

IMPORTANT INFORMATION FOR RELAY RUNNERS

Dear relay team,

We are happy to welcome you at the relay marathon. Below you will find some useful information about the relay 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 registration venue and the race number pick up, Fattoria La Violla – Toscana Pasta Party, the marathon expo Marathonmall, clothes disposal, finish area and the award ceremony. Our official marathon hotel (Mövenpick Hotel Frankfurt City) is only 50m away.

Race number pick up

Friday, October 25th 2019	12 noon to 7pm
Saturday, October 26th 2019	10am to 7pm
Sunday, October 27th 2019	7am to 9:30am
Trade Fair (Messe Frankfurt), hall 1, level 2	

Sporting goods fair Marathonmall

Friday, October 25th 2019	12 noon to 7pm
Saturday, October 26th 2019	10am to 7pm
Sunday, October 27th 2019	7am to 5pm
Trade Fair (Messe Frankfurt), hall 1, level 2	

You can purchase the official Mainova Frankfurt Marathon collection at our merchandising booth, next to the ASICS booth. We offer functional shirts, caps and other merchandise of the Mainova Frankfurt Marathon.

Mainova Frankfurt Marathon (42,195km)

Sunday, October 27th 2019

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)

Generali Relay Marathon (12,9km; 6,1km; 9,5km; 13,5km)

Sunday, October 27th 2019 10:35am

Start: Friedrich-Ebert-Anlage // Finish: Festhalle, Trade Fair (Messe Frankfurt)

Pretzel Run – Breakfast Run powered by interAir (5 km)

Saturday, October 26th 2019 10am

Start and Finish: Trade Fair (Messe Frankfurt), City Entrance (Eingang City)

The free Pretzel Run through Frankfurt with drinks, original Frankfurt pretzels and medals.

Fattoria La Violla – Toscana Pasta Party

Saturday, October 26th 2019 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 (8€/5€).

Schneider Electric Mini-Marathon (4,2 km)

Sunday, October 27th 2019 10:55am

Start: Ludwig-Erhard-Anlage // Finish: original "marathon finish" in the Festhalle

For children and youth born between 2002 and 2011.

For more informations visit: <https://www.frankfurt-marathon.com/dein-lauf/mini-marathon/>

Shock-headed Peter Run powered by Schneider Electric (420 m)

Saturday, October 26th 2019 11:30am

Start: at the "Forum", Trade Fair (Messe Frankfurt) // Finish: original "marathon finish" in the Festhalle

For children born between 2010 and 2014.

For more informations visit:

<https://www.frankfurt-marathon.com/dein-lauf/struwelpeter-lauf/>

Church service

Saturday, October 26th 2019 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

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 Fair 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 27th.

By car

On October 25th and 26th you can use all parking decks around the Messe Frankfurt (Messe Frankfurt), 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 27th 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 2 meters can be parked on the Rebstockgelände Block D. For one day it costs 10 Euros. More information you will find [here](#).

PROCESS OF THE RELAY MARATHON

Start time: Sunday, October 27th 2019, 10:35am

Distances

1st runner: 12.9km – 1. Transition: Kurt-Schumacher-Straße (railway station Zeil, Konstablerwache)

2nd runner: 6.1km – 2. Transition: Goldsteinstraße/ Lyoner Straße (railway station Niederrad)

3rd runner: 9.5km – 3. Transition: Oeserstraße/Kerbplatz (railway station Nied)

4th runner: 13.5km - finish in the Festhalle, Trade Fair (Messe Frankfurt)

Please check the „course map“

The first runner starts with a ChampionChip, which as baton will be given to the next runners at each transition point. Further information can be found under "Timing". The first runner will start at 10:35am at the Friedrich-Ebert-Anlage. Please come to the start in time at 10:20am in order to avoid unnecessary hectic and excitement. Only participants of the relay marathon are allowed to enter the start area.

