



RACE MANUAL 2023

#HAVEYOUGOTWHATITTAKE



THE EVENT

A new trail run series is born! And it's born from one of the most Epic triathlon races that exist! The **O³lympusMan Classic** is taking place on the mythical trails around the Peak of Olympus in Troodos Mountains! It's a fast trail run race for the experienced trail runners and a challenging one for those who are about to enter the trail run world!

This year, OlympusMan Trail Run Series introduces two more races, the **O³lympusMan Ultra** and the **O³lympusMan Marathon +** for the more experienced and hardcore trail runners out there!

All races reach the top of the island, the Olympus peak. Before the light is gone you will be on the top of the mountain. Then you are an OlympusMan!

RACE ENTRY

Race Fees

O ³ lympusMan Ultra 72km	€70
O ³ lympusMan Marathon+ 47km	€50
O ³ lympusMan Classic	€30

Cancellation Policy

Full refund or slot transfer for cancellation before/including the 15th of October 2023

50% refund or slot transfer for cancellation before/including the 22rd of October 2023

No refunds for cancellations after the 22rd of October 2023

The entry fee includes:

- Bib numbers
- Energy bars/gels
- Route signage and safety
- Medical assistance during the race
- First aid and safety personnel
- Feed stations
- Soup at the finish line
- Shower and change rooms after the finish
- Finisher's medal (for the Marathon race)
- Commemorative T-shirt
- and your O3 OlympusMan goody bag with commemorative gifts

CATEGORIES

Individual Classification

- Men/Women 18-29 years old
- Men/Women 30-39 years old
- Men/Women 40-49 years old
- Men/Women 50+ years old



PROGRAMME

Thursday 2.11

14:00-17:00 Race bag pick up at Activate Cyprus office in Tochni

Friday 3.11

17:00-18:00 Race bag pick up at Troodos Hotel
1800 Race briefing / Technical Information

Saturday 4.11

06:00 Start of the O³lympusMan Ultra
08:00-08:30 Race bag pick up near the start line for the O³lympusMan Marathon+
09:00 Start of the O³lympusMan Marathon+
10:00-10:30 Race bag pick up near the start line for the O³lympusMan Classic
11:00 Start of the O³lympusMan Classic
16:30 Award Ceremony at Troodos Hotel

* A main race briefing will take place at the Troodos Hotel at 6pm on Friday 3rd of November. There will be a short race briefing for the Ultra runners at 5.30am, for the Marathon+ at 8:30am and for the Classic at 10:30am on Saturday morning for those who could not make the Friday briefing.

RESULTS

All official results will be posted on the website a day after the event. The marshals and volunteers will have a hard time running this event so respect their duties and responsibilities trying to deliver you with a safe and fun race course. Obey all rules and directions by them and have a great race.

In case of bad weather: In the rare case of bad weather conditions the organizers may propose a different running route. The announcement of the new route will be done before the start of the race.. If the weather changes during the race, the organisers have the right to change the finish. In this case the finishing order for people will be given based on the athletes arrival at the new finishing point. Under certain circumstances the race organisers may be required to deviate from the race rules and guidelines set out in this manual to ensure a safe race or to award true sportsmanship.

COURSES AND RACES

The **O³lympus Man Trail Series** consists of 3 routes which start and end at Troodos Square.

These routes are:

Loop 1: Psilo Dentro

(CP only at Psilo Dentro, the main Feed station and Drop Bag zone at the end of the loop at Troodos square)

Loop 2: Agios Nikolaos

(CP only at Agios Nikolaos, the main Feed station and Drop Bag zone at the end of the loop at Troodos square)

Loop 3: Classic course of the Olympus Man Triathlon

(4 Feed stations at 3.5km/12.5km/14km/18.3km)

THE RACES:

O³lympus Man Ultra 72km

- Loop 1: Psilo Dentro
- Loop 2: Agios Nikolaos
- Loop 3: Olympus Man Triathlon Classic Course

O³lympus Man Marathon+ 47km

- Loop 1: Psilo Dentro
- Loop 3: Olympus Man Triathlon Classic Course

O³lympus Man Classic 21km

- Loop 3: Olympus Man Triathlon Classic Course

CHECKPOINTS/AID STATIONS:

Troodos Square will be the main aid station, with runners passing through this aid station after each loop. This is where they will be able to access their drop bags with their personal supplies. There will be 1 additional cut off checkpoint, on loop 1 and loop 2 with rescue team.

