

**DIRECCION PROVINCIAL DE DEPORTES**

**COMISION PROVINCIAL DE CICLISMO**

**LAS TUNAS 2019**

**1era COPA COLIN HEARTH EN MEMORIAN DE CICLISMO DE RUTA OPEN**

**FECHA DEL EVENTO DEL 10 AL 13 DE ABRIL 2019**

**PROGRAMA DEL EVENTO**

No	FECHAS	ACTIVIDADES	HORA	LUGAR	
1	10-4-19	LLEGADA A LA EIDE	TODO EL DIA	EIDE	
2		CONGRESILLO TECNICO	6.00PM	EIDE	
3	11-4-19	PROLOGO DE 10 KMS	9.00AM	HOTEL LAS TUNAS	
4		PREMIACION	11.00AM	HOTEL LAS TUNAS	
5	12-4-19	RUTA DE 50 KMS	9.00AM	IDA A P.PADRE	
6		PREMIACION	11.30 AM	P.PADRE	
7	13-4-19	CRITERIUN 20 KMS	5.00 PM	EN FAMILIA	
8		PREMIACIONES	7.00 PM	INDER PROV.	

**First Colin Hearth Memorial Cup Open Race April 10-13 2019**

Date	Activity	Time	Location
April 10	Arrival at the Eide (a school in LT)	All day	Eide
	Technical Meeting	6:00pm	Eide
April 11	Prolog 10km	9:00am	Hotel Las Tunas
	Awards	11:00am	Hotel Las Tunas
April 12	50km Road Race	9:00am	Las Tunas to Puerto Padre (return by bike or bus provided)
	Awards	11:30am	Puerto Padre
April 13	Criterium (20km)	5:00pm	Downtown
	Awards	7:00pm	Provincial Sports Centre
	City Party (dancing, music food)	7-12pm	Downtown Las Tunas

Transportation: Arrangements can be made to transport overseas riders from Frank País Airport (Holguín) at modest cost

Accommodation: Riders from outside Cuba have the option of staying at Hotel Las Tunas (recommended) or the Cadillac Hotel (see booking links) or Casas Particulares (equivalent B&B but breakfast optional) can be arranged.

Registration: Fee for all three events FREE Register at Technical Meeting

Contact: following to arrange airport pick up, accomodation, registration for event

Martin Reid (in Canada) [reid.wm@gmail.com](mailto:reid.wm@gmail.com) 905-577-9922

Airelis Oliva Gomez (in Cuba) [airelis@nauta.cu](mailto:airelis@nauta.cu) phone 011-53-58-004365

Mañuel Diaz Salgado Organizer (en Español) [diazsalgado.1976@gmail.com](mailto:diazsalgado.1976@gmail.com) ph 011-53-53781632

Your Information (phone in or email to Martin Reid who will convey to Organizer in Las Tunas

First Name:	Last Name:
Address:	City, Prov, PC:
Cell Phone:	
Race Category:	
For Holguin airport Pick up – Airline,Flight Code & Date/arrival time:	
Book Hotel Las Tunas (near Plaza de la Revolución)	<a href="https://ca.hotels.com/ho620545/las-tunas-las-tunas-cuba">https://ca.hotels.com/ho620545/las-tunas-las-tunas-cuba</a> C\$85 a night est meals extra
Book Cadillac Hotel (downtown)	<a href="https://ca.hotels.com/ho620571/cadillac-las-tunas-cuba/">https://ca.hotels.com/ho620571/cadillac-las-tunas-cuba/</a> \$125 a night est meals extra
Casa Particular (private home)	<a href="mailto:airelis@nauta.cu">airelis@nauta.cu</a> can arrange typically C\$35 a night equivalent) meals extra ie \$7 breky \$13 dinner

Bring: Your UCI race license for registration

Courtesy Bicylebreeze.net

Either bring Canadian money, Euros or Sterling. Make sure you have NEW bills. From past years' experience, Cuban banks won't take it if it's ripped, torn, defaced , written on, or has any type of ink stamp on it. The bills can be folded but that's about it !!!! Exchange for Cuban money at Airport cadeca

Medical Insurance

Bug repellent.

Sun block. (you can buy in Cuba but its generally cheaper at home)

Imodium and Florastor Probiotics are good for upset tummies.

Camera. **Do not forget the charger**

Energy bars, gels and electrolyte powder for your ride water, are all a great idea. These are not available in Cuba

Money & Passport. **Make sure passport will not expire while in Cuba.** Bring a photo copy of passport just in case you lose said document

A small backpack and walking shoes.

Suggestion: After the race book a week at one of the hotels on the beautiful beaches in [Covarrubias](#) (75km) or Guardalavaca (137km). Private taxi can be arranged.