25th Internationale Self-Transcendence Marathon-Swim Rapperswil – Zürich 26.4 km

WELCOME

to the MARATHON SWIM
of August 5th 2012

Dear swimmers

We welcome you to the International Self-Transcendence MARATHON SWIM across the beautiful lake of Zurich.
Long-distance swimmers from all over the world will join you in the longest swimming competition in Switzerland.

Your starting number, swim caps, T-Shirts and more information you will get on Saturday August 4th at the race briefing.

Please pay your entry fee until March 31st.
CHF 190.- for solo swimmers and CHF 290.- for relays,
plus the costs of the boat: CHF 220.- and the ordered DVDs.

The weather can be from hot and sunny to cold with wind and rain.
Be prepared for all weather conditions! And when the time comes to pack, do not forget to bring your own food for the race, sun cream, hats, an umbrella (for rain or sun), warm clothes and rain jackets/pants - your helpers may be on an open boat!

We are looking forward to welcome you in Switzerland and wish you good luck in your training.

Yours sincerely

Vallabha Kaul, Kanai Zimmermann, Pradeepta Bürgisser

Sri Chinmoy Marathon Team

Tel. 0041 (0)56 496 28 40 or +41 77 418 77 11, Fax: 0041 (0)56 496 01 54
zh-lake@srichinmoyraces.org
www.srichinmoyraces.org/ch

Timetable

Saturday August 4th

3.00 p.m. **Registration opens**

3.30 p.m. **Registration and Race briefing: distribution of numbers and race information for english speaking swimmers**
Place: HSR - Hochschule für Technik, Oberseestrasse 10, 8640 Rapperswil
House 5, Room 5.001.

OBLIGATORY for all solo swimmers and for at least one member of the relay teams.

5.00 p.m Distribution of numbers and race information for german speaking swimmers

7.30 p.m Meditation - Concert with "Mountain Silence"

Sunday August 5th

Train (S16) from Zurich Main station (Track 23/24) leaving 5.05, arriving in Rapperswil 5.52

5.30 a.m. Opening of the lido "Schlossbadi" in Rapperswil
Breakfast

6.00 a.m. Loading of the boats with your luggage for the race
we will bring your remaining luggage to the finish area
Relay team-boats are in the harbour of Rapperswil
Boats of solo-swimmers are in the lido (Schlossbadi).

6.40 a.m. Grease-up (only on the plastic cover)

7.00 a.m. **Start for solo-swimmers** in the lido

7.30 a.m. **Start for relays** in the lido

1.00 p.m. First Marathon-swimmers arrive in Zurich
at the Lido "Strandbad" Tiefenbrunnen, Bellerivestr. 214, Zurich
- buffet for all swimmers and helpers
- showers, massage

1.30 p.m. **1. Cut-off in Meilen (14.3 km)**
Swimmers who have not reached Meilen at 1.30 p.m. will be taken out of the race.

2.00 p.m.-
5.30 p.m. Shuttlebus to Rapperswil
or Train from Station "Tiefenbrunnen" (500m from finish) to Rapperswil
Leaves at Tiefenbrunnen 2.08 pm, 2.38, 3.08, 3.38, ---- 8.08, 8.38, 9.08 pm
change at „Stadelhofen", travel time 44 min

5.00 p.m. **2. Cut-off at Küsnachter Horn (21.7 km)**

7.00 p.m. Finish of the MARATHON SWIM

7.15 p.m. **Award ceremony**

8.00 p.m. End of program, Bus to Rapperswil

Competition rules for Marathon Swimming

Rules for solo swimmers

1. Swimmers must **not** use fins, wetsuits, boards, pullbuoys, paddles etc.
2. Pacing is **not** allowed.
3. Swimmers may grease up before the swim.
4. Swimmers must **not** touch the boat and must **not** go on land.
5. The swimmers are **not** allowed to swim directly behind the boat (drafting).
6. Swimmers must organize their own food and helper.
7. High-tech non-textile racing suits are not allowed. The swimmers must wear classical textile swimwear (max. knee length). Like the FINA rules. Only in the neoprene category swimmers are allowed to wear non-textile racing suits.
8. **Two Cut-offs! Swimmers not passing Meilen (14.3 km) at 1.30 pm or Küsnachter Horn (21.7 km) at 5.00 pm, will be taken out of the race.**
9. Time limit: 12 hours

