

REGULATION Ultra Marathons MOUNTAIN TRAIL RACE

VIRGIN FOREST ULTRA TRAIL RACE (V.F.U.T.) 2016

GENERAL

For 10th consecutive year, the Municipality of Paranesti, the Region of Eastern Macedonia - Thrace and the Regional Unity of Drama announce the Ultramarathon Race Mountain Virgin Forest Ultra Trail Race (V.F.U.T), within the organization of Trail Races or Paranesti Virgin Forest Virgin Forest Trail (VFT) and expect to welcome you on 14-16 October, 2016 in Paranesti Drama. The organization is supported by the Management Body Rodopi Mountains, the Centre for Environmental Education of Paranesti and High school with upper secondary Paranesti classes.

The Ultramarathon Race Mountain Virgin Forest Ultra Trail Race (V.F.U.T.) has a length of 162.651 m positive height difference D + 6.889 m

This year the athletes have the opportunity to enjoy a new path route of unique biodiversity in the mountainous region of Paranesti.

TECHNICAL INFORMATION VIRGIN FOREST ULTRA TRAIL RACE (V.F.U.T.) 2016

RACE FEATURES

NAME RACE Virgin Forest Ultra Trail Race

DISTANCE 162.651m

D + 6.889m

D- 6.425m

ASPHALT 6.454m

(24.4%)

COUNTRY ROAD 39.687m

(9.7%)

PATH 116.510m

(71.6%)

STEK 12

HEAD STEK 2

DATE 14-16/10/2016

START TIME 8:00 am

MAXIMUM DURATION 40 HOURS

AGE 20

MANDATORY EQUIPMENT YES

PRICE 70 €

VIRGIN FOREST ULTRA TRAIL RACE (N.T.R)

AA Locations Distance D First Last Trail Country Asphalt Remarks

PARTIAL TOTAL + - Minutes Time Minutes Time

1 Paranesti (Station) - Porcel Tholou – Vounoplagia (Church) 12.908 12.908

865 465 81 09:21 150 10:30 8,875 2,945 1.088 STATION

2 Vounoplagia (Church) - Sili 6.186 19. 094 465 215 45 10:06 100 12:10 5755

431 STATION

3 Sili - Filakio Pangalou 8.010 27.104 545 149 75 11:212 120 14:10 6.154

1.856 STATION

4 Filakio Pangalos - Zarkadia 8.537 35.641 30 865 4 12:06 100 15:50 4.920

3.050 567 STATION 16:00

5 Zarkadia - Lake Platanovrisi - Alikioi 20.861 56.457 750 475 176 15:02 270
20:20 20.071 633 112 STATION

6 Alikioi - Andero (Output Path) 4.219 60.676 570 60 45 15:47 90 21:50 4.219
22:00 CENTRAL STATION

7 Andero (Output Path) – Charadra 14 16.600 76.676 385 210 125 17:52 18
00:50 16.000 STATION 01:00

8 Charadra 14 -148 – 147 – 146 – Frakto – (Ergotaxio) 16.241 92.917 866
679 150 20:22 270 05:20 11.427 4.814 STATION 05:30

9 Frakto (Ergotaxio) – Sares – Likolakas – Ahladorema – Farasino 18.104
111.021 258 987 145 22:47 270 09:50 14.604 3.500 STATION

10 Farasino – Pefki - Zarkadia 16.789 127810 735 995 135 01:02 270 14:20
14.772 2.017 CENTRAL STATION 14:30

11 Zarkadia - Oxia - Prasinada 12.758 140.568 1.075 470 180 04:02 270
18:50 9.246 1.052 STATION 19:00

12 Prasinada – Sili 4.394 144.962 260 150 40 04:42 90 20:20 3.400 994
STATION

13 Sili- Porcel - Paranesti (Station) 17.674 162.636 160 705 120 06:42 210
23:50 13.052 2.376 2.246 FINISH 24:00

TOTAL 162.651 6.964 6.425 21:40 39:30 116.510(71.6%) 39.687(24.4%)
6.454(4%)

MARKING OF JOURNEY

Marking of the route will be on country roads, forest roads and clearly denser in trails.

