

## let's ride the future.. together !!

### DESCRIPTION OF ITOH YOUTH

The International Youth Cycling Days have come to fringe the racing action of the International Tour of Hellas (2.1UCI category) and become a reference point for the young cyclists of Europe. In their upgraded structure, they aspire to embrace young cyclists from 6 to 12 years old in a sports, educational, entertainment and bike festival that will take place in the beautiful city of Heraklion, Crete from April 26th to 28th with a culmination of a series of competitions based on new international practices and adapted to competitive rivalry, playfulness, training and team spirit guidelines.



Young cyclists from Greek and European Cycling Associations with a cycling licence can participate in ITOH Youth.

Take the chance to enjoy access to the ITOH race areas: The presentation of the Professional Teams will take place in a venue adjacent to the ITOH Youth events, on April 26th. Grab the opportunity to live the excitement, as the 1st etappe will kick off on the same spot, as well.

### A FEW WORDS FOR ITOH RACE

Greece is again in the centre of international cycling racing, with the revival of the International Cycling Tour of Greece, 10 years after its last edition. The race has been upgraded in the World Cycling Federation (UCI) calendar for 2022, with the participation of 150 participants from 22 professional (world class) and national teams. A world-class event returns to Greece, with the aim of showcasing the demanding sport of cycling, as well as the beauties of the country.

Visit our website <https://www.hellas-tour.gr/>



### HERAKLION- A BUSTLING CITY

Heraklion is a vibrant, accessible, culturally rich city. A fast-growing tourism destination, it preserves some of the features that made it to be the most important Venetian territory and one of the most historical towns in the Mediterranean. Visitors can get a taste of these glorious images of the past. Two of the most important monuments lie here: The two Minoan palatial structures, Knossos palace and Phaistos palace.

Strolling around Heraklion town, you take a journey to history by coming across 'Koules' fortress at the Venetian harbour, Turkish and Venetian fountains, Venetian buildings, the Venetian Loggia and museums, such as the Archaeological Museum, the Historical Museum and the Museum of Natural History.

If you want to combine holidays by the sea, the northern and southern regions of the city are fringed with beautiful beaches. A variety of activities awaits you to experience them! A visit to historic places, tourist resorts and secluded villages, Cretaquarium, etc. Get the chance to try Cretan culinary experience, with local dishes made with pure olive oil and fresh local ingredients.



## DAILY PROGRAMME of TOUR OF HELLAS YOUTH DAYS



photo credits Municipality of Heraklion

### Tuesday 26/4/2022

- 10:00 - 13:00 Welcome of the delegations to the host hotel, registration-delivery of numbers
- 13:30 Departure to activities venue
- 14:00 Lunch pack catering
- 14:00 - 14:30 Technical meeting, welcome speeches
- 15:00 **YOUTH U8** Portable skills track challenge (balancing, steering, pedaling)
- 15:00 **YOUTH U11** Portable skills track challenge
- 15:00 **YOUTH U13** Educational project (Road safety-regulations-bike maintenance-first aid-nutrition)
- 17:00 **YOUTH U8** a) ground bike snake «a ride from school to home»  
b) team relay game «road signs relay» c) team relay game «run and put up a helmet»
- 17:00 **YOUTH U11** Educational project (Road safety-regulations-bike maintenance-first aid-nutrition)
- 17:00 **YOUTH U13** Portable bike skills track challenge
- 18:00- 20:00 Those not participating can attend the official presentation of the ITOH Race

