ESSENTIAL INFORMATION
ESSENTIAL INFORMATION

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# OPAP Limassol Marathon GSO Programme

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>THU 21/3</td>
<td>Registration Offices</td>
<td>11:00 - 19:00</td>
</tr>
<tr>
<td></td>
<td>3rd Cyprus Running Community Forum</td>
<td>19:00 - 21:00</td>
</tr>
<tr>
<td>FRI 22/3</td>
<td>Registration Offices</td>
<td>09:00 - 18:00</td>
</tr>
<tr>
<td>SAT 23/3</td>
<td>Registration Offices</td>
<td>09:00 - 18:00</td>
</tr>
<tr>
<td></td>
<td>5KM Corporate Race</td>
<td>09:00</td>
</tr>
<tr>
<td></td>
<td>Andrey and Julia Dashin’s Foundation Youth Race</td>
<td>11:00</td>
</tr>
<tr>
<td></td>
<td>PETROLINA Energy Day</td>
<td>09:00 - 12:00</td>
</tr>
<tr>
<td></td>
<td>Pasta Party</td>
<td>17:00</td>
</tr>
<tr>
<td>SUN 24/3</td>
<td>Marathon</td>
<td>07:30</td>
</tr>
<tr>
<td></td>
<td>Half Marathon</td>
<td>07:40</td>
</tr>
<tr>
<td></td>
<td>10KM Energy Race</td>
<td>08:00</td>
</tr>
<tr>
<td></td>
<td>5KM City Race</td>
<td>08:10</td>
</tr>
<tr>
<td></td>
<td>After Party</td>
<td>17:00</td>
</tr>
</tbody>
</table>
DATE: SATURDAY 23 MARCH 2019
TIME: 09:00 AM

IMPORTANT NOTICE
The Primetel 5 KM Corporate Race will start at 09:00 am. All teams are encouraged to be at the Start Line at 07:30 am the latest. There will be storage room near the start line at the Ports Authority Parking. The starting point of the Primetel Corporate Race is parallel to Yellow Cafe in Molos. The finishing point of the race is on the seafront road near Anexartisias Str.

The roads on Saturday will be closed from 08:00 am until 11:00 am.

<table>
<thead>
<tr>
<th>SATURDAY 23/3</th>
<th>Gates Open</th>
<th>Gates Close</th>
<th>Race Start Time</th>
<th>Awards Ceremony</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primetel 5KM Corporate Race</td>
<td>07:30 AM</td>
<td>08:45 AM</td>
<td>09:00 AM</td>
<td>10:40 AM</td>
</tr>
</tbody>
</table>
IMPORTANT NOTICE

The Andrey & Julia Dashin’s Foundation Youth Race is a running celebration for your friends! With a purpose of promoting running and fitness to our youngsters, the Andrey & Julia Dashin’s Foundation Youth Race will start at 11:00 am. There will be three different waves of runners based on age categories:

1. 6-9 years old
2. 10-13 years old
3. 14-16 years old

The start and finishing points of the Andrey & Julia Dashin’s Foundation Youth Race are located in the Western End of the Molos Park. The race will take place in the Molos Park and no road closures will be established.

<table>
<thead>
<tr>
<th>SATURDAY 23/3</th>
<th>Gates Open</th>
<th>Gates Close</th>
<th>Race Start Time</th>
<th>Awards Ceremony</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10:45 AM</td>
<td>/</td>
<td>11:00 AM</td>
<td>12:00 AM</td>
</tr>
</tbody>
</table>
ANDREY & JULIA DASHIN’S FOUNDATION YOUTH RACE MAP

INDEX
- RACE
- DIRECTION FROM START
- DIRECTION TO FINISH
- LANDMARK
- TURNING POINT
DATE: SUNDAY 24 MARCH 2019
TIME: 07:30 AM

IMPORTANT NOTICE
The Marathon Race will start at 07:30 am. Runners are encouraged to be at the Start Line at 06:30 am. The race course features 15 water stations which will contain St. Nicholas Water and SIS Energy Gels, SIS electrolytes, soft drinks and fruits.

Toilets will be available every 2.5 KM starting from the 5th KM. At the end of the race, the runners will receive water, electrolytes, oat biscuits, fruits and their finisher medal. At the finishing area, a massage space will be available providing recovery treatments and powered by ICE POWER.

