



1. AfricaRun 2011

1st africaRun RELAY FOR ADVENTURERS

21st March – 12th July 2011

The Organizing Team (OT) has decided, to **postpone** the adventure race to **2011**. This allows more time for those who are interested to participate, to get in shape for that race and to find personal Sponsors.

The Basics:

1. Start 22nd March 2011 in Berlin at Worldwaterday
2. NEW Finish: **Capetown**, Arrival Mid July 2011, returnflight on 12th July 2011
3. Routing: Berlin-Rome, flight Rome-Cairo, Cairo-Capetown, additionally via **Nambia**.
With this new routing, we add approx. 1.300 KM and 14 days to run. But a very attractive country and a fascinating place to finish.
4. For Ultrarunners: **flexible daily stages to run**.
5. For those who are interested: Uli and Holger Finkernagel will organize a **24-hrs. solo run** in Bad Berleburg, in the mid of Germany on 12./13.Dec.2009, Registration fee EUR 50 including overnight in a gymnasium. There will be a fitness check available as well.

This great idea, to good just for running.

Some well known Ultrarunners, have the idea since long to create a relay from Berlin to South Africa. . Apart from the attraction of an adventurous race, two more points encouraged us to carry out this project:

First of all to run along the Nile, one of the biggest rivers of the world. Thereafter passing rainforests, dry areas, flat land, mountains. The course will pass areas, where clean drinking water is not available for most of the people living there. This race will be the first on in a series of "WaterRaces", called "**WaterCupRun**", since **Water is already nowadays one of the most rare and valuable goods for mankind**.

EUR 100 of the packageprice from every participant will be donated to a waterproject in Tansania, Details you can find under www.vision-tansania.de.

The next WaterCupRun is already under construction, it will be an Ultramarathon to the source of River Ganga in the Himalaya Mountains in Northern India in October 2010.



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In any case the africaRun will be an once in a lifetime adventure, with unique experiences, which requires extreme fitness, teamspirit and mental stability. You will experience so many scheduled or unscheduled happenings, get impressions of unknown of intensity, that you will be a different person when you come back.

The basic rules as outlined by the Organizing Team (OT):

The rules of the race:

The total distance will be split in daily segments. Every daily segment will be split into stages of approx. 20 km and run as a relay. The runners can decide, if they want to run one stage or two per day. However runners must stay in the timeframe of the relay. Running will be at daylight time only.

Minimum one runner must be on the road at a time. If a runner is unable to run due to sickness, he can take a break and start again at the actual stage, once fit.

Every day a protocol will be made to show the distance and time covered per runner.

After finishing the race, the daily sectors and time per runner will be added. The runner with the greatest distance covered, will be the winner of the 1st africaRun 2011.

If two runners have covered the same distance, the better clocked time will decide about the winner.

There will be winner male and female.

The OT will decide on amendments of whatever nature, if unforeseen circumstances require to do so. The runners will follow the advice of the OT.

Registration: In order to have enough time to organize the details of the project, the deadline for registration will be 30th June 2009. As well our partners in Africa need the confirmation by that date to block the transport capacity going with the group.

Preparation: The Ultrarunner and Teamdoctor Dr. Holger Finkernagel will organize an inaugural meeting in Bad Berleburg in the heart of Germany. During this meeting he will conduct a medical fitness test and give advice about health precautions, particularly about necessary vaccinations. He will give the vaccinations at cost. For overseas participants, who cannot participate in this meeting, he will define a medical fitness certificate to be issued by your local doctor.

Meetingpoint for the race: 21. March 2011 in Berlin, overnight in a hostel. Get together of participants.

Start: 22. March 2010 (World Water Day) at Berlin-Olympiastadion.

08:00 Pressconference

09:00 Start

Route: Approx. 1.800 km Berlin-Austria-Brenner-Italy-Rome

Flight Rome-Cairo



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Approx. 11.100 km Egypt-Sudan-Ethiopia-Kenya-Tanzania-Malawi-Zambia-Botswana-Namibia-SouthAfrica-Capetown. From Assuan (Egypt) to Wadi Halfa (Sudan) the Lake Nasser has to be crossed by public ferry (included), which will take 24 hrs.

Total Distance: Approx. 12.900 km

Finish: Saturday, 09.July 2011 in Capetown (if conditions enroute permit).

Thereafter 3 nights in Capetown in simple hostels.

Returnflight Capetown-Frankfurt or to your home airport on Tuesday, 12.Juli2011 or individual extension program.

Participants: Minimum 10 runners, maximum 20 runners plus supporters.

The calculation is based on minimum 15 full price paying participants.

Teams: Exact teaming will depend on the total number of runners.

In Africa the runners will be allocated to 6 teams, which means, total number of runners divided by 6. One team can consist of 1 to 4 runners.

Daily coverage: In Europe we cover 250 KM per day. Support and overnight in motorhomes. In order to avoid running at night, the OT came up with a brilliant idea:

We will have teams of 4 per motorhome.

Daily coverage 250 KM, which means 62,5 KM per team if 4 teams.

