

NEU

- changed start procedure
- timing at every kilometre
- you can only take part in the Prezel run if you have a race wristband

25 | 10 | 26

EVENTINFORMATION **MARATHON**

#runtheskyline

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 (via Mobile).

DIRECTION

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

On the day of the event, your race pass/race number serves as your RMV ticket, which means we'll cover your travel costs.

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 23rd & 24th: all parking garages in the area around of the fair (Rebstockparkhaus Fr+Sa closed)
- October 23rd & 24th: Skyline Plaza parking garage, entrance Brüsseler Straße, 1st hour free of charge
- October 25th: 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 24 and 25 October is available on: +49(0)69 3700 468-60
- On-site medical service can be reached on Sunday on: +49 (0)69 71919192 or, as usual, on 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 bib number. Only this person will receive information.
- Lost property: can be handed in and collected at the Info-Point in hall 1, level 2. After the end of the event you will receive information on lost property from 27th October 2026 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



23.- 25.10.2026 WHAT TO EXPECT AT THE MARATHON WEEKEND

MARATHONMALL

INFORMATION AND SALES FAIR

- 📅 Friday, October 23rd 2026 / 12.00 pm – 7.00 pm
- 📅 Saturday, October 24th 2026 / 10.00 am – 7.00 pm
- 📅 Sunday, October 25th 2026 / 7.00 am – 5.00 pm
- 📍 Trade Fair (Messe Frankfurt), hall 1, level 2

PRETZEL RUN – BREAKFAST RUN POWERED BY INTERAIR (ca. 5 km)

The Pretzel Run through Frankfurt with drinks, Pretzels from Schäfer Dein Bäcker and medals (while stocks last), registration required! You'll need to show your race wristband to claim your refreshments at the finish line and your medal.

- 📅 Saturday, October 24th 2026 / 10 am
- 📍 Start: Maritim Hotel forecourt
- 📍 Ziel: Maritim Hotel forecourt

SHOCK-HEADED PETER RUN (420 m) For Children born between 2017 and 2021

- 📅 Saturday, October 24th 2026 / 11.30 am
- 📍 Start: Forum (west side), Trade Fair (Messe Frankfurt)
- 📍 Finish: original „marathon finish“ in the Festhalle

FATTORIA LA VIALLA – TOSCANA PASTA PARTY

(For companions you can buy vouchers there)

- 📅 Saturday, October 24th 2026 / 1.30 pm – 7.00 pm
- 📍 Festhalle & Forum, Trade Fair (Messe Frankfurt)

ECUMENICAL WORSHIP

- 📅 Saturday, October 24th 2026 / 6 pm
- 📍 Festhalle – Blauer Saal, Messe Frankfurt

MAINOVA FRANKFURT MARATHON (42,195 km) + T. ROWE PRICE RELAY MARATHON

- 📅 Sunday, October 25th 2026 / 10.00 am
- 📍 Start: Friedrich-Ebert-Anlage
- 📍 Finish: Festhalle, Messe Frankfurt

MINI-MARATHON (4,2 km)

For children and youth born between 2009 and 2018.

- 📅 Sunday, October 25th 2026 / 11.00 am
- 📍 Start: Friedrich-Ebert-Anlage
- 📍 Finish: original „marathon finish“ in the Festhalle

MAINOVA FRANKFURT MARATHON

YOUR RACE PACK

RACE NUMBER PICK-UP



Friday, October 23rd 2026 / 12.00 pm – 7.00 pm

Saturday, October 24th 2026 / 10.00 am – 7.00 pm

Sunday, October 25th 2026 / 7.00 am – 10.00 am



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

The blue line on the floor will guide you to the race number pickup area.

Other booked additional services can be picked up until Sunday, October 25th 2026, 10am at the marathonmall! You will find the corresponding coupons on your bib number.

RACE NUMBER...

