

## The San Ant3n Night International Urban Race in Ja3n (Spain) and the Multiple Participation of Athletes

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Ja3n is the capital of one of the 8 provinces that make up the Community of Andalusia, located in the south of Spain. Ja3n is a transit land between Andalusia and Castilla, its main source of wealth is the production of olive oil, which is why it is considered the world capital of this product. The young University of Ja3n (UJA) was created in 1993, it has 15,000 students and, since its inception, the promotion of olive oil has been one of its objectives. Oil is so important in this land that the champion of the San Ant3n race is given his weight in olive oil (green gold), in addition to the corresponding trophies.

The race, which is held at night, in order to involve the entire public, has two routes: 1) of approximately 4 km for young runners between the ages of 10 and 14. 2) with a real distance of 10 km for federated athletes and popular runners over 16 years old. UJA students led by Professor Cach3n participate in this last section, developing a solidarity challenge each year.

The geographical characteristic of the city of Ja3n is its numerous and steep slopes that make participation in a test like this difficult, however its success is based on its consolidation over time, the participation of elite athletes and young people from 10 years old, the support of the general population who brighten the streets with torches that provide light and heat, and the joint celebration of the lights of San Ant3n, which is a popular festival in which the branches that have been pruned from the olive trees are burned, They eat popcorn and sing and dance typical songs from the area called "melenchones". All these particularities do not diminish the success of the test, quite the contrary, they make it a festival of recognized prestige at an international level and of enormous joy and participation of the people of Ja3n and visitors.

As complementary activities, there are routes at night through the old town of the city and visits to the Castle of Santa Catalina that crowns the hill of the same name that surrounds the city. In addition, domestic animals are blessed by their Patron Saint, San Ant3n.

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The San Ant3n Night International Urban Race, has made the people of Ja3n passionate about sport; it has become a great event that attracts runners and spectators from all over the world. From these lines we invite all readers of the Journal Orthopedic to participate in our race, as runners or spectators, where they will see the great welcome that Ja3n dedicates to its visitors.



**Figure a:** [https://es.wikipedia.org/wiki/Carrera\\_Urbana\\_Internacional\\_Noche\\_de\\_San\\_Ant3n](https://es.wikipedia.org/wiki/Carrera_Urbana_Internacional_Noche_de_San_Ant%C3%B3n)



**Figure b:** <https://lacontradejaen.com/san-anton-agota-dorsales-jaen/>