

Sri Chinmoy 12 + 24 Hour Run

May 18 and 19

This annual event in Basel attracts only serious runners and those looking for a challenge! In fact, the Sri Chinmoy 12 + 24 hour run attracts the highest number of participants in an event of its kind worldwide—about 120 runners from up to 15 nations. Sri Chinmoy, an Indian writer, poet, philosopher, meditation teacher, and successful athlete, started a marathon team in 1977 to encourage his students to improve their physical fitness as a key to human well-being. The idea quickly took off, leading to many such marathon teams around the world. The number of events increased steadily, ranging from sprints for children to triathlons and even 5-day runs. For the 31st time, the annual Sri Chinmoy 12 + 24-Hour Run will take place at the St. Jakob sports complex. The run takes place on a fast, flat, circular track (IAAF grade B), officially measured at 1,101.43 meters, that is paved and lit at night. The run is timed with two electronic time-keeping chips in the start number, plus a personal SCMT counting station that is further backed-up by a video camera. The course will be professionally managed with many tents and a large selection of food and drinks over the 24 hours, and the good infrastructure includes showers and toilets on the running track. The 24-hour race will start at noon on Saturday and the 12-hour race will start at midnight for a simultaneous finish at 12:00 on Sunday. At the awards ceremony on Sunday at 14:00, awards and trophies will be given to the best runners (most laps) in each category, and each runner will receive a personal certificate, medal, and souvenir prize. The entry fee is CHF 100 for the 12-hour race and CHF 150 for the 24-hour race. You can register directly online until May 9.

<https://ch.srichinmoyraces.org/self-transcendence-1224-stundenlauf-basel>

Dreiländerlauf (Three Country Run)

May 19

This year marks the 29th edition of the annual Dreiländerlauf, a special running event that covers territory in Switzerland (Basel), France (St. Louis, Huningue), and Germany (Weil am Rhein). All runs start and end at the Marktplatz; this year all runs will start earlier (9:30, 9:35, and 9:45) to beat the heat. The complete run is a half-marathon of 21.1 km, passes through the three countries, and crosses over the Rhein four times. There are 12 age categories (6 for men and 6 for women). New this year, the shorter run of 10.1 km for runners relatively new to the sport will also be a tri-nation run. This run has 14 age categories (7 for men and 7 for women); the youngest category is for teens born 2002–2003. Younger runners born 2004–2011 can participate in a student run of 2.3 km with eight categories, including four for boys and four for girls.

Registration: You can register online until May 17 at 11:00 at their official website, www.3laenderlauf.org. You can also register by post until May 7 (postmark). Late registration can be done in person in the inner courtyard of the Rathaus (city hall) on May 18 from 10:00–15:00 (no late fees) or on the day itself at the same location starting at 7:30 (CHF 10 late fee applies). Registration fees are CHF 45 for the half-marathon, CHF 35 for the 10.1 km run, and CHF 10 for the 2.3 km run. CHF 2 from every registration will be given to the Lions' Club to help sponsor their bilingual summer camps.

Getting There: Thanks to support from the TNW (CH), RVL (DE), and Distri-bus (F), travel to and from the Dreiländerlauf on train, bus, and tram is free for participants on the day of the event. Simply write to info@3laenderlauf.org to request your free transportation ticket, which will then be e-mailed to you for printing at home. These free tickets are valid only for the participant in both directions; accompanying persons must pay their own ticket.

Start Numbers: Number bibs will be handed out on the day itself at the Rathaus at Marktplatz, starting at 7:30. They can also be picked up the day before at the same location from 10:00–15:00. The bibs are equipped with data chips that will calculate the time.

Prizes: All participants will receive a medal, and each participant in the 21.1 km and 10.1 km runs who reaches the finish line will receive a competitor t-shirt that they can pick up in the inner courtyard of the Rathaus by

simply redeeming the coupon attached to the start number. Additionally, the first three finishers in each category will receive a special prize. You need to be present to receive prizes as they will not be mailed to you. The award ceremonies are at 10:30 (kids' run), 12:00 (10 km run), and 13:00 (21.1 km run) in Marktplatz or, in case of really bad weather, at the Turnhalle Rittergasse.

Changing Rooms: Changing rooms will be available for men and women at the Rittergasse-Schulhaus starting at 8:00. You can also get a free massage at this location from the Swiss Massage Team either before or after the race.

Valuables: If you have valuables with you that you don't want to run with, you can leave them in the inner courtyard of the Rathaus until 13:00, using your start number as your identifier.

www.3laenderlauf.org



SOLA Basel

May 25

In Swedish, "Sola" means sun, or to sunbathe. The first SOLA run took place in Sweden, between the towns of Gothenburg and Karlstad. It covered 252.7 km and was divided into 25 stages, 10 of which had to be run by women. In 1972, a team from the Academic Sports Association Zürich (ASVZ) participated at the SOLA in Sweden. A year later, the ASVZ organized the first SOLA relay race in Zürich. Today, the Zürich SOLA ranges amongst the top Swiss runs, with 1,000 teams and 14,000 participants attending. In 2016, a SOLA run was organized for the first time in Winterthur ("Winti-SOLA"), with 110 teams participating. Because of the SOLA's popularity, it was brought to Basel last year in June, and its success ensured this year's second edition! The SOLA Basel relay race covers a total route of 80 km, divided into 10 stages of 4.5–12 km. It will start and finish at Park im Grünen in Münchenstein and will take you past many places of interest: the Roche tower, Kunstmuseum Basel, Ermitage Arlesheim, Gempen, old town of Liestal, Wildenstein castle, and Wartenberg. The varied stages of the run cover 4 cantons (Basel-Stadt, Baselland, Solothurn, and Aargau), 2 cities (Basel and Liestal), 20 municipalities (Arlesheim, Augst, Birsfelden, Bubendorf, Büren, Dornach, Frenkendorf, Füllinsdorf, Gempen, Hölstein, Kaiseraugst, Lampenberg, Lausen, Liestal, Münchenstein, Muttenz, Nuglar-St. Pantaleon, Pratteln, Ramllinsburg, and Seltisberg), and 5 rivers (Birs, Ergolz, Frenke, Orisbach, and Rhein). Each team consists of 10 people with at least 3 female participants (minimum age 16); each runner is only allowed to run one stage. Teams are considered student teams (university, polytechnic, university of applied science) if they include at least six enrolled students. Cost is CHF 350 per team and CHF 250 per student team (booking between April 28 and May 23 will cost an additional CHF 100). There will also be a Mini SOLA, where kids can make their first attempts towards the big SOLA Basel. On a straight-forward 2.7 km course across Park im Grünen, near the start and finish area of the SOLA Basel, children and school classes can gain a first impression of a relay race. In the Hopp-la category, children, families, and seniors start in cross-generational teams. The teams for the Mini SOLA consist of six runners; the race starts at 14:00. Thanks to Migros' "Generation M" sustainability program, the first 250 teams for the Mini SOLA may participate for free. Public transport to and from the event is free for all participants on this day.

www.solabasel.ch