

TECHNICAL GUIDE

UCI-CRC 506 GRAN FONDO DE COSTA RICA 2026

ARTICLE 1. ORGANIZATION

The **UCI-CRC506 GRAN FONDO DE COSTA RICA** is an official event of the Union Cycliste Internationale (UCI), endorsed by the Costa Rican Cycling Federation (Fecoci).

The event is organized 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 EVENT

The event will be held on Sunday, **September 13, 2026** and is governed by Title XV “Cycling for All” of the UCI Cycling Regulations of the Union Cycliste Internationale (UCI), as part of the UCI GRAN FONDO WORLD SERIES.

The event comprises the following races:

GRAN FONDO

A circuit road race of 141.4 km.

Route: Jacó (Centro Cívico por la Paz Garabito), Esterillos, Parrita, circuit in Quepos, Parrita, Esterillos, Jacó (Centro Cívico por la Paz Garabito).

MEDIO FONDO (HALF FONDO)

A point-to-point road race of 69.8 km.

Route: La Inmaculada de Quepos (Delta Gas Station – junction of Route 34 and Route 235), Parrita, Esterillos, Jacó (Centro Cívico por la Paz Garabito).

Both races are qualifiers for the:

1. UCI Gran Fondo World Championship – Road Race.
2. UCI Gran Fondo World Championship – Individual Time Trial.
3. UCI Gran Fondo World Championship – Team Time Trial.

FOR THE WORLD CHAMPIONSHIP IN FRANCE — KNOWN AS THE SUPER WORLDS — THE TOP 25% OF ALL REGISTERED CYCLISTS IN EACH AGE CATEGORY WILL QUALIFY, IN EACH OF THE RACES, WHETHER GRAN FONDO OR MEDIO FONDO.

ARTICLE 3. PARTICIPATION AGE TO QUALIFY FOR THE GRAN FONDO WORLD CHAMPIONSHIP

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

Only cyclists 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)

Age Category	Gender	Year of Birth
GRAN FONDO		
19 – 34	Men / Women	1993 – 2008
35 – 39	Men / Women	1988 – 1992
40 – 44	Men / Women	1983 – 1987
45 – 49	Men / Women	1978 – 1982
50 – 54	Men	1973 – 1977
55 – 59	Men	1968 – 1972
MEDIO FONDO		
50 – 54	Women	1973 – 1977
55 – 59	Women	1968 – 1972
60 – 64	Men / Women	1963 – 1967
65 – 69	Men / Women	1958 – 1962
70 – 74	Men / Women	1953 – 1957
75 – 79	Men / Women	1948 – 1952
+80	Men / Women	1947 or earlier

Women over 50 and men over 60 may only compete in the Medio Fondo.

CYCLISTS MAY ONLY REGISTER FOR AND COMPETE IN THE EVENT ACCORDING TO THEIR AGE CATEGORY IN THE RACE DETERMINED BY THE ORGANIZER, WHETHER GRAN FONDO OR MEDIO FONDO.

ARTICLE 5. RECREATIONAL–COMPETITIVE RACE

A complementary recreational–competitive race of 69.8 km (the Medio Fondo route) is added to the event. It is NOT A QUALIFIER FOR THE GRAN FONDO WORLD CHAMPIONSHIP, and is intended to encourage participation in and enjoyment of cycling in a safe, organized setting.

This race will start immediately after the Medio Fondo, ensuring logistical order and safety throughout the event.

Participation is open to men and women over 17 years of age, regardless of level or experience, except for those registered in the Medio Fondo race, who may not take part in the recreational–competitive race.

Awards will be organized by age category – except for the 17 – 34 age category in both genders – separated for men and women, according to the following scheme:

Women’s Categories

Category	Gender	Year of Birth
WOMEN		
17 – 34 yrs	Women	1992 – 2009
35 – 44 yrs	Women	1982 – 1991
45 – 49 yrs	Women	1977 – 1981

★ <i>The 50-and-over category is removed for women: they compete in the Medio Fondo.</i>		
MEN		
17 – 34 yrs	Men	1992 – 2009
35 – 44 yrs	Men	1982 – 1991
45 – 59 yrs	Men	1967 – 1981

Men’s Categories

(The 60-and-over category is removed for men, since they compete in the Medio Fondo).

Awards per category will be organized as follows:

1st place by gender and category: Commemorative medal.

2nd place by gender and category: Commemorative medal.

3rd place by gender and category: Commemorative medal.

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

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

ARTICLE 6. ELECTRIC-ASSIST / HYBRID BICYCLE RACE

A complementary race for participants using electric-assist / hybrid bicycles, 69.8 km long (the Medio Fondo route), is added to the event. It is **NOT A QUALIFIER FOR THE GRAN FONDO WORLD CHAMPIONSHIP**, and is intended to promote the inclusion and enjoyment of e-assisted cycling in a safe, organized setting.

This race will start immediately after the recreational–competitive race, ensuring logistical order and safety throughout the event.

Participation is open to men and women over 19 years of age (born in 2007 or earlier) in a single category (Open) using electric-assist / hybrid bicycles. Time and ranking will be computed exclusively among participants in this same category.

Awards will be organized as follows:

1st place overall: Commemorative medal.

2nd place overall: Commemorative medal.

3rd place overall: Commemorative medal.

Pedal-assist bicycles meeting the following characteristics are allowed:

Electric motor of any power output.

Assistance only while pedaling (a walk-assist / start function up to 6 km/h without pedaling is permitted).

Up to two spare batteries may be carried during the race.

Bicycles capable of moving solely on motor power, without human pedaling, are excluded.

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

The goal of this race is to encourage inclusive cycling, allow 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 qualification for the 2026 Gran Fondo World Championship.

