

Running Events in Madrid: February

Put your running shoes on this February! From cross country routes, to half marathons and duathlons...whatever floats your boat!

As always, Madrid has come up trumps this month with a range of different runs to choose from. I have listed all the runs I could find, some in central Madrid, while others are further afield in **Torrejón de Ardos**, **San Sebastian de Los Reyes** and **Parla**, to name a few.

I'm getting nervous already for my second half marathon ([10a Media Maratón de La Latina](#)), as I've already signed up for it, no going back now...

So here is what February has in store for you:

1. Corre por una causa

Distance: 10 kilometres

When: Sunday, 1st February, 9:30 am

Where: Lago at Casa de Campo

[Website](#)

2. II Maratón Via Verde del Tajuna

Distance: 42 kilometres (21 k & 30 k also possible)

When: Sunday, 1st February, 8:50 am

Where: Madrid, Metro: Arganda del Rey

[Website](#)

3. I Carrera Popular villa de Brunete

Distance: 42 kilometres (21 k & 30 k also possible)

When: Sunday, 1st February, 11:00 am

Where: Madrid, Metro: Arganda del Rey

[Website](#)

4. XV Dos Leguas Fuente de La Chopera

Distance: 10 kilometres

When: Sunday, 1st February, 10:45 am

Where: Leganes, Madrid, Parque de la Chopera

[Website](#)

5. I Campeonato Duatlon Circuito del Jarama Gran Premio Fangio

Distance: 10 kilometres

When: Sunday, 1st February, 11:00 am

Where: San Sebastian de los Reyes, Madrid

[Website](#)

6. XIII Cross del Rector de La Universidad Camilo Jose Cela

Distance: 4 & 8 kilometres (cross country)

When: Saturday, 7th February, 12:00 am

Where: Villafranca del Castillo, Madrid

[Website](#)

7. IV Carrera Solidaria Manos Unidas

Distance: 5 kilometres

When: Saturday, 7th February, 12:00 am

Where: Torrejón de Ardoz, Parque del Ocio, Madrid

[Website](#)

8. II We Run 10k Ciudad de Parla

Distance: 10 kilometres

When: Sunday, 8th February, 10:00 am

Where: Parla, Los Prados

[Website](#)

9. Medio Maraton Distrito de Fuencarral

Distance: 21 kilometres

When: Sunday, 8th February, 9:00 am

Where: Madrid

[Website](#)

10. III Maratón de Cobena

Distance: 42 kilometres

When: Saturday, 14th February, 12:30 am

Where: Cobena, Madrid

11. Cross Universidad de Alcalá de Henares

Distance: 4 & 8 kilometres (cross country)

When: Saturday, 14th February, 12:00 am

Where: Alcalá de Henares, Madrid

12. Patones Xtrem 2015

Distance: 14 kilometres (mountain running)

When: Sunday, 15th February, 10:00 am

Where: Frontón de Patones de Abajo

[Website](#)

13. 1a Carrera Popular Cerro Tablado

Distance: 10 kilometres (cross country)

When: Sunday, 15th February, 10:00 am

Where: Granja Cerro Tablado

[Website](#)

14. Cross de Valdebebas

Distance: 10 kilometres (cross country)

When: Sunday, 15th February, 10:00 am

Where: Madrid

[Website](#)

15. V Raid Villa de Madrid

Distance: 20 kilometres

When: Saturday, 21st February, 08:30 am

Where: Jardines de Sabatina, Madrid

[Website](#)

16. XI Combi-Dos Torrejón

Distance: 25 kilometres

When: Sunday, 22nd February, 10:30 am

Where: Torrejón de Ardoz, Madrid

[Website](#)

17. 10a Media Maratón de La Latina

Distance: 21 kilometres

When: Sunday, 22nd February, 9:30 am

Where: Madrid, C/ Guareña, Metro: Aluche

[Website](#)

18. II Carrera Solidaria Medula para Mateo

Distance: 5 & 10 kilometres

When: Saturday, 28th February, 10:00 am

Where: Parque Juan Carlos I, Madrid

[Website](#)

If you are interested in staying up to date on running events in Madrid, or reading my “running diary” please subscribe to [GoGuiriri \(www.goguiriri.com\)](http://www.goguiriri.com) my personal running blog.



Get fit and festive this month!

So here it is, Merry Christmas... and this month's installation of the best running events in Madrid! As usual Madrid has come

up trumps in terms of scheduling a great run almost every weekend.

Why not truly get in the festive spirit this month and sign up for the **Papá Noel race**, you will receive your very own Santa Claus costume (obvious bonus) and you have the opportunity to help Madrid break the record for the largest number of people dressed as Santa running at the same time. How can you resist? Alternatively, get yourself pumped and end the year with a bang at the **San Silvestre race** on New Year's Eve!



