

# Running circuits inside urban parks



## **Problem:**

In the cities there is everyday more popular running races with thousands of people. The city needs to cut streets to traffic, help of police, problems with public transport, complains of pedestrians Etc. That costs money and a lot of work.

## **Solution:**

In a big Park you make a circuit that you dont need to cut traffic and you dont annoy anybody . You prepare a big place in a park that can gather thousands of people, trucks, ambulances and day tents to help in the organization. This is much cheaper to the city and only in special events you finish the race in a public avenue or square (But you have save thousands of € beggining a race in a park).



## Example of running circuits that people use:

2 different circuits of 5k. and 10 kilometres.  
No traffic lights, no traffic, people can practice 365/24  
(Always open) with marks in the ground.

The circuit is certified by International Athletism federation





Start of race requires first 500 m. at least 20 m. wide (Lot of runners), after that paths of 5 m. wide are enough.

You can combined with triathlon races using lakes and bikes ways.

### Example of marks

In the ground we place every 100 m. or in every cross this colour metal signs.

Orange for 5 k. circuit and blue for 10 k. circuit. Cost of every metal sign (Less 2 €)  
No vandalism

