



# General Information Sheet

*2018 IAU 24H Asia & Oceania*

*Championships*

incorporating

*Soochow International Ultramarathon*

**TAIPEI (CHINESE TAIPEI)**

**December 1-2, 2018**





# General Information Sheet

## Table of Content

1	WELCOME.....	2
2	CHINESE TAIPEI ASSOCIATION OF ULTRARUNNERS (CTAU) .....	3
3	LOCAL ORGANISING COMMITTEE (LOC).....	3
4	INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU).....	4
5	GENERAL RACE INFORMATION.....	5
6	ENTRIES - PRELIMINARY (PEF) AND FINAL (FEF) FORMS.....	6
7	VISA.....	7
8	TRANSPORTATION.....	8
9	ACCOMMODATION.....	9
10	TRAVEL GRANT.....	9
11	GENERAL PROGRAM SCHEDULE.....	10
12	WEATHER CONDITIONS.....	11
13	MEDICAL & INSURANCE.....	11
14	TOURIST INFORMATION.....	12
15	MAP OF THE COURSE.....	14



## 1 WELCOME

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We are very pleased to welcome you to Soochow University in Taipei from the 1<sup>st</sup> to 2<sup>nd</sup> of December 2018, to offer you an Asia & Oceania Championships of the highest quality.

**Taipei** is the capital and special municipality of Taiwan. Sitting at the northern tip of the island, most of the Taipei city is located on the Taipei Basin, an ancient lakebed bounded by the two relatively narrow valleys of the Keelung and Xindian rivers. Taipei is the political, economic, educational, and cultural center of Taiwan Island, and one of the major hubs of East Asia. Taipei was the host city of the Summer Universiade 2017, a multi-sport event also the largest multi-sport event in the world apart from the Olympic Games.

**Soochow University** has hosted 24 hours race with passion since 1999. Every year the race has complemented local elite runners with international ones by invited. The unique atmosphere encourages the runners to exert themselves to the maximum to run further. The race has seen in the past 2 world best performances, 3 continental and more than 12 national best performances. The race records of 285 km for men and 256 km for women are outstanding performances by any standard. This is the one and only: THREE times IAU Gold label 24H event!

The Organizing Committee, Soochow University and Chinese Taipei Association of Ultrarunners, wish you the very best stay and great success to the athletes.



## 2 ORGANIZING MEMBER (OM)

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### Chinese Taipei Association of Ultrarunners (CTAU)

Address: 2F-7, No.91, Sec.2, Changsha St., Wanhua Dist., Taipei City, Taiwan  
Tel: +886-2-2383-2646  
E-mail: [ctau.runner@gmail.com](mailto:ctau.runner@gmail.com)  
Web site: [www.ctau.org.tw](http://www.ctau.org.tw)

**General Secretary** Frank FON-CHU, KUO  
E-mail: [frank.kuo.run@gmail.com](mailto:frank.kuo.run@gmail.com)

**International Contact** Samantha YING-HSIU, WANG  
E-mail: [yhwang.ctau@gmail.com](mailto:yhwang.ctau@gmail.com)

## 3 LOCAL ORGANISING COMMITTEE (LOC)

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### Soochow University(SCU)

Address: No.70, Linhsi Road, Shihlin District, Taipei City 111, Taiwan  
Tel: +886-2-2881-9471  
Web site: <http://www.scu.edu.tw>

**Chairperson** Dr. PAN, WEI-TA  
E-mail: [president@scu.edu.tw](mailto:president@scu.edu.tw)

**Executive Director** DONG FANG, JIE-DER  
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## 4 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

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### **IAU Council**

Postal Address:

6-8, Quai Antoine 1er, BP 359, MC 98007 Monaco Cedex

E-mail:

[info@iau-ultramarathon.org](mailto:info@iau-ultramarathon.org)

Web site:

[www.iau-ultramarathon.org](http://www.iau-ultramarathon.org)

### **IAU Vice President**

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### **IAU General Secretary**

**Hilary WALKER (GBR)**

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### **IAU Director of Labelling**

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### **IAU Director of Competitions & Records**

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### **IAU Director of Finance & Marketing**

**Robert BOYCE (AUS)**

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### **IAU Director of Organizations**

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### **IAU Area Representatives**

#### **Africa Representative**

Solomon Ogba (NIG)

