



**PUSHING BOUNDARIES
BUILDING DREAMS**

POSIDONIA TOUR 2026 CHARITY CYCLING RACE 30.5.2026

TERMS & REGULATIONS

POSIDONIA TOUR 2026 Charity Cycling Race 2026

DATE & TIME:

**Saturday, May 30th 2026, with start in Athens Syntagma square
at 08:30 LT and finish in Cape Sounion.**

ORGANISER:

The **POSIDONIA TOUR 2026** [the "Event"] and all official "side-Events" are organised
by (hereinafter referred to as "Organiser"): **IG CYCLING TOURING RACES AMKE**

Phones: 0030 2106781003 and 0049 1722147819

EMERGENCY, SERVICE NUMBERS:

Race Director

Mr. Ioannis Papanikolaou: +30 693 698 6073

Medical Supervisor

Mr. Nikolaos Angelis: +30 690 960 6625

Athlete Service

Ms. Antigoni Vasilopoulou: +30 694 993 5783

Fire Department

199

Police Supervisor on site

WE ARE SINGLE-USE PLASTIC FREE RACE!

The POSIDONIA TOUR 2026 will be Single-use plastic free race.

That means that the organization will not distribute any single use plastic water bottles, gels or other food in plastic packaging at the start, finish or the feed stations.



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EVENT

The POSIDONIA TOUR 2026 is a renowned and competitive cycling Event and one of the sporting and tourist highlights of the broader Athens and Attica region.

Within the scope of the Event, the Organiser also arranges a diverse side program including a Bike Expo, entertainment shows, and other side Events. These complement the main race and make the POSIDONIA TOUR 2026 a unique experience for athletes and spectators alike.

COURSE

The course starts in the city of Athens, Syntagma square and finishes in Cape Sounion, covering about 70 km and about 600 meters of elevation gain through rather easy, undulating terrain along the broader Athens coastline to Sounion.

GPS data for the course can be downloaded as a GPX file on the official IG CYCLING website.

The Organiser or the race management may change the Event route or schedule at any time. This may include switching to the alternative course or any other route deemed suitable.

Participants are responsible for informing themselves in a timely and comprehensive manner, via the IG CYCLING website and the riders' technical briefing, about the course, elevation profiles, and in particular hazardous sections. The technical briefing will be held the day before the race, on Friday May 29th at a venue to be announced in social media and the website.

If participants' safety is endangered (road conditions, weather, etc.), the Organiser may cancel or stop the Event. In the case of cancellation due to unforeseen circumstances or orders by the relevant authorities, there is no right to a refund of entry fees.



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PARTICIPATION CONDITIONS

Participation in the Event is restricted primarily to cyclists (hereinafter referred to as "Participants") aged 17 and above. Participants who are at least 16 years of age may only participate in the race if they are accompanied by, and have the consent of their legal guardian, when collecting their race number. The Organiser reserves the right to verify all information provided by Participants, in particular requesting proof of age and identity, and/or further information, which may be requested at any time at the Organizers' discretion.

Participation in the Event requires excellent health (both physical and mental) and fitness. A (sports) medical examination prior to the Event is therefore required.

Participation is possible only when the Participant produces a medical certificate by a certified pathologist/cardiologist/GPA no older than 12 months before the start of the race, or a valid Cycling Club membership card valid for 2026 that already includes a medical attestation.

Only persons who are not under any physical or psychological influence that could impair their reaction times and performance are eligible to participate. Participants must not be under the influence of alcohol, doping substances or drugs.

Persons who belong to a national or international association and are currently banned for doping offenses are not eligible.

Participants are eligible to start if they have signed and accepted the fully completed registration form, the Organizers' terms and conditions, and the entry fee has been received in the specified account by the deadline. Any bank transfer fees incurred will be charged additionally.

The Greek Road Traffic Regulations constitute an integral part of the rules and regulations for this Event and must be observed without exception. Although the Organization will try to provide a traffic free environment, overtaking, turning and oncoming traffic as well as emergency vehicles must be expected at all times. In addition, people, grazing animals and free-roaming animals may cross the road at any time and in any place.

Participants' behavior will be monitored throughout the entire Event route by members of the Organizers' motorcycle patrol. They are authorized to issue instructions to participants and, if necessary, to disqualify them. The instructions of the road traffic authorities (police)



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and the Organiser's stewards must be followed. In the Event of violations of the Road Traffic Regulations, the personal data of participants will be forwarded at the request of the authorities for the purpose of possible criminal proceedings. Unsportsmanlike behavior by Participants will be punished consistently, and without exception, with disqualification. The Organiser may also remove participants from the classification who are clearly unable to reach the designated checkpoints in time.

Support vehicles are strictly prohibited. If a participant is directly accompanied by a vehicle, this will be grounds for disqualification.

Participants are informed that the organizer accepts no liability for theft whatsoever, and in particular for bicycle theft.

Participants agree that image and video material from the Event and their personal data may be stored, passed on to third parties and published without restriction and for an unlimited period of time after the Event. This applies also to the creation of a ranking list and any communication between the Organiser and/or commissioned third parties and the participant.

To protect the environment, it is absolutely forbidden to throw any kind of waste along the route, and it is mandatory to deposit it in the specially provided containers placed near the feeding zones and/or at the finish that are signposted as "Ecozone". Failure to comply with this rule will be sanctioned by the race commissaries, assisted by the staff of the organization, up to disqualification.

To ensure the safety of the Participants, it is strictly forbidden to participate in the POSIDONIA TOUR 2026 with the following:

- a bicycle equipped with any type of extension (bar ends or triathlon handlebars);
- an electric or electrically assisted bicycle
- a recumbent bicycle
- mountain or city bicycle
- a bicycle other than an official road bike

Tandem road bicycles are permitted, only after the permission from the Organisation.



