

REGULATIONS FOR V.F.T RACES 2025

The Virgin Forest Paranesti Mountain Races (V.F.T) 2025 will take place from October 10 to 12, 2025. They include seven races of various distances in natural terrain.

Virgin Forest Ultra Trail (V.F.U.T): 162.651 km and D+ 6.964 m. Start: 10:00 on 10/10/2025. Time limit: 40 hours.

Nature Trail Race (N.T.R): 109.695 km and D+ 4.675 m. Start: 08:30 on 11/10/2025. Time limit: 25 hours.

Paranesti Path (P.P): 46.297 km and D+ 1.930 m. Start: 08:30 on 11/10/2025. Time limit: 9 hours.

Nestos Trail (N.T): 10.000 km. Start: 11:00 on 12/10/2025. Time limit: 2.5 hours.

Alkimoi Paides I: 1.200 m for children aged 10–13. Start: 10:15 on 12/10/2025.

Alkimoi Paides II: 2.500 m for children aged 14–17. Start: 10:30 on 12/10/2025.

Special V.F.T (S.V.F.T): 800 m for persons with disabilities. Start: 10:00 on 12/10/2025.

The first three are classified as adventure races. Participants in these races must be aware of the difficulties involved and have experience in similar mountain races.

1. ENTRY REQUIREMENTS

1.1. Virgin Forest Ultra Trail (V.F.U.T)

- Be born before 2005.
- Be able to handle the challenges of such a race and have experience in mountain races.
- Submit a brief résumé listing their main completed races and athletic activities.

Maximum 150 participants.

1.2. Nature Trail Race (N.T.R)

- Be born before 2005.
- Be able to handle the challenges of such a race and have experience in mountain races.
- Submit a brief résumé listing their main completed races and athletic activities.

Maximum 150 participants.

1.3. Paranesti Path (P.P)

- Be born before 2005.

- Be able to handle the challenges of such a race and have experience in mountain races.

Maximum 200 participants.

1.4. Nestos Trail (N.T)

- Be born before 2007.

Maximum 200 participants.

2. REGISTRATION FEES

The registration period opens on May 1, 2025, and closes when race quotas are filled or on August 31, 2025, whichever comes first.

All races require completion of the online registration form at www.paranestivft.com. To finalize registration, payment must be made to the bank account GR9401711960006196136336405

RACE	VFUT	NATURE	PARANESTI PATH
MAY	80	70	30
JUNE	100	80	40
JULY	120	90	45
AUGUST	150	100	50

On the deposit slip, include the athlete's full name and the reason: "participation in Race ____". Then send the slip copy by email to grammativft@gmail.com or via Viber to the race office. Keep a copy for your records. Registration is finalized once payment is confirmed.

3. CANCELLATIONS

In case of cancellation of the athlete's participation for health reasons or force majeure until August 31, 2025, half of the paid registration fee will be refunded. After this date, the registration fee will not be refunded. Also, in the event that the organization, due to extreme or adverse weather conditions (snowfall, storm, strong winds, flood) or other unforeseen events and for reasons of safety of athletes, volunteers, cancels or interrupts the race, no refund of the registration fee will be provided.

In the event that an athlete does not take part in the race while having paid the registration fee and finalized his registration, he will receive by mail all the souvenirs entitled to the registration file, after the race.

4. IDENTIFICATION

The identification of the athletes takes place at Paranesti and at the secretariat area per race, by showing their police or official ID card or passport or driving license. They themselves and only they receive their participation folder, which will contain the number as well as those of the items specified and provided by the organization. The delivery of the

folders, for each race, will begin according to the program that the organization will announce.

5. ORGANIZER'S OBLIGATIONS

The organization will provide catering during the race, first aid if necessary, insurance coverage, physiotherapy-massage, information brochure and medal for finishers, electronic participation certificate, prizes for the distinguished, souvenirs for the participants as well as hospitality in the settlement of Mesochori 9-12 October, for the athletes of the VFUT and NTR races, and always according to the maximum number of participants.

