

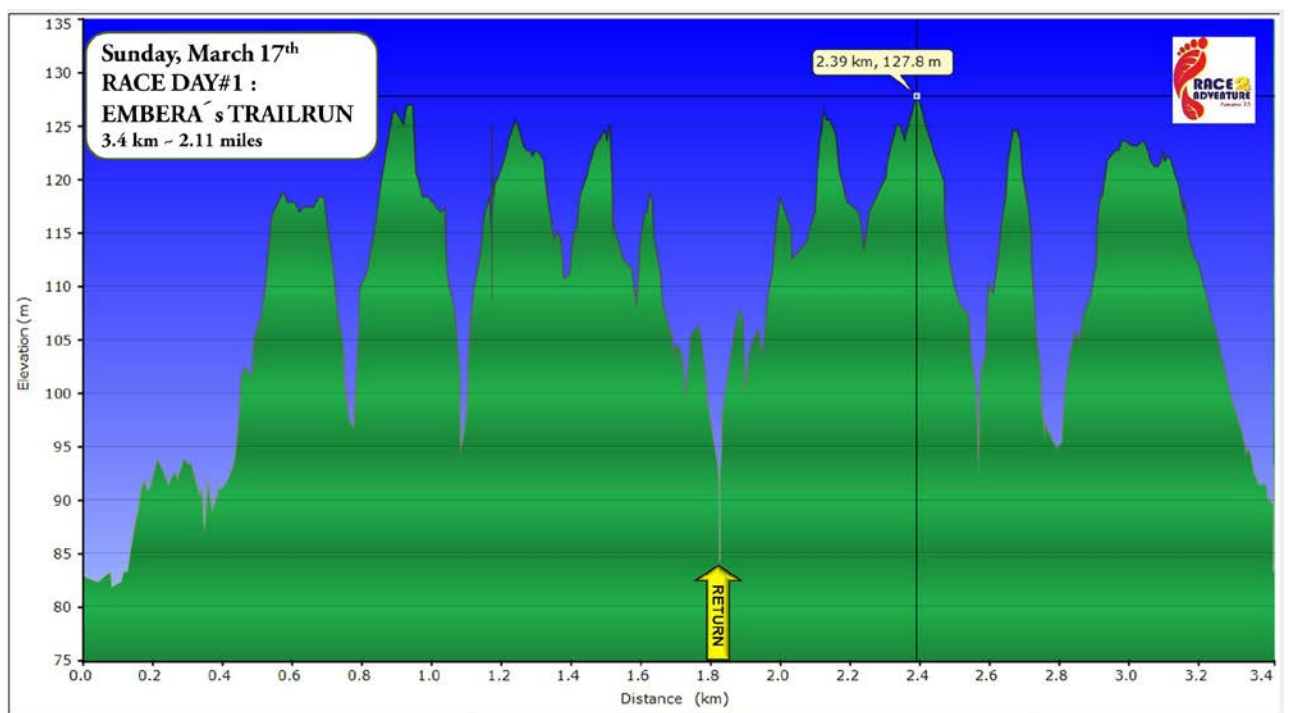
RACEBOOK: R2P'13

1. RACE DAY#1 Sunday, March 17th - EMBERA's TRAILRUN (3.4km ~ 2.11miles)

ROUTE:

