



IV COSTA ALENTEJANA MTBO Trophy

Bulletin #1
November-2017

Event for Portuguese MTBO league / Long Distance Portugal Championship
World Masters Series / Iberian Championship

IV COSTA ALENTEJANA MTBO TROPHY

Portuguese MTBO League / Long Distance Portugal Championship

World Masters Séries / Iberian Championship

GRÂNDOLA / PORTUGAL, 14 / 15 APRIL 2018



ORGANIZATION and SPONSORS





Event for Portuguese MTBO league / Long Distance Portugal Championship
World Masters Series / Iberian Championship

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Grândola Welcomes You! / Welcome to Portugal!

0 INTRODUCTIONS

The IV Costa Alentejana Mtbo Trophy 2018 to be challenged in Grândola, is a **Clube da Natureza de Alvito (CNA)** and **Clube de Orientação e Aventura do Litoral Alentejano (COALA)** joint organization in partnership with the **Grândola City Council** and the support of **União de Freguesias de Grândola e Santa Margarida da Serra**, an event being conducted under the guidance of the **Portuguese Orienteering Federation (FPO)** and **International Orienteering Federation (IOF)**.

The event will include three stages: **Middle distance** in Apaúlinha, **Sprint** in Grândola and **Long distance** in Santa Margarida da Serra.

The courses layout, will be adapted to the official classes. These are exclusive to FPO members or affiliated to IOF.

Non-affiliated runners will have special courses designed bearing in mind physical and technical





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capabilities, Open courses, having the chance to choose Open short in group and with a guide. These class will also have held the youngster's participation of the "Formação" and "Desporto Escolar".

Video footage will be held during the stages and will be aired in RTP2 show Desporto 2.

Once again, welcome to the Alentejo Coast!

00- THE REGION

The Alentejo Coast is one of the best-preserved regions and it has some of the most beautiful beaches in Portugal almost wild state.

"A paradise by the sea", are the words that can best describe what the Alentejo coast is, where one learns to live slowly cuz the outside world goes too fast, the tranquility experienced in this region is its greatest attraction.

Apart from hotels, the sun and the history of the great golden sandy beaches of the north and south hidden between cliffs, landscapes and gastronomy, adventure sports and beaches, you will find here something even rarer and fundamental ... will find themselves.

This is the Alentejo coast, a land of real life of real people who have learned to appreciate life unhurriedly, savoring every moment, every miracle of nature, each special moment, an authentic place! The memories you will take from here you cannot buy or carry in your bag, follow forever in our memories, in our hearts!

This is what we can explain in words ... to understand everything else you need to feel, you need to come here!

<https://www.visitalentejo.pt/en/> , life here is to feel!

Grândola county at <http://www.cm-grandola.pt/>

1 ORGANIZERS

IOF - International Orienteering Federation - www.orienteering.org

FPO - Portuguese Orienteering Federation - www.fpo.pt

CNA – Clube da Natureza de Alvito

COALA – Clube de Orientação e Aventura do Litoral Alentejano – www.coala.com.pt

MG - Municipality of Grândola

Event Director: João Mega Figueiredo

Event Vice-Director: Luciano Lucas

Event Secretary: Jorge Simões

Maps: Alexandre Reis

Courses: Carlos Simões, Joaquim Patricio and Hugo Patrício

Media coordinator: Luís Santos

2 EVENT CONTROLLING (WMS events)

National and IOF Controller: Mário Duarte / POR





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3 EVENT CENTRE

Grândola – Parque de Feiras - Lat 38°11'3.19"N; Long 8°33'59.82"W
(120 km of Lisbon international airport / 180 Km Faro international airport)

4 INFORMATION

CNAlvito - Clube da Natureza de Alvito
Praça da República, 1
7920-028 ALVITO
Tel.: 284485148 # MPhone.: 961072009
PORTUGAL

Telephone: (00) (351) 244 575 074 (FPO)
MPhone.: (00) (351) 963927714 - Event Vice-Director Luciano Lucas
Email: camtbot@gmail.com
Website: <http://www.camtbot.weebly.com>

5 PROGRAMS

Available in (on going): <http://www.camtbot.weebly.com>

April 2 – Reference prices deadline

April 9 – Deadline for entries to the competition classes and “online” registration

April 14 – MIDDLE DISTANCE

09:00 Opening hours of the Event Office at Event Center.

11:00 Start for Middle distance.