- authorizes to participate in the Mainova Frankfurt Marathon 2026
- 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

IMPORTANT

- **please bring:** your race pass and your ID card
- if you want **someone else to pick up your bib number:** race pass and declaration of consent with additional copy of identity card of the participant
- the **starter bag** also works as a clothes bag for the **baggage disposal** on Sunday

YOU RECEIVE...

- Your personal bib number with integrated timing transponder and safety pins for attachment
- a sticker with your bib number for the baggage disposal
- Your starter bag with information and samples from our sponsors
- [Click here for your voucher booklet](#)



ADDITIONAL SERVICES

T-SHIRT AND LONGSLEEVE COLLECTION

You can pick up your booked participant shirt at the marathonmall in hall 1, level 2 until Sunday, October 25, 2026, 10:00 a.m..

You will find a corresponding voucher tear-off on your bib number. If you have not yet booked a shirt you can do this online until October 18, 2026 via your Dashboard under "Change registration". Or on site at the HOKA booth.

-> Please pick up your shirt in time. On Sunday 25 October 2026 at 10.00 am, the T-shirts will go on general 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 purchase this on site at the marathonmall for an additional charge of €2.

MEDAL ENGRAVING

You can get your medal engraved at the marathon mall in Hall 1, Level 2, on Sunday 25 October 2026 from 12 noon in the race number collection area. If you have not yet booked the medal engraving you can have the medal engraved for € 10 in cash on site.

RACE NUMBER MAGNETS

You will receive your booked bib number magnets at the bib number pick-up together with your race documents.

NICHTGENESENKIDS E.V. CHARITY LANYARD

You can pick up your lanyard at the NichtGenesenKids e.V. stand at the marathonmall in Hall 1, Level 2. If you have not yet booked a lanyard, you can this until October 18, 2026 via your dashboard under 'Change registration'. Alternatively, you can purchase a lanyard on site at the NichtGenesenKids e.V. or HOKA booth.

CHARITY-WISHLET

You can pick up your Wishlet at the ASB stand at the marathonmall in Hall 1, Level 2. If you have not yet booked a Wishlet you can purchase a Wishlet on site at the ASB- or HOKA booth.

RACE PACE BRACELET

At the marathonmall you can pick up your personal Race Pace bracelet at the T. Rowe Price booth! With 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!

PRETZEL RUN POWERED BY INTERAIR

Friday, 23 October 2026: You will receive your Pretzel Run access wristband at the race pack collection point, along with your race pack.

Saturday, 24 October 2026: You will receive your Pretzel Run access wristband in front of the Pretzel Run starting area.

[→ Plan Hall 1](#)



BEFORE START

BAGGAGE (CLOTHES) DISPOSAL (→ Plan start and finish area)

- can be done before the start from 8am in hall 1, level 1. For this purpose, please stick the sticker with your bib number into the marked field on the clothes bag
- accepts only starter bags of the Mainova Frankfurt Marathon 2026
- 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 is no possibility to drop off baggage outside of hall 1.1

TIMING

- via a timing transponder on the bib 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

- For ambitious runners only: men under 2:45:00; women under 3:00:00 (please bring your race number as proof)
- Can be handed in at the Info-Point in the hallway (via Mobile) in front of Hall 1, Level 2. (Friday: 12 noon to 7 p.m., Saturday: 10 a.m. to 7 p.m., Sunday: 7 a.m. to 8 a.m.)
- for participants who require special nutrition for medical reasons (medical certificate required)
- Self-nutrition can be provided at the following kilometers: KM 5, 10, 15, 20, 25, 30, 35, 40 (always on the right-hand side)

PACE MAKER

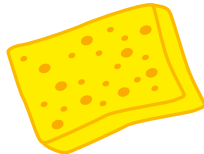
- Support over the entire marathon distance by experienced runners with the following finish times: 2:59, 3:14, 3:29, 3:44, 3:59, 4:14, 4:29, 4:44, 4:59 and 5:29 hours
- They are marked by flags with the corresponding finish times



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: 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
- the start process will be completed in five waves starting at 10 a.m.
- You must start the Mainova Frankfurt Marathon by 10:45 a.m.

