



ΣΠΑΡΤΑΘΛΟΝ

ΔΙΕΘΝΗΣ ΣΥΝΔΕΣΜΟΣ ΣΠΑΡΤΑΘΛΟΝ

Στα Βήματα του Φειδιππίδη

TECHNICAL BRIEFING RACE 2024 INTERNATIONAL ATHLETES

BEFORE THE RACE

Please read the **race rules** very carefully. Find them on SPARTATHLON website: PARTICIPATION-RACE RULES.

Thursday 26th Sep. – Friday 27th Sep. – Oasis Hotel:

Registration of athletes and support.

The delivery of bags and numbers (BIB) of athletes will be given only to the athlete himself and not to his representative.

Thursday 26th Sep. – Oasis Hotel: There will be a live broadcast with technical update on the Youtube channel of SPARTATHLON with the events and preparations as well as the points of attention in the race along with some necessary changes in the route before Corinth.

Friday 27th Sep. – Oasis Hotel

Delivery Drop Bags (Athletes' Bags)

Athletes may deliver their drop bags to be transferred from the organization to the following C/P: **4, 8, 12, 15, 19, 22, 27, 29, 32, 35, 38, 40, 43, 47, 48, 52, 57, 60, 65, 68, 71, 73, 74, 75**

LUGGAGE'S

You are allowed to SEND TO SPARTI only one bag or a small suitcase with your personal items and clothes necessary for your short stay there. You will find **special stickers** with your BIB number in your athlete 's bag. Attach them to your luggage so that you can find it at your hotel in Sparta.

The rest of your luggage will be safely kept until you return to Glyfada-Athens. The RECEPTION of the hotel will show you where to leave your luggage.





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Saturday 28th Sep.: Breakfast will be served between 05:15 and 05:45.

Empty your room and make sure that nothing is left there. After breakfast deliver your luggage (do not forget the BIB number on it) just

in front of the entrance of your hotel and get on your bus which will take you to the starting point (Acropolis). Your luggage will be collected by a Spartathlon lorry (van). Be on the bus at 05.45 in front of your hotel.

DURING THE RACE

Saturday 28th Sep.: Busses from each hotel will transfer all athletes at the starting point on Dionysiou Aeropagitou Street (In front of the Herodion Theatre) no later than 06:30 in the morning. Runners who will arrive at the start on their own must also be at the start point at 06:30 at the latest.

The race will be broadcast live on spartathlon.gr, with live streaming at the start and finish.

Sparta Photography Club photographers who will be following the race will upload photos from the race's events to spartathlon.gr throughout the race.

SPARTATHLON will make informative posts on Facebook and Instagram, conveying the pulse of the race.

DOPPING CONTROL

A doping control will be carried out at the finish randomly in men and women.

IAU INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

During the race, an observer of the international organization of ultramarathon races will be present.

Κοδρου 7. Αθηνά 105 58

Τηλ: 210 322 36 42 Fax: 210 322 74 85

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ΥΠΟ ΤΗΝ ΑΙΓΙΔΑ

site: www.spartathlon.gr



ΥΠΟΥΡΓΕΙΟ ΕΘΝΙΚΗΣ ΑΓΩΓΗΣ



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GPS TRACKING

You will receive a GPS Tracking device when you register in Oasis Hotel. Turn it on by pressing the ON/OFF button 15 minutes before the start and turn it off only after your finish or -not to be forgotten- in case of abandonment by pressing the ON/OFF button again. Instructions will be given to you by the GPS team in charge upon delivery.

Instructions for activation and deactivation can be found in the following video links:

[Power Tracker ON](#)

[Power Tracker OFF](#)

It is not allowed to switch off the device during the race.

Press the SOS button only in case of emergency.

GPS Tracking devices must be handed over to a responsible person for the organization after abandoned at a station or at the finish.

The race organization has charged the devices, therefore in case of loss you are obliged to pay 50€ compensation.

RACE DEVELOPMENT - RESULTS

Aside from GPS tracking, you can follow the progress of the race and the athletes on our website, www.spartathlon.gr and the Spartathlon App (ios, Android)

Live time recordings will be made from 18 C/Ps along the route.

The following C/Ps will have electronic mats available.

START, CP4, CP11, CP15, CP18, CP22, CP25, CP28, CP32, CP35, CP41, CP47, CP52, CP57, CP60, CP69, CP74, FINISH





ROUTE BYPASSES DETOURS – CHANGES

1) Change of route due to fire and ban at Motor oil refineries. From the chapel of Saint Theodora, we follow a peripheral route to the right via the Old National Road and around the Motor oil refineries.