The organization also provides information on the accommodations in the area where they can arrange their accommodation themselves.

The organization will offer the athletes a meal the night before the race (pasta party), breakfast on the day of the race and a light meal after the end of the race. Transportation of the athletes from the secretariat to the Mesochori hosting settlement, as well as transportation from the hosting settlement to the starting point of the races. The organization will also be responsible for returning to Paranesti from the Abandonment Station any athletes who abandon the race.

In the event of adverse weather conditions and for safety reasons of athletes and volunteers, which do not allow the start of a race, an alternative safe route will be ensured.

The Organization will also award cash bonuses to the first three and the first in the General Classification of the VFUT and NTR races

6. ATHLETES' OBLIGATIONS

Athletes must be fully aware of the rules of the competition they are competing in, which they are obliged to respect.

They undertake to respect the ethics of the competition, competing in a semi-autonomous regime, to respect the environment by avoiding any kind of pollution, to show solidarity with their fellow athletes, whenever required, to rely exclusively on their own strength without accepting external support, except at the points designated by the organization, to wear the mandatory equipment required throughout the competition and to obey the instructions of the judges and controllers of the competition. Failure to comply with the rules or the instructions of the judges will result in a disqualification penalty. When the judges of the competition become aware of violations of the rules, they record them and inform the violators and the Competition Committee. Any other authorized person from the organization has the ability to also record any violation that comes to his attention and submit it for examination to the Race Committee.

Athletes must also be aware of the dangers and difficulties of the race and be able to deal with them independently. They must know how to manage difficult climatic conditions, muscle and physical pain or digestive problems that may be caused by intense effort.

An athlete who will receive medical assistance both along the route and at the supply stations means that he accepts the doctor's opinion regarding the continuation or interruption of his effort.

The organization has the right to photograph / videotape the participants at points of the route determined by it for the purpose of confirming the athletes' passage through the specific points.

Furthermore, for reasons of equality, it will check the mandatory equipment of the athletes, at any point along the route it deems appropriate.

Also, by submitting the registration application, participants accept their photography and videography for the purpose of producing digital material by the organization, which will be able to use freely without any rights.

7. ATHLETE'S DECLARATION OF RESPONSIBILITY

Each athlete is fully aware of his intention to take part in a mountain sports event as well as the stresses that will inevitably be placed on his body. He also personally assumes the responsibility to compete wisely and responsibly and not to put himself in objective conditions of risk. Each athlete, by submitting an application for participation, already knows, based on recent medical examinations, whether his health condition allows him to compete in a long-term endurance race in a mountainous environment. If a doctor diagnoses a serious risk from the further continuation of an athlete's effort, he is obliged to abandon the race and hand over his number to the person in charge of the STEK.

At the same time, a completed and signed relevant responsible declaration will be submitted by the athlete. [CLICK HERE](#)

8. MANDATORY EQUIPMENT

(Only for VFUT and NTR)

Each athlete must carry a pack containing:

- At least 1 L fluid container
- Waterproof jacket
- Emergency blanket
- Hemostatic spray
- Elastic bandage
- Whistle
- Two headlamps with spare batteries
- Spare shirt
- Minimum 1000 kcal of food
- Charged mobile phone (emergency number 112)
- Personal feeding cup

Also, depending on the weather conditions, the organization may require gloves, a hat, pants below the knee or even waterproof pants.

Upon receipt of the registration form from the secretariat, the organization will strictly check the above necessary equipment. The registration form will not be given to the athlete if any of the above materials are missing.

The organization may check this equipment at any point on the route that is not known in advance. The absence of even part of the equipment will result in the athlete being punished with disqualification.

OPTIONAL EQUIPMENT

Optionally, athletes may bring with them: GPS device, hiking poles (with covered ends), leggings, windproof shirt, second pair of socks, talcum powder

9. DROP BAG

(Only for VFUT and NTR)

In the athlete's registration file there will be two plastic bags, with a capacity of 30 lt (drop bag) with the athlete's participation number, for placing the materials that he can receive from the Central Supply Stations of Andero and Zarkadia (for the VFUT race) and Andero (for the NTP race) either to supplement or replace his mandatory or optional equipment. The transportation of these bags to the above stations will be the responsibility of the organization. It is prohibited to place sharp, fragile objects or batons in the bags. In the same bag, the materials that the athletes will leave behind can be placed again to be transported back to Paranesti under the responsibility of the organization, in a specific area that will be designated.

10. BIB – BAR CODE

The registration envelope will contain the participation number, which is unique for each athlete. This number must be visible throughout the race on the front of the body or in another conspicuous place. The method of attaching the number to the athlete's clothing is at the athlete's own choice and responsibility. The organization will provide athletes with means of attaching it.

Covering the athlete's number is permitted in case of bad weather or cold, but it is mandatory to show it at the checkpoints in order to record his/her passage.

Loss of the number results in the athlete's exclusion from the race, so attention is drawn to its secure attachment.

A bar code will be placed on each participation number (BIB) for the electronic recording of his/her passage. The bar code is returned to the organization at the finish.

11. TECHNICAL BRIEFING

The technical briefing of the athletes will be carried out by the technical director, for each race separately, according to the program of the event which will be announced soon.

Throughout the athletes' stay in Paranesti, from Thursday, October 9 at 12:00 a.m. until the end of the event, information will be provided by the Competition Secretariat on issues related to the event.

12. MEDICAL SUPPORT

The Paranesti Health Center will provide its services if needed.

At each station there will be a first aid kit and volunteers who will provide this service. Medication will only be given with the consent of the doctor and not by the rescue teams or volunteers.

An ambulance will be available for the entire duration of the event.

It is noted that the doctors and physiotherapists of the event will be responsible for the care and treatment of athletes who present any serious problems, given that the athletes are aware of the difficulties of the race and are able to manage muscle pain or other pain caused by their effort.

13. SAFETY

During the race, safety teams (Scoups) will operate, which, following the end of the race, will offer assistance to athletes who may abandon between the stations.

Special safety personnel will travel in organization vehicles to the sections of the route that are located on rural or forest roads, to offer assistance to athletes who need it or to transport them in case they abandon the race. The safety teams will wear the organization's clothing and the safety vehicles will bear distinctive signs.

There will also be bright beacons and road signs at certain points along the route, as well as fluorescent lights.

14. SUPPORTERS' AND SPECTATORS' MOVEMENT

Athletes are allowed to support support groups only at the points and stations designated by the organization.

Drivers, athletes' companions and spectators must be particularly careful and economical in their vehicle movements, so as not to endanger the safety of athletes at the points where their routes coincide (permitted points coming soon).

Support groups (at permitted points) can offer athletes their services without hindering the work of the Supply Stations and always after permission from the head of the Station, who will also indicate their location on the site so that his work is not hindered.

Spectators will also be able to be informed about the position of athletes on the route in real time, at the secretariat area.

15. FEEDING STATIONS

There will be Food Stations and Control Points as defined in the technical competition table at the beginning of the regulations. At the Food Stations, athletes will be provided with the energy and hydration supplies required by the organization. At the Central Station of Anderos and Zarkadia (for the VFUT and NTR competitions) athletes will be provided with a full meal.

See the detailed supply of the STEK by clicking [here](#) for an Excel file or [here](#) for a Pdf file.

16. TIME LIMITS AND CUT-OFF POINTS

The times of the athletes will be recorded manually and additionally electronically, at each STEK and at the finish.

In addition, there are defined points and time exclusion limits for each race, as defined in the respective technical tables, for reasons of protection - safety of the participants and smooth conduct of the race.

The athlete's registration time at each station is defined as the time of his arrival at it.

Every athlete who has passed through all the control points, has passed in time the stations where there will be exclusion time limits and has completed his effort by reaching the finish within the time limit for a valid finish, as defined by the organization, is entitled to a medal.

The races are interrupted at the specified maximum time limit, and athletes who may still be at some point along the route will stop, hand over their number at the next supply station or control point and, under the responsibility of the organization, will be transferred to Paranesti.

These athletes will be ranked on the finish line based on their time of performance and the point they reached and will not be entitled to a medal.

In the event of a race being interrupted due to force majeure, the ranking will be determined according to their time of arrival at the last STEK of their registration.

No athlete is allowed to continue the race either after being disqualified at points where there are time limits for disqualification or after the race has been definitively interrupted, unless otherwise specified by the Organizing Committee, due to general-specific conditions. Athletes must show understanding and comply with the organization's instructions. Insistence on continuing the race at the athlete's own risk poses risks both for the athlete himself and for the members involved in the event. In the event of non-compliance, the organization reserves the right to expel him from the next event.

17. PENALTIES

The athlete is punished with a penalty of disqualification when proven:

- During a check, during the route, by the authorized persons of the organization (Judges-Controllers), he is found not to be carrying the equipment explicitly mentioned by the organization, as mandatory
- He pollutes the route by throwing garbage and other objects
- He is assisted during the route by third parties (indicatively transportation by vehicle, escort on the route during the race, transportation of the backpack by third parties)
- He displays unsportsmanlike behavior towards fellow athletes, escorts, volunteers, members of the Race Committee, Judges-Controllers, members of the Organizing Committee, does not provide assistance to a sick fellow athlete, and does not comply with the race regulations and the instructions of the authorized persons of the Organization (Judges-Controllers).
- He does not pass through all the checkpoints
- He does not wear his race number throughout the route

18. PROTESTS

Each athlete has the right to submit an objection for any reason within one hour of the end of the competition.

Objections may only be submitted by the athlete concerned and only in writing to the secretariat.

The Competition Committee of the Organization examines and decides on them, which responds immediately, publicly and finally.

The Competition Committee, in order to assist its work, may, at its discretion, call and examine authorized members of the organization such as judges, inspectors, volunteers or athletes who are related to the case they are examining.

19. ATHLETE CATEGORIES

Categories:

- Overall Ranking: Men / Women
- Age Categories:
 - A (20-35) – M20 / W20
 - A (36-50) – M30 / W30
 - A (51+) – M50+ / W50+

20. PRIZES

Awards and souvenirs:

- Top 3 Men and Women overall
- Top athlete and top female in each age category

Cash prizes:

VFUT:

1st: €500, 2nd: €300, 3rd: €200 (Men and Women)

NTR:

1st: €300, 2nd: €200, 3rd: €100 (Men and Women)

21. RACE SCHEDULE

To be announced.

22. MODIFICATIONS – ROUTE CHANGE – INTERRUPTION – CANCELLATION

The Race Committee may, due to extreme weather or other unforeseen events:

- Change start times
- Cancel a race (offering an alternative shorter route)
- Modify part of the course

- Extend finish or cut-off times
- Interrupt a race

The Committee may also stop an athlete on a doctor's recommendation. In race interruption, athletes are ranked by their last station time. Only athletes finishing before interruption receive prizes.

The organizer reserves the right to finalize or modify regulations timely.

24. LIABILITY WAIVER

The organizer and associated bodies are not liable for health damage, injury, or death. Athletes participate at their own risk, having submitted medical clearance and signed a waiver.

25. RACE COMMITTEE

President: Lazaros Beimnoglou, President of the Organizing Committee

Members:

- Michail Papadopoulos, Technical Director
- Giorgos Yailoglou, Head of Race Safety

26. INFORMATION

Daily from 08:00 to 15:00, contact:

VFT Secretariat, Antigoni Nathanael

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Email: grammatiavft@gmail.com