Rules for relays

1. The same rules as above apply, except point 3 and 9.
2. 2 - 3 persons per relay, independent of sex, age or nationality.
3. Swimmers must change **every hour.**
4. They have to change within the last 3 minutes of each hour.
5. The takeover must be done by approaching the swimmer from behind.
6. The order of swimmers **must not be changed.**
7. If one swimmer drops out, he can not be replaced. The remaining swimmers can finish the race.
8. Swimmers must **not** use grease.
9. Time limit: 11 hours 30 minutes

Rules for open category with wetsuits (solo swimmers + relays):

1. The same rules as above apply.
2. Exception: Swimmers are allowed to use swim- and wetsuits.
   Swimming without wetsuit is allowed.

Attention: <u>In case of storms</u> the organizing committee may change the starting time, the distance of the race or even cancel the race. The entry fee cannot be refunded.

Safety measures

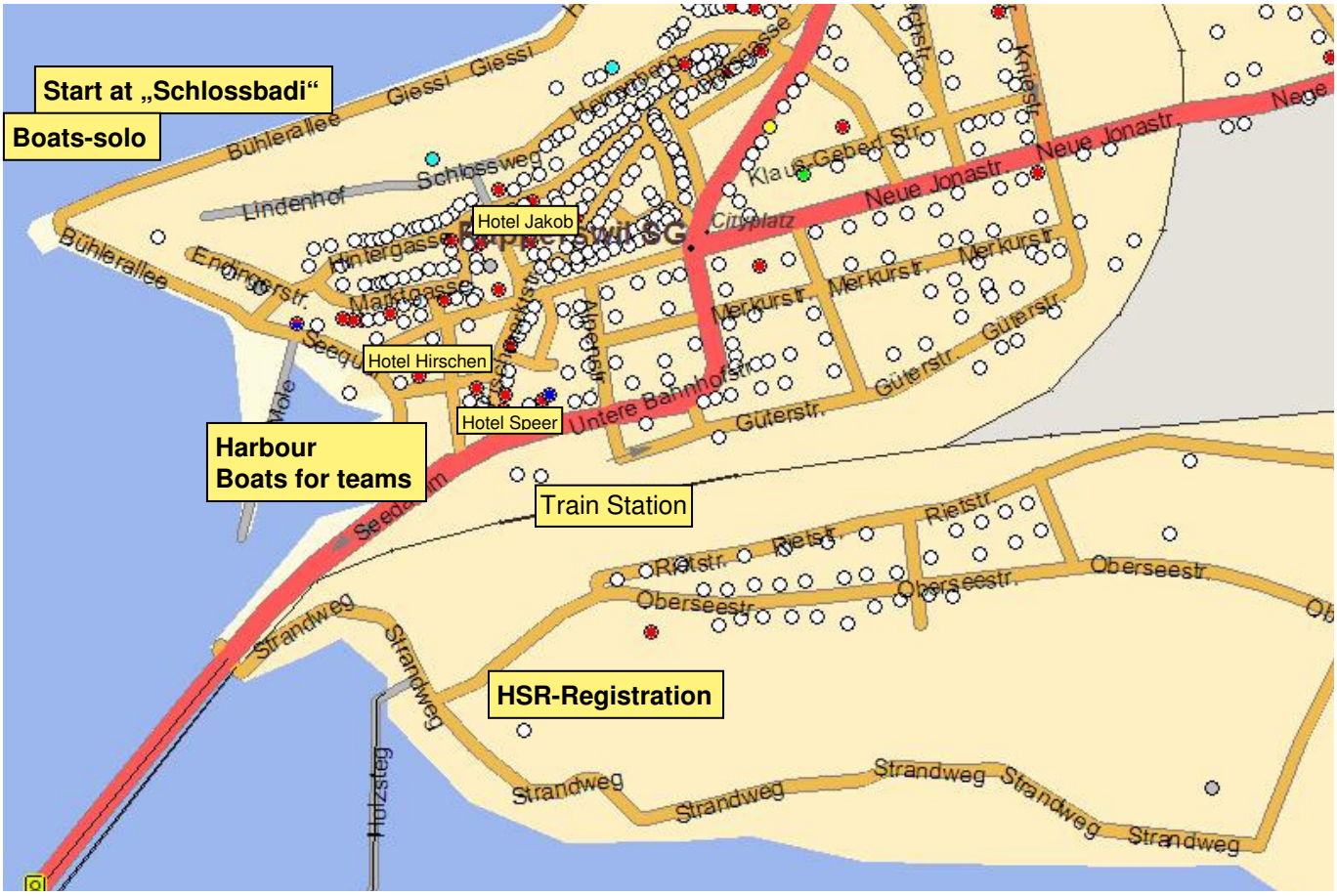
1. During the race one medical boat and two referee boats will cruise on the lake.
2. Each swimmer will be escorted by a boat.
3. A security station with a doctor will be on shore at Meilen.
   Motorized helpers will bring you to the finish, in case you have to give up.

