

TECHNICAL GUIDE



CRC 506 GRAN FONDO DE COSTA RICA 2026

ARTICLE 1. ORGANIZATION

The **CRC 506 GRAN FONDO DE COSTA RICA** is an official event of the Union Cycliste Internationale (UCI) International (UCI), endorsed by the Costa Rican Cycling Federation (Fecoci).

The organization is managed by FAMILY FUN PRODUCCIONES DEPORTIVA SOCIEDAD ANÓNIMA, corporate ID number 3-101-867674, legally represented by Mr. Jorge Manrique Mata Solano, identity card number: 1-0500-0557.

ARTICLE 2. DATE AND TYPE OF TEST

The race will take place on Sunday, June 7, 2026 and is regulated in Title XV "Cycling for All" of the International Regulation of the Sport of Cycling of the Union Cycliste Internationale (UCI), as part of the UCI GRAN FONDO WORLD SERIES.

The event comprises the following events: :

GRAN FONDO

One online route on a circuit of 141.4 km

Route: Jacó (Civic Center for Peace Garabito), Esterillos, Parrita, circuit in Quepos, Parrita, Esterillos, Jacó (Civic Center for Peace Garabito).

MIDDLE DISTANCE

A point-to-point online route of 69.8 km.

Route: La Inmaculada de Quepos (Delta Pump (Intersection Route 34 – Route 235)), Parrita, Esterillos Jacó (Civic Center for Peace Garabito).

Both tests are qualifiers for the:

- 1- World Championship Gran Fondo Road Race Online.
- 2- World Championship Gran Fondo Individual Time Trial.
- 3- World Championship Gran Fondo Team Time Trial.

THE TOP 25% OF THE TOTAL REGISTERED CYCLISTS IN EACH AGE CATEGORY IN EACH OF THE EVENTS, WHETHER GRAN FONDO OR MEDIO FONDO, WILL QUALIFY FOR THE WORLD CHAMPIONSHIP OF GRAN FONDO.

ARTICLE 3. PARTICIPATION AGE FOR QUALIFYING FOR THE WORLD CHAMPIONSHIP OF GRAN FONDO

The minimum age to participate is 19 years (completed during the calendar year).

Only riders born before December 31, 2007 may participate and qualify for the 2026 Gran Fondo World Championship.

ARTICLE 4. PARTICIPATION AND QUALIFICATION CATEGORIES (GRAN FONDO - MEDIO FONDO)

GRAN FONDO

Men/Women 19-34 → born 1992-2007

Men/Women 35-39 → born 1987-1991

Men/Women 40-44 → born 1982-1986

Men/Women 45-49 → born 1977-1981

Men 50-54 → born 1972-1976

Men 55-59 → born 1967-1971

MEDIO FONDO

Women 50-54 → born 1972-1976

Women 55-59 → born 1967-1971

Men/Women 60-64 → born 1962-1966

Men/Women 65-69 → born 1957-1961

Men/Women 70-74 → born 1952-1956

Men/Women 75-79 → born 1947-1951

Men/Women +80 → born 1946 or earlier

Women over 50 years old, and men over 60 years old, may only participate in the middle distance.

ONLY CYCLISTS REGISTERING AND PARTICIPATING IN THE EVENT ACCORDING TO THEIR AGE CATEGORY IN THE TEST DETERMINED BY THE ORGANIZER, EITHER GRAN FONDO OR MEDIO FONDO.

ARTICLE 5. RECREATION-COMPETITIVE TEST

It is added as a complementary test to the event, a recreational-competitive test of 69.8 Km with (middle distance route), NOT A CLASSIFICATION FOR THE UCI GRAN FONDO WORLD CHAMPIONSHIP, aimed at promoting participation and enjoyment of cycling in a safe and organized environment.

The start of this test will take place immediately after the middle distance, guaranteeing logistical order and safety in the event.

Participation will be open to male and female cyclists over 17 years old, regardless of level or experience, with the exception of those registered for the middle distance test, who may not take part in the recreational-competitive test.

Awards will be organized in ten-year categories - with the exception of the 17 to 29 years category in both genders - differentiated for men and women, according to the following scheme:

Women Categories

17 to 29 years → born between 1996 and 2008

30 to 39 years → born between 1986 and 1995

40 to 49 years → born between 1976 and 1985

(The 50 years and older category for women is removed, since they participate in the Medio Fondo).

Men Categories

17 to 29 years old → born between 1996 and 2008

30 to 39 years → born between 1986 and 1995

40 to 49 years → born between 1976 and 1985

50 to 59 years → born between 1966 and 1975

(The 60 years and older category for men is removed, since they participate in the Middle Distance).

The awards will be organized as follows by category:

1st place per category: Medal.

2nd place per category: Medal.

3rd place per category: Medal.

The route will include hydration points, technical assistance and logistical support, ensuring the safety and well-being of the cyclists throughout the established distance.

The objective of this test is to promote the practice of cycling as a recreational and competitive activity, to foster intergenerational integration and to offer a festive space where each participant can measure their abilities and celebrate the sport.

ARTICLE 6. TEST WITH ELECTRIC ASSISTED HYBRID BICYCLE

It is added as a supplementary test to the event, a test for participants with an electro-assisted hybrid bicycle of 69.8 km (middle-distance route),
NON-CLASSIFICATION FOR THE UCI WORLD CHAMPIONSHIP OF GRAN FONDO, intended to promote inclusion and enjoyment of cycling with electric assistance in a safe and organized environment.

The start of this test will take place immediately after the recreational-competitive test, guaranteeing logistical order and safety in the event's development.

Participation will be open to male and female cyclists over 19 years old (born in 2007 or earlier) in a single category (Open) using electro-assisted hybrid bicycles. The time and classification will be computed exclusively among participants in this same category.

The awards will be organized as follows:

1st overall place: Medal

2nd overall place: Medal

3rd overall place: Medal

Bicycles with pedal-assist that meet the following characteristics are allowed:

Electric motor of any power

Assistance only while pedaling (start function allowed up to 6 km/h without pedaling)

Up to two spare batteries can be carried during the race

Bicycles that can move exclusively with the motor without human pedaling are excluded.

