

V.F.T. 2026 RACE REGULATIONS

The Virgin Forest Trail races of Paranesti (V.F.T.) have been held since 2007, and this year marks 20 years of their continuous presence in mountain running.

The first five races in the table below (VFUT, NTR, P.P., Arkoudorema Trail, Nestos Trail) take place in a mountain environment and on varied terrain. They are characterized as adventure races and are conducted under semi-self-sufficiency conditions. Participants must be aware of the difficulties of such an undertaking and must have experience in similar races.

All races will take place from 22 to 25 October 2026. The programme includes seven races of various distances in a natural environment.

No.	Race	Distance	D+	Time	Date	Limit
1	Virgin Forest Ultra Trail (V.F.U.T.)	162,651 m	6,964	22:00	22/10/2026	40 hours
2	Nature Trail Race (N.T.R.)	82,268 m	4,045 m	00:00	24/10/2026	18:30 hours
3	Paranesti Path (P.P.)	48,543 m	2,000 m	09:00	24/10/2026	9 hours
4	Arkoudorema Trail	25,340 m	812 m	10:00	24/10/2026	5 hours
5	Nestos Trail (N.T.)	10,000 m		10:00	25/10/2026	2.5 hours
6	Special V.F.T. (S.V.F.T.)	800 m		12:00	25/10/2026	
7	Family VFT	1,000 m		11:00	25/10/2026	

1. CONDITIONS FOR PARTICIPATION IN THE RACES

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

Participants must:

- a. have been born before 2006;
- b. be able to manage the difficulties of such a race and its conditions, and also have experience in mountain races;
- c. necessarily complete a short résumé including the main races the participant has finished, as well as his/her athletic activities.

Maximum number of participants: 150.

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

Participants must:

- a. have been born before 2006;
- b. be able to manage the difficulties of such a race and its conditions, and also have experience in mountain races;
- c. necessarily complete a short résumé including the main races the participant has finished, as well as his/her athletic activities.

Maximum number of participants: 150.

1.3. For the Paranesti Path (P.P.)

- a. Participants must have been born before 2006.
- b. They must be able to manage the difficulties of such a race and its conditions, and also have experience in mountain races.

Maximum number of participants: 200.

1.4. For the Arkoudorema Trail

- a. Participants must have been born before 2008.
- b. They must be able to manage the difficulties of such a race and its conditions.

Maximum number of participants: 200.

1.5. For the Nestos Trail (N.T.)

- a. Participants must have been born before 2008.

Maximum number of participants: 200.

1.6. For the Special VFT

- a. It is addressed to persons with disabilities, who may participate in the race either individually or with the presence of an escort.
- b. Maximum number of participants: 50.

1.7. For the Family VFT

- a. It is addressed to families or social groups.
- b. Maximum number of participants: 100.

2. REGISTRATION FINALIZATION PROCEDURE – REGISTRATION FEES

The registration period begins on 20 April 2026 and lasts until the maximum number of participants per race is reached, or until 31 August 2026 if the maximum number of participants per race has not been reached.

For all races, the online registration form must be completed on the organization's website: www.paranestivft.com

Upon completion of the registration application, the applicant may finalize his/her registration by paying the corresponding amount into the bank account GR 9401711960006196136336405. The registration application does not finalize the participant's registration unless the corresponding monetary amount for each race is paid by the respective date.

REGISTRATION FEES PER RACE

Month	VFUT	Nature	Paranesti Path	Arkoudorem a Trail	Nestos Trail
April	100	60	30	20	10
May	100	60	30	20	10
June	120	70	40	25	15
July	150	80	50	30	15
August	200	90	60	30	15

The deposit slip must mandatorily state the athlete's full name and the reason for deposit: "participation in the Race". Then, a copy of the deposit slip must be sent by e-mail to grammativft@gmail.com or via Viber to the secretariat's telephone numbers.

Keep the copy of the deposit slip.

