

22nd



THE  
COASTAL  
CHALLENGE  
-2026-





# OVERVIEW

STAGE	ADVENTURE			EXPEDITION		
	↔ (KM)	↗ (M)	↘ (M)	↔ (KM)	↗ (M)	↘ (M)
1	33	894	774	33	1115	995
2	16.8	280	411	41	1706	1832
3	15.2	200	200	47.5	1754	1754
4	12.5	552	1231	37.7	2613	2477
5	23	1117	1148	41	1685	1695
6	35.9	858	858	35.9	858	858
TOTAL	136.4	3901	4622	236.1	9731	9611



DOMINICAL BEACH  
STAGE 2



# THE WINNERS

Yr.	KMS	Males			Females		
		Winner	Second	Third	Winner	Second	Third
2025	236	Pierre Meslet (FRA) 28:38:02 h	Allan Barrielle (FRA) 32:06:37 h	Gustavo Looser (CRC) 33:07:22 h	Katie Young (GBR) 32:39:31 h	Lucia Jarquin (CRC) 45:21:19 h	Maria Jose Corrales (CRC) 52:16:11 h
2024	243	Cody Lind (USA) 25:57:00 h	Jean-François Cauchon (CAN) 26:32:58 h	Cristofer Clemente (ESP) 27:38:18 h	Katie Young (GBR) 35:30:40 h	Lina El Kott Helander (SWE) 36:41:42 h	Sanna El Kott Helander (SWE) 38:11:15 h
2023	244	Didrik Hermansen (NOR) 24:26:33 h	Mathieu Blanchard (CAN) 24:48:27 h	Daniel Jung (ITA) 27:04:50 h	Katie Schide (USA) 30:30:42 h	Paola Herrera (CRC) 34:45:00 h	Tomomi Bitoh (JAP) 35:33:41 h
2022	241	Hayden Hawks (USA) 24:26:23 h	Peter Van Der Zon (NLD) 24:51:16 h	Erick Aguero (CRC) 26:01:14 h	Giuditta Turini (ITA) 32:45:55 h	Francis Davila (CRC) 35:33:26 h	Paola Gamboa (ECU) 40:18:12 h
2021	250	Timothy Olson (USA) 27:37:29 h	Erick Aguero (CRC) 28:37:37 h	Cesar Lizano (CRC) 30:02:16 h	Felicitas Charpin (ARG) 38:30:39 h	Maria Gabriela Molina (GUA) 39:05:28 h	Laura Meza (CRC) 43:17:17 h
2020	236	Cody Lind (USA) 22:42:34 h	Erick Aguero (CRC) 22:43:23 h	Andrew Symonds (GBR) 22:50:43 h	Kaytlyn Gerbin (GBR) 27:31:58 h	Natalia Lopez (CRC) 29:40:35 h	Ashton Keck (USA) 32:54:55 h
2019	236	Pere Aurell Bove (ESP) 23:02:45 h	Marcus Scotney (GBR) 22:33:02 h	Jorge Paniagua (CRC) 24:04:24 h	Ida Nilsson (SWE) 23:16:32 h	Holly Page (GBR) 24:50:39 h	Ragna Debats (NLD) 25:46:58 h
2018	236	Thomas Evans (GBR) 21:44:12 h	Hayden Hawks (USA) 21:48:37 h	Michael Wardian (USA) 23:56:50 h	Ragna Debats (NLD) 25:52:57 h	Ester Alvez (POR) 29:48:02 h	Suzanna Guadarrama (MEX) 30:41:31 h
2017	236	Tom Owens (GBR) 22:22:21 h	Jose Manuel Martinez (ESP) 23:43:37 h	Jason Schlarb (USA) 24:08:25 h	Anna Heather Frost (NZL) 27:02:21 h	Anna Comet (ESP) 27:57:36 h	Ester Alvez (POR) 28:16:50 h
2016	235	Iain Don-Wauchope (RSA) 23:40:40 h	Gonzalo Calisto (ECU) 25:19:15 h	Carlos Sa (POR) 25:47:00 h	Ester Alvez (POR) 33:04:33 h	Elisabet Barnes (SWE) 33:46:21 h	Amy Gordon (USA) 41:31:19 h

