

Often asked questions

01	How is the starting fee figured?	800 und 5200 Euro Total 6000 Euro
02	How does the RD deal with troublemakers?	Difficult: These people will be warned several times. I will create a committee of runners & volunteers to decide. Look for an amicable solution. See paragraph 31 + 48.
03	When do I have to send the starting fee?	At best right away to secure a starting place. For your info, we plan oh 35 – 40 participants. It is important that the total starting group will be established ASAP to make planning easier all around.
04	Am I responsible for the transfer to the start and finish? If so, do I get information from the RD regarding this matter?	Yes, each individual is responsible for this. I will make available to you as early as possible the information you need to make these arrangements. I will try to have maps of the start and finish areas. The start and finish areas are such that they can be reached via airplane and or train connections. Important to you: Get information regarding these connections as early as possible
05	Should I carry cash or a credit card with me during the run?	Definitely. You may want to make a phone call, eat snacks or a piece of cake along the way. Absolutely, keep some small bills & change on you at all times. Euro-Check-card. Be sure that your financial assets are sufficient for the entire trip. A loan against your deposit is NOT possible . See paragraph 36
06	What happens if no night accommodations can be found? Or secured	We then will sleep under a star-studded sky & hope it will not rain. It is mandatory to bring an IGLOO tent. To calm your nerves: During the 2003 + 2009 TE-FR we had „indoor accommodations“ every evening. It wasn't always what we „wished“ or „hoped for“ but we always had a roof over our head. See paragraph 15
07	Is our daily nourishment assured?	It is possible that one time or another you will have to do without a hot/warm meal. Then you will eat sandwiches with cold cuts, yoghurt, fruits and similar food items. It is imperative that each participant is aware of what he/she is getting him/her self into on this trip. We will not have situations like in Germany at all times. The start is the GYMS as many during the 2003 + 2009 TE-FR have found. However, we will do every thing possible to assure ample nourishments for all.
08	What should I bring on gear?	Look at my list, although it is only a „suggestion“ of what to bring. Consider weight limitations, because space for gear and luggage is limited. Your gear weight is limited to 30 kg (about 60 pounds) per person . See paragraph 16. When assembling your gear list, think about all possible weather situations such as: Heat, Rain, and Hail & Storms. See paragraph 18.
09	Should I have to quit the run after a few days: What happens to my starting fee, how do I get home?	The starting fee will be GONE. As at all events. I will have to calculate every single Euro I spent to potentially save it somewhere else. However, it is impossible for the RD to foresee & estimate all & every expense ahead of time. A suggestion: If a German runner anticipates in Denmark or Germany that he will not being able to finish the run, he should try to hang in there until reaching Germany. From there it will be cheaper to get home. Under this scenario it would be „unwise“ to continue until Gibraltar and then to start the return trip home. However each person is responsible for his own action and decision.
10	Can I shower every night?	Almost certainly NOT. You must anticipate doing without at times The 2003 + 2009 TE-FR participants had to shower several times with COLD water. However, there were instances that NO showers were available at all, so be prepared. See paragraph 25

