

IMPORTANT INFORMATION FOR MARATHON RUNNERS

Dear marathon runner,

We welcome you at the Mainova Frankfurt Marathon. Below you find some useful information about the marathon. Please take some time to read it 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 Violla – 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 Violla – 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

For children and youth born between 2005 and 2014.

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)

Competition rules

At the Mainova Frankfurt Marathon, the [international competition rules \(IWR\) of the IAAF](#) respectively the German Athletic Federation (DLV) apply.

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. [Please check the plan 'How to get there'.](#)

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.](#)

Race number pick up

You will receive your race number by showing your starting pass or by stating your name and showing your ID! You can also authorize another person to collect your race number. The collecting person for this either needs your registration confirmation or a declaration of consent from you, which must be submitted accompanied by a copy of your ID. Please be aware that the race number pick up is an athlete zone and only runners have access. All participating „Marathonretter“ will get a golden race number as a THANK YOU for their support and loyalty. This golden race numbers will be handed out on a separate counter in the race number pick up. Customers of our title partner will have the exclusive opportunity to pick up their starting documents at the Mainova stand in the Marathon Mall. [Race number pick up](#)

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
The starting bag pick up is on the opposite side of hall 1.2. Here you get your goodie bag filled with products of our sponsors and partners. Moreover, the bag is important as clothing bag for your baggage clothes disposal on Sunday.

Race number

Only athletes wearing the race number of the Mainova Frankfurt Marathon 2022 are allowed to participate in the race. It is not possible to transfer your race number to any other person. It has to be attached to the shirtfront. No race number belts allowed (s. IWB-Rule 18.17 et seq. a detailed explanation can be found in the FAQ area on our website). It is not allowed to change the race number in any way, or to fold it. This would lead to a disqualification. Athletes wearing no race number will be disqualified, too.

Baggage (clothes) disposal

You can bring your clothes in the official bag (goodie bag) to the baggage disposal from 8am on October 30th in hall 1, level 1. Please stick the provided number on your bag and allow enough time to check-in your bag. Please note that we only accept clothing bags of the Mainova Frankfurt Marathon 2022. For other luggage we offer a wardrobe for a fee of 4 € per piece of luggage. Please ensure that you allow adequate time to hand in your clothing bag. There is no other possibility than hall 1, level 1 to hand in your bag with clothes. After the race you can pick up your clothing bag until 5pm.

Personal Nutrition

It is possible to hand in your own nutrition for the race on October 28th between 12 noon and 7pm, on October 29th between 10am and 7pm and on October 30th from 7am to 8am at the Info Point in hall 1 level 2 (only signed bottles: kilometre and race number, no glass). Due to organisational constraints, it is only possible to offer this service to competitive runners (men: faster than 2h45, women: faster than 3h) and participants who need special nutrition due to medical reasons.

Sponge

You will find a sponge in your goodie bag. Don't forget to take it along with you during the race. There will be tubs at the water stations to dunk in your sponge.

Lavatories

There are mobile toilets at the start and finish area. Please also use the lavatories on the Trade Fair grounds. Please check the plan "start/finish area".

Pace maker

We offer pace makers for the following finish times: 2:59, 3:14, 3:29, 3:44, 3:59, 4:14, 4:29, 4:44, 4:59 and 5:29 hours. The pace makers can be identified by a flag that shows the finish times.

Timing

Mika Timing GmbH (www.mikatiming.de)

Fon: +49 (0)2202 24 01 - 113

E-Mail: championchip@mikatiming.de // www.mikatiming.de

Please attach the chip to the laces of your running shoe. We can only track your time when you cross the mats lying at the start, along the course and at the finish. Persons who do not have these times will be disqualified. Additionally, a video surveillance system is installed along the course. Please wear your race number during the whole race clearly visible on your chest. In any case first of all you have to pick up your race number in hall 1, level 2 simultaneously you will receive your rental chip or get your own Chip checked.

CHIP-RENT: You have paid 12 € rental additional to the starting fee and therefore are registered for a rental Chip. When picking up your start number you will also receive your rental Chip. Please return the Chip undamaged on October 30th 2022 between 12noon and 5pm after the race (Mini-Marathon Chip return: 11am – 3pm) at the Chip return which is located at the race number pick up area in hall 1, level 2. The rental chip can only be returned on October 30th. You will receive 5 € back. After October 30th, no chip return is possible. Additionally, you can donate your Chip deposit to our charity project „ASB Wünschewagen: Letzte Wünsche wagen – gemeinsam Erinnerungen gewinnen“. For this, there will be donation boxes in the chip return area.

