

5th Green Half-Marathon

The Athletic Club of Lefkas "Filandros" in cooperation with the Municipality of Lefkas, the Region of the Ionian Islands, the Greek Federation of Collection of Folk Mass Sports – Ultra (EOSLMA-Y) and the Hellenic Athletics Federation of Western Greece (SEGAS), proclaims the 5th Green Half-Marathon of 21.097 m, the Races of 5 km and 10 km. In addition to these races, it will also take place a Race of 1000m for 6-12 years old and for 13-15, too.

Date of Event: Sunday 17th of May 2015.

Starting-Termination Point: Lefkas Beach Park.

Starting Time: Half-Marathon: 09:00 p.m., Race of 5 km-10 km: 09:05 p.m, Race of 1000m: High School: 11:45 p.m., Primary School: 11:50 p.m.

Race Route: The route is flat, made by asphalt and the biggest part of it is surrounded by an environment of high ecological importance. The route is measured and it is going to be shown every 1 km. Throughout the whole route there will be the presence of Police and of the Coast Guard for safety reasons.

Regulations: The regulations of SEGAS are applied.

Application of Participation: If someone wants to participate in the races, he/she can apply through internet (www.filandros.com and www.greenhalfmarathon.gr). A successful application needs to be accompanied by the deposit of the necessary amount on the following bank account of Piraeus Bank (IBAN: GR3401724540005454060725500). The deposit receipt has to be sent via e-mail as it is or just the number and the name of the bank. Furthermore, the deposit receipt has to be displayed when the athlete takes his/her participation number, while his/her name is indicated on the deposit receipt.

In order to ensure the participation, every athlete needs to have applied until Friday 08/05/2015. For those who desire to participate without having applied or having applied after the final date of applications, they will not be able to take a number of participation and they will not be considered in the results.

Cost of participation: Half-Marathon: 12€, Race of 10km: 8€, Race of 5km: 5€, Race of 1km: free. Discount of 2€ for a group registration is applicable only for the Half-Marathon and 10 km participations and for groups of more than 10 people.

Technical T-Shirt: During the registration, there is the ability of ordering the technical t-shirt of the race by paying a small amount.

Transportation: For the participants from Athens and Thessaloniki there is a discount of 50% on the already bus schedules for Lefkas and the participants will be able to use it on the day of receiving their ticket, from 15/05/2015 and later on, by showing their ID card. It would be better for those who are interested in this discount to book their bus tickets earlier from the local bus stations.

Accommodation: The Registration Committee has already contacted with local hotels and renting rooms and taken a discount for all the participants and visitors. Moreover, for clubs with more than 25 persons, which will reach the island by their way of transportation, there are special prices and for this reason the responsible person of this trip has to contact with the registration office as soon as possible in order to make the reservations on time due to the limited number of rooms.

Charity participation: *Part of the amount that will be gathered from the applications of Public Health Race of 5 km will be given to help financially welfare institutions for which there will be given more information later.*

Awards: There will be an award for the first 3 men and the first 3 women from the general classification in all 3 races. Also, in the Half-Marathon the first 3 athletes of each category will be awarded as it is described below. The first 3 men and the first 3 women from the general classification will not be awarded in the individual categories. In the Race of 1000 km there will be a prize for the first 3 High School students and the first 3 Primary School students. In every and each athlete of the 4 races (21.1 km, 10 km, 5 km, 1km) that will finish the race will be given a medal and a diploma of participation as a souvenir to remember the experience.

Categories 21.1 kilometers:

MEN

1. 18 – 29 years old
2. 30 – 34 years old
3. 35 – 39 years old
4. 40 – 44 years old

5. 45 – 49 years old
6. 50 – 54 years old
7. 55 – 59 years old
8. 60 years old & above

WOMEN

1. Until 30 years old
2. 31 – 40 years old
3. 41 years old & above

A category will be shaped if there are at least 6 athletes who participate. On the contrary, the category will be merged with the next one, or the previous one if it is about the last category.

General:

The participation numbers will be given at the Starting Point before the beginning of the race 07:00-08:00 p.m. and the previous day of the Races from 3-8a.m. at the Spiritual Center of Lefkas Municipality (former Municipality Hall). In the Half-Marathon and the Public Health Race there will be an Electronic Timing. On the previous day of the Race and at 20:00 a.m. there will take place a Pasta Party for which there will be given more information when the athletes will take their participation numbers.

In almost every 2.5 km throughout the whole route there will be kiosks with water (2nd, 5th, 7.5th, 10th, 13th, 15th, 18th kilometer), while on the 10th kilometer there will be also given an isotonic. The races will take place no matter the weather conditions. All the runners will run with their responsibility and they should have been tested recently by a doctor.

Responsible for the Organization

Spyridon Maragkos