

IMPORTANT INFORMATION FOR RELAY RUNNERS

Dear relay runner*,

in the following you will find important information about the schedule of this year's Mainova Frankfurt Marathon. Please take enough time to read this information carefully.

EVENT INFORMATION

The Mainova Frankfurt Marathon is the marathon of the short ways! The marathon centre is situated on the grounds of the Trade Fair Frankfurt (Messe Frankfurt). This is the main location where you find the starting and finishing area, the race number pick up, clothes disposal, showers and changing rooms, award ceremony, Fattoria La Vialla – Toscana Pasta Party and the marathon expo Marathonmall. Our official marathon hotel (Mövenpick Hotel Frankfurt City) is only 50m away.

Race number pick up

Friday, October 28th 2022	12 noon to 7pm
Saturday, October 29th 2022	10am to 7pm
Sunday, October 30th 2022	7am to 9:30am
Trade Fair (Messe Frankfurt), hall 1, level 2	

Sporting goods fair Marathonmall

Friday, October 28th 2022	12 noon to 7pm
Saturday, October 29th 2022	10am to 7pm
Sunday, October 30th 2022	7am to 5pm
Trade Fair (Messe Frankfurt), hall 1, level 2	

Information and sales fair all about the running sport.

You can purchase the official Mainova Frankfurt Marathon collection at the HOKA booth.

Mainova Frankfurt Marathon (42,195km)

Sunday, October 30th 2022

The field will be organized into two separate waves:

1st wave: 10am

2nd wave: 10:10am

Start: Friedrich-Ebert-Anlage // Finish: Festhalle, Trade Fair (Messe Frankfurt)

Relay Marathon (12,9 km; 6,1 km; 9,5 km; 13,5 km)

Sunday, October 30th 2022 10:35am

Start: Friedrich-Ebert-Anlage // Finish: Festhalle, Trade Fair (Messe Frankfurt)

Up to 4 runners share the marathon course

Pretzel Run – Breakfast Run powered by interAir (ca. 5 km)

Saturday, October 29th 2022 10am

Start and Finish: Forecourt Festhalle

The free Pretzel Run through Frankfurt with drinks, original Frankfurt pretzels and medals.

Fattoria La Vialla – Toscana Pasta Party

Saturday, October 29th 2022 1:30pm to 7pm

Show programme starting at 2pm to 5pm

The traditional Pasta Party takes place in the 'Festhalle'. Please bring the voucher which is attached to your race number with you and you will get a free meal of pasta (with several sauces) including drinks from our sponsor Rosbacher and beers by Krombacher Brewery. For companions you can buy vouchers there for one meal of pasta with/without drinks (10€/8€).

Mini-Marathon (4,2 km)

Sunday, October 30th 2022 10:55am

Start: Friedrich-Ebert-Anlage // Finish: original "marathon finish" in the Festhalle

Shock-headed Peter Run (420 m)

Saturday, October 29th 2022 11:30am

Start: at the "Forum", Trade Fair (Messe Frankfurt) // Finish: original "marathon finish" in the Festhalle

For children born between 2013 and 2017.

Church service

Saturday, October 29th 2022 6pm

Festhalle, Trade Fair (Messe Frankfurt),

Blue saloon (Blauer Saal)

Race rules:

The International Competition Rules (IWR) of WA and DLV apply to the Mainova Frankfurt Marathon: [International Competition Rules of WA](#).

PARTICIPANT INFORMATION

Event implementation taking into account the current infection incidence (SARS-CoV-2)

The Federal Infection Protection Act, which comes into effect on 1 October 2022, authorises the federal states to take individual measures to contain the Sars-Cov-2 pandemic, depending on the incidence of infection. Currently, there are no access restrictions such as 2G or 3G, no capacity restrictions and no obligation to wear mouth-nose covering for our event. **The focus is now on acting on one's own responsibility.** Messe Frankfurt has also adapted its operations to the current situation. For example, ventilation systems are operated with the highest possible proportion of fresh air, which nevertheless meets energy standards. Adjusted cleaning intervals and disinfectant dispensers create additional safety.

