Call to 6th La Paz Marathon   
Uniting the La Paz neighborhoods

Cristian Conitzer, with the support of Fernanda Delgado, Alejandro Morales, Rafael Vásquez of Pura Energía in Radio Compañera , his family and friends,with the support of the Municipal Athletics Association of La Paz, with e l support Compressport, Impren ta Topaz , Patria SA, La Francesa, L a Cascada, Saci, CerealBite , Gareca stickers and other companies , calls the following pedestrian races:

6th La Paz Marathon, 42 km   
5th La Paz half marathon , 21 km and   
3 r a pedestrian run version , 10 km Under San Antonio - Següencoma \*

This call and race aims to keep alive the flame of the marathon in the city of La Paz . It is organized to "pure lung" and "love of sport."

1. **Introducción.**

The city of La Paz has a very special topography: it is built in a valley and its slopes , therefore it has very few flat streets and almost all of them are important. Designing a 42.2 km route within this rugged topography is a challenge. This route minimally affects vehicular traffic to avoid problems with motorists. In a very special way, the eastern and western slopes, the Choqueyapu and Orkojahuira rivers, the high and low districts with the least crowdedand flattest avenues and streets possible. It also includes the current means of mass transport , such as the Puma Katari cable cars and buses and the emblematic points of the city such as the Central Station, the Cura Pure Forest , the Terminal, the road to Yungas, the Casa de la M ascota, the Puentes Trillizos, the recreational cycleway, the Fairground and the Cholas .

The marathon of La Paz, due to the administrative, political and organizational difficulties, is of the *trail* type , that is, looking for and marking control points. That said, I invite you to run the 6th Marathon of La Paz, the half marathon or the pedestrian race, along a route, whose spectacular views more than compensate for the effort to be made.

1. **Place and date.**

The race will be conducted in the city of La Paz - Bolivia , on Sunday the 11th of March 2018.

1. **Participants.**

18-year-old athletes can participate in the marathon . Born the year 2000 .

Athletes over 16 years old can participate in the half marathon . Born the year 2002.

1. **Distances and categories.**

According to ages planned and n the regulation s of the IAAF, CONSUDATLE, FAB and Municipal Association of Athletics of La Paz , it is established :

4.1. Marathon, 42 km :

|  |  |  |  |
| --- | --- | --- | --- |
|  | CATEGORIES | | AGE |
| A | Sub20, Sub23 and older | D amas and males | From 18 and 19, 20 to 22, and 23 to 34 years |
| B | Veterans orseniors | Ladies and men | From 35 years old |

4.2. Half marathon, 21 km :

|  |  |  |  |
| --- | --- | --- | --- |
|  | CATEGORIES | | AGE |
| A | Sub18 | D amas and males | 16 and 17 years old |
| B | Sub20, sub23 and older | D amas and males | From 18 and 19, 20 to 22, and 23 to 34 years |
| C | Veterans orseniors | D amas and males | From 35 years old |

4.3. Pedestrian race, 8 km.

|  |  |  |  |
| --- | --- | --- | --- |
|  | CATEGORIES | | AGE |
| A | Sub18 | D amas and males | 16 and 17 years old |
| B | Sub20, sub23 and older | D amas and males | From 18 and 19, 20 to 22, and 23 to 34 years |
| C | Veterans orseniors | D amas and males | From 35 years old |

1. **Place is and hour starting rivers . Travel.**

The departure of the three tests rather be known harbor and on schedule. It is intended that everyone arrive more or less at the same time to the goal.

5.1. **M** **starting** **ARATON:** **7:** **00**

Departure on the Buenos Aires Avenue at the corner of Avenida Moxos, at the height of the yellow elephant station at Cotahu Ma in the direction of Mario Mercado Avenue , turn in U before the roundabout, round the Buenos Aires, Av. Peru in front of the Central Station (red cable car) . Pura Pura whole Av.Ismael Vasquez, Av. Manuel Gamarra, Barrio Caja Ferroviaria, roundabout (1st peak), Av. Prolongación (street on the old rail train) bridge over the river Choqueyapu Towards the Autopista Plan behind the asphalt factory , Av. Luis Espinal , left in the extension of Av. Ramos Gavilán, Av. Ramos Gavilán, Av. Chacaltaya, Av. Gral. Juan José Torrez (also known as Av. Peripheral ), in front of the orange cable car station ... ( continues on the half marathon route)

