

ATHLETE'S GUIDE

7^a
EDICIÓ

7 JUNY

Cambrils CURSA DE LES DONES

#Respectam #NomesSiesSI



INFO + INSCRIPCIONS >> www.cursadonescambrils.com



MAIN SPONSORS:

The NUT CLUB®
CREMAS DE FRUTOS SECOS

DONATIU A FAVOR DE:

LIGA CONTRA EL CÀNCER
Comarques de Tarragona i Terres de l'Ebre

ORGANITZA:

Cambrils Esport
Ajuntament de Cambrils

AJUNTAMENT DE CAMBRILS
Polígons d'Esport i Salut

AMB EL SUPORT DE:

Diputació Tarragona

COL-LABORA:

Jump level
aventures ambigit

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JOBACAR

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NÚRIAGATNAU

dinàmic
Podologia, Biomecànica, Fisioteràpia, Sol Pel·la.

PRESENTATION

The 7th edition of the Cursa de les Dones (Women's Race) in Cambrils is finally here. These are 5km of advocacy, empowerment, solidarity, enjoying sports in Cambrils, and 5k of health. They are 5km running or walking. They are 5km under the slogan #ONLYYESMEANSYES and #RESPECTME.

PROGRAM

Saturday, June 06:

- Location: Parc del Pescador in Cambrils, wooden boat area (zona barca de fusta): <https://maps.app.goo.gl/ZUtuK4EP7kGFBKh77>
- Time: 10:00 AM to 2:00 PM // 3:00 PM to 6:00 PM (we are open in the afternoon as well)

Sunday, June 07:

- Location: Passeig de les Palmeres (Wooden Boat area / zona Barca de Fusta): <https://maps.app.goo.gl/ZUtuK4EP7kGFBKh77>
- 7:30 AM to 8:50 AM: Last-minute race bib collection
- 9:00 AM to 10:15 AM: Children's races bib collection (new registrations also available)
- 8:20 AM - 8:40 AM: ZUMBA-FIT warm-up by Esports Cambrils
- 8:40 AM: Reusamba Batucada (Drumming group): Opening the starting corrals
- 8:55 AM: Manifesto Reading
- 9:00 AM: START of the 5km Cursa de les Dones
 - Race (front) and Walk (back)
- 10:00 AM: AWARDS CEREMONY – girls only –
- 10:30 AM: START of the Children's Races (250m, 400m, and 800m)
- Once the route is finished, participants can enjoy:
 - Healthy Breakfast

COLLECTING THE RACE BIB AND T-SHIRT (DORSAL I SAMARRETA)

The race bib can be collected at the same location over two days:

- Saturday, June 06 at Parc del Pescador in Cambrils, Wooden Boat area, from 10:00 AM to 2:00 PM and from 3:00 PM to 6:00 PM (new afternoon schedule).
- Sunday, June 07 at the secretariat tent in the race area, at Parc del Pescador in Cambrils, from 7:30 AM to 8:50 AM.

To collect the race bib, you must have ready:

- Your ID (DNI) to show.
- Your race bib number to go to the correct table.

You can collect the race bib for other runners, but you must show us their ID (photo on mobile, photocopy, or original).

If a person is not coming to run, they can collect the runner's bag, but it is better if they do not collect the race bib.

T-SHIRT COLLECTION AND CHANGES

The T-shirt is delivered when collecting the race bib.

Changes to the selected size will not be allowed, unless we have leftover sizes. To make size changes, you must go to the BOTIGA CURSA (Race Shop), where you can exchange it for leftover T-shirts that are for sale, until stock runs out.

RECORRIDO

5K ROUTE: New route compared to 2025!!

This year we are able to bring back the ideal route for this race. Let us explain it to you:

We offer you a fun, dynamic, central, and visual route, facing the sea for many meters. And in a single lap!!

