

Paco Rico

IAU Elections 2021-25

Candidacy for:

- Vice president
- Director



CONTACT

Full name: Francisco Sánchez Rico

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Residence: Madrid (ESP)

Age: 60 years old

CORE SKILLS

- National Athletics Trainer (RFEA)
- Triathlon Top Trainer (Spanish Triathlon Federation)
- Physical Education teacher
- Referee: Level 1 (RFEA)
- National Referee Measurer
- Boybuilding and weight trainer (various courses)
- Leisure instructor (Various courses)
- Various courses related to health and sport (Neuromuscular therapy, sports and therapeutic massage, lymphatic drainage)

LANGUAGES

- Spanish
- French
- English
- Italian

EDUCATION

Spanish Army Corps of Engineer Officer

Physical Education and Sports (Master)

WORK EXPERIENCE

- Technical Director of Rock 'n' Roll Madrid Marathon and ½ (Since 2008)
- Sports Events and Nature Activities Organizer (Since 2002)

IAU / ITRA HISTORY

- IAU European Representative (2013 - 2016)
- IAU Director of Protocol (2014-2016)
- ITRA Secretary-General (2016 – 2017)
- IAU Director of Competition (2016-2021)
- Chair of the Trail Committee at IAU (2013-2021)
- Chair of the Technical Committee at IAU (2016-2021)
- Chair of the Record Committee at IAU (2016-2021)

EVENT HISTORY/ IAU ACTIVITIES

- Organizer IAU European Championship 24H 2007 (Madrid - ESP)
- General Coordinator IAU WC 24H 2015 (Turin – ITA)
- General Coordinator IAU WC Trail 2015 (Annecy - FRA)
- Organizer IAU WC 100 K 2016 (Los Alcázares – ESP)
- Technical Delegate IAU-ITRA WC Trail 2017 Badia-Prataglia – ITA)
- General Coordinator IAU-ITRA WC Trail 2018 (Penyagolosa - ESP)
- General Coordinator IAU EC 24H 2018 (Timisoara - ROM)
- Technical Delegate IAU WC 100K 2018 (Sveti Martin - CRO)
- Technical Delegate IAU Americas Championship 100K 2019 (Bertioga - BRA)
- General Coordinator IAU WC 50 Km. 2019 (Brasov - ROM)
- General Coordinator IAU Asia Championship 100 Km. 2019 (Aqaba - JOR)
- General Coordinator IAU WC 24H 2021 (Bucarest – ROM)

- *Director and Keynote Speaker of the three IAU Technical Delegate courses:*
 - *I Course: Bertioga (BRA) Jul 2019*
 - *II Course: Brasov (ROM) Sep 2019*
 - *III Course: Aqaba (JOR) Nov 2019*

FURTHER LINKS WITH ULTRARUNNING

- Organizer of the IAU European Championship 24H 2007 (Madrid – ESP)
- Organizer of the Ecotrail, Madrid (Since 2016)
- Organizer of the Ultra Trail Way of St. James 109-47K (Since 2020)
- Team Manager 24H Spanish Team 2006-2012
- Participant, representing Spanish Team:
 - WC 24H 2007 (Drummondville – CAN)
 - WC 24H 2008 (Seoul – KOR)

MY IDEAS AND PROPOSALS

1.- Continuity. With the education of new technical delegates to help us control high-level ultra endurance events, both nationally and internationally. We have already held three courses in 2019, (Brazil, Romania and Jordan). The idea is to be able to continue organizing this type of training courses.

2.- IAU World Leagues. Organization of two leagues (one short and the other long distance) with the most important competitions in the world with Gold and Silver Labels. These competitions would have a special tag added and would be controlled by the Technical Delegates trained by the IAU. The winners of the two leagues would have special recognition as IAU best athletes of the year.

3.- IAU Organizing Committee. New committee that brings together event organizers to discuss common issues and search for solutions. Choice of the best Organizer of the year.

4.- IAU Coaches Committee. New committee of specialized long distance coaches. Choice of the best coach of the year.

5.- UMTR (Ultra Mixt Terrain Race) Popular goal. Creation of a new group of competitions with mixed terrain that do not have to conform to the usual competitions and traditional distances.

A new concept of imagination, entertainment and enjoying for all the runners and spectators. Let's give an attractive and original atmosphere to Ultrarunning Competitions and we will considerably increase the number of participants and spectators.

Summary: I would like to contribute with my ideas, effort and hard work to make the Ultrarunning and IAU even bigger than they are. Let's go to it!

WHY DO I SUBMIT MY APPLICATION?

In light of my substantial experience as organizer for 20 years of more than 200 high-level sporting events, including the economic and promotional parts and considering my wide-ranging background at IAU, I believe that I am perfectly qualified for the IAU Vice Presidency. This position implies, on one hand, the important executive and coordination work with all the IAU Directors and Area Representatives and on the other hand the intermediation with the President, with the important work of selecting and classifying tasks.

