SANTA SUSANNA

FITNESS

SPORTS GAMES

JUNE 28 – JULY 4

2021

FITNESS SPORTS GAMES SANTA SUSANNA

The Best European Fitness & Multi-Sport Experience

SANTA SUSANNA FITNESS WORLD CAPITAL

Santa Susanna BCN+ Costa Barcelona

Ajuntament de Santa Susanna

Generalitat de Catalunya

esportcat

IFBB

WORLD FITNESS UNION

INDEX

- FITNESS SPORTS GAMES
- PRESENTATION BY THE MAYOR OF SANTA SUSANNA, Mr. JOAN CAMPOLIER.
- PRESENTATION BY THE IFBB PRESIDENT, Dr. RAFAEL SANTONJA.
- FITNESS SPORTS GAMES HIGHLIGHTS.
  1. SPORTS TOURISM.
  2. IFBB FITNESS COMPETITION.
  3. MULTI-SPORT PROGRAM.
  4. VILLA FITNESS SPORTS GAMES.
  5. MINIMUM DISTANCE SPORTS FACILITIES - HOTELS.
- SANTA SUSANNA, FITNESS WORLD CAPITAL.
- SANTA SUSANNA, SPORTS TOURISM.
  1. ORGANIZATIONAL CAPACITY AND EXPERIENCE.
  2. PERMANENT SPORTS FACILITIES.
  3. UNIQUE SPACES - MODULAR FACILITIES.
- SANTA SUSANNA. AN IDEAL DESTINATION.
  1. A SUCCESSFUL TOURISM MODEL.
  2. A WELL-CONNECTED TOWN
  3. FIGURES OF INTEREST & MAPS.
  4. AN EXCELLENT STARTING POINT TO DISCOVER CATALONIA.
  5. ART, FOLKLORE, TRADITIONS AND CULTURE.

FITNESS SPORTS GAMES

The Best European Fitness & Multi-Sport Experience

Currently in our society, the sport of Fitness, for its millions of followers, not only means a sporting practice, but it also represents a passion for an active and healthy life.

"Fitness, health and lifestyle"

Fitness Sports Games, which aim to reflect the values of Fitness, **is an international amateur multi-sport event, accessible to all athletes and categories,** where sport will be the only language that all participants will use as a means of communication.

Fitness Sports Games are organized by the **World Fitness Union**, with the support and experience of the IFBB (International Bodybuilding and Fitness Federation) and the collaboration of the tourist destination Santa Susanna, recognized as the Fitness World Capital .

The Fitness Sport Games represent a unique opportunity for all fitness and sport lovers to participate in an official IFBB competition and enjoy a famous setting such as Santa Susanna. **It will offer the unique experience to enjoy fitness and sport as a professional athlete.**

PRESENTATION BY THE MAYOR OF SANTA SUSANNA

Mr. Joan Campolier

We invite you and wait for you at the next Fitness Sport Games, be welcome!

Santa Susanna is a town located on the Mediterranean coast, which has been able to plan their territory and the development of tourism according to possibilities of its population. And this has been done in a sustainable way, with great respect for the environment, and developing a balanced economy. We have been able to take advantage of the available resources, the dynamism of its Town Council and the enthusiasm of a committed private sector, in order to be updated and turn Santa Susanna, on the Barcelona-Maresme Coast, **into a well-known tourist town that can successfully host international sporting events, and be recognized as the world Capital City of Fitness.**

Our modern tourist facilities and the infrastructures surrounding them, have turned Santa Susanna into a recognized tourist destination with the following awards: Beach destination with the family, Sports Tourism, smart tourism destination, as well as the international certification for sustainable tourism: the Biosphere Destination.

In this framework, **all participants of the Fitness Sports Games and companions will enjoy these destinations which is specialized in sun, beach, nature, cultural and sports tourism, with different products and quality services.**

For all these reasons and on behalf of the Santa Susanna City Council, we make available to this body the WORLD UNION FITNESS,the reality and the facilities of this town, recognized as "The World Capital of Fitness, as well as its organizational skills, **so that the Fitness Sport Games and all its participants, enjoy this unique sporting competition.**

PRESENTATION IFBB PRESIDENT

Dr. Rafael Santonja

Welcome to the Fitness Sports Games, a new and unique sporting experience.

