

## **October 26, 2018:**

- 09:30 - 12:00 **Athletes:** Bike fitting with technician and receive the Tri-Suit  
Bring your pedals, bike shoes, helmet, water bottle!  
Pumps & spare tube are on the bike  
**Supporters & Athletes:** receive your T-shirt, VIP bracelet  
Address:  
Gran Hotel Arrecife, Parque Islas Canarias, s/n  
35500 Arrecife, Las Palmas, Spanje  
[+34 928 80 00 00](tel:+34928800000)
- 09:30 - 15:30 **Athletes:** Free time to train and bike to Puerto del Carmen (15km)
- 15:30 - 16:00 **Athletes:** Meet the Win4Youth Ambassadors and receive your BIB  
Address:  
Expo Area - Puerto del Carmen, Avda. de Las Playas
- 16:00 - 16:30 **Athletes:** Bike check-in together with the Win4Youth Ambassadors
- 17:45 - 19:00 **Athletes & Supporters:** Information meeting  
Address:  
Gran Hotel Arrecife, Parque Islas Canarias, s/n  
35500 Arrecife, Las Palmas, Spain

## **October 27, 2018:**

- 07:00 - 08:00 **Athletes:** Last minute preparations for athletes @ starting area
- 08:30 Race start Men
- 08:35 Race start Women
- 08:40 **Athletes:** Race start Win4Youth
- 11:00 - 15:00 **Athletes:** End of race and bike return
- 10:00 - 12:00 **Supporters:** Win4Youth open bar  
Address:  
Oriental World  
Avda. de Las Playas, 18 , Puerto del Carmen CP 35510 Lanzarote
- 12:00 - 15:00 **Athletes & Supporters:** Lunch with the Win4Youth Ambassadors
- 15:00 - 22:00 **Athletes & Supporters:** Free time (Win4Youth ambassadors return to own program)
- 22:00 - 01:00 **Athletes & Supporters:** Win4youth celebration party with Win4Youth ambassadors  
Address:  
Castillo de San José  
Ctra. los Castillos, 35500 Arrecife, Las Palmas, Spain

Transfers for Athletes & Supporters are not arranged by The Adecco Foundation.  
Find more race information: <https://www.oceanlava.com/>