



IAU 31st World Championships
2022 BERLIN
August 27th 100

DLV
DEUTSCHER LEICHTATHLETIK VERBAND

duv
DEUTSCHE ULTRAMARATHON VERBÄNDE e.V.

Athletics for Life
WMA
WORLD MASTERS ATHLETICS



INTERNATIONAL ASSOCIATION OF ULTRARUNNERS

GENERAL INFORMATION SHEET (GIS)

31st IAU 100km World Championships
"Under the Patronage of the WA"

WMA 100km World Championships

Bernau
by
Berlin (GER)

August 27th, 2022

Status: 23-May-2022

Pag. 1

IAU WC 100K, Berlin (GER) 2022, General Information Sheet
International Association of Ultrarunners

Under the Patronage of the World athletics

6-8, Quai Antoine 1^{er}, 98000 MONACO www.iau-ultramarathon.org



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IAU 100 km World Championships since 1987



Year	Country / City	Year	Country / City
1987	Belgien, Torhout	2003	Taiwan, Tainan
1988	Spanien, Santander	2004	Niederlande, Winschoten
1989	Frankreich, Paris	2005	Japan, Kitami
1990	Vereinigte Staaten, Duluth	2006	Südkorea, Misari-Seoul
1991	Italien, Florenz-Faenza,	2007	Niederlande, Winschoten
1992	Spanien, Palamós	2008	Italien, Tuscania-Tarquìnia
1993	Belgien, Torhout	2009	Belgien, Torhout
1994	Japan, Kitami	2010	Gibraltar, Gibraltar
1995	Niederlande, Winschoten	2011	Niederlande, Winschoten
1996	Russland, Moskau	2012	Italien, Seregno
1997	Niederlande, Winschoten	2013	abgesagt
1998	Japan, Nakamura	2014	Katar, Doha
1999	Frankreich, Chavagnes-en-Pailliers	2015	Niederlande, Winschoten
2000	Niederlande, Winschoten	2016	Spanien, Los Alcázares
2001	Frankreich, Clèder	2018	Kroatien, Sveti Martin na Muri
2002	Belgien, Torhout		

WELCOME BY THE LOC

We are very proud and happy to host the 31st IAU 100km World Championships in the metropolitan region of Berlin-Brandenburg.

Berlin is a running metropolis not only for the traditional distances with the well-known marathon world record course. The German championships in the 50km and 100km road races were also held here. The 100MeilenBerlin – Der Mauerweglauf is also a permanent fixture in Berlin.

Bernau has a long history. The Bauhaus monument Bundesschule belongs to the more recent ones; built between 1927 and 1930, the Bundesschule has been an UNESCO World Heritage Site since 2017. This area will be the centre of the running action on August 27th 2022. The flat pendulum course promises fast times. The German Championships in the 100km road race were held here on September 18th 2021, with André Collet winning the men's race in 6:46:41 hours and Katrin Gottschalk the woman's race in 8:12:03 hours.



Olaf Ilk
President LOC

The LOC as well as the whole community of Bernau is looking forward to meeting all of you and already sending a warm welcome to everyone.

We wish you an exciting competition and a great time in Berlin and Bernau.



WELCOME BY THE COMMUNITY OF BERNAU

The world meets in Bernau for the 100-kilometre road race



André Stahl
Mayor of Bernau

For the first time, a world championship in ultrarunning will be held in Germany. This is what Jörg Stutzke, former President of the German Ultramarathon Association, who died much too early last year, had always wanted. He would also have been incredibly pleased that the organisers chose Bernau as the venue for the competition.

The city is happy to host athletes from all over the world in August. After all, sporting events also contribute to international understanding.

Looking forward to an exciting world championship



WELCOME BY THE IAU

Friends! Friends! It is my great pleasure to invite you to the 100km World Championships. It is exciting to bring back the championships after a 2-year hiatus due to the pandemic



This is the first time in the history of the IAU that the championships are coming to Germany. It has always been a goal for us and now it has truly become a reality. The sport of ultrarunning has become very popular in the country over the last couple of decades and this event will further solidify that elevation in the realm of athletics.

I want to take this opportunity to thank the Deutscher Leichtathletik-Verband (DLV), the Deutsche Ultramarathon-Vereinigung e.V (DUV), and the local organizing committee for working hard on these championships and ensuring that they will be a tremendous success.

I also want to thank and acknowledge our long running partnership with World Masters Athletics (WMA). I know these championships hold a special meaning for President Margit Jungmann as we are coming to her home country. This collaboration has given athletes an extra realm of championships to partake in.

I know, dear athletes, that it has been a tough two years. However, you have all shown your true resilience and persevered through those hard times. It is our great pleasure to bring back the platform to you so that you can continue showcasing your

talents on the international stage.

I look forward to meeting each and every one of you. It will be outstanding to witness all of you proudly representing your respective nations in the world championships.

Willkommen in Bernau and Berlin... Welcome to Bernau and Berlin!

Nadeem Khan
President of the IAU



WELCOME BY GERMAN ATHLETIC FEDERATION

Premiere for World Championships of a special kind in Bernau

For the first time, Germany will host the World Championships over 100 kilometres in Bernau near Berlin on 27 August. This is another highlight after the European Athletics Championships in Munich (15 - 21 August) and before the traditional ISTAF stadium sports festival (4 September) in Berlin. The German Ultramarathon Association (DUV) is the cooperation partner of the German Athletics Association (DLV), which has applied for the event. I am already convinced that both the DUV and the DLV will provide optimal conditions for the athletes. The large ultramarathon community can therefore look forward to the highlight at the gates of Berlin.



First 100-kilometre championships in 1987

German championships over 100 kilometres were held for the first time in 1987. Personally, I find it hard to imagine how anyone could manage a distance of 100 kilometres, but the specialists run under seven hours for the men and under eight hours for the women, which implies a high average pace. The Masters World Championships are also included in the World Championships, which will please the Masters scene in Germany, as many events could not take place due to the pandemic. If the spectators along the course then cheer on the athletes accordingly and motivate them, I am convinced that this will be a great weekend for the ultra marathoners.



