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December-2016

Bulletin #2



Álvaro Beijinha
Mayor of
Santiago do
Cacém

The beauty and the challenge of our tracks!

It is with great enthusiasm that we receive once again the MTB orienteering community!

The Municipality of Santiago do Cacém and the Alentejo Coast are, once again, on the path of a major international event and we are sure that participants will take the best memories of our landscapes and exciting tracks, whose quality is recognized again by the organization.

I leave you the challenge to try our gastronomy and let yourself be enveloped by the hospitality and friendliness of our people.

A warm greeting to all athletes, as well as to the members of the organization and other agents involved in this great competition, to whom I wish the greatest success at all levels.

Welcome to the Municipality of Santiago do Cacém!

The Mayor of Santiago do Cacém

Álvaro Beijinha





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Santiago do Cacém, Santa Cruz and São Bartolomeu da Serra are very pleased to welcome all the athletes, the organization and further entities involved in this competition.

It is with great satisfaction that we receive for the third time in our territory the “MTBO Costa Alentejana Trophy”. This year returning to Santa Cruz where the fabulous trails won’t leave any of the participants indifferent. This is why finding here the so-called “Alentejo Amazonia” is not a coincidence.

The cooperation of local associations, the local population’s great hosting ability and our cultural patrimony will certainly enrich this sports initiative taking this region’s name across borders.

The Chairman of the Parish Council

Armando Almeida

Welcome To Portugal

Santiago do Cacém Welcomes You





0 INTRODUCTIONS

The III Costa Alentejana MTBO Trophy 2017 to be challenged in Santiago do Cacém, is a Clube da Natureza de Alvito (CNA) and Clube de Orientação e Aventura do Litoral Alentejano (COALA) joint organization in partnership with the Santiago do Cacém City Council and the support of União de Freguesias de Santiago do Cacém, S. Bartolomeu e Santa Cruz, and Freguesia de Santo André, an event being conducted under the guidance of the Portuguese Orienteering Federation (FPO) and International Orienteering Federation (IOF).

The event will include two stages, middle and long distance, both in Santa Cruz and Sprint in Vila Nova de Santo Andre.

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 capabilities, Open courses, having the chance to choose Open short in group and with a guide and Open Long, by yourself. These class will also held the youngsters participation of the 'escalação de Formação e do Desporto Escolar'.

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

Local radio – Rádio Cidade Nova <http://radiocidadenova.com/>

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 tranquillity 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, savouring 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!

Alentejo coast, life here is to feel: <http://mtbocostaalentejana.coala.com.pt/a-regiao/?lang=en>

Santiago do Cacém County: <https://www.youtube.com/watch?v=Y-Tn9RnFTYY#t=40>





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1 ORGANIZERS

IOF - International Orienteering Federation - www.orienteing.org

FPO - Portuguese Orienteering Federation - www.fpo.pt

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

CNA – Clube Natureza Alvito

CMSC - Municipality of Santiago do Cacém - www.cm-santiagocacem.pt

Event Director: Luciano Lucas

Event Vice-Director: Joaquim Patrício

Event Secretary: Jorge Simões

Maps: Alexandre Reis

Courses: Carlos Simões, Armando Santos and Joaquim Patricio

Media coordinator: Luís Santos

2 EVENT CONTROLLING (WRE - event)

National Controller: Jorge Baltazar / POR

3 EVENT CENTRE

Santa Cruz – Santiago do Cacém

(150 km of Lisbon international airport)

(205 Km Faro international Airport)

(420 km of Oporto international airport)

4 INFORMATION

COALA- Clube de Orientação e Aventura do Litoral Alentejano

Bairro Azul, C2 RC

7500-100 Vila Nova de St André

Tel.: 269752920

PORTUGAL

MPhone.: (00) (351) 963927714 - Event Director Luciano Lucas

Email: oricoalamtbocostaalentejana@gmail.com

Website: [III Costa Alentejana MTBO Trophy \(http://www.iiicamtbo.coala.com.pt/\)](http://www.iiicamtbo.coala.com.pt/)





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5 GENERAL LOCATIONS

Santiago do Cacém County



Santa Cruz (Event centre)

Lisbon Airport (150 Km)

Faro Airport (205 Km)

Sevilha Airport (355 Km)

6 PRELIMINARY PROGRAM

Available in: [III Costa Alentejana MTBO Trophy \(http://www.iicamtbo.coala.com.pt/\)](http://www.iicamtbo.coala.com.pt/)

March 23 – First deadline for entries – low entry fees.

