

10th Anniversary Military Erasmus



Instruction
for
Marathon Runners

NUTRITION

NUTRITION TIPS FOR A SUCCESSFUL MARATHON

PREMARATHON

Main goals: Boost glycogen stores - Hydrate yourself adequately

Get your engine running! Choose one of the carbohydrate regiments so as to maximize your muscle and liver glycogen stores.

Consume plenty of fluids 24 hours before the start.

2 hours prior to the race drink about 500ml of fluids.

It's important that you have a light breakfast the morning of the Race in order to ensure that you are fully loaded. Don't experiment before the big event. Try several nutrition strategies during training so that you find your own formula.

DURING MARATHON

Main goals: Avoid dehydration Replenish glycogen stores

Keep your fluids coming even when you don't feel thirsty.

You have to be used in drinking plenty of fluids (150-250ml per 15 minutes).

It's a good idea to weigh yourself prior and after an intense training, as it helps you get aware of how much you need to drink during the race, depending on your weight losses. In that way, you will avoid dehydration and possible hyponatremia caused by excess fluid consumption.

Make the most of every feed zone to boost your energy.

Get 30-60 grams per hour of carbohydrate intake or choose sports drinks that contain carbohydrates at a concentration of about 4-8%.

Make sure that your sports drink also contains sodium (0.5-0.7 grams per hour), as it reduces the risk of hyponatremia.

POST MARATHON

Congratulations!!! You have managed to finish a difficult but so unique Race!

Relax, rest and follow these guidelines:

Within 30 minutes after finish have a snack that contains a 3:1 ratio of carbs to protein, so that you recover faster. Within the next 4 to 6 hours (every 2 hours) consume food rich in carbohydrates (1.5 grams per kg of body weight), so as to replenish spent glycogen stores.

Drink fluids (~500ml) for every 500 grams of weight lost during the marathon.

MEDICAL ADVICE

INSTRUCTIONS & ADVICE THAT WILL ALLOW YOU A PLEASANT PARTICIPATION IN THE EVENT OF "ATHENS MARATHON. THE AUTHENTIC"

In order to enjoy the unique experience of participating the race of Athens Marathon, the Authentic without putting yourself in danger, you should be healthy and in good physical condition on that day.

NOTICE

The Organizing Committee of the Athens Marathon, the Authentic is extremely glad with the large number of runners that chose to run the race of Athens Marathon, The Authentic. Anyone may participate, even those who suffer from serious medical conditions, but only with their doctor's consent, particularly for the Marathon Race. This is why you should visit you doctor and discuss any medical problems before the start of the event. The same applies to all participants that have not been prepared enough for the race. All participants and especially those you are above 35 years old should have gone through a cardio logical check up before the race. In any case the responsibility for joining the Athens Marathon, the Authentic is entirely up to the runner. What follows, is designed to contribute to a better update regarding your participation in the race, along with achieving the goal of a pleasant and safe race.

Attention: If you have a medical problem that may lead to you having a blackout, such as fits or diabetes, put a cross on the front of your number and write the details, especially your medication, on the reverse of your number.

ILLNESS AND TRAINING

If you have flu, a feverish cold or tummy bug, do not train until you have fully recovered. Then start gently and build up gradually. Do not attempt to catch up on lost mileage after illness or injury - this may cause further damage or illness. If you have had flu over the last month please reconsider your participation in the Athens Marathon, the Authentic.

NOTE: If you cannot run 15 miles comfortably one month before the marathon, you will not manage it in safety or enjoy it. Please do not run on this occasion. You could participate in the 10km or 5km Road Race instead and enjoy finishing in the Panathinaikon Stadium.

THE DAY BEFORE THE RACE

The day before the race, avoid the intense practice and try to get rest from early time. Prepare your necessary personal belongings, that you will be using the race day. The supper should be light but rich in carbohydrates (bread, pasta, rice, potatoes, etc.). Do not forget to drink a sufficient quantity of water, especially if the day is predicted to be a hot one.

RACE DAY

Get dressed well, accordingly to the weather conditions of the race day. Use lightweight running shoes that you have used before, to avoid any pains and discomfort for your feet.

Have a breakfast few hours before the race start, preferably a light one, by avoiding anything that contains fat.

Begin the race by being hydrated enough. 250ml of water can be a quantity to achieve this, but no later than 30' before any race start, especially if the day is predicted to be a hot one.

