

Sri Chinmoy 12+24 Stunden-Lauf Basel



Dear runner

We are happy that you have registered for the Sri Chinmoy 12+24 hour run in Basel. So that you can plan your run well, here are all the important informations.

Announcement

Start

24 hour-run Saturday 12.00 Uhr noon

12 hour-run Saturday 24.00 Uhr

Finish

12+24 hour-run Sunday 12.00 Uhr noon

Time schedule see page 7.

Entry fee

Entry fee per person until March 31st.

24 hour-run: 135 CHF/€ (incl. pasta party + medal + certificate)

12 hour-run: 95 CHF/€ (incl. pasta party + medal + certificate)

After April 1st plus 15 CHF/€

Entry fee payable until March 31st, after April 1st immediately after registration.

Payment

Einzahlungen in CHF: Sri Chinmoy Marathon Team, Sportveranstaltungen, 8000 Zürich

IBAN: CH11 0900 0000 8006 5599 0, BIC: POFICHBEXXX

Bank address: Swiss Post Finance, Mingerstrasse 20, 3030 Bern

Einzahlungen in EUR: Sri Chinmoy Marathon Team, Sportveranstaltungen, 8000 Zürich

IBAN: CH73 0900 0000 9156 9658 3, BIC: POFICHBEXXX

Bank address: Swiss Post Finance, Mingerstrasse 20, 3030 Bern

Registration deadline

Online registration is open until Saturday May 4th.

Late registrations are possible from May 5th by e-mail or on site until shortly before the start.

Cancellation

In case of cancellation until March 31st the entry fee will be refunded without justification, less cancellation costs 15 CHF/€.

In case of cancellation after April 1st the entry fee will be refunded in case of serious reasons like injury or illness, less cancellation fee 15 CHF/€.

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Categories / Prizes

Minimum age 18 years

Medals and certificates will be awarded to all runners.

Trophies and non-cash prizes are awarded in the 12 and 24 hour run for the following ranks:

Men/women MHK/WHK 18–49 years 1.–7. rank (trophies for 1.-3. rank)

Men/women M50/W50 50–59 years 1.–3. rank

Men/women M60/W60 60–69 years 1.–3. rank

Men/women M70/W70 over 70 years 1.–3. rank

Course Records

24h Men, 290.221 km, Yiannis Kouros (1998)

24h Women, 243.657 km, Sigrid Lomsky (1993)

<https://statistik.d-u-v.org/getresulteventalltime.php?event=50970>

12h Men, 125.399 km, Hans-Peter Brönnimann (1994)

12h Women, 124.609 km, Julia Fatton (2017)

<https://statistik.d-u-v.org/getresulteventalltime.php?event=50971>

Regulations / IAU

Supervising and accompanying a runner outside the aid zone is not permitted and will result in disqualification after a warning.

The run has held the IAU Bronze label since 2007.

Insurance

Is the responsibility of the participants. The organizer is not liable for injury, accident, illness or theft.

Route / St. Jakob sports facility

Course

Fast, flat circuit (1100.0m) on the St. Jakob sports complex.

The route is paved and lit at night.

IAAF measurement Grade B

Plans see page 8-10.

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Arrival

Location: Sportanlage St. Jakob, 4052 Basel

By car:

Address for the navigation device: Brüglingerstrasse 21, 4052 Basel.

From all directions: Take the Highway in the direction of Basel. Take the Sportanlage Basel St. Jakob exit, then always follow "Basel St. Jakob" (not St. Jakob Park!).

Train from Basel SBB train station (CH):

by tram: At the main train station, take tram no. 8, 10 or 11 to Aeschenplatz (only one stop). Change to tram no. 14 in the direction of Pratteln to the «St. Jakob» (from there see plan).

Train from Basel Badischer Bahnhof (D):

Bus no. 36 to the «St. Jakob» (from there see plan).

Arriving from Basel/Mulhouse Airport: Bus no. 50 to Basel SBB. Ticket for two zones valid until «St. Jakob», (from there see above "by train from Basel SBB station").

Parking

There are parking spaces at the St. Jakob sports hall (see map). The places are open from Friday, 4 p.m. One-off amount per vehicle: 15 CHF/€.

Someone from our team will instruct you (Friday 4 p.m. to 9 p.m., Saturday from 8 a.m.).

Please reserve and pay for a parking space when registering for the run.

No cars are allowed to drive onto the grounds of the St. Jakob sports facility.

Shuttle service for tents/luggage to the race area available.

