

# Sports event-Proclamation 2019

## 13<sup>th</sup> Ioannina Lake Run 30-10-5 km

The non-profit organization “LIMNI” and the Athletic Club “POSEIDON IOANNINON”, in co-organization with the **Region of Epirus**, the **Municipality of Ioannina** and with the support of **local sectors, athletic and cultural associations** of Ioannina **invite you to:**

Foot races and concurrent events that will take place in Ioannina and include:

<b>SATURDAY 21/09/2019</b>	<b>SUNDAY 22/09/2019</b>
<b>MAVILI SQUARE</b>	<b>MAVILI SQUARE</b>
<ul style="list-style-type: none"><li>• <b>Lakeside race «moms with prams»</b></li><li>• <b>Foot race 5 km.</b></li><li>• <b>Race 1.000 m. for people with disabilities</b></li></ul>	<ul style="list-style-type: none"><li>• <b>Foot race 30 km.</b></li><li>• <b>Foot race 10 km.</b></li><li>• <b>Power walking 30 km.</b></li></ul>

The organization’s main goal is the promotion and prominence of Pamvotis Lake, the growth of mass popular sports, voluntarism and culture.

*The races will be conducted with the following terms:*

### **1.Sunday 22 September 2019**

#### **1.1. Foot race 30 km.**

**Start-finish line:** Mavili Square, Mole Ioannina.

**Start Time:** 9:00 a.m

**Time limit:** 4:30 hours

(Every athlete that after 13:00 has not gone through the intersection Miaoulis Coast and Vogianou will continue the path from the lakeside sidewalk street, according to the directions of the judge and will finish under his/her own responsibility.)

**Route description:** Square Mavili → Avenue Karamanlis→ Kountourioti → Papandreou→ 8th Division →Access to Perama → Access to Amfithea→ Access to Longades → Access to Vasiliki → Intersection Kastritsa → Intersection Drosochori → Junction to wooden bridges → Miaoulis Coast → Garibaldi → →Dionysios the Philosopher finish line Square Mavili.

- *The route is certified by IAAF/AIMS*

**Eligibility:** All athletes from 18 years old. All athletes should undergo medical examination before the race under their own responsibility and should know that they participate also under their own responsibility.

**Timing:** Electronic

**Water supply:** There will be 12 supply stations by 2,5 kilometers on the route.

**ATTENTION:** *Runners are requested to leave bottles and glasses on the right side of the road to facilitate their collection for recycling.*

**Categories:**

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 old and more

**Prizes-Awards:** All athletes who finish the race will be given a collectible medal and race's diploma. The overall winners (1<sup>st</sup> man and woman) will be awarded with a goblet. Medal and diploma will be given to the three first athletes.

**Cash prizes:** Will be given to the three first winners of the general ranking. The amounts are 600€, 300€ and 150€ respectively.

At the categories (of five years) there will be awarded the first three athletes (men and women) with medal and diploma.

**Honorary awards** will be given to the oldest athlete (man or woman) who will finish the 30 km. race. The award ceremony will take place at Mavili Square after the race (at 12:30 p.m. approximately).

*Detailed information of the map with the route and the supply stations can be found at the organization's official website [www.ioanninalakerun.gr](http://www.ioanninalakerun.gr)*

## 1.2. Power walking 30 km.

**Start-finish line:** Mavili Square, Mole Ioannina.

**Start time:** 7:00 a.m.

*For walkers apply the same rules and benefits as for the runners of the 30 km. The route is also the same except a small change at the beginning of the course for the walkers' safety.*

**Time limit:** 6:30 hours

**Awards:** To all the walkers who will finish the race will be given a collectible medal and race's diploma.

## 1.3. Foot race 10 km.

**Start-finish line:** Mavili Square, Mole Ioannina.

**Start time:** 8:50 a.m.

**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.

**Eligibility:** All athletes who are born in 2007 and before (minors can participate only with a written statement of their parents which will be delivered upon receiving the race's number or at the club's office). The athletes should get medical examination before the race under their own responsibility and should know that they also participate under their own responsibility.

**Timing:** Electronic

**Time limit:** 90 minutes.

**Water supply stations:** At 2,5 km – 5 km - 7,5 km and at finish line.

*ATTENTION: Runners are requested to leave bottles and glasses on the right side of the road to facilitate their collection for recycling.*

**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 old and more

**b. Minors:**

1. secondary school students (2007-2005)
2. High-school students (2004-2002)

**Prizes-Awards:** All athletes who finish the race will be given a collectible medal and race's diploma. The overall winners (1<sup>st</sup> man and woman) will be awarded with a goblet. Medal and diploma will be given to the three first athletes.