ARTICLE 7. RACING LICENSE

A racing license is mandatory. The following are accepted:

Amateur License

Master License

Cycling for All License

Elite License

Junior License

One-day License (includes insurance, issued by FECOCI or a National Federation)

ARTICLE 8. BICYCLES

The following bicycles are not allowed: tandem, recumbent, triathlon, or time-trial bicycles. “Electric-assist / hybrid” bicycles may be registered in the corresponding race as set out in Article 6.

ARTICLE 9. REGISTRATION AND PACKET PICKUP

Registration will run from July 1, 2026 to September 8, 2026, preferably online.

Packet pickup will take place on Friday, September 11 and Saturday, September 12, 2026 at RUGATI Store, Heredia, San Antonio de Belén, across from the train station, Rayma Building, unit #8, from 10:00 a.m. to 6:00 p.m., for both national and international cyclists.

The official event office, known as “La Permanente,” will operate at this same location and schedule.

An office dedicated to assisting cyclists in Spanish and English will be available on site.

Each cyclist must collect their packet in person at the Centro Cívico por la Paz Garabito, presenting a valid official ID.

ARTICLE 10. TECHNICAL MEETING

On Saturday, September 12, 2026 at 1:00 p.m., the Technical Meeting will be held in the main auditorium of the Centro Cívico por la Paz Garabito.

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

The meeting will cover:

Final details of the route and elevation profile.

Exact start times by group.

Location of feed zones and cutoff points.

Safety and traffic protocols.

Timing and ranking procedures.

Q&A and clarification of doubts.

The meeting will be streamed live on the event’s official social media for those unable to attend in person.

ARTICLE 11. ATTIRE

Cyclists must wear the jersey or jerseys provided by the organizer at all times. **THOSE WHO FAIL TO COMPLY WITH THESE PROVISIONS WILL BE DISQUALIFIED.**

ARTICLE 12. RACE NUMBERS

Plate numbers and bib numbers carry a chip for timing; they are personal and non-transferable and must be positioned as follows:

Bib numbers must be placed on the back of the jersey, preferably on the lower back for better visibility.

The plate number must be affixed to the seat post.

The chip must be placed following the instructions provided by the organization for time control.

All cyclists are required to provide the minimum information on the back of the number, which includes:

First and last name.

Blood type.

Current medical condition (asthma, diabetes, allergies, epilepsy).

Use of any medication.

Emergency contact: first name, last name and phone number.

Different colors will be used for each category.

NUMEROS DE ACUERDO CON LAS EDADES.

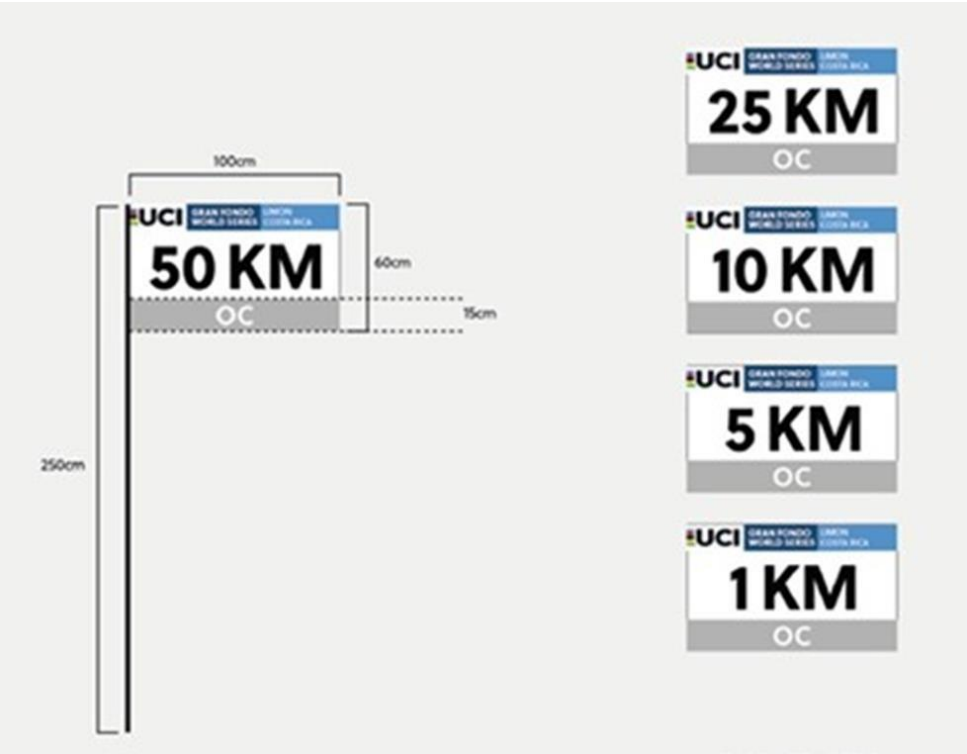
NUMEOS DE ACUERDO CON LAS COMPETENCIAS



Color key (translated): Age 19–34 Men/Women → light blue · 35–39 → pink · 40–44 → green · 45–49 → dark blue · 50–54 → orange · 55–59 → yellow · 60–64 → cyan · 65–69 → red · 70–74 → black · Hybrids → brown · Women Recreational–Competitive → grey · Men Recreational–Competitive → purple.

ARTICLE 13. DISPLAY PANELS

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



ARTICLE 14. SAFETY

The event is governed by current traffic regulations. Therefore, the use of an approved protective helmet is mandatory throughout the route. **Failure to comply with this rule will result in immediate expulsion.**

All participants are considered to be on a personal outing and must abide by the “Road Traffic Regulations of Costa Rica” and **be personally responsible for any infractions they may commit.**

Carrying a charged mobile phone during the race is mandatory. It will be essential for contacting the organization or event services in the event of a mechanical breakdown or medical emergency. Emergency phone numbers will be printed on the bib and published through various media.

Participants are advised that the presence of a lead vehicle does not mean traffic is stopped; it is a signaling vehicle, as vehicle traffic is not completely closed.

