

Announcement of the 18th Ioannina Lake Run 2024

The Non-Profit Civil Partnership "**LIMNI**" and the Sports Club "**POSEIDON IOANNINA**", in coorganization with the Region of Epirus and the Municipality of Ioannina, along with the support of local authorities, sports and cultural associations, will hold on Saturday 21 and Sunday 22 September 2024 street races and side-events, including:

- 30 km Road race
- 30 km Power Walk
- 10 km Road race
- 5 km Road race

The races will be held in according to the following terms and conditions:

1. Races

1.1.1 30km Race

Date: Sunday, September 22, 8:15 a.m.

RaceTime limit: 5 hours (Any runner who has not passed the intersection of Akti Miaouli and Voyiannou after 12:45 will continue his/her route from the lakeside pedestrian walkway, as instructed by the race judge, and will finish at his/her own risk.

Route Description: Mavili Square → Karamanlis Boulevard → Kountourioti → Papandreou → 8th Merarchias → Perama → Entrance to Amphithea → Entrance to Loggades → Vasiliki junction → Drosochori junction → Drosochori junction. Kastritsa → Crossing to wooden bridges → Paralimnios pedestrian street → small detour to Voyiannou Street → Akti Miaouli → Garivaldi → Dionysiou Filosofou → finish at Mavili Square.

- **The route is certified by IAAF/AIMS (At each kilometer of the race route, there will be a kilometer distance indication).**

Age Categories: All runners over 18 years of age are eligible.

It is recommended that all participants have recently gone through a full range medical exam and cardio check before the event. The Organizing Committee will not request any written medical certification for any athlete, who competes at their own sole risk.

Drink and aid stations: 12 stations every 2.5 km along the route.

Categories: Men-Women:

1. Up to 34 years old
2. 35 to 39 years old
3. 40 to 44 years old
4. 45 to 49 years old
5. 50 to 54 years old
6. 55 to 59 years old
7. 60 to 64 years old
8. 65 years and over

If the number of participants is not sufficient in any of the above categories, will apply age per decade. Winners of the overall classification will not be awarded in their category.

Prizes-Awards: All finishers will receive a commemorative race medal and diploma, which they will be able to download from the race website after the official results are posted. A trophy will be awarded to the 1st winner in the overall men's-women's classification. Medal and diploma to the top 3 runners. In the (pentathlon) category the first three runners will be awarded a medal and diploma.

Cash prizes: The first three male and female winners of the overall classification will receive cash prizes. The amounts will be 600, 300 and 150 euros respectively.

Honorary awards: The oldest age group runner finishing the 30 km race and the team with the highest number of participants will receive honorary awards.

1.2 30 km Power Walk

Date and time: Sunday, September 22, 7:15 a.m.

Route Description: The route is the same as the **30 km race** except for a small change at the start, for reasons of safety.

Age Categories: All runners over 18 years of age are eligible. It is recommended that all participants have recently gone through a full range medical exam and cardio check before the event. The Organizing Committee will not request any written medical certification for any athlete, who competes at their own sole risk.

Race Time limit: 6 hours (Any runner who has not passed the intersection of Akti Miaouli and Voyiannou after 12:45 will continue his/her route from the lakeside pedestrian walkway, as instructed by the race judge, and will finish at his/her own risk).

Prizes-Awards: All finishers will receive commemorative medal and diploma of the race, which will be able to download it from the race website after posting the official results.

Drink and aid stations:

12 stations every 2.5 km along the route.

1.3 10 km Road race

Date and Time: Sunday, September 22, 8:30

Route Description: Mavili Square → Dionysios the Philosopher → Garibaldi → Coast Miaoulis to Lakeside Park → Lakeside pedestrian street and reversal before the second wooden bridge and back to Coast Miaoulis → Garibaldi → Dionysios the Philosopher and ending in Plateia Mavili.

- **The route is certified by IAAF/AIMS**

Age Categories: All runners born in 2012 and before, over 12 years of age (juniors with written parental consent form, which will be delivered upon receiving runner number or at the organizer's office). Submitting the participation application means that the parent gives their consent for their child's participation in the competition and agrees with the content of the application).

It is recommended that all participants have recently gone through a full range medical exam and cardio check before the event. The Organizing Committee will not request any written medical certification for any athlete, who competes at their own sole risk. Minors and juniors participate on the responsibility of their parents/guardians.

Race Time limit: 90 minutes.

Drink and aid stations 3 stations at 2.5 km – at 5 km – at 7.5 km and 1 station at the finish point.

Categories:

A. Men-Women:

1. Up to 39 years old
2. 40 to 49 years old
3. 50 to 59 years old
4. 60 years of age and older

B. Minors:

1. 12 - 14 years old (2012-2010)
2. 15 – 17 years old (2009-2007)

Prizes - Awards: All finishers will receive commemorative medal and diploma of the race, which will be able to download it from the race website after posting the official results. In the overall male/female classification, the 1st male/female winner will receive a cup. Medal and diploma will be awarded to the first three runners.