The Fitness Sports Games not only intend to be a sports competition, but also a world of experiences for all of its participants, combining the values of Fitness, a multisport competition, and the full potential of the magnificent tourist destination of Santa Susanna.

The Fitness Sports Games will have all of the experience, sporting expertise and human potential of the IFBB, equipped to develop a competition with the characteristics and rigor of a professional event, but open and inclusive to all lovers and followers of Fitness.

Santa Susana is a beautiful Mediterranean town of a high tourist level, with undoubted attractions for leisure and active life, and ready to face great challenges and host sporting and multicultural performances. That is why we **believe it's an ideal setting for an event as unique in Europe as the Fitness Sports Games.**

FITNESS SPORTS GAMES

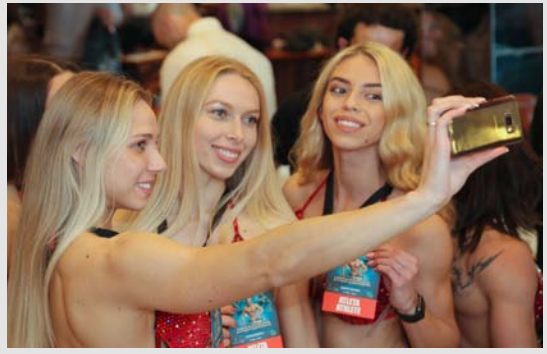
HIGHLIGHTS

A unique sporting event

1. SPORTS TOURISM
2. IFBB FITNESS COMPETITION
3. MULTI-SPORT PROGRAM
4. VILLA FITNESS SPORTS GAMES
5. MINIMUM DISTANCE SPORTS FACILITIES - HOTELS

FITNESS SPORTS GAMES **HIGHLIGHTS**

1. SPORTS TOURISM. *A perfect combination*



The participants of the Fitness Sport Games will enjoy not only practicing their sport, but also a world of experiences with their friends or families.

The tourist destination of Santa Susanna offers an excellent climate, paradisiacal Mediterranean beaches, hotels of a recognized quality and a strategic location that facilitates visiting the globally-renowed city of Barcelona.

FITNESS SPORTS GAMES **HIGHLIGHTS**

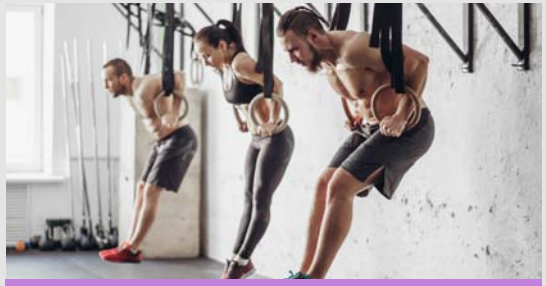
2. IFBB FITNESS COMPETITION. *The best IFBB popular championship*

The IFBB (International Bodybuilding and Fitness Federation), the organizer responsible for the main international Bodybuilding and Fitness Championships, invites all practitioners and lovers of Fitness to enjoy the Fitness Sport Games, **a popular competition open to all categories and levels on par with profesional competitions, and counting with the advice and scoring of the best IFBB judges.**

The tourist destination of Santa Susanna, recognized as the “Fitness World Capital” will provide stages and sports equipment equivalent to that used in championships such as the IFBB World Championships 2020 or the Arnold Classic Europe 2020.

FITNESS SPORTS GAMES **HIGHLIGHTS**

3. MULTI-SPORT PROGRAM. *Much more than just a sports competition*



Cross Training

Cheealeader

Race

The Fitness Sport Games is a sporting event guided by the values of fitness that will lead to the development of a broad multisport amateur competition.

In addition to the Bodybuilding and fitness competition itself, you will be able to enjoy a multitude of sports disciplines and parallel events:

STREET WORKOUT · STREET LIFTING · POLE DANCE · RACE · CHEERLEADER · URBAN DANCE · CROSS TRAINING · WORLD CHASE TAG · CARDIO BOX · WATER SPORTS · ROLLER SKATING · RUGBY 7 · SKATE BOARDING · TAI CHI · & MORE

· Provisional sports list.

