

onehundred®
FIND YOUR SUMMIT

ULTRA MOUNTAIN TRAIL
onehundred®

DOURO E Vouga

GR60, PORTUGAL
2024

2024 WORLD CHAMPIONSHIP

Runner's Guide & Regulation

onehundred
WORLD CHAMPIONSHIP
2024
100 KMS | 100 MILES | 200 MILES



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About the Race



- 1) The One Hundred® Douro e Vouga is an endurance mountain trail race held in the Magical Mountains along the GR60 route, starting and finishing in Cinfães at the Fonte dos Amores, between the 19th and 22nd of September 2024.
- 2) The course will extend for 200 miles (320 km), covering the entire GR60 and is the same as the inaugural course of the One Hundred® Mountain Trail World Championship. There will also be distances of 100 miles (160 km) and 100 km, covering the last kilometers of the course.
- 3) Across all distances, the race unfolds exclusively through GPS navigation, requiring athletes to come equipped with the necessary gear, a loaded GPX file, and an additional battery.
- 4) Participation in the event can be as an individual, in teams of 2 or 4, with the support of one car and one person. The support crew car is mandatory, having at least one person and one car per athlete or team.

About the Race

- 5) In case of cancellation due to circumstances beyond our control, the organization will inform all athletes by email.
- 6) Should the race be cancelled for not meeting a minimum number of participants, the organizers reserve the right to cancel the race up to 60 days before the event, without the obligation to cover any expenses related to hotel bookings or other travel expenses, including airfares and any other costs the runner may have incurred for themselves or others accompanying them, as well as any additional compensation.
- 7) All athletes must present a medical certificate/attestation, signed and stamped by a doctor, with a validity of no more than 12 months.
- 8) Registered athletes must send proof of results in endurance races to the email: portugal@onehundredtrail.com by 1/09/2024.





