

# 73RD ANNIVERSARY OF THE PORTUGUESE AIR FORCE

## SOLIDARITY ORIENTEERING RACE EVENT

### Frequently Asked Questions (FAQ)



#### **When and where will this event take place?**

The solidarity orienteering race event is part of the celebrations for the 73rd anniversary of the Portuguese Air Force in **Figueira da Foz**. It will take place on **July 1st (Tuesday)**, **starting at 7:00 PM**, with both the start and finish at:

📍 Praça da Europa Manuel Alfredo Aguiar de Carvalho .

#### **Who organizes this event?**

This orienteering event is organized by the Portuguese Air Force, in partnership with the Associação Desportiva do Mondego - Ori Mondego, and with the support of the Figueira da Foz City Hall.

#### **How can I register?**

Registration is free and must be completed by **June 30th, 2025**, via the QR Code on the event poster or through this link: [Register Here!](#) However, we encourage all participants to donate one or more non-perishable food items, which will be distributed to three local social solidarity associations.

#### **What is included in the registration?**

In addition to the physical benefits of participating in the activity and exploring the city in a completely different way, with a map in hand, registration includes **a t-shirt** commemorating the event for all participants and **medals for the top three** finishers in the competitive category, Long Course (**Red**). Registration also includes personal accident insurance.

#### **Why is this event called 'solidarity'?**

Registration is free, but we encourage all participants to donate one or more non-perishable food items, which will go to three local social solidarity associations:

- CASA - Center for the Homeless;
- Santa Casa da Misericórdia de Buarcos;
- Casa da Criança de Santo António da Obra do Padre Amaro.

#### **Who can participate?**

Everyone is welcome! The activity is suitable for all ages and experience levels. You can participate individually or as part of a team.

### **What is orienteering?**

Orienteering is an outdoor sport that combines physical exercise, quick thinking and decision making. Participants use a map to find control points marked on the ground, choosing the best routes to reach them. Click this link to watch an instructional video about what orienteering is: [Introducing Orienteering](#) .

### **Do I need to run?**

Running is not required. You can complete the course at your own pace, whether you're walking or running. The important thing is to enjoy the activity and the exploration of the city.

### **What courses are available?**

There are courses of different distances and levels of difficulty, suitable for all participants. The options are:

- **Short Course (Green):** Approximately 2 to 3 km
- **Medium Course (Yellow):** Approximately 4 to 5 km
- **Long Course (Red):** Approximately 7 to 8 km

### **What should I bring?**

Comfortable clothing and footwear suitable for outdoor physical activity are recommended. Also, bring water to stay hydrated. All necessary orienteering equipment (map and control device) will be provided by the organization.

### **What if it rains?**

The event will proceed even in adverse weather conditions, except in cases of red alert or extreme conditions. In case of cancellation, participants will be informed through the official channels of the Portuguese Air Force.

### **What does the personal accident insurance cover?**

The personal accident insurance included in the registration covers any injuries that may occur during participation in the event. In case of an accident, participants must immediately inform the organization so that necessary procedures can be followed.

### **What is the SPORTIdent system?**

SPORTIdent is an electronic time and checkpoint control system used in orienteering events. Each participant uses an SI-Card (chip) to record the time and sequence of the checkpoints visited. After the event, the data is transferred to a computer, allowing the analysis of partial and total times. For more information, visit the official [SPORTIdent](#).





### **How do I interpret urban orienteering maps (ISSprOM)?**

Orienteering maps follow the ISSprOM specification (International Specification for Sprint Orienteering Maps), suitable for urban environments. Some common symbols include:

- **Black:** Built elements (buildings, walls, stairs, rocks)

- **Brown:** Terrain relief (contour lines, elevation points)
- **Blue:** Water (rivers, lakes, fountains)
- **Green:** Vegetation (parks, wooded areas)
- **Yellow:** Open areas (squares, open fields)

For a more detailed understanding of orienteering, maps, courses, and symbols, we suggest watching some instructional videos available on YouTube:

-  [Introducing Orienteering](#)
-  [Orienteering Part 1 - The Map](#)
-  [Orienteering Part 2 - Planning your route](#)
-  [Orienteering Part 3 - Finding your way](#)

### **What time should I arrive?**

It is recommended that participants arrive 20 to 30 minutes before the start of the event to complete registration, pick up their map, and the SPORTIdent system. As the start and finish points will be near the exhibition celebrating the 73rd anniversary of the Portuguese Air Force, we invite all participants to visit and learn more about our history and mission.

### **More information**

For more details about the 73rd anniversary celebrations, follow the Portuguese Air Force's social media or consult the official website [Portuguese Air Force](#).