11:30 / 12:00 Start for Open classes

April 14 – SPRINT

17:30 Opening hours at arena and quarantine.

18:00 Mass start for Sprint distance.

19:00 Party with popular music and a little food degustation and Portuguese wines.

19:30 Prize giving ceremony for Iberian Championship (Middle and Sprint)

April 15 – LONG DISTANCE

08:00 Opening hours of the Event Office at arena.

09:00 Start for Long distance.

09:30 / 10:00 Start for Open classes.

13:00: Prize giving ceremony for IV CAMTBO Trophy and Iberian Championship (Long).

6 CLASSES AND PARTICIPATION

Portuguese League:

Form; W/M15; W/M17; W/M20; W/M21A; W/ME; W/M40; W/M50; W/M60; Open Classes

Iberian Championship (Male):





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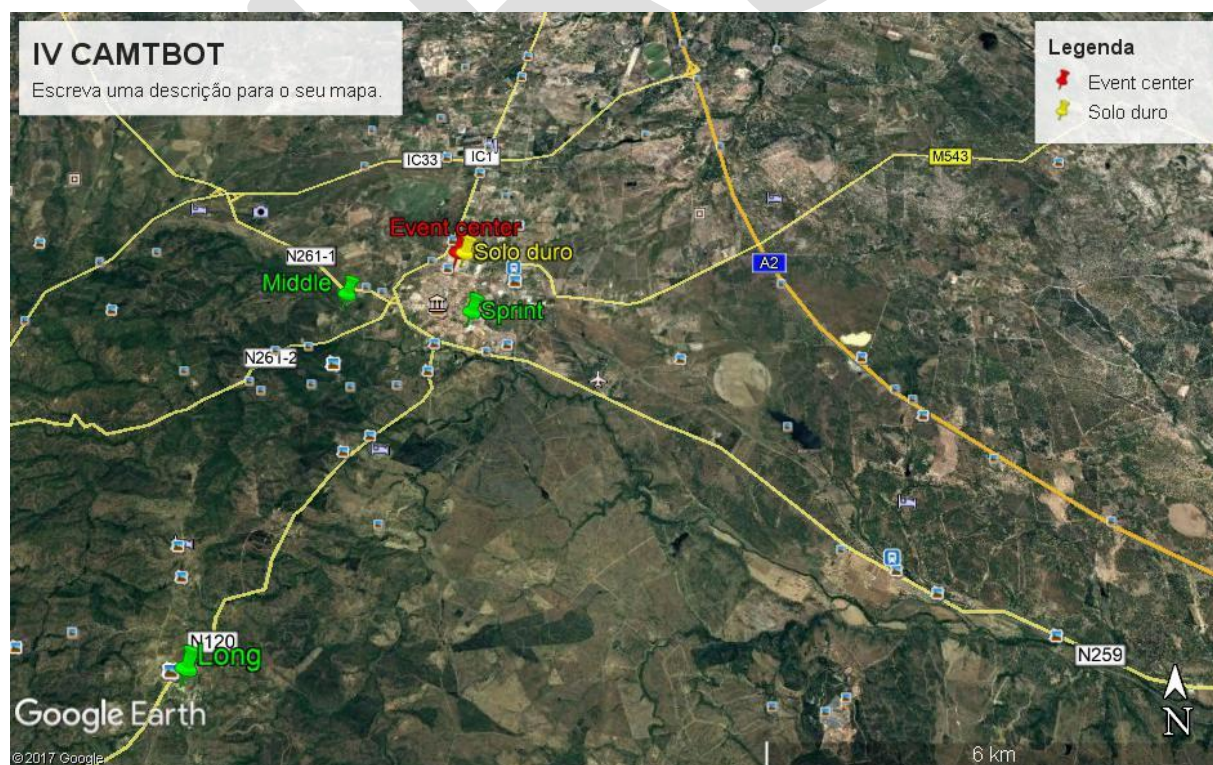
M17; M20; ME; M40; M50; M60

MTBO World Masters Series:

W/M 35; W/M40; W/M45; W/M50; W/M55; W/M60; W/M65; W/M70; W/M75; W/M80

7 GENERAL LOCATIONS

Grândola county





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8 ENTRIES

National League and World Masters Series

ENTRY FORM B (final entry, by 2nd April 2018) giving:

- Country
- Number of competitors of each gender (final)
- Accommodation and entry fees
- Team manager's name, address and telephone/fax numbers
- Payment for entry fees
- Family name and first name of each team official