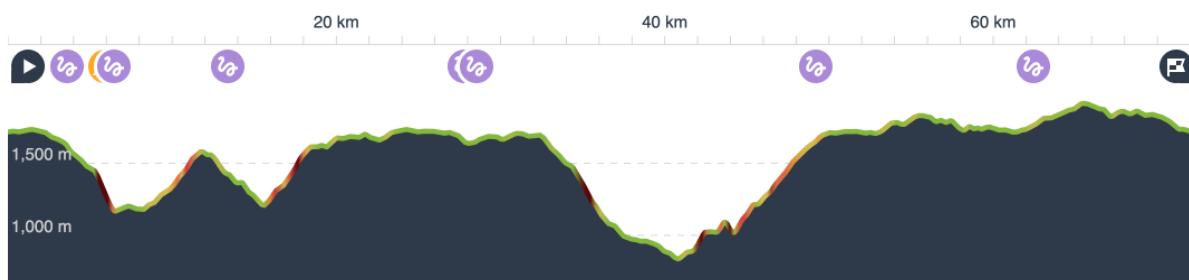
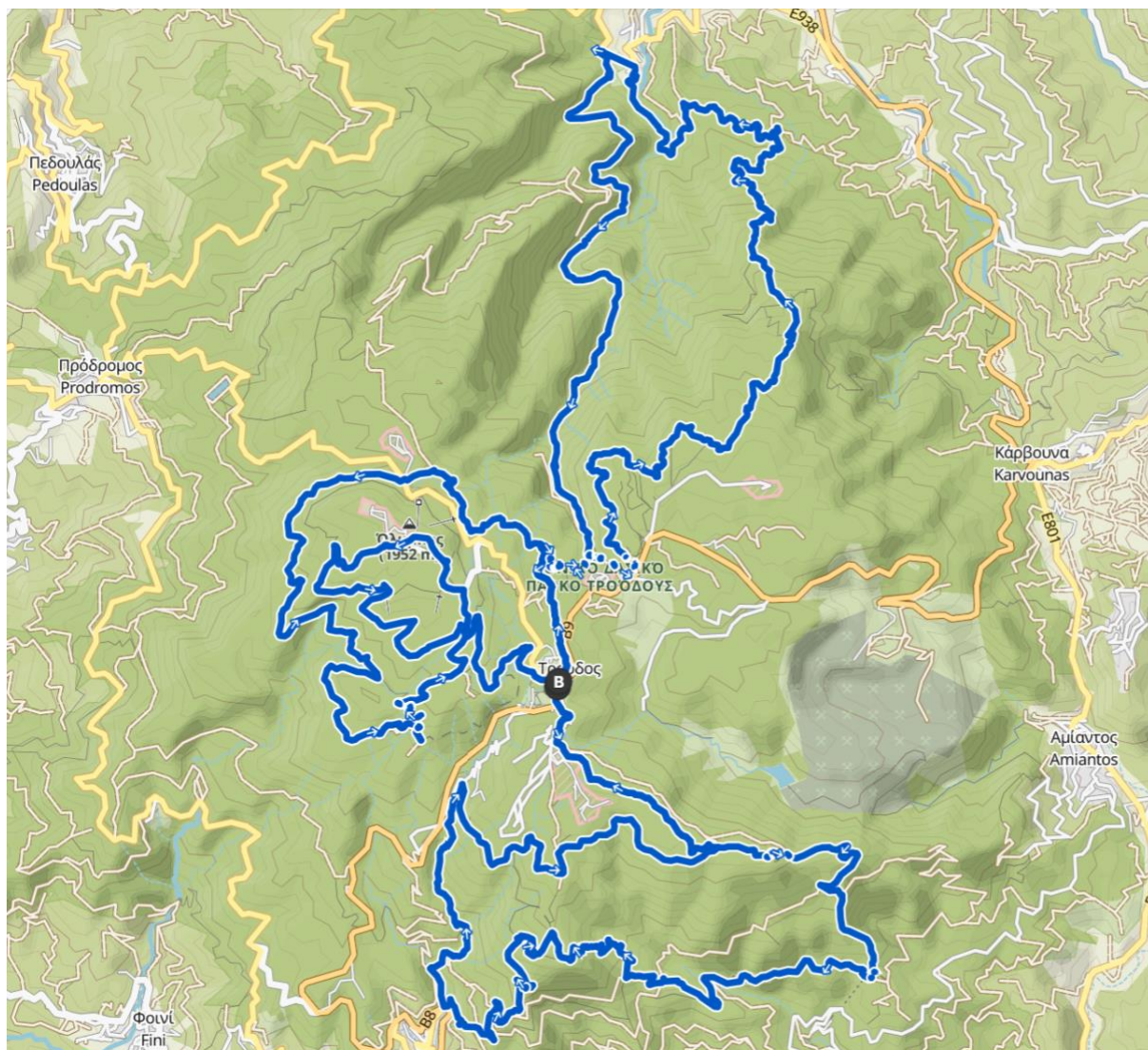
The Troodos aid station will have: water, coke, energy hydration drinks, bananas, oranges, biscuits and local Cypriot snacks like pitta satzis with honey and soutzoukos. There will also be tea, bread and peanut butter.

