



# 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

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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)

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**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](mailto:frank.kuo.run@gmail.com)  
Web site: [www.ctau.org.tw](http://www.ctau.org.tw)

## 3 LOCAL ORGANISING COMMITTEE (LOC)

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**Organizer:** The Chengcing Lake Friendship Jogging Institution of Kaohsiung  
E-mail: [mbj9630@yahoo.com.tw](mailto: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](mailto:kuominpc@mail2000.com.tw)

**Secretary:** Yann-Ruey, Chen  
E-mail: [rucker0330@yahoo.com.tw](mailto:rucker0330@yahoo.com.tw)

**International Contact /**  
**Race Director:** Frank Kuo  
Mobile: +886-928-123-903  
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)

## 4 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

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

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

### **IAU President:**

**Dirk STRUMANE**

Tel: +32 57 36 69 45 (home)

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Mobile: +32 474 266 952

E-mail: [dirk.strumane@iau-ultramarathon.org](mailto:dirk.strumane@iau-ultramarathon.org)

### **IAU Secretary:**

**Hilary WALKER**

Mobile: +44 7884 473 336

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

### **Vice President:**

**Liesbeth JANSEN**

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E-mail: [liesbeth.Jansen@iau-ultramarathon.org](mailto:liesbeth.Jansen@iau-ultramarathon.org)

### **Director of Organizations & Competitions**

**Jan VANDENDRIESSCHE**

(+ Travel Grant information)

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E-mail: [jan.vandendriessche@iau-ultramarathon.org](mailto:jan.vandendriessche@iau-ultramarathon.org)

### **Director of Protocol:**

**Paco RICO**

Tel: +34 616 50 82 28

E-mail: [paco.rico@iau-ultramarathon.org](mailto:paco.rico@iau-ultramarathon.org)

### **Director of Communications:**

**Nadeem KHAN**

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E-mail: [nadeem.khan@iau-ultramarathon.org](mailto:nadeem.khan@iau-ultramarathon.org)

### **IAU Asia & Oceania Representative & Coordinator**

**B.J. PARK**

**E-mail:** [b.j.park@iau-ultramarathon.org](mailto:b.j.park@iau-ultramarathon.org)

## 5 GENERAL RACE INFORMATION

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**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](mailto:ctau.runner@gmail.com)  
IAU: [secretary@iau-ultramarathon.org](mailto: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

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**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>



## 8 TRANSPORTATION

There will be a HELPDESK from the LOC at the Kaohsiung International Airport (KHH) to help and guide the delegations.

**Airport** **Taiwan Kaohsiung International Airport (KHH)**  
No.2, Jhongshan 4th Rd., Siaogang District, Kaohsiung City 81252,  
Taiwan (R.O.C.)

If the delegations' flight land at Taoyuan Airport (TPE), **please give the transfer details on FEE, LOC will have a staff at Taoyuan airport and take the delegation to the Rail station.** Take the HSR to Zuoying Station at Kaohsiung, exit from 2<sup>nd</sup> Floor Exit 5, there will be another staff leads the delegation to the hotel.

**HSR Zuoying Station Map:** <https://goo.gl/GZOt90>

### Local Transportation

The LOC will organize the transportation from the hotels to the Stadium for the competition, the meetings and ceremonies as well as for the lunches and dinners. The transportation schedule will be given out on the arrival of the teams.

**By KRT**

1. Take Kaohsiung KRT-Red Line to KRT R17 National Sports Complex Station. From exit no. 1 of the station walk towards Zhonghai Road to the Kaohsiung National Stadium .
2. Take Kaohsiung KRT-Red Line from either HSR Zuoying Station, Kaohsiung Main Station or KRT Kaohsiung International Airport Station.

**By BUS**

1. Take KRT shuttle bus no. R53 (紅53) to World Game Main Stadium stop.
2. From HSR Zuoying Station: Take bus no. 301 from HSR Zuoying Station to KRT R17 World Games Station. From exit no. 1 of the station walk towards Zhonghai Road to the Kaohsiung National Stadium
3. From Kaohsiung Train Station: Take bus no. 218 or 245 to Zuoying Armed Forces General Hospital stop. From there walk towards Junxiao Rd., and then make a left turn at Zhonghai Road. Kaohsiung National Stadium is about 200m away after making a left turn at Zhonghai Road.

## 9 ACCOMMODATION

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### 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](http://www.gardenvilla.com.tw/eroom.php?d_id=13)  
Tel: +886-7-341-3333  
Email: [gv@gardenvilla.com.tw](mailto: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

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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

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**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

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**Place**                                    **Garden Villa** 蓮潭國際會館

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

**Time**                                    **18:00 PM**

## 13 AWARD AND CLOSING CEREMONY

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**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
<b>Thursday 17 November</b>	All day	Arrival of the teams	
<b>Friday 18 November</b>	All day	Arrival of the teams	
	17:00	Technical meeting	Garden Villa
	18:00-20:00	Welcome Party	Garden Villa
<b>Saturday 19 November</b>	14:00	Gathering of the athletes	National Stadium
	<b>15:00</b>	<b>Start of the race</b>	<b>National Stadium</b>
<b>Sunday 20 November</b>	<b>15:00</b>	<b>Race Finish</b>	<b>National Stadium</b>
	15:30	Award Ceremony	<b>National Stadium</b>
	Evening	Departures of the first teams	
<b>Monday 21 November</b>	All day	Departures of the teams	
<b>Tuesday 22 November</b>	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
<b>2010</b>	18.8	29.5	2.0	74	9.1
<b>2011</b>	19.8	31.4	0	78	10.7
<b>2012</b>	20.0	32.1	0	75	10.2
<b>2013</b>	14.7	30.2	0	71	13.1
<b>2014</b>	20.1	32.2	0	72	8.9
<b>2015</b>	17.4	32.9	39.5	74	9.3

## 16 MEDICAL & INSURANCE

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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

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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