I wish everyone every success and already thank all the volunteers and helpers without whom such an event could not be organised.

Keep on Running!!!!

With best regards

Jürgen Kessing
President of the DLV



PRESIDENT'S MESSAGE FOR THE WORLD MASTERS 100K CHAMPIONSHIPS 2022 IN BERLIN- BERNAU/GERMANY

Welcome to the World Masters 100k Championships which are embedded in the IAU 31. World Championships 2022. The International Association of Ultrarunners (IAU), World Masters Athletics (WMA) and German Athletics Federation (DLV) are inviting you to participate in the Championships 2022 held in BERNAU, near Germany's capital BERLIN.

These championships are a win-win situation for the athletes and our organisations: IAU, responsible for the Ultra running competitions in the world, and WMA, responsible for world masters' competitions in athletics are offering to the athletes the opportunity of competing in 5 years age groups on an international level.

Together with WMA Vice President Competition Brian Keaveney I thank IAU, represented by President Nadeem Khan and General Secretary Hilary Walker, for successful cooperation for many years. On behalf of the athletes we sincerely thank our hosts and organisers of DLV and German Ultra Marathon Association (DUV), Matthias Reick, Michael Sommer, Olaf Ilk and their whole team that they make it happen. Thank you for the great support you give to all athletes in so many ways all day.

I wish to all athletes and guests that you enjoy athletics, friendship and new experiences in the Ultra running family! Let us celebrate together this special day.

On behalf of the WMA Council

Margit Jungmann
WMA PRESIDENT



1 NATIONAL ATHLETICS FEDERATION

CONTACT DETAILS NATIONAL ATHLETICS FEDERATION



Country	Germany
Name	Deutscher Leichtathletik Verband (DLV)
Address	Alsfelder Straße 27 64289 Darmstadt (Germany) Postfach 10 04 63
Tel.	+49 (0) 61 51 / 77 08-0
Fax	+49 (0) 61 51 / 77 08-49
E-mail	laufen@leichtathletik.de
Website	www.leichtathletik.de
Extra info	Technical delegate: Dr. Matthias Reick

2 LOCAL ORGANIZING COMMITTEE (LOC)

CONTACT DETAILS LOC

LOC



gemeinnützige Ultramarathon Veranstaltungen UG
(haftungsbeschränkt)
Rufacher Weg 43a , 12349 Berlin, Germany

E-Mail: iau-contact@wc100kberlin.org
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Mob: +49 1525 643 77 68

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3 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

WEBSITE: www.iau-ultramarathon.org

IAU PRESIDENT

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IAU EUROPEAN REPRESENTATIVE

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E-mail: gregorio.zucchinalli@iau-ultramarathon.org
Mobile: +39 339 234 9357

CHAIR IAU TECHNICAL COMMITTEE, TECHNICAL COORDINATOR

Name: Liesbeth Jansen
E-mail: liesbeth.jansen@iau-ultramarathon.org

4 WORLD MASTERS ATHLETICS (WMA)

Website <https://world-masters-athletics.com>

Name Brian Keaveney

Mob +1 416 605 84 78

E-mail masters@sympatico.ca

5 GENERAL COMPETITION INFORMATION

MIAUC 31st IAU World Championships
WMA 100km Championships

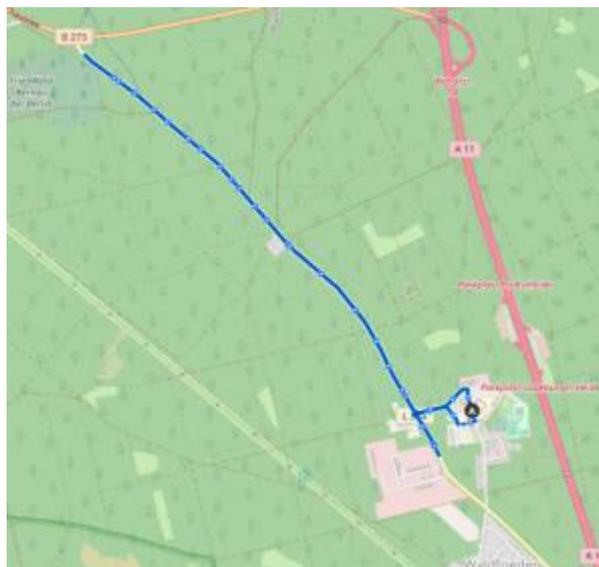
Date 27th August 2022

Start time 06:30 am

Max. time 12 hrs

Course Road

Short description of the course:



The town of Bernau bei Berlin, with its 40,000 inhabitants, is located just to the northeast of Berlin. The course is ca. 5 km outside of Bernau to the northwest with start and finish in the Bauhaus monument Bundesschule, the second largest Bauhaus building next to the Bauhaus itself. The architectural monument is also home to an outdoor swimming pool and a sports ground. In 2017, the former Federal School, built between 1928 and 1930, was named a UNESCO World Heritage Site. The area at the Bauhaus monument is the center of the event on race day. From the sports grounds, the running course leads onto the wide, wind-protected Wandlitzer Chaussee.

Lap length

With an initial lap of 2.5 km and 13 more laps with a length of 7.5 km, there are the following distances, when the runners cross the starting line: 2.5k, 10k, 17.5k, 25k, 32.5k, 40k, 47.5k, 55k, 62.5k, 70k, 77.5k, 85k, 92.5k, 100k.

More informations about the race on the website:

[HTTPS://WC100KBERLIN.ORG/EN/RACE COURSE](https://wc100kberlin.org/en/race_course)

Profile

Start/Finsh at: 72 mtrs

Highest point: 87 mtrs

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. A maximum of **6** are members of a team.

In conjunction and embedded in the IAU World Championships Race will be the 100k WC Race of World Masters Athletics (WMA). There will be no limitations of registration per country in the Masters Races, but if the IAU Federations bring more than 9 men or 9 women, the additional runners can only compete in the WMA race and have to pay the normal entry-fee and their own accommodation costs as well.