Safety on public roads, as well as traffic control and regulation, are the responsibility of the security forces. However, it is reiterated that traffic along the route will remain open and that, above all, riders must follow traffic regulations.

The event is a cyclosportive ride. This must be kept in mind when passing through towns, roundabouts and junctions, descending climbs, etc. **Cyclists must keep to the right of the roadway at all times and obey traffic regulations.**

Carrying the bib is mandatory both at the start and at the feed zones. A strict bib check will be carried out.

Participating in the ride without a bib or other identification provided by the organization is strictly prohibited.

The organization’s medical team has the authority to withdraw any participant whenever their health is deemed to be at risk.

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

ARTICLE 15. NEUTRAL TECHNICAL ASSISTANCE

Cyclists are required to carry their own spare parts. However, mechanical support will be available during the Gran Fondo race, provided by three official neutral mechanical assistance vehicles and three motorcycles suited to this function.

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

Another neutral vehicle will be positioned in the main peloton.

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

The three neutral assistance motorcycles will rotate throughout the event using a leapfrog procedure — advance-stop, advance-stop, without going back. Their function will be to resolve punctures or minor problems requiring mechanical assistance.

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

Private support vehicles are not allowed. If cyclists receive help, drinks or water from people not affiliated with the organizer, they will be expelled from the event.

A broom wagon will accompany the Gran Fondo, the Medio Fondo and the recreational–competitive race.

The event will be closed by a broom-wagon minibus and a vehicle for transporting bicycles.

ARTICLE 16. CONTROLLED START

For safety reasons, the organization will set up controlled starts in the first sections of each route:

Gran Fondo:

Start: 6:00 a.m.

4.6 controlled km (Delta Gas Station – Jacó, on Route 34).

Medio Fondo:

Start: 7:30 a.m.

3.5 controlled km (Quepos Municipal Cemetery).

Recreational–Competitive:

Start: 7:32 a.m.

3.5 controlled km (Quepos Municipal Cemetery).

Electric-Assist / Hybrid Bicycle:

Start: 7:32 a.m.

3.5 controlled km (Quepos Municipal Cemetery).

During these sections, cyclists must stay behind the lead vehicle and follow the instructions of the organization's staff and the security forces; the pace will be 30 km/h.

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

During the Gran Fondo race, a control point will be established at kilometer 72, on the Jacó-to-Quepos leg, specifically at the Delta Gas Station in La Inmaculada de Quepos, the Route 235 junction before merging onto Route 34.

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

From that moment on:

Cyclists will be neutralized.

Groups will be formed every 15 minutes.

The groups will be loaded onto the minibus.

The entire group will be escorted by a corps of officials to the finish line.

Any cyclist who decides to continue on the route does so at their own risk, and the organization will remove the competitor number from their helmet and the bib.

If a rider arrives after the cutoff time detailed in this technical guide, their participation in the event will be considered officially finished.

ARTICLE 18. START ORDER

Gran Fondo

If the event has fewer than 1,000 participants, riders will line up at the start on a first-come, first-served basis, without distinction of category or age.

If the event exceeds 1,000 cyclists, the start will be organized into two groups:

Group 1: Men and women aged 19 to 49.

Group 2: Men aged 50 to 59.

Medio Fondo

If the event has fewer than 1,000 participants, riders will line up at the start on a first-come, first-served basis, without distinction of category or age.

If the event exceeds 1,000 cyclists, the start will be divided into two separate groups:

Group 1: Women.

Group 2: Men.

Recreational–Competitive

If registration reaches or exceeds 1,000 cyclists, the whole group will start in a single block, with no internal divisions, followed by the electric-assist / hybrid bicycle race.

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

Electric-Assist / Hybrid Bicycle

A single block.

ARTICLE 19. FEED ZONES

Feeding is only permitted at the official stations set up by the organization.

Staff at the feed points will only hand out products to participants wearing their bib or identifying wristband.

The official stations will provide:

- Water
- Isotonic drinks
- Fruit
- Cereal bars
- Basic mechanical services
- Ambulances
- Health services

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

Before each feed station there will be a sign indicating that the station is 5 kilometers ahead.

Likewise, signage panels will be installed at the start and end of each feed zone.

Feed Zones (sponsored by SHIMANO)

SHIMANO		
FEED ZONES		
KILOMETER	LOCATION	TYPE
0	Centro Cívico por la Paz Garabito	FULL
23.8	Ferretería El Pacífico	INTERMEDIATE
53.3	Plaza de Pocares	FULL
72	Bomba Total de Quepos	FULL
88	Plaza de Pocares	INTERMEDIATE
117.3	Bomba La Cruz del Sur	FULL
141.4	Centro Cívico por la Paz Garabito	FULL

ARTICLE 20. FIRST AID

To ensure participants’ safety, the event will have Red Cross ambulances.

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

Official hospitals: Hospital de Quepos and Hospital Monseñor Sanabria.

Ambulances (Costa Rican Red Cross)

COSTA RICAN RED CROSS			
AMBULANCES			
KILOMETER	LOCATION	QUANTITY	POSITION
0	CENTRO CÍVICO POR LA PAZ GARABITO	1	STARTS BEHIND THE LAST CYCLIST
23.8	FERRETERÍA EL PACÍFICO	1	STATIONARY; MOVES WITH THE LAST CYCLIST
53.3	PLAZA DE POCARES	0	
72	BOMBA TOTAL DE QUEPOS	1	STARTS BEHIND THE LAST CYCLIST OF THE RECREATIONAL RACE
72	BOMBA TOTAL DE QUEPOS	1	STATIONARY; DEPARTS WITH THE MEDIO FONDO
88	PLAZA DE POCARES	0	
117.3	BOMBA LA CRUZ DEL SUR	1	STATIONARY; MOVES WITH THE LAST CYCLIST OF THE EVENT
141.4	CENTRO CÍVICO POR LA PAZ GARABITO	1	STATIONARY

ARTICLE 21. TIMING ZONES

Five timing zones are established for the Gran Fondo road race. To be ranked, all cyclists must pass through these timing points; if they are not registered at these points, they will be automatically disqualified.