Tents

Camping along the route is possible from Friday to Sunday, but only at the official runners campsite, see map. Please reserve a place for the tent when registering for the run.

Accommodation

We rent additional cloakrooms that serve as rest and sleeping areas. Each runner must bring their own mat and sleeping bag. Only use the cloakrooms that are labeled for 12/24 hours run.

Hotel information at <https://www.basel.com/de/hotels-unterkuenfte> or google "Hotel Basel St. Jakob".

Dogs

Dogs are not permitted anywhere in the St. Jakob sports facility.

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GPS watches

The running route is officially measured. The round is exactly 1100.0 meters. GPS watches have an inaccuracy of 10 meters per measuring point. Depending on the watch, each measurement time is between 1 and 60 seconds. Therefore, deviations of up to 50 meters per lap can occur. GPS watches carried by participants cannot therefore be recognized as a reference.

Start

The start is at the counting station. Please be there 10 minutes before the start. Start is punctually at 12 p.m. and midnight.

Before the run

Race number issue

At the registration, near the kitchen, see plans.

Please attach your race number so that it is always legible from the front. We want to count all your laps and not miss you just because the number couldn't be read.

Valuables

Can be stored in lockers at the cloakrooms.

Pasta Party

Included in the price for runners, pre-registration is required. Time: Friday evening from 6 p.m. to 9 p.m.

Changing and depositing the running gear

Tents are available for all runners without their own tent in the aid zone directly on the route for storing running gear and changing clothes during the run, see map.

During the run

Round control / counting station

You should contact your counter 10 minutes before the start.

Electronic chip timing (chips on the back of the race number) plus our personal counting station. Remaining meters are measured. Clearly visible time on digital clock.

Counting station

Please try to make eye contact with your counter during the run at the counting station. Always wear your bib number on the front so that it is clearly visible to the counter.

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Breaks

If you are planning a longer break (toilet, changing clothes, etc.), please let your counter know in good time or immediately afterwards. In this way, misunderstandings can be avoided when counting laps.

100 km, 100 Miles, 200 km Points

The points are marked with a sign. Before reaching these points you get a blue flag from your counter.

Finish line / Remaining meters

Shortly before the end of the run you will receive a flag with your start number from your counter. If you hear the horn after 12/24 hours, please put your flag on the ground. We then measure the distance to your flag. These remaining meters are included in your mileage. You don't have to stay at your flag, you can go to the shower. The run ends 12/24 hours after the start at 12 noon.

Clothing

Don't forget to take rain gear and warm running gear with you. At night the temperature can drop to 0° Celsius. You can find forecasts at <https://www.mybasel.ch/wetter> or <https://www.meteoschweiz.admin.ch/>

Toilets

There are toilets at 4 locations along the running route, see route map. The two Toi Toi toilets are right on the route.

Medical / Massage

The medical tent is open 24 hours. Massage during the run is offered.

The chief sports doctor has the right to take exhausted or injured runners out of the race in the interest of their own health.

Helper Catering

The helpers/companions can eat from the official race kitchen during the run. Cost per meal: 7 CHF/€.

Runners food

Food is provided 24 hours. Available at the aid station:

Food: fruits (apples, bananas, oranges), dried fruits, potatoes, rice, soup, biscuits, bread, various snacks, pasta, porridge

Drinks: water, tea, isotonic drinks, fruit juices, cola, bouillon, coffee

Own food

You are welcome to take your own food within the catering zone.

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After the run

Changing rooms and showers

See route map, please only use the showers that are signposted for us.

Lunch

From about 12:30 there will be lunch together. This is free for all runners.

Award ceremony/certificates

The award ceremony begins at around 1:30 p.m. Anyone who has to leave earlier can collect the certificate and medal (and prize in kind) from the competition office. The certificate will not be sent later, but can be downloaded and printed out later at any time on our website.

Medal

There is a medal for every participant after the run.

Any questions?

No problem. Just call us or write an email.

Train well, stay healthy and see you soon!

