



mainova
FRANKFURT
MARATHON

29 | 10 | 23
#runtheskyline

PARTICIPANT INFORMATION
MARATHON

GENERAL INFORMATION

Dear marathon runner, in the following you will find important information about the schedule of this year's Mainova Frankfurt Marathon. Please take enough time to read this information carefully.

COMPETITION RULES

The Mainova Frankfurt Marathon is governed by the **International Rules of Competition** (IWR) of the World Athletics and German Athletics Association.

MARATHON CENTER TRADE FAIR

Ludwig-Erhard-Anlage 1
60327 Frankfurt

The entrances and halls are connected by a pathway system.

DIRECTION

Please travel, if possible, by public transportation as there will be increased traffic in the city during the marathon weekend.

Your start pass/ start number is valid as a RMV ticket on the day of the event.

Public transportation (RMV):

Stops in the immediate area

- S-Bahn station „Messe“ (S3, S4, S5, S6)
- U-Bahn station „Festhalle/Messe“ (U4)
- Bus stop „Festhalle/Messe“ (line 50)
- Tram „Festhalle/Messe“ (line 16, 17)

By car: → [Directions](#)

Parking:

- October 27th & 28th: all parking garages in the area around of the fair (Rebstockparkhaus Fr+Sa closed)
- October 27th & 28th: Skyline Plaza parking garage, entrance Brüsseler Straße, 1st hour free of charge
- October 29th: Rebstock parking garage, 60486 Frankfurt am Main, with shuttle service to the exhibition grounds
- Vehicles higher than 2m: Rebstock area, Block D (without infrastructure)

IMPORTANT INFORMATION

- Availability on the weekend of the event: via e-mail to mail@frankfurt-marathon.com

- Information on road closures and detours on October 27th & 28th at: 069 757541700
- On-site medical service: +49 (0)69 71919192 or as usual the emergency number 112
- Emergency contacts: For the most immediate assistance you should indicate an emergency contact with a phone number in your registration profile and on the back of your race number. Only this person will receive information.
- Lost property: can be handed in and collected at the Infopoint in hall 1, level 2. After the end of the event you will receive information on lost property from 31.10.2023 via +49(0)69 3700468-0 or mail@frankfurt-marathon.com.

Notice:

For better readability, personal nouns in this document are used in the generic masculine form. For the sake of equal treatment, corresponding terms apply in principle to female and other gender identities to the extent gender identities, as well as to the gender of the individual.



FRANKFURT-MARATHON.COM







27.-29.10.2023

SUPPORTING PROGRAM



WHAT TO EXPECT AT THE MARATHON WEEKEND

MARATHONMALL / EXPO INFORMATION AND SALES FAIR

-  Friday, October 27th 2023 / 12 noon to 7pm
-  Saturday, October 28th 2023 / 10am to 7pm
-  Sunday, October 29th 2023 / 7am to 5pm
-  Trade Fair (Messe Frankfurt), hall 1, level 2



PRETZEL RUN – BREAKFAST RUN POWERED BY INTERAIR (ca. 7km)

The free Pretzel Run through Frankfurt with drinks, original Frankfurt pretzels and medals (while stocks last).



-  Saturday, October 28th 2023 / 10am
-  Start: at the „Forum“, Trade Fair (Messe Frankfurt)
- Ziel: Messe Frankfurt, forecourt of Maritim Hotel

FATTORIA LA VIALLA – TOSCANA PASTA PARTY

(For companions you can buy vouchers there)



-  Saturday, October 28th 2023 / 1:30pm to 7pm
-  Festhalle, Trade Fair (Messe Frankfurt)

ECUMENICAL WORSHIP

-  Saturday, October 28th 2023 / 6pm
-  Festhalle – Blauer Saal, Messe Frankfurt



SHOCK-HEADED PETER RUN (420m)

For Children born between 2014 and 2018

-  Saturday, October 28th 2023 / 11.30am
-  Start: at the „Forum“, Trade Fair (Messe Frankfurt)
- Finish: original „marathon finish“ in the Festhalle

MINI-MARATHON (4,2 km)

For children and youth born between 2006 and 2015.