How to get to the transition areas and back to the start by public transport

The transition areas can be reached easily by public transportation. We recommend all relay runners to use public transportation instead of trying to organize an individual shuttle service. Public transport can be used for free; the race number serves as ticket in the whole territory of the RMV (local linked transport system).

1st transition area: From the start area (Stop Festhalle/Messe) take the underground 4 to Bahnhof Zeil/Konstablerwache and the other way around to go back.

2nd transition area: From the start area (Stop Festhalle/Messe) take the underground 4 to Hauptbahnhof (central station), change to S7, S8, or S9 and get out at Bahnhof Niederrad and the other way around to go back.

3rd transition area: From the start area (Stop Festhalle/Messe) take the underground 4 to Hauptbahnhof (central station), change to S1 or S2 and get out at Bahnhof Nied and the other way around to go back.

Transition areas

The line-up in each transition area is according to your race number. There will be refreshments for the runners, who finish their part of the relay.

Transport of Clothes

As every team has a particular speed, it is not possible to organize a clothes check-in in each transition area. Hence the team itself is responsible to organize this. We suggest that the first runner checks his/her clothes from before the race at the 'official' check in at the expo in hall 1, level 1. He/she gives the clothes to wear after the race to the second runner who will hand those over before he/she starts running. The second runner will give his/her clothes from before the race to the first runner who will take them back to the expo grounds. We suggest that you all use this practice. The fourth runner should check in the clothes for after the race at hall 1, level 1.

Race number pick up

You will receive your race number by showing this document or by stating your name und 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.

Race number

Only athletes wearing the race number of the Mainova Frankfurt Marathon 2019 are allowed to participate at the race. It is not possible to transfer your race number to any other person. It has to be attached to the shirtfront. Race number belts are not 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.

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."**

Timing

Mika Timing GmbH (www.mikatiming.de)

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

E-Mail: championchip@mikatiming.de

The chip is fastened with a strap at the ankle and passed from first to fourth runner. You get your strap when picking up your race number. We can only assess your time when you cross the mats lying at the start, along the course and at the finish. Who does 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 well viewable on your chest. In any case first of all you have to pick up your race numbers in hall 1 level 2 simultaneously you will receive your rented Chip or get your own chip checked.

CHIP-RENT: This year, all relay participants will receive the rental chip which is already included in our service package. When picking up your start number you will also receive your rental chip. Please render the chip undamaged on October 27th 2019 at the finish line. The rental chip can only be returned on October 27th in the finish area and without chip you won't get your finisher medals. 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.**

CHIP-OWNER: It is not possible to use your own chip for the relay marathon this year.

Change of relay team

Any changes of your relay team can be realized for free via e-mail to registration@frankfurt-marathon.com or through your user account until October, 20th 2019. This applies for the order of your relay team as well as for the replacement of members. After October 20th 2019 any change of registration is only possible on location at help desk in the race number pick up area.

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 Naturell, 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 20km, 25km, 30km and 35km different Enervit-Gels 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.

Lavatories along the course

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

Medical aid, free shuttle buses, 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 buses to the Trade Fair grounds at 23/25,7/30,8km. 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.

Time limit

The finish of the relay is inside 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.

Finish area

The fourth runner will run through the east gate into the 'Festhalle' and will reach the finish line after 60m. Please note that it is not permitted that all four runners run in the Festhalle. Only the fourth runner is allowed to be on the last part of the track. When crossing the finish line and running over the mats, your time is registered. Please try to move quickly forward towards the so called 'Forum'.

Water stations at the finish area

We have a special finisher catering for relay teams. After passing the "Forum" through a Generali Blow-Up you reach the open area "Agora" where the fourth runner receives the four medals (In exchange for the chip) for the whole relay team, a heat poncho and a food bag for your team. It is not possible to go back to the finish line from the water station. Only participants are allowed to enter this area. Runners A,B and C of the relay team can meet up at the meeting-point for family and friends. They can also visit the Krombacher Station at the Marathonmall where you have the chance to drink some of the Krombacher products. Please agree a meeting-point with your family and/or friends somewhere outside this area. Please check the plan 'start/ -finish area.