Roller Skating

Street workout

World Chase Tag

FITNESS SPORTS GAMES **HIGHLIGHTS**

3. MULTI-SPORT PROGRAM. *Much more than just a sports competition*

Urban dance

Pole dance

Rugby 7

Skate Boarding

Street Lifting

Water Sports

FITNESS SPORTS GAMES **HIGHLIGHTS**

4. VILLA FITNESS SPORTS GAMES. *A place to meet and have fun*

The geography and unique sustainable urban development of the tourist destination of Santa Susanna allows for strategic proximity between the location of the hotel area, sports facilities and the natural scenery where sports competitions will be held, creating the ideal location for the Fitness Sports Games Village.

The Fitness Sports Games Village will be based on the Olympic villages, acting as a meeting point and a place to foster relationships for all participants and sports lovers, where sports-related activities, such as exhibitions and conferences, will be combined with shows and gastronomic tastings with local products.

The Sports Games Village will consist of:

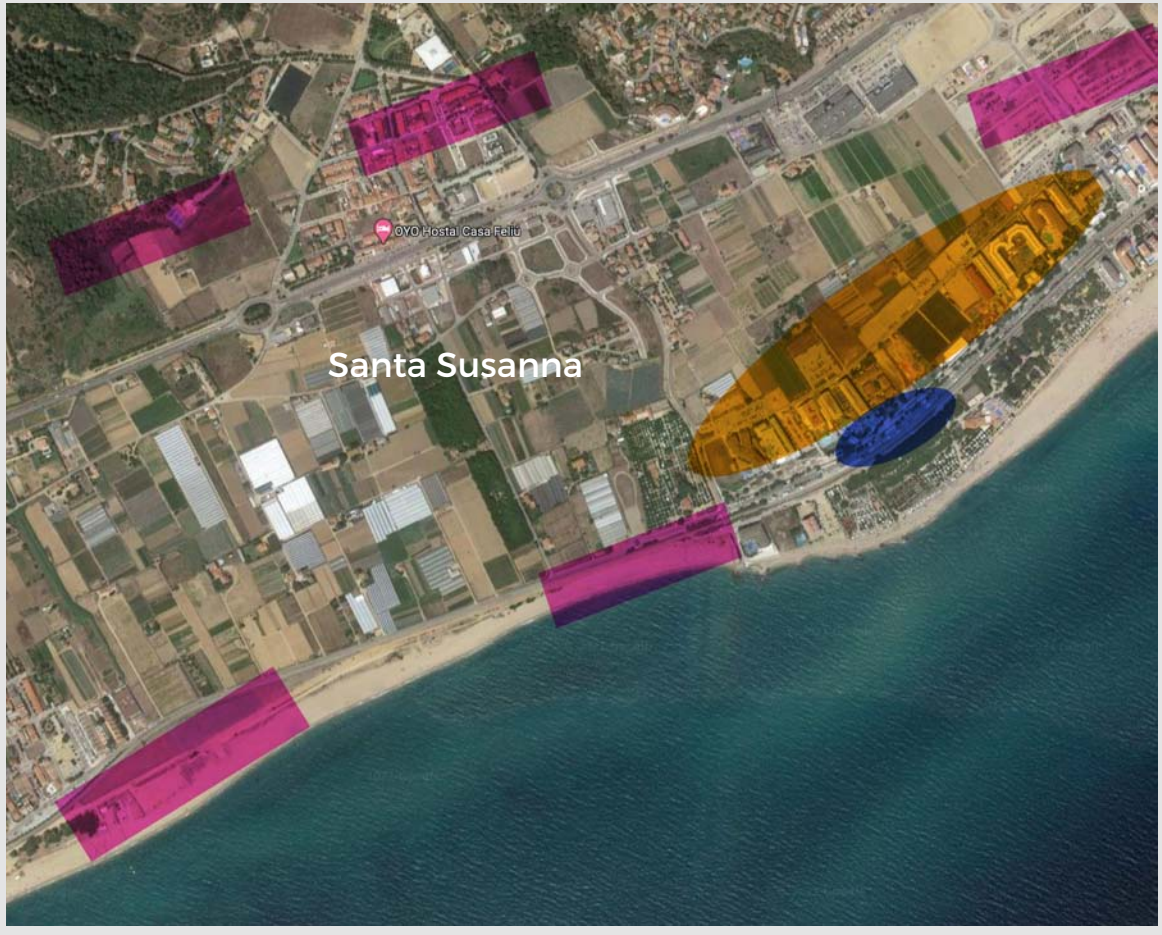
- Reception center
- Press center
- Space for parallel activities related to sport (conferences, exhibitions and other events).
- Space for entertainment and musical concerts.
- Space for gastronomic area and open-air fair with souvenir stands, food trucks, etc...