Marathon Saviour

Due to the covid-19-pandemic we had to cancel our highlight of the year – but also the highlight of the year for many runners- the Mainova Frankfurt Marathon in the years 2020 and 2021. As an event company with focus on running, this decision has confronted us with big economic challenges. We are proud and happy, that there is a strong community behind the Mainova Frankfurt Marathon that stands by us even in difficult times.

We are overwhelmed by the solidarity shown to us. Already in 2020 about 1,000 people decided to become a „Marathonretter“. In year 2021 about 600 people came on top of that. That leaves us speechless and confident about the future.

We say THANK YOU to all „Marathonretter“ and „Marathonretterinnen“!

We are looking forward to see you with your golden race number at the Mainova Frankfurt Marathon on October 30th 2022.

You can find the Marathon-Retter Wall on our homepage and on the event weekend in the Marathonmall.

Marathon Centre Trade Fair (Messe Frankfurt)

Ludwig-Erhard-Anlage 1, 60327 Frankfurt

Entrance City (Underground & Bus)

Entrance Torhaus (S-Bahn)

Entrance South (Südseite) Festhalle in the Brüsseler Straße

Doorways and Faire Halls are related with the pathway „Via Mobile“

How to get there

By public transport:

For a better approach please use the information provided by the RMV ([www.rmv.de](#))

S-Bahn: S3, S4, S5, S6; stop at Messe

Underground (U-Bahn): U4; stop at Festhalle/Messe

Bus: 50; stop at Festhalle/Messe

You can use the registration confirmation and the race number as a RMV-Ticket on October 30th.

By car:

On October 28th and 29th you can use all parking decks around the Messe Frankfurt (Messe-turm, Skyline Plaza, surrounding hotels – attention: the Rebstock multistorey car park is closed on Fridays and Saturdays). Please check the plan ["How to get there"](#).

On October 30th from 7am all roads in the expo-area will be closed. Please take the following way to Messe Frankfurt: Leave the A5 at the "Rebstock/ADAC" motorway exit and follow the sign "Messe-Parkhaus" (address for the navigation systems: Zum Messeparkhaus Rebstock, 60486 Frankfurt am Main). There are fee required parking spaces available. We offer a free shuttle service from the Messeparkhaus Rebstock to the exhibition ground.

Camper vans or vehicles higher than 2m can be parked on the Rebstockgelände Block D.

For one day it costs 12 Euros. More information you will find [here](#).

PROCESS OF THE RELAY MARATHON

Start time: Sunday, October 30th 2022, 10:35am

Distances

1st runner: 12.9km – 1. Transition: Kurt-Schumacher-Straße (railway station Zeil, Konstablerwache)

2nd runner: 6.1km – 2. Transition: Goldsteinstraße/Lyoner Straße (railway station Niederrad)

3rd runner: 9.5km – 3. Transition: Oeserstraße/Kerbplatz (railway station Nied)

4th runner: 13.5km – finish in the Festhalle, Trade Fair (Messe Frankfurt)

[Please check the "course map"](#).

* For reasons of better readability, the generic masculine form is used for personal names and personal nouns in this document. Corresponding terms apply in principle to female and other gender identities for the purposes of equal treatment, insofar as this is necessary for the statement.

The first runner starts with a ChampionChip, included in the starter pack, which will be used as a baton and will be given to the next runners at each transition point. Further information can be found under "Timing".

The starter line-up for the first runners starts at 10:20am at the Friedrich-Ebert-Anlage in the direction of the city center. Starting time is at 10.35am. Please be there in time to avoid unnecessary hectic and excitement. Only participants of the relay marathon are allowed to enter the start area.

Free public transport to the transition areas for relay runners

There is no possibility for an organised transport to the transition area. So all transition areas are placed near railway stations to easily use public transports. We recommend all relay runners to use public transports instead of trying to organize an individual shuttle service.