22nd



THE  
COASTAL  
CHALLENGE  
-2026-



KM -1  
STAGE 1



# THE WINNERS

Yr.	KMS	Winner	Males Second	Third	Winner	Females Second	Third
2015	230	Iain Don-Wauchope (RSA) 21:57:02 h	Ashur Youssefi (CRC) 26:09:54 h	Roiny Jimenez (CRC) 24:34:46 h	Veronica Bravo (CHI) 29:35:10 h	Nikki Kimball (USA) 29:13:09 h	Maria Rivera (CRC) 34:07:13 h
2014	225	Michael Wardian (USA) 22:52:55 h	Vicente Juan García (ESP) 23:33:19 h	Phillip Reiter (GER) 23:57:34 h	Joanna Meek (GBR) 29:05:54 h	Julia Bottger (GER) 29:56:35 h	Veronica Bravo (CHI) 32:24:25 h
2013	236	David James (USA) 26:49:20 h	Ismael Dris (ESP) 28:10:46 h	Jose Lopez (CRC) 32:59:00 h	Gemma Slaughter (CAN) 39:42:00 h	Angela Meyer (USA) 41:31:46 h	Irene Hale (USA) 40:23:34 h
2012	213	Damon Goerke (AUS) 20:15:45 h	Roiny Jimenez (CRC) 20:39:32 h	Chris Barth (CAN) 23:25:27 h	Laura Hronik (USA) 29:03:38 h	Kelly Wilson (USA) 29:25:08 h	Patricia Ossenbach (CRC) 30:26:32 h
2011	236	David James (USA) 23:34:58 h	Javier Montero (CRC) 23:40:31 h	Roiny Jimenez (CRC) 25:23:02 h	Monica Aguilera (ESP) 28:36:52 h	Jennifer Segger-Gigg (CAN) 29:00:05 h	Luz Perez (ESP) 31:17:08 h
2010	233	Javier Montero (CRC) 19:56:57 h	Cesar Ortega (CRC) 22:15:03 h	Ty Stevens (USA) 23:48:56 h	Margaret Phillips (CAN) 29:18:10 h	Stacey Shand (CAN) 35:23:13 h	Melida Barbee (CRC) 35:09:47 h
2009	233	Javier Montero (CRC) 25:29:29 h	David James (USA) 29:16:50 h	Scott Jurek (USA) 30:51:06 h	Ligia Madrigal (CRC) 34:45:31 h	Jaclyn Greenhill (USA) 35:31:18 h	Kelly Ridgway-Smith (USA) 32:25:50 h
2008	207	Javier Montero (CRC) 21:27:04 h	Jean Pommier (USA) 21:57:54 h	David James (USA) 23:40:47 h	Nicola MacLeod (GBR) 29:44:52 h	Connie Lutkevich (USA) 33:02:52 h	Ingrid Rossman (AUT) 36:42:56 h
2007	197	Juan Carlos Zúñiga (CRC) 18:45:17 h	Kurt Lindermüller (GER) 19:30:20 h	Javier Montero (CRC) 20:28:14 h	Beverley Anderson-Abbs (USA) 21:17:21 h	Ligia Madrigal (CRC) 25:37:38 h	Meghan Hicks (USA) 28:25:25 h
2006	250	Ronald Torres (CRC) 28:46:58 h	Juan Carlos Zúñiga (CRC) 29:06:47 h	Mark Matyazic (USA) 31:54:14 h	Clair Johnson (USA) 32:21:39 h	Ligia Madrigal (CRC) 36:55:06 h	Isabella Delahoussa (USA) 37:36:33 h
2005	250	Charles Bedley (CAN) 22:39:52 h	Juan Carlos Zúñiga (CRC) 23:04:29 h	Charles Engle (USA) 23:35:59 h	Beverley Anderson-Abbs (USA) 24:28:28 h	Stefanie Jackenthal (USA) 27:21:58 h	Ann Hall (USA) 27:58:38 h