FITNESS SPORTS GAMES **HIGHLIGHTS**

5. MINIMUM DISTANCE SPORTS FACILITIES - HOTELS

Competition, leisure and rest

The proximity of the accommodation area to the sports facilities, a radius of 2 kms, facilitates the quick access of athletes and fans to the competitions. This factor will improve the comfort and time spent by participants in the Fitness Sports Games, ensuring a successful balance of sport, leisure and tourism.



Accommodation Area Fitness Sports Games Village Competition

FITNESS SPORTS GAMES The Best European Fitness & Multi-sport Experience

SANTA SUSANNA

WORLD CAPITAL CITY OF FITNESS

IFBB & Santa Susanna, the value of sport

SANTA SUSANNA FITNESS WORLD CAPITAL

SANTA SUSANNA WORLD CAPITAL CITY OF FITNESS

IFBB & Santa Susanna, the value of sport

THE IFBB and the TOURIST DESTINATION OF SANTA SUSANNA share, through Fitness sport, the passion for a healthy and active lifestyle. They want to spread this shared value to the entire population, but especially to the youngest members, where the habit of sports and a balanced diet will create the basis of a healthy life.

IFBB President Dr. Rafael Santonja and Mayor Il Joan Campolier have led the project and hold a relationship based on open communication and common values, where sport and a healthy lifestyle have always been present and have been the root of success.

IFBB, The International Federation of Bodybuilding and Fitness, was created in 1998 and is currently affiliated with 199 national Federations, through which millions of bodybuilders, athletes and fitness followers can perform regulated activities, which makes Fitness a sport with **more than a thousand events organized every year, under the IFBB logo, on the five continents.**

Currently, thanks to the work done by Santa Susanna and the IFBB since 2003 and after 29 World and European Championships, **where more than 48,000 of the world's elite athletes have competed, Santa Susanna is recognized as "The Fitness World Capital"** and its name will always be associated with the values of the sport of fitness.

SANTA SUSANNA WORLD CAPITAL CITY OF FITNESS

IFBB & Santa Susanna, the value of sport

SUMMARY CHAMPIONSHIPS HELD IN SANTA SUSANNA

2003 - 2004 - 2005 - 2006 - 2007 - 2008
- World Amateur Women's Bodybuilding,
- Fitness and Body-Fitness Championships IFBB.

2003 – 2004 - 2005
- World Fitness Men's cup.

2006 - 2007
- Men's PRO Grand Prix

2006 - 2007 - 2008
- IFBB Men's World Fitness Championships.

2011
- IFBB World Juniors & Masters Bodybuilding.
- Classic Bodybuilding, Fitness, Body Fitness and Men's.
- Wheelchair Bodybuilding

2012
- EFBB European Men's Bodybuilding,
- European Classic Juniors & Masters Bodybuilding.

2013
- Mister Europa Pro IFBB division

2013 - 2014 - 2015 - 2016 - 2017 – 2018
- EFBB - IFBB European Fitness, Junior & Master.

2019
- EFBB - IFBB European Bodybuilding and Fitness. Senior, Junior & Master.

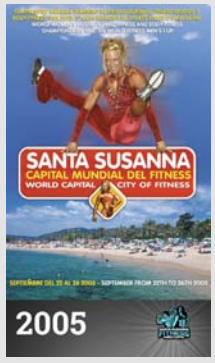
2020
- EFBB - IFBB European Bodybuilding and Fitness. Senior, Junior & Master.
- IFBB World Bodybuilding. Fitness & Master.
- Arnold Classic Europe.
- IFBB World Bodybuilding & Fitness Professional.

