

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

EVENT INFORMATION

The Mainova Frankfurt Marathon is the marathon of short ways! The marathon centre is located at 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 26th 2018 12 pm to 7pm
Saturday, October 27th 2018 10am to 7pm
Sunday, October 28th 2018 7am to 9:30am
Trade Fair (Messe Frankfurt), hall 1, level 2

Sporting goods fair Marathonmall

Friday, October 26th 2018 12 pm to 7pm
Saturday, October 27th 2018 10am to 7pm
Sunday, October 28th 2018 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 28th 2018
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 28th 2018 10:35am
(12,9km; 6,1km; 9,5km; 13,5km)
Start: Friedrich-Ebert-Anlage // Finish: Festhalle, Trade Fair (Messe Frankfurt)

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

Saturday, October 27th 2018 10am
Start and Finish: Messe Frankfurt, place Festhalle/Maritim Hotel
The free Pretzel Run through Frankfurt with drinks, original Frankfurt pretzels and medals.

Fattoria La Vialla – Toscana Pasta Party

Saturday, October 27th 2018 1:30pm to 7pm
Show programme starting at 2pm
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.

Schneider Electric Mini-Marathon (4,2 km)

Sunday, October 28th 2018 11am
Start: Ludwig-Erhard-Anlage // Finish: original "marathon finish" in the Festhalle
For children and youth born between 2001 and 2010.

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

Saturday, October 27th 2018 11:30am
Start: at the "Forum", Trade Fair (Messe Frankfurt) //
Finish: original "marathon finish" in the Festhalle
For children born between 2009 and 2013.

Church service

Saturday, October 27th 2018 6pm
Festhalle, Trade Fair (Messe Frankfurt),
Blue saloon (Blauer Saal)

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 28th.

By car/camper

On October 26th and 27th you can use all parking decks around the Messe Frankfurt (Messe-turm, 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 28th 2018, all roads leading to 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 highway A5 at the exit 'Westkreuz Frankfurt' to highway 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: 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. You can place your camper at the Rebstockgelände, Block L ("Park and Sleep").

Please check the plan 'How to get there'.

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 28th 2018 (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 27th 2018 (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
- Certificate per post
- Results brochure as a PDF file on our website
- And last but not least: The organisation of the whole event!

PROCESS OF THE RELAY MARATHON

Start time: Sunday, October 28th 2018, 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/Kerbeplatz (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 will be used as a baton and 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 be at the start 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 finished 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 at each transition area. Hence the team itself is responsible to organize this. We suggest that the first runner checks in 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 the race pass or by stating your name und showing your ID! You can also authorize another person to collect your race numbers. 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 2018 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. IWR-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.

Start number coupon

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



Coupon 2018 ①
Startbereich/Spinde bag Marathon

Coupon 2018 ②
Nudelgericht/pasta dish
Fattoria La Vialla – Toscana Pasta Party
27.10.2018, 13:30 – 19:00 Uhr
Festhalle

Coupon 2018 ③
Rosbacher softdrink
Fattoria La Vialla – Toscana Pasta Party
(Bitte 0,50 € Pfand bereithalten)
(please provide 0,50 € deposit)

Coupon 2018 ④
Isot softdrink
Fattoria La Vialla – Toscana Pasta Party
(Bitte 0,50 € Pfand bereithalten)
(please provide 0,50 € deposit)

Coupon 2018 ⑤
Krombacher 0,0%
Pils, Weizen oder Radler
Fattoria La Vialla – Toscana Pasta Party

Coupon 2018 ⑥
ASICS Merchandise
Marathonmall, Halle 1, level 2
28.10.2018 12:00-19:00 Uhr
27.10.2018 12:00-19:00 Uhr
28.10.2018 07:00-17:00 Uhr

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) Voucher for one meal of pasta at the Fattoria La Vialla – Toscana Pasta Party
- 3) Voucher for three different drinks at the Fattoria La Vialla – 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.

Lavatories

There are mobile toilets at the start and finish area. Please also use the lavatories on the Trade Fair grounds. Further more there are mobile toilets at every transition area. Please check the plan "start/finish area".