11	How do I handle sweaty clothing?	There may be the possibility of laundry mates; however I doubt that runners will use them. I „suggest“ to wear your running outfit while taking a shower. During warm weather your cloth should be dry by next morning. During the 03 + 09 TE-FR and the Trans America run this worked well. See paragraph 19 & 25
12	What if I take ill before or during the race?	Hopefully this will not happen. Should this happen, the organisation can bring the runner to the nearest doctor. The situation then will be as if you are on vacation in a foreign country. Therefore it is essential that each participant will secure some kind of insurance for such an event. Also consider your return trip home The 2012 „TE-FR“ will have to continue. The return insurance is mandatory for all participants. Since I CAN NOT check this, it is up to the individual to take care of this to avoid any potential financial; losses. The information & or papers regarding such an insurance coverage can be requested from me. Be prepared for ANY extreme situations. See paragraphs 31 & 48.
13	I got lost on the route, what should I do?	On your start number (which needs to be worn AT ALL TIMES) there will be listed my „Mobil-phone-number“ which is: +49 (0) 171 / 42 51 435 You can reach me any time under that number. Should you be stuck, I can send help that way. See paragraph 8.
14	What if I forgot something important at home?	Continue to read your checklist. If you are not leaving your route, you can shop along the way. The volunteers however, can & will NOT take any order lists (verbal or written) from runners to shop for you.
15	Am I injured?	Sure. The organisation will provide appropriate insurance coverage for runners & volunteers. Otherwise all runners will start at their OWN risk. All runners & volunteers need to take care of any „foreign- country“ insurance needs and bring any pertinent papers with them on the trip. See paragraph 10
16	What if I can't meet the time limit one time? I am OUT after only ONE time of weakness?	NO, not necessarily. The time to meet is 6,0 km/h. Should a runner have a „bad day“ then I take it upon myself to „extend“ his time. However, overall he/she needs to get back on track and meet the daily minimum time limits.
17	Can I also start as stage runner?	Absolutely. The transfer (getting there and back home) is the responsibility of the stage runner and the continuation of the event cannot be influenced at any time. See paragraph 42
18	How shall I prepare for the „adventure „TE-FR“? What can or should I expect?	See the web site www.transeurope-footrace.org . I am convinced that you have the running ability. Every one that has signed up should be sure of his/her appropriate running ability . Almost more important is the MENTAL preparation for each runner. I will continue to update all of you every other month, as we get closer to the event.
19	I am driving a crew vehicle. Is there something special I should know?	Get gas „REGULARLY“; check tire pressure, battery water and other car matters. We often will not know how far it will be to the next gas station. Guard your car like you would your home. Don't let any unauthorized person next to or into your car at any time, ask him/her to leave. See paragraphs 43 & 44
20	Can my relatives reach me?	You will receive from me a list of all stage finishes as accurate as possible. Most of you, I assume, will have a cell phone with you? In an emergency ONLY you can call my mobile phone at +49 (0) 171 / 42 51 435 . Reason for in an emergency ONLY: Up to the German border the CALLER will pay for the call. Outside the German border I, Ingo Schulze will have to pay for any & all calls, explaining that I am NOT eager to accept calls except in a real emergency. At the TransEurope-FootRace in 2003 + 2009, I wound up paying several 1000 Euros for calls I received on this mobile phone. See paragraph 20
21	When do the asked for	As soon as possible. It makes the advance – work and it will keep my-our heads clear for other work. All