The course will include hydration points, technical assistance and logistical support, ensuring the safety and well-being of the cyclists throughout the established distance.

The objective of this event is to promote inclusive cycling practice, allowing people of any age or physical condition who prefer or need electric assistance to enjoy the event safely and festively, and to celebrate the sport without their results affecting the classifications for the 2026 World Gran Fondo Championship.

ARTICLE 7. PARTICIPATION LICENSE

It is mandatory to have a license to compete. The following are accepted:

- Amateur License
- Master License
- Cycling for All License
- Elite License
- Juvenile License
- One-day License (includes insurance, issued by FECOCI or National Federation)

ARTICLE 8. BICYCLES

The following bicycles are not permitted: tandem, recumbent, triathlon, or time trial.

Hybrid-electric bicycles may be registered in the appropriate event as stated in article 6.

ARTICLE 9. REGISTRATION AND PACKAGE HANDOUTS

Registration will take place from March 23, 2026 to June 1, 2026, preferably online.

Package pickup will take place on Saturday, June 6, 2026, at the Garabito Civic Center for Peace headquarters, from 10:00 a.m. to 6:00 p.m., for both national and foreign cyclists. Any adjustments or additions will be announced through rpmtv.official's social networks.

The official event office, known as "La Permanente", will be available at this same location and hours.

There will be an exclusive office at the site for cyclists in Spanish and English.

Each cyclist must personally collect their package at the Garabito Peace Civic Center by presenting a valid official identification.

ARTICLE 10. TECHNICAL CONGRESS

On Saturday, June 6, 2026 at 1:00 p.m., the Technical Mini-Conference will be held in the main auditorium of the Garabito Peace Civic Center.

Attendance is highly recommended for all participants (individuals, teams, and clubs).

During the mini-congress, the following will be explained:

- Final details of the route and altitude.
- Exact departure times by groups.
- Location of aid stations and cut-off points.
- Safety and circulation protocols.
- Timing and ranking procedures.
- Answers to inquiries and clarification of doubts.

The little congress will be broadcast live on the official event networks for those who cannot attend in person.

ARTICLE 11. APPAREL

Riders must obligatorily use the jersey or jerseys provided by the organizer.
THOSE WHO DO NOT COMPLY WITH THESE PROVISIONS WILL BE DISQUALIFIED.

ARTICLE 12. RACE NUMBERS

The plate and bib numbers will carry a chip for timekeeping and they are personal and non-transferable and must be placed as follows:

- The bib numbers must be placed on the back of the jersey, preferably in the lower back area for better visibility.
- The plate number must be attached to the seat post.
- A sticker must be placed on the front part of the helmet.
- **The chip** must be placed following the instructions provided by the organization for timekeeping.

It is mandatory for all cyclists to provide the minimum information required on the back of the number, which includes:

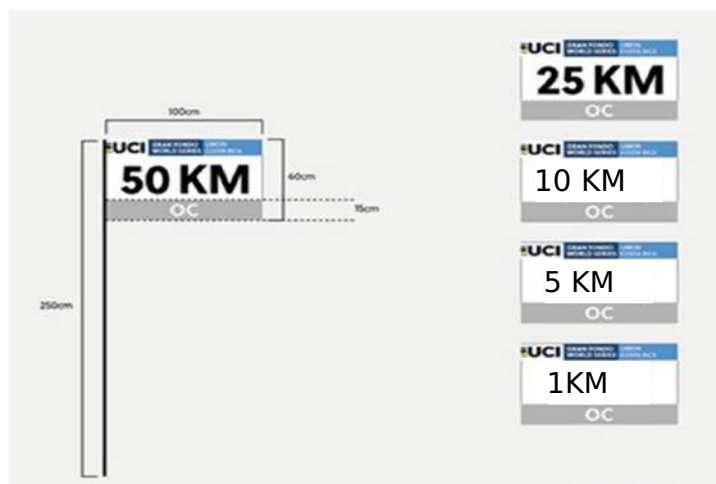
- First and last name.
- Blood group.
- Current physical condition (asthma, diabetes, allergies, epilepsy)
- Use of any medications.
- Emergency contact: first and last name and phone number.

Different colors will be used for each category.

NUMBERS ACCORDING TO COMPETENCIES



In addition to the usual signs that warn participants about dangers and indicate the direction to follow, specific panels will be placed on both sides of the road at the following distances before the final finish line: 50 km, 25 km, 10 km, 5 km, 1 km and 500 meters.



ARTICLE 14. SECURITY

The event is governed by the current traffic rules. Therefore, the use of approved protective helmet is mandatory throughout the route. Non-compliance with this rule will lead to immediate expulsion.

All participants will be considered on a personal excursion, and must comply with the “Road Traffic Rules of Costa Rica” and be personally responsible for all infractions they may commit.

It is mandatory to carry a charged mobile phone during the test. It will be crucial to contact the organization or event services in case of mechanical failure or medical emergency. Emergency numbers will be indicated on the bib and published in various media.

Participants are warned that circulating an opening vehicle does not imply road traffic stoppage, but rather signaling, since vehicle traffic is not completely closed.

Public road safety, traffic control and regulation will be the responsibility of the security forces. However, it is reminded that traffic on the route will be open and, above all, you must drive according to the traffic rules.

The test consists of a sport cycling march. This must be taken into account when crossing towns, passing roundabouts and intersections, descending passes, etc. Cyclists must ride on the right side of the roadway at all times and respect traffic rules.

It is mandatory to wear the bib both at the start and at aid stations. A rigorous bib control will be carried out.

It is strictly forbidden to participate in the march without a bib or other identification provided by the organization.

The event medical team will have the authority to remove any participant when it is deemed that their health is in danger.

The organization is not responsible for any accident that the participant may cause or become a victim of, nor is it liable for expenses or debts that may be incurred during the march.