The award ceremony will take place at Mavili Square after the race (at 12:30 p.m. approximately).

*Detailed information of the map with the route and the supply stations can be found at the organization's official website [www.ioanninalakerun.gr](http://www.ioanninalakerun.gr)*

## 2. Saturday 21 September 2019

### 2.1. Foot race 5 km.

**Start-finish line:** Mavili Square, Mole Ioannina.

**Start time:** 18:30

**Route description:** Mavili Square → Dionysiou Filosofofou → Garivaldi → Miaoulis Coast → reversal at Hotel Du Lac and back to Miaoulis Coast → Garivaldi → Dionysiou Filosofofou and finishing in Mavili Square.

**Eligibility:** All athletes who are born in 2007 (12 years old) and before (minors can participate only with a written statement of their parents which will be delivered upon receiving the race's number or at the club's office). All athletes should undergo medical examination before the race under their own responsibility and should know that they participate also under their own responsibility.

**Timing:** Electronic

**Time limit:** 60 minutes

**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 old and more

**b. Minors:**

1. secondary school students (2007-2005)
2. High-school students (2004-2002)

**Prizes-Awards:** All athletes who finish the race will be given a collectible medal and race's diploma. The overall winners (1<sup>st</sup> man and woman) will be awarded with a goblet. Medal and diploma will be given to the first three athletes.

The award ceremony will take place at Mavili Square after the race (at 20:00 a.m. approximately)

Detailed information of the map with the route and the supply stations can be found at the organization's official website [www.ioanninalakerun.gr](http://www.ioanninalakerun.gr)

## 2.2. Lakeside race “Moms with prams” 1000 m.

**Start-finish line:** Mavili Square, Mole Ioannina.

**Start time:** 18:00

**Eligibility:** All moms with their prams and their children (For free)

## 2.3. Lakeside race 1.000 m. for people with disabilities

**Start-finish line:** Mavili Square, Mole Ioannina.

**Start time:** 17:30

**Eligibility:** Open invitation for participation to the associations of people with disabilities. Underage athletes can participate only with a written statement of their parents that will be delivered to the race's secretariat. The participation is free.

**Awards:** All the participants will be given a keepsake medal and t-shirt of the race.

## 3. Participation motives

Cash prizes will be given to the first three men and women of the 30 km race's general ranking. The amounts are 600€, 300€ and 150€ respectively.

## 4. Registrations – Ways of applying – Types of registrations

### 4.1. Registrations

The registrations for the 12<sup>th</sup> Ioannina Lake Run should be done by **Monday 9 September 2019, 16:00**.

**Attention:** No registrations will be accepted (on-line or printed) the week preceding the race or at the days that each race will be held. Registrations will be conducted depending on availability, strictly during the operation days of the registration center.

### 4.2. Ways of applying

You can apply:

a. **With an on-line registration:** <http://www.ioanninalakerun.gr/pages/participation>

b. **By sending an application form at:** office@ioanninalakerun.gr.

c. **In person:** at the registration center that will be announced

**Attention:** Registrations are considered valid by disbursing the corresponding fee.

### 4.3. Types of registrations

The registrations are divided into:

a. **Personal**, that are applied individually.

b. **Group.** Group registrations refer to applications of groups of 10 people at least, which will participate at the 30, 10, and 5 km races. They aim at sports clubs, clubs that belong to EOLSMAY (Hellenic Association of Mass Popular Sports and Ultra Running Clubs), gyms, corporations, schools, travel agencies and even groups of friends that wish to participate as a team.

During a group registration a team leader must be determined who, if needed, will represent his/her team for any matter.

Group registrations are done on-line and are recognized by adding the group's name at the corresponding column.

## 5. Cost of participation

The participation cost is presented at the following table.