5.2. **Half** **Marathon** **: 9 o'clock**

The half marathon start in the Av. Gral. Juan José Torrez (= Peripheral) at the height of the integrated police station EPI Ferroviario . Go to the end of "peripheral" and goes right on Av. Ramiro Cas tillo (= road to the Yungas). F ollowing turns left at Av. Bicentennial through court Chuquiaguillo and down to move Monopol. One block before the Plaza del Maestro enters the left and n 20th Street Barrio Comibol. Goes to the bottom and then zigzag to the YPFB court, crosses the Orkojahuira River and climbs the Latin American Community neighborhood , down to Villa Copacabana. One block of the Burgaleta Avenue ( the length of the park opposite the Luis Uría de la Oliva Hospital ) and take right to run down the street . Coastal that is partly cobbled and with more vehicular traffic , all along the Orkojahuira River passing in front of the bridges of Reque Street, Paraguay and Kanki Steps . The next street to the Padua bridge exit is up, so we will go against route. The continuation goes to the Castrillo Regiment Avenue where the ...

5.3. **Pedestrian race: 10:00**

At the roundabout in front of the Casa de la Mascota on the Avenida Regimiento Castrillo, go straight on to San Juan Street, cross Nieves Linares Avenue and continue straight on along the San Juan extension and two other pending streets towards the Avenida del Maestro. After the police module in IV Centenario, enter right on Calle 6 de Agosto towards the three Puentes Trillizos, Independencia, Unión y Libertad. At the exit, at the roundabout of Ema Verde, take Avenida Francisco Bedregal. Before the Llojeta roundabout turn left into the cobbled street, cross Mario Mercado Avenue and continue towards Los Sargentos Avenue. \* At the end take the Av. Costanera on the sidewalk, for security take the exit to Alto Següencoma and back down to resume the Costanera by the bicycle lane to the finish line \* which is in the Campo Ferial Chuquiago Marka .

\* Variant of goal 1. At the end of Avenida Los Sargentos you must cross to the Costanera ascent lane to be able to run on the Ciclovía Dom inical until you reach the park known as Las Cholas.

\* Variant of goal 2. The goal can be in the green areas of the playground and the Alfredo Arnez Suá rez park .

Note. The route differs from previous versions because it bypasses the maze of Villa Cop a cabana or San Antonio. Nor runs along the Avenida Nieves Linares but crosses directly to avoid the intersection of Villa San Isidro. On page www.maratondelapaz.com can download and ar the path in KMZ and GPX for viewing on GoogleEarth or a smartphone co mo for example maps.me

5.4. **Maps and altimetry** **.**

General view of the route of the 6th Marathon of La Paz.

(see the original file for the picture)

Altimetry of the route of the 6th Marathon of La Paz.

(see the original file for the picture)

General view of the route, its different sections and approximate kilometer marks .

(see the original file for the picture)

1. **Control ( electronic ) ( and anti-doping ).**

If we had 200 participants before February 1 , we could have chips for the electronic control of the marathon and half marathon, but not for the pedestrian race . If not, manual only s. The controls will be in the departure km 0, countermeasure km 4 , hydration km 13, half marathon km 21, hydration km 25, hydration km 30, pedestrian run km 33, Llojeta roundabout 39 km and in km 42.2 km . The official classification of the athletes made n / commissioners arrival (using chips) and a video camera. The athletes must go through all the controls set along the planned route, otherwise they may be disqualified. For correct control, the lats should be legibly carried in front of the body, ideally in the belly.

Among the award-winning athletes of all categories of both tests, some will be selected at random and subjected to anti- ping tests to determine the use of chemical substances and / or prohibited stimulants. If the analysis results positive , the athlete must return the prizes and the title won and will be subject to fines and sanctions by athletics .

1. **Start and close of the competition , deadlines.**

The start of the marathon Ra hours 7: 00 AM and the duration will be maximum of 6 hours, concluding the same at hours 13: 00 . You must pass the time control at kilometer 30 Barrio Comibol before 11: 00 . Runners who pass this control after 11: 00 will withdrawn from the competition, they must delivertheir number to the designated official and they must get on the aid vehicles to reach the goal.

1. **Inscriptions.**

Registration for the 6 to Marathon of La Paz is 100 bolivianos, any distance . The amount must be deposited in the account of Cristian Conitzer, Banco Sol, account 588497-000-001 . The cost for foreigners and nationals is the same. Foreigners can pay via PayPal to the paypal@conitzer.de account or thebank account in Germany DKB Kontonummer : 1036345047 , Blz: 12030000 , Iban: DE96120300001036345047 , BIC: BYLADEM1001 . Those who want to pay in cash can contact Mabel Fava 77218906 . In Cochabamba you can pay César Condori in the Club Franzco store, Calle Antezana 410 in the corner of Venezuela and Santa Cruz in Ariel Raguzzi at the Compressport agency , Local North Mall 67 Hall 2 and 3 , 3rd external ring between Germany and Mutualist . **If on** **Aug** **p** **l** **takes** **you days of delivery of numbers,** **it will have** **to** **an additional cost of** **20 Bs** .