ARTICLE 15. NEUTRAL TECHNICAL ASSISTANCE

Cyclists are required to carry their own spare parts. However, mechanical support will be available during the Gran Fondo event, via three official neutral mechanical assistance vehicles and three motorcycles suitable for this function.

One neutral vehicle will accompany the lead cyclists in the Gran Fondo event.

Another neutral vehicle will be located at the larger peloton.

A third neutral vehicle will accompany the lead cyclists in the Medio Fondo event.

The three neutral assistance motorcycles will rotate throughout the event with a pass-then-stop, pass-then-stop procedure, without turning back. Their function is to fix flats or minor mechanical issues.

If spare parts are needed, the cost will be covered by the cyclist, provided the mechanics have the necessary parts.

No special support vehicles will be allowed. If cyclists receive help, drinks, or water from people outside the organizer, they will be disqualified from the event.

A sweep vehicle will accompany the Gran Fondo, Medio Fondo, and recreational-compete events.

The event closure will be managed by a sweep minibus and a bicycle transport vehicle.

ARTICLE 16. CONTROLLED START

For safety reasons, the organization will establish controlled starts in the early sections of each route:

Gran Fondo:

Start 06:00 a.m.

4.6 km controlled (Delta- Jaco Pump, on Route 34)

Medio Fondo:

Start 7:30 a.m.

3.5 km controlled (Quepos Municipal Cemetery)

Recreacva-Compeccva:

Departure 7:32 a.m.

3.5 km controlled (Quepos Municipal Cemetery)

Electricassisted-Hybrid Bicycle:

Departure 7:32 a.m.

3.5 km controlled (Quepos Municipal Cemetery)

During these sections, cyclists must stay behind the lead vehicle and respect the instructions of the organizing staff and security personnel; a speed of 30 Km/h will be maintained.

ARTICLE 17. CONTROL POINT AND TIME CUT (GRAN FONDO)

During the Gran Fondo race a control point will be established at kilometer 72, on the Jacó to Quepos route, specifically at the Delta Fuel Station in La Inmaculada de Quepos, intersection of Route 235 before heading onto Route 34.

The official mandatory cut will take place at 9:30 a.m.

As of that moment:

- Cyclists will be neutralized.
- Groups will be formed every 15 minutes.
- The groups will be boarded onto the minibus.
- The entire group will be guided by a team of officials to the final finish.

Any cyclist who decides to continue on course will do so at their own responsibility, and the organization will record the helmet and bib number.

If you arrive outside the time cut specified in the technical guide, your participation in the event will be officially considered finished.

ARTICLE 18. START ORDER

Gran Fondo

If the event has fewer than 1000 participants, runners will position themselves at the start in order of arrival, without distinction of categories or ages.

If the event exceeds 1000 cyclists, the start will be organized in two groups:

- Group 1: Participants men and women from 19 to 49 years.
- Group 2: Participants men aged 50 to 59 years.

Medium Distance

If the event has fewer than 1000 participants, runners will position themselves at the start in order of arrival, without distinction of categories or ages.

If the event exceeds 1000 cyclists, the start will be divided into two differentiated groups:

- Group 1: Women
- Group 2: Men

Recreative-Competitive

If registration reaches or exceeds 1000 cyclists, the whole group will start in a single block, without internal divisions, and behind will start the electric-assist hybrid bicycle race.

It is strictly forbidden to grant priority, preferential placement, or early access to the start based on results obtained in UCI Gran Fondo World Series qualifying events. the organization will guarantee equal conditions for all participants.

Electroassisted - hybrid bicycle

A single block.

ARTICLE 19. AID STATIONS

Feeding only allowed at the official positions established by the organization.

The staff at the aid stations will only hand out products to participants who wear their bib or identification bracelet.

At official posts there will be:

- Water
- Isotonic drinks
- Fruits
- Cereal bars
- Basic mechanical services
- Ambulances
- Sanitary services

The event will have refreshment points with drinks and food distributed along the route.

Before each refreshment point there will be a sign indicating that the point is 5 kilometers away.

In addition, signaling panels will be installed at the start and end of each refreshment zone.

SHIM ANO		
ZONAS DE AVITUALLAMIENTO		
KILOMETRO	LUGAR	TIPO
0	CIVIC CENTER FOR PEACE GARABITO	FULL
23.8	HARDWARE STORE THE PACIFIC-	INTERMEDIATE
53.3	POCARES SQUARE	FULL
72	QUEPOS TOTAL PUMP	FULL
88	POCARES SQUARE	INTERMEDIATE
117.3	LA CRUZ DEL SUR PUMP	FULL
141.4	CIVIC CENTER FOR PEACE GARABITO	FULL

ARTICLE 20. FIRST AID

To guarantee the safety of participants, the event will have ambulances from the Red Cross.

The event will have 6 ambulances, 2 basic life support and 4 advanced service.

Official hospitals: Quepos Hospital and Monseñor Sanabria Hospital.

 Costa Rican Red Cross			
AMBULANCES			
KILOMETRO	LUGAR	CANTIDAD	POSICION
0	CENTRO CIVICO POR LA PAZ GARABITO	1	SALIDA DETRÁS DE ULTIMO CICLISTA
23.8	FERRETERIA EL PACIFICO-	1	DETENIDA SE VIENE CON EL ULTIMO CICLISTA
53.3	PLAZA DE POCARES	0	
72	BOMBA TOTAL DE QUEPOS	1	SALIDA DETRÁS DE ULTIMO CICLISTA DE LA RECREATIVA
72	BOMBA TOTAL DE QUEPOS	1	DETENIDA SALE CON EL MEDIO FONDO
88	PLAZA DE POCARES	0	
117.3	BOMBA LA CRUZ DEL SUR	1	DETENIDA SE VIENE CON EL ULTIMO CICLISTA DEL EVENTO
141.4	CENTRO CIVICO POR LA PAZ GARABITO	1	DETENIDA

ARTICLE 21. TIMING ZONES

Five timing zones are established for the Gran Fondo on-road test; to classify all cyclists, they must pass through those timing points; if not registered at those points, they will be automatically disqualified.

