



# 22<sup>nd</sup> International Edition



# 12+24 *Self-Transcendence* Hour Race Basel

8<sup>th</sup> / 9<sup>th</sup> May 2010

Sportsground St. Jakob

[www.srichinmoyraces.org/ch](http://www.srichinmoyraces.org/ch)



# Race Information 2010

**Date:** Saturday/Sunday, May 8<sup>th</sup>/9<sup>th</sup> 2010

**Start:**

- 24 Hour Race                      Saturday, May 8<sup>th</sup>, 12 am (noon)
- 12 Hour Race                        Saturday, May 8<sup>th</sup>, 12 pm (midnight)

**Finish:**

- 12+24 Hour Race                Sunday, May 9<sup>th</sup>, 12 am (noon)

**Location:** Sportsground St. Jakob. Directions will be included in the entry pack.

**Course:** 1141,86 m loop, flat, on the sportsground St. Jakob. Asphalt, lit at night. The course is exactly measured according to IAAF-rules.

**Participation:** Minimum age: 18 years

**Lap-Control:**

Every lap will be recorded on your personal lap-sheet. Well visible digital clock at the counting station.

**Food:**

The following will be available at the food station on the track:

- **Food:** fruits (apple, banana, oranges), dried fruits, potatoes, soup, cookies, bread, butter, marmalade, snacks, pasta, porridge,
- **Beverages:** water, tea, isotonic drinks, fruit juices, cola, clear soup, coffee

Helpers can also buy meals from our official kitchen.

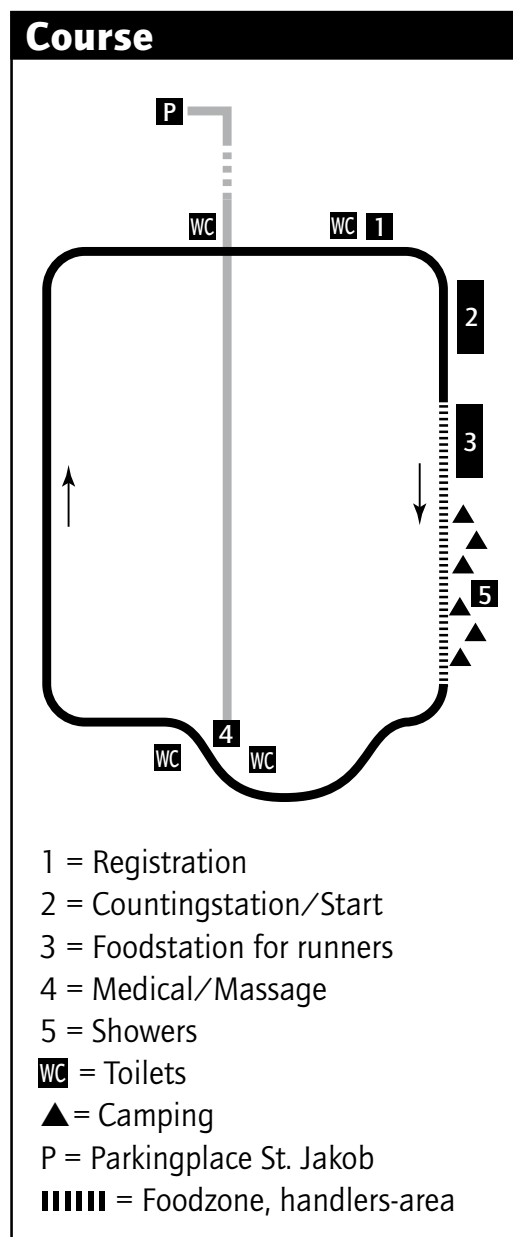
Price per meal: CHF 7.-/€ 4.-

**Accommodation**

- Camping (tents only) is possible from Friday to Sunday in the official tent area on the course (see map).
- There is a civic shelter directly on the course, CHF 12.-/€ 8.- (open from Friday 7 pm until Sunday 2 pm). Bring your own sleeping-bag.
- Hotel: Tourist-office Basel, Tel. +41 (0)61 268 68 68, [www.baseltourismus.ch](http://www.baseltourismus.ch)

**Rules:**

IAU rules. No helpers or pacers are allowed outside the designated handlers-area.



## Prizes

Trophies and prizes will be given in the following categories (12h and 24h):

Men/Women	MHK/WHK	18 – 49 years	1st – 7th place
Men/Women	M50/W50	50 – 59 years	1st – 3rd place
Men/Women	M60/W60	60 – 69 years	1st – 2nd place
Men/Women	M70/W70	70 + years	1st place

**Awards Ceremony:** Sunday, 2 pm

*Each runner* receives a medal, personal diploma, race-results as well as a souvenir-prize.

## Entry Fee

- 24 hour race: CHF 150.–/€ 95.– incl. pasta party, medal, certificat and a souvenir-prize
- 12 hour race: CHF 100.–/€ 65.– incl. pasta party, medal, certificat and a souvenir-prize

Please pay the fee together with your inscription:

- Payment in CHF from Switzerland and *Non-EU-countries*:  
Postal Account: 80-65599-0, Sri Chinmoy Marathon Team, Sportveranstaltungen, 8000 Zurich  
IBAN: CH1109000000800655990, BIC: POFICHBEXXX
- Payment in EURO from EU-countries:  
Sparkasse Dachau, Voelckner, BLZ 70051540, Account No. 193573  
IBAN: DE09700515400000193573, Swift-Code/BIC: BYLADEM1DAH

**Registration:** Please send the entry form to: Sri Chinmoy Marathon Team, 12+24 Stunden-Lauf, Postfach 76, CH-5420 Ehrendingen, Tel. +41-(0)56-203 13 88, Fax +41-(0)56 203 13 01.

- *Entry deadline: Wednesday, March 31<sup>st</sup>, 2010. Late registration fee: CHF 15.–/€ 10.–*
- The number of runners is limited to 150 participants. Entries will be accepted in the order of date of payment.
- Cancellation received by Wednesday, March 31<sup>st</sup>: entry fee minus CHF 20.–/€ 13.– will be refunded
- Cancellation received by Friday, April 30<sup>th</sup>: 50% of the entry fee will be refunded

**Car Parking:** Our own parking area is located directly at the sportsground St. Jakob, opening Friday 4 pm. The fee is CHF 15.–/€ 10.– per car for the whole time. There will be a shuttle-service for your luggage to the registration/camping place.

## Baggage Tent

There will be tents available along the course for runners to change or deposit clothes.

## Insurance

The SCMT cannot be held responsible for injuries, accidents, sickness or theft. Insurance is the responsibility of the participant.

**DVD:** You can order a DVD as a nice souvenir of the 12+24 Hour Race Basel 2010 with the entry form (length ca. 25 min.).