

**Nearly 11,000 numbers sold out thanks to you!!**



25th anniversary of Race

28 hares from Funrunners and La Sansi

Fast 10km route approved by the FCA that will pass through emblematic places in the city  
Long-sleeved Luanvi technical shirt, with two stars for the two world records we have in the 5 km race.

Cloakroom 100 meters from the departure/arrival at Grèvol school.

Route marked every 500 meters.

Triple score in the league @xipgroc

The best athletes in the world will participate in the 5km race that will reach the finish line at 4.13pm

Gift bag that we will deliver to you with the number

**VERY IMPORTANT**

The shirt, number and chip will be collected:

place

ESCOLA GRÈVOL S.C.C.L - C. DE PROVENÇALS, 9, 08019 BARCELONA

100 meters from the finish line.

Timetable

Days 29 and 30, morning shift from 11.00 to 15.00 h, and afternoon shift from 15.00 to 19.00 h.

Day 31, morning shift from 10.00 a.m. to 12.00 p.m. (only for participants from outside Barcelona)

The chosen day and time slot must be strictly respected.

If an athlete cannot pick up his number and chip within the chosen time slot, another person can pick them up with the proof of registration and ID (or photocopy), always respecting the time slot chosen when making the registration

No shirt changes will be made under any circumstances. But you will have an athlete meeting tent where you can change the size between you.

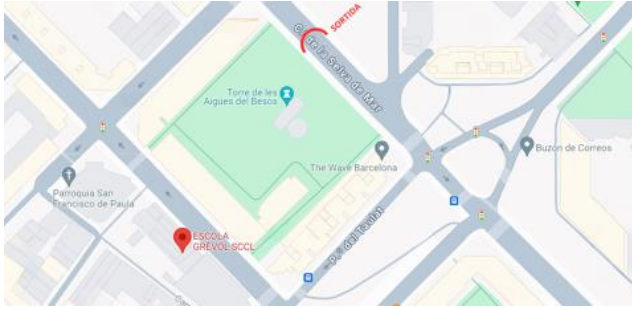


**What do you need to enter?**

**To access and facilitate organizational tasks, you must bring the following:**

**Registration slip (can be presented by showing it from the mobile phone).  
IDENTITY CARD.**

## Locations



## BEFORE YOU LEAVE

I need:

- DORSAL (identifies and its color indicates the positioning in the output drawers)
- XIP (if it is rented, it must be returned when you reach the finish line).
- APPROPRIATE SHOES AND CLOTHING (The Luanvi t-shirt of the race is recommended).
- BAG OR BACKPACK (if you want to use the cloakroom service).

## I MOVE TO THE RACE

VERY IMPORTANT at 3.30pm the course will close, for the international 5 km race that will start at 4.00pm for men and 4.25pm for women, with some of the best athletes in the world.

The use of public transport is recommended. It is convenient to arrive at the race with enough time to be able to orientate yourself in space and to be able to warm up and stretch beforehand.

## HOW TO GET THERE AND PARKING

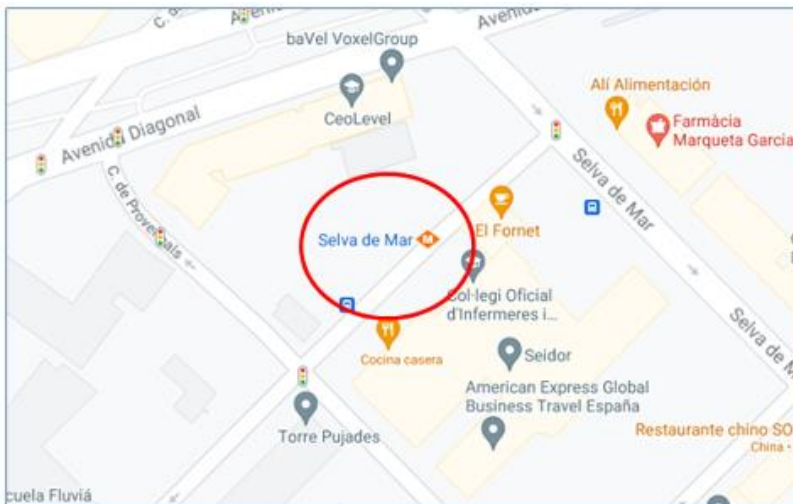
### MOBILITY PLAN

The organization of the race will use electric vehicles in order to reduce the environmental impact of the event.

