



Fernando Pineda Travel Service and CUBADEPORTES S.A, in collaboration with the Cuban Athletics Federation and the INDER body, are pleased to present the following:



2nd EDITION OF THE INTERNATIONAL VARADERO MARATHON MEDIA Cuba, which will take place next Sunday March 31, 2019.

"The most pleasant race of the Caribbean" will be held on a flat, fast and coastal circuit, runners from any part of the amateur world and professionals will be able to achieve their personal best. Parallel to the Half Marathon will also take place a 10-kilometer test, as well as, later, a 3-kilometer Popular Race in which runners from 10 years old can participate, with no age limit.

With an average temperature of 22°C, the runners, companions and relatives will live a unique sport and holiday experience, in one of the "Caribbean spas", with a turquoise sea of impressive transparency and more than 20 kilometers of fine white sand.

Be the first to enjoy this special event.

Sport, beach and culture to the rhythm of Cuban music.

What more could you want? We will wait for you!



ANNOUNCEMENT

1.-Fernando Pineda Travel Service, FCA, INDER and Cubadeporte S.A, organize the 10 km race and the II Half Marathon of Varadero, on Sunday, March 31, 2019, with departure at 07:00 in the morning.

Registration is open from November 1 and will close on March 10, 2019 for foreigners through the page: <http://www.varaderohalfmarathon.com>

Registration for the Nationals will take place in the Provinces through the Marabana Project and in Havana at the Headquarters of the Cuban Athletics Federation located at 6th Street No. 109, between Calzada and 5th Vedado. Telephone 78300102.

2.- PARTICIPANTS.

Up to 700 Nationals, over 18 years of age, affiliated or not, and foreign athletes who register through established channels may participate.

Along with these races, the National Half Marathon Competition is convoked with the participation of 2 athletes by provinces, one male and one female.

Like the previous race, Elite athletes from Kenya and Ethiopia will participate.

3.- TRAVEL.

Circuits of 10,000 meters and 21,097.5 meters homologated by the Cuban Athletics Federation, urban and asphalted in its entirety. The routes will be duly marked by the organization. There will be water refreshment posts



approximately in kilometers 2,5, 5, 7.5, 10, 12.5, 15, 17.5, and final supplies inside the Central Park.

4.- DEPARTURE / GOAL.

The departure will take place at 07:00 hours from the Hotel Meliá Varadero. The goal will be located in the Central Park. The closing of the 10 km test will be at 10.30 along with the Half Marathon, this being the official maximum time of the race. To access the starting area, the runners will do so depending on the brand, being expected to establish drawers for the Half Marathon and 10,000. It must be indicated at the time of formalizing the registration the expected time. The organization may request accreditation of the indicated brand.

5.- TIMETABLE.

The test will be controlled by judges of the Cuban Athletics Federation. The timing will be done by "chip system", which will be incorporated in the number. Any runner who participates without a race number, visible during the whole course, as well as one who does not complete the course in its entirety, will be disqualified. It is totally forbidden to participate in the Half Marathon and 10 km without dorsal, being removed from the test all those who do not comply with this rule.

The only vehicles authorized to follow the test will be those designated by the Organization and will be duly accredited. It is totally forbidden to follow the runners on a motorcycle or bicycle, being removed by the Police to avoid any accident they may cause.



6.- DELIVERY OF DORSALES.

To foreign brokers

Hotel Meliá Varadero

Friday, March 29, 2019, from 9: a.m. to 9:00 p.m.

Saturday, April 30, 2019, from 9:00 a.m. to 9:00 p.m.

The bib number must be collected personally and it will be essential to present the passport or supporting document.

The Dorsals of the National participants will be handed out from March 18 to 22, 2019 at the Headquarters of the Cuban Athletics Federation, at Calle 6 No. 109 between Calzada and 5th Vedado. The Dorsals of the Provinces will be sent to the Marabana Projects of each Province for delivery before the competition.

Dorsals will not be given on the day of the Event.

The bib number is personal and non-transferable.

7.- CATEGORIES.

For the 10 km test:

- Male general and female general

For the Half Marathon:

- Male and female general.

- Veterans (age will be taken into account on the day of the test)



- Categories: A: 35-39, B: 40-44, C: 45-49, D: 50-54, E: 55-59, F: 60-64, G: 65-70, H: 70-74 , I: 75 years or more.
- Regulation athletic wheelchair (M / F) *

8.- PRIZES AND TROPHIES.

- Awards General Classification 10,000 male and female 1st, 2nd, 3rd trophy
- Awards General Classification Half Marathon for men and women 1st, 2nd, 3rd trophy
- Qualification Prizes veterans in Half Marathon male and female: trophy to the First Classified of each category.

9.- MEDICAL SERVICES.

The tests will have the necessary Medical Services to attend the corridor of the same. The Organization recommends that all participants submit to a Medical Examination prior to the test, accepting all participants the risk derived from the sporting activity. At the end of the test, participants who need it can make use of a physiotherapy service.

10.- DISCLAIMER OF LIABILITIES.

The Organization of the test is not responsible for the physical or moral damages that may be suffered by the participants during the course of the event or as a consequence of it and must sign a document waiving the claim, exempting the organization from any responsibility whatsoever. any accident, injury that may occur before, during and / or after the test, waiving a legal action against the organization. Likewise, the Organization reserves the right to make any changes to this regulation if it considers it so, by communicating it on the webpage of the test itself and on the information given to the broker.

11.- The not foreseen in this regulation, as well as the possible claims, will be solved by the referee, in accordance with the regulations of the I.A.A.F. and the Cuban Athletics Federation.

