

23rd Internationale Self-Transcendence Marathon-Swim Rapperswil - Zürich 26.4 km



WELCOME

to the MARATHON SWIM
of August 8th 2010

Dear swimmers

We welcome you to the International Self-Transcendence MARATHON SWIM across the beautiful lake of Zurich.

Long-distance swimmers from all over the world will join you in the longest swimming competition in Switzerland.

The list of the participants will be on our Website in June.

Your starting number, swim caps, T-Shirts and more information you will get on Saturday August 7th at the race briefing.

If you have not paid yet, we want to remind you that the entry fee is payable latest by May 31st. CHF 170.- / EUR 120.- for solo swimmers and CHF 290.- / EUR 200.- for relays plus the costs of the boat: CHF 220.- / EUR 150.-.

The weather can be from hot and sunny to cold and rainy. Be prepared for all weather conditions!

Bring sun cream, an umbrella, warm clothes and rain jackets/pants - your helpers may be on an open boat!

We are looking forward to welcome you in Switzerland and wish you good luck in your training.

Yours sincerely



René Kaul, Kanai Zimmermann, Pradeepta Bürgisser
Sri Chinmoy Marathon Team

Tel. 0041 (0)56 496 28 40 oder +41 77 418 77 11, Fax: 0041 (0)56 496 01 54
zh-lake@srichinmoyraces.org
www.srichinmoyraces.org/ch

Timetable

Saturday August 7th

- 3.00 p.m. Registration opens**
3.30 p.m. Registration and Race briefing: distribution of numbers and race information for english speaking swimmers
NEW Place: Alte Fabrik, Klaus Gebert Strasse 5, 8640 Rapperswil
- OBLIGATORY** for all solo swimmers and for at least one member of the relay teams.
- 5.00 p.m. Distribution of numbers and race information for german speaking swimmers
NEW Place: Alte Fabrik, Klaus Gebert Strasse 5, 8640 Rapperswil
- 7.30 p.m. Meditation - Concert with "Mountain Silence"
Place: Bühlerallee at the lake, near the harbour (see map)

Sunday August 8th

- 5.30 a.m. Opening of the lido "Schlossbadi" in Rapperswil
Breakfast
- 6.00 a.m. Loading of the boats with your luggage for the race
we will bring your remaining luggage to the finish area
Relay team-boats are in the harbour of Rapperswil
Boats of solo-swimmers are in the lido (Schlossbadi).
- 6.40 a.m. Grease-up (only on the plastic cover)
- 7.00 a.m. Start for solo-swimmers** in the lido
- 7.30 a.m. Start for relays** in the lido
- 1.00 p.m. First Marathon-swimmers arrive in Zurich
at the Lido "Strandbad" Tiefenbrunnen, Bellerivestr. 214, Zurich
- buffet for all swimmers and helpers
- showers, massage
- 1.30 p.m. Cut-off in Meilen (14.4 km)**
Swimmers who have not reached Meilen at 1.30 p.m. will be taken out of the race.
- 2.00 p.m.-
5.30 p.m. Shuttlebus to Rapperswil
or Train from Station "Tiefenbrunnen" (just 500m) to Rapperswil
Leaves at Tiefenbrunnen 2.08 pm, 2.38, 3.08, 3.38, ---- 8.08, 8.38, 9.08 pm
change at „Stadelhofen“, travel time 44 min
- 6.30 p.m. Swimmers further away then 1 km from the finish will be taken out of the race.
- 7.00 p.m. Finish of the MARATHON SWIM
- 7.15 p.m. Award ceremony**
- 8.00 p.m. End of program, Bus to Rapperswil