PIERRE MESLET  
STAGE 2



# ITINERARY

**07/FEB/2026**

**RACERS MANDATORY REGISTRATION / HOTEL HOLIDAY INN EXPRESS SAN JOSE FORUM / 2:00 PM - 6:00 PM**

**GENERAL BRIEFING / HOTEL HOLIDAY INN EXPRESS SAN JOSE FORUM / 6:00 PM - 7:00 PM**

**08/FEB/2026**

**GEARBOX RECEPTION BY REX CARGO / ENTRANCE HOTEL HOLIDAY INN EXPRESS SAN JOSE FORUM / 3:00 AM - 3:30 AM**

**TRANSFER TO STAGE 1 START POINT / ENTRANCE HOTEL HOLIDAY INN EXPRESS SAN JOSE FORUM / 3:30 AM**

**START OF STAGE 1 / DEL REY BEACH, QUEPOS / 8:00 AM (APPROX.)**

**DINNER AND STAGE 2 BRIEFING / RAFIKI SAFARI LODGE CAMP / 6:00 PM**

**09/FEB/2026**

**BREAKFAST / RAFIKI SAFARI LODGE CAMP / 3:30 AM - 5:00 AM**

**START OF STAGE 2 / RAFIKI SAFARI LODGE CAMP / 5:30 AM**

**DINNER AND STAGE 3 BRIEFING / DOMINICAL BEACH CAMP / 6:00 PM**

**10/FEB/2026**

**BREAKFAST / DOMINICAL BEACH CAMP / 3:30 AM - 5:00 AM**

**START OF STAGE 3 / DOMINICAL BEACH CAMP / 5:30 AM**

**DINNER AND STAGE 4 BRIEFING / NATIONAL PARK BALLENA BAY CAMP / 6:00 PM**

**NATIONAL PARK BALLENA BAY  
CAMP  
STAGE 3**



# ITINERARY

**11/FEB/2026**

**BREAKFAST / NATIONAL PARK BALLENA BAY CAMP / 3:30 AM – 4:45 AM**

**TRANSFER TO START POINT / NATIONAL PARK BALLENA BAY CAMP / 4:45 AM**

**START OF STAGE 4 / CORONADO / 5:30 AM**

**DINNER AND STAGE 5 BRIEFING / SIERPE LODGE CAMP / 6:00 PM**

**12/FEB/2026**

**BREAKFAST / SIERPE LODGE CAMP / 3:30 AM – 5:00 AM**

**TRANSFER TO START POINT / SIERPE LODGE CAMP / 5:00 AM**

**START OF STAGE 5 / SIERPE FERRY / 5:30 AM**

**DINNER AND STAGE 6 BRIEFING / GANADITO BEACH CAMP AND SEA TURTLE CONSERVATION CENTER / 6:00 PM**

**13/FEB/2026**

**BREAKFAST / GANADITO BEACH CAMP AND SEA TURTLE CONSERVATION CENTER / 3:30 AM – 5:00 AM**

**START OF STAGE 6 / GANADITO BEACH CAMP AND SEA TURTLE CONSERVATION CENTER / 5:30 AM**

**DINNER AND AWARD CEREMONY / GANADITO BEACH CAMP AND SEA TURTLE CONSERVATION CENTER / 6:00 PM**

**14/FEB/2026**

**BREAKFAST / GANADITO BEACH CAMP AND SEA TURTLE CONSERVATION CENTER / 5:00 AM – 7:00 AM**

**TRANSFER TO HOTEL HOLIDAY INN EXPRESS SAN JOSE FORUM / GANADITO BEACH CAMP AND SEA TURTLE CONSERVATION ASSOCIATION / 8:00 AM**

**NATIONAL PARK BALLENA BAY CAMP  
STAGE 3**



# HOW ACCURATE IS YOUR GPS?

GLOBAL POSITIONING DEPENDS ON SIGNALS RECEIVED FROM SATELLITES. ITS ACCURACY IS CONDITIONED BY THE AVAILABILITY OF VISIBLE SATELLITES AND THE NUMBER OF SATELLITE CONSTELLATIONS THE DEVICE CAN CONNECT TO. THE FOUR MAIN CONSTELLATIONS ARE GPS, GLONASS, GALILEO, AND BEIDOU. ADDITIONALLY, SATELLITE SIGNALS CAN BE AFFECTED BY SATELLITE GEOMETRY, SIGNAL BLOCKAGE, ATMOSPHERIC CONDITIONS, RADIO INTERFERENCE, SIGNAL REFLECTION, AND THE QUALITY OF THE POSITIONING DEVICE. MOST DEVICES ON THE MARKET OFFER AN ACCURACY OF 2 M (6.6 FT) WITH AN ERROR OF 95% OF THE MEASUREMENT TIME UNDER IDEAL CONDITIONS.

## GPS SAMPLING FREQUENCY

THE SAMPLING FREQUENCY OF A COMMERCIAL GPS DEVICE TYPICALLY RANGES BETWEEN 1 HZ AND 10 HZ. THIS MEANS THAT THE GPS DEVICE UPDATES ITS POSITION DATA ONCE PER SECOND (1 HZ) UP TO TEN TIMES PER SECOND (10 HZ). THE MOST COMMON FREQUENCY FOR CONSUMER GPS DEVICES, SUCH AS THOSE FOUND IN SMARTPHONES AND PORTABLE GPS DEVICES, IS 1 HZ. HIGH-END DEVICES, INCLUDING SOME DEDICATED GPS RECEIVERS USED IN SPORTS TRACKING AND NAVIGATION, CAN OFFER HIGHER SAMPLING RATES OF UP TO 10 HZ OR MORE TO PROVIDE MORE FREQUENT UPDATES AND BETTER ACCURACY.

## GPS DRIFT

WHEN A USER SPENDS A LOT OF TIME IN THE SAME POSITION AND THE GPS CONTINUES TAKING POSITIONING MEASUREMENTS, THE DEVICE MAY SHOW VARIATIONS IN POSITION DUE TO INHERENT INACCURACIES AND NOISE IN THE GPS SIGNALS. THIS PHENOMENON, KNOWN AS "GPS DRIFT," CAN OCCUR EVEN WHEN THE DEVICE IS STATIONARY. THESE POSITION ERRORS CAN ACCUMULATE AND CREATE THE ILLUSION OF MOVEMENT OR INCORRECT POSITIONING, WHICH CONSTITUTES A SOURCE OF ERROR IN THE MEASUREMENTS.



# HOW ACCURATE IS YOUR GPS?

## MEASUREMENT OF THE TCC ROUTE

THE DISTANCES SHOWN IN THIS ROUTE BOOK CORRESPOND TO THE MEASUREMENTS MADE THE PREVIOUS YEAR BY THE PARTICIPANT WHO WON THE OVERALL FIRST PLACE IN THE TCC. THIS IS BECAUSE THE READINGS ARE "CLEANER" WHEN THE PARTICIPANT STOPS LESS TIME ON THE ROUTE AND TRAVELS IT MORE CONSISTENTLY. ADDITIONALLY, THE FILE GENERATED BY THE GPS SIGNAL UNDERGOES A PROCESS OF FILTERING AND ERROR CORRECTION, SUCH AS SIGNAL LOSSES, GPS DRIFT, AND OTHERS, TO REPORT THE MOST ACCURATE DISTANCE POSSIBLE. THE SOURCES OF MEASUREMENT ERROR ARE SUBJECT TO THE TIME THE PARTICIPANT STOPS ON THE ROUTE, WHETHER AT AID STATIONS, RIVERS, OR TO REST (GPS DRIFT), TO DEVICE MEASUREMENT ERRORS, AND TO TYPICAL SOURCES OF ERROR SUCH AS SIGNAL BLOCKAGE IN DENSELY FORESTED AREAS, ATMOSPHERIC CONDITIONS LIKE RAIN OR FOG, RADIO INTERFERENCE FROM ANTENNAS OR HIGH-VOLTAGE CABLES, AND SIGNAL REFLECTION IN AREAS RICH IN MINERALS OR UNDERWATER.

