

36th Rhein-Ruhr-Marathon – Participant information

Dear participant,

we are happy that you decided to register for the 36th Rhein-Ruhr-Marathon in Duisburg. In the following you will find the most important information regarding the agenda of the event.

Special information for the inline skaters and those who are running the half marathon are marked with (SK) and (HM) accordingly.

As in previous years we are expecting round about 6000 participants. Therefore, it will be very crowded in the streets of Duisburg. Please be respectful of the other participants so that everyone can reach their personal goals.

Please take a look around before you change lanes, spit or approach a provision stall.

If you need to slow down or walk, please drift slowly towards the side of the road and do not stop in the middle of the road. This is especially advisable on bridges.

Do not hold hands while running, especially not in the finishing area.

The finish line is in the Schauinsland-Reisen-Arena which will provide for a fantastic finish for everyone. Please pay special attention to the instructions of the organizing committee and the referees.

Changing Rooms

For the different groups of participants, there will be a limited number of changing rooms available (see the map).

Clothes/Valuables

For the participants of the marathon and half marathon there are guarded storage places for your clothes at the marathon fair. Please use the trailer which has your starting number on it.

(SK) the inline skaters and handbikers can leave their clothes in the ice rink.

Please do not leave your clothes or valuables unattended. Make sure you store them safely or leave them at the guarded storage places. If you do not have anyone to watch your valuables during the race, you can also check them in at the information desk at the marathon fair. If you see bags that are unattended or look suspicious, please contact someone from the organizing committee, a volunteer or the police.

Starting cards/ numbers

You can pick up your starting card at the marathon fair during the following hours:

Place: Schauinsland-Reisen-Arena, Margaretenstr. 47055 Duisburg

Saturday, 1. June 2019, 10am-7pm

Sunday, 2. June 2019, 6am until shortly before the race starts

Please attach your number to the front of your shirt. To allow for good medical care, we kindly ask you to write down your emergency information on the back of your card.

Please carry the sponge you receive at the starting card distribution point. It can be used at all 17 provision stalls. At the 8th provision stall you can also receive a new sponge if you need one.

If you registered early you will find your name on your starting card. It will help the spectators to support you much better during the race. If it is not printed on your card, please write it down with a thick marker.

You will also find your t-shirt size on your number (those who registered early) and your starting group (SK).

Start

Start times:

Handbikers: 8.00am

Inline Marathon: 8.05am

Ekiden-Relay: 8.28am

Marathon: 8.30am

Relay: 8.50am

Half marathon 10.00am

Please gather in *Kruppstraße* close to your respective start time. According to the German Athletics Order (DLO) running with prams or baby joggers is permitted.

Time measurement

The Rhein-Ruhr-Marathon uses the Real-Time Champion-Chip for time measurement. Every participant needs their own chip for the race. It is not transferable to another participant.

Please attach the chip to your shoe. It will be activated once you've crossed the start line. There will be split time measurements. Those who cannot account for split time will be disqualified.

Those who rented the chip will be refunded after the race at the stall in the finishing area. Please follow the signs (*Chip-Rückgabe*) in the stadium. If you keep the chip, it is bought and you can use it worldwide for runs with time measurement by chip. You will receive the necessary documents by mail.

Track

The ideal track is marked with green color. After each kilometer there is a sign. Clocks can be found at km 5, 10, 15, 20, 25, 30, 35, 40 and at the finish line. There are checkpoints along the track with referees.

It is not possible to have someone on a bike accompany you. Participants who do not arrive within 5h30min will be guided along the sidewalks by the police. Please follow their instructions.

(HM) Participants of the half marathon are expected to arrive with 2h45min.

(SK) On the track there are several parts which will be a bit difficult to master. About 50 meters before there will be signs. Inline skaters should arrive within 2h 30min.

The full track is bituminized but there can be some pot-holes in the pavement. Be careful!

(HM/SK) At km 7 (HM)/ km 26 (SK) the half marathon and the inline marathon tracks meet. Until km 11 (HM)/ KM 30 (SK) both tracks are paralleled on two different sides of the road (runners left, skaters right). They will join at km 11 (HM)/ km 30 (SK). Please follow the rules:

Runners and skaters should both be considerate of one another.

Runners will run on the left side of the road, skaters on the right side. When overtaking another person listen for the shout "Links vorbei"!

Pace makers

Pacemakers will help you complete the race with the following finishing times: 3:00h, 3:15h, 3:30h, 3:45h, 4:00h, 4:15h, 4:30h, 4:45h, 5:00h as well as our red lantern with a time of 5:30h.

(HM) 1:30h, 1:45h, 2:00h

The pacemakers are wearing t-shirts with the targeted time and can be detected in the field by their colored balloons. There should be two pacemakers for each finishing time.