The participant's registration is finalized from the moment the organization is notified of the deposit of the participation fee for each race, and not from the date of registration.

3. CANCELLATION OF PARTICIPATION

In case of cancellation of the athlete's participation for health reasons or force majeure until 31 August 2026, half of the paid registration fee shall be refunded. After this date, the registration fee shall not be refunded.

Also, in the event that the organization cancels the race due to extreme or adverse weather conditions, such as snowfall, storm, strong winds or flood, or due to other unforeseen events and for reasons of safety of athletes and volunteers, financially settled participants shall be given the opportunity to participate in the same race at the next organization without paying any monetary amount.

If the organization permanently stops the race at any point of the route for the reasons mentioned above, participants shall receive the commemorative items determined by the organization.

In the event that a participant does not take part in the race although he/she has paid the registration fee and finalized his/her registration, he/she shall receive by post all entitled commemorative items of the registration pack after the race, except for the finisher items.

4. IDENTIFICATION

Participants are identified in Paranesti, at the secretariat area for each race, by presenting their identity card, service identity card, passport, or driving licence. Each participant shall personally and exclusively receive his/her participation pack, which shall contain the race number and the items defined and provided by the organization.

The distribution of packs for each race shall begin according to the programme that will be announced by the organization.

5. OBLIGATIONS OF THE ORGANIZATION

The organization shall provide nutrition during the race, first aid if required, insurance coverage, physiotherapy-massage, an information leaflet and a medal to finishers, an electronic participation certificate, prizes to distinguished athletes, commemorative items to participants, as well as accommodation in the settlement of Mesochori.

For participants in the VFUT race, this applies from 21 to 24 October, and for participants in the NTR race from 23 to 25 October, always in accordance with the maximum number of participants.

The organization also provides information about accommodation facilities in the area, where participants may make their own arrangements for their stay.

The organization shall offer participants a meal on the evening before the races, namely a pasta party, breakfast on the day of the race, and a light meal after the end of the race.

The organization shall provide transportation of participants from the secretariat to the hospitality settlement of Mesochori, as well as transportation from the hospitality settlement to the starting area of the races.

The organization shall also be responsible for the return to Paranesti from the abandonment Aid/Control Station of those participants who abandon the race.

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

Furthermore, the organization awards monetary bonuses to the first three men and the first three women in the general classification of the VFUT, NTR and Paranesti Path (P.P.) races.

6. OBLIGATIONS OF PARTICIPANTS

Participants must be fully aware of the regulations of the race in which they participate, and are obliged to respect them.

Participants undertake:

- to respect the ethics of the sport, competing under semi-self-sufficiency conditions;
- to respect the environment, avoiding any kind of pollution;
- to show solidarity with fellow participants whenever required;
- to rely exclusively on their own abilities without receiving external support, except at the points designated by the organization;
- to carry the mandatory equipment required throughout the entire duration of the race;
- to obey the instructions of the race judges and inspectors.

The management of the difficulties and demands of the race, as regards the continuation or interruption of their effort, is their exclusive responsibility and they must face these difficulties independently. They must know how to manage difficult weather conditions, muscle and body pain or digestive problems, hypothermia and hypoglycaemia that may be caused by intense effort.

Failure to comply with the regulations or with the instructions of the judges shall result in a disqualification penalty. When the race judges become aware of violations of the regulations, they record them and inform the offenders and the Race Committee. Any other person authorized by the organization may also record

any violation that comes to his/her attention and submit it for examination to the Race Committee.

An athlete who receives medical assistance either along the route or at the aid stations is deemed to accept the doctor's opinion regarding the continuation or interruption of his/her effort.

The organization has the right to photograph and/or video-record participants at points of the route defined by the organization, for the purpose of confirming the passage of athletes through those specific points.

Furthermore, for reasons of equal treatment, the organization shall check the athletes' mandatory equipment at any point of the route it deems appropriate.

Also, by submitting the registration application, participants accept being photographed and video-recorded for the purpose of producing digital material by the organization, which the organization may use free of rights.

