

5K FAMILY RUN PROPAGAS

PROGRAM 5K Family Run Propagas

Sunday March 5th – 5K Family Run Propagas

4:00 AM: Arrival time limit of 100km del Caribe Non Stop by Propagas athletes.

7:00 to 9:30 AM: Handling 5K Family Run Propagas Bib Numbers in the Hotel Altocerro camping area.

9:00 a 11:30 AM: Warm up with Zumba and music.

10:30 AM: Start 5K Family Run Propagas - camping area Hotel Altocerro.

11:30 AM: 100km del Caribe Non Stop by Propagas and 5K Family Run Propagas Awards with music and DJ.

PROGRAMMA
5K Family Run Propagas

Domenica 5 Marzo – 5K Family Run Propagas

4:00 AM: limite di tempo arrivo 100km del Caribe Non Stop by Propagas.

Dalle 7:00 alle 9:30 AM: consegna pettorali 5K Family Run Propagas nella zona di campeggio dell'Hotel Altocerro.

Dalle 9:00 alle 10:30 AM: riscaldamento con Zumba e animazione.

10:30 AM: Partenza 5K Family Run Propagas area campeggio dell'Hotel Altocerro.

11:30 AM: Premiazioni 100km del Caribe Non Stop by Propagas e 5K Family Run Propagas con musica e DJ .