March 27 – Deadline for entries to the competition classes and “online” registration

28, 29, 30 and 31 March 2017 - Training camp, See: http://iicamtbo.coala.com.pt/?page_id=63

Apr 01 – MIDDLE DISTANCE (WRE)

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

11:00 Start for Middle distance.

11:30 Start for Open classes

Apr 01 – SPRINT (OPEN)

16:00 Opening hours of the Event Office at arena.

17:00 Start for Sprint distance.

17:30 Start for Open classes

18:30 Prize giving ceremony for Sprint and Middle Distance WRE

Portuguese food and wine degustation





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Apr 02 – LONG DISTANCE (WRE)

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

09:00 Start for Long distance.

09:30 Start for Open classes

13:30: Prize giving ceremony for Long Distance WRE and III CAMTBO Trophy

7 CLASSES AND PARTICIPATION

Women Iberic Champs:

Jov(W17); Jun(W20); Sen(WE); Vet I(W40); Vet II(W50); Vet III(W60).

Portuguese League:

W/M15; W/M17; W/M20; W/M21A; W/ME; W/M40; W/M50; W/M60; Open (Open Long, Open Middle, Open Formação)

World Masters Series:

W/M35; W/M40; W/M45; W/M50; W/M55; W/M60; W/M65; W/M70; W/M75

MTBO World Ranking Event:

W/M(Elite)

8 ENTRIES

National League, Women Iberic Champs, World Master Series and MTBO World Ranking Event:

ENTRY FORM

(<https://drive.google.com/file/d/0B3lhO5KFbg4UTGQ4bFotX3NXaXc/view?usp=sharing>)

(final entry, by 27th March 2017) giving:

- Country
- Name 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: oricoalamtbocostaalentejana@gmail.com or

http://www.orioasis.pt/oasis/guide.php?eventid=1667&action=register_entry





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9 ENTRY FEES

Until 23th March:

WE+ME: FPO + FEDO: €7 / Others: €11

Other competition classes:

- Adults FPO + FEDO: €6 / Others: €10

- Youngers FPO + FEDO: €3 / Others: €5

Open classes: Adults: FPO + FEDO: €6 / Others: €10

Until 27th March:

WE+ME: FPO + FEDO: €10,5 / Others: €16,5

Other competition classes:

- Adults FPO + FEDO: €9 / Others: €15

- Youngers FPO + FEDO: €4,5 / Others: €7,5

Open classes:

Adults: FPO + FEDO: €9 / Others: €15

Portugal Training Camp

5€ / person / map

10 ACCOUNT DETAILS FOR PAYMENT

All payments are to be made to the COALA - Clube de Orientação e Aventura do Litoral Alentejano, as follows (all charges are paid by sender):

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

BIC/SWIFT: CGDIPTPL

IBAN: PT50 0035 0783 00015136830 81

11 TRANSPORT (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 (nearest city of Santiago do Cacém) consult the timetable: <http://www.cp.pt/passageiros/en/>

Travel by public bus If you want to travel from Lisbon to Santiago do Cacém by public bus

<http://www.rede-expressos.pt/horarios.aspx>





12 ACCOMMODATION

For the MTBO Orienteering WRE a variety of accommodations in Santiago do Cacém county.

Notes

- We recommend the hotels:

Hotel Vila Park : www.vilapark.com

Hotel Rural Monte da Leziria: www.montedaleziria.com

13 TIME KEEPING SYSTEM

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

Organization will provide the SI Active Card to athletes. No, extra fees.

Non returned SIAC`s will have a cost of €80,00.

*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 to have the SIAC in a easy place to confirm the flashing light (ex: Wrist).

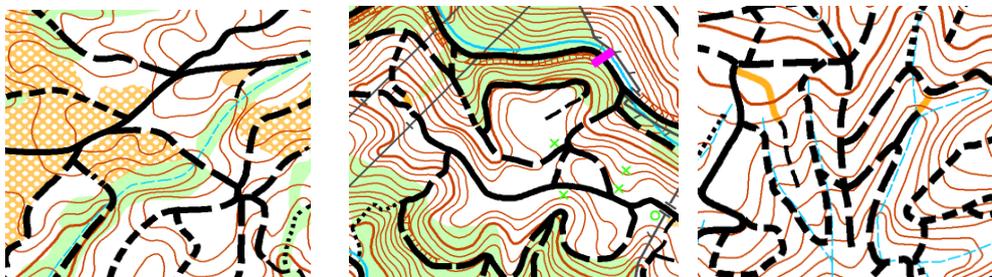
14 MAPS

MTB Orienteering maps

Scales: 1:10 000 and 1:15000

Contour intervals: 5 m

Terrain type: moderate hilly, various kinds of roads



Model event vs Portugal Training Camps –Santiago do Cacém

28th march - Map: “Casoto”, Long Distance, FPO Registration No. 27/14 (37.972911, - 8.769690);





