

NOU RECORREGUT

III CURSA LLUNA PLENA



2023

BRIEFING 2023



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BIB NUMERS COLLECTION

- Thursday 3th August from 6pm to 8pm at the Sports shop AB Esports in Ciutadella ([view location](#))
- Friday 4th of August from 9.30am to 1.30pm at the Poliesportiu Municipal de Maó ([view location](#))
- Friday 4th of August from 6pm to 8.30pm at the start and finish line in Pavelló Menorca ([view location](#))

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MATERIAL THAT WILL BE GIVEN IN THE BIB NUMBERS COLLECTION:

- Race T-shirt
- Gym Sack
- Bib number
- Wardrobe sticker

* We've got some safety pins to stick your bib number in your T-shirt.





REFRESHMENT STATIONS

- There will be one refreshment station at the aerodrome zone (liquid with water and isotonic), it's recommended to bring your own glass.
- The volunteers will put large cans with water and isotonic on the table. The participants will serve themselves the beverages.
- In- line refreshment stations, maintaining one direction of entry and exit.
- It's recommended to drink carefully before the start, just to have enough liquid for everybody.
- At the finish line you will be able to find more drinks and Food to recover.

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FINISH LINE

- At the finish line you will find the last refreshment station, that consists with some sweets, fruit, nuts, and popsicles!! Also, you will find a water and isotonic to regain strength.
- Apart from that, there will be a bar with food and some drinks like beer at popular prices*.
- At 10pm live music with the DJ Kike Sastre.
- There will be shower service and changing rooms in Pavelló Menorca.

***More information in the next slide**



Post - Race

TIME OUT – SA TINTINA

- All types of drinks (beer, wine, soft drinks, water, etc)
- Hot and cold sandwiches
 - Hamburguers

DESPRÉS DE SA III CURSA DE SA LLUNA PLENA A MAÓ

DIVENDRES 4 D'AGOST DES DE LES 22 H

FESTA DE SA LLUNA PLENA

ENTRE EL PAVELLÓ MENORCA I TIME OUT

MENJAR I BEURE SA **TINTINA** MENORCA **MÚSICA AMB DJ KIKE SASTRE**

Organitza: elitechic i EliteTracks

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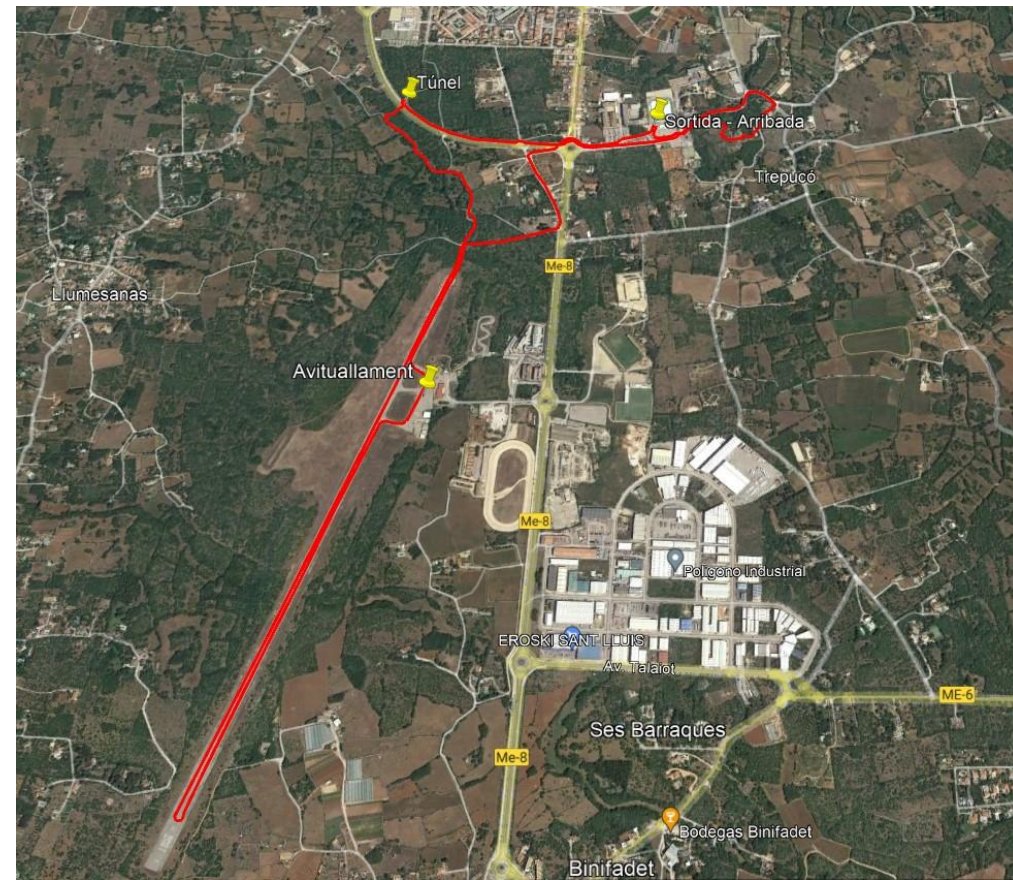
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RACE AND TRACK

You can have a look on the track [here](#).

Distance of 8 km aprox

More information via email: contacto@elitechip.net



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RACE TIMETABLE:

09.00pm - Start of the race

10.00pm – Music by DJ Kike Sastre



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WARDROBE

There will be wardrobe service at the finish line.

SANITARY SERVICES

Doctor in race, Clínic Balear service, accident and liability insurance.

*In case of some special necessities, you can write an email to web@elitechip.net



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PARKING



** All cars parked in the parking behind the PAVELLÓ MENORCA cannot be moved until all the runners pass through the finish line.



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BASIC RECOMMENDATIONS:

- It's a night run, so it's **OBLIGATORY** to bring a light front or a torch. The circuit will only be illuminated by the full moon.
- **BRING YOUR OWN CUP** in order to try to generate as little waste as possible.
- Wear appropriate clothing and shoes. Do not wear new shoes the day of the race.
- Eat and drink carefully the day of the race to be able to arrive at the finish line well hydrated.
- Put Vaseline on the areas where you are sensitive to rubbing, under the arm, between the legs and on the breasts.
- Set your planned pace from the start, especially the first few kilometres, as it is very easy to get carried away and this wasted energy may be needed for the end of the race.



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- Do not take anything during the race (gels, bars, etc.) that you have not tried before.
- In the event of any symptoms of discomfort or exhaustion, quickly inform someone from the organization (volunteer, cyclist, police, civil protection) who will be on the route.
- Enjoy the race. it is a non-competitive race; therefore, it is a celebration of sport.
- Throw your water bottles in the refreshment stations, if you throw them in other areas they will not be collected and you could be disqualified.



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Enjoy the race!!
Thank you everyone!

