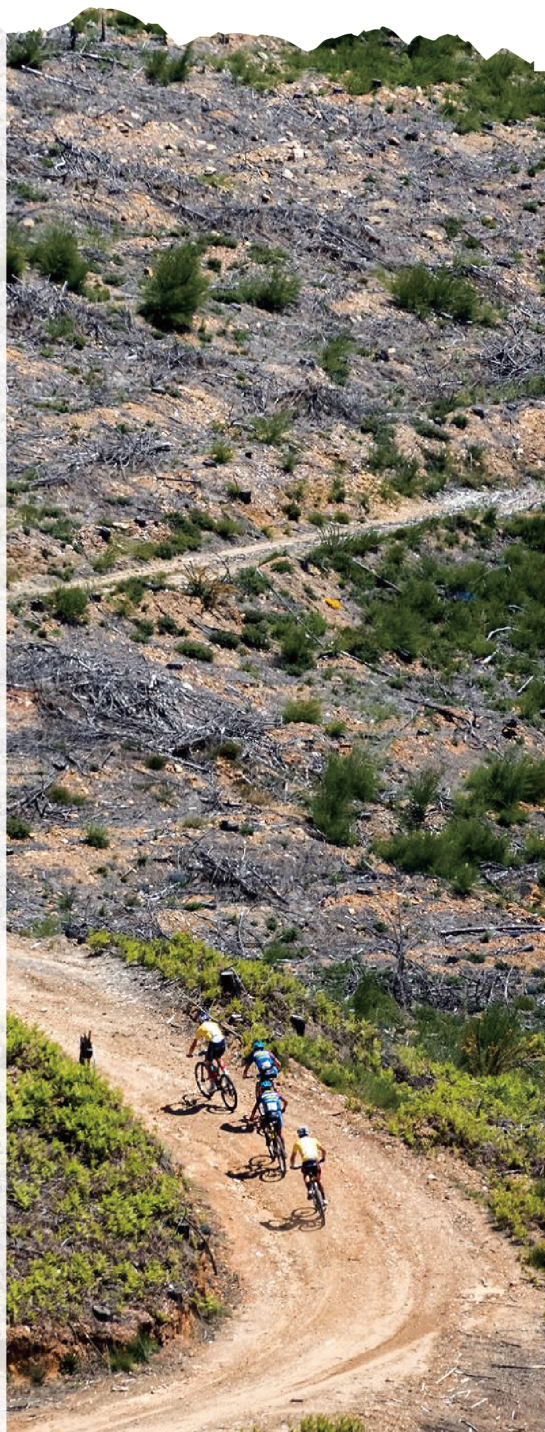


# RACE GUIDE EN

30.APRIL > 5.MAY.2019

- > ALIJÓ
- > CASTRO DAIRE
- > SÃO PEDRO DO SUL
- > VOUZELA
- > VISEU



INTERNACIONAL EVENT BTT UCI S1

[WWW.PORTUGALMTB.COM](http://WWW.PORTUGALMTB.COM)

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# PORTUGAL MTB TO BE AWESOME 30.APRIL.1.2.3.4.5.MAY 2019 EDITION

## ORGANIZATION

**RACE DIRECTOR:**  
**PRESIDENTE OF THE COLLEGE OF  
COMMISSIONERS:**  
**COLLEGE OF COMMISSIONERS COMPOSITION:**

**PARTICIPANT RELATIONS:**  
**ADVERTISING AND MEDIA:**  
**HEAD OF FEED ZONES:**  
**HEAD OF START /FINISH LINE:**

**REGISTRATION'S OFFICE:**

**HEAD OF LOGISTICS:**

**RACE MONITORING:**

**OFFICIAL PHOTOGRAPHER:**

**TIMING COMPANY:**

**TV PRODUCTION:**

**SPEAKER:**

**MEDICAL:**

- André Duarte
- Armando Esteves,
- Mário Martinho, Carlos Nogueira, Rui Matos, Miguel Matos, Andreia Santos
- Tatiana Coelho, Joaquim Santos
- Carlos Martins
- Isaura Martins
- Tatiana Coelho, Joaquim Santos
- Tatiana Coelho
- Adélio Duarte
- Daniel Novo
- Nelson Almeida, Eduardo Campos
- STOPandGO
- STOPandGO
- Joaquim Amândio Santos
- Dr. Alberto Sousa

## CONTACTS

**MOBILE INFO:** +351 96 333 06 48  
**MOBILE SOS:** +351 92 417 29 93  
**EMAIL:** [geral@portugalmtb.com](mailto:geral@portugalmtb.com)  
**WEBSITE:** [www.portugalmtb.com](http://www.portugalmtb.com)

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# PORTUGAL MTB TO BE AWESOME 30.APRIL.1.2.3.4.5.MAY 2019 EDITION

## UCI LICENSES

All foreign Federated athletes (who are not Portuguese or Spaniards) with a UCI license, must present a document from their respective federation, at the time of the Registration's Office, and validate that the insurance of the federated athlete is valid in our country.

# PORTUGAL MTB 2019 EDITION

## PREPARE YOUR UCI CERTIFICATE

THE PORTUGAL MTB ORGANIZATION INFORMS THAT ALL THE RIDERS, WITH A FOREIGN LICENCE, NOT ISSUED BY THE PORTUGUESE CYCLING FEDERATION, MUST SHOW A WRITTEN AND PRINTED AUTHORIZATION FROM THEIR NATIONAL CYCLING FEDERATION THAT CERTIFIES THAT THEIR INSURANCE IS VALID IN PORTUGAL. THIS DOCUMENT MUST BE SHOWN AT THE REGISTRATIONS OFFICE TO THE COMMISSIONERS IN ORDER TO COLLECT THE START NUMBER. HAVE IT PREPARED!

LICENSES OF OTHER SPORTS (MOUNTAINEERING OR TRIATHLON, FOR EXAMPLE) FOR CYCLOTURING OR REGIONAL, ARE NOT VALID FOR UCI (INTERNATIONAL CYCLING UNION) CATEGORY RACE.

THIS INFORMATION IT'S EXCLUSIVELY FOR THE RIDERS WITH AN UCI LICENSE.  
THE RIDERS WITHOUT UCI LICENSE ARE COVERED BY THE RACE INSURANCE.

## ARE YOU READY TO BE AWESOME?



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## ACCIDENTS DURING THE RACE

There is an emergency telephone number on the reverse of all the frontal number (BIB) of the athletes, and it will be available 24 hours a day for the duration of the race.

**SOS NUMBER:  
(+351) 924 172 993**

In case of hospital admission:

- Federated athletes should contact their respective federation to activate the insurance.
- Non-federated athletes are covered by race insurance.

**ATTENTION!!!** This number is an emergency number in case of an accident. It should not be used for other questions than emergency issues in the event of an accident.

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## TEAMS - SEPARATION TIME BETWEEN ATHLETES DURING THE RACE

1. The athletes must always ride together of his team mate, and should remain within the maximum allowable separation time, i.e. 2 minutes.
2. The separation of the athletes can be measured in the beginning and in the end of each stage and in the several control points, but also can be appraised in any point during the entire race.
3. The separation of the athletes can be measured more than once during the entire stage, and penalties can be applied to each occurrence of separation between them outside the time limit allowed during a stage.

### ANNOUNCEMENT

By decision of the College of Commissioners, in the 2019 Edition of Portugal MTB, all athletes who have a separation time from their team-mate superior to the time stipulated in Rules and Regulations - 2 Min. - will receive a penalty of 5 min for each incidence per stage during the course of all stages of Portugal MTB.

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## TRACK'S SIGNS

- The course will be marked with white arrows on a red background and white ribbons personalized with the event logo.
- The plates with a white cross on a red background indicate that they are following the wrong direction.



- Each 10 KM and the last 5 KM until the finish line are identified as follows:



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## TRACK'S SIGNS

- DANGER signs indicate danger zones, and the athlete should circulate with caution.



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## FEED ZONES

- The FEED ZONE areas have their beginning and end marked by plates as the examples below.



- The team FEED ZONE area is restricted to previously defined areas.



- All persons, teams or accompanying persons providing a support service may only do it so within the places determined at each stage, and both the persons/teams or accompanying and their cars must be properly identified.
- It is not allowed to supply athletes outside the previously established FEED ZONE areas.
- It is not allowed to enter cars or people in the FEED ZONE AREA without being properly identified.
- The delivery and distribution of the Free Pass of the Feed zone will be done in the TEAM REUNION before the start of the prologue.

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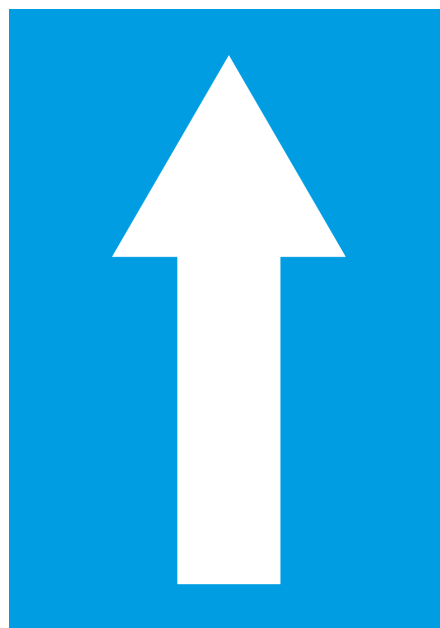
## PACK BASIC ATHLETES

- The athletes with the PACK BASIC have at their disposal Bathhouses, near the places of the finish line by stage, identified as follows.

# PORTUGAL MTB

## BATHHOUSE BALNEÁRIOS

### TO BE AWESOME



### BATHHOUSE LOCATIONS

|                 |                             |                                   |
|-----------------|-----------------------------|-----------------------------------|
| <b>PROLOGUE</b> | PISCINAS MUNICIPAIS ALIJÓ   | GPS: 41°16'28.53"N   7°28'28.77"W |
| <b>STAGE 1</b>  | CAMPO FUTEBOL C.D.          | GPS: 40°54'7.02"N   7°55'45.44"W  |
| <b>STAGE 2</b>  | PAVILHÃO DESPORTIVO SPS     | GPS: 40°45'38.97"N   8° 3'57.85"W |
| <b>STAGE 3</b>  | PISCINAS MUNICIPAIS VOUZELA | GPS: 40°43'19.14"N   8° 6'36.10"W |
| <b>STAGE 4</b>  | BALNEÁRIO RAINHA D. AMÉLIA  | GPS: 40°44'21.00"N   8° 5'34.22"W |
| <b>STAGE 5</b>  | PALÁCIO DO GELO             | GPS: 40°38'36.61"N   7°54'40.10"W |

