



SNF RUN: 2026 FIRST RUN

# RUNNER'S GUIDE



Αποκλειστικός Δωρητής  
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ΙΣΝ / SNF

ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ  
STAVROS NIARCHOS FOUNDATION

## Dear runners,

Once again, the first run of the year, SNF RUN: 2026 FIRST RUN, returns to the Stavros Niarchos Foundation Cultural Center (SNFCC) on Thursday, January 1, 2026, to lift our spirits the way only it can!

This brief guide contains useful information about your registration and the day of the run.

You are also welcome to visit our [SNF RUN website](#) to find more information about the SNF RUN: 2026 FIRST RUN; articles relating to training, nutrition, recovery, and strengthening; as well as news from the world of running.

You can also become a member of the SNF RUN team and train with us at the SNFCC—find out how [here](#).

The run is non-competitive in nature and all proceeds will go toward supporting the nonprofit [Home of Love](#).

Once again, we are thankful to the Stavros Niarchos Foundation (SNF) for covering all costs associated with holding the race.

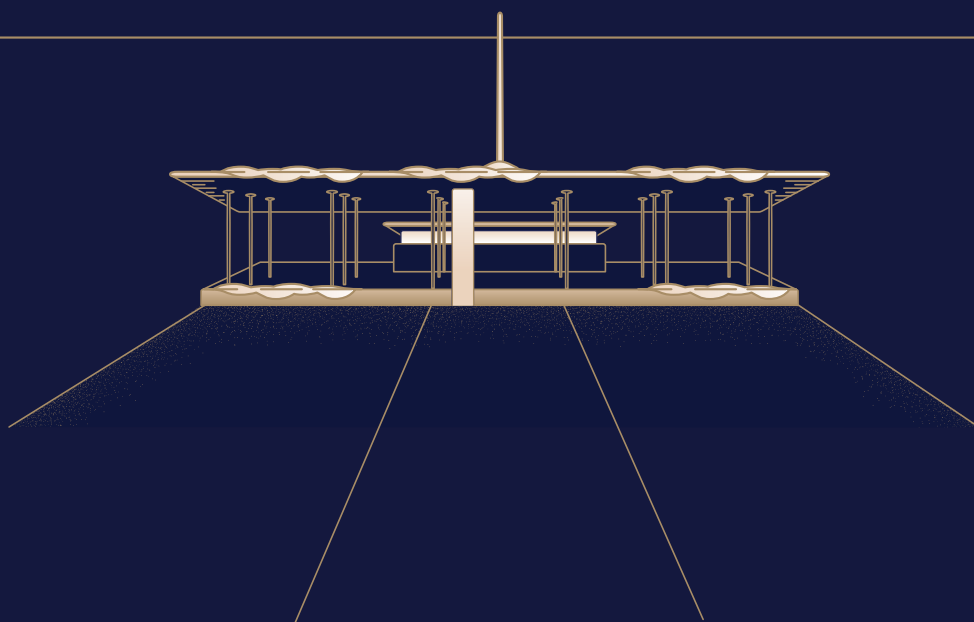
The next major SNF RUN event is scheduled for Tuesday, June 23, 2026, as part of SNF Nostos 2026, celebrating 30 years of SNF's grantmaking activity. It will feature a 5K and 10K run, beginning in the Zappeion Garden in Central Athens and ending at the SNFCC as well as a 1K run for Special Olympics athletes.

## Best regards,

*Panagiotis S. Koulouvaris,*

Associate Professor in Orthopedic Surgery and Traumatology  
1st Orthopedic Clinic of NKUA, ATTIKON General University Hospital  
President, Regeneration & Progress  
Director of the Mobile Medical Units & Sports Excellence  
Scientific Director, Trauma Edu & Surgical Simulation Lab





## **The beloved SNF RUN: 2026 FIRST RUN from the Stavros Niarchos Foundation (SNF), implemented in collaboration with the nonprofit Regeneration & Progress, is returning once again!**

Just a few minutes after the turn of the year and an impressive fireworks show, join the 3K race around the festively illuminated Stavros Niarchos Foundation Cultural Center (SNFCC). Just beyond the finish line, a big party awaits you in the SNFCC Agora.

The SNF RUN: 2026 FIRST RUN is open to all and is noncompetitive in nature. However, official times will be kept so that you can track your performance in achieving your first goal of the year—and why not aim to beat it next year?

**Organizational supervision of the race is provided by the nonprofit Regeneration & Progress and the Department of Sports Excellence - Sports Excellence at the 1st Orthopaedic Surgery Clinic of the Medical School of the University of Athens. The race is organized in collaboration with the Stavros Niarchos Foundation Cultural Center (SNFCC).**



Αναγέννηση  
& Πρόοδος



STAVROS  
NIARCHOS  
FOUNDATION  
CULTURAL  
CENTER

ΚΕΝΤΡΟ  
ΠΟΛΙΤΙΣΜΟΥ  
ΙΔΡΥΜΑ  
ΣΤΑΥΡΟΣ  
ΝΙΑΡΧΟΣ

# RUN FOR A GOOD CAUSE



As part of the charitable nature of the SNF RUN: 2026 FIRST RUN, runners are invited to contribute a minimum of €5 (or more for those who wish to do so) to benefit the nonprofit Home of Love.

The total collected through runners' contributions will be donated in its entirety to the nonprofit Home of Love; support from SNF covers the full cost of organizing the race.



# Map of the run area



**Start/Finish** ➤ **15 Esplanade**

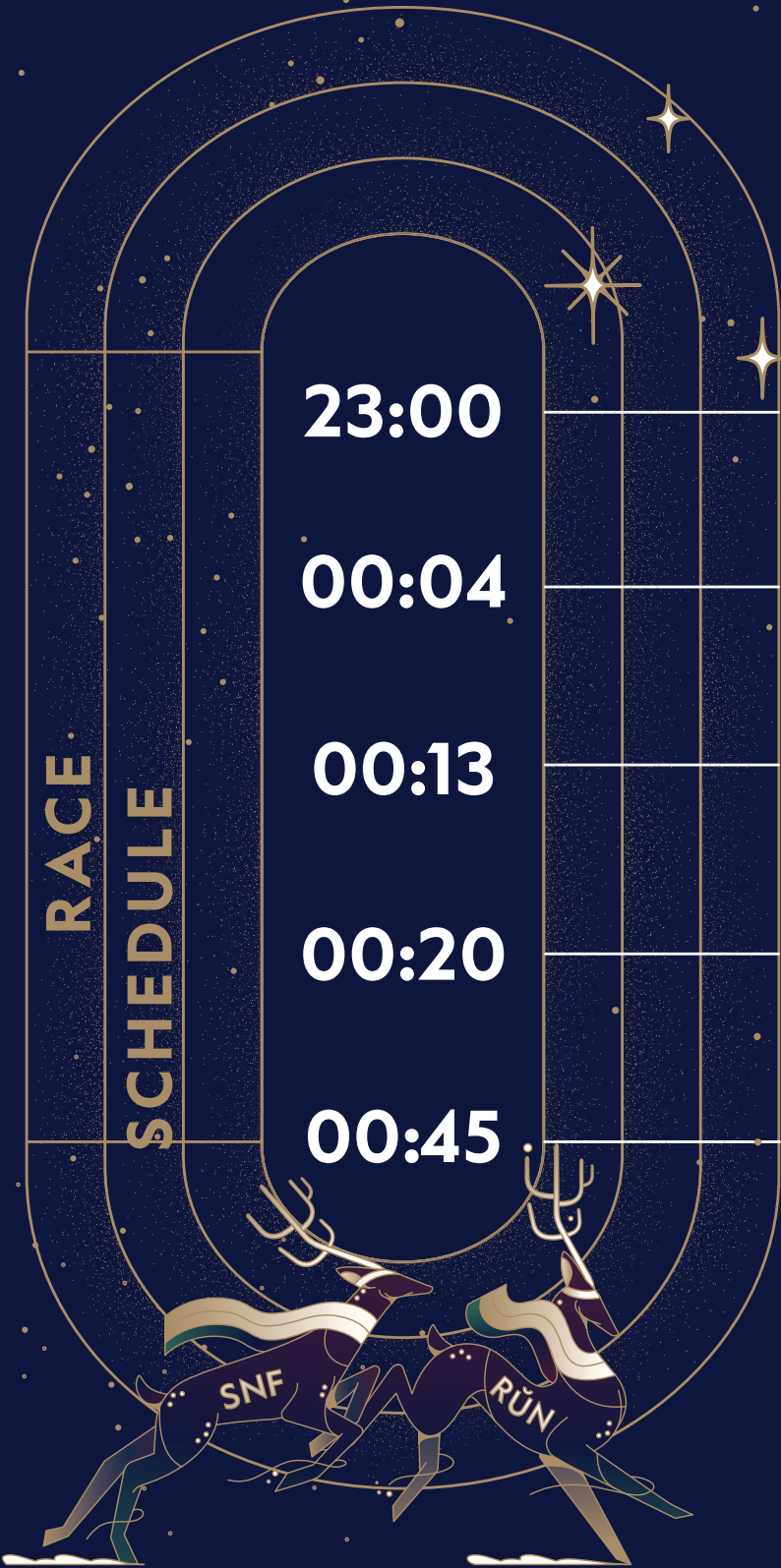
**There, you will also find:**

- Water Station
- Medical Station for First Aid and Ambulance
- Specially designed tent for storing warm-up clothes

- NLG National Library of Greece
- GNO Greek National Opera
- 01 Great Lawn
- 02 Pine Grove
- 03 Southern Walks
- 04 Dome
- 05 Outdoor Gym
- 06 Running Track
- 07 Playground
- 08 Water Jets
- 09 Sound Garden
- 10 Mediterranean Garden
- 11 Agora
- 12 Lighthouse
- 13 Panoramic Steps
- 14 Canal
- 15 Esplanade**
- 16 SNFCC Lobby
- 17 Bus Parking Lot
- 18 Vegetable Garden
- 19 Canal Steps
- 20 Buffer Zone
- 21 Outdoor Games Area
- 22 Dancing Fountains
- 23 Maker Space | Kids Lab | SNFCC Studios (NLG Ground Floor)
- SNFCC Bikes Rental Station
- Shuttle Bus Stop
- First Aid
- Info Point
- ATM
- SNFCC Store
- A Pharos Café
- B Agora N
- C Vans on Tour
- D Park Kiosk
- E Park Kiosk Souvlaki
- F Delta Restaurant
- G Park Kiosk Canteen
- H Opera Bars
- I Crepes & Waffles

The **SNF RUN: 2026 FIRST RUN** will start just a few minutes after the turn of the year, right after the completion of the fireworks show. We suggest you get there an hour, or at least 30 minutes, before the start of the race.

**The detailed race schedule is available below.**



**Warm-up for the race**

The warm-up area will be open from **11:00 p.m. to 11:50 p.m.**, as runners must move to the starting blocks at 11:50 p.m.

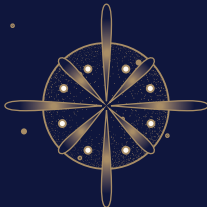
**Suggested arrival time for runners**

**Start of race**

**Expected finish time of first runner**

**Runner awards**

**Estimated finish time for the entire race**





## FINISHING MEDALS AND AWARDS

All runners will receive a commemorative medal for finishing the race. Awards will be presented to the top three men and top three women.



## WATER STATIONS

Water bottles will be available at the Start and Finish areas. There will be no water stations along the route.



## PHOTOS FROM THE RACE

We look forward to seeing you for commemorative photos at the Photo Background located next to the Canal.

Four photographers will be covering the race, taking photos throughout the entire event.

The photos will be posted 3 days after the completion of SNF RUN: 2026 FIRST RUN on the event's website: [snfrun.randp.gr](https://snfrun.randp.gr)



# Access to the SNFCC

## Via Shuttle Bus

For convenient access to and from the SNFCC, transportation by shuttle bus is available daily to visitors, free of charge. A minibus bearing the SNFCC logo departs from Syntagma, makes a stop at Syggrou-Fix Metro station (Syggrou Avenue), and arrives at the south side of the SNFCC Canal (near the GNO building) then returns the same way.

## Services for People with Disabilities

The SNFCC has been designed and operates in such a way as to be fully accessible to people with disabilities, in keeping with its commitment to be open to all.

## Parking & EV Charging Station

SNFCC has an enclosed parking garage with 1,000 spots that operates 24/7. Moreover, the largest EV charging station in Greece with 50 chargers for simultaneous charging of electric vehicles is located on the ground floor of the garage, as part of a collaboration between the SNFCC and Natural Gas – Hellenic Energy Company.



The runner's pack is available for collection exclusively from the event registration office at the SNFCC, from Sunday, December 28, to Tuesday, December 30, 2025, between 3:00 p.m. and 9:00 p.m. If you are unable to collect it yourself, a third party may collect it on your behalf, presenting your confirmation email and your ID. If you have any questions or require further clarification, please visit the [FAQ page](#).



~1.1.26~

Thank you!

Join us in  
welcoming  
the new year  
running!

1st  
RUN  
of the year

