

PROCLAMATION 14th INTERNATIONAL MARATHON “ALEXANDER THE GREAT” PELLA - THESSALONIKI 10km and 5km HEALTH AND POWER WALKING RACES and 1km. ELEMENTARY SCHOOL STUDENTS RACE SUNDAY APRIL 14th 2019

M.E.A.S. TRITON under the aegis of S.E.G.A.S. and with the support of E.A.S S.E.G.A.S. of Thessaloniki and the Municipalities of Thessaloniki, Pella and Ampelokipi – Menemeni, announces and organizes the Stoiximan.gr 14th International Marathon “ALEXANDER THE GREAT”.

Furthermore, the organization conducts 10km and 5km Health and Power Walking Races as well as 1km Elementary School Students Race on the same day. The 1km race is devoted to the environment.

All races will be conducted according to the regulations outlined below:

1. Date of Conduction

Sunday, April 14thst 2019

2. Race Information

2.1 Marathon Race

Starting time: 08:00

Start: Pella Central Square (pedestrian road) in front of the statue of “Alexander the Great”.

Finish: Thessaloniki coastal road – Megalou Alexandrou Avenue (Alexander the Great Statue)

Route description: Detailed information regarding the route is available on the official website:

www.alexanderthegreatmarathon.org, www.atgm.gr.

Briefly:

After the 2nd km of the route the athletes run the highway of Edessa-Thessaloniki, which they follow for the next 8km until they reach Chalkidona.

At the 8th km the athletes enter the city of Chalkidona.

At the 9th km they meet the junction to Veroia and Thessaloniki.

The 10th km is right after Chalkidona.

At the 13th km the road passes through a bridge over Axios River.

The 15th km is before the village Gefyra.

The 20th km is right after the exit for Agios Athanasios at the national highway.

The 25th after the crossroad of Nea Agchialos.

The 28th km passes over Gallikos River.

At the 30th km the athletes pass by Ionia (Diavata)

The 35th km is in the center of Kordelio, in Monastiriou Street.

At the 38th km the athletes turn right in Giannitson Street.

At the 39th the runners turn right in Dafnis Street and then left in Kountouriotou Avenue.

The 40th km is at the Courts of Thessaloniki.

The 41st km and 42nd km run Nikis Avenue.

The finish is at Thessaloniki coastal road – Megalou Alexandrou Avenue (Alexander the Great Statue)

2.2 10km Health and Power Walking Race

Starting time: 08:45

Start: Municipal Stadium of Ampelokipi, 157 28th Oktovriou Street

Finish: Thessaloniki coastal road – Megalou Alexandrou Avenue (Alexander the Great Statue)

Briefly:

The race starts from the Municipal stadium of Ampelokipi, 28th Oktovriou Str., with direction to Megalou Alexandrou Str., they reverse left and continue in 28th Oktovriou Str. in the opposite traffic lane. The runners turn right in Dendropotamou Str. heading to Karaoli Dimitriou Str. As soon as they cross Karaoli Dimitriou street they reverse left and

continue again in Dendropotamou Street in the opposite traffic lane. The runners cross vertically El. Venizelou Str., and approximately when they reach Thoma Chatzikou Str. they enter Agamemnonos Str. At the end of this road the runners enter Monastiriou Str. (left) heading to the city centre of Thessaloniki. From now on, they follow the Marathon route from the 37th km and finish at Thessaloniki coastal road – Megalou Alexandrou Avenue (Alexander the Great Statue), where all races finish.

2.3 5km Health and Power Walking Race

Starting time: 12:30

Start: Thessaloniki City Hall

Finish: Thessaloniki coastal road – Megalou Alexandrou Avenue (Alexander the Great Statue)

Briefly:

The race starts at the City Hall of Thessaloniki. The 5.000m. route follows the roads: Vasileos Georgiou Avenue, Andronikou, Tsimiski, Politechniou, Karatasou, Kountouriotou Avenue, Nikis Avenue, where the participants finish at Thessaloniki coastal road – Megalou Alexandrou Avenue (Alexander the Great Statue)

2.4 1km Elementary School Students Race

Starting time: 08:45

Start: coastal road (Nikis Avenue), at Aristotelous Square

Finish: Thessaloniki coastal road – Megalou Alexandrou Avenue (Alexander the Great Statue)

3. Age limit - general information

A runner should be over 18 years old in order to participate in the Marathon race and over 12 years old in order to take part in the 10km and 5km races.

Marchers are allowed to participate only in the 5km and 10km races.

The 1km Elementary School Students Race concerns students from 9 – 12 years old. (born from 2007 to 2010). The participation for the young runners is free of charge.