The teams drive to their respective starting point, team 1 to KM Zero, team 2 to KM 62.5, team 3 to KM 125 and so on.

From the respective starting point every team runs 62.5 KM as a relay, which means every runner does 15.6 KM. At the finish of every team distance, the team drives to the finish of the daily route. The group meets and stays overnight together in the motorhomes at a campground. By this we establish a team spirit, which will be very valuable for the endurances in Africa.

Basically every team has the full day to cover the daily distance, can do his own timing, particularly on the difficult alpine routes.

Total duration in Europe 10 days.

In Africa the daily coverage will be about 120 KM according to the profile and the conditons enroute. Because of the average daylight of 10 - 12 hrs. it will be approx. 20 KM or 2 hrs. per stage. Total duration in Africa 100 days including 1 day by ferry plus half a day each per boardercrossing.

In order to safeguard the timing in the interest of the participants, the OT has decided that timing goes before running. In case of delays, part of the route has to be driven in order to compensate for the delay on the basis of the schedule per country.

Total Duration: 114 days (without guarantee) inclusive overnight Berlin and the 3 additional nights in Capetown.

Route: Mainly we run along main roads, in any case along drivable roads for the sake of our support cars.

There will be no marking of the route. However, the race management will prepare everything carefully, though it is impossible to check the route in detail in advance. The group will be



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accompanied by an experienced crew from SouthAfrica. Every team will get a Garmin navigator, which holds the dates of the route. One team car will support the runners and help with the navigation.

Sector registrations: Because of some request the OT has decided to accept the registration of defined sectors of the route. Provided that there is an airport at the beginning and the end of the sector. These registrations will be accepted on the basis of an even number of runners on the total route.

Sector route can be:

Cairo-Assuan, Assuan-Khartum, Khartum-Addis Abeba, Addis-Nairobi, Nairobi-Llilongwe (Malawi), Llilongwe-Lusaka, Lusaka-Windhoek, Windhoek-Capetown.

Price per day if booking sector route: EUR 120 plus Cost for airticket plus additional transfers to join the group if necessary.

Accommodation/foodplan: Europe: Transport by motorhomes until Rome. Overnight in Motorhomes on campgrounds with toilets and showers. 1 night in Rome in a hostel. Meals organized by the teams at own cost.

Transport and service in Africa by a trekking vehicle (special bus) and Landrover. Mutual cooking and camp organization. 3 meals daily included. Shopping and cooking will be organized by the local team going with the group, but group is asked to give a hand.

Iglutents and mats will be provided. Not provided mosquito nets, toilets, sleeping bag (recommended for the southern countries, can be cold at night).

Overnight enroute either in mother nature, on campgrounds of, if necessary and available in hostels.

Water: Our bus has a tank of 200 litres. This water can be used for cooking and washing. Our trekking agent tries to increase the capacity of the tank up to 1.000 l. Drinking water is calculated on the basis of 7 l per participant, which has to be bought enroute. If shortage comes up because of local non availability, OT will set up rules to cope with water shortage if necessary.

Supporter: The non-running members will act as supporters for the runners. They prepare the camps, help to prepare the meals, cleaning the dishes, take photos and do, whatever has to be done.

Medical Service: One team doctor goes with us. For the case of serious illness, every participant must have an internationally valid insurance, covering medical emergency flight as well. This is mandatory to the safety and benefit of the participants.

One team member has to quit running: Two options.

1. He/she is still fit to continue travelling with the bus as supporter. Once recovered, he/she can continue running.
2. There is the demand of medical service beyond the team doctors possibilities. It has to be organized, to bring the sick member to a hospital. This will be organized by the race director and the doctor. The additional cost will be covered by the participant, again we refer to the obligatory insurance.

Climate: In Egypt it will be hot and dry, up to 40 °C in upper Egypt. In May/June we have to cope with the rainy season, average of 1-2 hrs. rain per day. Cool in the high territories of Ethiopia. The hottest part should be in the lower area of Sudan, Kenya and Tanzania. South of the Equator, it will get cooler up to cold at night in the higher areas. It is advisable to bring a very light and a normal sleeping bag up to minus 5°C..

Security: We have contacted the representatives of each country at the travel fair ITB in Berlin. We will announce the group to the embassies of the countries we run at and to the German embassies represented in the countries. In the northeast of Sudan we were told to be quite



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safe, since this is Nubian territory, we might get a local escort in some areas like northern Kenya and Tanzania.

In any case we have to follow the advice of the local authorities, whatever their demand is. And every participant carries his own responsibility for the safety of himself and his belongings.

Contact with the local community: We can presume to have a lot of contact, particularly in populated areas. Our expedition will be quite remarkable in most of the areas. Sometimes we will be accompanied by more or less experienced local runners. Smile, be friendly, have a lot of fun.

The runners might be faced with strange local habits as you can read under www.worldrun.org

Attractions: Of course running is the topic of this tour. However we should not miss some important attractions along our route. Africa is too much fascinating just to be run. We will prepare, what can be organized in advance, like a visit to the most stunning Victoria Falls in Zambia. In addition, the group can decide on the spot by unanimous decision, if they want to visit a local event, which just pops up while passing. But running comes first.