With the same intention, we recommend access to the race using public transport or zero-emission vehicles. Likewise, it should be borne in mind that the car parks located above the Nova mar Bella and Llevant beaches are unused and private vehicles are not allowed to access these spaces. Therefore, if someone is planning to travel to the race, with a private vehicle, they will have to anticipate the difficulty of parking the vehicle in the city. Another option is the shopping center 500 meters from the exit.

Underground collective transport:

- Selva de Mar Metro stop (Line 4 – yellow).



Collective surface transport:

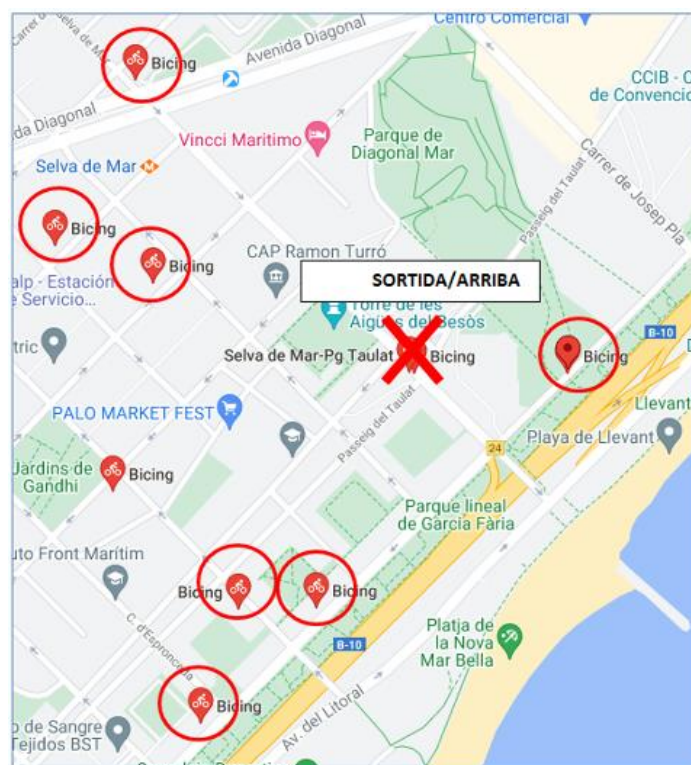
- Tram Besòs Selva de Mar stop.



- Línia 7 de BUS (Fòrum – Zona Universitària).



- BICING. Les parades més properes a la zona de sortida i arribada i al guarda-roba queden reflectides en el gràfic següent:



\*Queda inhabilitada la parada situada en plena zona de sortida.

Accessibilitat:

**Autobusos:** V 31, V 29 H 16

**Metro:** Línia 4 (Selva de Mar)

**TRAM:** T 4 Ciutadella-Vila Olímpica-Estació de sant Adrià (Parada Selva de Mar)

## ACCESS TO THE RACE AREAS

Access to the departure area is based on the assigned drawer and which corresponds to the color of the bib. Participation with scooters or other items of personal mobility is not permitted.

To access the drawer you will need:

- Arrive within the schedule and with enough time to access the corresponding drawer Prove, with the number or wristband, that the corresponding drawer belongs to you.