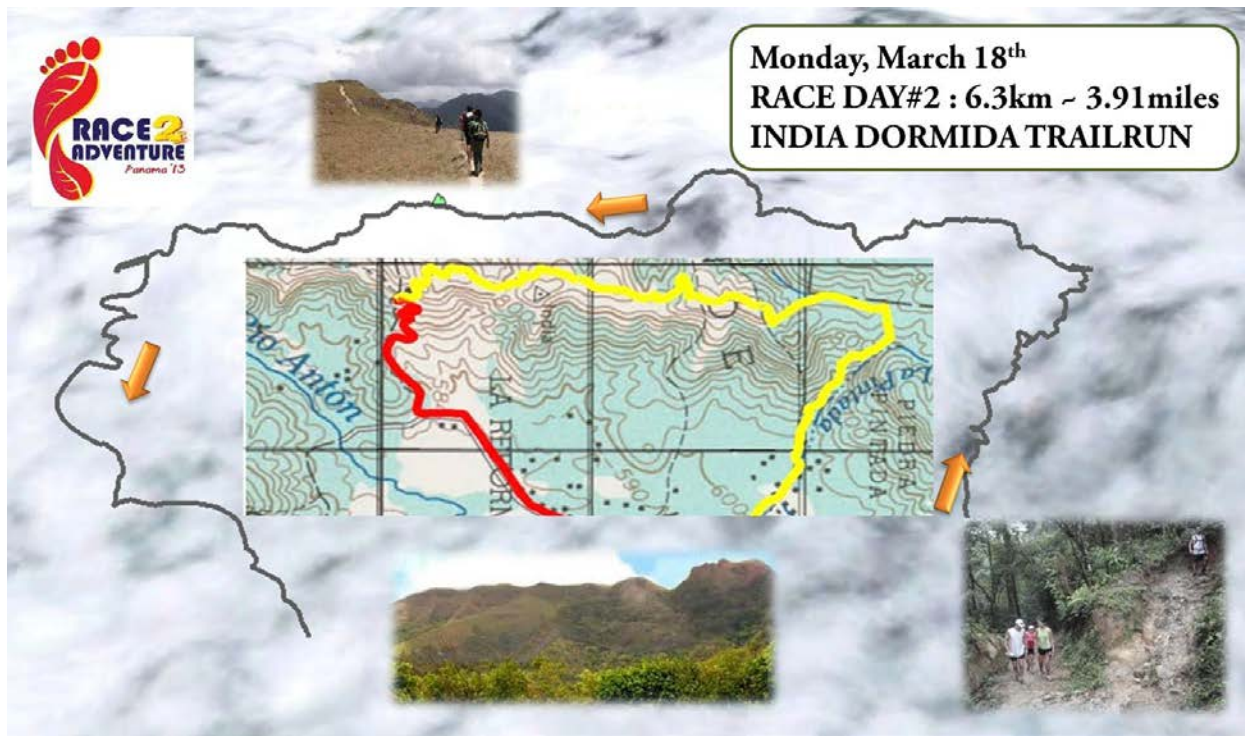


ALTIMETRY:

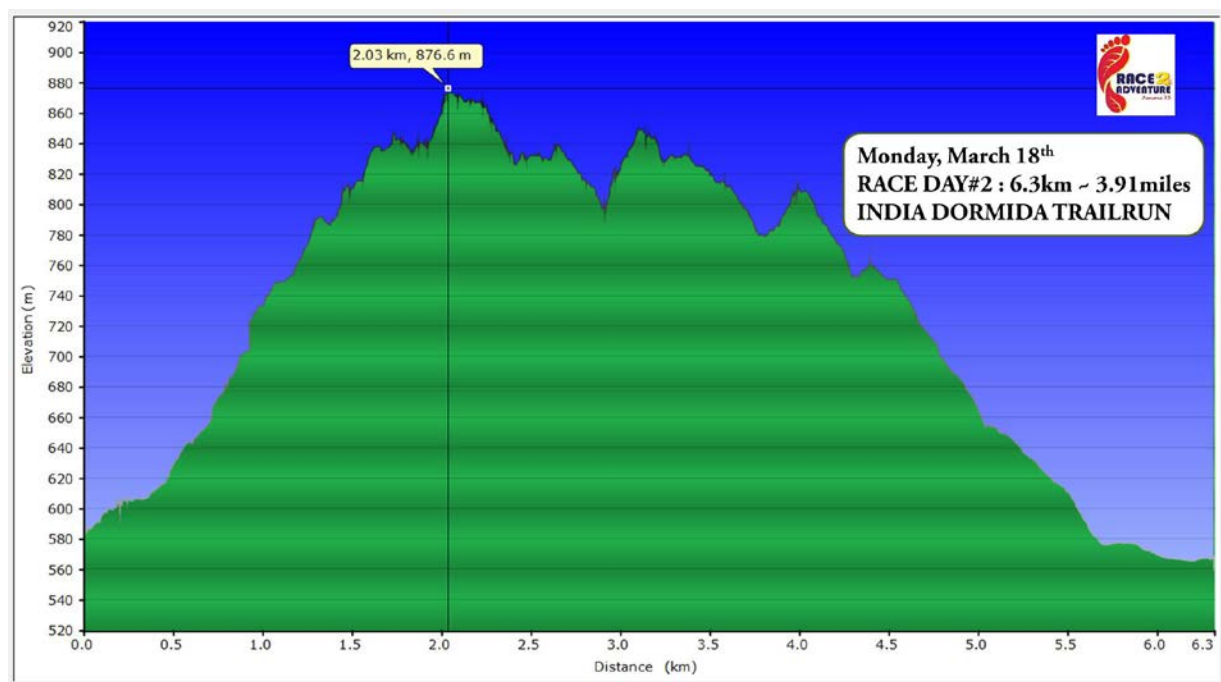


2. RACE DAY#2 Monday, March 18th - INDIA DORMIDA TRAILRUN (6.3km ~ 3.9miles)

ROUTE:

