



31th May – 7nd June 2020

"Formentera to Run" 12th edition
60 km in 5 legs - Running - Walking

Sunday, May 31

Check in at the chosen hotel, hostel or studio.
For those that have the contract:
Scooter delivery by 1 PM (one every two participants).
Dinner and overnight at own accommodation.

Monday, June 1

Wake up and breakfast
10:00 AM: staff presentation and official opening of the event at Riu La Mola hotel.
11:00 AM: Technical check and bib numbers delivery at Riu La Mola hotel.
6:00 PM start Walkers
6:30 PM start of the 1st stage of about 9,2 km directly from the Riu La Mola beach.
20:00 Dinner and overnight in own hotel

Tuesday, June 2

7:00 AM, wake up and breakfast. Transfer by scooter to Cap de Barbaria area for the start of the 2nd leg, 7,8 km.
8:30 AM, Start Nordic Walkers
9:00 AM, start of the leg for runners
Lunch and afternoon at leisure
8:00 PM, Meeting at Riu La Mola hotel for watching the 1st and 2nd leg's photo slide show.
Dinner and overnight in own hotel

Wednesday, June 3

7:00 AM: wake up and breakfast. Transfer with scooter to the start area in Cala Saona.
8:30 AM start Walkers
9:00 AM: start of the 3rd leg, about 12,2 km.
After the race the organization will offer a Pasta Party for all.
Lunch and afternoon at leisure.
8:00 PM: meeting at Riu La Mola hotel for watching the 3st leg photo slide show.





Dinner and overnight in own hotel

Thursday, June 4

06:30 AM: wake up and breakfast. Transfer by scooter to la Savina area for the 4th leg start.

08:15 AM start Walkers

08:30 AM start of the 4th leg, about 8 km.

At the end of the stage, brunch offered by organization.

Lunch and afternoon at leisure.

21:00 PM: dinner and overnight in own hotel

Friday, June 5

Wake up and breakfast.

Free day at leisure. Chance to visit the island and the other beaches, relax.

Dinner and overnight in own hotel.

Saturday, June 6

07:00 AM: wake up and breakfast. Transfer by scooter to La Mola lighthouse.

09:00 AM: start of the NB Formentera Trail 21.1, 21 km, 5th leg of the NB Formentera to Run. Runner's and Walkers.

Walkers will do a reduced track of around 9km.

11:30 AM paella party and beer for all the runners

12:30 AM: awards ceremony for the "NB Formentera Trail 21.1"

Afternoon at leisure.

20:30, by hotel Riu La Mola "NB Formentera to Run" awards ceremony and photo slide show of the race.

Party in White. Event closure's cocktail offered by the organization with buffet, music, dance and cake cutting.

Sunday, June 7

Wake up & breakfast depending on own flight schedule.

Flight back to own destination.

GENERAL NOTES

The program is very well experienced: 5 legs in 5 days, 10,13,9,10,21 Km to be ran along the beautiful trails and small roads of Formentera. The total distance is 63 km with a full rest day in the mid of the week. Some new features in the legs made the race even more appealing. Limited number.

The Race

Number max 150 runners

2 categories getting the same services are possible:

- **Running:** Competitive category with official timing AND ranking.

- **Nordic Walking and Walkers:** Non-competitive categories with official timing, but NO ranking.

For both categories the legs will be the same; Nordic Walking and Walkers will have the start anticipated by 30 minutes.

On the half marathon day for Nordic Walking and Walkers the total distance will be reduced from 21 to 10 km.

The start will be from Riu La Mola hotel at 9.30 AM, to say 30 minutes after the runners' start, while finish line will be the same for all the participants.

For taking part in the walk is mandatory to register in the NW or Walkers category, to show a simple medical certificate without cardiac stress test. No one (friends, wife/husband, etc.) will be admitted in the group without official registration.

Both categories will wear bib number and microchip and will receive full assistance throughout the race.



MANDATORY for all the runner who'll take part in the Formentera Trail 21.1 on Saturday, is running with at least a 0.5 l. water bottle (hipbelt, camelbak or others).

LEG DESCRIPTION

Leg 1 - 9,2 km Hotel Riu la Mola - Hotel Riu la Mola

Start from the hotel

The itinerary runs along the shore, alternatively on sandy and hard jagged sections and partially on the wooden gangways stretching along the beaches. In the inland the run is on white roads.

