



29 | 10 | 23
#runtheskyline

PARTICIPANT INFORMATION RELAY MARATHON

GENERAL INFORMATION

Dear marathon 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.

COMPETITION RULES

The Mainova Frankfurt Marathon is governed by the **International Rules of Competition** (IWR) of the World Athletics and German Athletics Association.

MARATHON CENTER TRADE FAIR

Ludwig-Erhard-Anlage 1
60327 Frankfurt

The entrances and halls are connected by a pathway system.

DIRECTION

Please travel, if possible, by public transportation as there will be increased traffic in the city during the marathon weekend.

Your start pass/ start number is valid as a RMV ticket on the day of the event.

Public transportation (RMV):

Stops in the immediate area

- S-Bahn station „Messe“ (S3, S4, S5, S6)
- U-Bahn station „Festhalle/Messe“ (U4)
- Bus stop „Festhalle/Messe“ (line 50)
- Tram „Festhalle/Messe“ (line 16, 17)

By car: → **Directions**

Parking:

- October 27th & 28th: all parking garages in the area around of the fair (Rebstockparkhaus Fr+Sa closed)
- October 27th & 28th: Skyline Plaza parking garage, entrance Brüsseler Straße, 1st hour free of charge
- October 29th: Rebstock parking garage, 60486 Frankfurt am Main, with shuttle service to the exhibition grounds
- Vehicles higher than 2m: Rebstock area, Block D (without infrastructure)

IMPORTANT INFORMATION

- Availability on the weekend of the event: via e-mail to mail@frankfurt-marathon.com

- Information on road closures and detours on October 27th & 28th at: 069 757541700
- On-site medical service: +49 (0)69 71919192 or as usual the emergency number 112
- Emergency contacts: For the most immediate assistance you should indicate an emergency contact with a phone number in your registration profile and on the back of your race number. Only this person will receive information.
- Lost property: can be handed in and collected at the Infopoint in hall 1, level 2. After the end of the event you will receive information on lost property from 31.10.2023 via +49(0)69 3700468-0 or mail@frankfurt-marathon.com.

Notice:

For better readability, personal nouns in this document are used in the generic masculine form. For the sake of equal treatment, corresponding terms apply in principle to female and other gender identities to the extent gender identities, as well as to the gender of the individual.



FRANKFURT-MARATHON.COM







27.-29.10.2023

SUPPORTING PROGRAM



WHAT TO EXPECT AT THE MARATHON WEEKEND

MARATHONMALL / EXPO INFORMATION AND SALES FAIR

-  Friday, October 27th 2023 / 12 noon to 7pm
-  Saturday, October 28th 2023 / 10am to 7pm
-  Sunday, October 29th 2023 / 7am to 5pm
-  Trade Fair (Messe Frankfurt), hall 1, level 2



PRETZEL RUN – BREAKFAST RUN POWERED BY INTERAIR (ca. 7km)

The free Pretzel Run through Frankfurt with drinks, original Frankfurt pretzels and medals (while stocks last).



-  Saturday, October 28th 2023 / 10am
-  Start: at the „Forum“, Trade Fair (Messe Frankfurt)
- Ziel: Messe Frankfurt, forecourt of Maritim Hotel

FATTORIA LA VIALLA – TOSCANA PASTA PARTY



(For companions you can buy vouchers there)

-  Saturday, October 28th 2023 / 1:30pm to 7pm
-  Festhalle, Trade Fair (Messe Frankfurt)



ECUMENICAL WORSHIP

-  Saturday, October 28th 2023 / 6pm
-  Festhalle – Blauer Saal, Messe Frankfurt

SHOCK-HEADED PETER RUN (420m) For Children born between 2014 and 2018

-  Saturday, October 28th 2023 / 11.30am
-  Start: at the „Forum“, Trade Fair (Messe Frankfurt)
- Finish: original „marathon finish“ in the Festhalle

MINI-MARATHON (4,2 km) For children and youth born between 2006 and 2015.

-  Sunday, October 29th 2023 / 10.55am
-  Start: Friedrich-Ebert-Anlage
- Finish: original „marathon finish“ in the Festhalle



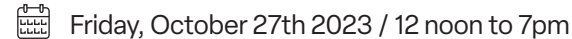
29.10.2023 RELAY MARATHON

RELAY MARATHON (12,9 km; 6,1 km; 9,5 km; 13,5 km)



Finish: Festhalle, Trade Fair (Messe Frankfurt)

RACE NUMBER PICK UP



Saturday, October 28th 2023 / 10am to 7pm

Sunday, October 29th 2023 / 7am to 9.30am



IMPORTANT

- please bring: your race passport or race number + identity card
- if you want someone else to pick up your race number: race passport or declaration of consent with additional copy of identity card of the participant
- for Mainova customers: pick up the starting documents directly at the Mainova booth at the Marathonmall
- Get into the starting grid: 10.20am at Friedrich-Ebert-Anlage in city direction

CHANGE OF RELAY TEAM

- until October 22th 2023, changes can be made easily and free of charge online via „Check my registration“
- After October 22th 2023, changes can only be made on-site at the help desk

RACE NUMBER...