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PROZIS



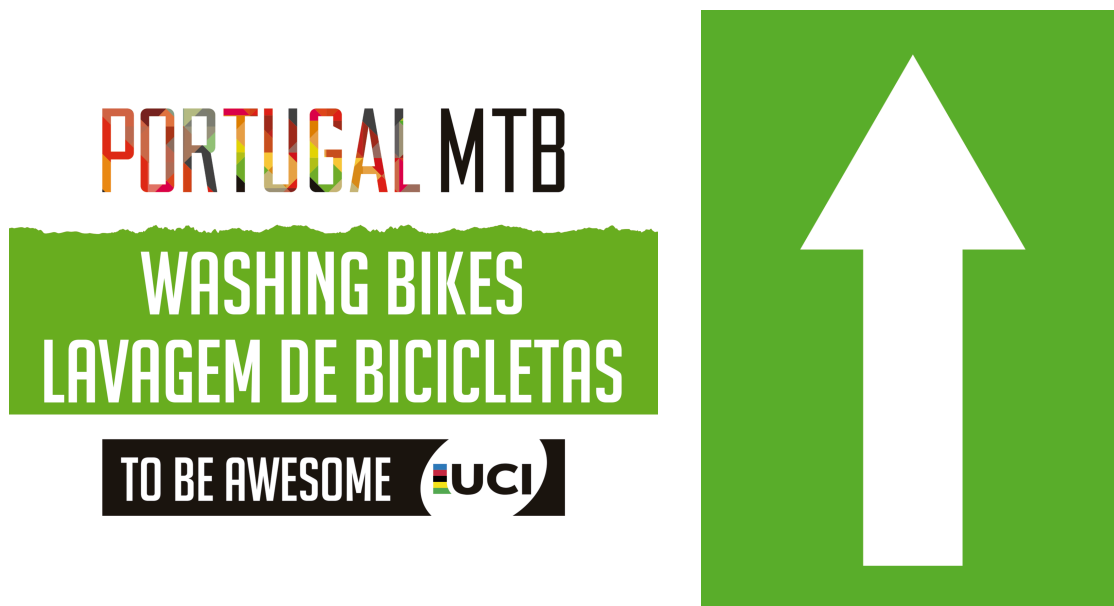
Polisport



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**WASHING BIKES AREA**

The bike wash stations are located in this race guide previously defined for all the stages of the event. These locations will be identified as follows:



**WASHING BIKES LOCATIONS**

|                 |                           |                                   |
|-----------------|---------------------------|-----------------------------------|
| <b>PROLOGUE</b> | PISCINAS MUNICIPAIS ALIJÓ | GPS: 41°16'28.53"N   7°28'28.77"W |
| <b>STAGE 1</b>  | PALACE HOTEL ASTURIAS     | GPS: 40°51'7.72"N   7°56'6.04"W   |
| <b>STAGE 2</b>  | HOTEL MONTERIO            | GPS: 40°44'24.15"N   8° 5'1.23"W  |
| <b>STAGE 3</b>  | HOTEL MONTERIO            | GPS: 40°44'24.15"N   8° 5'1.23"W  |
| <b>STAGE 4</b>  | HOTEL MONTERIO            | GPS: 40°44'24.15"N   8° 5'1.23"W  |
| <b>STAGE 5</b>  | PALÁCIO DO GELO           | GPS: 40°38'36.61"N   7°54'40.10"W |

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PORTUGAL MTB **TO BE AWESOME** 

**30 APRIL**  
**PROLOGUE**  
**PINHÃO > ALIJÓ**

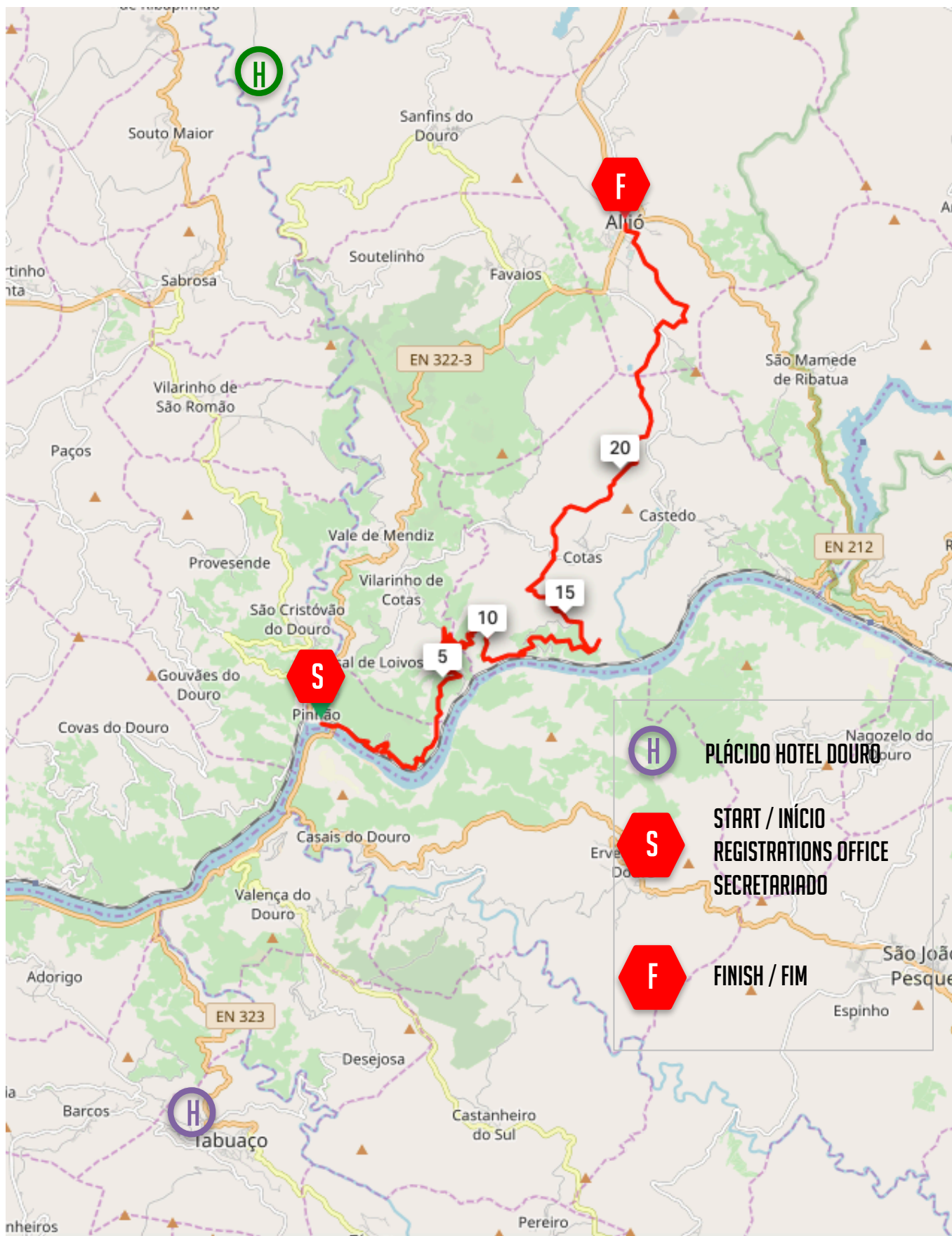
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**TOTAL DISTANCE - 27 KM**  
**TOTAL CLIMBING - 1100 M**

# PORTUGAL MTB TO BE AWESOME



30.APRIL.1.2.3.4.5.MAY  
2019 EDITION



# PROLOGUE | PINHÃO – ALIJÓ | APRIL 30<sup>ST</sup> 19 |

## REGISTRATION'S OFFICE

**APRIL 29<sup>ST</sup> AND APRIL 30<sup>ST</sup> 2019**

**SCHEDULE APRIL 29<sup>ST</sup>:** 14H00 to 19H00

**SCHEDULE APRIL 30<sup>ST</sup>:** 09H00 to 11H30

**LOCATION:** PINHÃO

**GPS:** 41°11'23.69"N | 7°32'45.63"W

## PROGRAM

**APRIL 29<sup>ST</sup>**

**14H00** – Registration's Office Opening

**19H00** – Registration's Office Foreclosure

**APRIL 30<sup>ST</sup>**

**09H00** – Registration's Office Opening

**11H30** – Registration's Office Foreclosure

**11H45** – Teams Reunion (Same Place as Registration's Office)

**13H00** – Prologue Start

**17H00** – Estimated time for the end of the prologue

**17H00** – Jersey Liders Podium

**18H00** – BIKE PARK Opening (Asturias Hotel – Termas do Carvalho)

**21H00** – Teams Reunion (Asturias Hotel – Termas do Carvalho)

**22H00** – BIKE PARK Foreclosure

## LOCATIONS

**TEAM REUNION:** PINHÃO (MARINA) GPS: 41°11'23.69"N | 7°32'45.63"W

**START:** PINHÃO (MARINA) GPS: 41°11'23.69"N | 7°32'45.63"W

**FINISH:** C.M. ALIJÓ GPS: 41°16'33.70"N | 7°28'30.09"W

**WASHING BIKES:** PISCINAS ALIJÓ GPS: 41°16'28.53"N | 7°28'28.77"W

**BATHHOUSE:** PISCINAS ALIJÓ GPS: 41°16'28.53"N | 7°28'28.77"W

**BIKE PARK NIGHT:** HOTEL ASTURIAS GPS: 40°51'7.72"N | 7°56'6.04"W

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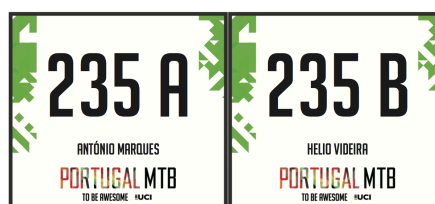


## REGISTRATION'S OFFICE

### PINHÃO

The Registration's Office process and the collect of all itens of the riders, bracelets of control of meals and bike park:

1. Collect your BIB number according to the category that are registered in the race



2. Collect your athlete's wristband and companion's wristbands to meal control and access to Bike park.

**PORTUGAL MTB 401 A**

- 2.1. The Pack Basic (without accommodations) athlete's kit will be picked up in the registrations office together with athlete's wristband.

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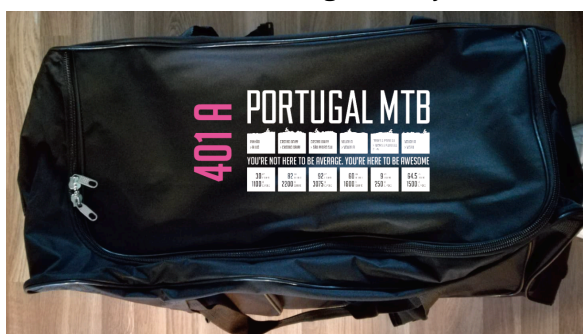
## LABELS TO IDENTIFY BIKE BAGS | ATHLETE'S KIT

### HOTELS

The Athlete's kit for the Pack Premium will be available to collect on the first hotel reception desk where the athlete's will be staying. (April 29TH and 30TH)

#### ATHLETE'S KIT:

All athletes with pack premium will received a bag identify with their bib number::



On the athlete's kit will be included labels to identify the bicycle:



Also will be included labels to identify the bicycle bags/boxes. All labels must be correctly identified with athlete's Bib number:



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## CONTROL OF MEALS AND BIKE PARK



PORTUGAL MTB 401 A

PORTUGAL MTB 401 A

- The control of the athletes's dinners in the hotels that they are housed will be done by a wristband which will be picked up on the April 29st and 30st on the Registration's Office.
- All accompanying persons with pack premium will also have to go to the Registration's Office to pick up the respective wristband.
- **The wristband will be placed immediatly in the Registration's Office and can only be removed at the end of the event.**
- The entry and exit control of both people and bikes from the bike Park will also be done by the same wristband.

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# PORTUGAL MTB TO BE AWESOME 30.APRIL.1.2.3.4.5.MAY 2019 EDITION

## TRANSPORTATION OF BICYCLES BAGS AND BOXES



All the athlete's who need to the bicycle boxes or suitcases to be transported will have to inform prior to the event or at the Registration's Office.

Bags or Boxes **MUST** be properly identified by the labels above provided by the organization and with the respective athlete's number.

The pick up of these identification tags is done at the Registration's Office.