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

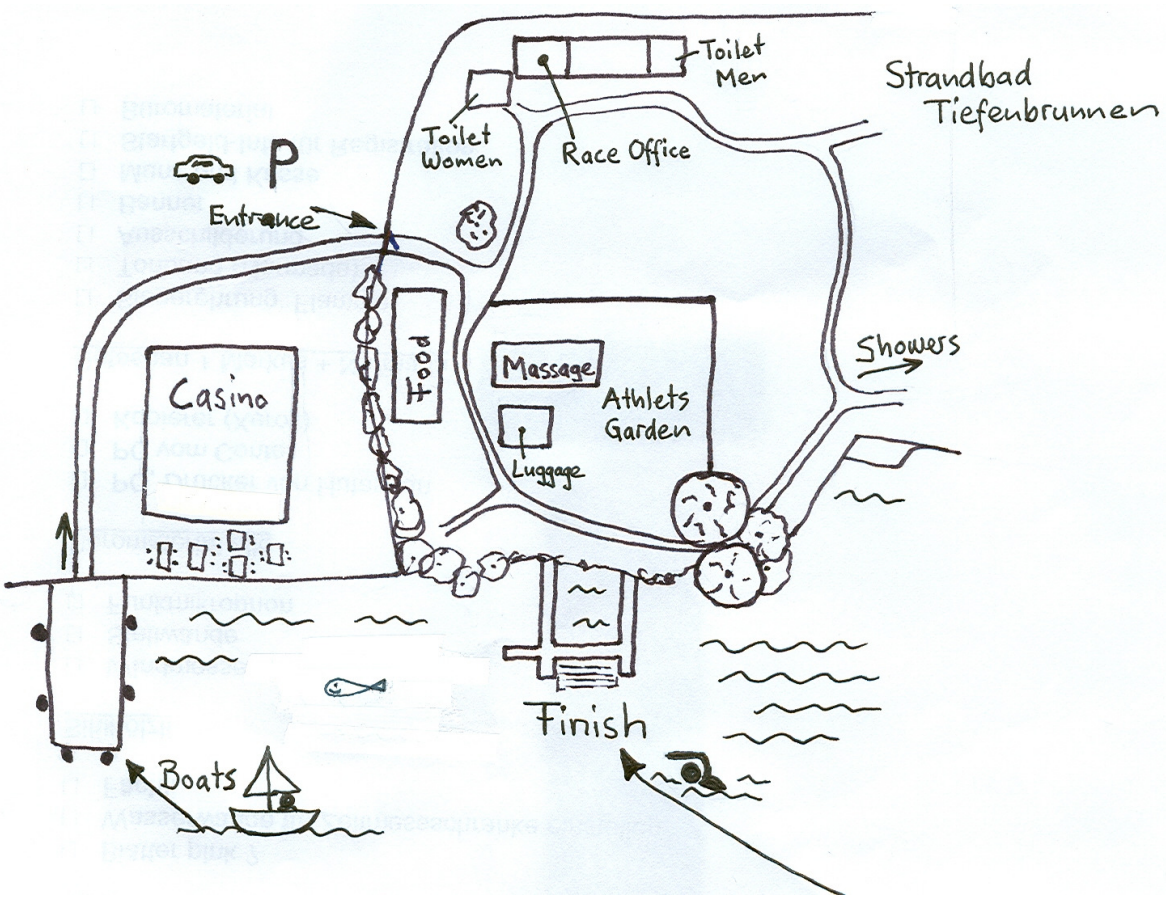
Organization: This event is organized by the Sri Chinmoy Marathon Team,
Postfach 76, 5420 Ehrendingen, Switzerland