ROUTE DIRECTIONS:



1. We start heading towards Ponent. Runners in front and those who wish to walk in the back.
2. Up to the Club Nàutic roundabout, you can use the entire width of the street. From the Club Nàutic onwards, a coned 1.5km out-and-back section begins, always on your right. After the 180° turn, you will find the only water station during the race, at km 2.5 >> You are halfway there!!
3. Returning to the Club Nàutic roundabout, km 3.9, we leave the promenade and turn right onto Rambla Jaume I. The whole street is yours.
4. We arrive at Parc del Pescador (north) and head down Robert Gerard street towards the sea, facing the finish line. Once at the Patronat de Turisme roundabout, to the right, we can already see the finish arch 100m away.

Route Here:

<https://es.wikiloc.com/rutas-carrera/2026-cursa-dones-cambrils-263153484>

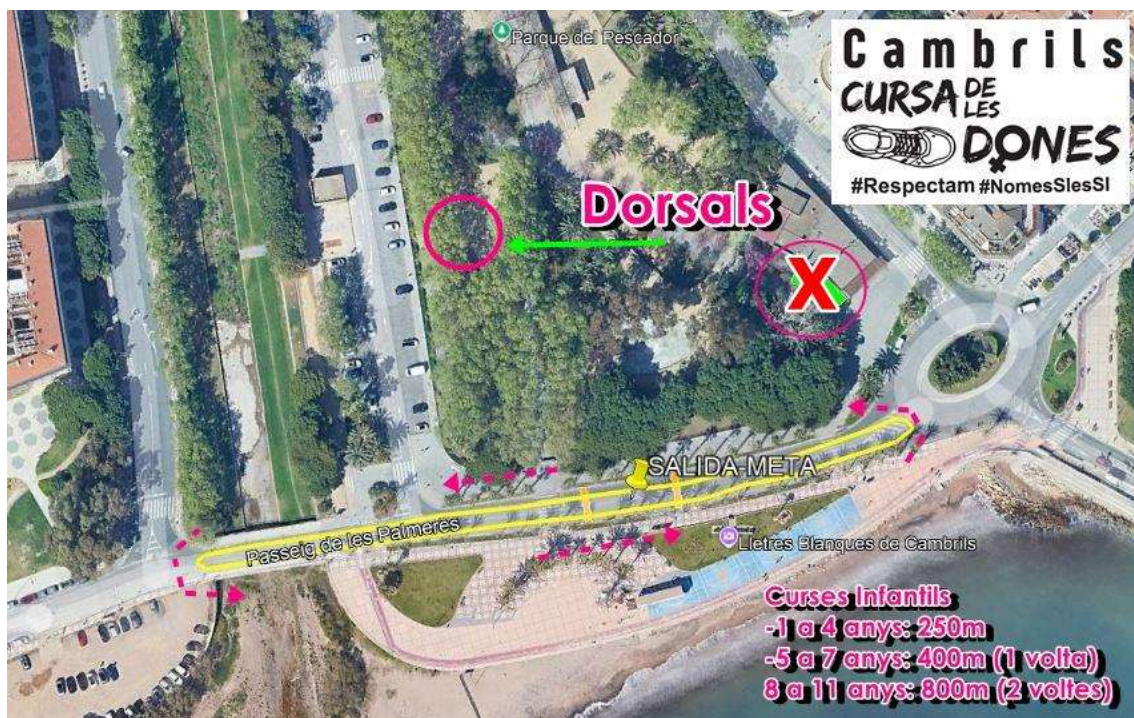
Route Video: [Cambrils Cursa de les Dones | Relive](#)

REFRESHMENT STATION: It is located at km 2.5, on the right side of the route for easy access.

Please throw bottles into the designated bins.

CHILDREN'S ROUTE:

- **How to register:** In-person registration will be open until 10:15 AM. Price: €2 + donation (minimum €1). Cash, Bizum, or card.
- **Circuit:** A 400m route will take place on Passeig de les Palmeres.
 - **RACE 1:** Born between 2022 and 2026. The youngest ones will complete a shortened lap totaling 250m.
 - **RACE 2:** Born between 2019 and 2021. They will complete one lap of the 400m circuit.
 - **RACE 3:** Born between 2015 and 2018. The oldest ones will complete 2 laps (800m).



HEALTHY BREAKFAST

At the end of the race, you will have a healthy breakfast consisting of water, a piece of fruit, and small toasts with nut cream.


