

GRAN FONDO

APOLLO - APHRODITE



WHERE MYTHOLOGY WAS BORN

2 OCTOBER 2022



info@activatecyprus.com | [+357 24 33 21 12](tel:+35724332112) | [WWW.ACTIVATECYPRUS.COM](http://www.activatecyprus.com)

CO - ORGANISERS:

activate
EVENTS • TOURS • ADVENTURES



THE EVENT

A cycling route that takes you to locations where mythology was born and history was recorded. This is an idea that becomes reality through the "Apollo & Aphrodite Gran Fondo", a Cycling for All race taking place this October on the island of Cyprus. This is a race that suits all fitness levels, from beginners to pros!

Pafos, the land where the Goddess of beauty and love was born and Limassol, the area where Apollo Hylates was worshipped as god of woodlands, are hosting for the first time the cycling gran fondo "The paths of Apollo and Aphrodite".

Cyprus is known for its mythological ties to the ancient gods, hence the existence of hundreds of archeological sites and other monuments that are linked to the gods of Olympus, especially Aphrodite and Apollo who were worshipped greatly on the Island.

The route of this one of a kind Gran Fondo take place in areas of great beauty, archaeological importance and authenticity of our small island! The selected route portray the beauty of the island as well as the 10,000 years of history, civilization and culture of Cyprus and its people! The Kourion amphitheater and the Sanctuary of Apollo Hylates are some of the highlights of the routes that you will be racing in October in Cyprus.

AGE CATEGORIES – CYCLING FOR ALL

- Cadet Boys/Girls 15-16 yrs
- Junior Men/Women 17-18 yrs
- Men/Women 19-29 yrs
- Masters 1 Men/Women 30-39 yrs
- Masters 2 Men/Women 40-49 yrs
- Masters 3 Men/Women 50+ yrs
- Men/Women Elite (with CCF License)

PROGRAMME

FRI 30/09 – Number pick-up

14:00-17:00 Number Pick Up at Activate Cyprus Office in Tochni Village

SUN 2/10 – Road Race

06:30-07:30 Number Pick Up from Molos next to Café Nero

08:00 Race briefing for athletes and support personnel near the start line.

08:30 Start of the race from Molos in front of Café Nero

16:00 Award Ceremony in Limassol at Molos in front of Café Nero

THE ROUTE

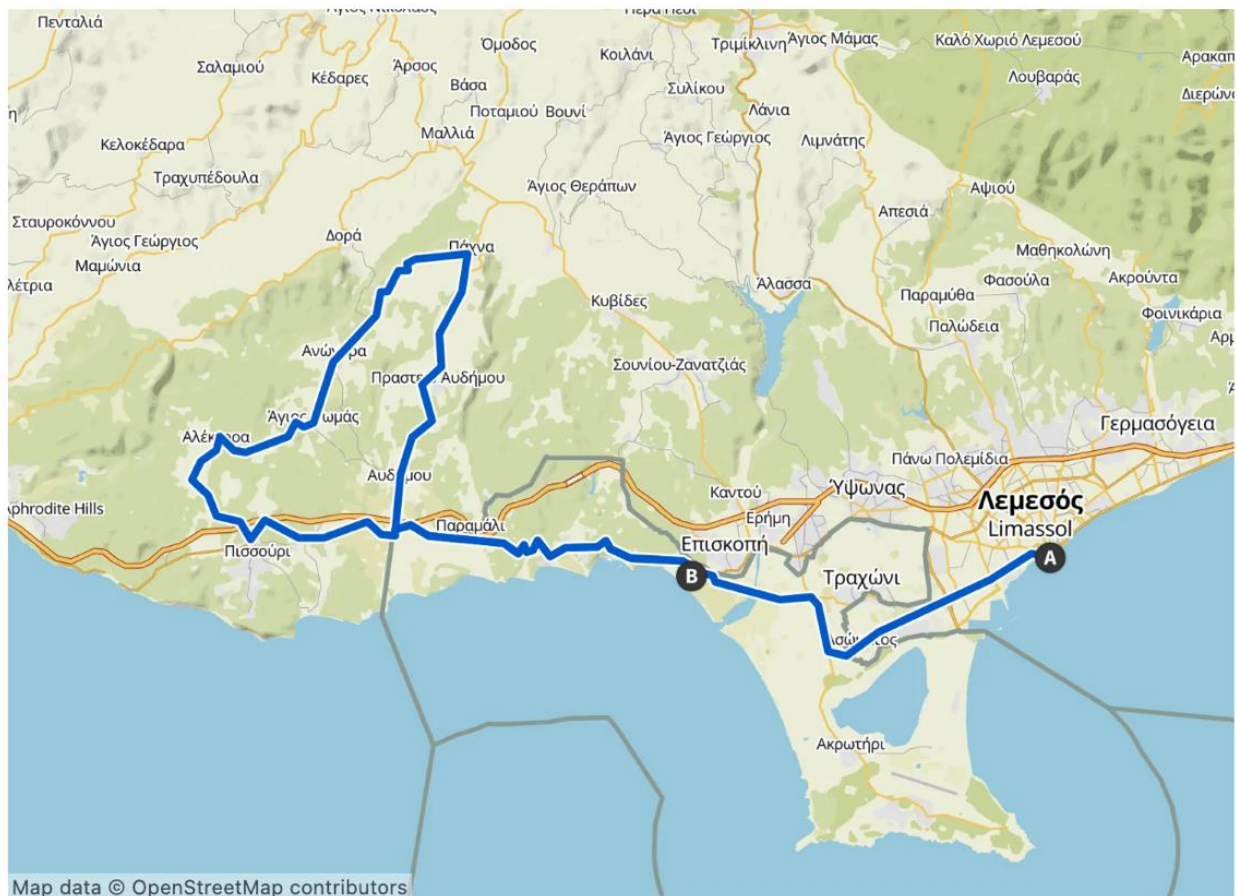
Route: Limassol – Kourion – Alektora – Plataniskia – Ag. Thomas – Anogira – Pachna – Avdimou – Kourion.