Competition rules for Marathon Swimming

Rules for solo swimmers

1. Swimmers must **not** use fins, wetsuits, boards, pullbuoys, paddles etc.
2. Pacing is **not** allowed.
3. Swimmers may grease up before the swim.
4. Swimmers must **not** touch the boat and must **not** go on land.
5. The swimmers are **not** allowed to swim directly behind the boat (drafting).
6. Swimmers must organize their own food and helper.
7. High-tech non-textile racing suits are not allowed. The swimmers must wear classical textile swimwear (max. knee length). We apply the new FINA rules. Only in the neoprene category swimmers are allowed to wear non-textile racing suits.
8. Swimmers not passing Meilen (14.4 km) at 1.30 pm will be taken out of the race. Swimmers further away then 1 km from the finish at 6.30 pm will be taken out.
9. Time limit: 12 hours

Rules for relays

1. The same rules as above apply, except point 3 and 9.
2. 2 - 3 persons per relay, independent of sex, age or nationality.
3. Swimmers must change **every hour**.
4. They have to change within the last 3 minutes of each hour.
5. The takeover must be done by approaching the swimmer from behind.
6. The order of swimmers **must not be changed**.
7. If one swimmer drops out, he can not be replaced. The remaining swimmers can finish the race.
8. Swimmers must **not** use grease.
9. Time limit: 11 hours 30 minutes

Rules for open category with wetsuits (solo swimmers + relays):

1. The same rules as above apply.
2. Exception: Swimmers are allowed to use swim- and wetsuits. Swimming without wetsuit is allowed.

Attention: In case of storms the organizing committee may change the starting time, the distance of the race or even cancel the race. The entry fee cannot be refunded.

Safety measures

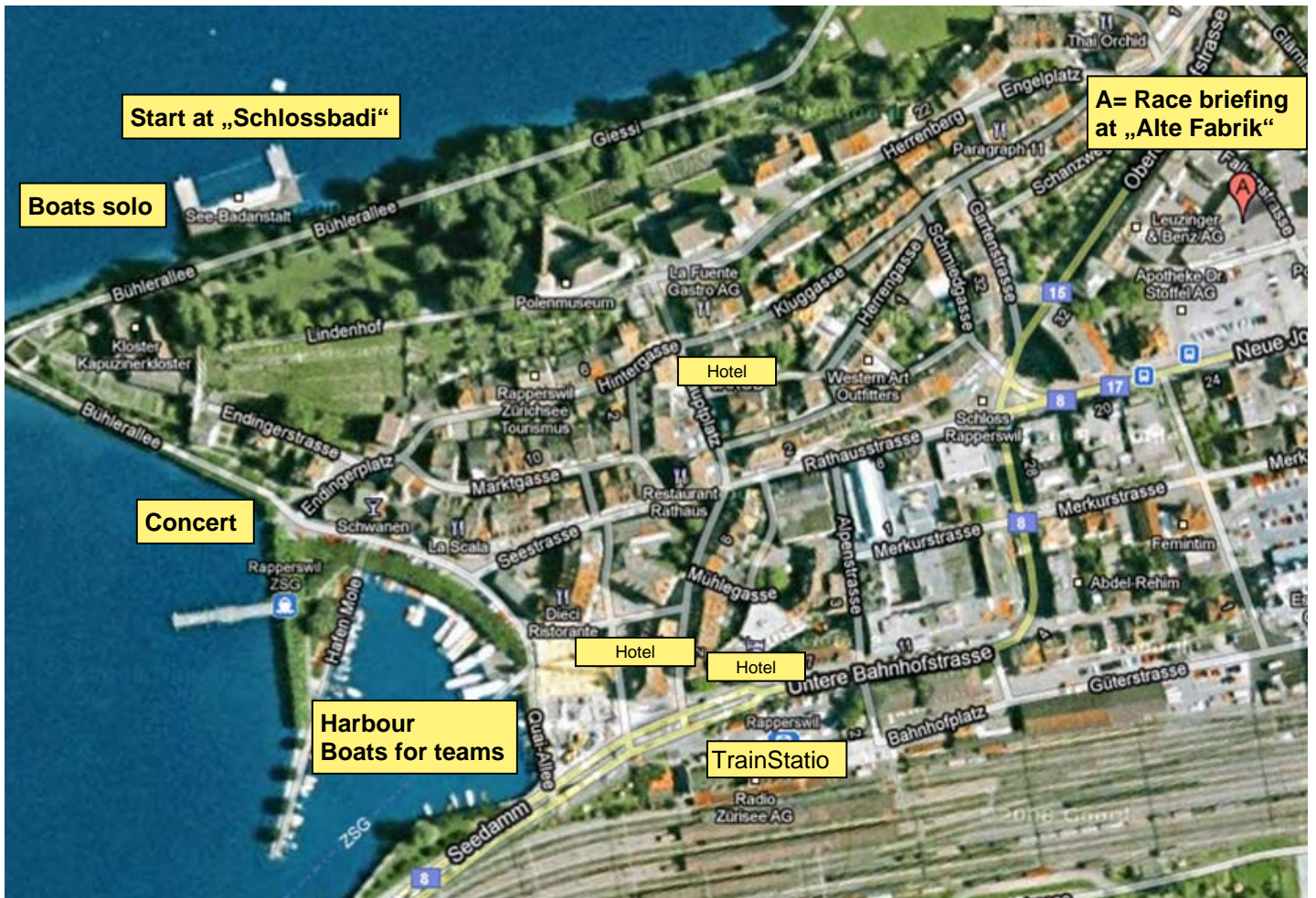
1. During the race one medical boat and two referee boats will cruise on the lake.
2. Each swimmer will be escorted by a boat.
3. A security station with a doctor will be on shore at Meilen. Motorized helpers will bring you to the finish, in case you have to give up.

