



CRETE
MARATHON

12 APRIL 2020

**INVITATION /
INFORMATION PACKAGE
of the 5th Crete Marathon**

Dedicated in memory of Bishop Irineos Galanakis



Crete Marathon is mainly a sport event and a cultural, too, that takes place in Chania, Crete, since 2016. It is the only green marathon in Greece and is featured in the official calendar of Greek Gymnastics Association (SEGAS). The event is dedicated in memory of **Bishop Irineos Galanakis**, who had left a great religious, humanitarian and social work in Crete. The race of 10 Km is dedicated to **Captain Kostas Iliakis** who gave his life defending the Greek air space.

Crete Marathon included various events and it crests with the following races:

Marathon, 10 km, 5 km, 2,5 km

The race is organized by the **Health Runners Club of Chania** in which, also, participates the Region of Chania, the cities of the region, the Hotel Owners Association, the Chamber of Commerce and Crafts, the Bar Association, the Medical Association of Chania, the Gymnastics association of Crete and it is under the auspices of the Crete Region, SEGAS and EOLSMA-Y.

The Organizing Committee invites you to join in the events and the races of the
5th Crete Marathon on

Sunday 12th April 2020

The races in flat land include:

- **Marathon race** (42.195 m)
- **10 km Race** dedicated in memory of Captain Kostas Heliakis
- **5 km Race**
- **2,5 km walk**

For Friday **10 April 2020** and Saturday **11 April 2020** have been planned the following side events:

Friday, April 10, 2020

- April Collection of laurel leaves for the award of the athletes from the Ancient Olive Tree of Vouves in the Municipality of Platanias.

Saturday, April 11, 2020

- Torch race from the municipalities of Kissamos, Platanias and Apokoronas in memory of Bishop Ireneos Galanakis.
- Opening Ceremony of the 5th Marathon of Crete

Terms and Conditions for participation in races

1. DATE OF RACE CONDUCT

Sunday 12 April 2020

2. START- FINISH LINE

All routes will have a designated starting and ending area in front of the Municipal Market of Chania.



3. RACE INFORMATION

Marathon Run

Starting Time: 08:00

Route Description: The Marathon Route follows the following routes: G. Chatzimichalis - Halidon - Akti Koundouriotis - Kanari Coast - Papanikoli Coast - Selinou - Georgakakidon - Kladisos Bridge - the route continues along the coast at 1600 KE. and about the height after historic Maleme there is a reversal of runners - and the route continues for about 16,800m. off the coast of Kissamos Chania - crosses the Cladissos Bridge and follow the streets to the right: Markou Botsari - Solomou - Sfakianakis - perimeter of Freedom Square - Heroes of Technical University - left El. Venizelos, - Sq. Sophocles Venizelou - Finish in front of the Municipal Market of Chania.

10km Road Race

Dedicated to the memory of Captain Costas Eliakis

Starting Time: 9:00

Route Description: The 10km Road Race follows the following routes: G. Chatzimichalis - Halidon - Kanari Coast - Papanikoli Coast - Selinou - Georgakakidon - Kladisou Bridge - the route continues on the Chania - Kissamos PEO for 1,000m. and approximately at the height of the Long Wall area, a reversal occurs, continuing to Kissamos Chania Region for 1,000m. - crosses the Cladissos Bridge and follows the streets to the right: Markou Botsari - Solomou - Sfakianaki - around the Freedom Square - Heroes of Technical University - on the left El. Venizelou, Pl. Sophocles Venizelou - Finish in front of the Municipal Market of Chania.

5km Road Race

Starting Time: 12:00

Route Description: The 5km Road Race follows the streets: G. Chatzimichalis - Skalidis - on the Chania Kissamos IP - on the left Markos Botsari - Solomos - Sfakianakis - perimeter of Freedom Square - Heroes Of Technical University - on the left El. Venizelou - Finish in front of the Municipal Market of Chania.

2.5km Road Race for all (under conditions)

Starting Time: 13:00

Route Description: The 2.5 km Road Race follows the following routes: G. Chatzimichali - Skalidis - left Kydonia Apokoronou - Solomos - left Str. Tsanakakis - immediately to the right of Valaoritou / Ploumidaki - on the left, Papandreou - Pl. Sophocles Venizelou - Finish in front of the Municipal Market of Chania.

