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#runtheskyline

EVENT INFORMATION
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 25th & 26th: all parking garages in the area around of the fair (Rebstockparkhaus Fr+Sa closed)
- October 25th & 26th: Skyline Plaza parking garage, entrance Brüsseler Straße, 1st hour free of charge
- October 27th: 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

- from the Rebstock parking garage we offer a **shuttle service**
- Availability on the weekend of the event: via e-mail to mail@frankfurt-marathon.com

- Information on road closures and detours on October 25th & 26th at: +49(0)69 3700 468-60
- 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 29.10.2024 via +49(0)69 3700 468-20 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







25.-27.10.2024

SUPPORTING PROGRAM



WHAT TO EXPECT AT THE MARATHON WEEKEND

MARATHONMALL / EXPO INFORMATION AND SALES FAIR

-  Friday, October 25th 2024 / 12 noon to 7pm
-  Saturday, October 26th 2024 / 10am to 7pm
-  Sunday, October 27th 2024 / 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 26th 2024 / 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 26th 2024 / 1:30pm to 7pm
-  Festhalle, Trade Fair (Messe Frankfurt)

ECUMENICAL WORSHIP

-  Saturday, October 26th 2024 / 6pm
-  Festhalle – Blauer Saal, Messe Frankfurt



SHOCK-HEADED PETER RUN (420m)

For Children born between 2015 and 2019

-  Saturday, October 26th 2024 / 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 2007 and 2016.

-  Sunday, October 27th 2024 / 10.55am
-  Start: Friedrich-Ebert-Anlage
- Finish: original „marathon finish“ in the Festhalle

27.10.2024

MARATHON AND RELAY MARATHON

MAINOVA FRANKFURT MARATHON (42,195 km)



Sunday, October 27th 2024



Start: Friedrich-Ebert-Anlage

Finish: Festhalle, Trade Fair (Messe Frankfurt)

T. ROWE PRICE RELAY MARATHON (12,9 km; 6,1 km; 9,5 km; 13,5 km)



Sunday, October 27th 2024 / 10.35am



Start: Friedrich-Ebert-Anlage

Finish: Festhalle, Trade Fair (Messe Frankfurt)

RACE NUMBER PICK UP



Friday, October 25th 2024 / 12 noon to 7pm

Saturday, October 26th 2024 / 10am to 7pm

Sunday, October 27th 2024 / 7am to 9.30am



Trade Fair (Messe Frankfurt), hall 1, level 2 ([→ floor plan](#))

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
- the starter bag also works as a clothes bag for the clothes collection on Sunday

YOU RECEIVE...

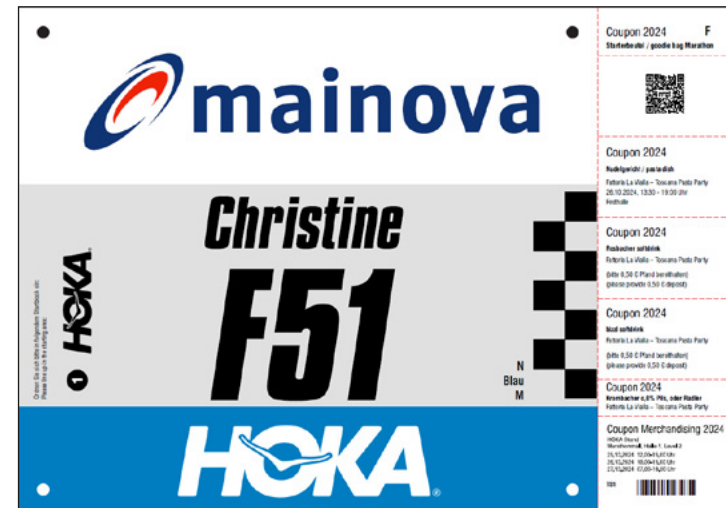
- Your personal race number with integrated timing transponder and safety pins for attachment
- a sticker with your race number for the baggage disposal
- Your starter bag with information and samples from our sponsors

[Click here for your voucher booklet](#)

Other booked additional services can be picked up until Sunday, October 27th 2024, 10am at the Marathon Mall! You will find the corresponding coupons on your bib number.

RACE NUMBER...

- authorizes to participate in the Mainova Frankfurt Marathon 2024
- 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



27.10.2024

BEFORE START

BAGGAGE (CLOTHES) DISPOSAL (→ floor plan)

- can be done before the start from 8am in hall 1, level 1. For this purpose, please stick the sticker with your start number into the marked field on the clothes bag
- accepts only starter bags of the Mainova Frankfurt Marathon 2024
- other bags can be handed in for a fee of 4€ at the checkroom in hall 1, level 1
- closes after the race at 5pm
- there will be no possibility to drop off baggage outside of hall 1.1

TIMING

- via a timing transponder on the race number
- Please make sure that the transponder on the start number is not bent. Otherwise timekeeping will not be possible.
- For the video checks, wear your race number clearly and permanently visible on your chest

PERSONAL NUTRITION

- can be handed in at the Infopoint in the passage to Hall 1, Level 2
- for ambitious runners: men under 2:45:00; women under 3:00:00 (bring your starting pass as proof)
- for participants who require special nutrition for medical reasons (medical certificate required)
- Self-nutrition can be provided at the following kilometers: KM 5 (right), 10 (right), 15, 20, 25, 30, 35, 40

