



General Information Sheet

2016 IAU 24H Asia / Oceania Championships

KAOHSIUNG (CHINESE TAIPEI)

19 & 20 November, 2016



General Information Sheet

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1 WELCOME

We are very pleased to welcome you to Kouhsiung from the 19th to the 20th of November 2016, to offer you an Asia/ Oceania Championships of the highest quality.

Kaohsiung City is a special municipality in Taiwan. Located in southern-western Taiwan and facing the Taiwan Strait, it is by area the largest municipality, and second most populous with a population of approximately 2.77 million. Since its start in the 17th century, Kaohsiung has grown from a small trading village, into the political, economic, transportation, manufacturing, refining, shipbuilding, and industrial center of southern Taiwan. It is a global city with sufficiency as categorized by the Globalization and World Cities Research Network in 2012.

The Kaohsiung International Airport is the second largest airport in Taiwan. The Taiwan High Speed Rail also provides fast and frequent railway connection to Taipei. The Kaohsiung Mass Rapid Transit, the city's subway system, was launched in early 2008. Kaohsiung was the host city of the World Games 2009, a multi-sport event primarily composed of sports not featured in the Olympic Games

The Organizing Committee wishes you the very best stay and great success to the athletes.

2 CHINESE TAIPEI ASSOCIATION OF ULTRARUNNERS (CTAU)

CONTACT DETAILS: Chinese Taipei Association of Ultrarunners

Address: 2F-7, No.91, Sec.2, Changsha St., Wanhua Dist., Taipei City , Taiwan(R.O.C.)
Tel: +886-2-2383-2646
Mobile: +886-928-123-903
Fax: +886-2-2383-1004
E-mail: frank.kuo.run@gmail.com
Web site: www.ctau.org.tw

3 LOCAL ORGANISING COMMITTEE (LOC)

Organizer: The Chengcing Lake Friendship Jogging Institution of Kaohsiung
E-mail: mbj9630@yahoo.com.tw
Web site: <http://blog.yam.com/runfriendly&act=profile>

Executive Director /
Magistrate: Kuo-Min, Wu
Mobile: +886-919-613-555
E-mail: kuominpc@mail2000.com.tw

Secretary: Yann-Ruey, Chen
E-mail: rucker0330@yahoo.com.tw

International Contact /
Race Director: Frank Kuo
Mobile: +886-928-123-903
E-mail: frank.kuo.run@gmail.com

International Contact
Samantha Ying-Hsiu, Wang
E-mail: yhwang.ctau@gmail.com

4 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

E-mail: info@iau-ultramarathon.org

Web site: www.iau-ultramarathon.org

IAU President:

Dirk STRUMANE

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Hilary WALKER

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(+ Travel Grant information)

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Tel: +1 716 392 6657

E-mail: nadeem.khan@iau-ultramarathon.org

IAU Asia & Oceania Representative &

B.J. PARK

Coordinator

E-mail: b.j.park@iau-ultramarathon.org

5 GENERAL RACE INFORMATION

Date / 19 & 20 November, 2016

Start Time 15:00

Event Venue / Kaohsiung National Stadium <https://goo.gl/J8AZdM>

Address No.100, Shiyun Blvd., Zuoying Dist., Kaohsiung City, Taiwan (R.O.C.)

The Course The race track is **outside** the National stadium. It is a flat **Bitumen Road** about **1.7 km a lap** around the stadium.

IAU Asia & Oceania **A. Men's individual competition**

Championships **B. Women's individual competition**

C. Men's Team Competition

D. Women's Team competition

Only athletes and teams officially entered by their National Federation can compete in this MIAUC. Every Country can send 9 men and 9 women who can compete in this MIAUC. The Asia/ Oceania Championships are combined championships for Asia and Oceania Member Federations.

OPEN Race: There will be an 24H open race, limited to 100 runners.

Entry fee: NT\$4,000.

Registration is possible via the website:

<http://www.ctau.org.tw/en/>

OTHER Races There will be other races on the same course.

Extra RACE-1: 12H

Entry fee: NT\$3,000.

Limited runners: 100 runners.

Starting Time: 11/19 (Sat) 21:00

Extra RACE-2: 6H

Entry fee: NT\$2,000.

Limited runners: 100 runners.

Starting Time: 11/19 (Sat) 15:00

Registration is possible via the website:

<http://www.ctau.org.tw/en/>

The list of the participants will be finalized after receipt of the PEF.

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

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

With the FEF's, each Federation will send the list of its own runners, with names, date of births, sex and curriculum vitae or personal bests and will inform the LOC about the procedure and the timetables of arrival and departure.

Preliminary Entry Form In order to book the accommodation, each Federation will send numbers of participants and officials.