The support at these events is always so encouraging. This band cheered us on at the **4a Carrera Popular, Corre por el Niño.**

So here is what December in Madrid has in store for you:

1. VIII Carrera Solidaria:

Distance: 5 & 10 kilometres

When: Sunday, 7th December, 9:00 am

Where: Paseo de Castellana

[Website](#)

2. 4º Trofeo Club Iberia Virgen de Loreto:

Distance: 10 kilometres

When: Monday, 8th December, 11:30 am

Where: Parque Juan Carlos I

3. III Carrera Popular de Papá Noel El Corte Inglés 2014:

Distance: 5.5 kilometres

When: Saturday, 13th December, 10:30 am

Where: Paseo de la Castellana Avenue Concha Espina corner, metro: Santiago Bernabeo Stadium

Info: Sign up online for €12.60 to receive your **Santa Claus costume!** You have until **Tuesday 9th** to sign up. Collect your costume from participating El Corte Ingles department stores.

[Website](#)

4. Carrera de la Solidaridad

Distance: 5 & 10 kilometres

When: Saturday, 13th December, 10:00 am (10 k) 10:25 am (5 k)

Where: Casa de Campo

[Website](#)

5. XXXIV Trofeo Akiles:

Distance: 5 & 10 kilometres

When: Sunday, 14th December, 9:30 am (5 k) 10:00 am (10 k)

Where: Campo de Fútbol, metro: Lago Casa de Campo

[Website](#)