**COLLECTION:** PLÁCIDO HOTEL DOURO – Tabuaço | April 30TH - 09H00

**DELIVERY:** PALÁCIO DO GELO – After stage 5 (Athlete´s without extra night May 5TH to 6TH) or GRÃO VASCO HOTEL (Athlete´s with extra night May 5TH to 6TH)



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## ATHLETE'S BAG TRANSPORTATION - PACK PREMIUM

- The organization will only carry the bags included in the Athlete Kit.



- All bags are identified by the number and letter of the athlete.
- The transportation of the bags will be done from the first Hotel in which the athletes are housed until the last. The team of Portugal MTB will collect the bags of the athletes in the Hotels, as long as they are left in the places previously established in each Hotel, by the organization, which will be identified as follows:



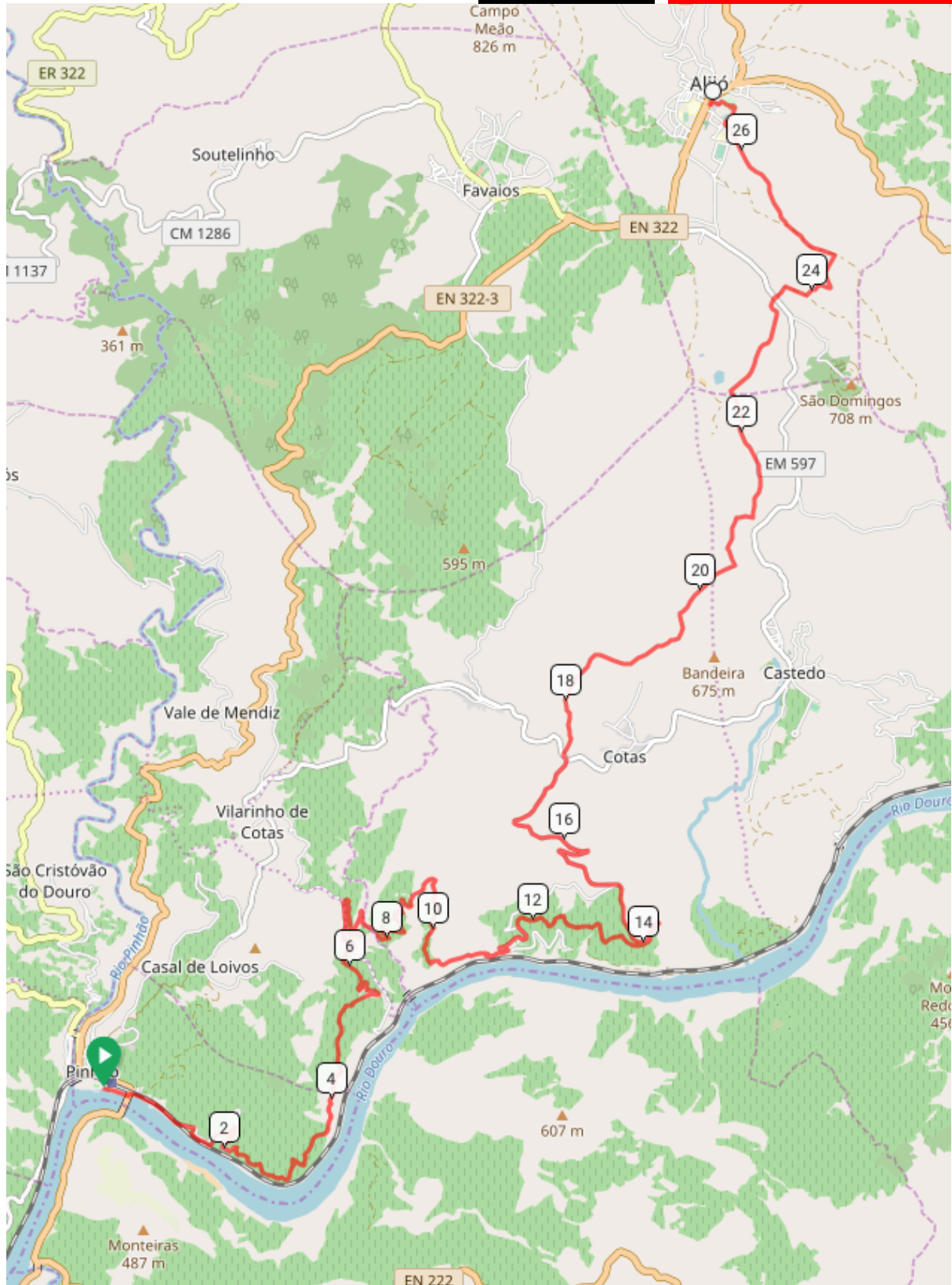
In the last day (May 5TH) all athlete´s bag will be transported from the Hotel in Termas São Pedro do Sul to the arrived place of the last stage – Palácio do Gelo.

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# TRACK

PROLOGUE |  
PINHÃO – ALIJÓ |  
APRIL 30<sup>ST</sup> 19 |



# INFORMATIONS

PROLOGUE |  
PINHÃO - ALIJÓ |  
APRIL 30<sup>ST</sup> 19 |

The teams are responsible for they start schedule and to be nearby to the start area 10 minutes before the estimated time to start. If the team do not start on time, the team will have to wait for the order of Commissioner's team to start.

The stage time will start counting from departure time already set.

To the Open Categories the start will be two teams on a row separated by 30 sec.

To the UCI Elite Categories the start will be team by team separated by 1 min.

## START/ FINISH / HOTEL

The displacement of the athletes/bicycles that doesn't have car (that came by shuttle) its the responsibility of the organization.

Shuttles: Hotel to Pinhão - 9H00 | Alijó to Castro Daire - 17H00

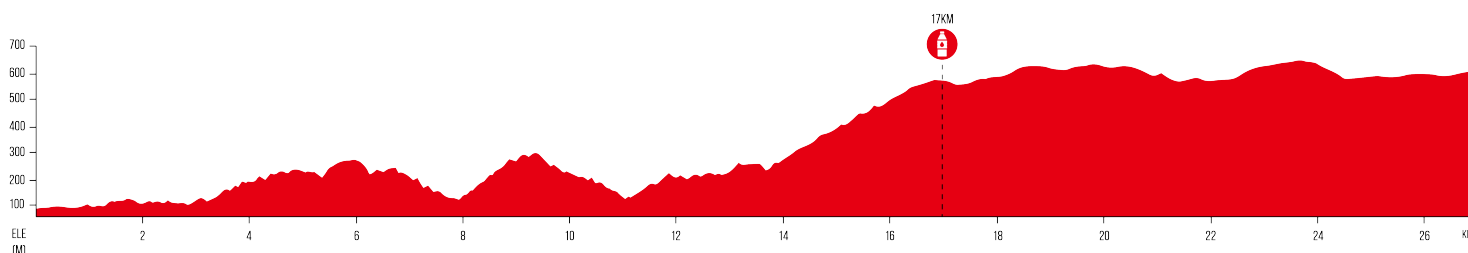
All athletes with car are responsible for there deslocation.

| LOCAL   | KM    | COORDENADA                   | ASSISTÊNCIA |
|---------|-------|------------------------------|-------------|
| PARTIDA | KM 0  | 41°11'23.69"N   7°32'45.63"W | -           |
| FZ 1    | KM 17 | 41°13'5.01"N   7°29'30.30"W  | 19 MIN      |
| CHEGADA | KM 27 | 41°16'33.70"N   7°28'30.09"W | 18 MIN      |

## CLIMBING

PROLOGUE | PINHÃO > ALIJÓ

TOTAL DISTANCE - 27 KM | TOTAL CLIMBING - 1100 M



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PORTUGAL MTB **TO BE AWESOME** 

**1 MAY**  
**1ST STAGE**  
**CASTRO DAIRE > CASTRO DAIRE**

---

**TOTAL DISTANCE - 80 KM**  
**TOTAL CLIMBING - 2173 M**



## STAGE 1 – START AND FINISH



# STAGE 1 | CASTRO DAIRE – CASTRO DAIRE | MAY 1<sup>ST</sup> 19 |

## BOXES

- BOX 1 – ELITE UCI (MEN | WOMEN)**
- BOX 2 – JERSEY LIDERS (EXEPT UCI ELITES)**
- BOX 3 – ELITES OPEN / MASTER 30**
- BOX 4 – MASTER 40 / MASTER 50 / MIXED TEAMS**
- BOX 5 – BLUE STRIPE BOARD**

## PROGRAM

- 7H00** – BIKE PARK Opening
- 9H00** – Boxes Opening
- 9H30** – Stage 1 Start
- 13H10** – Estimated time for the arrival of the first finisher
- 13H00** – BIKE PARK Opening (Hotel Palace Asturias)
- 14H00** – Massage Service Opening (Hotel Palace Asturias)
- 19H00** – Teams Reunion / Jersey Lider Ceremony (Hotel Palace Asturias)
- 20H00** – Dinner (Hotel Palace Asturias)
- 22H00** – BIKE PARK Foreclosure
- 23H00** – Massage Service Foreclosure

**PODIUM:** The podiums in each category are performed 10 minutes after the arrival of the 3rd place of the category.

## LOCATIONS

**START:** CM CASTRO DAIRE GPS: 40°53'55.88"N | 7°56'0.77"W

**TEAMS REUNION | DINNER | BIKE PARK | WASHING BIKES | NEWS ROOM | MASSAGE | MECHANICAL ASSISTENCE:**

PALACE HOTEL ASTURIAS

Lugar das Termas do Carvalhal, 3600-398 Mamouros

GPS: 40°51'8.35"N / 7°56'6.49"W

**FINISH LINE:** CM CASTRO DAIRE GPS: 40°53'55.88"N | 7°56'0.77"W

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## HOTELS |

# STAGE 1 | CASTRO DAIRE – CASTRO DAIRE | MAY 1<sup>ST</sup> 19 |

### PALACE HOTEL ASTURIAS

Lugar das Termas do Carvalho,  
3600-398 Mamouras

**PHONE +351 232 381 154**

[www.hotelasturias.pt](http://www.hotelasturias.pt)

Email: [geral@hotelasturias.pt](mailto:geral@hotelasturias.pt)

GPS: 40°51'8.35"N / 7°56'6.49"W

### HOTEL MONTEMURO

Lugar das Termas do Carvalho,  
3600-398 Mamouras

**PHONE +351 232 381 154**

[www.hotelasturias.pt](http://www.hotelasturias.pt)

Email: [geral@hotelasturias.pt](mailto:geral@hotelasturias.pt)

GPS: 40°51'8.35"N / 7°56'6.49"W



Termas do Carvalho – Portugal



Hotel *Montemuro*

### START / FINISH / HOTEL

The displacement from the Hotel to the starting area is the responsibility of the athlete/team.

