

23rd International

SELF-TRANSCENDENCE

Marathon Swim

Rapperswil–Zurich

August 8th 2010

**Distance: 26,4 km for
solo swimmers and relay teams**

**Race entry starts on
December 1st 2009**



Date: Sunday, August 8th 2010

Race briefing: Saturday afternoon in Rapperswil.
After receiving your entry form we will send you the program.

Start time: • **Solo swimmers:** 7.00 a.m. • **Relay teams:** 7.30 a.m.

Start: Rapperswil, Lido "Schlossbadi"

Finish: Zurich, Strandbad (lido) Tiefenbrunnen, Bellerivestrasse 200

Distance: 26,4 km – can be equivalent to 30 pool-km (dependent on the weather conditions)

Cut-off: 12 hours for individuals / 11,5 hours for relay teams (1.30 p.m. cutoff in Meilen)

Minimum age: • solo swimmers must be 16 on day of competition
• relay team swimmers must be 14 on day of competition

Entry fee: • **Solo:** Fr. 170.– / € 120.– • **Relay:** Fr. 290.– / € 200.–
Included: food (before and after the swim), hot showers, t-shirt, results, certificate and medal.

Boat: • Fr. 220.– / € 150.–. The swimmer will be accompanied throughout the race by a row boat or motor boat. It is permitted to take your own boat.

Payable: **By May 31st 2010** to: Swiss Post, Post Finance, Nordring 8, 3030 Bern, Switzerland
IBAN: CH11 0900 0000 8006 5599 0, BIC: POFICHBEXXX
Account name: Sri Chinmoy Marathon Team, Sportveranstaltungen, 8000 Zurich

Race entry: **from Dec. 1st 2009 – May 31st 2010. Attention: limited starting places!**
Change of category (wetsuit) is not possible after August 1st 2010.
Swimmers who need a **visa** must have it **until May 31st 2010**.

Cat. without wetsuit: • Main categories men and women: up to 39 years
• Master men and women: 40 years and over

Categories with wetsuit: • Main categories men and women: up to 39 years
• Master men and women: 40 years and over

Categories relay teams: • Relay teams without wetsuit
• Relay teams with wetsuit

More pictures and impressions you will find under www.srichinmoyraces.org/ch



Water: The lake is clean and usually calm. Small waves from boats and wind are usual.
Temperature 19–23 C°.

Prizes: Prizes will be given to the first 3 swimmers in each category. Each swimmer who completes the race will receive a medal.

- Rules for solo swimmers:**
1. Swimmers must not use any type of floatation aid (boards, fins, poolbuoys etc.).
 2. Pacing is not allowed.
 3. Swimmers may grease up before the swim.
 4. Swimmers must not touch the boat while swimming.
 5. Swimmers must organize their own food, grease and helper.
 6. Swimmers who have not passed Meilen (14,4 km) by 1.30 p.m. or reached the finish until 7 p.m., will be taken out of the race.
 7. High-tech swimsuits are not allowed. The swimmers must wear classical textile swimwear. Only in the neopren category swimmers are allowed to wear wetsuits.
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- Rules for relays:**
1. The same rules as above apply.
 2. Two or three people per relay team, independent of sex, age or nationality.
 3. Swimmers must change every hour.
 4. The order of swimmers must not be changed.
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Rules will be observed: The captains and members of the Sri Chinmoy Marathon Team will ensure that rules are observed.

Security: if possible please bring a mobile phone with you so that your boat can always be in contact with our medical and helper boats.

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

Organisation: Sri Chinmoy Marathon Team, Zurich, Switzerland.

Information: Pradeepta Bürgisser: Tel. +41 (0)56 203 13 11
René Kaul: Tel. +41 (0)56 496 28 40
Internet: www.srichinmoyraces.org/ch
e-mail: zh-lake@srichinmoyraces.org

Attention: The organizing committee may change the starting time, the distance of the race or even cancel the race if the weather conditions are unfavourable (storm).
The entry fee cannot be refunded.



The Sri Chinmoy Marathon Team Zurich



Apart from the Marathon Swim the Sri Chinmoy Marathon Team organises worldwide triathlons, 2 mile races, marathons and ultra-marathons up to 3100 miles.

www.srichinmoyraces.org/ch



Bild: Nadar Mehm

« Just silence the mind.
Lo!
Cosmic energy enters
Into our entire being,
And tremendous energy
Flows in and through us. »

SRI CHINMOY



Please send the accompanying entry form to:
Sri Chinmoy Marathon Team
Postfach 76, 5420 Ehrendingen
Switzerland