Your Sri Chinmoy Marathon Team

Phone: 0041 44 730 29 67

Email: 12-24h-basel@srichinmoyraces.ch

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Time schedule

Friday May 10th

16.00 Opening of the parking lots
16.00 Opening of the area for tents
18.00–19.30 Registration/start number issue
18.00–21.00 Pasta party
ca 19:00 Cloakrooms/showers open

Saturday May 11th

07.00–09.00 Breakfast
09.00–10.30 Registration/start number issue
11.55 start photo
12.00 Start of the 24-hour run
22.30–23.30 Registration/start number issue 12-hour run
00.00 start of the 12-hour race

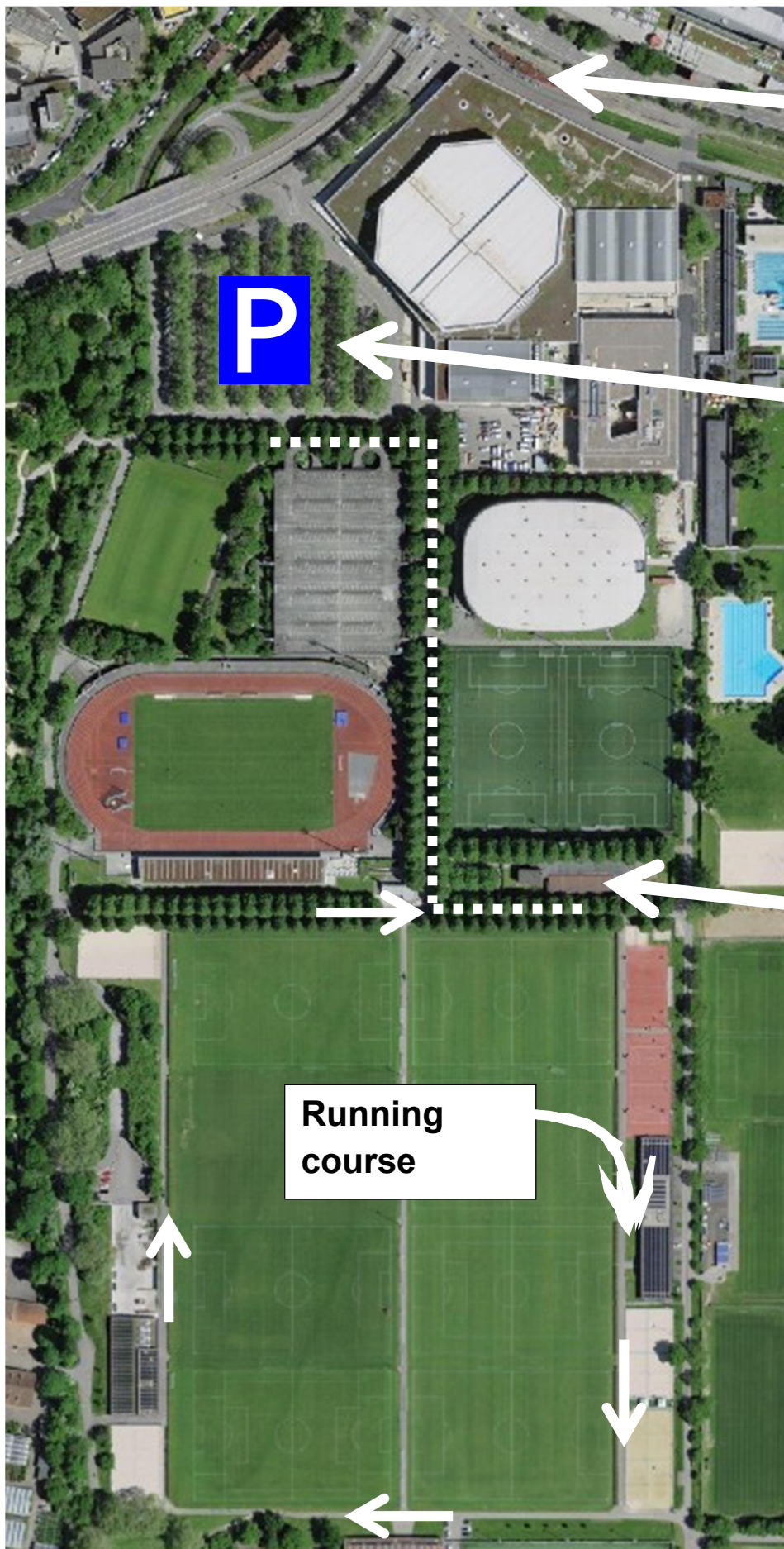
Sunday May 12th

07.00–09.00 Breakfast
from 11.40 handover of the flags for the remaining meters
12.00 End of the run
12.30 Lunch
13.30 Award ceremony
until 16.00 Check-out from the sports facility

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Overview of the St. Jakob sports facility



Bus and Tram Station

**Parking, 15.-
Driving ban
from here.**

**..... 400m to
registration.**

**Shuttle bus
for luggage
and tents.**

Registration

**Running
course**

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Course

