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ULTRA TRILHOS

# UTRP

ROCHA DA PENA  
LOULÉ-PORTUGAL

2023

REFRESH BUT NOT FRESH



## 6 DE AGOSTO | LOULÉ

SALIR - BENAFIM-ALTE

**ULTRA** 49 km | D+1800 m | PARTIDA 7h de Salir

PROVA DO CIRCUITO NACIONAL DE TRAIL ULTRA

PROVA CAMPEONATO REGIONAL DE TRAIL ULTRA DA AAALG

**TRAIL LONGO** 25 km | D+1140 m | PARTIDA 8h da Quinta do Freixo

PROVA DO CIRCUITO NACIONAL DE TRAIL

PROVA DO CIRCUITO REGIONAL DE TRAIL LONGO DA AAALG

**TRAIL CURTO** 16 km | D+600 m | PARTIDA 9h da Quinta do Freixo

PROVA DO CIRCUITO NACIONAL DE TRAIL SPRINT

ORGANIZAÇÃO **ATRP** / ALGARVE TRAIL RUNNING

APOIOS



## NOTE

The reading of this guide does not dispense with the careful reading of the **test regulation** in: [www.utrp.pt](http://www.utrp.pt)

## #01. INTRODUCTION

**UTRP – Ultra Trilhos Rocha da Pena** is a recreational and competitive sporting event that aims to disseminate and promote not only sports, in particular trail running, but also the territories where the event takes place.

**UTRP – Ultra Trilhos Rocha da Pena** develops in zones of extreme **natural beauty** and vast **cultural and environmental heritage**, namely in the Local Protected Area of Rocha da Pena, which gives the event its name.

UTRP takes place in the aspiring territory of Algarvensis Geopark ([www.geoparquealgarvensis.pt](http://www.geoparquealgarvensis.pt)) Loulé-Silves-Albufeira which aims to value and promote an entire territory and the local and regional heritage at an international level, contributing in particular to the study and preservation of the existing geological and cultural heritage. It is in this strategy for greater social and territorial cohesion in the municipalities of Loulé, Silves and Albufeira that a set of policies and initiatives for environmental education and awareness and geotourism activities are planned, which also includes the **UTRP – Ultra Trilhos Rocha da Pena**.

**UTRP – Ultra Trilhos Rocha da Pena** integrates the **Ultra Trail National Circuit**, the **National Trail Circuit** and the **National Trail Sprint Circuit**. The long trail route also integrates the **Algarve Regional Trail Circuit (CRTALG)** and the Ultra route will define the **Trail Ultra Regional Champion**, both competitions regulated by the **Algarve Athletics Association**. All distances assign score **ITRA** (integrate the **ITRA National League**) and are also part of the **UTMB Index Races**.

**UTRP – Ultra Trilhos Rocha da Pena** is organized by **ATR – Algarve Trail Running Association**– with the support of **AAAlgarve**, **ACS** - Associação Cultural de Salir, and with the institutional support of the Municipality of Loulé, the Parish of Salir, Union of Parishes of Querença, Tôr and Benafim and the Parish Council of Alte .

This 9th edition of the **UTRP – Ultra Trilhos Rocha da Pena** takes place on **August 6th** and thermal feelings are expected in to be **around 40°C**, which is one of the biggest challenges that athletes set out to overcome.