PACE MAKER

- Support over the entire marathon distance by experienced runners with 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
- They are marked by flags with the corresponding finish times



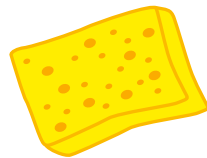
27.10.2024

THE START

(→ Plan start and finish area)

THINGS YOU MUST TAKE WITH YOU:

- your personal start number -> clearly visible on the chest
 - possibly a sponge -> included in the starter bag
- At the aid stations are tubs with water for dipping the sponges



LINE UP AT THE START

- Friedrich-Ebert-Anlage, towards city center
- Start: 1st wave: 10am, 2nd wave: 10.10am

- Entrance to the starting area is only possible with an official start number
- The allocation to starting blocks 1-6 is based on your specified finish time. The starting block can be recognized by the corresponding logo on the left edge of your race number
- important: please place yourself within the starting blocks according to your target time
- due to the evaluation of the net time by means of the timing mats there will be no disadvantage for anyone

1ST WAVE: START 10:00 AM

Block 1 „HOKA“

expected finish time up to 3:00 hours

Block 2 „Messe Frankfurt“

expected finish time from 3:00 hours
up to 3:15 hours

Block 3 „Stadt Frankfurt“

expected finish time from 3:15 hours
up to 3:30 Stunden

2ND WAVE: START 10:10 AM

Block 4 „Mainova“

expected finish time from 3:30 hours
up to 3:45 hours

Block 5 „Rosbacher“

expected finish time from 3:45 hours
up to 4:00 hours

Block 6 „Krombacher“

expected finish time from 4:00 hours
and all starters without anticipated
finish time

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

27.10.2024 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-nutrition, 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

27.10.2024 FINISH AREA

→ [Plan start and finish area](#)

GENERAL INFORMATION

- the finish is in the Festhalle, on the grounds of the Trade Fair (Messe Frankfurt)
- free entrance for spectators
- please leave the finish area quickly to avoid traffic jams
- finish time: 4.45pm

YOU RECEIVE:

- your medal
- a poncho
- refreshments → [overview water stations at 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:

race number pick up,
medal engraving, marathonmall,
handing in of your own nutrition,
lost property

1.2



1.1



baggage disposal, massage

1.0

showers, changing rooms



ADDITIONAL SERVICES

T-SHIRT AND LONGSLEEVE COLLECTION

- You can pick up your booked participant shirt at the marathon-mall in hall 1, level 2 until Sunday, October 27, 2024, 10:00 a.m.. You will find a corresponding voucher tear-off on your race number. If you have not yet booked a shirt you can do this online until October 20, 2024 via your Dashboard under "Change registration". Or on site at the HOKA booth.

-> Please pick up your shirt in time. After 10 am the shirts will go on free sale

T-SHIRT PRINT

- You can get your booked flex print printed on a T-shirt of your choice at the marathonmall in hall 1, level 2. If you have not yet booked a T-shirt print, you can do so until October 20, 2024 via your dashboard under "Change registration". Alternatively, the T-shirt print can be purchased on site for an additional €2.

MEDAL ENGRAVING

- You can get your medal engraving at the marathonmall in hall 1, level 2 from 12 noon in the area of the bib number pick up. If you have not yet booked the medal engraving you can book this until October 20, 2024 via your dashboard under "Change registration". Alternatively, you can have the medal engraved for €10 in cash on site.

CHARITY-WISHLET

- You can pick up your Wishlet at the ASB stand at the marathon-mall in Hall 1, Level 2. If you have not yet booked a Wishlet you can do this until October 20, 2024 via your dashboard under "Change deregistration". Alternatively, you can purchase a Wishlet on site at the HOKA booth.

RACE PACE BRACELET

- At the marathonmall you can pick up your personal Race Pace bracelet at the T. Rowe Price booth! With 11 different target times from 3:30h to 5:00h you will find exactly the right support for your marathon. Whether you are an experienced runner or a newcomer, the Race Pace Bracelet from T. Rowe Price helps you to keep an eye on your pace and achieve your goals!

→ Plan Hall 1



27.10.2024

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 2025, dispatch by mail probably end of January 2025
- there will be no award ceremony for the age groups on the day of the event

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](#)

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](#)

- FRANKFURT MARATHON CLUB



for all runners who have finished at least ten times in the Mainova Frankfurt Marathon. They receive

- » a personal „eternal“ start number
- » a high-quality polo shirt with an embroidered start number

Admission: sending the certificates (copies are sufficient), preferably by e-mail, to confirm the ten times participation.

Meeting point: marathonmall for the issue of the polo shirt and the start number for members

FURTHER INFORMATION

- **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“
- **Livestream**
of the race: online at www.frankfurt-marathon.com and on TV on hr-fernsehen -> [Livestream](#)
- **Save the date:**
the Mainova Frankfurt Marathon 2025 will take place on October 26. Registration from October 27, 2024, 12 noon
- **DLV-Volkslauf stamp:** available at the Infopoint in Hall 1.2
- **Withdrawal for health reasons:**
possible until November 01, 2024.
If you are unable to start on the day of the marathon for health reasons, please upload a medical certificate to your dashboard.



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.