Provision stalls

There will be 17 provision stalls for the marathon course, 10 for the half marathon course where you can get water and depending on the provision stall also isotonic drinks, bananas and coke.

Please watch out for other participants when dumping cups and banana peel. About 100m behind the stalls there will be trash cans for the waste. Please do not forget to drink, especially when the weather is warm.

(HM) The first provision stall is at km 6. After that the provision stalls are the same for marathon and half marathon.

If you have your own provision (no glass!), please hand it to our volunteers at the starting card distribution point until June 1st, 7pm. It will be distributed to the respective provision stall on the day of the event. You will find your provision at the beginning of the provision stalls on the table.

(Does not apply for SK)

Finish

The finish line for all disciplines is in the Schauinsland-Reisen-Arena. There you can be greeted by family members and friends.

Please do not stop on the track after crossing the line.

Behind the track on the backside of the arena you will receive your medal. There will also be another provision stall with water, isotonic drinks, coke, bananas, beer and non-alcoholic wheat beer. To leave the inside space of the stadium, please follow the signs.

The Odlo-Finisher-Shirt you will receive on presentation of your starting number at the backside of the stadium at the wooden stalls.

Result service

Unofficial results will be published at around 10am and the fence close to the exit of the stadium (*Bertaallee*). You can download and print your own certificate after the race (www.rhein-ruhr-marathon.de). Six to eight weeks after the event you will be able to download your personal finishing video on our website. You will receive the access code in your digital starting kit.

Presentation ceremony

The presentation ceremonies will start around 10.00am and will be organized in four stages.

10.00am presentation ceremony inline skaters men/women

11.30am presentation ceremony marathon men
presentation ceremony handbikers men/women

- 12.00am presentation ceremony marathon women
 presentation ceremony half marathon men/women
 presentation ceremony ekiden relay
- 1.00pm presentation ceremony relay men/women/mixed

Please arrive at the winner's podium 15min previous to the presentation ceremony. If you are going to be honored, you will receive a notice upon your arrival at the finish.

All participants who successfully finished the race can have their finishing time engraved on their medal without additional costs. You will find the respective stall at the marathon fair close to the information desk.

Presentation ceremony for different age groups

There will not be presentation ceremonies for different age groups and teams. The winners (place 1-3) in those categories will receive their cups and prizes on presentation of their starting number at the tent on the marathon fair around 11:45am.

Program

The theme of the marathon is "Samba". There will be bands alongside the track and at the marathon fair.

On June 1st there will be a so called breakfast run. It will start at the main entrance of the stadium (*Margaretenstraße*) at 11.00am. The distance is about 5km and it finished again at the entrance of the stadium.

Marathon fair

During the distribution on the starting cards on Saturday, a grand marathon fair will take place within the stadium. There you will be able to receive information about running and inline skating but you will also be able to buy gear. On Sunday the fair will be moved to the lawn at *Bertaallee* on the other side of the stadium.

Saturday, 1. June 2019, 10am – 7pm

Sunday, 2. June 2019, 6am – 9.30am

Pasta party

Close to the starting card distribution point there will be a pasta party taking place between 3pm and 7pm on Saturday. You can choose between different dishes. Each dish will cost 5,50€ (including one drink). There will be no vouchers and you will need to pay in cash.

Toilets

Dixi-toilets can be found at every provision stall. In addition, there will be water toilets at provision stall 13 and 16. At the starting and finishing area there will also be toilets close to the changing rooms, at the stadium and at *Kruppstraße*.

Medical care

If you need to abandon the race for whatever reason, please contact the closest first aid station. They are located close to the provision stalls and are marked by a red cross. Your name will then be passed on to the information desk at the marathon fair.

There will be a bus service which will take you back to the stadium. You will be taken to the medical care tent inside the stadium.

First aid stations can be found at km

5/9.5/11.5/13/16.8/19/20.3/24.5/27/28.5/30/31.5/33.2/35/36/38.5/40.5

(HM) Your first first aid station is located at km 6.

Massage

There will be a massage service in the finishing area which is free of charge.

Free access to the swimming pool

After the race (from 1pm) you are welcome to go for a swim. Please bring your starting number and a bathing suit. The swimming pool is right next to the arena (south).

Child care

There will be qualified Volunteers who will take care of your child during the run. Please contact the information desk. Meals and drinks are not included in the service.

Shuttle service

The local traffic service provides for a bus shuttle without additional costs. The bus leaves at the stadium every 15 minutes (starting at 7.50am).

Starting kit

We are providing a digital starting kit including information about the marathon. You will also find the results in your kit after the race.

Enjoy the 36th Rhein-Ruhr-Marathon and good luck!