Open race NO

Other races **WMA 100 K World Championships**

This year the event will not only be the IAU 100 km World Championships but will also include the WMA 100 km World Championships for the various 5-year age groups starting with the age of 35.

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).

Please register on this webpage <https://wc100kberlin.org/en/registration-wma>

Members of the National Teams who are entered by their National Federation for the IAU Championships and who also want to take part **and score** in the WMA competition should:

- **Marking the WMA column in the FEF is not enough.**
- Please register also on this webpage <https://wc100kberlin.org/en/registration-wma>

Those athletes must also pay the extra entry fee for this WMA competition (€ 115+national fee) and use the WMA entry procedure as well besides the FEF for the IAU competitions.

6 CENTRAL MEETING POINT – HEAD QUARTER LOC & HOTLINE

During the entire MIAUC, the HEADQUARTER of the LOC will be located at:

ADDRESS : H2 Hotel, Karl-Liebknecht-Str. 32, 10178 Berlin

HOTLINE ACCOMMODATION & TRANSPORTATION:

Name: Christoph Lux

Mobile: +49 1525 744 01 34

7 PRELIMINARY (PEF) AND FINAL INFORMATION (FEF) FORMS

The PEF's and FEF's should be completed and sent **before the posted DEADLINE.**

With the FEF's, each Federation will send the final list of their runners with name, date of birth, gender and curriculum vitae or personal bests and will inform the LOC about their details of arrival and departure (means of transportation, date and arrival/departure time)

DEADLINE PEF's : 10th of June 2022

DEADLINE FEF's : 20th of July 2022

All forms must be send in digital format to:

LOC Name : **Michael Sommer / Christoph Lux**

E-mail : registration@wc100kBerlin.org

IAU Name : **Hilary Walker, IAU Secretary**

E-mail : secretary@iau-ultramarathon.org

WMA **IAU Member Federations should remind their athletes, that if they also want to participate in the WMA Masters Championships, they need to register separately for the Masters Championships under this link: <https://wc100kberlin.org/en/registration-wma> till 31st of July 2022**

It would help the LOC if the MFs could mark those athletes on the FEFs.

As an athlete competing in the WMA 100k World Championship "Bernau bei Berlin" am 27. August 2022 I declare with my registration to the WMA 100k World Championships, **that I have read and understood the WMA Waiver and release the named parties of any liability as specified in the waiver:**

https://wc100kberlin.org/wp-content/uploads/2022/05/WMA_Waivers_20220518-1.pdf

Preliminary entry form

In order to book the accommodation, each Federation will send a list with the number of their athletes and officials.

Final entry form

With the final entry form, each Federation will send the full list with the names of their athletes, dates of birth, gender 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.

8 VISA

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

Please check on this website, if you need a visum for Germany

[HTTPS://WWW.AUSWAERTIGES-AMT.DE/EN/VISA-SERVICE/-/231148](https://www.auswaertiges-amt.de/en/visa-service/-/231148)

Nations who need a visa may contact the LOC to receive an extra invitation letter for the visa application.

Before you travel to Germany, also check for the latest information on entry requirements and which vaccines are accepted in Germany.

9 TRANSPORTATION (WELCOME & ARRIVAL)

a. GENERAL RECOMMENDATION

Berlin is a city of public transport. Driving a car and parking it is significantly more expensive and travel times take substantially longer.

Parking cost H2/H4 Hotel: 20 EUR for 24 h

Public transportation

- Single Ticket Zone A/B (Berlin): 03,00 EUR
- Single Ticket Zone A/B/C (Airport BER - Berlin): 03,80 EUR
- 4-trip Ticket Zone A/B (Berlin): 09,40 EUR
- 24-hour Ticket Zone A/B (Berlin): 08,00 EUR
- 24-hour Small Group Ticket Zone A/B (Berlin): 25,50 EUR
- 7-Day Ticket Zone A/B/C (Berlin+Bernau): 43,00 EUR

(Status April 2022)

With public transport in Berlin you are very flexible and fast at your destination.

Examples Duration:

- Travel time by car outside rush hour from airport to hotel: 45 min
- Travel time by car during rush hour from airport to hotel (Alexanderplatz station): 1h 30min
- Travel time by S-Bahn from the airport to the hotel (Alexanderplatz station): 43 min
- Travel time by Regional Train from the airport to the hotel (Alexanderplatz station): 25 min

Transportation to Bernau for participants of the IAU Championship will be provided by shuttle buses.

A rental car is not necessary.

b. LOCATION IAU 31ST WORLD CHAMPIONSHIP

We welcome you to the metropolitan region of Berlin-Brandenburg. Berlin, with 3.7 million inhabitants, is the capital of the Federal Republic of Germany.

Your accommodation and registration are in the heart of the city near Alexanderplatz. Unmistakably, the 368m high Berlin TV Tower stands in the middle of Alexanderplatz.

Race Course (Competition Venue)

The race course (competition venue) is on the north-eastern periphery of the city, in Bernau bei Berlin.

- Distance "hotel - running course": ca. 27 km

- Transportation will be provided by shuttle buses from the Destinated Competition Hotels "Hotel H2/H4" to the competition venue/race course free of charge for IAU accredited people on competition day.

The city of "Bernau bei Berlin", with its 40,000 inhabitants, is home to the Bauhaus monument Bundesschule, the second largest Bauhaus building next to the Bauhaus itself.

Opening Cermemony

On Friday the Opening Cermemony will be held downtown Bernau (Stadthalle am Steintor).

- Transportation will be provided by shuttle buses from the Destinated Competition Hotels "Hotel H2/H4" to downtown Bernau free of charge for IAU accredited people on competition day.