Distance: 88.9km | **Ascent:** +1380m | [GPX FILE](#)

Timed Section: From Kolossi (13km) to Kourion (89km)

Feed Zones: Alektora, Anogira and Pacha

Below you can view the map and profile elevation profile of the route, and the link to download the route GPX.



<https://www.komoot.com/tour/234022651>

AWARD CEREMONIES

The award ceremonies will take place in Limassol at Molos in front of Café Nero at 16:00. The top 3 riders of each age category will be awarded with a medal and the winner of each category with a trophy.

ENTRY FEE

Registrations can be made through the online registration form on the [Event Website](#)

Entry Fee € 50

**** Registration Deadline is the 27th of September 2022 ****

The entry fee includes:

- Bike/Bib numbers
- Electronic timing
- Medical assistance during the race
- Route signage
- Safety personnel
- Feed stations with fruits, water & electrolytes
- Closing ceremony
- Sticker profile graphs
- Digital maps and GPX files
- Commemorative T-shirt
- Energy gels/bars
- Sponsor's goodies

GENERAL RULES

Race Withdrawal

If an athlete withdraws during the course of the race, is responsible for informing the Race Office.

Traffic Rules

In Cyprus traffic drives on the left. The entire bike course is open to ordinary traffic. There will be motorbikes, service/organisers cars as well as safety personnel to guide the athletes to follow the route. They will also ensure that the athletes follow all the traffic and race rules.

The following violations may lead to time penalties and/or disqualification:

- Violating traffic regulations (the highway code)
- Obstructing traffic by not holding to the left side.
- Dangerous driving
- Use of headsets or mobile phones while on the bike
- Drafting on a motor vehicle
- Passing the commissaire's car without permission

Road Safety

The traffic will be regulated by the police and marshals along the route. Riders are required to follow the traffic regulations during the warm-up and the race. Any guidance from the police and the marshals along the route simply provide ease of passage and greater safety for the riders and the drivers

Medical Support

An ambulance and doctor will follow the race. In case of emergency contact the organisers providing your name, your bib number and location (distance from start or name of nearby village).

The nearest hospital in the Limassol General Hospital. Telephone: 25801100

Google Maps: <https://goo.gl/maps/bbLv2yyL6G3DvRTKA>

Timing Chip

During race bag collection you will receive your individual timing chip. You will be responsible to return it at the finish line. In case that the chip is not returned immediately after your race is finished we will proceed with a charge of €100

Signing & Marshalling

The route will be signed and it is your obligation to know and follow the route. Signing of the courses will be marked by Arrows on the asphalt as well as signs posted on the side of the road will show the race Course. Marshals will be available to guide the cyclists in key locations. Where there are no marshals please follow the signs. Riding outside the route will result in a penalty. There will also be signs for the distance remaining to the Finish Line.