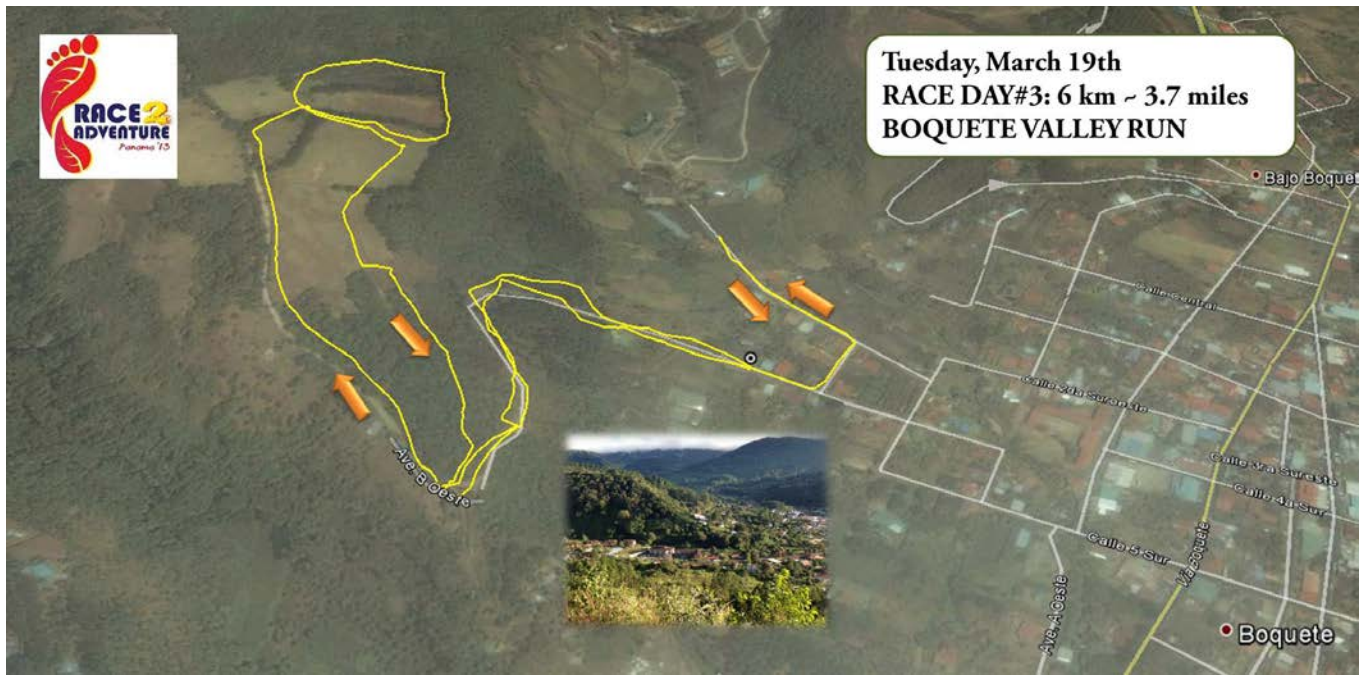


ALTIMETRY:

