



AGENDA:

Dear runners, in order to provide you with more clarity and better coordination, we are providing you with the agenda for each day/stage for LA CORDILLERA CHALLENGE and EXPERIENCE 80K, starting on Thursday, November 6th.

THURSDAY NOV 6th – WELCOMING

Place: Presidente Plaza, 3rd Floor (Next to Sarita's Ice cream shop)

Location: <https://goo.gl/maps/FmVRMZJL7ERHXAsX6>

Address: Av. De La Revolución, San Salvador

- **4:00PM.** PRESS CONFERENCE and presentation of athletes.
- **5:00PM.** Reception of required documentation: medical certificates and disclaimers.
NOTE: We will have a doctor doing evaluations in case you need it to present your medical certificate. **Cost: \$15.00**
- **5:30PM.** Runner's kit pick up and technical conference for the First Stage.

FIRDAY NOV 7th – FIRST STAGE: La Trilogía

- **4:00AM.** Athlete accreditation and luggage reception at Presidente Plaza
- **5:00AM.** Bus transfer to Stage 1 starting point located in Los Pinos Vista al Lago, Lake Coatepeque. Estimated travel time: 1 hour 15 min.
- **6:15AM.** La Cordillera Challenge athletes hand in "Drop Bags" (Optional)
- **6:30AM.** LCC Stage 1 Race Start: La Trilogía
- **7:30AM.** Transfer of EXPERIENCE 80K runners to Cerro Verde
- **8:30AM.** Race start of the EXPERIENCE 80K runners
- **11:00AM.** Estimated time of arrival of first place runner
- **12:00PM.** Lunch opens
- **1:30PM.** FIRST Shuttle to Hotel 1961
- **3:00PM.** Closing of Stage 1
- **3:00PM.** Recovery massages and physiotherapy / SECOND Shuttle to Hotel 1961
- **4:30PM.** Shuttle from Hotel 1961 to the Technical Race Talk
- **5:00PM.** Technical Race talk: Stage 2
- **6:00PM.** First place acknowledgements
- **7:00PM.** Dinner
- **7:30PM.** LAST shuttle to Hotel 1961

SATURDAY NOV 8th- SECOND STAGE: Reto de Las Nubes

- **4:30AM.** Breakfast
- **5:00AM.** Hand in luggage and room keys to accommodation coordinator
- **5:30AM.** Bus transfer to "Está Carbón, Los Naranjos" (stage 2 starting point)
- **5:45AM.** La Cordillera Challenge athletes hand in "Drop Bags" (Optional)



- **6:00AM.** LCC Stage 2 Race start: Reto de Las Nubes
- **7:00AM.** Transfer of EXPERIENCE 80K runners to San Juan de Dios
- **8:00AM.** Race Start of EXPERIENCE 80K
- **10:30AM:** Estimated arrival of first place runner
- **12:00PM.** Lunch opens
- **2:00PM.** Recovery massages and physiotherapy
- **3:30PM.** Closing of Stage 2
- **5:30PM.** La Cordillera Challenge athletes hand in “Drop Bags” (Optional) / Technical Race talk: Stage 3
- **6:15PM.** First place acknowledgements
- **7:00PM.** Dinner

SUNDAY NOV 9th- THIRD STAGE: El Quinto Infierno

- **4:00AM.** Breakfast
- **4:30AM.** Hand in luggage and room keys to accommodation coordinator
- **5:00AM.** Transfer of EXPERIENCE 80K runners to Canton El Naranjito
- **5:30AM.** LCC Stage 3 Race Start: El Quinto Infierno
- **6:00AM.** Race Start of EXPERIENCE 80K
- **10:00AM:** Estimated arrival of first place runner
- **11:00PM.** Recovery massages and physiotherapy
- **12:00PM.** Lunch opens
- **2:00PM.** Closing of Stage 3
- **3:00PM.** Top winners awards of La Cordillera Challenge and EXPERIENCE 80K
- **4:30PM.** Shuttle bus departure to San Salvador
- **LUGGAGE:** You can claim it at any time once you reach the finish line.

IMPORTANT TAKE NOTICE:

1. LUNCH will be served at the request of each runner as they enter the finish line
2. Rooms are shared, so we remind you that respecting the rest of others is essential
3. Please respect the rules for the use of the facilities of each hotel according to the stage
4. Your companions are welcome to wait for you at the finish line. Any additional restaurant consumption or use of any additional service will be at their expense.
5. Runners registered for individual stages must arrive at the starting point on time for the start and be picked up at the finish line by their own means.

For more information visit:

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