			
TIMING ZONES			
KILOMETRO		ACTIVIDAD	LUGAR
0	INICIO	SALIDA GRAN FONDO	CENTRO CIVICO POR LA PAZ GARABITO
66.4		ZONA DE CONTROL	BOMBA SERVIAGRO-QUEPOS
72	INICIO	SALIDA DE MEDIO FONDO	BOMBA TOTAL DE QUEPOS
88		ZONA DE CONTROL	PLAZA DE POCARES
141.4	LLEGADA	META FINAL 2 EVENTOS	CENTRO CIVICO POR LA PAZ GARABITO

ARTICLE 22. SANITARY CABINS

The event will have sanitary cabins throughout the event, given the facilities offered by the Centro Cívico por la Paz Garabito; we will use its sanitary cabins at the start and finish of the Gran Fondo and the finish of the Medio Fondo and the recreational-competitive test.

		
SANITARY CABINS		
KILOMETRO	CANTIDAD	LUGAR
0	10	CENTRO CIVICO POR LA PAZ GARABITO- PROPIAS
23.8	0	FERRETERIA EL PACIFICO-
53.3	6	PLAZA DE POCARES
72	6	BOMBA TOTAL DE QUEPOS
88	6	PLAZA DE POCARES
117.3	0	BOMBA LA CRUZ DEL SUR
141.4	10	CENTRO CIVICO POR LA PAZ GARABITO- PROPIAS

ARTICLE 23. AWARDING

Since this event is part of the UCI Gran Fondo World Series, the awarding will be handled by the International Cycling Union. A UCI Gran Fondo World Series Champion shirt will be awarded to the first place in each category as established in this technical guide, as well as medals for first, second, and third place. In addition, UCI medals will be awarded to 25% of the cyclists in each category, symbolizing their qualification for the Gran Fondo World Championship.

The delivery of these UCI medals will take place at the time and place that the organization will timely inform through its social networks (rpmv.official).



ARTICLE 24. PROTOCOL

The top three cyclists in each age category will be awarded, in both the men's and women's divisions, according to this technical guide.

The awardees must attend the awards ceremony on the podium and present themselves no later than one hour after their arrival.

It is mandatory to present oneself with the official event jersey.

The award ceremony will follow the following order:

Men 19-34 / Women 19-34

Men 35-39 / Women 35-39

Men 40-44 / Women 40-44

Men 45-49 / Women 45-49

Men 50-54 / Women 50-54

Men 55-59 / Women 55-59

Men 60-64 / Women 60-64

Men 65-69 / Women 65-69

Men 70-74 / Women 70-74

Men 75-79 / Women 75-79

Men +80 / Women +80

At the end of all official UCI categories (Gran Fondo and Medio Fondo), the recreational-competition event will be awarded, as well as the electric-assisted-hybrid bicycle event, awarding recognition to the top three places in each category, men and women in recreational, and the top three overall places in the electric-assisted event, in accordance with this technical guide.



ARTICLE 25. CLASSIFICATION TO THE WORLD CHAMPIONSHIP OF GRAN FONDO.

During the ceremony, the speaker should highlight that 25% of the best-placed cyclists in each age group automatically obtain qualification for the World Championship of Gran Fondo.

This 25% of each category will receive an official UCI Gran Fondo medal, certifying their ranking.

ARTICLE 26. IMAGE RIGHTS AND USE OF AUDIOVISUAL MATERIAL

The CRC 506 GRAN FONDO COSTA RICA, its strategic allies, sponsors, media, and authorized producers may capture, record and use images, photographs, videos, audios and any other audiovisual material generated before, during and after the CRC 506 GRAN FONDO COSTA RICA.

Registration for the event constitutes express, voluntary, and unpaid authorization from the participant for their image, voice, name, competition number, results and any audiovisual representation associated with their participation to be used by CRC 506 GRAN FONDO COSTA RICA and its authorized parties for informative, promotional, commercial, documentary and/or institutional purposes, in any medium or format, present or future.

It shall be understood to include, without limiting it, the possibility of:

- Dissemination on social networks, digital platforms, websites and live broadcasts.
- Use in advertising, promotional, institutional materials or historical archive of the event.
- Partial or full reproduction in printed, audiovisual or electronic media.

The participant waives any economic, patrimonial or moral claim arising from the use of said material, as long as it is carried out within the framework of respect, good faith, and the event's own purposes.

CRC 506 GRAN FONDO COSTA RICA will not use participants' image in offensive, defamatory, or unrelated to the sports and organizational nature contexts.

ARTICLE 27. SUSPENSION, NEUTRALIZATION OR MODIFICATION OF THE EVENT

1. General Principle

The safety and health of the runners prevails over any other sporting or organizational interest.

2. Decision authority

- The event director, in consultation with organizers and team representatives, may decide:

- Temporarily neutralize the race.
- Modify the course or the planned distance.

- Suspend the test in a definitive manner.

3. Causes of application

The decision may be taken in the event of extreme weather conditions that pose a risk to the integrity of the riders, including:

- Thunderstorms.
- Extreme heat or intense cold.
- Torrential rain.
- Strong winds that compromise the stability of the cyclists.
- Situations of atmospheric pollution or natural phenomena that affect the visibility or breathing.
- Road closure due to emergency or local government needs.
- Earthquakes.
- Pandemics.
- Protests.
- Road blockages.

4. Possible measures

- Reduction of the distance of the stage.
- Route change to avoid dangerous areas.
- Temporary neutralization with later resumption.
- Definitive suspension if no safe conditions to continue exist.

5. Official communication

All decisions must be communicated immediately to:

- Participants.
- Local safety authorities.
- Accredited media.
- Public and spectators, through the event's official channels.