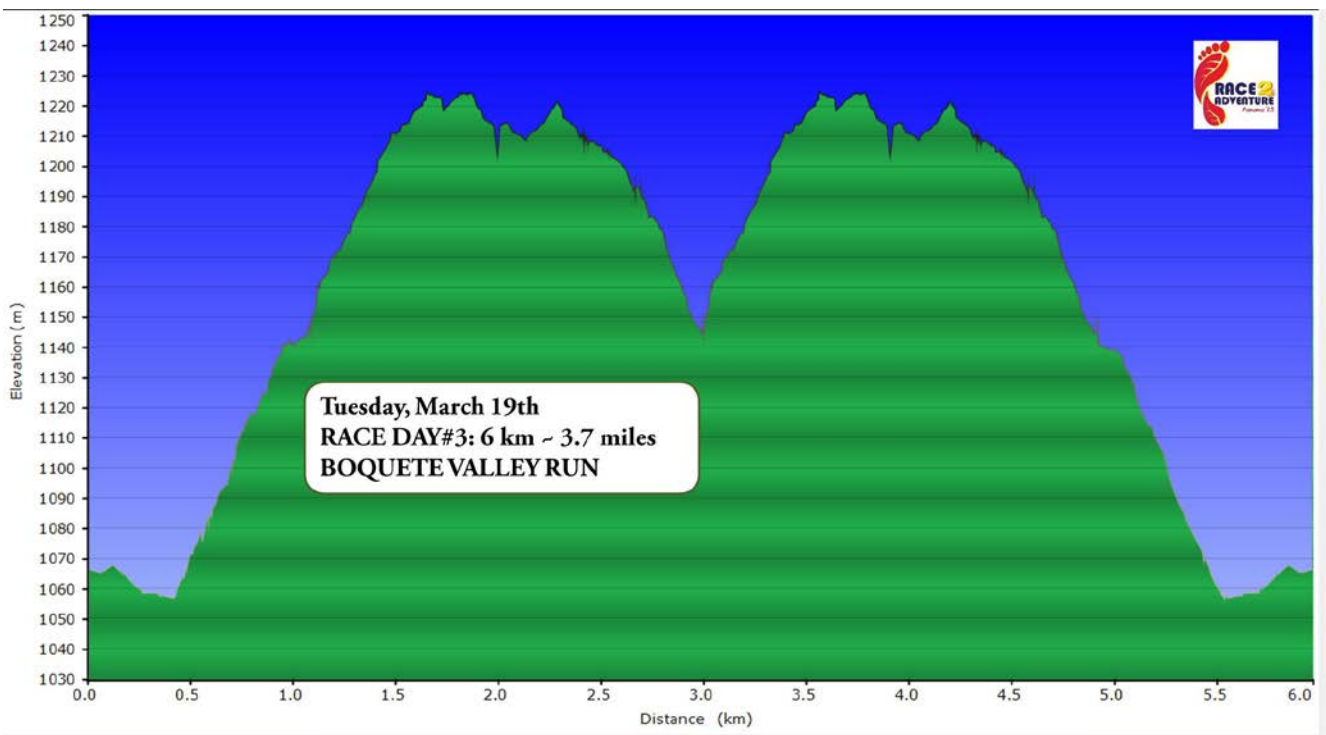


3. RACE DAY#3 Tuesday, March 19th - BOQUETE VALLEY RUN (6km~3.7miles)

ROUTE:

