



VALSIR MOUNTAIN RUNNING WORLD CUP 2024
20ª TAÇA DE PORTUGAL DE CORRIDA EM MONTANHA
(PER)CORRER CASTRO DAIRE” 2024

4º MONTEMURO VERTICAL RUN
(PARADA DE ESTER – CASTRO DAIRE)

Specific Regulation

The Municipality of Castro Daire and União das Freguesias de Parada de Ester organizes, on **July 14, 2024**, starting in Parada de Ester and finishing at the summit of Serra do Montemuro, in collaboration with the **Portuguese Federation of Atletismo and the Associação de Atletismo de Viseu**, the **MONTEMURO VERTICAL RUN**, a mountain pedestrian race open to athletes of both sexes with no age limit. The event takes place on a “always-climbing” mountain course, and starts at Parada de Ester (seniors and veterans * 10.2 km * 1090 D+) and Eiriz (juniors * 5.6 km * 647 D+) and ends in Fragas do Inferno. It is part of **the WMRA World Cup 2024, 18th Portuguese Mountain Running Cup and the “(PER) CORRER CASTRO DAIRE” 2024 – 6th round**, initiatives that are governed by specific regulations.

In addition to the mountain route, in Parada de Ester, there is a set of **YOUTH RACING** for athletes from the training levels (Benjamins to Juveniles), at distances adapted to each age group, as well as a **HIKER**(5.6 km * 647 D+) non-competitive, on the same route as the juniors, starting in Eiriz and finishing in Fragas do Inferno. This document was prepared taking into account governmental and DGS guidelines regarding the behavior to be adopted in the organization and participation in sporting events, in order to limit and eliminate the risk of contagion, by COVID-19, among all those involved in the event. The same can be changed at any time, according to new guidelines, however, deliberated by the competent authorities, being aware of this on the official page of the event. It is the responsibility of the participants to regularly consult this page to find out about any changes introduced in this text in the meantime.

PROGRAM - SCHEDULE

TIME	ACTION	LOCAL
07:30	Opening of the secretariat	Sporting complex of Castro Daire
09:15	Start of Youth Races	Parada de Ester – Parish Council Building
09:20	Departure of the transport with the hikers and junior athletes for the departure – village of Eiriz	Volunteer Firefighters of Castro Daire (Parada de Ester / Cabril Section)
09:45	Departure of the Walk(40.937426, -8.028386)	Eiriz (Association “Os Lobos da Serra”)
10:00	MVR - Senior and Veteran Female Athletes Departure	Parada de Ester – Parish Council Building
10:10	MVR - Senior and Veteran Male Athletes Departure	Parada de Ester – Parish Council Building
10:30	MVR - Junior athletes Departure (M/F)	Eiriz (Association “Os Lobos da Serra”)
14:00	Lunch and Prize Giving Ceremony	Municipal Garden of Castro Daire

1. GENERALITIES

1.1. Program - Race schedule:

TIME	CATEGORY / RANGE	SEX	CHARACTERIZATION	DISTANCE
09:15	Benjamins Infantis	M F	1 SMALL LAP	1000 m
	Iniciados	M F	2 SMALL LAPS	1800 m
	Juvenis	M F	3 SMALL LAPS	2600 m
09:50	Hikers	M F	Montemuro Hike	5,6 km
10:00	Seniores F / Veteranas F	F	MONTEMURO VERTICAL RUN	10,2 km
10:10	Seniores M / Veteranos M	M		(Seniores / Veteranos)
10:30	Juniores	M F		5,6 km (juniores)

