

Youths United

YOUTHS UNITED PRESENTS:
LAS TRES ISLAS



EVENT PROFILE

Las Tres Islas 2008 (The 3 Island Challenge) is one of the best established and most innovative sports endurance events held annually in the Canary Islands. Now in its 5th year, the event will take place on **Saturday May 31st 2008**. The date is a double celebration as it is also 'Dia de Canarias', a special Bank holiday in the Canaries.

This new form of "quadrathlon" – adapts the traditional form of triathlon to a more extreme, exciting event specifically tailored to suit the Canary Islands' natural conditions.

Starting from the shores of La Graciosa island, moving on to travel the length of Lanzarote and finishing in Corralejo (Fuerteventura), **Las Tres Islas 2008** offers the competitor a superb challenge - crossing 3 islands in one day – using nothing more than their own physical power.

S W I M ► *C L I M B* ► *C Y C L E* ► *S A I L*

Consisting of a 2km swim, 2 km steep cliff climb, 72km cycle and finally a 10km sail or kayak, the event's unique format allows competitors to enter as:

- **Solo**; completing all 4 stages solo i.e. not sharing a tandem bike and not sharing a craft on the last stage, the sea crossing
- **Individuals**; completing all four stages, the bike stage can be completed on a tandem and the last stage can be completed on shared crafts for example sailing dinghy, yachts or a two man kayak
- **Team**; of 2, 3 or 4 people competing relay-style (or 5 people if more than 1 person is needed for the last stage, the sea crossing to Fuerteventura).

This format gives everybody a chance to enter - seasoned multi-sports athletes compete alongside corporate teams and groups or individuals who have set themselves the goal of doing their best in one or more of the disciplines. There are a number of ways that teams and individuals can enter, either privately or as Sponsored athletes or corporate teams. Contact our office for details.

Entrance places are strictly limited for **Las Tres Islas 2008**, and we recommend you apply for an entry form and return it as soon as possible. With the entry form we will provide a set of Event Terms & Conditions (which you agree to abide by on payment of your entry fee) and a charity sponsor form if you would like to raise money for a charity of your choice.

Las Tres Islas is part of a portfolio of sporting and charity events organised and run by Youths United. Please visit our web-site to find out about who we are and what we do - www.youthsunited.com

Please contact our office for more information about **Las Tres Islas 2008**, and for dates and details of pre-race meetings

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EVENT ITINERARY

Stage 1

2km Swim

On the morning of 31st May 2008, competitors will assemble in the harbour of La Graciosa to start the swim to the Playa del Risco beach at the bottom of Mirador del Rio cliffs, some 2km east. Support boats and safety crews will be on stand-by to direct swimmers and offer aid.

On arrival at the beach, competitors will be directed to their pre-deposited kit bags, to dry off and put on shoes and dry clothes for the next stage of the event. Teams competing in relay-style will pass on to their next team member. From here, competitors will make their way towards the foot of the cliff path and the starting point of stage 2:

Stage 2

2km Cliff climb

The well-trodden path up the cliff is some 2km in length, and 650m in height from top to bottom. Cliff spotters and helpers will be located at key points along the path, directing competitors and providing valuable water-stops.

On arrival at the top of the cliff path, competitors will be directed towards the nearby bicycle station, where relay-teams will pass on to their next team member before setting off on stage 3:



Stage 3

72km Bicycle ride



Starting from the road near to the top of the cliff path (about 2km from Mirador del Rio), the cyclists will set off south towards their ultimate destination, Playa Blanca. The route takes the competitors through some of the most stunning parts of Lanzarote. Dropping down past Guinate and into Maguez, the cyclists' battle up some small hills before arriving in Haría, and start the steady road climb up "Curvas del Malpaso" towards the "Mirador del Haría" restaurant. From there they will continue along the long sweeping road downhill towards Tegüise, and then up towards "Monumento al Campesino" – the geographical centre of Lanzarote - in San Bartolomé. Passing along the recently re-surfaced roads of La Geria and onto the island's beautiful wine-growing regions of El Grifo, the cyclists will then turn left up and over the hill into La Asomada, and then onto Yaiza. From here they continue along the last part of the cycle along the quiet old main road towards Playa Blanca. Arriving in Playa Blanca, cyclists head towards the beach, and the start of stage 4.