200 miles Course

DISTANCE

200 (320 km)
MILES

ELEVATION

10,100+
METERS

TIME LIMIT

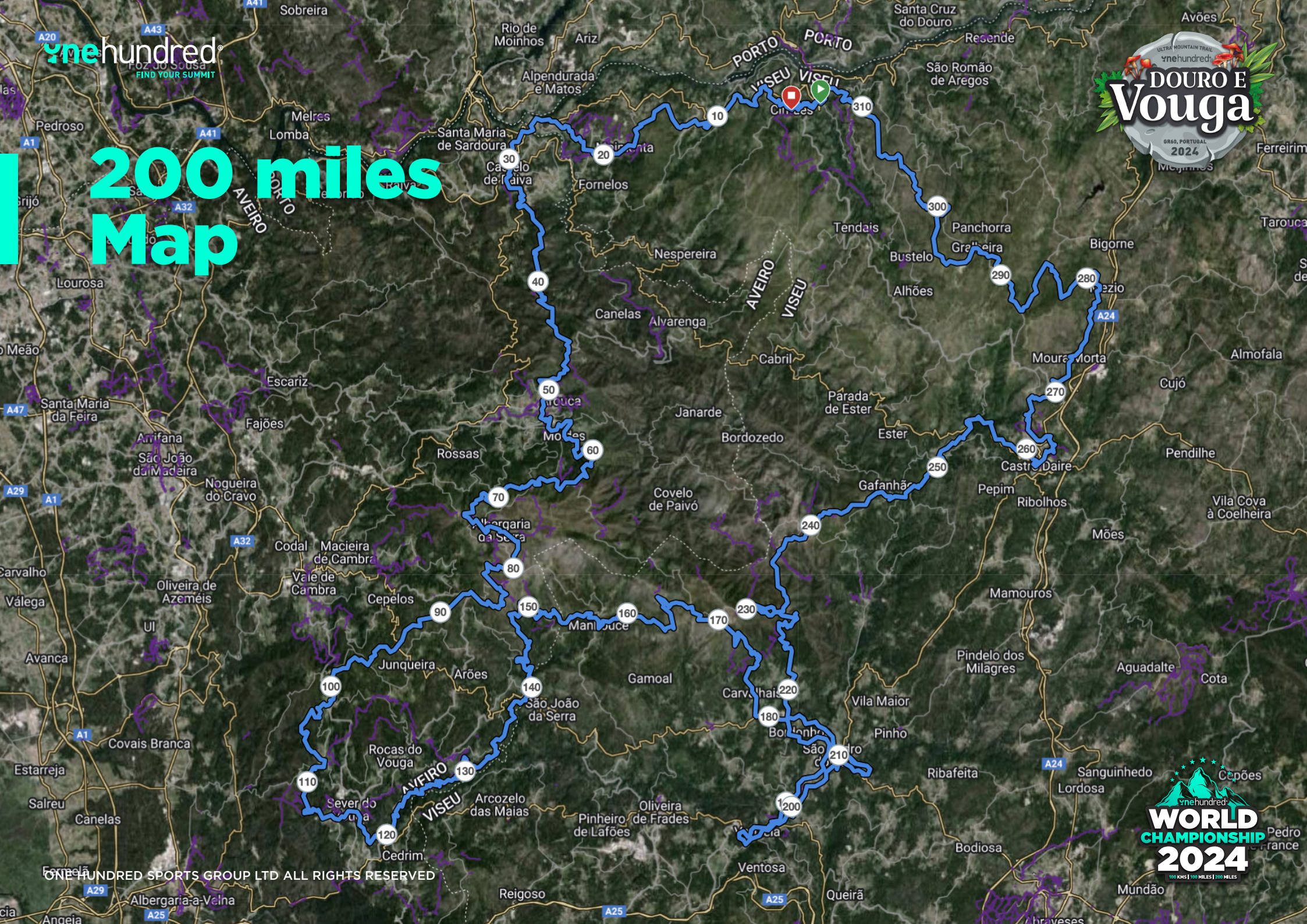
77:00
HOURS

RACE SEGMENTS AND TIME LIMIT:

- | | | |
|----------------------------------|------------------------------------|---------------------------|
| 1) Castelo de Paiva (35 km) - 7h | 4) Manhouce (181 km) - 39h | 7) Cinfães (319 km) - 77h |
| 2) Arouca (73 km) - 16h | 5) São Pedro do Sul (214 km) - 47h | |
| 3) Sever do Vouga (139 km) - 31h | 6) Castro Daire (262 km) - 58h | |



