

General information about the SNF Nostos Run

10K SNF Nostos Run

Information & Participation Instructions

Date of Event: Tuesday, June 23, 2026

Start Time: 20:50

Starting Point: Panathenaic Stadium. Runners will be placed in different starting blocks. Admission to the blocks will close at 20:40.

Finishing Point: Stavros Niarchos Foundation Cultural Center (SNFCC)

Participation Fee: Participation in the race requires a registration fee of €5 (five euros). The total amount collected will be equally allocated and donated to the non-profit organizations *Lampsi* and *Pnoi Agapis*, whose mission is to support children and adults on health-related matters. Participants may choose to contribute a higher amount than the standard registration fee, should they wish to further support the cause.

Eligibility: People aged 15 and older are eligible to participate in the 10K race. (Minors are eligible upon receipt of parental/guardian consent.)

Race Package: All registered participants will be given an official race number (a bib with the block number printed on it), a clear running bag, and an SNF Nostos Run t-shirt.

Electronic Timing: Though the SNF Nostos Run is not competitive in nature, official times will be kept for the 10K route.

Arrival of Runners: Runners are required to be present at the starting area at least forty-five (45) minutes prior to the scheduled start time. Access to the starting blocks will be permitted only to runners wearing their BIB number, starting at 20:20.

Participants must be in their designated starting block no later than ten (10) minutes before the start, i.e. by 20:40.

For the safe and smooth conduct of the race, runners are kindly requested to remain in the starting block indicated on their race number.

Route: The race will start from the forecourt of the Panathenaic Stadium. The route proceeds uphill along Vasileos Konstantinou Avenue, which continues as Vasilissis Sofias Avenue, heading right towards Mavili Square. Runners will make a U-turn at the central median (intersection of Kerasountos and Soutsou Streets), entering the downhill lane towards Piraeus, continuing as far as the Hilton junction. From there, the course turns right onto Vasilissis Sofias Avenue, heading towards Syntagma Square. The route then turns left onto Vasilissis Amalias Avenue, proceeding towards the Temple of Olympian Zeus along the downhill lane. It continues with a right turn onto Syngrou Avenue, heading towards the coastal front.

Subsequently, runners turn right onto Lysikratous Street, entering the Syngrou service road, and then left onto Evripidou Street, continuing until the finish line within the Stavros Niarchos Foundation Cultural Center (SNFCC).

6K SNF Nostos Run

Information & Participation Instructions

Date of Event: Thursday, June 23, 2022

Start Time: 21:10

Starting Point: Panathenaic Stadium. Runners will be placed in different starting blocks.

Admission to the blocks will close at 21:00.

Finishing Point: Stavros Niarchos Foundation Cultural Center (SNFCC)

Participation Fee: Participation in the race requires a registration fee of €5 (five euros). The total amount collected will be equally allocated and donated to the non-profit organizations *Lampsi* and *Pnoi Agapis*, whose mission is to support children and adults on health-related matters. Participants may choose to contribute a higher amount than the standard registration fee, should they wish to further support the cause.

Eligibility: People aged 12 and older are eligible to participate in the 6K race. (Minors are eligible upon receipt of parental/guardian consent.)

Race Package: All participants will be given an official race number (a bib with the block number printed on it), a clear running bag, and an SNF Nostos Run t-shirt.

Electronic Timing: Though the SNF Nostos Run is not competitive in nature, official times will be kept for the 6K race.

Arrival of Runners: Runners must be present at the starting point at least 45 minutes prior to the scheduled start time. Runners with a bib will be admitted to the area of the blocks at 20:50. Runners must be set at the starting block 10 minutes before the start (i.e. by 21:00).

For a safe and smooth race, runners are kindly requested to observe the starting block indicated on their bib.

Route: The race will start from the forecourt of the Panathenaic Stadium. The route will proceed uphill along Vasileos Konstantinou Avenue up to Eratosthenous Street. Runners will then make a U-turn heading toward the National Garden. The course continues with a right turn onto Vasilissis Olgas Avenue, followed by a left turn onto Vasilissis Amalias Avenue in the uphill direction. The route then turns right onto Syngrou Avenue, continuing toward the coastal front, followed by a right turn onto Lysikratous Street, where runners enter the service road of Syngrou Avenue, and finally a left turn onto Evripidou Street, leading to the finish line inside the Stavros Niarchos Foundation Cultural Center (SNFCC).

1 km SNF Nostos Run – Special Olympics

Information & Participation Guidelines

Date: Tuesday, June 23, 2026

Start Time: 20:50

Start: 333 Syngrou Avenue (southbound carriageway)

Finish: Stavros Niarchos Foundation Cultural Center (SNFCC)

The 1 km race for the Special Olympics is a unique and symbolic initiative that forms part of the SNF Nostos Run, organized by the Stavros Niarchos Foundation (SNF). It is a charitable race designed to offer athletes with intellectual disabilities, members of Special Olympics Hellas, the opportunity to actively participate in a major sporting and social celebration.

This race is not focused solely on athletic performance, but primarily on the values of inclusion, social equality, and the acceptance of diversity. Through this route, Special Olympics athletes are given the opportunity to showcase their abilities, experience the joy of participation, and feel part of a wider community that supports and recognizes them.

At the same time, public participation, whether as spectators or companions, reinforces the message of empathy and togetherness, demonstrating in practice that sport can serve as a bridge for communication and understanding among all people, regardless of ability.

The 1,000-meter Special Olympics race is not just a sporting event—it is a reminder of the power of sport to unite and to help create a world that is more just, more accessible, and more humane for everyone.

Race package pick-up

In order to best serve the runners, the race package must be picked up **in person at the Event Pavilion which will be located in the forecourt of the Panathenaic Stadium.**

Runners will be able to collect their race kit from June 18 to June 22, 2026:

- Thursday, June 18 | 14:00 – 21:00
- Friday, June 19 | 14:00 – 21:00
- Saturday, June 20 | 14:00 – 21:00
- Sunday, June 21 | 14:00 – 21:00
- Monday, June 22 | 14:00 – 21:00

For faster service, please bring the email containing your BIB number, either in printed or electronic form. The BIB number serves as proof of entry and is required to access the race start on Tuesday, June 23. **Without it, access to the start area will not be permitted.**

Please note that race kit collection will **not** be available on race day (Tuesday, June 23). Kindly ensure you collect your race kit in advance to secure your preferred t-shirt size; otherwise, the closest available size will be provided.

For faster service, please remember to present your BIB number email, either printed or electronically.

The participation/bib number is required for entry to the start of the race on June 23. **Without this number, entry to the start of the race will not be permitted.**

Runners will not be able to pick up their race package on the day of the race (June 23). Please pick up your race package early in order to receive your desired size for the event t-shirt; otherwise, you will receive the next closest size. Please be prepared to provide the email with your bib number **in either printed or electronic form.**

Delivery/collection of personal items

If you wish to check in personal items prior to the race, please bring those items in the SNF Nostos Run official clear bag provided during your bib/materials pick up. Please attach the sticker provided with your bib number to the bag and give it to bag check, located near the race start, **by 20:20**. Please note that only SNF Nostos Run clear bags will be accepted. **No other bags will be allowed inside the stadium for the start.** You may retrieve the bag with your personal belongings at a designated area after crossing the finish line. Race officials will direct you to the pickup location, and you may claim your personal belongings by showing your race bib number.

Support stations

10K route

Along the route, there will be **two support** stations for the participants, one at the 5th kilometer (National Garden, shortly after Syntagma Square) and another at the 7th kilometer (on Syggrou Avenue, across from Agios Sostis). Bottled water will be available to runners at the start, finish, and intermediate support stations.

6K route

A support station will be available during the run at the 3rd kilometer of the route (on Syggrou Avenue, across from Agios Sostis). Bottled water will be available to runners at the start, finish, and intermediate support station.

