

**SRI CHINMOY MARATHON TEAM  
SELF-TRANSCENDENCE CALENDAR FOR 2009**

**2-MILE RACES ON SUNDAYS AT 10AM PARIS:**

04 january	26 april	19 july	25 octobre
15 february	24 may	02 august	08 novembre
15 march	07 june	20 septembre	06 decembre

**10 KM SUNDAY 19 JULY AT 11AM PARIS**

**50 KM AND 100KM SUN 14 JUNE AT 12AM AND 7 :00 AM PARIS**

*WE HAVE BEEN ORGANISING RACES IN PARIS SINCE 1981  
AND WORLDWIDE SINCE 1977*

*The Sri Chinmoy Marathon Team organises a number of 24hr, 48hr and 72hr races in Europe. The longest races in the world take place in New York with a 6-day and 10-day event in April and a 3100- mile (3987 km) race which begins in mid-June and ends at the beginning of August.*

*Since 2002, a marathon also takes place in New York State around beautiful Rockland Lake.*

*This year, we are organising 19 races in France, including this 12hr and 24hr event – for the second time in Marseilles and the 5th in France.*

*The 50km and 100km took place on 14 June in Paris: it was the 20th edition of the 100km. Denis Gack holds the record (SCMT) for the best time in the men's category (7hr13'2") and Huguette Jouault for the best in the women's (8hr15').*

*The « Self-Transcendence » 2-mile race (3,218km) is held in several countries under the aegis of the SCMT. The first ones took place in Paris in 1985. The overall best time for this race is 8'2" achieved by Andrey Lofinov in Russia in 1997. In France, the best time recorded, 10'01", was run on 7 June in 2003 by Mendez . This 2-mile race is open to all categories of runners, whatever their level and can therefore welcome a large number of participants. We have programmed 12 for this year.*

*For further information or registration, please do not hesitate to telephone us or come to one of our races.*

SCMT Team

# 12hr and 24hr Race Marseilles



## Ultra Distance Run 2nd edition

SATURDAY 31 OCTOBRE - SUNDAY 1ST NOVEMBRE 2009  
PARC BORELY



## PRACTICAL INFORMATION

START	24hr: Sat 31 October at 12 am 12hr: Sun 1er Nov at midnight, Borely Park
ACCES	By main entrance to park Borely, Ave du Prado. Limited parking space in front of main entrance
REGISTRATION	12hr: 30 € and 24hr: 45 € by cheque to be sent with the registration form and medical certificate by 13 Oct, or on day of race + supplement 10€
NUMBERS	Given on race day from 10.30 am for 24hr and from 10.30 pm for 12hr.
COURSE	Flat, tarmacked, round an 870m course (Certified FFA-IAAF). Water, energy drinks, sweet and savoury refreshments available.
LAP COUNTING	Enthusiastic encouragement given for each runner. Lap times from the clock given on each lap by the counter.
FACILITIES	Baggage tent, toilets, medical service, refreshments, registration and counting tables, music
PRIZE CATEGORIES	< 50 yrs from 1st to 7th 50—59 yrs from 1st to 3rd 60—69 yrs from 1st to 2nd > 70 yrs 1st Diploma, prize, T Shirts meal for everyone at the finish.
ACCOMODATION	Hotel Ibis Marseille-Bonneveine. Special rate 30€ per room for 2. Booking obligatory with: Mme Lecordier (06 20 41 07 99)



**REGISTRATION FORM :**      **12hr**     **or 24hr**

**Family name** \_\_\_\_\_

**First name** \_\_\_\_\_

**M/F** \_\_\_\_\_ **Tel.** \_\_\_\_\_

**Address** \_\_\_\_\_

\_\_\_\_\_

**Email** \_\_\_\_\_

**Club** \_\_\_\_\_

**Date of birth** \_\_\_\_\_ **Nationality** \_\_\_\_\_

**T Shirt size :**    **S**       **M**       **L**       **XL**

**Medical certificate or club licence obligatory**

**Date** \_\_\_\_\_ **Signature** \_\_\_\_\_



INFORMATION AND REGISTRATION :  
SRI CHINMOY MARATHON TEAM  
45, Bd Chave - 13005 Marseille  
Tél. : 06 20 41 07 99 (Mme Lecordier)  
Site France : [www.srichinmoycourses.fr](http://www.srichinmoycourses.fr)