200 miles Map



ONE HUNDRED SPORTS GROUP LTD ALL RIGHTS RESERVED



100 miles Course

DISTANCE

100 (161 km)
MILES

ELEVATION

4,500+
METERS

TIME LIMIT

40:00
HOURS

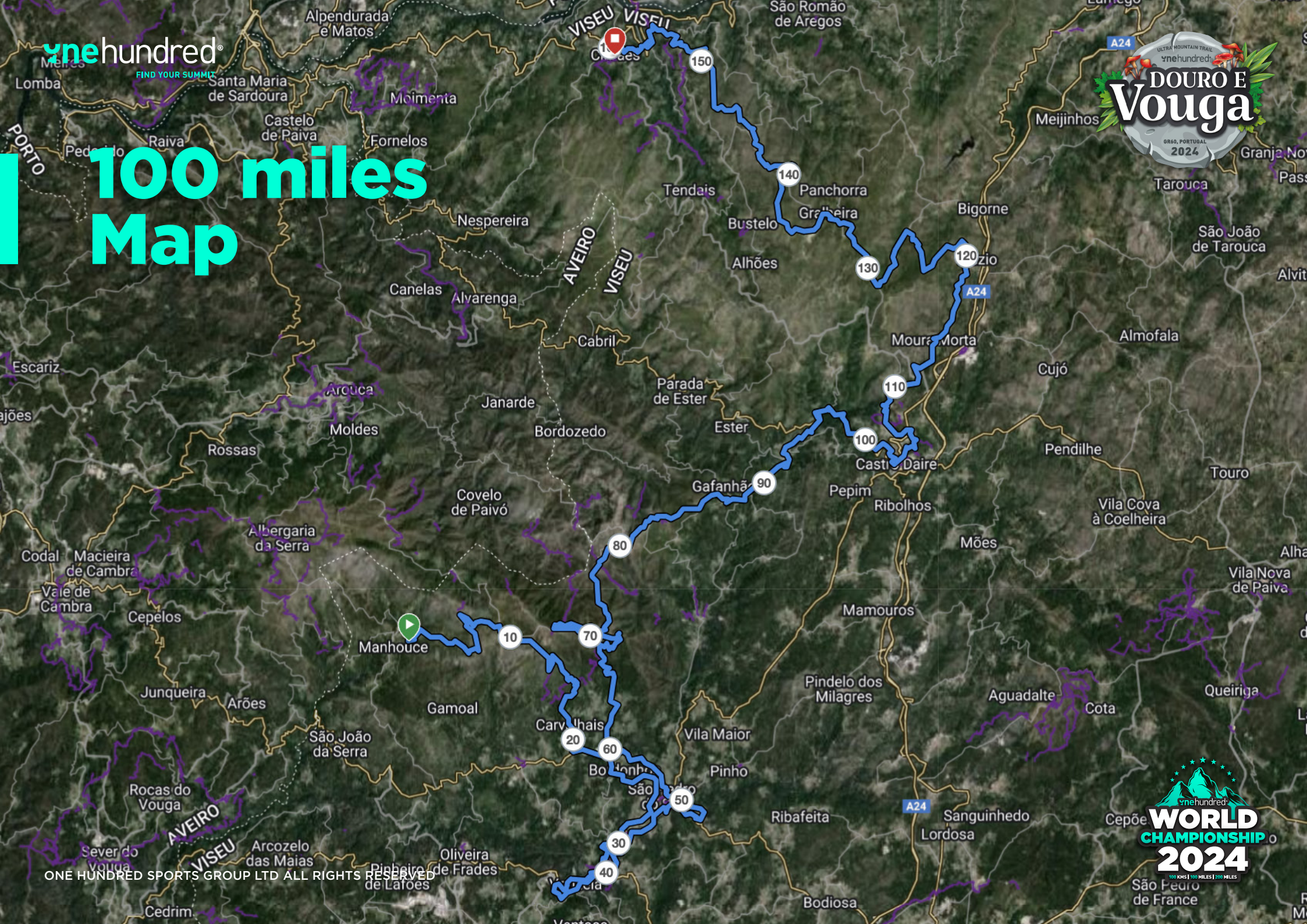
RACE SEGMENTS AND TIME LIMIT:

- 1) Manhouce (20 km) - 4h
- 2) São Pedro do Sul (55 km) - 12h
- 3) Castro Daire (103 km) - 23h
- 4) Cinfães (160 km) - 36h





