



TRIP PLAN & SCHEDULE

# RELAY ACROSS EL SALVADOR

MAY 13 - 20, 2019

*Thank you for your interest in the Relay Across El Salvador!*

Central America is in the headlines. You can't run away from the story of poverty, immigration and conflict. However, you can run to change this story. You can run and raise awareness and funding to help families thrive. All proceeds from the run will go to ENLACE, a Central American community development organization with 25 years of experience mobilizing church and civic leaders to work together to transform their communities.

Central America is in a place of extreme challenge, and the Relay Across El Salvador is an extreme challenge endurance event for people that want to make a real difference. We will be running 220 miles across El Salvador over the course of 5 days in relay teams made up of 5 or 6 participants. The run begins in the mountain town of San Fernando located on the Honduran border in the far Northeast, and we will finish in the Southwest in a fishing village named Metalio located on the Pacific Coast.

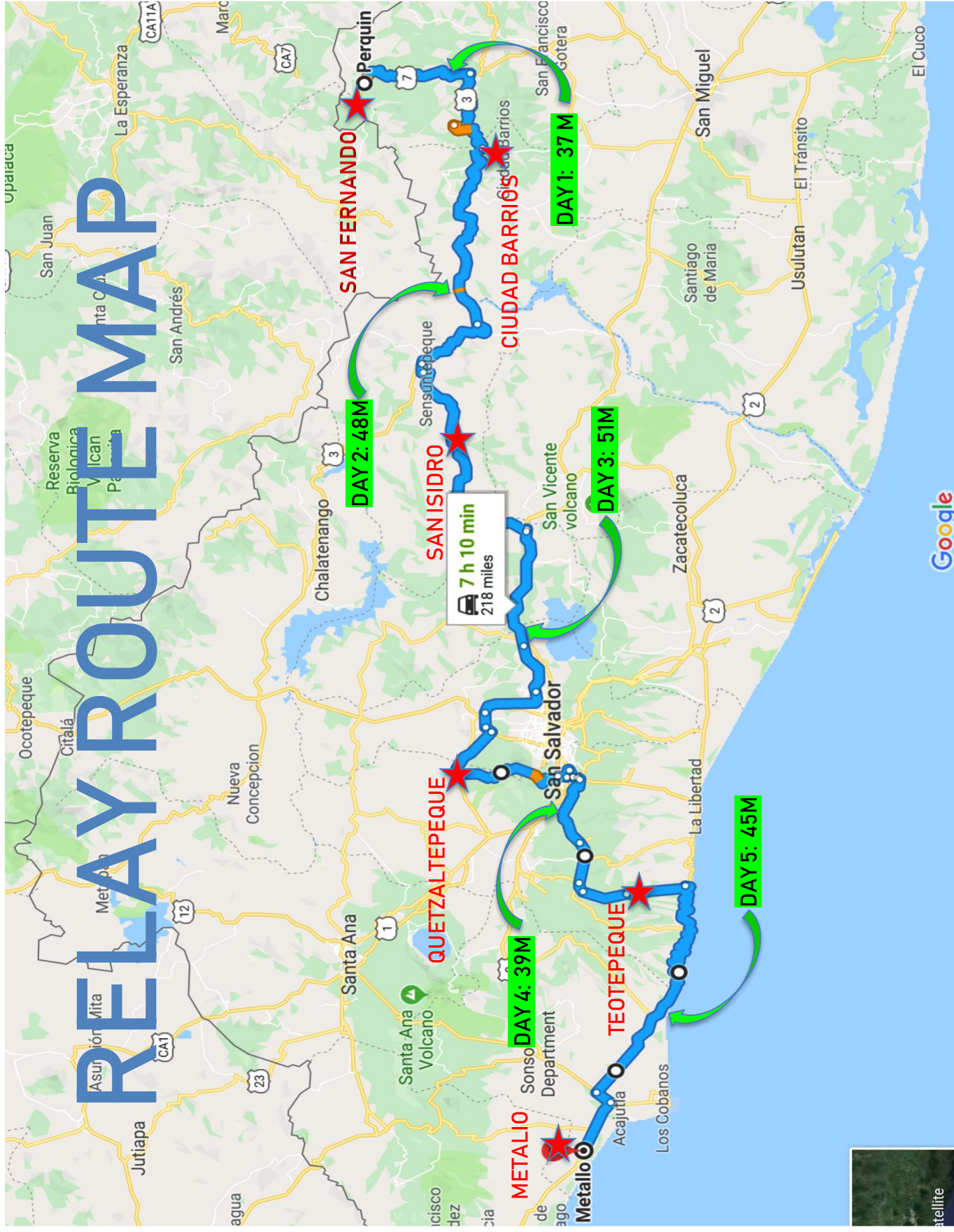
Each relay team will have a van with a driver to carry their supplies and the support of a bilingual staff member from ENLACE. Vans will be stocked with water, energy drinks and other running nutrition. We will eat meals at local restaurants and churches and spend our nights at hotels located along the route. A highlight of the experience will be daily tours of community development projects designed and led by local church and civic leaders. We will visit a gravity fed water system, a school, chicken cooperative, homes, eco-friendly stoves and composting latrines built for families in need.