Airport

The BER - Berlin Brandenburg Airport is located in the southeast of the city

- Distance "Berlin downtown hotels – airport": approx. 28 km
- Travel time S-Bahn (suburban railway): 43 min - with Regional Trains 25 min (no change of trains necessary)

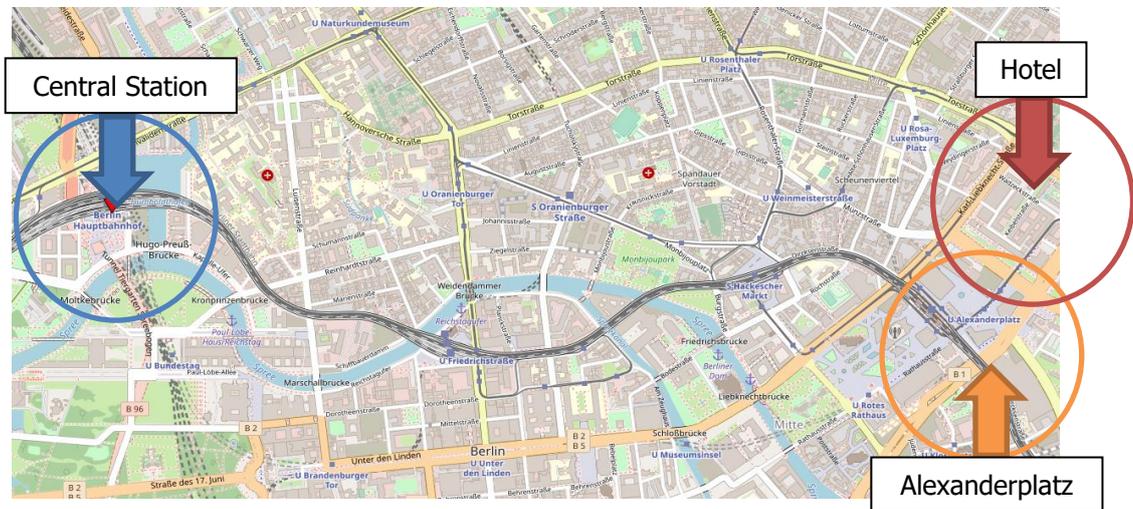
Central Station (Hauptbahnhof)

The Central Station of Berlin is located 3,5km west of the hotel.

- Travel time S-Bahn: 6 min (no change of trains necessary)

Accommodation / Hotel

- Distance "Alexanderplatz suburban railway station – hotel": 500m walk



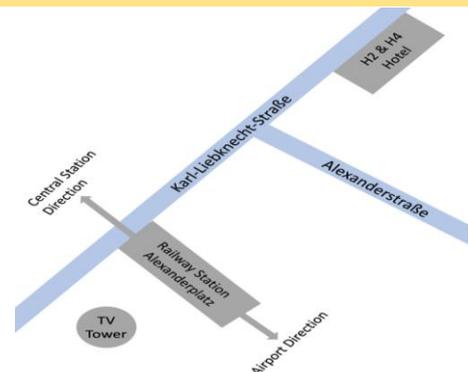
C. HOTELS & DESTINATION

Destinated Competition Hotels of the IAU 31st World Championships will be the **H2 & H4 Hotel Berlin Alexanderplatz.**

Athletes that are competing in the WMA 100k World Championships can also book rooms at the destinated competition hotel H2 & H4 Hotel Berlin Alexanderplatz by quoting "WMA 100k WC" as well as supporting people.

Address:

- Karl-Liebknecht-Straße 32; 10178 Berlin

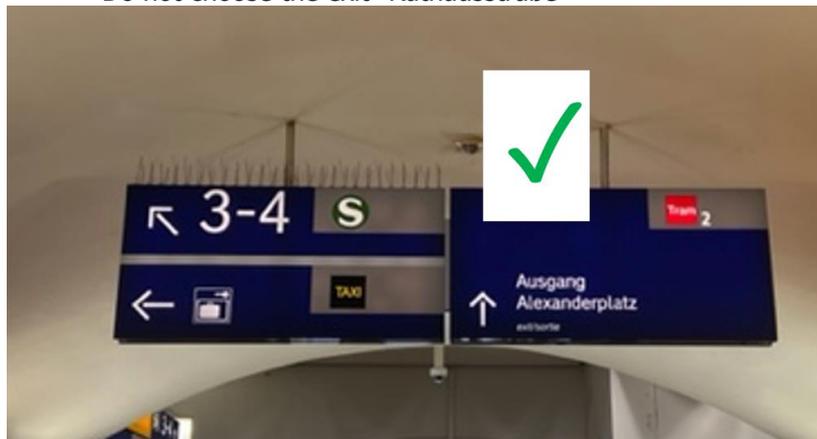


From Alexanderplatz Station to the Hotel

Way out of station "Alexanderplatz" follow the sign Tram 2 and Ausgang Alexanderplatz



- Do not choose the exit "Fernsehturm (TV Tower)" or "Rotes Rathaus".
- Do not choose the exit "Rathausstraße"



- Choose the exit "Alexanderplatz" - TRAM 2

Way from Alexanderplatz to the hotel



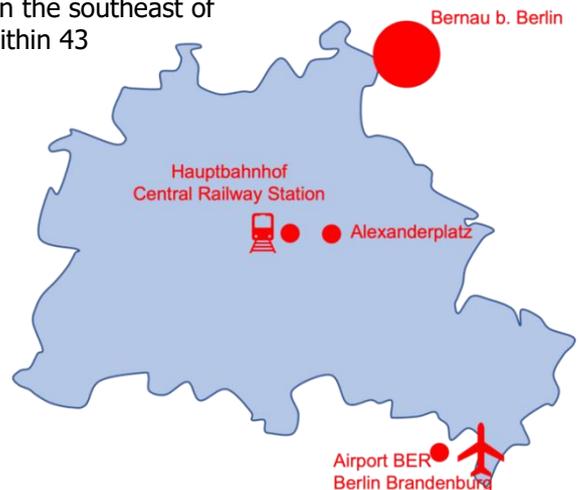
After leaving the station at "Ausgang Alexanderplatz", you can see the high-rise building of the "park inn" hotel. Our hotels H2 & H4 is located behind the "park inn".



Behind the "park inn" hotel you cross "Alexanderstraße" and see the "ADAC building". Directly behind the "ADAC building" is the H2&H4 Hotel.

d. AIRPORT

The airport BER Berlin Brandenburg is located in the southeast of the city. We recommend traveling by S-Bahn within 43 min to Alexanderplatz.



