

Race rules & Regulations

Participating runners must present themselves up to one (1) hour prior to the race, at the place and time indicated by the Organizing Committee.

Runners, family members, supporters, journalists etc. are urged to address an official bearing the Pheidippeides' Athlos organizing team insignia and get advice on any matter pertaining to the race.

Runners can display their national flag, the name of their country or the sports club's logo on their running outfit. All types of promotions of products, beliefs, and slogans are strictly forbidden, except for those indicated by the organizing team.

Shoes: running shoes that their sole is higher than 3 cm in any position under the foot are not allowed.

Runners must wear visibly the bib numbers on their front and back, as indicated by the organizing team, without any changes. The competitor is obligated to confirm his/her ID upon request of the organizing team and in any place during the event.

Runners are required to wear a head flashlight with spare batteries, as well as back and shoe reflective gear. They are also responsible for themselves having enough additional emergency equipment.

Reflective vests are necessary for the night hours.

Runners must present themselves at the starting point of the race i.e. the "sanctuary of God Pan" at least 45' prior to the beginning of the race. Late arrival may result in the runner's disqualification. The "sanctuary of God Pan is also the finishing point of the race

Runners follow a specific course. If, however for some reason, they find themselves off track, they must return to point they lost the course prior to the deviation, so as to continue the race.

Runners may report any violation committed by another runner or supporter. The allegation must be in writing and handed to a Pheidippeides' Athlos organizing team official at the nearest C/P.

During the race runners are strongly recommended for their safety reasons to:

- a. avoid of use any Bluetooth, mp3, iPod, or headphones attached to any kind of music- reproduction device, since the runner must have unobstructed hearing for safety reasons.
- b. avoid use of mobile phone (only in case of emergency)

Runners found using any illegal substances (doping), are automatically disqualified.

Runners are removed from the race:

- a. due to a violation of any article of the race rules.
- b. due to arrival after the cut-off time at the designated Major Check Points (C/P)
- c. if ordered by the accredited medical team

Runners must provide all relevant information concerning their supporters and supporting vehicles.

Nobody has the right to touch any participant while he/she is moving. It is allowed only in the designated areas by physiotherapists or doctors who cooperate officially with the event.

Runners are not allowed to enter the supporting vehicle to receive help while it is moving. They may use a stopped supporting vehicle to rest or sleep. In such case the rest or sleep must be indicated by a cone, well visible to the officials, and next to the vehicle, bearing the athlete's number.

Help may also be received at the specific C/Ps previously listed. Such help may be:

- a. provide water, refreshments, isotonic, food.
- b. help runners change apparel.
- c. give massage and treat small wounds.
- d. administer any sort of medication prescribed by the accredited medical team

It is absolutely prohibited for supporting cars to carry posters, stickers or whatever promotes and advertises products, beliefs, causes etc. Corporate and/or professional logos, as well as trademarks are allowed, only if they are permanently imprinted on the vehicle.

Runners' family, friends and supporters, media members (journalists, television crews etc.), medical teams, diplomatic delegations, and all persons, teams and vehicles in any way connected to the race, must register during the Registration Period prior to the race and collect their individual accreditation card, insignia and permit, which must be immediately shown upon request. Supporting vehicles are by no means allowed to simultaneously serve as press, medical, television and other cars. Any violation will lead to the automatic expulsion of the violators, persons and vehicles, from the race.

Runners, supporters, media members and all persons interested are requested to contact the Pheidippeides' Athlos team, concerning all matters pertaining to the race.

For safety reasons supporters are expected to drive their vehicles during the whole race with extreme caution and at slow speed, and even more so when driving on unpaved roads. All vehicles should have active roof top strobe lights. Under all circumstances, the right of way is to be given to the vehicles of the Judging Committee, the Pheidippeides' Athlos organizing team, the medical team, and food provision group etc. Supporting cars may only pull over in the C/P listed above, and are obligated to stop and park at the appointed areas as directed by the Pheidippeides' Athlos organizing team.

Mass Media vehicles (for television crews, photo-reporters, cameramen, journalists etc.) must follow the race from a reasonable distance from the competitors, so as not to hinder, hide, or appear to assist them. Any infringement results in the immediate removal of the car from the race and the revoking of the passenger accreditations.

Members of the Judging Committee may display a yellow card (warning) for violations by the runners or their supporters, which is directly credited to the runner. Two (2) yellow cards result in the immediate disqualification of the runner.

Note: Judges and race officials can check anytime all vehicles and competitors.

During the entire race, it is strictly forbidden:

- a. for runners who are not competing in the race to use a supporter's car or run next to runners as pacers.
- b. for supporting cars to move right or front, or parallel to runners

Any violation of this article will result in the immediate disqualification of the runner.

Runners are immediately disqualified:

- a. for receiving any sort of unauthorized help.
- b. for inappropriate behavior on the part as much of runners, as of their supporting crew.
- c. for not complying with a Pheidippeides' Athlos official's recommendations.

Under special circumstances (roadworks, danger for the runners, adverse weather conditions etc.) any C/P can be relocated without previous notice.

Runners, supporters, as well as any and all participants to the race, are obligated to follow the above-listed regulations/articles, as well as any additional guideline provided on the spot by the Race Director and the Pheidippeides' Athlos organizing team.

Runners are obliged to run according to the designated route stated by the officials, from start of the race till the end, for safety reasons and for not losing the race signs.

Runners that won't follow this rule will be immediately disqualified from the race, anytime without any other announcement. Judges and race officials are responsible for this operation.

Note: If necessary, the Pheidippeides' Athlos organizing team, or police, may reverse the direction of the race at certain places. Runners and accredited supporters have the obligation to attend any briefing, held prior to the race, at the place and time indicated by the Pheidippeides' Athlos organizing team.

Runners and supporters are expected to be familiar with the race's rules. Accredited supporting vehicles must bear the accreditation signs, which state the name and registration number of the supported athlete.

Any case not covered by the Regulation will be resolved by the Race Director or the attending officer representing the race. An appeal concerning a violation of any of the above articles must be submitted in writing to the Jury of Appeal at Athens Headquarters no later than 8p.m on the last day of the race.

Runners are considered finishers upon touching the finish line, within the designated time limit. The time limit mentioned above is eighty four (84) hours.

Finishers are invited to attend the Ceremony which will be held in Athens. Those attending are expected to present themselves in a decent casual attire or national dress.