



I COSTA ALENTEJANA MTBO

World Ranking Event

ORGANIZATION SPONSORS

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Welcome To Portugal

Santiago do Cacém Welcomes You

0 INTRODUCTIONS

The I Costa Alentejana Mtbo Trophy 2015 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, an event being conducted under the guidance of the Portuguese Orienteering Federation (FPO) and International Orienteering Federation (IOF).

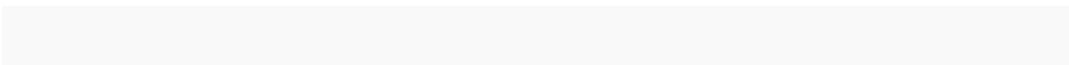
The event will include two stages, middle and long distance, both in Santa Cruz.

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. 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.

Once again, welcome to the Alentejo Coast!





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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!

[Alentejo Coast](#), life here is to feel!

[Santiago do Cacém](#) County





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1 ORGANIZERS

IOF - International Orienteering Federation - www.orienteering.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

Organizing Committee

Event Director: Luciano Lucas

Event Vice-Director: Joaquim Patrício

Event Secretary: Daniel Raposo

Maps & Courses: Alexandre Reis / Carlos Simões

Media coordinator: Luís Santos

2 EVENT CONTROLLING

IOF Senior Event Advisor: Monika Ilvestie / FIN

National Controller: Jorge Baltasar / 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





I COSTA ALENTEJANA MTBO

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PORTUGAL

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

Email: oricoalamtboacostaalentejana@gmail.com

Website: <http://mtbocostaalentejana.coala.com.pt/>

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: mtbocostaalentejana.coala.com.pt

7 CLASSES AND PARTICIPATION

MTBO World Ranking Event

Classes:

W / M 21

MTBO World Ranking Event, and an unlimited number of team officials.

8 ENTRIES





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ENTRY FORM B (preliminary entry, by 31th January 2015) giving:

- Country
- Number of competitors of each gender (preliminary)
- Number of team officials
- Team manager's name, address and telephone/fax numbers

ENTRY FORM B (final entry, by 24th May 2015) 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: oricoalamtbocostaalentejana@gmail.com or
http://www.orioasis.pt/oasis/guide.php?action=register_entry&eventid=1412

9 ENTRY FEES

World Ranking Event

Middle distance €6 / person

Long distance €6 / person

Party (Dinner, EXTRA COST)

Each participant will pay €25.

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





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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 (EXTRA COST)

For the MTBO Orienteering WRE (extra cost) a variety of accommodations in Santiago do Cacém county.

Notes

- We recommend the hotels:

Hotels (summary)

Hotel Vila Park , www.vilapark.com

Hotel Rural Monte da Leziria, www.montedaleziria.com

13 TIME KEEPING SYSTEM

SPORTident will be used on all events with SI-Card.

Everybody should provide the number of their SI cards with the entry.

SI cards can be rented from Organizers for €2 for the event (€50 deposit).

14 MAPS

New MTB orienteering maps.

Scales: 1:10 000 AND 1:15000

Contour intervals: 5 m

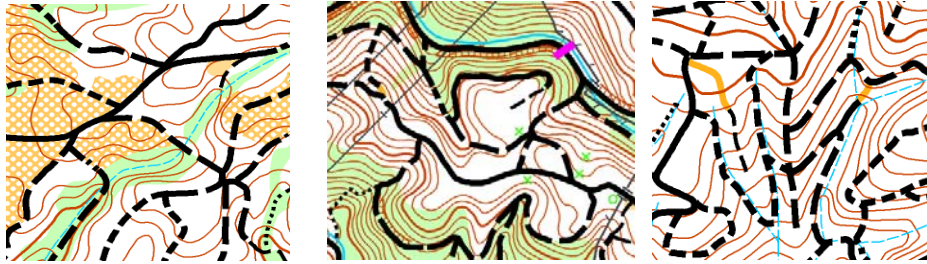
Terrain type: moderate hilly, various kinds of roads





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Model event vs Training Camps

28th may - Map: “VN Santo André – Chalk”, FPO Registration No. 029/03 (38.073674 ° - 8.748403 °);

29th may - Map “Santiago Cacém” FPO Registration No. 037/13 (37.992071 ° -8.695938 °);

1th june - Santiago do Cacém” registration FPO nº037 / 13 (38.011839 ° -8.695178 °);

2th june - Melides Btt” FPO Registration No. 028/09 (38.1473000°, -8.7313583°);

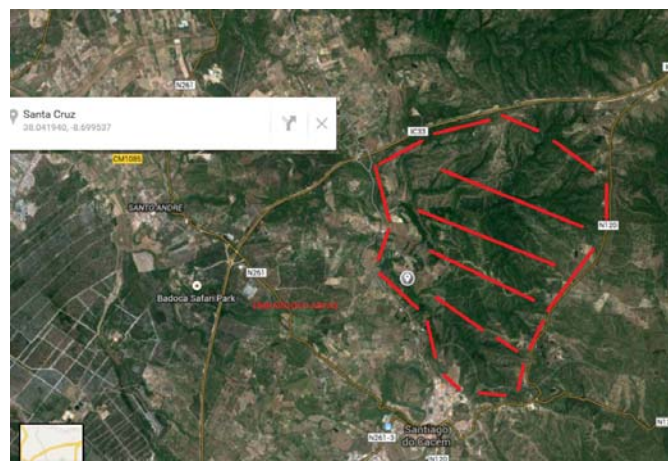
3th june - Grandôla Btt” FPO Registration No. 027/06 (38.1768556°, -8.5873417°);

4th june - Sta. Margarida da Serra “, registration FPO nº024 / 05 +” Grandôla Btt “registration FPO nº027 / 06 (38.120778 ° -8.602205 °)

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 2014 - 31th may 2015



There is no exception.

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





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

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 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: 111m to 250m.

Event model vs 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 February 2010.

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

19 WEATHER

During end of May you can expect temperatures from 25o to 30o Celsius during the day and





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from 10 to 14^o 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- Urgência

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 May 2015 and 1th till 4th of June, training maps with control points, by Si-Card system. Organised by COALA and CNA.

Between 4 and 30 km from Event centre (€7/map/person).

Event for Portuguese MTBO league (WRE candidate), in Loulé, organised by Clube BTT Terra de Loulé, 16th to 17th of May

www.orioasis.pt/oasis/events.php?action=event_view_info&eventid=1411.

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 I CA MTBO'15 events with live results, live TV coverage, Live Blog, text commentary, pictures, video, and route choices. Detailed information will be given in next Bulletin 2.





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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

No maps before!

Visit our website at <http://mtbocostaalentejana.coala.com.pt/> for further information

SPONSORS

Camara Municipal de Santiago de Cacém

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

Hotel Vila Park

Hotel Rural Monte da Lezíria

Vitalis

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