



## **4<sup>th</sup>AuthenticPhidippides Run Athens-Sparta-Athens 490 km.**

### **ANNOUNCEMENT**

The Athletic and Cultural Club Athenian Runners (ATHINAIOI DROMEIS) in close collaboration with FAOS mountaineering CLUB is in the position to announce the:

**4<sup>th</sup>Authentic Phidippides Run Athens-Sparta-Athens490 km** 16-20/11/2018 under the auspices of the Hellenic Republic Ministry of Tourism, GREEK NATIONAL TOURISM ORGANISATION, the Hellenic Police, the Hellenic Association of Mass Popular sports and Ultra Running Clubs (E.O.S.L.M.A-Y) and UESpT.Supported by the city of Athens municipality.



### **COMMITMENT STATEMENT FOR A SUSTAINABLE SPORT EVENT**

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The organizing committee of the 4<sup>th</sup> Authentic Phidippides Road Race, Athens-Sparta-Athens 490 km, is pleased to announce its commitment to creating a sustainable sport event which incorporates the three principles of Fair Play, the historical route of Phidippides and the environmental policy and management required to create a sustainable event. The Athletic and Cultural Club Athenian Runners (ATHINAIOI DROMEIS) and FAOS Mountaineering Club in close collaboration with ZOTEN (Sustainable Events) is dedicated to realizing a program that uses the natural resources required for the event in a sustainable manner, reduces any negative environmental impacts caused by the event and manages the waste created during the course of the event.

Co-organizers – partners: ATHENS HEALTH RUNNERS CLUB, LARISA MARATHONRUNNERS CLUB, ELEFSINA HEALTH RUNNERS CLUB, SOUTH SUBURB RUNNERS CLUB “EFKLIS”, EFIRAIIOI OKYPODES, SEVAS NAFPLIOU, ARGOLIDA RUNNERS AND MARATHON RUNNERS CLUB, TRIPOLI HEALTH RUNNERS CLUB, ARKADIAN RUNNERS CLUB, THIVA HEALTH AND MARATHON RUNNERS.

Duration: 104 hrs

Start and Finish line in the area of the ancient Athens Market

Starting NOVEMBER 16 2018 at 06:00a.m.

Last Participant finish 20 November 2018 at 14:00 p.m.

### **ROUTE**

The route will follow throughout the ancient road from Athens - Elefsina– Megara- Ancient Corinth and following the road to Ag. Vassileios Arch. Kleones will reach the Ancient Nemea. Then the course will follow the way to Malandreni, Lyrkeia, Karya, will climb to Artemisiomount and then go to Nestani. It will pass through Tegea, to enter the Tripolis-Sparta road and get to the statue of Leonidas in Sparta Stadium. The way back will follow the same course.

Total route: 490 km.

### **CHECK POINTS-MAIN SUPPLY STATIONS (ANCIENT AGORA – SPARTA 245K, 43HR)**

ANCIENT MARKET - MEGARA (41 km) 5:30 hours (only check point)

KAPI KINETAS (rest point for day hours)

MEGARA – EXAMILIA (46.1 km) 7:00 hours

EXAMILIA –ANCIENT NEMEA (31.1 km) 5:30 hours

ANCIENT NEMEA - NESTANI (51.5 km) 11:00 hours

NESTANI - TEGEA (22.5 km) 4:00 hours

TEGEA - SPARTA (52.8 km) 10:00 hours (Athletes can also have a rest and shower in Voutiano)

### **CHECK POINTS-MAIN SUPPLY STATIONS (SPARTA- ANCIENT AGORA 245K, 61HR)**

SPARTA- TEGEA (52.8 km) 16:30 hours (Athletes can also have a rest and shower in Voutiano)

TEGEA- NESTANI (22.5 km) 6:00 hours

NESTANI- ANCIENT NEMEA (51.5 km) 13:00 hours

ANCIENTNEMEA- EXAMILIA (31.1 km) 8:15 hours

EXAMILIA - MEGARA (46.1 km) 9:30 hours (only check point)

KAPI KINETAS (435 km. Rest point for day hours)

MEGARA- ANCIENT AGORA (41 km) 7.45 hours

### **TIMING**

The participant's performance will be measured by electronic timing using chip.

### **SUPPLY POINS**

There will be 70 supply points, on the way ATHENS-SPARTA and the same points on the way back to Athens. That means a total of 140 supply points with water, isotonic water, refreshments and snacks. List, of supply points to be announced.

At the main stations there will be hot meals for the participants.

Personal supplies can be delivered to the organizers in order to be placed on specific supply point. The participant BIB No and the supply point Number should be clearly stipulated on the package. The organizing committee has any right to check the content of the package as well as the content of the escort cars.