Leg 2 - 7,8 km Cap de Barbaria Lighthouse - Cap de Barbaria Lighthouse

Start and finish at the lighthouse, in the most beautiful and unspoiled part of the island. Mixed itinerary with minor tar sections and white roads. A short but cool leg. Climb 122 m.

Leg 3 - 12,2 km Cala Saona - Cala Saona

20 km transfer from Riu La Mola hotel, start close to the Cala Saona hotel.

Run along gravel roads to the cliffs of Punta Negra; here the rocky terrain is very jagged. Climb: 160 m.

Leg 4 - 8 km Savina - Playa de ses Illetes - Savina

11 km transfer from Riu La Mola hotel.

Starting near La Savina harbour, the itinerary follows a gravel road in the Saline park area; after this, a 2 km stretch on the East beach, takes, after a short inner section, to the West beach, where the finish line is. Climb 70 m.

Leg 5 - km 21 The last leg is the "Formentera Trail 21.1"

A trail running half marathon. This leg will also be a single race with a separate rank for the runners who registered only in the Trail 21.1. The Formentera To Run participants will be ranked both in the general and in the 21.1 ranks.

The itinerary starts from and finishes at La Mola lighthouse, 5 km from Riu La Mola hotel. The trail takes on gravel roads located in the upper part of the island, the La Mola area; then the runners go downhill to the Mitjorn beach via the "Stufador" trail and go back up via the "Roman" trail. It's generally a demanding trail, due to the very jagged mixed terrain in some sections and to the total climb of 420 m. Waterpoints at 6, 11 and 17 km, besides the final one. At the finish line, free pasta party for all the runners.

It's HIGHLY RECOMMENDED for all the runners to run with at least a 0.5 l. water bottle (hipbelt, camelbak or others): in case of high temperatures the three waterpoints could be unfit to offer the necessary rehydration.

NOTE:

Prior to the start, the Walkers need to arrange their own vehicles by the lighthouse parking lot for the transfer back to their respective hotels after the race is finished.

The total distance is about 60 km, to be run in 5 days with a rest day on Friday. The itinerary is almost entirely off road and well-marked. Waterpoints are arranged only at the finish line, except for the 3rd leg (12,2 km), where a halfway waterpoint will be arranged and for the 5th leg (21.1 Formentera Trail), where 3 waterpoints will be organized.

Transportation

For all the packages a scooter every 2 people is included - all the scooters can carry 2 people. These vehicles are the best solution for moving on Formentera roads, not very big and with a few parking spots in the areas of interest.

It is also possible to have the scooter for individual use, or choose to rent a car (paying an extra fee). Both for scooter and car pick up, it's mandatory to bear and show a regular driving license.



Place

A wonderful holiday made of sea, sport and nature in the last paradise of the Mediterranean sea, Formentera, in the Balearic Islands.

The program is very well experienced: one week of relax and sport, with 5 running days in the most beautiful spots of the island.

Accommodations

Different options for this edition:

ACCOMMODATION PACKAGES

OPTION 1

Riu La Mola Hotel, 4 star hotel in Mitjorn Beach.

The best hotel in the island combines a superb location with a selected cuisine.

The double rooms are recently renovated so brand new and the hotel has all confort and activities.

This hotel is the headquarters for the organization so, all afternoon activities will be located there.

Treatment half board with beverage.

OPTION 2

INSOTEL Club Maryland 3 star NEW 2019

Located 50 meters from Riu la Mola and on the same beach of Mitjorn, it is characterized as a simpler structure and particularly suitable for sporty clientele and families with children.

The rooms are all bungalows

Simple but comfortable, consisting of a bedroom and a separate living room with two sofa beds, equipped with microwave, mini fridge, satellite TV, ceiling fan, terrace or balcony.

ALL INCLUSIVE FORMULA

Meals:

- Buffet breakfast, lunch and dinner at the main restaurant, local wine and beer, soft drinks and water included with meals by the glass.
- Two thematic dinners.
- Buffet lunch and dinner (by reservation) at the pool snack bars.
- Snacks and drinks during the day at set times at the pool snack bars.
- Food for celiacs (pasta, bread, biscuits and snacks) available: notification is required at the time of booking.
- Extended breakfast until 11.00 am at the snack bars.
- Drinks in the glass included in the bar from 10.00 to 24.00: water, soft drinks, local wine and beer, local and international alcohol
- At the two snack bars: selection of desserts from 15.00 to 17.00, ice-creams and snacks from 10.30 to 18.00.