Our goal for each relay team member is to raise \$10 for each mile for a total goal of \$2,200. If you are able to do so, you are more than welcome to set a higher goal! This total will cover all trip expenses except for airfare. We are asking runners to purchase flights on their own. If you'd like us to purchase your airfare, the total fundraising goal is \$2,950. If you have not yet committed to running, please email me today and I'll put your name on the list. The registration and fundraising site should be live before Christmas, and I will send you a link as soon as it is up. Let's Run for Central America! We can make a life transformational impact in the lives of thousands of families!

¡Bendiciones!

Mark Haugen  
ENLACE - Run for Central America Team Coordinator  
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# RELAY ROUTE MAP





# RELAY ACROSS EL SALVADOR

MONDAY - MAY 13, 2019



## RUNNING ROUTE OVERVIEW:

Zero miles. It will be a great day to rest up as you travel, carbo load and enjoy the Salvadoran countryside.



## SCHEDULE:

Time	Activity
3pm	Please schedule your flight to arrive in San Salvador by 3pm at the latest. The ENLACE staff will be waiting for you outside the airport with a sign with your name on it.
4pm	Early Dinner and Orientation in San Salvador
5:30pm	Drive to the village of Perquin on the Honduran border
9pm	Arrive and check-in at the Hotel Perquin Lenka in Perquin





# RELAY ACROSS EL SALVADOR

TUESDAY - MAY 14, 2019



## RUNNING ROUTE OVERVIEW:

37 Miles. Our first day of running is primarily downhill and will be a great way to warm up and ease into the week. There will only be 7.5 miles of uphill running. The day will begin running through pine forests high and the mountains, and we will descend along mountain ridges and coffee fields into the small city of Ciudad Barrios.



## SCHEDULE:

Time	Activity
7am	Breakfast and Team Time
7:45am	Drive from Perquin to San Fernando
8am	Begin running the 220 mile journey!
12pm	Lunch en route
3-4pm	Arrive in Ciudad Barrios and check into Hotel Barrios
4pm	Visit a water system located in the village of Gutierrez
6:30pm	Dinner at a local restaurant in Ciudad Barrios



# RELAY ACROSS EL SALVADOR

WEDNESDAY - MAY 15, 2019



## RUNNING ROUTE OVERVIEW:

48 Miles. Since we'll be all warmed up, we'll increase the distance on our second day of running. The route will have us rolling up and down the mountains along the rural Longitudinal Highway. In total there will be 11 miles of steep uphill running. We will enjoy many sweeping panoramic vistas, cross through several small towns and pass over a bridge on the Rio Lempa.



## SCHEDULE:

Time	Activity
6am	Breakfast and Team Time at a local restaurant in Ciudad Barrios
7am	Begin running from the hotel to the village of La Hacienda
10- 10:30am	Complete 18.5 miles and arrive at the school construction project in the village of La Hacienda. Eat an early lunch in La Hacienda.
12pm	Begin running from La Hacienda to San Isidro
5-6:30pm	Complete 29.5 miles and arrive in San Isidro. Drive to Hotel Tres Marias in Sensuntepeque.
5:30 - 7pm	Enjoy dinner and relax in the pool at the hotel





# RELAY ACROSS EL SALVADOR

THURSDAY - MAY 16, 2019



**RUNNING DAY 3- 51 MILES: SAN ISIDRO TO QUETZALTEPEQUE**

## RUNNING ROUTE OVERVIEW:

51 Miles. This is hump day, it will be our longest day and it is right in the middle of the relay. In the morning we will traverse gently rolling rural hills for 15.5 miles until we reach the village of La Labor. After a visit in the village, we will hit the road for a long 35.5 mile afternoon run that will snake us around Lake Ilopango and the metropolitan area of San Salvador. There will be no real significant uphill running, but this will be the one day of urban running with traffic, noise and lots of people.