Water stops and roadside teams will be positioned along the entire cycle route to provide competitors with refreshment and shade if needed. Direction signs will also be clearly in place to ensure all cyclists complete the same route without complication or confusion.

Stage 4

10km Watercraft crossing

The cut-off time to finish the cycle will be 45 mins before the start of the sail, allowing the slowest competitors a chance to relax and prepare for the final stage of the event. This stage takes the competitors across the short stretch of Atlantic Ocean between Lanzarote and Fuerteventura, some 10km south of Playa Blanca. Everybody will set off together, in the watercraft of their choosing – windsurfer, Hobie Catamaran, kitesurf - anything without a motor! **Once all competitors and safety crew are safely moored-up in Corralejo, Las Tres Islas 2008 party begins....!!!**



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EVENT INFORMATION - What you will need to provide

- [Night before the Las Tres Islas](#)

All individual competitors and team members competing in stages 1 and 2 will have to catch the 5pm ferry from Orzola to La Graciosa on Friday 30.05.08 (6.50€ each way – some people will only be going one way!), or use our special early morning ferry at 7am on the day of the event. Competitors will be responsible for their accommodation in La Graciosa. Youths United have arranged a limited amount of discounted accommodation on La Graciosa– please contact our office for details.

- [Personal equipment for the event](#)

Stage 1: Swim Competitors will need **swimming gear and goggles** for the swim. Youths United will provide official Tres Islas swimming caps. Wetsuits may be worn, but equipment such as flippers or buoyancy aids will not be permitted.

Stage 2: Cliff Climb Competitors will need good quality walking shoes / trainers, a towel, a dry change of clothes and sun cream. Youths United will provide a brightly-coloured rash vest that must be worn to make you easily identifiable from the cliff top. We will provide water and first aid equipment.

Stage 3: Cycle Competitors will need to have a **bicycle in good working order, and personal refreshments. A cycle helmet and puncture-repair kit, and sun cream** are also essential. You may want to provide your own cycling shoes. There will be water stops along the route, but these should not be relied upon as your only form of refreshment.

Stage 4: Sail Competitors will need to have prepared their **watercraft**, and arranged your plans for setting-up with the race manager prior to the day of the event. **Wetsuit, lifejacket or buoyancy aid and sun cream** are also essential

IMPORTANT. This year we are asking competitors or teams to provide their own support boats for the final crossing to Fuerteventura if possible. If you have difficulties with this please contact our office.

Youths United will provide kit-bags before the day of the event to deposit personal equipment, which will then be left at the stations at the start of each stage ready for collection on arrival. We will provide more information about equipment delivery and collection in competitor meetings closer to the date of the event.

- [Night of the Las Tres Islas, and return journey to Lanzarote \(if applicable\)](#)

There will be a prize-giving celebration in Corralejo, Fuerteventura on the night of the event, Saturday 31 May for competitors and sponsors of Las Tres Islas 2008. A meal, ferry tickets and accommodation are included for competitors, YU team, media and sponsors only. All competitors will have to book their accommodation and ferry ticket with the Youths United office prior to the event. Please contact the office for hotel rates and price of the evening meal if you have guests that wish to accompany you (we have very limited places this year).

- [Insurance](#)

We will provide first aiders and support for the whole event but competitors will need to acquire their own **personal insurance** for themselves and their personal equipment. Please refer to the terms and conditions of the event (attached to the entry form), for more details.

LAS TRES ISLAS 2008: lastresislas.com Tel: (0034) 928 59 23 29 Email: info@youthsunited.com
