



# ATHLETE GUIDE

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CASERIOS DE ANAGA, TENERIFE

#SPARTANTRAILTENERIFE

April 23, 2022





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# WELCOME



## 1. WELCOME TO #SPARTANTRAILTENERIFE

Welcome to the first of edition of Spartan Caserios de Anaga in Tenerife. Be prepared to run in a magic environment and enjoy all the activities we organized only for you. Push your limits and get ready to become a Spartan Trail Finisher.

What will you find in **#SpartanTrail in Tenerife 2021**?

- **3 Distances!** 10k, 21k or 50k. What's yours? Check out the specific information per format
- **An amazing location!** Tenerife is a true spartan paradise: perfect location, climate, hard terrain, landscapes... And thanks to the mild temperatures we will be able to fully enjoy the race.

**We have been working hard to offer you a safe experience in Tenerife. Check on this document our Covid-19 measures protocol so that you can get ready for your race with peace of mind.**



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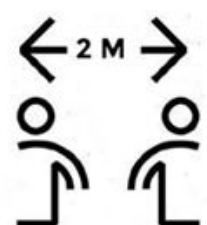








## 2.SPECIAL INFORMATION & COVID-19 MEASURES

### GENERAL INFO

 <b>01:</b> <b>CLEANING AND SANITIZATION</b>  <p>Hand sanitizer will be available for use during the event, including in high traffic areas, at selected obstacles, and in the festival area. It will be replenished by staff throughout the day.</p>	 <b>02:</b> <b>PROTECTIVE EQUIPMENT</b>  <p>All event staff and volunteers will wear masks at all times, if recommended by health organizations at the time of the event.</p>	 <b>03:</b> <b>SOCIAL DISTANCING</b>  <p>Reduction of interaction points to minimize physical contact between runners, and between runners and event staff.  Separation screens will be installed at key interaction points.</p>	 <b>04:</b> <b>AT RISK PERSONS</b>  <p>We ask anyone who belongs to a risk group according to the WHO (or lives with someone from such a group) not to participate in Spartan events for the time being. For more details, please visit our FAQ.  If you are travelling from abroad, please check the rules and regulations for entering the country and returning to your country of residence after the event.</p>
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### ATHLETES FACE-MASKS ( START/FINISH & ALONG THE RACE):

It is mandatory to wear a mask in all the athletes' areas before and after the race.

You can take off your mask after crossing the start line and only when you can maintain the social distancing.

Once you crossed the finish line you must wear the mask again.

**NOTE: guidelines are constantly being updated. Check the latest version available on the [event's website](#).**





## 3. EVENT SCHEDULE

### FRIDAY 22ND APRIL 2022

- 14:00 to 21:00 - Registrations
- 14:00 to 21:00 - Athletes bibs pick up
- 19:00 to 20:00 - Meet & Greetings with 3 ambassador
- 20:00 - Small briefing on the Trail 50K

### SATURDAY 23rd APRIL 2021 (event day)

#### **Location: Punta del Hidalgo**

- 5:00 \_ Opening Start Area 50K
- 5:15 - 5:45 \_ Checking mandatory material for all the participants 50K
- 6:00 \_ Departure TRAIL 50K**
- 8:00 - 21:00 \_ Festival Open (Merchandising, Registrations, Sponsors)
- 8:15 - 8:45 \_ Checking mandatory material for all the participants 50K
- 9:00 \_ Departure TRAIL 21K \_ HALF MARATHON**
- 11:15 - First Male Finish Line of 21K
- 12:45 - First Male Finish Line of 50K
- 14:00 - Awards ceremony 21K Half Marathon
- 15:00 - Shuttle service from Punta del Hidalgo to La Orilla (Start line of 10K)

#### **Location: La Orilla**

- 15:00\_ Opening Start Area TRAIL 10K
- 16:00 \_ Departure TRAIL 10K**
- Location: La Orilla**
- 17:30 - Awards ceremony 50K
- 18:00 \_ Awards ceremony 10K
- 20:00 \_ Finish line close for all the category
- 21:00 \_ Festival area close







## 4. LOCATION STARTLINE / FINISH LINE / REGISTRATIONS



PUNTA DE HIDALGO - Avenida Marítima de Punta del Hidalgo



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## 4. PARKING AND ACCESS

PARKING 1 - [CLICK HERE](#)

