

# SALOMON RUN BARCELONA 2024

## RUNNER'S GUIDE - 14 APRIL 2024

TITLE SPONSOR

**SALOMON**

OFFICIAL SPONSOR

**atlàntida**  
ASSEGURANCES  
Salut! (de l'à a la z)

TECHNOLOGY PARTNER

**NutriSport**

**GARMIN**

OFFICIAL MAPPING

**wikiloc**

SUPPORTED BY

 Ajuntament de  
Barcelona

ORGANIZER

**OCISPORT**  
OUTDOOR EXPERIENCES

 Cursa Salomon Run Barcelona

+ info & registration

[www.salomonrunbarcelona.com](http://www.salomonrunbarcelona.com)

# RUN

CALENDAR 2024



14 ABR

**SALOMON RUN BARCELONA**  
Barcelona

Vertical  
10km  
5km

URBAN



1 JUN

**XTERRA PIRINEU**  
La Guingueta d'Àneu | Lleida

FULL

1,5k  
27,4k  
7,2k

TRI



28-30 JUN

**GARMIN EPIC TRAIL**  
Vall de Boí | Lleida

62km  
42km  
24km  
12km

TRAIL



19-21 JUL

**COMAPEDROSA SKYRACE**  
Arinsal-La Massana | Andorra

36km  
24km  
19km  
8km

TRAIL



10 NOV

**CURSA DE L'ALBA**  
Collbató | Barcelona

22km  
12km

TRAIL

## JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

## MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## MAY

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## JUNE

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## JULY

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## OCTOBER

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## DECEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**MORE INFORMATION**



DRX BLISS

# GUIDE MORE THAN YOUR STRIDE

DRX BLISS answers the call of runners who crave stacked comfort but need extra stability.

***SALOMON***

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**wikiloc**

Accede a las rutas oficiales  
de OCISPORT RUN en Wikiloc

01

# SALOMON RUN BARCELONA

## SALOMON RUN BARCELONA + SALOMON VERTICAL BARCELONA

- Do you want to run around Barcelona in a different way? The Salomon Run Barcelona gives you the opportunity to run in corners where you can't usually access. Come and enjoy our city and its surroundings as you advance up slopes, hundreds of stairs and the different emblematic points where the race runs. Come and discover some of the corners that the magical mountain of Montjuic has to offer. Do you want to get to know the less urban side of the city?

Get ready to experience the Salomon Run Barcelona! A different race.

- The most explosive and unique race in Barcelona is back. If you want to experience the intensity of the SALOMON RUN VERTICAL in first person and feel how life accelerates in a monumental environment.

32 women and 32 men, previously selected, to run the stairs of Montjuïc.

Let's run!

Web: [www.salomonrunbarcelona.com](http://www.salomonrunbarcelona.com)

Facebook: @Cursa Salomon Run Barcelona

Youtube: OcisportTV

**SALOMON**

**20% DISCOUNT**

*in the Road Running, Trail Running and Textile articles*

### FROM TUESDAY 9 TO FRIDAY 12 APRIL

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**10:00h a 21:00h**

BIB pick up

[SALOMON STORE BARCELONA](#) Rambla de Catalunya

### SATURDAY 13 APRIL

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**10:00h a 19:00h**

BIB pick up

Plaça Puig i Cadafalch, Barcelona

### SUNDAY 14 APRIL

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**07:00h a 08:30h**

BIB pick up

Plaça Puig i Cadafalch, Barcelona

**09:00h**

START 5K

Plaça Puig i Cadafalch, Barcelona

**09:30h**

1st START 10K

Plaça Puig i Cadafalch, Barcelona

**09:40h**

2nd START 10K

Plaça Puig i Cadafalch, Barcelona

**10:30h**

Awards ceremony 5K

Plaça Puig i Cadafalch, Barcelona

**10:40h**

Awards ceremony 10K

Plaça Puig i Cadafalch, Barcelona

**10:45h**

Start *Vermut After Run*

Plaça Puig i Cadafalch, Barcelona

**11:00h**

START VERTICAL

Plaça Puig i Cadafalch, Barcelona

The CLOAKROOM is open on Sunday 14th from 7:00h to 12:00h (only for participants)

