



NORDIC WALKING & TRAIL MEET

Saturday, 22nd of April
Start at ESADE,
Avenida Pearson /
Finish at ESADE Creapolis

Activity 1 - Nordic Walking
Activity 2 - Trail Meet

*T-Shirt included
in the registration!*



Motor Munich



Motor Munich





NORDIC WALKING ESADE-ESADE

Nordic Walking is an activity open to ESADE Alumni members and guests. It is a Nordic Walking march of 17.4 km, which starts at ESADE Barcelona and finishes at ESADE Creapolis, Sant Cugat.

The march will be carried out in small groups, with each group led by monitors who will coach the participants in Nordic Walking techniques. The activity will be coordinated by Alex Perez, a sports dietitian-nutritionist, columnist of Runner's World and Desnivel, and a Nordic March instructor. At the finish Alex will comment on some aspects of Nutrition and sports.

This is a non-competitive activity, designed to be enjoyed by friends and family. Participants will be divided into groups according to their estimated walking pace to better adapt to the rhythm of all the participants. One group will be slightly faster than the other.

Nordic Walking is a technique that allows the body to work in a much more active way than the traditional march, adding the functional use of two walking poles to achieve a series of benefits. The poles are used with the intention to involve as many muscles as possible. This increases energy use and promotes a beneficial cardiovascular exercise.

The route that we are going to take will pass through trails in the heart of the Collserola Park, with beautiful views over Barcelona and the Sant Cugat Valley.

Our objective for the participants to discover the technique and the benefits of the practice of this sport, which in Scandinavian countries already has more than one million fans.

A refreshment point will be set up at the half-way stage so that the participants can regain their strength. At the finish, a picnic will be served at the ESADE Creapolis facilities, along with a raffle of prizes in order to share the experiences of the day with the monitors and friends.

At the end of the Picnic, provided by Rodilla, Motor Munich will offer free transport to the Sant Cugat Railway station in its fleet of BMW and MINI cars.

Registration includes Nordick Walking poles rental

There will be prizes for all participants.

Limited number of places available!

CALENDAR

8:15 h Welcome

8:30 h Start of the march

12:45 h End of the march (estimate)

13:00 h Picnic by Rodilla

REGISTRATION COST:

15 € — Esade Alumni members

19 € — Guests

**RESERVE
YOUR PLACE**

Includes: Refreshments, Picnic by Rodilla and Mizuno T-Shirt

Distance
17,43km

Descent
593 m

Climb
618 m

Maximum altitude
489 m

Minimum altitude
152 m

St. Cugat
del Vallès
Cerdanyola
Valldoreix
Parc
Natural de
Collserola
Barcelona





TRAIL MEET ESADE-ESADE

The Trail Meet is an activity open to ESADE Alumni members and guests. It's a 17.4 km outing for Trail Run lovers, starting at ESADE Pedralbes and finishing at ESADE Creapolis, San Cugat.

It is a non-competitive activity where participants take the ESADE-ESADE course in the company of some of the best TRAIL runners in the country.

Carlos Cera, from Montcada i Reixac, 12 time winner of National Races and Champion of Catalunya and Spain in team races. Carlos specialises in 18 - 25 km mountain races. Before changing over to Trail, he represented Spain in the National Athletics Team.

Jan Margarit, from Matadepera, is one of the most promising runners on the international scene as far as Vertical Kilometre and Sky Races are concerned. He was the Junior World Champion KV 2016, and last fall he obtained 2nd and 3rd places in the Lone Pike (USA) and The Rut (USA) races respectively, with both races counting towards the KV World Cup.

The Pros will share technique tricks on how to better manage different terrains, as well as hints on training, materials and trail tips from the local landscape. Don't miss out!

Participants will be divided into groups according to the individual estimated running pace in order to better adapt to the rhythm of all the participants:

- Blue group: 5 - 5:30 min / km.
- White group: 6 - 6:30 min / km.

A refreshment point will be set up at the half-way stage so that the participants can regain their strength. At the finish, a picnic will be served at the ESADE Creapolis facilities, along with a raffle of prizes in order to share the experiences of the day with the monitors and friends.

There will be a broom vehicle service just in case some runners need to abandon the Trail Meet. At the end of the Picnic, provided by Rodilla, Motor Munich will offer free transport to the Sant Cugat Railway station in its fleet of BMW and MINI cars.

There will be prizes for all participants.

Limited numbers of places available!

CALENDAR

9:45 h	Welcome
10:00 h	Start
11:45/12:15 h	Finish (estimate)
12:15 h	Picnic by Rodilla

REGISTRATION COST:

15 € — Esade Alumni members

19 € — Guests

**RESERVE
YOUR PLACE**

Includes: Refreshments, Picnic by Rodilla and Mizuno T-Shirt

Distance
17,43km

Descent
593 m

Climb
618 m

Maximum altitude
489 m

Minimum altitude
152 m

St. Cugat del Vallès
Cerdanyola
Valldoreix
Parc Natural de Collserola
Barcelona

Jan Margarit





If you cannot participate in the Nordic Walking or at the Trail Meet or if you've been left without a place, we hope to be able to count with your presence in the other activities of the Esade Alumni Sports Program - BMW Motor Munich.

SPORTS PROGRAM SCHEDULE

	Test Drive on Snow	10th, 11th and 12th of March	Track Andorra Pas de la Casa
	Nordic Walking & Trail Meet	22nd April	Esade BCN - Creàpolis Sant Cugat del Vallès
	Golf	6th of May	Barcelona Golf St.Esteve Sesrovires
	Beginners Golf & Clínic	7th of May	Vallès Golf Terrassa
	Pàdel	10th - 17th June	Augusta Pàdel Sant Cugat del Vallès
	Futbol	17th June	Municipal pitch Sant Cugat del Vallès
	Running	17th June	City circuit Sant Cugat del Vallès



ESADE ALUMNI CLUB ADVANTAGES

Motor Munich offers all Esade Alumni members preferential **conditions in the purchase of BMW, MINI and BMW Motorrad vehicles at any of the three Motor Munich dealerships** (Sabadell, Terrassa and Sant Cugat).

You will only need to identify yourself with the Esade Alumni membership card to in order to enjoy these preferential conditions.



Special discounts in the purchase of BMW, MINI and BMW Motorrad.



Great discounts in exclusive Motor Munich's associated establishments.



Replacement car in case of breakdown.



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