Baggage disposal, 1st/4th runner, Showers, Massage, Swimming

Please retrieve your baggage in hall 1, level 1 until 5pm. You need to show your race number to get it. Besides after showering you can also use the massage service between 12pm and 5pm in hall 1, level 1. You will find the changing rooms and showers in hall 1, basement. You can also use the showers at the public swimming-pool 'Rebstockbad' till 8pm. Just show your race number at the entry.

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"**

Preliminary certificate

Your preliminary certificate is available from around 30 minutes after the race through the results on our website. The official certificate (PDF file) can be activated, downloaded and printed from November 5th also via the results on our website.

Results

A list of all results of the Mainova Frankfurt Marathon can be found in hall 1, level 2. Objections can be made until November 3th 2019. You can find the results of the Mainova Frankfurt Marathon on our website: www.frankfurtmarathon.com. Here we will also provide a result brochure as a PDF file at the end of November.

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 October 31th from the organizer: +49 (0)69 3 70 04 68-0, 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 a ticket for public transport on October 27th 2019 (RMV-Region)
- Pocket course map
- Free participation at the Pretzel Run powered by interAir
- Sport-Expo Marathonmall
- Programme brochure
- Voucher for the Fattoria La Vialla – Toscana Pasta Party on October 26th 2019 (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
- Free entry to "Rebstockbad" (public swimming-pool): swimming, changing room, showers
- Results brochure as a PDF file on our website
- And last but not least: The organisation of the whole event!

Checklist for the race day

Before the start:

- pick up your race number and rental chip or get your own chip checked, check the „Instructions on fastening of the ChampionChip“
- pick up your booked ASICS Eventline-Shirt
- pick up your goodie bag
- note your personal data on the backside of your race number for emergency cases
- attache your race number to the shirt-front and your back number „Staffel“ to the shirt-back
- stow clothes for before and after the race and organize the transport
- render valuables and other luggage at the wardrobe (4 €)
- use the lavatories on the Trade Fair grounds
- go to the start area

In the transation area:

- Pick up the heat poncho
- Drink water from Rosbacher
- Take the clothes and the changingbag from the next runner

After the finish:

- get heat poncho and change your chip against the medals
- pick up your food bag
- meet the team, friends and family at „P1“
- is necessary pick up your clothing bag
- get your medal engraved (10 €)
- shower
- use the massage service
- use your race number as ticket for public transport
- print your certificate via the results on our website

WEITERE INFORMATIONEN

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.

Live-Ticker

Current information about the race course can be found on our website: frankfurt-marathon.com on October 27th 2019. Follow the race via our online LiveStream service all over the world. Follow the race of your personal favorites, friends and family members.

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 2019: #runtheskyline #frankfurtmarathon Use our Social Media Wall powered by Vertical. You'll find this under www.frankfurt-marathon.com starting on the 1st of October.

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.



Important information concerning the fixing of the ChampionChip:

In order to guarantee smooth time measurement, we ask you to fix the chip properly (as shown in the figure):

- Fix the chip at your ankle by using the strap which is attached to your race number envelope.
- Don't use anything else but the strap to fix the chip at your ankle.
- The chip incl. strap will be passed on from the 1st to the 4th runner.



10 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. You can bring your old run clothes and shoes to the ASICS stand in the expo-hall where it gets recycled!
7. Bring your own cutlery and dishes to the pasta party!
8. Inform you about your arrival and calculate your CO² emission in our **Green Mobility Platform!**
9. Use your own shopping bag on the marathon mall!
10. Turn off the water during using soap or wash lotion!

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 these 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 support 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:

This year relay runners have the chance to get the Charity bracelet "Wishlet" for 5 € at the ASB stand. The money 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.