# TEST

**SALOMON**  
**RUN**  
BARCELONA 2024

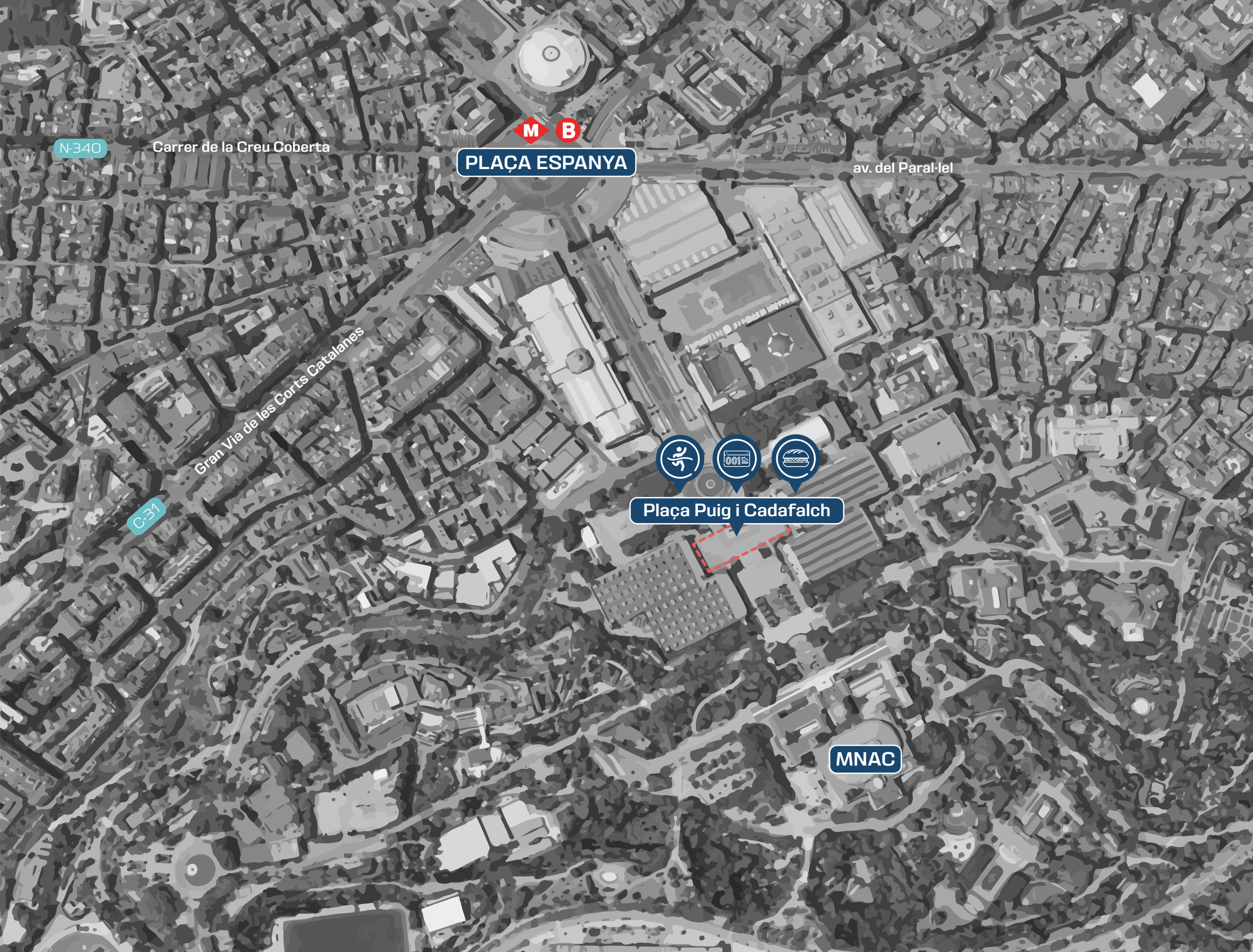
Prueba una de nuestras zapatillas de Road Running durante la Salomon Run '24

Modelos: **Aero Glide 2 - DRX Bliss**

Acércate al camión de Salomon, escoge zapatilla y sal a correr.





