

Summon for Marabana

Every year on the third Sunday of November

Marabana/Maracuba is carried out every year on the third Sunday of November in the frame of very important dates for the Cuban Sports and for Havana City such as, the national day of Physical Culture and Sports as well as the Foundation of the Village of San Cristobal and its Declaration by UNESCO as a Mankind Heritage.

Simultaneously, on the same day, it will be developed in all the municipalities of the country, the Maracuba edition, an event that has become the greatest physical activity with massive participation among the ones at a national and international level.

Among the events included in Marabana there will be 59 open championships that include participants such as Elite runners, Masters, Handicapped (blinds, deaf and runners in wheelchairs) and runners with Special Educational needs in distances of, marathon of 42 Km. and 195 metros; middle marathon of 21 Km. 09750 meters; 15 kilometers; 10 kilometers.

MAIN ACTIVITIES FOR FOREIGN RUNNERS PARTICIPATING IN MARABANA;

- Medical examination for foreign runners from Wednesday to Saturday in the third week of November
- Delivery of numbers to the Foreign Runners from Wednesday to Saturday in the third week of November
- Clinic for runners third Saturday of November
- Participation in Maracuba third Saturday of November
- Marathon Meal on the third Saturday of November
- Familiarization trip on the third Saturday of November
- Marabana on the third Sunday of November

MAIN ACTIVITIES FOR OFFICIAL AGENCIES ACCREDITED OR CLUBS OF RUNNERS WITH ACCREDITATION GRANTED BY THE ORGANIZING COMMITTEE OF MARABANA

Visit to the area of registration and the statistics for the third Saturday of November
Visit to the medical area of the event on the third Saturday of November
Participation in the Presentation of Marabana/Maracuba on the third Friday of November
Participation in Maracuba on the third Saturday of November
Participation in the Marathon Meal on the third Saturday of November
Familiarization trip on the third Saturday of November
Participation in Marabana
Signature of accreditation for next Marabana

The definitive registration of a runner or a group of runners previously registered in the Marabana Division it is effective when you carry out the payment of registration with the commercial representative of Marabana "Cubadeportes S.A.

The payment could be executed in cash or by transfer since January until November 10th in their offices located at 20 ST % 7th and 9th, Miramar and only in cash on the third

week of November in the area of registration and dorsal take out of the Organizing Committee.

The management of Marabana Reaffirm that all runners registered in the event has the right to:

- Participate in Marabana in whichever of the competitions, Marathon or Middle Marathon.
- Participate in Maracuba
- Always and ever the participants ask for it, provide a letter or document that states his/her participation in Marabana, with a fiscal paper and the signature of the General Manager as well as the official stamp of the event.
- Obtain the participation certificate with the time, location and place according to the category.
- Obtain the medal of the event.
- Obtain the pullover of the event.
- Carry out the elementary previous medical examination, if he asks for it.
- Carry out the medical examination after the event if the runner asks for it.
- Participation in the marathon meal
- The familiarization trip

The Management of Marabana confirms that all agencies with a contract or those agencies officially accredited by his Commercial representative of Cubadeportes SA will obtain the benefits according with their condition of payment for registrations as well as the official program of the event.

SCHEDULE FOR THE COMPETITION:

05.00 - 06.50 Start report in the call room
07.00 Starting shot
10.00 Awarding ceremony for the absolute winners
12.00 Closing of the competition

Trip:

The Circuit, in which the Marathon and Middle Marathon will take place it is certified by AIMS/IASF and includes 21 kilometers and 97.50 meters, coinciding the starting point and the finish, therefore if you do it twice the distance is of 42km and 195 meters.

The starting and the finish have two variants used indistinctly according to the climate conditions, the first is Paseo del Prado Ave. between Teniente Rey St. and San José St., or in Malecón Ave. and 25 St., the run includes the following streets and avenues; Prado Ave., Refugio St., Zulueta St., De las Misiones Ave.; Malecón Ave.; Calzada Ave.; 12 St; 23 St; 26 Ave; Boyeros Ave. ; Santa Catalina Ave. ; Primelles St. ; Vía Blanca Ave. ; Boyeros Ave. ; Salvador Allende Ave. ; Reina Ave.