On entering the “event” , the runners attest and certify that they are physically fit and have sufficiently trained for competition in this event and their physical condition have been verified by a licensed medical doctor. They declare that they have read the detailed terms of participation in the “event”. They declare that all information stated above is

correct. They also give permission for the free use of their name and picture in any broadcast, telecast or other account of this “event”. They confirm that in no case will they give their bib number to another person for any reason. (In case of a minor, the participation will be allowed only after personal information and contact details of the parent having the legal custody of minor will be given. Submitting the application the parent gives the permission and relevant consent for the child ‘s participation in the event and accepts the content of the declaration above).

4. Awards -Prize money

4.1 Awards

Medal Awards (medals and certificates) will be awarded to the first three winners of the general rank of each race for both Men and Women. Cups will be awarded only to the first Man and the first Woman of each race. Souvenir medals will be given to all the runners who finish the race. The certificates of participation will be available on the official website:

www.alexanderthegreatmarathon.org, www.atgm.gr.

4.2 Prize money

- The first 6 winners of the general rank will be awarded:

Position	Marathon Prize Money		High Record Prize Money	
	MEN	WOMEN	MEN 2:14:30	WOMEN 2:35:00
1	1.000	1.000	600	600
2	800	800	500	500
3	600	600	400	400
4	400	400	300	300
5	300	300	200	200
6	200	200	200	200
TOTAL:	3.300€	3.300€	2.200€	2.200€

The athletes who will be ranked in these positions are entitled to the prize funds only if they have achieved a record under 2:35.00 for Men and under 3:00.00 for Women.

- Marathon High record - prize money: 2.000€
Men: 2:09:59

Women: 2:28:22
- Marathon Record achievement - prize money : 1.000€
Men: 2:11.37

Women: 2:28.22

- Marathon Panhellenic - record prize money: 1.000€

The first three winners of the general rank of the 10km Race will be awarded:

Position	Men	Women
1	400€	400€
2	300€	300€
3	200€	200€
TOTAL:	900€	900€

The athletes who will be ranked in these positions are entitled to the prize funds only if they have achieved a record better than 32:00 for Men and 41:00 for Women.

5. Registration forms – Entry types

5.1 Registration forms

The registration deadline for the Marathon Race, the 10km and 5km Road Races is on Wednesday, March 20th 2019.

The group registration deadline for the Marathon Race, the 10km and 5km Road Races is on Friday, March 15nd 2019.

The registration deadline for the 1km Elementary School Students Race is on Friday, April 5rd 2019.

5.2 Registration types:

a) individual registration: It is completed by each person individually. Runners should show their identity card for the race package pickup. The underage runners should also show their id or any other relevant official personal document.

b) team/group registration: 10 people or more, without limitation for the selection of the road race. This kind of registration addresses athletic clubs, runners' clubs, gyms, companies, schools, public and private organizations, tour operators and simple groups of people who wish to participate as a team. The discount provided for the team/group registration is 5 euros per person for the 10km and 5km races, and 10 euros per person for the Marathon race. At this kind of registration, the team should have a leader, no matter if he is a runner or not. The leader represents the group in any case. The leader is responsible to provide the necessary information of the parents/guardians in case there are underage runners in the team. The leader should show his/her identity card for the race package pickup.

6. Participation fee

6.1 Basic Package - fee

	Individual	Group	Discount*
Marathon	30€	20€	20€
10km-5km	15€	10€	10€

The discount package addresses students (up to 30 years old) and the student's id must be sent on email or fax.

6.1.2 Basic Package – runner's kit

Marathon Race	Technical t-shirt, bib number, timing chip, finisher's medal, transportation to the start (Pella), water, isotonic drinks, juice, soft drinks, energy bars and restoration food, medical services, participation certificate (on the official website).
10km Race 5km Race	Sponsor's t-shirt, bib number, timing chip, finisher's medal, water, medical services, participation certificate (on the official website).

6.2 Advanced Package - fee

	Individual	Group
Marathon	55€	45€
10km-5km	40€	35€

6.2.1 Advanced Package – runner's kit

Marathon Race	Sports backpack, waterproof jacket, wrag (headwear), technical t-shirt, bib number, timing chip, finisher's medal, transportation to the start (Pella), water, isotonic drinks, juice, soft drinks, energy bars and restoration food, medical services, participation certificate (on the official website).
10km Race 5km Race	Sports backpack, waterproof jacket, wrag (headwear), sponsor's t-shirt, bib number, timing chip, finisher's medal, water, medical services, participation certificate (on the official website).