We meet a new detour route that will direct us to a passage under the Olympia Highway with an entrance to it and direction to the junction of Loutraki.

2) Due to the problem created by the damaged bridge of the old National Road before the Corinth Canal, between CP 20-21, the route will take a new route and follow the New National Road (Olympia Highway) further north until the toll crossing. **The athlete's course will continue for approximately 2.8 km with the athletes entering Olympia Highway in the emergency lane** under strict supervision of the highway patrol and the organization and with lane closures.

The route of the cars will follow the exit to Epidaurus.

At this point we would like to draw the attention of the athletes throughout their passage through Olympia Highway.

- Your course should be strictly one behind the other and not in groups.
- Stay inside the emergency lane and not outside it.
- Be concentrated and attentive to the instructions of the traffic police and race authorities.
- It is understood that no support vehicle will enter the emergency lane or slow down.

CP 19 and CP 20 are being moved based on the above detours to other locations.

See details of the change on the electronic maps of the route by following the link below -> [SP GOOGLE MAP](#)

The new racecourse is marked red.

The new route for athletes is marked red.

The route of the cars organization and supporters is marked in orange.





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IMPORTANT INSTRUCTIONS FOR ATHLETES

REMEMBER: Head lamps (+spare batteries) and rear reflectors are mandatory during the night. You risk your disqualification if you do not have them.

FOR YOUR SAFETY: Do not forget to always have with you your GPS tracking device.

Fill in the required medication information at the back side of your BIB number

BOTH your BIB numbers must be always clearly visible (front and back) on your running cloth.

NO ADVERTISEMENT is allowed on your running suit. The name of your country or your athletic club is allowed.

Walking sticks (batons) are not allowed at any part of the race.

Mobile phones are allowed.

For safety reasons no kind of music device is allowed.

For environmental reasons no small plastic water bottles will be used. Use glasses or fill your own flasks (bottles) at the C/Ps. Do not throw any garbage on the road between the check points. There will be waste baskets at every check point

REMEMBER: Every check point is an elimination (cut off) point. Closing times must be strictly kept.

ROUT MARKING

Follow the Yellow arrows on the asphalt (tarmac) road. Avoid the white arrows, remaining of other races. Red and white ribbons, arrows on trees or walls will also show your way. Some glow sticks (chemical lights) at nighttime.

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IMPORTANT INSTRUCTIONS FOR SUPPORTERS

Assistance is only allowed by accredited supporters in the following CPs:
12, 22, 26, 29, 32, 35, 40, 43, 47, 52, 57, 60, 65, 68, 72, 75.

Support is not allowed to any other CP or intermediate CP.

- Do not stop near the CP (C/Ps) except for the 16 above.
- Do not ride a bicycle or motorcycle.

- In general, do not follow with a car or wheeled vehicle or on foot near your athlete during the race.

Stay away from the area of the check points except the ones just mentioned. You are not allowed to use a bicycle, motorbike or caravan.

In case you want to deliver an extra drop bag to your runner, reach the check point before the arrival of the runner, give it to the c/p crew and **leave the c/p**. The crew will take care of the delivery. Do not forget to write the BIB number on the drop bag.

Trust the check points crews. They are ready to assist your runner.
Give them a big smile!

Dear runners and supporters please respect the race rules: The race officials may show a **yellow** or even a **red card** to YOUR RUNNER in the case **you** do not comply with the rules.

AFTER THE RACE

Medical care for all runners next to the finish line.

Sunday 29th Sep. time 21.00. Celebration organized by the Municipality of Sparta at the main square of the city. Awarding of the first three men and women

Monday 30th Sep. morning at the Sparta closed gym: runners can collect their items left at the check points during the race.

Lunch to be offered by the Mayor of Sparta

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Tuesday 1st Octo. at 19:00: Medals award ceremony in Athens. Goodbye party. Participation will be allowed **only to the bearers** of an entrance ticket provided by the secretariat (Ask at the registration)

INFORMATION - SPECIFICATIONS: If you need more information or clarifications regarding the above, you can contact the INFORMATION DESK that will be open on both days of registration at the OASIS Hotel in Glyfada.

For the International Spartathlon Association

President & Race Director
Evangelos Polymeris

Technical Director
Panagiotis Bonelis

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