

Assistants: Assistants who agree to help with the general organisation are free of charge. Other helpers will be charged 27,50 €) per day for food and accommodation.

Luggage: Maximum weight of up to 3 pieces of luggage: 20 kg total

Transfer: Participants who park their vehicles near the start Berlin will be taken back by coach on the morning after the finishing line was reached.

Meals: Beginning on Tuesday morning 7 breakfasts and 7 evening meals will be provided. During the day the usual runner's snacks will be offered. The runners are free to make their own arrangements should they to have any extras like potatoe chips or health food.

Accommodation: Since all nights will be spent in gyms or schools each participant is advised to bring a sleeping bag an air-bed etc. Competitors who choose to sleep in a hotel or B&B have to make sure that they arrive at the starting point on time. The starting time may vary from day to day and will be announced every evening.

Arrival on the day before the run: The night will spent in a school in Spandau; details will be given in an information brochure prior to the race.

Insurance: All competitors are insured. However, we recommend an extra insurance. Do not forget to bring your insurance card.

Service points: Every 8 to 12 km. Supplementary service points will be provided by local clubs or communities. We recommend the use of a drinking bottle with carrying belt which will be given to each competitor.

“Spree Run”

From Tuesday August 31th 2004 to
Sunday September 05nd 2004

From the confluence of Spree and Havel in Berlin-Spandau to the source of the river Spree in the Kottmar Forest, Eibau-Walddorf.

Organisation, Information, Application

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Start: Tuesday 31-08-04 9 a.m. in Berlin - Spandau
Finish: Sunday 05-09-04 in Eibau-Walddorf

Distance: approx. 420 km (259 miles)

Costs: 345,00 € all service included: postage of results lists, certificate, food, accommodation, transport back to the start, and medical service.

Liability: On application each competitor agrees that the organiser accepts no responsibility for any damage or injury.

Evaluation: Separate evaluation for male/female participants, no age group evaluation.

Required time: 10.0 minutes per kilometre (6,0 km per hour)

Traffic: The left road side is to be used outside villages or towns. Please obey all directions given by the police, the stewards and other racing officials. Failure to do so will lead to disqualification.

Christian name(s).....
Family name
Postal Code, Town:.....
Road:
Phone/Fax/Email:.....
Club:
date of birth:
Number of assistancen1.. or more?
Meals provided by organiser? Yes No

Remarks:

Only 1st stage 2nd stage or more?

Please, tick the appropriate boxes.

Starting times: 1st stage: 9 a.m. 2nd and following stages: between 6 a.m. and 7 a.m. The exact starting times will be announced each night. The start will take place in two waves with the slower group of the previous day starting some time before the faster group.

Further information: Some weeks before the start each competitor will receive an information leaflet with the rules. The registration is valid when the payment of 345 € resp. 70 € has been received.

Start number: The number is to be worn on the chest and has to be visible at all times. If extra clothing has to be worn, the number must be shown at each controlling point.

Prizes: The first three men and women will be presented with a cup, certificates of participation will be given to everyone who reaches the finishing line. If more sponsors can be found, more distinctions will be handed over.

Single stages: Competitors who wish to take part in single stages only should indicate the respective day(s) in their application form and pay 55,00 € per stage. Certificates for single stage will be handed out, too. Luggage can be transported in the accompanying vehicle.

Withdrawal: The organiser should be notified immediately after a participant has decided to drop out of the race. People who wish to travel back before the end of the run must make their own arrangements. After the organiser has been consulted, the race may be resumed at a later stage. All certificates will be handed over at the finishing line.

Bank address: Kreissparkasse	Horb a.N. / FDS
Number of the Bank:	642 510 60
Number of Account:	553 760

“Spreelauf”