

PROGRAMME SAHARAMARATHON2 2010

THE CAUSE: After 34 years of conflict this, the 10th event of its kind, aims to raise international awareness for the plight of the refugees from Western Sahara. More than three decades have passed without the parties involved being able to reach agreement or the international community being able to resolve the conflict. Three decades of suffering for a people whose hopes are buried by conflict, generation after generation, in the refugee camps of Tindouf, far from their country. Through sport, the Sahara Marathon, attempts to (highlight the problem to western society) provide an element of normality to the situation while raising humanitarian aid for the refugees. Runners from more than 20 different countries will participate in this event.

Friday, 19. Feb. 2010: Departure from Germany with scheduled flight to Madrid. Upon reservation we can fix your departure time and airport according to your requirements.

Upon arrival in Madrid at noon time, you can deposit your luggage at the airport in Terminal 4 and we can go downtown by underground for some final shopping and dinner (optional).

If you arrive late in Madrid, please proceed directly to Terminal 4 for the departure of our special flight. There are shuttlebuses to connect the terminals and a rail connection between Terminal 4 and 4S, which will be the departure Terminal of our special flight.

Die Air Algerie wird wahrscheinlich vom Terminal T4S abfliegen, den genauen Treffpunkt werden wir mit den Reiseunterlagen mitteilen.

Check-in will start at Terminal 4S at 19:30 hrs. with Air Algerie.

Departure Madrid 23:00 hrs. All our participants will obtain a **collective visa**, which is **included** in the package price.

Should the total number of participants be below 100, which is very unlikely, an alternative flight programme must be organized for economic reasons.

Arrival at 03:00 hrs. Saturday morning in Tindouf. Fuel Stop in Algiers or Oran, normally we can stay onboard.

About one hour transfer with trucks and busses to Camp Smara.

We will be allocated to our host families, 4 – 5 participants per family. If you have special requirements to share your home with someone specific, please note on your registration.

We sleep on thick foam mats, heavy blankets will be provided. Sleeping bag only, if you are sensitive to the night coolness. Some participants just bring a linnen for bed and cushion.

Meals will be provided by the families. It is very important to drink water only from sealed bottles.

The hostfamilies get additional food rations, paid by our packageprice. For breakfast you get mainly tea, white bread, butter/margarine, marmalade, sometimes cheese. For lunch and dinner noodles, lentils, potatoes and vegetables will be provided. You can accept or refuse politely to eat meat. Salad should be avoided by all means to reduce the risk of stomach problems. If you wish, you can bring your own additional food like cheese, sausage,

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functional food. Remainders can be left with the families, you can also politely invite them to join your party. Just consider, that they are not allowed to eat anything which contains pork.

Washing facilities are limited. You will learn to economise the consumption of water. Toilets are arabian country style.

After arrival we get tea and snacks. You can offer some of your gifts, particularly for the children. As gifts you can bring black tea, sugar, canned tunafish, clothes (warm), gloves for the ladies, toys for the kids, paintbooks, sweets. Since EU reduced their food programme for the Saharawi, anything to eat is most welcome.

Every year we see more shops in the camps, you can also save some luggage and donate some money and go shopping with your family. If a group of 4 – 5 guests spends EUR 25 – 50 per Person, you can help your hosts with something very much needed.

Saturday, 20. Feb. 2010: We explore the camp. Registration for the race. 5KM, 10KM, HM und M. We eat with the families and will do some jogging to relax.

Sunday, 21. Feb. 2010: Breakfast and lunch with the families. Evening pasta party with all participants.

Some excursions to local projects might be organized.

Monday, 22. Feb. 2010: Marathonday. Very early breakfast at Protocolle (central building). Transfer to the various start areas of the different races. Marathon starts at El Ajoun, Half Marathon at Auserd. Finish for all races is our Camp Smara.

At the finish line we can relax in a tent or hall, where drinks, snacks and medical service will be offered. You will be very proud that you made it.

Dinner with the families.

Tuesday, 23. Feb. 2010: Very colourful award ceremony. 2009 it was first time organized in a sort of Amphitheater. A great idea, since now all locals can participate as well.

In the afternoon we might do some more excursions.

Wednesday, 24. Feb. 2010: Transfer to Dakhla. Another Camp, distance approx. 160 km from Smara. 2009 it took about 6 hrs. to get there.

Again we stay with families. Since there is access to underground water, the families try to raise small gardens for herbs and vegetables.

Thursday, 25. Feb. 2010: Children race with some hundred children. It is very touching to see the kids, often barefeet, to give their best.

Soccermatch in the afternoon, runners against a local team. We want to have fun, they take it somewhat serious. A great match of friendship.

Return to Smara and back to our families.

Friday, 26. Feb. 2010: National parade on the occasion of the scheduled day of the referendum. Lots of photographs will be taken. Late afternoon we enjoy a sunset on a real dune.

Evening transfer to Tindouf and returnflight to Madrid. Since we arrive about midnight, we book a hotel near airport (4-bed room included).

Saturday, 27. Feb. 2010: Transfer to airport according to your flight schedule home. We recommend a late flight, since this will enable us, to go downtown for some sightseeing and a mutual farewell dinner (optional). This was big fun in 2009.

End of our journey, which will have given everyone a lot of food for thought.

Package Price: per Person from/to Frankfurt **EUR 1.249***

* incl. EUR 120 for the flight Frankfurt-Madrid. Should your personal flight booking be cheaper or more expensive, the price will be amended accordingly. We recommend an early booking to benefit from the low airfares at present.

