



Tinos, 27/01/2020

PROCLAMATION

For the seventh consecutive year, the "**Tinos Running Experience 2020**" Road Races is being launched by **Tinos Commercial and Industrial Association of Tinos**, with co-organizers in the **Region of South Aegean** and the **Municipality of Tinos**. **All About Running** is the technical support of the Games.

The program includes 21km, 9,9km, 4,9km, 990 m for children and 100m for people with disabilities, which will take place on Saturday, June 08, 2019.

ORGANIZATION FIGURES

Main Match: Tinos Running Experience 21 Km

Main event: Tinos Running Experience, road race

Date: Saturday 13th June 2020

Starting Point: Volax

Ending Point: Tinos Town (Port)

Start time: 5.30 p.m.

Race Distance: 21 km

Race time limit: Participants have a time limit of three (3) hours. After which they are running on their own responsibility and will not be timed.

Rules for Participation: All participants must be over 18 and must have recently undergone a medical examination to assure they are completely healthy to participate in this race.

Awards-Age categories: There will be awards for the first three winners (male and female) overall and the first three winners (male and female) of the following categories: up to 40, 40-49, 50-59, 60-69, 70+. All the participants that finish the race will receive a medal and a diploma.

Notice: awarding in any category is possible when at least 4 runners of the same category will finish, otherwise, only the first of that category will be rewarded.

Route description: The Main event of the program is the semi-marathon. Starting at the outdoor theater of the beautiful village Volakas. A village of unique natural beauty, its unique surrounding of big round rocks gives the whole landscape a lunar appearance. Route goes through the villages Skalados, Krokos, Komi, Kalloni and ends in the Town of Tinos.



Refreshment stations: Refreshment stations along the route and at the finish line (water and isotonic drinks).

Timing-Results: Electronic Timing will be available and results will be immediately displayed on a specially configured area during finishing. The official rankings will be announced upon formalizing by the Organising Committee after the race.

Participation fee: 10 Euros

Participation packet includes:

- bid number
- electronic chip
- T-Shirt of the race
- Invitation for the Pasta Party

Transportation:

Athlete's transportation to the starting point is free.

Tinos Fun Run 10km (Road Race 9,9 km)

Date: Saturday 13th June 2020

Starting-Ending Point: Tinos Town (Port-Vrekastro-Kionia-Port)

Start time: 05:45 p.m.

Race Distance: 9,9 km

Race time limit: 90'

Rules for Participation: Participation is open to runners and exercisers of any age over 16 years (with the consent of their parents who are under 18), who will run at their own risk and should be newly examined by a doctor.

Awards: There will be awards for the first three winners (male and female). All the participants that finish the race will receive a medal and a diploma.

Route description: Start from Pantanassis Square in the center of Tinos Town, along the coastal road, crossing the road to Agios Fokas beach, passes the heliport, reaches Vrekastro area and return from the same route. Continues to Kionia to the archaeological site (Temple of Poseidon and Amphitrite) with return through the same route and finish at Pantanassis Square.

Refreshment stations: Refreshment stations along the route and at the finish line (water and isotonic drinks).

Timing-Results: Electronic Timing will be available and results will be immediately displayed on a specially configured area during finishing. The official rankings will be announced upon formalizing by the Organising Committee after the race.

Participation fee: 7 Euros

Participation packet includes:

- bid number
- electronic chip
- T-Shirt of the race



- Invitation for the Pasta Party

Transportation: Athletes transportation to the starting point is free.

Tinos Fun Run 5km (4,9 km road race)

Date: Saturday 13th June 2020

Starting-Ending Point: Tinos Town (Port-Vrekastro-Port)

Start time: 05:45 p.m.

Race Distance: 4,9km

Race time limit: 50'

Rules for Participation: Entrants of any age over 12 years of age (with the consent of their parents, those under the age of 18), who will run at their own responsibility and who have recently had to be examined by a doctor, will be entitled to participate.

Awards: There will be awards for the first three winners (male and female). All the participants that finish the race will receive a medal and a diploma.

Route description: Start from Pantanassis Square in the center of Tinos Town, along the coastal road, crossing the road to Agios Fokas beach, pass the heliport, reach Vrekastro area and return from the same route to the center of the town.

Refreshment stations: Refreshment stations along the route and at the finish line (water and isotonic drinks).

Timing -Results: Electronic Timing will be available and results will be immediately displayed on a specially configured area during finishing. The official rankings will be announced upon formalizing by the Organising Committee after the race.

Participation fee: 7 Euros

Participation packet includes:

- bid number
- electronic chip
- T-Shirt of the race
- Invitation for the Pasta Party

Transportation: Athletes transportation to the starting point is free.

Tinos Kids Run 1km (900m kids road race)

Date: Saturday 13th June 2020

Starting-Ending Point: Tinos Port

Start time: 05:15 p.m.

Race Distance: 900m

Race time limit: 15'

Rules for Participation: Formal declaration by the parents is required.

Awards: first three winners (boys and girls) of the following categories: 6-9, 10-12, 12-15. All the participants that finish the race will receive a medal and a diploma

Timekeeping-Results: Electronic Timing will be available and results will be immediately displayed on a specially



configured area during finishing. The official rankings will be announced upon formalizing by the Organising Committee after the race.

Participation fee: 3 Euros

Participation packet includes:

- Bid number
- Electronic Chip
- T-Shirt of the race

Tinos Special Run (100m race for disabled people)

Date: Saturday 13th June 2020

Starting-Ending Point: Tinos Port

Start time: 05:15 p.m.

Race Distance: 100m

Race time limit: 15'

Rules for Participation: There must be a written statement by the guardian about the participation in the race.

Awards: In all the runners that will finish will be given a commemorative diploma and a medal.

Participation fee: free

The participation forms are available online at the official website www.tinosrunningexperience.gr where you can find more information about your transportation and accommodation as well as the parallel events that will be announced soon.