

Registration confirmation

Dear runner,

we are glad that you have chosen to start at the 35th Mainova Frankfurt Marathon. Herewith you receive your registration confirmation and some important information concerning the Mainova Frankfurt Marathon.

We have registered you as written down on the left-hand-side. Please check if your data is correct! If there is any mistake, please correct it through your user account or contact us:

E-Mail: registration@frankfurt-marathon.com

Fon: +49 (0)69 3 70 04 68 - 0

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.

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 Vialla – 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 28th 2016 12 noon to 7pm
Saturday, October 29th 2016 10am to 7pm
Sunday, October 30th 2016 7am to 10am
Trade Fair (Messe Frankfurt), hall 1, level 2

Sporting goods fair Marathonmall

Friday, October 28th 2016 12 noon to 7pm
Saturday, October 29th 2016 10am to 7pm
Sunday, October 30th 2016 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.

Marathon

Sunday, October 30th 2016
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)

Relay

Sunday, October 30th 2016 10:30am
Start: Friedrich-Ebert-Anlage
Finish: Festhalle, Trade Fair (Messe Frankfurt)

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

Saturday, October 29th 2016 10am
Start and Finish: Trade Fair (Messe Frankfurt),
City Entrance (Eingang City)

Fattoria La Vialla – Toscana Pasta Party

Saturday, October 29th 2016 1:30pm to 7pm
Show programme starting at 2pm
Festhalle, Trade Fair (Messe Frankfurt)

Schneider Electric Mini-Marathon (4,2 km)

Sunday, October 30th 2016 10:55am
Start: Ludwig-Erhard-Anlage
Finish: original "marathon finish" in the Festhalle
For children and youth born between 2000 and 2008.

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

Saturday, October 29th 2016 11:30am
Start : at the "Forum", Trade Fair (Messe Frankfurt)
Finish: original "marathon finish" in the Festhalle
For children born between 2007 and 2011.

Church service

Saturday, October 29th 2016 6pm
Festhalle, Trade Fair (Messe Frankfurt),
Blue saloon (Blauer Saal)



Vorname
F55



Coupon 2016
Starterbeutel/goodie bag Marathon

Coupon 2016
Nudelgericht/pasta dish
Fattoria La Violla – Toscana Pasta Party
29.10.2016, 13:30 -19:00 Uhr
Festhalle

Coupon 2016
Rosbacher softdrink
Fattoria La Violla – Toscana Pasta Party
(bitte 0,50 € Pfand bereithalten)
(please provide 0,50 € deposit)

Coupon 2016
bizzl softdrink
Fattoria La Violla – Toscana Pasta Party
(bitte 0,50 € Pfand bereithalten)
(please provide 0,50 € deposit)

Coupon 2016
Krombacher Pils alkoholfrei/Radler
alkoholfrei/Weizen alkoholfrei/
Weizen-Zitrone alkoholfrei
Fattoria La Violla – Toscana Pasta Party

PACE YOUR RACE by **asics**
kostenloses Armband mit individueller
Zielzeit am ASICS Stand, Halle 1, level 2

Coupon 2016
ASICS Merchandising
Marathonmall, Halle 1, level 2
28.10.2016 12:00-19:00 Uhr
29.10.2016 10:00-19:00 Uhr
30.10.2016 07:00-17:00 Uhr



This image does not match to your personal registration.

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:

- Voucher for your goodie bag filled with high-quality products of our sponsors and partners
- Voucher for one meal of pasta at the Fattoria La Violla – Toscana Pasta Party
- Voucher for three different drinks at the Fattoria La Violla – Toscana Pasta Party
- At the ASICS booth in line with the Marathonmall you receive a PACE YOUR RACE wrist band with the split times of your individual estimated finish time
- 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, further information concerning our merchandising booth at the Marathonmall can be found here.

According to your registered estimated finish time you are assigned to a start corral. Please make sure you enter the right corral. The different corrals are numbered 1 to 6 and named after the sponsors. According your corral you will start in wave one or two:

Start first wave: **1. corral „ASICS“**, **2. corral „BMW“**, **3. corral „Stadt Frankfurt“** at **10:00am**

Start second wave: **4. corral „Mainova“**, **5. corral „Rosbacher“**, **6. corral „Messe Frankfurt“** at **10:10am**

ASICS Eventline-Shirts



Eventline-T-Shirt
women and men



Eventline-Shirt long sleeve
women and men

Important information for marathon runners

October 30th 2016

Dear marathon runner,

We welcome you at the Mainova Frankfurt Marathon. Below you find some useful information about the marathon. Please take some time to read it carefully.

At the Mainova Frankfurt Marathon, the international competition rules (IWR) of the IAAF respectively the German Athletic Federation (DLV) apply.

http://www.leichtathletik.de/fileadmin/user_upload/12_Service/Wettkampfororganisation/01_Bestimmungen_Satzung_Vordrucke/Wettkampfbestimmungen/IWR_2014.pdf.