## RECOMMENDATIONS

PARTICIPANTS ARE ADVISED TO SET THEIR GPS TO AUTOMATIC OR SMART SAMPLING FREQUENCY (DEPENDING ON THE BRAND AND MODEL OF THE DEVICE). THESE MODES TYPICALLY USE MITIGATION AND CORRECTION MECHANISMS THAT SIGNIFICANTLY REDUCE MEASUREMENT ERROR.

CONSIDER THE MEASUREMENT ERROR SOURCES OF YOUR GPS DEVICE WHEN PLANNING THE USE OF FOOD AND HYDRATION RESOURCES. MEASUREMENT ERRORS OF 10% ARE COMMON.



# AID STATIONS

AID STATION 1  
STAGE 5



EACH COMPETITOR IS RESPONSIBLE FOR HAVING AT LEAST ONE HYDRATION SYSTEM WITH A MINIMUM CAPACITY OF 1 LITER.

AID STATIONS DO NOT PROVIDE CUPS, SO PARTICIPANTS MUST HAVE THEIR OWN SYSTEMS FOR REFILLING THEIR LIQUID RESERVES AND EATING AT THE STATION.

INSTRUCTIONS FROM THE STATION STAFF MUST BE FOLLOWED WITHOUT DISCUSSION. FAILURE TO FOLLOW INSTRUCTIONS MAY RESULT IN A PENALTY OR DISQUALIFICATION.

THE ASSISTANCE STATIONS PROVIDE:

- DRINKING WATER
- NON-POTABLE WATER (LIMITED)
- 226ERS HYDRA ZERO HYDRATION
- SOFT DRINKS
- FRUITS (BANANA, WATERMELON, AND PINEAPPLE)
- CRACKERS (SALTY)
- PRETZELS
- CHOCOLATE BITES
- GUMMIES
- SALTED POTATO CHIPS

IF THE COMPETITOR HAS SPECIAL REQUIREMENTS, THEY MUST PROVIDE THEM INDEPENDENTLY.



# STAGE 1: THE BEGINNING

22nd



THE  
COASTAL  
CHALLENGE  
-2026-

DOWNLOAD THE MAP FOR  
RELIABLE GPS GUIDANCE!  
EXPEDITION



DOWNLOAD THE MAP FOR  
RELIABLE GPS GUIDANCE!  
ADVENTURE



LINDA VISTA VIEWPOINT, KM 31  
STAGE 1



# STAGE INFO: EXPEDITION

22nd



THE  
COASTAL  
CHALLENGE  
-2026-

START	DEL REY BEACH
AID STATION	BOCA NARANJITO (13.5KM)
AID STATION	LONDRES (19.5KM)
AID STATION	LOS CAMPESINOS (30KM)
FINISH	RAFIKI LODGE
↔	33KM
↗	1115M
↘	995M
CUT-OFF TIME	NO



KATIE YOUNG, 2024 AND 2025 TCC  
FEMALE WINNER  
STAGE 1



# STAGE INFO: ADVENTURE

22nd



THE  
COASTAL  
CHALLENGE  
-2026-

START	DEL REY BEACH
AID STATION	BOCA NARANJITO (13.5KM)
AID STATION	LONDRES (19.5KM)
AID STATION	LOS CAMPESINOS (30KM)
FINISH	RAFIKI LODGE
↔	33KM
↗	894M
↘	774M
CUT-OFF TIME	NO

SHARING KMS





# STAGE 2: WELCOME TO THE JUNGLE

22nd



THE  
COASTAL  
CHALLENGE  
-2026-

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RELIABLE GPS GUIDANCE!  
EXPEDITION



DOWNLOAD THE MAP FOR  
RELIABLE GPS GUIDANCE!  
ADVENTURE



KM 7  
STAGE 2



# STAGE INFO: EXPEDITION

22nd



THE  
COASTAL  
CHALLENGE  
-2026-

START RAFIKI LODGE

AID STATION EL BRUJO  
(14.8KM)

AID STATION DOS BOCAS SOCCER  
FIELD  
(26KM)

AID STATION HATILLO  
(35KM)