**SALOMON**



## How to get there

Being an area of the **center of Barcelona** wOOe recommend accessing by public transport

### BY METRO

-  **L3** Espanya Link with other lines
-  **L1** Espanya Link with other lines

### BY TREN

Lines Llobregat-Anoia

-  **L8**
-  **S3**
-  **S4**
-  **S8**
-  **S9**
-  **R5**
-  **R50**
-  **R6**
-  **R60**

### BY BUS\*

- Line 23 bus - Pl. Espanya / Parc Logístic
  - Line 150 bus - Pl. Espanya / Castell de Montjuïc
- \*link with other lines





**Sunday 14 APRIL**

**BIB'S PICK UP**  
07:00h - 08:30h

### PARTICIPANT'S AREAS OF INTEREST

-  Start zone  
Finish zone
-  BIB's pick up
-  Final provisioning
-  Physiotherapy service
-  Village zone  
stands + after run
-  Toilets  
toilets will be set up

INFINITY SPORT

Salut!

(de l'ā a la z)

Des de  
**31,59**  
€/mes

- L'assegurança que et porta la Salomon Run Barcelona 2024.
- Revisió mèdica esportiva anual: prova d'esforç i electrocardiograma.
  - 10 sessions a l'any de fisioteràpia post esdeveniments.
  - Estudi biomecànic de la petjada.
  - Servei de recuperació a domicili per lesió greu: 30h.
  - Nutricionista especialitzada.

**SALOMON**  
**RUN**  
BARCELONA 2024

atlāNTIDA

Salut! (de l'ā a la z)



