



41ST RHINE-RUHR-MARATHON

05 MAY 2024

STARTER INFORMATION

Dear participant,

We are delighted that you have registered for the 41st Rhine-Ruhr Marathon and will be competing in Duisburg. Below you will find the most important information on the organisation of the 41st Rhine-Ruhr Marathon.

For reasons of linguistic simplification, only the masculine form is used. However, persons of male, female and diverse genders are always addressed equally.

Special information for inline skaters and half marathoners is labelled (SK) and (HM) respectively.

Supporting programme 04 - 05.05.2024

Marathon fair

Saturday 04.05.2024 10:00 - 19:00 h

SCHAUINSLAND-REISEN Arena,

Margaretenstraße 5-7, 47055 Duisburg

Sunday 05.05.2024 09:00 - 16:00 h

Event meadow Bertaallee, 47055 Duisburg

Further activities

Saturday 04.05.2024 10:00 am

Breakfast run approx. 5 km, start

main entrance SCHAUINSLAND-REISEN Arena

Saturday 04.05.2024 from 13:00 h

Running symposium with various lectures;

SCHAUINSLAND-REISEN Arena

Saturday 04.05.2024 15:00 - 19:00 h

Pasta Party "Feinkost Kersten";

Business Lounge of the Pape company;
2nd floor, SCHAUINSLAND-REISEN Arena
The prices per plate vary from
5.90 € to 9.90 € incl. soft drink

Starting documents

- Distribution in the SCHAUINSLAND-REISEN Arena during the marathon fair on SAT 04.05.2024 (10-19 h) and SUN 05.05.2024 (from 6 am until start)
- For good medical care, note contact details on the back of the bib
- The pre-ordered shirt with the size is noted on the bib
- For personal support, pre-registrants have their name on their bib
- Late entrants please add the name with a thick felt-tip pen

Before the start

- Bib with integrated timing transponder
- Carry a sponge
- Toilets are at the start area and on Kruppstraße

Changing room

- Sorted by starter groups
- Incl. toilets

Clothes bag drop-off

- On the event meadow on Bertaallee. Container from the company Kons & Pusnik
- SK leave their belongings at the ice skating arena
- Do not leave bags unattended

Starts on the Kruppstraße

8:00 am	Inline skating marathon
8:05 am	Wheelchairs/handbikers
8:28 am	Ekiden relay
8:30 am	Marathon
9:00 am	Relay half marathon
9:30 am	Half marathon

On your marks, get set, GO!

- Follow the green markings for the optimum running route
- Every kilometre is signposted
- Clocks are placed every 5 kilometres
- Checkpoints with judges from the North Rhine Region North Athletics Association (*Leichtathletikverband Nordrhein Region Nord*) are located along the route
- Pace makers marathon: 3:00 h/3:15 h/3:30 h/3:45 h/4:00 h/4:15 h/4:30 h /4:45 h/5:00 h/5:30 h
- Pace makers half marathon: 1:30 h/1:45 h /2:00 h/ 2:15 h/ 2:30 h/ 2:45 h

The following are not permitted on the route

- Bicycle escort - leads to disqualification
- Slow down/stop in the centre of the road
- Run hand-in-hand, especially in the finish area

Be considerate of the other runners, this is the only way to make it a great and unforgettable event for everyone.

Supply stations

with porta-potties and toilet trailers (VS 13 and VS 16)

VS	Kilometres	Supply	Supervising association
1	KM 5	Water, WC	Lichtbund Niederrhein
1 HM	KM 6 (half marathon only)	W, WC	BSG Stadtwerke
2	KM 8	W, WC	THW / Eintracht Duisburg
3	KM 11.5	W, Iso, WC	1st Meiderich Canoe Club
4	KM 13	W, WC	MSV Duisburg - Gymnastics
5	KM 16.8	W, WC	Ruhrort TV
6	KM 19	W, WC	Homberg TV
7	KM 20.3	W, Iso, Ba, WC	Moerser TV
8	KM 24.5	W, Iso, Ba, sponges, WC	Volunteer fire brigade fire engine 610
9	KM 27	W, Iso, Coke, WC	TTS Duisburg
10	KM 28.5	W, Iso, Ba, sponges, WC	Youth centres Niederrhein
11	KM 30	W, Iso, Ba, Coke, WC	VSG Duisburg
12	KM 31.5	W, Iso, Ba, WC	DSV 1900
13	KM 33.2	W, Iso, Ba, WC	Viktoria Buchholz
14	KM 35	W, Cola, Ba, WC	SG Duisburg South
15	KM 36	W, Iso, Ba, Coke, WC	KG op de Hippe Höh
16	KM 38.5	W, Iso, Ba, Coke, WC	Duisburg Ski Club
17	KM 40.5	W, Iso, Ba, Coke, sponges, WC	TV Wanheimerort
Finish	KM 42,195	W, Iso, Ba, Pils, Sinalco Cola, apple spritzer, WC	LC Duisburg

Self-catering

- Hand in by 04.05.2024 7 pm at the start ticket office
- No glass
- (SK) Not possible for inline skaters