ARTICLE 28. MANDATORY MEASURES

Strictly, disciplinary measures will be applied to those participants who:

- Bring, consume or possess alcohol or illicit drugs during the competition.
- Do not respect the traffic code.
-

- Do not ignore the safety instructions indicated by the security forces and the order organization.
- Soil or degrade the itinerary by throwing waste.
- Have your own support vehicle, hindering the progress of the rest of the participants.
- Present behaviors that prevent the normal development of the test or that violate these regulations.

Disciplinary measures:

- Inclusion in the official list of sanctioned participants, with later publication.
- Prohibition of participating in future editions of the test.
- Sanctions imposed by the competent authorities, as applicable.

ANNEX 1
TECHNICAL SUMMARY
GRAN FONDO

Date: June 7, 2026.

Starting location: Civic Center for Peace Garabito, Jacó.

Departure Time: 6:00:00 a.m.

Mileage: 141.4 km

Route: Jacó (Civic Center for Peace Garabito), Esterillos, Parrita, circuit in Quepos, Parrita, Esterillos, Jacó (Civic Center for Peace Garabito).

Arrival location: Civic Center for Peace Garabito, Jacó

Controlled start: From the start, 200 meters from the Civic Center for Peace Garabito until the Delta-Jaco Pump

Kilometers: 4.6 Km

Controlled speed: 30 km/h

Categories: Men 19/34,35/39,40/44,45/49,50/54,55/59

Women 19/34,35/39,40/44,45/49

Estimated time: 0:09:12

Departure Time: 06:09:12 a.m.

Starting Order

If the event has fewer than 1000 participants, runners will be positioned at the start by order of arrival, without division of categories or ages.

If the event exceeds 1000 cyclists, the start will be organized in two groups:

- Group 1: Participants men and women aged 19 to 49.
- Group 2: Participants men aged 50 to 59.

CONTROLLED START PLANIMETRY



Sector: JACÓ GAS STATION ON ROUTE 34, ESTERILLOS, PARRITA - ENTRANCE TO QUEPOS ROUTE 235

Rolling Start: 06:09:12 am

Kilometers: 61.1 Km

Speed: 48 Km/h

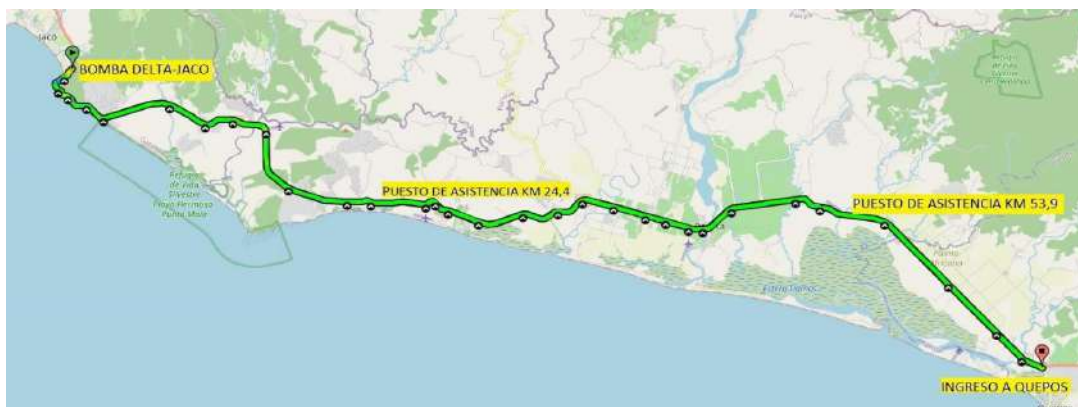
Estimated Time: 1:16:23

Arrival Time: 07:25:35

Assistance Stations: **El Pacifico Hardware Store, 24.4 km**

Pocares Plaza, 53.3 km

PLANIMETRY ENTRANCE TO QUEPOS



Sector: ENTRANCE ROUTE 235 - QUEPOS CIRCUIT - EXIT TO ROUTE 34

Kilometers: 10.6 Km

Speed: 30 Km/h

Estimated Time: 0:21:12

Arrival Time: 07:46:47

Aid Stations: Delta Gas Station, Intersection Route 34 - Route 235. 72 km

Gran Fondo Cut-off: Delta Gas Station, Intersection Route 34 - Route 235. 72 km

Cut-off Time: 09:30:00 am

PLANIMETRY CIRCUIT TO QUEPOS



**Sector: EXIT TO ROUTE 34 - PARRITA - ESTERILLOS - CIVIC CENTER FOR PEACE
GARABITO**

Kilometers: 65.8 Km

Speed: 48 Km/h

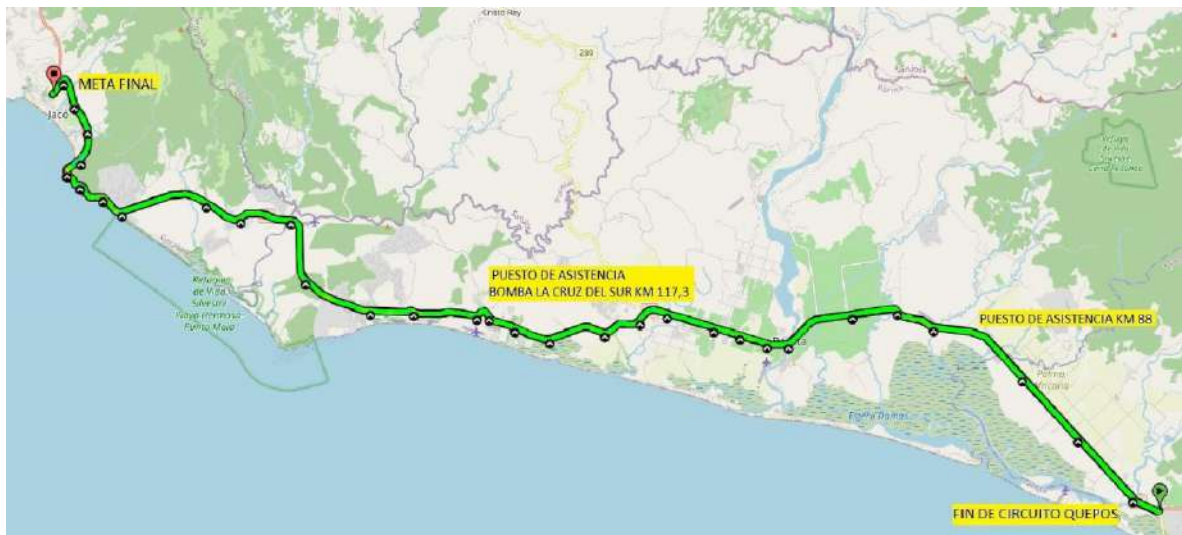
Estimated Time: 1:22:15

Arrival Time: 10:09:02

Aid Stations: Plaza de Pocares, 88 km.