Marathon Centre Traid Faire (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 Faire Halls are related with the pathway „Via Mobile“

How to get there

By public transport

For a better approach please use the informations 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

By car

On October 28th and 29th you can use all parking decks around the Messe Frankfurt (Messturm, Skyline Plaza, surrounding hotels – attention: the Rebstock multi-storey car park is closed on Fridays and Saturdays).

Please check the plan 'How to get there'

On October 30th 2016, all roads in the expo-area will be closed by 7am. Please take the following way to the Messe Frankfurt: Follow the signs 'Messe Frankfurt' and leave the Autobahn A5 at the exit 'Westkreuz Frankfurt' to Autobahn A648, leave at the exit 'ADAC/Rebstock'. Please follow the signs to the parking (Messe-Parkhaus, address for navigation systems: Rebstock multi-storey car park: Zum Messeparkhaus Rebstock, 60486 Frankfurt am Main, Sunday daily ticket for 12 €). We offer a free shuttle service from the Rebstock multi-storey car park to the Trade Fair grounds on October 25th 2015. You can place your camper at the Rebstockgelände, Block L ('Park and Sleep'). **Please check the plan 'How to get there'.**

Get your ride with flinc.org

Flinc is available as app or desktop version. Fill in your route and departure time and find your personal match in travel data nearby. Sign in free via app or register at flinc.org.

GreenMobility

Compare your different opportunities getting to the Mainova Frankfurt Marathon via GreenMobility.de. Calculate the CO₂-emissions of your journey and neutralise them.

Baggage (clothes) disposal

You can bring your clothes in the official bag (goodie bag) to the baggage disposal from 8am on October 30th in hall 1, level 1. Please stick the provided number on your bag and allow enough time to check-in your bag. Please note that we only accept clothing bags of the Mainova Frankfurt Marathon 2016. For other luggage we offer a wardrobe for a fee of 4 € per piece of luggage. Please ensure that you allow adequate time to hand in your clothing bag. There is no other possibility than hall 1, level 1 to hand in your bag with clothes. After the race you can pick up your clothing bag until 5pm.

Nutrition

It is possible to hand in your own nutrition for the race on October 29th from 2pm until 7pm and on October 30th from 7am until 8am in hall 1, basement (only signed bottles: kilometer and race number – no glass). Due to organisational constraints, it is only possible to offer this service to competitive runners (men: faster than 2h45, women: faster than 3h) and participants who need special nutrition due to medical reasons.

Race number

Only athletes wearing the race number of the Mainova Frankfurt Marathon 2016 are allowed to participate in the race. It is not possible to transfer your race number to any other person. It has to be attached to the shirt-front. No race number belts 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.

Sponge

You will find a sponge in your goodie bag. Don't forget to take it along with you during the race.

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".

Pace maker

We offer pace makers for the following finish times: 2:59, 3:14, 3:29, 3:44, 3:59, 4:14, 4:29, 4:59, 5:29 and 5:59 hours. The pace makers can be identified by a balloon and a vest that show the finish times.

PACE YOUR RACE

ASICS again calculates the split times that you need to run based on your desired end time for the race and we create your own pace-schedule wristband. In addition you will also receive a personalized course map so that family and friends know where and when to cheer you up. Once reserved, don't forget to pick up the unique pace band of the Mainova Frankfurt Marathon 2016 at the ASICS booth during the Marathonmall opening times. Free service here: paceyourrace.asics.com.

Timing

The race is only scored by using the ChampionChip system.

Further information:

Mika Timing GmbH (www.mikatiming.de)

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

E-Mail: championchip@mikatiming.de

Please attach the chip to the laces of your running shoe. We can only track your time when you cross the mats lying at the start, along the course and at the finish. Persons who do 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 clearly visible on your chest.

In any case first of all you have to pick up your race number in hall 1, level 2 simultaneously you will receive your rental chip or get your own Chip checked.

CHIP-RENT: You have paid 6 € rental additional to the starting fee and therefore are registered for a rental Chip. When picking up your start number you will also receive your rental Chip. Please render the Chip undamaged on October 30th 2016 between 1pm and 5pm after the race (Schneider Electric Mini-Marathon Chip return: 11am – 3pm) at the Chip return which is located at the race number pick up area in hall 1, level 2. If you decide to keep the Chip, it is said to be bought and 25 € will be debited from your credit card respectively bank account after the race.

CHIP-PURCHASE: You have paid 31 € additional to the starting fee and thus bought a Chip which has already been sent to you. Please bring the Chip along at the event day and attach it to the laces of your running shoe. When picking up our start number, please get a final check of your Chip data. The Chip can not be returned after the event.

CHIP-OWNER: If you own a Chip, please bring it along at the event day. When picking up your race number, please get a final check of your Chip data.

If you didn't name your Chip number when registering, please notify the Chip number (letter-figure combination) to us before the race via email at registration@frankfurt-marathon.com.

