

# Program 2014



3<sup>rd</sup> Swiss Championships 24 Hour Race  
by Swiss Ultra Running



*SRI CHINMOY*

# 12+24 Hour Race Basel

26<sup>th</sup> International Edition

17/18 May 2014

Sportsground St. Jakob

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



## Confirmation for:

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We have received your registration and are happy to confirm your participation as follows:

- |                                     |   |  |
|-------------------------------------|---|--|
| <input type="checkbox"/> 12h-Race   | <input type="checkbox"/> place for tent | <input type="checkbox"/> ..... Race Number Belt  |
| <input type="checkbox"/> 24h-Race   | <input type="checkbox"/> Parking place  | <input type="checkbox"/> ..... meals for Helpers |
| <input type="checkbox"/> Pastaparty | <input type="checkbox"/> Civic shelter  | <input type="checkbox"/> ..... DVD 2014          |

*Sri Chinmoy Marathon Team Switzerland*

## Program 2014

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### Friday, May 16

- |               |                            |
|---------------|----------------------------|
| 15.00         | Place for camping open (▲) |
| 16.00         | Parking place open (P)     |
| 18.00         | Civic shelter open (3)     |
| 18.00 – 19.30 | Registration (1)           |
| 18.00 – 21.00 | Pastaparty (2)             |
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### Saturday, May 17

- |               |  |
|---------------|--|
| 07.00 – 09.00 | Breakfast (2)  |
| 09.00 – 10.30 | Registration (1)                                     |
| 11.55         | Start-picture (4)                                    |
| 11.58         | Last information to all the runners at the start (4) |
| 12.00         | Start of the 24 hour race (4)                        |
| 22.30 – 23.30 | Registration for the 12 hour race (1)                |
| 00.00         | Start of the 12 hour race (4)                        |
- 