7. PARTICIPANT'S DECLARATION OF RESPONSIBILITY

Each participant is fully aware of his/her intention to take part in a mountain sports event, as well as of the strain to which he/she will inevitably subject his/her body.

He/she also personally assumes the responsibility to compete with prudence and responsibility and not to place himself/herself in objective conditions of danger.

By submitting a participation application, each participant already knows, on the basis of recent medical examinations, whether his/her state of health allows him/her to compete in a long-duration endurance race in a mountain environment.

If a doctor diagnoses a serious risk from the further continuation of a participant's effort, that participant is obliged to stop the race and hand over his/her number to the person responsible for the Aid/Control Station.

The declaration of responsibility which each participant is obliged to sign and submit shall have the form and content as decided by the Association of Race Organizers. [CLICK HERE](#).

8. PARTICIPANT'S MEDICAL CERTIFICATE

According to the decision of the Association of Race Organizers, as will be decided shortly.

A participant who holds a valid athlete's sports card may submit his/her individual health card.

9. MANDATORY EQUIPMENT

ONLY FOR THE VFUT AND NTR RACES

For safety reasons, each participant is obliged to carry with him/her throughout the entire duration of the race a backpack containing the following mandatory items:

1. *liquid bladder/container of at least one litre;*
2. *waterproof jacket;*
3. *emergency blanket;*
4. *haemostatic spray;*
5. *elastic bandage;*
6. *emergency whistle;*
7. *two headlamps with spare batteries;*
8. *a second T-shirt/vest;*
9. *food equivalent to at least 1,000 calories;*
10. *mobile phone with charged battery. Your contact number must be declared upon registration with the organization. The European emergency call number is 112;*
11. *personal feeding cup;*
12. *depending on weather conditions, the organization may also require the existence of gloves, a hat, trousers below the knee, or waterproof trousers.*

Upon receipt of the registration pack from the secretariat, the organization shall strictly check the above necessary equipment. The registration pack shall not be handed over to the athlete if any of the above items is missing.

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

12.1. Optional Equipment

Participants may optionally carry with them: GPS device, trekking poles with covered tips, leggings/trousers, windproof top, second pair of socks, talcum powder.

10. CHANGE BAG

ONLY FOR THE VFUT AND NTR RACES

The participant's registration pack shall contain two plastic bags, with a capacity of 30 litres, namely drop bags, bearing the participant's race number, for the placement of the items that he/she may collect from the Central Aid Stations of Antero and Zarkadia II for the VFUT race, and Zarkadia II for the NTR race, either in order to supplement or to replace his/her mandatory or optional equipment.

The transport of these bags to the above stations shall be carried out under the responsibility of the organization.

It is prohibited to place sharp or fragile objects or trekking poles in the bags.

In the same bag, athletes may re-place the items they leave behind so that they may be transported back to Paranesti, again under the responsibility of the organization, to a specific area to be designated.

11. PARTICIPATION NUMBER (BIB) – BAR CODE

The registration pack shall contain the participation number, which is unique for each athlete. This number must be visible throughout the entire duration of the race on the front part of the body or at another visible point.

The method of attaching the number to the athlete's clothing is his/her own choice and responsibility. The organization shall provide athletes with means of attachment.

The covering of the athlete's number is permitted in the event of bad weather or cold; however, its presentation at checkpoints is mandatory, in order for the athlete's passage to be recorded.

Loss of the number shall result in the athlete's disqualification from the race; therefore, attention is drawn to its secure attachment.

Each participation number (BIB) shall bear a bar code for the electronic recording of the athlete's passage. The bar code shall be returned to the organization at the finish.

12. TECHNICAL BRIEFING

The technical briefing of the athletes shall be carried out by the technical director, separately for each race, according to the organization's programme, which will be announced shortly.

Throughout the athletes' stay in Paranesti, from Thursday 22 October at 12:00 a.m. until the end of the organization, information on organizational matters shall be provided by the Race Secretariat.

