

Rules & Regulations

1. ACCEPTANCE. With the registration the athlete chooses one of the 2 courses and accepts the rules and regulations of completing the race. The athlete is obliged to respect the regulations and to obey the orders of the race organizational committee and the judges. Is aware that he/she will run in natural environment in the mountains with anomalous terrain and will be exposed to the weather conditions that will occur in the region on the day of the race.

2. AGE. The athletes can take part in the race if they are men or women older than 16 years old on the day of the race. Participants aged under 18 years need the written permission of their legal guardians.

3. TIME OF THE RACE

The Alogostrata Trail races will be held on Sunday, 11 February 2024.

The courses are

MOULARI TRAIL (18 km). Start in new Agios Markos at 10.30 am with time limit 4 hours to finish.

SPEED TRAIL (7 km). Start in new Agios Markos at 11.00 am with time limit 2 hours to finish.

4. REGISTRATION FEES are the following:

SPEED TRAIL (7 km)

10€ until 02/02/2024

MOULARI TRAIL (18 km)

15€ until 02/02/2024

The registration is possible online at www.reventy.com with various payment methods. The registration is valid from the time of the payment checked by the organizational committee. In case of cancellation more than 1 month (until 11/4/2024) before the race 80% of the fee is refunded, if cancellation occurs until 10 days before the race 50% of the fee is refunded. If the race is canceled by the race organization for any reason the full amount of the fee is returned in 30 days from the date of the race day. If the date of the race is transferred the race fee is not refundable. After completing the registration the athletes can change the chosen

course only if they contact directly the organizational committee the latest 10 days before the race day.

5. NUMBER OF PARTICIPANTS. The maximum number of participants who can take part in the race (in all of the courses) is 100 athletes. The priority order is strictly based on the time of registration. The list of registered athletes will close on 02/02/2024 even if the number or maximum athletes is not fulfilled.

6. THE COURSES

The courses of the races follow trails, streams, dirt roads and asphalt roads. They are signed all the way.

Athletes who withdraw from the race for any reason are responsible to inform the jury of the nearest check point. The athletes who are judged by the official jury not to finish the race are obliged to withdraw from the race and give back their number. If they choose to continue the race they will take all the responsibility for it. The athletes who cross the finish line after the time limits are not validated finishers of the race. Finishing the race is validated only if the athlete completes the race in the given time limit.

7. RACE NUMBER.

Every athlete is required to wear his/her race number on the front of his/her T-shirt where it is easily visible. The race number cannot be folded or changed in any other way.

8. ESCORTING COMPANY. It is forbidden for the athletes to run together on any part of the course with friends or relatives who are not registered racers. If an athlete wants to run with his/her pet, it is allowed only if the pet will not disturb the other athletes.

9. EXTERNAL SUPPORT. Every external help or technical support is forbidden through the race, as well as the use of any motorized vehicle. Running poles, compass, map, GPS, mobile phones are permitted.

10. GARBAGE. It is strictly forbidden to throw away any kind of package material on the whole course. For the violation of this rule the athlete can be punished even with disqualification from the race.

11. FOOD STATIONS. On the Moulari Trail (18 km) runners have one food station in Sokraki and three stations with water. On the Speed Trail (7 km) there are two water stations.

12. CHECK POINTS.

On the course of the Moulari Trail (18 km) are 4 check points.

On the course of the Speed Trail (7 km) is 1 check point that will be passed two times.

The athletes are obliged to be recorded by the jury at the check points. If the athlete has not been recorded at every check point he/she is out of race. If an athlete decides to change the course while running for any reason from the one that he/she is registered, he/she is automatically out of race.

13. EQUIPMENT. The athletes are not obliged to carry special equipment, except for their mobile phone to be able to call for help in case of emergency. It is recommended though by the race organization committee to carry a small bag pack with water, wind jacket, some money, and a snack.

14. PENALTIES AND DISQUALIFICATIONS. All of the following violations of the rules disqualify the athletes:

- No show up or change of race number
- Acceptance of external support
- Use of motorized vehicle
- Throwing away garbage
- Change between the courses
- Disabling other athletes or gross unsportsmanlike behavior
- Disregard of the directives of the race and course director, medical crew, officials at the check points, or officials within and trailing the field
- Missing one of the checkpoints
- Doping
- Refusal of doping check
- Refusal to be subjected to medical examination by the medical crew of the race if it is judged necessary any time during the course of the race.
- Withdrawal from the race without informing the jury disqualifies the athlete from all the future races.

15. APPEALS. Appeals can be raised for any reason only by the same athlete until 30 minutes after completing the race. Any decision of the jury is final and not to be discussed further.

16. RACE COMMITTEE. The race committee who is responsible for any problem or appeal that occurs during the time of the race consists of: the Race Director, the Route Official, the Safety Official and the Jury Official.

17. SAFETY. The race organization takes care of the courses as carefully as possible to avoid any unexpected incidence and offers medical care to the athletes who are in need.

18. CHANGING THE ROUTE. The organization committee has the right to change the route of the courses if for any reason a danger occurs for the better safety of the athletes. As well as the start of the race can be delayed, canceled or transferred if necessary because of the weather conditions or for any other external reason.

19. PRIZE. The first three finisher of each category of every course will receive a prize. Race medals will be given to all the athletes who will complete the race in the given time limit. There will be free snacks after the race for every athlete.

20. ADVERTISEMENT. Signing the registration every athlete gives permission to the organization committee for photo and video recording him/her during the race or during the award ceremony for the use of future advertisement.

21. LIABILITY DISCLAIMER. The organizer committee does not take responsibility for any death, accident or any kind of health problem of the athletes. Every participant registering for the race declare that he/she is aware of the dangers of racing in natural environment in the mountains, that they have the required experience and that the sate of their health is in good condition to take part in the race. Every athlete is responsible to undergo the regular preventive medical examinations. The organization committee has the right to prohibit an athlete from completing the race if it is judged by the medical crew of the race organization committee. The insurance of the athletes is their own responsibility.

22. RULE MODIFICATION. The organization committee has the right to modify the present rules and regulations of the race without any previous announcement if it is judged necessary. In any case the modification will not change the nature of the race.