

INFORMATION ABOUT THE RACE

Cyprus University of Technology and “Ev Zin” Runners Club, supported by Limassol Municipality, are organizing the 1st corporate only, charity relay race (4 x 4km) "Run 4 All". The race will take place on Sunday, May 28th, 2017. The start and finish of the race will be in the historic city center of Limassol, at the University Square and the biggest part of the run route will be along the seafront road.

The race is organized for the first time and is characterized by four novelties:

- o has its start and finish in the center of Limassol city,
- o it is a corporate-team race only,
- o all proceeds from registrations will support charities the winning teams will choose,
- o is a relay race (4 Runners x 4km each) and running teams must have equal representation of men and women.

The event, aimed at both experienced and new runners is not just another run race. It is an effort to develop and promote running as an activity which improves quality of life, promotes healthy lifestyles, relieves work related stress and entertains people. At the same time the event aims to contribute not only to corporate wellness but also to give back to society and help those in need. All revenues from registrations – if sufficient sponsorships to cover event organization costs are secured - will be donated to charities of choice of the winning corporate groups. The race is expected to attract participation of 1000 runners (250 corporate teams of four members) and a large number of people are expected to visit the sports exhibition which will take place the day before the event and for which the entrance is open to the public.

As part of the main event an individual 500m fun race for kids will take place. The kids run race will start and finish in front of Limassol's Town Hall.

AIM OF THE RACE

RUN4All aims to promote running as an activity to improve one's quality of life and health and help lower work related stress levels, but also as a fun way to exercise. At the same time, the event aims to contribute back to society and those who are most in need.

All revenues from team registrations will be donated to the first 10 teams choice of charity.

ABOUT THIS RACE

Start and Finish: University Square, Limassol

Date of event: Sunday, May 28th 2017

Time: 09:00 (time limit of finishing the race: 120 minutes)

Team composition: 4 people, with at least one member of the opposite sex

Team Limit: 250 teams

Kids Fun Race will start at 11:00 a.m. Maximum participants in the kids fun race: 200

WHO CAN PARTICIPATE

- Running teams registered by private companies and organized groups (e.g. public or/and semi-government organizations). Running or sports clubs are included amongst organized groups.

Each running team must consist of four runners, men and women (at least one team member of the opposite sex)

- Team participation fee is set to € 50.
- Cancellations and refunds are not accepted, while changes to the members of each group can be accepted until Saturday, 27th of May 2017, at 19:00p.m.
- Runners and companies accept and give their consent for taking photos, video material and to use their corporate logo, name for event promotional material (press, print, radio and/or social networks).
- For the individual Kids Fun Race, children aged 6-12 years are eligible to participate. Participation in the Kids Fun Race is for free.

MEDICAL COVERAGE

All runners participate with full personal liability. They accept and declare that they have taken all necessary medical examinations and are in excellent health to participate in the race. Organizers are not responsible for any claim or injury caused during the race.

Organizers will provide for medical assistance, during the race.

THE ROUTE

- The race has its start and finish in the same place, the University Square in downtown Limassol.
- All teams must arrive at the University Square, at least half an hour before the start of the race.
- The first team runners will begin the race at Arch. Kyprianou street, in front of the Town Hall and the University's Senate building. With direction to Ag. Andreou street, they will turn left onto Ag. Andreou street and then right to Ifigenias/D.Nikolaïdi Street. Arriving at the sea front road, runners will turn left on to Sp.Araouzou/Chr.Chatzipavlou and continue on this street up until Enaerios traffic lights.
- At Enaerios traffic lights runners will make a U-turn and return along the sea front road. They must turn right on to Anexartias Street and left at Themidos Street. Relay baton exchange area will be located in the University Square, where runners should pass on the relay baton to the next member or their team. All team members should follow the same route as above. Route map attached (please see map1 & 2).
- A team participation is valid if each member of the team passes on and receives the relay baton in the exchange area of 50 meters, located in the University Square (in between race arches).
- To ensure the safe change-over of relay batons in the predetermined area between the two arches athletes are advised to abandon the area immediately after passing on the relay baton to the next member of their team and move as quickly as possible towards the exit points.

- Organizers will provide for individual and group electronic timing, with the use of timing chips in bib numbers.
- To ensure proper compliance with race rules, organizers will use judges, trainers and volunteers, in all parts of the route, and the start / finish line.
- Official race regulations are applicable for anything not provided in the current announcement. Non provisions will be decided by the Technical Committee of the race.

* Kids Fun Race will start at 11a.m. It has the same start and finish as the corporate event. The route is the imaginary square created by Kitiou Kyprianou Street, Ag.Andreou, Anexartisias and Athinon Street, a total of 500 meters. There will be no electronic timing for the kids' race. Please see attached map 3 for this route.

AID STATIONS

Water and fruit will be offered to runners in aid stations at the start/finish line and/or other sections of the race route.

STORAGE

Organizers will provide for the safe storage of personal belongings of runners in the University Square.

