

2016 Soochow International Ultra-marathon Race Rules

- 1. Purpose:** To provide students with the opportunity of personally taking part in ultra-marathon events, and aspiring to the core value of “I Complete What I Started” in PE. To hold a top level international sporting event, to upgrade ultra-marathon in Taiwan, and to help foster habits of exercise for our people.
Held alongside of motivational seminars on campus, the Soochow International Ultra-Marathon will be a manifestation of how a balanced and well-rounded personality can be developed through an enhanced awareness of life as precious gifts in the educational paradigm of Soochow University.
- 2. Supervisors:** Sports Administration, Ministry of Education
Chinese Taipei Association of Ultra-runners
- 3. Organizer:** Soochow University
- 4. Co-organizer:** Mass Gathering Emergency Medical Service Association
- 5. Sponsors:** MJ GROUP Enterprises, Soochow University Alumni Association, United Bank of Switzerland, Johnson Health Technology Corporation Limited, Doers Cultural and Educational Foundation, Ve-Wong Corporation, Virus Tech Inc., Tait Marketing Distribution Company Limited, Super Qin Enterprise, Student King, Yakult Co., Ltd, Starlike International Co., Ltd, BRS Nike Taiwan Inc, Taiwan Sanyo Electric Co., Ltd., MUST INTEGRATE
Special thanks to SU alumni Chen Tiaoting, Chen Feipeng, Chen Hui-gui, for their generous contributions.
- 6. Date:** 7 a.m. 3 December 2016 Saturday ~ 9 a.m. 4 December 2016 Sunday
- 7. Venue:** Soochow University Waishuanghsi Campus
- 8 Race Categories:**
 - i. 24-hour Ultra-marathon Race: international, and domestic runners in male and female categories
 - ii. 5-hour Relay Race:
 - A. Groups:
 - (1) Soochow Students: for Soochow students only
 - (2) Soochow alumni: for Soochow staff, and alumni only
 - (3) Non-Soochow students: for students from other schools only
 - (4) Sponsors: for sponsoring corporations and organizations
 - (5) Social groups: make up your own teams
 - (6) Title Sponsors: from title sponsors of the 2016 Soochow International Ultra-marathon Race
 - B. Time slots: there will be four to choose from; (1)Day runners, Afternoon runners, Night runners, and Early Birds, with each slot taking a maximum of 55 teams. In case of surplus or shortage of teams in any time slot, the organizer retains the right to reschedule your time slot.
 - (1) Day runners: 3 December 2016 Saturday 10:50 – 15:50, for Title Sponsors, Sponsors and SCU Alumni only. Should there be vacancies available one week prior to deadline registration will be accepted, first come first serve.
 - (2) Afternoon runners: 3 December 2016 Saturday 16:00 – 21:00, for Soochow Students, Non-Soochow Students, and Social groups only.
 - (3) Night runners: 3 December 2016 Saturday 21:10 – 02:10 4 December 2016 Sunday, for Soochow Students, and Non-Soochow Students only.
 - (4) Early Birds: 4 December 2016 Sunday 02:20 – 07:30, open for all.
 - iii. 30 Minutes Experience Run for Celebrities, VIPs, Alumni, and university Faculty and Staff:
 - A. 70 runners from among invited celebrities, VIPs, alumni, and voluntarily signed up university faculty and staff members.
 - B. Time slot: 3 December 2016 Saturday 09:00 – 09:30
 - iv. 60 Minutes Experience Run for Alumni and individuals from corporations:
 - A. 70 runners from among Alumni, Faculty, and Staff of Soochow University, and corporate staff.
 - B. Time slot: 3 December 2016 Saturday 09:40 – 10:40.

9. Rules and Regulations:

i. 24-hour Ultra-marathon Race:

- A. Takes the 1st & 2nd tracks on Soochow campus, reversing direction every 4 hours, and results shall be determined by total number of laps and distance completed at the end of 24 hours.
- B. IAU new rules stipulate that helpers are not to step into the tracks, and may operate only within the supply area (table to edge of track), open only to registered helpers.

ii. 5-hour Relay Race:

- A. Ten runners in each team with at least three female runners (up to 10), using chips as batons.
- B. Takes the 3rd, 4th, & 5th tracks on Soochow campus, with each runner finishing 30 minutes of running/walking before handing over (two minutes grace period for relaying chips).
- C. Each team should bring their own cheerleaders to cheer them on during the race.
- D. Ranking will be determined by the number of laps each team completed in five hours. Should two teams complete same number of laps, whichever chip passed the sensory system first wins.

iii. 30 Minutes Experience Run for Celebrities, VIPs, Alumni, and university Faculty and Staff:

- A. Takes the 3rd, 4th, & 5th tracks on Soochow campus.
- B. Each runner finishes 30 minutes of running with rankings determined by the number of laps and distance completed. Should there be same number of laps, whichever chip passes the sensory system first wins.

iv. 60 Minutes Experience Run for Alumni and corporate staff.

- A. Takes the 3rd, 4th, & 5th tracks on Soochow campus.
- B. Each runner finishes 60 minutes of running with rankings determined by the number of laps and distance completed. Should there be same number of laps, whichever chip passes the sensory system first wins.