## SCHEDULE:

Time	Activity
5:30am	Breakfast and team time at Hotel Tres Marias
6:15am	Take vans from the hotel to San Isidro. Run to the village of La Labor
9 - 9:30am	Complete 15.5 miles and arrive in La Labor to visit the chicken cooperative project. Early lunch at Fe y Gracia Church
11:30am	Begin running from La Labor to Quetzaltepeque
5-6:30pm	Complete 35.5 miles and arrive in Quetzaltepeque. Drive to the Hotel Mirador Plaza in San Salvador
6:30 - 8pm	Shower and enjoy dinner at the hotel



# RELAY ACROSS EL SALVADOR

FRIDAY - MAY 17, 2019



## RUNNING ROUTE OVERVIEW:

39 Miles. This is the toughest but most beautiful day of the run. In total, over 13 miles of the run is steep and uphill. A big reason for this is that we spend the morning running up and then down the San Salvador Volcano. After running just a few miles through San Salvador, we turn uphill and spend the rest of the day running through coffee fields up and down a mountain ridge.



## SCHEDULE:

Time	Activity
5:30am	Breakfast and team time at Hotel Mirador Plaza
6:15am	Take vans from the hotel to Quetzaltepeque.
6:45am	Begin running 13 miles up and over the San Salvador Volcano
10am	Early lunch at a restaurant in Santa Tecla, San Salvador
11:30am	Complete 26 mi. to Teotepeque. Visit eco-stove project in Los Trozos
5:30 - 7pm	Arrive in Teotepeque and drive to Mizata Point Resort on Pacific
6:30 - 8pm	Dinner at the hotel Oceanside restaurant





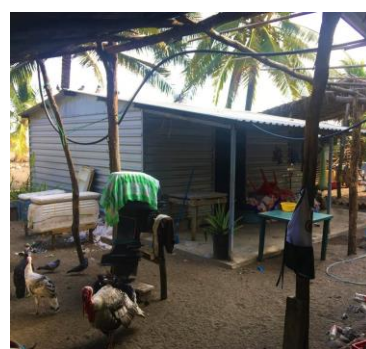
# RELAY ACROSS EL SALVADOR

SATURDAY - MAY 18, 2019



## RUNNING ROUTE OVERVIEW:

45 miles. This is the day we cross the 220 mile finish line in the village of Metalio on the Pacific coast. The first third of the day has us running down out of the mountains to the coastal highway. The next third snakes along the forest covered cliffs along the pacific. Finally, the last third of the run is a flat dash through sugar cane fields, small towns and cattle land. We then turn south and run out through the village of Metalio to the beach.



## SCHEDULE:

Time	Activity
6am	Breakfast and team time at Mizata Point Resort
6:45am	Take vans from the hotel to Teotepeque
7:15am	Begin running down to the coast en route to Metalio. Lunch en route.
4 - 5:30pm	Cross the 220 mile finish line on the beach in Metalio!
4:30 - 6pm	Visit a home construction project in Metalio
5:30 - 7pm	Drive back to Mixta Point Resort
6:30 - 8pm	Dinner at the hotel Oceanside restaurant





# RELAY ACROSS EL SALVADOR

SUNDAY - MAY 19 & MONDAY - MAY 20, 2019



## OVERVIEW OF ACTIVITIES:

You will have the option to fly home on either Sunday, May 19 or Monday, May 20. If you choose to stay on Sunday you will have a couple of tourism options. You can either hang out on the beach at the Mixta Point Resort to rest or go surfing, or you can do a day trip to Apaneca to go zip lining through the treetops over the coffee fields.



## SCHEDULE:

Time	Activity
Variable Sunday	Depart Mizata Point Resort for the Airport
Sun. 9 am - 5pm	Apaneca ziplining and coffee tour (1.5 hour transport each way)
Sun. 9am - 5pm	Beach day at the resort
6pm	Sunset farewell dinner at the resort
Variable Monday	Depart Mizata Point Resort for the Airport