



## Appendix H

# General Information Sheet

for the organisation of the

**IAU WORLD CUP 100K 2009**

**"Under the Patronage of the IAAF"**

**IAU European Championships 100K 2009**

**"Under the Patronage of the EA"**

**WMA 100K World Championships**

**"The Night of Flanders"**

**Torhout (BEL)**

**June 19<sup>th</sup> 2009**

vs090225



# GENERAL INFORMATION SHEET



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## 1.0 WELCOME



The Night of Flanders was organised for the first time in 1980. Initially started as a 100 km hike, the event saw some runners participating, finishing in a time under 8 hours. So the decision was taken to organise two events: an ultra run race and a 100 km hike. The fact that foreign runners came to Torhout to participate, improved the quality of the race and the results. Two athletes were to become famous and started attracting huge crowds to the event: the Greek Yannis Kouros (first athlete to finish in a time under 7 hours in Torhout) and Jean-Paul Praet a Belgian super talent who won the race 7 times often after a fierce battle deep into the night with strong competitors from Russia and other Eastern European countries.

The Night of Flanders became such a successful event because of a unique combination: a 100 km race linking Torhout with the Belgian coast and back resulted in huge crowds, a festive atmosphere, musical animation and fireworks along the course and a climax arrival in Torhout where people awaited the arrival of the runners until daybreak. The addition of a marathon and a 10 km race attracted many more professional and occasional runners to Torhout so that in combination with the hikes over the same distances the number of participants has gradually risen to a massive 6000 in 2008

For safety reasons and to improve the standards of the race a new concept was introduced: a completely new traffic-free loop that is laid out in the immediate vicinity of Torhout. This year a double loop for the marathon and five loops for the 100 km ultra race. The neighbouring village of Lichtervelde will host the Night of Flanders for the first time and they have promised to make it an unforgettable event this year! To make things less complicated, the marathon and 100 km race will start at 8 pm, whereas the 10 km race and the hikes will start at 8.15 pm.

## 2.0 NATIONAL ATHLETICS FEDERATION

### CONTACTDETAILS NATIONAL ATHLETICS FEDERATION

<b>Country</b>	<b>Belgium</b>
<b>Name</b>	<b>KBAB</b>
<b>Address</b>	<b>Marathonlaan 119 C, 1020 Brussel</b>
<b>Tel.</b>	<b>+32.2.47.47.220</b>
<b>E-mail</b>	<b><a href="mailto:willy@val.be">willy@val.be</a></b>
<b>Website</b>	<b><a href="http://www.belgian-athletics.be/">http://www.belgian-athletics.be/</a></b>
<b>Extra info</b>	<b><a href="http://www.val.be/">http://www.val.be/</a></b>



### 3.0 LOCAL ORGANIZING COMMITTEE (LOC)

#### CONTACTDETAILS LOC



**Club** Vzw De Nacht  
**E-mail** [info@nvv.be](mailto:info@nvv.be) **Website** [www.nvv.be](http://www.nvv.be)  
**Bank account** 891-7940025-03  
IBAN CODE: BE21 8917 9400 250  
BIC CODE: VDSPBE91



**PRESIDENT** Mr Pollefeyt Henri  
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**SECRETARY** Mr Verplancke Peter  
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**RACE DIRECTOR** André Mingneau  
**Tel.** +32.51.503.129  
**Mobile** +32.476.89.96.94  
**E-mail** [amos@marathons.be](mailto:amos@marathons.be)



**MEDICAL DIRECTOR** Peter Lavens  
**Mobile** 0032.495.546.123  
**E-mail** [peter.lavens@telenet.be](mailto:peter.lavens@telenet.be)





#### 4.0 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

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

##### **IAU SECRETARY**

**Name** Hilary Walker  
**Tel.** +44 7589 5342 (home) +44 7972 5122 (office)  
**Fax** +44 7972 5135 (office)  
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**Skype** hilary-walker

##### **DIRECTOR OF ORGANISATIONS & TRAVELGRANT INFORMATION**

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**Tel.** +32 59 27 60 43  
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##### **DIRECTOR OF COMPETITIONS**

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**Skype** liesbeth\_jansen

##### **DIRECTOR OF PROTOCOL**

**Name** Roger Bonnifait  
**Tel.** +33 607 43 26 71  
**E-mail** [roger.bonnifait@iau-ultramarathon.org](mailto:roger.bonnifait@iau-ultramarathon.org)

##### **DIRECTOR OF COMMUNICATIONS**

**Name** Nadeem Khan  
**Tel.** +1 716 392 6657  
**E-mail** [nadeem.khan@iau-ultramarathon.org](mailto:nadeem.khan@iau-ultramarathon.org)



## 5.0 GENERAL COMPETITION INFORMATION

**MIAUC** IAU 100K World Cup and European Championship

**Date** Friday June 19<sup>th</sup> 2009  
**Start time** 20hr00  
**Max. time** 12 hrs

**Course** Road  
**Short description of the course:**

A very flat course consisting of 5 loops around Torhout and the neighboring village of Lichtervelde at back to Torhout. The finish is situated in the city centre (Town hall) amidst a big crowd of spectators who are enjoying a local musical show program.