Throw rubbish into the garbage bags provided, not on the ground for checkpoint staff to pick up.

In general, please be courteous and friendly to checkpoint staff – they are all volunteers spending their Saturday helping runners to have a happy day in the mountains and reach their goals.

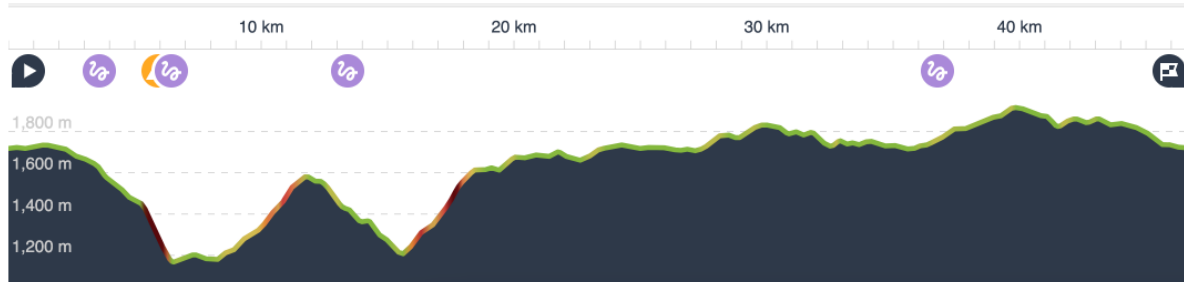
We could not have a race without them.

O³LYMPUSMAN ULTRA
72km | +2630m



[CLICK HERE FOR THE GPX FILE](#)

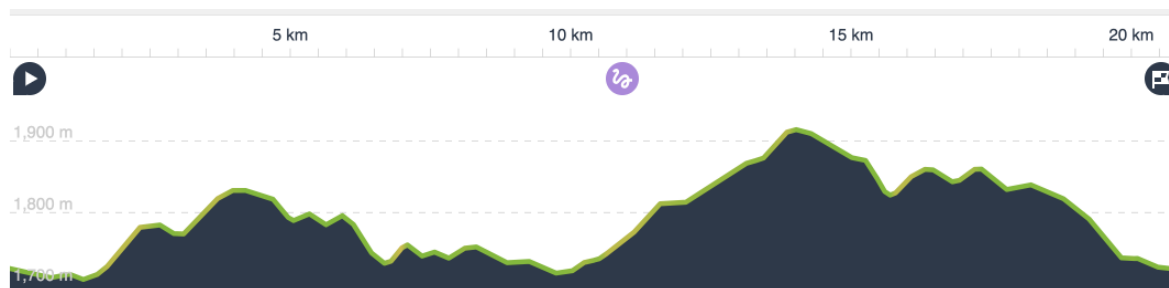
O³LYMPUSMAN MARATHON+
47km | +1550m



[CLICK HERE FOR THE GPX FILE](#)

O³LYMPUSMAN CLASSIC

21km | +490m



[CLICK HERE FOR THE GPX FILE](#)

There will be 4 water and feed zones consisting of water, fruits, cakes and ready mixed carbohydrates. These stations shall be at:

- 3.5km
- 12.5km
- 14km
- 18.3km

. RULES

- The run course is open to other people like hikers or runners.
- You may have a support runner who can only accompany you on foot - strictly no supporters on bikes on the run course.
- **Race numbers** must be worn on the front of your running vest in order to be clearly visible to race officials
- **Emergency Information: At registration, you will have to confirm / provide the phone number you are running with, as well as an additional emergency contact number.**

DROP BAGS

Runners can leave clearly labelled (70k plus name or 45k plus name) drop bags at the drop bag zone in Troodos square, either on Friday evening or on Saturday morning.

No bags or any other items (eg special drinks/poles etc) will be taken to other checkpoints along the route.

Runners can also not drop anything off at the other checkpoints. You have to carry everything with you that you may need/use for the entire loop until you get back to the Troodos Square checkpoint.

COMPULSU2RY KIT

- Trail shoes.
- Gels, electrolytes and chewables of minimum 400 calories for each loop
- Water-carrying capacity of 2 litres. You do not need to carry 2 litres of water at all times, but need to have the capacity to do so when needed. (Soft fold-up bottles are ideal for this). Runners need to be self-sufficient between feed stations. (Exception on the Classic 21k loop)
- Soft Cup,
- Whistle.
- Working, charged cell phone.
- Rain jacket
- Headlight/torch is recommended if you think you may finish late – sunset is 16.50.
- Emergency contact details list (supplied by the organisers)
- Emergency blanket (for the Ultra and Marathon races - supplied by the organisers)

CUT-OFF TIMES

To avoid runners being stranded on a remote part of the course in the dark, there will be 2 crucial cut-off times during the race.