Address for entries: camtbot@gmail.com or

<http://www.orioasis.pt/oasis/homepages.php?action=ev&eventid=1816>

9 ENTRY FEES

World Masters Series

Middle, Sprint and Long distances: € 10 / person / each competition (affiliated to IOF)

National League / Iberian Championship

Middle, Sprint and Long distances: € 7 (Elite), € 6 adult or € 3 young/person each competition (members FPO e FEDO)

Open

Middle, Sprint and Long distances: € 6 adult or € 5 young/person each competition

Training Camp: € 5 / person / event

10 ACCOUNT DETAILS FOR PAYMENT

All payments are to be made to the CNAlvito - Clube da Natureza de Alvito, as follows (all charges are paid by sender):

Bank name: Caixa Geral de Depósitos (Agency: Alvito)

BIC/SWIFT: CGDIPTPL

IBAN: PT50 0035 0084 0000 2261 830 78

11 TRANSPORTS (extra cost)

We recommend car rental as the best way to move during the event.

Travel by train If you want to travel by train from Lisbon to Grândola consult the timetable at

<http://www.cp.pt/passageiros/en/>

Travel by public bus If you want to travel from Lisbon to Grândola by public bus at <http://www.rede-expressos.pt/horarios.aspx>

12 ACCOMMODATIONS

For the MTBO Orienteering WRE a variety of accommodations in Grândola county, seeing

<http://www.cm-grandola.pt/pages/233>





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We recommend:

Casas do Rio <http://casasdoriosado.com/pt/>

Hotel D. Jorge de Lencastre www.hoteldjorge-grandola.com

Monte Cabeço do Ouro <http://montecabecodoouro.com/>

13 TIME KEEPING SYSTEM

Sport Ident Air+ will be used on all events with SI-Card and compatible Control Stations.

Organization will provide the SI Active Card to athletes.

Non-returned SIAC's will have a cost of 80,00 euro's

*More information <https://www.sportident.com>

Very important:

It is the responsibility of the athletes to confirm that the registration at control station happened (sound and light signal).

We recommend, avoiding failures in the punching process that the athletes pass within 1.5 m of the electronic unit and to move at a speed below 30 km/h.

We also recommend having the SIAC in an easy place to confirm the flashing light (ex: Wrist).

14 TERRAIN DESCRIPTION

In the competition areas thorny vegetation can be found. Therefore, puncture protection is strongly recommended.

All the competition areas are open to public traffic. We don't expect any kind of traffic on the competition area. Riders should follow the instruction of marshals.

Still, it is the riders' responsibility to observe traffic rules and avoid unsafe practices.

Altitude: 100m to 300m.

Taking place in forest areas, with small urban areas, the forest characteristic features are the typical Mediterranean forest with multiple paths and roads, dense vegetation. The forest areas sometimes have underbrush that can hamper the shortcuts.

Some steep areas with technical up or downhill sections.