Timing Zones (sponsored by ChronoTrack)

CHRONOTRACK			
TIMING ZONES			
KILOMETER	STAGE	ACTIVITY	LOCATION
0	START	GRAN FONDO START	CENTRO CÍVICO POR LA PAZ GARABITO
66.4		CONTROL ZONE	BOMBA SERVIAGRO – QUEPOS
72	START	MEDIO FONDO START	BOMBA TOTAL DE QUEPOS
88		CONTROL ZONE	PLAZA DE POCARES
141.4	FINISH	FINAL FINISH, BOTH EVENTS	CENTRO CÍVICO POR LA PAZ GARABITO

ARTICLE 22. SANITARY CABINS

The event will have sanitary cabins (portable toilets) throughout. Given the facilities available at the Centro Cívico por la Paz Garabito, its restrooms will be used at the Gran Fondo start and finish and at the finish of the Medio Fondo and recreational–competitive races.

Sanitary Cabins (provided by Aluma Systems)

ALUMA SYSTEMS		
SANITARY CABINS		
KILOMETER	QUANTITY	LOCATION
0	10	CENTRO CÍVICO POR LA PAZ GARABITO – ON-SITE
23.8	0	FERRETERÍA EL PACÍFICO
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 CÍVICO POR LA PAZ GARABITO – ON-SITE

ARTICLE 23. AWARDS

As this event is part of the UCI Gran Fondo World Series, awards will be administered by the Union Cycliste Internationale. A UCI Gran Fondo World Series Champion jersey will be awarded to the first-place finisher in each category as set out in this technical guide, along with medals for first, second and third place. In addition, UCI medals will be awarded to the top 25% of cyclists in each category, symbolizing their qualification for the Gran Fondo World Championship.

These UCI medals will be handed out at RUGATI Store, Heredia, San Antonio de Belén, across from the train station, Rayma Building, unit #8. Hours: Monday to Friday, 10:00 a.m. to 7:00 p.m., and Saturdays, 10:00 a.m. to 6:00 p.m. They will be available from Wednesday, September 16 through Saturday, September 26, 2026.



ARTICLE 24. PROTOCOL

The top three cyclists in each age category will be awarded, in both the men’s and women’s divisions, as set out in this technical guide.

Award winners must attend the podium awards ceremony and present themselves no later than one hour after their arrival.

It is mandatory to appear in the official event jersey.

The awards ceremony will follow this 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

After all official UCI categories (Gran Fondo and Medio Fondo) are completed, the recreational–competitive race and the electric-assist / hybrid bicycle race will be awarded, recognizing the top three finishers in each category, men and women, as set out in this technical guide.



ARTICLE 25. QUALIFICATION FOR THE GRAN FONDO WORLD CHAMPIONSHIP

During the ceremony, the announcer must emphasize that the top 25% of cyclists in each age group automatically qualifies for the Gran Fondo World Championship.

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

ARTICLE 26. IMAGE RIGHTS AND USE OF AUDIOVISUAL MATERIAL

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

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

This includes, without limitation, the possibility of:

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

The participant waives any economic, financial or moral claim arising from the use of such material, provided it is carried out within the framework of respect, good faith and the proper purposes of the event.

CRC 506 GRAN FONDO COSTA RICA will not use participants’ images in offensive, defamatory contexts or in contexts unrelated to the sporting and organizational nature of the event.

ARTICLE 27. SUSPENSION, NEUTRALIZATION OR MODIFICATION OF THE EVENT

1. General principle

The safety and health of the riders take precedence over any other sporting or organizational interest.

2. Decision-making authority

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

- Temporarily neutralize the race.
- Modify the route or planned distance.
- Definitively suspend the race.

3. Grounds for application

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

- Electrical storms.
- Extreme heat or intense cold.
- Torrential rain.
- Strong winds that compromise riders' stability.
- Air pollution or natural phenomena affecting visibility or breathing.
- Road closure due to emergency or local government needs.
- Earthquakes.
- Pandemics.
- Demonstrations.
- Road blockades.

4. Possible measures

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

5. Official communication

Any decision must be communicated immediately to:

- Participants.
- Local security authorities.
- Accredited media.
- The public and spectators, through the event's official channels.

ARTICLE 28. MANDATORY MEASURES

Disciplinary measures will be strictly applied to participants who:

- Bring, consume or possess alcohol or illicit drugs during the competition.
- Fail to obey the traffic code.
- Fail to follow the safety instructions given by the law-enforcement forces and the organization.
- Litter or degrade the route by discarding waste.
- Use a personal support vehicle, hindering the progress of the other participants.
- Display behaviors that impede the normal running of the race or that breach these regulations.

Disciplinary measures:

- Inclusion on the official list of sanctioned participants, with subsequent publication.
- Ban from participating in future editions of the race.
- Sanctions imposed by the competent authorities, as applicable.

ANNEX 1
TECHNICAL SUMMARY
GRAN FONDO

Date: **September 13, 2026**

Start location: **Centro Cívico por la Paz Garabito, Jacó**

Start time: **6:00:00 a.m.**

Distance: **141.4 km**

Route: **Jacó (Centro Cívico por la Paz Garabito), Esterillos, Parrita, circuit in Quepos, Parrita, Esterillos, Jacó (Centro Cívico por la Paz Garabito).**

Finish location: **Centro Cívico por la Paz Garabito, Jacó**

Controlled start: **From the start, 200 meters from the Centro Cívico por la Paz Garabito to the Delta-Jacó Gas Station**

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**

Launched start time: **06:09:12 a.m.**

Start order

If the event has fewer than 1,000 participants, riders will line up at the start on a first-come, first-served basis, without distinction of category or age.