- 1.2.** Up to 48 hours before the competition, participants receive, via email, the **Athlete's Manual**, which contains the final version of the regulation, recommendations and other pertinent information related to the event.
- 1.3.** The departure of the **senior and veteran athletes** (M / F) will take place on the inflatable start point of the **Municipality of Castro Daire**, installed in front of the headquarters of the **Parish Union of Parada de Ester and Ester** (Av. António Ademar da Costa Cunha, 508; **40.930929, -8.053590**) and finish at Fragas do Inferno (**40.964792, -8.018530**), about 800 meters from Portas do Montemuro.
- 1.4.** The departure of the **junior athletes** (M / F) and the **Hikers** will take place in the village of Eiriz, in front of the "Lobos da Serra" Association (**40.937426, -8.028386**) and the goal coincides with that of the senior and veteran athletes.
The organization provides transport for **junior athletes and hikers** to travel from Parada de Ester to Eiriz, with this transport departing at 9:20 am, in front of the **Castro Daire Volunteer Fire Department – Parada de Ester / Cabril Section**;
- 1.5.** The organization provides transportation of the athletes' equipment (one volume per athlete, identified externally by a tag with the number of dorsal), from the start to the finish;
- 1.6.** Once they reach the finish line, participants must walk to Portas do Montemuro (about 800 meters), where they will have a bus transport to return to Parada de Ester;
- 1.7.** The departure and arrival of the **YOUTH RACE** will take place on the inflatable portico of the **Municipality of Castro Daire**, installed in front of the headquarters of the **Parish Union of Parada de Ester and Ester**, coinciding with the departure of the senior and veteran athletes;
- 1.8.** The Organization is not responsible for the athletes' aptitude, nor for any accident that occurred with them, being, however, guaranteed the control of the traffic in the passage of the athletes in the public roads with greater traffic, as well as the assistance and support of ambulances. Whenever justified, the Organization guarantees the police to control the traffic. Athletes should always drive on the right and as far as possible, leaning against the road shoulder;
- 1.9.** All participants are covered by a personal accident insurance contracted by the Municipality of Castro Daire;
- 1.10.** All routes will have the support of security teams, transported in their own vehicles, however, each participant is responsible for knowing the route of the race;
- 1.11.** The cases that are omitted in the referred regulation will be resolved by the Organization.

2. REGISTRATIONS

- 2.1.** Registration opens at **00:00 on March 14, 2024 and closes at 23:59 on July 8, 2024** and must be formalized online on the registration platform of the Portuguese Athletics Federation, accessed via <http://www.waitastart.com>
- 2.2.** In compliance with the notice in the “[Normas Administrativas](#)” of the FPA, referring to “Entries in National Competitions” in this event there will be a charge of registration fees according to the disclosed;
- 2.3.** When registering, the participant must indicate the name, identification document number (CC / ID), date of birth, club that represents (or individual) and telephone contact. Failure to indicate or falsify any of these registration data will void the registration as well as the individual and collective classification obtained by the participant;
- 2.4.** Registration fees and deadlines:

	HIKERS	YOUTH RACING	ATHLETES
March 19th to May 31st	€5	Free	€7,50
June 1st to 15th	€7,50	Free	€10

The Registration Includes:

- Participation in the **MONTEMURO VERTICAL RUN** in the chosen modality (Competition, Hiking, Youth Races);
 - Personal accident insurance;
 - Transport of 1 bag with clothes from the start to the finish line;
 - Transport of Hikers and junior athletes from Parada de Ester (see point 1.4 of this regulation) to the place of departure of the respective activities;
 - Return transport to Parada de Ester once the finishing line is reached;
 - Supplies (Race and Finishing line);
 - Official MONTEMURO VERTICAL RUN giftbag
 - Lunch to be served during the award ceremony.
- 2.5.** At **9 am on July 9, 2024** (Tuesday before the event) will be posted on the website www.waitastart.com the general list of subscribers. It is up to clubs and individual participants to verify the data on this list, having, until 5 pm on July 10, 2024, to submit corrections or complaints via email montemurovr@gmail.com;
- 2.6.** On the day of the test, no changes or registrations will be made;

3. RACE IDENTIFICATION

- 3.1.** All applicants will be assigned the **MVR number**. This must be visibly affixed to the chest, using the 4 pins that will be given to you at the secretariat, as it will be your identification at the various test checkpoints as well as upon arrival at the finish line. If this does not happen, the athlete may be disqualified;
- 3.2.** The **MONTEMURO VERTICAL RUN** t-shirt and the **Participant's Bracelet** will be delivered along with the dorsal, with which they have access to the departure, return transport to the Ester Parade once the goal is reached and lunch;

4. AGE RANKS AND DISTANCES

- 4.1.** The age of the competitor, for the purposes of integration in a rank, will be in accordance with the rules of the Portuguese Athletics Federation for the 2023 / 2024 sports season, and athletes must compete in the age group indicated for their year of birth, according to the table below;