DETAILED INFORMATION ABOUT THE COMPETITIONS OF MARABANA

Marathon: 42 195 meters
 Middle marathon: 21 097.50 metros
 Limit of time: Marathon: 5 hours Middle marathon 3 hours
 Timekeeping:
 Electronic y manual
 Oasis stands (doctors rooms and supplies)
 Every 3 kilometers
 Records of circuit in marathon:
 Men- 2:13:37
 Women- 2:43:29
 Middle marathon:
 Men Hombres- 1:04:10
 Women - 1:14:56

CATEGORIES OF THE COMPETITION FOR CONVENTIONAL RUNNERS IN MARATHON AND MIDDLE MARATHON

Categories	men	women
Free less than 30	x	x
Sub master 30 - 35	x	x
Master a 36 - 40	x	x
Master b 41 - 45	x	x
Master c 46 - 50	x	
Master d 51 - 55	x	x
Master e 56 - 60	x	x
Master f 61 - 65	x	
Master g over 66	x	

MARACUBA WILL TAKE PLACE THE THIRD SATURDAY OF NOVEMBER

The growing movement of popular runners taking place throughout our green alligator is one of the most important expressions of mass participation in Cuban sports. They are conducted and organized by "Maracuba Project", which has gathered efforts, for years, to promote this movement in the whole country and in all ages.

Maracuba has become the only national event internationally acknowledged where a hundred of thousand people, take part at the same time walking or running in circuits up to 3000 and 4000 meters in hundred of municipalities, either rural towns and mountain sites.

While simultaneously being part of Maracuba you could be one of those people coming out to the streets from Cabo de San Antonio Punta de Maisí. You can be sure that you will be just one in more than one million people running for life and bringing a message of peace, friendship and solidarity. This event will give you the opportunity of living with us this unforgettable experience.

This is why we are inviting you to join us in this exceptional opportunity the day before Marabana and to play a leading role in a world's unique event which shall involve all Cuban cities.

ADDITIONAL INFORMATION FOR THE INVITATION TO MARABANA

Regarding the international experience, and firstly placing, runners' interests and informative needs on the event where they pretend to participate, some other items complementing Marabana from the technical point of view as of the competitive scenery are presented as follows:

MARABANA IN A GREAT CITY

Havana is the capital city of the Republic of Cuba. Due to its geographical location and excellent qualities of its harbor, it had been for centuries a compulsorily stopover for the Spanish fleets while in transit to the European continent.

Running the Marabana circuit shall allow you know about very particular zones of Havana City including the Old Havana. Its buildings are part of a marvelous treasure and it has been currently declared UNESCO's World Heritage .The city has relevant sites such as its fortresses, its magnificent avenues and important places representing its cultural richness.

The architectural buildings and the several monuments are quite peculiar including the National Capitol, the Sports City, the Monument to the Medicine Students and specially, the Monument to our National Hero "José Martí", embedded in the Revolution Square, site of meaningful historic events in the last 50 years for the Republic of Cuba.

Since 1987, Havana, the capital of the biggest island of the Caribbean, has hosted prestigious runners from all over the world in a special sports party, where all of them have the real possibility to win and become champion.

INTERESTING PLACES IN HAVANA CITY THAT THE RUNNER CAN BE ABLE TO SEE AND ENJOY DURING MARABANA CIRCUIT

- National Capitol
- Louvre Sidewalk
- Museum of the Revolution
- Monument to the Medicine Students
- Cabaña Fortress
- Morro Fortress
- La Fuerza Castle
- Central Park
- Calixto García Park
- Antonio Maceo Park
- Fraternity Park
- José Martí Anti-imperialist Tribune
- Fountain of Youth

