

24th International Edition

1st Swiss Championships 24 Hour Race
by Swiss Ultra Running

SWISS
ULTRA
RUNNING



12+24 Hour Race Basel

Self-Transcendence

12th / 13th May 2012
Sportsground St. Jakob

www.srichinmoyraces.org/ch



Race Information 2012

Date: Saturday/Sunday, May 12th/13th 2012

Start:

- 24 Hour Race Saturday, May 12th, 12 am (noon)
- 12 Hour Race Saturday, May 12th, 12 pm (midnight)

Finish:

- 12+24 Hour Race Sunday, May 13th, 12 am (noon)

Location: Sportsground St. Jakob. Directions will be sent together with the confirmation of participation.

Course: Circuit, asphalt, lit at night. Most probably the course will be shortened by 33 meters due to construction work. Advantage: the new course would be totaly flat and thus even faster. The course will be exactly measured by IAAF-rules in spring 2012. Estimated distance: 1108 m.

Participation: Minimum age: 18 years

Lap-Control: Every lap will be recorded on your personal lap-sheet and double-checked by a second lap-control plus video. 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

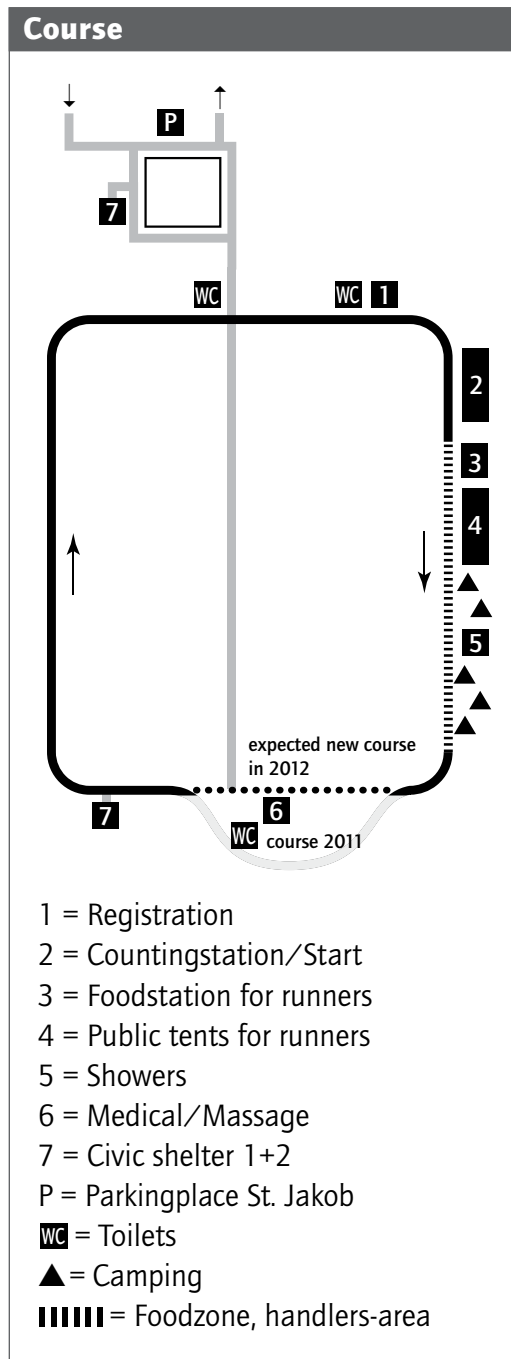
- Camping (tents only) is possible from Friday to Sunday in the official tent area on the course (see map).
- Civic shelter: CHF 12.-/€ 8.-. Between parking and race course, ca. 200 m or directly at the race course (see map) Open from Friday 7 pm until Sunday 2 pm. Bring your own sleeping-bag.
- Hotel: Tourist-office Basel, Tel. +41 (0)61 268 68 68, www.baseltourismus.ch or for example hotel ETAP in Pratteln (ca. 10-15 min driving distance from parking St. Jakob)

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



- 1 = Registration
- 2 = Countingstation/Start
- 3 = Foodstation for runners
- 4 = Public tents for runners
- 5 = Showers
- 6 = Medical/Massage
- 7 = Civic shelter 1+2
- P = Parkingplace St. Jakob
- WC = Toilets
- ▲ = Camping
- ||||| = Foodzone, handlers-area

Awards Ceremony: Sunday, 2 pm

Each runner will receive a personal certificate, medal and souvenir prize. Please pick them up at the award ceremony, they will not be sent on.

Additional Classification Swiss Championships 24h Race by Swiss Ultra Running

Entitled for classification in the Swiss Championships are all citizens of Switzerland and Liechtenstein.

Awards/Classification Swiss Championships

The first three men and the first three women shall receive the official Swiss Ultra Running medals (gold, silver and bronze).

**Entry Fee**

- 24 hour race: CHF 150.–/€ 105.– incl. pasta party, medal, certificate and souvenir-prize
- 12 hour race: CHF 100.–/€ 75.– incl. pasta party, medal, certificate and souvenir-prize

Please pay the fee together with your inscription:

- Payment in CHF:
Postal Account: 80-65599-0, Sri Chinmoy Marathon Team, Sportveranstaltungen, 8000 Zurich
IBAN: CH1109000000800655990, BIC: POFICHBEXXX
- Payment in EURO:
Sparkasse Dachau, Voelckner, Account No. 500579, BLZ 70051540
IBAN: DE79700515400000500579, 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, ch@srchinmoyraces.org

- *Entry deadline: Saturday, March 31st, 2012.*
- **Late registration on request.** 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:

Cancellation received until Friday, April 27th, 2012: entry fee minus CHF 15.–/€ 10.– 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 directly at the course (see map, no 4) for runners to change or deposit their clothes.

Dogs: Sorry, dogs are not allowed on the whole sportsground St. Jakob

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 2012 with the entry form (length ca. 25 min.). Video will probably also be online but in lower resolution.

24h live broadcast: www.livestream.com/srchinmoyraces

Tell all your friends and relatives!