

ANNEX "C"

Warning on Established Times for the CAF-
Caracas 2017 Marathon

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The route will be available for a limited time that the city of Caracas cedes for the use of its roads, and which is imperative to respect.

- The Marathon route (42K) will be available for runners for a period of six (6) hours: from 06:00 a.m. until 12:00 noon.
- The Half Marathon route (21K) will be available for runners for a period of three (3) hours: from 06:15 a.m. until 09:15 a.m.
- For both the 42K and the 21K, vehicular traffic will open progressively, and will start with Av. Bolívar at 07:00 a.m. and Av. San Martín at 07:30 a.m.
- A rearguard safety squad will force stragglers to evacuate the roads.

These times are calculated based on a minimum average speed of 7 km/h, equivalent to 8.5 minutes per kilometer (8:30 min:seg/km). If you cannot maintain a sustainable pace during 3 or 6 hours, according to the chosen modality, we recommend that you do not register.

We remind you that the VI Edition of the CAF-Caracas Marathon is a demanding street race; **it is not a STROLL.**

* I declare that I have read and understood this warning, that I can maintain the required average pace demanded by the organizing committee (7 km/h or 8,5 min/km) during 3 hours for the 21K or 6 hours for the 42K, and that I will strictly abide by the orders given by the rearguard safety squad.

For the participant:

Name: _____

Identity card or Passport: _____