

# MAPUTO TRAIL RUN SERIES BY MOZABEAST



## 2024 ★ ATHLETES GUIDE





**W**elcome to the exciting world of the **Maputo Trail Run Series (MTS)**!

This guide was created to provide comprehensive and essential information for participants preparing to take on the challenges of trail running.

## **1. DESCRIPTION**

The Maputo Trail Run Series is a series of trail runs that take place in various locations around Maputo. Designed for outdoor sports enthusiasts and nature lovers, MTS offers a variety of challenging terrains, stunning scenery and a unique atmosphere of camaraderie and sportsmanship.

## **2. Get ready for adventure:**

Before embarking on your MTS journey, make sure you are prepared. This includes physical training, proper choice of equipment and a clear understanding of the challenges that await you. Being mentally prepared is just as important as being physically ready.

## **3. What to expect?**

MTS races offer a variety of distances and terrain, from gentler courses to steep, technical trails. Get ready for challenging climbs, exciting descents and an experience that will push you beyond your limits.

## **4. Event Logistics:**

Make sure you are familiar with the logistical details of the event, including location, times, parking, start/finish area, and any specific race day requirements. Be ready to arrive early and allow enough time for check-in and pre-race preparation.

## **5. Safety first:**

Your safety is our priority. Be sure to follow all organizers' instructions, stay on designated trails, and be aware of any obstacles or adverse conditions along the route. Be prepared to face challenges, but also know when to ask for help if necessary.

**"REDEFINE YOUR IMPOSSIBLE."**

## 6. SIGNAGE PLATES

**TRAFFIC DANGER**



**DANGEROUS DESCENT**



**TRAIN DANGER**



**WATER PASSAGE**



**MARKING TAPE**



**MARKING TAPE**



## 7. INFORMATION PLATES



**NOTE:**

The color of the plate matches the color of the bracelet of each category.

## 8. MODALITIES / CATEGORIES

The events are organized in two different ways:

**TRAIL CURTO** (7-8 km)

**TRAIL MEDIO** (11-13 km)

In the TRAIL CURTO / SHORT TRAIL modality, participants are invited to enjoy the experience in a relaxed way, whether walking or running at a light pace, without any competitive pressure.

In the TRAIL MEDIO/ MEDIUM TRAIL modality, athletes have the opportunity to challenge themselves competitively, tackling the trails alongside other participants.

## 9. SECURITY

NOME NAME _____	
NACIONALIDADE NATIONALITY _____	
Nº UTENTE DE SAÚDE HEALTH NUMBER _____	
EPILEPSIA APILEPSY <input type="checkbox"/>	DIABETES DIABETES <input type="checkbox"/>
HIPERTENSÃO HYPERTENSION <input type="checkbox"/>	ASMA ASTHMA <input type="checkbox"/>
OUTRAS DOENÇAS OTHER DISEASES _____	
MEDICAÇÃO MEDICATION _____	
ALERGIAS ALLERGIES _____	
GRUPO SANGUÍNEO BLOOD TYPE _____	
EM CASO DE EMERGÊNCIA, POR FAVOR CONTATAR IN CASE OF EMERGENCY, PLEASE CONTACT	
NOME NAME _____	
TELEFONE PHONE NUMBER _____	

It is recommended to fill in the back of the dorsal



Each athlete is responsible for their own safety. On trails, autonomy is the basis and main priority.

- EAT AND DRINK REGULARLY
- Be alert for nausea, difficulty urinating, blood in the urine, tachycardia, hypothermia or hyperthermia.

If you do not feel physically or mentally fit to continue, call the number on your bib.

Keep in mind that even if the organization has a well-structured plan to help ensure the safety of athletes, several situations can cause help to take longer than expected.

But we remember that the race is semi-sufficient, with the athlete having to look after themselves and carry with them everything necessary to guarantee completion.

All mandatory material, as well as material recommended for TRAIL, is designed for your safety. Everything is useful. In the mountains or mountains, atmospheric conditions can change quickly and are almost always unpredictable. And the lack of a recommended or mandatory item, in a given situation, could make a difference.

Solidarity is an essential value in the mountains. Helping a runner who is injured or in difficulty is an absolute must. If you find a person in difficulty, talk to them, ask them how they feel, alert them and stay with them until help arrives.

## 10. RECOMMENDATIONS

- Check the material you take.
- Remember “Leave nothing but footprints. Don’t take anything other than memories and photos.”
- Have fun and get to the end.

## 11. PARTNERS



**RP BUSINESS**

*International Logistics*



## 12. SUPPORTS