## #2. Schedule

SATURDAY– 5 de AGOSTO (August 5th)		Location
 Extra Check-in/ Bib delivery - Ana Dias Runners Club - Faro	10:30 – 12:30	<a href="#">Loja Ana Dias Runners Club Faro</a>
Check-in opening / Bib delivery - Salir	16:00 – 20:00	<a href="#">Complexo Desportivo de Salir</a>
SUNDAY – 6 de AGOSTO (August 6th)		Location
Check-in opening	06:00	<a href="#">Complexo Desportivo de Salir</a>
UTRP 49km – Athletes Control	06:30	<a href="#">Complexo Desportivo de Salir</a>
UTRP 49km – Race Start	07:00	<a href="#">Complexo Desportivo de Salir</a>
TLRP 25km – Athletes Control	07:30	<a href="#">Quinta do Freixo</a>
TLRP 25km – Race Start	08:00	<a href="#">Quinta do Freixo</a>
TCRP 16km – Athletes Control	08:30	<a href="#">Quinta do Freixo</a>
TCRP 16km – Race Start	09:00	<a href="#">Quinta do Freixo</a>
Prize ceremony		<a href="#">Complexo Desportivo de Salir</a>
16km	12:00	
25km	13:00	
49 km	14:30	
TCRP 16km - Time limit TLRP 25km - Time limit	14:00	<a href="#">Complexo Desportivo de Salir</a>
UTRP 49km – Time limit	17:00	<a href="#">Complexo Desportivo de Salir</a>
Event closure	18:00	<a href="#">Complexo Desportivo de Salir</a>

## #03. CAR PARKING

Due to works close to the Salir sports complex, the number of places available for vehicles is limited. We suggest parking along the EN124 or in the village of Salir in the places indicated in the following [map](#).

## #04. BIB NUMBER COLLECTION AND FACILITIES

The secretariat for check-in will take place at the following locations and times:

**August 5th:** *Ana Dias store Faro* (37° 1' 4.886" N 7° 55' 56.878" W)

**from 10:30 am to 12:30 pm**

**August 5th:** *Salir Sports Complex* (Salir Arena - 37°14'45.0"N 8°02'58.5"W)

**from 16:00 to 20:00**

**August 6th:** *Salir Sports Complex* (Salir Arena - 37°14'45.0"N 8°02'58.5"W)

**from 6:00 am to 7:00 am**

The bib number must be picked by the athlete himself, if it is not possible, another person can lift the bib but must have a copy the ID card of the athlete who is not present. It will not be possible to make changes to the distance or names of participants.

During the 5th of August, between 14:00 and 20:00, the swimming pools can be used upon payment of €3. On Sunday the 6th of August the swimming pools are **open and free of charge for athletes and companions** during its opening hours.

## #05. OVERNIGHT ON HARD FLOOR

For athletes coming from more distant places, the gymnasium of Escola Básica Prof. Sebastião Teixeira ([Location](#)) will be available for sleeping. The Pavilion will be available from **Saturday 5th at 6pm to Sunday 6th at 4pm**.

## #06. TRANSPORTATION TO DEPARTURE

The Short Trail (16k) and Long Trail (25k) departures will be at Quinta do Freixo. As such, bus transport will be provided from the Salir sports complex to the starting point of the respective competitions, in Quinta do Freixo ([Quinta do Freixo](#)).

Athletes who wish to take advantage of this transport only need to show up at the scheduled times for the respective distances:

**Long Trail Bus Schedule: Departure 07:10**

**Short Trail bus timetables: Departure 07:40**

After the departure of the buses, the organization does not guarantee the transport of the athletes, as they will have to arrive at the departure by their own means.

## #07. ROUTE MARKINGS

Race marks are mostly placed on the right side of the course.

If you find several tapes on the left side in a row, you are running in the opposite direction to the race. In addition to the tapes, you will find signs with directional markings at intersections and lime markings on the ground.

Although there are volunteers in various parts of the course, traffic will not be cut off and athletes must always respect the road code and pay extra attention when crossing roads.

We recommend that you take the GPS track with you of, available at [www.utrp.pt/provas](http://www.utrp.pt/provas) or <https://my.atrp.pt/evento/1050>.

## #08. MANDATORY AND RECOMMENDED EQUIPMENT

UTRP is governed at all distances by the principle of semi-autonomy in which athletes must be autonomous between two aid stations (PA).

As a personal safety measure, each athlete must pay attention to the recommended equipment **(R)**, and must carry the mandatory **(O)** equipment with them throughout the race.