This will include:

- As for the race.
- As for the danger of crossing points.
- As regards the prohibition of passage.
- In turns.
- In adverse weather conditions reflecting light (night, fog, rain)
- As for the distances.
- As to the telephone coverage in the area.

There will also be non-toxic and chemical lighting in difficult crossing points.

The label will be removed and immediately after the race.

The materials used are of reflective materials and paint.

If the athlete is found to be outside the route it is recommended to stay calm and try to find the course of the last minute until it encounters the final mark, whereas the label is now in the opposite direction from him. We recommend using the whistle in case you want to give position and to avoid panic.

ELIGIBILITY

For ultramarathon race VIRGIN FOREST ULTRA Trail Race (V.F.U.T) men and women can participate born until the year 1996. We need prerequisites for participation in this race. But participants must be aware of the management difficulties of doing so and have experience in mountain races.

More specifically finishing a trail race of 80km and above from 2013 to 2016 is required. On completion of the registration form participants should report the type of the event that the athlete exercises as well as a brief biography of the most important mountain races that took place and finished in the years 2013-2016.

The organization sets for this year as a maximum participation endorsement 150 athletes.

REGISTRATION

The following series of steps should precisely be followed.

– There will be a pre-enrollment period from May 1st-June 30th. Those interested will have the chance to fill in their personal details in the organization site www.paranestivft.com **ONLY** electronically. Fill the special application form with all required data from the organization for the race V.F.U.T 2016.

– The race committee will assess the registration form and will post it on the site of the races (www.paranestivft.com). The number of registrations will be up to 150. There will be a first come first served basis. Then the participants will have to pay the equivalent sum of money from July 1st to July 15th. Those who have not paid within the specified period will be erased from the list of participants and their position will be covered by follow-up athletes who should pay until July 31st.

For participants the amount of the participation will be equal to last year in the amount of 70 €. In the deposit receipt participants should necessarily state the name of the athlete and the deposit reasons "participation in ultramarathon race VFUT ". Then they should send the number of deposit to the Secretary of the Event, either by phone (number 2524350152) or send a copy of the deposit slip by fax to the same number. To avoid misunderstandings it is advisable to keep a copy of the deposit slip.

– Based on the series of economic adjustment of the recording (after approval by the Race Committee) there will be strict priority.

Deadline of applications and economic settlement of participation will be announced shortly.

Application after the deadline shall be rejected as out of time.

At the site of the event www.paranestivft.com a list of approved entries will be posted.

The registration fee, meets hospitality expenses facilities allowed by the organization, the pasta party on the eve of the match, the breakfast before the race and light meal after the race, catering during the race, the emergency services, the premiums, blouse, massage, providing brochures, trail map, souvenirs etc.

Since the notification of the deposit of the amount of participation in the organization finalized the registration of the participant is finalized.

Any deposit made by a person who is not on the short list of athletes does not imply participation in the race.

IDENTIFICATION

Upon arrival in Paranesti and at the Secretary of the race, demonstrating your ID card or your passport yourself **you will receive and only you** your participation folder, in which there are your number and those of the species defined and provided by the organization.

The delivery of the envelopes, will start:

On Thursday, October 13 17:00-20:00 and Friday October 14 16:00-19:30.

Athlete who do not attend the above procedure are excluded from participating in the race.

CANCELLATION OF PARTICIPATION

In case of an athlete's cancelation of participation until August 10th , 2016 a 50% refund of the registration fee will be given. After this date the registration fee is not refundable. Also in case of extreme or adverse weather conditions (snow, storm, high winds, flooding) or others unforeseen events which may endanger the security of athletes, or volunteers the organization may cancel or interrupt the race. In such a case subscription fee is non-refundable. If an athlete does not take part in the game and pay the registration fee he will receive by mail all Beneficiaries memorabilia recording folder after the race.

