

NEWTON Q50 ULTRA MARATHON COSTA RICA 2010



Date: Sunday May 30th 2010

Place: Aventuras del Sarapiquí, Chilamate de Sarapiquí, Heredia

4 categories:

80km individual

80km relay 2x40km

40km individual

Fun Run 15km individual

More information: 506-8371-3540, 506-2296-1350

Info@ultracostarica.com, info@q50ultras.com

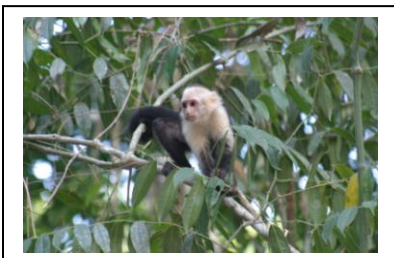
www.q50ultras.com, www.ultracostarica.com



IMPORTANT INFORMATION

Registration: registrations originally were going to close on Saturday May 15th, but we have decided to extend this period until FRIDAY MAY 28TH. Those interested can do it via internet visiting www.q50ultras.com

Weather: Sarapiquí has a tropical climate with a dry and rainy season. The rainy season goes from May to February and the dry, from February to May with occasional rains caused by cold fronts coming from the north.



Average elevation is 187 m.a.s.l (617 feet), and going above the 300 meters (2970 feet). The lowest elevation is around 36 m.a.s.l. (118 feet). The average temperature is between 26 y 28 degrees Celsius, with a relative humidity of 80-90%. Solar radiation is between 3 and 5 hours a day. The vegetation that can be found consist in pastures, recuperation areas, banana, pineapple, and black pepper plantations, as well as tropical forest where one can find a large variety of animals like Howler, Squirrel and White-faced capuchin monkeys, toucans, hawks, poison dart frogs, red eye-tree frogs and others.



UltraCostaRica.com

What should I wear? This is definitely a very personal decision, but we can still recommend a few things. For sure “quick dry” fabrics are the best option. Cotton is not!! Tights are a good option to avoid “chaffing” between the legs, but shorts can be a bit cooler. Footwear should have a good traction; terrain will be mostly dirt and gravel roads, loose rocks, muddy terrain, river crossings (all categories, with exception of Fun Run). A light well ventilated, good ankle support and good traction are things to keep in mind. Socks should have good padding on the toes and heel, perfect will be if they don’t retain a lot of humidity. Don’t come to this race to experiment new things. Bring the things that you have already tried before. Make sure to hydrate yourself very good before, during and after the race, keep in mind that the checkpoints are located every 10-12km. plan your race with enough time. The important thing is to enjoy the race and not suffer all throughout the race!

Lodging: There is no more space at Selva Verde Lodge, race host hotel.

Hotel Ara Ambigua: they have nice room with either fan or a/c. located about 4km (6mi.) away from the race start. Rates are per room per night, they include breakfast. Starting at \$50 per room

Tel: 506-2766-6401 Carol Enríquez.

Cabinas Higuerón: simple double rooms with a/c, King size bed, \$16 per night per room, located 300 meters away from race start.

Tel: 506-2766-7251/506-8324-5003 Alex Selim.

Cabinas Malibu Los Sueños: cabins for 2 or 4 persons with a/c, located 300 meters away from race start. 2 persons \$35 per room per night, 4 persons \$40 per room per night.

Tel: 2766-5010 Carlos Peralta or Nohilen Ballester.

Last, there is camping option. At race start. Aventuras del Sarapiquí warehouse. 24 hours security, clean bathrooms and showers. \$10 per tent per night **Tel: 506-2766-6768 con Johana Arguello, Pongo Baker o Miguel Andrade**



Transport: the organization will have a limited space transport departing San Jose, Saturday May 29th at 9:00am, and returning to San Jose on Monday May 31st at 7:00am. \$15 per person both ways.

More information tel: 506-8371-3540 with Gerhard Linner