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#### **America Representative**

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#### **Asia Representative**

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#### **Europe Representative**

Walter HILL (GBR)

[walter.hill@iau-ultramarathon.org](mailto:walter.hill@iau-ultramarathon.org)



## 5 GENERAL RACE INFORMATION

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<b><u>Date / Time</u></b>	AM09:00, 1 & 2 December, 2018
<b><u>Event Venue</u></b>	Soochow University Waishuanghsi Campus (SCU) <a href="https://goo.gl/pYtcZA">https://goo.gl/pYtcZA</a> No.70, Linhsi Road, Shihlin District, Taipei City 111, Taiwan
<b><u>Event FB Link</u></b>	Search: @scumarathon <a href="https://www.facebook.com/scumarathon/">https://www.facebook.com/scumarathon/</a>

**The Course** The race is a **track event** in the university campus.  
The athletic field is **400m per lap**, reversing direction every 4 hours.

### **IAU Asia & Oceania Championships**

- A. Men's individual competition**
- B. Women's individual competition**
- C. Men's Team Competition**
- D. Women's Team competition**

The Race is only open for athletes of IAU member Federations, which are invited by the IAU. The Asia & Oceania Championships are combined championships for Asia and Oceania member Federations.

Only athletes and teams officially registered by their National Federation will count for the Championships teams' result. Every Country can send 6 men and 6 women with a maximum number of officials according to team number (1-6 athletes: 3 officials, 7-12 athletes: 6 officials).

**For the championships individual results, it will only rank the performances of the athletes in each delegation.**

**For the teams' results, the delegation will be ranked according to the addition of the performances of their 3 best athletes in the team.**

### **OTHER Race**

#### **Soochow International Ultramarathon**

- A. 24H Open Race**
- B. 5H Relay Race**
- C. 30-60min Experience Run**

The 24H Open Race runners are to be invited by the LOC, limited 5 international runners and 5 domestic runners.

**For the 24H Open Race ranking, will combine the 10 invited runners and all athletes from the delegations;** the results will be ranked according to the addition of the performances of the top 8 participants. There are also other categories (5H relay race and 30-60 min experience run) for student and social groups on the **outer lane**.



## 6 ENTRIES - PRELIMINARY (PEF) AND FINAL (FEF) ENTRY FORMS

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The PEF's and FEF's should be completed and sent, before the DEADLINE time.

### Preliminary Entry Form

In order to book the accommodation, each Federation will send a list with numbers of athletes, officials, and other team members.

### Final Entry Form

With the final entry form, each Federation will send the **final list** with the names of their athletes, dates of birth, sex and curriculum vitae or personal bests and will inform the LOC about the travel itinerary details of the delegation members (arrival and departure times, flight numbers, required number of rooms, required number of nights, required number of meals (include vegetarian or not) to be provided). **Please note that the travel and accommodation offers made by the LOC are conditional on the prompt return of the entry forms within the deadlines.**

**\*The Federations will need to pay by bank transfer along with the additional accommodation payment when send in the FEF.** This is because the LOC must pay the accommodation in advance so they need the financial security from the team.

### Deadline

Deadline PEF: **September 16<sup>th</sup> 2018 – midnight Taipei time**

Deadline FEF: **October 14<sup>th</sup> 2018 – midnight Taipei time**

### Entry Form

The IAU forms must be **sent in digital format via emails** to:

LOC/CTAU: [ctau.runner@gmail.com](mailto:ctau.runner@gmail.com)

IAU: [secretary@iau-ultramarathon.org](mailto:secretary@iau-ultramarathon.org)

Title: "2018 AOC 24H PEF/FEF - (Federation Code)"

### Invited Federations

#### **The Asia Member of IAU (12):**

Hong Kong (HKG) – India (IND) – Jordan (JOR) - Japan (JPN) – South Korea (KOR) – Lebanon (LBN) – Mongolia (MGL) – Nepal (NEP) – Philippines (PHI) – Qatar (QAT) – Sri Lanka (SRI) – Chinese Taipei (TPE).

#### **The Oceania Members of IAU (2):**

Australia (AUS) – New Zealand (NZL).