- Corner of 23rd St. and 12th St. Place where the socialist character of the Cuban Revolution was proclaimed.
- Havana's Malecon Sea wall Drive, venue for the Cuban people's struggle
- Revolution Square
- Revolution Palace
- Philately Museum in the Ministry of Communications
- "José Martí" National Library
- Quinta de los Molinos
- Havana University's Stomatology Faculty
- Havana University's Veterinary School
- Computer's Central Palace
- India Fountain
- Archeology Museum
- José Martí Sports Center
- Casa de las Americas
- "El Castillito" Recreation Center
- "Camilo Cienfuegos" Sport Center
- "José A. Hecheverría" Sport Center
- "Celia Sánchez Manduley" Sport Center
- 26th street Zoo
- Commander Manuel Fajardo Higher Institute of physical Culture
- Cuba's Sports industry
- Ramón Font Sports Multipurpose Hall
- Sports City, Site of the National Institute for Sports Physical Education and Recreation(INDER)
- Raúl Díaz Arguelles Sports Complex site of the National Skating Rink and Pelota National Complex
- The Great Theater of Havana
- Pairet Cinema
- Charles Chaplin Cinema
- Acapulco Cinema
- Inglaterra Hotel
- Telégrafo Hotel
- Central Park Hotel
- Sevilla Hotel
- Deauville Hotel
- Plaza Hotel
- National Hotel
- Riviera Hotel
- Meliá Cohiba Hotel
- Restaurant 1830
- "Hermanos Ameijeiras" Hospital
- "Joaquín Albarrán" 26 Surgical Clinic Hospital
- "Freyre D' Andrade". Emergency Surgical Clinic Hospital

**CHAMPIONSHIPS CONVOKED IN MARABANA:
MARATHON FOR CONVENTIONAL RUNNERS**

1. Marabana International Prize of Men Marathon
2. Marabana International Prize of Women Marathon
3. Open National Championships of Men Marathon
4. Open National Championships of Women Marathon
5. Open Master Championships a Men Marathon
6. Open Master Championships a Women Marathon
7. Open Master Championships b Men Marathon
8. Open Master Championships b Women Marathon
9. Open Master Championships c Men Marathon
10. Open Master Championships c Women Marathon
11. Open Master Championships d Men Marathon
12. Open Master Championships d Women Marathon
13. Open Master Championships e Men Marathon
14. E Open Master Marathon Women Championships
15. F Open Master Marathon Men Championships
16. G Open Master Marathon Men Championships

MARATHON FOR THE PHYSICALLY CHALLENGED

15. Open Championships Men Marathon for the Deaf
16. Open Championships Women Marathon for the Deaf
17. Open Championships Marathon for the Blinds running with their male pair
18. Open Championships Marathon for the Blinds running with their female pair
19. Open Championships Men Marathon in Wheelchairs
20. Open Championships Women Marathon in Wheelchairs

HALF MARATHON FOR CONVENTIONAL RUNNERS

21. Marabana International Prize in men half marathon
22. Marabana International Prize in women half marathon
23. Open National Championships Men Half Marathon
24. Open National Championships Men Half Marathon
25. Master Open Championships Men in Half Marathon
26. Master Open Championships Women in Half Marathon
27. B Open Master Half Marathon Men Championships
28. B Open Master Half Marathon Women Championships
29. C Open Master Half Marathon Men Championships
30. C Open Master Half Marathon Women Championships
31. D Open Master Half Marathon Men Championships
32. D Open Master Half Marathon Women Championships
33. E Open Master Half Marathon Men Championships
34. E Open Master Half Marathon Women Championships
35. F Open Master Half Marathon Men Championships
36. G Open Master Half Marathon Men Championships

HALF MARATHON FOR THE PHYSICALLY CHALLENGED

37. Open Championships Men Half Marathon for the Deaf

38. Open Championships Women Half Marathon for the Deaf
39. Open Championships Half Marathon for the Blinds running with their male pair
40. Open Championships Half Marathon for the Blinds running with their female pair
41. Open Championships Men Half Marathon in Wheelchairs
42. Open Championships Women Half Marathon in Wheelchairs

SPECIAL CALL FOR RUNNERS WITH SPECIAL EDUCATIONAL NEEDS

43. Men Marathon Open Championships for Athletes with Special Educational Needs of a greater intellectual complexity
44. Women Marathon Open Championships for Athletes with Special Educational Needs of a greater intellectual complexity
45. Open Championships 10 Km Men for Athletes with Special Educational Needs of a greater intellectual complexity
46. Open Championships 10 Km Women for Athletes with Special Educational Needs of a greater intellectual complexity
47. Open Championships 15 Km Men for Athletes with Special Educational Needs of a greater intellectual complexity
48. Open Championships 15 Km Women for Athletes with Special Educational Needs of a greater intellectual complexity

SOLELY TIME AND PLACE CERTIFICATE DELIVERY PARTICIPATIVE RACE AND WALK

49. Men 5 Km Participative Race
50. Women 5 Km Participative Race
51. Men 10 Km Participative Race
52. Women 10 Km Participative Race
53. Men 15 Km Participative Race
54. Women 15 Km Participative Race
55. Men Participative Walk at an Optional Distance
56. Women Participative Walk at an Optional Distance

Relay Race (THREE RUN 5 KM. ONE RUNS 6 KM 97.5 M.)

