



PROCLAMATION

10th TINOS RUNNING EXPERIENCE AVANCE 2025

Saturday May 31, 2025

For the ninth year, the "10th Tinos Running Experience AVANCE 2025" 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**.

My Race is the technical support of the Games.

The program includes 21km, 10km, 5km, and 100 km for children and 100m for people with disabilities, which will take place on Saturday, May 31, 2025.

Tinos Running Experience 21 Km

Main event: Tinos Running Experience, road race

Date: Saturday 31th May 2025

Starting Point: Volax

Ending Point: Tinos Town (Port)

Start time: 5.30 p.m.

Race Distance: 21 km

Participation limit: 250

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.

Right to participate: Eligible to participate are runners over the age of 18, who will run on their own responsibility and must have been recently examined by a doctor.

Registration period – Receipt of participation package: The deadline for registrations is Monday, May 26, unless the participation limit is reached where the registration period will end earlier.

The collection of the participation package will take place from the finish point in Chora of Tinos at the port, on Friday 30 and Saturday 31 May.

The collection of the participation package will be done strictly upon presentation of the following:

- The Email with the registration number





- ID card or Passport

The simple participation package includes:

- The number of participations and nannies
- Chip timing
- Water supply on the route, Finish
- Object storage service
- Live export results
- Photographic services
- Health support
- Electronic Certificate of Participation

Participation fee: 12 Euros

• **The reinforced participation package includes:**

- The number of participations and nannies
- Chip timing
- Water supply on the route, Finish
- Object storage service
- Live export results
- Photographic services
- Health support
- Electronic Certificate of Participation

• **Commemorative Technical T-shirt**

Participation fee: 18 Euros





Awards-Age categories: All runners who will finish will be given a commemorative diploma and a medal.

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.

Tinos 10KSea Side Run

Date: Saturday 31th May 2025

Starting Point: Tinos Town (Port)

Ending Point: Tinos Town (Port)

Start time: 05:45 p.m.

Race Distance: 10 km

Participation limit: 300

Race time limit: Runners should complete their effort in 1 hour and 40 minutes. Beyond this time they will move on the route at their own risk.





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

Registration period – Receipt of participation package:

The deadline for registrations is Monday, May 26, unless the participation limit is reached where the registration period will end earlier.

The collection of the participation package will take place from the finish point in Chora of Tinos at the port, on Friday 30 and Saturday 31 May.

The collection of the participation package will be done strictly upon presentation of the following:

- The Email with the registration number
- ID card or Passport

The simple participation package includes:

- The number of participations and nannies
- Chip timing
- Water supply on the route, Finish
- Object storage service
- Live export results
- Photographic services
- Health support
- Electronic Certificate of Participation

Participation fee: 9 Euros

• **The reinforced participation package includes:**

- The number of participations and nannies
- Chip timing
- Water supply on the route, Finish





- Object storage service
- Live export results
- Photographic services
- Health support
- Electronic Certificate of Participation
- **Commemorative Technical T-shirt**

Participation fee: 15 Euros



Awards: All runners who will finish will be given a commemorative diploma and a medal.

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.

Tinos 5K Fun Run

Date: Saturday 31th May 2025

Starting Point: Tinos Town (Port)





Ending Point: Tinos Town (Port)

Start time: 05:45 p.m.

Race Distance: 5 km

Participation limit: 300

Race time limit: Runners should complete their effort in 1 hour and 40 minutes. Beyond this time they will move on the route at their own risk.

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.

Registration period – Receipt of participation package:

The deadline for registrations is Monday, May 26, unless the participation limit is reached where the registration period will end earlier.

The collection of the participation package will take place from the finish point in Chora of Tinos at the port, on Friday 30 and Saturday 31 May.

