

3rd

OLYMPPOS

www.olympos-x.com

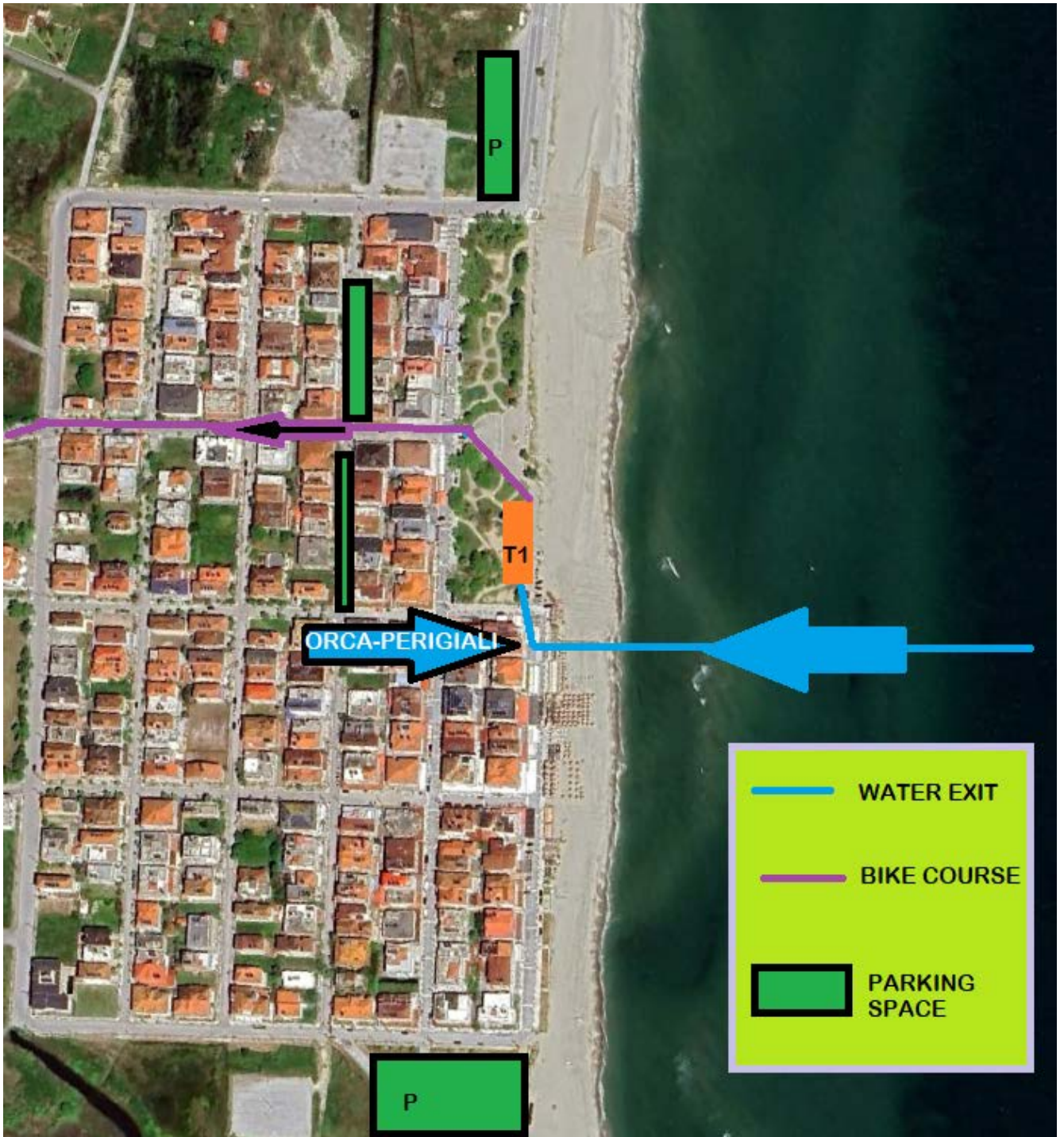
SWIM • ROAD BIKE • TRAIL RUN

1. Introduction

By reading this manual we understand that you are strongly interested in the race. Please read carefully this race manual.

The race is a huge challenge. You are expected to finish it with the minimum possible assistance. Each athlete must have an escort-supporter with a supporting vehicle (if you wish there is the possibility to hire a local supporter and vehicle that costs 140€).