13. MEDICAL SUPPORT

The Paranesti Health Centre shall provide its services if required.

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

An ambulance shall be available to the organization throughout its entire duration.

It is pointed out that the doctors and physiotherapists of the organization shall be tasked with the care and treatment of participants who present any serious

problem, given that participants are aware of the difficulties of the race and are able to manage muscle pain or other pain caused by their effort.

14. SAFETY

The organization shall secure accident insurance coverage for each participant.

All race routes shall also be supported by teams of volunteer rescuers, the 4th EMAK, and the Hellenic Red Cross Samaritans Division.

During the race, safety teams, namely sweepers, shall operate, following the end of the race and offering assistance to participants who may abandon the race between stations.

Special safety personnel shall move with organization vehicles along sections of the route located on agricultural or forest roads, in order to provide assistance to participants who need it or to transport them in the event that they abandon the race.

The safety teams shall wear the organization's clothing, and the safety vehicles shall bear distinctive markings.

There shall also be flashing beacons and road signs at certain points of the route, as well as phosphorescent lights.

15. MOVEMENT OF ESCORTS AND SPECTATORS

Participants may be supported by support teams only at the points and stations to be defined by the organization.

Drivers, escorts of participants, and spectators must be particularly careful and restrained in their movements with vehicles, so that the safety of the competitors is not endangered at points where their routes coincide. The permitted points will be announced shortly.

Support teams, at the permitted points, may offer their services to participants without obstructing the work of the Aid Stations and always after permission from the station manager, who shall also indicate their position in the area so that the station's work is not obstructed.

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

16. AID STATIONS

There shall be Aid Stations and Checkpoints as defined in the technical race table at the beginning of the regulations.

At the Aid Stations, participants shall be provided with the energy and hydration supplies provided for by the organization.

At the Central Station of Antero and Zarkadia II for the VFUT and NTR races, athletes shall be provided with a full meal.

See in detail the supplies of the Aid/Control Stations by clicking [here](#) for the Excel file or [here](#) for the PDF file.

17. TIME LIMITS – CUT-OFF POINTS

The times of participants shall be recorded manually and additionally electronically at each Aid/Control Station and at the finish.

In addition, there are defined points and cut-off time limits for each race, as set out in the corresponding technical tables, for reasons of participant protection and safety and for the smooth conduct of the race.

The time of recording of the participant at each station is defined as the time of his/her arrival at that station.

Each participant who has passed through all checkpoints, has passed in time through the stations where cut-off time limits exist, and has completed his/her effort by reaching the finish within the valid finishing time limit, as defined by the organization, shall be entitled to a medal.

The races shall stop at the defined maximum time limit, and any participants who are still at any point of the route shall stop, hand over their number at the next aid station or checkpoint, and shall be transported to Paranesti under the responsibility of the organization.

These participants shall be ranked in the finishers' table based on the time of their performance and the point they reached, and shall not be entitled to a medal.

In the event of interruption of a race due to force majeure, the ranking shall be determined according to their arrival time at the last Aid/Control Station where they were recorded.

No participant is allowed to continue the race either after his/her disqualification at the points where cut-off time limits exist, or after the final interruption of the race, unless otherwise determined by the Organizing Committee of the organization due to general or special conditions.

Participants must show understanding and comply with the organization's instructions.

Insisting on continuing the race under the participant's own responsibility entails risks both for the participant himself/herself and for the members involved in the organization.

In the event of non-compliance, the organization reserves the right to exclude the participant from the next organization.