12.-All the participants, by the fact of taking the exit, accept the present regulation. In case of doubt, the criteria of the organization will prevail.



TRAVEL.

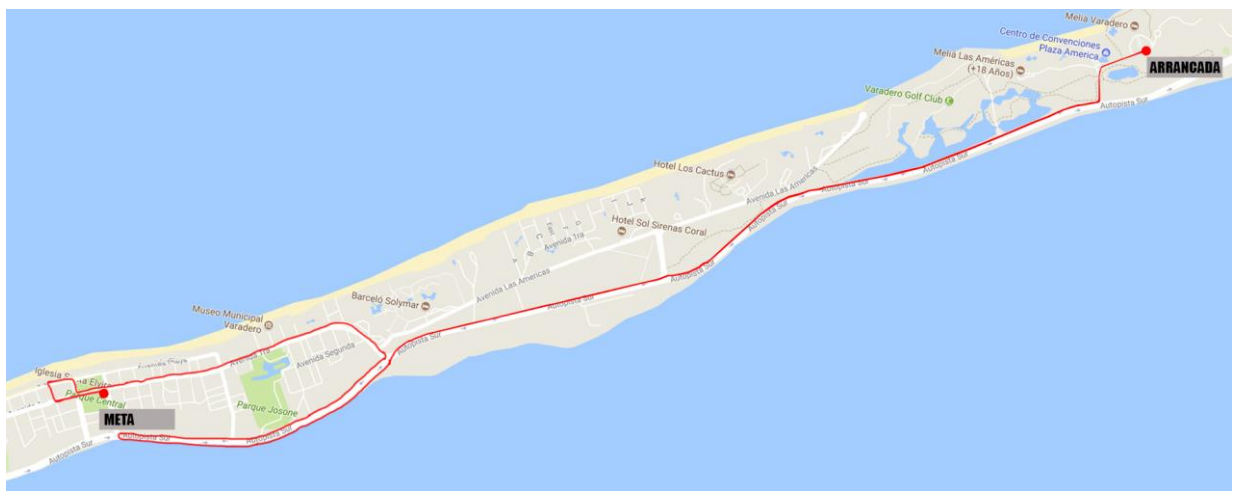
DEPARTURE: In front of the main entrance of the Hotel Meliá Varadero.
GOAL: In front of the shopping center located on first avenue between 54 and 55.

Description of the route: From the Hotel Meliá Varadero left at the roundabout in front of Plaza América, Right to the Autopista Sur, until taking right towards Avenida Primera, right at Calle 54, left at Avenida Playa until 30, joining Avenida Primera until Calle 11, at Calle 11 returns through all First Avenue, where it will be established in circuit between streets 54 and 11 to compensate for the difference necessary to complement the distance of 21,0975m.

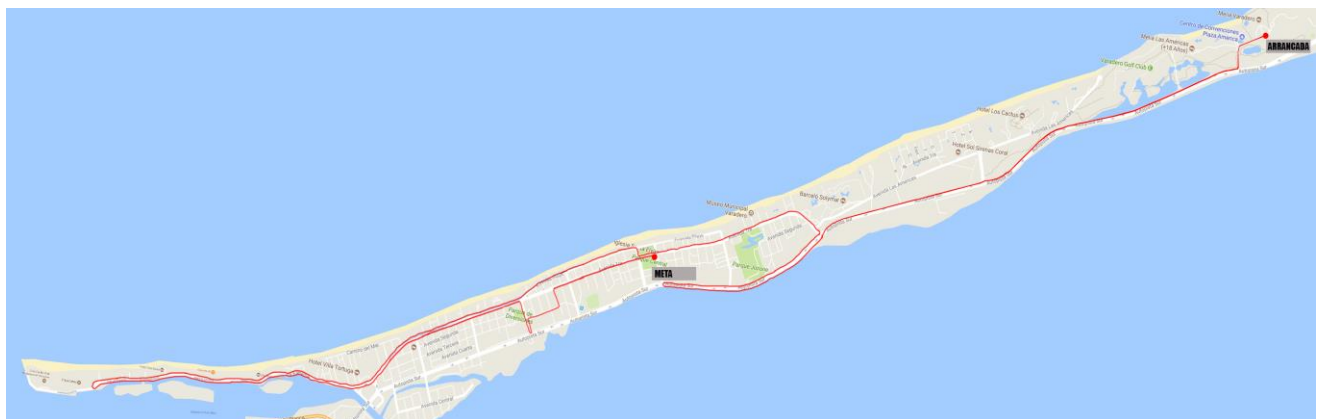
It is important to remember that the official measurement of the route proposed in the first instance by the Cuban category C meters and then certified by international meters of category A-B of the IAAF / AIMS must be carried out so that the results are valid.



Recorrido de los 10KM.



Recorrido de los 21KM.





- The Organizing Committee of the Half Marathon of Varadero informs that every runner registered in the event has the right to:**
- **Receive the Participation certificate with the time taken, general place, and place by category.**
 - **Receive the Medal of the Event.**
 - **Receive the Pullover of the Event.**
 - **Perform the Pre-Event Medical Check if requested.**
 - **Carry out a medical check-up after the event if requested.**

CONTACTS

- 1. For general information about the test:**
 - cub@mf.iaaf.org**
 - ordeporlando@gmail.com**
 - info@varaderohalfmarathon.com**
- 2. For information to Cuban runners to participate in the race:**
 - fedatlecuba@inder.cu**
- 3. Official website of the event and for registrations of foreigners.**
 - <http://www.varaderohalfmarathon.com>**