

*Feel the nature
pure, hard and beautiful*



European Mountain Running Championships

INFORMATION BULLETIN

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1. MESSAGES



European Athletics Interim President

I am very pleased to welcome everyone to the European Mountain Running Championships here in Cinfães. We are finally here after it was necessary to postpone this competition last year owing to the Covid-19 pandemic. Portugal has a historic place in the history of these championships as it was here that the very first edition took place in 2002, following the event coming under European Athletics' aegis. It was held in Câmara de Lobos on the island of Madeira and the excellent organisation for that event set the standard for a competition has become an integral part of our organisation's annual calendar. We came back to Portugal in 2015 when these championships were also in Madeira but this time, we have ventured onto the mainland. Having seen the Local Organising Committee's presentations and progress reports, I am looking forward to this championship immensely, and the

spectacular scenery in and around Cinfães which will provide a stunning backdrop to the races.

I am sure the images from here will be spectacular and, as a result, this part of our sport will garner many new fans. However, the most important component of any athletics championship are the competitors and I think they will also remember their time in Cinfães fondly, regardless of where they finish, not just for the scenery but also for the challenging course which will certainly test their abilities.

I would also like to applaud the Portuguese Athletics Federation for their insight in putting forward Cinfães as the host venue. The town is within easy reach of the country's second city Porto so this is a huge benefit to the competing teams, and I am sure will also boost spectator numbers. The Portuguese Athletics Federation have always been active and enthusiastic supporters of European Athletics competitions. In December 2019, this country was a wonderful

host of the SPAR European Cross Country Championships in Lisbon and, next March, Leiria will be the location for the European Throwing Cup. In fact, the March 2021 European Throwing Cup shall be the first of three successive editions to be staged in Leiria, which many people also remember for having also been the host city for the first European Athletics Team Championships Super League in 2009. My comments alone demonstrate how committed Portugal has been to taking on the responsibility of staging our competitions and how much athletics is embedded in the sporting culture in this country. In addition to the Portuguese Athletics Federation, European Athletics would like to give a big "thank you" to the town of Cinfães as well as all the officials and volunteers with the Local Organising Committee for all their hard work in helping stage this event.

Dobromir Karamarinov
European Athletics
Interim President



Mayor of the City of Cinfães

As the poet, João Saraiva, said, Cinfães is in a pleasant region, next to the city of Porto, with the Douro at its feet and the Serra do Montemuro elevating us to the presence of the gods, all their splendor. We are, therefore, eager to carry out yet another sports organization and welcome all participants, family members and supporters with our people, traditions and dynamics.

Active tourism and nature sport have been a bet in the dynamism of our territory with fantastic potential and natural diversity. From the Douro and through the countless valleys, rivers and streams we can find great biodiversity and a huge potential for sports associated with nature. In addition to finding this biodiversity, we find welcoming people, full of tradition, who build a superb heritage and know how to make excellent cuisine, combined with the production of a demarcated and fruity

nectar, such as green wine. From the river to the mountain, get involved ... for us it will be a pleasure to follow the performance of the best European mountain runners and your stay.

Welcome to Cinfães ...

Armando Mourisco
Mayor of the City of Cinfães



Portuguese Athletics Federation President

Portugal hosts the 19th edition of the European Mountain Running Championship, an athletic discipline that has earned increasing international interest on the part of athletes and the public, as shown by the presence of 26 nations in the last championship held. The choice of Cinfães to host this championship reflects the recognition by the Portuguese Athletics Federation and the European Athletics Association, of the contribution that the municipality of this magnificent village has had in the sport and of the exceptional conditions it brings together for the practice of this difficult, but spectacular specialty. Cinfães with its unique characteristics has

landscapes of unparalleled beauty and diversity, combining its mountainous part with the beautiful Montemuro mountain range and its riverside part with the unique landscape of the Douro River. We are in the heart of the Douro Wine Region, a region that UNESCO classified in 2001 as World Heritage, where nature and the action of man come together in the production of the famous Port wine. Our country has for many years been recognized for the excellence of its organizations in international athletics events and also in this specialty has already a successful track record. We organized the inaugural edition of the championships in Câmara de Lobos (2002) and were once again the hosts at the 14th edition held in Porto Moniz in 2015. Our sporting presence has also been

highlighted with the achievement of outstanding results, among which it deserves a word. recognition of the individual silver medal obtained by Luís Saraiva and the bronze medal won by the senior male team in the championships held in Kamnik (Slovenia) in 2017. That is why it is with great enthusiasm that we are with the Municipality of Cinfães in the organization of this initiative, convinced that this edition of the European Mountain Running Championship will once again be an event that will dignify Portugal. In this way I greet all participants, wishing that their stay in Cinfães will be enriching and that their efforts will be rewarded.