ATHLETES LIABILITIES

Athletes should be well aware about the announcement and regulations of the race, which are obliged to respect.

Athletes should be respect the ethics of the event, as stated in the notice, to respect the environment by avoiding any kind of contamination, to demonstrate solidarity with their co-athletes whenever necessary, to rely solely on forces without receiving external support, bear the obligatory equipment required throughout the duration of the race and obey the instructions of the judges and inspectors of the race. Non-compliance with regulations or instructions of the judges is punished by exclusion. The judges of the race when aware of breaking of the regulations, they record them and inform the offenders and the Race Committee. Any other person authorized by the organization has the ability to also record any infringement in case he becomes aware of and to submit it for consideration to the Race Committee.

Also, athletes should be aware of the risks and difficulties of the race and be able to face them independently.

They must know how to manage difficult weather conditions, pains or digestive problems that can be caused by intense effort.

Athletes will receive medical assistance both during the route and in the stations which means to accept the opinion of the physician, on the continuation or discontinuation of their effort.

The organization has the right to photograph / videotape of participants nominated by the same route points for verification purposes crossing athletes from specific points.

Even for the sake of fairness they will check the mandatory equipment for athletes at any point of the route appropriate.

Also participants accept being photographed and filmed for the purpose of producing digital material from the organization by submitting this form.

MEDICAL CERTIFICATE & DECLARATION FORM OF THE ATHLETE

Every athlete is fully aware of his purpose of taking part in a mountainous sporting event as well as the hardships it entails. He is also fully responsible of exposing himself in severe sporting conditions. He must also have undergone recent medical check-ups. In case a doctor advises an athlete against continuing his effort the athlete should surely discontinue his effort and give his BIB to the head of the station.

A medical application form will be filled and signed by the athlete. [Click here.](#)

MANDATORY EQUIPMENT

Each athlete, for security reasons, must carry the following required materials throughout the race with the backpack :

- 1 bag / container of liquid at least one liter
2. waterproof jacket
3. aluminous blanket
4. Elastic Bandage
5. emergency whistle
6. two head flashlights with spare batteries
7. A second shirt (sleeveless-shirt)
8. food equivalent of 1000 calories minimum
9. mobile phone with charged battery. Your mobile phone number should be declared in writing to the organization. The European emergency number is 112.
10. Staff cup

Upon receipt of the registration dossier by the secretary, **the organization will strictly control the above necessary equipment.** You will not receive the recording folder if any of the above materials is missing.

The organization may check this equipment to any non known in advance route point. **Absence of even part of the equipment draws punishment which results in the athlete exclusion.**

OPTIONAL EQUIPMENT

Athletes may optionally carry with them:

- hemostatic spray
- GPS device
- Compass
- a paper route description
- Nordic walking poles (with edges covered)
- hat
- Gloves
- leggings pants
- windproof shirt
- second pair of socks
- talc
- emergency sleeping bag

The use of a camera or photcamera is allowed.

BACKPACK CHANGE

In the athlete's registration file there will be two plastic bags, containing 30 lt each (drop bag) with the number of the athlete's participation, for the placement of materials to be removed from Central Station Supply Andero and Zarkadia either to supplement or to replace the compulsory or optional equipment. The transfer of these bags in the above station is the responsibility of the organization. Sharp bags, fragile items or poles are not allowed in the bag. In the same bag athletes can reposition the materials that they will leave to be transported back to Paranesti which is the responsibility again of the organization in a particular area to be developed.

NUMBER OF PARTICIPATION (BIB) - BAR CODE

On the registration dossier there will be the number of participation, which is unique for each athlete. This number must be visible throughout the race in front of the body or elsewhere that will be distinguished. The method with which the number of the athlete is attached on him is of his own choice and responsibility. The event will provide athletes with attachment materials. The coverage of the numbers is allowed in case of bad weather or cold, but it is mandatory to show it at checkpoints, to record the passage.

