

26th International Edition

3rd Swiss Championships 24 Hour Race
by Swiss Ultra Running

SWISS
ULTRA
RUNNING



SRI CHINMOY

12+24 Hour Race Basel

17th/18th May 2014
Sportsground St. Jakob

ch.srichinmoyraces.org



Race Information 2014

Date: Saturday/Sunday, May 17th/18th 2014

Start:

- 24 Hour Race Saturday, May 17th, 12 am (noon)
- 12 Hour Race Saturday, May 17th, 12 pm (midnight)

Finish:

- 12+24 Hour Race Sunday, May 18th, 12 am (noon)

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

Course: Flat circuit, asphalt, lit at night. Due to construction work the exact measurement of the course according to IAAF-rules will take place in spring 2014. Estimated distance: 1100 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.

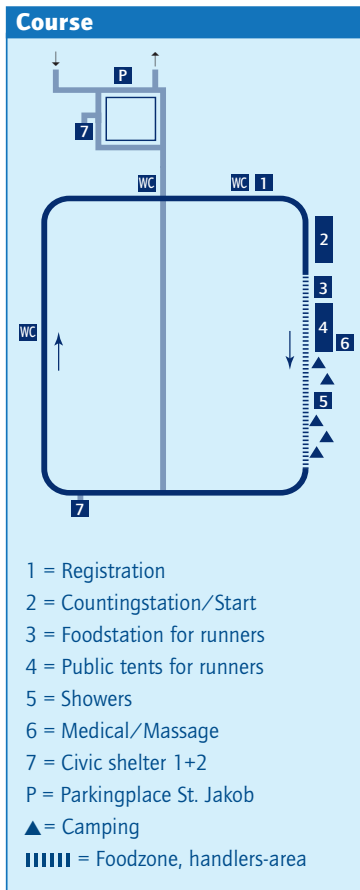
Food:

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.-/€ 5.-



24h live broadcast: www.livestream.com/srichinmoyraces
Tell all your friends and relatives!

Accommodation

- Camping (tents only) is possible from Friday to Sunday in the official tent area on the course (see map).
- Civic shelter: CHF 12.–/€ 10.–. 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

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).

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Entry Fee

- 24 hour race: CHF 150.–/€ 120.– incl. pasta party, medal, certificat and souvenir-prize
- 12 hour race: CHF 100.–/€ 85.– incl. pasta party, medal, certificat 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: POFICHBEXX
Bank address: Swiss Post Finance, Nordring 8, 3030 Bern

• 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 45, ch@srichinmoyraces.org

- *Registration is possible until one hour before the start unless mentioned otherwise on our website ch.srichinmoyraces.org. The number of participants is limited to 150 runners.*
- **Registration after Monday March 31st:** Late entry fee of CHF 15.-/€ 12.-

Cancellation:

Cancellation received until **Friday, May 2nd, 2014:** entry fee minus CHF 15.-/€ 12.- 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.-/€ 12.- 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 2014 with the entry form (length ca. 25 min.).

12 good reasons to run in Basel

- Great field of participants (2013: 14 nations)
- Swiss Championships in the 24 Hour race
- Family atmosphere, every runner gets counted personally
- Pasta party on Friday and lunch on Sunday noon
- Great choice of food and drinks for 24 hours
- Fast course, flat, asphalt
- Good infrastructure, showers and toilets along the course
- Camping (tents only, no cars) along the course
- The course is lit at night
- Professional medical care around the clock
- Live music
- Personal certificate, medal and and souvenir price for every runner



*"It is not human nature
To enjoy what we get
With no effort."*

- SRI CHINMOY -

25 editions of 12+24 Hour Race Basel

Since the first race in 1988 a total of 2586 participants have covered a total of 340'573 km at the 12+24 Hour Race Basel. This is equivalent to running 8.5 times around the world or almost once to the moon.

Most km run: Aribert Hannappel: 2925 km, Martin Suter: 2771 km, Vedika Bolliger: 2242 km, Surasa Mairer 2197 km

Most participations: Martin Suter and Norbert Baier: 20x each, Vedika Bolliger: 18x, Daniela Appenzeller: 15x

We would like to take this opportunity to thank all the runners who have sent us so many motivating comments.



"... I would like to make you a compliment. I have never before experienced such a good race and familiar atmosphere."

Marco Ruch



"... thanks for a great event last weekend – very well organised as usual with Sri Chinmoy."

John Pares



"... your service was absolutely brilliant. The Swedish runner who outpaced me at the end said, this is the best race in Europe, and I guess he is right."

Beat Knechtle



"... thank you very much for the excellent organisation and the wonderful support. The races of the SCMT are always very special to me."

Barbara Mönnichs



"... the support, love, and kindness shown got me round especially in the final stages. I certainly found new depths which is what it's all about."

Karen Hathaway



"... a terrific experience that I will never forget. Thank you and keep going!"

Alfred Kaser