Terminal Information:

- Terminal 5 is temporarily closed due to the ongoing coronavirus pandemic and the resulting low passenger numbers. All air traffic at BER is handled via Terminal 1 & 2.
- Just under a year and a half after the opening of Airport BER, Terminal 2 for low-cost airlines has been open since 24.03.2022
- Terminal 2 is within walking distance of Terminal 1. If you are arriving by public transport, you will find the station "Flughafen BER - Terminal 1-2" directly under Terminal 1.

Public Transport

Line S9 operates from platform 5 every 20min from 4:09 to 21:29 (Direction Berlin-Spandau)

After leaving the airplane you follow the signs



After leaving the security area, the airport's public transport station is labeled with the following signs:



- The icon with the symbol **S** indicates the route to the S-Bahn (suburban railway) => (platform / Gleis 5 and 6).
- The icon with the symbol **DB** indicates the route to the regional & long-distance trains => (platform / Gleis 1 bis 4)

Alternatively, regional trains of line R7 (direction Dessau) can be used from platform 1 or 2 for the same price / with the identical ticket. Travel time: 25min

The regional trains operate only one time per hour from 5:42 to 21:42 and at 22:46.

For late travelers, the regional train FEX18980 is still available at 0:13 from platform 1.

Before going to the platforms it is necessary to buy a ticket.

Ticket machine:

You can pay with coins, banknotes or credit cards.

You can choose the language at the ticket machine.

- You need a Single Ticket / Standard Rate (Einzelticket / Regeltarif)
- Zone Berlin A / B / C
- Price: 3,80 EUR (Status April 2022)



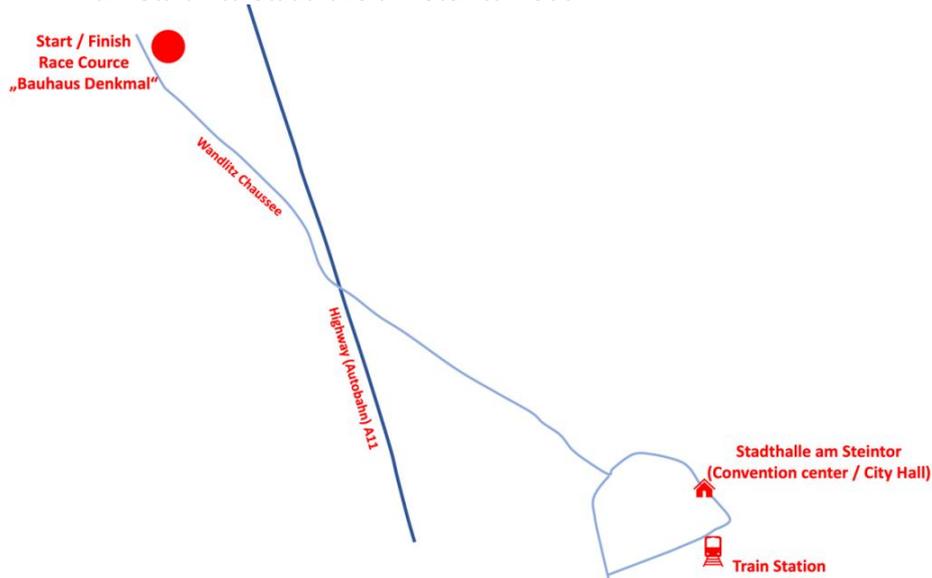
e. BERNAU BEI BERLIN

Addresses:

- Stadthalle am Steintor (Opening Ceremony on Friday):
Hussitenstraße 1, 16321 Bernau bei Berlin
- Bauhaus monument Bundesschule (Start/Finish Race Course)
(Hannes-Meyer-Campus, 16321 Bernau bei Berlin)

Distances:

- Train Station to Bauhaus Denkmal (competition venue/race course):: 5,1 km
- Train Station to Stadthalle am Steintor: 300m



Informations:

Bauhaus Denkmal (Start/Finish Race Course)

<https://www.bauhaus-denkmal-berna.de/en/trade-union-school/unesco-world-heritage.html>

Bernau bei Berlin

<https://www.visitberlin.de/en/old-town-berna>

There will be an arrival Guide on the Homepage, where you can find further information:

<https://wc100kberlin.org/en/getting-there>

Information about public transport can be found on the website

<https://www.bvg.de/en>

Network maps of the subway and suburban trains can be found here

<https://www.bvg.de/en/connections/network-maps-and-routes>

10 ACCOMMODATION

ATHLETES VILLAGE (AV): Hotel H2 + H4

Address H2 Hotel, Karl-Liebknecht-Str. 32, 10178 Berlin

website <https://www.H-Hotels.com>

Additional information about the Hotels:

All athletes will be hosted at Hotel H2 or H4. There are rooms for 1, 2, 3 available. The LOC will divide the accommodations as economically as possible.

There is an internet connection (WIFI) in every room, which can be used for free.

All the rooms are smoke-free.

Prices including bedclothes, towels and end-cleaning.

There is a supermarket in walking distance from the hotel.

The Organizing Committee will offer:

- a **full board accommodation**, free of charge,
- for **maximum 2 male and 2 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 **5 nights** for delegations who should fly minimum 9 h*

* between capital LOC and capital IAU member

The accommodation is also available for team officials, additional athletes, Master Athletes, coaches, accompanying persons and can also be booked for additional nights.

The total amount of accommodations the LOC should take care of is a maximum of 9 male and 9 female athletes per delegation and a maximum of 3, 6 or 9 officials per delegation.