Insurance is the responsibility of each swimmer. The organizers are not responsible for theft, accidents, illness or death that may occur during the race.

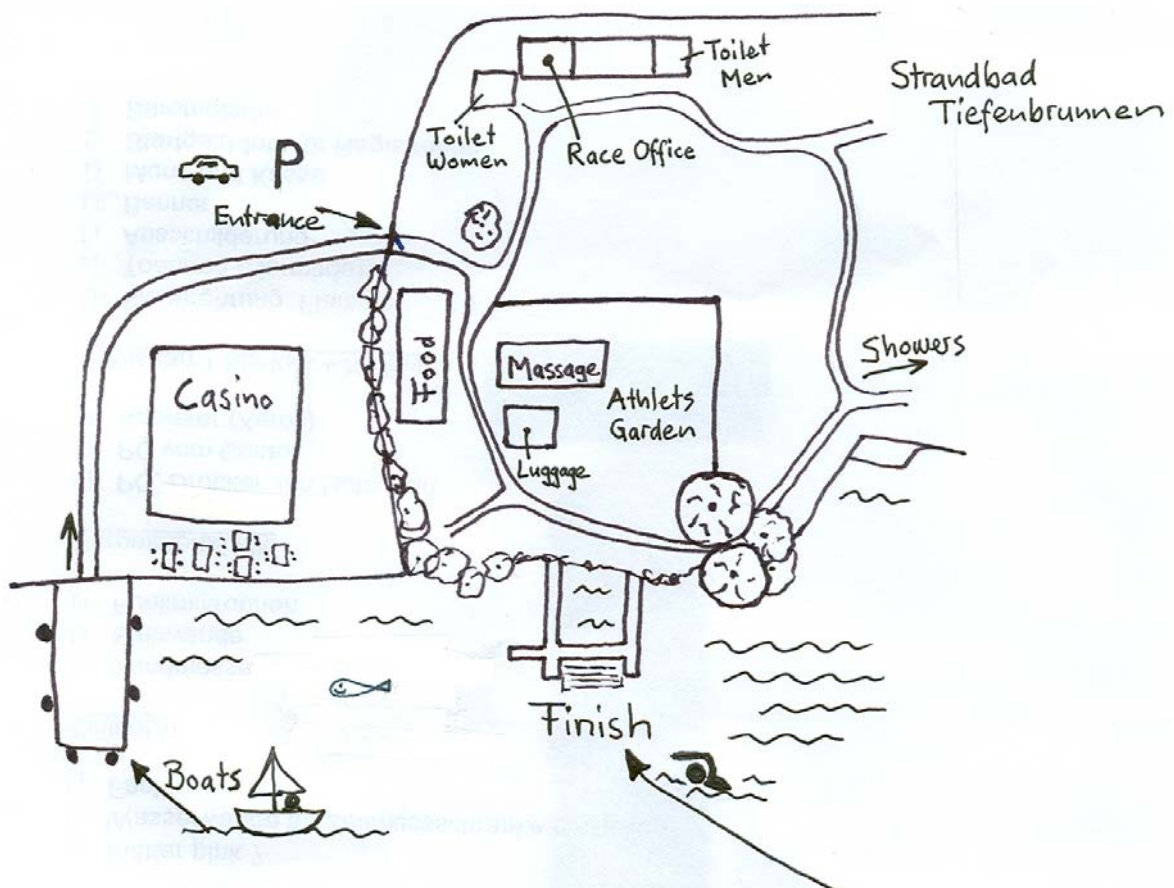
Organization: This event is organized by the Sri Chinmoy Marathon Team,
Postfach 76, 5420 Ehrendingen, Schweiz