Jorge Vieira
Portuguese Athletics Federation
President



LOC Coordinator

The joy of running in the Douro Verde and the Magic Mountains due to its natural conditions and proximity to transport infrastructures, Cinfães offers the best of nature, along the Douro River, at the foot of the mountain hitherto unknown: Montemuro. We are proud and eager to contribute to the success and growth of Mountain Running. The best runners from European countries will

be able to be welcome to the 19th European Mountain Running Championships and in Cinfães that will make them return to train, compete and even visit. The LOC in a very humble way shows all its willingness to organize the championship for the first time in mainland Portugal, and we cannot fail to thank all the confidence of the national and European athletics structures. As in other organizations and events, we will be there with passion and determination, alongside volunteers, sponsors,

partners and with a great involvement of the local community, to welcome you and provide good feelings. We wish you all inspiration to face de course, carefully prepared and in our presence you can enjoy the beautiful landscapes of Cinfães and the whole region.

Pedro Semblano
LOC Coordinator

2. PORTUGAL

Host Country



Portugal has a population of about 10 million. The population density is at its greatest in Lisbon, the capital and its suburbs, where about 1.9 million people live. The second largest city in Portugal is Porto in the north. Generally speaking, there are more people living in the country s coastal regions than in the inland areas.

With its climate, 3000 hours of sunshine per year and 850km of splendid beaches bathed by the Atlantic Ocean, Portugal is the perfect holiday destination all year round. This is a country that has the oldest borders in Europe, with an exceptional range of different landscapes just a short distance away, lots of leisure activities and a unique cultural heritage, where tradition and modernity blend together in perfect harmony. Its superb cuisine, fine wines and hospitable people make this a tourist paradise of the highest quality.

Situated in the extreme south-west of Europe, just a few hours from any of the other European capitals, Portugal attracts visitors from all over the world.

General Information

Form of Government	Republic
Location	Iberian Peninsula
Area	92 256km2
Population	10 374 822
Coastline	1 794 km
Climate	Mediterranean climate
Language	Portuguese
Religion	Roman Catholic
Capital	Lisboa
Local Time	G.M.T +1:00
Electricity	220V 16 amp, 2 pin euro plugs
Driving	On the right
International Calls	+ or 00 plus country code
Telephone Country Code	+351
Mobile Phone Networks	Vodafone, MEO Altice, NOS
Currency	EURO

3. DATE AND VENUE

3.1 CINFÃES, HOST TOWN

CINFÃES



The picturesque Portuguese town of Cinfães will be the host of the 2021 edition of the European Mountain Running Championships on Saturday 3 July. Portugal has twice before been the host for this competition, in 2002 and 2015, but both times they were staged on the island of Madeira so this will be the first occasion when the event has been on the mainland of the country.

The town itself – which is 350km from the Portuguese capital Lisbon and 80km inland from Porto – has only just over 3000 inhabitants but the surrounding municipality brings the population up to 20,000 with steep mountains on either side of the nearby River Douro.

3.2. PLAN OF CINFÃES



3.3. PLAN OF THE START & FINISH AREA



* TIC/LOC Office | Timing/Data Processing | Jury of Appeal/Video Recording | Announcers & Video Screen Operators

3.4. MAP & PROFILE OF THE COURSE - U20 MEN & U20 WOMEN



COURSE	LOOPS	LENGTH	ASCENTS	DESCENTS	START/FINISH	HIGHEST POINT
U20 Women & Men	1	6,1km	+ 333	- 334	405m	716m

See all the information in: <https://ridewithgps.com/routes/35406293>

3.5. MAP & PROFILE OF THE COURSE - SENIOR MEN & SENIOR WOMEN



COURSE	LOOPS	LENGTH	ASCENTS	DESCENTS	START/FINISH	HIGHEST POINT
SENIOR Women & Men	2	12,1km	+ 632	- 632	405m	716m

See all the information in: <https://ridewithgps.com/routes/35409205>

4. TRAVEL TO CINFÃES

The official airport for the European Mountain Running Championships 2021 is Porto Airport (OPO), located about 80 km from Cinfães, where the LOC will provide adequate welcome services.

Upon arrival at Porto Airport, the teams will be met by LOC representatives. The Welcome Desk shall be situated at the Porto Airport arrivals terminal and will be open from Tuesday 29 June, depending on travel schedules. If members of the participating Federations are planning to arrive

earlier they will have to contact the LOC well in advance to make sure specific arrangements are made.

After collecting luggage, team members will be escorted to the official buses by the Welcome Desk staff and taken to the teams' hotels, approximately 70 to 80 minutes from Porto Airport, depending on the traffic conditions.

