



VERTICAL KILOMETER

The start of Vertical Kilometer will be at Puerto de Tazacorte Beach. We will be starting in waves, beginning at 5 P.M. in the following order:

- Runners from Wave 1 Male –Bloque 1 Masculino- (30 seconds between each runner).
- *5 minutes between waves.*
- Runners from Wave 2 Male –Bloque 2 Masculino- (1 minute between each runner).
- *5 minutes between waves.*
- Runners from Female Wave –Bloque Femenino- (1 minute between each runner).
- *10 minutes before last wave.*
- Runners from Wave 3 Male –Bloque 3 masculino- (1 minute between each runner).





Each runner start time depends upon actual race day attendance. When a runner due to start is not in attendance, the next runner up will start immediately.

Assistance on the course is completely forbidden. In addition, each runner must take all the material he is carrying at start to finish line.

The race starts with singletrack trail followed by rock stairs (1,5 km). Runners continue on a tarmac road between banana plantations (1,5 km). At this point, you will find the only (water only) aid station. (Be careful with the road crossing.) From that point, runners follow a concrete path until they reach another trail. Turn right leaving the GR131 trail on the left (trail here is different from the ultramarathon course). Be careful with the cliffs at points along this trail. The last 500 meters to finish line are on this trail.

Shuttle buses (maximum capacity of 35 persons) will take you back to start line.

The awards ceremony will be at Puerto de Tazacorte a 8 p.m. To claim cash prizes, you must bring ID or passport.

