

IV Cascais Trail Experience

After a 3rd edition in which we broke all records in terms of the number of participants, counting athletes from 15 different nationalities, the Cascais Trail Experience is back for its 4th edition.

Considered by many to be the most emblematic stage of the Circuit, this is a test that will take you to discover the most incredible views that Serra de Sintra has to offer, along one of the most beautiful coastlines in the world.

Departing from Mercado da Vila, right in the center of Cascais, where there will be plenty of entertainment guaranteed, you can count on the three usual tests; Long Trail (TL) K31+, Short Trail (TC) K14+ and Walk K11+.

DEPARTURE AND ARRIVAL PLACE: MERCADO DA VILA

1. Test

Program / Schedule

09:30 am - Departure K31+

10:00 am - Departure K14+ 10:02 - Departure Walking

11:00 am - Expected arrival of the first athletes K14+

11:30 - Estimated arrival of the first athletes K31+

13:00 - Expected delivery of trophies

Limit time

- Walk: 2h30m
- Trail: 3h30m
- Trail: 5h00 (gate control: if you reach 7.5 km and the time exceeds 1h05, you will be invited to do the rest of the Short Trail; as well as at 14km if it takes longer than 2h30, you will be transported directly by the organization to the goal)

Time control methodology

The athlete's time control process is done through an electronic system, by chip included in the dorsal.

2. Registrations

Registration process

Registration for the 4th Cascais Trail Experience is limited to 1500 athletes for the overall 3 races and will be carried out through 2 modes:

1. Online

2. Via bank transfer to IBAN PT 50 0033 0000 4556 97629880 5, subsequently sending your data and registration details (name, date of birth, team, t/ shirt, NIF, telephone, location, CC number) to email geral@@ werun.pt. Our team will send you proof of registration.

Entries will only be validated after payment has been made and payment confirmed. Enrollment in the event will determine the full and unconditional acceptance by the participants of this regulation and other rules of the event.

Registration fees and periods

Dates	until October 31st	until 10 November	until 20 November
long trail	€12 (9.75 + VAT)	€14 (11.38 + VAT)	€17 (13.82 + VAT)
short trail	€10 (8.13 + VAT)	€12 (9.75 + VAT)	€15 (12.19 + VAT)
Walk	7€ (5.69 + VAT)	€9 (7.31 + VAT)	€12 (9.75 + VAT)
T -shirt event mizuno	€7.99	€7.99	BR



- **OFERTA ESPECIAL PARA EQUIPAS:** For every 9 registrations, you get 1 freer. After registering your team of 9 elements, send us an email to info@werun.pt with the details of the athlete on offer, which we will add to your team.
- Last minute registrations at the secretariat site, limited to existing vacancies and only includes the dorsal.

Material included with registration

- Participation in one of the races: Trail Long, Short Trail and Walk;
- Dorsal number with chip included (TL and TC); Dorsal number without a chip on the Walk.

- Sports insurance.
- Logistic and technical support. First aid.
- Solid and liquid supplies in the assistance/supply areas and at the end of the race;
- Other gifts that the organization can raise.
- Photos of the event, video of the arrival and an electronic diploma of participation for all participants in the competitive races will be available on the race website.

The organization may cancel or postpone the event if there are reasons of force majeure, such as: bad weather conditions that make it impossible to hold the event outdoors, natural catastrophes, lack of technical conditions external to the organization and threats to the safety of the participants, the registration fee not being refunded.

- Event T - shirt (Mizuno T-shirt) - €7.99

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3. Secretariat

Test Secretariat/ times and locations

- 11/26 (Saturday) - At Werun 's premises from 11am to 5pm (Praceta da Quintinha, 5 - 2620-161 Póvoa de Santo Adrião) [Location](#)
- Through the registration confirmation received in the e-mail box after payment, in case of collection of the athlete's kit on behalf of another participant, it may occur if proof of registration is presented.
- We _ Run is grateful that the dorsal lift is carried out on the days and places stipulated for this purpose. If this is not possible, the athlete must request the delivery of the dorsal on the day of the race through the e-mail info@werun.pt.

The organization ensures, for a period of 5 days, counting from the date of the race, the custody of all paid and uncollected kits, which is requested to the email info@werun.pt.

4. Categories and Awards

Definition of individual and team age/gender categories

MALE GRADES:

M Junior – 18 to 19 years old M Under 23 – 20 to 22 years old

M Seniors – 23 to 39 years old M40 – 40 to 44 years old M45 – 45 to 49 years old M50 – 50 to 54 years old M55 – 55 to 59 years old M60 – over 60 years old

FEMALE GRADES:

F Junior – 18 to 19 years old F Under 23 – 20 to 22 years old

F Seniors – 23 to 39 years old F40 – 40 to 44 years old F45 – 45 to 49 years old F50 – 50 to 54 years old F55 – 55 to 59 years old F60 – over 60 years old

The age groups refer to the age of the participant on the day of the Event

- * Barefoot (Long Trail Only) - " Running without shoes is an alternative to regain mobility in the whole body and strengthen the feet "
- * Canicross (only Short Trail)

Enrollment in this category will be done in the Dorsal survey

prizes

- Most numerous team (1)
- Overall Male / Female – Prize for the top 3 of the Long and Short Trail
- Male / Female Classes – Prize for the top 3 in the Long and Short Trail
- Teams – (3) first teams counting the first three (3) athletes regardless of gender or age, by the sum of times



5. Supplies

Supply locations

The organization will set up several supply stations that will include the supply of drinks. Drinks will NOT be provided in cups, but personal reservoirs can be filled. The waste produced must be placed by the athlete in the respective waste container.

The non-placement of waste in the appropriate place by the athlete will correspond to a penalty, or eventual disqualification.