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PROZIS



Polisport

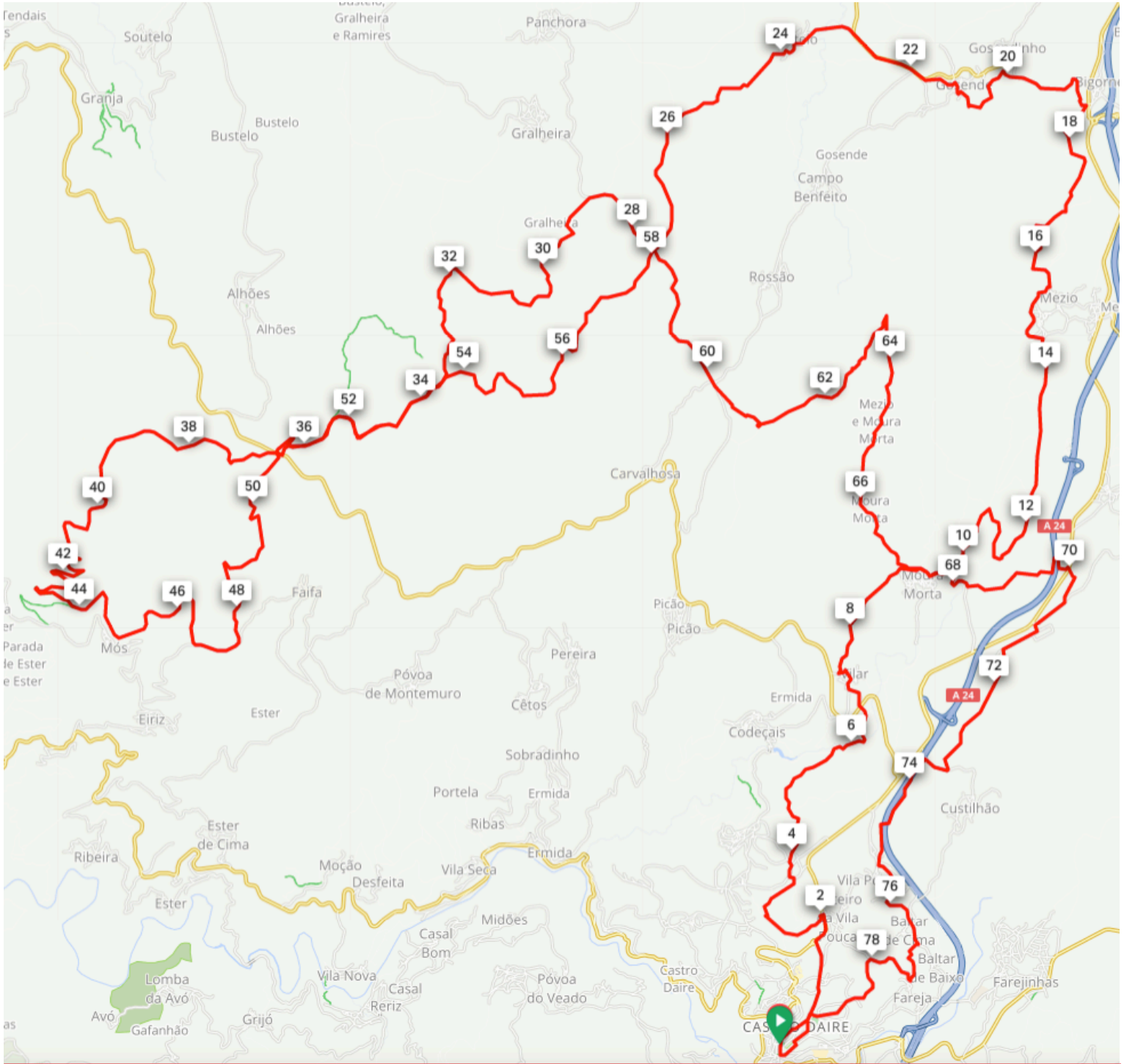


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# TRACKS |

# STAGE 1 | CASTRO DAIRE – CASTRO DAIRE | MAY 1<sup>ST</sup> 19 |



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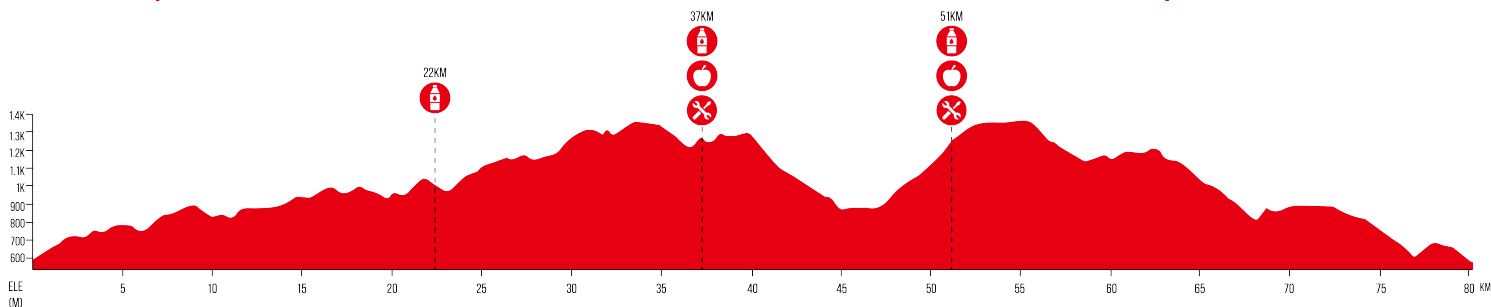


# STAGE 1 | FEED ZONES |

# STAGE 1 | CASTRO DAIRE – CASTRO DAIRE | MAY 1<sup>ST</sup> 19 |

1<sup>ST</sup> STAGE | CASTRO DAIRE > CASTRO DAIRE

TOTAL DISTANCE - 80 KM | TOTAL CLIMBING - 2173 M



## FEED ZONES

| LOCAL   | KM    | COORDENADA                   | ASSISTÊNCIA |
|---------|-------|------------------------------|-------------|
| PARTIDA | KM 0  | 40°53'55.88"N   7°56'0.77"W  | -           |
| FZ 1    | KM 22 | 41° 0'35.39"N   7°54'48.55"W | 19 MIN      |
| FZ 2    | KM 37 | 40°57'59.55"N   8° 0'32.83"W | 22 MIN      |
| FZ 3    | KM 51 | 40°57'59.55"N   8° 0'32.83"W | -           |
| CHEGADA | KM 80 | 40°53'55.88"N   7°56'0.77"W  | 18 MIN      |
| HOTEL   | KM 8  | 40°51'8.55"N   7°56'6.01"W   | 14 MIN      |

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**TRANSFER/ SHUTTLE TO PICK YOUR CAR FROM VISEU TO YOUR LAST LOCATION**



## TRANSFER/SHUTTLE TO VISEU

The Portugal MTB organization will have only one transfer/shuttle to the athletes to go place the car in the arrival place of the last stage on MAY 5TH. All athletes must deslocate the cars from Hotel Palace Asturias to Viseu before the 18:00, time that is booked the Bus Shuttle to go back to Hotel Asturias Palace.

- The Transfer/shuttle will be on May 1st at 18H00 in Viseu.
- TRANSFER LOCATION:  
PALÁCIO DO GELO  
Rua do Palácio do Gelo n.º 3 | 3500-606 Viseu  
GPS: 40°38'32.40"N | 7°54'42.62"W
- The transfer will be from Palácio do Gelo in Viseu to Asturias Hotel in Termas do Carvalhal.
- All athletes are advised to leave the car in Viseu in the Free Parking next to the Palácio do Gelo.
- For logistical reasons will be allowed the transfer of only one athlete per car.

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PORTUGAL MTB **TO BE AWESOME** 

**2 MAY**

**2ND STAGE**

**CASTRO DAIRE > SÃO PEDRO DO SUL**

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**TOTAL DISTANCE - 90 KM**

**TOTAL CLIMBING - 3300 M**

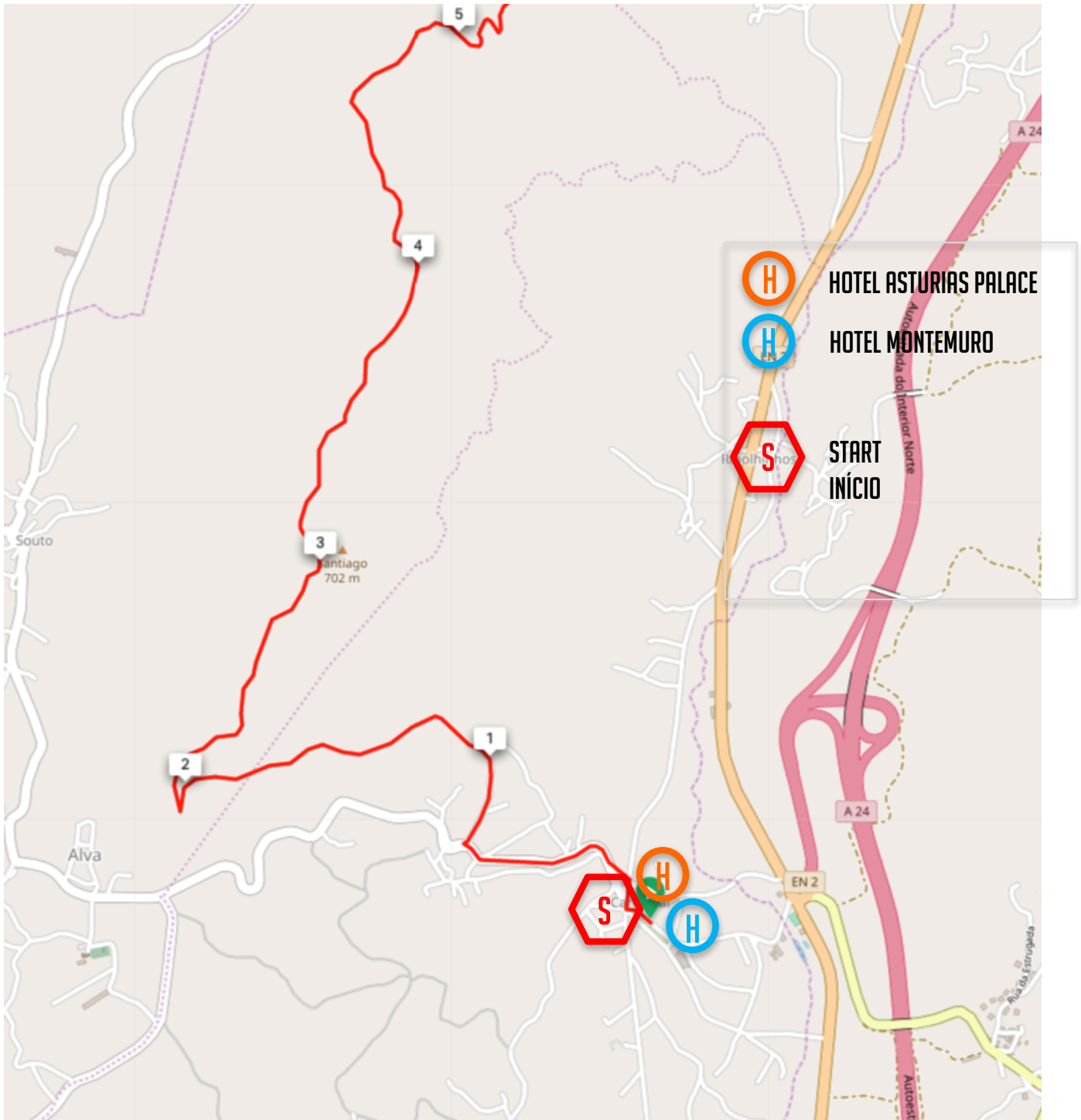


# PORTUGAL MTB TO BE AWESOME



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## STAGE 2 - START



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# STAGE 2 | CASTRO DAIRE - SÃO PEDRO DO SUL | MAY 2<sup>ND</sup> 19 |

## BOXES

- BOX 1 - ELITE UCI (MEN | WOMEN)**
- BOX 2 - JERSEY LEADERS (EXCEPT UCI ELITES)**
- BOX 3 - ELITES OPEN / MASTER 30**
- BOX 4 - MASTER 40 / MASTER 50 / MIXED TEAMS**
- BOX 5 - BLUE STRIPE BOARD**

