

LONG DISTANCE RACE: CIUTAT VELLA

The long-distance race, valid for the City Race Euro Tour, runs through Ciutat Vella. The competition centre will be based at Jaume Balmes Institute.

Runners will be provided with a map to help them get to the starting point from the competition centre and back from the finish to download the times. The routes will also be marked with coloured ribbons as usual.

Maps will not be collected at the end of the race. Runners' fair play is taken for granted.

ATTENTION!

As we all know, Barcelona is an active, sport-oriented city as proved by the fact that this coming Sunday the TICBCN concurs with the "Carrera de la Mujer".

The way from the competition centre to the start and the arrival at the competition centre run through Gran Via de les Corts Catalanes and Ronda de Sant Pere. Both roads are likely to be crammed with competitors (30 000 registrations), which may make crossing them impossible. If this is the case, taking an alternative route is advisable. This route will add up some distance (and time) to the start or from the finish.

You should take this into account if you start between 10 and 11!!

All runners will be provided with a small map with both the optimum and alternative routes marked with ribbons of different colours to get to the finish line.

❖ TECHNICAL INFORMATION

The distance from the competition centre to the start is 1350 metres (15-20 minutes' walk), and 1000 metres (15 minutes) from the arrival at the competition centre (Sportident download, locker-space, showers).

Map: "Barcelona - Ciutat Vella"
 Scale: 1:5.000
 Equidistance: 2,5 m.
 Rules: ISSOM 2007
 Cartographer: Àngel Pi Boada
 Updated: September 2016
 Itineraries: Àngel Pi Boada

CATEGORY	DISTANCE	CONTROLS
M ELITE	9,2	36
W ELITE	8,1	33
M VETERAN	8	33
W VETERAN	6,9	30
M SUPERVETERAN	6,1	30
W SUPERVETERAN	5,5	28
M ULTRAVETERAN	5,3	25
W ULTRAVETERAN	4,3	22
M JUNIOR	6,3	28
W JUNIOR	5,4	25
YOUTH	4,4	20
CHILDREN	2,4	18
M OPEN	7	30
W OPEN	5,7	26
BEGINNERS LONG	6	25
BEGINNERS SHORT	2,2	16

❖ BOOKMARK NOTES

- Traffic will not be cut off. Due to the busy traffic of the city, you have to be very careful with the cars.
- There will be a neutralized crossing in all circuits.
- The longest circuits will run across La Rambla with no neutralized crossing and traffic runs both ways. Be particularly careful and use pedestrian crossings whenever possible.
- Warning: the pavement in some streets might be slippery and wet after the cleaning services. This is particularly important when turning corners!
- We have made some changes to make the itineraries more enjoyable, check out the map!!
- **Some categories require over 30 control punches. Make sure that your SportIDENT model can accommodate all of them!**