If the event exceeds 1,000 cyclists, the start will be organized into two groups:

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

CONTROLLED START PLAN



Sector: BOMBA JACÓ ON ROUTE 34, ESTERILLOS, PARRITA – ENTRANCE TO QUEPOS ROUTE 235

Launched start: 06:09:12 a.m.

Kilometers: 61.1 km

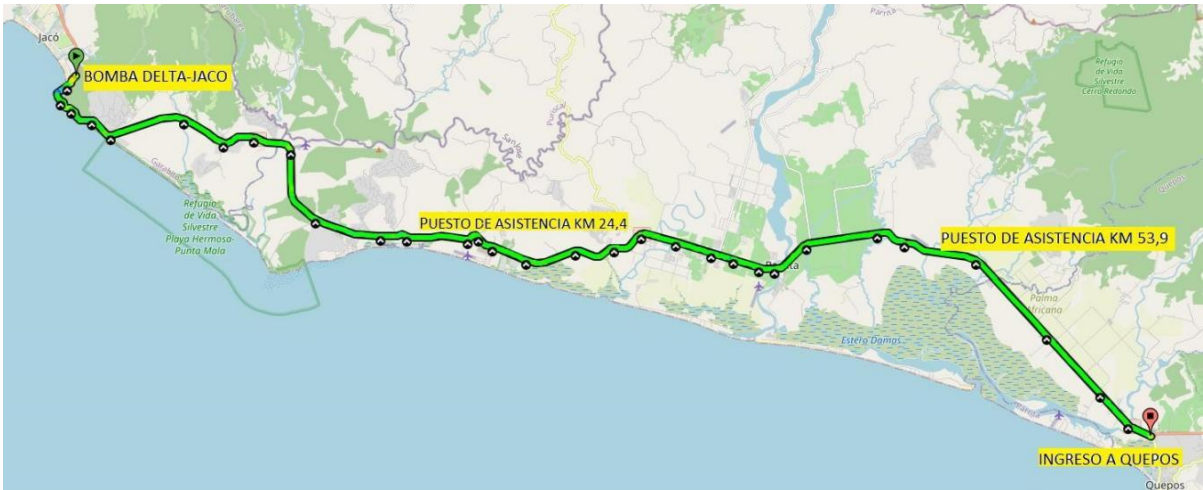
Speed: 48 km/h

Estimated time: 1:16:23

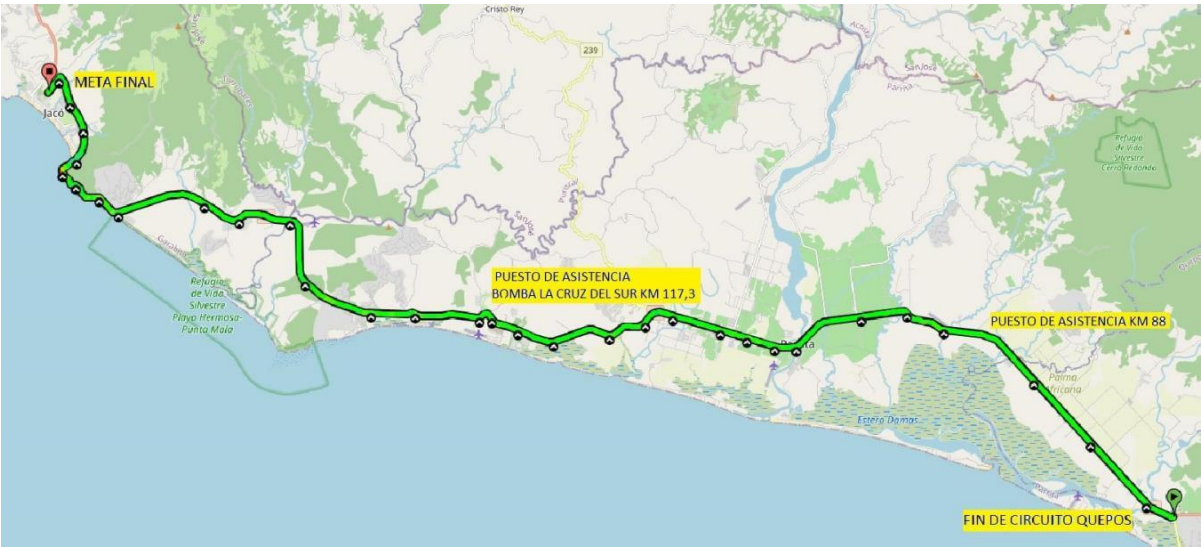
Arrival time: 07:25:35

Aid stations: Ferretería El Pacífico, 24.4 km
Plaza de Pocaes, 53.3 km

ENTRANCE TO QUEPOS PLAN



RETURN TO CENTRO CÍVICO POR LA PAZ GARABITO PLAN



GRAN FONDO ELEVATION PROFILE



GRAN FONDO TIME CHART

GRAN FONDO 2026		
CENTRO CÍVICO POR LA PAZ GARABITO – QUEPOS – CENTRO CÍVICO POR LA PAZ GARABITO		
SEPTEMBER 13, 2026		
JACÓ – PARRITA – QUEPOS – PARRITA – JACÓ		
KM	DESCRIPTION	TIME
START	CENTRO CÍVICO POR LA PAZ GARABITO	6:00:00
0.1	AVENIDA 4 – CALLE ANCHA	6:00:24
0.2	CALLE CAMBOYA – CALLE ANCHA	6:00:48
1.1	JUNCTION – CALLE ANCHA – ROUTE 34 CROSSING	6:02:12
1.5	CALLE TUCÁN & SCHOOL	6:03:00
1.9	COPETY RIVER BRIDGE	6:03:48
2.0	CALLE BAJO TIGRE	6:04:00
2.4	CALLE REMY	6:04:48
2.5	CALLE BOMBEROS & CALLE MARINA	6:05:00
2.6	CALLE TATÚ 1 & 2	6:05:12
3.3	AVENIDA AMAPOLA	6:06:36
3.5	CALLE BARQUERO & 1ST QUEBRADA SECA ENTRANCE	6:07:00
3.6	2ND QUEBRADA SECA ENTRANCE	6:07:12
3.7	3RD QUEBRADA SECA ENTRANCE	6:07:24
4.6	DELTA GAS STATION, JACÓ	6:09:12
9.3	THE BACKYARD HOTEL	6:15:45
14.9	JAGUARIDERS ATV	6:23:34
23.8	FERRETERÍA EL PACÍFICO – AID STATION	6:56:47
26.3	ESTERILLOS BEACH ENTRANCE (SIGN) – STRAIGHT	7:29:59
31.3	RESIDENCIAL MÁLAGA – CALLE BEJUCO	7:36:58
38.7	PLAZA LA PALMA	7:47:18
40.2	CALLE LA CLÍNICA	7:49:23
40.3	CALLE MUNICIPALIDAD DE PARRITA	7:49:32
41.2	CALLE BARRIO LOS ÁNGELES	7:50:47
41.6	CALLE TALLER	7:51:20
43.0	CALLE 26	7:53:18
43.1	CALLE 24	7:53:26
43.2	CALLE 22	7:53:34
43.3	CALLE 20	7:53:43
43.7	AVENIDA CENTRAL	7:54:16
43.9	CALLE 6	7:54:33
44.1	CALLE CENTRAL	7:54:50
44.3	CALLE 5	7:55:06
44.4	PARRITA MARKET	7:55:15
45.1	CALLE 21	7:56:13

GRAN FONDO 2026		
CENTRO CÍVICO POR LA PAZ GARABITO – QUEPOS – CENTRO CÍVICO POR LA PAZ GARABITO		
SEPTEMBER 13, 2026		
JACÓ – PARRITA – QUEPOS – PARRITA – JACÓ		
KM	DESCRIPTION	TIME
46.7	ROUTE 34 / ROUTE 301 JUNCTION	7:58:27
48.3	ROUTE 34 / ROUTE 607 JUNCTION	8:00:41
