



**THE EXTREME MEDITERRANEAN CHALLENGE**



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In short Jose Manuel has proposed to cross the 4 islands from north to south during the dates of 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup> August starting from the far east of Menorca and finishing on the south point of the island of Formentera

The challenge comprises:

- Bicycle in Menorca from Mahon to Cap D'Artrutx 60 km
- Swimming from Menorca to Mallorca, Cap D'Artrutx – Cala Ratjada 50 km
- Running in Mallorca from Cala Ratjada to Santa Ponça 110 km
- From Mallorca to Ibiza in canoe 110 km
- Running in Ibiza to Ses Salines 42 km
- Swimming from Ibiza to Formentera 10 km
- Running in Formentera 21 km

All the routes by bicycle, swimming and canoe will be accompanied by a reduced group of athletes and friends offering their support and encouragement to Jose Manuel.

It will be a small group due to the physical strain involved and also to avoid any traffic problems etc.

Jose Manuel will at all time be accompanied by a technical team with all the necessary security measures to ensure success in this challenge.

### FRIDAY 27<sup>th</sup> AUGUST

Menorca by bicycle

Start 00:00 Mahon by bicycle to Cap D'Artrutx

Arrival approx. 03.00 am

Route 60 km

This route is supported by the Balearic Cyclist Association who has placed at our disposal all their human and material measures and at the same time have organized that a small group of cyclists accompany the athlete on his route giving their support at the beginning of this challenge.

Crossing Menorca – Mallorca – Swimming

Start 3.00-4.00 hours swimming from Cap D'Artrutx to Mallorca (Cala Ratjada)

Approx arrival in Cala Ratjada between 18.00 and 20.00 hours

For this crossing apart from the vessel of Real Club Nautica Palma we will also have the support of Velero Nutrisport

FRIDAY 27<sup>th</sup> – SATURDAY 28<sup>th</sup>

Running in Mallorca

Start Cala Ratjada 20.00 running to Santa Ponça (110km)

Meeting point runners and escorts: Heladeria De's Port next to Club Nautic

Arrival approx Playa de Santa Ponça Friday 27<sup>th</sup> between 11.00 to 13.00 hours

The athlete will be accompanied by a small group of runners as by now and having swum 50 km Jose Manuel will be tired.

Obviously an assisting car will be in support with his trainer and physiotherapist who will work together to help Jose Manuel as the 110 km run is more than two and a half marathons.

After this stage and due to the fact that the distance from Mallorca to Menorca is covered by canoe with an approx. time of 24 hours, a rest will take place from the arrival at approx 13.00 in Santa Ponça to 20.00 hours, in order to physically recuperate and eat so as to continue with this tough endurance test.

SATURDAY 28<sup>th</sup> – SUNDAY 29<sup>th</sup>

Crossing Mallorca – Ibiza by canoe

Start from beach Santa Ponça on Saturday 28<sup>th</sup> at 20.00 hours. By canoe to Ibiza. Arrival Ibiza (San Vicens) on Sunday 29<sup>th</sup> between 09.00 and 10.00 hours approx, after rowing 14-18 hours.

At this point another support boat will join in "La Lozana – Bufete Frau" allowing on board more sporting people to support Jose Manuel

On this occasion we will again be in the hands of the meteorological report as we should not forget that a canoe is a very light vessel and therefore very vulnerable, so if the sea and wind conditions permit, we will follow the planned timing. Should this not be possible, the crossing by canoe will take place when the weather conditions permit, in order to not place under any circumstances any risk to the sportsman nor the team accompanying him.

At all times Jose Manuel will be accompanied by other canoeists who will also supply him with provisions, and with special mention of Kiko Martin, a Mallorcan sportsman with great experience in canoeing over long distances.

MONDAY 30<sup>th</sup>

Ibiza Run

Start on Monday 30<sup>th</sup> from the northern tip of the Island of Ibiza (San Vicens) at 1.00 hours to Ses Salines running 42 km

Arrival at Ses Salines on Monday 30<sup>th</sup> between 10.00 and 11.00 hours

Crossing Ibiza – Formentera swimming

Once completed the route of the Island of Ibiza, Jose Manuel will again swim facing the last 10 kms to reach the end of this difficult challenge

Start at 7.00 h Ses Salines swimming to the area of S’Espalamador

Arrival at Formentera on Monday 30<sup>th</sup> at approx 10.00-11.00 hours

Run in Formentera

We will finally cross Formentera running to the lighthouse (21km)

Start Ses Salinas on Monday 30<sup>th</sup> at 12.00 approx

Approx arrival at the Fomentera lighthouse on Monday 30<sup>th</sup> between 17.00 and 18.00 hours

And here ends the great challenge of this sportsman who wishes to appeal with his effort and sacrifice the solidarity to help everyone who don't have to struggle to cover 4 islands in four days but do have to fight, day by day, difficult circumstances and very often hostile reactions for the well being of their own.

