

## 4<sup>th</sup> BEACH RUNNING

The **Municipality of Rethymno** and the **Department of Sport** aiming on the one hand at the provision of additional opportunities and motives for sport participation for the inhabitants of the Municipality (Mass Sport) and on the other hand at the promotion of the city of Rethymno to the foreign visitors (Sports Tourism) **proclaims the 4<sup>th</sup> Beach Running**. The event will take place in the context of the European mobility week (16 – 22 September) and in the context of the European program “**HORIZON 2020 – CIVITAS DESTINATIONS**” for the promotion of the sustainable mobility in tourist destinations.

**1. DATE:** Friday, 22 September 2017

**2. TIME:** **A:** 200m Kids Running at 18:15  
**B:** 600m Kids Running at 18:30  
**C:** 5000m Running at 19:00

**3. PLACE:** Beach of Rethymno

**4. STARTING AND FINISHING AREA:** BUILDING DOLPHIN

### **5. Right to participation:**

In the “**A**” 200m Kids Running: Children from 7 to 10 years old (born in 2010 – 2007)

In the “**B**” 600m Kids Running: Children from 11 to 14 years old (born in 2006 – 2003)

In the “**C**” 5000m Running: All inhabitants who are 15 years old and older (born before 2001) have the right to participate in this event signing up at the office of the Department of Sport (behind the closed gym “Melina Merkouri”). Tel. 2831055645 from 09:00 – 15:00.

**6. Participation costs:** Free of charge

**7. APPLICATION FOR PARTICIPATION:** The application for participation will be submitted online on the website of the Municipality of Rethymno [www.rethymno.gr](http://www.rethymno.gr), or it will be sent by Fax at 2831055645 a written application, the form of which can be found on [www.rethymno.gr](http://www.rethymno.gr), or it will be done on the day of the event 1 hour earlier in the starting area (BUILDING DOLPHIN).

### **8. RUNNING ROUTE:**

- For the “**A**” 200m Kids Running: Starting area from the building Dolphin in direction to the east for 100m and return to the starting area.
- For the “**B**” 600m Kids Running: Starting area from the building Dolphin in direction to the east for 300m and return to the starting area.
- For the “**C**” 5000m Running: Starting area from the building Dolphin in direction to the east for 2500m until the hotel Pearl and return to the starting area.

**Participation data:** Receiving the participation number for the 5000m Running is mandatory. The participation number will be given at the office of the Department of Sport of the Municipality of Rethymno from Monday until Friday from 08:00 – 15:00 as well as 30min before the start.

**Drinking water stations:** There are going to be drinking water stations at the height of the hotel Pearl and definitely in the finishing area (BUILDING DOLPHIN).

**Health care coverage will be provided** by the Red Cross of the Municipality of Rethymno and there will be a doctor and an ambulance of EKAB for anyone needing medical care.

**Children under the age of 10 years old** must be accompanied by their parents or their legal guardians while participating in this event.

#### **9. AWARDS – SOUVENIRS:**

To all participants regardless of age group will be given a souvenir diploma and to all children will be given a medal.

For the “C” 5000m Running: The first 3 men and the first 3 women, who will finish first, will receive a souvenir cup: 1<sup>st</sup> Category – Men (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>)  
2<sup>nd</sup> Category – Women (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>)

#### **10. MEDICAL EXAMINATION:**

All participants must have been examined by a doctor on their own responsibility or on the responsibility of their parents before running. In any case all runners will participate on their own and exclusive responsibility.

Thus, no Medical Reports will be given to no one as all participants will run under their own and EXCLUSIVE responsibility and all minor participants will run under the responsibility of their parents or legal guardians.

The organizers bare no responsibility for anything that might happen during running in respect to HEALTH MATTERS.