## DEPARTURE TIMES

Departure of athletes in the wheelchair category: 5:14 p.m

First departure (gold, yellow, green and blue bib): 5.15pm

Second departure (black bib): 5.21pm

Third departure (white bib): 17:28h

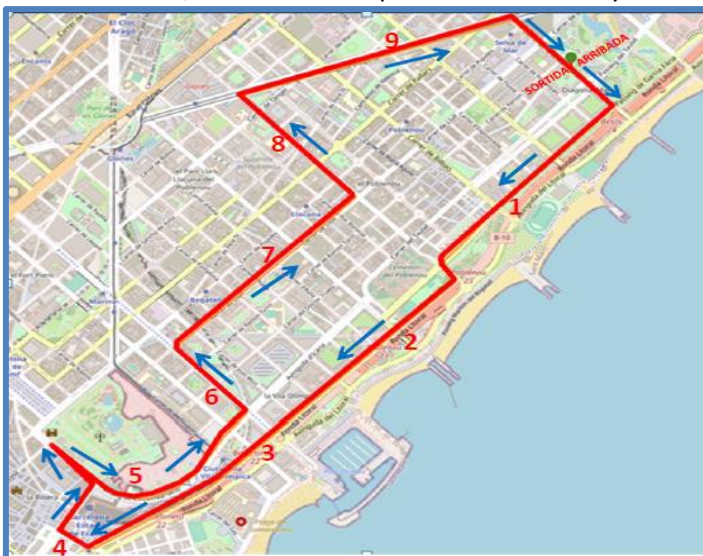
You have a limit of 1 hour 25 minutes.

RACE: SERVICES AND CIRCUIT

### SERVICES:

- WC: with queuing signs.
- GUARDA-ROBA: located at the GRÈVOL S.C.C.L. SCHOOL Carrer de Provençals, 9, Barcelona 100 meters from the exit/finish
- The wardrobe hours will be from 15:30 to 19:15.
- Any item must be delivered in a bag or backpack
- RED CROSS health services
- Liquid refreshments, with a glass of compostable water, between km 5 and km 6.
- Final refreshment after the finish line with hydration (compostable glass of water + Aquarius + almond banana).

The race circuit, with kilometer points marked every 500 meters, is as follows:



### Free train with this voucher



**Els participants inscrits a La Cursa dels Nassos podran obtenir un bitllet senzill gratuït d'anada i tornada des de qualsevol estació de servei de rodalia Barcelona, diumenge 31 de desembre, anada fins les 17.00h i tornada a qualsevol hora del dia.**

**Bescanvia gratuïtament aquest val imprés (IMPRESINDIBLE VAL FÍSIC, NO VÀLID VIRTUALMENT), per un bitllet d'anada i tornada fins a Barcelona a qualsevol estació del servei de rodalia de Barcelona amb venda a taquilles.**

**Aquest val és personal per a cada participant.**

**NOM:**

**DNI:**



Rhythms of the hares of Funrunners and La Sansi

28:25; 32:30; 35:00; 37:00; 40:00; 42:00; 45:00; 48:00; 50:00; 52:00; 55:00; 60:00; 65:00; 70:00 and end of race. Practically all repeated in different drawers.

The Cursa dels Nasos 2023 5K exclusive for International athletes can be followed live through the websites: [www.barcelona.cat/esports](http://www.barcelona.cat/esports) and [www.cursadenassos.barcelona](http://www.cursadenassos.barcelona) or live, departure from Arquitecte Serc at 4.00pm and arrival at Carrer Selva de Mar at 16.13h the men and arrival of the Women's Race at 16.39h will be worth trying for the world and European record, with world-class athletes.

The cloakroom will be located just 100 meters from the start/finish at Escola Grevol at Carrer Provençals, 8

The start of the Cursa dels Nassos is designed by drawers based on your best accredited mark in 10 kilometers in the approved races of @xipgroc in the last two years.

Each drawer will be identified with a color, only runners who have the bib or wristband of the distinctive color of each drawer will be able to access it.

If you do not have an accredited mark in an official race, you will start at the 3rd exit from the white drawer (the last drawer).



At the bib delivery you can credit a mark in an official approved race and we will give you a colored wristband to leave the corresponding drawer.



Good luck to all!