

Presentation - Announcement

5th Zaros Trail Race

2020

The cultural club of Zaros and the organization team "Cretantrail" / Zaros Running Team announce the Mountain Running Races "ZAROS TRAIL RACE" (Zaros Canyon Race & Rouvas Forest Trail) that take place for the fifth time at Votomos Lake, Zaros, Crete, Greece on the **24th of May 2020**.



Rules: ZTR & ZCT

General Info: The **ZTR25k – 1550m+ & ZTC 11k 700m+** are mountain running races that take place on Sunday the **24th of May 2020**. The start is at Votomos Lake, Zaros, Crete, Greece. The start of the races is 09.00(ZTR25k) and 9.30 for the ZTC11k respectively.

Registration: is allowed to all adults that are willing to register and respect the rules of the race. In special occasions the race committee considers allowing kids older than 15 years of age to race the ZTC11k (**only with the written approval of their parents**). It is preferred to have some experience with mountain running – the trails are technical , steep and hard especially for the ZTR25k. If you are in doubt, please consider registering to the ZTC11k instead.

Routes – Technical Info:

- The ZTR 25k uses a loup route with an out and back section(first and last 5k), the total ascent accumulation is 1550 vertical meters. It is a difficult route designed for well trained athletes. It consists:

74% Trail/Singletrail (18,4 km)

24% Mountain dirt roads (6,1 km)

02% Beton/Asphalt (0,5 km)

Estimated time for leading athlete 2h 35min & average athlete 3hours 45min.

The route is the same as the last edition of the race (2018).

- The ZCT 11k consists mostly of an out and back section, the total ascent accumulation is 700 vertical meters. It is a fun, steep and impressive route designed for trained athletes. It consists:

93% Trail/Singletrail (10,2 km)

03% Mountain dirt roads (0,3 km)

04% Beton/Asphalt (0,5 km)

Estimated time for leading athlete 1h 10min & average athlete 1hours 50min.

The route is the same as the last edition of the race (2018).

Important note for the athlete participating in the ZCT:

Due to the nature of the course (Out and Back), the participants limit is set by the organization committee at 120. Furthermore when participating in the ZCT 11k and due to the narrowness of the trail at some points, you agree to the following:

- ❖ You must respect the athletes that race with you.
- ❖ Overtaking only when it is safe to do so, while also informing the individual in front of you.
- ❖ When athletes are coming your way it means they are in front of you. **The slower athlete is obliged to let the faster athletes pass.**



Mandatory Equipment:

There is no mandatory equipment for this race, however we **Strongly Recommend** the following:

- ❖ **Trail Running shoes** (Important !!!)
- ❖ Running Backpack with 500ml. cap/bottle.
- ❖ Windproof Jacket
- ❖ Cell Phone
- ❖ Gps watch (with the race route loaded)
- ❖ Hat (for sun protection)

Registration – Participant Limit – Services Provided:

Registration Period: 01 April – 15 May 2020 at:

cretantrail.wixsite.com/zarosrace

Registrations Close: Friday 15 May 2020.

Registration Cost :

ZTR 25km - 1550+

: 17 euro

ZTC 11km 700+

: 12 euro

Participant Limit:

ZTR 25km 120 athletes

ZTC 11km 120 athletes

Race package – Services provided:

- ❖ Athlete Number
- ❖ Hydration, Nutrition etc during the race
- ❖ Digital Timing with same day Results
- ❖ Special Finisher Present
- ❖ After Race Traditional- Lunch
- ❖

Aid Stations – Control points:

- For the ZTR 25k there are 5 (3 + 1 twice) aid stations with nutrition & hydration. Furthermore there is another one that accures twice with only drinks.

25k 1550m+									
ΣΤΑΘΜΟΣ	ΧΩΜΑΤ/ΜΟΣ	ΑΓ.ΓΙΑΝΝΗΣ	ΔΙΠΛΟΡΙ	ΤΙΜΙΟΣ ΣΤΑΥΡΟΣ	ΔΥΟ ΠΡΙΝΟΙ	ΑΓ.ΓΙΑΝΝΗΣ	ΧΩΜΑΤ/ΜΟΣ	ΒΟΤΟΜΟΣ	ΣΥΝΟΛΟ
ΧΑΜ	2.5	5.5	8.5	13.0	17.5	19.5	22.5	25.0	25.0
ΘΕΤΙΚΗ ΥΨΟΜΕΤΡΙΚΗ ΚΟΜΜΑΤΙ	270	390	420	160	180	10	80	20	1530
ΘΕΤΙΚΗ ΥΨΟΜΕΤΡΙΚΗ - ΣΥΝΟΛΟ	270	660	1080	1240	1420	1430	1510	1530	1530
ΑΡΝΗΤΙΚΗ ΥΨΟΜΕΤΡΙΚΗ ΚΟΜΜΑΤΙ	-20	-100	0	-110	-450	-200	-370	-280	-1530
ΑΡΝΗΤΙΚΗ ΥΨΟΜΕΤΡΙΚΗ - ΣΥΝΟΛΟ	-20	-120	-120	-230	-680	-880	-1250	-1530	-1530
CHECK	✓	✓		✓	✓				
ΝΕΡΟ	✓	✓	✓	✓	✓	✓	✓	✓	
ΙΣΟΤΟΝΙΚΟ		✓	✓	✓	✓	✓			
ΤΖΕΛ					✓				
ΑΛΜΥΡΟ ΣΝΑΚ		✓	✓	✓	✓	✓			
ΦΡΟΥΤΟ		✓		✓	✓	✓			

- For the ZCT 11k there is one aid stations with nutrition & hydration. Furthermore there is another one that accures twice only with drinks.