FINISH DOMINICAL BEACH

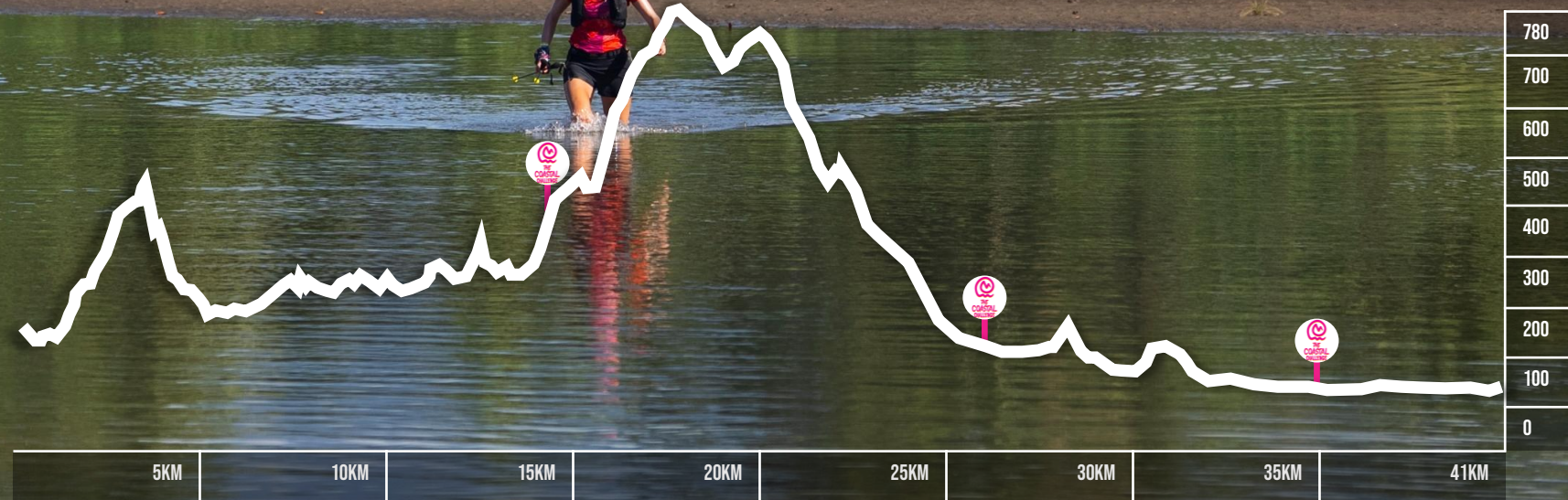
↔ 41KM

↗ 1706M

↘ 1832M

CUT-OFF TIME AS3  
3:30 PM

MAGGI KALUS, 2025 FINISHER  
STAGE 2





# STAGE INFO: ADVENTURE

START	DOS BOCAS SOCCER FIELD
AID STATION	HATILLO (9KM)
FINISH	DOMINICAL BEACH
↔	16.8KM
↗	280M
↘	411M
CUT-OFF TIME	NO



KATTIA LORIA 2025 FINISHER  
STAGE 2



# STAGE 3: THE QUEEN STAGE

22nd



THE  
COASTAL  
CHALLENGE  
-2026-

DOWNLOAD THE MAP FOR  
RELIABLE GPS GUIDANCE!  
EXPEDITION



DOWNLOAD THE MAP FOR  
RELIABLE GPS GUIDANCE!  
ADVENTURE

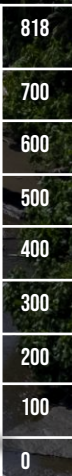
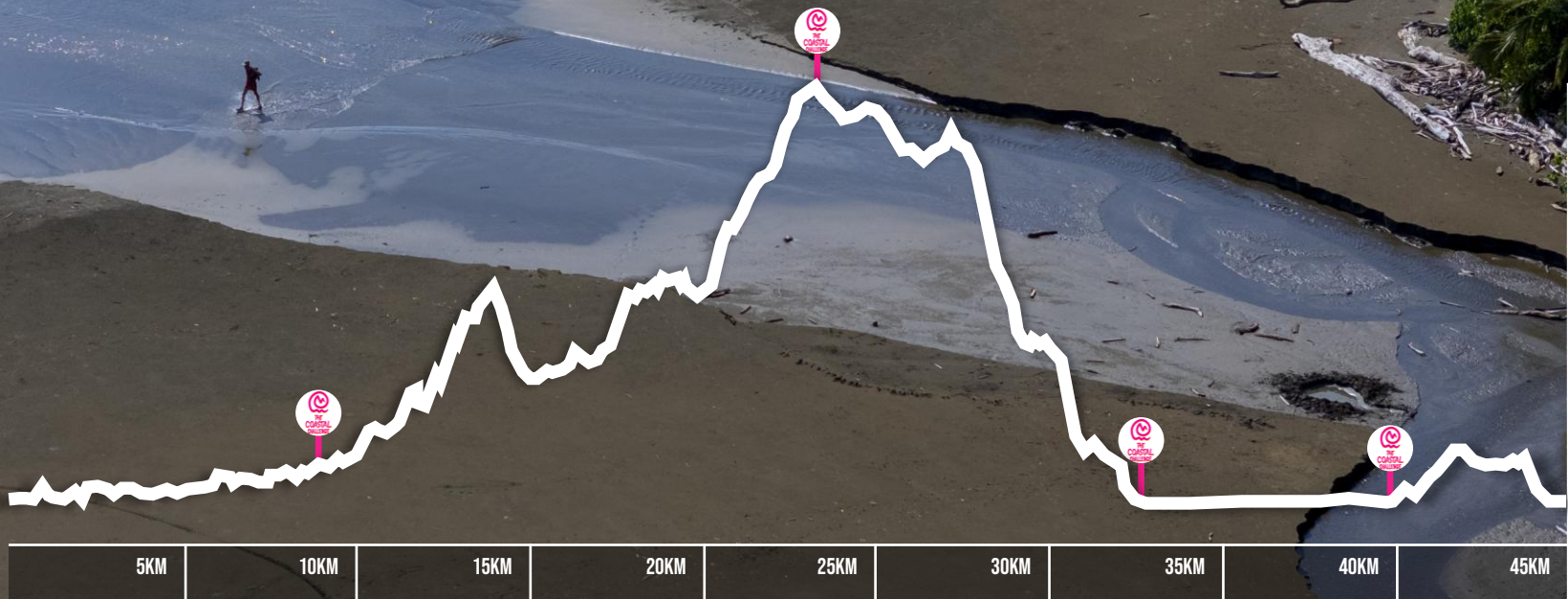