Time limit for completing the race

The races end at 22:30, taking into account any delays in start time. Until this time, under the auspices of the Hellenic Police, traffic along the route will be completely stopped. **After 22:30, participants may continue on the sidewalk under their own responsibility.**

Participation/Bib Number

The bib number of each runner must always be visible during entry and in the blocks, along the entire route, and at the finish at the SNFCC. Amenities will ONLY be provided to runners clearly bearing their bib number.

How to get to the Panathenaic Stadium

You can access the Panathenaic Stadium by most means of public transport (buses, trolleybuses, trams, metro).

- BUSES: 209, 550
- TRAM STOPS: ZAPPEIO and LEOFOROS VOULIAGMENIS
- TROLLEYBUSES: 2, 4, 10 and 11
- METRO STOPS: ACROPOLIS, EVANGELISMOS and SYNTAGMA

Note: Transportation from the SNFCC to the Panathenaic Stadium is not provided for the start of the race. Runners must plan in advance to get to the starting point by their own means of transportation (or using public transport).

How to return from the SNFCC

Note: Transportation from the SNFCC after the end of the race is not provided. Runners must plan their return trip in advance by their own means.

You can also use the following means of public transport:

From the EVGENIDEIO stop: 550, B2

From the ONASSIO stop: 126, 229, 550, B2

Tram: Posidonos – stop TZITZIFIES

Medical services

The race will include full medical support for first aid from the First Orthopaedic Clinic of the National and Kapodistrian University of Athens (NKUA). All runners participate at their own risk, in accordance with the Terms of Participation. Runners are advised to undergo medical examinations before the race to confirm they are healthy enough to participate.

Tips and more information

- Consult your doctor if you have a health problem.
- Demonstrate sportsmanship at all times.
- Respect and follow organizers' instructions.
- Do not forget to warm up before you start your race.
- Eat a meal at least two hours before the race.
- Stay well hydrated before and during the race.
- Get to the Starting Line on time.
- Follow your own rhythm, and do not get carried away by the rhythm of other runners.
- Do not throw bottles or other garbage at the starting point, along the route, or at the finish line—use the bins provided.
- Avoid using offensive language.
- Pets are not allowed to run with the runners.

- You can run or walk with your child in a stroller.
- The use of headphones is not allowed during the race.
- Friends and relatives are not allowed to cross the finish line or enter the course with participants. This policy gives every runner ample time to celebrate their achievement without disturbing other finishers or endangering the safety of runners, volunteers, and audience.
- Transportation from the SNFCC to the Panathenaic Stadium for the start of the race and from the SNFCC after the race is not provided by the event organizers.

Safety measures

Runners' and spectators' safety is a top priority for the event organizers. We are in close collaboration with the Hellenic Police, the Road Traffic Department, the Fire Corps, the National Center for Emergency Care (EKAV) and the First Orthopaedic Surgery Clinic of the National and Kapodistrian University of Athens (NKUA) to enhance the safety of all our events.

Prohibited items

In order to ensure the safety of all SNF Nostos Run participants, spectators, and staff, the following items are prohibited from all sporting events, both at the Panathenaic Stadium and at the SNFCC. For the safety of everyone involved, bags will go through a preventive visual inspection.

Specifically:

- The possession and use of alcohol as well as illegal objects or substances, such as weapons, sharp objects, fireworks, etc. is strictly prohibited.
- Glass containers are not allowed.
- Bags, other than those provided by the event organizers, are not allowed.
- Uniforms that cover the entire face and any bulky clothing that extends beyond the perimeter of the body are not allowed.
- Runners must comply with directions from both security and organizational staff.

We thank you and appreciate your cooperation, patience, and understanding for our enhanced safety measures, designed to make the SNF Nostos Run experience safe and enjoyable for all of us.

We would like to thank the following for their assistance and cooperation:

The Municipality of Athens, the Municipality of Kallithea, the Hellenic Police, EKAV, the Municipal Police of the Municipality of Athens, the Hellenic Fire Corps, the Stavros Niarchos Foundation Cultural Center (SNFCC), O.S.Y. SA, the Athens Mass Transit System (OASA), Special Olympics Hellas, METRO SA.