6. New Year's Eve – San Silvestre Vallecana 2014:

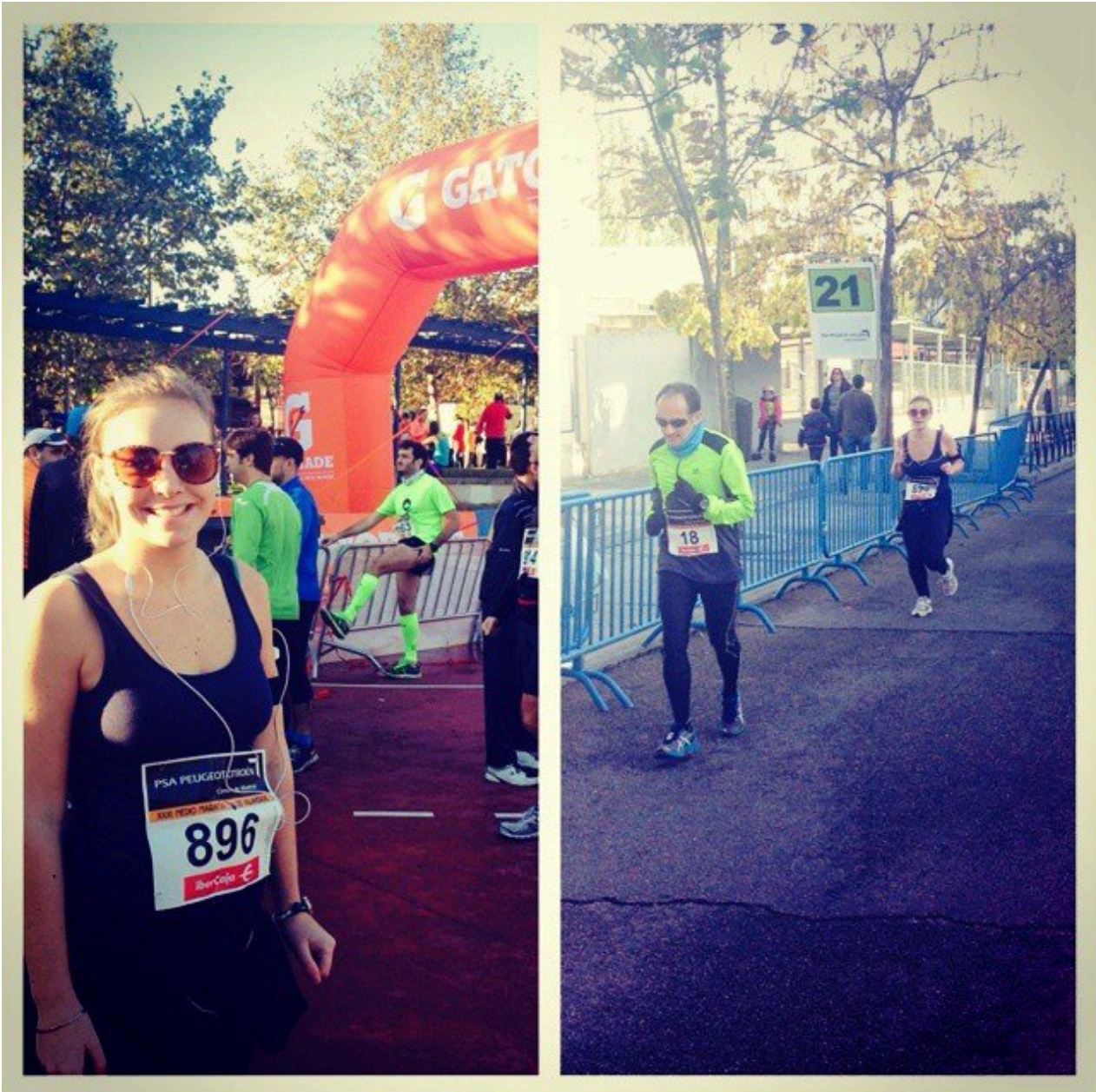
Distance: 10 kilometres

When: Wednesday, 31st December, 17:30 – 18:00 depending on which category you fall into.

Where: metro: Santiago Bernabeu

[Website](#)

Just a little update from my end – Last month I completed my first half marathon! All 21 kilometres in 2 hours and 8 minutes. Although by the end of it, to say I was running slower than snail's pace is an understatement.



Photography by **Lauren Haynes**, my personal cheerleader, at the half marathon.

If you are really into running and you want to stay up-to-date with the latest running events in Madrid and beyond, please check out my blog: www.goguiiri.com where you can also read my running diary.

Happy running everyone!

Exercise opportunities in Madrid

This Saturday, I went to my first zumba class in Madrid. I was excited about my first taste of zumba in Madrid, but going the morning after Halloween was a bit of a blunder. For those who haven't heard of it before, zumba is basically a mix of latino style dancing, which is especially great for those who lack much coordination and/or rhythm like me because the moves are repeated and straight-forward (and you can get away with the moves which you should never really show in public).

So with my back-combed hair, splodges of face paint, fake blood and "bruises" from my "Freaky Doll" costume from the night still partially visible, I put on my sunglasses and dragged my sorry hungover self to my first zumba class.



This is what I looked like *after* the zumba class... ;)

When we arrived at the mercado on Calle de Santa Isabelle by San Antón metro we discovered that the building was covered in scaffolding, and looked fairly desolate. We were on the verge of giving up when we eventually followed some people into the building (so those who wish to try out the first zumba class on the list, persevere my friends, you will find the door eventually!)

To my relief it appeared that the entire class was suffering from the “Halloween Hangover”, even the instructor, which really helped the group to bond as we discussed where we had gone the night before. The class started promptly with some warm-up routines, followed by routines of varying intensities. A special mention to the “sunshine dance” which really makes you smile (until you catch a glimpse of yourself in the

mirror!) There was a great mix of music from the likes of Enrique Iglesias, prompting salsa style movement and more hip hop and Bollywood music influences. You literally can't wipe the smile off your face at times as you see yourself with arms and legs flailing all over the place, (well in my case at least!) The incredibly smiley instructor had so much energy and lead the class well, with lots of encouragement and occasional "whooping"! By the end of the class, everyone was sweaty but smiley and we paid our 5 euros (which is great value I think!) and left, promising that we would come again next week. I had almost forgotten about my Halloween hangover, until that is I gorged myself on some delicious Mexican food, after which point I decided it was about time I went home and had a nap.

After my zumba experience, which my friend Mita stumbled across on [Lingo Bongo](#), I decided to investigate further and discovered a wealth of exercise opportunities, especially on [lingobongo](#) and [Meet ups Madrid](#). Cheap zumba classes like this are among Madrid's best kept secrets, especially for those who don't wish to fork out their well-earned wages on gym fees. To save you some time, I've compiled a list of some of these weekly classes, activities and clubs to join, (but bear in mind there are a wealth of options available). It is a great way to meet people and even practice some Spanish, for those who are getting tired of doing intercambios over a beer and fancy trying something new.

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Exercise opportunities: Zumba &

Yoga

Zumba classes

What: Cheap zumba classes in the centre of Madrid with a very smiley English instructor.

When: Every week on Saturday 1pm and Wednesday 9pm,

Where: metro Anton Martín. Calle de Santa Isabelle (the big market building) don't be deceived it is open, keep trying all the doors. Upstairs Sala 4 of Amor de Dios Flamenco School

Price: €5

Bootcamp España

What: A group which was formed in 2009, which combine a variety of outdoor exercises inspired by US marine an effective way to get into shape.