10. Registration fee:

i. 24-hour Ultra-marathon Race: invitational

ii. 5-hour Relay Race:

- A. 1,000 NTD for student teams
- B. 5,000 NTD for Soochow alumni, and social teams
- C. Free of charge for the first team from Sponsors, and 5,000 NTD for each team thereafter.
- D. Free of charge for title sponsors

ii. 30 Minutes Experience Run for Celebrities, VIPs, Alumni, and university Faculty and Staff:

Free of charge.

iv. Sixty Minutes Experience Run for Alumni and corporate staff: free of charge

11. Qualifications & Registration Procedures:

i. 24-hour Ultra-marathon Race:

18 International runners are to be invited by the Organizer.

27 Domestic runners whose best personal records qualify the following may be invited;

A. Runners attaining international standard in 24-hour race after 1 October 2012 have priority for invitation.

B. Please provide best personal 24-hour record in the following races or IAU certified races (after 1 October 2012), the cut: male 190km, female 170km

year	race	category
2016	2016 Taipei Expo Park Int'l Ultra Marathon	24-hour
2015	2015 Soochow International Ultra-marathon	24-hour
2015	2015 Kaohsiung 24-hr Ultra Marathon and 12-hour National Championship	24-hour
2015	2015 International Taipei Ultra Marathon Festival	24-hour
2014	2014 Soochow International Ultra-marathon	24-hour
2014	2014 International Taipei Ultra Marathon Festival	24-hour
2013	2013 Soochow International Ultra-marathon	24-hour
2013	2013 International Taipei Ultra Marathon Festival	24-hour
2012	2012 Soochow International Ultra-marathon	24-hour

C. Domestic runners are to be invited by the Organizer based on their records. When more runners qualified for this event, invitations will be issued in order of records till the quota has been filled.

D. When there are openings available, best runners from 2016 Taipei Expo Park Int'l Ultra Marathon, 2015 Kaohsiung 24-hr Ultra Marathon National Championships, or the recommended list of Chinese Taipei Association of Ultra-runners will be invited till the quota has been met.

ii. 5-hour Relay: 55 teams in each of the time slots

iii. 30 Minutes Experience Run for Celebrities, VIPs, Alumni, and university Faculty and Staff: 70 runners, invitations will be issued until the quota is filled

iv. 60 Minutes Experience Run for Alumni and corporate staff: 70 runners for each team.

12. Registration:

- i. 24-hour Ultra-marathon Race: 1 July 2016 Friday ~ 31 August 2016 Wednesday
- ii. 5-hour Relay Race, Thirty Minutes Experience Run for Celebrities, VIPs, Alumni, and university Faculty and Staff, Sixty Minutes Experience Run for Alumni and corporate staff: 1 August 2016 Monday ~ 15 October 2016 Saturday or until the quota is filled

13. Prizes:

- i. 24-hour Ultra-marathon Race:
The first eight runners in each category will be given a medal; Runners who completed the race will be given a certificate from the Gold Medal Race.
- ii. 5-hour Relay Race:
 - A. The first five teams in each category will be given a medal; champions from the Soochow students, Non-Soochow students groups will also win 5,000 NTD, while champions from title sponsors Soochow alumni, Sponsors, and Social groups will be presented 10,000 NTD.
 - B. Runners from teams finishing the race will be given a certificate from the Gold Medal Race.
- iii. 30 Minutes Experience Run for Celebrities, VIPs, Alumni, and university Faculty and Staff: Runners finishing the race will be given a certificate from the Gold Medal Race.
- iv. Sixty Minutes Experience Run for Alumni and corporate staff: Runners finishing the race will be given a certificate from the Gold Medal Race.

14. For matters not covered herein, the organizer may amend this race rules and make known.

15. Schedule:

Time	Categories	Remarks
12/03 09:00~12/04 09:00	24-hour Ultra-marathon	08 : 00 Checking in, 45 runners
12/03 09:00~09:30	Thirty Minutes Experience Run for Celebrities, Alumni, and university Faculty and Staff:	08 : 00 Checking in, 70 runners
12/03 09:40~ 10:40	Sixty Minutes Experience Run for Alumni and corporate staff	08 : 40 Checking in, 70 runners
12/03 10:50~ 15:50	5-hour Relay Race, Day Runners	09 : 50 Checking in, 55 teams
12/03 16:00~21:00	5-hour Relay, Afternoon Runners	15 : 00 Checking in, 55 teams
12/03 21:10~12/04 02:10	5-hour Relay, Night Runners	20 : 10 Checking in, 55 teams
12/04 02:20~07:20	5-hour Relay, Early Bird Runners	01 : 20 Checking in, 55 teams

16. Notes:

For personnel/safety management, event arrangement, and coordination purposes in organizing this 2016 Soochow International Ultra-Marathon, the PE Department of Soochow University, through the duration of the race, may need to have and make use of information on name, gender, birthdate, ID number, telephone, and e-mail address from all participants to create files of name lists, arrange events, coordinate, take insurance, and make public announcements on race results. By law, participants may exercise their rights in requesting inquiry, viewing, providing supplement, making correction, photo coping, suspension of collecting, processing, making use of, and removal of their personal data. Please contact Ms. Huang at 2881-9471 ext. 5606 for further information. Please be advised that incomplete information may result in obstacles for arrangement and coordination in the event.