PARKING 2 - [CLICK HERE](#)







## 5. RACE & TECHNICAL INFO

### 50K



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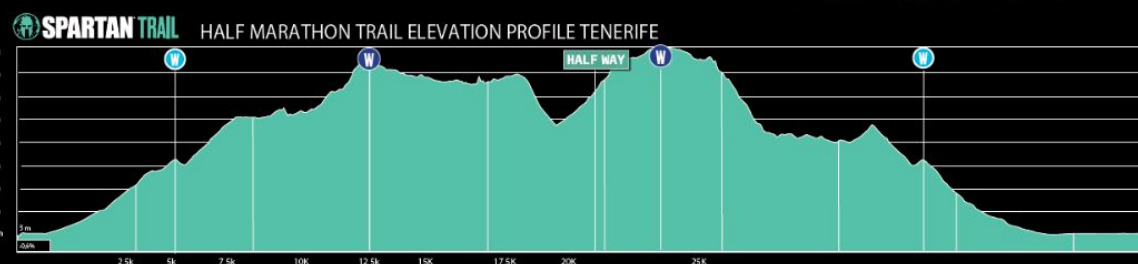






## 5. RACE & TECHNICAL INFO 21K (Half Marathon)

**SPARTAN TRAIL**  
CASERIOS DE ANAGA  
HALF MARATHON 23/04/22

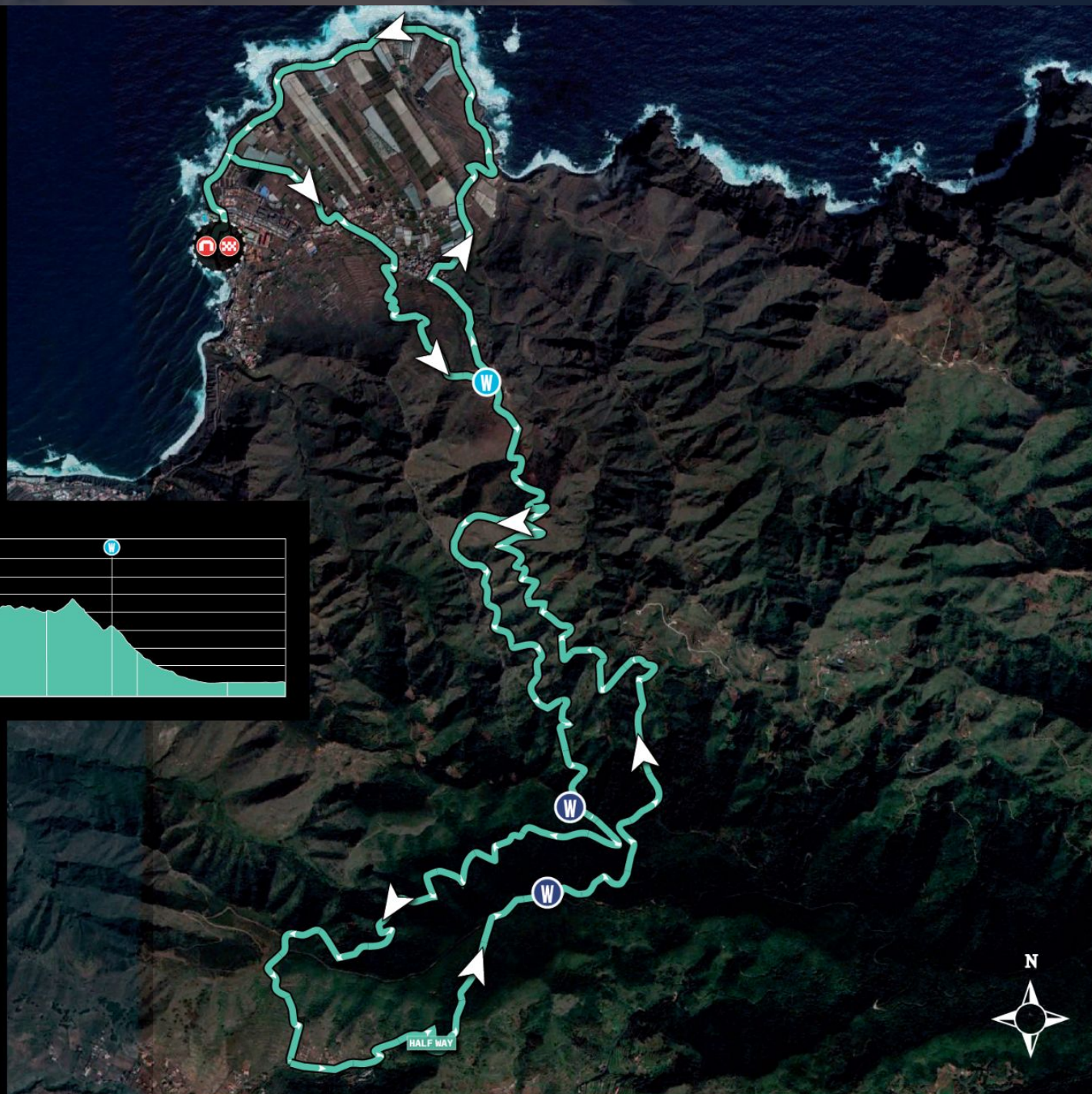