## 7 VISA

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**Any foreign visitor wishing to visit Taiwan should have a valid passport.**

**IAU Member Federations who don't need a visa prior to departure:**

Japan, Republic of Korea, Australia, New Zealand

**IAU Member Federations who do need a visa prior to departure, but have a ROC (Republic of China, Taiwan) Embassy or Representative Office in their country:**

Hong Kong (China), India, Mongolia, Philippines

**IAU Members who do need a visa prior to departure, but don't have a ROC (Republic of China, Taiwan) Embassy nor Representative Office in their country:**

Lebanon, Nepal, Qatar, Sri Lanka

Bureau of Consular Affairs, Ministry of Foreign Affairs, Republic of China (TAIWAN)

<http://www.boca.gov.tw/np.asp?ctNode=776&mp=2>





## 8 TRANSPORTATION

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Taipei is served by two airports:

### Taiwan Taoyuan International Airport (TPE)

The main airport in Taiwan and 1 hour drive to Taipei.

It majority served for most of the international flights.

Buses or MRT to Taipei and the HSR shuttle bus direction can be found inside the terminals.

### Taipei Songshan Airport (TSA)

This airport is in Taipei city.

It scheduled flights serving domestically in Taiwan, and to Seoul, Tokyo, and cities in China.

MRT Station (BR13) and Taxi can be found outside the terminals.

**LOC shuttle services are available on request with FEF.**

The LOC will assign the volunteer students to assist the delegations from arrival till departure.

### Local Transportation to Venue

The LOC shuttle bus service for the competition will transport teams between:

1. Airport — Hotel: Teams' arrival and departure day.
2. Hotel — SCU Campus (Race Venue): Follow the championships schedule.

It is NOT available for the shuttle bus service during the race.

The transportation schedule will be made known before the arrival of the teams.

### By MRT & BUS

1. Take **Taoyuan Airport MRT** to R10 Taipei Main Station, follow the direction to Taipei MRT Station.
2. Take **Taipei MRT-Red Line** to R16 Shilin Station Exit 1, walk towards Zhongzheng Rd. and transfer buses 255, 304, 620, 957, and Red 30.
3. Take **Taipei MRT-Brown Line** to BR15 Jiannan Rd. Station Exit 1, walk to Beian Rd. and transfer buses 620, 681, and 957.
4. Take following **buses to Soochow University stop**:  
—255, 304, 620, 645, 957, Minibuses 18 and 19, Red 30.

### By Driving

#### **Cars Rental**

There is car rental or hire in both TPE and TSA airport.

Chongqing N. Rd. interchange (to Shihlin) → Chongqing N. Rd. Sec. 4 →

Bailing Bridge → Zhongzheng Rd. → Fulin Rd. → Zhishan Rd. →

Soochow University Waishuangsi Campus



## 9 ACCOMMODATION

All delegations will stay at the **Mellow Fields Hotel**, located about 5 km (an approximately 15 min drive) from Soochow University.

### **Mellow Fields Hotel 沃田旅店**

Address : No.127, Sec. 7, Jhongshan N. Rd., Shihlin Dist., Taipei, Taiwan  
Tel: +886-2-2875-1823 Ext.3121  
Fax: +886-2-2876-2361  
Web site: <http://mellowfields.com.tw/index.php>

### **Price and Payments**

The LOC will pay the lodging maximum of **3 nights for 2 male and 2 female** athletes and no need to move out on the race night.

**The LOC provides DAILY ALLOWANCE** \$300 NTD per days for 3 days, total \$900 NTD per person, to 2 male and 2 female athletes when the team arrived.

Room Type (BB)	Numbers for Accommodation	Price Per Room (Tax & Tips included)
Standard Twin Room	2 persons (2 single beds)	\$2,500 NTD per night
Executive Twin Room	4 persons (2 double beds)	\$5,500 NTD per night
Japanese Tatami Room	4 persons (Tatami beds)	\$5,500 NTD per night

All above rates are inclusive daily breakfast per person. Other meals will NOT provide by the LOC.

- \*Complimentary internet access in guest rooms and public area.
- \*Members can enjoy unlimited complimentary use of the exercise facilities.
- \*10% discount in the hotel restaurant and shop.
- \*Smoking is not allowed in the hotel.

Additional tickets (outside the list of FEF) to the Welcome Party: \$ 1000 NTD.

If there is additional accompanying person, please request before November 1<sup>st</sup>.

## 10 TRAVEL GRANT

Travel Grant information/receipts will be scheduled after the Technical Meeting.