Detailed information and map of the route can be found on the official website of the Organization: www.crete-marathon.gr

4. RULES

Road Racing of the Crete Marathon has the approval of SEGAS, a member of the I.A.A.F. (International Association of Athletics Federations), and are conducted in accordance with the Articles and Provisions of the IAAF's "Competition Rules" of the Association of International Marathons and Distance Races (AIMS) and SEGAS rules 2018-2019 which are effective from 1/11/2017.

NOTE: Anything not explicitly mentioned in this notice is subject to the I.A.A.F. by A.I.M.S. and SEGAS, while the Articles with all their Provisions governing Public Road Racing are automatically and universally effective. (www.segas.gr, www.iaaf.org/about-iaaf/documents/rules-regulations)

Particular attention should be paid to Compliance with the Rules of Articles 144, 145 & 240, where, among other rules, specific actions are considered to be of assistance to the athlete and, therefore, are NOT ALLOWED:

Its provisions shall automatically and universally apply:

Article 144 - Assistance to Athletes

Rule 145 - Cancellation of a competitor

Article 240 - Road Racing on a Public Road

5. ELIGIBLE TO PARTICIPATE

To participate in the races, it is necessary for runners to have been born as follows:

- For the **Marathon Run** born from **2002 and older**,

- For the **10 km Road Race** born from **2005 and older**,
- For the **5 km Road Race** born from **2008 and older**
- Runners of all ages can take part in the **2.5 km race** under the following conditions: born from **2013 and older**. **For kids that have been born after 2013 may participate but must be accompanied by at least an adult. Otherwise they will not be allowed to participate.**

6. DISTINCTIONS - AWARDS

6.1 Prizes

- **Medal and Diploma** will be awarded to the first three winners of the overall men's and women's ranking of each race (Marathon, 10 km and 5 km).
- **Cups** will only be given to the first male athlete and the first female athlete of each race (Marathon, 10 km and 5 km).
- **Valuable prizes** will be awarded to the first Marathon Race winners. **All runners** who finish will be awarded a **commemorative Medal** of the Event.
- Participants who finish in the race of their choice will be able to print their entry diploma through a special application on the Organizer's website: www.crete-marathon.gr



6.2 Special Awards

By decision of the Organizing Committee special awards will be awarded to the following awards:

- Special award to the **first male athlete** and **first female athlete** of the **10km Road Race dedicated to Costa Eliakis**.
- Special award for the **first male athlete** and **first female athlete** in the **races of Marathon, 10km and the 5km**.
- Special award for **mass participation** (multiply team participation based on the number of team members who finished) at the **Marathon and the races of 10km and 5km**.
- Special award for **greater participation** (more crowded school participation based on the number of school members who registered).

6.3 Provisions

a. Provisions per entry:

1. BIB Number

2. Brochure
3. Diploma
4. Commemorative Medal
5. Race Photos
6. T-Shirt
7. Bag
- 8 Electronic timing (for marathon, 10 km and 5 km runners only)
9. Results online (only for marathon, 10 km and 5 km runners).

b. Free kids/school students registration:

- a) Applies only to participation in the 5km and 2.5km races under conditions (see points 5-Eligible to participate & 7-Participation Statements-Registration Methods).
- b) Provision of T-Shirt and event bag is not available, but with these two provisions the cost is five (5) Euro.

c. Other provisions:

For those who sign up for the races of Marathon, 10km and 5km there will be special discounts and offers in terms of transportation, accommodation, dining, entertainment, culture. These offers will be announced on the Organization's website www.crete-marathon.gr.

7. PARTICIPATION STATEMENTS - REGISTRATION METHODS - TYPES OF REGISTRATION

7.1 Participation Statements

Applications for all competitions must be submitted by **Friday 27 March 2020**.

No registration (online - online & printed) will take place **during the period 28/3-9/4 before the races nor on the day that are conducted**. Limited registrations will only take place at the Registry Center on opening days and **only if** positions are available.

