

## 2017 Soochow International Ultra-marathon Race Rules

- 1. Purpose:** To offer students of Soochow University the opportunity of personally taking part in ultra-marathon events, being inspired to the core value of “I Complete” what I started in PE, and helping organize a top level international sporting event to upgrade ultra-marathon standards, and the habits of exercise in Taiwan. Held alongside of motivational seminars, this event is also a manifestation of our educational paradigm of fostering balanced and well-rounded personality through enhanced awareness of life as precious gifts.
- 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:** Soochow University Alumni Association, GFC, LTD., United Bank of Switzerland, Johnson Health Technology Corporation Limited, Ve-Wong Corporation, and special thanks for generous contributions from Mr. Chen Tiaoting, class of 1976, Mathematics.
- 6. Date:** 9 a.m. 2 December 2017 Saturday ~ 9 a.m. 3 December 2017 Sunday
- 7. Venue:** Soochow University Waishuanghsi Campus
- 8. Races:**
  - (1) 24-hour Ultra-marathon Race: international, and domestic runners in male and female divisions
  - (2) 24-hour Relay Race: maximum 10 teams, no divisions
  - (3) 5-hour Relay Race:
    - a. Divisions:
      - (a) Soochow Students: for Soochow students only
      - (b) Soochow alumni: for Soochow faculty, staff, and alumni only
      - (c) Non-Soochow students: for students from other schools only
      - (d) Sponsors: for sponsoring corporations and organizations
      - (e) Social groups: make up your own teams
    - b. Sections: there are four to choose from; Opening, Afternoon, Night, and Early Bird, each allowing for a maximum of 60 teams. In case of surplus or shortage of teams in any section, the organizer retains the right to reschedule your time slot.
      - (a) Opening: 2 Dec. 2017 Sat. 10:50 – 15:50, for Sponsors, SCU Alumni and Students only.
      - (b) Afternoon: 2 Dec. 2017 Sat. 16:00 – 21:00, for Students, Soochow or Non-Soochow, and Social groups only.
      - (c) Night: 2 Dec. Sat. 21:10 – 02:10 Sunday, for Students only, Soochow or Non-Soochow.
      - (d) Early Bird: 3 December 2017 Sunday 02:20 – 07:20, open for all.
  - (4) 30 Minutes Experience Run:
    - a. 50 runners invited from among Celebrities, VIPs, Alumni, and university Faculty and Staff.
    - b. Time slot: 2 December 2017 Saturday 09:00 – 09:30
  - (5) 60 Minutes Experience Run:
    - a. 50 runners from Soochow Alumni, Faculty and Staff, and Corporate Staff.
    - b. Time slot: 2 December 2017 Saturday 09:40 – 10:40.

## 9. Rules and Regulations:

### (1) 24-hour Ultra-marathon Race:

- a. Takes the 1st & 2nd tracks on Soochow campus, reversing direction every 4 hours, results 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 tracks, and may operate only within the supply area (table to edge of track) open only to registered helpers.

### (2) 24-hour Relay Race:

- a. 12 runners in each team, exchange chips as batons.
- b. Takes the 3rd, 4th, & 5th tracks on Soochow campus, with each runner completing 2 hours before handing over (two minutes grace period before and after).
- c. Rankings shall be determined by total number of laps or time on sensory system when two or more teams completed the same number of laps.
- d. You may bring your own cheerleaders.

### (3) 5-hour Relay Race:

- a. 10 runners in each team with at least three female runners, exchange chips as batons.
- b. Takes the 3rd, 4th, & 5th tracks on Soochow campus, with each runner finishing 30 minutes before relaying chips (two minutes grace period before and after).
- c. Rankings shall be determined by total number of laps or time on sensory system when two or more teams completed the same number of laps.
- d. You may bring your own cheerleaders.

### (4) 30 Minutes Experience Run:

- a. Takes the 3rd, 4th, & 5th tracks on Soochow campus.
- b. Each runner finishes 30 minutes of running with rankings determined by total number of laps or time on sensory system when two or more runners completed the same number of laps.

### (5) 60 Minutes Experience Run:

- a. Takes the 3rd, 4th, & 5th tracks on Soochow campus.
- b. Each runner finishes 60 minutes of running with rankings determined by total number of laps or time on sensory system when two or more runners completed the same number of laps.

