

ENDURO GREEK SERIES**ROUND 4****Chamois Ride****RACE BOOK - PARTICIPANT GUIDE****Anilio, Ioannina****16 - 18 September 2022****PROGRAM****FRIDAY, September 16th**

09:00 - 19:00

Free Practice Sessions - Uplift

SATURDAY, September 17th

09:00 - 17:00

Official Practice Sessions - Uplift

09:00 - 14:00

RACE SECRETARIAT
Registration and number pick up at the race venue
(Anilio Ski Center - ANILIO PARK)

18:00 - 19:00

ENDURAKI RACE
Race for children aged 3-6 years

19:00-19:30

TECHNICAL BRIEFING
An oral technical briefing – discussion and Q&A concerning the race will take place

19:30 – 21:00

PASTA PARTY
A carbohydrate-loading meal for the athletes

SUNDAY, September 18th

09:00-15:00

RACE
Starting in packs will take place at the venue

15:00

AFTER RACE PARTY

16:00

MEDAL CEREMONY

REGISTRATIONS – RACE TICKETS

Registrations open on the first week of August and will be accepted until Thursday, 7th September 2022, and so will the purchasing of the tickets which cost 40€.

After the closing of registrations on September 7, and if there are still spots available, there will be the option to register on Saturday, September 17th for an extra charge of 10€.

The maximum number of participants is 200.

Registrations will close earlier than Thursday, September 7th if all spots have been taken and all fees have been paid in full by everyone.

Registrations are NOT transferable.

PARTICIPATION CANCELLATION

You can cancel your participation and get a full refund up to two weeks before the race. After that time frame, there will be no refunds.

TRAIL

Terrain: Brown soil with few rocky spots

Total route: 3 special routes, each 10 kilometers long, 14,5 kilometers of connective routes and 802 meters of positive altitude and 1324 meters of negative altitude.

At the finish line, there will be an uplift for transportation to the venue.

Trail analysis and maps will be announced 15 days before the race.

TRYOUTS - PRACTICE

Tryouts are allowed on Friday, September 16th and Saturday, September 17th, 2022, according to schedule.

Reverse circulation and stopping along the trails is prohibited.

On the day of the race there will be an UPLIFT from the finish line of the 3rd Special Route towards the highest point of the race, for 2€/person/lift.

On the day of the race there will be no transport towards the special routes, other than the scheduled Uplift.

More details will be given during the athletes' briefing.

Progression and transportation of athletes during the tryouts towards the special routes is **not** to take place using vehicles.

During the race, progression and transportation using personal vehicles towards the special routes is prohibited.

SAFETY RULES

The use of open face or full-face helmet is mandatory.

The use of a helmet is mandatory on all races, including the connective ones.

The use of goggles – masks and knee pads is mandatory.

TRANSPORTATION – OVERNIGHT STAY

ANILIO PARK is located 7 km away from the Anilio exit of Egnatia Highway and 16 km away from Metsovo.

The race planning team offers the option of free accommodation at an organized campsite within ANILIO PARK, which offers the following amenities:

- Indoor showers
- Changing rooms
- Toilets
- Parking spaces at a close distance

***A basic and self – explanatory condition for anyone who might choose to camp on the premises is absolute respect to the natural environment as well as taking care to leave a np ecological footprint in the area.