11k 700m+					
ΣΤΑΘΜΟΣ	ΧΩΜΑΤΟΔΡΟΜΟΣ	ΑΓ.ΓΙΑΝΝΗΣ	ΧΩΜΑΤ/ΜΟΣ	ΒΟΤΟΜΟΣ	ΣΥΝΟΛΟ
ΧΛΜ	2.5	5.5	9.0	11.5	
ΘΕΤΙΚΗ ΥΨΟΜΕΤΡΙΚΗ ΚΟΜΜΑΤΙ	270	390	70	20	750
ΘΕΤΙΚΗ ΥΨΟΜΕΤΡΙΚΗ - ΣΥΝΟΛΟ	270	660	730	750	750
ΑΡΝΗΤΙΚΗ ΥΨΟΜΕΤΡΙΚΗ ΚΟΜΜΑΤΙ	-20	-100	-350	-280	-750
ΑΡΝΗΤΙΚΗ ΥΨΟΜΕΤΡΙΚΗ - ΣΥΝΟΛΟ	-20	-120	-470	-750	-750
CHECK	✓	✓			
ΝΕΡΟ	✓	✓	✓	✓	
ΙΣΟΤΟΝΙΚΟ		✓			
ΤΖΕΛ					
ΑΛΜΥΡΟ ΣΝΑΚ		✓			
ΦΡΟΥΤΟ		✓			
			ΑΝΗΦΟΡΑ	ΜΙΚΤΟ	ΚΑΤΗΦΟΡΑ

Time Limit - DNF :

Time Limits:

11 km: 3h 00min.

25 km: 5h 30min.

Time Barriers/ Cutting Points: ZTR 25k only.

Km 5.5 Ag.Giannis: 1h 50 min

Km 12.5 Timios Stauros: 3h 30 min

DNF : In case of athlete's inability to continue or DNF due to time cut, the athlete is responsible for the following:

He has to deliver his number to the following Aid Station and declare DNF.

Then he will be offered with a ride to Votomos Lake when it is possible. Although it is Not recommended he is allowed to continue his route, without any support, on he's own responsibility.

External Support / Assistance : it is allowed ONLY at the aid station.

Security – Non Disclaimer Alert : The organization committee is NOT responsible under any circumstances for the injury, death or any other unpleasant incidence during the race. The participants must agree totally with the statement above. They choose to participate, knowing that they are doing so with their own personal responsibility. The race takes place at a mountainous enviroment with a lot of potentially dangerous points. Furthermore the athletes are responsible for their health. The race committee is not able to perform any checks so it falls under the responsibility of each athlete to check their own health condition prior to the race.

Marking: of the route will be frequent with red and orange dots on stable surface and red/white removable tape on trees. In no case must the runner procced more than 20-30 meters on a trail with or 100 meters on a road with no sign.

It is strongly recommended that you upload the route to your watch/phone. It's also best if you study the route a little bit so you know exactly what to expect.



Enviroment: the race takes place on a protected enviroment. It is self explanatory that we will not tolarate any causes of littering – no matter how small.

Penalties: The penalty of disqualification will be applied in cases of:

- ❖ littering
- ❖ Cheating /Shortcuts (Cutting corners/route shortening of a few meters is aloud)

- ❖ Bad behavior towards the organization or other athletes.
- ❖ Loss of Race number (Bib)

Weather – Race Cancel: At the particular area, the day of the race the propability of extreme weather is minimal. In any cause if the weather is dangerous the Race Committee will stop/postpone or cancel the race. With mild conditions (Rain, Wind etc) the race takes place normally.

Coronavirus: The race is relatively small in size <200 athletes, it takes place outside, under warm conditions normally (20 - 25oC). We see apsolutely no reason why it would affected.



Awards – Age Groups: We will award the following groups:

ZTR 25K

- ❖ Male Overall Winners (3 places)
- ❖ Female Overall Winners (3 places)
- ❖ Male 50+ (3 places)
- ❖ Female 50+ (3 places)
- ❖ Male 60+ (3 places)

ZCT 11K

- ❖ Male Overall Winners (3 places)
- ❖ Female Overall Winners (3 places)
- ❖ Young Male Under 21 (1 place)
- ❖ Young Female Under 21 (1 place)
- ❖ Oldest Male to Finish within time Limits (1 place)
- ❖ Oldest Female to Finish within time Limits (1 place)

The award ceremony will take place on 14.30.

All Finishers within the time limits are awarded with the finisher present.

Where to come & How: Votomos Lake is located 45km south of the town Heraklion and 75km south of Rethimnon. The drive takes approximately 45min and 1 hour 30min respectively.

More Info at:

cretantrail.wixsite.com/zarosrace

Where to stay:

Many hotels, rent rooms and traditional cottages exist in the area:

- <http://www.eleonas.gr>
- <http://www.nana-apartments.gr>
- <http://www.idi-hotel.gr>
- <http://www.studiokeramos-zaros.gr>

You can also choose to stay in the town of Heraklion or the small tourist village Matala which are both less than 45min away from the starting area.



Contact Infos:

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FB Page: <https://www.facebook.com/Zaros-Trail-Races-%CE%9F%CF%81%CE%B5%CE%B9%CE%BD%CE%BF%CE%AF-%CE%91%CE%B3%CF%8E%CE%BD%CE%B5%CF%82-%CE%96%CE%B1%CF%81%CE%BF%CF%8D-1004839462962181/?ref=bookmarks>

Or Seach **“zarostrailrace”**.