Mandatory material / material checks

There is no mandatory material! However, the organization does not provide glasses or bottles for liquids in the Supplies, so it is recommended to use a glass or any other container.

The organization strongly recommends taking your cell phone with autonomy during the race, and a water tank with enough to ensure hydration when moving between supplies. If weather conditions so require, the mandatory/recommended material may be changed with due notice. The organization will not provide pins, so the athlete must have pins or a dorsal holder.

6. Safe

All participants in the We tests Run are insured by a policy from Seguradora Fidelidade, leader in Portugal. ([Click here](#))

7. Conditions of Participation

Physical Conditions

To participate, it is essential to be aware of the specific distances and difficulties of running on trails and the positive and negative differences in level, and to be adequately prepared physically and mentally; be able to cope without external help with adverse environmental and climatic conditions such as cold, heat, wind, fog and rain; know how to manage physical and mental problems resulting from extreme fatigue, digestive problems, muscle and joint pain, minor injuries, etc.

Definition possibility of external

help Personal assistance is tolerated exclusively at a filling station. Except for these posts, it is expressly forbidden to be accompanied by a person not registered for the race. No external help will be allowed, so the athlete must be aware of his physical condition and manage his problems that arise for an activity of this nature, in a safe way.

For any eventuality, you should contact the organization by calling the emergency numbers, which will be printed on the dorsal or through any element of the organization, preferably at the Supply Stations (PA's).

Dorsal placement

The participants are obliged to affix the dorsal on their shirt, which must always be visible during the race. Competitors will be required to show their identification number to all controllers and the Event Organization when required, under penalty of disqualification or exclusion from the race;

The organization will not provide pins, so the athlete must bring pins or a dorsal holder.

Sports conduct rules

Participants should seek to preserve the environment and social environment in which the event will take place and respect the organization and the other participants, namely observing the following duties and rules of conduct:

- Assist any practitioner in the event of an accident, if the circumstances require it.
- Respect the marked areas of the route and the instructions given by the Organization.
- Do not damage the environment. Do not cause damage to private or cultivated areas.
- Do not leave empty packages along the way, but only in the appropriate places.

Failure to comply with the previous point implies the automatic elimination of the athlete.

unsportsmanlike behavior will result in the disqualification of the participant, who will not be able to participate in future editions of the Cascais Trail Experience.

8. Environment

Because these activities take place in nature, and because we preserve it, we ask all participants to be careful and responsible with the environment and not to leave any residues along the way. If any participant violates this rule, he will be penalized with disqualification from the race.

9. Data protection / Image and publicity rights data protection

Every participant, when formalizing their registration, authorizes the publication of their personal data necessary for the conduct of the race, whether in the official lists, in the media and/or internet, as well as their use to send information regarding the event, including later editions. It also authorizes that the collected images (photography or video) can be used in a timeless way in any advertising action, with the sole purpose of promoting and publicizing the event.

Each participant is responsible for the veracity of the data provided in their registration and is aware that these will form part of a file, which We Run will be responsible. The holder of the data will have the right of access, rectification, cancellation, opposition as determined by Organic Law 15/1999 of December 13, Personal Data Protection Law.

Image and publicity rights

The organizing entity reserves the exclusive right to exploit the image of the event, as well as each test that constitutes this event, and photographic and journalistic audiovisuals of the event.

Any project or advertising material produced for publication must obtain prior notice from the organization.

The acceptance of this regulation implies, obligatorily, that the participant authorizes the use of his image for the dissemination of the race in all its forms of communication (radio, written press, video, photography, posters, social media, etc.) and that these can be used timelessly in any advertising action, with the sole purpose of promoting and publicizing the event. It also assigns all rights to its commercial and advertising exploitation that it considers opportune to execute, without the right, on the part of the athlete, to receive any economic compensation.

10. confidentiality policy

[Conditions of Use and Confidentiality Policy](#)

11. Return policy

Changes can be made by the athlete himself from one race to another. This change can only be made up to 10 days before the race, in case of passage to a race with a higher Registration Fee value, the difference is ensured by the athlete, for the Fee applied on the day of change, the organization in case of change no refund of any registration fee already paid.

- Reimbursement of the registration fee is only allowed when a participant has a proven impediment to taking the test, if it is associated with an accident, or a disease diagnosed after registering for the test.

- Cancellation or transfer of registration must be requested by email, up to 10 days before the test to the email geral@werun.pt, upon payment of a fee of 2€, made via bank transfer.

When transferring registration, the email sent to the organization (geral@werun.pt) must contain the complete data of the new athlete and the citizen's card number of the previously registered athlete.

The Organization does not refund paid registration fees, except the following described:

The amounts refunded to participants who meet the conditions will vary according to the date on which the refund is requested.

- Through a medical certificate, which proves the impediment of presence due to illness or injury.

- Up to 30 days from the date of the test - 60% of the fee is refunded (it will be charged for costs with issuing an ATM ref, administrative costs, and VAT for issuing an invoice)

- Up to 20 days from the date of the race - 40% of the fee is refunded (it will be charged for costs with issuance of an ATM ref, administrative costs, VAT on invoice issuance, and costs with the athlete kit and others that the organization has already incurred)

- Up to 10 days from the date of the race - 30% of the fee is refunded (it will be charged for costs with issuance of an ATM ref, administrative costs, VAT on invoice issuance, and costs with the athlete's kit and others that the organization has already incurred)

- In case of race cancellation for reasons beyond the Organization, decreed by other entities, the organization does not refund the amount paid, automatically transferring the balance of the participant to the new date of the event, or in another event that the athlete wants to participate the responsibility of the same organization.

12. Route

[# C WALKING](#)

[# SHORT TRAIL](#)

[# LONG TRAIL](#)