Public transport can be used for free: the race number serves a ticket in the whole territory of the RMV (local linked transport system).

Please take enough time to go to the transition areas.

1st transition area

From the start area (Stop Festhalle/Messe) take the underground 4 to Bahnhof Zeil/Konstablerwache and the other way around to go back (10min frequency).

2nd transition area

From the start area (Stop Festhalle/Messe) take the underground 4 (10min frequency) to Hauptbahnhof (central station), change to S7, S8, or S9 (15min frequency) and get out at Bahnhof Niederrad and the other way around to go back.

3rd transition area

From the start area (Stop Festhalle/Messe) take the underground 4 (10min frequency) to Hauptbahnhof (central station), change to S1 or S2 (15min frequency) and get out at Bahnhof Nied and the other way around to go back to the start area.

Transition areas

The areas are structured in boxes depending to the race number. The relay runners must sort themselves in each transition box.

There will also be refreshments for the runners, who finished their part of the relay.

Transport of clothes

This relay marathon is very popular among runners with different levels of performance. Therefore, it can be expected that the winning team will be over three hours faster than the slowest team. Thus, it is not possible to organize a clothes check-in at each transition area. Hence the team itself is responsible to organize it.

Equipment and transport of the clothe bags to the transition areas

You will receive a starter bag for each runner, which will be used to store your training and protective clothing before the race. For the provision of training and protective clothing after the run, we ask you to prepare your own backpack.

Like the marathon runners, **runner A** hands in his „before-the-run bag“ at the clothes drop-off point in the exhibition centre. He gives his „after-the-run bag“ with the training and protective clothing he wants to wear after the run to runner B at the transition area on Kurt-Schumacher-Strasse (S-Bahn and U-Bahn station: Konstablerwache/Zeil).

Runner B takes A's „after-the-run bag“ and his own „before-the-run bag“ to the Kurt-Schumacher-Straße transition area. His „after-the-run bag“ is taken by C to the transition area Goldsteinstraße/Lyoner Straße (S-Bahn station: Niederrad).

Runner C takes B's „after-the-run bag“ and his own „before-the-run bag“ to the transition area Goldsteinstraße. His „after-the-run bag“ is taken by D to the transition area Oeserstraße/Kerbplatz (S-Bahn station: Nied).

Runner D takes C's „after-the-run bag“ and his own „before-the-run bag“ to the transition area Oeserstraße/Kerbplatz. He deposits his own „after-the-run bag“ at the clothes drop-off point in the exhibition centre.

Transport of the clothe bags from the transition areas

When A reaches his transition area, he is handed his „after-the-run bag“ by B, can put on dry clothes and takes over the „before-the-run bag“ of runner B with his training and protective clothing. He transports both bags back to the finish area.

When B reaches his transition area, C hands him his „after-the-run bag“, he can put on dry clothes and takes over runner C's „before-the-run bag“ with his training and protective clothing. He transports both bags back to the finish area.

When C reaches his transition area, D hands him his „after-the-run bag“, he can put on dry clothes and takes over runner D's „before-the-run clothes bag“ with his training and protective clothing. He transports both bags back to the finish area.

When D reaches the finish line, he receives his „after-the-run bag“ back at the clothes drop-off point in the exhibition centre.

Clothes drop-off for runners A and D

Runner A will hand in his „before-the-run bag“ and runner D his „after-the-run bag“ before the start from 8:00am in Hall 1, Level 1 of Messe Frankfurt. Please place the sticker in the start number envelope in the marked field on the clothes bag. Please note that only Mainova Frankfurt Marathon 2022 garment bags will be accepted. For other pieces of luggage, we offer a cloakroom for a fee of 4€

Please allow sufficient time for the clothes drop-off. Outside of hall 1, level 1 (e.g. start area) there is no possibility to drop off your clothes. After the race you can collect your clothes bag until 5:00pm. We kindly ask you to discuss this procedure with your running friends and to act as a team!