FORGOTTEN your Chip: If you forgot to bring your Chip along, please first go to the 'help desk'. There you will receive your race number and a blue Chip for a rent of 6,00 €. Please render the Chip undamaged on October 30th 2016 after the race between 1pm and 5pm at the Chip return, which is located at the race number pick up area in hall 1, level 2. 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!**

Start

The starting line up will be at the Friedrich-Ebert-Anlage towards city centre. The field will be organized in two separate waves: first wave starts at 10am and second wave at 10:10am.

Only runners wearing official start numbers are allowed to enter the starting line up. There are different corrals for all runners. Please go to your assigned start corral before 9:50am. Your start corral is printed on the race number (1. corral 'ASICS', 2. corral 'BMW', ...). You are only allowed to enter the corral that you are assigned to. Your wave is the result of your corral. Big balloons indicating the different start corrals will show you the way to your start corral. Due to the evaluation of your net time you won't lose a second no matter what is your corral or wave.

Please follow the instructions of our volunteers in order to ensure a smooth starting procedure.

First wave: start at 10am

1. corral „ASICS“

International elite runners and runners with a finish time up to 3:00 hrs

2. corral „BMW“

Runners with a finish time between 3:00 and 3:15 hrs

3. corral „Stadt Frankfurt“

Runners with a finish time between 3:15 and 3:30 hrs

Second wave: start at 10:10am

4. corral „Mainova“

Runners with a finish time between 3:30 and 3:45 hrs

5. corral „Rosbacher“

Runners with a finish time between 3:45 and 4:00 hrs

6. corral „Messe Frankfurt“

Runners with a finish time from 4:00 hrs and all runners, who did not register an expected finish time.

Please come to the start as early as possible in order to avoid unnecessary hectic and excitement.

Fast and flat course – World class in Frankfurt!

The Kenyan Wilson Kipsang won the Frankfurt Marathon 2011 in 2:03:42 hours, which is the current course record. With this best time, the Mainova Frankfurt Marathon is the third fastest city race worldwide. The women's record was set in 2012. Meselech Melkamu from Ethiopia reached the finish line after 2:21:01 hours and ran the third fastest marathon debut of all times.

The German Athlete Arne Gabius caused the big surprise in 2015; he ran the German record in a time of 2:08:33 hours! But the Mainova Frankfurt Marathon is also a good place for recreational athletes and amateurs. This fact has been proven by an analysis of the website marathon-ergebnisse.de. According to them, the Mainova Frankfurt Marathon is the by far fastest among the five largest German marathons. The average finish time is 3:57:56 hours.

The track basically takes course on wide main streets. It's very even, between the lowest point (89,4 meters above sea level) and the highest point (117,2 meters above sea level) is only a height difference of 27,8 meters spread over the length of 42195 meters.

The course – the shortest way is marked with a blue line – goes through the city centre of Frankfurt am Main on solely asphalted streets. Signs indicate each kilometer and the half marathon, too. There is a big clock showing the race gross time every 5km and at the half marathon.

Water stations

The stations at 5km and 10km are lined up on both sides; all other stations are one-sided only!

Every 5km the order at each water station is as following: clock, medical aid, own nutrition, Rosbacher mineral water Naturell, isotonic drinks by Rosbacher, tea, troughs with water to dunk in your sponge, litter bins. Starting at 15km, we additionally offer organic bananas. At 20km, 25km, 30km and 35km taxofit Sport Power Liquid-Gels are offered. At 30km, 35km and 40 km bizzl Cola is offered. Refreshments (Rosbacher mineral water Naturell and troughs with water) can also be found at 12.5km, 17.5km, 22.5km, 27.5km, 32,5 and 37.5km.

Lavatories along the course

You will find two toilets 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 20,8/25,7/30,8km.

It is not allowed to be accompanied by any means of transportation (bikes, cars, motorbikes) or to use roller-skates, inline-skates, skateboards or any other similar means. It is not allowed to bring animals on the course.

Time limit

You will find the finish in 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 spectacular finish of the Mainova Frankfurt Marathon is located at the trade fare, You will run through the east gate into the 'Festhalle', there you will reach the finish line after 60m. There are stands for a total of 7,000 persons (5,000 seats and 2,000 standing rooms). When crossing the finish line and running over the mats, your time is registered. Please try to move quickly forward out of the 'Festhalle' and towards the building 'Forum'.

Water stations at the finish area

After leaving the 'Festhalle' and the Forum, you reach the water station at the "Agora", where you receive your medal and heat poncho.

The following products are offered: Rosbacher mineral water, isotonic drinks by Rosbacher, beers by Krombacher Brewery, organic bananas and organic apples, soups, cake, etc.

It is not possible to go back to the finish line from the water station. Only participants are allowed to enter this area. Please arrange a meeting-point with your family and/or friends somewhere outside this area.

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".

