

SELF-TRANSCENDENCE RACE

100km, 6hour and 12hour race 19.5.2012,Prague, park Stromovka



Registration and entry fees:

We kindly ask you to fill out an attached registration form and send it to the following address by **May 5** latest: SCMT, c/o Madal Bal, Poděbradská 540/26, 190 93 Praha 9, Czech Republic. Entry fee is payable in cash at the registration.

Date:

Saturday 19.5..2012

Course: 1,9km course lap in a park, asphalt surface, 80% in shadow.

Starts:

12h and 100km 7.00 am / 6h 13.00 am

Registrations start 90 min before each start and finish 30 min before the start. Final ceremony is scheduled approx. one hour after the race.

Categories:

Men – open (18 and more), 50-59, 60-69, 70 and more

Women – open (18 and more), 50-59, 60-69, 70 and more

Relays – open (18 and more)

fee:

	till 5.5.	after 5.5.
6h	25 EU	30 EU
6h Relay	20 EU/Runner	30 EU/Runner
12 and 100km	30 EU	40 EU
12h Relay	25 EU/Runner	30 EU/Runner

Prices: Trophies and beautiful prizes will be given to the first seven places in main open categories and to the first three places in other categories (veterans and relays).

Services: We provide refreshment station with a variety of warm and cool food and drinks, warm meal after the race, place for personal refreshments at the track. Medical station with a massage service., tents for changing, toilets along the track .

Relays: For 6 hour and 12 hour races we also introduce relays in order to allow more people to try an ultramarathon race. Teams can have 2-3 runners.

Time measurement: big digital clock at the start area, each runner will have a personal counter, each lap is recorded as well as time for a marathon and 100km.

Accommodation: We kindly ask runners to organize accommodation for themselves. Here are some tips:

www.alfaaccommodation.cz, www.residencekamenicka.estranky.cz, www.residence4bandb.com,
www.hostelholesovice.cz,
www.hotelsplendid.cz, www.arthotel.cz, www.capitolagency.cz, www.hotelforrest.cz

Parking: Paid parking in the front of the park, free parking behind the park at the river side. Unfortunately it's not possible to park at the track.

Contacts: Viharin +420 603 177 566, Pataka +420 603 177 567, paha@srichinmoyraces.org

ENTRY FORM

100km, 6hour and 12hour race 19.5.2012,Prague, park Stromovka

First Name: _____ Last Name: _____ Nationality: _____

Date of birth: _____ Sex: M F Running club: _____

Address: _____

Telephone: _____ e-mail: _____

Date: _____

I subscribe to:

- 6 hour race
- 6 hour race - relay
- 100 km race
- 12 hour race
- 12 hour race – relay

T-shirt size M L XL XXL

Signature: _____

SRI CHINMOY MARATHON TEAM

Founded in New York in 1977, the Sri Chinmoy Marathon Team (SCMT) has been established nowadays in many countries all around the world. The idea behind all of SCMT various activities is very simple: to inspire occasional as well as experienced sportsmen to continuous transcending of one's own limits and living one's everyday life in the same spirit.

SCMT is the organizer of over 500 sport events every year, from 2-mile fun-races to a number of ultras, including the Ultra-Trio (700, 1000 and 1300 miles) as well as the 3,100-mile race, one of the longest running events in the world; the biggest triathlon on the southern hemisphere, the Self-transcendence Triathlon Festival in Canberra; and also several swimming competitions

I declare that Sri Chinmoy Marathon Team is free of any liability for any injuries, accidents or damages to a property that may result from my participation in or attendance at this event.