Arrival in Capetown: Scheduled for 09.July 2011. The race director will do everything possible to match this date. However, no guarantee can be given on such a long trail. The group will be accommodated after arrival in a hostel style accommodation. We plan 3 nights in Capetown in order to get back to civilisation.

Finish will be 10 km before Capetown in Milnerton at a beautiful beach with a nice hotel, since it is impossible to run along the highway to downtown Capetown.

Great farewell party. Thereafter either returnflight home, or individual extension in Capetown or sightseeing in SA.

Visa: Most countries we run at will request a visa, depending on your nationality. The participant is personally responsible to obtain the visa in advance in your homecountry. The organizing committee will support you as much as possible. For participants with German nationality living in Germany, we can obtain the visa centrally.

Your passport should be valid at least until 31Dec2011 and you should calculate 3 months to obtain all the visa.

Vaccinations: Mandatory against Yellow fever and Hepatitis. As well you must have a valid tetanus immunisation. Malaria protection you should take with you in case you get any problems. Please consult your local doctor or institute of tropical diseases. We will give further advice on progress of the project. Our team doctor Dr. Finkernagel will do a fitness test and the necessary vaccinations at cost if you can participate in the preparatory meeting in Bad Berleburg in the heart of Germany. If not, you have to prove your fitness and health status by a documentation.

Registration and Travelcost for the whole programme per Person: EUR 9.300

Per Person per day for part of the route EUR 120

Minimum participants: 15 full paying participants, with minimum 10 runners.

Maximal participants: 30

Guarantee of rates: The calculation is based on the factors known and evaluated today, 03Oct2009. If the cost for exchange rates, taxes, permits, fuel, will be increased beyond economic viability of the organizers, the additional cost will be documented and have to be paid by the participants.

Included in the package: Europa: Motorhomes Berlin-Rome, fuel, street tolls, fees for campgrounds, 1 overnight in Berlin, 1 overnight in Rome.

Africa: Support Bus by experienced Trekking Agent from SouthAfrica, 3 meals per day, drinking water, Iglutents, mats, 1 night in Cairo, 5 nights in hostels enroute if necessary, 3 nights in



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Capetown on hostel level with breakfast. Fees for campgrounds, local permits, entry fees for National Parks, Ferry Assuan-Wadi Halfa. Great farewell party, T-Shirt, Medall, certificate, security document for your payment.

Not included in the package: Food and water in Europe, individual insurance (mandatory with emergency flight), flights Rome-Cairo and Capetown-home, Visa-fees, health test (mandatory).

Waiver of liability: The organizers of the race and the tour will prepare everything with utmost care and consideration. However they cannot be held liable for any alteration of programme and schedule due to unforeseen circumstances, particularly but not exclusively caused by weather, road conditions, local events, accidents, sickness, technical failure of the means of transport, security problems. The OT can at any time change the programme, stop running or do whatever is necessary if the security of the group requests or to safeguard the on time arrival in Capetown.

The participants are well aware of the character of the tour as an expedition, that unforeseen circumstances can change the program, that they will be at the brink of their personal abilities and that they are solely responsible to master these requests. No third party can be hold responsible in case of sickness, accidents, bad health or death.

Should any additional cost arise from change of program due to unforeseen demands of the wellbeing of the the group, the participants will carry the cost and cannot hold liable the organisers, unless the change of programme is due to mistakes of the organisers in respect of the travel arrangements.

The participants declare their understanding and acceptance of the waiver of liability and hold free personally or by third party the organizers from any claims due to any damage to the person or his/hers material good during the tour.

Registration: To register please mail, fax or send by letter the registration form:

Deadline for registration: Until 31st July2010 we have to decide, if we have enough participants to guarantee economically the execution of the race. The registered participants will get a confirmation on that date and with an invoice for immediate downpayment as follows.

Conditions of payment: The first payment of EUR 3.000 to safeguard the capacities of our African partners has to be on the organizers account by latest 15th August 2010. Plus any insurances and flights booked for your travel, according to the payment conditions of the airline concerned. The exact dates will be shown on your confirmation/invoice.

Final payment until 31st Dec. 2010.

Conditions of cancellations: If the race and the travel arrangements are cancelled
as from 31.July2010 Cancellation fee EUR 2.000 plus airfares and insurances
as from 15.October2010 Cancellation fee 50% of the packageprice plus airfares, insurances
as from 15.January2011 Cancellaton fee 75% of the packageprice plus airfares , insurances
as from 15.Feb.2011 Cancellation fee 85% of packageprice plus airfares, insurances

If you are interested in this unique, once in a lifetime experience, please contact www.laufftreffreisen.de, Wolfgang Hofmann, 0049- 211-612087, mail: info@laufftreffreisen.de

Welcome to the adventure 1st afrikaCupRun. <LOGO>

Version: 04.Oct.2009