1. 1 Registration: The registration will be complete upon the receipt of the athlete's k, at ORCA bar & Perigiali Seafood restaurant



At the Main Office you will hand in:

- 1) Medical certification – if you have not already emailed it,

- 2) Identification document (id, passport),
- 3) Payment receipt (if you have not already emailed it)
- 4) Information regarding your supporter and supporting vehicle

At the main office you will receive:

1. Four transition bags:
 - A. swim bike transition bag,
 - B. bike run transition bike,
 - C. Finish bag
 - D. Drop-bag
2. Swimming cap
3. Timing chip- positioning finder
4. Race bib number
5. Road manual for supporters (GPX format)
6. Signs of the race for supporting vehicles

Bicycle and transition bags

The day before the race (according to the program which follows below) you must leave your bicycle at the transition area 1 T1. Your bicycle will be checked by the race referees. You will be able to make any final adjustments on Saturday morning, before the start. The swim bike transition bags will be placed in T1 also on Saturday morning. The other two transition bags as well as the drop-bag, if you need one, will be given to the organizing committee on Friday at 12 p.m.

1.2 ATTENTION Your registration approval will be final 2 days after you fill out and send the following registration form (link for downloading the form)

1.3 The participation fee is 230 €

Each participant, in addition to the material received upon his/her arrival at the Main Office, upon finishing the race he/she will also receive: 1) finisher t-shirt for the athlete and his/her supporter, 2) free photographic coverage at various points of the race, 3) finisher medal, 4) participation in the pasta party for the athlete and the supporter and 5) closing ceremony lunch

1.4 Cancellation policy

In case of cancellation of participation after you complete your registration, until July 14th 50% of the fee (115€) will be returned; no refund is possible from July 15th and after.

The specific cancellation policy is followed for the protection of the organization from any financial burden.

1.5 Team Relay

Same rules as for the individuals.

Cost 250-EURO

2. Organization program (race timetable)

Friday 6/9 at ORCA bar & Perigiali Seafood restaurant

14:00 – 18:00 Bike Service

09:00 - 12:00 Individual and team registrations

12:15 – 13:15 Mandatory Technical Briefing in Greek (Athletes who will fail to be present are not eligible to start the race)

13:15 – 14:15 Mandatory Technical Briefing in English Opening ceremony, Pasta Party

14:30 – 19:00 Mandatory bike placement in transition area 1 T1

15:15 – 16:15 Press Conference

Saturday 7/9

02:00 Gathering

02:15 Transition area T1 opening

03:20 Boarding on ship

03:30 Ship sails to the start point

04:00 Start of race

20:30 Estimated finish time of the first athlete

Sunday 8/9

11:00 Awards – Lunch – Closing Ceremony

The program is not final and is subject to change.

Please visit our website to be updated on any alterations of the program that might happen.

3. Race regulations

We will all participate together in a divine feat. We must respect this journey. Respect to the area, the mountain of the Gods that will host us, where the Olympus National Park is located, and of course to our co-athletes, the volunteers and the people of the organization. All of us together will have the experience of a lifetime and we ask you to respect the following regulations for your safety.

In accordance to the principles of fair competition, and especially during such a hard race, the assistance to a co-athlete in need is essential.

Regulations

Because of its particularity, there are additional regulations that must be applied during the whole race.

3.1 Obligatory equipment and drop-bag

During the run, the athletes must wear the bib number that was given to them by the organization. Any alteration to the bib number is forbidden. It must be put on a clearly seen spot at the front during the whole race.

Obligatory equipment for the run

For safety reasons the organization has the right to check the obligatory equipment during the whole race. In case the equipment is not in accordance with the below list, the athlete will be disqualified.

- 1) Mobile phone in a working condition, able to receive and make calls and fully charged.
- 2) Emergency numbers in case of urgent situation: 6980241390, 6980234878 , or in extreme cases the number of emergency calls 112.
- 3) Survival blanket 1,40x2,00m
- 4) Whistle
- 5) Hydration pack or water bottle, filled with at least 750ml water
- 6) Waterproof jacket with hood
- 7) Athletic trousers or tights (long or short combined with long socks so that the whole leg is covered)
- 8) Working headlamp
- 9) Extra batteries and extra small lamp
- 10) Food (two energy bars)

Allowed or proposed equipment

- 1) Poles
- 2) Additional warm clothes

3) Sunscreen, Vaseline

Drop-bag

The athletes may have bags for their individual needs - provided by the organization - which must be closed and display the provided identification sticker. The organization will transfer them to the Refreshment Station 2.