Baggage disposal, Showers, Massage, Swimming

First, please pick up your baggage in hall 1, level 1 (you can take the escalator) until 5pm. Please show your race number in order to receive your bag. Besides you can also use the massage service between 12 noon and 5pm in hall 1, level 1 after showering. You will find the

changing rooms and showers for women and men in hall 1, basement. You can also use the showers at the swimming-pool 'Rebstockbad' till 8pm. Just show your race number at the entry.

Preliminary certificate

You can download a pdf-version of your certificate via the results on our website. All participants will receive an official certificate via post after completion by the end of December 2016. A result brochure as a PDF file is available at the end of November on our website.

Medal engraving

You can have your personal finisher's medal engraved with your name and overall time, on Sunday, October 30th 2016, 12 noon 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 9 €.

Results and result brochure online

You can find the results of the Mainova Frankfurt Marathon on our website: frankfurt-marathon.com. Here we will also provide a result brochure as a PDF file at the end of November.

A list of all results can be found in hall 1, level 2. Objections can be made until November 6th 2016.

Awards for age classes and teams

The first three of each age class will receive – unsolicited – a free start including an ASICS Eventline-Shirt for the following year. The dispatch takes place at the end of January 2017.

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 November 1st 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 ticket for public transport on October 30th 2016 (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 29th 2016 (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" (swimming-pool): swimming, changing room, showers
- Certificate per post
- Results brochure as a PDF file on our website
- And last but not least: The organisation of the whole event!

Withdrawal of Mainova Frankfurt Marathon

A withdrawal of the start is only possible due to health reasons. A payback is not possible in principal. Please send a medical certificate (copy sufficient) per email, fax or post, which confirms the impossibility of your start, until November 2nd 2016 to:

mail@frankfurt-marathon.com,
Fax: +49 (0)69 3 70 04 68 – 11,
Mainova Frankfurt Marathon, Sonnemannstr. 5,
60314 Frankfurt am Main, Germany.

You will then receive – under deduction of 20 € administrative charges – a free start for the Mainova Frankfurt Marathon 2017.

A corresponding credit-code for the online registration will be sent to you in February 2016. The credit-code

can't be transferred to other persons, competitions or event years. Additional booked services (e.g. marathon book, shirt, medal engraving) are only effective for the primarily booked year. ASICS Eventline-Shirts can be picked up at the event weekend at the Marathonmall (Trade Fair (Messe Frankfurt), hall 1, level 2). For this please get in touch with the 'help desk' at the race number pick up. Here you will receive a voucher for picking up your shirt after showing your ID.

Change of registration

A transfer of your registration to another runner can only be made online until October 9th 2016. Therefore please log in to your user account via our online registration and click the "registration transfer" option. Following you receive a coupon code via email, which you can pass on to the substitute participant.

With this coupon code it is possible to register online for the Mainova Frankfurt Marathon for just 10 € service charges. If you didn't create a user-account in line with your registration you can do so subsequently. Afterwards please inform us about your user account so that we can connect your registration with your user account. Afterwards you can pass your entry as described above. Please note that gimmicks which were booked by the originally registered runner for example ChampionChip, medal engraving, SMS service or Shirt will neither be taken over for the new runner nor can be refunded. ASICS Eventline-Shirts can be picked up at the event weekend at the Marathonmall (Trade Fair (Messe Frankfurt), hall 1, level 2). For this, please get in touch with the help desk at the race number pick up. Here you will receive a voucher for picking up your shirt after showing your ID.



The special evaluation Marathon Manager is open for executives, who are in charge entrepreneurially, bear entrepreneurial risk and are employed in an outstanding position or are self-employed.

The organiser asks interested parties to check their job-related profile accurately to that effect. The organiser reserves the right to request supporting documents in case of doubt. We ask managers with target times below 2:45 (m) respectively 3:30 (f) hours for directly sending us a corresponding proof: pw@frankfurt-marathon.com. The documents will of course be kept confidentially. The organiser reserves the right to request and free decision. The course of law is impossible. The individual results of the "Marathon Managers" are recorded separately for women and men. The winners are able to look forward to a high-class marathon tour.

Frankfurt Marathon Club

Every runner who has finished the Frankfurt Marathon at least ten times can become a member of the club. Members of the club will receive:

- a permanent race number
- polo shirt with the race number embroidered

The club membership concludes from the submission of certificates (copies sufficient) for confirming the ten-time participation. The meeting point for the Frankfurt Marathon Club will be at the Marathonmall, which is located in hall 1, level 2. Here, all members will receive their shirt and their personal race number.

ASICS Eventline-Shirts

Order until October 9th 2016 ASICS Eventline-Shirts short- or long-sleeved for an early bird price of 28 € respectively 35 €. Therefore please send us an email with your order and a corresponding direct debit authorisation to registration@frankfurt-marathon.com. The shirts can also be purchased at the merchandising booth at the Marathonmall, which is located next to the ASICS booth.