-  Sunday, October 29th 2023 / 10.55am
-  Start: Friedrich-Ebert-Anlage
- Finish: original „marathon finish“ in the Festhalle



29.10.2023

MARATHON AND RELAY MARATHON

MAINOVA FRANKFURT MARATHON (42,195 km)



Sunday, October 29th 2023



Start: Friedrich-Ebert-Anlage

Finish: Festhalle, Trade Fair (Messe Frankfurt)

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



Sunday, October 29th 2023 / 10.35am



Start: Friedrich-Ebert-Anlage

Finish: Festhalle, Trade Fair (Messe Frankfurt)

RACE NUMBER PICK UP



Friday, October 27th 2023 / 12 noon to 7pm

Saturday, October 28th 2023 / 10am to 7pm

Sunday, October 29th 2023 / 7am to 9.30am



Trade Fair (Messe Frankfurt), hall 1, level 2 ([→ floor plan](#))

IMPORTANT

- please bring: your race passport or race number + identity card
- if you want someone else to pick up your race number: race passport or declaration of consent with additional copy of identity card of the participant
- for Mainova customers: pick up the starting documents directly at the Mainova booth at the Marathonmall
- the starter bag also works as a clothes bag for the clothes collection on Sunday

YOU RECEIVE...

- Your personal race number with pins for attachment
- Your rental ChampionChip for timekeeping, if booked during registration
- Your starter bag with information and samplings of our sponsors

[Click here for your voucher booklet](#) →



Other booked additional services can be picked up until Sunday, October 29th 2023, 10am at the Marathon Mall! You will find the corresponding coupons on your bib number.

RACE NUMBER...

- authorizes to participate in the Mainova Frankfurt Marathon 2023
- is not transferable and must be worn visibly on the chest
- is not allowed to be changed, especially not the lettering
- no start number = no ranking
- is valid as a ticket for the RMV area on race day



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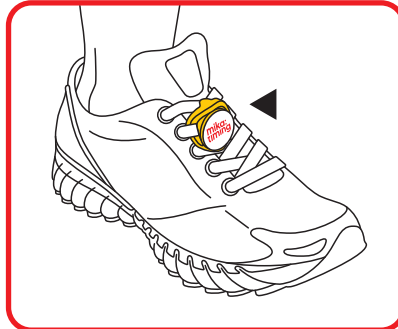
BEFORE START

BAGGAGE (CLOTHES) DISPOSAL (→ floor plan)

- can be done before the start from 8am in hall 1, level 1. For this purpose, please stick the sticker with your start number into the marked field on the clothes bag
- accepts only starter bags of the Mainova Frankfurt Marathon 2023
- other bags can be handed in for a fee of 4€ at the checkroom in hall 1, level 1
- closes after the race at 5pm
- there will be no possibility to drop off baggage outside of hall 1.1

TIMING

- is done exclusively by ChampionChip, information can be obtained from our time service provider **mika:timing GmbH**: 02202 2401113 // championchip@mikatiming.de // www.mikatiming.de
- note: attach the chip to the laces of your running shoes to make sure that you run the control mats at the start & finish (otherwise you will be disqualified)
- for the video controls wear your bib number permanently visible on your chest
- You don't have a ChampionChip: it can be booked for a rental fee of 12€ (incl. 5€ deposit) online or on site.



- You have a chip: give the chip code at registration, bring it to the event and have it checked when you pick up your starting documents.
- You have forgotten your chip: You have the possibility to borrow a chip on site, please contact the help desk first.
- Chip return: Sunday, October 29th, 2023 from 12 noon to 5pm (Mini-Marathon 11am to 3pm) in hall 1, level 2 in the area of the race number pick up
- you can also donate the chip deposit to the project „ASB Wünschewagen: Dare last wishes - win memories together“

PERSONAL NUTRITION

- can be handed in at the info point in the passage to hall 1, level 2
- for ambitious runners: men under 2:45:00; women under 3:00:00 (bring your start passport as proof)
- for participants who for medical reasons require special nutrition (medical certificate required)