### **CAUTION:**

Escort cars are allowed to offer support to the participant ONLY at the supply points.

Any support in between the supply points may cause disqualification of the athlete participation.

## **PARTICIPATION CONDITIONS**

### **• RACE CONDITIONS**

1. Euchidiosathlosfinisher within 12 hours and 30 minutes.
2. Finisher of any distance race over 160 kilometers (RodopiAdvendurun Aethlios, double Euchidiosathlos, Dolichos, Spartathlon and other inner or outer races with official results).
3. Performance or intermediate passages (splits):
  - Over 160 km in 24 hours Run.
  - Over 250 km in 48 hours Run.
  - Over 300 km in 72-hour Run.
  - More than 350 kilometers regardless of time (6 day, 1000 km 1000 miles)
4. Previous Phidippides Run finisher.
5. Comming halfway (Sparta) in previous authentic Phidippides Run.

### **• OTHER CONDITIONS**

1. Presentation of a medical certificate dated maximum six months prior to the date of the race, confirming the good health of the participant.
2. Payment of participation fee within a month from the application day and not later than 20/11/2018.

## **PARTICIPATION FEE**

The Entry fee is 500 EURO payable to the Bank Account:

PIRAEUS BANK

ACCOUNT: 5091 – 082936 – 584

IBAN: GR61 0172 0910 0050 9108 2936 584

BIC PIRBGRAA

Beneficiary: ATHINAIOI DROMEIS

Within a month from the application day and not later than 20/10/2018.

The above mentioned fee includes:

- Bib Number
- Electronic timing chip
- Commemorative medal for all finishers
- Participation Certificate
- Transfer of participant own supplies to the stipulated supply points.
- Medical services during race
- Transfer for athletes who will fail to finish
- Providing water, energy drinks, fruits, energy bars, snacks (potato chips, raisin, salty sticks, chocolates, toasted bread, honey etc) at about 140 supply points
- Hot meal in 11 CENTRAL STATIONS (Pasta, rice soup)
- Rest facilities in 11 CENTRAL STATIONS.

## **CAUTION**

Hotels are not included.

Escorts meal and transportation are not included, as well meals for athletes beyond menu set by the organizers.

## **REGISTRATION**

Please find here the registration form:

<http://www.athenianrunnersclub.gr/register>

The registration form will be available up to 20/10/2018

Type your data details. Type in details your performance data in other Ultra Running Events (Race, date, performance) in order to facilitate the checking procedure.

## **CANCELLATION POLICY**

The Participant may cancel their participation by refunding the money deposited (excluding bank expenses) until 20/9/2018. No cancellation will be refunded after the expiration of this date.

## **MEDALS-CUPS**

Trophies (CUPS) will be awarded to the first three men and first three women.

All finishers will be awarded medals and diplomas.

## **MEDICAL COVERAGE**

Throughout the course there will be medical coverage by doctors, rescuers and ambulances.

## **PERSONAL BELONGINGS SAFEKEEPING**

There will be provision for storage of participant's personal belongings.

## **BREAFING**

Briefing, participation elements distribution (numbers etc) as well as delivery of personal supplies 15/11/2018 17:00, in "MELINA" cultural center "ODOIPORIKO STIN PALIA ATHINA (Tour to the old Athens) Hall  
Iraklidon 66 & Thessalonikis P.C. 11851 near METRO station "KERAMIKOS".

## **CLOSING AND AWARDING CEREMONY**

Closing and Awarding Ceremony will take place 20/11/2018 18:00, in "MELINA" cultural center "ODOIPORIKO STIN PALIA ATHINA (Tour to the old Athens) Hall  
Iraklidon 66 & Thessalonikis P.C. 11851 near METRO station "KERAMIKOS".  
There will be awarded the first three male and the first three female finishers.

## **AUSPICES**

- Hellenic Republic Ministry of Tourism
- GREEK NATIONAL TOURISM ORGANISATION
- Hellenic Police
- Hellenic Association of Mass Popular sports and Ultra Running Clubs (E.O.S.L.M.A-Y)
- UESpT.

We strongly believe that this Run should be in any case among the Ultra Running events, as the feat of the Day Runner Phidippides is tied to the history of Greece. On our part we will make every effort to organize the event under the best conditions and have every single participant fully satisfied this year too.

The Organizing Committee

<http://www.athenianrunnersclub.gr/long-races/>

President of the Organizing Committee: Giorgos Diamantis 6977360245  
Vice President of the Organizing Committee: TasosVassileiou 6970146147

Race Supervisor : TakisSkoulis 6939523356