COMPANIES INVOLVED IN THE CHALLENGE

Both the **Delegacio del Govern per a l’Esport de les Illes Balears** and the **Instituto Municipal de l’Esport de l’Ajuntament de Palma** have supported and sponsor the project

Also we have received much help from the **Federacion Balear de Ciclismo** who have given us all the human and infrastructure support for the first stage in Menorca by bicycle

All logistic matters concerning the routes have been supported by the **Real Club Nautico Palma** who have offered us accompanying boats during the event and that of **Bufete frau – Abogados** who, together with the **Club Nautico S’Arenal** have offered another vessel for the stretches of Mallorca-Ibiza-Formentera-Mallorca with crew and necessary resources

As always **Bimont**, always present in the bicycle events taking place on our islands did not doubt, for one moment, in offering support to the sportsman and sponsor the project.

As sponsors we also count with **Distribuciones Medicas Muñoz** and **Centre Cristia de Mallorca**

**Nutriesport** is a sports nutrition company who have been advising Jose Manuel on nutrition matters both during his training time as well as for the event. Nutriesport will also attend with a support vessel for the first part of the journey Mallorca-Menorca-Mallorca

**S'Aigua Blava** have also wished to join us, offering the best they have, their installations and professional staff in order that Jose Manuel can train under the best possible conditions

**Elitechip.** Once again Mito of Elitechip joins in with solidarity offering us the platform for the Registration in Elitechip.net for those who wish to collaborate in this project through ([www.elitechip.net](http://www.elitechip.net))

The solidarity character of this event

“Balears solidaria” is a great human sporting project attempting to cross 4 islands of our archipelago in four days, showing how important is the spirit of sacrifice and the struggle of people to overcome almost impossible aims, showing us that if one has faith and hope it is possible to overcome situations and moments of extreme difficulty.

The project is born from a great sportsman, Jose Manuel Lopez Martinez, who for some years has combined both his sporting life with his human and solidarity facets. From his block “Mojate contracorrente” he describes his adventures and sporting challenges, always arising from his will to fight and help those in need.

On this occasion his support and solidarity is with the villagers in the delta of the river Parana in Argentine, who have suffered for years the lack of education, food, public health and general poverty due to its geographical situation

Problems concerning the population of the River Parana

At present there is an estimated population of 5.000 people. The majority live inland from the delta and in great poverty. Their resources are mainly from the felling of the poplar trees in order to make boxes for the collection of fruit, fishing and the making of cane baskets. The majority of the population live in a precarious state.

Due to the above mentioned work, these are not sufficient to cover the basic needs of each family

Added to this economic situation is the geographic situation, as they do not have sufficient economic means for any transport which in turn results in various consequences

1. Firstly they pass long periods totally cut off until someone visits them. This can socially affect them both individually as well as the general population

2. On the other hand there is a high rate of illiteracy. The delta is divided into three areas, the first has a higher access to education as the regional government arranges transport for the students to attend school daily. The second area also has certain resources as the students are collected on Monday and returned on Friday, but even so this is no guarantee of access to education as the students do not regularly attend class. It is a great effort for the families that their children leave home during so many days, as they form part of the chores that uphold the family. Concerning the third area, any access to education is void as there is no transport to take the students to school. Therefore their formation is practically inexistent with the consequences these imply educationally, socially, culturally, family etc.
3. Lastly the access to health coverage is precarious. The islanders do not have easy access as only in the first area of the delta, which is the nearest to the city, are there available professionals to offer their services. Therefore, in the case of necessity, everything depends on the river transport, which is almost non existent.
4. Added to the geographical situation and lack of transport, it should be mentioned that only the **first region has electricity**. The economic situation of the area and its inhabitants make it impossible for the necessary installations and their enjoyment, even minimal

The organization “Betel de los Alcanfores” began their work 29 years ago. The task was started with a group of men committed to the needs of those living in the area, under the leadership of Rafael Hyatt, an American missionary.

This group, thanks to a small boat called “Mensajera de Paz” (Peace Messenger) began to visit the islanders taking with them certain supplies to relieve their situation. On their trips they took clothing, food, medicines and anything that could be useful.

Bit by bit the visits strengthened and today a team of 12 people make regular visits twice a month reaching about 150 islanders and helping them with all they can. Now, not only material help but also the assistance of a doctor who voluntarily accompanies them on their trips.

They also have their own construction on the river bank of a dining room for the children of the area, offering food and education as within their means. Over the years they have managed to obtain other boats, but as they themselves say “our enemy are the submerged trunks that sometimes break the propeller or the hull of the boat”. Of the four boats they have today, there is always one, for one reason or another, that is being mended. Although at this moment they have 2 in the shipyard, one of them had an accident and the rudder broke in the other.

Without these boats it is impossible to carry out their work as these are needed to provide the islanders with supplies or bring them to the headquarters for medical and education services, food in the dining room, religious help etc.

In this occasion we are aiming with a specific effort to collect funds and at least contribute to the mending of the boats that at present cannot be used. The cost of repair is approx. 8.000 euros

Obviously what would really be our goal is to collect sufficient funds to buy a new boat as this is the only means of communication.

Jose Manuel Lopez intends with this challenge to show his solidarity to all the Balearic people before this problem, making everyone aware from coast to coast and trying, with his effort, that both people and institutions make donations that will be totally allocated to this project for the repair of these boats, so necessary for basic subsistence.

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