18. PENALTIES

A participant shall be punished with disqualification when it is proven that he/she:

- during a check along the route by authorized persons of the organization, namely judges-inspectors, is found not to be carrying the equipment expressly specified by the organization as mandatory;
- pollutes the route by throwing away rubbish and other objects;
- is assisted along the route by third parties, indicatively including transport by vehicle, escorting along the route during the race, or carrying of the backpack by third parties;
- displays unsportsmanlike conduct towards fellow athletes, escorts, volunteers, members of the Race Committee, judges-inspectors, members of the Organizing Committee, fails to provide assistance to a suffering fellow athlete, and does not comply with the race regulations and the instructions of persons authorized by the organization, namely judges-inspectors;
- does not pass through all checkpoints;
- does not carry his/her number throughout the entire duration of the route.

19. OBJECTIONS

Each participant has the right to submit an objection for any reason within one hour from the end of the race.

Objections may be submitted only by the interested person himself/herself and only in writing to the secretariat.

The objections are examined and decided upon by the Race Committee of the organization, which responds immediately, publicly and finally.

In order to assist its work, the Race Committee may, at its discretion, call and examine authorized members of the organization, such as judges, inspectors, volunteers, or participants who are related to the case under examination.

20. ATHLETE CATEGORIES

The following categories are provided:

1. General classification
2. Men's category
3. Women's category
4. Age categories
 - 1) Men A (20–29) - M20 / Women (20–29) - W20
 - 2) Men A (30–39) - M30 / Women (30–39) - W30

3) Men A (40–49) - M40 / Women (40–49) - W40

4) Men A (50–59) - M50 / Women (50–59) - W50

5) Men A (60+) - M60 / Women (60+) - W60

21. AWARDS

Prizes and commemorative gifts shall be awarded:

- to the first three men;
- to the first three women;
- to the first male athlete and the first female athlete of each age category.

Also, monetary prizes:

For the VFUT race:

- 1st male: €400.00, 2nd male: €300.00, 3rd male: €200.00
- 1st female: €400.00, 2nd female: €300.00, 3rd female: €200.00

For the NTR race:

- 1st male: €200.00, 2nd male: €150.00, 3rd male: €100.00
- 1st female: €200.00, 2nd female: €150.00, 3rd female: €100.00

For the Paranesti Path (P.P.) race:

- 1st male: €100.00, 2nd male: €80.00, 3rd male: €50.00
- 1st female: €100.00, 2nd female: €80.00, 3rd female: €50.00

22. RACE PROGRAMME

To be announced shortly.

23. MODIFICATION OF LIMITS – ROUTE – INTERRUPTION – CANCELLATION OF RACE

The Race Committee has the right, due to extreme or adverse weather conditions, such as snowfall, storm, strong winds or flood, or due to other unforeseen events and for reasons of safety of athletes and volunteers, to:

- change the defined starting time;
- cancel the holding of the race, in which case there shall be an alternative route of shorter distance;
- modify part of the route;
- extend the time limits for accepted finishing, as well as the cut-off time limit at the designated station;

- proceed with the interruption of the race.

Furthermore, the Race Committee reserves the right to interrupt or cancel the effort of a participant if there is an oral opinion from the race doctor indicating this.

In the event of interruption of the race, the ranking of participants shall be based on the time recorded at the last station through which they passed before the interruption of the race.

Only participants who have finished by the time of the interruption of the race shall be entitled to a prize.

The organization has the right to complete and finalize, and even modify, the race regulations, which shall be done in a timely manner for the information of interested parties.

24. DISCLAIMER OF LIABILITY

The organization and the bodies that constitute it shall not be liable for any damage to health, bodily injury, or death of an athlete.

Each athlete, knowing the difficulties of the race and the risks arising from the environment and the conditions that may prevail in it, participates exclusively at his/her own responsibility, having submitted to the organization a relevant medical certificate and a declaration of responsibility assuming all liability and releasing the organization from liability for damage to his/her health during or after the end of the race, or for death.

25. RACE COMMITTEE

President: Lazaros Beinoglou, President of the Organizing Committee

Members:

Petros Filias, Technical Director

Theologos Karopoulos, Head of Volunteers

26. INFORMATION

Daily from 08:00 to 15:00, for communication:

VFT Secretariat, Ms Antigoni Nathanael

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