The collection of the participation package will be done strictly upon presentation of the following:

- The Email with the registration number
- ID card or Passport

The simple participation package includes:

- The number of participations and nannies
- Chip timing
- Water supply on the route, Finish
- Object storage service
- Live export results
- Photographic services
- Health support
- Electronic Certificate of Participation





Participation fee: 7 Euros

• **The reinforced participation package includes:**

- The number of participations and nannies
- Chip timing
- Water supply on the route, Finish
- Object storage service
- Live export results
- Photographic services
- Health support
- Electronic Certificate of Participation

• **Commemorative Technical T-shirt**

Participation fee: 13 Euros





Awards: All runners who will finish will be given a commemorative diploma and a medal. There will be awards for the first three winners (male and female).

Tinos Kids Run

Date: Saturday 31th May 2025

Starting-Ending Point: Tinos Port

Start time: 05:15 p.m.

Race Distance: 1 km

Participation limit: 400

Race time limit: Children will have to complete their effort in 15 minutes.

Right to participate: Eligible to participate have primary and secondary school children (with the consent of their parents, there must be a written declaration of the parent for the participation in the race.), who will run under the responsibility of their guardian and must have been recently examined by a doctor and are able to participate in the race.

Registration period – Receipt of participation package:

The deadline for registrations is Monday, May 26, unless the participation limit is reached where the registration period will end earlier.

The collection of the participation package will take place from the finish point in Chora of Tinos at the port, on Friday 30 and Saturday 31 May.

The collection of the participation package will be done strictly to the guardian upon presentation of the following:

- The Email with the registration number

The participation package includes:

- T-shirt
- The number of participations and nannies





- Chip timing
- Water supply on the route, Finish
- Live export results
- Photographic services
- Health support
- Electronic Certificate of Participation

Awards: All children who finish will be given a commemorative diploma and a medal.

The first three (3) boys and the first three (3) girls of the following categories will be awarded:

- 1st to 3rd Grade
- 4th to 6th Grade
- 1st to 3rd Gymnasium

Participation fee: 5 Euros

Tinos Special Run (100m race for disabled people)

Date: Saturday 31th May 2025

Starting-Ending Point: Tinos Port

Start time: 04:50 p.m.

Race Distance: 100m

Right to participate: Eligible to participate have primary and secondary school children (with the consent of their parents, there must be a written declaration of the parent for the participation in the race.), who will run under the responsibility of their guardian and must have been recently examined by a doctor and are able to participate in the race.

Registration period – Receipt of participation package: The deadline for registrations is Monday, May 26, unless the participation limit is reached where the registration period will end earlier.

The collection of the participation package will take place from the finish point in Chora of Tinos at the port, on Friday 30 and Saturday 31 May.





The collection of the participation package will be done strictly to the guardian upon presentation of the following:

- The Email with the registration number

The participation package includes:

- **T-shirt**
- The number of participations and nannies
- Water supply on the route, Finish
- Photographic services
- Health support

Awards: All children who finish will be given a commemorative diploma and a medal.

Participation fee: free

Terms of participation

- All participants declare responsibly that they have recently undergone medical examinations and are completely healthy to participate in this sports activity.
- Fully accept responsibility for any injury or accident that may be caused to and from the venue of the race, or during it, as well as for anything that may occur during the participation in the race such as falls (which can be caused during contact with other participants), bad weather conditions, movement and poor condition of the road surface.
- Waive any claim from the organizers, sponsors and anyone directly or indirectly involved in the conduct of the race and I accept that the above persons bear no legal responsibility for what may arise during my participation.
- Participants give their approval to the organizers to use their photos or videos of the race, or any other recording without having any financial requirement.
- The registration will be considered complete if both the online registration and the payment of the corresponding cost have been made. Bank or other costs shall be borne by the participant.
- Registrations are personal and are not transferred to third parties at any stage of the registration period.
- Cancellations of participation and refund of the participation fee will be made until Sunday, May 18, 2025. After this date there will be no cancellation and reimbursement of the cost.





- In case of postponement of the event, the entries will be transferred to the new date set by the organizing committee.
- The organizers have the right to change the terms of participation after making the relevant announcement.