AGE RANKS	YEAR OF BIRTH	DISTANCES
BENJAMINS F / M	Born in 2015 and beyond	1000 meters
INFANTIS A F / M	2013 / 2014	
INFANTIS B F / M	2011 / 2012	
INICIADOS F / M	2009 / 2010	1800 meters
JUVENIS F / M	2007 / 2008	2600 meters
JUNIORES F / M	2005 / 2006	5,6 km
SENIORES F / M	1990 to 2004	10,2 km
F35 / M35	1985 to 1989	
F40 / M40	1980 to 1984	
F45 / M45	1975 to 1979	
F50 / M50	1970 to 1974	
F55 / M55	1965 to 1969	
F60 / M60	1960 - 1964	
F65/M65	1959 and before	
Hikers F / M	All ages	5,6 km

5. TECHNICAL REGULATION

- 5.1.** Athletes must follow the course markings, signaled through plastic tape (red and white) and signs indicating the correct direction. The organization's human resources that will be along the course will only serve as race judges, so the athletes have the responsibility to be guided only by the markings;
- 5.2.** No athlete is allowed to receive technical support during the race, they cannot be accompanied by someone outside the race at a distance greater than 20 meters and cannot receive supplies outside the marked areas;
- 5.3. SUPPLIES** – Three liquid supply points (2.3 km, 5.2 km, 8 km) for senior and veteran athletes and one point (3 km) for junior athletes. Once the goal is reached, each participant will be given a bag with a snack;

6. FINISHING RANKS

There will be 4 types of Finishing ranks:

- Overall Finishing Position (M / F);
- Finishing Position by age ranks;
- Overall Team position (M / F).
- Portuguese Overall Finishing Position (Top 10 M/F)

- 6.1.** The collective classification, separated for male and female, will be obtained by adding the number of points corresponding to the individual classification of the first 3 athletes of each team, regardless of the level, in the senior and veteran race, with the number of points awarded to each athlete corresponding to the respective ranking order (1 point for the first place, 2 points for the second place, etc.). Once the teams' scores are defined, they will be ranked in ascending order of the total points obtained.

7. PRIZES

“MONTEMURO VERTICAL RUN”

Overall (Seniores / Veteranos): Medal to the top 3 and monetary prize to the top 10 in the overall (M / F), according to the grid below:

	1º	2º	3º	4º	5º	6º	7º	8º	9º	10º
Overall	1000 €	600 €	400 €	300 €	250 €	200 €	150 €	100 €	80 €	50 €
Masculine										
Overall	1000 €	600 €	400 €	300 €	250 €	200 €	150 €	100 €	80 €	50 €
Feminine										

Monetary Prize for the top 10 Portuguese Athletes (M/F)

	1º	2º	3º	4º	5º	6º	7º	8º	9º	10º
Athletas Portugueses Masculinos	200 €	150 €	120 €	100 €	80 €	70 €	60 €	50 €	40 €	30 €
Athletas Portugueses Femininos	200 €	150 €	120 €	100 €	80 €	70 €	60 €	50 €	40 €	30 €

Age Ranks: Medal for the top 3 and monetary prizes for the top 3 in each category:

	Júnior F	Júnior M	Sénior F	Sénior M	F 35	M 35	F 40	M 40	F 45	M 45	F 50	M 50	F 55	M 55	F 60	M 60	F 65	M 65
1º	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €	50 €
2º	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €	30 €
3º	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €	20 €

Teams: Trophy and monetary prize to the top 5 teams (M/F);

	1º	2º	3º	4º	5º
Male Teams	250 €	200 €	150 €	125 €	100 €
Female Teams	250 €	200 €	150 €	125 €	100 €

“(PER)CORRER CASTRO DAIRE” 2024

Teams: Trophy to the first 5 teams.

The award ceremony will take place at The Municipal Garden of Castro Daire starting at 2 PM. The prizes will be given to the athletes themselves or, in their absence, to the delegates of the respective clubs, duly identified for this purpose.

RECOMMENDATIONS

- It is recommended that delegates from the various clubs and participants in general strictly comply with this regulation, in particular with regard to a correct distribution of athletes by levels;
- The Organization reserves the right to request the identification and proof of the age group of the athletes, so they must be accompanied by an identification document for confirmation purposes.

CHARACTERIZATION OF THE ROUTES

MONTEMURO VERTICAL RUN

Seniores / Veteranos (M / F) – 10,2 km (1090 d+)



MONTEMURO VERTICAL RUN

Juniores (M / F) * Caminheiros (M / F) – 5,6 km (647 d+)



YOUTH RACING - Perímetro do circuito (1000)
BENJAMINS / INFANTIS A / INFANTIS B (1 lap) – 1000 meters
INICIADOS (2 laps) – 1800 meters
JUVENIS (3 laps) – 2600 meters

