



ICPC 5K Run / Walk

What to know

Monday 22, 2023

To make the most out of the venue and support physical activity and wellness, the ICPC will organize a 5K Race during its 8th Edition. Because the trail and weather make up a delightful journey, we want everyone to enjoy it, so two participation modes are available: a race (5K) and a walk (4K). You can participate in whichever you feel more comfortable with.

Important Considerations

- An official ID is required for insurance coverage. Bring your ID to the conference registration.
- Whether you run or walk, you'll receive a shirt and a number to wear.
- Bring your changing clothes to the conference on Monday.
- If you stay at the Westin Hotel, you can change in your room. If you are not staying at the hotel, you can change clothes in the hotel's restrooms or the gym changing rooms.
- Safekeeping spaces for your belongings will be available at the hotel at the concierge and also at the start/finish line.
- Please be punctual. Timeliness is essential for the success and everyone's enjoyment of the activity.



Meeting point: Westin Hotel Hall @17:40 to leave for the start line. The walk starts at 18:00. A local guide will join us to provide interesting facts about the city found along the way. Route map in the next page.



Meeting point: Westin Hotel Hall @17:50 to leave for the start line. The race starts at 18:30. A local guide will provide a quick overview of attractions along the trail before the start of the run. There will be a clock at the beginning if you wish to record your time. Each Km will be marked along the way.

! Please stay within the running trail and avoid crossing over the cycling lane.

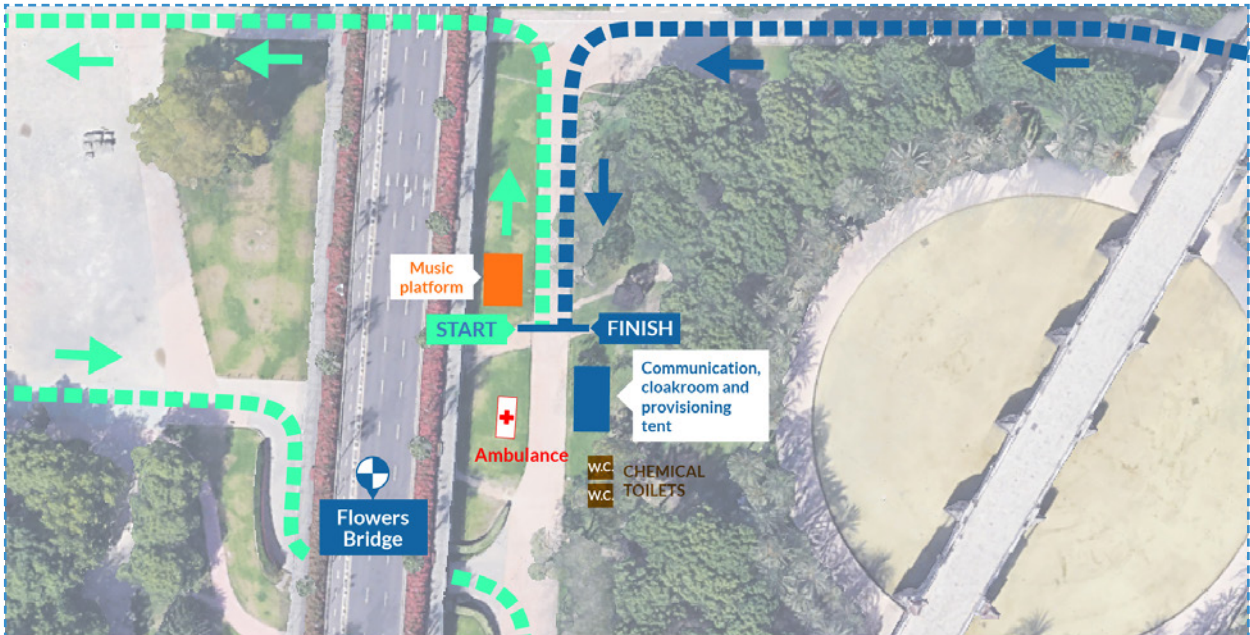
The End of the Race

- At the end of our race, you will enjoy some delicious Fartons and refreshing Horchata. These pastries and beverage are Valencia's most traditional snacks.
- Other beverages will also be available.

See you at the finish line!



Start / Finish Line



5K Run



4K Walk

