

INFORMATION

Event: 1st Lefkas Trailrunning

Date of competition: 2 November 2014

Organizer: Nikiana's Association of Professionals and Protection of the environment, in cooperation with the Athletic Club 'Philandros' of Lefkada.

Place: Mountain 'Skari', Nikiana, Lefkada, Greece.

Discipline: Trail run.

Distance: 22 km and 6km

1st Lefkas Trail Running Race

PROCLAMATION

1. The Association of professionals and environmental club of Nikiana, in cooperation with the athletics club of Lefkada 'FILANDROS' are organizing the 1st Mountain Trail Running Race, on Sunday 2nd of November 2014.

The race will take place on the mountain 'SKARI' and the larger area of Nikiana village in Lefkada. The participants will have the opportunity to discover one of the rarest and beautiful oak tree forests.

Our purpose is not only to give recognition to the rare oak tree forest but also to protect it from illegal uses and interventions of any kind. As well as this, we want draw the council's attention to the area in the hope that they will provide for its protection.

2. ROUTE DESCRIPTION

Total length of the race route is 22km. The majority of the route will pass through artificial paths, rural streets, traditional settlements and historical monuments and monasteries.

Athletes will race from 1 – 660 m with altitude slope coverage up to 1.200 m.

There is a specific spot along the route, where the participants can get panoramic view of a number of islands on the east coast of Lefkada, such as Meganissi, Skorpis, Madouri, Sparti, Kalamos, Kastos ect.

We hope that participants, contributors and volunteers will join us in our efforts for a successful race and especially to show their respect to the environment.

3. START TIME

Departure point: Nikiana Port, Lefkada, Greece.

Time: 9:00am. Participants are strongly recommended to be at the departure point in good time. Late comers (after 9:00 am) will be automatically disqualified.

Race number pick up: 1st November, 17:00 till 21:00, 2nd November 07:00 till 08:00.

Place: Nikiana Port, at the PEPE LE PEW café.

4. Participation

Men and women over 18 years old that are healthy, are welcomed to participate, holding personal responsibility for doing so. There are separate categories for men and women.

5 & 6 Registration and fees

Signing up is done online at the race website: www.nikiana.gr/trailrun. Closing date: 29th of October 2014.

Registration fee is €10 per participant. Deposits are to be made at the latest on 29th of October 2014, at the following account:

THE NATIONAL BANK OF GREECE

Account number: 399/410203-70, in the name of Kolivas Evlabios.

The following information is required when making the deposit: deposit purpose, surname and father's name of the participant.

Example: FOR THE LEFKAS TRAIL RUNNING

Name
Surname
Father's name

7. Athletes Insurance – safety

By signing up the participants agree to undertake the competition at their own risk. The organizers disclaim any liability for any damage or injuries sustained by the participants during the race, the responsibility for which remains with the athlete.

8. AWARDS

- Awards for the first three winners in men's category.
- Awards for the first three winners in women's category.
- Awards for men 18y – 45 years old.
- Awards for men over 45 years old.
- Medals for all participants that completed the race without exception of gender.
- Commemorative diplomas to all participants without exception of gender or rating.

9. ALIMENTATION

The organizers will provide the runners with water, energy drinks and a fruit in various spots along the route.

Ambulance and doctors will be present in case of emergency.

The Motorcyclists' Association of Lefkada will also be supporting the whole event.

10. DISQUALIFICATION

Athletes arriving at Kolivata village (7km into the route) more than two hours after the start, will be disqualified from the rest of the route.

11. EQUIPMENT

Runners should bring a water can with them. It is also recommended that they should carry a mobile phone and a rainproof coat, in case of rainy weather. The organizers reserve the right to make changes to the event program, in case of extreme weather conditions.

12. BOARD (accommodation and meals)

Athletes and their guests should make reservations for accommodation and tickets in good time to avoid disappointment. The organizers have secured special prices in specific hotels and restaurants in the area. A catalogue of these hotels and restaurants is available on our website: www.nikiana.gr/trailrun if you wish to use it.

At the end of the race the organizers will be providing a meal consisting of local dishes to all participants and their guests, as well as to other contributors and volunteers of the race.

TRAIL RUNNERS REGISTRATION

Send your details in this email: nikiana.gr@gmail.com

- * Name
- * Surname
- * Association
- * Address
- * City
- * Country
- * Zipcode
- * Telephone number
- * Email address
- * Date of Birth
- * Gender
- * Route (22km or 6km)

How to get here

Lefkada is the only island which can be visited by car, as it is connected to the mainland by the floating bridge at Acarnania.

KTEL offers five buses daily (4.5 hours) to and from Athens (378 km.), while two buses to and from Thessaloniki (420 km.), (5 hours) a week.

The underwater tunnel of Preveza-Aktion makes easy access to the island from northwest Greece. The port of Igoumenitsa (100 km away), acts as a major gateway into Greece from Western and Central Europe.

Visitors from North Greece can easily reach Lefkada via the Egnatia Highway. Starting in Ioannina you can take the road as far as Preveza where you will reach the underwater tunnel of Actium. From Actium the distance to Lefkada is just 22km.

The distance from Thessaloniki is 385 miles, or about 4 hours.

The Rio - Antirrio bridge connects the island with the rest of Greece and the port of Patra (170 km away), which is the second major gateway from Europe.