Race numbers

You will [receive your race number](#) by showing the race pass or by stating your race numbers with your ID! You can also authorize another person to collect your race number. The collector will need either your confirmation of registration or a declaration of consent from you, which must be presented together with a copy of one of your IDs.

Customers of our title partner will have the exclusive opportunity to pick up their starting documents at the Mainova stand in the Marathon Mall.

As an alternative to the official handing out of starting documents, Hessen's leading energy supplier is thus creating additional capacity so that all participants have more energy for the important things. For further information, please visit: www.mainova.de/mainplus

All participating Marathon Rescuers will receive a **golden race number** for saying THANK YOU for their support and loyalty. These start numbers will be issued to all marathon rescuers at a separate issue desk in the race number collection area.

Only participants with a start number of the 2022 relay marathon are allowed to start.

The start number is not transferable. The start number must be worn clearly visible on the chest. For this reason, start number bands are not permitted (see IWR rule 18.17 ff). A detailed explanation can be found in the FAQs on our homepage. The start number may not be altered; the lettering may not be changed, covered, or bent! This will lead to disqualification! Those who do not wear a start number will also not be scored and will be expelled from the course.

Toilets

Mobile toilets are available at the start and finish areas. Please also use the toilets at the Messe Frankfurt. In addition, there are mobile toilets in each relay changeover zone (see map start/finish area).

Timing

In the relay marathon, the time will be measured exclusively by ChampionChip. For information on the ChampionChip, please contact: [mika.timing GmbH \(www.mikatiming.de\)](mailto:mika.timing.de) phone: 02202 2401113, e-mail: championchip@mikatiming.de.

Please attach the chip to your ankle with velcro tape (see instructions for attaching the ChampionChip). We can only evaluate your time if you pass the control mats at the start and finish as well as on the course. Those who cannot prove these times will be disqualified. Furthermore, video controls will be set up. Please wear your race number visibly on your chest during the entire race.

In any case, please first collect your team's starting documents in Hall 1, Level 2 upon the presentation of your start pass. At the same time, you will receive your rental chip. Please note that it is not possible to use your own chips for the 2022 relay marathon.

CHIP-RENT: There is no rental fee for the relay chip as it is already included in the service package. You will receive the rental chip reserved for you with your start numbers. Runner D please hand in your chip after the race on Sunday, 30 October 2022 directly in the finishing area to one of the helpers at the medal distribution. Please note that you will only receive the participant medals in exchange for your rental chip.

You are not allowed to keep the rental chips as they are not for sale and cannot be used at other running events. It is not possible to use your own chips. **Please note: Without ChampionChip - no timekeeping!**

Change of relay team

Changes to the relay team can be made easily and free of charge via „Check my registration“ until the 23rd October 2022. This applies to the order of the already registered persons as well as to the exchange of originally registered persons. After the 20th October, all changes can only be made directly at the help desk where the starting documents are issued.

Water stations

At km 5 and 10, a supply station is set up on both sides of the road, otherwise the supply takes place on one side. Every 5 km the stations are set up as follows: Time indication, medical assistance, refreshments in this order: self-supply, Rosbacher Mineralwasser Naturell, isotonic drinks from Rosbacher, tea, tubs for soaking sponges, waste bins. From km 15 to the finish, there will also be organic bananas from Querbeet. At km 15 and 30 there will also be Gel 100 without caffeine from Maurten, at km 30, 35 and 40 bizzl Cola and at km 32.5 there will also be Krombacher 0.0 %. There are also refreshment points at km 12.5 / 17.5 / 22.5 / 27.5 / 32.5 / 37.5. Rosbacher Mineralwasser Naturell is served here and there are tubs for soaking the sponges.

Lavatories along the course

You will find two toilets each at 5km and 10km, afterwards every 2.5 kilometres after the water or refreshment stations.