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The following are also forbidden during the POSIDONIA TOUR 2026

- Use of any bars or extensions to hold action cameras or mobile phones.
- Filming when riding. This can be done only when off the bike.
- Making phone calls when riding. This can be done only when off the bike.
- Cycling in a reckless manner.

It is to the discretion of the safety personnel to warn and/or disqualify a Participant due to the above violations.

MANDATORY EQUIPMENT

OBLIGATION: To guarantee safety and the smooth running of the Event, all participants must arrive at the start equipped with the following mandatory equipment:

- an approved helmet which must be worn for the entire duration of the Event;
- a hydration system (bottle or water bag)

RECOMMENDATION: participants are encouraged to carry a tire / tubular repair kit and/or spare inner tubes.

PARTICIPATION OF PROFESSIONAL RIDERS

Professional riders are permitted to participate in the POSIDONIA TOUR 2026, but will not be awarded.

All riders who are members of one of the following teams are considered Professional riders:

- UCI WorldTeam
- UCI ProTeam
- UCI Women's WorldTeam
- UCI Continental teams

Amateur Riders

Athletes who have a UCI license or UCI ID, but not under contract with a WorldTeam, ProTeam, Women's WorldTeam or Continental Team are still considered amateurs. They may compete in national races, open races, or UCI amateur Events.



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ENTRY FEES 2026

The entry fee for the POSIDONIA TOUR 2026 is:

Early Bird until 15.1.2026: €70

16.01.2026 - 30.04.2026: €90

REGISTRATIONS WILL CLOSE on April 30th 23:59 Athens time.
The organization reserves the right to close the registration at any earlier time.

The entry fee cannot be refunded or transferred to another Participant for any reason whatsoever, even in the case of the Event cancellation.

The participant is also not entitled to reimbursement of any expenses or costs or for cancellation of accommodation already booked.

RACE PACK includes

- Preferential pricing for merchandise in the EXPO
- Race number and timing chip. The timing chip must be returned to the Organiser, otherwise a fee of EURO 45 per chip will apply to the participant.
- Official race bag, with promotional goodies.
- Timing service
- Award ceremony with promotional gifts
- Breakdown assistance (spare parts must be paid by the Participant)
- Medical care during the race [Ambulances and response teams]
- 2 Feeding zones
- 2 Littering Zones around FZ
- Broom wagon service
- Finisher Medal
- Finisher Beer
- Access to the post-race Party
- Race photos
- Free transport for athletes and their bicycles from Sounion to Syntagma after the race. Specific timetable to be announced.



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RACE NUMBER COLLECTION

Race pack with the race number and chip can be collected on Friday 29th May 2026 at the registration desk at the EXPO area in Athens.

It will not be possible to collect the race numbers on the race day.

ANY UNCOLLECTED RACE PACK WILL NOT BE SENT HOME.

Race pack can only be collected once the Participant has produced the medical certification, ID and has signed the race waiver.

AGE CATEGORIES

The Age categories will be announced in due course.

CHECKPOINTS

The Checkpoints will be announced in due course.

REFRESHMENT STATIONS

There will be two refreshment stations where nutritional needs for the athletes will be taken care of.

No single-use plastic bottles will be available or other food in plastic packaging.

There will be large containers with fresh and good quality water and isotonic liquids, as well as freshly made food for immediate consumption.

INTERMEDIATE SPRINT

The details for the Intermediate Sprint will be announced in due course.

AWARD CEREMONY

The details for the Awards Ceremony will be announced in due course.



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RACE SERVICES

Medical Care:

Medical care for participants is provided by the Organisation. Ambulances accompany the participants throughout the entire course. Emergency doctors are present with the field. If an injured person is transported away, the costs of transport will be invoiced by the rescue organization and any further transport or treatment costs must be borne by the participant.

Participants are encouraged to have own medical, sport accident insurance.

Broom Wagon:

Participants who abandon the race for any reason should remain directly on the route. Only there can they be picked up by the broom wagon. The Organiser accepts no liability for any damage to bikes in the broom wagon, during the race or at refreshment stations.

Repair service:

The Organiser provides service support along the route. The service cars are equipped with expert personnel and replacement materials for most mechanical problems. The following applies: the service is free of charge, but the materials must be paid for. In addition, there is a fixed material point (air pump, tyres, inner tubes, etc.) at each refreshment station, usually located at the end of the refreshment station and marked accordingly. No repair service is available here – repairs must be carried out by participants themselves. The Repair Service will be employed at first call/ first serve basis.

COMPLAINTS

Any complaints must be received by the Organisers within 1 month after the completion of the Event.



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WAIVER OF LIABILITY

By subscribing to the Event, the athlete declares to know and to oblige these rules and to entirely accept the following waiver of liability. "I am aware of the facts that participating in the Event and/or sport Events in general is a potentially risky activity. I also declare to having entered the race consciously and I assume responsibility for all risks arising from my participation like falls, contacts with vehicles, other participants, spectators or otherwise, any weather conditions including extreme heat, cold and/or humidity, traffic and road conditions, any type of risk well-known and evaluated by myself. Being aware of this, considering the acceptance of my entry application, I, for myself and on behalf of anyone else, waive the Organizing Committee of the Event the promoters, the Municipalities, the Official Time Keeper, all the sponsors, the representatives, successors, officers, directors, members, agents and employees of the companies mentioned above, from all present and future claims for liability of any kind, known or unknown, deriving from my participation in the Event."

JURISDICTION

Any disputes regarding the application and interpretation of these regulations shall fall under the jurisdiction of the Court of Athens.

INFO:

MAIL: