

Amorgos Trail Challenge

Technical Briefing - 19 km Race

Amorgos Trail Challenge

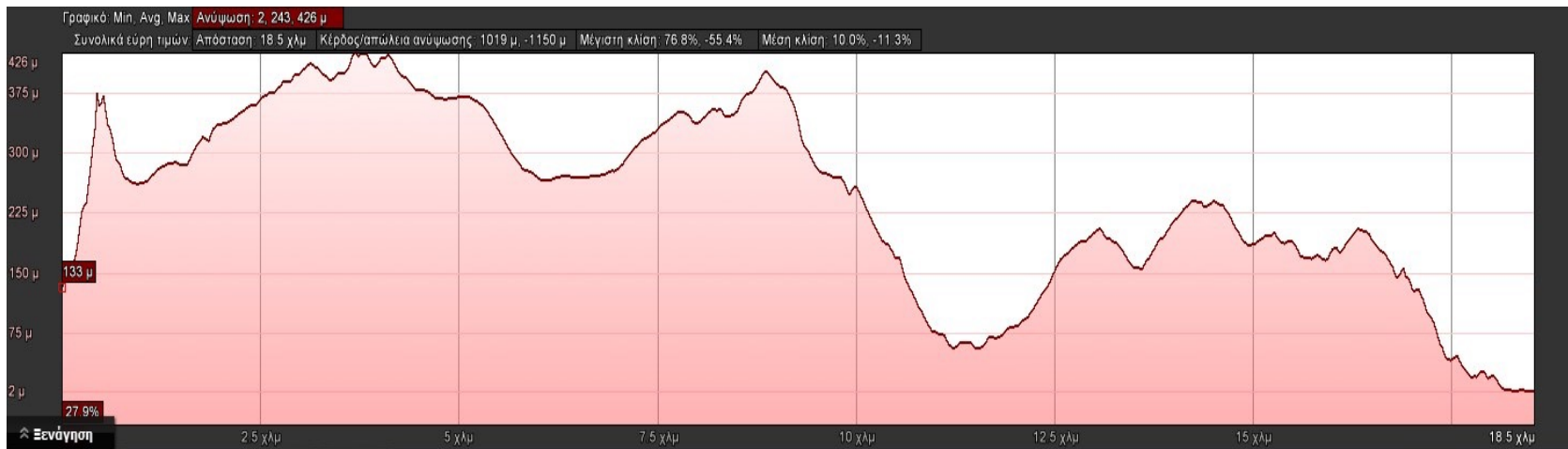
19 km route

Υπόμνημα



Μοναστήρι-Αιγιάλη





RACE START

Keep your distance, wear your mask!

Aid Stations

1. **Xenodohio:** 3.1 km (+296) - water
2. **Asfontilitis:** 6.7 km (+381) - water, cola, sweet and savoury snacks
3. **Ano Potamos village:** 10.7 km (+515) - water, cola, sweet and savoury snacks
4. **Lagkada village:** 14 km (+700) - water, sweet and savoury snacks
5. **Tholaria village:** 17 km (+800) - water, cola, sweet and savoury snacks

Terrain:

Stone steps - inside villages & at Monastery

Scree

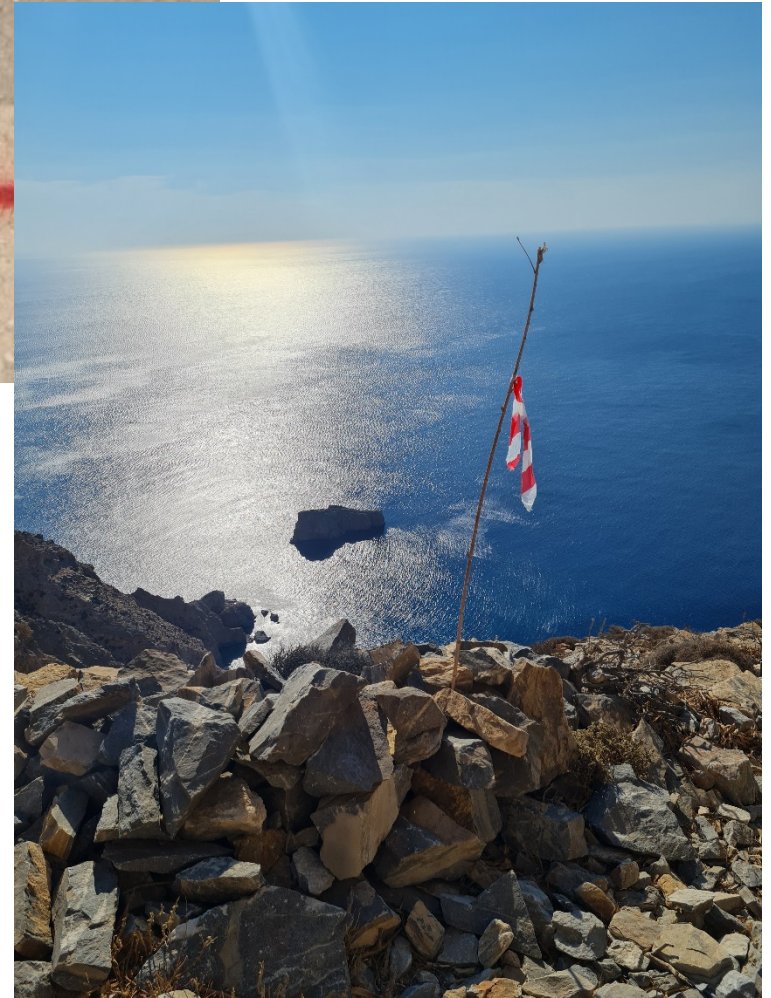
Paved trails

Dirt tracks and loose rock trails

Beach!



Signposting:



Signposting:

WARNING!

If you go more than 300 metres without seeing any ribbons or red-and-white markings, TURN BACK!



Detailed Description

- Start at the entrance to the Monastery, steps for 0.45 km (+90)
- Uphill track with some loose stones
- Small, sharp descent and scree crossing
- Footpath with low shrubs
- Trailer at km 1.86 (+206)
- Dirt road continues up to 3.10 (+296) - Xenodohio water station
- Narrow trail (sometimes faint) up to Asfontilitis aid station (6.70 km, +381)

Detailed Description (continued)

- Footpath to Agios Mamas church (9.22 km)
- Descent to Potamos village, aid station at 10.6 km (+515)
- Descent through Potamos village, steep steps to 11.60 km
- Narrow track with loose stones
- Crossroads, turn right to meet the smaller ATC route (12.90 km, +544)
- Climb to Langada, wide trail and entrance to the village

Detailed Description (continued)

- Langada village aid station, 13.8 km (+700)
- Descent to Drys area, steps and clear trail
- Small sharp ascent to below Agia Marina church
- Footpath to Tholaria village
- Aid station at 17.2 km (+800), Tholaria village
- Descent from Tholaria via the footpath
- Crossing with asphalt road
- Beach - Finish line

Weather on 18/9/2021

SUNDAY 19 SEPTEMBER Sunrise: 07:00 - Sunset 19:17

03:00

22°C

2 Bf SW
9 Km/h



FEW CLOUDS



06:00

20°C

1 Bf W
3 Km/h



FOG



09:00

26°C

1 Bf W
3 Km/h



CLEAR



12:00

32°C

1 Bf W
3 Km/h



CLEAR

15:00

36°C

2 Bf SW
9 Km/h



CLEAR

18:00

31°C

3 Bf SW
16 Km/h



CLEAR

21:00

26°C

3 Bf SW
16 Km/h



CLEAR

Please maintain social distancing, wear your mask at the start, and stay safe!

Enjoy the race!