Time limits

Because of the particularity of the race the following cut-off times are imposed:

T1. Swim: 2 hours and 30 minutes

T2. Swim and bike: 15,30 hours

PRIONIA. 19 hours

STAVROS. Swim bike run (refreshment station 2): 21 hours with mandatory stop for equipment check and medical examination by a doctor who will affirm that you are able to continue the race.

Orlias. Swim bike run (finish): 26 hours

Athletes who are unable to check in the time required cannot continue the race and will be led by the organization volunteers to the closest point of transfer to the start area.

Weather and safety

The weather, during the period of the race, is mild without big differences in temperature. Of course we must always take into consideration the microclimate of Olympus, therefore we recommend that you check the meteorological forecasts of those days to be able to be properly equipped and prepared.

In case of dangerous weather phenomena, the organizing committee of the race, the day before the race, will decide for modification of the routes (eg. Change of the swim course in case of high waves).

In the worst case scenario of cancellation of the race (the last 2 days) the organizer will return 30% of the participation fee.

If you decide to quit, before or during the race (any time after the technical briefing), it is obligatory and you must notify immediately the race referees, by calling any of the race managers 6983902698 (Helen), 6980241390 (Iordanis). Alternatively you can send an sms to one of these two numbers or notify any organizing – volunteer member of the OLYMPOS-X team.

The national emergency call number is 112.

Cleanliness is next to godliness, as the saying goes. Please respect the environment and let the only trace left by you be your footprints.

We will swim in the beautiful blue Aegean Sea. We will bike by the stunning forests of Olympus and we will run in the National Park, which features a huge biodiversity that includes thousands of endemic species.

During the race we do not litter the environment. Dispose anything that you do not need at the checkpoints and refreshment stations, where there will be bins by the organization.

Any athlete that is caught littering the environment will be automatically disqualified.

Contact

Each supporter of athlete must be able to communicate with the organizing team in Greek or English. The supporter must always be at the organizing team's disposal with his/her mobile phone which will be stated at the registration form. Each athlete must register his/her supporter and the supporting vehicle at the main office where an identification sticker will be put on the vehicle. **Note: Supporting vehicles heavier than three and a half tones will face difficulties in some sections of the road therefore they are not appropriate.**

Timing

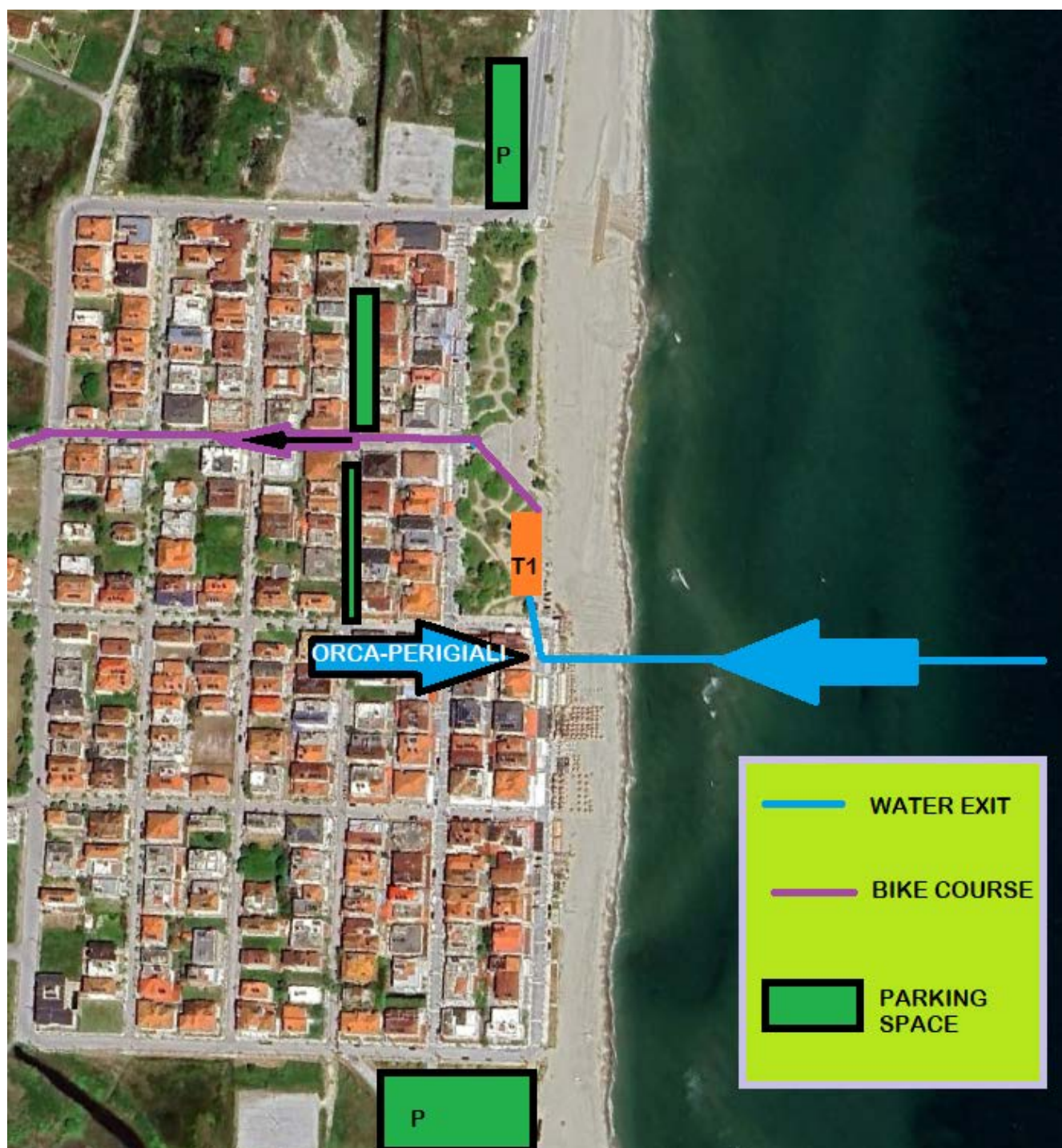
The race will be timed by a GPS tracking system, which the athlete carries with him/her all the time during the bike and the run.