Information: Vallabha: Tel. 0041 (0)56 496 28 40 oder Mobile +41 77 418 77 11
Pradeepta: Tel. 0041 (0)56 203 13 11 oder Mobile +41 78 878 27 08

Plan from Rapperswil



Plan from the Finish



Unterkunft / **Lodging** (prices in Swiss Francs)

Train connections : www.sbb.ch/en/home.html

Zürich

Tourist Service / Verkehrsverein Zürich, www.zuerich.com,

Aparthotel, Karlstr. 5+3, www.aparthotel.ch, Tel:+41 (0)44 422 11 75, Fax:+41(0)44 383 65 80
nur 500m vom Ziel / only 500m from the Finish
Einzelzimmer / Singelroom: 110.- to 140.-, Doppelzimmer / Double room: 90.- per person

City Backpacker, Niederdorfstrasse 5, www.city-backpacker.ch, 3 km from the Finish
Tel: +41 (0)44 251 90 15, Fax: +41 (0)44 251 90 24
Double room: 55.- per person, 4 bed-room: 47.- per person, without breakfast

Jugendherberge / Youth hostel, Mutschellenstrasse. 114, 8038 Zürich-Wollishofen
www.youthhostel.ch/zuerich, Tel: +41 (0)44 482 35 44, Fax: +41 (0)44 480 17 27
4 bed-room: 56.- per person, 2 bed-room 75.- per person, incl. breakfast

Camping: "Seebucht", Seestr.559, 8038 Zürich-Wollishofen
www.camping-zurich.ch, Tel: +41 (0)44 482 16 12, Fax: +41 (0)44 482 16 60
Zelt / Tent: 14.-, + 8.- per person

Rapperswil

Tourist Information, www.rapperswil.ch, information@rapperswil.ch
Tel: +41 (0)55 220 57 57, Fax: +41 (0)55 220 57 50

Hotels nahe beim Start / close to the Start (500m)

Hotel Speer, www.hotel-speer.ch, Tel: +41 (0)55 220 89 00, Fax +41 (0)55 220 89 89
Double room: 100.- to 135.- per person

Hotel Jakob, www.jakob-hotel.ch, Tel: +41 (0)55 220 00 50, Fax +41 (0)55 220 00 55
Single room: 109.-, Double room: 90.- per person, 4 bed room: 65.- per person

Hotel Hirschen, www.hirschen-rapperswil.ch, Tel:+41 (0)55 220 61 80, Fax +41 (0)55 220 61 81
Double room: 110.- per person

Günstige Unterkunft, cheap accomodation

Youth hostel / Jugendherberge, "Busskirch", Hessenhofweg 10, 8645 Jona
www.youthhostel.ch/jona, Tel: +41 (0)55 210 99 27, Fax: +41 (0)55 210 99 28
2 km from the Start, check in: after 5 p.m./nach 17Uhr
Preise pro Person / prices per person: 4 bed-room: 44.-, 2 bed-room: 53.-, 1 bed-room: 63.-

Data for Money transfer to Sri Chinmoy Marathon Team Switzerland (International)

Bank Adresse:

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

Please make sure that all bank charges are paid by you and the full amount is credited to our account.

für Zahlungen in der Schweiz, for inside Switzerland

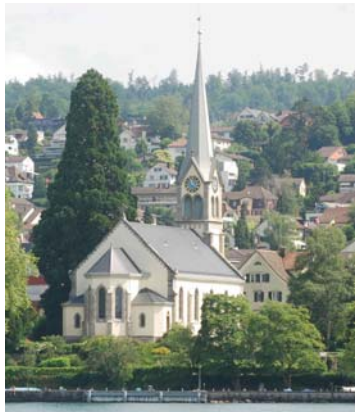
Postkonto:

80-65599-0

Sri Chinmoy Marathon Team
Sportveranstaltungen
8000 Zurich



Hafen Goldbach km 22.8



Kirche Erlenbach km 19.6



Fähre Meilen km 14.3



Kirche + Hafen Herrliberg km 17.0



Küsnachter Horn km 21.7



Kirche + Badi Zollikon km 23.9



Hafen Portier Meilen km 13.0



Hafen Weieren Männedorf km 10.8



Hafen Ötikon km 7.8



Kirche Männedorf km 9.9



Kehlhof km 6.0