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.**

Deadline Deadline PEF: **September 1st 2016 – midnight Taipei time**
Deadline FEF: **October 3rd 2016 – midnight Taipei time**

Entry Form The forms must be sent in digital format via email to:
Title: "2016 IAU 24H Asia/Oceania Championships - Entry Form of"
LOC/CTAU: ctau.runner@gmail.com
IAU: secretary@iau-ultramarathon.org

Invited delegations **The Asia Members of IAU are (and are invited to send delegations):**
Brunei (BRU) – Hong Kong (HKG) – Japan (JPN) – Jordan (JOR) –
Kyrgyzstan (KGZ) – South Korea (KOR) – Lebanon (LIB) – Mongolia (MGL)
– Nepal (NEP) – Philippines (PHI) – Qatar (QAT) – Sri Lanka (SRI) –Chinese
Taipei (TPE).
The Oceania Members of IAU are (and are invited to send delegations):
Australia (AUS) – New Zealand (NZL).

7 VISA

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

IAU Members which don't need a visa prior to departure

Japan, Republic of Korea, Australia, New Zealand

IAU Members which do need a visa prior to departure, but have a ROC (Republic of China) Embassy in their country

Brunei, Hong Kong(China), Mongolia, Philippines

IAU Members which do need a visa prior to departure, but don't have a ROC (Republic of China) Embassy in their country

Kyrgyzstan, 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>

9 ACCOMMODATION

Garden Villa 蓮潭國際會館

Address : No.801 Chongde Rd. Zuoying District, Kaohsiung City. Taiwan
Web site: http://www.gardenvilla.com.tw/eroom.php?d_id=13
Tel: +886-7-341-3333
Email: gv@gardenvilla.com.tw

Principle

The delegations will be accommodated in the same hotel.

Athletes will be accommodated mainly in twin rooms.

Additional accompanying persons of the teams needing accommodation can contact the hotel and inform them to which team they belong so they can possibly be hosted at the same floor.

Breakfasts will be taken in the hotel, but all other meal box will be organized at the event venue.

Free Accommodation

The Asia Team The LOC will pay **3 nights for 2 male athletes and 2 female** athletes sharing a twin room.

The Oceania Team The LOC will pay **4 nights for 2 male athletes and 2 female** athletes sharing a twin room.

All team have to check out on the race day, 19 November, then re-check in after the race.

Accommodation costs

The Standard Twin Room for the officials is \$6,000 NTD.

The Standard Single Room for the officials is \$5,000 NTD.

Additional lunch, dinner, pasta party and Final Banquet: \$ 700 NTD.

10 TRAVEL GRANT

Travel Grant information/receipts will be given right after the TECHNICAL MEETING. Please bring the valid passport and receipt to the meeting venue. The LOC will pay the travel grant in NT Dollars according the exchange rate that day. The allocated Travel Grant for the National Athletics Federations as follows:

The Asia Team **1000\$ USD** per team(3 runners/team).

The Oceania Team **1500\$ USD** per team(3 runners/team).

11 TECHNICAL MEETING

Place **Garden Villa** 蓮潭國際會館

Day **18 November (Friday), 2016**

Time **17:00 PM**

All teams will receive, the day of arrival, a brochure with all the Technical guidelines/rules specific for this MIAUC

12 WELCOME PARTY

Place **Garden Villa** 蓮潭國際會館

Day **18 November (Friday), 2016**

Time **18:00 PM**

13 AWARD AND CLOSING CEREMONY

Place **Kaohsiung National Stadium** 高雄國家體育場

Day **20 November, 2016**

Time **15:30 PM**

14 GENERAL PROGRAM SCHEDULE

The most specific details can be found in the brochure of the TECHNICAL MEETING.

Date	Time	Program	Place
Thursday 17 November	All day	Arrival of the teams	
Friday 18 November	All day	Arrival of the teams	
	17:00	Technical meeting	Garden Villa
	18:00-20:00	Welcome Party	Garden Villa
Saturday 19 November	14:00	Gathering of the athletes	National Stadium
	15:00	Start of the race	National Stadium
Sunday 20 November	15:00	Race Finish	National Stadium
	15:30	Award Ceremony	National Stadium
	Evening	Departures of the first teams	
Monday 21 November	All day	Departures of the teams	
Tuesday 22 November	Morning	Departures of the teams	

15 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:

NOVEMBER

	Temperature		Rain	Humidity	Wind Speed
	Min °C	Max °C	mm	Average %	Max km/h
2010	18.8	29.5	2.0	74	9.1
2011	19.8	31.4	0	78	10.7
2012	20.0	32.1	0	75	10.2
2013	14.7	30.2	0	71	13.1
2014	20.1	32.2	0	72	8.9
2015	17.4	32.9	39.5	74	9.3

16 MEDICAL & INSURANCE

All participating IAU members shall 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 2016 IAU 24H Asia/Oceania Championships.