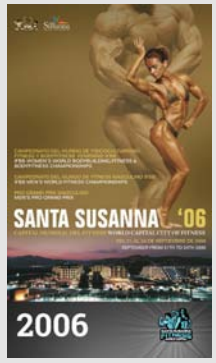
More information

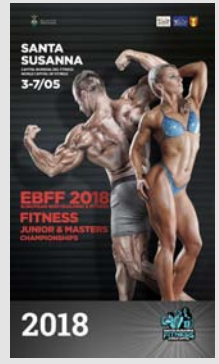
www.santasusannafitness.com

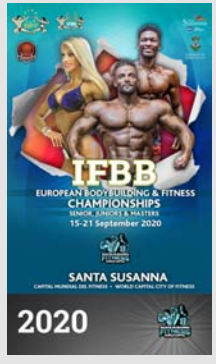
SANTA SUSANNA WORLD CAPITAL CITY OF FITNESS

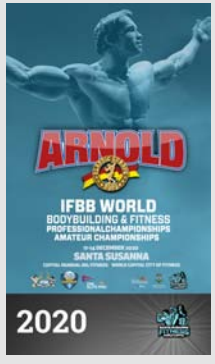
IFBB & Santa Susanna, the value of sport











SANTA SUSANNA

SPORTS TOURISM

Demonstrated and certified experience

1. ORGANIZATIONAL CAPACITY AND EXPERIENCE.
2. PERMANENT SPORTS FACILITIES.
3. UNIQUE SPACES - MODULAR FACILITIES.

SANTA SUSANNA **SPORTS TOURISM.** *Demonstrated and certified experience*

1. ORGANIZATIONAL CAPACITY AND EXPERIENCE.

For more than 18 years, Santa Susanna has hosted IFBB international championships and thanks to this trajectory, it is recognized worldwide by millions of fitness lovers as “The Fitness World Capital”.

Santa Susanna is the permanent headquarters of the International Raid of Santa Susanna-Barcelona, the oldest Raid in Europe, with riders known worldwide. It has more than 260 kms of route.

Santa Susanna has direct access to the Parc del Montnegre i el Corredor, a protected natural area with more than 15,000 hectares of Mediterranean forest, providing access to unique mountain bike circuits throughout Europe. Santa Susanna hosts official UCI competitions such as the Catalan Cup.

Also there are many international amateur championships in several categories of basketball, football or triathlons, which involves receiving and helping more than 10,000 athletes and many federative sports events.

Certifications

The Catalan Tourism Agency awarded the Santa Susanna destination the certification of “Sports Destination”, road cycling, MTB, light sail, football and group sports.

BIOSPHERE

Santa Susanna
Destino Turístico Inteligente
Adherido 2020

SANTA SUSANNA **SPORTS TOURISM.** *Demonstrated and certified experience*

2. PERMANENT SPORTS FACILITIES

Municipal Sports Center
“Parc del Colomer”

Facilities with modern architecture, natural light and perfect visibility for all the spectators:

- 512 m2 of playing field.
- 1.250 m2 of spectator stands.
- Capacity for 2,500 people.

- Convention and congress center for 1,000 people (2021).
- Municipal football field · Artificial grass.
- Municipal swimming pool: 7 lanes of 25 meters.
- Nautical station. a wide range of sea sports.
- Macro petanque area “Torrent de Can Gelat”.
- MTB center with 100 km of market itineraries.
- “Activ natura” where adventure sports can be practiced.

SANTA SUSANNA **SPORTS TOURISM.** *Demonstrated and certified experience*

3. UNIQUE SPACES - MODULAR FACILITIES.

Santa Susanna has unique spots that, due to its architectural appeal or its unbeatable location front the sea, are the perfect place to celebrate sports events by installing modular facilities.

- Can Ratés castle
- Platja de les Dunes (Dunes Beach):
  - 12,000 square meters on the beachfront surrounded by palm trees for outdoor activities.
- Torrentó de Can Gelat.
- Natural space Can Rabassa.

SANTA SUSANNA

An ideal destination

1. A SUCCESSFUL TOURISM MODEL. .
2. A WELL-CONNECTED TOWN .
3. FIGURES OF INTEREST & MAPS.
4. AN EXCELLENT STARTING POINT TO DISCOVER CATALONIA.
5. ART, FOLKLORE, TRADITIONS AND CULTURE.