CHIP-OWNER: If you own a Chip, please bring it along at the event day. When picking up your race number, please get a final check of your Chip data. If you didn't name your Chip number when registering, please insert the Chip number (letter-figure combination) to your participant data.

FORGOTTEN your Chip: If you forgot to bring your Chip along, please first go to the 'help desk'. There you will receive your race number and a blue Chip for a rent of 12 €. Please return the Chip undamaged on October 30th 2022 after the race between 12noon and 5pm at the Chip return, which is located at the race number pick up area in hall 1, level 2. You are not allowed to keep the blue Chip, since it is not up for sale and can't be used at other running events. **Please note: No chip – no timing!**

Start

The starting line-up will be at the Friedrich-Ebert-Anlage towards city centre. The field will be organized in two separate waves: first wave starts at 10am and second wave at 10:10am. Only runners wearing official start numbers are allowed to enter the starting line-up. There

are different corrals for all runners. Please go to your assigned start corral before 9:50am. Your start corral is printed on the race number (1. corral 'HOKA', 2. corral 'Messe Frankfurt'). You are only allowed to enter the corral that you are assigned to. Your wave is the result of your corral. Big signs indicating the different start corrals will show you the way to your start corral. Due to the evaluation of your net time you won't lose a second no matter what your corral or wave is. Please follow the instructions of our volunteers in order to ensure a smooth starting procedure.

First wave: start at 10am

1. corral „HOKA“

International elite runners and runners with a finish time up to 3:00 hrs

2. corral „Messe Frankfurt“

Runners with a finish time between 3:00 and 3:15 hrs

3. corral „Stadt Frankfurt“

Runners with a finish time between 3:15 and 3:35 hrs

Second wave: start at 10:10am

4. corral „Mainova“

Runners with a finish time between 3:35 and 3:45 hrs

5. corral „Rosbacher“

Runners with a finish time between 3:45 and 4:00 hrs

6. corral „Krombacher“

Runners with a finish time from 4:00 hrs and all runners, who did not register an expected finish time. Please come to the start as early as possible in order to avoid unnecessary hectic and excitement.

Fast and flat course

This fact has been proven by an analysis of the website marathon-ergebnisse.de. According to them, the Mainova Frankfurt Marathon is the by far fastest among the five largest German marathons. The average finish time is 3:57:56 hours. The track basically takes course on wide main streets. It's very even, between the lowest point (89,4 meters above sea level) and the highest point (117,2 meters above sea level) is only a height difference of 27,8 meters spread over the length of 42195 meters. The course – the shortest way is marked with a blue line – goes through the city centre of Frankfurt am Main on solely asphalted streets. Signs indicate each kilometre and the half marathon, too. There is a big clock showing the race gross time every 5 kilometres and at the half marathon. [Course](#)

Water stations

The stations at 5km and 10km are lined up on both sides; all other stations are one-sided only! Every 5 km the order at each water station is as following: clock, medical help desk, own nutrition, Rosbacher mineral water natural, isotonic drinks by Rosbacher, tea, troughs with water to dunk in your sponge, litter bins. Upwards kilometre 15 we additionally offer organic bananas sponsored by Querbeet. At 15km and 30km Gel 100s without caffeine by Maurten are offered. At 30km, 35km and 40km bizzl-Cola and at 32,5km Krombacher 0,0% are offered. Refreshments are founded at kilometer 12,5/ 17,5/ 22,5/ 27,5/ 32,5/ 37,5. Here you get Rosbacher mineral water Naturell and you have the possibility to dunk in your sponge in troughs with water.

Water stations

Lavatories along the course

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

Medical aid, free shuttle busses, behaviour on the course

If you need medical aid, we recommend to run or walk to the next water station where you will find a medical aid station. If you decide to quit the race, you can either take the bus at the end of the field, or public transport which you can use for free with your race number. Besides there are shuttle busses to the Trade Fair grounds at 23,7/27,2/30 km. It is not allowed to be accompanied by any means of transportation (bikes, cars, motorbikes) or to use rollerskates, inline-skates, skateboards or any other similar means. It is not allowed to bring animals on the course.