Timing

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. People 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: If you have paid 11 € rental additional to the starting fee, you are registered for a rental chip. When picking up your race number you will also receive your rental chip. Please render the chip undamaged on October 28th 2018 between 12pm 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. The rental chip can only be returned on October 28th. You will receive 5 € back. After October 28th it is not possible to return the chip.

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 forgot to define your chip number, please notify the Chip number (letter-figure combination) to your participant data.

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 11,00 €. Please render the chip undamaged on October 28th 2018 after the race between 12pm and 5pm at the chip return. 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!**

Change of relay team

Any changes of your relay team can be realized for free through „Check my entry“ until October 21st 2018. This applies for the order of your relay team as well as for the replacement of members. After October 21st 2018 any change of registration is only possible at the 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 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 and 30km Xenofit Carbohydrate-Gels are offered. At 30km, 35km and 40 km bizzl Cola and Krombacher 0,0% are 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 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

This year 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 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 Kromacher Station at the Marathonmall where you have the chance to drink some of the Krombacher products for free. 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 3th also via the results on our website.

Medal engraving

You can have your personal finisher's medal engraved with your relay team name and overall time, on Sunday, October 28th 2018, 12pm to 5pm, hall 1, level 2 (registration venue). If you have not ordered it online with your registration, note that you have to pay 9 €.

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 2018. You can find the results of the Mainova Frankfurt Marathon on our website: www.frankfurt-marathon.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.



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.



Checklist for the race day

Before the start:

- pick up your race number
- pick up your 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
- attach 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

After the finish:

- get your medal and heat poncho
- pick up your food bag
- meet the team, friends and family at „P1“
- if necessary pick up your clothing bag
- render your rental chip (The rental chip can only be returned on October 28th. You will receive 5 € back.)
- get your medal engraved (9 €)
- shower
- use the massage service
- use your race number as ticket for public transport
- print your certificate via the results on our website

SAVE THE DATE!

The Generali Relay Marathon 2019 will take place on October 27th. Online registration for next year begins on October 28th 2018 at 12 am!

MORE INFORMATION

Mainova Frankfurt Marathon on TV

Our media partner is the HR television (hr-fernsehen). The live-broadcast will be available. Please inform yourself a few days before the race-weekend where to find the live-broadcast.

Live-Ticker

On our website: www.frankfurt-marathon.com current information about the race course can be found on October 28th 2018. Follow the race via our online LiveStream service all over the world. Follow the race of your personal favorites, friends and family members.

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 2018: #runtheskyline #frankfurtmarathon #mainovafankfurtmarathon

Use our Social Media Wall powered by Vertical. You'll find this at 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.

ASICS Eventline-Shirts

Order until October 7th 2018 ASICS Eventline-Shirts short- or long-sleeved for an early bird price of 28 € or 40 €. Therefore, please log in on **“Check my entry”** and add your participation date with the ordering of the 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 women



Eventline Longsleeve Damen



Eventline-T-Shirt men



Eventline Longsleeve men

Charity Project ASB Wish-Wagon:

Charity Project ASB „wish-wagon“ – collecting memories together



To satisfy the last wish and collect some great last moments in times when life comes to the final stage – that is exactly what the “wish-wagon” of the ASB stands for. At the final stage of life often comes an unfulfilled wish into the minds of mortally ill people. But mostly those people and their families are not able to fulfill their wish on their own – they need help: to see one of their loved one's one more time, to go once again to the ocean or to do something that is long time overdue. This is where the project “wish-wagon” comes in. The “wish-wagon” gets supported by volunteers and is financed only out of donations. The ride on the “wish-wagon” is always free of charge so that everyone has the chance to go for a ride and make one last wish come true. During your marathon you get the chance to support the project “wish-wagon” with your donation. At the Hot Spot “Hauptwache” there is a huge blown up gate with the branding “Wünschewagen” – all you have to do is to pass the donation mat and run through the blown up “wish-wagon” gate. Donating has never been that simple. You can find more information about the project “wish-wagon” of the ASB at www.asb-hessen.de/marathon

Note: All information is based on the organisation status in July 2018, subject to modifications