The Olympus Man Ultra Runners have to leave Troodos Square by 10:30 am for the Loop 2. Runners need to leave the Agios Nikolaos checkpoint (15km from Troodos Square on Loop 2) by 13:00pm.

All runners will have to finish by 7:00pm.

There will not be NO cut off times for the Classic race.

Priority of the organizers is the safety of the athletes.

ORGANISERS SUPPORT

There will be support staff along the run course:

- Members of our team will be around on the bike and run courses to help you with any information, needs and support you may need.
- They will not be positioned in certain places along the courses but will be in a call distance from you and your support staff. So it is important to have their phone numbers.
- The support staff will be equipped with emergency equipment, high energy food, water and energy drinks, bike repair equipment etc.
- The organizers will provide water, fruit and cakes and ready mixed carbohydrates for the athletes along the run course at 3.5km, 8km, 12.5km, 14km and 18km, 21km, 25.6km, 31km and 36.5km

MARKING GUIDE

This 72km route is a marked-out race course. This means that runners have to follow the official marked course with no short cuts allowed between checkpoints.

Runners have to pass through all official checkpoints. Failure to do so will lead to disqualification. It is the responsibility of all runners to make sure they record themselves/ have been recorded passing through a checkpoint before they leave the checkpoint. Failure to do so will lead to a time penalty.

Runners need to keep their eyes open for race markings.

Although navigation equipment is not necessary, we strongly suggest having the route gpx onto their watches/phones if possible.

Route Marking

The Olympus Man Trail course consist of 3 different loops, all starting and finishing in Troodos Square, Runners will follow some or all of these loops depending on which race they have entered.

The loops with their marking colours are:

1st loop - Psilo Dendro (red and white tape, orange and black signs) – Ultra & Marathon race

2nd loop - Agios Nikolaos (red and white tape, orange and black signs along with blue **ULTRA** strip sign) – Ultra race

3rd loop – The Classic (Orange tape with reflective strips, orange and black signs along with a green **CLASSIC** strip sign) – Ultra, Marathon & Classic race

There is some overlap between some of the loops for small sections and at some intersections so be sure to follow the correct colour for the loop you are running!

Marking Out Concept

We use the Cyprus Trail Runners marking philosophy so we use the basic marking tapes and laminated signs.

The tape can blown away from strong wind, be removed by hunters or hikers. Also, we start marking out the week before race day and cannot guarantee that every piece of tape and arrow will still be there on race day.

At the end of the race, we clear all the markings and clean the route. Littering the forest is immediate disqualification! If you can carry your gel and bar then you can easily carry them when empty too.

What to Look For

There will be signs & tapes on trees along the route. Laminated direction arrows and tape will be added at key intersections and turn-offs, as well as on tricky sections not following a clear path.

X signs will indicate which way NOT to go at key intersections. If you see an X, turn back!

Note, there will NOT be any reassurance/confirmation tape at regular intervals.

On sections of the route following clear public hiking trails such as the Persephone, Caledonia, Pouziaris and Kannoures there will be minimal additional race markings of any kind, only when vital to avoid confusion.

There will be 2km sign indicating the distance left for Troodos square for each loop. So, keep your eyes open

GENERAL RULES

Race Withdrawal

If an athlete withdraws during the course of the race, the athlete & support crew is responsible for informing the Race Officer.

Recovery area at Troodos square and Troodos Hotel

There will be a recovery area setup at the finish line where athletes can have some food and of course recovery drinks.

Photographers

Our photographers will travel along on the race. They will take photos and videos of you and other athletes, even when you are exhausted. You may not like it then, but trust us: the photos will be cool, and you'll love having them afterwards. You do not need to acknowledge the photographers; just let them do their job.

Locals, sponsors and partners

Please be friendly to the locals. They are totally amazed that you came, and they think you're completely nuts to be doing this. You are. And they will support you the best way they can in your effort to succeed.

Please be friendly to our sponsors and partners. They help us keep your entry fee as low as possible.

OlympusMan Crew and Race Officials

Please be friendly to the O3 OlympusMan crew. They are all volunteers, who have worked hard to give you the experience of a lifetime. The only pay they get - and the only reward they are looking for - is your enthusiasm.

Please be friendly to the race officials (race director, marshals and medics), who take care of your safety. You are most likely to encounter on them on your marathon to Olympus. If you are unable to eat and drink, they are required to take you out of the race. Yes, this is a race like no other, and yes, you are doing it at your own risk, but your safety is still our first priority, and we want to avoid any casualties.



USEFUL CONTACTS

Emergency Number	199/112
Cyprus Joint Coordination Center	1441
Limassol General Hospital	(+357) 25801100
Organising Committee	
Angelos Savva	(+357) 99681989
Michalis Hadjoannou (Director)	(+357) 99694900
Eleni Savidou	(+357) 99743753