per country will determine the team score which is based on the accumulated finishing times.



PASSAGE	DESCRIPTION	ALT.	CUMUL			INTERMEDIATE		
			DIST.	D+	D-	DIST.	D+	D-
Miranda do Corvo	Start	108	0	0	0	0	0	0
Vila Nova	Water Point	233	7.1	280	132	7.1	280	132
Senhora da Piedade	Aid Station/ Official Assistance	279	16	900	708	8.8	620	576
Mestrinhas	Aid Station/ No Official Assistance	775	28.9	1800	1124	12.9	900	416
Gondramaz	Water Point	531	34.3	2090	1560	5.3	290	436
Miranda do Corvo	Finish	108	44.6	2150	2150	10.3	60	590



- Date > 8th June 2019 TWC
- Start time 09:00h
- Max. Time 08.00h
- Course Trail
- Distance 44km
- Total height 2200m



Live Trace

## OPEN RACE

- Date  
 > 9<sup>th</sup> June 2019 TWC
- Start time 09:00h
- Max. Time 10.00h
- Course Trail
- Distance 44km
- Total height 2200m



## TECHNICAL MEETING

- Location: Vila Galé Hotel
- Date: 7<sup>th</sup> June 2019
- Time: 11:00h

 [Interactive Map](#)



## OPENING CEREMONY

- Location: Praça da Canção, Coimbra
- Date: Thursday 6<sup>th</sup> June
- Time: 18:00h

All athletes must be present on time. The opening ceremony will present all the federations with their flags and all federations are expected to participate in the opening ceremony and wear their federation dress.



## AWARD AND CLOSING CEREMONY

- Place: Calvário, Miranda do Corvo
- Date: Saturday, 8<sup>th</sup> June
- Time: 19:00h







## GENERAL TIME SCHEDULE

TUESDAY 4 <sup>TH</sup> OF JUNE COIMBRA	WEDNESDAY 5 <sup>TH</sup> OF JUNE COIMBRA	THURSDAY 6 <sup>TH</sup> OF JUNE COIMBRA	FRIDAY 7 <sup>TH</sup> OF JUNE COIMBRA	SATURDAY 8 <sup>TH</sup> OF JUNE MIRANDA DO CORVO	SUNDAY 9 <sup>TH</sup> OF JUNE MIRANDA DO CORVO
				<b>06:00</b> Breakfast at the hotel	
	<b>07:00</b> Breakfast at the hotel	<b>07:00</b> Breakfast at the hotel	<b>07:00</b> Breakfast at the hotel	<b>07:30</b> Bus departure time for the TWC race (Coimbra > Miranda)	<b>07:00</b> Breakfast at the hotel
<b>09:00-18:00</b> Opening of accreditations front office	<b>09:00-18:00</b> Opening of accreditations front office	<b>09:00</b> Start of Health Policy testing	<b>09:00</b> Start of Health Policy testing	<b>09:00</b> Start of TWC	
					<b>10:00</b> Start of the transfer by bus from the hotel to Airports
		<b>11:00</b> Opening of accreditations front office	<b>11:00</b> Technical meeting at Vila Galé		
<b>12:30-15:00</b> Lunch at Dona Inês Hotel	<b>12:30 - 15:00</b> Lunch at Dona Inês Hotel	<b>12:30-15:00</b> Lunch at Dona Inês Hotel	<b>12:30-15:00</b> TWC and UTA Press Conference Lunch at Dona Inês Hotel		
				<b>15:00-17:30</b> Special bus transfers (Miranda>Coimbra) (Coimbra>Miranda)	
			<b>16:00</b> End of Health Policy testing		
			<b>16:00-18:00</b> Health Policy Commission Meeting		
		<b>17:00</b> End of Health Policy testing		<b>17:00</b> Cut off time of TWC race (at the finish line)	
		<b>17:30</b> Bus transfer of all the delegations from the hotel to the opening ceremony			
		<b>18:00</b> TWC 2019 Opening Ceremony			
			<b>19:00</b> Dinner at Dona Inês Hotel	<b>19:00</b> TWC Closing Ceremony	
<b>19:30</b> Dinner at the hotel	<b>19:30</b> Dinner at the hotel				
		<b>20:30</b> Dinner at Dona Inês Hotel		<b>20:00</b> Vip Tent Dinner	
				<b>21:00</b> Theme party to be designated	
				<b>22:00</b> Return to the hotels (Miranda>Coimbra)	



## TRAVELLING TO PORTUGAL

Below you will find visa information. The information is based on our knowledge as LOC. Maybe there is an embassy or consulate in a city (or country) which is easier for you to reach.

