



# 10K Road Race Cup

# Team Manual

February 26, 2017  
San Juan, Puerto Rico

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### I. Site and Date

The WB10K 10K Road Race Cup will be celebrated within the World's Best 10K Race at San Juan, Puerto Rico on Sunday, February 26, 2016 at 7:00 AM.

### II. NACAC 10K Road Race Cup

The competition invites Athletics Federations of NACAC members to nominate a man and a woman to represent their country in the World's Best 10K Race. The winners will be the top three teams with the lowest combined times.

### III. General Information

What started in 1998 as a local event has become one of the 20 most competitive and internationally acclaimed distance running events in the world and Puerto Rico's premiere sports-tourism event with a 20 million dollar impact on the local economy. A great beginning for creating and paving the way for a strong and healthy running industry!

The World's Best 10k, one of the largest events of any kind held in Old and New San Juan, Puerto Rico and will celebrate its 20<sup>th</sup> anniversary on February 26, 2017.

The 6.2 mile road race has become the island's signature race attracting world-class elite runners and touting the female 10k world record by Paula Radcliff in 2003 when she crossed the finish line in 30:21.

A star-studded field of international and local runners, professionals and amateurs – including local kids, their parents, grandparents, friends and neighbors who come to enjoy its health and athletic events – will partake in this weekend long community affair that includes others events such as a Fitness Festival, a Kid's Race, a Wheelchair race and a Duathlon.

The World's Best 10k was the first race in Puerto Rico to be included in the official race schedules of the International Association of Athletics (IAAF), the governing body for track and field.

Since then in 2008, it has received of the IAAF Gold Label certification, which is shared with only a few select high profile races in the Western Hemisphere. This distinction recognizes the efforts of building the race into one of the world's leading road races meeting the highest standards of organization, course timing and measurement, health and safety, quality of elite runners, and international exposure.

#### **IV. Countries invited**

1. Anguilla (AIA)
2. Antigua y Barbuda (ANT)
3. Aruba (ARU)
4. Bahamas (BAH)
5. Barbados (BAR)
6. Bermuda (BER)
7. Belice (BIZ)
8. Canadá (CAN)
9. Cayman Islands (CAY)
10. Costa Rica (CRC)
11. Cuba (CUB)
12. Dominica (DMA)
13. Dominican Republic (DOM)
14. El Salvador (ESA)
15. Grenada (GRN)
16. Guatemala (GUA)
17. Haiti (HAI)
18. Honduras (HON)
19. US Virgin Islands (ISV)
20. British Virgin Islands (IVB)
21. Jamaica (JAM)
22. Saint Lucia (LCA)
23. México (MEX)
24. Monserrat (MNT)
25. Nicaragua (CA)
26. Puerto Rico (PUR)
27. St. Kitts & Nevis (SKN)
28. Turks & Caicos (TKS)
29. Trinidad & Tobago (TTO)
30. United States of America (USA)
31. St. Vincent & Grenadines (VIN)
32. Martinique (MTQ)
33. Guadeloupe (GLP)
34. Curacao (CUR)

#### **V. Travel information**

Each Athletic Federation is responsible for coordinating all travel arrangements for their athletes. They will need to provide airfare and visas when needed. Puerto Rico is a territory of the United States of America so for US Citizens no passport or visa is needed to travel to Puerto Rico.

World's Best 10K will provide accommodations for two athletes (one man and one woman) of each participating countries. Meals and any medical assistance needed while they stay in Puerto Rico will be also provided. However any miscellaneous hotel charges such as telephone calls, meals charges to the room, in-room food service, in-room mini-bar charges and in-room movie charges will be their responsibility and a major credit card or cash is required to cover incidentals.

## VI. Airport and hotel information

All athletes must arrive at the Luis Muñoz Rivera International Airport (SJU) located in Carolina, Puerto Rico. WB10K's hospitality staff is available to pick up athletes upon their arrival at the airport. Each team must provide travel information at least two weeks prior to their arrival.

The host hotel will be the Intercontinental San Juan Resort and Casino located in 5961 Isla Verde Avenue, San Juan, Puerto Rico +1-787-791-6100.

## VII. Important dates

Deadline to confirm participation	February 6, 2017
Deadline to send travel information	February 16, 2017
Arrival of all athletes	February 22, 2017
WB10K official press conference	February 22, 2017
WB10K Race & 10K Road Race cup	February 26, 2017
Departure of all athletes	February 27, 2017

## Technical Information

### VIII. Rules and regulations

The World's Best 10K abides by all rules and regulations stated by the International Association of Athletics Federations (IAAF). In addition athletes must comply with the following rules:

- Athletes must complete and sign a registration form
- For the race each team must be identified with their country's uniform.
- WB10K will provide an official BIB and timing chip that must be worn in their chest and cannot be cut, folded and or mutilated in any way.
- In order to qualify for prizes all athletes are required to complete the entire race course and display good sportsmanship behavior.

- Random doping tests will be conducted among the elite field participants. After the race athletes must be available for the doping staff. If any athlete refuses the dope test, he or she will be automatically disqualified for prizes.

## IX. Prizes

All 10K Road Race Cup participating athletes will complete the World's Best 10K course and will qualify for cash prizes. The team's combined time will constitute the team's final team and the top three teams will receive:

- 1<sup>st</sup> Place \$20,000
- 2<sup>nd</sup> Place \$10,000
- 3<sup>rd</sup> Place \$ 5,000

Also all athletes are eligible for the WB10K international field's prizes:

- New World Record \$100,000
- Open Category
  - 1<sup>st</sup> Place \$15,000
  - 2<sup>nd</sup> Place \$ 7,500
  - 3<sup>rd</sup> Place \$ 6,000
  - 4<sup>th</sup> Place \$ 5,000
  - 5<sup>th</sup> Place \$ 3,500
  - 6<sup>th</sup> Place \$ 2,500
  - 7<sup>th</sup> Place \$ 2,000
  - 8<sup>th</sup> Place \$ 1,500
  - 9<sup>th</sup> Place \$ 1,250
  - 10<sup>th</sup> Place \$ 1,000
- Time bonuses:
  - \$5,000 Best time below 27:30 males / 31:00 females
  - \$5,000 New record for course
    - Actual records: 27:19 male / 30:21 (WR) female
- World's Best 10K organization does not retain any money for state taxes, we are required by the Puerto Rico Athletic Federation to retain five percent (5%) of all prize money paid to local and international athletes. The policy applies to: prizes for Open Category, world record bonus and time bonuses.



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- Prizes will be paid after doping tests are received. If a positive result is found, the athlete will be disqualified.