DURING THE RACE

The more you stress yourself in order to finish the race, the more important becomes the need for regular hydration and feeding. Drink regular, but do not overdo it.

Drinking too little can lead to problems, as you need to replace some of the fluid you lose as sweat. Drinking too much can be very dangerous and lead to hyponatraemia, fits and even in some cases death. Drink when you feel the need and do not gulp large volumes of fluids before, during and after the race.

Every athlete has different needs according to his build, his speed and above all the weather as these parameters have an impact on how much you sweat. Faster runners (under 3h 30) on a warm day may need as much as a litre of fluid per hour (2 pints). Slower runners should need less particularly on a cool day and should not drink more than 500 ml per hour.

Prefer fluids and food that you have already used and tested before. You can trust the products delivered to you in the feeding stations of the Organizing Committee, but in case you can carry any supplies of your choice.

There are frequent water stations. You do not need to drink at each one, just swallow a mouthful of water occasionally. If you like sport drinks you will find them at certain stations.

AT THE FINISH

Do not stand about getting cold. Keep walking, especially if you feel dizzy, and drink to replace lost liquid. Go to the baggage area as soon as you can, get your kit and change into warm, dry clothing, and then go to the meeting point area. Foil blankets will not stop you from becoming cold. Keep on drinking slowly and have something to eat. Some runners feel faint even for one and half an hour after finishing the race, often because they have taken insufficient fluid and/or not eaten anything. Again do not drink excessively. It is preferably to hydrate yourself gradually in the next twenty-four to forty-eight hours after the race. Eat some salty food as well as spacing your drinks- you will not get hyponatraemia and will replace the water salt and glycogen lost in running the Marathon race.

If for any reason, you feel uncomfortable, dizzy or weakness, please go to the first aid station located in the finish venue.

GOOD LUCK!

SPECIAL INSTRUCTIONS

BEFORE THE RACE

The Hellenic Military Academies will provide you with the bib number and participation kit.

BEFORE LEAVING THE ACADEMY/HOTEL

Make sure you carry with you:

- Bib number and safety pins (timing chip is attached to the back of the bib number)
- Kit plastic bag with the bib number's sticker stamped on.

WARM UP

Runners may warm up within the Marathon Stadium as well as on the streets of Marathon (but not before the start line).

MANAGING PERSONAL BELONGINGS & CLOTHING

Participants need to place their clothing and other belongings in the kit plastic bag along with their bib number.

ATTENTION: All kit bags must have the sticker with the runner's bib number in a clearly visible way. All bags must be well closed. Please make sure that your kit bag does not contain travel documents, jewelry, money or medicines. The Athens Marathon Organizing Committee bears no responsibility in case of loss or damage of any valuable items in the kit bags.

ATTENTION: No bags, backpacks, etc, other than the kit bags provided to the runners by the Organizing Committee will be accepted.

Runners must hand the kit plastic bag with their personal belongings and clothes to the volunteers at the DHL vehicles located 100m before the Start Arch (traffic lights), no later than 40 minutes before the start of the race (8:20at the latest), in order to be taken to the finish line.

Kit bags are placed in DHL vehicles on the basis of bib number. All vehicles carry signs indicating the relevant bib numbers.

Volunteers will be there to assist runners, while there will be signs indicating the area corresponding to their own bib number.

Due to the large number of participants and the difficulties in moving towards the venue exit in order to give their personal belongings' kit bags, we suggest that all runners:

(a) hand their kit bag with dry clothes to the appropriate DHL vehicle just upon arrival at the Start area. The bag will be picked up after the end of the race, outside the Panathenaic Stadium

(b) keep with them just absolutely necessary items of clothing (t-shirt or other), namely those they will need while waiting for the race to start

(c) avoid changing clothes before the venue entrance and in the area where DHL vehicles are parked

(d) put on the specific «warming cover» that will be distributed by the Organizing Committee staff, upon their arrival at the Start area

After the race, runners may collect their personal belongings from a specified area on Vas. Olgas Avenue, 200 meters on the right after the exit from the Propylaea of the Panathenaic Stadium, assisted by volunteers (see Panathenaic Stadium layout). Runners must present their bib number in order to collect their kit bags.

STARTING BLOCKS

All runners need to take their place at their starting block, according to the color of their bib number, at least 15 minutes before the beginning of the race. There will be nine different starting blocks. Your starting block is indicated on your bib number.