REGISTRATIONS

- Registrations can be made online on the race website www.run4all.eu Each corporate team (of 4 runners) should submit a separate registration form.
- Registration period is open from 1st February 2017 to May 14th 2017 or earlier if team limit of 250 is reached.
- Team (of 4 runners) registration fee is set to € 50.
- To confirm registration, fee payment should be made in the following bank account:
Bank of Cyprus
Σωματείο Δρομέων "Ευ Ζην"
Account Number: 357024348143
Please make sure to indicate on the payment slip your Company/Organization name and the total number of teams you are paying for.
- During online registrations, teams should name the charity they wish to support and donate the prize amount, if they finish among the first 10 teams in the race. Accepted charities are those included in the official Registry for Foundations. The list can be found here: http://www.moi.gov.cy/moi/moi.nsf/page61_gr/page61_gr?OpenDocument
- Complete are the registrations which include:
 - Submission of the online form
 - Payment of the participation fee and
 - Receipt of a confirmation/acknowledgement e-mail from the organizers that you are all set and ready to run! This e-mail should also be presented in order to receive team bib numbers.
- Separate registration forms for the kids fun race (individual participation) should be made online at www.run4all.eu Participation is free.

BIB NUMBERS AND TIMING CHIPS

The distribution of runners bib numbers and timing chips will take place on Saturday, 27th May 2017, at the Cyprus University of Technology - 'Tassos Papadopoulos', between 15: 00 to 20: 00.

For the Kids Fun Race bib numbers will be distributed to registered participants together with a free race t-shirt. Kids Fun Race will not be timed.

PRIZES

- All runners who finish the race will receive medals (including kids race).
- First 10 teams who finish the race will win cash prizes (registration revenues). Specific information about the prizes will be given upon conclusion of the registration deadline.
- All prizes will be allocated to support charitable purposes. 'Eu Zην' Running Club will issue a cheque to the Foundation/Association named by the winning team upon their registration.

CHANGE OF EVENT DATES/CANCELLATION OF THE EVENT

Organizers reserve the right to cancel the event due inclement weather or other circumstances which would make the event non-viable. All announcements will be made through the events webpage.

SPORTS AND HEALTH EXHIBITION

Sports and health products will be exhibited in the Cyprus University of Technology, 'Tassos Papadopoulos' building, on Saturday, 27th May 2017 from 15:00-20:00.

The exhibition will involve:

- Sports and racing equipment and accessories from known companies, with sales offers valid only for visitors and race participants.
- Nutrition and health products that complement the needs of each runner.
- Promotion of sponsors services and products.

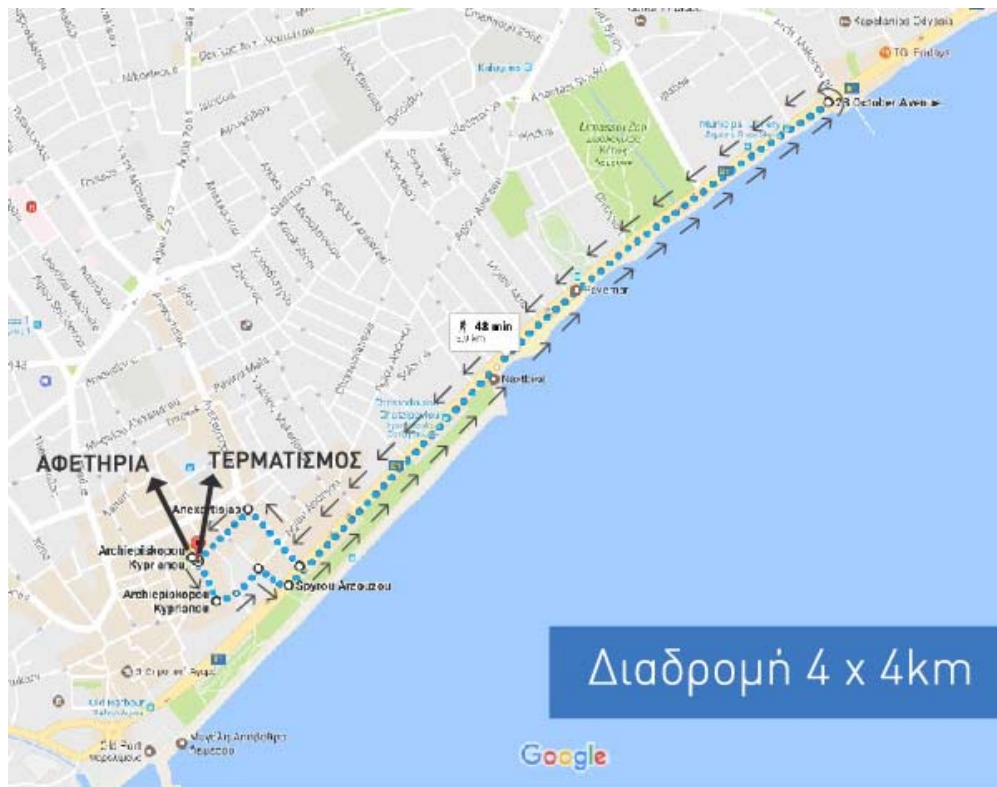
Admission to the exhibition is free.

HOW TO ARRIVE – TRAFFIC ARRANGEMENTS

Car traffic will stop and the two traffic streams of the seafront road, from Enaerios traffic lights all the way to the ex Continental Hotel Ifigenias street, from 08:00 to 11:00. Same arrangements will apply for all streets adjacent to the University Square (Kitiou Kyprianou, Anexartisias –from the seafront road up until Athinon Street and Themidos)

Proposed parking spaces in the center, near the University Square, are the following (Click here http://www.limassolmunicipal.com.cy/parking_gr.html).

MAP 1: Run Route for 4x 4km Race



MAP 2: Start and Finish of 4x 4km Race



MAP 3: Kids Fun Race 500m