1.4 Road Race 5km

Date and Time: Saturday, September 21, 18:30.

Route Description: Mavili Square → Dionysios the Philosopher → Garibaldi → Coast Miaoulis→ and reversal at Hotel Du Lac and back to Coast Miaoulis → Garibaldi → Dionysios the Philosopher and ending in Plateia Mavili.

Age Categories: All runners born in 2012 and before, over 12 years old (juniors, with written parental consent form, which will be delivered upon receiving runner number or at the organizer's office). Submitting the participation application means that the parent gives their consent for their child's participation in the competition and agrees with the content of the application).

It is recommended that all participants have recently gone through a full range medical exam and cardio check before the event. The Organizing Committee will not request any written medical certification for any athlete, who competes at their own sole risk. Minors and juniors participate on the responsibility of their parents/guardians.

- **The route is certified by IAAF/AIMS**

Race time Limit: 60 minutes

Categories:

A. Men ' s - Women's

1. Up to 39 years old
2. 40 to 49 years old
3. 50 to 59-year-olds
4. 60 years of age and older

B. Minors

1. 12 - 14 years old (2012-2010)
2. 15 – 17 years old (2009-2007)

Prizes - Awards: All finishers will receive commemorative medal and diploma of the race, which will be able to download it from the race website after posting the official results.

Start and finish point of all races is Mavili Square. The route description and detailed information about drink and aid stations can be found on the official site of the www.ioanninalakerun.gr.

2. Electronic Timing - Results

2.1 Electronic Timing

In the 30 km, 10 km and 5 km races there is electronic timekeeping. All participating must wear the timing chip they receive with their entry number from the Registration Centre. Electronic control and timing mats will be available at the start, finish and at several points along the race to record split times. Any runner who fails to pass the electronic control mat at the start, control zones and finish will automatically be disqualified.

Electronic timekeeping is also available in the 30 km Power Walk, but it is mainly for personal use, as no award are given to the first runners, given that it is not possible to monitor them throughout the race.

The official time is gun time. The net time is when the participant crosses the mats at the start and finish.

2.2 Results

The unofficial results are announced on the official website after the end of the race. Runners can submit an appeal within the ten (10) calendar days from the day of the race. The official results are announced within 15 working days from the day of the race. Ranking results are determined on the official finishing times. The net time and split time are only reported to update the runner.

3. Safety and Medical Coverage

The entire route is covered by medical services, with mobile units and ambulances of the National

First Aid Centre (EKAB), medical volunteers such as doctors and a team of trained members of the Greek Red Cross Volunteer Samaritans and Rescuers Corp (Ioannina branch). The valuable services are provided by the Ioannina Police Department.

It is recommended that all participants have recently gone through a full range medical exam and cardio check before the event. The Organizing Committee will not request any written medical certification for any athlete, who competes at their own sole risk. Minors and juniors participate on the responsibility of their parents/guardians.

In any case, all runners participate solely at their own risk. The participants declare that they have recently undergone a medical examination and they are perfectly healthy to participate in this sport event. They accept full responsibility for any injury or accident that may occur at any place of the venue of the race or that may occur during their participation in the race.

They waive any claim by the organizers, sponsors and anyone involved directly or indirectly to the event and accept that these persons have no legal responsibility for what may occur during my participation.

The organizers have no responsibility for any issue related to the participant's health due to the lack of pre- race medical check.

There will be announcements regarding the new health protocols prior to the event.

4. Registrations - Registration Methods - Registration Types

4.1 Registrations

Registration deadline is on **Monday, September, 9, 2024 at 16:00**. In case of special circumstances, the organizing committee reserves the right to stop the registration process earlier, as well as to determine participants limit number.

ATTENTION: The organizers reserve the right to extend registrations. However, for registrations after **Monday, September, 9, 2024 at 16:00**, and if places are available, the name of the participants will not be written on the bib number.

4.2 Registration Methods

You can register:

- a. **Online:** <https://www.ioanninalakerun.gr/pages/participation>
- b. **In person:** At registration points to be announced

ATTENTION: In order for your registration to be valid, registration fees must be paid within 48 hours after submission.

4.3 Registration Types

There are 2 types:

a. Individual: made by individuals .

b. Group registrations: Concerns the registration of at least 10 persons, *regardless the race in which each one of them wish to register.*

- This also applies to sports clubs
- runners' clubs
- every recognized clubs by the General Secretariat of Sports/EOSLMA-Y
- gyms, companies, schools, private and public organizations, travel agencies, but also simple groups of people who wish to participate as a team.

For group registration, a Team Leader should be appointed. The Leader of each Team will represent the Team against the organizing committee.

- *The personal data declared by the participant upon submission of entry form are true and correct. In case the entry form is submitted by a third party, it is granted that the participant consents to his/her personal data being given to the Organizing Committee of the event by the third party.*

4.4 Receiving numbers

- Race bibs timing chip, as well as the rest of the event's material are personally collected by the registered runners themselves and exclusively from the event's Registration Centre during the days and hours announced, by showing an identity card or other legal identification document (e.g., passport, driving license).
- Individual participants cannot by any circumstances being replaced or change their race upon receiving the registration numbers at the Registration Center. It is only possible to update the details and correct individual personal information.
- The participation number is personal and may not be conveyed, transferred, or be given to another runner under any circumstances.

5. Reasons for exclusion

- ✓ Participants must follow instructions of the organizers, volunteers and staff of the event, including calls to leave the route and interrupt the race.
- ✓ Participants are obliged to read and respect the instructions provided by the Organizing Committee of the event, either electronically, or in printed format (such as Medical & Technical Instructions, Race Manual) and which have been announced in the official website of the event.
- ✓ Use of bicycle or other wheeled mean is not allowed on the race, whether it is about a runner, or another accompanying person.

Failure to comply with the above constitutes a reason for exclusion.

6. Participation Cost

The entry fee for the registration of each participant per race is shown in the table below:

PRICE OF ENTRY PACKET

Participation	Individual	Group	DISCOUNT*	Recognized clubs by the General Secretariat of Sports/EOSLMA-Y
RUNNING RACE& POWER WALK 30K	25 €	20 €	20 €	17 €
10K	20 €	15 €	15 €	13 €
5K	15 €	13 €	13 €	12 €

*The discount package applies to unemployed people, students (who do not exceed 30 years), pupils, members of the Armed Forces and Security Forces, who must present their valid proof of status at the secretariat the day they receive the participation package. If the rules don't apply, they must pay the difference of their participation fee.

The Participation Package includes:

1. Running T-shirt for the race
2. Electronic timer chip.
3. Runner Number

4. Collectible Commemorative Finish Medal
 5. Commemorative certificate of participation
 6. Route energy supply
 7. Medical services
 8. Photos
 9. Discounts in partner stores
- **In case of non-participation, it is possible to send the registration number and the material included in the registration package at the end of the race, at the expense of those who have registered.**

Refunds – CANCELLATION POLICY

Cancellations of participations and requests for changes to data of valid registered runners, are accepted only upon written request or by e-mail and only until **Friday September 6, 2024**. After this date, no requests for cancellation of entries will be accepted. In case of cancellation, the entry fee will be refunded to the applicant, with a 2 euros deduction (bank transaction fee). Refunds are made approximately 15 days after the race

The matches take place on the date set, regardless of weather conditions. Only in case of exceptional circumstances or forces beyond control the Organizing Committee of Ioannina Lake Run has the right to decide to postpone the start or cancel the race. In such a case, after consulting the official state agencies, safety and health authorities, the race entry fee is not refunded to the registered runners, but the entry package will be sent to the participants.

7. Runners' Pick Up - Personal Belongings

7.1 Runners' Pick Up 30 km.

A car of the organization with volunteer Samaritans will follow the last runners, in order to collect those who, drop out. Those who do not need medical assistance can also wait at the aid stations until the event's car returns them to the finish.

7.2 Personal Belongings Management

Participants will deliver - collect their personal belongings at the starting area. Athletes are requested not to carry any items of value in their bag. The organization is not responsible for any loss of items.

8. Privacy policy

1. Participants accept that their personal data (name, age and sex, contact phone number, e-mail, address) are transferred to third parties for timekeeping purposes, forming the results list, as well as sharing on the internet. The participant's personal data provided in the registration process will be stored and used for purposes related solely to the race. By submitting registration, the participant agrees that his/her data will be processed for the purposes of the race, in accordance with IAAF & AIMS specifications. This data will remain in the database, will not be processed and will not be handed over to third parties. You have the possibility to delete your data in the future if you wish, by contacting info@ioanninalakerun.gr or by calling 2651607404. Any other processing of the participant's personal data is only carried out with the consent of the data subject for the specific purpose stated in each case.
2. Participants of the event consent to the use of the image taken during the day of race from the organizers, sponsors or other affiliates of the event for publicity and future promotion without any right to full or partial compensation.
3. Participants consent to photos being taken during the day of the race by the photographers and the official Photographic Agency of the event, as well as their image being taken during the video recording, filming or other visual recording of the event. Participants hereby authorize reproduction of this material in combination with their full name.
4. Photos and videos posted on the event website, are visible to any interested party and remain as such without time limitation.

The Organizing Committee reserves the right to change the schedule of the games, the terms and conditions of participation without prior notice, by posting on the website of Ioannina Lake Run.

The route description and detailed information about drink and aid stations can be found on the official site of the www.ioanninalakerun.gr.

**The Organizing Committee of
The 18th Ioannina Lake Run**