### Wednesday 27/4/2022

- 10:00 Departure to the start venue of the 1st etape
- 11:00 Attending the pre-start of the ITOH
- 12:00 **YOUTH U8** Time trials (0,5km) & 4 CROSS eliminator
- 12:00 **YOUTH U11** Time trials (1km)
- 12:00 **YOUTH U13** 4cross elimination
- 14:00 Rest & lunch pack catering in the activities venue
- 15:00 **YOUTH U8** Practice multiple skills activities
- 15:00 **YOUTH U11** 4cross elimination
- 15:00 **YOUTH U13** Time trials (1,4km)
- 17.00 Cycling talent development pathway (different tasks)
- 18:00 Return to the host hotel, bike storage
- 18:30 Free time- visit downtown



photo credits AthleticRadio 104.2

### Thursday 28/4/2022

- 9:00 Departure to Keri forest at municipality of Malevisi
- 10:30 **YOUTH U8** a) treasure hunt «a rider's 12 feats» b) Team relay  
c) educational programme on road safety, regulations and nutrition
- 10:30 **YOUTH U11** MTB XCC short track (in dynamic groups)
- 10:00 **YOUTH U13** MTB XCC short track (in dynamic groups)
- 13:00 **YOUTH U11** & **YOUTH U13** Team Relay XCR
- 14:30 Departure to LIDO (venue of award ceremony)
- 15:00 Award ceremony for all categories
- 16:00 Lunch pack catering
- 18.00 End of the Youth Days



photo credits Maleviziotis.gr

**The daily schedule is prone to changes if circumstances require it**



## VICTORY CEREMONY

The games aim to provide every child with a positive experience in an environment where the young person's motivation, competence and confidence are at the centre of the competition without the risk of any negative experience. Towards this aim and in accordance with the 'children's rights in sports', there are no individual rankings for the kids, but all participants are going to be given an award certificate and medal.

## TERMS of participation

### All participants are required to display a valid health certificate

All young participants are required to wear a helmet during the YOUTH events

All participants are required to present a licence ID (those not having one can issue a 3-day licence from the Greek Cycling Federation upon request, after displaying a recent health certificate)

**YOUTH U8** (born in 2015-2016)

**YOUTH U11** (born in 2012-2013-2014)

**YOUTH U13** (born in 2015-2016)

## BENEFITS FOR young PARTICIPANTS

Free participation to the YOUTH events

Transfer to and from the YOUTH events venues (from specifically indicated place downtown)

Free lunch pack

Attending the ITOH team presentation event and 1st etape start

## ITOH Youth Days - Interest in attendance

The specific form is not an official document. It indicates your interest in attending the Youth events taking place from April 26th to 28th as fringe events to ITOH cycling race (2.1 UCI category).

You are required to express your interest by March 20th. There is a limited number of participants and there will be kept a priority list.

Copy the following link <https://docs.google.com/forms/d/e/1FAIpQLScu5fkacKrf9jJldQewdbolCHCCON3m4Fgs1Is1NT0GL7LInA/viewform>

[1FAIpQLScu5fkacKrf9jJldQewdbolCHCCON3m4Fgs1Is1NT0GL7LInA/viewform](https://docs.google.com/forms/d/e/1FAIpQLScu5fkacKrf9jJldQewdbolCHCCON3m4Fgs1Is1NT0GL7LInA/viewform)

## ACCOMODATION PACKAGES

You can express your interest in the form attached above.

Following, we will get you in touch with the authorised travel agent for further details.

## USEFUL INFO

**Airport 5 km from the city centre**

<http://www.hcaa.gr/en/our-airports/kratikos-aerolimenas-hrakleioy-n-kazantzakhs>

**Port 1 km from the city centre**

<https://portheraklion.gr/index.php/el/aktoploia/etaireies>

**Tourist information**

<https://www.visitgreece.gr/islands/crete/irakleio/>

**Hellenic Cycling Federation**

<https://hellenic-cycling.gr/>





## Mechanical assistance & bike rental in Heraklion

Podilatis Address: Leof. Eth. Antistaseos 130, Petali Address: Char. Trikoupi 17,  
Vareltzakis Address: 62 Martiron 95, Moraitis Address: Smirnis 39,  
& more in Google search: heraklion cycling stores

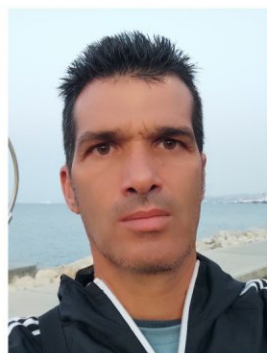
## SAFETY

On-site medical assistance (doctor, ambulance and red cross).  
All personnel who are involved in coaching, medical support and administration of the sport activities have appropriate qualifications, training and access to continuous professional development.