Surcharge Doubleroom in Madrid per person: EUR 40

CONDITIONS OF CONTRACT AND PAYMENT; GENERAL INFORMATION:

1. Payment:

After your booking you will get a confirmation/invoice. Within 14 days after receipt you have to pay 20% of the package-price plus insurances and Rail&Fly ticket. Nach der Reisebuchung erhält der Reisende eine Reisebestätigung und Reiserechnung mit Sicherungsschein.

Final payment is due until 15. Dez. 2009 fällig, since we have to pay our partners by that date.

2. Cancellation fees:

After receipt of confirmation 20% of package price.

After 15. Dec. 2009 the airfare of EUR 700 cannot be reimbursed.

After 15. Januar 2010 cancellation fee of 80% of packageprice plus insurances, rail&fly.

After 15. February 2010 cancellation fee of 90% of packageprice plus insurances, rail&fly.

On the date of departure full payment will be charged.

3. Change of programme and prices: The itinerary can be changed due to the particular situation in the refugee camps. Should any change beyond our control occur, for instance the cancellation of the races due to sandstorm, the organizers of the races and the tour cannot be held responsible.

4. Included Services: Multilingual tourguide from/to Madrid. Scheduled flight to/from Madrid, special flight Madrid-Tindouf. Alternative flights to Madrid according to booking at actual price. All transfers, accommodation in the camps with families in tents or clay houses. Full board in the camps at local standard, room only in Madrid. Organisation of the races, startpackage, registration, transfers to the races, drinking water during stay and races, commemorative medal and T-Shirt. Excursions in Smara and Dakhla, Visafees, one overnight in Madrid in 4-bed rooms, transfer to/from Madrid Airport – Hotel – Airport. Meals and excursions in Madrid at expenses of participants.

5. The Race Organization:

- Participants will be transferred to the starting point of each respective event on the morning of race day.
- The route for each race will be marked using stone cairns and other temporary markers. The races cross a terrain of compacted earth, loose stones and occasional areas of soft sand. The route of the marathon is largely flat apart from a series of low rises that occur between 20 and 30 km.
- Water stops are provided at fixed points along the route and also carried by all terrain vehicles providing assistance to runners during the event.
- The International Red Crescent also provides medical assistance at fixed points on route as well as in mobile all terrain vehicles.
- It is recommended that sunglasses and headscarves are carried to provide protection against both sun and windblown sand.
- **Runninggear:** We recommend cap with protection for your neck, sunglasses, scarf to cover your nose in case of sandstorm. Coverage for your running shoes to protect against sand. (not necessarily for 10 and 5 KM). Some runners just pull socks over their running shoes. Shoes should be for rough surface.

6. Insurances: We recommend a cancellation insurance. A sicknessinsurance with emergency flight is mandatory. Please check your personal insurance coverage. Additional insurance you can book with our travelagent if required.

7. Liability: The touroperator can be held liable for the organization of the tour. However the participants are aware, that they are in the Sahara and stay in refugee camps, where normal conditions do not apply. The participants will be very careful with food and water. Just eat boiled food and drink water from sealed bottles. Still stomach problems might occur.

The organizers of our stay in the camps and the races are representatives of the local government and help organisations. They do everything to make your stay enjoyable. But we stay with refugees and flexibility and tolerance is asked for.

8. Exemption of Liability:

To participate at the SaharaMarathon will be at own risk. Every participant is well aware of the particular risk of staying and running in refugee camps in the Sahara. He relieves the organizers of all responsibility in case of sickness, accidents, bad health and death. The organizers strongly recommend to sign for a private health and accident. Every participant will inform himself about sufficient protection by insurances. Upon request the organizers will supply respective information. Participants from foreign countries will have to observe national regulations, since this is impossible for the organizers. Every participant will sign a declaration of exemption of liability before the race. This declaration will hold free the organizzers from any liability. Every participant is well aware of the special risks of participating in the SaharaMarathon including the particular risk of fatal accidents, serious injuries and/or damage to your personal belongings.

9. Visa regulations: For entering Algeria and the camps, you will get a collective visa upon arrival. A passport valid minimum 6 months after leaving Algeria is required.

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10. Equipment: Headlamp, sunoil, hat or cap, scarf, protection for your runningshoes. Wet towels for your body and sanitary function. Towel, tablets against diarrhoea, e.g. Lopedium. Toiletbrush. If you want, bedsheets, sleeping bag. Training suite, batteries for your electronic equipment. Verly limited availability to charge batteries. Toilettbrush might be helpful. The Saharawi enjoy if we display our flags, so do not be shy to bring your own. No suitcases, just bag or rucksack. Smal bag for valuables, who should always be carried by the participants. During the race we will organize a central deposit.

11. Mobiles: Since some years Smara is connetctet to mobile networks. In 2009 we had good connections in Smara and even some parts of Dakhla.

12. Vaccination: No vaccinations required. However we recommend protection against Hepatitis A, Tetanus, and talk to your doctor how to improve your immunesystem.

13. Donations: EUR 125 of the packageprice will be allocated to mutual humanitarian projects for the Saharawi.

14. Right of fotos:

The parcipiants declare their understanding and agreement to allow the organizers of the tour and the races as well as the UNO refugee helporganization to make use of all the pictures and names to promote the SaharaMarathon without any limitation.

15. Legal Touroperator:

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