



Hydra, December 30 2019

The countdown has begun...

The **new** version of **Hydra's Trail Event** is on its way!

The “countdown” for Hydra’s seventh annual trail event begins with the first minute of the New Year, with the start of registration! **On January 1st 2020, from 00:01**, all runners can register to enjoy our new routes, by clicking on our webpage, www.hydrastrail.gr.

As already announced in the previous press release, Sunday’s big classic race is upgraded to a **Mountain Marathon**. Of course, the shorter **Rock Race** has also been upgraded to a **Semi-marathon!** Pictures of the beautiful beaches and the new trails will be uploaded soon on our website.

For 2020, the total **entry limit** will remain at **one thousand (1,000)** and a registration deadline will again **not** be announced this year as the Hydra’s Trail Event is always **sold out!** As always, arrangements will be made for the free transportation of runners to and from Hydra. The first 100 runners who register will be offered **free**, two-way transportation between downtown Athens and Hydra by coach and boat. More incentives to participants (discounts on ferry tickets, free accommodation etc.) will be announced soon.

The weekend races (including the 3 children’s races which count for 1) will again be five. We start on **Saturday, April 4th** with the **Downhill Race**. Athletes are to run the 3.3 km downhill with personal chronometers. They start from a 500m elevation and finish in the port of Hydra. The day continues with the 5 km, **Run n’ Fun** race, designed as a city trail to let participants appreciate Hydra’s unique architecture and quaint alleyways and closes with the all-time favourite **Pasta Party**, complete with sea views and a spectacular sunset.

On **Sunday, April 5th**, the “menu” includes our weekend’s main event, the 38 km **Hydra’s Trail Marathon**, with a 2,000 m cumulative elevation gain as well as the **Rock Race** semi marathon, upgraded to 18.5 km with a 1,015 m cumulative elevation gain. In the afternoon the **Juniors’ Mini Race** takes place with three races of 500 m, 1,100 m and 1,700 m so that all the children can participate. Starting this year, with the unanimous decision of the **Hydra**

Runners Club, all children up to 12 years of age (born on 01/01/2008 or after) will be able to register online **for free** and will receive their race bag at no additional cost!

Finally, as always, the day closes with the announcement of the winners, the award ceremony and the athletes' departure.

This unique Event, which participants got to know in the previous years and will take place on the first weekend of April 2020 (**April 4 and 5**), is expected to be even better this year! At an ideal destination for mountain runners, the magnificent trails are in the driver's seat since no motorized vehicles are allowed on the island.

We wish you Happy New Year and many, many kilometres in 2020!!!

Organization Committee

Hydra's Trail Event