When: Madrid Rio (Monday, Tuesday & Thursday 8pm – 9pm) and Retiro (Monday, Tuesday and Thursday various times & Saturday 10:30 am –12 pm)

Where: Madrid Rio and Retiro Park

Price: First session for free (sign up online), then €52 for a month.

Check it out: [Boot Camp España](#)

Weekend yoga retreats

What: Regular weekend retreats organised by Yogamente including healthy food (all vegetarian and homemade), yoga sessions all in English. No need for previous yoga experience.

When: Weekend retreats, check Facebook for regular updates.

Where: In the beautiful countryside around Madrid.

Price: Depends on retreat, but average 190 euros (includes accommodation, homemade food and all activities)

Check it out: email info@yogamente.com for availability. Follow on Facebook for regular updates of new retreats: [Yogamente Facebook](#)

Hatha Yoga and Zumba classes

What: Two instructors from Colorado who have started up zumba and yoga classes. They offer affordable classes for all levels (seasoned and beginners).

When: Usually Saturday afternoons – check out Facebook for regular updates. Next zumba class: Date: Saturday, November 8th, 2.30 pm. Next yoga class: November 8th, 3.30 pm.

Where: El Horno C/ Esgrima, 11. It's in studio 9 which is up the stairs when you first walk in, then enter the main doors and make a right and another right, go down towards the end of the hall and you are there!

Price: only 5€ (because everyone should be able to afford fitness, and it's for an hour and a half!)

Check it out: [Z & Y Fitness Madrid](#)

Hiking

Intercambio hiking group

What: Group called Hiking Madrid that organises weekly hiking events for mountain lovers who wish to meet new people of all nationalities who have a mutual interest in hiking.

When: weekly events

Where: mountains in Madrid. Each event will give you information about where to meet and catch the bus from.

Price: Depends on the expedition, it is often simply the cost of transport.

Check it out: Website [Hiking Madrid](http://Hiking_Madrid) or email hikingmadrid@hikingmadrid.com and you can sign up for regular newsletters. Follow on Facebook for regular updates and upcoming events: [Facebook Hiking Madrid](#)



Organised by Hiking Madrid. Photo taken from their Facebook page.

Spanish hiking group

What: Regular hikes organised by “*senderismo entre semana*” on meet up website. This group has great reviews and it is a good opportunity to meet more Spaniards.

When: Weekly hikes.

Where: Mountains around Madrid.

Price: Transport to mountains, dependent on hike.

Check it out: [Senderismo entre semana](#)

Join a sports team: Basketball and Football

Babelsket Madrid (beginner's basketball)

What: Free basketball for beginners. *Babelsket* Madrid is a motley bunch of not very skilled basketball players who heartily welcome all those who want to join their nice-and-friendly games in a fun, relaxed atmosphere.

When: On Sundays at 11:30 am – 1:30 pm

Where: The court is in Calle Puerto Rico 54 (metro Colombia)

Price: It's free!

Check it out: Add your name to the list at: [Babelsket](#)

More competitive basketball (and practice your Spanish too!)

What: Competitive basketball team in Madrid for those who have played before and would consider themselves good players. Join a friendly Spanish team that play in the Majadahonda league.

When: Training once a week on a Wednesday.

Where: Majadahonda (you may need to catch the cercanias).

Price: Not specified.

Check it out: email: ivanalvarez74@hotmail.com and double check price and location.

Competitive Football teams

1. What: *Fútbol Club Británico* 1st team is looking to welcome new players to the club for this new season. You can train with a UEFA licensed coach and play against other teams. Home and away games so lots of opportunities to travel and see more of Spain too.

When: Get in touch for more details.

Where: Get in touch for more details.

Price: Get in touch for more details.

Check it out: website [FCI Britanico](http://FCI_Britanico) or email regional.manager@fcbritanico.com or whatsapp 609754169. Follow on twitter: @BritanicoFC or on Facebook: [Facebook Fútbol Club Británico](https://www.facebook.com/FútbolClubBritánico)



The Fútbol Club Británico team after 2-2 draw against visiting side Brent FC. Photo taken from their Facebook page.

2. What: *International 5-a-side Football League* has been connecting foreigners and locals in Madrid since 1988. So get in touch and sign up!

When: Get in touch for more details.

Where: Get in touch for more details.

Price: Get in touch for more details.

