

# MANUAL ATHLETE



## Campeonato Brasileiro de Triathlon Olímpico 2012 João Pessoa ITU Pan American CUP 2012



### Welcome to Joao Pessoa!

The small town ambiance and charm of Joao Pessoa are amongst the first impressions of newcomers as they arrive in Joao Pessoa. As one of the smallest and oldest northeastern Capitals of Brazil, the city has managed to preserve its beaches and trees with legislation that banned high rises from the shore line and tax incentives to increase the number of trees. Besides its small town flavor, visitors can enjoy a vivid nightlife, infrastructure and services found in the other capitals across the country.

Joao Pessoa is one of the few Capitals that have the privilege to still offer clean urban beaches to its inhabitants and few tourists who enjoy not only nature but the beach front services of a variety of restaurants and bars.

Outside the city, on the south coast, towards the Pernambuco, there are several untouched stretches of beautiful beaches including the Tambaba Beach, the most famous naturists' destination in Brazil.

Surfers can find great spots with excellent waves and warm waters on the north coast. The natural pools of Picaozinho with its clear waters and colorful sea life are perfect for snorkeling and an unbeatable family fun day. Joao Pessoa also offers unique architectural sites with many impressive 16<sup>th</sup> century baroque buildings. The religious traditions are still strong in Paraiba, and throughout the state many festivities attract tourists from all over the world who came to see Passover and other religious celebrations.

Folia de Rua e Muricocas do Miramar are regional festivals that celebrate local rhythms such as Maracatu, Frevo among others. The Forro is the most traditional musical heritage of Paraiba, present all year around but especially in June, during the Saint John festivities.

Paraiba is also the first state of Brazil to watch the sunrise. The Cabo Branco Lighthouse, just outside of Joao Pessoa, is located at the most western point of the Americas.

Beyond its beautiful and rich coast, the Capital offers not only exceptional sea food delicacies but also a great variety of the Brazilian backlands culinary traditions and ingredients such as sun dried meats, manioc, rice pudding, a variety of beans and bottled butter. And we can't forget the Rapadura, the famous sugar cane hard candy!





## WHERE TO EAT CHEAP

Athlete's identification at the restaurant to get the discount:

National Athletes: show the CBTRI card

International Athlete: show the declaration of the event's inscription

Fellini Restaurant - 15% off

Pasta restaurant.

Cabo Branco Avenue, 1781, Cabo Branco  
(83) 3247-2846

Canoa do camarões Restaurant - 10% off

Seafood

John Morris Avenue, 121, Manaíra  
(83) 3247-2055

Sapore D'Italia Restaurant - 10% discount

Pizza and pasta restaurant.

Cabo Branco Avenue, 1584, Cape Blanco  
(83) 3247-3322

Boi Bumbar Restaurant - 15% off

Regional Food

Gomes Isidro Street, 246 - Tambaú  
(83) 3247-2847

Manaícaí - 15% off

Snack bar

Cabo Branco Avenue, 3816 - White Cable  
(83) 8732 8595

Mundial Lanches

Snack bar

Olinda Avenue, No. 52 - Tambaú  
(83) 3226-3277



## PROMOTIONAL TOURS

## PASSEIOS PROMOCIONAIS

Alligator Beach (Ravel's Bolero)	R\$ 25.00
North Coast beaches/ Cabedelo-PB	R\$ 30.00
North Coast beaches / Cabedelo - PB + Alligator Beach	R\$ 45.00
South Coast Beaches: Coqueirino/Tambaba/Praia Bela	R\$ 45,00
City Tour (History tour throughout the city)	R\$ 25.00
City Tour + Alligator Beach	R\$ 40.00
Paraíba's central area (Campina Grande, Ingá, Areia) – PB	R\$ 75,00
Boat ride in the River Paraíba (Catamaran)	R\$ 60,00
Paths of Mills – PB	R\$ 120.00
Buggy Ride through the South Coast Coqueirinho / Tambaba	R\$ 220.00
Buggy Ride through the North Coast / PB-Cabedelo	R\$ 220.00

### General Conditions:

These amounts are in a special conditions for those who are participating in the Triathlon event

Minimum group of 8 (eight) persons for each tour.

Children up to 06 (six) years do not pay - eight (8) to ten (10) pay 50%.

These tours includes accredited tour guides.

Buggy Ride up to 4 (four) people.

Confirmation by the chosen tour payment.

Make your reservation early:

Receptive DW - [receptivo@dweventos.com](mailto:receptivo@dweventos.com)

Phone: 83 8851 2127 - 3244 7642





## SCHEDULE

### **March 26-27 2012**

National Triathlon Official's course - CBTri

Time : 18h00 to 21h00

Place: Universidade Maurício de Nassau

### **March 30 2012**

Course Familiarization

Time 6h00 to 9h00

Place: meet at Race Venue at Av. Cabo Branco, near  
Fundacao Casa Jose Americo building

Race Pack pick-up

Time 14h00

Place: Hotel Littoral - Auditorium

Athlete's Briefing

18h00 Opening Ceremony

Place: Hotel Littoral - Auditorium

### **March 31 2012**

Time: 9h45 Elite Start

Place: Cabo Branco Beach Venue

16h00 Awards Ceremony

Place: Bombordo Restaurant- Jacare Beach - Cabedelo



## Awards Ceremony & Dinner party

The Closing Ceremony will be held at Bombordo Restaurant, along the margins of the Paraiba River at the Jacare Fluvial Beach in the City of Cabedelo.

Hundreds of visitors come to Jacare beach every day to enjoy a wonderful sunset at the sound of live saxophone music.

A musician aboard a small boat plays Ravel's famous Bolero as the sun goes down and people enjoy a variety of sea food specialties.

The Municipality of Cabedelo will offer a dinner party to all athletes.

Schedule:

**16h00 Awards Ceremony**

**17h10 Sunset with live music**

**17h30 Impulse Band live show**

**18h30 Regional specialties dinner**

The LOC will offer free transfers Hotel/Jacare/Hotel for athletes staying at the host hotel.

Athletes staying at other hotels can purchase transfer tickets at DW Events at R\$ 15.00

Extra Dinner Tickets for Guests can be purchased for R\$ 30.00, transfer includes but reservations are required by no later than March 30<sup>th</sup> at DW Eventos.

Contact : Catia - Phone: 83 8851 2127

**Busses leave from host hotel to Jacare Beach: 15h00**

**Busses leave Jacare Beach to host hotel:**

**1<sup>st</sup> bus at 20h00 2nd buses at 21h00**



## Contacts

### Brazilian Triathlon Federation

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### FETRIP – Paraíba Triathlon Federation

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### DW Eventos – Local Organizing Committee

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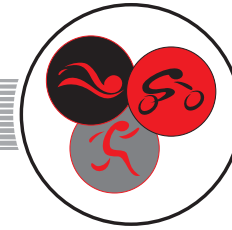
#### Calls

Brazil Country Code 55

Joao Pessoa city code 83

#### Important Phone Numbers

SAMU (Medical Emergencies).....	192 toll Free (83) 3218 9125
Fique Department.....	193 Toll Free (83) 3218 5743
Police.....	190 Toll Free 83 3218 5985
Special Police Division for Tourists.....	83 3247 7069
Immigration and Federal Police.....	194



## REALIZAÇÃO



## SPONSORSHIP



## SUPPORT