There will be no Welcome Desk neither at the main railway station in Porto nor at Mosteiro/Caldas

Aregos station. Teams arriving by train will be met by LOC representatives and taken to the teams' hotels, according to the arrival times given in the final entry system.

Teams arriving by car are kindly requested to go directly to their hotels where representatives from the LOC will welcome them.

Transportation between the teams' hotels and the various venues, including official and social functions, will be guaranteed by the LOC.

5. VISA INFORMATION

Participants from the following countries require a visa to enter Portugal:
ARM - AZE - BLR - KOS* - RUS - TUR
*As defined by United Nations Security Council Resolution 1244 of 10 June 1999.

The following nationalities are exempt from holding a visa to enter Portugal:
ALB* - BIH* - MKD* - MDA* - MNE* - SRB - UKR***

*The exemption shall apply only to holders of biometric passports.
**Excluding holders of Serbian passports issued by the Serbian Coordination Directorate (Kordinaciona uprava).

It is the Member Federations own responsibility to apply for Visas in due time before leaving their country, from the Portuguese Embassy or Consulate, and to make sure that all the documents required for the application are complete. Incomplete applications slow down the process and may lead to a visa not being issued on time.

Participants who require a visa should send all relevant details (as listed below) by **1 June 2021** to obtain a special invitation letter and visa application information. Due to the current pandemic, it is crucial that relevant information is received by the above-mentioned deadline as otherwise entry to Portugal cannot be guaranteed.

Name: **Teresa Moreira**
Tel.: 00351 214 146 020
Mobile: 00351 965 753 787
Email: teresamoreira@fpatletismo.pt

The following information shall be included in the request:

- Full name (first name and family name as shown in Passport)
- Gender
- Date of Birth
- Passport Number and Passport Delivery and Expiry Date
- Function in the Team (e.g. athlete, official)

The invitation will be sent to you as soon as possible.

6. ENTRIES

The entries deadlines for the European Mountain Running Championships 2021 will be as follows:

PRELIMINARY ENTRIES	OPENING	16 MARCH 2021
	CLOSING	1 APRIL 2021 (14:00 CET)
FINAL ENTRIES	OPENING	8 JUNE 2021
	CLOSING	23 JUNE 2021 (14:00 CET)
FINAL CONFIRMATIONS	FRIDAY 2 JULY 2021 AT 09:00 (Local Time)	

The European Athletics Entries System is accessible at the following link: <https://evententry.worldathletics.org>. Member Federations' entries manager shall use their already known individual and personalised access.

In order to limit the risks, we would like to point out that participation of all non-essential categories is being limited. We are requesting the Member Federations to contribute to the general efforts to make possible this event to take place by not registering any out-of-ratio officials or personal coaches. The Member Federations are thus requested to take it into consideration while making their Preliminary Entries, to open on 16 March 2021.

Furthermore, in case your Member Federation's President and/or General Secretary/CEO are planning on attending the event, we remind you that they will be required to be accredited either as a team member (and therefore entered into the final entries), or as a VIP (and therefore registered through the LOC/pedro.semblano@cm-cinfaes.pt with copy to European Athletics/daniel.pereira@european-athletics.org).

The 2021 edition of the European Mountain Running Championships will be staged on an uphill and downhill course whose programme shall comprise events for Men and Women and for Under 20 Men and Women.

In accordance with European Athletics competition regulations:

1102.3.

The European Mountain Running Championships comprises separate events for teams and individuals representing European Athletics Member Federations.

1102.5.

Athletes entered in the European Mountain Running Championships may participate as individuals and as members of teams representing European Athletics Member Federations.

1102.6.

Each European Athletics Member Federation may enter a maximum of 6 (six) athletes of which a maximum of 4 (four) may participate.

1102.7.

No athlete aged less than 16 (sixteen) years on 31 December of the year of the competition may participate in the European Mountain Running Championships and no athlete aged less than 18 (eighteen) years on 31 December of the year of the competition may participate in the Senior races.

I Run Clean certification

Each European Athletics Member Federation may enter only those athletes who have received and hold a valid certification for having completed the European Athletics Anti-Doping Education Programme – I Run Clean.

For the specific participation conditions, please refer to the respective competition regulations available under: <https://european-athletics.com/competition-regulations>.

7. ACCOMMODATION

The official hotels for the European Mountain Running Championships 2021 are indicated below with the Internet address of their home page where further details can be found:



Douro Palace Hotel Resort & Spa

Address: Lugar do Carrapatelo
Santa Cruz do Douro, 4640-423 Baião
Tel: +351 254 880 000
Website: www.douropalace.com



Douro Hotel Porto Antigo

Address: Rua do Cais 675
4690-423 Oliveira do Douro - Cinfães
Tel: + 351 255 560 150
Website: www.dourohotelportoantigo.com



Douro Marina Hotel & Spa

Address: Caldas de Arêgos
4660-013 Resende
Tel: +351 254 870 700
Website: www.douromarinahotel.com



Douro Royal Valley Hotel & Spa – Inc. European Athletics Family Hotel

Address: Portela do Rio Pala
Ribadouro, 4640-400 Baião
Tel: +351 255 070 900
Website: www.douroyal.com

The teams' hotels allocation will be defined after the closing of the Final Entries.