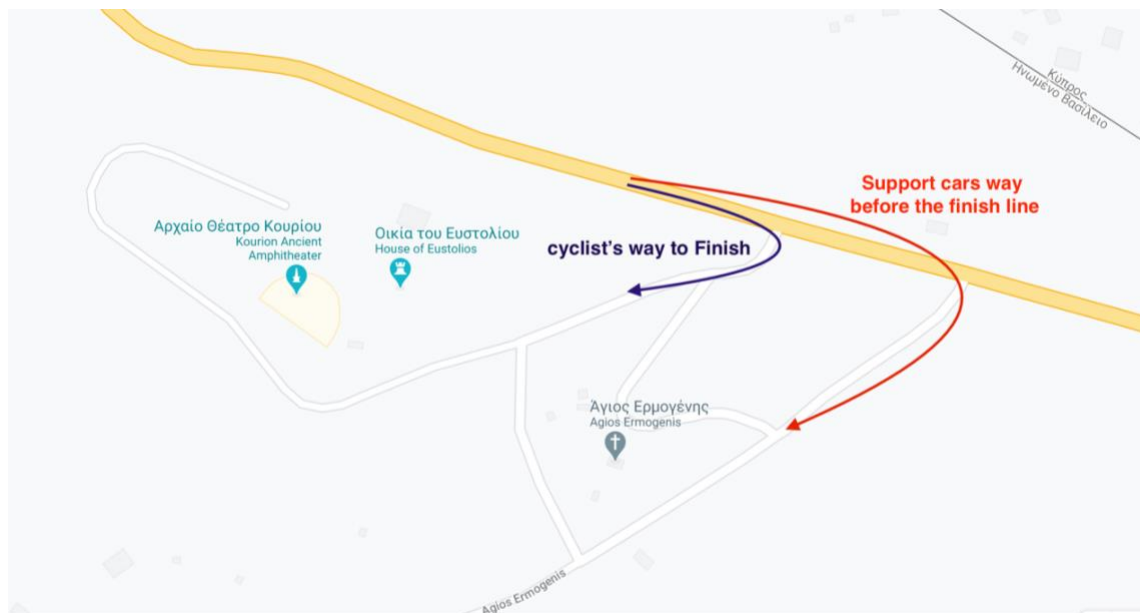
Types of Bicycle

Only road bikes allowed according to the UCI regulations, without handlebar extensions. There will be no limitations on the gear ratio for Junior Categories.

Support Cars & Personnel

Support cars will be allowed for riders in teams of four (4) riders or more. The support cars must follow the rules and obey any indications by the race officials.

- Support vehicles must all the time be behind the commissaires' car unless the commissaire allows any cars to pass!
- All support personnel must attend the race briefing on race day!
- The support team must be able to communicate with the race organisers in English or Greek
- The support vehicle must abide by traffic regulations and posted speed limits and never drive directly behind or in front of a cyclist, as this could cause dangerous situations
- All support cars must follow the instructions of the marshals to guide them to the car park before the finish line. No support car is allowed at the finish line.
- Support cars must exit the race route 1 km before the finish line at Kourio, following the route towards Agios Ermogenis (Kourion Beach). As soon as they turn right towards Agios Ermogenis there will be enough parking space, where they can park and wait for the athletes to return after they finish the race. See image below. If a support member wishes to go to the finish line they must go by foot after purchasing a ticket from the Kourio ticket office.



- Passing of riders who are competing must always be done following all safety measures and traffic rules.
- **Support vehicles must be registered at the registration office at the race bag collection. Please send the name of the driver, license plate and phone number at info@activatecyprus.com.**

Never put yourself and others in danger for any reason!

Feeding Zones

There will be three (3) Feeding Zones along the race courses, in the villages of Alektora, Anogira and Pacha. They are set up and they are signed. They will also be mentioned in the map of the event. At all feed zones there will be water to fill up your water bottles, fruits (bananas and oranges) and carbohydrates to put in your water.

Feeding and Technical Support

- Feeding can only be provided only near the designated feed zone areas. Feeding from the support car is strictly prohibited. Support cars must park the car safely and with all four wheels outside the road line and provide feeding to their athletes at the designated feed zones or near the, (100 meters before or after, at a location where there is clear visibility for the athletes and also for other traffic passing from the route.
- There will be neutral service cars to provide technical support for the athletes (wheels, spare tubed or any other technical assistance that might be needed during the race. The personnel in the neutral service cars will try to fix a technical issue if it does not require that amount of time that will disturb the smooth supervision of the race
- Technical support is allowed on the entire route (except last 3km). Support cars that need to provide technical assistance must park the car safely and with all four wheels outside the road line.

Police Escort

There will be police escorting the riders along the route. Please obey instructions and follow the rules.

Neutral and Timed Start.

From the Start point in Limassol to Kolossi area there will be a neutral / controlled start of all the riders. The official (timed) start of the race will be given at 13km. All Riders must follow the leading car during the non-timed sections. Nobody is allowed to pass the leading car.

USEFUL CONTACTS

Emergency Number	199/112
Cyprus Joint Coordination Center	1441
Limassol General Hospital	(+357) 25801100
Organising Committee	
Michalis Hadjioannou (Director)	(+357) 99694900
Eleni Savvidou	(+357) 99743753