Check it out: website: [IFL Madrid](#) and Facebook: [IFL Madrid](#)

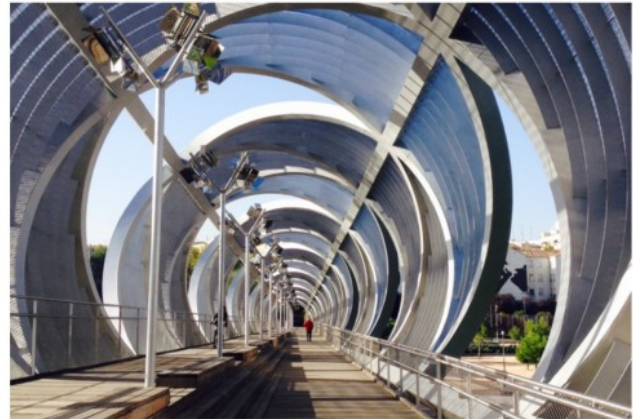
If you know of any more clubs, societies or groups that I forgot to mention, or if you are starting up your own classes or your team needs new members

– please leave a comment!

Also, check out our post: [Best Places to Break a Sweat in Madrid](#) for more ideas!

Running in Madrid: November 2014

If the word ‘running’ ‘exercise’ or the idea of general movement makes you want to crawl under a rock, it’s probably best you look away now. But before you do... I want to make it clear that I am no running expert, I was always picked last for sport’s teams (sob), so why not hear me out.. ☐



Beautiful photography taken by Lauren Haynes on her run along Madrid Rio.

I have recently discovered the world of running (scorn all you like) but I can honestly say, without shame, that I am hooked. I always used to convince myself that I wasn't a runner, and that I did my daily exercise running up and down the metro every day, barging and weaving my way past the incessantly slow Spaniards who did a great job of ignoring my tomato face.

One day, however, my perspective changed. I was walking past *Lots of Colours* (a great shop by the way on Calle Fuencarral

that is actually affordable) and I saw some running shoes on offer in the window for 29 euros (this explains why they absolutely destroyed my feet, but that's another story). They were taunting me, testing me. I had to buy them to make them shut up!

So anyway, I bought the shoes. Next step: use them. It's harder than it seems, trust me. On a whim one day, I went out for my first clumsy run, feeling silly and self-conscious, but after at least 15 minutes I found myself running alongside Templo de Debod, near Plaza de España (for those of you who have yet to visit it, at night time it is lit up in a particularly majestic way), and suddenly I almost forgot that I was doing exercise and was simply enjoying the view. Madrid is a great place to run, once you have managed to escape the main streets, and there is the added benefit that you are unlikely to bump into anyone you know.

If I still have your attention so far, you might want to consider some of the great running opportunities there are in Madrid, because believe it or not there are races almost every weekend! The atmosphere is always alive and buzzing, even at 9.30 on a Sunday morning, and if you sign up you get a free t shirt and some food at the end the race (there I knew I could convince you).



Getting ready to start, check out the lycra ;)



Taken at X Carrera Popular Distrito de Retiro, 26th October.

So here is what November in Madrid has in store for you:

1. **4a Carrera Popular, Corre por el Niño:**

Distance: 4 and 10 kilometres (A little bizarre, but a great one to get started!)

When: Sunday 9th November, 9:30 am

Where: Retiro Park

Cost: 10€ (which goes to El Hospital Infantil Universitario Niño Jesús)

[Website](#)

2. **XXXI Medio Maratón de Villaverde:**

Distance: 21.097 kilometres (a half marathon)

When: Sunday 16th November, 9:30 am

Where: Metro Ciudad de Los Ángeles, line 3.

Exit: C/Unanimidad (Auditorio El Espinillo)

Cost: 12.60€

[Website](#)

3. **Derbi de Las Africiones:**

Distance: 10 kilometres

When: Sunday 16th November, 9:00 am

Where: Santiago Bernabéu Stadium, line 10

Cost: 12€

[Website](#)

4. IV Carrera de los Emprendedores:

Distance: 5 & 10 kilometres

When: Sunday 23rd November, 9:00 am

Where: Retiro Park

Cost: 8€ (possibility of discount if you sign up before 26th October)

[Website](#)

5. XXXV Trofeo Jose Cano:

Distance: It varies from 2-10 kilometres

When: Sunday 23rd November, 9:00 am

Where: The nearest metro stops are: Las Musas, San Blas or Alsacia

Cost: free for the first 300 who sign up otherwise 16€

[Website](#)

So I wanted to give a little summary of how I got into running, just to prove to readers that I am no athlete, and it can be a great way to keep fit (and for free!) If you know of any more running activities please feel free to share them!



After the X Carrera Popular Distrito de Retiro, 10 kilometre – happy running!

If you are really into running and you want to stay up-to-date with the latest running events in Madrid and beyond, please check out my blog: www.gogui.com where you can also read my running diary.