100 miles Map





100 km Course

DISTANCE

100
KILOMETERS

ELEVATION

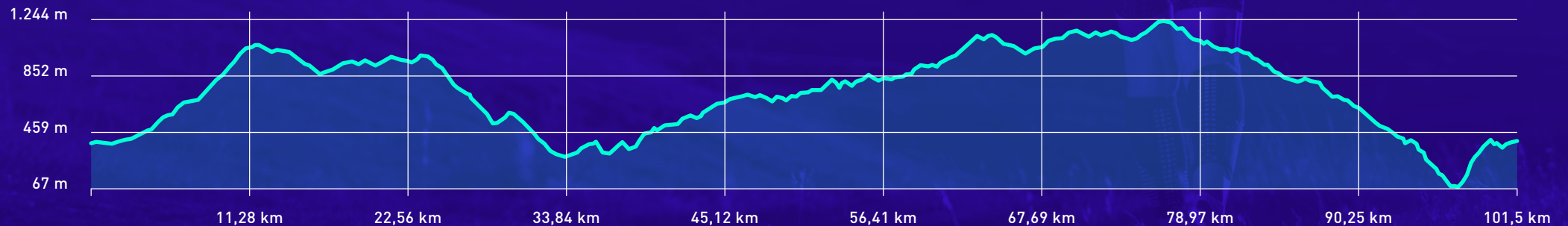
3,100+
METERS

TIME LIMIT

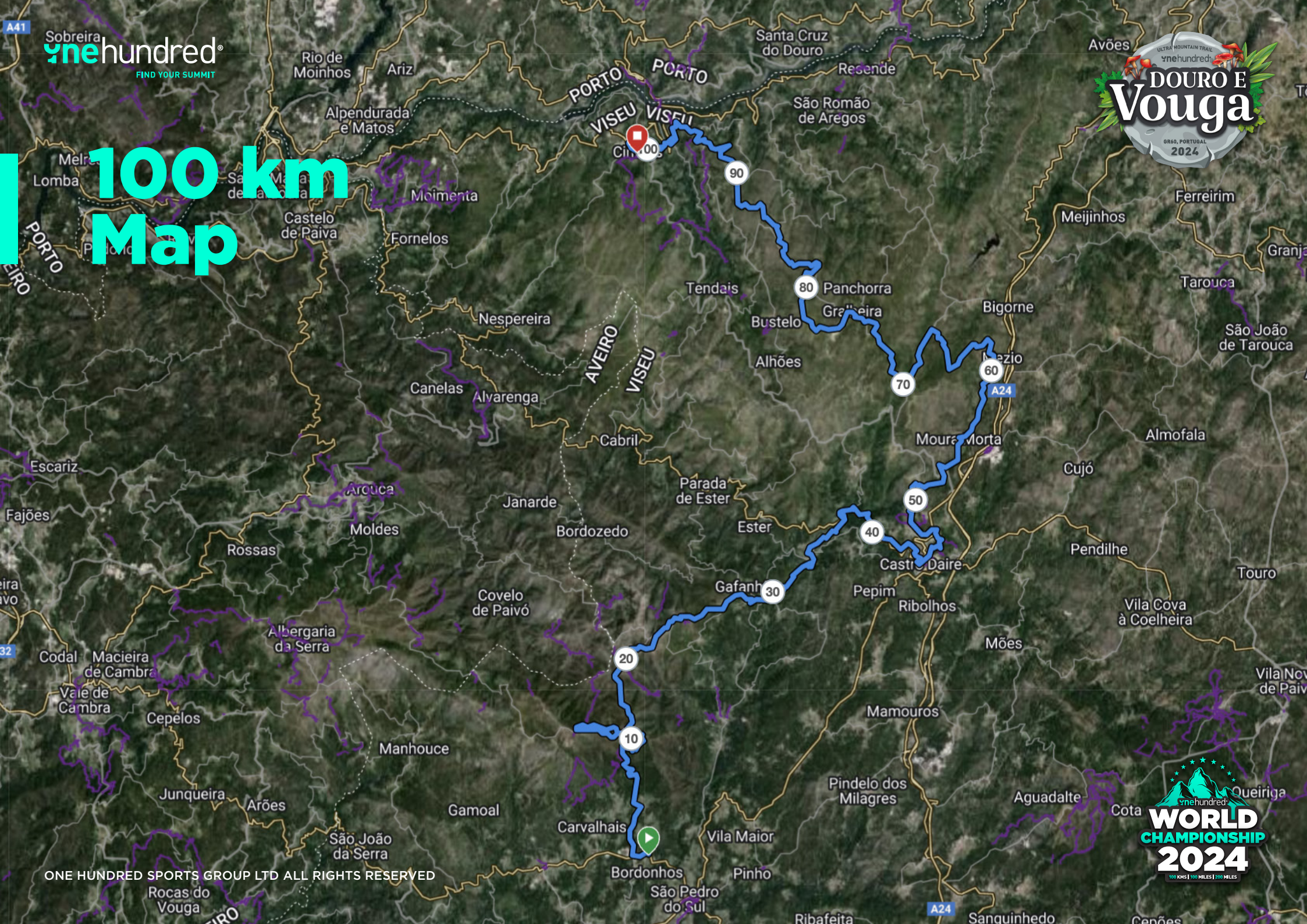
26:00
HOURS

RACE SEGMENTS AND TIME LIMIT:

- 1) Castro daire (40 km) - 10h
- 2) Cinfães (100 km) - 26h



100 km Map



Points of Interest

- Rio Bestança, Rio Paiva, Rio Vouga
- Aldeias históricas
- Inúmeros Miradouros
- Serra da Freita
- Serra da Arada
- Serra de Montemuro





Rankings

Starting from 2024, qualifying for the Gold, Silver, or Bronze starting Boxes in the One Hundred® Endurance Trail World Championship Final will be a fairly simple process. The path to the Final can follow one of three routes:

- 1) Earn a spot in one of the full-distance qualifying races held worldwide, by winning or placing well in your age group.
- 2) Legacy spot: Run in a minimum of 10 One Hundred® races to get direct entry (valid from the 1st edition in 2022).
- 3) Be invited to the race, as is the case for celebrities, ambassadors, or slots for Physically Challenged (PC) athletes.