### VISA NOT NEEDED

- |                    |                           |                                |
|--------------------|---------------------------|--------------------------------|
| > Albania          | > Germany                 | > Norway                       |
| > Andorra          | > Gibraltar               | > Poland                       |
| > Argentina        | > Greece                  | > Romania                      |
| > Australia        | > Hungary                 | > Serbia                       |
| > Austria          | > Iceland                 | > Slovakia                     |
| > Belgium          | > Ireland                 | > Slovenia                     |
| > Brazil           | > Israel                  | > Spain                        |
| > Brunei           | > Italy                   | > Sweden                       |
| > Bulgaria         | > Japan                   | > Switzerland                  |
| > Canada           | > Republic of South Korea | > United States                |
| > Costa Rica       | > Latvia                  | > United Kingdom/Great Britain |
| > Croatia          | > Lithuania               | > Uruguay                      |
| > Czech Republic   | > Luxembourg              |                                |
| > Denmark          | > Mexico                  |                                |
| > Estonia          | > Monaco                  |                                |
| > Finland          | > Mauritius               |                                |
| > FYR of Macedonia | > The Netherlands         |                                |
| > France           | > New Zealand             |                                |

### VISA NEEDED

- |   |  |
|---|--|
| <p>&gt; <b>Algeria</b><br/>www.emb-argelia.pt</p> <p>&gt; <b>Angola</b><br/>www.embaixadadeangola.pt</p> <p>&gt; <b>Belarus</b><br/>www.moscovo.embaixadaportugal.mne.pt</p> <p>&gt; <b>Burundi</b><br/>www.ambassade-du-burundi.fr</p> <p>&gt; <b>Cameroon</b><br/>www.cameroon-embassy.es/index.php/es</p> <p>&gt; <b>Cape Verde</b><br/>www.embcv.pt</p> <p>&gt; <b>Comoros</b><br/>www.ambassade-comores.org</p> <p>&gt; <b>Democratic Republic of Congo</b><br/>ambardcmadrid.com</p> <p>&gt; <b>Republic of Congo</b><br/>(to apply at the Democratic Republic of the Congo Embassy)<br/>ambardcmadrid.com</p> <p>&gt; <b>Ecuador</b><br/>amarques@gnoboa.com</p> | <p>&gt; <b>Gambia</b><br/>www.gambiaembassy.es/es</p> <p>&gt; <b>Hong Kong, China</b><br/>(to apply at the Chinese Embassy)<br/>pt.chineseembassy.org/pot</p> <p>&gt; <b>Jordan</b><br/>(to apply at the Egyptian Embassy)<br/>www.portugal-embassycairo.org</p> <p>&gt; <b>Kenya</b><br/>(to apply at the Mozambican Embassy)<br/>mail@beira.dgaccp.pt</p> <p>&gt; <b>Kyrgyzstan</b><br/>(to apply at the Russian Embassy)<br/>www.moscovo.embaixadaportugal.mne.pt</p> <p>&gt; <b>Lebanon</b><br/>(to apply at the Cypriot Embassy)<br/>www.embportugalnicosia.org</p> <p>&gt; <b>Lesotho</b><br/>(to apply at the South African Embassy)<br/>www.embaixadaportugal.org.za</p> |
|---|--|

