

## **October 25, 2019:**

09:30 - 13:00

### **Athletes - Bike fitting with technical team**

Bring your pedals, bike shoes, helmet, water bottle!  
Pumps & spare tube are on the bike

### **Supporters & Athletes:**

Receive your T-shirt & VIP bracelet

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 bike to Puerto del Carmen (15km)

13:00 (optional)

**Athletes:** Organised bike tour starting @ Gran Hotel (40km)

15:30 - 16:00

**Athletes:** Meet the Win4Youth Ambassadors and receive your BIB  
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**

Gran Hotel Arrecife, Parque Islas Canarias, s/n  
35500 Arrecife, Las Palmas, Spain

## **October 26, 2019:**

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 @ Oriental World  
Avda. de Las Playas, 18 , Puerto del Carmen CP 35510 Lanzarote

12:00 - 15:00

### **Athletes & Supporters:**

Lunch @ Oriental World with the Win4Youth Ambassadors

19:00 - 21:45

### **Athletes & Supporters - dinner - Gran Hotel Arrecife 17th floor:**

Parque Islas Canarias, s/n, 35500 Arrecife, Las Palmas, Spain

21:45 - 22:00

### **Athletes & Supporters - transfer to the Win4Youth party**

22:00 - 01:00

**Athletes & Supporters:** Win4youth celebration party with Win4Youth  
ambassadors.

Castillo de San José, Ctra. los Castillos, 35500 Arrecife, Las Palmas, Spain

Find more race information: <https://www.oceanlava.com/>