

27th International Edition

3rd Swiss Championships 12 Hour Race
by Swiss Ultra Running

SWISS
ULTRA
RUNNING



SRI CHINMOY **12+24** *Hour Race* *Basel*

9th / 10th May 2015
Sportsground St. Jakob
ch.srichinmoyraces.org



Race Information 2015

Date:

Saturday/Sunday, May 9th/10th 2015

Start:

- 24 Hour Race Saturday, May 9th, 12 am (noon)
- 12 Hour Race Saturday, May 9th, 12 pm (midnight)

Finish:

- 12+24 Hour Race Sunday, May 10th, 12 am (noon)

Location:

Sportsground St. Jakob, 4052 Basel. Directions will be sent together with the confirmation of participation.

Course:

Flat circuit (1101,430 m) asphalt, lit at night. Officially measured by an IAAF-measurer Grade B.

IAU: The race has the IAU bronze label since 2007.

Participation: Minimum age: 18 years

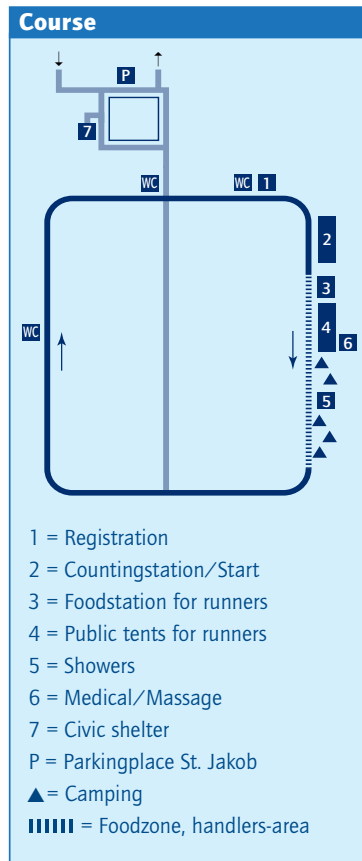
Lap-Control: Every lap will be recorded on your personal lap-sheet and double-checked by a second lap-control plus video. Well visible digital clock at the counting station.

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.

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. If you have to leave earlier, you may pick up your prize and medal on Sunday from 10 am on at the registration. Certificates will be sent on after the event.

Prizes: Trophies/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

Additional Classification Swiss Championships 12h 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: POFICHBEXXX
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 30th, 2015: Late entry fee of CHF 15.–/€ 12.–**

Cancellation:

Cancellation received until **Friday, May 1st, 2015:** 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 2015 with the entry form (length ca. 25 min.).

12 good reasons to run in Basel

- Great field of participants (2014: 15 nations)
- Swiss Championships in the 12 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



*"Inner poise
Is absolutely needed
To meet with
Outer challenges."*

– SRI CHINMOY –

Since 1988: 12 + 24 Hour Race Basel

Since the first race in 1988 a total of 2695 participants have covered a total of 353'158 km at the 12+24 Hour Race Basel. This is equivalent to running 8.5 times around the world or once to the moon.

Most km run: Aribert Hannappel: 2925 km, Norbert Baier: 2772 km, Vedika Bolliger: 2242 km, Surasa Mairer 2197 km

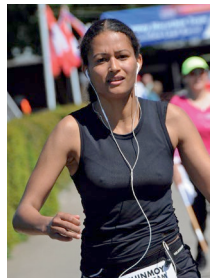
Most participations: Norbert Baier: 21 x, Martin Suter: 20x, Vedika Bolliger: 18x, Daniela Appenzeller: 16x

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



"... this was my very first 24 hour race and I am still thrilled about the way this event was carried out."

Dani Wiedmer



"... I enjoyed the event a lot and felt very well taken care of, which was important to me, because I ran without a personal supporter."

Juana Vasella



"... I would like to congratulate your superteam for the fantastic organisation you showed on this weekend."

Erwin Zehnder



"... I was for the first time on this event. A big compliment: great atmosphere, first class food, a very fine event. Sincere thanks to everybody!"

Marcel Eugster



"... I really appreciate the familiar atmosphere and the philosophy at the base of your team. Your music and sentences along the course were of great inspiration."

Laura Ravani



"... thank you very much for this great race. It was great fun for my family and me. Good food, cheering, music, and, and, and..."

Stefan Mack



THE INNER DIMENSION OF SPORT

Sport has a secret. It can become an open door to your unimaginable inner potential. Meditation is an adventurous journey to your unlimited source. With a focused mind, calm emotions and the right attitude, the intensity, the flow and the joy experienced in sport can become meditation.

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sport&meditation
"the inner dimension of sport"

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