Supporters - Supporting vehicles

Each supporter must attend the technical briefing along with the athlete he/she supports. He also has the right to enter the transition areas, but always according to the program. His/her mobile phone must always be charged in order to be reachable by the organizing committee. It is self-explanatory that the vehicle must be in a good working condition and full with fuel.

Details by section

Before the start of the race, the supporter may help his/her athlete in the transition area 1 T1, according to the program, as soon as his/her athlete leaves the transition area he/she must follow. The supporter cannot enter the ship that will transfer the athletes to the starting point. The supporting vehicles will be parked in the space indicated at the following outline).



Upon the exit of the athletes from the water the supporter may enter T1 for providing relative assistance but he must leave with his/her athlete. **We do not leave any object in the transition area.** The transition bag must be left at a predetermined spot «bagdrop». Upon departure of the athlete to the bike section, the supporter cannot escort his/her athlete for the first 0,5km. He/She must move respecting the rest of the athletes and the support can start at the end of the 0,5km. At all times the support takes place with the vehicle stopped, if possible at the side of the road, and the supporter must be outside the vehicle, having the athlete in a safe position (not on the traffic road). The support with a moving vehicle is strictly forbidden. Failing to follow the aforementioned rule leads to immediate disqualification of the athlete. In the vehicle, the supporter may have spare wheels, inner tubes, repairing tools, alimentation – hydration, pharmacy and clothes for the athlete.

It is considered granted that drafting to a car is prohibited, any violation equals immediate disqualification.

The supporter will be supplied with the road book of the course and it is desired that he/she directs the athlete.

The traffic laws must be strictly followed.

In transition area T2 there will be a set parking for the supporting vehicles. The supporter is responsible for collecting the bike within the area and its removal when the athlete has already left the area. Upon the departure of the supporter and the vehicle from T2, special attention must be paid to the 17km descent until the junction of SPARMOS, because there will be racing athletes who will be ascending.

The supporter can meet his/her athlete at the location «Prionia». After that, at the location «Stavros» .

4. Race information

4.1 General map



4.2 OLYMPOS-X

Almira-X is a big triathlon race (Iron Distance) which traverses the mountain of Olympus

- 1) 4 km open water swim with ship start
- 2) 191 km bike traversing the two main mountains of Olympus with 4.800m altitude gain (Paralia-Vrisopoules).
- 3) 40km run with 2.250m. altitude gain passing from the second taller peak of Olympus, Skolio, (Vrisopoules-Orlias) .