NAUYACA WATERFALLS  
STAGE 3



# STAGE INFO: EXPEDITION

START	DOMINICAL BEACH
AID STATION	BARÚ (9.7KM)
AID STATION	LA FLORIDA (24KM)
AID STATION	HERMOSA (34KM)
AID STATION	UVITA (40.5KM)
FINISH	BALLENA VILLAGE
↔	47.5KM
↗	1754M
↘	1754M
CUT-OFF TIME	AS2: 12:30 PM AS3: 3:30 PM





# STAGE INFO: ADVENTURE

22nd



THE  
COASTAL  
CHALLENGE  
-2026-

START HERMOSA BEACH

AID STATION UVITA  
(9.5KM)

FINISH BALLENA VILLAGE

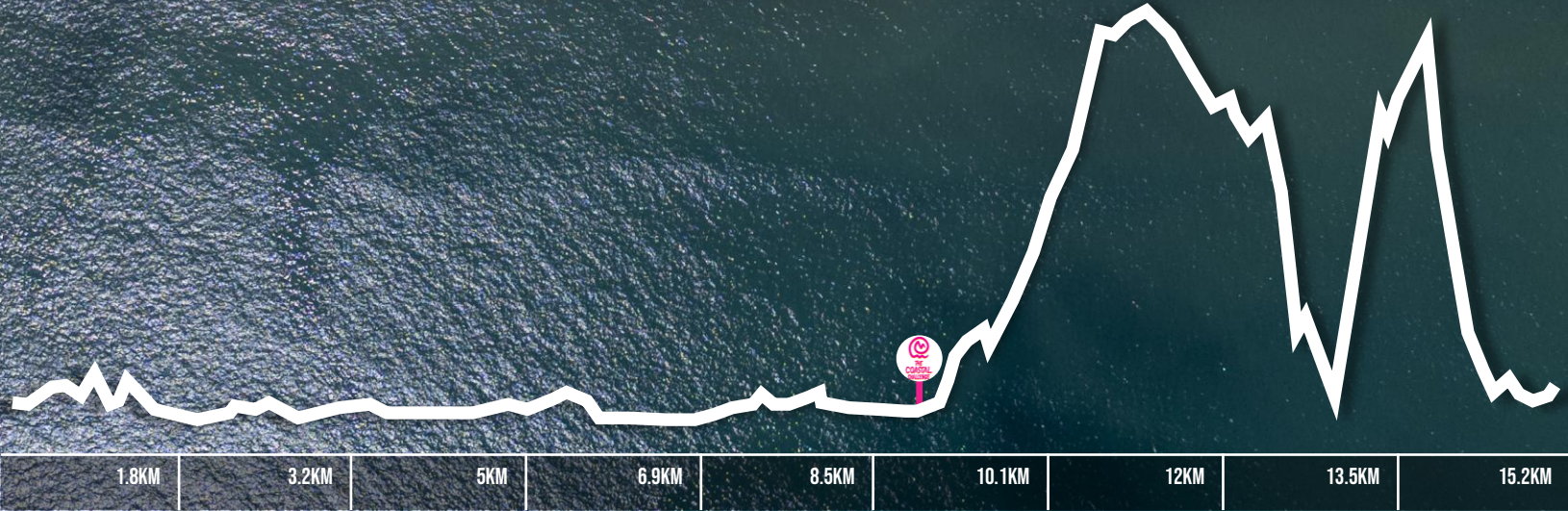
↔ 15.2KM

↗ 200M

↘ 200M

CUT-OFF TIME NO

BALLENA NATIONAL PARK  
STAGE 3





# STAGE 4: THE BORUCA'S REVENGE

22nd



THE  
COASTAL  
CHALLENGE  
-2026-



DOWNLOAD THE MAP FOR  
RELIABLE GPS GUIDANCE!  
EXPEDITION



DOWNLOAD THE MAP FOR  
RELIABLE GPS GUIDANCE!  
ADVENTURE



BORUCA VALLEY, KM 29  
STAGE 4



# STAGE INFO: EXPEDITION



START	CORONADO
AID STATION	TRES RIOS (7.5KM)
AID STATION	GUAGARAL (15.5KM)
AID STATION	DONKEYS HILL (23KM)
FINISH	PALMAR NORTE
↔	37.7KM
↗	2613M
↘	2477M
CUT-OFF TIME	AS3: 1:30 PM



BORUCA LANDSCAPE, KM 28  
STAGE 4



# STAGE INFO: ADVENTURE

START	DONKEYS HILL
FINISH	PALMAR NORTE
↔	12.5KM
↗	552M
↘	1231M
CUT-OFF TIME	NO



VANESSA DURAN, ADVENTURE FEMALE  
WINNER, 2025  
STAGE 4





# STAGE 5: THE PATHS OF OSA

22nd



THE  
COASTAL  
CHALLENGE  
-2026-

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RELIABLE GPS GUIDANCE!  
EXPEDITION



DOWNLOAD THE MAP FOR  
RELIABLE GPS GUIDANCE!  
ADVENTURE



GANADITO ESTUARY  
STAGE 5



# STAGE INFO: EXPEDITION

22nd



THE  
COASTAL  
CHALLENGE  
-2026-

START	SIERPE
AID STATION	POTRERO (11KM)
AID STATION	SÁBALO (18.3KM)
AID STATION	GUERRA (29.5KM)
FINISH	GANADITO BEACH
↔	41KM
↗	1685M
↘	1695M
CUT-OFF TIME	AS3: 3:00 PM



ANOTHER DAY IN THE OFFICE  
STAGE 5



# STAGE INFO: ADVENTURE

START	SÁBALO
AID STATION	GUERRA (11.5KM)
FINISH	GANADITO BEACH
↔	23KM
↗	1117M
↘	1148M
CUT-OFF TIME	AS3: 3:00 PM

22nd



THE  
COASTAL  
CHALLENGE  
-2026-



434  
375  
300  
225  
150  
75  
5

BECOMING A PIRATE  
STAGE 5

2.5KM

5.3KM

8KM

11.5KM

14KM

17KM

20KM

23KM



# STAGE 6: BEING A FINISHER

22nd



THE  
COASTAL  
CHALLENGE  
-2026-

DOWNLOAD THE MAP FOR  
RELIABLE GPS GUIDANCE!