	papers & documents have to be complete and send in?	accepted applicants will get a notice at the appropriate time to send in ALL of their requested documents, When this happens please respond ASAP
22	Why 2 passport pictures and run photos of myself and a short synopsis of my running background?	After the race you can request for your passport images to be returned and decide if you should have new ones made. I need the images & your run history to introduce you to the press. These people want to know something about all runners. See paragraph 4
23	How will daily times be taken and measured?	The timekeeper is very accurate in his responsibility. He notes hours, minutes & seconds. Starting with the second day there will be a running total of run times available. Starting with day two, we will post two lists, one with that day's times and an accumulative time list. See paragraph 38
24	I have a sensitive back & wish to bring my camping sleeping cot.	Non-chance. We have limited transport space. See paragraph 15. There will also be some gyms where it is forbidden to place sleeping cots. I have slept for weeks on the carpet in my living room to prepare for similar events. The first few days you may be uncomfortable but then you will get used to it and sleep well.
25	I heard about a 30-kilo baggage limit/allowance?	Definitely leave the iron at home, then you are almost there. I will weigh all your luggage and can't avoid to charge those who have „over-weight“. That could be very expensive depending on the extra pounds you bring along. For example, if you have three extra kilos, I'll have to charge you 64 days times 0.50 Euros For a total of Euros 96. The 2003 + 2009 Trans Europe event and the cross the German country showed that people brought items that weaver were used yet \all that styff had to unloaded and loaded again twice every day. A lot of work for nothing. See paragraph 16
26	Can I get lost running?	Absolutely, no problem. This is normal since your concentration may experience a lapse. I can post arrows as large as I want & you will pass by them without noticing them. If you are uncertain retrace your steps (see paragraph 24).
27	How about money premiums for performance?	Very unlikely. I never enticed any one with a monetary premium. However, should I find a sponsor who will put up a premium I will consider the idea. I want to use all start fee amounts to benefit all runners and the event in full including the finishing party. Do you want to reach deep into your pocket to that the star (winner) can be celebrated?
28	Why will there be no time - record kept of stage runners.	This would create a second race. The stage runner would take off and the „regular“ runners would try to keep up whether they want to or not. These runners must conserve energy and concentrate on their own race. You as stage runners should „enrich“ the event and bring a „supporting“ roll to the run. The runners will welcome your presence. Leave your stopwatch at home and take joy in the fact that you have helped the „TE-FR“ runners morally with your presence and at the same time ran many kilometres. Perhaps your distance can be training for a future event, even the next „TE-FR“? See paragraph 42
29	I feel that I have reached my physical limit and can't Run another step? What now?	So what. This feeling is natural and will return along the entire route. This is a long process. On average you will not get to this point of total exhaustion all of a sudden. Just slow down somewhat, a request to all of you. Don't stop in the middle of nowhere and yell, „I can't any more“. No one will hear you anyway. If you quit, you must do so at an aid station. See paragraph 10
30	When will I be discouraged from participating and WHY?	Extensive training is essential and a MUST. The motto „let's see how far I get“ will NOT work here for sure. Did you suffer six weeks before the start an illness or an operation? If so, definitely stay at home. Not give/donate blood up to at least two month before the start. If you need the money, I'll give it to you (just

		kidding). It would be a health risk. Therefore please remember the Travel Insurance just in case something happens. Plus any pertinent shots from your doctor.
31	I want to represent a sponsor	Even if I offer this event at a K-Mart price it is a lot of money and a sponsor would be very welcome here. See paragraph 13
32	How can I estimate the entire costs for the „TE-FR“?	Figure the following expenses for the entire event: Starting fee costs to & from the start/finish, loss or earnings from job. Consider another trans Continental run or some of the desert running events. There, often you must arrange for, or supply your own food, nightly lodgings and bring your own crew. Added vehicle expenses and the above can easily bring the total to \$13.000 to \$14.000, a much higher sum than the „TE-FR“ will; cost you.
33	For most the „TE-FR“ will be a one-time adventure experience. How will I be kept informed up to the start?	No worries, we won't leave you stranded. Check the home page www.ischulze.de or www.transeurope-footrace.org Starting in mid 2011 you will get regular updates about every 6-8 weeks regarding preparations for the „TE-FR“. People without Internet access should look at the web site at a friend's computer. At the beginning of 2012 you will receive a detailed address list of all daily stage finishes. I will then assemble all required documents and will send them to you per regular mail. Naturally you can still contact for any missing info or questions you may have.
34	I can't participate on this run any longer. How can I get my money back?	With the application you must send 800 Euros. In case of cancellation I will refund 6000. By March 31.2008 all runners must have submitted the entire open amount for the start fee. Starting as April 01.2008 I will refund as per paragraph 30.
35	I don't want to leave my loved-one/s so long alone.	No problem, bring the along. See paragraph 15, 33, 35, 41 & 48 for details.
36	What if the event must be stopped? Will my money be gone even if I do not reach the finish?	Hopefully this will not happen. After all, we all want to run from the Southern Italy to Norway. However there is a paragraph 47 just in case such a situation arises. We won't even consider that after three weeks a natural disaster happens & I will have to say good buy to all of you, hence the paragraph 47.

This it is by no means complete and will continue to be updated as we go along.