SERVICES

- **Playroom (Ludoteca):** Cancelled due to a lack of reservations.
- **ZUMBA FIT:** Brought to you by Esports Cambrils, you will enjoy a 20-minute FIT warm-up to prepare your body for the race. It will be from 8:20 AM to 8:40 AM.
- **Cloakroom:** Located in the Secretariat area.
- **Showers:** Changing rooms and showers will be available at the Cambrils Municipal Pool for you to change and shower.
- **Massage-Physio:** Massage service at the finish line

PROMOTION

ICC TELECOM: The Telephony and Fiber company from Cambrils!! Presents this offer:

L'empresa de telefonia i fibra, de Cambrils



	FIBRA + FIX 300Mbps	FIBRA + FIX 600Mbps	FIBRA + FIX 1000Mbps
MÒBIL Veu ilimitada 30GB(2L)* 2 LÍNIES	29,79 €/MES IVA INCL.	32,79 €/MES IVA INCL.	34,79 €/MES IVA INCL.
MÒBIL Veu ilimitada 60GB	29,89 €/MES IVA INCL.	32,89 €/MES IVA INCL.	34,89 €/MES IVA INCL.
MÒBIL Veu ilimitada 100GB		34,89 €/MES IVA INCL.	36,89 €/MES IVA INCL.

THE NUT CLUB

At The Nut Club, we don't just make nut creams; we create an experience where authentic flavor and well-being go hand in hand. We are committed to 100% natural ingredients, with no added sugars or sweeteners, to offer the highest purity and quality in every jar. Our creams are designed for you to enjoy, take care of yourself, and make a more conscious choice for the planet, because true pleasure starts with what you choose.

The NUT CLUB® **CREMAS DE FRUTOS SECOS**



ESCANEA & DESCUBRE

The NUT CLUB

www.thenutclub.es

Instagram, Facebook, and TikTok icons are shown above the website URL.

Illustrations of a nut cream spread on a slice of bread and a bowl of nuts are at the bottom.

PUSA ENERGIA: Located in Camp de Tarragona, Pusa Energia takes your home into the future. At Naturetime Events, we enjoy the smart energy system and are highly satisfied with a near-total reduction in our electricity bill.



TU ENERGÍA, TU FUTURO

SOLUCIONES ENERGÉTICAS INTELIGENTES PARA HOGARES Y EMPRESAS

- PLACAS SOLARES
ENERGÍA LIMPIA Y RENOVABLE
- BATERÍAS DE ALMACENAMIENTO
MÁS INDEPENDENCIA, MÁS AHORRO
- CARGADORES PARA VEHÍCULO ELÉCTRICO
CARGA CÓMODA, RÁPIDA Y EFICIENTE
- MANTENIMIENTO Y OPTIMIZACIÓN
MÁXIMO RENDIMIENTO, SIEMPRE

SERVICIO EN TODA CATALUÑA

¿POR QUÉ ELEGIR ENERGÍA SOLAR?

- REDUCE TU FACTURA ELÉCTRICA HASTA UN 70%
- MAIOR INDEPENDENCIA ENERGÉTICA
- ENERGÍA LIMPIA Y SOSTENIBLE
- REVALORIZA TU VIVIENDA
- PROTECCIÓN FRENTE A LAS SUBIDAS DE LA LUZ
- INVERSIÓN RENTABLE A LARGO PLAZO

¿HABLAMOS?

621 25 89 99
pusaenergia.es
info@pusaenergia.es
Tarragona y toda Cataluña

Participantes de la Cursa de la Dona Cambrils 2026
5% de descuento en instalaciones solares
*Consulta condiciones

SOLUCIONES A TU MEDIDA

- PLACAS SOLARES**
Instalaciones personalizadas para viviendas, comunidades y empresas. Máxima eficiencia y calidad garantizada.
- BATERÍAS**
Almacena la energía generada y úsala cuando más la necesites. Más autonomía, más ahorro.
- CARGADORES ELÉCTRICOS**
Soluciones de carga para tu vehículo eléctrico. Comodidad, seguridad y eficiencia.
- MANTENIMIENTO**
Servicio de mantenimiento preventivo y correctivo para garantizar el máximo rendimiento de tu instalación.