8. FINANCIAL CONDITIONS

According to point 1110.4. of the European Mountain Running Championships competition regulations, European Athletics shall bear the board and lodging expenses of visiting teams at the venue of the competition for a maximum period of not more than 3 (three) days and for a maximum of 3 (three) male and 3 (three) female athletes in each category.

Ratio of Athletes and Officials

The number of team officials in the hereunder chart is also eligible for fixed price accommodation and other benefits; however, European Athletics will not cover these officials' accommodation costs:

NUMBER OF ATHLETES FROM - TO	NUMBER OF TEAM OFFICIALS UP TO (1):
1 - 3	1
4 - 6	2
7 - 10	3
11 - 15	5
16 - 20	7
21 - 25	9

Team Officials include: Head of Delegation, Team Leaders, Coaches, Medical Staff (medical doctors and physiotherapists), Team Press Liaison and others.
(1) The number of above mentioned team officials is eligible for fixed price accommodation and other benefits.

Accommodation Costs

The following rates (by room) must be paid by the Member Federations for team members above the previously mentioned quota:

TEAM MEMBERS	SINGLE ROOMS	TWIN ROOMS (2)
During official period (Athletes and Officials)	100 EUR per night (1)	150 EUR per night
Outside official period (Athletes and Officials)	100 EUR per night	150 EUR per night

All prices include meals and VAT

(1) For the official period, each team shall be allocated a minimum number of single rooms equivalent to 10% of the total number of athletes and in ratio team officials entered in the final entries, at the price of a twin room in single occupancy (75 EUR). Additional single rooms can be requested and will be given according to availability. The price for the additional single room is 100 EUR.

(2) In case of later arrival/early departure of the sharing person, the night the twin room is used as a single room will be charged at the rate of the twin room in single occupancy (75 EUR).

The official period (for which European Athletics is covering team accommodation and board) is from Thursday 1 July to Sunday 4 July (3 nights), while the additional period has been fixed for 2 nights (29 and 30 June) before the official period. If your team is planning to stay outside this period, the above-mentioned rates will not apply, and a separate agreement will have to be made with the LOC: pedro.sembiano@cm-cinfaes.pt

9. INSURANCE

According to the competition regulations (1110.9) European Athletics Member Federations are responsible for taking out their own insurance to cover illness or injury to any member of their party when travelling to and from and during the European Mountain Running Championships 2021.

10. TIMETABLE

The competition timetable will be as follows:

DAY	START	CALL ROOM TIMES	CATEGORY
Saturday 3 July	09:00	08:30 - 8:50	U20 Women
	10:00	09:30 - 9:50	U20 Men
	10:45	10:15 - 10:35	Senior Women
	12:30	12:00 - 12:20	Senior Men

11. PROVISIONAL GENERAL PROGRAMME

DAY	TIME	ACTIVITY
Tuesday 29 June	All day	Arrivals and Accreditation
Wednesday 30 June	All day	Arrivals and Accreditation
Thursday 1 July	All day	Arrivals and Accreditation
	17:00 - 18:30	Course Visit/Inspection
Friday 2 July	All day	Arrivals and Accreditation
	08:30 - 12:00	Course Visit/Inspection
	09:00	Final Confirmations (deadline)
	12:00	Questions for the Technical Briefing (deadline)
	12:30	Press Conference
	14:30	Technical Briefing
Saturday 3 July	09:00	Start U20 Women
	10:00	Start U20 Men
	10:45	Start Senior Women
	12:30	Start Senior Men
	19:00	Victory Ceremonies
Sunday 4 July	All day	Departures

12. WEBSITE

The official website of the European Mountain Running Championship (www.emrch2021-cinfaes.com), containing useful information about the event and competition venues, is already available.

Information may also be found at:

<http://www.european-athletics.org/competitions/european-mountain-running-championships/>

13. LOC

Local Organising Committee

For further details about the European Mountain Running Championships 2021 please contact the Local Organising Committee at any of the below options:

LOC Coordinator - Pedro Semblano

Tel.: +351 255 560 560

Mobile: +351 963 258 546

Email: pedro.semlano@cm-cinfaes.pt

Administrative - Raquel Rego

Tel.: +351 255 560 560

Mobile: +351 912 720 066

Email: raquel.rego@cm-cinfaes.pt

HOST INSTITUTIONS



INSTITUTIONAL PARTNERS