Runners are allowed an Erdinger beer at the finish line!

The starting and finishing point of the Marathon Race will be the Western End of Molos Park. The race roads will close at 06:30 am and will re-open at 13:30 pm.

The race limit for the Marathon race is 6 hours.
DATE: SUNDAY 24 MARCH 2019
TIME: 07:40 AM

IMPORTANT NOTICE
The Half Marathon Race will start at 07:40 am. Runners are encouraged to be at the Start Line at 06:30 am. The race course features 7 water stations which will contain St. Nicholas Water and SIS Energy Gels, SIS electrolytes, soft drinks and fruits.

Toilets will be available near every water station. At the end of the race, the runners will receive water, electrolytes, oat biscuits, fruits and their finisher medal. At the finishing area, a massage space will be available providing recovery treatments and powered by ICE POWER.

Runners are allowed an Erdinger beer at the finish line.

The starting and finishing point of the Half Marathon Race will be the Western End of Molos Park. The race roads will close at 06:30 am and will re-open at 13:30 pm.

The race limit for the Half Marathon race is 6 hours.
DATE: SUNDAY 24 MARCH 2019
TIME: 08:00 AM

IMPORTANT NOTICE
The PETROLINA 10KM Energy Race will start at 08:00 am. Runners are encouraged to be at the Start Line at 07:00 am. The race course features 3 water stations which will contain St. Nicholas Water and SIS Energy Gels, SIS electrolytes, soft drinks and fruits.

Toilets will be available near every water station. At the end of the race, the runners will receive water, electrolytes, fruits, oats biscuits and their finisher medal. At the finishing area, a massage space will be available providing recovery treatments and powered by ICE POWER.

Runners are allowed an Erdinger beer at the finish line.

The starting and finishing point of the PETROLINA 10KM Energy Race will be the Western End of Molos Park. The race roads will close at 06:30 am and will re-open at 13:30 pm.

The race limit for the PETROLINA 10KM Energy Race race is 6 hours.

<table>
<thead>
<tr>
<th>SUNDAY 24/3</th>
<th>Gates Open</th>
<th>Gates Close</th>
<th>Race Start Time</th>
<th>Awards Ceremony</th>
<th>Age Categories Ceremony</th>
</tr>
</thead>
<tbody>
<tr>
<td>PETROLINA</td>
<td>07:00 AM</td>
<td>07:30 AM</td>
<td>08:00 AM</td>
<td>09:00 AM</td>
<td>MALE</td>
</tr>
<tr>
<td>10KM</td>
<td></td>
<td></td>
<td></td>
<td>09:00 AM</td>
<td>FEMALE</td>
</tr>
<tr>
<td>ENERGY RACE</td>
<td></td>
<td></td>
<td></td>
<td>11:00 AM</td>
<td></td>
</tr>
</tbody>
</table>
PETROLINA 10 KM ENERGY RACE

INDEX

- RACE
- DIRECTION
- LANDMARK
- TURNING POINT
- WATER STATION / TOILETS
  - including water, electrolytes, soft drinks, fruits
- WATER STATION / TOILETS
  - including water, sponges, juices, fruits

START

FINISH
DATE: SUNDAY 24 MARCH 2019
TIME: 08:10 AM

IMPORTANT NOTICE
The 5 KM City Race will start at 08:10 am. Runners are encouraged to be at the Start Line at 07:00 am. The race course features 1 water station which will contain St. Nicholas Water.

Toilets will be available near the water station. At the end of the race, the runners will receive water, electrolytes, fruits, oats biscuits and their finisher medal. At the finishing area, a massage space will be available providing recovery treatments and powered by ICE POWER.

Runners are allowed an Erdinger beer at the finish line.

The starting and finishing point of the 5KM City Race will be the Western End of Molos Park. The race roads will close at 06:30 am and will re-open at 13:30 pm.

The race limit for the 5KM City race is 6 hours.
5KM CITY RACE
REGISTRATION OFFICES

THE OPAP LIMASSOL MARATHON GSO Registration Offices will be located at the OLD PORT SQUARE. They will operate on Thursday 21.03.19, Friday 22.03.19 and Saturday 23.03.19.