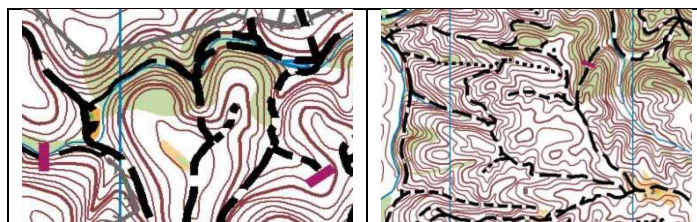
15 MAPS

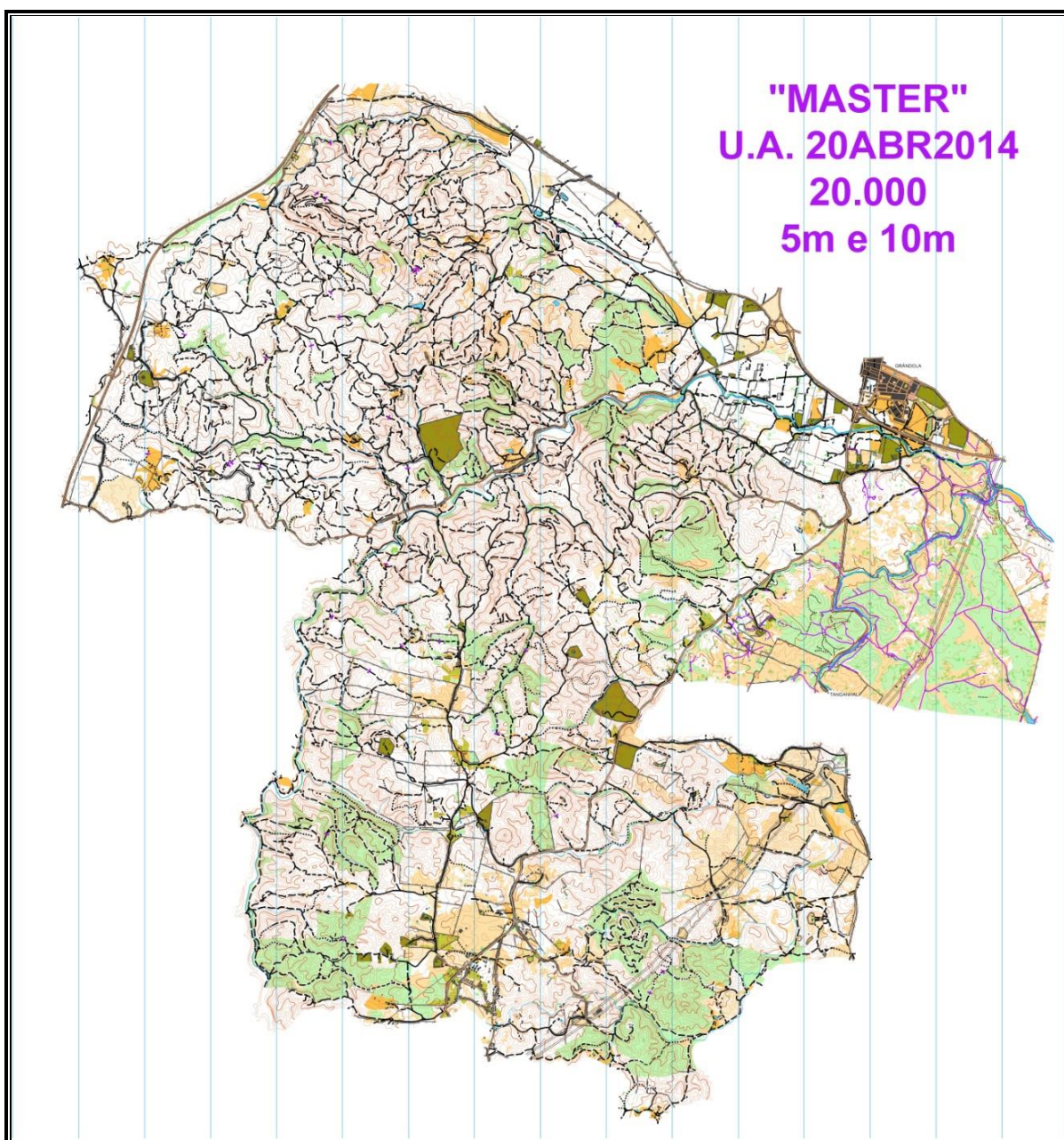
MTB orienteering maps

Scales: 1:15 000; 1:10 000, 1:7 500 and 1:5 000

Contour intervals: 5 m

Terrain type: Mediterranean forest, moderate hilly, various kinds of paths and roads and a traditional town for sprint.





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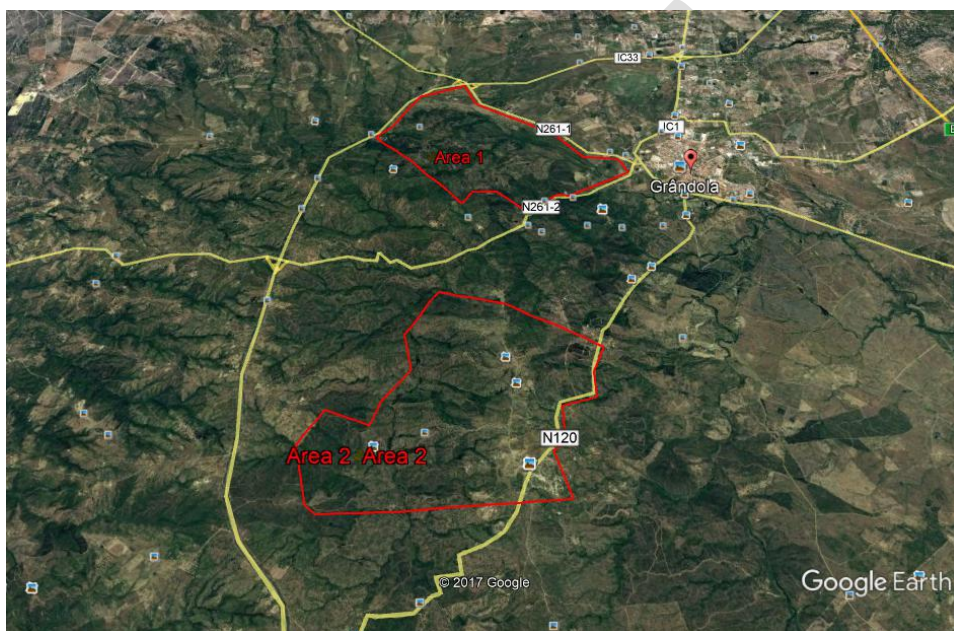
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Some steep areas with technical up or downhill sections.