## COVID 19- SAFETY REGULATIONS

All participants and escorts are required to obey the guidelines and recommendations of the COVID-19 Committee of Experts of the Greek Ministry of Health for the safe operation of live spectacles and open-air performances, as well as follow the updated protocol for arrivals to Greece.

## MEET OUR COACHES



### FRAGIOUDAKIS GEORGIOS

**Qualifications:**  
A primary education PE teacher, currently seconded to the Hellenic Cycling Federation. A graduate of TEFAA University of Athens. A holder of a diploma of the School of Cycling Coaches, category B by HELLENIC CYCLING FEDERATION-GENERAL SECRETARIAT OF SPORTS)

**Experience:** he has been a cycling athlete and Champion of Greece in 1983, he has served as a cycling coach for cycling clubs TALOS, ARTEMIDE KYDON for many years and a national coach-Professor - cycling coach at TAD (sports facilities departments) from 1999 to 2005.



### ORFANOUDAKIS KOSTAS

**Qualifications:** A primary education physical education teacher. A graduate of TEFAA University of Athens. Holder of a diploma of the School of Cycling Coaches category C (HELLENIC CYCLING FEDERATION-GENERAL SECRETARIAT OF SPORTS)

**Experience:** Cycling athlete from 1980 until today. Road and MTB Champion of Greece. A cycling coach at the Academies and at the MTB of the TALOS ANEK LINES Cycling Association from 1995 until today. A cycling coach in development sports programs (talent detection) from 1998 to 2002. A professor - cycling coach at TAD (sports facilities departments) from 1999 to 2005.



### NIKOS KOUMPENAKIS

**Qualifications:** Degree from SPORTS ACADEMY OF NOVI SAD SERBIA. A holder of faculty trainer cycling club class B and C by GENERAL SECRETARIAT OF SPORTS GREECE

**Experience:** A member of the national team of road cycling for many years with many distinctions in national and international level as well as a member of cycling disabled and paratriathlon team (vision disability) with many distinctions.

He served as a cycling team coach P.O.I. KASTRO from April 1996 to this day. He has been a national coach for the Greek cycling federation for triathlon, paratriathlon. He was a volunteer in the Olympic Games 2004 for cycling. He was the team manager for the Continental Cycling Team for 7 years. He worked as a PE teacher in a Sports high school for 7 years.



### EVANGELOU EVANGELIA

A Professor of Physical Education in Democritus University of Thrace and a Category B cycling coach, General Secretariat of Sports. A Federal Cycling Judge B 'category, Hellenic Cycling Federation. An Associate in the Municipality of Larissa, responsible for traffic education programs implemented in schools, kindergartens, but also in bicycle programs for the general public of Larissa.

Responsible for the organisation of the European mobility week for the Municipality of Larissa and various other cycling activities for the promotion of the light traffic roads of Larissa. Holder of a Basic Life Support (BLS) - Instructor Potential European Resuscitation Council.

In terms of experience, she is a Coach at the Cycling Academy of the Municipality of Larissa and a former coach at the Cycling Club Pinios in the youngest categories of athletes.



### NIKOS TAMPAKAKIS

**Qualifications:** Coaching Degree in cycling-Level 3- from the Greek Sports Ministry, Secondary Vocational Degree in Coaching, specialised in training with fitness weights and a Mountain and Road Cycling Commissaire Degree from the Greek Cycling Federation. Adequate as a Bicycle Mechanic Technician, as well. He is a founding Member of the Tourist Sport and International UCI Race Promotion Corporation.

Currently, he is a Cycling Coach in 'Driros Cycling Team'- Neapoli, Crete and a Freelance - Bike Shop owner.

**Experience:** he has been a Road, MTB and track cyclist for the teams 'Kydon Chanion', 'Talos Chanion' and 'Atlas Rethymnou', and a past member of the Greek National Team with 25 years of experience in top-level participation in national and international races.