ASICS Eventline-Shirt short-sleeved women/men: 30 €
ASICS Eventline-Shirt long-sleeved women/men: 37 €



Charity project 10 years „Gemeinsam mehr bewegen“

with the Caritasverband Frankfurt e.V.

In cooperation with the Mainova Frankfurt Marathon the Caritasverband established a continuous and innovative project called "Gemeinsam mehr bewegen" in Frankfurt's day-care centres. The aim is to communicate the amusement of sports and games as well as education and consulting in health questions – all of this with involvement of the parents. We seek your assistance for this project.

We will carpet the road with one 'mat of donation' at 7,5km respectively 39km. With overrunning this mat the runner donates 4 € for "Gemeinsam mehr bewegen". To ensure that you did not unknowingly run over the mat of donation, you will receive an informational letter after the race with the opportunity to object the donation. If you don't object the amount of donation will be debited from your account. Additional data is available from www.caritas-frankfurt.de/marathon.



Checklist for the race day

Before the start:

- pick up your race number
- pick up your rental chip or get your own chip checked
- pick up your booked ASICS Eventline-Shirt
- pick up your Pace your Race wrist band at the ASICS booth
- pick up your goodie bag
- note your personal data on the backside of your race number for emergency cases
- attach your race number to the shirt-front
- take the sponge out of your goodie bag
- stow clothes for after the race in your (goodie) bag
- stick the provided number on your bag and check-in your bag at the baggage disposal
- render valuables and other luggage at the wardrobe (4 €)
- use the lavatories on the Trade Fair grounds
- go to your assigned start corral
- find your pace maker

After the finish:

- get your medal and heat poncho
- use the water stations at the finish area
- meet friends and family at „P1“
- pick up your clothing bag
- render your rental chip
- get your medal engraved (9 €)
- shower
- use the massage service
- use your race number as ticket for public transport

Save the date!

The Mainova Frankfurt Marathon 2017 will take place on **October 29th**. Online registration for next year begins on October 30th 2016 at 12 am!

More information

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

You are invited to join the free Pretzel Run, Saturday, October 29th 2016, 10am. The community race with helpers and running excited locals starts and finishes at the Messe Frankfurt, city entrance (Eingang City). Drinks, original Frankfurt pretzels and medals will be offered at the finish. While stocks last.

Sporting goods fair Marathonmall

The Marathonmall is the official information and sales expo of the Mainova Frankfurt Marathon. Sporting goods manufacturers, sport department stores and various suppliers present themselves and offer goods for running and fitness. Besides, marathon organisers from Germany and Europe inform about their events.

Trade Fair (Messe Frankfurt), hall 1, level 2

Friday, October 28th 2016 12 noon to 7pm

Saturday, October 29th 2016 10am to 7pm

Sunday, October 30th 2016 7am to 5pm

www.marathonmall.de

Fattoria La Violla – Toscana Pasta Party

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. There will also be a show and entertainment programme (2pm to 5pm).

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 30th 2016. Follow the race via our online LiveStream service all over the world. Follow the race of your personal favorites, friends und family members.

Public Relations

We are very grateful if you could send us articles about the Mainova Frankfurt Marathon that are published in your local newspaper.

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 2016: #thisisyourday #frankfurtmarathon #mainova frankfurtmarathon



Environment protection

The world running organisation the Association of International Marathons and Distance Races (AIMS), declared the Mainova Frankfurt Marathon as the 2014 winner of the AIMS Green Award.

Our goal is to organise the most environmentally friendly major event with model character.

We attribute great importance to sustainability in the fields of energy consumption, waste disposal, merchandising, catering as well as traffic and mobility.

Please support our efforts to make the Mainova Frankfurt Marathon greener every year when planning your trip to Frankfurt and behaving as a participant of the Mainova Frankfurt Marathon 2016. Avoid unnecessary waste, dispose of your waste properly, use your race number as ticket for free public transport, use the free shuttle service from the Rebstock multi-storey car park to the Trade Fair grounds or form a carpool to minimise your individual CO2 footprint – thank you for your support!

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**.

Note: All information is based on the organisation status in July 2016, subject to modifications.

German Championships



Eligible for the German championships are members of a club or a running team which must belong to the DLV (German track and field association). You must be in possession of a valid race pass. The DLV reserves the right to verify the details. Registration deadline is October 2nd 2016. Please send an email with your race pass number and the code number of your regional association to registration@frankfurt-marathon.com. Late registrations are possible on October 28th 2016 from noon to 7pm and on October 29th 2016 between 10am and 7pm. Bring a valid race pass. An extra charge of 100€ of the DLV in addition to the organisation fee applies.