Medical aid, race cancellation, behaviour on the course

If you need medical help, it is best to continue walking or running to the next aid station. Professional help will be provided there. If you must abandon the race, you can take one of two vehicles at the end of the runners' field (broom wagon) or the public transport back to start area at Messe Frankfurt (free of charge). The start number is valid as a ticket for travel within the entire RMV area. Return buses will also be available along the course (km 23.7/27.2/30). Privately organised support vehicles (bicycles, cars, motorbikes) are not permitted on the course. Participation on roller skates, inline skates, skateboards and other rolling equipment is prohibited. Animals are also not allowed on the marathon course.

Finish area

The fourth runner enters the festival hall through the east gate. After 60 meters in the hall, he will cross the finish line. This run into the hall will be very atmospheric; the stands in the hall will be open and additional stands will be set up. Please note that not all four runners of you are allowed to enter the festival hall. Only the last runner of the relay team is allowed by his start number to stay on the last part of the course. When the fourth runner has crossed the finish line (contact mats), the running time of your relay team is registered. Please leave the finish area and the hall quickly to avoid traffic jams. Go straight ahead into the "Forum" building, which is directly adjacent to the "Festhalle".

Water and food stations at the finish area

Relay runners will have their own refreshments at the finish area. After the fourth runner has left the "Festhalle", the route leads from the "Forum" to the relay refreshment area on the open-air „Agora“. In the finish refreshment area, the 4th runner will receive the medals for all relay participants against the return of the timing chip and also a relay warming foil. Here, runner D will also receive a food bag specially packed for all relay participants. Runners A, B and C can visit the Krombacher area after their section of the course in the marathon mall to refresh themselves and arrange a meeting point with runner D outside the finish refreshment area. It is not possible to return to the finish area from the refreshment area. Only participants are allowed in the finish and refreshment area. [Plan finish area](#)

Baggage disposal of runners A and D, showers, massage

First of all, please pick up your clothes bag in hall 1, level 1 until 5:00pm on presentation of your race number. After showering, you can use the massage service in hall 1, level 1 from 12:00pm to 5:00pm. Please come here only showered. The changing rooms and showers for men and women are located in Hall 1, ground floor. The various levels of Hall 1 are easily accessible via escalators.

Certificate

Your provisional certificate will be available via the results list from about 30 minutes after the race. The official certificate can also be accessed, downloaded and printed as a PDF file via the results list from the 5th November.

Results

You can find the [results of the 2022 relay marathon](#) on our website www.frankfurt-marathon.com. A results booklet will also be available for downloading at the end of November. Appeals against the results will only be accepted until the 6th November 2022 in writing by email to mail@frankfurt-marathon.com.

Lost property

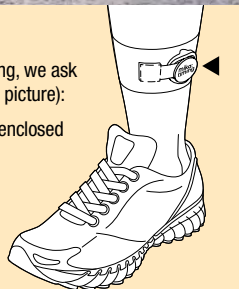
Lost property can be handed in and collected at the info point in Hall 1, Level 2. After the event, you can obtain information on lost property from the 2nd November 2022 from the organiser: +49(0)69 3700468-0, mail@frankfurt-marathon.com.



Instructions for attaching the ChampionChip:

In order to be able to guarantee a problem-free timekeeping, we ask you to attach the ChampionChip properly (as shown in the picture):

- attach the chip below the knee using the velcro tape, enclosed in the starter pack
- do not attach with wire
- the chip including the velcro tape is passed on from the first to the fourth relay runner



Checklist for the race day

Before the race:

- Pick up your race number
- Pick up your booked participant shirt
- Pick up your starter bag
- note your personal data on the backside of your race number
- attach your race number on the shirt-front and the sign "Staffel" at the back
- put your sponge out of the bag
- prepare the "before-run bag" and the "after-run bag" and organise the transport
- mark your starter bag with the race number label and give it to the drop-off area
- give valuable items or other packages to the wardrobe (4€)
- use the lavatories on the trade fair grounds
- go to the start area