- Max. 3 officials when 1-6 athletes/delegation
- Max. 6 officials when 7-12 athletes/delegation
- Max. 9 officials when 13-18 athletes/delegation

The accommodation will charge the following rates:

There are fixed (Full Board/Half Board) prices **per person per night:**

H2

		Full Board	Half Board
Single Room (Room charge)	SR	156 €	132 €
		(per Person charge)	156 €
Double Room (Room charge)	DR	214 €	182 €
		(per Person charge)	107 €
Triple Room (Room charge)	TR	300 €	252 €
		(per Person charge)	100 €

H4

		Full Board	Half Board
Single Room (Room charge)	SR	178 €	162 €
Double Room (Room charge)	DR	238 €	206 €
(per Person charge)		119 €	103 €

It **IS** possible to use this location to accommodate extra **supporters**.

The cancellation policy:

- free of charge until August 03th
- maximum 100% charge after August 3th

**The LOC will send an invoice to all delegations
All accommodation costs should be paid before arrival.**

This can be done:

- By Bank Transfer at least one week prior to the race
 - Keyword Accommodation and "your nationality"
 - IBAN code: DE47 6001 0070 0971 0237 09
 - BIC CODE: PNBKDEFF

FOOD & FOOD SCHEDULE (with reservation)

All meals will be served at the hotel in the room "Alexander".

The proposed time table/ The confirmed timetable will be issued on arrival.

In general:

Breakfast:	07:00 am – 10.00 am	Wednesday – Friday, Sunday
	04:00 am – 5.00 am	Saturday
Lunch: (only for FB)	12:00 am – 01:30 pm	Wednesday – Friday
Dinner: (FB/HB)	06:00 pm – 08:00 pm	Wednesday – Thursday
	06:00 pm – 08:00 pm	Pre Race Pastaparty Friday
	05:00 pm – 07:00 pm	Post Race Meal Saturday

The **PRE RACE PASTA PARTY is FREE** for all athletes (maximum of 9 men and 9 women per country) and officials (number as mentioned in this GIS) entered by their National Athletics Federation, as well as for those who paid Full Board (FB) or Half Board (HB) and is scheduled for:

Friday August 26th from 06:00 pm – 08:00 pm

Place: Hotel H2

The **POST RACE MEAL is FREE** for those who ordered Full Board (FB) or Half Board (HB) and is scheduled for:

Saturday August 27th from 05:00 pm – 07:00 pm

Place: Hotel H2

Other info: Other people who want to enter the Pre Race Pasta Party and the Post Race Meal can buy a ticket for € 20,00 each.

11 TECHNICAL MEETING

Place	Bauhaus monument Bundesschule, near Bernau within the competition venue and race course
Day	Friday August 26 th
Time	11:00 am departure from H2 Hotel – ends 02:30 pm at Audimax (Bauhaus Bundesschule)
Transport	Departure by Bus from the Hotel H2 Departure by Bus from the Audimax to the Opening ceremony to Bernau City at 02:30 pm
Extra info	With the registration each team leader will be given this General Information Sheet (GIS), a sheet of technical rules and regulations, a questionnaire for the Technical Meeting (which has to be handed in before Thursday evening 8pm at the information desk at H2 hotel if you have questions), the timetable of the MIAUC and if necessary a timetable of the shuttle buses for Opening ceremony and the race day.

12 LOC/IAU LUNCH RECEPTION FOLLOWING THE TECHNICAL MEETING

Place	Bauhaus monument Bundesschule, near Bernau within the competition venue and race course
Day	Friday August 26 th
Time	the technical meeting will be followed by a lunch reception (Cold buffet at the Audimax) for Teammanagers, LOC, IAU Board Members and invited guests

13 TRAVEL GRANTS AND THE USE OF WILDCARDS

a. TRAVEL GRANTS

An example of the allocated Travel Grants in euros for the National Athletics Federations for this MIAUC is as follows:

	A	B	C	Team
Zone 1	380€	285€	190€	380€
Zone 2	304€	228€	152€	304€
Zone 3	228€	171€	114€	228€
Zone 4	152€	114€	76€	152€

	A	B	C
Men	<7h	<7h30	<8h00
Women	<8h30	<9h00	<9h30

TEAM-Grants are paid for maximum one male and one female team, (Minimum 3 runners / team). Individual-Grants are paid for maximum 3 men and 3 women/country. All these grants are cumulative.

TRAVEL GRANT WILL ONLY BE PAID BY BANK TRANSFER **AFTER THE EVENT**.

The **Provisional Travel Grant (PTG)** information will be sent by email to the contact named in the PEF two weeks before the race. The provisional travel grant will need to be signed with bank

details confirmed and returned to robert.boyce@iau-ultramarathon.org prior to the championships.

At the start of the race there will be a check of the athletes who have started. If athletes who are on the PTG information do not start the amount of TG will be changed. Final payment amounts will be made after the event from confirmed athletes who started.

- • Zone 1 = +15h flying between capital LOC and capital IAU member country
- • Zone 2 = +9h flying between capital LOC and capital IAU member country
- • Zone 3 = +4h flying between capital LOC and capital IAU member country
- • Zone 4 = <4h flying between capital LOC and capital IAU member country

b. WILDCARDS

WILDCARDS mean that a runner with only a C level (or less) may be upgraded to a B-level for that particular MIAUC competition. At every MIAUC you can use a maximum of 2 wildcards (one man and one women). These WILDCARD athletes **must** be indicated on the Final Entry Form.

Travel Grant questions will be scheduled right before the technical meeting.