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29th march - Map “Santiago Cacém”, Media Distance, FPO Registration No. 037/13 (38.012014, -8.695625);

30th march - Map “Sta. Margarida da Serra “,Long Distance, registration FPO nº024 / 05 +” Grandôla Btt “registration FPO nº027 / 06 (38.119415, -8.599891)

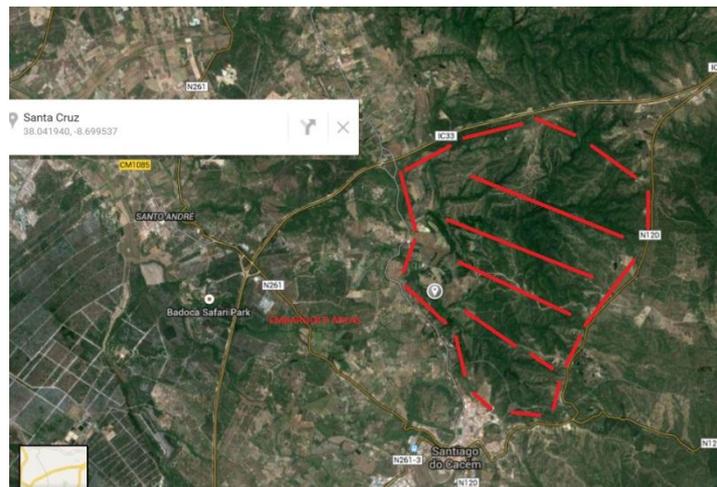
31th march – Map “Grandôla Btt” , Media Distance, FPO Registration No. 027/06 (38.1768556 - 8.5873417).

By course planner’s: Armando Santos, Carlos Simões, Joaquim Patrício, Hugo Patrício.

15 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 during 1st November 2016 to 2st April 2017



There is no exception.

All events will be organized in accordance with the IOF rules.

Also, visit our website for further information.

16 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 off traffic on the competition area. Riders should follow the instruction of marshals.

Still, it is the rider’s responsibility to observe traffic rules and avoid unsafe practices.





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Altitude: 111m to 250m.

Model Event and Training camps

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.

17 RULES

The event will be organized in accordance with the Competition Rules for IOF MTBO Orienteering Events, valid from 1 January 2015, and Special Rules for MTB Orienteering World Ranking Event 2015. 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.

18 ANTI-DOPING

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

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

19 WEATHER

During Mars and April you can expect temperatures from 15⁰ to 20⁰ Celsius during the day and from 10⁰ to 14⁰ Celsius during night.

20 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

(351) 269818142- Urgency/Urgência





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21 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.

22 TRAINING OPPORTUNITIES

28th, 29th, 30 and 31th March 2017, training maps with control points, by Si-Card system.
Organised by COALA and CNA.

Between 4 and 30 km from Event centre (€5/map/person).

M and W courses.

23 MEDIA SERVICES

Media representatives are cordially invited to come to Santiago do Cacém to cover the World Ranking Event.

Registration for media entry should be made in email by 24st May 2015.

Media facilities will be available only to registered media representatives.

24 LIVE COVERAGE

On our website you'll be able to follow III CAMTBO'17 events with live results, live TV coverage, Live Blog, text commentary, pictures, video, and route choices. Detailed information will be given in next Bulletin 3.

25 BICYCLE STORAGE, WASHING AND REPAIR

Bicycle storage (free) is located 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.

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

26 PREVIOUS ORIENTEERING MAPS

[Old Map](#) 2015! revised.

(<http://iiicamtbo.coala.com.pt/wp-content/uploads/Santa-Cruz-btt-light.jpg>)

Visit our website at [III Costa Alentejana MTBO Trophy](#) for further information





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27 SPONSORS

Município de Santiago de Cacém

União de Freguesias de Santiago do Cacém, Santa Cruz e S. Bartolomeu da Serra

Junta de Freguesia de Santo André

Hotel Vila Park

Hotel Rural Monte da Lezíria

Vitalis

Egeo

SoAndaimes

Banza & Coelho

