



The Sri Chinmoy Hero-Cup combines six 6-hour races staged by the Sri Chinmoy Marathon Team in Europe. In 2018 the cup goes back to its roots and focuses on the races in central Europe. The races are in relative short travel distances. The final 2018 will be held in Milano (Cesano Boscone), Italy on 20 October.

Ranking Points: At each race, points will be given to the **top 40 men and women**. The ranking points breakdown is 100-88-78-72-68-66-64-62-60-58-56-54-52-50 down to 1 point.

Cup Finale: Ranking points in the final race in Munich are increased by 20% then rounded. This gives the finale a prominent place in the series.

Appearance points: Every starter at a series race earns **20 appearance points per race** regardless of his or her ranking.

Ranking: The three (3) best results and all appearance points are scored in the overall ranking for each runner. In the result of a tie for a podium position, head-to-head results are considered with the series final as the most important result.

Winners: The female and male Cup winners will be crowned '**Sri Chinmoy 6-hour Hero-Cup Champions**' at the finale in Milano (Cesano Boscone).

Entry is direct through individual race directors. All runners will be automatically added to the series.

Hero-Cup 2018 race series

- **Race 1 – 17. March 2018**
Sri Chinmoy 6-hour race,
Nuremberg, Germany
- **Race 2 – 6. May 2018** (date to be confirmed)
Sri Chinmoy 6-hour race,
Vienna, Austria
- **Race 3 – 19. May 2018** (date to be conf.)
6/12 h & 100 km Race, Nitra, Slovakia
- **Race 4 – 26. May 2018**
6/12 h & 100 km Self-Transcendence Race
Prague, Czech Republic
- **Race 5 – 15. September 2018**
Sri Chinmoy Peace-Mile 6-hour race,
Munich, Germany
- **Race 6 (CUP Final) – 20. October 2018**
Sri Chinmoy 24/ 6-hour race, Milano
(Cesano Boscone), Italy

<http://www.SriChinmoyRaces.org/Hero-Cup>