7.2 Ways of Registration

You can enter the competitions in the following ways:

- a. **Online** registration at: www.crete-marathon.gr
- b. **In person** at the office of the Organizing Committee of the Marathon of Crete.

7.3 Registration Items

Entries are divided into:

- a. **Individuals**, which are made by individuals. Individual registration of minors is done by their parent or guardian.
- b. **Group**, which includes six (6) runners or more. Team registrations involve the registration of a team of at least six (6) runners who are members of the same Club/team and they may register in any race of their choice.

Group registrations concern sports clubs, runners' clubs, gyms, companies, schools, private and public organizations, travel agencies, families and even simple groups of people wishing to join a team.

During the team registration, he / she is designated as the Team Leader who creates the Team and declares it electronically through the Organizer's website. The Team Leader can participate himself as a member of the team and represents him / her on various communication issues with the organizers.

For more information related to **group registrations** you can contact Crete Marathon's office at **+30 2821341684**.

10km and 5km road race

Participation in both races is not applicable for any runner. In opposite case the second in time race the runner will be cancelled.

5km and 2.5km road race registrations (with conditions):

Registration and Declaration Forms for the 5km and 2.5km road races are required even if it is provided free of charge (kids-school students / see point 5-Eligible to Participate).

Kids are free to sign up (without the provision of a T-shirt and event bag). If a kid wishes to receive a T-shirt and bag for the event, they are charged a fee of 5 euros.



7. COST OF PARTICIPATION

The entry fee for each runner registration per race is shown in the table below.

CRETE MARATHON 2020 REGISTRATION COST				
TYPE OF PARTICIPATION	Marathon race	10 km race	5 km race	2,5 km race
Registration fee per participant until 29 February 2020				
<i>Individual</i>	25	12	8	7
Group or Runners Clubs	20	8	6	5
<i>Kids</i>	_____	_____	0(5)	0(5)
Registration fee per participant from 1 March 2020				
<i>Individual</i>	30	15	10	10
Group or Runners Clubs	25	10	8	8
<i>Kids</i>	_____	_____	0(5)	0(5)

7.1 Payment Methods

a. **On-line payment** via the website: www.crete-marathon.gr

b. **By depositing** (online or in person) the amount of participation in the Organizing Committee's bank account:

BANK ACCOUNTING INFORMATION: COOPERATIVE BANK OF CHANIA
ACCOUNTING YBAN: GR 94 0690 0010 0000 0017 5636 001
ACCOUNT BNEFICIARY: CHANIA HEALTH ROAD ASSOCIATION

In order to be considered a valid registration for a race, the exact cost of participation for the particular race of his / her choice must be paid by one of the two payment methods mentioned above, **within 3 days** of the date of submission of the application. The name of the participant and the race of his / her choice must be stated as a reason for deposit.

ATTENTION: Possible additional charges & bank charges, either when paying by credit card or when depositing into the bank account of the Organization, are charged **by the Participant**. A subscription that corresponds to a payment lower than the prescribed amount **will be canceled**.

After paying the money, the participant must send to Crete Marathon office the proof of deposit (and copy of university or unemployment card. This apply only for university students and unemployed participants) by e-mail at registrations@crete-marathon.gr with legible information. In the following days the participant will receive a confirmation e-mail.

If the participant does not receive confirmation of registration in the e-mail that he / she has received within the prescribed period, he / she should contact Crete Marathon Office. Cancellations of entries are accepted until Monday **30-3-2020**, with no refund of the registration fee.

c. Cash, simultaneously with the participant's self-registration at the Crete Marathon Office daily from 09:00 to 13:00, evenings from 17:00-21:00 (except Tuesday) and Saturday 09:00-13:00. Also during the Registration Center's operation: **Friday 10th and Saturday 11th April 2020. The Registration Center will operate in Gialos Mosque, Venetian Port of Chania, Chania.**

9. HEALTH ISSUES & INSURANCE COVERAGE:

In all cases, all participants take part in the competitions at their own risk. The organizers are not responsible for anything that happens to the participants of all the events/races of the Organization during the race due to the lack of preventive medical examination.