If you have any questions about this, please contact the IAU Director of Finance Robert Boyce. robert.boyce@iau-ultramarathon.org

14 OPENING CEREMONY

Place	Bernau. Start parking lot of "Stadtwerke Bernau GmbH", Breitscheidstraße 45, 16321 Bernau bei Berlin
Day	Friday August 26 th
Time	03:00 pm
Transport	Buses depart from Hotel 01:30 pm
Info	Presentation of the nations and Flag parade

Place	City event hall (Stadthalle), Hussitenstraße 1, 16321 Bernau bei Berlin
Time	04:00 pm – 05:00 pm
Info	After the Opening ceremony buses will take everybody back to the Hotel. Departure of the buses from 05:00 pm

Followed by the Pre Race PASTA-PARTY (for IAU-participants)

Place	Hotel, room "Alexander"
Time	06:00 pm – 08:00 pm

15 RACE INFO

More specific details can be found in the brochure of the TECHNICAL MEETING or the website. After the race buses will take

- IAU-participants back to H2/H4 hotel from 03:00 pm to 07:30 pm

16 CLOSING CEREMONY

Place	Hotel H2/ H4, Karl-Liebnecht-Str. 32, 10178 Berlin
Day	Saturday August 27 th
Time	08:30 pms - 10:30 pm

Info

Victory ceremony IAU / WMA and Closing ceremony IAU
After the closing ceremony there will be an after race party in the same room for all

17 MEDICAL & ANTI DOPING

a. EMERGENCY NUMBER

For emergency and ambulance services, dial **112?**

b. HOSPITALS

Hospital Bernau Ladeburger Str. 17, 16321 Bernau bei Berlin
(app. 4km from competition venue/race course)

Berlin: multiple hospitals of all specializations within a radius of a few kilometers of H2/H4 Hotel and 20 to 40 km from competition venue/race course in Bernau.

c. FIRST AID

First aid services will be provided by qualified first-aid staff along the competition route. They are skilled in case of emergency. Maps and signage indicating first aid locations will be present at the venue.

Staff will offer basic first aid and transportation to a hospital if further care is deemed necessary.

d. MEDICAL INSURANCE

If you as an athlete or official have no health insurance covering out of country expenses under your private health plan or through coverage of your Athletic Member Federation you are personally responsible for all occurring costs.

This includes all costs for ambulatory treatment, ambulance transport and in hospital care. All costs are subject to the German rules for hospital treatment and emergency transportation.

e. ANTI DOPING

For certain medical conditions athletes may apply for a Therapeutic Use Exemption (TUE) in order to use prohibited substances and methods under the World Anti-Doping Code (WADC). IAU does not provide TUEs therefore athletes have to inquire with their NATIONAL ANTI DOPING Organisation (NADO) on how to obtain a TUE. In some countries the NADO issues TUEs to non-pool athletes, in other countries (like Germany) they only require medical certificates that meet the standards given by WADA in the event of a doping test. If a doping test is taken and you have a valid medical certificate, a retroactive TUE will be issued if all standards outlined by the WADA Code have been met. The procedure is regulated for all athletes worldwide in the International Standard for Therapeutic Use Exemptions (ISTUE). Please acknowledge that it might take some time before you receive the official document (TUE). It is advisable to ask ahead of time for the specifics of the procedure and how much time it will take to receive the TUE document. **You need to hand in a copy of the TUE or the Medical Certificate, whichever applies to you, with your registration at the championship.** IAU accepts all valid TUEs, issued by various organisations, or medical certificates without being liable for the documents meeting the WADA Code requirements.

If you use substances or take medications that are not on WADA's current Prohibited List, the following applies: Please declare your substances and medications on the doping control form during a doping control.

f. COVID-19 ENTRY REQUIREMENTS

Before you travel to Germany, check for the latest information on entry requirements and which vaccines are accepted in Germany.

g. COVID-19 REQUIREMENTS AT WORLD CHAMPIONSHIP

Anti Covid-19 measures will be put in place during the event to meet the national requirements but also to see after your health in the best way IAU and LOC can. This might mean, that the requirements IAU and LOC will be asking you to follow, might be stricter than the national requirements.

The LOC will first announce and then update the COVID-19 REQUIREMENTS for the championships on the website starting in the beginning of August.

18 WEATHER CONDITIONS

Review for the last 6 years

Weather conditions from mid-August to mid-September in Berlin
(4 weeks each from August 16 to September 12)

	2021	2020	2019	2018	2017	2016
Maximum Value	27,3 °C	35,4 °C	33,4 °C	33,9 °C	29,4 °C	34,0 °C
Lowest Value	8,0 °C	7,7 °C	6,3 °C	9,5 °C	7,4 °C	9,0 °C
Days >1 l/qm	8	7	4	1	6	4
Days >5 l/qm	4	6	2	0	3	2
Days >10 l/qm	3	2	2	0	2	1
Precipitation	70,4 mm	70,3 mm	31,2 mm	4,9 mm	51,8 mm	37,0 mm
Sunshine	162 hours	181 hours	226 hours	223 hours	176 hours	257 hours

Maximum daily temperatures drop 3 °C from 25 °C to 22 °C and rarely fall below 17 °C or exceed 31 °C. The highest average daily maximum temperature is 25 °C on August 5.
Daytime lows drop 2 °C from 15 °C to 13 °C and rarely fall below 10 °C or exceed 19 °C.

Daylight & Day Length in Berlin on August 27th

Sunrise	06:08 am
Sunset	08:06 pm
Day Length	13h 58 min

Remark:

Civil twilight is the brightest of the 3 twilight phases. The Sun is just below the horizon, so there is generally enough natural light to carry out most outdoor activities.

19 GENERAL TIME SCHEDULE OF THIS MIAUC

The proposed time table/ The confirmed timetable will be issued on arrival.

Thursday 25th	Begin	End
Arrival of the athletes and supporters	10:00 am	11:59 pm
Breakfast	07:00 am	10:00 am
Lunch	12:00 am	01:30 pm
Sightseeing, spare time	08:00 am	11:59 pm
Dinner	06:00 pm	08:00 pm

Friday 26th	Begin	End
Arrival of the last athletes and supporters	00:00	11:59 pm
Breakfast	07:00	10:00 am
Press conference, Travel grants and Outfit Meeting	10:00	11:00 am
IAU-Departure to Bernau Bauhaus (only Teammanagers)	11:00	
Visit the Race Course and Technical Meeting at the Bernau Bauhaus – Audimax; Afterwards LOC/IAU Lunch reception (Cold buffet at the Audimax) for Teammanagers, LOC, IAU Board Members and invited guests	12:30 pm	02:30 pm
Lunch for the athletes	11:30 am	01:00 pm
IAU runners – departure to Bernau	01:00 pm	
Flag parade / opening ceremony	03:00 pm	05:00 pm
Pasta Party (WMA – Bernau)	04:00 pm	05:00 pm
Return to the hotel	05:00 pm	06:00 pm
Dinner at the hotel (IAU)	06:00 pm	08:00 pm

