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Las Tres Islas 2008 – 5th Year Mega Event

Las Tres Islas the most innovative sports endurance events held annually in the Canary Islands has reached its milestone 5th year. The 2008 Mega event will take place on Saturday May 31st - a double celebration as it is also `Dia de Canarias`, a special Bank holiday in the Canaries.

Organiser Tila Braddock is currently in communication with the Tourism Department for the Canarian Government and the island authorities in Lanzarote and Fuerteventura to ensure that this hugely popular event receives the support required to help retain its position as one of the most televised and media covered sports gatherings in the Canaries.

Tila stated “ I’m really looking forward to meeting Rita Martin the new Councillor for Tourism in the Canaries Government, she seems to have the vision and drive to start making things happen to bring quality tourism back here. Through our events we have 5 years of film footage and stills photography showing just how stunning these islands are, absolutely perfect for sports, eco, rural and corporate tourism.

Las Tres Islas has massive potential as a tool for helping to promote both individual islands and the Canaries as a whole and we look forward to working with the authorities to show the Canaries in the best possible light as a sports Mecca with fantastic weather and a unique beauty. Las Tres Islas 2008 will have more top athletes, more high profile celebrities, more international TV coverage and the best party ever to round things off on the beach in Fuerteventura”

General Profile

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.

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 in a variety of ways (solo, individual, team, corporate or family) Anybody with a decent level of fitness can enter - seasoned multi-sports athletes compete alongside corporate teams and groups, families and individuals who have set themselves the goal of doing their best in one or more of the disciplines.

Youths United

Entrance places are strictly limited for Las Tres Islas 2008, and there is high interest already from teams and individual athletes from the Canaries, the UK and mainland Spain. Please contact the office for entry forms, details of entry fees and all general enquiries



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

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 *Bicycle ride*

72km

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 Teguiise, 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
crossing**

10km Watercraft

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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