### TECHNICAL INFO:

Tot km: 25K  
Total elevation gain: +2146 m  
Highest point: 826 m  
Starting point: Punta del Hidalgo

### TYPE OF TERRAIN

Asphalt: 4%  
Dirty Road: 7%  
Single Tracks: 89%



Trailcourse START FINISH Liquids Solid + Liquids Festival Area

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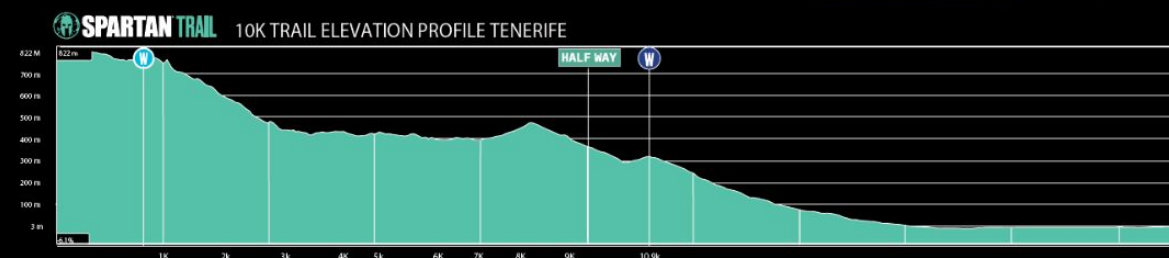