17 TOURIST INFORMATION

Kaohsiung is the second largest city in Taiwan. For travelers who do not speak Chinese or read traditional Chinese characters, Kaohsiung is a place that foreigners can get around easily. This city had held the World Games in 2009. Kaohsiung is prosperous because of its location. Oceans have supported the life and the development of this city. The Kaohsiung City is divided into four different areas, Downtown, West River, Old Town and Harbor.

Kaohsiung Travel: <http://khh.travel/index.aspx?l=2>

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 town, you can take advantage of the bus or KRT system. Get a copy of the local tour guide or bus / KRT 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!

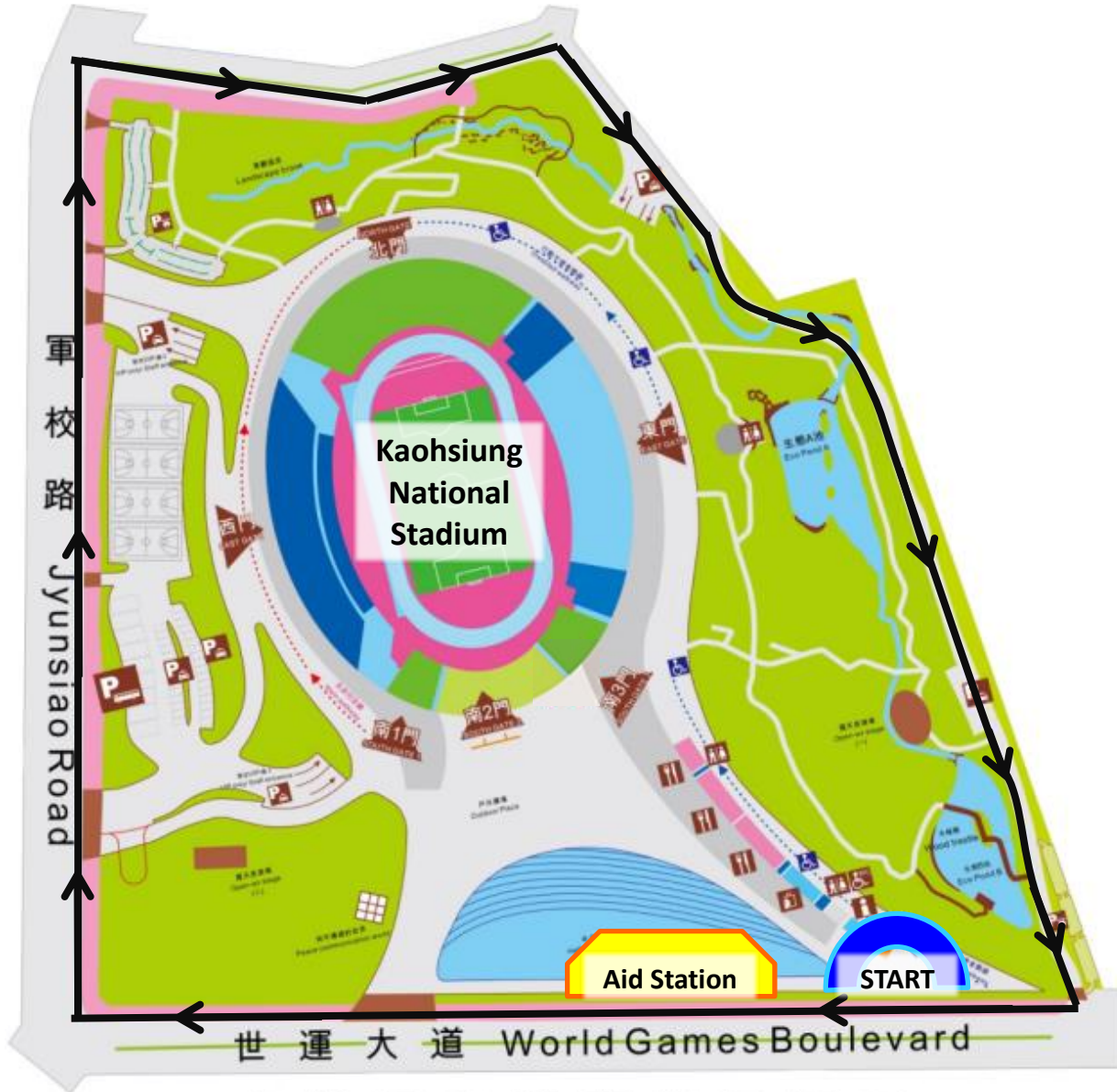
Bus/KRT

The bus system is so popular in Kaohsiung, and they are neat and convenient. The prices are reasonable, and the waiting time between two buses is usually about 15 minutes or longer. The buses are usually on time or a little bit later than what it says on the schedule.

Cab

Taking the cab can be tricky in Kaohsiung. Although there is a fixed price system for riding the cab, what works better is the price negotiation. A carpool is a common method to get around as well because not as many people ride the cabs. This is not a common method that locals use to commute.

18 MAP OF THE COURSE



高雄國家體育場平面圖