04

# START BOXES

ACCESS TO BOX: 8:45h  
START: 9:00h

5K



9:00h

**SALOMON RUN**  
BARCELONA 2024

**5K DORSALS**  
**1-999**

**SALOMON**



**04**

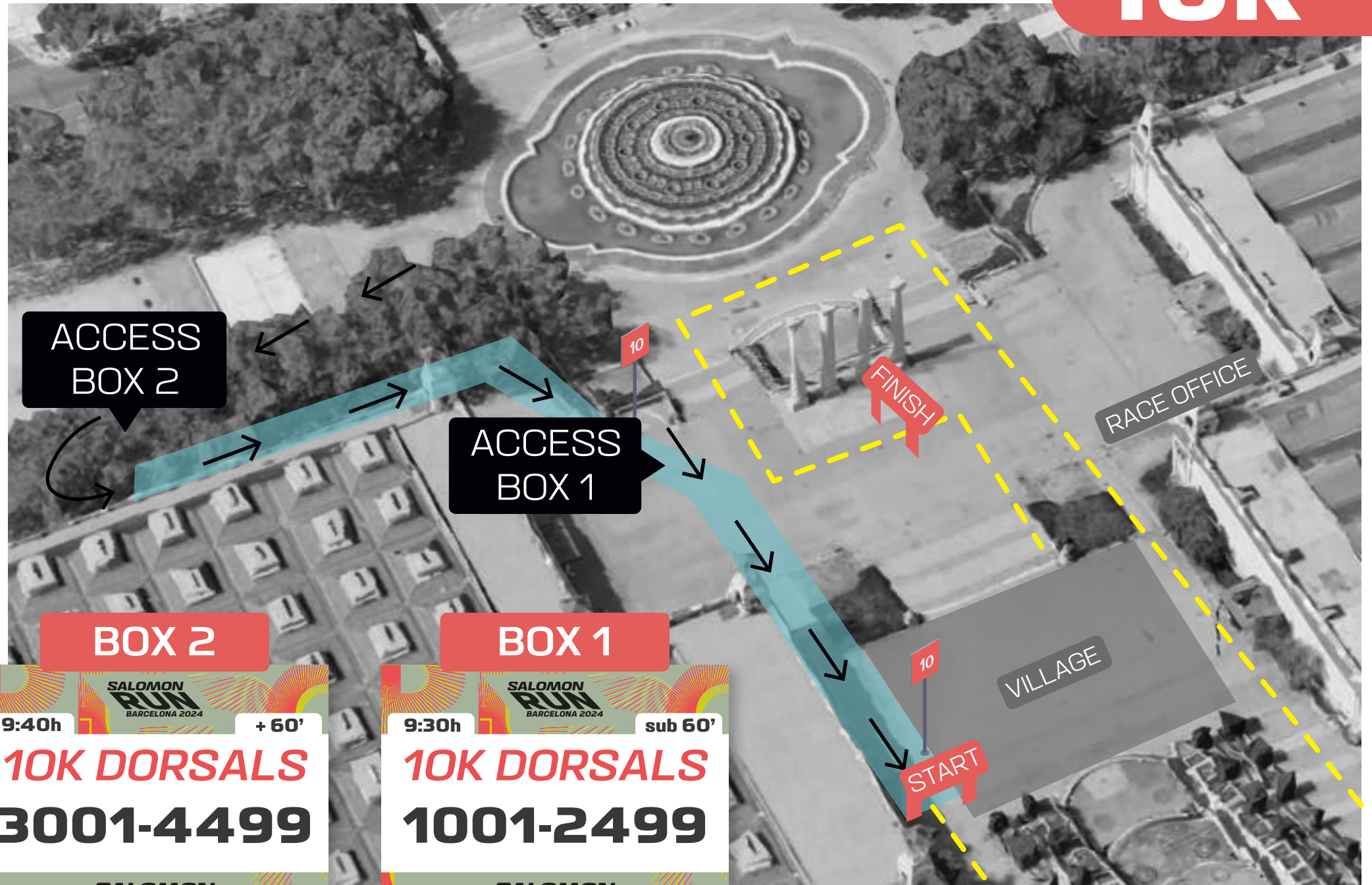
# START BOXES

ACCESS TO BOXES: 9:10h

START BOX 1: 9:30h

START BOX 2: 9:40h

**10K**



**BOX 2**

SALOMON RUN BARCELONA 2024

9:40h + 60'

**10K DORSALS**

**3001-4499**

SALOMON

**BOX 1**

SALOMON RUN BARCELONA 2024

9:30h sub 60'