## 5. RACE & TECHNICAL INFO

### 10K

**SPARTAN TRAIL**  
CASERIOS DE ANAGA  
10K 23/04/22

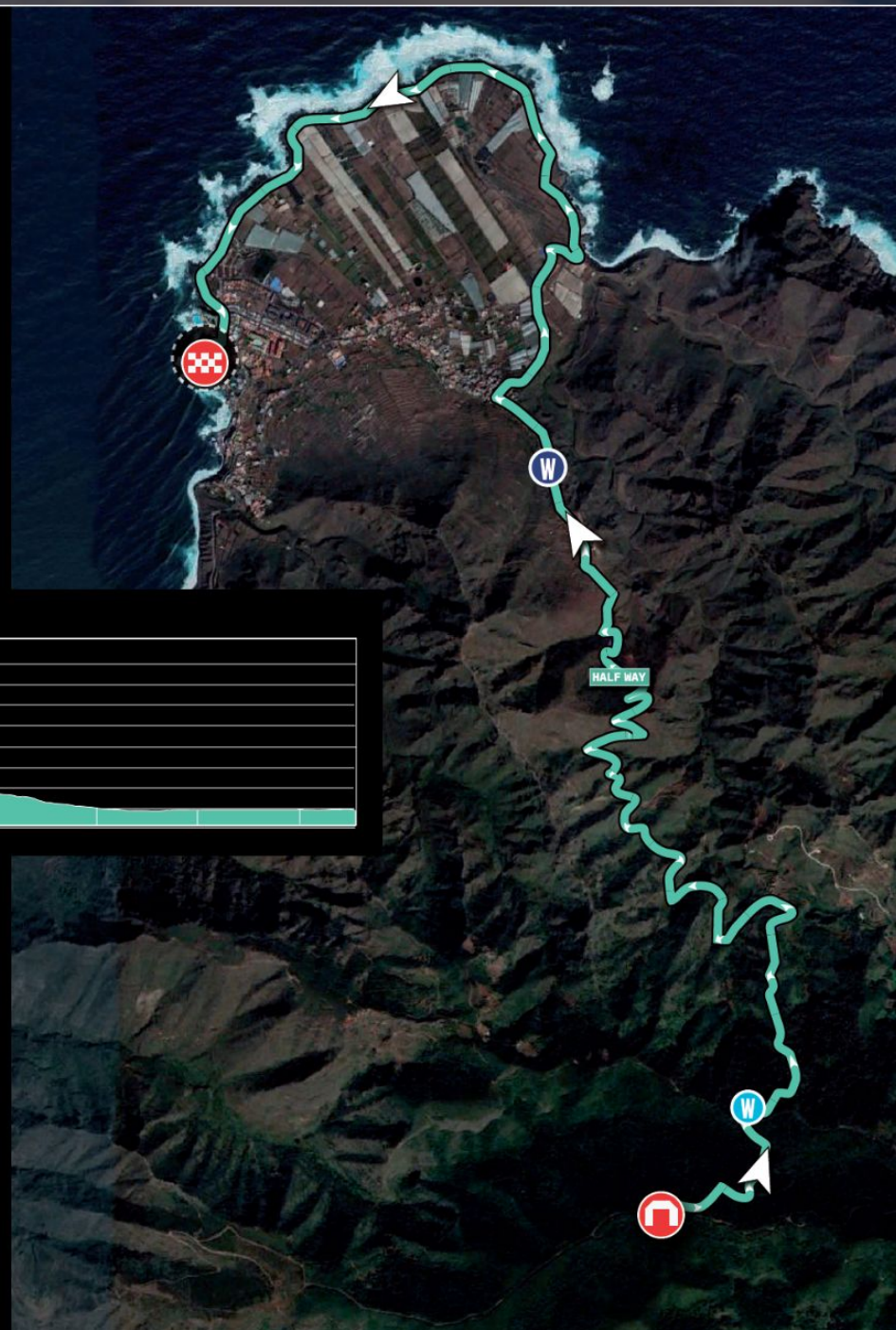


#### TECHNICAL INFO:

Tot km: 10.9K  
Total elevation gain: +389 m  
Highest point: 822 m  
Starting point: Pista La Orilla

#### TYPE OF TERRAIN

Asphalt: 4%  
Dirty Road: 4%  
Single Tracks: 92%



#### IMPORTANT:

**Free transfert** shuttle will be available for all the athletes of the 10K from Registration area of Punta de Hidalgo to the Start Line at La Orilla.

**Shuttle** will departure at 15:00.  
The transfer will be approx of 45'.

Bring with you a **small bag**, you can let it at the bagcheck at the start line and pick it up at the finish line once you complete the race



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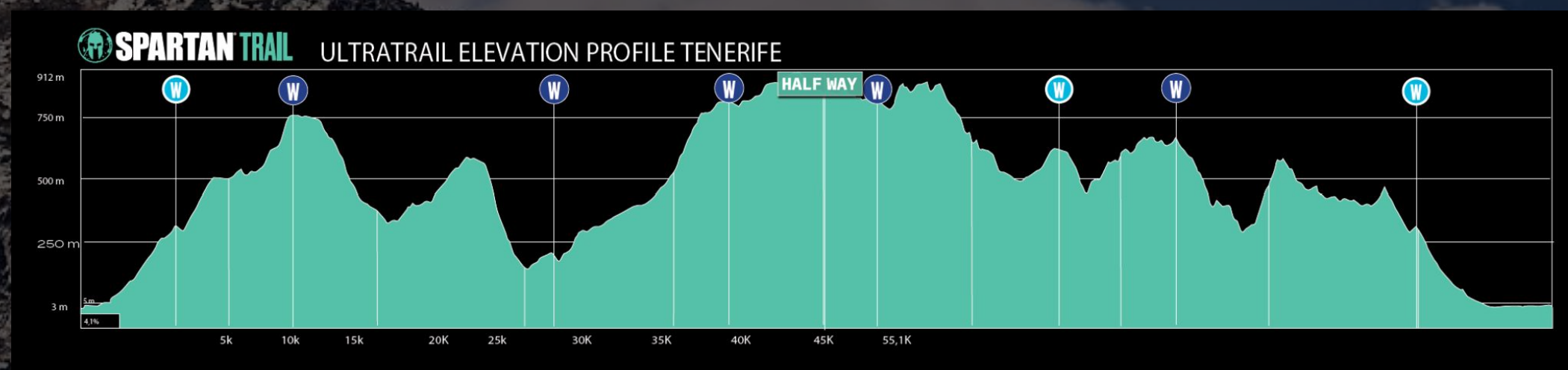


