

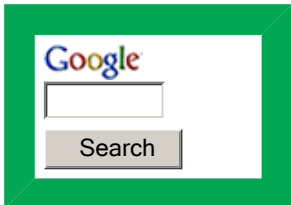


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## La Ruta 2007 Launch – Preview and Press Conference

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### 2007 Maps and Course Info

release by La Ruta de los Conquistadores

November 11, 2007 (San José, Costa Rica) - A press conference launch was held on Friday at the Best Western Irazú Hotel, in San José, Costa Rica, to present the 2007 edition of La Ruta de los Conquistadores mountain bike race.

This 15th Anniversary event begins on Wednesday, November 14 and will retrace the path of the Spanish Conquistadors over this Central American country during four days finishing on Saturday, November 17.

La Ruta PR Manager, Luis Rueda, headed up the press conference and introduced the 2007 race to the local and foreign media and sponsors. This year's race will see a new format for La Ruta, adding one more day to the original three-day course.

"The whole territory is now connected from the Pacific Ocean to the Caribbean Sea... One more day of excitement, one more day of action, one more day of challenge," Race Director Diego Viquez stated.

Manuel Prado (SHO AIR-La Ruta) was practically the only "pro" racer present for the conference. He's a Costa Rican rider, however most of his career has been developed in the United States, taking part of NORBA races, Sea Otter Classic events, and other major multi-stage races such as the BC Bike Race.

"I finished 3rd overall at the BC Race in Canada and that was something that really pushed me to try to be in the top-five for this year's La Ruta. Let's see how it goes!," Prado commented.

Costa Rican Cycling Federation is up to judge the race with a staff of 15 people: two main commissaries, four PC judges, four course judges, three timing judges and two doping commissaries.

"We will have our guys doing their best, mainly for the Open Men and Women categories. It's important to note that this year's La Ruta will have



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even more doping controls than the last event," said first Commissaire, Alvaro Echeverría.

Many of the 550 participants registered are already in Costa Rica, while the largest portion of the "pros" will be arriving at the Juan Santamaría International Airport between Saturday and Monday.



Photo: La Ruta

Registration, official presentation to media and a general meeting will take place at the Best Western Jacó Beach hotel, starting at 10 a.m. on Tuesday November 13. Visit [www.adventureface.com](http://www.adventureface.com) for more info.

La Ruta 2007 Stages

**Day #1 - November 14**

- Distance: 95 km (59 miles).
- Time to finish: 12 hours - 30 minutes at 7.6 km/h.
- Climate: Tropical Rain Forest, Sub-Tropical Rain Forest and Tropical Dry Forest.
- Last year's winning time: Leonardo Páez. T: 06:00:25.

**Day #2 - November 15**

- Distance: 75.2 km (46 miles).
- Time to finish: 11 hours at 6.80 km/h.
- Climate: Sub-Tropical Rain Forest, Template.
- Last year's winning time: N/A

**Day #3 - November 16**

- Distance: 66.7 km (41.4 miles).
- Time to finish: 11 hours at 6 km/h.
- Climate: Cloud Forest and Rain Forest. Wind and rain. Drastic climatic changes.
- Last year's winning time: Leonardo Páez. T: 03:25:47.

**Day #4 - November 17**

- Distance: 120 km (75 miles).
- Time to finish: 11 hours at 10.9 km/h.
- Climate: Sub-Tropical Rain Forest, Montano Rain Forest and Tropical Forest.
- Last year's winning time: Andrei Amador. T: 04:32:04.

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