

IMPORTANT INFORMATION FOR MARATHON RUNNERS

Dear marathon runner,

we welcome you at the Mainova Frankfurt Marathon. Below you can 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.

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
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 at 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 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: 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'.

Camping van parking is located on the Rebstock grounds, block L ("Park and Sleep") on October the 27th and 28th 2018. You pay 25 € per day for parking space without power connection. If needed, there is power access for 30 € per day. It is not necessary to preregister. You can directly drive to block L. Camping vans already parked up on October 25th and 26th 2018 can use Block D, too. However, there is no power and water connectivity. Please find further information about arrival and camping van parking **here**.

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!

Race number pick up

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

Race number coupon

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



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

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 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
- 5 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 Informations about our Merchandising booth at the Marathonmall.

Baggage (clothes) disposal

You can bring your clothes in the official bag (goodie bag) to the baggage disposal from 8am on October 28th 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 2018. 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

On October 27th from 2pm until 7pm and on October 28th from 7am until 8am in hall 1, basement (only signed bottles: kilometre and race number – no glass) it is possible to hand in your own nutrition for the race. 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.

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, 4:44, 4:59 and 5:29 hours. The pace makers can be identified by a balloon and a vest that show the finish times.

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. 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: 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, 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 your corral or wave is. 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 3:35 hrs

Second wave: start at 10:10am

4. corral „Mainova“ Runners with a finish time between 3:35 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

This fact has been proven by an analysis of the website marathon-ergebnisse.de. According to them, the Mainova Frankfurt Marathon is by far the 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 kilometre and the half marathon. 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 and 30km Xenofit Carbohydrate-Gels are offered. At 30km, 35km, 40 km bizzl Cola and at 30km Krombacher o.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 marathon 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 spectacular finish of the Mainova Frankfurt Marathon is located at the trade fair. You will run through the east gate into the 'Festhalle', there you will reach the finish line after 60km. 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 by Querbeet, soups and cake. In our „Hesse corner“ we offer the regional speciality „green sauce“ by Schwälbchen Molkerei made from seven herbs and Quäse sour milk cheese served with pretzels and bread from the Huck Bakery. 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 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 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 by the end of December 2018.

Medal engraving

You can have your personal finisher's medal engraved with your name and overall time, on Sunday, October 28th 2018, 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 9 €.

Results and result brochure online

On our website: frankfurt-marathon.com you can find the results of the Mainova Frankfurt Marathon. 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 3th 2018.

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 2019.

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 0468 – 0, mail@frankfurt-marathon.com.

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 upload your medical certificate, which confirms the impossibility of your start, until October 31th 2018 to "**Check my entry**". Click on the option "cancel registration". You will then receive – under deduction of 20 € administrative charges – a free start for the Mainova Frankfurt Marathon 2019. A corresponding credit-code for the online registration will be sent to you in February 2019. 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 7th 2018. Therefore, please log in to "**Check my entry**" and click to the option "transfer my registration to a friend". Immediately your friend receives a link for the online registration. He must pay only 10 € service charges. As soon as your friend is registered, your registration is deactivated. 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.

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: 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 #mainovafrankfurtmarathon 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.

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
- ☆ a 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 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 women



Eventline-T-Shirt men



Eventline Longsleeve men

Charity Project ASB Wish-Wagon:

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".

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 (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

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

SAVE THE DATE!

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