SANTA SUSANNA. *An ideal destination*

1. A SUCCESSFUL TOURIST MODEL

The dynamism of its Town Council and the enthusiasm of a committed private sector, in order to be updated and turn Santa Susanna, on the Barcelona-Maresme Coast, into a well-known tourist town that can successfully host international sporting events.

Santa Susanna has modern and well-known hotels which have been built recently. Therefore, they are a great value for money and are appealing to organizers of sports or cultural events.

Hotels and other kinds of accommodation in Santa Susanna are suitable to practice sport.All of them have gyms, massage rooms, areas and food suited to special diets. These hotels not only have rooms. They have been designed as top-class resorts with all kinds of facilities, such as wellness center or spa, gym, swimming pools, congress halls, different restaurants and large green areas.

SANTA SUSANNA. *An ideal destination*

2. A WELL-CONNECTED TOWN.

Our town is only 45 km away from one the most attractive destinations in the world: Barcelona. This is a benefit for sport competitions as we can offer unique possibilities, cultural spots and airplane connections with the rest of the word.

Santa Susanna has a railway station of the Commuting area - RENFE, with many trains to Barcelona or Girona area.

Santa Susanna is next to the N-II road, and has direct access to the C-32 motorway. There are also many places to park your car.

There is an great interurban transport service to Barcelona and Girona-Costa Brava airports, and with routes to the main cities in Catalonia.

SANTA SUSANNA. *An ideal destination*

3. FIGURES OF INTEREST & MAPS.

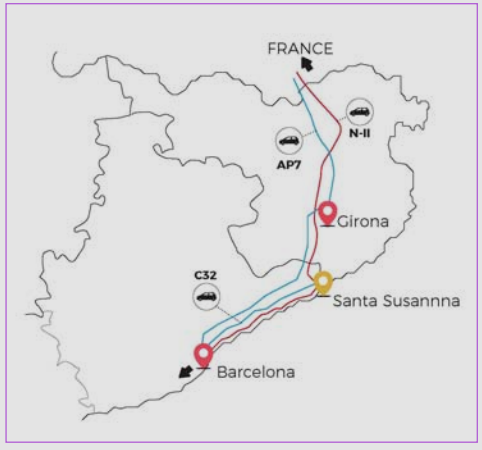
- Certification of sports destination.
- Certification of family tourism destination.
- Certificado smart destination.
- Biosphere destination.
- Certification of MTB sports.
- Altitude: 10 m.
- Area: 12.63 Km2
- Population: 3,494 inhabitants
- Beach length: 1,900 meters
- Forest area: 7,851,559 ha
- Agricultural area: 1,296,294 ha
- Shopping area: 37,000 m2
- Accommodation capacity: 18,500 beds
- Reception of tourists (2018): 430,000 pax
- Number of overnight stays (2019): + 3,500,000

Santa Susanna
Destino Turístico Inteligente
Adherido 2020

CATALUNYA
DESTINO DE TURISMO FAMILIAR

DESTINACIÓ DE TURISME ESPORTIU

BIOSPHERE



SANTA SUSANNA. *An ideal destination*

4. AN EXCELLENT STARTING POINT.

Santa Susanna is so close to the most important places in Catalonia, that it becomes an excellent starting point to go sightseeing, both inland and to the nearby Costa Brava and especially to Barcelona, the great metropolis of the Mediterranean and capital city of Catalonia.

SANTA SUSANNA. *An ideal destination*

5. ART, FOLKLORE, TRADITIONS AND CULTURE.

Santa Susanna, besides hosting numerous events of popular culture, preserves a wide range of Watching Towers as well as several emblematic Masias (country houses) among which the Castle of Can Ratés stands out.

The festive character of the municipality, can you feel by the music of Sardanas (Catalan folk dance), attend a lacemakers meeting, participate in the Giants parade, go to performances of traditional music such as the Habaneras songs, or to the exhibition of human towers “Els Castellers”.

To all this we must add the celebration of the popular “Revetllas”, romerias and Town’s Festivals. They are all some of the elements that make up the existing cultural framework in Santa Susanna, all year round available to our visitors.