57. Relay race

AWARDING TYPES:

- Three absolute first places man and woman at each summed competition
- Three first place at each summed category men and women in marathon and half marathon
- Special prize to deaf, blinds and wheelchair runners.
- Special awarding for Athletes with Special Educational Needs of a greater intellectual complexity.

- All registered walk and race competitors in the distances of 5 km; 10 km; 15 Km. Those who finish shall be awarded with a participation certificate stating reach time and place
- Three top teams from the relay

SPECIAL REGULATIONS

- For the half marathon, the competition has an admission time schedule for 10.00 a.m. (three hours) and up to 12.00 p.m. for the marathon (five hours).
- The report on the starting times will be done individually and in the convened time, in correspondence with the program.
- The circuit must be run in the streets (pavement) and not using other non-official, non-signed ways as shortcuts.
- The circuit encircles only the right lane at Malecon sea wall drive, Calzada Street and 26th avenue; in the case of using an alternative path, times will be acknowledgeable for such path alone.
- For the 5 km, 10 km and 15 km races, runners will finish at each of the official circuit distances, on the right lane and quickly moving toward the sidewalk (right).
- The runners registered in the marathon, if they decide to finish at the finish line of the half marathon, they shall be deemed as disqualified. The Technical Commission may acknowledge foreign runners and their times; however, they shall not be entitled, in any case, to receive awards.
- The runners registered in the half marathon, if they decide to go further for the marathon race, they shall not be considered, and they may be encouraged to abandon the race.
- The runners registered in the 5 km, 10 km, and 15 km distance races will cover only their respective distances on which they were registered. If any such runner makes a decision to go or end up in any other distances to what he/she was registered for, he/she will not be considered as an official result.
- In case a runner is detected without bearing his/her number, such runner will be called out.
- The number will be borne on the front side of the shirt, covering the thorax. No runner may alter, fold or eliminate part of the number. That could provoke a caution as a first warning or a disqualification.
- Any runner contesting in a different manner to that of the official convened one, without the technical management approval, will be warned or disqualified.
- The finish can be divided in sections for the entrance of the runners by different distances or in the case of the disabled by different modalities.
- For championships of national marathon, national half marathon, blind, deaf, wheelchair runners, and athletes with special educational needs, special regulations shall be established by the Technical Direction, including also the awarding system.
- There will be control stations on different special points of the circuit to register each runner all along the race.
- Complaints will be personally made abiding by the set requirements in the AIMS and IAAF Regulations.
- Runners with special particularities shall participate in any of the convoked distances provided they request authorization to the event technical direction and without right to award. These could be: roller skaters, runners in scooters, runners with crutches

and sticks, runners in hand-driven tricycles and runners using unconventional clothes.

- The event direction could establish summons, regulations and special awards for runners with special particularities depending on the number of participants registered in each event.
- Runners authorized to participate in special particularity modality will have a highlight ID in the dorsal number.
- A participation certificate will be given to all participants who finish the race including name, time, general place and place in his/her category.

WATER PLACES AND MEDICAL STATIONS:

National Capitol

Malecón sea wall drive and Belascoaín Street

Malecón sea wall drive and E Street

Restaurant 1830.

12 and 19.

23 and 18 (Finish line 10 Km.)

26 and 29.

26 and Santa María.

Boyeros and Vía Blanca (Finish line 15 Km.)

Boyeros and Ayesterán.

Boyeros and Aranguren.

Salvador Allende and Franco.