The equipment will be checked at athletes control on race start and may be checked at other locations along the route.

ATTENTION, without the mandatory equipment the athlete cannot start the race.










EQUIPMENT	O	R
Visible bib number	X	
liquid carrying capacity of 1000 ml	X	
Container for consumption at aid stations - there are no cups in the PA's		X
Whistle		X
Mobile phone with charged battery	X	
food reserves		X
Emergency blanket		X
buff / hat		X
Sunscreen		X



## #09. AID STATIONS (PA)

PA's 1, 2 and 3 are exclusive of Ultra 49km distance and PA4 is common to Long Trail 25km and Ultra 49km. The PA5 is common to all distances.

In PA's you can find the following foods:

Produtos	PA1	PA2	PA3	PA4	PA5	FINAL
	Ultra - 9k	Ultra - 16k	Ultra - 24k	Ultra - 35k Longo - 11k	Ultra - 42k Longo - 18k Curto - 8k	
 Água	x	x	x	x	x	x
Isotónico	x	x	x	x	x	x
Coca-Cola		x	x	x	x	
Água com Gás			x			
Bananas	x	x	x	x	x	
 Laranja	x	x	x	x	x	x
 Melancia		x	x	x	x	x
 Tomate		x	x	x	x	
Uvas			x			
Melão					x	
 Barras Energéticas			x	x		
 Marmelada	x	x	x	x	x	
 Torta Tipo Dancake			x			
Batata Frita	x	x	x	x	x	
Batata Doce Frita				x		
 Pão/Presunto/Queijo			x			
Mix Salgados		x	x	x	x	
 Sal	x	x	x	x	x	
<b>Bifana e Bebida</b>						<b>x</b>

There will be water points for athletes to cool off along the course. If it's too hot, extra liquid filling stations will be provided in strategic and suitable places!

Make good water management, this will be a big (if not the main) difficulty of the race. The aid stations are separated in order to enhance this difficulty.

UTRP athletes can purchase products at 10% off at [www.suplementos24.com](http://www.suplementos24.com) using the code "ATR10".

## #10. LOCATION OF AID STATIONS AND PASSAGE PLACES

### Trail Ultra

PA	Location	Dist acum (km)	D+ acum (m)
PA1	Benafim	9	200
PA2	Alte	16	326
PA3	Qta Freixo1	24	660
PA4	Qta Freixo 2	35	1100
PA5	Mills	42	1440
Finish line	Salir	49	1800

### Trail Longo

PA	Location	Dist acum (km)	D+ acum (m)
PA4	Qta Freixo 2	11	440
PA5	Mills	18	780
Finish line	Salir	25	1140

### short trail

PA	Location	Dist acum (km)	D+ acum (m)
PA5	Mills	8.5	400
Finish line	Salir	16	760

## #11. EMERGENCY / WITHDRAWAL

In emergency situations, the athlete must immediately contact the organization by the phone number printed on the bib number. If this is not possible, you should contact 112 (portuguese emergency number). If you are in a place without phone network, wait for another who may pass the message on to the organization.

If the athlete intends to give up, he/she must make his/her withdrawal preferably at an Aid Station (PA). In the event of being picked up by a family member/friend, athletes must **always communicate this occurrence to the**

**organization**, either with one of its elements or, alternatively, contact by telephone to the number printed on the bib.

If an all-terrain vehicle is passing by and causes some dust, that vehicle will be going to the rescue of an athlete. We ask for understanding.

## #12. TIMING CONTROL

The timing control of the event is in charge of the **Algarve Athletics Association Judges**, and it is possible to follow the results at the address indicated in the **QR CODE** shown at the bib number.