17 EMBARGOED AREAS

The areas are out of bounds for all potential participants and team members, including competitors, team leaders, coaches, doctors, escorts, and any other person who through their knowledge of the terrain may influence the result of the competitions.

The following areas are embargoed from 1st November 2017 to 15th April 2018



There is no exception.

All events will be organized in accordance with the IOF International Specification

Click the GOOGLE images to view the full [map online](#).

Also, visit our website for further information.

18 RULES

The event will be organized in accordance with the Competition Rules for IOF MTBO Orienteering Events, valid from 1st January 2018. Please consult: <http://orienteering.org/mtb-orienteering/rules/>

In this specific event:

- Riding off the track, trail or path is allowed.
- In Portugal one drives on the RIGHT side of road.

Therefore, riders must ride on the RIGHT side on all roads and tracks.

19 ANTI-DOPING

According, the IOF Anti-Doping Code and rules apply as of 1st January 2015





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Please consult <http://orienteering.org/anti-doping/>

20 WEATHERS

During April you can expect temperatures from 15º to 20º Celsius during the day and from 10º to 14º Celsius during night.

21 HEALTH CARE

The Organizers will provide first aid at the competition centre and at the arenas of each event.

The Organizers will not bear costs connected to health insurance of participants.

We recommend each individual to arrange their own personal health insurance.

Participants take part at their own risk.

Nearest hospital: Santiago do Cacém (HLA - Hospital do Litoral Alentejano, EPE).

Monte do Gilbardinho - Estrada Nacional 261 7540-240 SANTIAGO DO CACÉM

Tlf: (351) 269818142- Urgency/Urgência

22 VISA

Countries that who need visas for entering to Portugal: please contact the Portuguese embassy in your country. If a personal invitation from the organisers is required for the visa, please contact FPO.

23 TRAINING OPPORTUNITIES

Training Camp organised by CNAIvito e COALA: 10, 11, 12 and 13 April 2018, maps with control points, by Si-Card system. A long of 4 and 30 km from Event centre (€5/event/person). M and W courses.

See at <http://www.camtbol.weebly.com>

24 MEDIA SERVICES

Media representatives are cordially invited to come to Grândola to cover the World Ranking Event.

Registration for media entry should be made in email camtbol@gmail.com.

Media facilities will be available only to registered media representatives.

25 LIVE COVERAGE

On our website you'll be able to follow IV CAMTBO'18 events with live results, pictures and videos. Detailed information will be given in next Bulletin 2.

26 BICYCLE STORAGES, WASHING AND REPAIR

Bicycle storage (free) is in the competition event centre. Access to the bicycle storage will be strictly limited and can only be permitted by presenting your competitor's card.

Bicycle washing facilities will be available, at the arena / event centre.





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We have our official bicycle repair partner who will be working at the arena of the event.

27 PREVIOUS ORIENTEERING MAPS

Old map to be revised.

Visit our website at <http://www.camtbol.weebly.com> for further information

28 SPONSORS

Município de Grândola - <http://www.cm-grandola.pt/>

União de Freguesias de Grândola e Santa Margarida da Serra -

Casas do Rio, no Monte das Figueiras, em Santa Margarida do Sado <http://casasdoriosado.com/pt/>

Hotel D. Jorge de Lencastre - <http://www.hoteldjorge-grandola.com/>

Monte Cabeço do Ouro - <http://www.montecabecodoouro.com/>

Vitalis - www.vitalis.pt/

Bicicletas Liberato - <https://www.facebook.com/bicicletas.liberato>