Time limit

Marathon - 5:30 hours

Half marathon - 2:45 hours

Inline skaters - 2:30 hours

Medical care

- Go to the supply station
- Mobile first aiders are called out from there
- Return buses commute to the SCHAUINSLAND-REISEN Arena during the marathon for medical services

Special places on the route for skaters

KM	2,3	Roundabout	Neue Frucht Straße
KM	4,3	Sharp left-right bend	Pulverweg
KM	5,8	Diagonal track crossing	Schifferstraße
KM	6,2-7,2	Tracks parallel to the course	Ruhrorter Straße
KM	10	Tracks parallel to the course	Emmericher Straße
KM	15,9	Roundabout	Am Nordhafen
KM	16,9	Roundabout	Am Nordhafen/Amtsgerichtsstraße
KM	17,5	Narrow right-hand bend	Amtsgerichtsstraße/Friedrichsplatz
KM	17,5	Tracks parallel to the line	Friedrichsplatz
KM	17,6	Narrow left-hand bend	Friedrichsplatz/Homberger Straße
KM	18,5	Exit	Friedrich-Ebert-Brücke
KM	19,3-19,8	Pedestrian zone (changing surface)	Augustastraße
KM	20	Narrow right-hand bend	Arndtstraße/Mühlenstraße
KM	20-21	5 x track crossing	Duisburger Straße
KM	21,1	Narrow right-hand bend	Uferstraße/Wilhelmallee
KM	21,2	Narrow footpath	Wilhelmallee
KM	26,5-27,5	Exit	Brücke der Solidarität
KM	27,9	Track crossing	Rheinhauser Straße/Wanheimer Straße
KM	30,5	Track crossing	Nikolaistraße/Wacholderstraße
KM	34,4-35,4	5 x ground sills	Swakopmunderstr. - Lüderitzallee
KM	38	Narrow right-hand bend	Großenbaumer Allee/ Neidenburger Straße
KM	38,8	Narrow left-hand bend	Neidenburger Str./Kalkweg
KM	42	Narrow combination of bends, ground sill	Stadium

Congratulations on your successful run

- Medal at the finish
- Warming blanket
- Drinks and fruit
- Moving on quickly after crossing the finish line
- Massage by the physiotherapists at the Duisburg Outpatient Rehabilitation Centre (ARZD, *Ambulantes Rehasentrum Duisburg*)
- Roses for the female runners
- Adidas finisher shirt upon presentation of the bib
- Nice souvenir photo at the selfie station
- Medal engraving on the event meadow
- (SK) Finish of the national skating championships on Margaretenstraße
- From noon onwards regeneration swim in the swimming station (bib required for admission; appropriate swimwear required)

Results

- Notice from 10 am at the Bertaallee stadium fence; behind the runners' area exit
- Download of instant certificates at www.rhein-ruhr-marathon.de

- Access code for finisher clip will be sent via starter kit; download approx. 8 weeks after the race

Award ceremony in the SCHAUINSLAND-REISEN Arena

- Changes possible at short notice-

09:45 am Award ceremony inline skaters places 1-3 men and women
Award ceremony national inline skating championships places 1-3 men and women

Approx. 11:30 am Award ceremony half marathon places 1-3 men and women
Award ceremony small Supercup places 1-3 men and women
Award ceremony relay half marathon places 1-3 men, women, mixed, upper school cup

Approx. noon Award ceremony Marathon places 1-3 men and women
Award ceremony for the big Supercup men and women
Award ceremony for the overall winner of the Ekiden relay

! We would like to ask the winning runners to arrive at the podium in the SCHAUINSLAND-REISEN Arena at least 15 minutes before the award ceremony. The first-placed runners will receive an information card when they cross the finish line.

Age group ranking takes place in the honour tent on the event meadow
The 1st - 3rd places in the classes Youth W/M JU 18 (07/08) (only half marathoners), Youth W/M JU 20 (05/06); W/M (yrs. 95/04);
W/M 30 (yrs. 90/94), W/M 35 (yrs. 85/89);
W/M 40 (yrs. 80/84); W/M 45 (yrs. 75/79);
W/M 50 (yrs. 70/74); W/M 55 (yrs. 65/69);
W/M 60 (yrs. 60/64); W/M 65 (yrs. 55/59);
W/M 70 (yrs. 50/54); WM 75 (yrs. 45/49);
W/M 80 (yr. 44 and older) of the marathon will receive their prizes and trophies from 11:45 am on presentation of their bib in the awards tent on the event meadow on Bertaallee. The same applies to the overall team winners in the half marathon and the inline skaters, as well as the winners of the Duisburg classification in the marathon and the inline skaters categories.

(SK) Minimum age for the inline skating marathon: 16 years! For inline skaters, places 1 - 3 in the Junior (yrs. 06/07); Active (yrs. 90/05); Masters U40 (yrs. 85/89); Masters U50 (yrs. 75/84); Masters U60 (yrs. 65/74); Masters U70 (yrs. 55/64); Masters U80 (yrs. 45/54) and Masters Ü80 (yrs. 44 and older) for men and women will receive their prizes and trophies on presentation of their bib.