> **Madagascar**

(to apply at the South African Embassy)  
www.embaixadaportugal.org.za

> **Mongolia**

(to apply at the Chinese Embassy)  
www.portugalembassychina.com

> **Namibia**

windhoek@mne.pt

> **Nepal**

(to apply at the Indian Embassy)  
www.portugal-india.com

> **Niger**

(to apply at the Nigerian Embassy)  
abuja@mne.pt

> **Nigeria**

abuja@mne.pt

> **Philippines**

(to apply at the Indonesian Embassy)  
porembjak@cbn.net.id

> **Qatar**

www.doha.embaixadaportugal.mne.pt

> **Russian Federation**

www.moscovo.embaixadaportugal.mne.pt

> **Sierra Leone**

(to apply at the Senegalese Embassy)  
dakar.embaixadaportugal.mne.pt

> **South Africa**

www.embaixadaportugal.org.za

> **Sri Lanka**

(to apply at the Indian Embassy)  
www.portugal-india.com

> **Chinese Taipei**

(to apply at the Chinese Embassy)  
www.portugalembassychina.com

> **Turkey**

www.ancara.embaixadaportugal.mne.pt

> **Ukraine**

ucrania.mne.pt

> **Zimbabwe**

embportl@harare.dgaccp.pt

**Health and Vaccination Information for Portugal**

You will not require any vaccinations to visit Portugal, unless you are coming from an infected area, the most likely infection being 'Yellow Fever'. Make a point of checking with your tour operator or local Portuguese Embassy if in any doubt.

EU citizens can obtain a refund of most medical costs by using form E111, which is available from Post Offices, Health or Social Security offices in your country.

**Yellow Fever Vaccination**

International Certificate of Vaccination for Yellow Fever is required only when traveling from an infected area and when the person travelling is more than one year of age.

Malaria - None

Cholera - None



## PREVENTION ACTION CONCERNING HEALTH POLICY

In accordance with rule 53.1 of the IAAF Competition Rules, a preventive health related action(\*) is set up for the Trail World Championships. This action aims to strengthen the medical supervision and the safety related to the specificities of trail running races. This action is managed jointly by the IAU and the ITRA, in collaboration with the Association AFT (Athletes For Transparency). This action is led by a Medical Commission composed of 3 doctors, who are the race Medical Director and two doctors designated by ITRA's Health Commission. They can take advice from the experts of their choice.

### Each runner agrees to:

1. Declare the following information to the Medical Commission:

- any medical history and/or pathology in particular those which may increase risk during the sport
- the regular use of treatments and medicines during the 30 days prior to the start of the race
- all requests or use of a substance or method subject to a Therapeutic Usage Exemption (TUE).

The declaration of this information to the Medical Commission is made through each runner's ITRA health space that each runner can create free-of-charge on the ITRA website:



[http://itra.run/page/381/Mon\\_espace\\_sante.html](http://itra.run/page/381/Mon_espace_sante.html)

2. Submit any urine, and/or blood, and/or hair, and/or saliva samples required from 30 days before the competition and up to 7 days after the competition and the associated analyses requested by the Medical Commission, on the understanding that the costs for the sampling and analysis are covered by the Organization.

3. Not to participate in the competition if glucocorticoids have been used, without any relation to the mode of administration and therefore the presence or not of a TUE, within the 7 days before the start of the competition. The use of glucocorticoids may be identified in the context of the analysis carried out, either from a direct dosage or in the case of an abnormally low cortisol.

4. Accept the use of strictly anonymous data for research purposes. Each participant has a right of access, rectification and opposition to data concerning him/her. The Health Commission is the authority with which the participant can exercise this right.

5. Answer any meeting request on site or remotely (phone or videoconference) that the Medical Commission may ask for in order to discuss their ability or not, to participate in the competition. As a result of the meeting, in accordance with rule 144 of the IAAF Competition Rules, the Medical Commission may declare a "no start" to the runner for health reasons. The medical information declared on the health space and the results of analysis are accessible only to the Medical Commission and the medical team of the race. Any unreasonable breach, refusal, or transmission of erroneous information in connection with the health policy can result in the runner's exclusion from the competition.

\* This action has neither the vocation nor the competence to be substitute for national and international regulations concerning anti-doping.

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