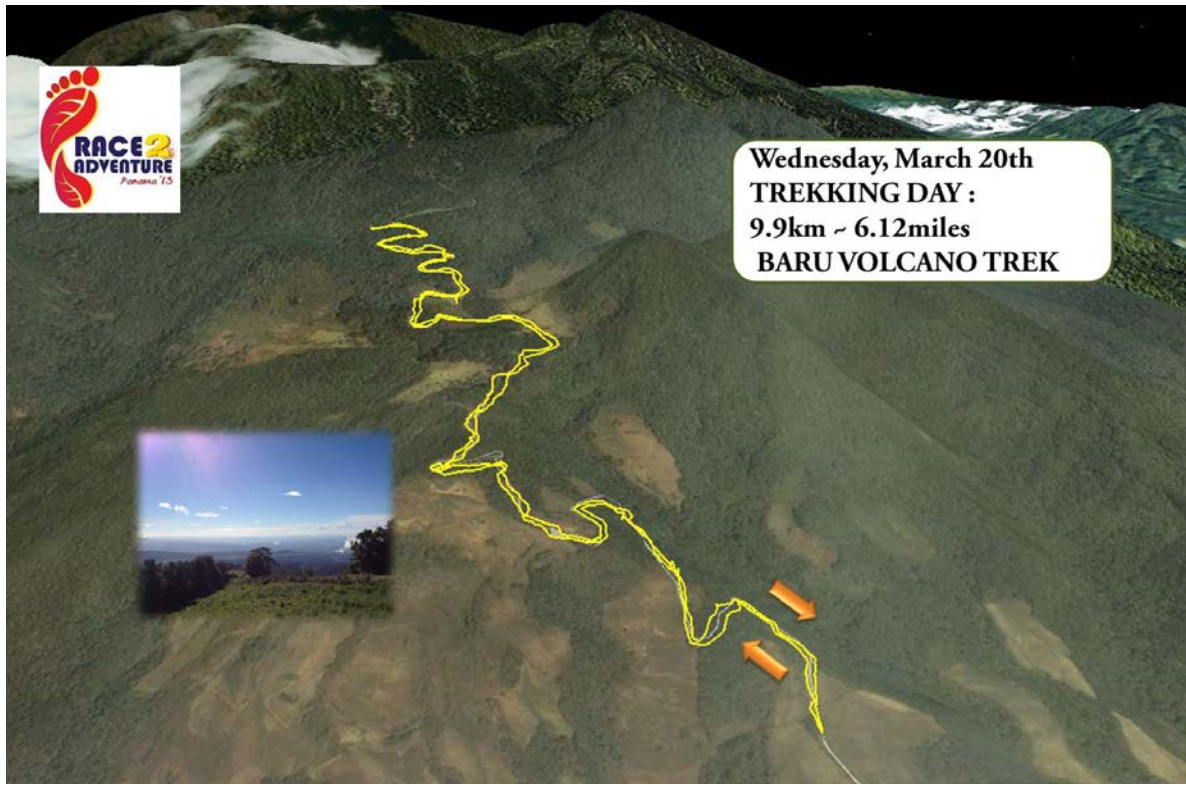


ALTIMETRY:

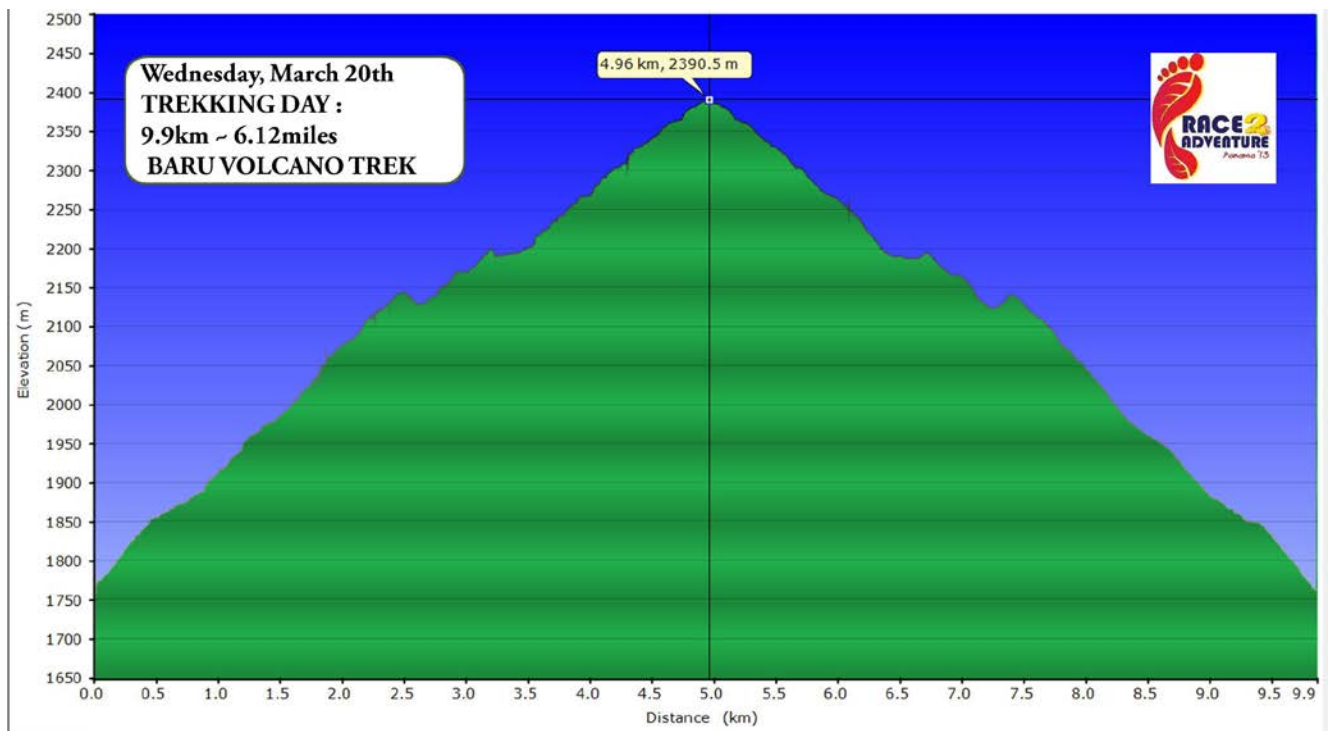


4. TREKKING DAY Wednesday, March 20th - BARU VOLCANO TREK
(9.9km~6.12miles)

ROUTE:



ALTIMETRY:

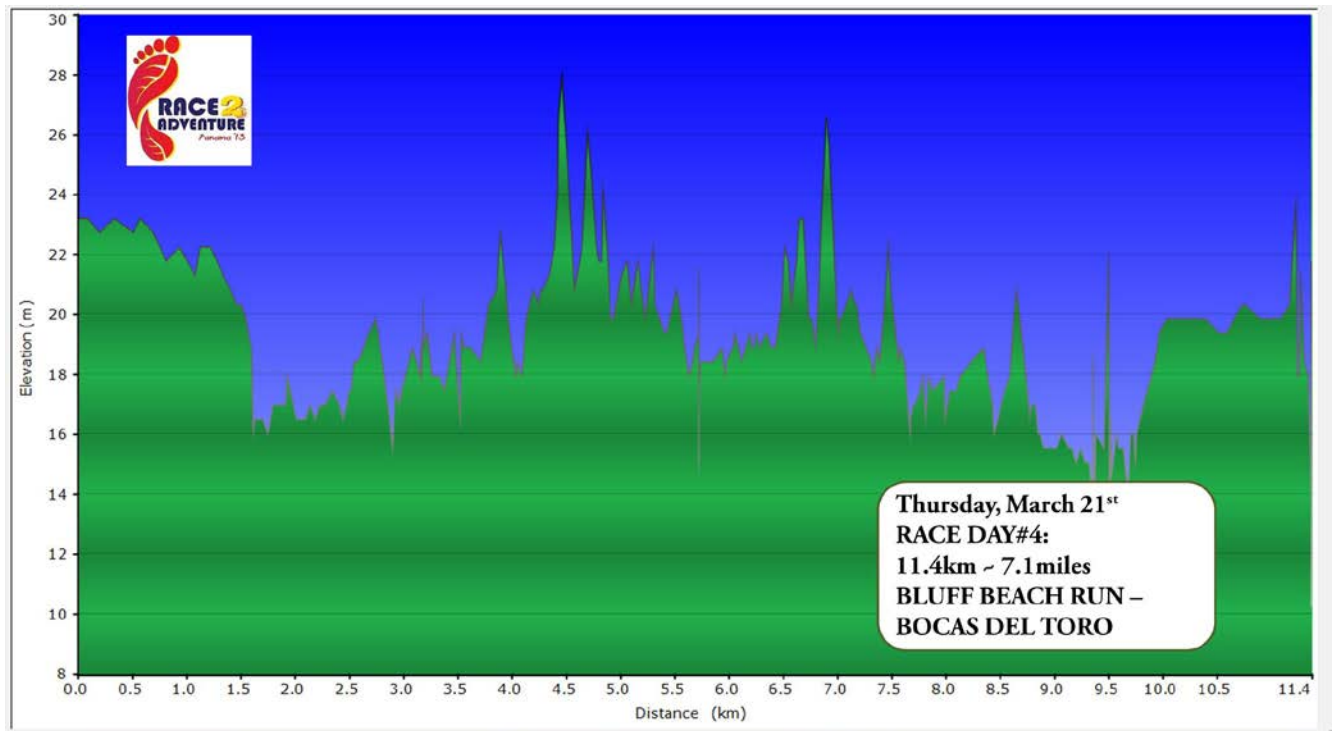


5. RACE DAY#4 Thursday, March 21st - BLUFF BEACH RUN (11.4km~7.1miles)

ROUTE:



ALTIMETRY:



6. RACE DAY #5 Friday, March 22nd - RED FROG BEACH RUN (4.7km~3miles)

ROUTE:



ALTIMETRY:





GENERAL RECOMMENDATIONS:

FOR THE RACERS

- ✓ WEAR SUNSCREEN AND SUNGLASSES
- ✓ HAT
- ✓ CAMELBAG OF AT 20OZ WITH ELECTROLITES
- ✓ USE TRAILRUNNING SHOES
- ✓ NO SHORT SOCKS BECAUSE OF THE MOD AND SAND
- ✓ BRING YOUR OWN ELECTROLITES
- ✓ DOWNLOAD THE GPX FILE TO YOUR HANDWATCH