## #13. LOCKER ROOM AND BATHROOMS

Drought is a reality in the Algarve and several mitigation measures are being taken in the municipality of Loulé. Exceptionally, the locker rooms will be open. We ask for its use only if necessary and proceed to save water by turning off the tap whenever possible, not wasting water. The locker rooms are located at the finish line, at the Salir Sports Complex. If there is congestion in their use, alternatively, the facilities of the sports pavilion of the Basic School Prof. Sebastião Teixeira (Hard Floor -[Location](#)) can be used.

## #14. SAFETY PLAN

The safety device of the race will be similar to that of previous years, namely:

- The operation base will be installed at the Salir Sports Complex.
- Rescue and medical assistance at the event will be ensured by the device allocated for the purpose consisting of **nurses and paramedics**, distributed by **3 ambulances and 3 all-terrain vehicles**, ensuring stabilization, first aid, triage and evacuation to SUB Loulé or CHUA Faro in cases of need.

The UTRP organization contracted civil liability and Personal Accident insurance for all participants in accordance with the limits stipulated by Decree-Law n.º 10/2009 of January 12th. **The insurance will be through our intermediary Falcão Marques Seguros. The policy number will be presented at the Secretariat.**

## #15. TIME BARRIERS

In addition to the time limits for to reach the finish line, there will be time barriers for the ultra distance, namely:



	16 km	24 km	49km
PA1			x
PA2			x
PA3			11:30
PA4			13:30
PA5			15:30
Finish Line	14:00	14:00	17:00

## #16. PRIZES CEREMONY

The prize ceremony will take place at the time defined in the schedule. During the ceremony, both genders of the same rankcategory will be **called on the podium simultaneously**. In the event that a potential winner has not crossed the finish line during the ceremony, he will be called after finishing the race.

Following the practices of the FPA and in national trail reference events, during the awards ceremony only sponsors existing in clothing and equipment are allowed. **Any other accessories like flags or banners are not allowed on the podium**. After the ceremony, athletes will be able to use the space to take their own photographs.

## #17. ENVIRONMENTAL AWARENESS

Since its first edition, the organization of the UTRP has been trying to make the impact of the race on nature as small as possible. To this end, we have always worked together with the coordinating committee of the protected area of Rocha da Pena with the aim of choosing trails that cause the least impact on the fauna and flora existing in this place of great beauty.

The race marks we use have already been used in more than 19 competitions. The reuse of race marks , despite the hard work involved, is a mission we have in the sense of reducing the use of plastics. In the same context, the organization **will not provide glasses at aid stations**, so athletes will have to take their own container to drink liquids in the PA's. In addition, we aim at removing all race marks on the day of the event or a maximum of 24 hours after the event closure.

We appeal to everyone to protect the environment so that we leave the trails better than we found them.

## #18. WHAT TO SEE AND DO (CULTURAL AND GASTRONOMIC)

The objective of organizing Trail Running events is also to provide athletes with social and cultural knowledge of the region. Therefore, we suggest for the weekend of August 5th and 6th the following events in Salir and “surroundings”:

- 1 - Mercadinho da Horta - Primary School Street in Salir (local agricultural products, traditional sweets, handicrafts and bric-a-brac) - Sunday 6th from 9:00 am to 12:30 pm;
- 2 - Mercadinho Cá da Terra - Saturday the 5th from 5 pm - Benafim;
- 3 - XXIII Corn Festival - Saturday 5th and Sunday 6th - Benafim.

There are several restaurants where you can taste a little of the local cuisine, namely:

In the parish of Salir: <https://www.salir.pt/pt/onde-comer/>

In the Parish Union of Querença, Benafim Tôr:

<https://uf-qtb.pt/turismo/restaurantes/>

In the parish of Alte: <https://www.jf-alte.pt/restaurantes/>

## #19. RACE TRACKS

Since athletes from different distances will share the same trails, especially in the last 15km, we ask the slower athletes to give way to the faster ones in a gesture of cordiality and sporting fair-play. all race courses can be viewed in [www.utrp.pt](http://www.utrp.pt).