



CYCLING COMPETITION

Peddle power!

You have until October 22 to register for the second annual Cycle Tour of San Juan de La Rambla.

After its cancellation in September for security reasons, the rescheduled 'Cicloturista Solidaria Villa de San Juan de La Rambla' will start at 9am on the 22nd. The 47 km circuit takes in urban and mountainous regions and passes through three boroughs in North Tenerife.

Sports councillor Priscila Díaz recently announced the new date and several additional registration points, which include the following sports

stores: Gofisbici, Vadebici, Bicistar, Acosta Cycles, Tiendas Deportivas de Canarias, Auto Repuestos La Guancha, Edgar Sport and Bicicod. Additionally, it's possible to register up to half an hour before the start of the race at the plaza Domingo Reyes Afonso in San José, San Juan de La Rambla. As well as passing through this borough, the circuit also runs through the municipalities of Los Realejos and La Guancha. The event is €14 per cyclist to enter.

The route has varying difficulty and is expected to last six hours. It is open to anyone

wishing to participate, with a minimum age of 16 years. It is strongly recommended that you have experience with this kind of distance and mixed terrain, and high fitness levels.

The Cycle Tour of San Juan de La Rambla is part of a sports programme organised by the borough council called Una Villa de Deporte (A village of sport), which brings together dozens of unique sporting events and competitions during the calendar year.

For further information including route details and personal requirements, please visit: www.sanjuandelarambla.es. ■

TRADITIONS

Canarian fun and games



Canarian wrestling



Canarian staff fighting

The Canary Islands have an unusual and historic series of traditional games mostly developed by the Guanches, the Islands' indigenous people.

These sports, which are now considered to be an important facet of Canarian culture, are mainly rooted in the practice of self-defence, passed down from generation to generation. Many of them have enjoyed a recent revival of popularity, both from Canarian Government initiatives and in large part to the islanders

themselves. Helping to conserve these sports, Government bodies have aided the growth of native sports training schools throughout the Islands.

Lucha Canaria (Canarian Wrestling) involves some serious grappling, and the contact sport is one of the most popular in the Canaries. Most local boroughs have their own arena with its traditional dirt wrestling ring. The matches are performed barefoot, with each wrestler using various techniques

to unbalance the opponent. While doing this, the goal is to stay on your feet. If any part of your body other than your feet touches the ground, you lose the round.

The wrestler who wins the best of three rounds is declared the winner, and the team with the most victories wins overall. A bout is the face-off between two 12-member teams. The teams are led by coaches who decide which fighters will go up against which competitors, and an official makes the calls and declares the winners.

Early travellers to the Islands before the Spanish conquest wrote various accounts of these bouts between the Guanches, who traditionally used them to settle land and livestock disputes. Bola Canaria (Canarian Bowls) was not initially an aboriginal game, although it is written that when the game was introduced to the Guanches – known for their exceptional stone wielding skills – they excelled at it. The sport is comparable to Bowls and Pétanque and used to be played with stones and later, wooden balls. Today, Bola Canaria is played with resin balls. Other notable, traditional sports include: Juego del Palo Canario (Canarian Staff Fighting), Vela Latina (Lateen-rig sailing), Salto del Pastor (Shepherd's Leap), Lucha del Garrote (Pole Fighting) and Arrastre de Ganado (Races of Cattle dragging weighted sacks). ■

2ª CICLO TURISTA
Villa de San Juan de La Rambla

10 septiembre

Ruta de Ida
Ruta De Vuelta

Entrega de dorsal a las 8:00 h
Plaza Domingo Reyes Afonso (San José)

Salida 9:00 h
Plaza Domingo Reyes Afonso (San José)

Plazo de inscripción: del 21 de julio al 5 de septiembre de 2017

Inscripción: **14€+** **1 Artículo**
Mayores de 16 años

Lugar de inscripciones

Gofisbici: Pol. Ind. San Jerónimo. C/ Molinos de Goño, 25- La Orotava.
Vadebici: Pol. Ind. San Jerónimo C/ El Badén s/n- La Orotava.
Bicistar: Ctra. Gral. De La Vera, 5 Local 1- Puerto de La Cruz.

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