## PROGRAM

- 7H00** - BIKE PARK Opening
- 8H30** - Boxes Opening
- 9H00** - Stage 2 Start
- 12H40** - Estimated time for the arrival of the first finisher
- 13H00** - BIKE PARK Opening (Hotel MONTE RIO)
- 14H00** - Massage Service Opening (Hotel MONTE RIO)
- 19H00** - Teams Reunion (Hotel MONTE RIO)
- 20H00** - Dinner (Hotel MONTE RIO)
- 22H00** - BIKE PARK Foreclosure (Hotel MONTE RIO)
- 23H00** - Massage Service Foreclosure

**PODIUM:** The podiums in each category are performed 10 minutes after the arrival of the 3rd place of the category.

## LOCATIONS

**START:** ASTURIAS PALACE HOTEL      GPS: 40°51'8.81"N | 7°56'9.49"W

**TEAM REUNION | NEWS ROOM | MASSAGE**  
HOTEL MONTE RIO      GPS: 40°44'24.21"N | 8°5'4.34"W

**BIKE PARK | WASHING BIKES | MECHANICAL ASSISTENCE**  
HOTEL MONTE RIO      GPS: 40°44'24.21"N | 8°5'4.34"W

**DINNERS** HOTEL MONTE RIO      GPS: 40°44'24.21"N | 8°5'4.34"W

**FINISH:** CÂMARA MUNICIPAL SPS      GPS: 40°45'44.43"N | 8° 3'47.48"W

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HOTELS |

STAGE 2 |  
CASTRO DAIRE - SÃO PEDRO DO SUL |  
MAY 2<sup>ND</sup> 19 |

## HOTEL MONTE RIO

Várzea, São Pedro do Sul

PHONE +351 232 720 040

[www.hotelmonterio.com.pt](http://www.hotelmonterio.com.pt)

Email: [saopedro@hotelmonterio.com.pt](mailto:saopedro@hotelmonterio.com.pt)

GPS: 40°44'24.21"N / 8°5'4.34"W

## START / FINISH / HOTEL

The displacement from the Hotel to the starting area is the responsibility of the athlete/Team.

The displacement from the finish line to the Hotel is the responsibility of the athlete/ Team.

## BAGS

**TERMAS DO CARVALHAL - START** - The organization ensures the transport of the bags that are placed in the following location (BIKE PARK HOTEL PALACE ASTURIAS):

HOTEL PALACE ASTURIAS - GPS: 40°51'8.35"N | 7°56'6.49"W

**TERMAS DE S.P.S. - FINISH LINE** - The organization ensures the transport of the bags to the Hotel (HOTEL MONTE RIO).

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PROZIS



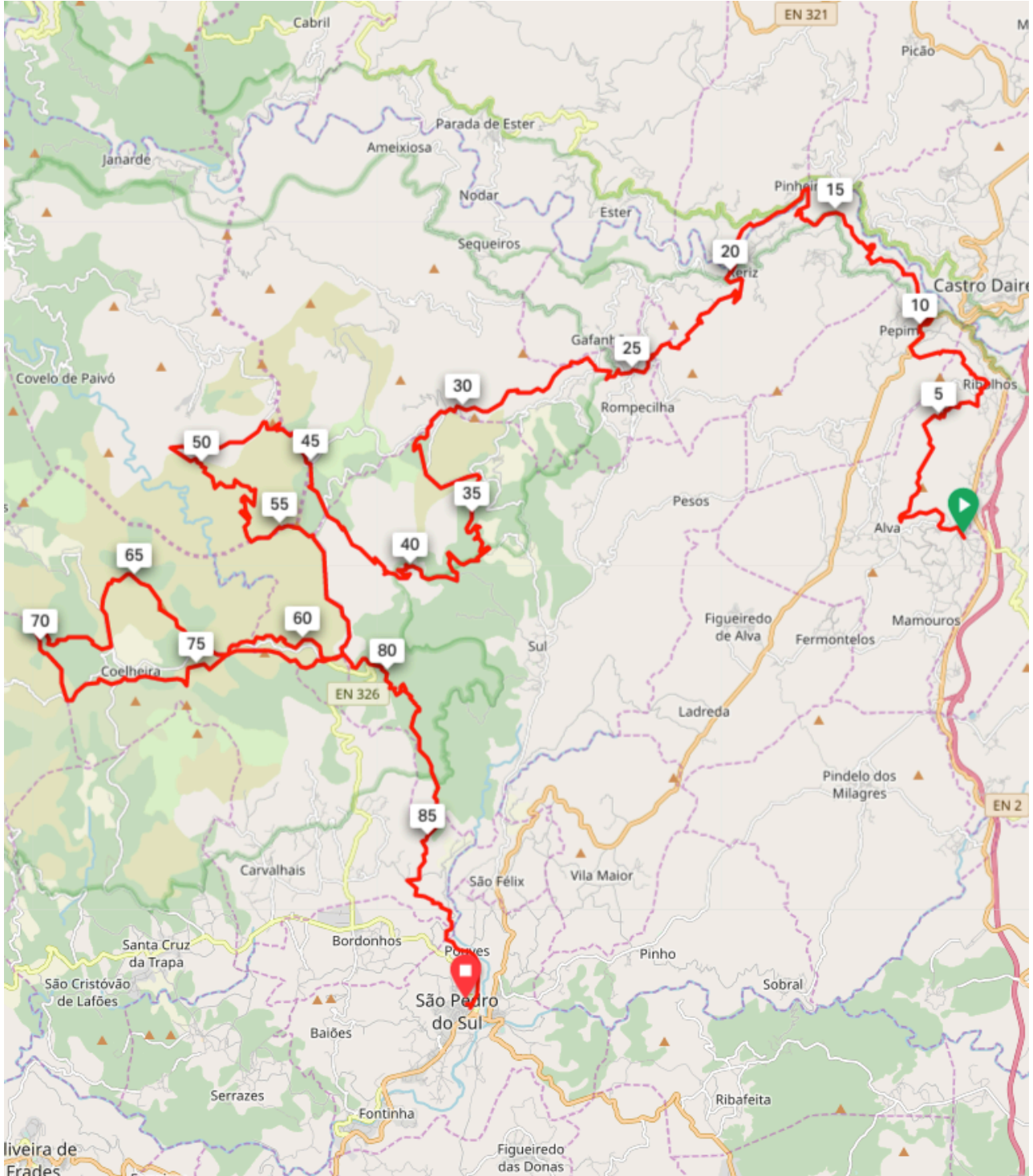
Polisport



AUTO MARTINAUTO

# TRACKS |

# STAGE 2 | CASTRO DAIRE - SÃO PEDRO DO SUL | MAY 2<sup>ND</sup> 19 |



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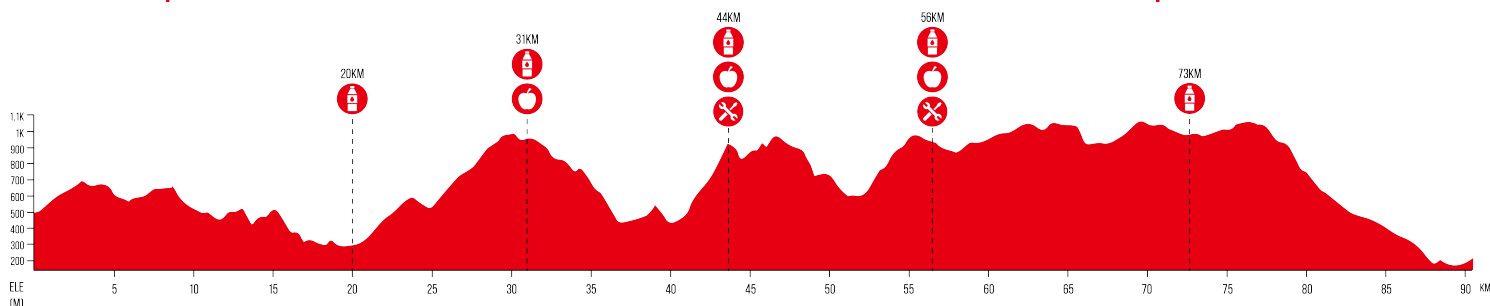


# STAGE 2 | FEED ZONES |

# STAGE 2 | CASTRO DAIRE - SÃO PEDRO DO SUL | MAY 2ND 19 |

2ND STAGE | CASTRO DAIRE > SÃO PEDRO DO SUL

TOTAL DISTANCE - 90 KM | TOTAL CLIMBING - 3300 M



## FEED ZONES

| LOCAL   | KM     | COORDENADA                   | ASSISTÊNCIA |
|---------|--------|------------------------------|-------------|
| PARTIDA | KM 0   | 40°51'8.81"N   7°56'9.49"W   | -           |
| FZ 1    | KM 20  | 40°54'7.20"N   7°59'42.68"W  | 15 MIN      |
| FZ 2    | KM 31  | 40°52'35.99"N   8° 4'8.13"W  | 20 MIN      |
| FZ 3    | KM 44  | 40°51'25.43"N   8° 5'56.81"W | 8 MIN       |
| FZ 4    | KM 56  | 40°51'11.04"N   8° 6'8.41"W  | 1 MIN       |
| FZ 5    | KM 73  | 40°49'27.65"N   8° 9'8.83"W  | 7 MIN       |
| CHEGADA | KM 90  | 40°45'44.43"N   8° 3'47.48"W | 20 MIN      |
| HOTEIS  | KM 2,5 | 40°44'21.00"N   8° 5'9.17"W  | 7 MIN       |

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PORTUGAL MTB **TO BE AWESOME** 