13 <sup>th</sup> Ioannina Lake Run 2019									
PROVISIONS AND PARTICIPATION COST BY REGISTRATION									
PROVISIONS AND PARTICIPATION COST BY REGISTRATION		30 KM Foot race & Power Walking 30 km.			FOOT RACE 10 KM			FOOT RACE 5 KM.	
		GROUPS BELONGING TO EOLSMAY	GROUP	PERSONAL	GROUPS BELONGING TO EOLSMAY	GROUP	PERSONAL	PERSONAL	GROUP
PROVISIONS									
PARTICIPATION PACKAGE	BIB Number - Electronic Timing*								
	Technical (for the 30 km.) – keepsake T-Shirt	12€	17€	20€	10€	12€	15€	8€	6€
RACE SERVICES & FOLLOWING	Collectible Medal								
	Online results* - Participation diploma								

## 6. Participation Package

The Participation Package includes:

1. Technical T-shirt for the 30 km. race (keepsake T-shirt for the rest)
2. Electronic timing with chip.
3. BIB number
4. Collectible medal (by finishing)
5. Participation diploma (on-line)
6. Energy supply
7. Medical services
8. Photographs

## 7. Ways of Payment

- **Online via PayPal**

By completing the online participation form you can pay your participation fee directly via PayPal using credit card.

- **Bank deposit**

You can pay for your participations by depositing to the following bank account of Piraeus Bank:

**IBAN:** GR1801724070005407083323346

**Account number:** 5407 - 083323 - 346

**Payee:** LIMNI

**Reason:** The participating runner's name must be written necessarily. For group participations should be written the leader's name.

- **REFUND – CANCELLATION POLICY:** Cancellations of participations are accepted only by written statements and only until 24 of August 2019. Past this date, no cancellation requests will be accepted. In case of cancellation, the participation fee is returned to the applicant with 2 euros withholding (bank trading fee). Refunds are realized about a month after the race.

Invoice of provided services is made only if asked and the payment of 24% VAT is demanded, according to the Greek laws.

## 8. Health Coverage – Collecting Runners – Personal Belongings

### 8.1. Health Coverage

The race's health coverage is done with the valuable assistance of health organizations, volunteer doctors and Red Cross's Volunteer Samaritans and Rescuers (branch of Ioannina), throughout the race and along the route.

The organizers are not responsible for what might happen during the race on health issues due to lack of preventive medical check. It is recommended that participants have recently undergone medical examination.

The organization will not ask for medical certifications from any athlete since all participants compete under their own responsibility and minors under their guardians' responsibility.

### 8.2. Collecting Runners (30km race)

An organization's vehicle with volunteer Samaritans will follow the last runners, to collect those who wish to quit the race. Runners who do not need medical assistance but quit can wait to supply stations until an organization's vehicle takes them to the finish.

### 8.3. Personal Belongings

Participants can hand in-receive their personal belongings at the designated area, near the starting line. Athletes are requested not to carry valuables in their bags. The organization has no responsibility for any loss.

## 9. Kilometer indications

On every kilometer of the racing route of the 30 kilometers there will be an indication of the distance in kilometers.

## 10. Time limits for each race

Foot Race 30km	Power Walking 30km	Foot Race 10km	Foot Race 5km
4:30 hours	6:30 hours	90 minutes	60 minutes

## 11. Electronic Timing – Results

### 11.1. Electronic Timing

The electronic timing of all the events' races and the official results as well are carried out by an official timing company. All runners must bring along the timing chip that they receive with their BIB number from the Registration Center.

“Carpets” of electronic control and timing will be on the start/finish line and on various spots on the route as well, for recording the intermediate timings. If an athlete does not pass from the “carpet” of electronic control at the start, the control zones and the finish he/she is automatically cancelled.

### 11.2. Results

The unofficial results are announced online after the races' completion. Any objections can be submitted within 10 calendar days from the day that the results were posted on the organization's website.

The official results are announced within 15 working days from the day the races were conducted.

## 12. Registration Center – BIB Number Reception

There will be a relevant announcement about a month before the races.

*Participants should receive their participation package **only** from the Registration Center.*

## 13. Special Information

Throughout the event special prices apply for the runners and their escorts at hotels and restaurants.

The detailed programme of the Ioannina Lake Run week will be posted on the **official website**: [www.ioanninalakerun.gr](http://www.ioanninalakerun.gr)

*For any other information you can contact with Lake Run office at: (+30) 6940 620 555.*

# **SUMMARIZED RACE PROGRAMME**

## **Saturday 09-21-2019 Mavili Square**

- 17:30:** Launch of lakeside race for people with disabilities
- 18:00:** Launch of lakeside race “Moms with prams”
- 18:30:** Launch of 5 km foot race
- 20:00:** Award ceremony to the 3 first (men & women) 5 km

## **Sunday 09-22-2019 Mavili Square**

- 07:00:** Launch of Power Walking 30 km
- 09:00:** Launch of Foot Race 30 km
- 08:50:** Launch of Foot Race 10 km
- 12.30:** Award ceremony (30 & 10 km)

**The Organizing Committee of  
13<sup>th</sup> Lake Run**