In any case you must fill out the registration form that will be enabled on December 11.

Registration must be done by filling out the form on the internet by entering the link that appears on the page [www.maratondelapaz.com](https://translate.google.com/translate?hl=es&prev=_t&sl=es&tl=en&u=http://www.maratondelapaz.com) . At the time of picking up the welcome pack you must show proof of payment.

1. **Requirements**

Be in good physical condition; We are not going to require the medical certificate.

Proof of payment.

Accident insurance.

There will be no responsibility for the demarcation of responsibilities . **The** **fact of registering and collecting the broker number is a tacit acceptance of the conditions described in this call** . See text at the end.

Runners can register from I 1 December 1, 2017 until Saturday, the 10th of ma r zo from 2018 to the hour s 17 : 00, by filling out the form on the website[www.maratondelapaz.com](https://translate.google.com/translate?hl=es&prev=_t&sl=es&tl=en&u=http://www.maratondelapaz.com/)

It is advisable to race with the t-shirt of the event and it is obligatory to carry the assigned number during the whole course in the front part of the body, under penalty of not being taken into account. The broker is responsible for the visibility of it.

1. **Delivery of broker number ( and control chip ) .**

Enrollees can pick up their "welcome pack " from *place to be* *confirmed* he day Friday , March 9 from 10 to 18 hours , or Saturday, March 11 from 10 to 18 , upon presentation of the payment slip and be registered in the system. It is recommended to bring an identification document to verify the writing of the name and the date of birth.

1. **Awards.**

11.1.  S and awarded medals to all participants who complete the marathon, half marathon and pedestrian race.

11.2. Compressport will reward riders who arrive in round time . To those who arrive at 3:00, 3:30, 4:00, 4:30, 5:00 and 5:30 and 6:00 hours or the closest to that hour. The latter will also receive a prize.

11.3.                      Draw. N awards will be raffled from the sponsors among the participants.

11.4.                      Eventually there will be a special medal for the winners of the different categories including subcategories.

11.5.                      No economic prizes or big trophies have been planned .

1. **Hydration and first aid posts .**

I reco in rrido there will be Hydration stations approximately in kilometers 4, 7 , 10, 13, 17, 21, 25, 30, 32, 36, 39 and 42 , 2 . They are strategic placeslike countermeasure, control points or places closer to houses of friends .

S c and count on first aid stations in the k m eters yl 21, 25, 30, 35 and 42.

1. **Circulation of vehicles and bicycles .**

Ideally, it is necessary to follow the runners in a vehicle or motorcycle. However , it will be allowed to hydrate and care for the participants. Common sense must prevail and everyone must be helped equally.

It is allowed to accompany the bike to raise the visibility of the participants.

1. **Institutions that sponsor and support .**

Rafael Vásquez of Radio Compañera 106,3, Dr. Ludwing Vera of the Museum of Contemporary Art Plaza, Ariel Raguzzi of compressport.bolivia, Marco Sanjinez of the Topaz Press, ( the French one ) , ( Saci ) , Firemen, Patria SA, SAR and CerealBite, La Cascada with its Villa Santa water product, the Municipal Athletics Association of La Paz, the Épico and Luna's Coffee restaurants, Coral Paintings, Antequera mechanics workshop and Chuquiago Marca Fairgrounds . I hope again join: the Athletic Federation of Bolivia, the Departmental Association of Athletics La Paz, and l gove Autonomous Municipal de La Paz, Coca Cola and its brand Powerade, the Departmental Police Command, Operational Unit Tránsito, Vías Bolivia, the Bolivian Red Cross, Mi Teleferico, the Puma Katari, Tatoo and other public and private institutions that promote sports at the national level.

1. **Behavior.**

It is reported that the organizer and participant of this event does n in the first instance by "love of sport and his city."

The participant undertakes to participate purely and healthily, following the times (registration, number pick-up) and the established route.

It is unlikely that the route is closed to vehicular traffic because it seems "very difficult" to the representatives of the sports management of the municipality.The organizer will try to mark the route in the best possible way; painting, ribbons, banderilleros . P or that it is the duty of each participant to know the route, checkpoints and supply. The streets and avenues belong to everyone and it is requested not to force the passage between vehicles or at intersections.We must share the space. The route is long.