**10K DORSALS**

**1001-2499**

SALOMON



**5K**

**114 M+**  
**114 M-**  
max. height **102m**

**BIB PICK UP**  
Plaça Puig i Cadafalch  
**7:00h to 8:30h**



**START**  
Plaça Puig i Cadafalch  
**9:00h**



**FINISH**  
Plaça Puig i Cadafalch



**AWARDS CEREMONY**  
10:30h



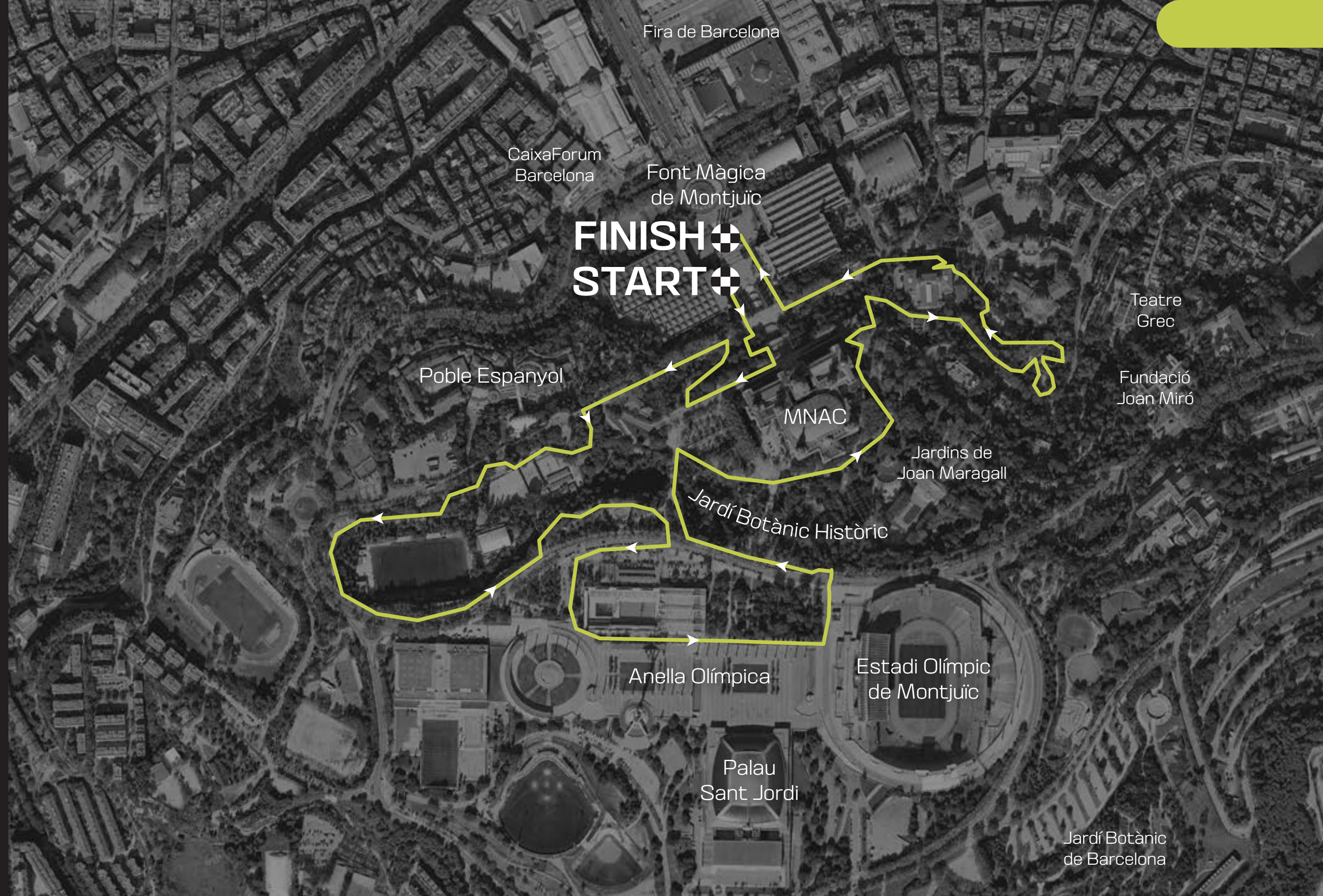
## What's included?

- COMMEMORATIVE GIFT OF THE RACE
- BIB NUMBER
- FINAL REFRESHMENT AT THE FINISH LINE
- SIGNPOSTED ROUTE
- TIMING SERVICE
- MEDICAL SERVICES
- PHYSIOTHERAPY SERVICES