AGUIJITAS BEACH, KM 29  
STAGE 6



# STAGE INFO

22nd



THE  
COASTAL  
CHALLENGE  
-2026-

START	GANADITO BEACH
AID STATION	DRAKE (10.7KM)
AID STATION	SAN JOSECITO (21.3KM)
AID STATION	AGUJITAS (33.3KM)
FINISH	GANADITO BEACH
↔	35.9KM
↗	858M
↘	858M
CUT-OFF TIME	NO



KM 236  
STAGE 6



# COMPETITION RULES

22nd



THE  
COASTAL  
CHALLENGE  
-2026-



GANADITO FINISH LINE  
STAGE 6



# COMPETITION RULES

## INTRODUCTION

- THE COMPETITION THE COASTAL CHALLENGE (TCC) WILL FORM A TECHNICAL COMMITTEE (TC) WHOSE FUNCTION IS TO ENSURE THAT THE COMPETITIVE ASPECTS, HEALTH, INTEGRITY, ETHICS, REGULATIONS AND MANAGEMENT OF THE COMPETITION ARE OF THE HIGHEST QUALITY AND ARE MET.
- THE TC WILL BE MADE UP OF:
  - RACE DIRECTOR.
  - COURSE LOGISTIC DIRECTOR
  - CHIEF OF MEDICAL SERVICES.
- THE COMPETITION RULES OF THE TCC MARK THE CONDUCT AND RESPONSIBILITIES OF THE PARTICIPANTS DURING THE DEVELOPMENT OF THE COMPETITION.
- ANY COMPETITION SITUATION NOT CONTEMPLATED IN THESE REGULATIONS WILL BE RESOLVED THROUGH THE TC, PROVIDED THAT THE PRINCIPLES OF FAIR PLAY AND FAIRNESS.
- A COMPETITOR CANNOT OBTAIN AN UNINTENDED ADVANTAGE BY A RULE. TO IMPLEMENT THIS, MANY RULES ARE MENTIONED IN GENERAL TERMS. THIS ELIMINATES MANY REGULATIONS AND PROVIDES A RACE OFFICIALS (RO) WITH SUFFICIENT AUTHORITY TO ADAPT TO PREVAILING CONDITIONS.
- THE RO WILL USE THEIR GOOD JUDGMENT TO DETERMINE IF AN UNFAIR ADVANTAGE HAS BEEN OBTAINED NOT CONTEMPLATED IN THIS COMPETITION REGULATION AND WILL BE REPORTED PROMPTLY TO THE TC.



# COMPETITION RULES

## CONDUCT OF ATHLETE

- PRACTICE GOOD SPORTSMANSHIP AT ALL TIMES.
- BE RESPONSIBLE FOR YOUR SAFETY AND THAT OF OTHERS.
- KNOW, UNDERSTAND, AND FOLLOW THE RULES OF COMPETITION.
- TREAT OTHER ATHLETES, OFFICIALS, VOLUNTEERS, AND SPECTATORS RESPECTFULLY AND COURTEOUSLY.
- DO NOT THROW GARBAGE, EQUIPMENT, OR ANY KIND OF OBJECT ANYWHERE ON THE ROUTE, EXCEPT IN IDENTIFIED PLACES, SUCH AS AID STATIONS OR GARBAGE DISPOSAL POINTS. THE ATHLETE MUST PICK UP ALL ITEMS.
- NOT TRYING TO OBTAIN AN UNFAIR ADVANTAGE OF ANY VEHICLE, EXTERNAL OBJECT, OR SEGMENT OF THE ROUTE, WHO FAILS TO COMPLY WITH THIS PROVISION IS EXPOSED TO A DISQUALIFICATION OF THE EVENT.

## HEALTH

- THE COMPETITOR MUST BE IN AN EXCELLENT STATE OF HEALTH AND SHAPE.
- CUT-OFF TIMES WILL BE ESTABLISHED FOR ALL STAGES, THESE CAN BE LOCATED AT A CERTAIN POINT OF THE ROUTE OR THE FINISH LINE.
- THE TC WILL ESTABLISH THE CUT-OFF TIMES WHICH WILL BE COMMUNICATED PROMPTLY IN THE BRIEFING OR REFLECTED IN THE ROUTE BOOK. THESE CAN BE MODIFIED DURING THE COMPETITION BY THE TECHNICAL CRITERIA OF THE TC. THIS DECISION IS UNOBJECTIONABLE.
- ALL COMPETITORS MUST HAVE BASIC ACCIDENT INSURANCE.