Medal engraving

You can have your personal finisher's medal engraved with your relay team name and overall time on Sunday, October 27th 2019, 12pm to 5pm, hall 1, level 2 (registration venue). If you have not ordered it in line with your registration, note that you have to pay 10 €.

T-shirt Flex Print

At the Mainova Frankfurt Marathon you can refine your shirt with a print of your name and/or your finish time. This new gimmick is available in our online registration. The gimmick can be rebooked via the participant portal until October 20th.

The following variants are available for marathon runners:

- Name on the back: 10, - € (also for relay runners and Mini-Marathon available!)
- Time on your back: 10, - €
- Name & time on the back: 18, - €
- Name & time on the sleeve: 15, - €

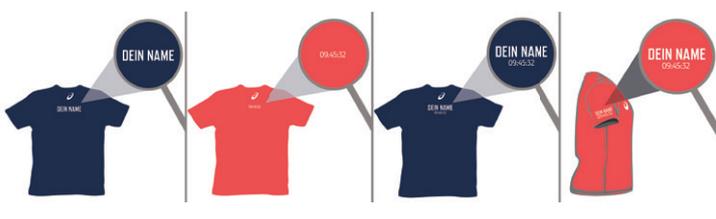
For an extra charge of 2 € you can still decide on site at the sporting goods fair Marathonmall for the flexprint.

Pre-orderers will find a corresponding mark on their start number.

Name prints are already possible on Friday or Saturday. Prints with target time of course only on Sunday after the race.

The print (monochrome, in white) can be done on any running shirt.

The prerequisite is that the area to be printed is free of graphics, logos, etc. The number of characters for your name is limited to 15. The shirt should be dry. **The T-shirt print is located at the t-shirt pick up near the ASICS stand in the exhibition hall 1, level 2.**



Start number coupon

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

Coupon 2019 4x Starterbrille Staffel/ goodie bag relay	1
Coupon 2019 Nudelgericht / pasta dish Fattoria La Violla – Toscana Pasta Party 26.10.2019, 13:30 – 19:00 Uhr Festhalle	2
Coupon 2019 Restlicher softdrink Fattoria La Violla – Toscana Pasta Party (Bitte 0,50 € Pfand bereithalten) (please provide 0,50 € deposit)	3
Coupon 2019 Weißer softdrink Fattoria La Violla – Toscana Pasta Party (Bitte 0,50 € Pfand bereithalten) (please provide 0,50 € deposit)	3
Coupon 2019 Klimawechsel 60/90 Pils, Weizen oder Radler Fattoria La Violla – Toscana Pasta Party	3
Veranstaltungs-Shirts kannst Du kauflich erwerben / Event shirts can be purchased Shirt Pick Up Marathonmall, Halle 1, level 2 25.10.2019 12:00-19:00 Uhr 26.10.2019 10:00-19:00 Uhr 27.10.2019 07:00-17:00 Uhr	4

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 Vouchers 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 ASICS Eventline-Shirts in line with your registration, you will find the corresponding voucher here. If you did not order ASICS Eventline-Shirts in line with your registration, you find here information about our Merchandising booth at the Marathonmall.
- 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).

Eventline-Shirts von ASICS

Order until October 6th 2019 ASICS Eventline-Shirts short- or long-sleeved for an early bird price of 28 € respectively 40 €. Therefore, please log in on **"Check my entry"** and add your participation date with the ordering of shirts. The shirts can also be purchased at the merchandising booth at the Marathonmall, which is located next to the ASICS boot: ASICS Eventline-Shirt short-sleeved women/men: 30 €; ASICS Eventline-Shirt long-sleeved women/men: 42 €



Eventline-T-Shirt Damen



Eventline-T-Shirt Herren

Note: All information is based on the organisation status in October 2019, subject to modifications

SAVE THE DATE!

THE MAINOVA FRANKFURT MARATHON 2020 WILL TAKE PLACE ON OCTOBER 25TH.
ONLINE REGISTRATION FOR NEXT YEAR BEGINS ON OCTOBER 27TH 2019 AT 12 AM!