



## **Regulation conducting ultra - distance race ' Asia Minor Road '**

### Article 1

The organizing committee of the 'Asia Minor Road' 'conducts the race yperapostaseos named' Asia Road Asia ' 102.5 km + under the auspices of the Municipality Argous-Mycenae, Megara Municipality and other bodies.

### Article 2

Applications athletes participation should be completed in the entry form of the Asia Minor Road till the 1st (first) December. The selection is made by the organizing committee of the Asia Minor Road to demand at least the end of a marathon. Basis of the athlete's performance at the lowest level necessary to qualify it. The decisions of the organizing committee are final.

### Article 3

Runners will have to present a medical certificate which should be mentioned that their physical condition allows them to run the distance 102.5chlm. route. This certificate must if you are in Greek or English and issued within three months prior to the event start date.

### Article 4

Runners are required to appear at the starting point of the race New Kiou- -Plateia 2 hours ago where they will receive the numbers of the race.

### Article 5

The end point of the rally placed at the Municipal Stadium Megara Olympians. At this point, record the stop time within the statutory limits of 15 hours.

### Article 6

Athletes are excluded from the race for the non-observance of the articles of the Regulation, except for transit time of refueling points or if deemed necessary by the medical team responsible.

### Article 7

Athletes may use personal property or food during the race at their own risk, the delivery of these species is the opening day of the match at 18:00 pm

### Article 8

Athletes must bear in chest or in the back of their number, the name and the nationality prominently.

refusing to show this number, the athlete's exclusion from the organizing committee.

### Article 9

For their safety athletes must run on the left side of the road traffic. If deemed necessary by the organizing of the race committee may move the route on the right side of the road.

#### Article 10

If necessary athletes can receive medical assistance throughout the rally route and the help from the organizers. Any medication without the doctor's permission to bring the athlete's disqualification.

#### Article 11

It is forbidden for athletes to board any vehicle along the route during the race and whatever that may be. The violation of this article lead to the immediate exclusion of the athlete. With one exception provided for in Article 13.

#### Article 12

Excluded from the race the athletes who use banned substances. (Doping)

#### Article 13

Athletes must follow the predetermined route. If for any reason deviate from the route, they have to have the right to continue the struggle to return to the last supply point from which passed before their departure, not the point which deviate their route. In this case, only the head of the race, supervisor, clerk of the course considers whether the cursor deviation contained fraudulently. In this case, the athlete shall be excluded from the race. The transfer of the athlete made only by the head of the race.

#### Article 14

Athletes are obliged to display respectful behavior towards the sporting spirit, volunteers and supervisors of the race. Any provocative behavior towards volunteers or tutors, lead to the athlete's exclusion from the race.

#### Article 15

For reasons of safety and awareness, the athlete has the right to carry such radio, Mp3, or other sound generating means.

#### Article 16

The athlete is obliged to go through the refueling point before closing time. Otherwise excluded from the race.

#### Article 17

The athlete who wishes to leave the game should give the number of the person in charge of the game and sign the document leaving the nearest refueling point or the point where it left. The athlete who has left can not remain on track, must be moved with the transport of the organizing committee. The organizing committee is not liable if the athlete continues the way when not in time or blocked.

#### Article 18

Athletes must provide details of their escorts and the number of the car when we made the statements recorded. The vehicle must carry the signals that will give them and the athlete's name says. Athletes and escorts should be present in the technical information of the match as specified by the organizing committee. expressly prohibited the companion of every athlete to provide assistance outside the filling station. Any help given outside refueling points bring the athlete's exclusion from the race.

#### Article 19

The escorts will not move at the speed of an athlete, this is considered as unlawful aid.