Information: René: Tel. 0041 (0)56 496 28 40 oder Mobile +41 77 418 77 11
Pradepta: Tel. 0041 (0)56 203 13 11 oder Mobile +41 78 878 27 08

Plan from Rapperswil



Plan from the Finish



Unterkunft / Lodging (prices in Swiss Francs)

Zürich

Tourist Service / Verkehrsverein Zürich, www.zuerich.com,

Aparthotel, Karlstr. 5+3, www.aparthotel.ch, Tel:+41 (0)44 422 11 75, Fax:+41(0)44 383 65 80
nur 500m vom Ziel / only 500m from the Finish

Einzelzimmer / Singelroom: 110.- to 140.-, Doppelzimmer / Double room: 90.- per person

City Backpacker, Niederdorfstrasse 5, www.city-backpacker.ch, 3 km from the Finish

Tel: +41 (0)44 251 90 15, Fax: +41 (0)44 251 90 24

Double room: 55.- per person, 4 bed-room: 47.- per person, without breakfast

Jugendherberge / Youth hostel, Mutschellenstrasse. 114, 8038 Zürich-Wollishofen

www.youthhostel.ch/zuerich, Tel: +41 (0)44 482 35 44, Fax: +41 (0)44 480 17 27

4 bed-room: 56.- per person, 2 bed-room 75.- per person, incl. breakfast

Camping: "Seebucht", Seestr.559, 8038 Zürich-Wollishofen

www.camping-zurich.ch, Tel: +41 (0)44 482 16 12, Fax: +41 (0)44 482 16 60

Zelt / Tent: 14.-, + 8.- per person

Rapperswil

Tourist Information, www.rapperswil.ch, information@rapperswil.ch

Tel: +41 (0)55 220 57 57, Fax: +41 (0)55 220 57 50

Hotels nahe beim Start / close to the Start (500m)

Hotel Speer, www.hotel-speer.ch, Tel: +41 (0)55 220 89 00, Fax +41 (0)55 220 89 89

Double room: 100.- to 135.- per person

Hotel Jakob, www.jakob-hotel.ch, Tel: +41 (0)55 220 00 50, Fax +41 (0)55 220 00 55

Single room: 109.-, Double room: 90.- per person, 4 bed room: 65.- per person

Hotel Hirschen, www.hirschen-rapperswil.ch, Tel:+41 (0)55 220 61 80, Fax +41 (0)55 220 61 81

Double room: 110.- per person

Günstige Unterkunft, cheap accomodation

Youth hostel / Jugendherberge, "Busskirch", Hessenhofweg 10, 8645 Jona

www.youthhostel.ch/jona, Tel: +41 (0)55 210 99 27, Fax: +41 (0)55 210 99 28

2 km from the Start, check in: after 5 p.m./nach 17Uhr

Preise pro Person / prices per person: 4 bed-room: 44.-, 2 bed-room: 53.-, 1 bed-room: 63.-