10:00 | 1st wave

1st block „HOKA“: Elite + finish time up to 3:00h
2nd block „Messe Frankfurt“: finish time up to 3:25h
3rd block „Stadt Frankfurt“: finish time up to 3:45h

10:13h | 2nd wave

4th block „Mainova“: finish time up to 4:00h

10:21h | 3rd wave

T.Rowe Price Relay Marathon

10:27h | 4th wave

5th block „Rosbacher“: finish time up to 4:30h

10:35h | 5th wave

6th block „Powerbar“: finish time >4:30h

The starting line-up (for marathon and relay runners) **opens at 09:15.**

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

Note: Clothing left behind in the starting area is considered abandoned property (§ 959 BGB) and will not be stored. It will be disposed of or donated.

ON THE TRACK

→ [route map](#)

IMPORTANT NOTES

- Race number ribbons (except for relay teams) are prohibited
- Bicycles or other forms of support on the course are prohibited
- Headphones are prohibited for participation in championships
- Baby joggers must start in the last starting block
- Animals are not permitted on the running track and will result in disqualification (exceptions for trained assistance animals by prior arrangement)

REFRESHMENT POINTS → [Overview of refreshment points](#)

- the refreshment points are located on the right or left side, at km 5 and 10 they are on both sides
- medical assistance: available at the refreshment points
- 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

KM 10 EVERY 5 KM



additional offer of organic bananas from Querbeet

KM 15, 20, 25, 30



Additional offer of Powerbar gels

KM 30, 35, 40



Vita Cola

RETURN TO THE FAIR IN CASE OF RACE ABORTION

- Use of public transportation (race number serves as ticket in the RMV area)
- Return buses at km 20,5/ 23.7/27.2/30
- Broom wagon at the end of the runner field

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 to the Festhalle for spectators
- Please leave the finish area promptly; there are still plenty of runners coming after you
- finish time: 5pm

YOU RECEIVE:

- your medal
- a poncho
- refreshments → [overview refreshments at the finish area](#)

BAGGAGE (CLOTHES) DISPOSAL, SHOWERS, MASSAGE, MEDAL ENGRAVING

- 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)
- Medal engraving: until 5 pm in Hall 1, Level 2, in the race pack collection area

LEVELS HALL 1:

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

1.2



baggage disposal, massage

1.1



showers, changing rooms

1.0



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 for the Mainova Frankfurt Marathon 2027, dispatch by mail probably end of January 2027
- 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](#)
- A-Z orientation signs are posted around P1, which can be used as meeting points. For example, the first letter of your name or your club team's name would be a good meeting point.

FURTHER INFORMATION

NichtGenesenKids e. V. CHARITY PROJECT

The large donation gate is traditionally situated at the Hauptwache. At kilometres 7.5 and 39, participants can run through the donation gate, thereby making a donation of 5 euros per run to NichtGenesenKids e. V. Anyone who has passed through the donation gate once or twice will be contacted again after the event and will have the opportunity to opt out of the donation.

A key focus of the 2026 charity partnership is the funding of telepresence avatars for children and young people suffering from severe cases of Long COVID and ME/CFS.

Many of those affected are confined to their homes or even bedridden due to their condition. Through an avatar, they can still take part in lessons, see their classmates and be part of special events in their class.

-> [Other donation options](#)

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](#)

- DLV-Volkslauf stamp: available at the Info-Point in Hall 1.2

- Withdrawl for health reasons:

possible until October 30, 2026.

If you are unable to start on the day of the marathon for health reasons, please upload a medical certificate to your dashboard.

- Save the date:

the **Mainova Frankfurt Marathon 2027** will take place on **31 October**. Registration opens at 12 noon on 23 October 2026, 12 noon



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 generated by exhibitors at the exhibition centre is collected centrally and professionally sorted at a specialist waste management facility, where it is recycled where possible.