## 10. Registration fee:

(1) 24-hour Ultra-marathon Race: invitational.

(2) 24-hour Relay Race: NT\$ 10,000 per team.

### (3) 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.

(4) 30 Minutes Experience Run: Free of charge.

(5) 60 Minutes Experience Run: free of charge.

## 11. Qualifications & Registration Procedures:

(1) 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. those attaining international standards in 24-hour races after 1 December 2015 have the priority.

b. please provide best personal 24-hour records in the following races or IAU certified races (after 1 December 2015), the cuts for male runners; 190km, for female; 170km, 24 hours records from 48 hours races may be used as reference,

Year	Events	Races
2017	2017 Taipei Ultra-Marathon	24/48 hour
2016	2016 Soochow International Ultra-marathon	24-hour
2016	2016 IAU 24H Asia & Oceania Championships	24-hour
2016	2016 Taipei Expo Park Ultra-Marathon	24/48 hour
2015	2015 Soochow International Ultra-marathon	24-hour

c. domestic runners are to be invited by the Organizer based on their records, when more runners qualify for the event, invitations will be issued in order of records till the quota has been filled,

d. when there are openings available, the Chinese Taipei Association of Ultra-runners will invite best runners from the 2017 Kaohsiung 24 Hour National Ultra Marathon Championships, the 2017 Run Across Taiwan Ultra Marathon, the 2016 Run Across Taiwan Ultra Marathon, or from those on their recommended list.

(2) 24-hour Relay Race: maximum 10 teams

(3) 5-hour Relay: 60 teams in each time slot

(4) 30 Minutes Experience Run: 50 runners, invitations will be issued until quota is filled

(5) 60 Minutes Experience Run: in male and female divisions, maximum 50 runners.

## 12. Registrations and Deadlines:

- (1) 24-hour Ultra-marathon Race: 1 August 2017 Tuesday ~ 17 September 2017 Sunday
- (2) 24-hour Relay Race, 5-hour Relay Race, 30 Minutes Experience Run, and 60 Minutes Experience Run: 1 August 2017 Tuesday ~ 15 October 2017 Sunday or when quota is filled

Please go to [bao-ming.com](http://bao-ming.com) to register before the above-mentioned deadlines.

## 13. Awards and Prizes:

- (1) 24-hour Ultra-marathon Race:

The top 8 runners in each division will be awarded a medal; runners who completed the race will be issued a certificate.

- (2) 24-hour Relay Race:

All teams completed the race will be presented with medals, certificates of records, and gifts.

- (3) 5-hour Relay Race:

A. The top 5 teams in each division will be given a medal; champions from the Soochow students, Non-Soochow students groups will also win 5,000 NTD, while champions from Soochow alumni, Sponsors, and Social groups will be presented 10,000 NTD.

B. Runners from teams finishing the race will be given a certificate of records.

- (4) 30 Minutes Experience Run: Runners finishing the race will be given a certificate of records.

- (5) 60 Minutes Experience Run: Runners finishing the race will be given a certificate of records.

**14. For matters not covered herein, the organizer may make necessary amendments to be made known.**

## 15. Schedule:

Time	Races	Remarks
12/02 09:00~12/03 09:00	24-hour Ultra-marathon	08 : 00 Checking in, 45 runners
12/02 09:00~12/03 09:00	24-hour Relay	08 : 00 Checking in, 10 teams
12/02 09:00~09:30	30 Minutes Experience Run	08 : 00 Checking in, 50 runners
12/02 09:40~10:40	60 Minutes Experience Run	08 : 40 Checking in, 50 runners
12/02 10:50~15:50	5-hour Relay, Opening	09 : 50 Checking in, 60 teams
12/02 16:00~21:00	5-hour Relay, Afternoon	15 : 00 Checking in, 60 teams
12/02 21:10~12/03 02:10	5-hour Relay, Night	20 : 10 Checking in, 60 teams
12/03 02:20~07:20	5-hour Relay, Early Bird	01 : 20 Checking in, 60 teams

**16. Notes:**

For personnel/safety management, program arrangement, and coordination purposes for this 2017 Soochow International Ultra-Marathon, the PE Department of Soochow University, through the duration of the event, 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 necessary arrangements.