

## *Environmental Guide*

Dear participants and spectators,

Since the beginning of Club La Santa (1978), its founder Ejlif Krogager wanted to build something new in perfect harmony with the landscapes on the island of Lanzarote. His respect and admiration for environment, found in each of the sports projects that have been promoted by Club La Santa, have fostered the responsible practice of sports in close contact with nature.

All Club La Santa sports events are designed with the utmost respect towards the environment, making them compatible with the conservation of the spaces in which they take place, taking all the necessary preventive measures to make them viable, giving the possibility of experiencing unique landscapes to the participants. The Volcano Triathlon has been designed with the aim of offering to all participants the best courses in harmony with the environment.

Our participants have the privilege of racing in such an amazing natural environment; we therefore would like to give several environmental tips and rules, in order to protect the special habitats where you will pass by, as well as the natural resources of the island of Lanzarote.

Thank you for your collaboration.

The IRONMAN Lanzarote Organization team.

## GUIDE TO GOOD ENVIRONMENTAL PRACTICES

Below is a guide to good environmental practices according to the location of the race. The intention of this guide is to **contribute to the conservation of the protected areas**, in addition to informing the organizers, participants, spectators, etc. about the importance of the protected areas as essential places for our health and quality of life, among others.

Sharing this guide will help:

- **Minimize the possible impact on natural and cultural resources** of the protected spaces where the race is held, enhancing the event's participants and organizers environmental awareness.
- **Have a positive impact on the sustainable development** of local populations of these territories.

## COMMITMENT TO GOOD BEHAVIOR AND ENVIRONMENTAL GUIDE IRONMAN LANZAROTE 2024

Club La Santa and the different municipalities where the race takes place (Tías, Yaiza, Tinajo, San Bartolomé, Teguisse, and Haría) make a special effort to organize this race and showcase to the participants some of the most beautiful areas of Lanzarote, which was declared a Biosphere Reserve by UNESCO in 1993.

Therefore, **it is necessary to follow the environment regulations** during the race. In order to ensure future editions, it is necessary you are aware that **the race courses will be part of natural, fragile systems** or elements of special ecological interest.

## PARTICIPANTS

I am aware that **my participation in the Club La Santa IRONMAN Lanzarote** commits me to respect as much as possible the race courses which are part of an environmentally sensitive area. For all these reasons I will respect and keep in mind the following requirements:

- **I will inform my friends or family members** who accompany me to enjoy the event to do so while respecting the established rules and the advice of the organizers.
- **I won't deviate from the established and marked routes** by the organization under any circumstances. Within the Timanfaya National Park, I must strictly adhere to the designated pathways.
- **I promise NOT to throw any rubbish or waste material** included gels or other containers throughout the whole event. If I must throw anything away, I will do it at the aid stations or hand it to a volunteer. Not following this rule can lead in disqualification.
- During my race **I will avoid making noise**, shouting, or using any sound equipment.
- **I will only use the toilets** available at the transition and on the bike and run course.
- **Under no circumstances will I leave marks, signs or drawings** on the stones or other natural elements present on the course.



## SPECTATORS, VOLUNTEERS & ORGANIZERS

- Only **cheering athletes with banners is allowed**. Under no circumstances should you leave marks, signs, or drawings on the rocks or other natural elements along the course.
- During the race, **avoid making noise, shouting, or using any sound-producing devices** that could disturb the local wildlife.
- **Do not litter**: dispose of waste in the designated trash bins at the aid stations or near the transition area.
- **Share transportation** with your friends/colleagues to reach the competition venues. This will help reduce traffic congestion, which is already restricted due to the event on the island and contribute to limiting vehicle emissions on this day.
- **Access to the section of LZ-67 road from the Yaiza roundabout to Mancha Blanca will not be permitted for the public**. Therefore, please note that visiting the Ruta de los Volcanes, Echadero de Camellos, Mancha Blanca Visitor and Interpretation Center, and the guided Tremesana route between 07:30 and 14:00 will not be possible due to the cycling course of the sports event.

