

IX HALF MARATHON “CUENCA DE TAPAS”

21K y 10K

October 20th de 2019 – 10:00 a.m.

1º The Cuenca Athletics Club organizes the IX Edition of the City of Cuenca Half Marathon "Cuenca de Tapas ", with a route that starts from the Barrio del Castillo (21K and 10K), going through the Hoz del Júcar and arriving to the city. It's Included in the Diputación de Cuenca racing circuit.

2º All participants are reminded to be in perfect health, recommending from the Organization to undergo a prior medical examination.

3º The Organization declines all responsibility of the damages that the participation in this race can cause or be caused to itself or to derive from it to any participant.

4º The start of the two races will be at the same time, at 10:00 a.m. on October 20th 2019, and participants will have a maximum time of 2h 45m to finish the race.

5º All participants by the fact of starting the race assume the acceptance of these rules, all runners must participate with their respective bib always visible on the chest.

6º The race will be controlled by the Organization at all times, attending to all participants in the decisions of the Organization.

7º The minimum age to participate is 16 years (10K), and you must have parental authorization for participation.

8º The Organization may establish a quota of 1,000 participants.

9º The Organization will provide buses (**SEE ANNEX 1**) to travel from the start to the finish area. Only runners are allowed to travel according to the schedule set by the Organization, as well as quota established in this service. The Organization is not responsible for the lack of punctuality of the runners due to this service, so it will try to respect the established starting time of the race.

10º The runner by participating in this race gives his consent so that he/she can be photographed and that the images can be used to promote the race. It also gives consent to the organization to contact the same through email in future communications related to this and future events of the Club. The runner may rectify their data and / or cancel if desired after receiving any of the communications.

REGISTRATIONS:

Open until 23:59 h on Thursday October 17th .

21K and 10K	Until September20	After de September20
General Registration	12,50 €	14,50 €
Runners enrolled in the circuit	9 €	11 €
Runners with 12 races on the previous Circuit	6 €	8 €
Runners with 16 or more races on the previous Circuit	5 €	7 €
Runners with 20 races on the previous Circuit	4 €	6 €

- All these prices will have a discount of 3€ for athletes of the junior category (10K).
- Minors under the age of 18 must provide parental permission.
- Solidarity collaboration. 0.50€ of registration will go to Red Cross
- **On line** at: www.cronomancha.com

COLLECTION OF RACE BIBS:

- The day before the race, compulsory for local participants and recommended for all participants from 18 to 21 hours at the Athletics Club Cuenca (In the leisure area of the C.C. El Mirador).
- On the day of the race, in the starting area until half an hour before the start of the race. (Marquee Bus of the Parking El Castillo)
- Clubs with more than ten runners, must appoint delegate or responsible for the collection of race bibs of the whole team for greater agility.

AGE CATEGORIES:

CATEGORIES	MEN BORN BETWEEN	WOMEN BORN BETWEEN
Juniors (only 10k)	2001 – 2003	2001 – 2003
Senior	1980 – 2000	1985 - 2000
Master A	1970 - 1979	1975 - 1984
Master B	1960 - 1969	1965 – 1974
Master C	Born in 1959 and before	Born in 1964 and before

The runners of the JUNIOR CATEGORY will have to run OBLIGATORY the distance of 10K, if during the inscription they select 21K they will be passed to 10K, according to the Regulations of the RACE.

AWARDS:

- First, second and third of the general 21K both male and female will receive trophy and ham the first, Cheese (2kg) the second and cheese (1kg) the third.
- The first three of the general 10K both male and female will receive Olive Oil.
- The first three in all categories: OLIVE OIL.
- The first three local places: OLIVE OIL.
- To the ten most numerous teams (reached the finish line), counting the two races: HAM.

RUNNER'S SERVICES

- Medical Service
- Showers at the finish line.
- Wardrobe: Picked up at the start and delivery at the finish line.
- Chip timing and instantaneous results.
- Provisioning: For the 21K: 3 refreshments in the race + another at the finish, including a solid one. For the 10K: 1 refreshment in the race and another at the finish line.
- Photos, videos,...

RUNNER'S BAG*

- Technical garment
- Backpack bag, etc.

**We will keep you informed on the blog (see latest news)*

ITINERARY VII HALF MARATHON

Start: Mirador Hoz del Huécar (Barrio del Castillo)

Camino de San Isidro – giro hacia Fuente Martín Alhaja – Camino del Júcar – Puente de los Descalzos – giro hacia Carril Bici CM-2105 – paso por debajo del Puente de Valdecabras – giro en Rotonda hacia el Puente de Valdecabras – giro hacia el Camino del Júcar hasta el Puente de los Descalzos-Paseo del Júcar– Avda. Virgen de la Luz – Calderón de la Barca – Carretería – Avda. Castilla-La Mancha – Avda. República Argentina.

Finish: Polideportivo “Luis Yufera” (Avda. San Ignacio de Loyola).

ANNEX 1

For those who want to use their private vehicle will be able to park in:

- **Parking Barrio del Castillo** (Race Start Area)
- **Parking de la Zona de la Resinera o Centro de Recepción de Turistas** (Race Finish Area).

IF YOU WANT TO ARRIVE WALKING IT TAKES AROUND HALF AN HOUR TO THE START AREA.



BUSES ARRANGED BY THE ORGANIZATION LIMITED CAPACITY

TWO LARGE BUSES (THEY WOULD LEAVE THE RUNNERS IN THE PLAZA MAYOR). From there to the start area by foot.

SCHEDULE FROM THE FINISH (BEFORE DEPARTURE)

(AVDA SAN IGNACIO LOYOLA A LA ALTURA COLEGIO MENOR) EXTRANJERIA

- 08:15 am
- 08:30 am
- 08:45 am
- 09:00am

ATTENTION THERE IS ALSO PUBLIC TRANSPORT

We advise you to take LINE 2 which goes directly to the Castle from 9 am, or line 1 that stops at the Plaza Mayor.

Check other schedules at: www.urbanoscuenca.com

***THE ORGANIZATION IS NOT RESPONSIBLE FOR DELAYS OR TRAFFIC JAMS THAT MAY BE IN THE CITY SO WE WILL TRY TO RESPECT STARTING TIME.**