

## SNFCC Park Run Participation Guide

Stavros Niarchos Foundation Cultural Center (SNFCC)

Sunday, March 27, 2022

- 1. PARTICIPATION:** To participate in the run, you **have to** fill out and submit the online registration form.
- 2. MINIMUM AGE FOR PARTICIPATION:** Participants in the run must be at least 17 years old. To receive their competition number, all participants will be asked to submit their signed solemn declaration (attached). For participation in the children's run, signed parental consent (attached) is required.
- 3. HANDLING OF PERSONAL BELONGINGS & CLOTHES:** Participants can store away their personal belongings and clothes in a specially designated area located very close to the Start. Whoever wishes to do so may check a bag with their personal items up to 15 minutes before the Start at the latest. Immediately after the end of the run, bags will be handed back to the participants (with the help of SNFCC staff), at the same spot where they dropped them off before the Start, upon presentation of their competition number. Checked bags must be securely closed and may not contain travel documents, money, valuables, or medications. Please note that checked items will not be guarded during the run. The organizers are in no way liable for loss of property.
- 4. START LOCATION & TIME:** The run starts and finishes at a specially designated area of the Running Track. Start Time: 09:00 am for adult runs, and 10:00 am for children's runs.
- 5. MAXIMUM TIME WINDOW TO COMPLETE THE RUN:** 50 minutes
- 6. POSITIONING AT THE START:** No later than 10 minutes before the Start Time, participants must be on their mark at the Start, with their competition number clearly visible. Demonstrating sportsmanship and fair play, participants are kindly requested to observe the instructions of the competition umpire and run administration staff.
- 7. SERVICES PROVIDED DURING THE RUN:** Bottled water will be provided to participants at the Start and Finish. In addition, an aid station will be handing out bottled water at about 2 km into the run.
- 8. MEDICAL SERVICES:** Medical staff will be available at the Start and Finish, as well as by the water station, at about 2.5 km into the run.
- 9. RESTROOMS:** Restrooms for the participants are available at the Start and Finish.
- 10. AWARD OF MEDALS:** A medal and a diploma are awarded to the first three winners in the Men and Women category of the 5-km run, in accordance with the instructions of the General Secretariat of Sports.

**We wish you good luck!**