Climate and Environmental Mile at the Opernplatz

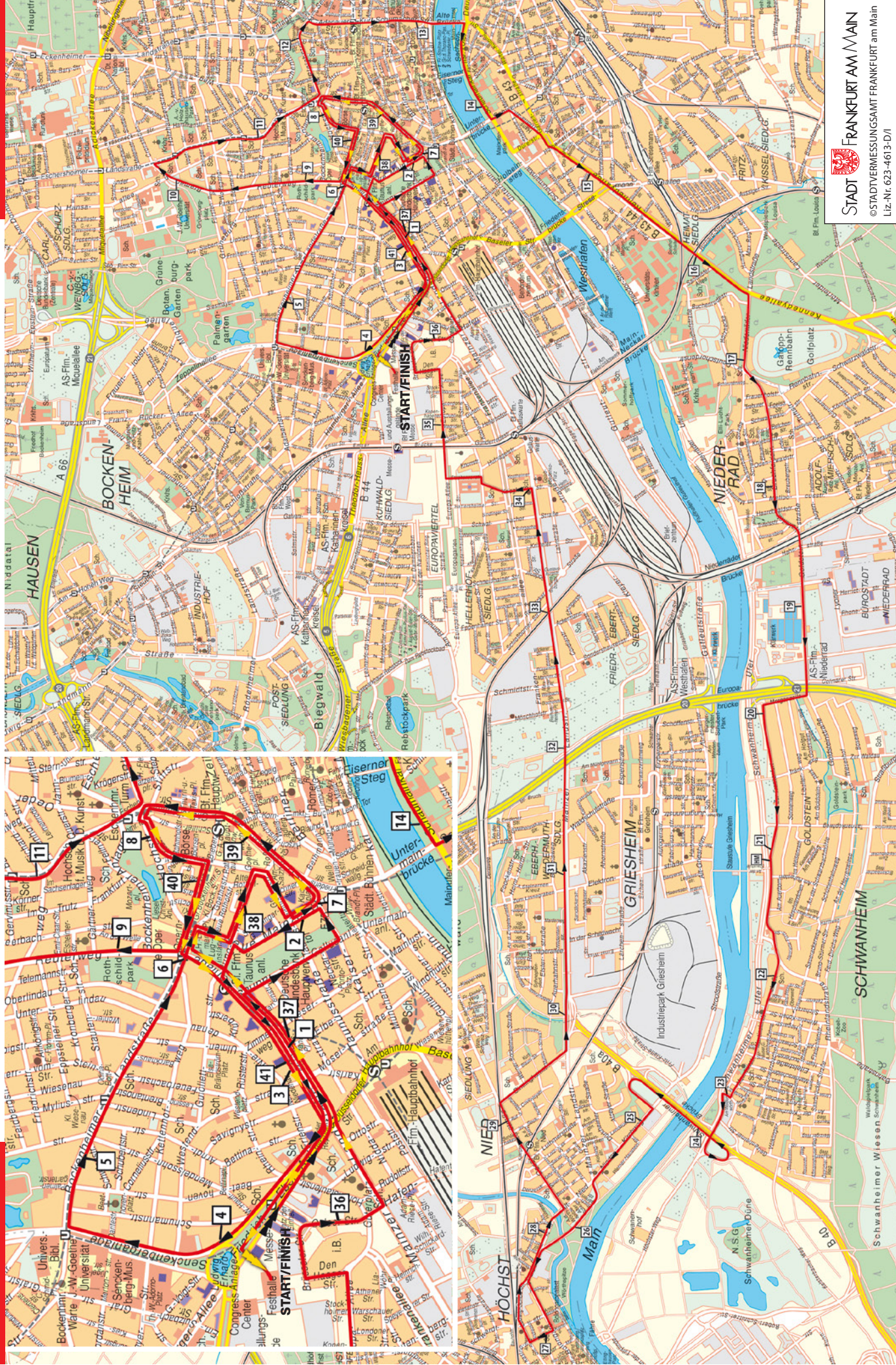
October 30th 2016, 10 am to 4 pm, Old Opera (Alte Oper Frankfurt)

Several times the course will lead along the Opernplatz. Just one reason for a special framework programme for family and friends organized by the „Umweltforum Rhein-Main e.V.“ at this place. In addition to that other partners will take part with kids-programm, information booth or catering.