Finish area

The spectacular finish of the Mainova Frankfurt Marathon is located at the trade fare, You will run through the east gate into the 'Festhalle', there you will reach the finish line after 60m. When crossing the finish line and running over the mats, your time is registered. Please try to move quickly forward out of the 'Festhalle' and towards the building 'Forum'.

Time limit

You will find the finish in the 'Festhalle'. The finish is opened until 4:15pm which means that the time limit is 6 hrs (net). This corresponds to an average speed of 8:30 minutes per kilometer. Participants, who finish later than this will not have any official time.

Water stations at the finish area

After leaving the 'Festhalle' and the Forum, you reach the water station at the "Agora", where you receive your medal and heat poncho. The following products are offered: Rosbacher mineral water, isotonic drinks by Rosbacher, beers by Krombacher Brewery, organic bananas and organic apples, bars by Foodspring, soups, baked goods by bakery Eifler and Quäse-Cheese from sour milk curd. It is not possible to go back to the finish line from the water station. You will be guided through the Trade Fair grounds to hall 1. Only participants are allowed to enter this area. Please arrange a meeting-point with your family and/or friends somewhere outside this area. [Finish area](#)

Meeting-point

After the race you can meet your friends and family members, who understandingly do not have access to the locked areas, at the following two meeting-points: hall 1, level 2, or "P1" (area on the expo grounds between Festhalle and hall 1). Please check the plan "start/finish area". It is recommended to visit the meeting-point together before the start.

Baggage disposal, Showers, Massage, Swimming

First, please pick up your baggage in hall 1, level 1 (you can take the escalator) until 5pm. Please show your race number in order to receive your bag. Besides you can also use the massage service between 12 noon and 5pm in hall 1, level 1 after showering. You will find the changing rooms and showers for women and men in hall 1, basement.

Preliminary certificate

You can download a pdf-version of your certificate via the results on our website. All participants will receive an official certificate via post after completion by the end of December 2022.

Results and result brochure online

You can find the results of Mainova Frankfurt Marathon 2022 on our website: www.frankfurt-marathon.com. Here we will also provide a result brochure as a PDF file at the end of November. Additionally, a list of all results can be found in hall 1, level 2. Objections can be made until 30 min after your finish in hall 1.2 at the help desk. Changes at the results are also possible per email at mail@frankfurt-marathon.com until November 6th 2022. [Results](#)

Awards for age classes and teams

The first three of each age class will receive – unsolicited – a free start including an HOKA Eventline-Shirt for the following year. The dispatch takes place at the end of January 2023. There is no award ceremony on race day for age class winners.

DLV-Volkslauf stamp

You can get your „DLV-Volkslauf“-stamp at the info point in hall 1, level 2 until 5pm on October 30th 2022.

Lost property

Lost property can be submitted and picked up at the 'info point' in hall 1, level 2. After the event you can get information about lost & found property as from November 2nd from the organizer: +49 (0)69 3 70 0468 – 0, mail@frankfurt-marathon.com.

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!

Withdrawal of Mainova Frankfurt Marathon

A withdrawal of the start is only possible due to health reasons. Please upload your medical certificate, which confirms the impossibility of your start, until November 2nd 2022 to "Check my entry" and click on the option "cancel registration". You will then receive – under deduction of 20 € administrative charges – a free start for the Mainova Frankfurt Marathon 2023. A corresponding credit-code for the online registration will be sent to you in February 2023. The credit-code can't be transferred to other persons, competitions or event years. Additional booked services (e.g. marathon book, shirt, medal engraving) are only effective for the primarily booked year. HOKA Eventline-Shirts can be picked up at the event weekend at the Marathonmall (Trade Fair (Messe Frankfurt), hall 1, level 2). For this please get in touch with the 'help desk' at the race number pick up. Here you will receive a voucher for picking up your shirt after showing your ID. A payback is not possible in principal. [Withdrawal](#)

Change of registration

A transfer of your registration to another runner can only be made online until October 9th 2019. Therefore, please log in to "Check my entry" and click to option "transfer my registration to a friend". Following your friend receive a link for the online registration. He must pay only 20 € service charges. If your friend is registered, your registration is deactivated. Please note that gimmicks which were booked by the originally registered runner for example ChampionChip, medal engraving, SMS service or Shirt will neither be taken over for the new runner nor can be refunded. HOKA Eventline-Shirts can be picked up at the event weekend at the Marathonmall (Trade Fair (Messe Frankfurt), hall 1, level 2). For this, please get in touch with the help desk at the race number pick up. Here you will receive a voucher for picking up your shirt after showing your ID. [Change of registration](#)

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.