Included in the fee are scheduled evening meetings, aperitifs and the final party, all at the adjacent Hotel Riu la Mola

OPTION 3

Port Saler Appartments, Es Pujols.

A complex of beautiful apartments equipped with all comforts in a privileged position, directly in the center of Es Pujols, the most animated town of the island. The sandy beach is just a few meters away. It has a swimming pool and a sun terrace. Allows maximum freedom in organizing your holiday and meals to your liking.



There are apartments for 2/3/4 people consisting of a bedroom with ceiling fan, living room with sofa bed for two people and air conditioning, private bathroom, equipped kitchenette and balcony. Cleaning and towel changes are provided 3 times per week, bed linen is changed weekly. The apartments have satellite TV.

ACCOMMODATION PACKAGES RATES (No Flight Included) Individual rates

Registration Fees

Agency Fee to add to all packages: 60€

Race entry fee

The fee for the 5 stages for Runners or Nordic Walkers is: 250,00 € per persons

The fee per person contracting ANY accommodation package will have € 100 DISCOUNT, so it will be: 150,00 € per persona

ONLY BIB - No accommodation

Is possible to pay only for the BIB number. Per person: 250,00 €

Includes:

Bib number, swag bag, medical and technical assistance during the race, check points, water points and medal.

Click here for booking only the BIB number <https://www.rockthesport.com/es/evento/formentera-to-run-2019/inscripcion/formulario>

OPTION 1

RIU LA MOLA Hotel, Mitjorn Beach. (No flight) 980,00 €/person
Double room + Breakfast & Dinner + Scooter for two + Insurance

OPTION 2

INSOTEL CLUB MARYLAND * (No flight)

double room FORMULA ALL INCLUSIVE 826,00 €/person

In bungalow, ALL INCLUSIVE + one scooter/room for 6 days + insurance + afternoon meetings + appetizers and organization parties.

Children from 2 to 16 years in bungalow (4 places) with parents 700,00 €

OPTION 3

PORT SALER in ES PUJOL (no flight)

Apartment + Scooter for two + Insurance

Apartment for 4, 450,00€/person

Apartment for 3, 550,00€/person

Apartment for 2, 580,00€/person

three cleaning days in the week, and one change of towels

EXTRAS

- Scooter for individual use 60 € (mandatory for single rooms)
- Car (replacing scooter): A class car (2 people), 100€ per person
- Car (replacing scooter): A class car (1 people), 250€ per person

**Rates Include:**

- twin room accommodation in the chosen hotel for seven nights.
 - Hotel Riu la Mola HALF BOARD (breakfast and dinner including water and wine)
 - Insotel Club Maryland ALL INCLUSIVE
 - Apartments Portu Saler overnight stay only

- 1 scooter for 6 days every 2 persons (optional scooters for one € 60)
- medical assistance
- specialized staff assistance by the hotel for the duration of stay

Rates don't include:

- scooter/car fuel
- tips and extras
- the extension service for full board including drinks (optional)
- Anything not specified in "Includes"
- Medical insurance for non-Italian citizens

Registrations deadline: 30/04/2020

Booking

Deposit requested at time of booking (per person): 40% of the individual rate + race registration fee + subscription fee € 60

Balance: within 03/04/2020

Bank details: CARISBO – filiale imprese Reggio Emilia – P.zza Martiri del 7 luglio 2 – Reggio Emilia

IBAN: IT08 B063 8512 8001 0000 0001 293 / BIC: BCITITMM

Headed to: Melville Travel&Leisure S.R.L. – Reggio Emilia

Or with credit card through the site www.born2run.it

Penalty in case of cancellation:

30% of the rate for cancellation until 90 days before the departure

50% of the rate for cancellation until 89-60 days before the departure

75% of the rate for cancellation until 59-30 days before the departure

90% of the rate for cancellation until 29-16 days before the departure

100% of the rate for: - cancellation from 15 days to the day of departure

- in case of NO-SHOW

- in case of not regular personal expatriation documents

REGISTRATION FEE TO THE RACE and REGISTRATION FEE TO THE PROGRAM

are not refundable!

IDEA AND GENERAL ORGANIZATION:

ZITOWAY Sport & Adventure – Modena info@zitoway.com +39 059 359813

TECHNICAL ORGANIZATION and DISTRIBUTION :

Melville Travel Agency – Born 2 Run Reggio Emilia born2run@melville.it +39 0522 272266

Date of publication of the program FORMENTERA TO RUN 2020: December 2019