# THE RACES

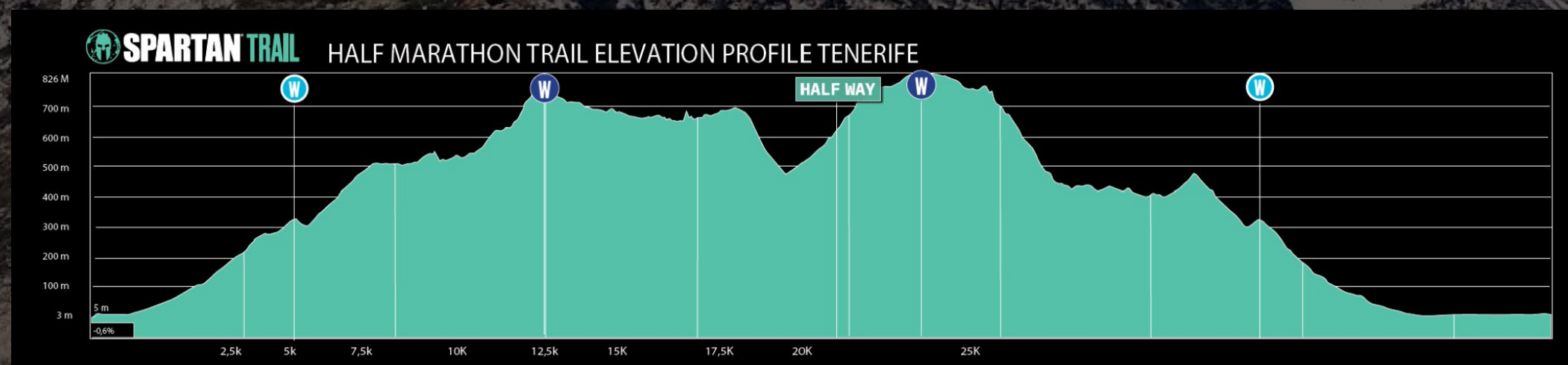


## 5. RACE & ELEVATION PROFILE

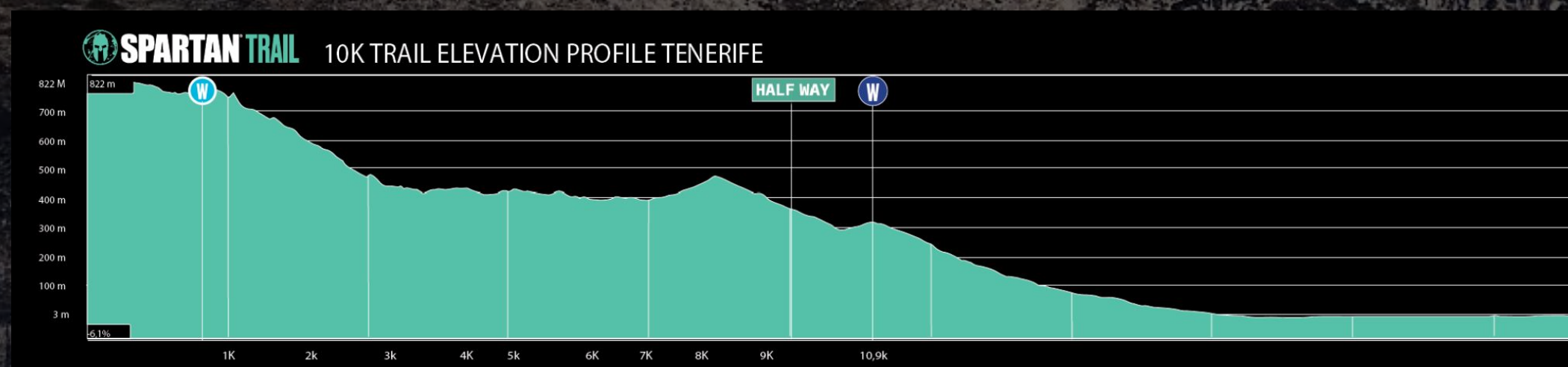
50K  
tot dist: 55km



Half Marathon  
tot dist: 25km



10K  
tot dist: 10.8km



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## 5. RACES &amp; CUT - OFF TIME

