



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 the support it's 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.

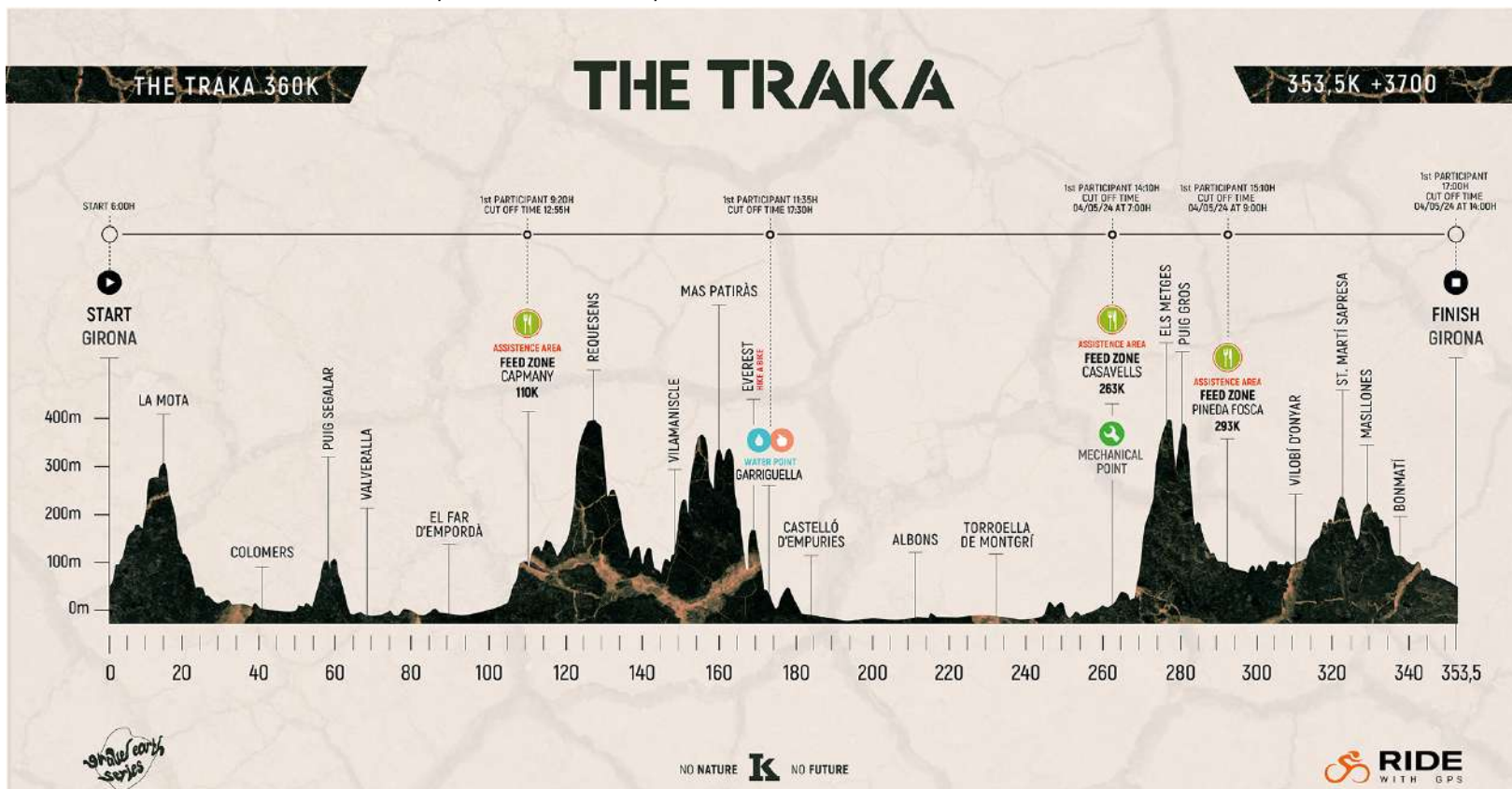
ABANDONING

To ensure the safety of all participants, it is important to follow the rules established in case of abandonment of the race.

- If you abandon due to breakdown or fatigue, you must return by your own means
 - Remember that it is totally forbidden to return by bicycle on highways and national highways •
- If you want to return with vehicles of the organization, you must adjust and wait for the scheduled timetable:

360k: Campmany: 11 AM Casavells: 16 PM , 19 PM, Cassà de la Selva: 20 PM

200k: Sant Joan: 9:30 AM, Casavells: 12 PM, Cassà de la Selva: 13:30 PM



THE TRAKA 360

THE TRAKA 360 FEED ZONE 1

GOOGLE MAPS

Km 110 - Capmany

FIRST PARTICIPANT
CUT OFF

09.20 AM

12.55 AM

Rider Speed (Km/h)	32	30	30	28	26	24	22	20	18
Expected Arrival	9:20 AM	9:40 AM	9:55 AM	10:13 AM	10:35 AM	11:00 AM	11:30 AM	12:06 PM	12:55 PM



THE TRAKA 360 FEED ZONE 2

Km 172,7 - Garriguella

FIRST PARTICIPANT
CUT OFF

11.35 AM
5.50 PM

Rider Speed (Km/h)	32	30	30	28	26	24	22	20	18	15
Expected Arrival	11:35 AM	11:45 AM	12:10 PM	12:38 PM	1:11 PM	1:51 PM	2:38 PM	3:35 PM	4:47 PM	5:30 PM

THIS WATER POINT ASSISTANCE IS NOT ALLOWED. If you have assistance you will be disqualified

THE TRAKA 360 FEED ZONE 3

Km 260 - Casavells

GOOGLE MAPS

FIRST PARTICIPANT
CUT OFF

11.35 AM

5.50 PM

Rider Speed (Km/h)	FRIDAY									SATURDAY				
		32	30	30	28	26	24	22	20	18	16	14	12	11
Expected Arrival	2:10 PM	2:40 PM	3:17 PM	4:00 PM	4:50 PM	5:49 PM	7:00 PM	8:26 PM	10:15 PM	12:34 AM	3:40 AM	5:38 AM	7:00 AM	



THE TRAKA 360 FEED ZONE 4

GOOGLE MAPS

Km 290 - Casà de la Selva

FIRST PARTICIPANT
CUT OFF

15.10 PM

9.00 AM (Saturday)

Rider Speed (Km/h)	FRIDAY									SATURDAY			
		32	30	30	28	26	24	22	20	18	16	14	12
Expected Arrival	3:10 PM	3:40 PM	3:40 PM	4:21 PM	5:09 PM	6:05 PM	7:10 PM	8:30 PM	10:06 PM	12:07 AM	2:42 AM	6:10 AM	9:00 AM



THE TRAKA 360 FINISH LINE

Km 353,3 - Girona

FIRST PARTICIPANT
CUT OFF

5.00 PM

2.00 AM (Saturday)

	FRIDAY							SATURDAY					
Rider Speed (Km/h)	32	30	30	28	26	24	22	20	18	16	14	12	11
Expected Arrival	5:00 PM	5:47 PM	5:47 PM	6:37 PM	7:36 PM	8:44 PM	10:04 PM	11:40 PM	1:38 AM	4:06 AM	7:15 AM	11:28 AM	2:00 PM