Miles (points) can be earned in any One Hundred® World Championship qualifying race, as well as in the Final.



Rankings

There are three levels in the One Hundred® Elite status:

- **Gold** - The top 5 percent fastest.
- **Silver** - The top 10 percent.
- **Bronze** - The top 15 percent.

Note: Provided that athletes complete a race of 200 miles, 100 miles, or 100 km, they will also be able to earn points for other One Hundred® races, such as the Special Stages and/or others to be introduced in the future.

FOR MORE DETAILS CHECK OUT OUR WEBSITE RANKING AND QUALIFYING PAGE:

<https://onehundredtrail.com/en/world-championship/rank-qualifying>

Signage

The GR60, located in the majestic Magic Mountains®, is an invitation to adventure. In this slide, we present the signage encountered along the route, ensuring a safe and enriching experience throughout this magnificent path.

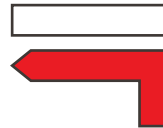
More info: gr.montanhasmagicas.pt



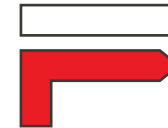
RIGHT PATH



WRONG PATH



RIGHT PATH



RIGHT PATH



SHORT ROUTE
Temporarily proceeding along
the layout of the long route



GREAT BTT CROSSING



WRONG ROUTE



DANGER



Program

19/09/2024 THURSDAY

09:30 Kit Distribution (200 miles)

10:30 Technical Congress (200 miles)

12:00 Start (200 miles)

20/09/2024 FRIDAY

16:00 Kit Distribution (100 miles)

17:00 Technical Congress (100 miles)

18:00 Start (100 miles)

20:00 Online Technical Congress (100 km)

21/09/2024 SATURDAY

08:00 Kit Distribution (100 km)

09:00 Start (100 km)

22/09/2024 SUNDAY

11:00 Time Barrier (100 km)

12:00 Time Barrier (100 miles)

14:30 Awards Ceremony

17:00 Time Barrier (200 miles)



Important Information

- Participation in the event requires a support team throughout the duration of the race, with at least 1 person/support car;
- The support car will be responsible for all food/hydration along the course;
- For solo participation, it is possible to use a “pacer” only in the last 100 miles;
- All participants must use GPS with the GPX course previously entered by the athlete;
- Each athlete must carry the GPS tracker provided by the organization;
- In the case of teams, the GPS tracker must always be carried by the athlete who is in “competition”;
- The support team/Crew can provide assistance at any point on the course and at any time, with the only limitation in the first 20 km, where support is not allowed;
- The passage of motorized vehicles, such as support cars or other types of logistics in the deactivated railway channel of the Viseu Branch, is not authorized;
- Hydrate regularly, and keep your body “energized”;
- Prioritize carbohydrates and proteins;
- Avoid heavy or unknown foods, before or during the race.

Runwards

JOIN OUR RUNWARDS MILES CLUB:

- **Benefits of running with us** - You transform miles into discounts on race registrations or in our online store.
- **Turn miles into pounds** - You earn £1 for every 10 miles run in our races.
- **Turn pounds into miles** - You earn 1 mile for every £10 spent in our online store.
- **No Limits** - You earn miles that last forever. Just visit our online store and do what you love most: RUNNING!

All accumulated miles will be automatically calculated at the end of the first year.

More information at www.onehundredtrail.com.



