



THE TRAKA

FEED ZONES & SUPPORTERS

MAY 2024

FEED ZONE & ASSISTANCE

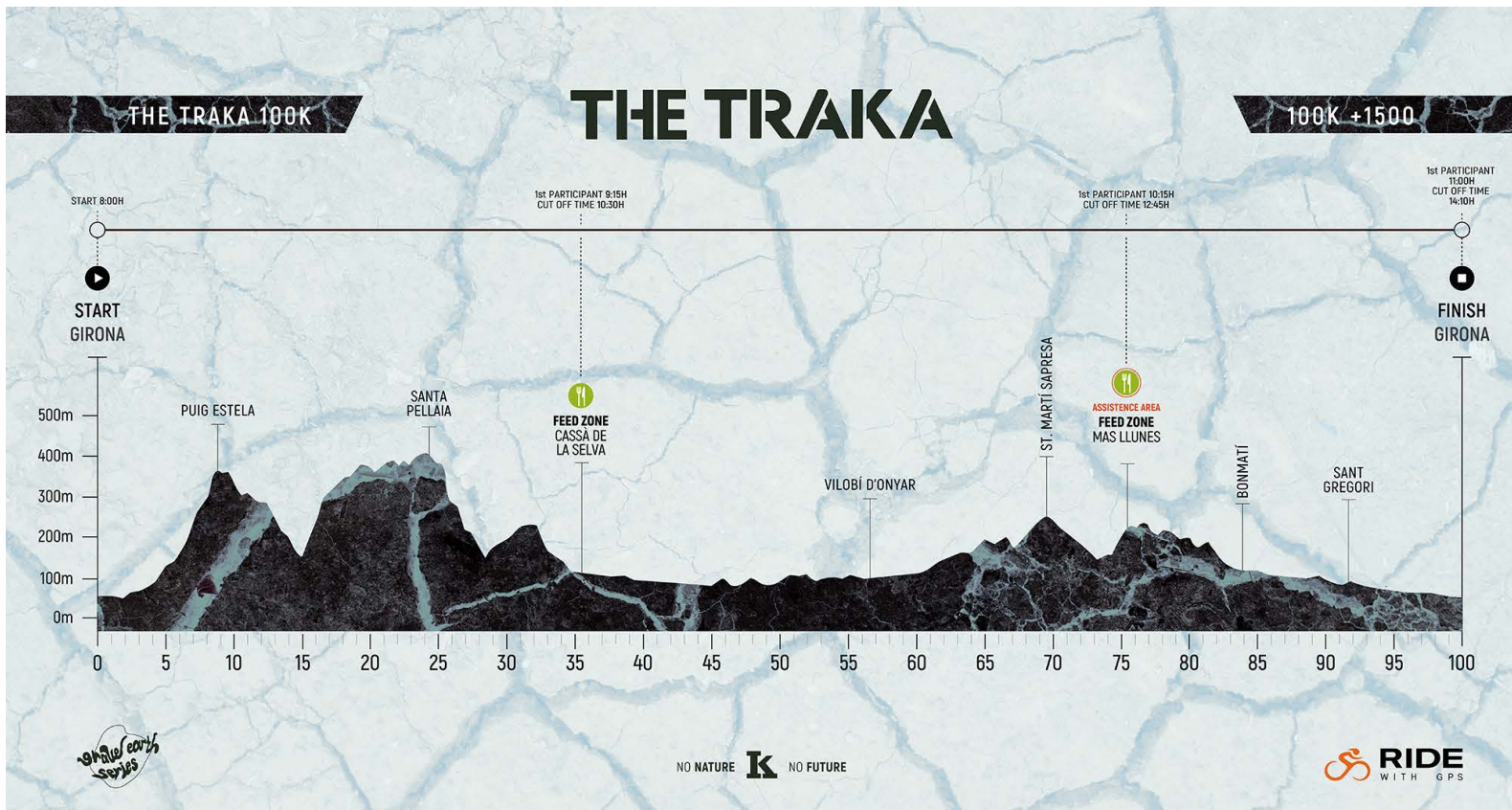
We would like to provide you with important information about the feed zones and the rules to follow during the event. The feed zones will be located at strategic points along the route, where participants will be able to replenish their energy and rest during their challenge.

However, it is crucial to note and remember that it is strictly forbidden to go with the car inside the track during the event. This is to ensure the safety of all participants and to maintain the integrity of the competition. And remember that support is just allowed on the assistance area marked by the organization, out of those areas, the participant will be penalized or disqualified.

In addition, we have provided a detailed map showing how to get to the parking area where the assistance is permitted.

We ask that you follow these directions and use only the designated routes to reach the feed zones and parking areas. To facilitate your arrival to the different feed zones, we have attached Google Maps links that will guide you to each location.

THE TRAKA 100



THE TRAKA 100 FEED ZONE 1

Km 36,2 - Cassà de la Selva

FIRST PARTICIPANT
CUT OFF

09.15h
10.30h

Rider Speed (Km/h)	34	32	30	28	26	24	22	20	18	16	15
Expected Arrival	9:03 AM	9:07 AM	9:12 AM	9:17 AM	9:23 AM	9:30 AM	9:38 AM	9:48 AM	10:00 AM	10:15 AM	10:30 AM

THIS FEED ZONE ASSISTANCE IS NOT ALLOWED. If you have assistance you will be disqualified

THE TRAKA 100 FEED ZONE 2

GOOGLE MAPS

Km 75,4 - Mas Llunes

FIRST PARTICIPANT | 10.15h
CUT OFF | 12.45h

Rider Speed (Km/h)	34	32	30	28	26	24	22	20	18	16
Expected Arrival	10:15 AM	10:21 AM	10:31 AM	10:41 AM	10:54 AM	11:08 AM	11:25 AM	11:46 AM	12:11 PM	12:45 PM

THE TRAKA 100 FINISH LINE

Km 100 - Girona

FIRST PARTICIPANT | 11.00h
CUT OFF | 14.10h

Rider Speed (Km/h)	34	32	30	28	26	24	22	20	18	16
Expected Arrival	11:00 AM	11:05 AM	11:18 AM	11:32 AM	11:48 AM	12:07 PM	12:30 PM	12:57 PM	1:30 PM	2:10 PM