It is recommended that all participants have recently undergone a medical examination and, in particular, those over 35 years of age have undergone cardiac testing.

The organizers **will not require from the participants to provide medical certificates**, as all participants are acting on their own responsibility and minors under the responsibility of their parents or guardians, signing the relevant Responsible Declaration, which is included in each printed or electronic form. Persons with a Disability runners who need a companion during the race must provide their companion alone.

During each race, Medical Services and First Aid personnel will be located at the start-stop area as well as at selected points on the route to respond to any emergency medical care by providing First Aid.

10. STORAGE OF GARMENTS

At the Municipal Market of Chania (starting point and finishing of all races) the runners will be given the opportunity to deliver their personal clothing before the start of the race in which they are participating and to receive it after they finish.

11. SUPPORT STATIONS

- Along the Marathon route there will be runner support stations starting at 5 km.
- Bottled water will be available to runners at startup, shutdown, and every 2.5 km after 5 km.
- In addition, isotonic drinks will be available to runners at startup, stop, and every 5km after the 10th km.
- There will also be a possibility for personal drinks and supplements to be provided by escorted persons every 5 km, from the 5th km onwards.

12. THOUSAND KM INDICATIONS:

In each km of the Marathon, 10 km and 5 km routes there will be a mileage indicator.

13. COMPETITION TIME LIMIT:

The finish time for the **Marathon Race** is **six hours (6: 00´)** from the scheduled start time at 8:00 (runners must have completed the Marathon by 14:00).

For the **10km Road Race** the time limit is **one and a half hours (1: 30´)** from the scheduled start time of 9:00 (runners must have completed the 10km race by 10:30).
For the **5km Road Race** the time limit is **one hour (1: 00´)** from the scheduled start time at 12:00 (runners must have completed the 5km by 13:00).
For the **2.5km Road Race** the time limit is **one hour (1: 00´)** from the scheduled start time at 13:00 (runners must have completed the 5km race by 14:00).).

14. ELECTRONIC TIMING - RESULTS:

14.1 Electronic Timing

The electronic timing of all racing events (except the 2.5 km race), as well as the issuance of results has been undertaken by a certified timing company. For this reason, all runners in the Marathon, 10km and 5km races should carry the timing chip they receive along with their registration number from the Registration Center. Electronic control and timing cartridges for recording intermediate times will include:

- For the **Marathon Race**: start, finish and **21.1km**. Runners will also have intermediate times and checkpoints along the route and at endpoints.
- For the **10km Race**: start and finish. Runners will also have intermediate times and checkpoints along the route and at endpoints.
- For the **5km Race**: at start and finish



14.2 Results

For all the Official Electronic Timing Competitions for the Crete Marathon, **the Articles and Regulations of the I.A.A.F. by A.I.M.S. and SEGAS.**

The announcement of the results will be made on the website of the competition www.crete-marathon.gr after the end of the races. Any objections may be submitted within **five (5) calendar days of the day the results are posted.**

The **official results will be announced on the Organization's website within ten (10) business days of the day of the competition.**

Rule 145.1: If an athlete is disqualified in an event for an infringement of a Technical Rule (except under Rules 125.5 or 162.5) any performance accomplished in the same round of that event up to the time of the disqualification shall not be valid. However, performances accomplished in a previous round of that event shall remain valid.

Such disqualification from an event shall not prevent an athlete from taking part in any further event in that competition.

At the **2.5km road race** there will be results for the first three male winners and the first three female winners. All 2.5km participants will be listed alphabetically and will be able to receive their commemorative diploma electronically from the event's website.



15. REGISTRATION CENTER

Location: Giali Mosque, Akti Tombazi, Venetian Port of Chania, Chania.

Opening Days & Hours:

Thursday 9 April from 11:00-20:00 **for kids/school students service only.**

Friday 10 and Saturday 11 April 2020 from 10:00 - 20:00.

Participants are required to obtain **exclusively** from the Registration Center their bib number (for all races) and timing chip (for Marathon, 10km and 5km only), as well as the rest of the Event material.

16. EVENTS

A variety of cultural, social and ecological events will be held during the period up to the day of the events, which will be announced on the website of the event.

The Organizing Committee