<table>
<thead>
<tr>
<th>WHERE</th>
<th>Old Port Square</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHEN</td>
<td></td>
</tr>
<tr>
<td>Thursday 21.03</td>
<td>11:00-19:00</td>
</tr>
<tr>
<td>Friday 22.03</td>
<td>09:00-18:00</td>
</tr>
<tr>
<td>Saturday 23.03</td>
<td>09:00-18:00</td>
</tr>
<tr>
<td>Sunday 24.03</td>
<td>05:30-06:30</td>
</tr>
<tr>
<td>WHY</td>
<td></td>
</tr>
<tr>
<td>BIB Number collection</td>
<td></td>
</tr>
<tr>
<td>Merchandise pick up</td>
<td></td>
</tr>
</tbody>
</table>
REGISTRATION OFFICES

FOR MORE INFORMATION ON THE LOCATION, PLEASE VISIT www.limassolmarathon.com OR call us at 00357 25 880 100
Following the guidelines of AIMS and IAAF, as well as the standards of world renowned mass participation running events, all of our 6 races will be traffic-free. This implies that roads will close earlier to the start time, to ensure a safe and stress-free experience. Please read the following important information:

**SATURDAY**

On Saturday the 23rd of March, the roads affecting the PrimeTel 5KM Corporate Race will close at 08:00 am. The closure will affect the Limassol coastal road from the height of Anexartisias Street until the height of Crowne Plaza.
SUNDAY

On Sunday the 24th of March, the roads affecting the Marathon Race, Half Marathon Race, PETROLINA 10 KM Energy Race and 5 KM City Race will close at 06:30 am. The closure will affect the Limassol coastal road from Asomatos Road until the Elias Beach Hotel Area. Roads will start opening up gradually starting with the western parts at around 09:00 am. All roads will open up until 13:30 pm.
TRANSPORTATION TO START LINE

BUS ROUTES
ALONG THE COASTAL ROAD

BUS NUMBER 30
START 05:30, 05:40, 05:50, 06:00, 06:10, 06:20, 06:30

- ELIAS BEACH HOTEL
- ATLANTICA BAY HOTEL
- ANCIENT AMATHOUTA
- AMATHUS HOTEL
- FOUR SEASONS HOTEL/MEDITERRANEAN HOTEL
- AMATHOUTOS 2
- ARSINOE HOTEL
- LIMASSOL SAILING CLUB
- AQUARIUS HOTEL
- HIGH CHAPARAL
- GEORGIOU A’ -1
- ROYAL APOLLONIA HOTEL
- GEORGIOU A’ -2
- TSANOTEL / ATLANTICA MIRAMARE HOTEL
- PARK BEACH HOTEL
- PIZZA HUT
- KEAN
- DEBENHAMS / CROWN PLAZA
- OLYMPIC RESIDENCE
- KAPETANIOS ODYSSEIA HOTEL/
- KAPETANIOS LIMASSOL HOTEL
- MUNICIPAL PARK
- CATHOLIC CHURCH
- OLD PORT (START LINE)
TRANSPORTATION

DOWNLOAD THE BOLT APPLICATION FROM ANDROID OR IOS AND GET A 10% DISCOUNT ON YOUR TAXI RIDE BY APPLYING THE CODE. THIS IS AN EXCLUSIVE ORDER FOR THE OPAP LIMASSOL MARATHON GSO RUNNERS!

PROMOCODE: LIMMARATHON2019
### WATER STATIONS

There are 15 water stations in total covering all routes of the Opap Limassol Marathon GSO.