**3 MAY**

**3RD STAGE**

**VOUZELA > VOUZELA**

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**TOTAL DISTANCE - 60 KM**

**TOTAL CLIMBING - 1600 M**

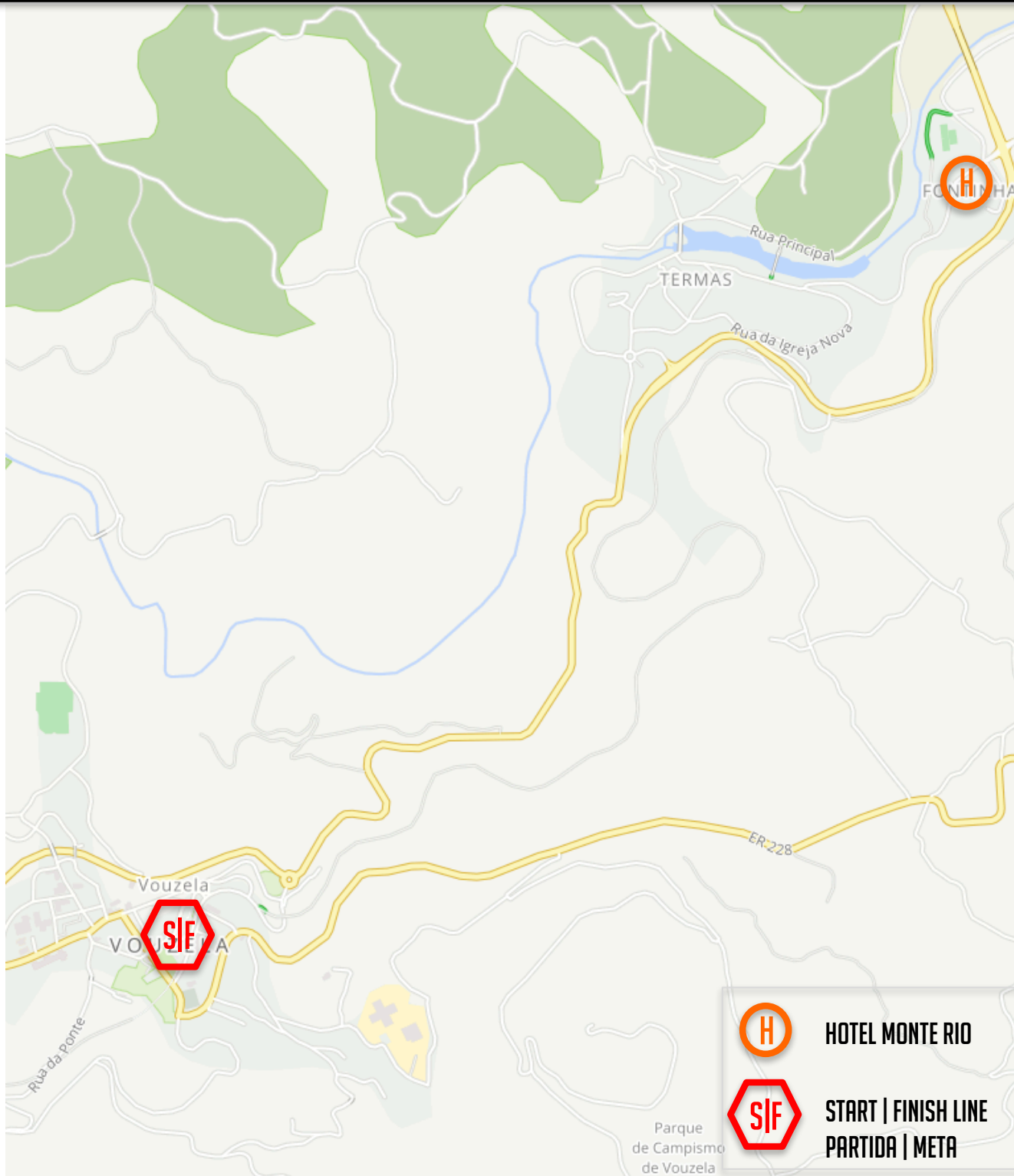


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## STAGE 3 – START | FINISH



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# STAGE 3 | VOUZELA – VOUZELA | MAY 3<sup>RD</sup> 19 |

## BOXES

- BOX 1 – ELITE UCI (MEN | WOMEN)**
- BOX 2 – JERSEY LIDERS (EXEPT UCI ELITES)**
- BOX 3 – ELITES OPEN / MASTER 30**
- BOX 4 – MASTER 40 / MASTER 50 / MIXED TEAMS**
- BOX 5 – BLUE STRIPE BOARD**

## PROGRAM

- 7H00** – BIKE PARK Opening
- 8H30** – Boxes Opening
- 9H00** – Start Stage 3
- 12H00** – Estimated time for the arrival of the first finisher
- 12H30** – BIKE PARK Opening (Hotel MONTE RIO)
- 14H00** – Massage Service Opening (Hotel MONTE RIO)
- 19H00** – Teams Reunion (Hotel MONTE RIO)
- 20H00** – Dinner (Hotel MONTE RIO)
- 22H00** – BIKE PARK Foreclosure (Hotel MONTE RIO)
- 23H00** – Massage Service Foreclosure

**PODIUM:** The podiums in each category are performed 10 minutes after the arrival of the 3rd place of the category.

## LOCATIONS

**START:** CÂMARA MUNICIPAL DE VOUZELA      GPS: 40°43'18.57"N | 8° 6'34.93"W

**FINISH:** CÂMARA MUNICIPAL DE VOUZELA      GPS: 40°43'18.57"N | 8° 6'34.93"W

### **BIKE PARK | WASHING BIKES | MECHANICAL ASSISTENCE**

HOTEL MONTE RIO - GPS: 40°44'24.21"N | 8°5'4.34"W

### **TEAM REUNION | NEWS ROOM | MASSAGE**

HOTEL MONTE RIO      GPS: 40°44'24.21"N | 8°5'4.34"W

### **DINNERS** (Dinner at the hotel where you are staying)

HOTEL MONTE RIO - GPS: 40°44'24.21"N | 8°5'4.34"W

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**HOTELS |**

**STAGE 3 |  
VOUZELA – VOUZELA |  
MAY 3<sup>RD</sup> 19 |**

### **HOTEL MONTE RIO**

Várzea, São Pedro do Sul

**PHONE +351 232 720 040**

[www.hotelmonterio.com.pt](http://www.hotelmonterio.com.pt)

Email: [saopedro@hotelmonterio.com.pt](mailto:saopedro@hotelmonterio.com.pt)

GPS: 40°44'24.21"N / 8°5'4.34"W

### **START / FINISH / HOTEL**

The displacement from the Hotel to the starting area is the responsibility of the athlete/Team.

The displacement from the finish line to the Hotel is the responsibility of the athlete/ Team.

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# TRACKS |

# STAGE 3 | VOUZELA – VOUZELA | MAY 3<sup>RD</sup> 19 |



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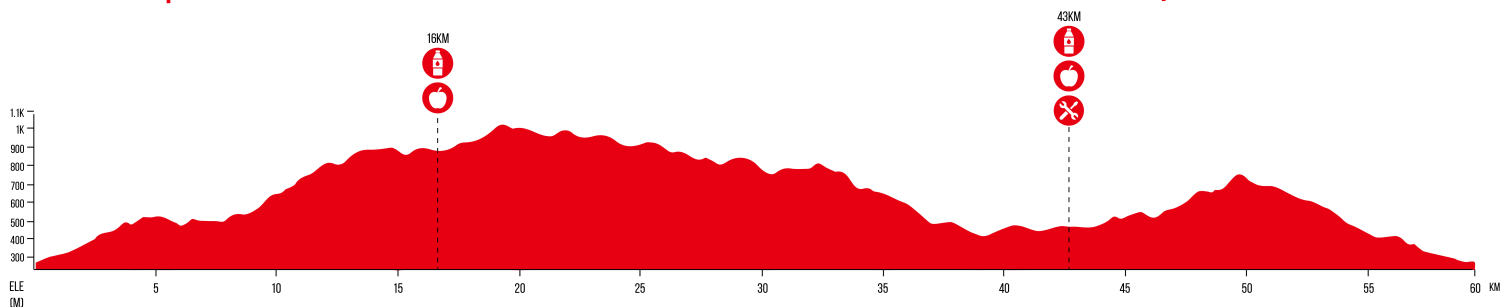


# STAGE 3 | FEED ZONES |

# STAGE 3 | VOUZELA – VOUZELA | MAY 3<sup>RD</sup> 19 |

3<sup>RD</sup> STAGE | VOUZELA > VOUZELA

TOTAL DISTANCE - 60 KM | TOTAL CLIMBING - 1600 M



## FEED ZONES

| LOCAL   | KM     | COORDENADA                   | ASSISTÊNCIA |
|---------|--------|------------------------------|-------------|
| PARTIDA | KM 0   | 40°43'18.57"N   8° 6'34.93"W | -           |
| FZ 1    | KM 16  | 40°39'43.32"N   8° 6'43.05"W | 20 MIN      |
| FZ 2    | KM 43  | 40°40'59.84"N   8° 9'50.77"W | 35 MIN      |
| CHEGADA | KM 60  | 40°43'18.57"N   8° 6'34.93"W | 20 MIN      |
| HOTEIS  | KM 2,5 | 40°44'21.00"N   8° 5'9.17"W  | 7 MIN       |

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**4 MAY**

**4TH STAGE**

**TERMAS SPS > TERMAS SPS**

**[3 LAPS]**

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**TOTAL DISTANCE - 30 KM**

**TOTAL CLIMBING - 865 M**



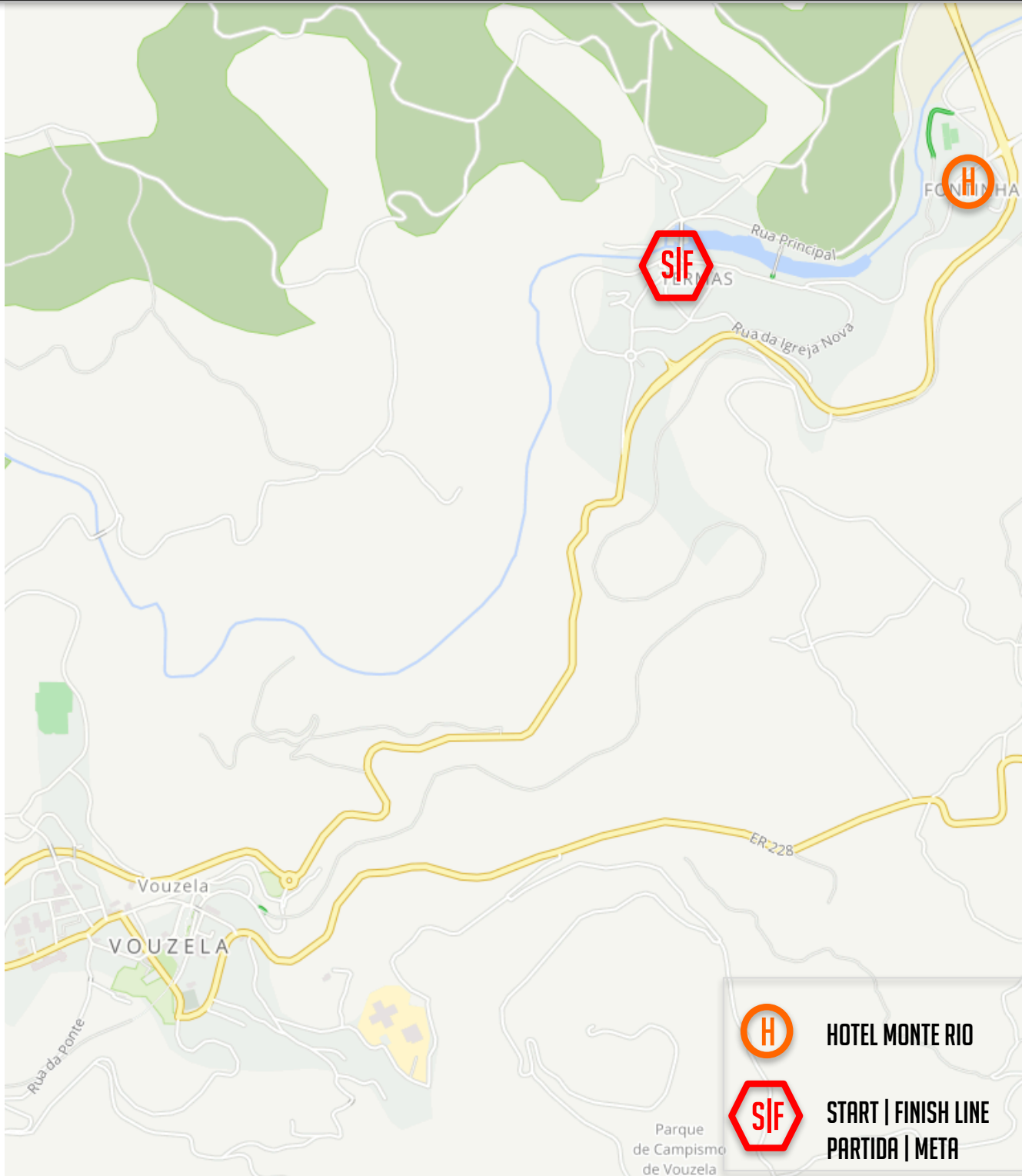


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## STAGE 4 – START | FINISH



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# STAGE 4 | TERMAS DE SÃO PEDRO DO SUL | MAY 4<sup>TH</sup> 19 |