50K

START AT: 6:00 AM

	LUGAR	KM	ALTURA	CORTE
1	PUNTA DE HIDALGO	0	5	6:00
2	JUNTADERO	7	675	7:53
3	TEJINA	15.5	583	10:10
4	TEGUESTE	19	622	11:07
5	LA ORILLA	21.9	171	11:54
6	CASA DEL RÍO	26.9	912	13:14
7	AFUR	31	564	14:21
8	TABORNO	32.8	854	14:50
9	CARBONERAS	35.1	508	15:27
10	CHINAMADA	37.4	791	16:04
11	JUNTADERO	41.9	436	17:17
12	HOMICIÁN	45.1	230	18:54
13	PUNTA DE HIDALGO	50	5	20:18







## 5. RACES & CUT - OFF TIME

### MEDIA MARATÓN (22K)

START: 9:00 AM

	LUGAR	KM	ALTURA	CORTE
1	PUNTA DE HIDALGO	0	5	09:00
2	JUNTADERO	7	675	10:32
3	LA ORILLA	13.8	508	12:01
4	JUNTADERO	14.6	791	12:12
5	HOMICIÁN	19.4	230	13:15
6	PUNTA DE HIDALGO	25.6	5	14:47

### 10K

START: 17:00 PM

	LUGAR	KM	ALTURA	CORTE
1	LA ORILLA	0	508	17:00
2	JUNTADERO	1	791	17:16
3	HOMICIÁN	6.2	230	18:33
4	PUNTA DE HIDALGO	10.9	5	19:59







## 6. REFRESHMENT POINTS

LOCATION	JUNTADERO	TEJINA	LA ORILLA	CASA DEL RÍO	TABORNO	CHINAMADA	HOMICIÁN	PUNTA DE HIDALGO (FINISH LINE)
Distance	10K		10K				10K	10K
Distance	22k		22K				22K	22K
Distance	50K	50K	50K	50K	50K	50K	50K	50K
TYPOLOGY	LIQUID	LIQUID & SOLID	LIQUID	LIQUID & SOLID	LIQUID	LIQUID & SOLID	LIQUID	LIQUID & SOLID

The refreshment areas along the route will have tents with a table with liquids and fruits. Runners will be provided with buckets to throw the trash away. The use of plastic containers or any other type of container will not be permitted.

**THINK GREEN**

**NOTE: Remember to bring always with you your cup. They will not be available at the aid station.**



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## 7. MATERIAL CHECKLIST: **MANDATORY** / 50K, Half Marathon

- Front white light and spare batteries (50K only)
- Flashing red rear light on the entire race (Only on the 50K)
- Emergency thermal blanket measures 1x2 meters
- Mobile phone with enough battery
- Competition bib on the front and always visible
- DNI or Passport in force (or letter copy)
- Water tank with a minimum capacity of 1 liter (0.5 in the 10K)

**NOTE: This mandatory material will be checked before the start line. If a participant will not have this mandatory equipment will not be allowed to attend the event.**





## 7. MATERIAL CHECKLIST: **MANDATORY** / 10K

- Mobile phone with enough battery
- Competition bib on the front and always visible
- Valid DNI or Passport
- Water tank with a minimum capacity of 0.5 liters

**NOTE: This mandatory material will be checked before the start line. If a participant will not have this mandatory equipment will not be allowed to attend the event.**





## 7. MATERIAL CHECKLIST: **RECOMMENDED**

### **50K, Half Marathon, 10K**

In addition to the OBLIGATORY EQUIPMENT already mentioned, the Organisation of the SPARTAN TRAIL CASERÍOS DE ANAGA recommends the following equipment to its runners, especially those participating in the Ultra Modalities:

- Cap, buff type scarf or similar.
- Sunglasses to protect against the sun's rays.
- Sun protection cream.
- Waterproof and breathable jacket.
- Breathable long-sleeved thermal T-shirt.