**Profile** Total of + meters 5/lap  
 Total of - meters 5/lap





**Competition**

- Men's individual competition**
- Women's individual competition**
- Men's Team Competition**
- Women's Team competition**

Only athletes and teams official 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

**Open race**

Yes  
Limited runners: No

**Other races**

**WMA 100K World Championships**

**Important remark:**

this year the event will not only be the IAU 100 km World Cup and the IAU 100km European Championships but will also include the WMA 100 km World Championships for the various age groups.

Athletes wishing to take part in the WMA competition need to ensure that they correctly observe the WMA entry procedure (including payment of the appropriate entry fee).

Members of the National Team who're entered by their National Federation by the FEF and who wants also to take part in the WMA competition should send a separate email to inform the LOC. Those athletes must also pay the normal entry fee for this WMA competition.

**Marathon**

Same course : **Yes**  
Same starting time : **Yes**  
Limited runners : **No**

**10km Race**

Course : **one lap around Torhout**  
Start : **20hrs15**  
Limited runners : **No**



## 6.0 PRELIMINARY (PEF) AND FINAL INFORMATION (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.



**DEADLINE PEF's : April 10<sup>th</sup> 2009**

**DEADLINE FEF's : May 10<sup>th</sup> 2009**

**All forms must be send in digital format to:**

**MF / LOC** Name : **KBAB Marathonlaan 119 C, 1020 Brussel Belgium**  
E-mail : [willy@val.be](mailto:willy@val.be)

**IAAF** Name : **Pierre Weiss**  
E-mail : [pierre@hq.iaaf.org](mailto:pierre@hq.iaaf.org)  
Fax: **+377 93 15 95 15**

**LOC** Name : **Mr Verplancke Peter, Rijsselstraat 128, 8820 Torhout (BEL)**  
E-mail : [info@nvv.be](mailto:info@nvv.be)

**IAU** Name : **Hilary Walker, IAU Secretary**  
E-mail : [secretary@iau-ultramarathon.org](mailto:secretary@iau-ultramarathon.org)

### **Preliminary entry form**

In order to book the accommodation, each Federation will send a 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 to be provided).

### **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 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.**

## 7.0 VISA

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

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

Asia (HKG-JPN-KOR); Europe (AND-AUT-BEL-CRO-CZE-DEN-ESP-EST-FIN-FRA-GBR-GER-GIB-GRE-HUN-IRL-ISL-ITA-LAT-LTU-LUX-NED-NOR-POL-SRB-SUI-SVK-SWE); Nacac (CAN-MEX-USA); Oceania (AUS-NZL)- South America (ARG-BRA-URU)

IAU Members which **do need a visa** prior to departure but **have a Belgian Embassy** in their country : Africa (NAM-RSA); Asia (TPE); Europe (BLR-RUS-TUR-UKR)

IAU Members which **do need a visa** prior to departure but **don't have a Belgian Embassy** in their country: Asia (NEP)



## TRANSPORTATION PLAN TO THE ATHLETES VILLAGE (AV)



**Airport 1**

Name	Brussels National Airport
Place	Zaventem-Brussels
Distance to AV	120km



**Airport 2**

Name	Brussels South
Place	Charleroi
Distance to AV	160km



**The LOC will put up a "welcome helpdesk" in the airport during the arrival times of the delegations.**

**Train station 1** Place = departure ZAVENTEM (= Brussels Airport)  
Distance to Torhout (LOC) 120km

=> From here you'll buy a ticket to **LICHTERVELDE** (=7km from Torhout) from where the LOC will provide a free shuttle bus to Torhout.

Expenses one way ticket +/- 8€



**Train station 2** Place = arrival LICHTERVELDE  
Distance to AV 7km

From here there will be a free shuttle bus, provided by the LOC, to Torhout.