# SALOMON

5K



Fira de Barcelona

CaixaForum  
Barcelona

Font Màgica  
de Montjuïc

**FINISH**   
**START** 

Poble Espanyol

MNAC

Jardins de  
Joan Maragall

Jardí Botànic Històric

Anella Olímpica

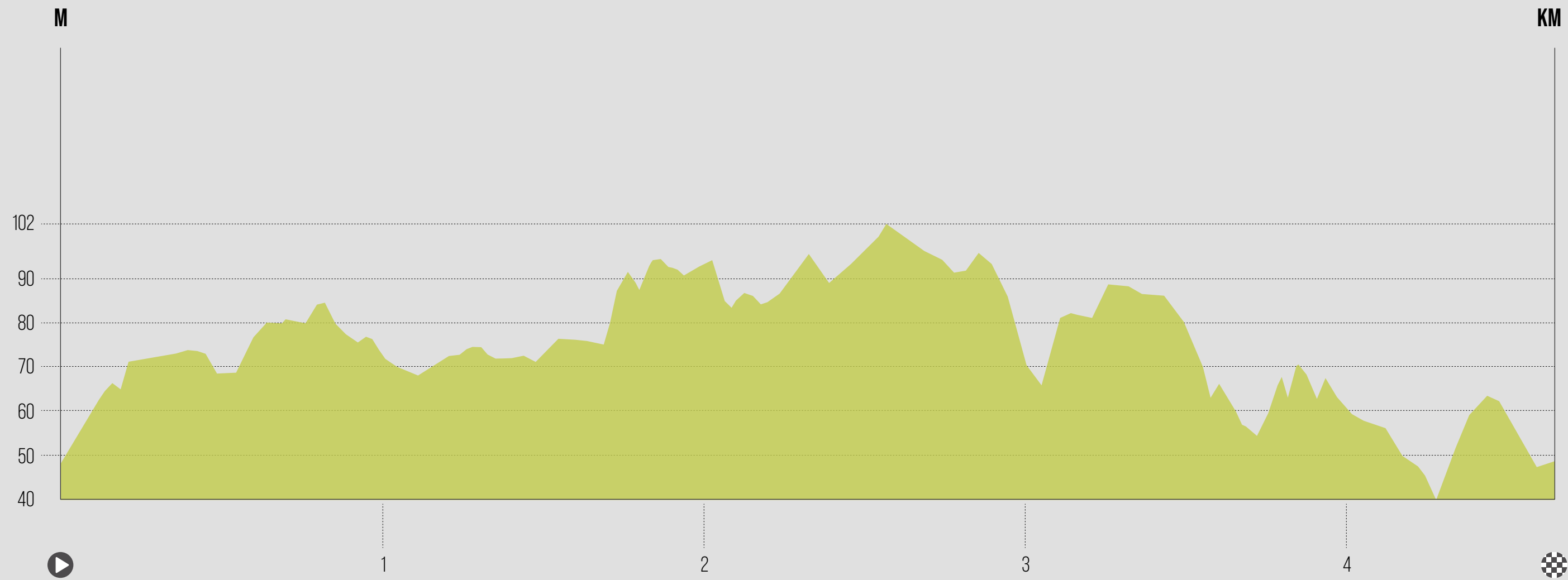
Estadi Olímpic  
de Montjuïc

Palau  
Sant Jordi

Jardí Botànic  
de Barcelona

Teatre  
Grec

Fundació  
Joan Miró



[DOWNLOAD THE GPX TRACK](#)  
SALOMON RUN BCN 5K



wikiloc.com



**10K**

**238 M+**  
**238 M-**  
max. height **114m**

**BIB PICK UP**  
Plaça Puig i Cadafalch  
**7:00h to 8:30h**



**START 1ST BOX**  
Plaça Puig i Cadafalch  
**9:30h**



**START 2ND BOX**  
Plaça Puig i Cadafalch  
**9:40h**



**FINISH**  
Plaça Puig i Cadafalch



**AWARDS CEREMONY**  
10:40h



## What's included?

- COMMEMORATIVE GIFT OF THE RACE
- BIB NUMBER
- LIQUID REFRESHMENTS ALONG THE ROUTE
- FINAL REFRESHMENT AT THE FINISH LINE
- SIGNPOSTED ROUTE
- TIMING SERVICE
- MEDICAL SERVICES
- PHYSIOTHERAPY SERVICES