# RACE DAY



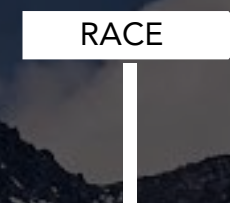
## 8.RACE DAY: START PROCEDURE

1.

### FOLLOW THE SIGNS

Follow the signs to your parking location. Drive cautiously as there will be people walking as you approach the venue.

**Make sure to respect all signs related to COVID. (social distancing, wear mask etc.)**



2.

### PROCEED TO REGISTRATION AS PER THE SCHEDULE AT POINT 3

Proceed to the REGISTRATION TENT with your registration confirmation and your ID to pick up your race day packet with the timing chip (wristband), the headband and the bracelet.

**You have to pick up your bib yourself- you cannot send someone else to pick up your bib. Wash your hands upfront and limit contact.**



3.

### ENTRANCE IN THE AREA OF THE START LINE 30 TO 15' BEFORE THE START

You won't be allowed to enter in the start line area more than 30 min before your start time.

30 MINUTES

4.

### BAG CHECK

Bag check will be available at the athletes area.

50K, Half Marathon - Drop the bag and pick up in the same place at the start/finish line (Punta de Hidalgo)

10K will drop the bag at the start line (La Orilla) and collect them at the finish line. (Punta de Hidalgo)



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# RACE DAY



## 8. RACE DAY: START PROCEDURE

5.

### HEADBAND + DORSAL

Put the headband on your hair, and attach your dorsal in a visible place in the front of your body.

It is mandatory to wear it visible at any time!



6.

### TIMING CHIP

Make sure you wear the wristband with the timing chip. Otherwise, we will not be able to register your time.

**ATTENTION: you must wear it on your wrist. NOT on the ankle.**



7.

### START TIME

Stay in the waiting area before to access to the start area. You will have access **ONLY 30 to 15 minutes** before your start time.

From this moment follow the instruction of Staff and Volunteers.



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# RACE DAY



## 8. RACE DAY: START PROCEDURE

8.

ENJOY AS A SPARTAN!

ENJOY!

9.

### RESULTS

On race day you can check the results live on our website [HERE](#)

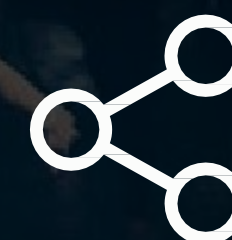


10.

### SOCIAL MEDIA

Stay tuned! Follow the hashtag **#SpartanTenerife**

[Instagram](#) | [Facebook](#) | [Twitter](#)



SAN CRISTÓBAL DE  
LA LAGUNA



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KLEOS





## 9. FAQs / CONTACT

**Here you will find answers to the most common questions:**

- Rulebook of competition [HERE](#)
- Where to find your bar code and start heat time.
- Transfer policy to another event or to another person.
- Results and photos of the day.
- And much more!

You can find everything you need to know about #SpartanTenerife in the [event FAQs](#).

If you need more information, please contact [spain@spartanraceeurope.com](mailto:spain@spartanraceeurope.com)



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## 10. THE ENVIRONMENT

The SPARTAN TRAIL CASERÍOS DE ANAGA is a sport event held with absolute respect for the environment. We cannot forget that the route of the race runs mainly through a Biosphere Reserve, declared two important protected areas (by UNESCO in 2015, and the Anaga Rural Park, and by the Canary Islands Government in 1994) that only enhance the value of the terrain through which this mountain race takes place.

Participants who show violent or xenophobic attitudes, both towards other runners and towards the public attending the event, or who throw any kind of rubbish, will be immediately disqualified by the race organisers. Trash bins and wrapping outside the containers will be provided for this purpose. In the same way, it will be mandatory to respect crops, livestock and private property through which the athletes are passing. These athletes will be responsible, at all times, for any damage caused as a result of uncivic behaviour.

Participants are allowed to use poles on the day of the race, however, the organisers of the SPARTAN TRAIL CASERÍOS DE ANAGA appeal to all runners that, since they are racing within the Anaga Biosphere Reserve, the use of poles can have a harmful impact on the terrain. Using a small rosette will help to avoid damaging the terrain too much, as well as preventing the poles from getting caught on rocks and roots.



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