## BOXES

- BOX 1 - ELITE UCI (MEN | WOMEN)**
- BOX 2 - JERSEY LEADERS (EXCEPT UCI ELITES)**
- BOX 3 - ELITES OPEN / MASTER 30**
- BOX 4 - MASTER 40 / MASTER 50 / MIXED TEAMS**
- BOX 5 - BLUE STRIPE BOARD**

## PROGRAM

- 7H00** - BIKE PARK Opening
- 10H00** - Boxes Opening
- 10H30** - Stage 4 Start
- 11H50** - Estimated Time for the arrival of the first finisher
- 12H00** - BIKE PARK Opening (Hotel MONTE RIO)
- 14H00** - Massage Service Opening (Hotel MONTE RIO)
- 19H00** - Teams Reunion (Hotel MONTE RIO)
- 20H00** - Dinner (Hotel MONTE RIO)
- 22H00** - BIKE PARK Foreclose (Hotel MONTE RIO)
- 23H00** - Massage Service Foreclosure

**PODIUM:** The podiums in each category are performed 10 minutes after the arrival of the 3rd place of the category.

## LOCATIONS

**START:** BALNEÁRIO TERMAS SPS      GPS: 40°44'21.68"N | 8° 5'34.73"W

**FINISH:** BALNEÁRIO TERMAS SPS      GPS: 40°44'21.68"N | 8° 5'34.73"W

### **BIKE PARK | WASHING BIKES | MECHANICAL ASSISTENCE**

HOTEL MONTE RIO - GPS: 40°44'24.21"N | 8°5'4.34"W

### **TEAM REUNION | NEWS ROOM | MASSAGE**

HOTEL MONTE RIO - GPS: 40°44'24.21"N | 8°5'4.34"W

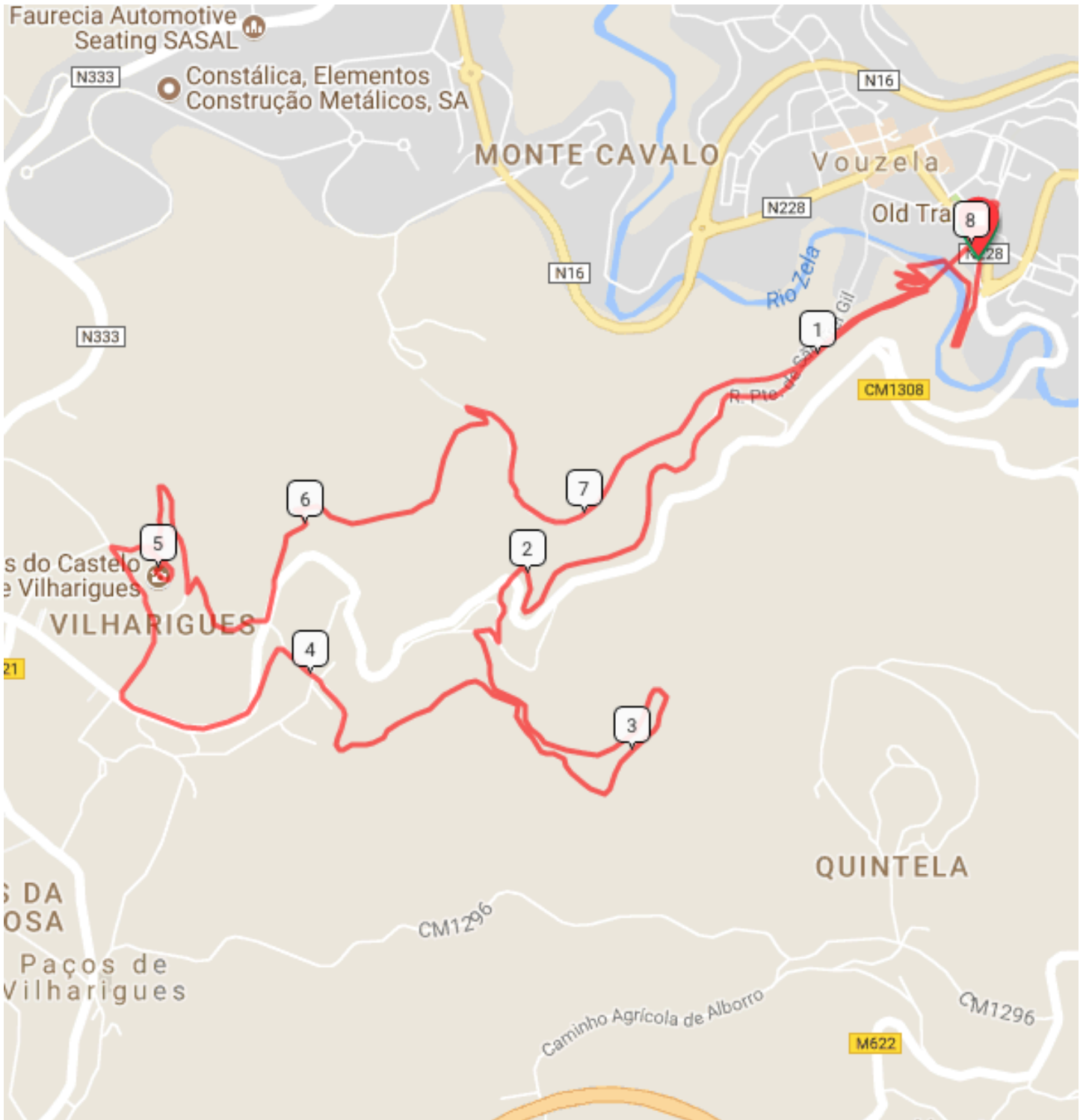
**DINNER** HOTEL MONTE RIO - GPS: 40°44'24.21"N | 8°5'4.34"W

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# TRACKS |

STAGE 4 |  
VOUZELA |  
MAY 5<sup>TH</sup> 18 |



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PORTUGAL MTB **TO BE AWESOME** 

**5 MAY**

**5TH STAGE**

**VOUZELA > VISEU**

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**TOTAL DISTANCE - 64.7 KM**

**TOTAL CLIMBING - 1350 M**

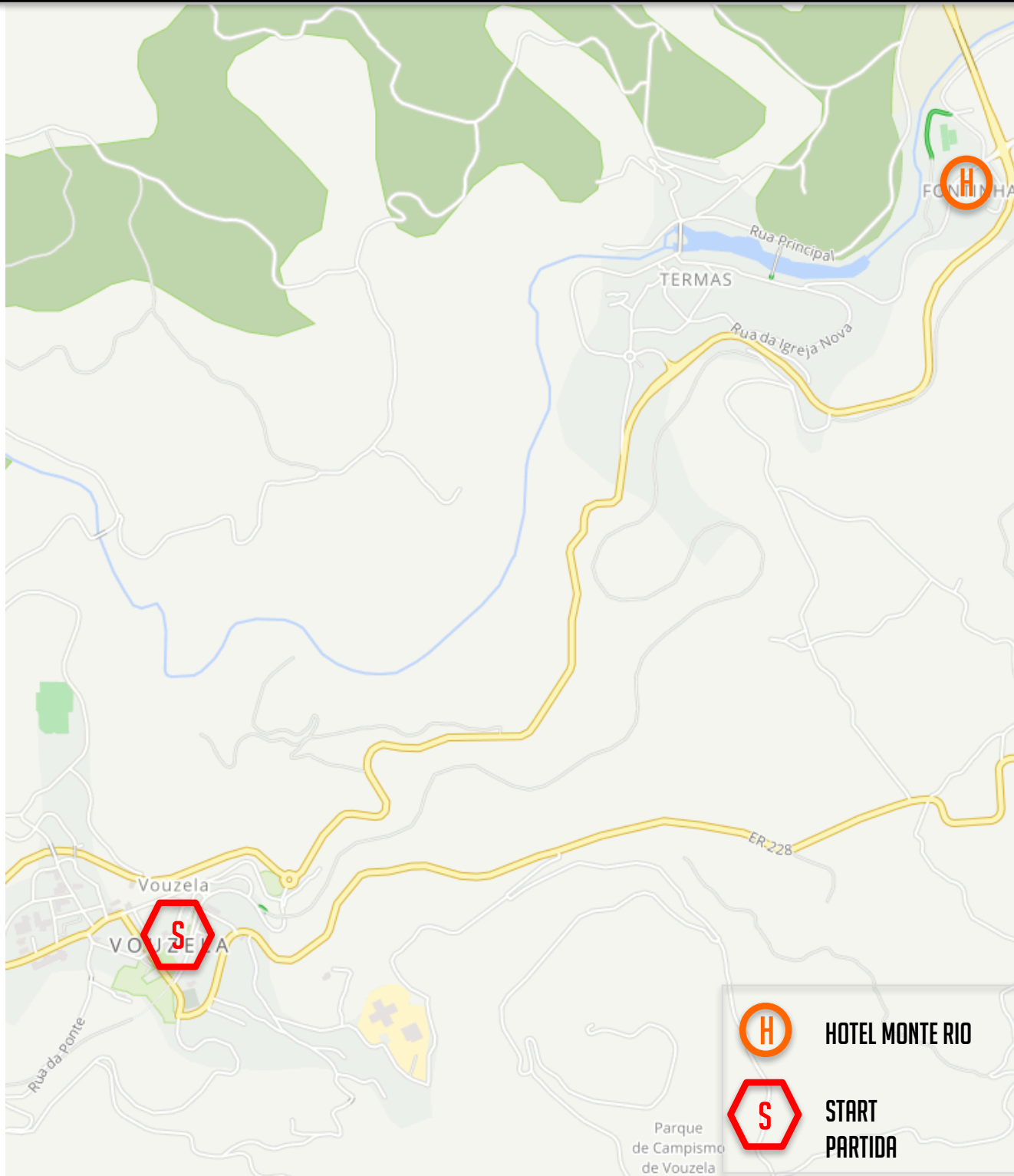


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## STAGE 5 - START



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# STAGE 5 | VOUZELA – VISEU | MAY 5<sup>TH</sup> 19 |

## BOXES

- BOX 1 – ELITE UCI (MEN | WOMEN)**
- BOX 2 – JERSEY LIDERS (EXEPT UCI ELITES)**
- BOX 3 – ELITES OPEN / MASTER 30**
- BOX 4 – MASTER 40 / MASTER 50 / MIXED TEAMS**
- BOX 5 – BLUE STRIPE BOARD**

## PROGRAM

- 7H00** – BIKE PARK Opening
- 8H30** – Boxes Opening
- 9H00** – Stage 5 Start
- 12H15** – Estimated time for the arrival of the first finisher
- 14H00** – Meal and entertainment space– AWARDS CEREMONY (15H00)