Bomba La Cruz del Sur, 117.3 km.

PLANIMETRY RETURN TO CIVIC CENTER FOR PEACE GARABITO



GRAN FONDO ALTIMETRY



GRAN FONDO TIMETABLE

GRAN FONDO 2026			
CENTRO CIVICO POR LA PAZ GARABITO-QUEPOS-CENTRO CIVICO DE LA PAZ GARABITO			
7 DE JUNIO 2026			
JACO- PARRITA-QUEPOS-PARRITA JACO			
KILOMETRO		DESCRIPCION	HORA DE CARRERA
SALIDA		CENTRO CIVICO POR LA PAZ GARABITO	6:00:00
0.1		(AVENUE 4-WIDE STREET	
0.2		CAMBOYA STREET -WIDE STREET	
1.1		INTERSECTION-WIDE STREET-CROSSING ROUTE 34	6:02:12
1.5		TUCAN STREET AND SCHOOL	6:03:00
4.6	0.9	DELTA JACO GAS STATION	6:09:12
9.3	4.7	THE BACKYARD HOTEL	6:15:05
14.9	5.6	JAGUARIDERS ATV	6:22:04
23.8		FERRETERIA EL PACIFICO PUESTO DE ASISTENCIA	6:32:13
26.3	11.4	ENTRANCE TO ESTERILLOS BEACH (SIGN) STRAIGHT	6:36:19
31.8	5.0	MALAGA RESIDENTIAL- BEJUCO STREET	6:42:34
38.7	7.4	LA PALMA SQUARE	6:51:50
40.2	15	CLINIC STREET	6:53:42
40.3	0.1	PARRITA MUNICIPALITY STREET	6:53:49
44.3	0.2	STREETS	6:58:50
44.4	0.1	PARRITA MARKET	6:58:57
45.1	0.7	21ST STREET	6:59:50
46.7	1.6	INTERSECTION ROUTE 34 WITH ROUTE 301	7:01:50
48.3	1.6	INTERSECTION ROUTE 34 WITH ROUTE 607	7:03:50
53.3	5.0	PLAZA DE POCARES- PUESTO DE ASISTENCIA	7:10:05
58.9	5.6	PALMA TICA COMPANY	7:17:05
65.8	6.9	ENTRADA A QUEPOS RUTA 235	7:25:42
66.4	0.6	SERVIAIRO SERVICE STATION	7:26:54
67.7	0.3	BRIDGE OVER LOLO RIVER AVENUE 13	7:28:30
67.8	0.1	CROSSING ROUTE AVENUE 13 -STREET 2	7:28:42
67.9	0.1	AVENUE 13 - STREET 2 CROSSING	7:28:54
63.0	0.1	AVENUE 13 - CENTRAL AVENUE	7:29:06
63.2	0.2	AVENUE 13 CALLE 7	7:29:30
63.3	0.1	TRANSVERSAL 7 - STREET 7 OIJ	7:29:42
63.4	0.1	TRANSVERSAL 7 - ROUTE 235	7:29:54
71.6	3.2	MARIA INMACULADA SCHOOL	7:36:18
72.0	0.4	BOMBA TOTAL-PUESTO DE ASISTENCIA -CORTE GRAN FONDO	7:37:06
77.1	5.1	ROUTE 235 WITH ROUTE 34 CROSSING	7:37:18
76.0	3.9	EXIT QUEPOS TOWARDS SOUTH ZONE	7:45:06
76.2	0.2	CROSSING TO	7:46:47
82.4	6.2	QUEPOS DAMAS STADIUM	7:54:32
83.2	0.8	PALMA TICA COMPANY	7:55:32
88.0	4.8	PLAZA DE POCARES- PUESTO DE ASISTENCIA	8:01:32
95.5	7.5	INTERSECTION ROUTE 34 WITH ROUTE 301	8:10:55
97.1	1.6	STREET 21	8:12:55
97.8	0.7	PARRITA MARKET	8:13:47
101.9	0.9	PARRITA MUNICIPALITY STREET	8:18:40
102.1	0.2	LA CLINICA STREET	8:18:55
103.5	14	LA PALMA SQUARE	8:20:40
103.8	0.3	ROUTE 239 - ROUTE 34 CROSSING	8:21:02
110.5	6.7	MALAGA RESIDENTIAL - BEJUCO STREET	8:29:25
111.5	1.0	ESTERILLOS BEACH ENTRANCE (SIGN)	8:30:40
117.0	5.5	BOMBA LA CRUZ DEL SUR PUESTO DE ASISTENCIA	8:37:32
127.2	10.2	QUEBRADA AMARILLA SPORTS SQUARE	8:50:17
138.7	0.1	BARQUERO STREET AND 1 ENTRANCE TO QUEBRADA	9:04:40
138.8	0.1	LA PALMA AVENUE	9:04:47
139.6	0.8	TATU STREET 1 AND 2	9:05:47
139.7	0.1	BOMBEROS STREET AND MARINA STREET	9:05:55
139.8	0.1	REMY STREET	9:06:02
139.9	0.1	LAPA VERDE STREET	9:06:10
139.9	0.0	BAJO TIGRE STREET	9:06:10
140.3	0.4	COPEY RIVER BRIDGE	9:06:40
140.7	0.4	TUCAN STREET AND SCHOOL	9:07:10
141.1	0.4	INTERSECTION-WIDE STREET-CROSSING ROUTE 34	9:07:40
141.3	0.4	CAMBOYA STREET - WIDE STREET	9:08:10
141.5	0.0	CENTRO CIVICO POR LA PAZ GARABITO	9:08:10

ANNEX 2

TECHNICAL SUMMARY

MIDDLE DISTANCE - RECREATIONAL - COMPETITIVE - ELECTRO-ASSISTED.