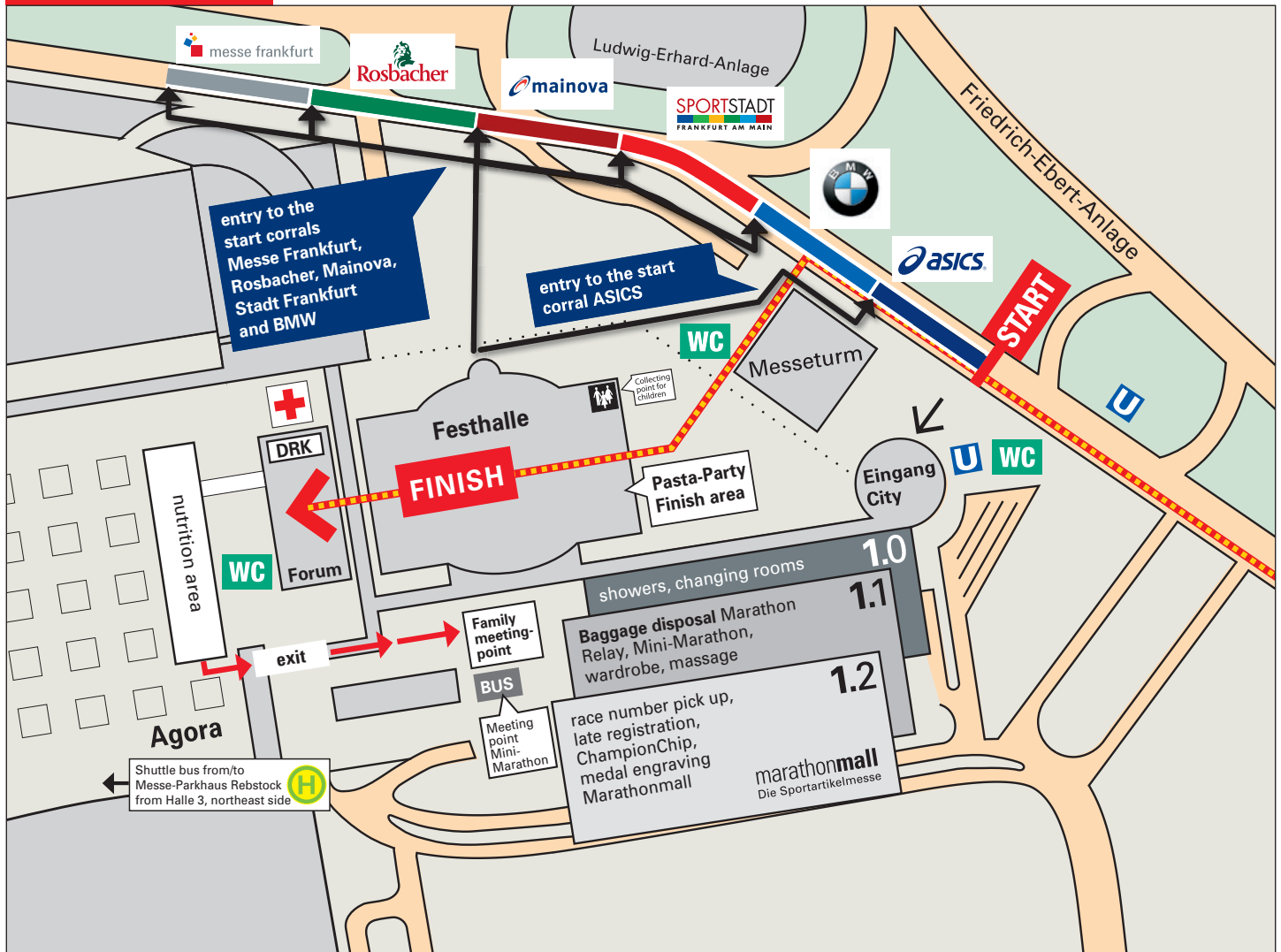
Detail inner city



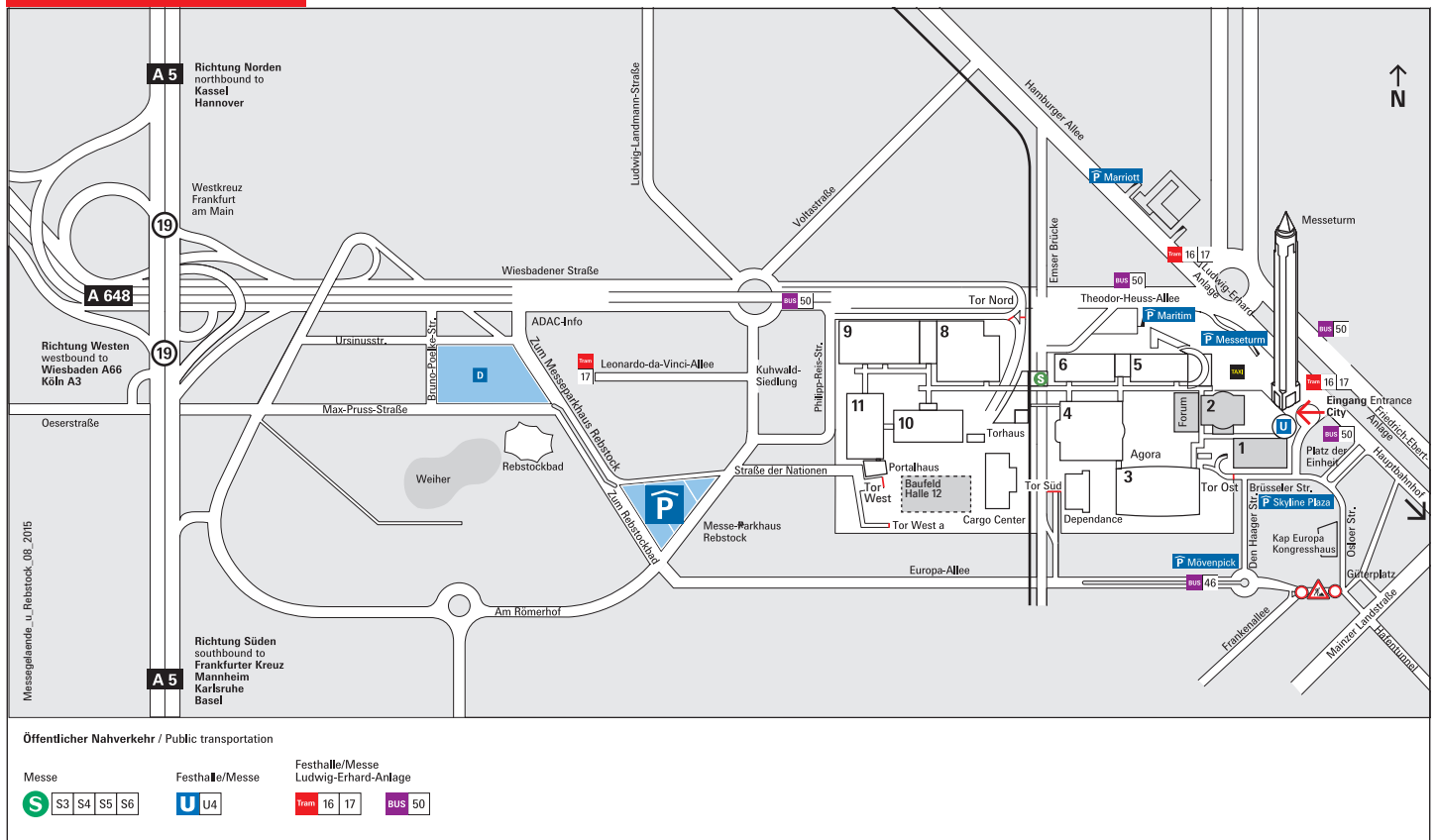
Course map