**Train station 3** Place TORHOUT



**Other Buses** From airport 1 to AV No

From airport 2 to AV Yes, waiting for a shuttle bus  
Expenses one way ticket free



## 8.0 ACCOMMODATION

### ATHLETES VILLAGE (AV)

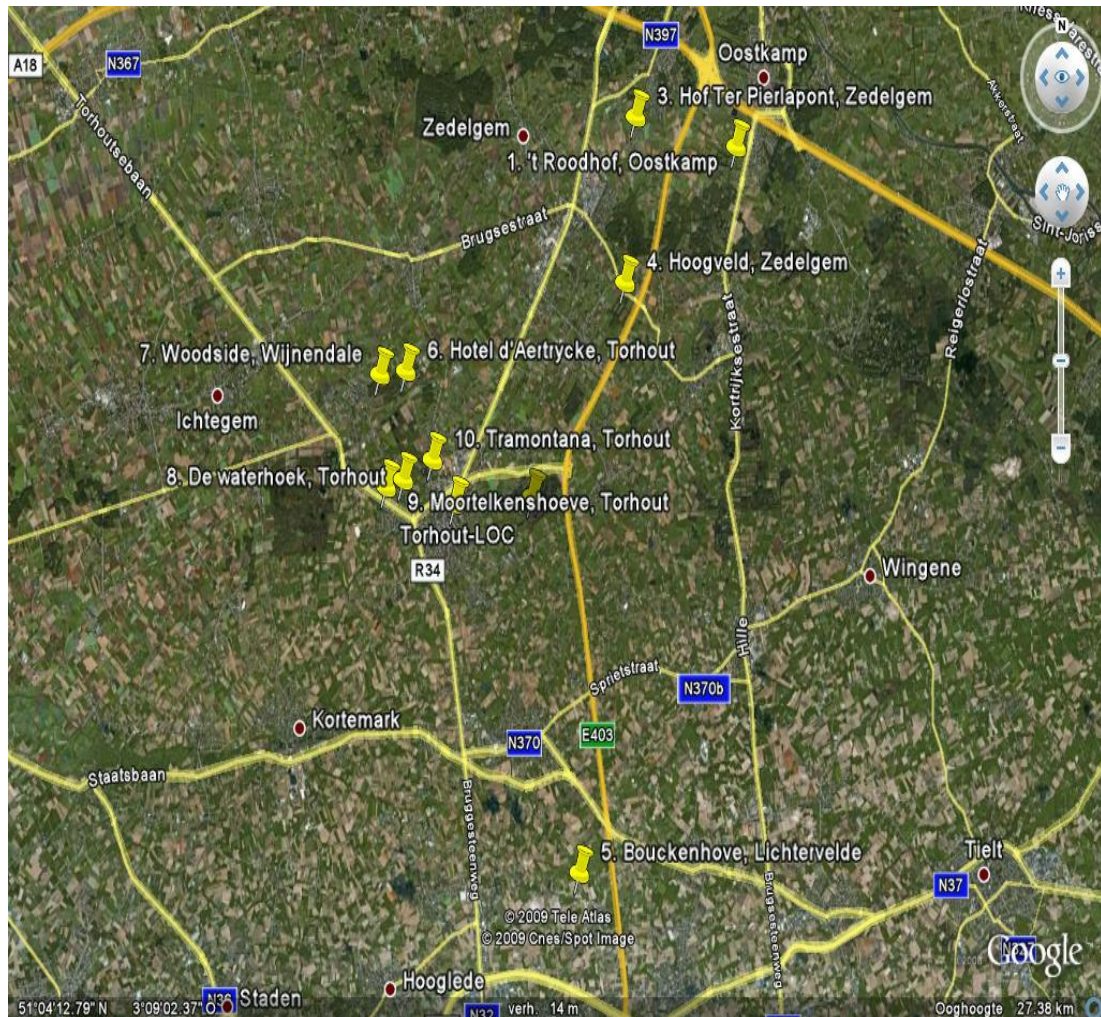


#### Address

In and around Torhout on several places

- 1 t Roodhof-Oostkamp**  
Nieuwburgstraat 32  
050 84 20 90
- 2 Groenhove- Torhout (L&D outside)**  
Bosdreef 8  
050 21 23 35
- 3 Hof Ter Pierlapont-Loppem**  
Zeedijkweg 23A  
050 82 21 67
- 4 Hoogveld-Zedelgem**  
Hoogveld 4  
050 27 97 80
- 5 Bouckenhove-Lichtervelde**  
Ridderstraat 1  
051 72 25 78  
0497 36 79 92
- 6 Hotel d'Aertrycke-Torhout**  
Zeeweg 42  
050 21 21 77
- 7 Woodside-Wijnendale (L&D outside)**  
Mosselstraat 26  
050 22 37 77
- 8 De Waterhoek-Torhout (L&D outside)**  
Waterhoekweg 27  
050 21 24 18
- 9 Moortelkeshoeve-Torhout**  
Makeveldstraat 30  
050 21 31 77
- 10 B&B Tramontana-Torhout (L&D outside)**  
Diederik vd Elzaslaan 4  
050 22 24 88  
0485 36 53 14

**L&D outside** = Lunch and Dinner will be served in a restaurant in Torhout. The LOC will provide a regular shuttle service to bring the delegations to this restaurant.