4.3 Swim course and T1



A) Distance 4 km

B) Ship start

Γ) Straight direction to the shore according to the direction of the air

Δ) Water temperature (estimated 21-24c)

E) Escort by security boats

ΣΤ) Marked by two-color outdoor floodlights

4.4 Bike course

- A) Distance 193km
- B) Altitude gain 4.800m
- C) Asphalt quality good
- D) 3 main ascents
- E) Route marked with signs at the junctions



Distance	193.510km	Total Ascent/Descent	4805 m/2703 m
	HighestPoint		1715 m (at 183.51 km)
Uphill	97.29 km (50.9%)	Downhill	75.241km(39.3%)
Flat	18.72 km (9.8%)		
Steepest Uphill	+31.1% (at 190.25 km)	Steepest Downhill	-23.2% (at 50.22
Longest Uphill	4.59 km (at 174.42 km)	Longest Downhill	4.59km (52.56)

Detailed analysis of the route

<https://www.plotaroute.com/route/869751>

(Please ignore the total elevation, it is inaccurate)



4.5 T2 Vrisopoules



4.6 Run course

- A) Distance 40km
- B) Altitude gain 2.250m
- C) Route 40km trail, 300 m asphalt
- D) Fully marked route

E) 2 refreshment stations

1. Location «Prionia» 16,2 km
2. Location «Stavros» 25,4 km

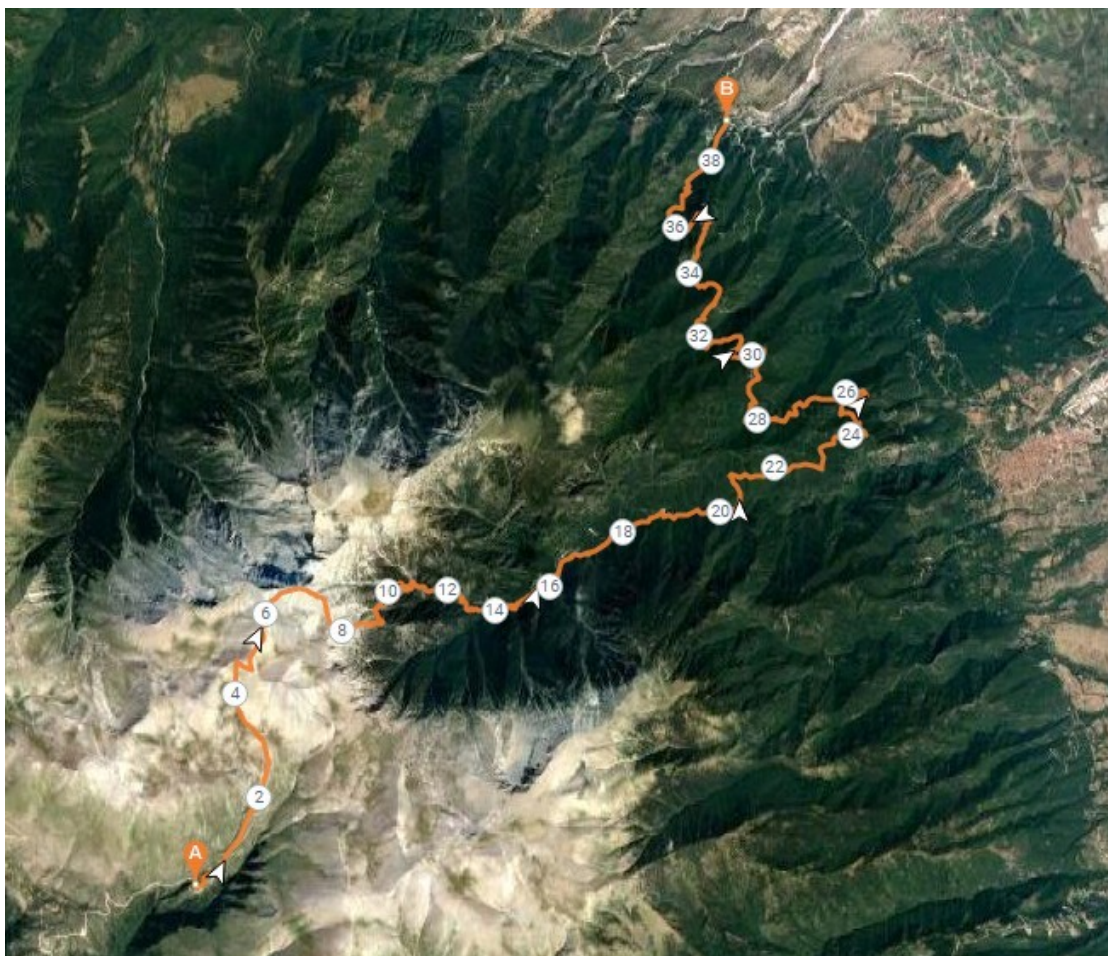
The stations will have: Water, Isotonic Drink, Coaca-cola, Bananas, Oranges, Lemons, Salt, Nuts, (mix of salty almonds and peanuts), Salty snacks, Gels, Energy Bars.