**PODIUM:** The podiums in each category are performed 10 minutes after the arrival of the 3rd place of the category.

## LOCATIONS

**START:** CÂMARA MUNICIPAL DE VOUZELA      GPS: 40°43'18.57"N | 8° 6'34.93"W

**FINISH:** PALÁCIO DO GELO      GPS: 40°38'32.40"N | 7°54'42.62"W

**BATHHOUSE:** PALÁCIO DO GELO      GPS: 40°38'32.40"N | 7°54'42.62"W

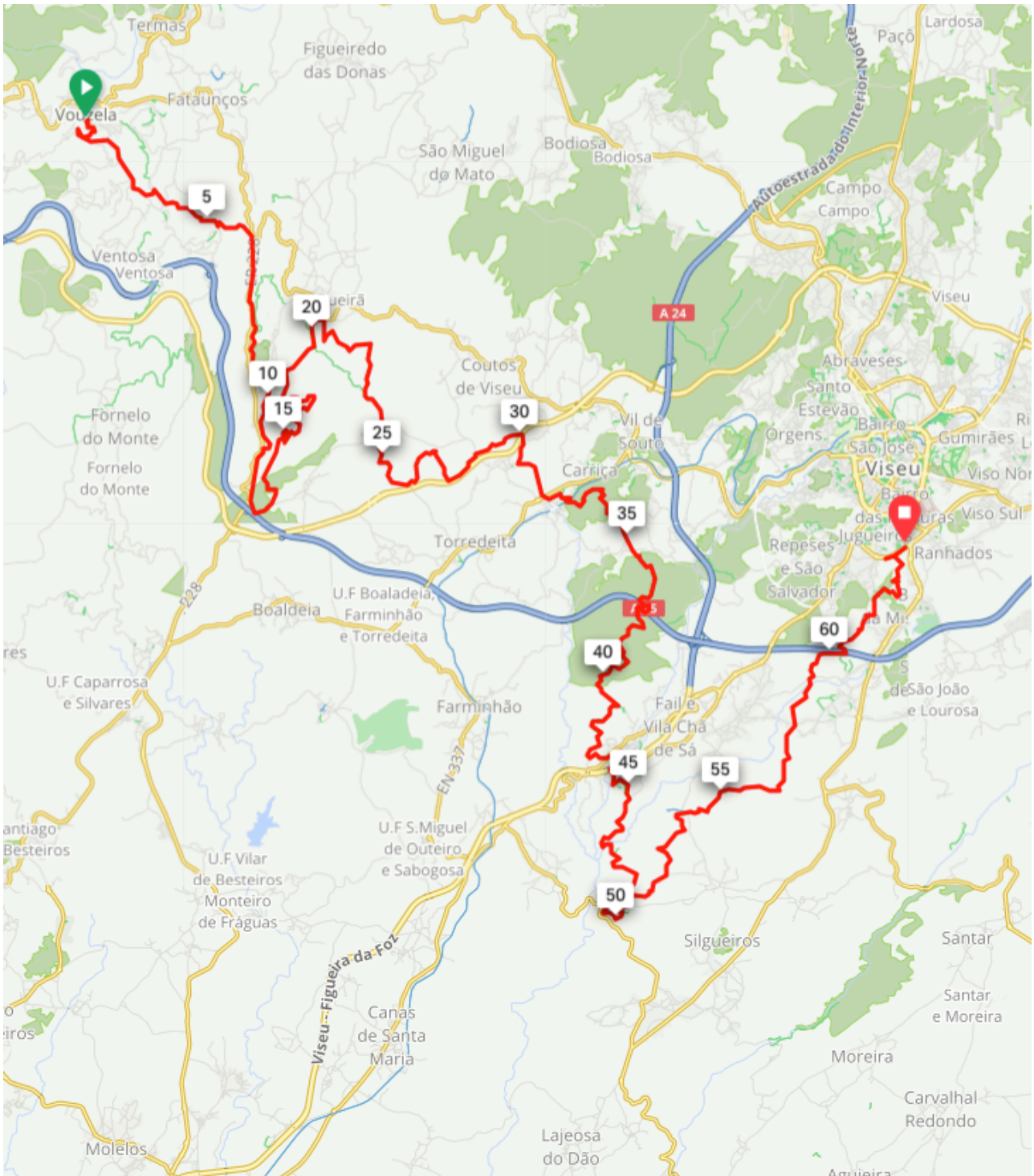
**AWARDS CEREMONY:** PALÁCIO DO GELO      GPS: 40°38'32.40"N | 7°54'42.62"W

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TRACKS |

STAGE 5 |  
VOUZELA – VISEU |  
MAY 5<sup>TH</sup> 19 |



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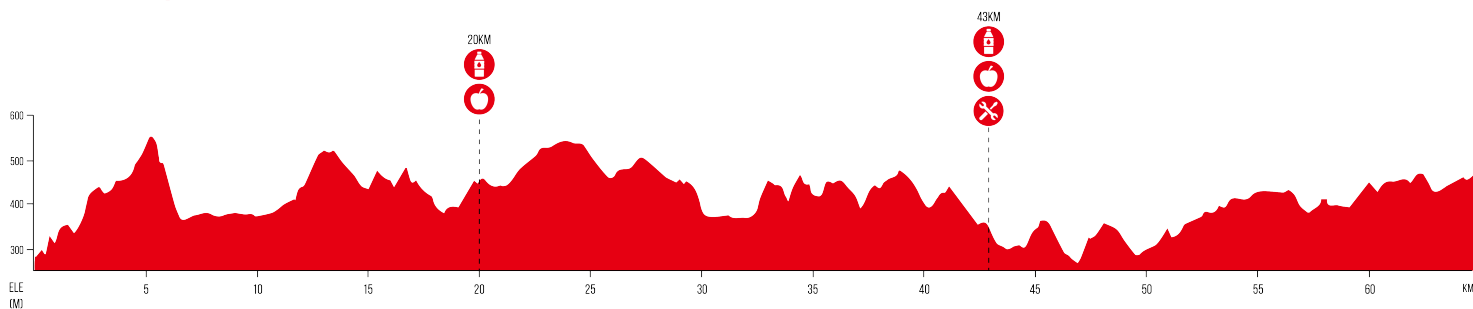


# STAGE 5 | FEED ZONES |

# STAGE 5 | VOUZELA – VISEU | MAY 5<sup>TH</sup> 19 |

5TH STAGE | VOUZELA > VISEU

TOTAL DISTANCE - 64.7 KM | TOTAL CLIMBING - 1350 M



## FEED ZONES

| LOCAL   | KM      | COORDENADA                   | ASSISTÊNCIA |
|---------|---------|------------------------------|-------------|
| PARTIDA | KM 0    | 40°43'18.57"N   8° 6'34.93"W | -           |
| FZ 1    | KM 20   | 40°41'5.49"N   8° 3'6.45"W   | 20 MIN      |
| FZ 2    | KM 43   | 40°36'15.12"N   7°59'2.72"W  | 20 MIN      |
| CHEGADA | KM 64,7 | 40°38'32.40"N   7°54'42.62"W | 12 MIN      |

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# EVENT SERVICES

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SERVIÇOS DO  
EVENTO

## EVENT SERVICES

### REINFORCEMENTS DURING THE STAGE AND AT THE FINISH LINE (Free)

- Solid and liquid reinforcements at each stage along the courses and at the finish line. The intermediate reinforcements have things like Fruit, Bars, Marmalade, Water, Isotonic, etc. Drinks will be available in large Bidons for athletes to serve themselves, and food distributed and cut. The final reinforcements are composed of cold pasta, spring rice, grain or beans, fruit, jellies, water and recovery. Drinks will be available in large cans for athletes to serve themselves as well as solid food.

### WASHING BIKES AREAS (Free)

- Area of bicycle washes intended for athletes who have not acquired the Bike Wash Service + Mechanical Service (Bike Wash; Bike Lubricate; Bike Tuning).

### MEDICAL SERVICE (Free)

- The event has an official doctor, as well as means of distress scattered through the stages, which and monitoring and make them available to the athletes for medical assistance during the race.

### BATHHOUSES (Free)

- The event has at the athlete's disposal bathhouses near the zones of finish lines, during all the days of the race.

### MASSAGE SERVICE (Paid)

- The event has at the athlete's disposal a team of masseurs specialized in sports massages for all days of the race.

### MECHANICAL AND TECHNICAL ASSISTANCE SERVICE (Free /Paid)

- The event has at the disposal of the athletes a team of technical and mechanical assistance, during the course of the stages and after the race. The technical and mechanical service is free, but all parts or materials associated with repairs are paid by the athletes who requested it.

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## EVENT SERVICES

### FINAL MEAL (Free)

- The organization of Portugal MTB offers a space of meal after the end of the last stage, open to all athletes who participated in the race, as well as all the companions involved in the Portugal MTB during the week.

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PORTUGAL MTB TO BE AWESOME 

**MASSAGES**

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**MASSAGENS**

## MESSAGE

The message locations are in this race guide previously defined for all the stages of the event. These locations will be identified as follows:



## MESSAGE

### Messages (20 Minutes Session) PACK (Only available for acquire prior to the event.)

- All athletes who have acquired the message pack (4 UNID) must go to the Message team to book with them the days and hours that they want to use the message service.

### Messages (20 Minutes Session) (UNIT) - 25,00€/athlete

The athlete can also request and schedule massages **during the days of the event**, with the PORTUGAL MTB Messages team. The unit cost of each message requested must be paid directly to the Messages during the week of the event has the value of € 25 per athlete / person.

**All massages require prior appointment with the message team.** Access to the message can be done from 14:00 to 23:00 with message periods of 20 minutes.

**The massages sessions (1 unit) are the only ones possible to acquire during the week of the event.**

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# MECHANICAL SERVICES

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SERVIÇOS DE  
MECÂNICA

## INFORMATION – MECHANICAL AND TECHNICAL ASSISTANCE

The mechanical assistance locations are in this race guide previously defined for all the stages of the event.

### MECHANICAL AND TECHNICAL ASSISTANCE

**Bike Wash Service + Mechanical Service (Bike Wash; Bike Lubricate; Bike Tuning) PACK (Only available for acquire prior to the event.)**

- All athletes who have acquired the Serviço de Lavagem + Serviço de Mecânica (Lavar; Lubrificar; Afinar) (5 UNID) they must previously combine with the mechanical team the procedure of delivery of the bicycles for the execution of the service acquired.

**Bike Wash Service + Mechanical Service (Bike Wash; Bike Lubricate; Bike Tuning) (UNIT) - 12,50€/ athlete**

- The athlete can still order and schedule Bike Wash Service + Mechanical Service (Bike Wash; Bike Lubricate; Bike Tuning) **during the event days**, with the PORTUGAL MTB Mechanical Team. The unit cost of this service must be requested and paid directly to the Mechanical team and has a value of 12.50 € per athlete/bike.

**Bike Wash Service + Mechanical Service (Bike Wash; Bike Lubricate; Bike Tuning) can only be acquired during the week of the event by unit.**

**All parts associated with repairs during the course of the race or between stages will be paid separately to the Mechanical team.**

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PORTUGAL MTB **TO BE AWESOME** 

**GPS TRACKER**

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## GPS TRACKER

### TRACKERS

All teams of the categories **UCI ELITE MEN / UCI ELITE WOMEN** and the **LEADERS** of the **remaining Categories** will be required to run with a GPS Tracker device, in all Stages of PORTUGAL MTB with the exception of the Prologue.

- It is the responsibility of the athlete /team to collect the device from the Portugal MTB team prior to start of the stages, in a tent properly identified at the starting line.
- All GPS Tracker devices must be returned daily to the organization. The return of the device to the organization is the responsibility of the athlete /team.
- All other athletes will be informed the day before via TEXT MESSAGE of the need to pick up the device the next morning.
- Only one device will be delivered per team.

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# PORTUGAL MTB TO BE AWESOME 30.APRIL.1.2.3.4.5.MAY 2019 EDITION

PROZIS – NUTRITION PARTNER

## REFUEL AFTER WORKOUT



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## TRANSFERS/ SHUTTLES



### Shuttles from Aeroporto Sá Carneiro OPORTO-TABUAÇO / VISEU-OPORTO:

- **Schedule:** APRIL 29th at 14H00 / 21H00; MAY 6th at 00H00 / 08H00.
- The organization is not responsible for possible delays in flights. The MAX time waiting after the scheduled time for departure is 15 Min.
- The driver of the shuttle company will be duly identified with the information plate of the event:



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ARE YOU READY **TO BE AWESOME?**

OBRIGADO ——— THANK YOU ——— GRACIAS