PACE MAKER

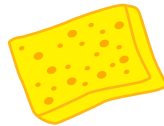
- professional accompaniment over the entire marathon distance by experienced runners with the following finish times: 2:59, 3:14, 3:29, 3:44, 3:59, 4:14, 4:29, 4:44, 4:59 and 5:29 hours.
- they are marked by flags with the corresponding finish times

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THE START (→ Plan start and finish area)

THINGS YOU MUST TAKE WITH YOU:

- your personal start number -> clearly visible on the chest
 - ChampionChip -> firmly attached to your shoe
 - possibly a sponge -> included in the starter bag
- At the aid stations are tubs with water for dipping the sponges



LINE UP AT THE START

- Friedrich-Ebert-Anlage, towards city center
- Start: 1st wave: 10am, 2nd wave: 10.10am

- Entrance to the starting area is only possible with an official start number
- the allocation to the starting blocks 1-6 will be done according to your given time, the starting block is recognizable by the logo on your race number
- important: please place yourself within the starting blocks according to your target time
- due to the evaluation of the net time by means of the timing mats there will be no disadvantage for anyone

1ST WAVE: START 10:00 AM

Block 1 „HOKA“	expected finish time up to 3:00 hours
Block 2 „Messe Frankfurt“	expected finish time from 3:00 hours up to 3:15 hours
Block 3 „Stadt Frankfurt“	expected finish time from 3:15 hours up to 3:30 Stunden

2ND WAVE: START 10:10 AM

Block 4 „Mainova“	expected finish time from 3:30 hours up to 3:45 hours
Block 5 „Rosbacher“	expected finish time from 3:45 hours up to 4:00 hours
Block 6 „Krombacher“	expected finish time from 4:00 hours and all starters without anticipated finish time

Get to the start as early as possible. Unnecessary hecticness and nervousness only hinder you in the achievement of your personal performance.

29.10.2023 ON THE TRACK

→ [route map](#)

NOT ALLOWED:

- Race number ribbon, bicycle or other escort on the course.
- Headphones are prohibited for participation in championships, but are allowed for amateurs
- Baby joggers must start in the last starting block

WATER STATIONS

- the refreshment points are located on the right or left side, at km 5 and 10 they are on both sides
- medical assistance: at the refreshment points there will be medical assistants available
- toilets: at km 5, 10 and every 2,5 km thereafter

EVERY 5 KM IN THIS ORDER:



Time information, medical care, self-catering, Rosbacher naturell mineral water, isotonic drinks from Rosbacher, tea, tubs for soaking the sponges, waste containers

KM 12,5 / 17,5 / 22,5 / 27,5 / 32,5 / 37,5



Refreshment points with Rosbacher mineral water and tubs for dipping the sponges

AB KM 15 BIS ZUM ZIEL



additional offer of organic bananas from Querbeet

KM 15 UND KM 30



additional offer of Gel 100 without caffeine from Maurten

KM 30, 35, 40



bizzl Cola

KM 32,5



Krombacher 0,0%

29.10.2023 FINISH AREA

→ [Plan start and finish area](#)

GENERAL INFORMATION

- the finish is in the Festhalle, on the grounds of the Trade Fair (Messe Frankfurt)
- free entrance for spectators
- please leave the finish area quickly to avoid traffic jams
- finish time: 4.45pm

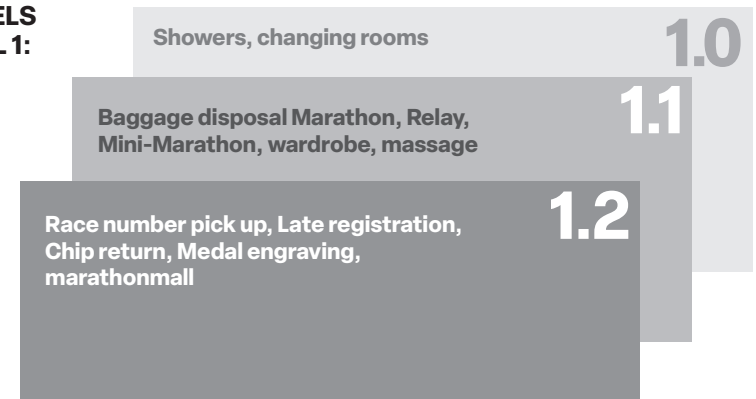
YOU RECEIVE:

- your medai
- a poncho
- refreshments → [overview water stations at the finish area](#)

BAGGAGE (CLOTHES) DISPOSAL, SHOWERS, MASSAGE

- Collection of the bag: until 5pm in hall 1, level 1 against presentation of your race number
- Changing rooms and showers: hall 1, level 0
- Massage service: from 12 noon to 5pm in hall 1, level 1 (use only under the condition that you are freshly showered)

LEVELS HALL 1:



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AFTER THE RUN

YOUR RESULT AND YOUR CERTIFICATE

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

AWARDS FOR AGE CLASSES AND TEAMS

- the three first place winners in each age group (IWR regulation): Dispatch of a free start and one incl. participant shirt from HOKA for the Mainova Frankfurt Marathon 2024, dispatch by mail probably end of January 2024
- there will be no award ceremony for the age groups on the day of the event

MEDAL ENGRAVING

- Engraving of name and net time for the price of 10€, from 12 noon to 5pm in hall 1, level 2 in the area of the race number pick up (if not booked online, only cash booked, only payable in cash on site) -> [floor plan](#)

MEETING POINTS

- You can meet your friends and family members who do not have access to the closed-off areas, at the following two meeting points: hall 1, level 2, or „P1“ (area on the fairgrounds between Festhalle and hall 1)
-> [Plan start and finish area](#)

FURTHER INFORMATION

- ASB CHARITY-PROJEKT „WÜNSCHEWAGEN“



With the project „Wünschewagen - letzte Wünsche wagen“ („Wishing for last wishes“) the ASB supports seriously ill people. The journey of the Wünschewagen takes the passenger and an accompanying person to their place of longing - including shared memories. -> [How you can donate](#)

- FRANKFURT MARATHON CLUB



for all runners who have finished at least ten times in the Mainova Frankfurt Marathon. They receive

- » a personal „eternal“ start number
- » a high-quality polo shirt with an embroidered start number

Admission: sending the certificates (copies are sufficient), preferably by e-mail, to confirm the ten times participation.

Meeting point: Marathon mall for the issue of the polo shirt and the start number for members

FURTHER INFORMATION

- **App**
Possibility for friends and family to follow your race live. You can find all the information at:
[www.frankfurt-marathon.com/faq under „App“](http://www.frankfurt-marathon.com/faq_under_„App“)
- **Live on TV**
The hr television broadcasts the Mainova Frankfurt Marathon live on the Sunday of the event and online at hessenschau.de, an international livestream is available on our website -> [Livestream](#)
- **T-Shirt print**
in hall 1, level 2 and can be booked online or on site with a 2€ surcharge
- **T-Shirt- und Longsleeve pick-up**
in hall 1, level 2, can be booked online
- **Wishlet pick-up**
in hall 1, level 2 at the counter of ASB
- **Medal engraving**
at the race number pick up in hall 1, level 2
- **Registration for 2024: starts at October, 29th 2023, 12 noon**
- **DLV-Volkslauf stamp:** at the Infopoint
- **Resignation for health reasons:**
possible till November, 1st 2023



8 TIPS FOR WASTE PREVENTION



1. Use your race number as ticket for a free public transport to come to the Mainova Frankfurt Marathon!
2. Wear old clothes- no plastic foil- for your warmup and throw your clothes in the boxes for the collection of old clothes!
3. Use your goodie Bag as your bag for the whole day. It is perfect for transport your clothes or shoes but also for shopping or bringing returnable bottles back!
4. Throw your waste in litter bins!
5. Bring your registration information online as a PDF file on your phone with you!
6. Bring your own cutlery and dishes to the pasta party!
7. Use your own shopping bag on the marathon mall!
8. Turn off the water during using soap or wash lotion!

Waste from participants on the exhibition grounds is collected centrally and recycled professionally by a specialist waste disposal company.