Obviously , it is forbidden to grab or be transported by vehicles, cut roads or others. It is the duty of each participant to help another competitor in case of emergency or lost ride and to notify the medical points or organization.

1. **Demarcation of responsibilities .**

The participant declares to have read and accepted the terms and conditions imposed in this regulation to participate in the 6th version of the La PazMarathon or the 5th version of the half marathon or the pedestrian race from Bajo San Antonio to Següencoma. Due to the fact of completing the registration process, the participant exempts from all responsibility the organizers, sponsors, sponsors and other participating institutions of any accident or injury that may occur before, during and / or after the sporting event. See text at the end.

1. **Note s .**

The idea is to make a friendly competition, not one that clashes with motorists, especially that does not block the highway and that unites the neighborhoods of La Paz .

At the moment it is not planned to close the streets and avenues completely. That will be automatically given when the critical number is reached.

SÉNIOR athletes , both ladies and men in any competition , can be entered in the MAJOR category, that is, to go up in category.

They can register children athletes , 14 to 16 years to the pedestrian race, 8 k m, and run accompanied by their tutors.

This call and race aims to keep alive the flame of the marathon in La Paz so that it does not get lost.

We thank Soboce and the Mayor of La Paz for having organized the years 201 3 and 2014 the test that in two years only became classic.

With hope that in 2018 a large group will organize it with time and more energy.

Cristian Conitzer, organizer, 73096728 . Fernanda Delgado , Alejandro Morales

Edwin Lobat ó n and Severo Medrano, Municipal Athletics Association of La Paz.

Noel Gutiérrez , Departmental Athletics Association , staff, not institutionally.

Marco Luque, Bolivian Athletics Federation , congratulates and salutes .

Version 1. La Paz, April 1 201 7 November.

Version 2, La Paz, December 4, 2017, orthographic reviews.

Version 3, La Paz, 15.12.17, added bank accounts and correction of spaces. 

1. **D ESLINDE DE RESPONSABILIDAD, SEGURO DOCTOR AND ASSIGNMENT OF IMAGE RIGHTS**

Fulfilling points 8 and 14 of the call to the 6th Marathon of La Paz,

I declare to be in physical and mental conditions to face the challenge of running a marathon, half marathon or 8 km.

I meet trenado suitably for carrying out this long - winded activitie d.

I will accept any decision of a judge of evidence questioning my ability to safely complete it.

I acknowledge that participating in the marathon is a potentially dangerous activity and I assume any and all of the risks associated with it including, but not limited to , falls; injuries; diseases; contact with other participants; adverse weather conditions, including temperature and / or humidity, t ránsito vehicle and road conditions; all risks known and appreciated by my person.

I run the 6th Peace Marathon by my own will and assume as exclu sive responsibility for my activities, goods, health and physical and / or psychological integrity, demarcating all responsibility and expressly waiving to make any type of claim in against the organizers and / or sponsors of the 6th Marathon of La Paz, volunteers, institutions or representatives with respect to any damage, including without limitation the physical, moral, material damage such as: theft, theft, loss , accidents or of any other nature that may be suffered by me ormy property, before, during and after the competition although damage could possibly arise from negligence or fault of the abovenamed.

I am not hired by the organizers and / or sponsors, nor subject to their control or instructions. Nor do I receive any consideration for my participation in the 6th Marathon of La Paz.

I declare to have current medical coverage in Bolivia . I have recorded the information on the registration form and I will tell my contact person.

In case of accident, I authorize the organization to provide medical assistance and be transferred to the establishment of health, being under my sole responsibility the expenses that are derived from my medical care and / or transport to another health center.

I authorize and assign rights to organization and / or sponsoring companies to use the images, photos, videos and voices that get in the competition and days of accreditation for dissemination and publicity purposes of the event and / or products associated with it in Bolivia and the world .

I understand that emergencies public order can cause c ancelation , postpone the event or modify the established route. I understandthat the organization has full powers to shorten or remove from the road participants who are behind or do not arrive on time to the point of "cut time" and in case of emergency can prevent any participant to continue the race.

I declare to have carefully read each of the points indicated above. Therefore , I personally assume total Responsibilit dad for my health and safety and agree to keep free from any liability to the organization of the 6th Peace Marathon, the sponsors, to any third or had collaborated with the organization or any other natural or legal person who has had major or secondary intervention in the organization of the event.

E n behalf of myself, of my assignees, heirs, legatees and successors , c omprendo and accept the terms of the regulation to register and pick up my race number.

What i understand is something not comply can be disqualified from the competition.