53.3	PLAZA DE POCARES – AID STATION	8:07:40
58.9	PALMA TICA COMPANY	8:15:29
65.8	QUEPOS ENTRANCE, ROUTE 235	8:25:06
66.4	SERVIAGRO SERVICE STATION	8:25:57
67.7	BRIDGE OVER RÍO LOLO, AVENIDA 13	8:27:04
67.8	ROUTE JUNCTION AVENIDA 13 – CALLE 2	8:27:12
67.9	AVENIDA 13 – CALLE 2 JUNCTION	8:27:20
68.0	AVENIDA 13 – AVENIDA CENTRAL	8:27:29
68.2	AVENIDA 13 – CALLE 7	8:27:45
68.3	TRANSVERSAL 7 – CALLE 7 (OIJ)	8:27:54
68.4	TRANSVERSAL 7 – ROUTE 235	8:28:02
71.6	MARÍA INMACULADA SCHOOL	8:32:30
72.0	BOMBA TOTAL – AID STATION – GRAN FONDO CUTOFF	8:33:04
72.1	ROUTE 235 / ROUTE 34 JUNCTION	8:33:12
76.0	QUEPOS EXIT TOWARD THE SOUTHERN ZONE	8:38:39
76.2	QUEPOS CROSSING	8:38:55
82.4	DAMAS STADIUM	8:47:34
83.2	PALMA TICA COMPANY	8:48:41
88.0	PLAZA DE POCARES – AID STATION	8:13:40
95.5	ROUTE 34 / ROUTE 301 JUNCTION	8:24:08
97.1	CALLE 21	8:26:22
97.8	PARRITA MARKET	8:27:20
97.9	CALLE 5	8:27:29
98.0	CALLE 14	8:27:37
98.3	CALLE 6	8:28:02
98.4	CALLE 8	8:28:11
98.5	AVENIDA CENTRAL	8:28:19
98.9	CALLE 20	8:28:52
99.0	CALLE 22	8:29:01
99.1	CALLE 24	8:29:09
99.2	CALLE 26	8:29:18
99.3	CALLE TALLER	8:29:26
101.0	CALLE BARRIO LOS ÁNGELES	8:31:32
101.9	CALLE MUNICIPALIDAD DE PARRITA	8:32:47

GRAN FONDO 2026		
CENTRO CÍVICO POR LA PAZ GARABITO – QUEPOS – CENTRO CÍVICO POR LA PAZ GARABITO		
SEPTEMBER 13, 2026		
JACÓ – PARRITA – QUEPOS – PARRITA – JACÓ		
KM	DESCRIPTION	TIME
102.1	CALLE LA CLÍNICA	8:33:04
103.5	PLAZA LA PALMA	8:35:01
103.8	ROUTE 239 / ROUTE 34 JUNCTION	8:35:26
110.5	RESIDENCIAL MÁLAGA – CALLE BEJUCO	8:44:47
111.5	ESTERILLOS BEACH ENTRANCE (SIGN)	8:46:11
117.0	BOMBA LA CRUZ DEL SUR – AID STATION	8:53:51
127.2	QUEBRADA AMARILLA SPORTS FIELD	9:08:05
133.2	POCHOTAL SPORTS FIELD	9:16:27
137.2	COPEY RIVER BRIDGE	9:22:02
138.5	3RD QUEBRADA SECA ENTRANCE	9:23:51
138.6	2ND QUEBRADA SECA ENTRANCE	9:23:59
138.7	CALLE BARQUERO & 1ST QUEBRADA SECA ENTRANCE	9:24:08
138.8	AVENIDA AMAPOLA	9:24:16
139.6	CALLE TATÚ 1 & 2	9:25:23
139.7	CALLE BOMBEROS & CALLE MARINA	9:25:32
139.8	CALLE REMY	9:25:40
139.9	CALLE LAPA VERDE	9:25:48
139.9	CALLE BAJO TIGRE	9:25:48
140.3	COPEY RIVER BRIDGE	9:26:22
140.7	CALLE TUCÁN & SCHOOL	9:26:55
141.1	JUNCTION – CALLE ANCHA – ROUTE 34 CROSSING	9:27:29
141.5	CALLE CAMBOYA – CALLE ANCHA	9:28:02
141.5	CENTRO CÍVICO POR LA PAZ GARABITO	9:28:02