Middle distance

Date: June 7, 2026

Departure time: 7:30:00 a.m.

Controlled start: From the Delta Pump start (Intersection Route 34 - Route 235) at La Inmaculada de Quepos to Quepos Municipal Cemetery.

Kilometers: 3.5 Km

Controlled Speed: 30 Km/h

Categories: **Men 60/64, 65/69, 70/74, 75/79**

Women 50/54, 55/59, 60/64, 65/69, 70/74

Estimated Time: 0:07:12

Arrival Time: 07:37:12 a.m.

If the event has fewer than 1000 participants, runners will line up at the start by arrival order, without distinction of categories or ages.

Start Order:

If the event exceeds 1000 cyclists, the start will be divided into two distinct groups:

- Women Group
- Men Group

Recreational - Competitive - Electroassisted.

Date: June 7, 2026

Start Time: 7:32:00 a.m.

Controlled: **From the Delta Pump start (Intersection Route 34 - Route 235) at the Inmaculada of Quepos to Quepos Municipal Cemetery.**

Kilómetros: 3,5 Km

Velocidad de Controlada: 30 Km/h

Recreational - Competitive Categories: Men and women 17 years and older.

Hybrid Categories: Men and women 19 years and older.

Elapsed Time: 0:07:12

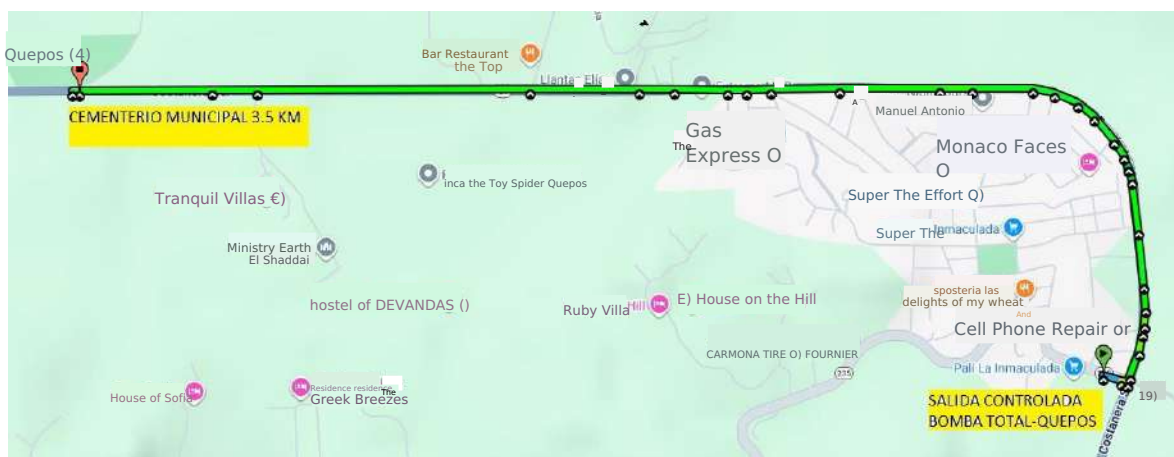
Arrival Time: 07:39:12 a.m.

Start Order

If the Route reaches or exceeds 1000 cyclists, the whole group will depart in a single block, without internal divisions, together with the ElectroasitJda

It is strictly forbidden to grant priority, preferential positioning, or early access to the start based on results obtained in UCI Gran Fondo World Series qualifying events. The organization will guarantee equal conditions for all participants.

DELTA BOMBA PLANIMETRY - QUEPOS MUNICIPAL CEMETERY



Sector: QUEPOS MUNICIPAL CEMETERY - CIVIC CENTER FOR PEACE GARABITO

Launch Output: 07:37:12

Kilometers: 69.8 Km

Speed: 43 Km/h

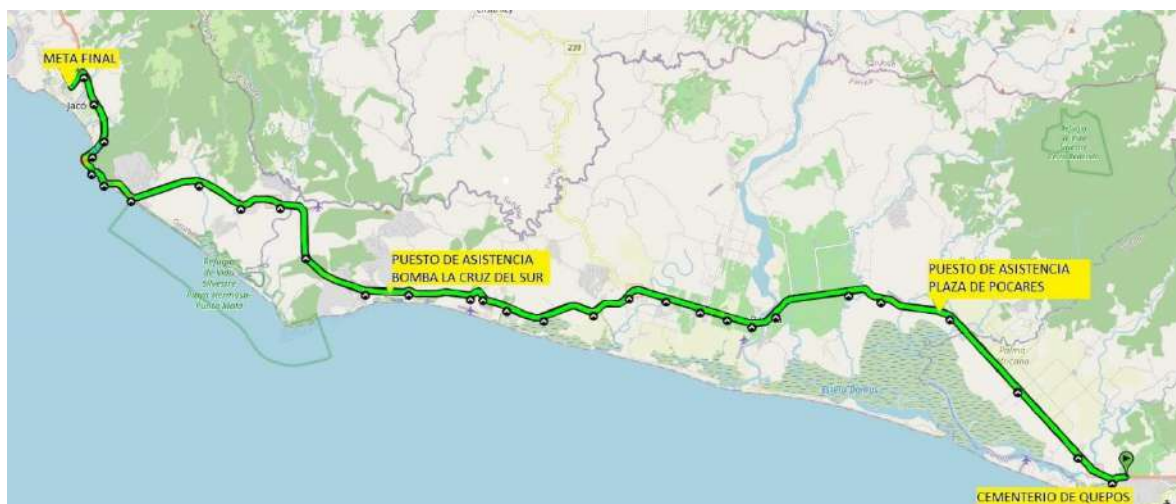
Estimated Time: 1:32:31

Arrival Time: 09:10:00 a.m.

