



## ACTIVITIES PROGRAMME

### 16th May 2015

**15:00 – 20:00** Receiving Participation Numbers and Bip Numbers of Half-Marathon, Public Health Race of 5 km, Race of 10 km and Race of 1000 m for children.

**Place:** Cultural Center of Lefkada (ex Town Hall).

**20:00 – 22:00** Pasta Party in a place that will be announced in the receiving time of bib numbers. Necessary condition is to have with you the coupon that you will receive with your participation number. Every coupon is valid for one person only.

### 17th May 2015 (Beach Park)

**06:30 – 07:00** Preparing of registration number procedure.

**07:00 – 08:00** Receiving Participation Numbers:

Half-Marathon, Public Health Race of 5km, Race of 10km and Race of 1000m for children.

**08:00 – 08:30** Clothing bag drop off and pick up.

**08:40 – 08:50** Athletes positioning in starting blocks for the races of half marathon, 10 and 5km.

**08:55** Symbolic start of the race by a disable athlete.

**09:00** Start of Half-Marathon (Beach Park).

**09:05** Start of Race 5 and 10 km (Beach Park).

**10:10** End of Public Health Race of 5km.

**10:45** End of Race of 10km.

**11:45** Start of Race of 1000m for 13-15 years old children (Indoor Gym of Lefkada).

**11:50** Start of Race of 1000m for 6-12 years old children (Indoor Gym of Lefkada).

**12:00** End of Half-Marathon and Children's 1000m race.

**12:00 – 12:45** Award Ceremony.

**13:15** After-run sponsors and VIP guests ceremony (Restaurant Margarita, near Beach Park).

**14:30** End of after-run ceremony.

### USEFUL INFORMATION

- Do not forget to put properly your participation number during the race and to step above the special carpets so that your time can be recorded and to be valid.
- In the Half-Marathon there will be pace makers, which will follow a stable rhythm of 5`40`/1000m, 5`/1000m και 5`40`/1000m for a final race time of 1:30:00, 1:45:00 and 2:00:00 respectively. Pace makers can be identified by wearing green balloons with the race time.
- Refreshment stations will be in the following kilometers: 2, 5, 7.5, 10, 13, 15.5 και 18, while isotonic will be in the 10<sup>th</sup> kilometer.
- The timing will be recorded electronically in the 5<sup>th</sup>, 10<sup>th</sup>, 13<sup>th</sup>, 18<sup>th</sup> και 21.097<sup>st</sup> kilometer. Any athlete who will not have recorded time in any of these kilometers, he/she will be automatically cancelled.
- The whole route is marked in every 1 kilometer.
- In the morning of the race is better for you to have eaten at least 2.5 hours before the beginning of the race. It is useful not to consume big quantities of food, to prefer food rich in carbohydrates (bread, honey, margarine, etc) and to avoid milk products. Also, the previous night it is preferable similar kind of foods (e.g. pasta, rice, etc).
- In order not only to keep clean the environment which we will run but also to give to the event the ecological importance that it represents as an ecological race, please try to throw away the garbage (water bottles, isotonics, etc) inside the special garbage bins that you will found in the route.
- Because of the high temperatures that probably will occur during the period of the race, try to drink often a lot of water and keep yourselves wet during the race.
- Prefer the light colours in your clothes AND use hats and sunscreen with a high SPF.