- authorizes to participate in the Mainova Frankfurt Marathon 2023
- is not transferable and must be worn visibly on the chest
- is not allowed to be changed, especially not the lettering
- no start number = no ranking
- is valid as a ticket for the RMV area on race day



29.10.2023

BEFORE START

TIMING

- is done exclusively by ChampionChip, information can be obtained from our time service provider **mika:timing GmbH**: 02202 2401113 // championchip@mikatiming.de // www.mikatiming.de
- You will receive the rental chip included in the service package at the race number pick up (own chips cannot be used).
- Please note: attach the chip to your ankle using the velcro band (see picture below)
- The chip serves as a stick and must be passed on in each transition area.
- We can only evaluate your time, if you have run the control mats at the start and finish (otherwise you will be disqualified).
- Chip return: by runner D, on Sunday, October 29th 2023 directly in the finish area at the medal counter. In return you will receive the participant medals.

Attachment of the ChampionChip for relay runners:

In order to be able to guarantee a correct time measurement, we kindly 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 service package
- Do not attach with wire
- The chip, including the velcro tape, will be passed on from the first to the fourth relay runner.



TRANSITION AREAS

- Organised transport of the relay runners to and from the transition zones is not possible due to the road closures set up for the marathon
- The transition areas are therefore chosen so that they can be easily reached by public transport. We ask you to follow this recommendation.
- For all relay runners the start number is valid as a ticket for public transport in the whole RMV area

TRANSPORT TO AND FROM THE TRANSITION AREAS FOR RELAY RUNNERS

1st transition area

- Start (Festhalle/Messe) -> 1st transition area (Kurt-Schumacher-Straße; stop: Konstablerwache, Zeil): U4 (10 min interval)
- transition area -> finish: (Festhalle/Messe) U4, 10 min intervals

2nd transition area

- Start -> 2nd transition area (Goldsteinstraße; stop: BahnhofNiederrad): U4 (10 min intervals) to Hauptbahnhof, change to S 7, 8, 9 (15 min intervals) to Niederrad station
- 2nd change zone (stop: Niederrad station) -> destination: S 7, 8, 9 (every 15 min) to Hauptbahnhof (main station), change to U4 (every 10 min) to Festhalle/Messe

3rd transition area

- Start -> 3rd transition area (Oeserstraße/Kerbeplatz; stop: Nied station): U4 (10 min interval) to main station, change to S 1, 2 (15 min intervals) to Nied station

Please make your way to the individual transition zones early!

BEFORE START

TRANSPORTATION OF THE CLOTHES BAG (→ route map)

- You will receive a **starter bag for each runner**, which will be used to store your training and protective clothing before the race. Please prepare your own backpack for the provision of training and protective clothing after the run.
- **RUNNER A** will hand in his „pre-run clothes bag“, runner D will hand in his „post-run clothes bag“ before the start at 8am in in hall 1, level 1 at the trade fair (Messe Frankfurt). Please note: Here only the official starter bags may be handed in. Please place the sticker in the start number envelope in the marked field on the bag. Allow enough time for the clothes to be handed in. After the race you can pick up your clothes bag until 5pm. runner A will give his „after the race rucksack“ to runner B who brings it to the Kurt-Schumacher-Straße transition area.

- **RUNNER B** takes the „after the run“ backpack of runner A and his own „before the run clothes bag“ to the transition area Kurt-Schumacher-Straße. His „after the race“ backpack is taken by runner C to the transition area Goldsteinstraße/Lyoner Straße.
- **RUNNER C** takes the „after the run“ backpack of runner B and his own „before-the-run clothes bag“ to the transition area Goldsteinstraße. His „after-the-run backpack“ is taken by runner D to the transition area Oeserstrasse/Kerbeplatz.
- **RUNNER D** takes the „after the run“ backpack of runner C and his own „before the run“ backpack to the transition area Oeserstraße/ Kerbeplatz. He deposits his own „after the run“ clothes bag beforehand at the clothes bag drop-off point.

We ask you to discuss this with your running friends and act as a team!



29.10.2023 THE START

→ Plan start and finish area

THINGS YOU HAVE TO TAKE WITH YOU:

- your personal start number -> clearly visible attached on your chest
- ChampionChip -> attached with the velcro tape below your knee



START RELAY MARATHON (12,9 km; 6,1 km; 9,5 km; 13,5 km)



Sunday, October 29th 2023/ 10.35am

Start: Friedrich-Ebert-Anlage

Ziel: Festhalle, trade fair (Messe Frankfurt)

- Admission to the start area is only possible with an official start number
- Due to the evaluation of the net time by means of the timing mats there will be no disadvantage for anyone



Get to the start as early as possible. Unnecessary hecticness and nervousness will only hinder you in your personal performance.