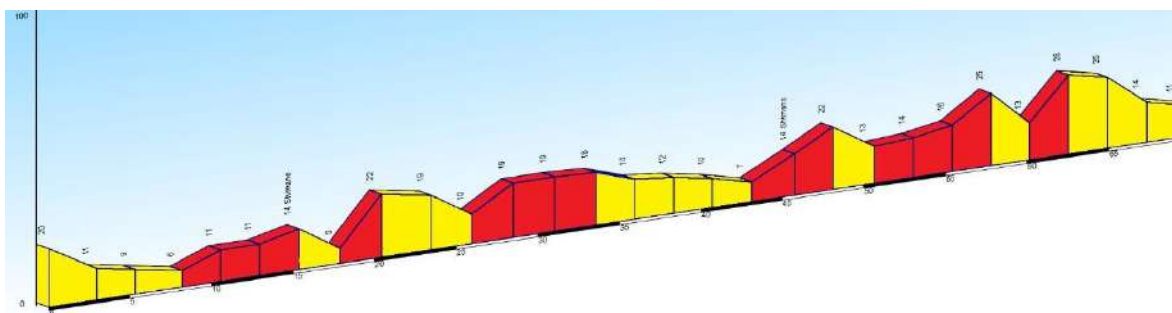
Aid Stations: Plaza de Pocares, 16 Km

La Cruz del Sur Gas Station, 44.8 Km.

PLANIMETRY OF QUEPOS CEMETERY - CIVIC CENTER FOR PEACE GARABITO



ALTIMETRY MEDIUM DISTANCE-RECREATIONAL-COMPETITIVE-HYBRID



MID-DISTANCE SCHEDULE - RECREATIONAL - COMPETITIVE - HYBRID

MEDIO FONDO-RECREATIVA-COMPETITIVA-HIBRIDAS			
BOMBA TOTAL QUEPOS-CENTRO CIVICO POR LA PAZ GARABITO			
7 DE JUNIO 2026			
QUEPOS- PARRITA- JACO-69.8 KM			
KILOMETRO		DESCRIPCION	HORA DE CARRERA
0.0	0.0	BOMBA TOTAL-QUEPOS	07:30:00
0.1	0.1	INTERSECTION ROUTE 235 WITH ROUTE 34	7:30:12
3.5	3.4	CONTROLLED - QUEPOS MUNICIPAL CEMETERY	7:37:12
4.0	0.5	EXIT QUEPOS TOWARDS SOUTH ZONE	7:38:03
4.2	0.2	TURN TO QUEPOS	7:38:27
10.4	6.2	WOMEN'S STADIUM	7:46:12
E	0.8	PALMA TICA COMPANY	7:47:12
16.0	4.8	PLAZA POCARES-PUESTO DE ASISTENCIA	7:53:12
23.5	7.5	INTERSECTION ROUTE 34 WITH ROUTE 301	8:03:40
25.1	1.6	CALLE 21	8:05:40
25.8	0.7	PARRITA MARKET	8:06:33
25.9	0.1	5TH STREET	8:06:40
26.0	0.1	14TH STREET	8:06:48
26.3	0.3	6TH STREET	8:07:10
26.4	0.1	CALLE 8	8:07:18
26.5	0.1	CENTRAL AVENUE	8:07:25
26.9	0.4	20TH STREET	8:07:55
27.0	0.1	22ND STREET	8:08:03
27.1	0.1	24TH STREET	8:08:10
27.2	0.1	26TH STREET	8:08:18
27.3	0.1	TALLER STREET	8:08:25
28.8	1.5	LOS ANGELES NEIGHBORHOOD STREET	8:10:18
29.7	0.9	MUNICIPALITY OF PARRITA STREET	8:11:25
29.9	0.2	CLINIC STREET	8:11:40
31.3	1.4	LA PALMA SQUARE	8:13:25
31.6	0.3	INTERSECTION ROUTE 239-ROUTE 34	8:13:48
38.3	6.7	MALAGA RESIDENTIAL - BEJUCO STREET	8:22:10
39.3	1.0	ESTERILLOS BEACH ENTRANCE (SIGN)	8:23:25
44.8	5.5	BOMBA LA CRUZ DEL SUR-PUESTO DE ASISTENCIA	8:30:18
55.0	15.7	QUEBRADA AMARILLA SPORTS SQUARE	8:52:12
61.0	6.0	POCHOTAL SPORTS SQUARE	8:59:42
65.0	4.0	COPEY RIVER BRIDGE	9:04:42
66.3	3	3 ENTRANCE TO QUEBRADA SECA	9:06:20
66.4	0.1	2 ENTRANCE TO QUEBRADA SECA	9:06:27
66.5	0.1	BARQUERO STREET AND 1 ENTRANCE TO QUEBRADA SECA	9:06:35
66.6	0.1	AMAPOLA AVENUE	9:06:42
67.4	0.8	TATU 1 AND 2 STREET	9:07:42
67.5	0.1	FIREFIGHTERS STREET AND MARINA STREET	9:07:50
67.6	0.1	REMY STREET	9:07:57
67.7	0.1	GREEN MACAW STREET	9:08:05
67.7	0.0	BAJO TIGRE STREET	9:08:05
68.1	0.4	COPEY RIVER BRIDGE	9:08:35
68.5	0.4	TUCAN STREET AND SCHOOL	9:09:05
68.9	0.4	INTERSECTION-WIDE STREET-CROSSING ROUTE 34	9:09:35
69.7	0.4	CAMBOYA STREET - WIDE STREET	9:10:05
69.8	0.0	CENTRO CIVICO POR LA PAZ GARABITO	9:10:05