COMPROMETIDOS CONTIGO

- INSTALADORES ESPECIALIZADOS
- MATERIALES DE PRIMERAS MARCAS
- ATENCIÓN PERSONALIZADA
- PROYECTOS LLAVE EN MANO
- SOLUCIONES EFICIENTES Y DURADERAS
- SERVICIO TÉCNICO CERCAÑO




ENERGÍA QUE TRANSFORMA, AHORRO QUE PERMANECE.





TU ENERGÍA, TU FUTURO

Soluciones energéticas inteligentes para hogares y empresas en toda Cataluña.

- PLACAS SOLARES
Instalación a medida
- BATERÍAS
Almacenamiento inteligente
- CARGADORES ELÉCTRICOS
Carga tu vehiculo con energía limpia
- MANTENIMIENTO
Rendimiento óptimo, siempre

SERVICIO EN TODA CATALUÑA

Comprometidos contigo y con el planeta.



¿HABLAMOS?

621 25 89 99
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@pusa.energia

- MÁS VALOR PARA TU HOGAR
- AHORRO DESDE EL PRIMER DÍA
- ENERGÍA LIMPIA, MEDIOAMBIENTE MEJOR

PROMOCIÓN ESPECIAL

CURSA DE LA DONA CAMBRILS

7 DE JUNIO DE 2026

5% DE DESCUENTO EN TU INSTALACIÓN SOLAR*

Válido para todas las participantes de la Cursa de la Dona de Cambrils 2026.



*Consulta condiciones de la promoción.

CHILDRENSJUMP: Make your birthday party or celebration different.



DIVERSIÓN SEGURA, RECUERDOS INOLVIDABLES

En **ChildrensJump** hacemos que cada evento sea único y especial. Hinchables de alta calidad, **seguros** y adaptados a todas las edades.

- SEGURIDAD ANTE TODO**
Todos nuestros hinchables están homologados y revisados para garantizar la máxima seguridad.
- MONITORES**
Contamos con monitores cualificados por si deseas contratarlos.
- TODO INCLUIDO**
Entregamos, instalamos, recogemos y dejamos todo listo para que no te preocupes de nada.
- ASEGURADOS**
Responsabilidad civil y seguros al día para tu tranquilidad.

¡Tú imaginas, nosotros lo hacemos realidad!



FIESTA DE LA ESPUMA

CON CAÑÓN DE ESPUMA

- CAÑÓN PROFESIONAL
- ESPUMA SEGURA
- DIVERSIÓN ASEGURADA
- AMBIENTE INCREÍBLE



HINCHABLES PARA CADA OCASIÓN

- CUMPLEAÑOS
- COMUNIONES
- FERIAS Y FIESTAS
- EVENTOS DE EMPRESA
- EVENTOS ESCOLARES Y MÁS...



PROMOCIÓN ESPECIAL
CURSA DE LA DONA CAMBRILS 2026
10% DE DESCUENTO
SOLO ESTE 7 DE JUNIO DE 2026

*Consulta condiciones de la promoción.

722 60 70 84 | info@childrensjump.es | childrensjump.es



SOLIDARITY

For the 2026 edition, the Cursa de les Dones de Cambrils has partnered with the organization "**La Liga contra el Càncer**" (The Cancer League) of the Tarragona and Terres de l'Ebre regions. All donations made during the registration process, as well as the proceeds from the sale of solidarity sports gear (t-shirts, socks, and headbands) available in the race area on Sunday, June 07, will be donated entirely to the cause.

At the **#ligacontraelcancer** tent, you can also purchase materials from the solidarity campaign. Additionally, there will be a solidarity donation box in case you wish to make an extra contribution.

Thank you very much in advance!



LLIGA CONTRA EL CÀNCER
Comarques de Tarragona i Terres de l'Ebre

THANK YOU TO OUR COLLABORATORS

MAIN SPONSORS



SPONSORS



COL·LABORA



ORGANIZATION



TECHNICAL PRODUCTION