In the transition area:

- drink water from Rosbacher
- take you changing clothes
- take the changing clothes of the following runner with you

After the race:

- take the warming foil and change the timing chip against your medals
- pick up your refreshment bags
- meet your accompanying person at P1 or Hall 1
- pick up your clothe bag
- engrave your medal
- take a shower
- use the massage service
- use the race number for the free public transport of RMV back home
- retrieve and print the certificate via the result list

MORE INFORMATION

Mainova Frankfurt Marathon on TV

Our media partner is the HR television (hr-fernsehen). The live-broadcast will be fixed near term. So please inform yourself a short time before the race-weekend. Furthermore the race can be followed in a live-stream on our website www.frankfurt-marathon.com.

Live-Ticker

Current information about the race course can be found on our website: frankfurt-marathon.com on October 30th 2022. Follow the race via our online Live ticker service all over the world.

Mainova Frankfurt Marathon – App

With our Mainova Frankfurt Marathon- App your family has the possibility to follow your race, get to know your position and the estimated time for finishing. You can download the App in the Appstore for your iPhone or in the Play Store for your Android for free. More information you can find on our homepage.

Like and share

We are glad, if you share your impressions of the Mainova Frankfurt Marathon, your preparation, your journey or the whole framework programme on the social media platforms you like the most.

Please use the following Hashtags for 2022: #runtheskyline #frankfurtmarathon

Red Cross emergency

In case of an emergency please render first aid to people in need. The Red Cross emergency is placed along the course and Trade fair. Medical help can also be contacted by phone on +49 69 71919192 or the emergency number 112.

Important information for the emergency service are the five W-Questions: Where is the emergency? Who is on the phone? What happened? How many persons are injured? Wait for questions!

Please talk to other runners, helpers or spectators around you and the emergency and ask them for help.



TIME SHIFT:
Sunday, 3am: put the clocks 1 hour back

Charity Project ASB Wish-Wagon: Last Wish-Wagon – win memories together



That's exactly what this project "Wish-Wagon" supports in the state of Hessen by the Arbeiter-Samariter-Bund (ASB). Then when life is on its last leg, often come unfulfilled wish in the foreground. And the sickest of these people are not able to do this by themselves, to see one of their loved one's one more time, or to do something that is long overdue. That is exactly what the ASB in the state of Hessen does with its action the "Wish-Wagon", to support and help together, the sickest person and their relatives, to remember the best memories possible. The "Wish-Wagon" prospers from volunteers and its financed and supported only through donations. So that the "Wish-Wagon" for everyone is available, the ride remains always free. Any type of support is welcome and there is the chance for you to support with a donation during your run, when running over the donation mat! More information you can find under www.asb-hessen.de/marathon. Many volunteer hands, with one goal: Our duty is with the "Wish-wagon".

How you can donate:

On the course, there will be a donation mat on the „Hauptwache“ (km 7,5 + km 39) again. For every running over the mat, you donate 4 € to the project of ASB Hesse. To make sure, that you didn't run over the mat accidentally, you will get the chance to cancel your donation right after the race. Otherwise the donated amount will be debited from your bank account or credit card. In addition, you have the chance to get the Charity bracelet "Wishlet" for 5 Euros at the HOKA stand. The net price of 4,20€ will be donated for the charity project "Last Wish-Wagon – win memories together". You can book the Wishlet online during your online registration or you can buy it at our merchandising stand. Moreover you can donate your chip deposit. Therefore signed boxes are located next to the chip return counter. Thank you for your support!

For more information: asb-hessen.de/marathon

Medal engraving

You can have your personal finisher's medal engraved (name and net time) with the latest laser technology for 10€. Please come to the race number pick up (hall 1, level 2) on Sunday, October 30th 2022, 12 noon to 5pm. If you have not ordered it in line with your registration, note that you have to pay 10€. [Medal engraving](#)

HOKA Shirts

The pre-ordered HOKA Eventline-Shirt have to be collected until October 30th, 10am at the HOKA booth in the Marathonmall. Furthermore, you have the choice to buy a T-Shirt (32€) or a long-sleeve (42€) for women or men at the [HOKA booth](#), too (as long as stocks last).