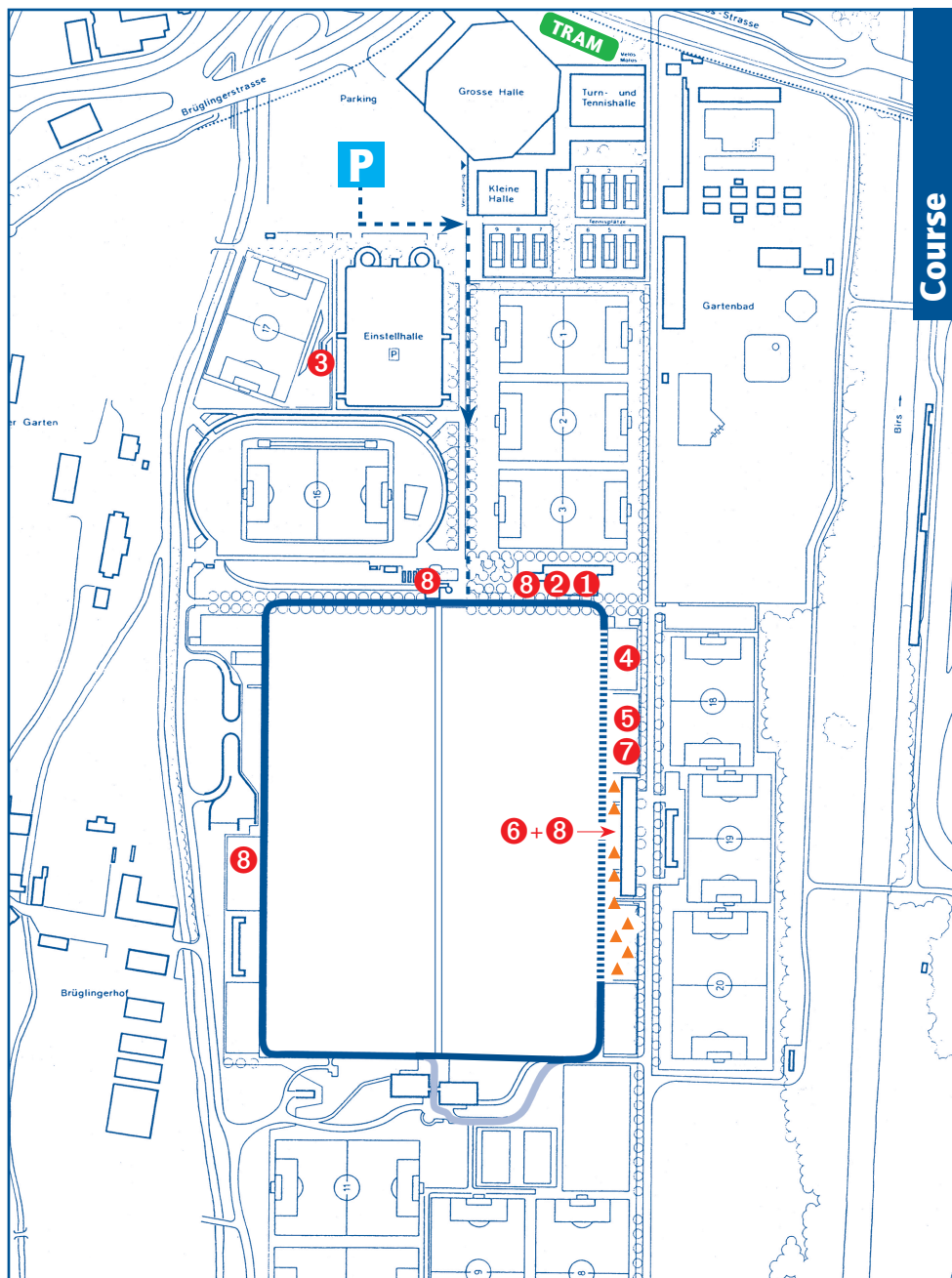
### Sunday, May 18

- |               |   |
|---------------|---|
| 07.00 – 09.00 | Breakfast (2)                           |
| 12.00         | End of the race                         |
| 14.00         | Award Ceremony (1)                      |
| Until 16.00   | Check-out of the sportsground St. Jakob |
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## Rules

### The following rules apply to all the participants:

1. Each runner has his /her own personal lap-counter.
2. If a runner leaves the track or takes a long break, he/she has to inform the counter before the break and again before continuing the race.
3. It is not allowed to accompany a runner outside of the marked foodzone. After one warning the runner will be disqualified.
4. The responsible race-doctor has the right to take a runner out of the race in the interest of the runners health.
5. Insurance has to be covered by the participant. The SCMT can not be made responsible for injuries, accidents, sickness or theft.



## Course

- ① Registration/Award Ceremony
- ② Pastaparty
- ③ Civic shelter
- ④ Start/Countingstation

- ⑤ Food for runners
- ⑥ Showers/toilets
- ⑦ Medical/massage
- ⑧ Toilets (4x)

- ▲ Camping (tents only)
- ▤ Handlers area (food)
- P Parking «St. Jakob»
- TRAM Tram-stop «St. Jakob»

## Directions

- **By car:** Highway direction Basel. Exit "Sportanlage St. Jakob", then follow "P St. Jakob" (not St. Jakob park).
- **by train from the Swiss railway-station Basel:** Tram no 8, 10 or 11 to "Aeschenplatz" (only one station). Change to tram no 14 direction "Pratteln" until station "St. Jakob" (from there see map).
- **by train from the railway-station Basel "Badischem Bahnhof" (D):** Bus No 36 to station «St. Jakob» (from there see map).
- **from airport Basel/Mulhouse:** Bus No 50 to railway-station Basel SBB (from there see directions above). You will need a ticket for two zones (€ or CHF), valid to «St. Jakob».

## Cars

Please note: No cars are allowed on the sportsground. We have our own parking place at the sportsground St. Jakob (Friday 3 pm to 9 pm, Saturday from 8 am). The fee will be CHF 15.–/€ 12.– per car for the whole time.

## Accommodation

- **Civic shelter:** From Friday 6.00 pm to Sunday 2.00 pm it is possible to use the civic shelter. It is situated directly on the course (see map). Cost per night, per person is CHF 12.–/€ 10.– (prime cost SCMT).
- **Camping:** Possible from Friday 4.00 pm to Sunday 4.00 pm at the official place for the tents on the course (see map)
- **Hotel:** You can make your arrangements at the Tourist-office Basel, Tel. +41 (0)61 268 68 68 or see [www.baseltourismus.ch](http://www.baseltourismus.ch)

**Registration:** See program. At the registration you can also get a list of all the participants.

## Pastaparty

Is included in the price, reservation is welcome. It will take place on Friday-evening from 6 pm to 9 pm.

## Runners' utensils

From Saturday 10.00 am tents will be available for the runners' utensils during the race.

## Running-clothes

Remember to take with you some warm running clothes as well, since temperatures at night might fall to 6° C. Weatherforecast you can also check on the web, for example [www.mybasel.ch/aktuell\\_wetter.cfm](http://www.mybasel.ch/aktuell_wetter.cfm)

## Lap counters

It is important that you inform your counter if you take a break for more than 5 minutes. This can avoid many complications.

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