



1 FEB 2026

Ride USD 20,Swim USD 20,Walk USD 20,Combi USD 25,-

## Isidel Beach Park

WWW.RIDEFORTHEROSES.ORG

Are you Ready?!

## **Event Program**

Location T			
Location	Гime	Activity	
С	06:30 - 06:35	Invocation	
С	06:35 - 06:40	Anthem	
	06:40 - 06:45	Opening Speech	
	06:45 - 06:55	Warm-up session - Stretching	
	06:55 - 07:00	Start Ride	
	07:00 - 07:15	Start Walk/Run	
	07:00 - 11:00	Photo Banner	
	08:00	Arrivals first Walk & Run Short & Ride	
	08:30	Arrival Ride, Walk, Run long	
	08:00 - 8:30	Yoga after arrival	
	08:00	Start registration for Swim	
С	08:30	First bus to "Kas di Regatta" by Rent O Fun	
C	08:40	Final bus to "Kas di Regatta" by Rent O Fun	
KAS DI REGATTA C	09:00	Start Swim at "Kas di Regatta"	
ISIDEL BEACH PARK C	09:15	Arrival first swimmers	
ISIDEL BEACH PARK 12	2:00	Closing speech and group pictures	



## T-Shirt Pickup dates

January 29	Thursday	5pm - 7pm
January 30	Friday	5pm - 7pm
January 31	Saturday	10am - 5pm