Information for spectators

- Free bus shuttle to the handover points and to the finish (departure SCHAUINSLAND-REISEN Arena, last row of the parking lot to Kalkweg) from 08.00 to 11.50 am
- Enthusiastic reception of the runners from the stands of the SCHAUINSLAND-REISEN Arena
- Meeting point at the "shade trees" on the Bertaallee event meadow

Childcare

- Qualified trainers
- On the Bertaallee event meadow
- Provide catering for the children
(Prior registration required)

We wish you lots of fun and success for the 41st Rhine-Ruhr Marathon!!!

Additional information for the participants of the 2nd Rhine-Ruhr Relay Half Marathon

Dear relay participants,

We are delighted that you have decided to take part in the relay race of the Rhine-Ruhr Half Marathon Duisburg 2024. We have compiled additional information for you here so that you can enjoy the race without any worries.

Timekeeping

Each relay team needs a baton. You will receive this baton at the start ticket office in the SCHAUINSLAND-REISEN Arena. Please return it undamaged to the finish area after crossing the finish line. If the rented baton is not returned, your account or credit card will be charged 16.00 €.

Finish

You are welcome to meet before entering the SCHAUINSLAND-REISEN Arena to run into the arena together. There is no possibility to meet the final runner at the finish line.

Route sections and runner information:

The half marathon relay starts at 09:00 am.

1st track section:

Start to relay handover point 1 Duisburg city centre, Steinsche Gasse, KM 5

Please do not forget the baton.

2nd track section:

Relay handover point 1 to relay handover point 2, Wanheimerort, Düsseldorfer Straße 590 at VS 12 of Duisburger Sportverein 1900, KM 10

The relay runner with the number 2 should go to the area of relay handover point 1 by 09:15 am at the latest and take the baton there

3rd track section:

Relay handover point 2 to relay handover point 3 Großenbaum, Großenbaumer Allee 168, Gesamtschule Süd, KM 16

The 3rd relay runner should go to the area of relay handover point 3 by 09:30 am at the latest and take the baton there

4th track section:

Relay handover point 3 to the finish (SCHAUINSLAND-REISEN Arena). You can meet there before the finish and run into the arena together.

Handover points

The relay handover points are separated from the actual running course. At each relay handover point there is a kind of pit lane with individual handover zones sorted by bib number.

Arrival:

Relay handover point 1 (Duisburg city centre, Steinsche Gasse):

You can reach this relay handover point via the **shuttle bus**, which starts at the SCHAUINSLAND-REISEN Arena at 08:00 am.

Pay attention to the signs on the buses.

The relay handover point can also be reached by public transport:

- Underground/tram stop Steinsche Gasse U79 and 903

Relay handover point 2 (Wanheimerort, Düsseldorfer Straße):

You can reach this relay handover point via the **shuttle bus**, which starts at the SCHAUINSLAND-REISEN Arena at 08:00 am.

Pay attention to the signs on the buses.

The relay handover point can also be reached by public transport:

- Underground station Waldfriedhof U79

Relay handover point 3 (Großenbaum, Großenbaumer Allee)

You can reach this relay handover point via the **shuttle bus**, which starts at the SCHAUINSLAND-REISEN Arena at 08:00 am.

Pay attention to the signs on the buses.

For more information on travelling to the relay handover points, please refer to our homepage www.rhein-ruhr-marathon.de.

We wish all relay participants a good run and lots of fun!

Additional information for participants of the NRW State Inline Skating Championships

Dear participant,

We are delighted to be organising the NRW State Inline Skating Championships this year in addition to our previous competitions. We have put together some additional information for you here so that you can enjoy the competition without any worries:

Eligibility and classification groups

Juniors, active athletes, Masters U40, Masters U50, Masters U60, Masters U70, Masters U80 and Masters Ü80 who are in possession of a valid DRIV licence. Please note the special regulations for high starts.

Bibs

The bib must be worn clearly recognisable on the right thigh by all participants as instructed. If a participant in a race where bibs are required starts without them or with a poorly recognisable bib, he/she will be rejected and will not be scored for this race. Any bending or folding of the bib will automatically lead to disqualification! In addition, the two timing transponder strips (MikaTags) must be stuck to the helmet (instructions with the bib), as otherwise no complete time recording can take place.

Starting blocks

There will be no separate starting blocks. The start for all participants is at 08:00 am. The organisers will ensure that the elite riders position themselves at the front of the starting field.

Wheel size

The following specification for the maximum wheel size applies to all participants:
125 mm

The WKO of the DRIV in conjunction with the WKO of the FIRS, in particular with regard to wheel size, must be observed. Riders with larger wheels will be removed from the classification or disqualified.

Finish

The finish line for the NRW State Championship and the WSC Cup is located on Margaretenstraße outside the stadium. The winner of the NRW State Championship will only be determined at this finish.

After crossing the finish line, all athletes will drive through the tunnel into the SCHAUINSLAND-REISEN Arena. Only there will the time be recorded for the classification of the Rhine-Ruhr Marathon.

We wish all participants a good run and lots of fun!