T-Shirt Flexprint

Upgrade your shirt with a print of your name or your finish time. You can order this gimmick in your online registration until October 23rd.

The following combinations are available:

- Name on the back: 10,-€ (also for relay runners and mini-marathonis available)
- Time on the back: 10,-€
- Name & time on the back: 18,-€
- Name & time on the sleeve: 15,-€
- „FINISHER“ on the back: 5,-€



For an extra charge of 2,-€ you can also decide spontaneously for the flexprint on the sporting goods fair marathonmall. Runners, who pre-ordered the print, will find a specific symbol on their race number. Name prints are already available on Friday and Saturday. Prints with finish time and „FINISHER“ will of course be available after the race on Sunday.

The print (one-coloured, expected in white) can be done on every running shirt. It is required, that the space to be printed is free of other graphics, logos, etc. The name print is limited to 15 letters. The shirt to be printed should be dry. The T-Shirt print area is near the [HOKA booth in hall 1, level 2.](#)

Race number coupons

(This image is only a sample and does not correspond to your registered participant data).



Please note the vouchers attached to the right edge of the start numbers, which can be redeemed directly on site during the event weekend!

The following vouchers are attached to each start number:

- 1 Voucher for your relay marathon starter bag, filled with high-quality products from our partners and sponsors
- 2 Vouchers for a pasta dish at the Fattoria La Violla - Toscana Pasta Party
- 3 Vouchers for three free drinks at the Fattoria La Violla - Toscana Pasta Party
- 4 If you ordered HOKA shirts, long or short sleeve, you can find the corresponding voucher here. If not, you can find information about our merchandising shop at the marathon mall here.
- 5 6 7 For the additional options T-Shirt printing (5), Wishlet (6) and medal engraving (7) you will find a sign on your race number (see picture) if you already have booked any of these options.

Our service for you

The following services are included in the registration fee:

- Race number and safety pins
- Goodie bag filled with high-quality products of our sponsors and partners
- Coupon booklet with numerous vouchers of Frankfurt's facilities and our partners
- Race number as ticket for public transport on October 30th 2022 (RMV-region)
- Pocket course map
- Free participation at the Pretzel Run powered by interAir
- Sport-Expo Marathonmall
- Programme brochure
- Voucher for the Fattoria La Violla – Toscana Pasta Party on October 29th 2022 (pasta and three drinks)
- Bag for clothes disposal in hall 1, level 1
- Sport nutrition along the course
- Heat poncho
- Huge variation of sport nutrition in the finish area
- Finisher medal
- Preliminary certificate (pdf via online results)
- Showers in hall 1, basement
- Massage service in hall 1, level 1
- Certificate per post
- Results brochure as a PDF file on our website
- And last but not least: The organisation of the whole event!

8 TIPS FOR WASTE PREVENTION



1. Use your race number as ticket for a free public transport to come to the Mainova Frankfurt Marathon!
2. Wear old clothes- no plastic foil- for your warmup and throw your clothes in the boxes for the collection of old clothes!
3. Use your goodie Bag as your bag for the whole day. It is perfect for transport your clothes or shoes but also for shopping or bringing returnable bottles back!
4. Throw your waste in litter bins!
5. Bring your registration information online as a PDF file on your phone with you!
6. Bring your own cutlery and dishes to the pasta party!
7. Use your own shopping bag on the marathon mall!
8. Turn off the water during using soap or wash lotion!

Waste from participants on the exhibition grounds is collected centrally and recycled professionally by a specialist waste disposal company.

SAVE THE DATE!

The Mainova Frankfurt Marathon 2023 will
take place on October 29th.