29.10.2023 ON THE TRACK

→ route map

NOT ALLOWED:

- Race number ribbon, bicycle or other escort on the course.
- Headphones are prohibited for participation in championships, but are allowed for amateurs
- Baby joggers must start in the last starting block

WATER STATIONS

- the refreshment points are located on the right or left side, at km 5 and 10 they are on both sides
- medical assistance: at the refreshment points there will be medical assistants available.
- toilets: at km 5, 10 and every 2,5 km thereafter

EVERY 5 KM IN THIS ORDER:



Time information, medical care, self-catering, Rosbacher naturell mineral water, isotonic drinks from Rosbacher, tea, tubs for soaking the sponges, waste containers

KM 12,5 / 17,5 / 22,5 / 27,5 / 32,5 / 37,5



Refreshment points with Rosbacher mineral water and tubs for dipping the sponges

AB KM 15 BIS ZUM ZIEL



additional offer of organic bananas from Querbeet

KM 15 UND KM 30



additional offer of Gel 100 without caffeine from Maurten

KM 30, 35, 40



bizzl Cola

KM 32,5



Krombacher 0,0%

29.10.2023 FINISH AREA

→ [Plan start and finish area](#)

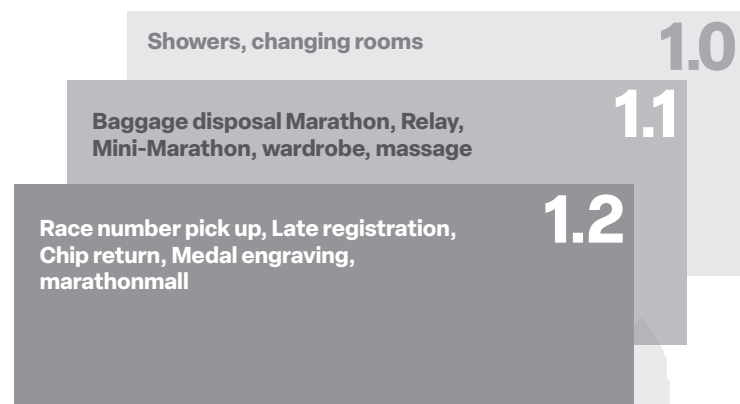
CATERING AT THE FINISH AREA → [target area](#)

- there will be a separate target area for the relay runners
- only runner D is entitled to enter this area, where he will receive a special nutrition bag for relay participants
- Runners A, B and C will be able to visit the Krombacher stand in the Marathon Mall to refresh themselves and to arrange a meeting point with runner D outside of the finish area.

BAGGAGE (CLOTHES) DISPOSAL, SHOWERS, MASSAGE

- Collection of the bag: until 5pm in hall 1, level 1 against presentation of your race number
- Changing rooms and showers: hall 1, level 0
- Massage service: from 12 noon to 5pm in hall 1, level 1 (use only under the condition that you are freshly showered)

LEVELS HALL 1:



29.10.2023 AFTER THE RUN

YOUR RESULT AND YOUR CERTIFICATE

you will find after your finish online at www.frankfurt-marathon.com
at information → [Results](#)

AWARDS FOR AGE CLASSES AND TEAMS

- the three first place winners in each age group (IWR regulation):
Dispatch of a free start and one incl. participant shirt from HOKA for the Mainova Frankfurt Marathon 2024, dispatch by mail probably end of January 2024
- there will be no award ceremony for the age groups on the day of the event

MEDAL ENGRAVING

- Engraving of name and net time for the price of 10€, from 12 noon to 5pm in hall 1, level 2 in the area of the race number pick up (if not booked online, only cash booked, only payable in cash on site) → [floor plan](#)

MEETING POINTS

- You can meet your friends and family members who do not have access to the closed-off areas, at the following two meeting points: hall 1, level 2, or „P1“ (area on the fairgrounds between Festhalle and hall 1)

→ [Plan start and finish area](#)

[Click here for your voucher booklet](#) →



FURTHER INFORMATION

- ASB CHARITY-PROJEKT „WÜNSCHEWAGEN“



With the project „Wünschewagen - letzte Wünsche wagen“ („Wishing for last wishes“) the ASB supports seriously ill people. The journey of the Wünschewagen takes the passenger and an accompanying person to their place of longing - including shared memories.

-> [How you can donate](#)

- App

Possibility for friends and family to follow your race live. You can find all the information at:

www.frankfurt-marathon.com/faq under „App“

- Live on TV

The hr television broadcasts the Mainova Frankfurt Marathon live on the Sunday of the event and online at hessenschau.de, an international livestream is available on our website -> [Livestream](#)

- **T-Shirt print** in hall 1, level 2 and can be booked online or on site with a 2€ surcharge

- **T-Shirt- und Longsleeve pick-up**
in hall 1, level 2, can be booked online

- **Wishlet pick-up** in hall 1, level 2 at the counter of ASB

- **Medal engraving** at the race number pick up in hall 1, level 2

- **Change relay team** till start at the help desk



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.