Loss of membership results in disqualification of the athlete from the race, so I cautioned secure attachment.

On each competition number (BIB) there will be a bar code for the electrical recording of the passage. The bar code is returned to the organization at the end.

ATHLETES 'RIGHTS

Each athlete is entitled hospitality night for 13 – 16 October, 2016, on the premises made available by the organization. The event will offer athletes meal at the night before the race (pasta party), breakfast on race day and lunch after the race. Also, catering during the race, ambulance services and massage.

Athletes are also entitled to their participation number (BIB), commemorative shirt or anything selected by the organization, a brochure and a map of the route diploma participation and provided [PRIZES](#) 🏆.

TECHNICAL INFORMATION

The technical information of the athletes will be held by the technical director of the race Thursday 14 October, in the village of Mesochori. The time will be announced shortly.

The technical director of the race will inform athletes about all aspects of the race, planned weather and will answer any questions about the rules, path etc.

The Race Committee will be present in the meeting, to answer questions of the athletes.

Throughout the stay of athletes in Paranesti, from Thursday, October 13th

from 12:00 am and until the end of the event information will be given by the Secretary of the Race concerning the organization.

MEDICAL SUPPORT

Athletes are offered with medical support in the race from the start of the race until the end of the event. Doctors of the race will be available at specified points of the race. At each station there will be a first aid kit and volunteers who will provide this service. Physiotherapists will offer their services in Refueling Stations and in the finishing line.

Medication will be given only with the doctor's opinion and not by the rescue teams or volunteers.

Ambulance will be available for the organization throughout its duration. The Health Center Paranesti will also provide the service if need be. It should be noted that doctors and physiotherapists of the event will offer treatment to athletes posing any serious problem, given that athletes know the intricacies of the race and be able to manage muscle pain or other pain caused by their effort.

SAFETY

During the race security groups (Brooms) exist, which follow the last runner of the race, and provide assistance to athletes who stop between stations. Special security personnel will move with vehicles of the organization on the route sections that are in rural or forest roads, to provide assistance to athletes in need of or to transport them if athletes give up.

The security team will wear special clothes and the security vehicles will carry badges.

The organization will support ambulance service .

There will also be bright beacons and sings in some parts of the route and fluorescent lamps.

All athletes, accredited volunteers in the organization will have insurance coverage from an insurance company.

TRANSPORTATION OF ATHLETES

The movement of athletes from the area of the host to the secretary of the race for the receipt of their participation file at the starting area to the designated time is held with care and within the organization.

Athletes who will abandon their attempt at any point, are taken by the organization to Paranesti.

TRANSPORTATION OF ESCORTS - SPECTATORS

Athletes allowed to support advocacy groups only at points or stations designated by the organization, which will be free for the presence of spectators.

The drivers, escorts athletes viewers must be especially careful and thrifty in their movements by vehicles, so as not to endanger the safety of the athletes

at the points where their routes coincide (defined shortly).

Support groups can offer athletes services without hindering the work of the Power Supply and always with permission of the head of the station, which will indicate, and their position that does not affect his work.

Spectators will also be informed of the progress in the race on screen in the secretary.

POWER STATIONS

There will be Power Stations and Control Points as defined in the technical tables in each race to the top of the Regulations. In Power Stations athletes will be provided there with energy supplies and moisturizing drinks. Central Station Andero will provide athletes with a complete meal. Show detailed feeding STEK [Click here for file Excel or Pdf file here.](#)

TIME LIMITS - POINTS OF EXCLUSION

The times of the athletes will be recorded and additional manuscripts electronically in any spots with the finish.

Furthermore there are set time points exclusion in STEK Zarkadia, Andero Frakto, Zarkadia and Prasinada, as defined in the technical tables, for reasons - participants of safety and proper flow of the race.