Frankfurt Marathon Club

Every runner who has finished the Frankfurt Marathon at least ten times is a member of the club.

Members of the club will receive:

- a permanent race number
- a polo shirt with the race number embroidered

The club membership concludes from the submission of certificates (copies sufficient) for confirming the ten-time participation. The meeting point for the Frankfurt Marathon Club will be at the Marathonmall, which is located in hall 1, level 2. Here, all members will receive their shirt and their personal race number.

Frankfurt
Marathon
CLUB
[2022]



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

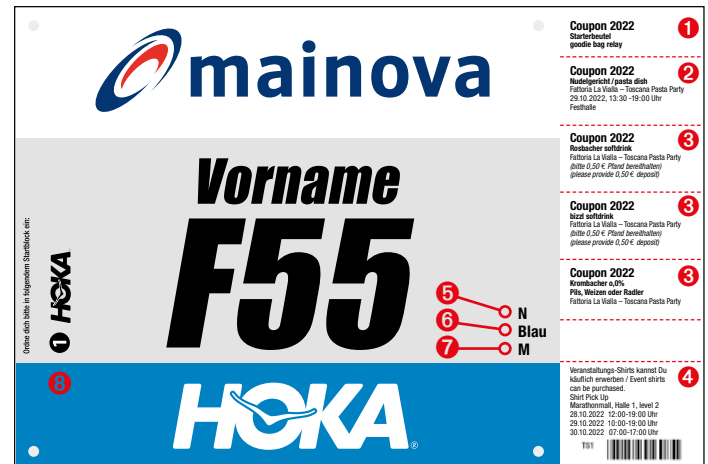
Upgrade your shirt with a print of your name or your finish time. You can order this gimmick in your online registration until October 23rd.

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,-€

Start number coupon

(This image does not match to your personal registration.)



Please note the vouchers which are placed on the right side of your race number and can be redeemed at the event weekend!

The following vouchers are placed on every race number:

- 1 Voucher for your goodie bag filled with high-quality products of our sponsors and partners
- 2 Voucher for one meal of pasta at the Fattoria La Violla – Toscana Pasta Party
- 3 Vouchers for three different drinks at the Fattoria La Violla – Toscana Pasta Party
- 4 If you ordered HOKA Eventline-Shirts in line with your registration, you will find the corresponding voucher here. If you did not order HOKA Eventline-Shirts in line with your registration, you find more information at our merchandising stand.
- 5 6 7 You find a symbol on your race number for all your additional booked options like individual t-shirt print (5), the Wishlet (6) and medal engraving (7).
- 8 According to your registered estimated finish time you are assigned to a start corral. Please make sure you enter the right corral. The different corrals are numbered 1 to 6 and named after the sponsors. According your corral you will start in wave one or two:
Start first wave: 1. corral „HOKA“, 2. corral „Messe Frankfurt“, 3. corral „Stadt Frankfurt“ at 10:00am
Start second wave: 4. corral „Mainova“, 5. corral „Rosbacher“, 6. corral „Krombacher“ at 10:10am

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.

[T-Shirt Flexprint](#)

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.

Checklist for the race day

Before the start:

- Startnummer abholen
- pick up your race number
- pick up your rental chip or get your own chip checked
- pick up your booked HOKA Eventline-Shirt
- pick up your goodie bag
- note your personal data on the backside of your race number for emergency cases
- attach your race number to the shirt-front
- take the sponge out of your goodie bag
- stow clothes for after the race in your (goodie) bag
- stick the provided number on your bag and check-in your bag at the baggage disposal
- render valuables and other luggage at the wardrobe (4€)
- use the lavatories on the Trade Fair grounds
- wear old clothes which you probably do not need any longer
- go to your assigned start corral
- find your pace maker

After the finish:

- get your medal and heat poncho
- use the water stations at the finish area
- meet friends and family at „P1“
- pick up your clothing bag
- render your rental chip (The rental chip can only be returned on October 27th. You will receive 5€ back.)
- get your medal engraved (10€)
- shower
- use the massage service
- use your race number as ticket for public transport

Time shift:



Sunday, 3am: put the clocks 1 hour back

SAVE THE DATE!

The Mainova Frankfurt Marathon 2023 will take place on October 29th.
Online registration for next year begins on October 30th 2022 at 12 a.m. !
The discounted registration fee of 85,- € is valid until December 31st!