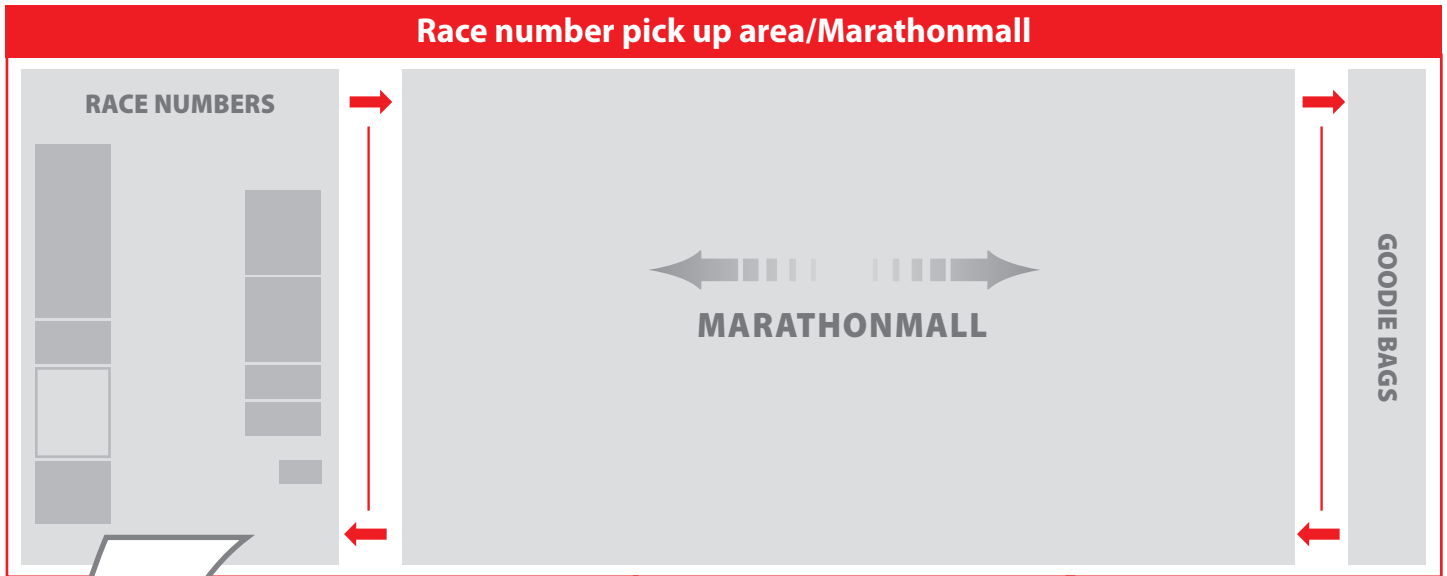


Start/finish area



How to get there





RACE NUMBER PICK UP AREA