ANNEX 2

TECHNICAL SUMMARY

MEDIO FONDO – RECREATIONAL–COMPETITIVE – ELECTRIC-ASSIST

Medio Fondo

Date: **September 13, 2026**

Start time: **7:30:00 a.m.**

Controlled start: **From the start at the Delta Gas Station (Route 34 / Route 235 junction) in La Inmaculada de Quepos to the 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 1,000 participants, riders will line up at the start on a first-come, first-served basis, without distinction of category or age.

Starting Order:

If it exceeds 1,000 cyclists, the start will be divided into two separate groups:

- a women's group
- a men's group.

Recreational–Competitive – Electric-Assist

Date: **September 13, 2026**

Start time: **7:32:00 a.m.**

Controlled start: **From the start at the Delta Gas Station (Route 34 / Route 235 junction) in La Inmaculada de Quepos to the Quepos Municipal Cemetery**

Kilometers: **3.5 km**

Controlled speed: **30 km/h**

Recreational–Competitive categories: **Men and women aged 17 and over**

Hybrid categories: **Men and women aged 19 and over**

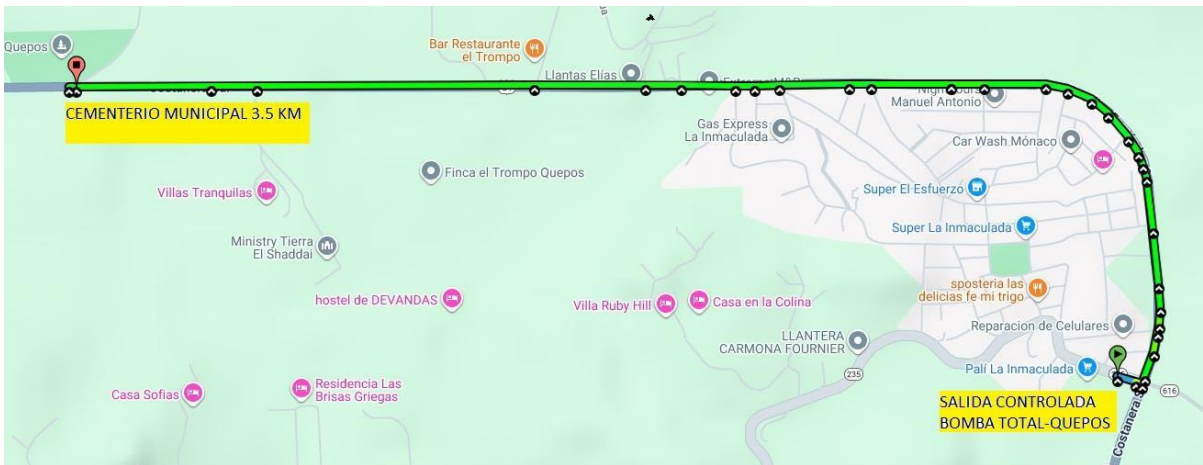
Estimated time: **0:07:12**

Arrival time: **07:39:12 a.m.**

Starting Order:

If the route reaches or exceeds 1,000 cyclists, the whole group will start in a single block, with no internal divisions, together with the electric-assist riders. Granting priority, preferential placement or early access to the start based on results obtained in UCI Gran Fondo World Series qualifying events is strictly prohibited. The organization will guarantee equal conditions for all participants.