Saturday 27th	Begin	End
Breakfast	03:30 am	04:30 am
Departure from Hotel for the WC Race in Bernau	04:45 am	
Pre Start procedure (check in)	05:45 am	06:15 am
WC Race IAU / WMA	06:30 am	07:00 pm
Flower Ceremony after the first three m/f finished	01:00 pm	03:00 pm
Return to the hotel	03:00 pm	06:00 pm
Dinner	05:00 pm	07:00 pm
Preparation victory ceremony	06:00 pm	08:00 pm
Victory ceremony IAU / WMA and Closing ceremony IAU	08:30 pm	10:30 pm
After race party	10:30 pm	12:00 pm
Snack	11:00 pm	12:00 pm

Sunday 28th	Begin	End
Breakfast	07:00 am	10:00 am
Departure of the teams		

20 MISCELLANEOUS

PRESS: If you need a press card, let the LOC know. Send a mail to press@wc100kBerlin.org

21 TOURIST INFORMATION

Multilingual Tourist information can be found on the website

<https://www.visitberlin.de>

Tourist information of Bernau (German language): <https://www.bernau-bei-berlin.de/de/tourismus/tourist-service/tourist-info.html>

Tips for first-time visitors

Discover Berlin on the 100 Bus

The public bus line 100 starts at Zoologischer Garten railway station and ends at Alexanderplatz. Although there is no commentary on the sights, the tour is a great and inexpensive way to take a city tour in a double-decker bus. All you need is a regular AB ticket and about 60 minutes of your time. The most important stops at a glance.

Explore Berlin on the 200 Bus

In addition to the bus line 100, Berlin has a second bus route that passes by many of the city's main tourist attractions. All you need for this inexpensive city tour is a ticket for the AB fare zone. Getting off during the trip is no problem as the next bus pulls up every ten minutes.

Reichstag

The Reichstag building with its famous glass dome is one of the most visited sights in Berlin. It is seat of the German parliament, the Bundestag.

Visit the Reichstag Dome with an Advance Reservation

Berlin's Reichstag dome is one of the most popular sights in Berlin. If you would like to visit the Reichstag and its dome, you must register via the visitor service. While in the past it was also possible to register spontaneously for a visit to the dome at the service office of the Visitor Service, this is no longer the case.

Multiple ways to register

To visit the Reichstag and the dome, visitors can register via an online form on the Bundestag website. But it is also possible to register by fax or by post. In any case, admission to the Reichstag dome is free.

Visiting Reichstag dome: Which data is required?

The following information is required for registration: Name, first name and date of birth. The access authorizations are personal and cannot be transferred. A personal identity check takes place when visitors pass through the central entrance for visitors, so visitors need a valid identification document.

Opening hours of the Reichstag dome:

The dome is open daily from 8 a.m. to midnight, last entry is at 10 p.m.

Entrance fees:

Admission to the dome and roof terrace is free.

Online registration for a visit to the Reichstag building:

<https://www.bundestag.de/en/visittheBundestag/dome/registration-245686>

Berlin Wall: Where It Still Stands?

Most visitors to Berlin want to see the Wall. But of the concrete barrier that once divided the German capital, only remnants remain. Where to find pieces of the real thing - and which structures are only a replica.

Berlin Wall Memorial at Bernauer Strasse

A good starting point for the Wall Trail is the Berlin Wall Memorial at Bernauer Strasse 111, where the consequences of the construction of the Wall were particularly drastic. The Wall separated neighbours and families who lived only a few blocks apart. In the beginning, several East Berliners fled through the houses directly by the Wall to the West, sometimes into the life net of the West Berlin fire brigade - until the windows were bricked up and the buildings later demolished. Today, the Documentation Centre also houses a photo exhibition showing how the Brandenburg Gate was closed off with barbed wire in August 1961, how Berliners protested against the Wall, and how friends and family desperately extended their hands across the barriers.

Replicas at Checkpoint Charlie

A popular destination for Wall tourists is Checkpoint Charlie in Kreuzberg, the former checkpoint from West to East Berlin. At the end of October 1961, Russian and American tanks faced each other directly here - the world was afraid of a new war for 16 hours. In front of the "Mauermuseum", founded in 1962, just 100 meters away, there is a small piece of original wall on display - as well as an original border post. The white house of the checkpoint on the western side is just a replica. In front of it, young men in US or Russian uniforms wave flags and offer to be photographed with visitors for money.

Brandenburg Gate

Brandenburg Gate is Berlin's most famous landmark. A symbol of Berlin and German division during the Cold War, it is now a national symbol of peace and unity

Berlin TV Tower and Alexanderplatz

The TV Tower on Alexanderplatz is Berlin's most prominent landmark and the tallest building in Germany. Its steel sphere contains an observation platform and a gourmet restaurant.

Checkpoint Charlie

Checkpoint Charlie was the best-known border crossing between East and West Berlin during the Cold War. At the height of the Berlin Crisis in 1961 U.S. and Soviet tanks faced each other here

Museum Island

Museum Island is a unique ensemble of five museums in the center of Berlin. The entire complex is listed by as a Unesco World Heritage Site

Gendarmenmarkt

Gendarmenmarkt is arguably Berlin's most beautiful square and the site of three impressive buildings: the German Cathedral, the French Cathedral, and the Konzerthaus

Holocaust Memorial

The Memorial to the Murdered Jews of Europe or Holocaust Memorial near Brandenburg Gate commemorates the up to six million Jewish victims of the Nazi Holocaust.

Kaiser Wilhelm Memorial Church

The Kaiser Wilhelm Memorial Church on Breitscheidplatz is one of Berlin's most famous landmarks. The ruin of the old church has been converted into a war memorial

Victory Column

From a symbol of Prussian military victory to a popular tourist spot: Berlin's Victory Column has reinvented itself through the ages

East Side Gallery

After the German reunification, artists have turned this former stretch of the Berlin Wall into the largest open-air gallery in the world.