

NEW

- changed start procedure
- You can only take part in the Prezel Run if you have a race wristband

25 | 10 | 26

EVENT INFORMATION

T. ROWE PRICE RELAY MARATHON

#runtheskyline

GENERAL INFORMATION

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.

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 Fri + Sat 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

T.ROWE PRICE RELAY MARATHON

YOUR RACE PACK

RACE NUMBER PICK-UP



Friday, October 23rd 2026 / 12 noon to 7pm

Saturday, October 24th 2026 / 10am to 7pm

Sunday, October 25th 2026 / 7am to 10am



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.

RACE NUMBER...

- authorizes to participate in the T.Rowe Price Relay Marathon 2026
- is not transferable
- showing the relay team name and the race number, must be worn clearly visible on the chest
- with the word 'Staffel' printed on it must be attached to the back of the relay runners
- 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

RACE PACK

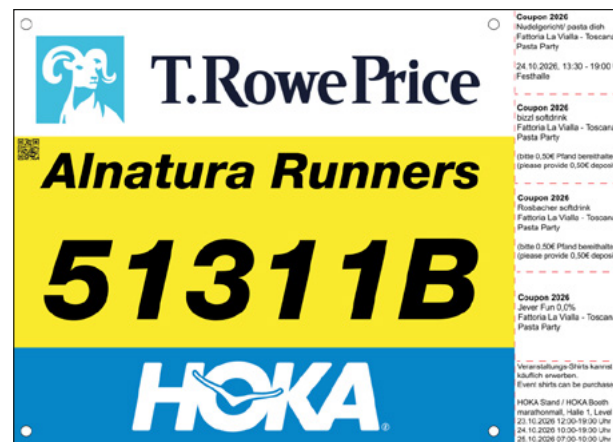
The relay team's race packets can only be picked up by one person on behalf of the entire team. Please coordinate with your relay team to decide which of you will pick up your race packets.

IMPORTANT

- please bring: your race pass (or provide your race number and show your ID)
- If someone else is picking up your race number: they must present your race pass or a signed authorization form along with a copy of your ID

YOU RECEIVE...

- 4 race bibs for runners A–D
- 4 back numbers labeled "Staffel"
- 1 relay number with a timing chip (relay baton)
- 1 race bib strap
- Safety pins
- 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 race 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 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.

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 have the medal engraved for €10 in cash on site.

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..

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.

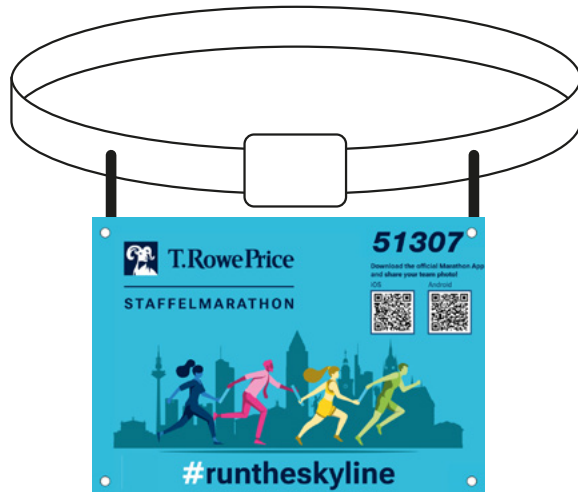
→ [Plan Hall 1](#)



BEFORE START

TIMING

- This is done via a bib attached to the race number belt, which contains a timing transponder. This race number serves as the “relay baton.”
- You will receive the **bib number and race belt included in the performance package** at the race number distribution.
- The race number belt is worn around the waist and must be passed to the next relay runner at the exchange zones.
- Please make sure that the transponder in the bib number is not being bent. Otherwise timekeeping is not possible.



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

START:

Messe/Festhalle



12,9 km

1st TrAREA

Kurt-Schuhmacher-Straße



next stop: **Konstablerwache**

→ finish line: U4 to Festhalle/Messe

2nd TrAREA

6,1 km



Goldsteinstraße



next stop: **Bahnhof Niederrad**

→ finish line: S7, 8, 9 to main station
U4 to Festhalle/Messe



9,5 km

3rd TrAREA

Oeaserstraße/ Kerbeplatz



next stop: **Bahnhof Nied**

→ finish line: S1, 2 to main station,
U4 to Festhalle/Messe

FINISH

13,5 km



Please make sure your way to the transition zone early – the underground and suburban trains are packed!

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 before the start at the clothes bag drop-off point.

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

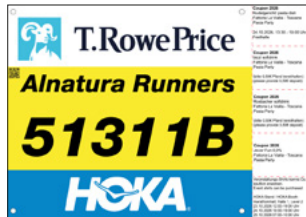


THE START

→ Plan start and finish area

THINGS YOU HAVE TO TAKE WITH YOU:

- your personal start number -> clearly visible attached on your chest
- relay bib and belt



START T. ROWE PRICE RELAY MARATHON

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



Sunday, October 25th 2026/ 10.21 am



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

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.

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

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

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

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: 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

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

REFRESHMENTS 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 can arrange a meeting point (P1) with runner D outside the finish area

FINISH AREA

→ Plan start and finish area

IMPORTANT NOTE REGARDING THE FINISH LINE

For safety and organizational reasons, all four relay team members are not permitted to cross the finish line together. On the final leg of the course and in the finish area, only the runner completing the final leg (Runner D) is allowed to be present, as only this person is authorized for that leg based on their race number.

If you'd like to meet up as a team after the race, we recommend the Family & Friends Meeting Point at P1. Alphabet signs are available there to help you find your way, so you can easily agree on a meeting spot.

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



1.1



1.0



baggage disposal, massage

showers, changing rooms

AFTER THE RUN

YOUR RESULT AND YOUR CERTIFICATE

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

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)
- Around P1, A–Z orientation signs are placed that can be used as meeting points. For example, you can choose the first letter of your name or your team/club as a meeting point.

[→ Plan start and finish area](#)

SAVE THE DATE!

The T.Rowe Price Relay Marathon 2027 will take place on **October 31 2027**. Online registration for next year opens on October 25, 2026, at 12:00 p.m.

[Click here for your voucher booklet](#)



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](#)

- 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



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.