# COMPETITION RULES

## COMPETITION

- ALL COMPETITORS MUST FOLLOW THE COURSE DESCRIBED BY THE ORGANIZATION.
- IN CASE OF LOSS DURING THE COURSE, THE COMPETITOR MAY RETURN BY HIS MEANS TO THE LAST POINT WHERE HE LEFT THE COURSE AND CONTINUE THE RACE.
- ANY COMPETITOR CAN RECTIFY A SEGMENT OF THE COURSE WHEN THE CUT-OFF TIME HAS ENDED.
- THE ORGANIZATION WILL PERFORM A TOTAL MARKING OF THE ROUTE. HOWEVER, IT IS MANDATORY FOR THE COMPETITOR TO HAVE ACCESS TO THE GPX FILES (AVAILABLE IN THE LINKS OF THE ROUTE BOOK) OF THE ROUTES AND BE ABLE TO CONSULT THEM DURING THE RACE IN CASE OF ANY DOUBT.
- IN CASE OF A BREACH OF ANY COURSE SEGMENT OF THE COMPETITION AND NO EVIDENCE OF RECTIFICATION, THE ATHLETE WILL BE DISQUALIFIED.
- ALL ATHLETES MUST RESPECT THE INDICATIONS GIVEN IN THE AID STATIONS, IF ANY ATHLETE IS NOT IN A CONDITION TO CONTINUE THE RACE OR IS OUT OF CUT-OFF TIME, HE WILL BE DISQUALIFIED FROM THE COMPETITION.
- THERE ARE TWO COMPETITION DISTANCES, EXPEDITION AND ADVENTURE.
- IN CASE AN EXPEDITION COMPETITOR CAN'T CONTINUE OR IS DISQUALIFIED FOR THIS DISTANCE, SHE/HE MAY JOIN THE ADVENTURE DISTANCE. IT MEANS YOU WILL NOT BE ABLE TO GET A FINISHER MEDAL.
- IN CASE AN ADVENTURE COMPETITOR CAN'T CONTINUE OR IS DISQUALIFIED FOR THIS DISTANCE, SHE/HE MAY NOT OPT FOR A COMPLETION MEDAL, HOWEVER, HE MAY JOIN IN CERTAIN STAGES WITH THE AUTHORIZATION OF THE TC.
- ANY TYPE OF AID THAT REPRESENTS AN UNFAIR ADVANTAGE FOR THE BENEFIT OF AN ATHLETE AND TO THE DETRIMENT OF OTHER COMPETITORS IS PROHIBITED.
- THE ACCUMULATED TIME OF EACH STAGE WILL BE COUNTED TO FORM A RANKING ACCORDING TO THE DISTANCE AND THE GENDER OF THE COMPETITOR, THAT RANKING WILL BE MADE FROM THE FASTEST TIME TO THE SLOWEST AND THE FAULTS COMMITTED WILL BE ADDED AS APPROPRIATE.

TCC MYTHICAL PLACES  
WHALE TAIL BEACH IN UVITA,  
STAGE 3



# COMPETITION RULES



## EQUIPMENT

- ALL COMPETITORS MUST HAVE A HYDRATION SYSTEM WITH AT LEAST 1 LITER OF LIQUID CAPACITY AND MUST CARRY IT THROUGHOUT THE COMPETITION WITHOUT EXCEPTION.
- ALL COMPETITORS MUST CARRY A CELL PHONE WITH A LOCAL CHIP (KOLBI BRAND RECOMMENDED) TO COMMUNICATE WITH THE ORGANIZATION IN CASE OF EMERGENCY.
- ALL COMPETITORS MUST CARRY THEIR OWN “LIQUID CONTAINER” (SOFT FLASK, CUP, BOTTLE, OR SIMILAR) TO RECEIVE ASSISTANCE IN THE DIFFERENT AID STATIONS; THIS IS MANDATORY.
- COMPETITORS MUST WEAR THE FOLLOWING MANDATORY EQUIPMENT DURING THE COMPETITION: EMERGENCY WHISTLE, HEADLAMP WITH BATTERIES IN GOOD CONDITION AND THAT HAS A MINIMUM OF 50 LUMENS OF LIGHT POWER.

## PENALTIES AND PROTEST

- A DISQUALIFICATION IS A PENALTY FOR VIOLATIONS OF THE RULES, WHICH ARE SUMMARIZED, BUT NOT LIMITED TO, UNSPORTSMANLIKE MANEUVERS, UNFAIR ADVANTAGES, BREACHES OF ANY COMPETITION PATH, FAILURE TO COMPLY WITH THE INDICATIONS OF THE COMPETITION OFFICIALS, AGGRESSIVE OR UNSPORTSMANLIKE CONDUCT, AMONG OTHERS.
- A DISQUALIFIED ATHLETE WILL NOT HAVE THE RIGHT TO OBTAIN A MEDAL OR ANY RECOGNITION BY THE ORGANIZATION FOR THE POSITION OBTAINED.
- EVERY COMPETITOR HAS THE RIGHT TO MAKE A POST-STAGE PROTEST. THE TC WILL ANALYZE THAT, THE RESULT ADOPTED BY THE TC IS UNOBJECTIONABLE.
- WHEN AN ATHLETE PROTESTS AND IS FAVOURED WITH IT, THE ATHLETE MUST BE REINSTATED IN THE POSITION OBTAINED PREVIOUSLY

TCC MYTHICAL PLACES  
NAUYACA WATERFALLS, STAGE 3



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# OVERALL RESULTS

TAP THE 2026 THE COASTAL CHALLENGE ICON TO VIEW THE TCO RESULTS