#### MARATHON RACE

<table>
<thead>
<tr>
<th>KM</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Water, WC, Electrolyes</td>
</tr>
<tr>
<td>7.5</td>
<td>Water, WC, Sponges</td>
</tr>
<tr>
<td>10</td>
<td>Water, WC, Electrolytes</td>
</tr>
<tr>
<td>12.5</td>
<td>Water, WC, Sponges</td>
</tr>
<tr>
<td>15</td>
<td>Water, WC, Electrolytes</td>
</tr>
<tr>
<td>17.5</td>
<td>Water, WC, Sponges</td>
</tr>
<tr>
<td>20</td>
<td>Water, WC, Electrolytes, Energy Gels</td>
</tr>
<tr>
<td>22.5</td>
<td>Water, WC, Sponges</td>
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<tr>
<td>25</td>
<td>Water, WC, Electrolytes</td>
</tr>
<tr>
<td>27.5</td>
<td>Water, WC, Sponges, Fruit</td>
</tr>
<tr>
<td>30</td>
<td>Water, WC, Electrolytes, Energy Gels</td>
</tr>
<tr>
<td>32.5</td>
<td>Water, WC, Sponges, Fruit</td>
</tr>
<tr>
<td>35</td>
<td>Water, WC, Electrolytes, Energy Gels</td>
</tr>
<tr>
<td>37.5</td>
<td>Water, WC, Sponges, Fruit, Soft drink</td>
</tr>
<tr>
<td>40</td>
<td>Water, WC, Electrolytes</td>
</tr>
<tr>
<td>FINISH</td>
<td>Water, WC, Electrolytes, Fruit, Oat Biscuits, Massage station, Beer</td>
</tr>
</tbody>
</table>
WATER STATIONS

HALF MARATHON RACE

4.5 KM  Water, WC, Sponges
6.8 KM  Water, WC, Electrolytes
9.3 KM  Water, WC, Sponges, Fruit
11.2 KM Water, WC, Sponges, Fruit
13.9 KM Water, WC, Electrolytes, Energy Gels, Soft drinks
16.8 KM Water, WC, Sponges, Fruit, Soft drinks
19.3 KM Water, WC, Electrolytes
FINISH  Water, WC, Electrolytes, Fruit, Oat Biscuits, Massage Station, Beer

PETROLINA 10KM ENERGY RACE

4.5 KM  Water, WC, Sponges
5.7 KM  Water, WC, Sponges, Fruit, Soft drinks
8 KM    Water, WC, Electrolytes
FINISH  Water, WC, Electrolytes, Fruit, Oat Biscuits, Massage Station, Beer
AGE GROUPS

The first female and male of the 6 age group categories will be awarded in the Marathon, Half Marathon, Petrolina 10 km Energy Race and 5 km City Race.

<table>
<thead>
<tr>
<th>SUNDAY 24/3</th>
<th>Age Categories Ceremony</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>42.195</strong></td>
<td>12:00 PM</td>
</tr>
<tr>
<td>Marathon Race</td>
<td></td>
</tr>
<tr>
<td><strong>21.100</strong></td>
<td>11:00 AM</td>
</tr>
<tr>
<td>Half Marathon Race</td>
<td></td>
</tr>
<tr>
<td><strong>10 km</strong></td>
<td>11:00 AM</td>
</tr>
<tr>
<td>Petrolina Energy Race</td>
<td></td>
</tr>
<tr>
<td><strong>5 km</strong></td>
<td>11:00 AM</td>
</tr>
<tr>
<td>City Race</td>
<td></td>
</tr>
</tbody>
</table>
PARALLEL EVENTS

BOC FORUM

19:00 Start of the event
19:05 Welcome
19:20 Speech by Mr. Savvas Perdios
   Deputy Minister of Tourism
19:35 Speech by Mr. Tim Kilduff
   Executive Director and Founder
   of 26.2 Foundation and Ex Boston
   Marathon Director
19:50 Speech by Mr. Mimis Sofocleous
   Director of Limassol Historical
   Archives
20:40 Honorary Ceremony
20:40 End of the event and
   Cocktail Party

DATE 21.3.03
TIME 19:00 pm
LOCATION Tassos Papadopoulos Amphitheatre, CUT
PARALLEL EVENTS

PROGRAM
PETROLINA ENERGY DAY

10:30-10:55
Gritt Cardio

11:00-11:25
Bodycombat

11:30-11:55
Attack

12:00-13:00
PARTY!

DATE 23.3.03
TIME 09:00 am
LOCATION Marathon Village (Molos)
PARALLEL EVENTS

DATE 23.3.03
TIME 17:00 pm
LOCATION Marathon Village (Molos)
PARALLEL EVENTS

DATE: 23.3.03
TIME: 13:00 - 15:00 pm
LOCATION: Molos Promenade
PARALLEL EVENTS

DATE 24.3.03
TIME 10 am until late
LOCATION Molos Promenade
www.limassolmarathon.com