The Organizing Committee will offer:

- a **full board accommodation**, free of charge,
- for **maximum 3 male and 3 female athletes** per delegation
  - o for a maximum of **3 nights** for delegations who should fly maximum 4 h
  - o for a maximum of **4 nights** for delegations who should fly maximum <9 h
  - o for a maximum of **4 nights** for delegations who should fly minimum 9 h

The accommodation is available for the additional nights, **assistants**, and **coaches**, but will be charged following this rates:

Single room:

- B&B: **40€**
- Half Board: **55€**
- Full Board: **65€**

Double room:

- B&B: **35€**
- Half Board: **50€**
- Full Board: **60€**



Triple or quadruple room:

- B&B: 30€
- Half Board: 45€
- Full Board: 55€



It **IS** possible to use this location to accommodate extra **supporters if there're still places free**. Keep in mind that this accommodation is in first instance for the athletes and the coaches. A list of Hotels in the nice cities of Bruges and Oostende (=the sea!) will be available on the LOC website

### **The Cancellation Policy:**

- **Cancellation from June 4<sup>th</sup> till June 10<sup>th</sup> : 50% charge (\*)**
- **Cancellation after June 10<sup>th</sup> : 100% charge (\*)**

(\*) this charge will be based on the costs for B&B accommodation.

### **All accommodation costs should be paid on arrival**

(=before the payment of the Travel Grants)

This can be done:

- By Bank Transfer at least one week prior to the race
  - Bank account: **891-7940025-03**
  - IBAN code: **BE21 8917 9400 250**
- cash

Upon arrival in the ATHLETES VILLAGE, each team leader will be given this General Information Sheet (GIS), a questionnaire for the Technical Meeting, the timetable of the MIAUC and if necessary an timetable of the shuttle busses.

### **FOOD & MEALS SCHEDULE**

#### **In general:**

Breakfast at 07hrs – 09hrs30

Lunch at 12hrs-13hrs30

Dinner at 18hrs-21hrs

On some of the accommodation places it will not be possible to have lunch and/or dinner. The LOC will organise a regular shuttle service to bring those delegations to a restaurant in Torhout.

The **PASTA PARTY is FREE** for all athletes entered by their National Athletics Federation and is scheduled at : **Thursday, right after the Openings Ceremony which starts at 19h30**  
Place: **Sports centre (De Mast) in Torhout**  
Supporters: 12€ (pasta tickets available on arrival)



## 9.0 TECHNICAL MEETING



**Place** Club B (cultural centre) Torhout  
**Day** Thursday June 18  
**Time** 17hr00  
**Transport** yes



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



## 10.0 PAYMENT OF THE TRAVELGRANTS



The payment of the Travel Grants is scheduled right after the TECHNICAL MEETING, see details under point 9.0.(Technical Meeting).



## 11.0 OPENING CEREMONY



**Place** Same as TM  
**Day** Thursday June 18  
**Time** 19h30  
**Transport** yes

**Followed by the PASTA-PARTY** Yes

**Info** The Pasta party will be in the sports hall (called: De Mast)

## 12.0 RACE INFO

**The most specific details can be found in the brochure of the TECHNICAL MEETING**  
*(IAU-appendix E: Technical meeting for the organisation of an MIAUC)*

## 13.0 CLOSING CEREMONY

**Place** Sports centre Torhout (= start place)  
**Day** Saturday June 20  
**Time** 15:00 h  
**Transport** yes



#### 14.0 WEATHER CONDITIONS

The average weather conditions in the past 5 years:



**Max. Temperature** 25  
**Min. Temperature** 16



**Humidity** 77%

#### 15.0 GENERAL TIME SCHEDULE OF THIS MIAUC



Tuesday, June 16 <sup>th</sup>	arrival of the first teams
Thursday, June 18 <sup>th</sup>	17:00 Technical meeting 18:00 (+/-) Payment of the Travel Grants 19:30 Opening Ceremony 20:30 (+/-) Pasta Party
Friday	18:00 till 19:00 Collecting of the personal drinks in the sports hall 20:00 Start of the WC/EC 100K 2009
Saturday, June 20 <sup>th</sup>	02:15 arrival of the first athletes 15:00 Closing Ceremony in the sports hall
Sunday, June 21 <sup>st</sup>	Departure of the first teams
Monday, June 22 <sup>nd</sup>	Departure of the last teams



#### 16.0 MISCELLANEOUS

The LOC headquarter will be in the sports hall and will be manned from 10:00 a.m. till 10:00 p.m.

The central telephone number, in case of emergency, will be: +32.476.40.57.32 (Henri), 32.476.89.96.94 (André)

#### 17.0 TOURISTIC INFORMATION

<http://www.toerismetorhout.be>

<http://www.brugseommeland.be/bol/index.aspx?&LangType=1033> (English)

<http://www.brugseommeland.be/bol/index.aspx?&LangType=2060> (French)

<http://www.brugseommeland.be/bol/index.aspx?&LangType=1031> (German)