The allocated Travel Grant for the National Federations will be announced nearer the time.

Team-Grant are paid for maximum one male and one female team, (minimum 3 runners/team).

All these grants are cumulative.



The Travel Grant will only be paid by back transfer after the event.

## 11 GENERAL PROGRAM SCHEDULE

Date	Time	Activities	Location
<b>Thursday 29 November</b>	All day	Arrival of the teams	
<b>Friday 30 November</b>	All day	Arrival of the teams	
	13:00-14:00	24H Participants' Registration	SCU Wangxing Plaza
	14:00-15:00	Opening Ceremony	
	15:00-16:00	Press Conference	
	16:00-17:00	Technical meeting	SCU B013 Seminar Room
	18:00-19:30	Welcome Party	Mellow Fields Hotel
<b>Saturday 1 December</b>	08:00-08:30	24H Participants' Registration	Registration Tent
	08:30-08:50	Gathering of the Participants	Track and Field
	08:50	Starting Ceremony	Grand Stage
	<b>09:00</b>	<b>24H Race Start</b>	Track and Field
	09:00-09:30	30min Experience Run	Start Line
	09:40-10:40	60min Experience Run	
	10:50-15:50	5H Relay Race 1	
	16:00-21:00	5H Relay Race 2	
	21:10-02:10	5H Relay Race 3	
<b>Sunday 2 December</b>	02:20-07:20	5H Relay Race 4	Track and Field
	<b>09:00</b>	<b>24H Race Finish</b>	Start Line
	09:15-09:30	Press Conference	
	10:30-11:30	Award & Closing Ceremony	SCU Wangxing Plaza
	Evening	Departures of the first teams	
<b>Monday 3 December</b>	All day	Departures of the teams	



## 12 WEATHER CONDITIONS

Athletes need to be prepared for all types of weather conditions and should take into account the possibility of rain and cold nights.

Average weather conditions during the last 5 years in Taipei:

	Temperature °C			Rain mm	Humidity Average %	Wind Speed Max km/h
	Average	Max	Min			
<b>2013</b>	16.4	26.4	9.9	229.7	71	14.2
<b>2014</b>	16.5	24.9	11.0	86.8	70	15.9
<b>2015</b>	18.9	30.5	11.3	75.7	79	15.0
<b>2016</b>	20.1	30.6	12.6	16.5	71	15.4
<b>2017</b>	17.8	26.4	12.7	66.9	74	15.9

## 13 MEDICAL & INSURANCE

All participating IAU members shall also take out an insurance policy themselves, which will include cover for medical costs during the travel and stay abroad of each member of its Delegation to this 2018 IAU 24H Asia & Oceania Championships.



## 14 TOURIST INFORMATION

Taipei is the capital city of Taiwan. For travelers who do not speak Chinese or read traditional Chinese characters, Taipei is a place that foreigners can get around easily. This city had held the Summer Universiade in 2017. Taipei is home to various world-famous architectural or cultural landmarks which include Taipei 101, Chiang Kai-shek Memorial Hall, Dalongdong Baoan Temple, Hsing Tian Kong, Lungshan Temple of Manka, National Palace Museum, Presidential Office Building, Taipei Guest House, Ximending, and several night markets dispersing over the city. Its natural features such as Maokong, Yangmingshan, and hot springs are also well known to international visitors.



**Travel in Taipei**  
<https://www.travel.taipei/en>

### Money Issues

Aside from the commercial banks, most of the hotels and department stores in Kaohsiung also provide the service for currency exchange. The best deal is still in the banks. Credit cards are also widely accepted.

### Getting Around

To get around in the city, you can take advantage of the bus or MRT system. Get a copy of the local tour guide or bus / MRT book, it can tell how to get where you want to go. If you are planning on traveling for longer distance, the railroad system should be handy. If you don't mind, spend some time and inquire at the tourist center or the information kiosk, the receptionists can help you too!

### Bus/MRT

The MRT system is popular in Taipei, and they are neat and convenient. You can easily transfer between MRT and buses to most scenic spots.

### Taxi

There is lots of Taxi in Taipei city; there is a fixed price system for riding the taxi. A carpool is a common method to get around as well because not as many people ride the taxi. This is not a common method that locals use to travel, but it's a good way for tourists to visit the suburb scenic spots through price negotiation.