# SALLOMON

10K



CaixaForum Barcelona    Font Màgica de Montjuïc

**FINISH**   
**START** 

Poble Espanyol

MNAC

Teatre Grec

Fundació Joan Miró

Jardins de Joan Maragall

Jardí Botànic Històric

Anella Olímpica

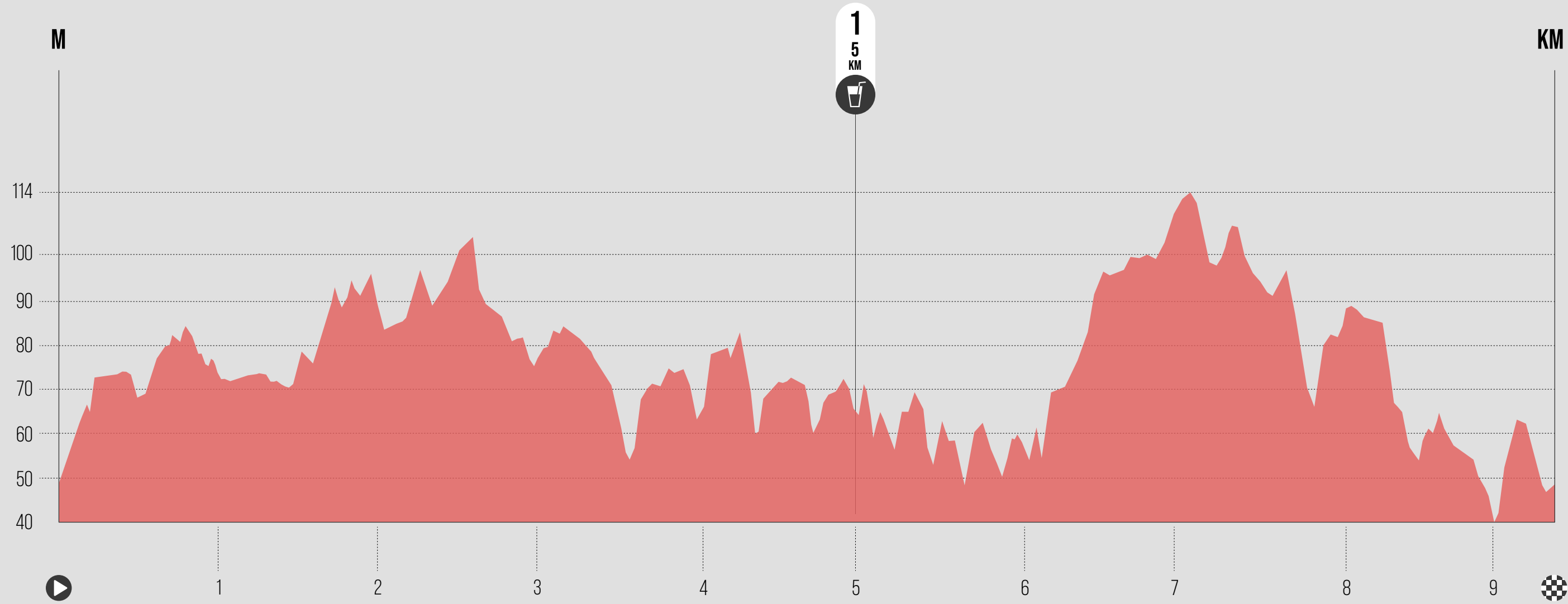
Estadi Olímpic de Montjuïc

Palau Sant Jordi

Castell de Montjuïc

Jardí Botànic de Barcelona

1 5 KM 



[DOWNLOAD THE GPX TRACK](#)  
SALOMON RUN BCN 10K





[www.nutrisport.es](http://www.nutrisport.es)

# **SALOMON** **VERTICAL** **BARCELONA 2024**

**72 STEPS**

**4 ELIMINATORY**

**64 PARTICIPANTS**  
32 WOMEN / 32 MEN

**BIB PICK UP**

Plaça Puig i Cadafalch

**10:30h**



**START**

Plaça Puig i Cadafalch

**11:00h**



**AWARDS CEREMONY**

at the end of the race



ENTRENA DE FORMA  
BRILLANTE



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