DELTA GAS STATION – QUEPOS MUNICIPAL CEMETERY PLAN



Sector: QUEPOS MUNICIPAL CEMETERY – CENTRO CÍVICO POR LA PAZ GARABITO

Launched start: **07:37:12**

Kilometers: **69.8 km**

Speed: **43 km/h**

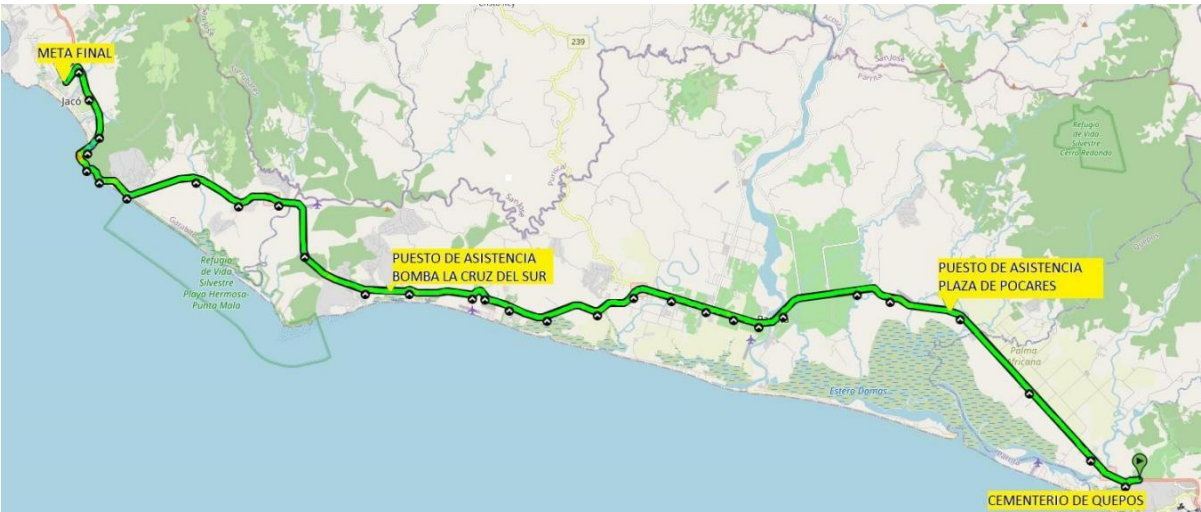
Estimated time: **1:32:31**

Arrival time: **09:10:00 a.m.**

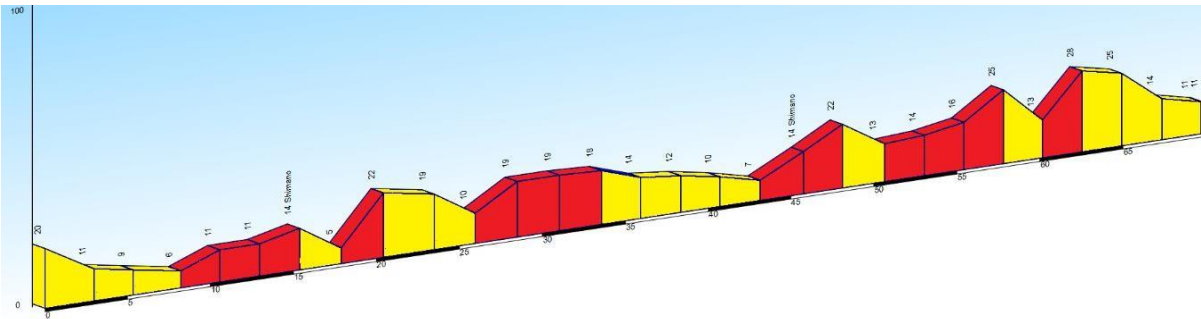
Aid stations: **Plaza de Pocares, 16 km**

Bomba La Cruz del Sur, 44.8 km

QUEPOS CEMETERY – CENTRO CÍVICO POR LA PAZ GARABITO PLAN



ELEVATION PROFILE – MEDIO FONDO / RECREATIONAL–COMPETITIVE / HYBRID



MEDIO FONDO – RECREATIONAL–COMPETITIVE – HYBRID		
BOMBA TOTAL QUEPOS – CENTRO CÍVICO POR LA PAZ GARABITO		
SEPTEMBER 13, 2026		
QUEPOS – PARRITA – JACÓ • 69.8 KM		
KM	DESCRIPTION	TIME
0.0	BOMBA TOTAL – QUEPOS	07:30:00
0.1	ROUTE 235 / ROUTE 34 JUNCTION	7:30:12
3.5	CONTROLLED – QUEPOS MUNICIPAL CEMETERY	7:37:12
4.0	QUEPOS EXIT TOWARD THE SOUTHERN ZONE	7:38:12
4.2	QUEPOS CROSSING	7:38:27
10.4	DAMAS STADIUM	7:46:12
11.2	PALMA TICA COMPANY	7:47:12
16.0	PLAZA POCARES – AID STATION	7:53:12
23.5	ROUTE 34 / ROUTE 301 JUNCTION	9:12:42
25.1	CALLE 2	9:14:42
25.8	PARRITA MARKET	9:15:34
25.9	CALLE 5	9:15:42
26.0	CALLE 14	9:15:50
26.3	CALLE 6	9:16:12
26.4	CALLE 8	9:16:19
26.5	AVENIDA CENTRAL	9:16:27
26.9	CALLE 20	9:16:57
27.0	CALLE 22	9:17:04
27.1	CALLE 24	9:17:12
27.2	CALLE 26	9:17:20
27.3	CALLE TALLER	9:17:27
28.8	CALLE BARRIO LOS ÁNGELES	9:19:20
29.7	CALLE MUNICIPALIDAD DE PARRITA	9:20:27
29.9	CALLE LA CLÍNICA	9:20:42
31.3	PLAZA LA PALMA	9:22:27
31.6	ROUTE 239 / ROUTE 34 JUNCTION	9:22:50
38.3	RESIDENCIAL MÁLAGA – CALLE BEJUCO	9:31:12
39.3	ESTERILLOS BEACH ENTRANCE (SIGN)	9:32:27
44.8	BOMBA LA CRUZ DEL SUR – AID STATION	9:39:20
55.0	QUEBRADA AMARILLA SPORTS FIELD	9:52:05
61.0	POCHOTAL SPORTS FIELD	9:59:35
65.0	COPEY RIVER BRIDGE	10:04:35
66.3	3RD QUEBRADA SECA ENTRANCE	10:06:12
66.4	2ND QUEBRADA SECA ENTRANCE	10:06:20
66.5	CALLE BARQUERO & 1ST QUEBRADA SECA ENTRANCE	10:06:27

MEDIO FONDO – RECREATIONAL–COMPETITIVE – HYBRID		
BOMBA TOTAL QUEPOS – CENTRO CÍVICO POR LA PAZ GARABITO		
SEPTEMBER 13, 2026		
QUEPOS – PARRITA – JACÓ · 69.8 KM		
KM	DESCRIPTION	TIME
66.6	AVENIDA AMAPOLA	10:06:35
67.4	CALLE TATÚ 1 & 2	10:07:35
67.5	CALLE BOMBEROS & CALLE MARINA	10:07:42
67.6	CALLE REMY	10:07:50
67.7	CALLE LAPA VERDE	10:07:58
67.7	CALLE BAJO TIGRE	10:07:58
68.1	COPEY RIVER BRIDGE	10:08:28
68.5	CALLE TUCÁN & SCHOOL	10:08:58
68.9	JUNCTION – CALLE ANCHA – ROUTE 34 CROSSING	10:09:27
69.7	CALLE CAMBOYA – CALLE ANCHA	10:09:57
69.8	CENTRO CÍVICO POR LA PAZ GARABITO	10:09:57