

## ***Environmental Guide***

Dear participants and spectators,

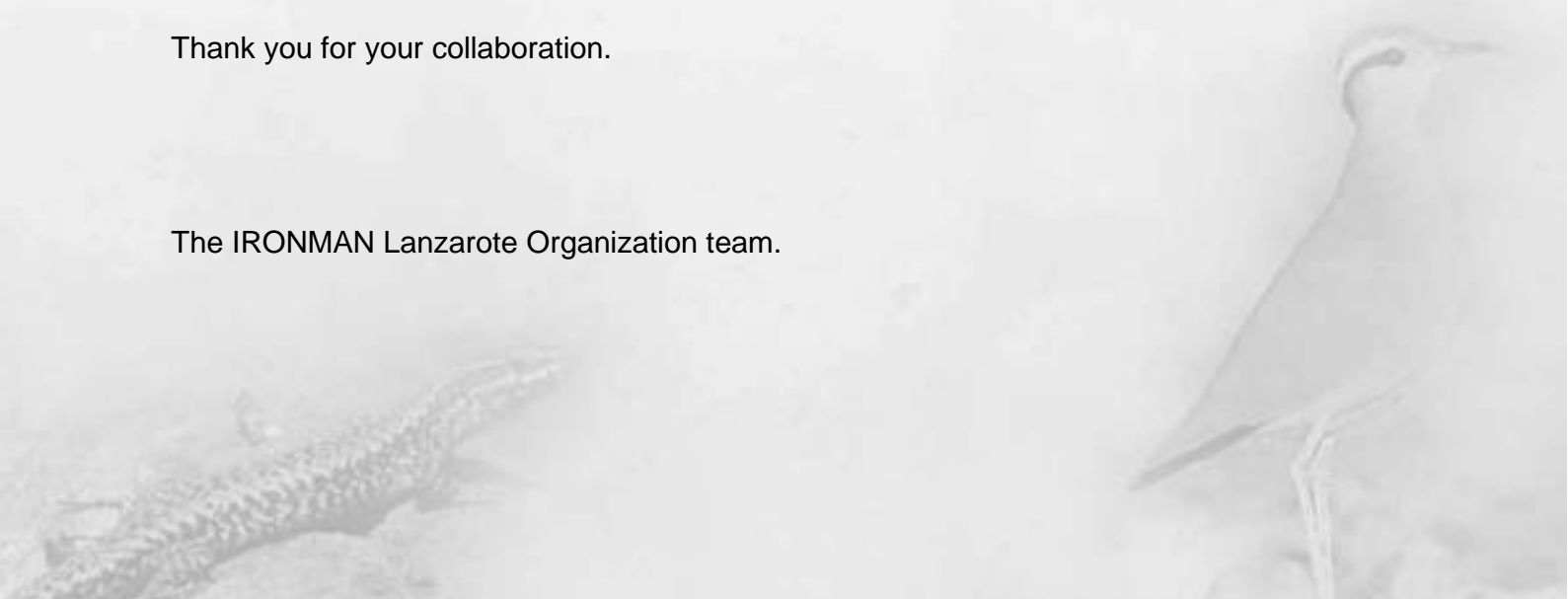
Since the beginning of Club La Santa (1978), its founder Ejlif Krogager wanted to build something new in perfect harmony with the landscapes on the island of Lanzarote. His respect and admiration for environment, found in each of the sports projects that have been promoted by Club La Santa, have fostered 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 2023**

Club La Santa and the different municipalities (Tinajo, Tegui, San Bartolomé, Yaiza, Haría and Tías) make a special effort to organize this race and show the participants several beautiful areas of the island.

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, respecting the established rules and the organization's advice.
- The section of the LZ-67 that runs from the Yaiza roundabout to Mancha Blanca will not be accessible to the public. Therefore, we inform you that it will not be possible to access and visit the Volcanoes Route, the Echadero de Camellos, the Mancha Blanca Visitor and Interpretation Centre and the Tremesana guided route during the hours between 07:30 and 13:00, due to the cycling route of the sporting event. I will not leave the routes established and marked by the organization under any circumstances.
- 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. Not following this rule can lead in disqualification.
- During my race I will avoid making noise, shouting, or using any sound equipment.
- You must use the toilets available at the transition and on the bike and run course.
- Under no circumstances may you leave marks, signs or drawings on the stones or other natural elements present on the course.

## **SPECTATORS, VOLUNTEERS & ORGANIZERS**

- Cheering is only allowed with banners (please avoid any graffiti as this is prohibited and subject to fines).
- Do not litter: dispose of rubbish in the litter bins at the aid stations or near the transition area.
- Share transport with your friends/colleagues to get to the race venues. You will avoid congesting the traffic already restricted by the competition on the Island and you will contribute to limiting vehicle emissions on this day.
- The road section of the LZ-67 that runs from the Yaiza roundabout to Mancha Blanca will not be accessible to the public. Therefore, we inform you that it will not be possible to access and visit the Volcanoes Route, the Echadero de Camellos, the Mancha Blanca Visitor and Interpretation Centre and the Tremesana guided route during the hours between 07:30 and 14:00, due to the bike section of the sporting event.