MEDICAL TIPS TO RUN IN HAVANA

The Medical Direction of MARABANA, taking into consideration the 15-year experience at work and the principle of preserving the runners' health – high temperatures and humidity levels prevail in our tropical climate – the Marabana Medical Management suggests a number of tips aiming at preventing you from getting acute dehydration, which is always a cause of medical emergency as well as any other minor problems that might affect your happy experience of running in our Marabana competition.

- 1- If you suffer from any medical illness, please request approval from your own doctor. We equally ask you to report to our physicians and experts any documents issued by your doctor. This will allow us to ensure an effective participation if necessary.
- 2- Participate in the distance you are trained for as this is such a strong exercise that may be excessive for your body and endanger your health and even your life, regardless your age and willingness.
- 3- Drink and eat enough energy liquids and foods such as pasta the day before running. Hardly eat meat, fish and the like as well as any other meal such as salads producing residues in the intestines.
- 4- Do not drink any liquors on the days before competition as alcohol dehydrates you and unfavorably alters your energy metabolism.

- 5- Drink enough liquids during the race, drink water at every supply station even though you are not thirsty. Generally, the thirst mechanism lies beneath the actual hydration needs of the body.
- 6- We suggest you run with the kind of water you are used to drinking. However, the Organizing Committee will ensure you with potable water all along the course.
- 7- Wear a cap during the race as, this way; you will significantly reduce the sun-rays effects over your body.
- 8- Wear a cool outfit, preferably cotton or basically cotton made clothes, which allow you to perspire without causing any difficulties or frictions to occur in the armpits or thighs.
- 9- We suggest you use any kind of oil in case your physique causes any friction to occur in your thighs and armpits.
- 10- Do not wear a new pair of shoes on the day of the race no matter how good the shoes are as this may cause blisters and injuries. Wear a pair of shoes you have already molded by use.
- 11- Wear cotton socks properly made for runners.
- 12- Do not run on the edge of the course as its tilt may cause injury due to the overloading one of your lower limbs will suffer.
- 13- If tolerated, try to feed on citric during the race.
- 14- Do not do anything you have not done before, the competition day is for implementing what you have just practiced during training. Competition is not one more day of training.
- 15- Rest, bear in mind that you should rest and sleep the day before competition.

WEATHER CONDITIONS

The Cuban Capital City, in November, is featured by the predominance of warm days with slight thermal oscillation.

This is the answer to the radiation and atmospheric circulation regime particularities inherent to the western part of the territory for that month, and to the physical – geographical characteristics of the city.

Scarce sunstroke features November, December, and January. During the antemeridian hours, a great number of light hours were reported if compared to postmeridian hours. Researches have shown that during this month there will be 22% of probabilities to reach lower or equal values to 3.0 light hours; 42% of probabilities to reach lower or equal values to 6.0 light hours and 80% to reach lower or equal values to 9.0 light hours.

On November, low figures of sun height are reported, which correspond to a low degree of solar radiation, reaching its peak figures at 12:00 p.m.

This is period under the influence of migratory anticyclones (high-pressure areas in the American Continent) often moving to the Southeast and then to the East. The accompanying cold air masses reach Cuba after the cold fronts, along with wind from the North and groundswell occasionally causing sea penetrations in the coast.

After the cold fronts, temperatures are lower as well as the air humidity; however, the thermal contrast at Casa Blanca, where the Institute of Meteorology is placed, is not so serious. The average for the Capital City is 2 or 3 cold fronts per month.

Associated to migratory anticyclones on their way to the Atlantic Ocean, a phenomenon known as "dirty strong breeze" takes place, which is typical of the northern offshore and consists in short time showers generally before noon.

Likewise, if we take into consideration the additional efforts the heart has to overcome due to the increase of the volume of the circulatory system while passing from cooler to warmer climates and the extraordinary overloads caused by running in a Half-Marathon or a Marathon, it is obvious that it is extremely dangerous if an adequate period of acclimation is not accomplished according to the tropical features.

With the aim of reducing this possible problem and making favorable physiological adaptation to the new situation, it is recommended that participants from cold geographic zones arrive some days before the dates of competition.

Finally, you are kindly alerted concerning the high temperatures values reached by asphalt on the street and avenues involved in the event, especially on unclouded days which demand every runner to take measures to prevent this heat gain during the competition.

MARABANA General Direction