2.1. At the Second Station there will also be chicken soup.

F) 5 medical stations

G) Points offering only water

1. Location «Agspitos» 9,5 km Water by the organization.
2. Location «Agios Dionysios» 19,8 km Spring water (fountain)
3. Location «Koromilia» 34,4 km Water by the organization



Distance 40.730 km

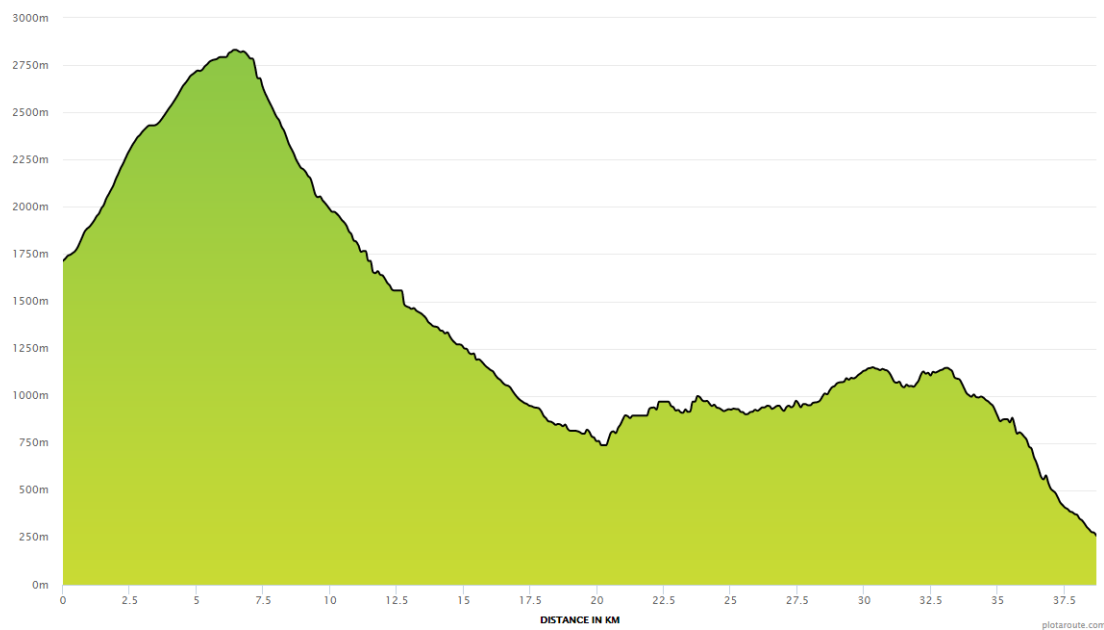
Total Ascent/Descent

2199 m / 3904 m

	Highest Point	2831 m (at 6.48 km)
Uphill 14.76 km (33.0%)	Downhill	26.82 km (60.0%)
Flat 3.15 km (7.0%)		
Steepest Uphill +57.8% (at 23.49 km)	Steepest Downhill	-80.0% (at 12.69 km)
Longest Uphill 5.04 km (at 0.00 km)	Longest Downhill	7.29 km (at 36.81 km)

Detailed analysis of the route

<https://www.plotaroute.com/route/873578?units=km>



4.7 Finish at the base of Orlas canyon

5. Awards and closing ceremony

Our feast will take place at the Porto Marine hotel on Sunday at 11:00 according to the program. We are sure that you will honor us with your presence, as we will celebrate the fulfillment of our feat, having lunch all together.

Race Description

All athletes must show up at the main office until Friday September 11th for their identification and receipt of their race package. The presence of the athletes as well as the supporters at the technical briefing that will follow is mandatory (for relay teams all members of the team must be present).

Notes

- 1) For the leased supporters, they will take the bicycles from T2 and will return them to the start where the organizing team will keep them. The leased supporters are responsible for the athlete before the start and until he/she departs from T2. After that point they do not support the athlete any more.
- 2) Athletes without support will be transferred from the finish to the start area with vehicles of the organizing committee.

video

<https://www.youtube.com/watch?v=ZqkcaxUo1ck&t=6s>

<https://www.youtube.com/watch?v=D3JIX3B3qtU>

https://www.facebook.com/pg/OLYMPOSxtri/videos/?ref=page_internal