Race Planning

Manage your race with the fantastic Gretel Planner software. Simply access the website, register for free, and you can plan your adventure in detail, across 7 segments! 7 levels until you reach the finish line in Cinfães!

www.gretelplanner.com





Mandatory Equipment

- GPS device with the race course loaded by the athlete in advance and an additional battery (Powerbank);
- Hydration pack or water bottle holder with a combined capacity of at least 1 liter;
- Waterproof jacket with integrated hood and waterproof membrane such as Goretex or similar (minimum: 10,000 mm) and breathable (recommendation: RET less than 13);
- Thermal blanket;
- Whistle;
- Two flashlights with respective spare batteries (during the night); GPS-Tracker provided by the organization;
- Active and charged mobile phone;
- Race bib visible throughout the race.



Recommended Equipment

RUNNERS:

In addition to the mandatory equipment, race participants are advised to bring:

- First aid kit;
- Waterproof trousers;
- Warm base layer long sleeve shirt;
- Long pants or pants that cover the knees;
- Energy bars or solid food;
- Elastic adhesive tape;
- Cash for use in any eventuality;
- Running/walking poles are allowed.



Recommended Equipment

SUPPORT CARS:

Support cars are advised to bring the following equipment.

- Folding chairs;
- Folding table;
- Sun umbrella;
- Cooler box;
- Cutting board (for food - fruit);
- Bowls for separating food;
- Cups;
- Knife;
- Cutlery;
- Roll of kitchen paper;
- Gloves;
- First aid kit;
- Emergency medication;
- Water containers;
- 2x powerbank.



Money Prizes

	200 MILES		100 MILES		100 KM	
	MEN	WOMEN	MEN	WOMEN	MEN	WOMEN
1ST PLACE	800 €	800 €	600 €	600 €	400 €	400 €
2ND PLACE	400 €	400 €	300 €	300 €	200 €	200 €
3RD PLACE	300 €	300 €	200 €	200 €	150 €	150 €
4TH PLACE	200 €	200 €	150 €	150 €	100 €	100 €
5TH PLACE	100 €	100 €	75 €	75 €	65 €	65 €
FIRST TEAM	500 €	500 €	400 €	400 €	300 €	300 €
RACE RECORD	250 €	250 €	250 €	250 €	250 €	250 €
KING OF THE HILL	250 €	250 €	250 €	250 €	250 €	250 €
MOUNTAIN GOAT	250 €	250 €	250 €	250 €	250 €	250 €



Safety

EMERGENCY CONTACTS:

Safety/Emergency&Rescue

Pedro Santos +351966504198

Race Director

Tiago Aragão +351936502647

Firefighters V. Cinfães +351 255561567

Firefighters V. Castelo Paiva +351 255 690 550

Firefighters V. Arouca +351 256944122

Firefighters V. Sever do Vouga +351 234555738

Firefighters V. Vale de Cambra +351 256 423 616

Firefighters V. S. Pedro do Sul +351 232 720 110

Firefighters V. Castro Daire +351 232319050

Available Services

- 1) Throughout the course, a safety and medical team will accompany the progress of the race and will be available for any eventuality 24/7.
- 2) Massage available at the end of the event and occasionally along the course.
- 3) For any food needs, in all municipal headquarters there are "common" supermarkets, usually with opening hours from 9am to 9pm: Lidl, Pingo Doce, Mini-Preço, Intermarché, Modelo, Meu Super.



Environmental Impact

Keep the course clean! Keep all trash
with you. Respect the local Fauna and
Flora.





Live Streaming Media Coverage

Follow the race on One Hundred TV in 15-minute segments that we will broadcast 2 to 3 times a day during the race:

<https://www.youtube.com/c/onehundredtv>

We will publish the schedule on our social networks up to 24 hours before the start of the race.

We invite you to share this information with your family and friends so they can follow your adventure, as well as the GPS tracking link that we will provide in due time.

Share your moments using the hashtag [#DouroVougaTrail](#)





FAQ

Q: What should I do if my GPS fails?

A: Contact the support team immediately via WhatsApp.

Q: Can I have more than one pacer?

A: Only one "pacer" is allowed in the last 100 miles.

Q: Can I access supplies anywhere?

A: Yes, after the first initial 20kms of the race.



Sponsors & Partners

We appreciate the support of our sponsors and all the involved municipalities.



onehundred®



Have a Great Race!

FIND YOUR SUMMIT

www.onehundredtrail.com