6.3 Full Package - fee

	Individual	Group
Marathon	80€	70€
10km-5km	65€	60€

6.3.1 Full Package – runner's kit

Marathon Race	Sports backpack, waterproof jacket, wrag (headwear), towel, tourist information material, technical t-shirt, bib number, timing chip, finisher's medal, transportation to the start (Pella), water, isotonic drinks, juice, soft drinks, energy bars and restoration food, medical services, participation certificate (on the official website).
10km Race 5km Race	Sports backpack, waterproof jacket, wrag (headwear), towel, tourist information material, sponsor's t-shirt, bib number, timing chip, finisher's medal, water, medical services, participation certificate (on the official website).

ATTENTION:

-Your participation will be valid and completed after the deposit of the participation fee after your registration. Your full name must be clearly written on the payment receipt.

-Cancellations may be accepted only after written notification and only in case such a written notification is sent to the Organizing Committee by March 1st, 2019. After that date no cancellation request is accepted. In case of confirmed cancellation, the registration fee is refunded to the applicant, given that 2 euros are deducted for operational costs. All refund requests are processed about one month after the event.

7. Transportation to the start

7.1 Marathon

The organization provides buses to transfer the Marathon runners from Thessaloniki to the starting-point (Pella).

Bus Departure: From 05:30 to 06:00.

Point of Departure: at the M. Andronikou str., in front of the Archaeological museum

All runners must be there one hour before the race starts, at 07:00.

7.2 10km race

Runners reach the starting-point (Municipal Stadium of Ampelokipi) on their own means. They have to be there one hour before the race starts, at 07:45.

7.3 5km race

The start is at the City Hall of Thessaloniki. The runners are transported by themselves. They have to be at the starting-point one hour before the race starts, at 11:30.

8. Medical Services

Runners participate in all races on their own responsibility.

The organizers are not responsible for anything that may happen during the race, concerning HEALTH issues due to lack of preventive medical check. It is highly recommended to the athletes to proceed to all the appropriate medical examinations. The organizers will not ask for medical assurance, as all the athletes participate on their own responsibility and the under-aged athletes on their guardians' responsibility.

9. Support Stations

Along the Marathon course there will be 15 Refueling Stops (support stations), the first is at the 5th km.

Bottled water will be available at the start and the finish of all Races and every 2.5km after the 5th km for the Marathon runners. In addition, the support station at the 37.5 km and 40th km will provide water to the 10.000m Race runners.

Isotonic drinks will be available at the following stations: 10th km, 15th km, 20th km, 25th km, 30th km, 35th km, 40th km.

Water sponges will be available at the following stations: 7.5km, 12.5km, 17.5km, 22.5km, 27.5km, 32.5km, 37.5 km.

Bananas will be available at the following stations: 15th km, 25th km, 30th km and the finish.

Energy drink will be available at the 20th km and the 30th km.

At the finish the athletes are provided isotonic drinks, bars and restoration food for the marathon runners.

There will be chemical toilets at the start, at all the support stations and at the finish.

There will be medical support at the start, at all support stations and at the finish.

10. Doping control

According to the regulation, ESKAN will conduct anti-doping control to three Women and three Men who participate in the Marathon race.

11. Kilometer Markers

There are Km-markers at every kilometer during the course.

12. Finishing time limit

The time limit for the Marathon is six hours after the start of the race (runners should finish until 14:00).

The time limit for the 10km race is 120 minutes and for the 5km race is 90 minutes.

13. Electronic time control - results

13.1 Electronic time control

A race timing company will be in charge of the results of all races (except for the 1km race).

Carpets of electronic control and time check: Marathon: at start, at 21,1Km (half marathon) and finish.

10km Road Race: at start and finish.

5km Road Race: at start and finish.

Runners that don't have electronic indication at the points referred above will be cancelled.

13.2 Results

Unofficial results will be announced on our official website after the end of the Race, giving the opportunity to any runner to raise an objection within the next five days. The official results for all categories will be announced on our website about ten days after the race.

14. Registration Center and numbers (bibs) pick up

Place: Thessaloniki International Fair

Date: Thursday 11th April (from 13:00 to 19:00), Friday 12th April and Saturday 13th April 2019, from 10:00 to 19:00

Runners have to pick up their bib number and the runner's pack exclusively from the Registration Center.

Google Maps: <https://goo.gl/3Kx9vh>

15. Contact

MEAS TRITON, National Kaftanzoglio Stadium, Extension of Agiou Dimitriou Street, postal code 54638

tel. +30 2310200360, +30 2310725775

fax. +30 2310200361, +30 2310725076

email: info@atgm.gr, info@alexanderthegreatmarathon.org

website: www.atgm.gr , www.alexanderthegreatmarathon.org