If you consider it appropriate, you may put on the specific «warming cover» given to you by the Organizing Committee while you are waiting for the start of your own block.

DURING THE EVENTS

KILOMETER MARKS

There are kilometer (km) signs at every kilo-meter of the course.

TOILETS – WCs

WC facilities are available at the start and finish areas, as well as at all feed stations along the course.

MEDICAL SERVICES

The Organizing Committee is responsible for providing medical support to participating runners. The National Centre of Immediate Help provides medical services along the course as well as at the Start and Finish of the race. An ambulance will be following the last group of runners throughout the course. Medical Volunteers and Paramedics will be along the course to offer first aid and to inform accordingly the persons responsible for the event's medical services.

PERSONAL DRINKS

You are kindly reminded that there is no “personal drinks” service at the feed stations. This service is only provided to elite athletes and participants in the National Marathon Championships.

SLOW RUNNERS

An 8-hour time limit has been set for Marathon Race and Power Walking participants to reach the finish line. In case a participant has not reached the finish line by that time, he/she needs to stop and be taken to the Finish by vehicles of the Organizing Committee. In case he/she decides to go on at his/her own responsibility, he/she need to move on the pavement and continue his/ her effort. This measure is taken in order to ensure the safety of all participants. When the time limit expires, Police will partially allow vehicles circulation. All runners must follow these instructions.

RECYCLING

Recycling bins are located at all feed zones/ stations. By “throwing” the plastic water bottles there, you contribute to minimizing the ecological footprint of the race.

RUNNERS WHO DROP OUT

The last group of runners is followed by a bus, which picks up all participants who cannot or do not wish to finish the race. If, for any reason, a runner chooses to drop out, he/she must walk to the closest feed station or get

in contact with a staff member or volunteer of the Organizing Committee at any point of the course. In case no medical assistance is required, the runner may: a) remain on site and wait for any authorized vehicle of the Organizing Committee to pick him/her up and take him/her to the Finish, b) remain on site and wait for the bus that follows the last group of runners and picks up those who drop out, proceed to the finish line at his/her own responsibility.

ELECTRONIC TIMING

All runners will receive a timing chip along with their bib number. By using the chip, runners will be registered in the official results and will be informed about their split times. Split timing zones are installed every 5 kilometers and at 21.1km. Any runner for whom no time is shown at the Start, the split timing zones and the Finish, will be disqualified.

The timing chip along with the bib number indicate the athlete's identity and starting block in the electronic system.

FINISHING THE RACE

All runners entering the finish area in the Panathenaic Stadium need to follow the route marked by cones and indicated by judges and volunteers. Runners who enter Panathenaic Stadium have to run the last 170m of the race inside the Stadium.

POST RACE PROCEDURES & SERVICES

Runners who finish the race need to keep walking. If any of the participants needs medical assistance, medical staff will be at the Finish to offer first aid services. Right after the Finish, all runners will be given a commemorative medal and will be asked to move towards the exit using the ramp next to the entrance gate that leads to the Propylaea of the Stadium.

Outside the Stadium, participants will be offered Avra water, isotonic Powerade drinks, Amita orange juice, Chiquita bananas, Nature Valley snack bars, Pavlidis dark chocolate etc. All participants may collect their clothes and personal belongings from the relevant DHL Vehicles. Runners may pick up their kit bags by showing their bib number.

After collecting your personal belongings return to the stadium and **reach the Hellenic Military Academies meeting point** (see meeting point section below).

MARATHON COURSE



MARATHON FINISH

Διαδρομές Αθλητών Athletes' Courses	Ασφάλεια Security	Ιατρικές Υπηρεσίες Medical
Διαδρομές Θεατών Spectators' Courses	Εξοδος Δρομών Runners Exit	Χημικές Τουαλέτες Chemical W.C.
Μπάρες Ροής Κοινού Spectators' Barriers	Σημείο Συνάντησης Δρομών Meeting Point	Μασάζ Massage
Χώρος Φωτογράφων Photo Services	Θέση Κάμερας Camera Position	Διέλευση Φιλάθλων Spectators' Cross
Παραλαβή Μεταλλίου Commemorative Medal	Απονομή Μεταλλίων Medal Ceremony	Αποδυτήρια Αθλητών Changing Rooms
Χρονομέτρηση Timing Zone	Παραδoση Ρούκων Clothing Delivery Point	Παραλαβή Ρούκων Clothing Collection