As a recording time of the athlete at each station is defined his departure time. Every athlete who has gone through all the checkpoints, has spent time at the stations will not be beyond time limits exclusion and has completed his attempt reaching the finish within the time limit valid finish, as defined by the organization entitled to an award.

The races are stopped at the designated maximum time limit, and athletes who might still be somewhere in the path are stopped and deliver their number to the next power station or control point and the athlete will be transferred to Paranesti.

Those athletes will be ranked in the table finish based on time of performance and the point at which they arrived and would not be entitled to an award.

No athlete will be allowed to finish the match after the exclusion of the points or after the discontinuation of the race. The Race Committee reserves the right to take back the exclusion of athletes. Athletes should demonstrate understanding and adhere to the instructions of the organization. The persistence of continuing the race with the athlete's responsibility poses risks for both the athlete himself and for the members involved in the organization. In case of non-compliance, the organization reserves the right of abortion in the next event.

PENALTIES

On penalty of exclusion punished athlete when proven:

- To check, along the route of the authorized persons of the organization (Judges-Controllers), found not to bring the stated explicitly by the organization, as mandatory equipment
- pollute the path throwing garbage, and other objects
- be assisted along the way by third parties (indicative transfer by vehicle

- convoy on track during the race, transfer of the sack from third parties)
- Demonstrates unsportsmanlike behavior to athletes, escorts, volunteers, members of the Race Committee, Referees-regulators, members of the Organizing Committee does not provide assistance to fellow sufferer, and does not comply with the regulations of the race and suggestions authorized by the Organization of persons (Judges-Auditors)
 - There passing through all checkpoints
 - not bear his BIB throughout the route

OBJECTIONS

Every athlete has the right to object for any reason within one hour of the race.

Appeals may be submitted only by the applicant athlete and only in writing to the Secretary.

Objections are considered and decided by the Commission Race of the tournament, which answers directly, publicly and irrevocably.

The Race Committee to assist in its work, may at its discretion invite and consider authorized members of the organization as judges, inspectors, volunteers and athletes involved in the case to consider.

CATEGORIES ATHLETES

There are the following categories:

1. Category Males
2. Category Females
3. Category Age

- 1) A (20-35) - M20 / C (20-35) - W20
- 2) A (36-50) - M30 / C (36-50) - W 30
- 3) A (51+) – M50+ / C (51+) – F 50+

PRIZES

Prizes and gifts will be awarded:

- The three (3) first men
- In the three (3) first women
- On the first (1) athlete and the first (1) athlete in each age group

RACE SCHEDULE

It will be announced shortly

MODIFICATION OF BOUNDARY-ROUTING-STOP-CANCEL RACE

The Race Committee has the right in extreme or adverse weather conditions (snow, storm, high winds, flooding) or other unforeseen events and for reasons of safety of athletes, volunteers to:

- change the designated start time
- extend the time limits acceptable finish time, as the time limit for exclusion to the designated station

- modify part of the route
- proceed with the suspension of the race
- To cancel the running of the race

Even the Race Committee reserves the right to suspend or cancel the attempt of an athlete if a physician's oral opinion of the race indicates so.

If the race is interrupted the classification of athletes is based on the time recorded at the last station passed before the race was stopped.

Only athletes who will have finished by the time the match is interrupted are entitled to awards.

The organization has the right to complete and finalize even amendments of the Regulations of the race, which will be made promptly to inform all those involved.

DISCLAIMER

The organization and institutions that compose it are not liable for any damage to health, physical injury or death and each of them knows the intricacies of the race and the dangers of the environment and conditions that may prevail in this part. Every athlete has the exclusive responsibility, having filed relevant medical certificate and formal declaration of taking any responsibility in the event of health damage during or after the race or even death.

RACE COMMITTEE

(Upcoming)

INFORMATION

Daily from 9:00 to 13:00 for communication: Secretariat VFT Ms. Lena Tsepidou 2524350152. Also in mail: grammativft@gmail.com and admin@paranestivft.com