

36th Rhein-Ruhr-marathon on June 2nd, 2019

20th Rhein-Ruhr-inline skating marathon

18th Rhein-Ruhr-half marathon

11th Rhein-Ruhr-relay marathon

11th Handbike-city-marathon-trophy

Things to know about...

Duisburg is running...

through the world's biggest inland harbour, through the internationally known city district *Innenhafen*, over Rhein and Ruhr, to the finish line inside the Schauinsland-Reisen-arena. Join the race!

Duisburg enthuses...

by the tradition of a marathon established in the same year as the classics in Berlin and Frankfurt, with a perfect organization by runners for runners, through the warmth of the people from the *Revier*. Get enthused by this excitement!

Duisburg convinces...

with a flat course, that is gauged for doing a best time, with best services for all runners, even after crossing the finishing line. See for yourself!

Get more for your entry fee:

- every finisher receives an original Odlo functional shirt with the finisher logo
- medal
- results service with lists, video of the individual finish, free engraving of medals as well as impressions of the Rhein-Ruhr-marathon
- 18 provision stalls
- free swimming for regeneration
- free journey with public transport in the region of the Verkehrsbund Rhein-Ruhr (VRR)
- freshly tapped König Pilsener or benediktiner Weissbier in the finishing area
- free massage service in the finishing area (does not apply for relay)
- Inclusion of all times into the high score list

Disciplines

The following disciplines are part of the Rhein-Ruhr-marathon

- 36th Rhein-Ruhr-marathon
- 20th Rhein-Ruhr-inline marathon
- 18th Rhein-Ruhr-half marathon
- 11th Rhein-Ruhr-relay marathon
- 11th Handbike-city-marathon-trophy

Conditions of participation

The Rhein-Ruhr-Marathon will be organized in accordance with the regulations of the Deutscher Leichtathletik Verband (DLV) and the IAAF and will be supervised by the Leichtathletik Verband Nordrhein (LVN). The marathon is open to all runners born in

2001 and before, the half marathon for runners born in 2003 and before, the Inline marathon for all those born 2003 and before (parent or guardian signature required for minors).

For the inline marathon the regulations of DRIV apply. Allocated time in hours:
marathon: 5:30, half marathon 2:45, Inline marathon: 2:30.

Extra rankings

- team ranking for marathon / half marathon / inline (teams of three participants)
- company ranking (teams of three participants from one company. Two or more teams can be registered per company. Uniform spelling of the company's name is absolutely necessary.)
- state championship Northrhine-Westphalia

Presentation ceremony

- The main presentation ceremony will take place inside the Schauinsland-Reisen-arena.
- The prizes for the different age groups will be awarded in a designated tent.
- Winners and medallists will receive gift prizes
- Certificates for self-printing and results lists will be sent eight weeks after the event. They include a video of the personal finish.
- Rheinland-ranking Duisburg-Düsseldorf: In case of participating in both events, the results will enter an overall ranking. Further information can be found on www.rhein-ruhr-marathon.de.

Starter information on...

Time measurement

The Rhein-Ruhr-Marathon uses the Real-Time Champion-Chip for time measurement. It can be bought for €31 or rented. For renting you can make a deposit at the starting card distribution point. When returning the chip after the run on June 2nd, 2019 €25 will be refunded. If you keep the chip, it is bought and you can use it worldwide for runs with time measurement by chip. It is not possible to participate without the chip. The chip is not transferable.

Provision along the course

18 provision stalls for the marathon course, 10 for the half marathon course.

Parking/ changing/ showering

The Rhein-Ruhr-marathon is both famous and popular for its good logistics and the short distances. Sufficient opportunities for parking, changing and showering are available close to the starting and finishing line.

Pacemaker

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.

The pacemakers are wearing t-shirts with the targeted time and can be detected in the field by their coloured balloons.

Track surveyor

Udo Brandt, surveyor IAAF/A/MS Grade A

Registration

You must register by filling out and signing the attached form or sign up online on www.rhein-ruhr-marathon.de.

Please send the registration to:

Stadtsportbund Duisburg e.V.

Bertaallee 8b

47055 Duisburg

Phone: 0049 203 3000811 or Fax: 0049 203 3000888

Or hand in the registration in one of the shops of Laufsport Bunert.

Registration deadline

Registration is possible on the day of the event as follows:

inliner/ handbike until 07:15 a.m.

marathon until 08:00 a.m.

half marathon until 08:20 a.m.

relay until 08:50 a.m.

Late registrations will not appear in the official programme booklet.

Confirmation of registration

The current starting list can be found on www.rhein-ruhr-marathon.de. All participants who have registered in accordance with the regulations and paid the entry fee will be

listed. A confirmation letter will be sent via email or post. If possible, bring this confirmation letter to the starting card distribution.

Information for relay and inline skating ...

Information for relay

The course of the 11th Rhein-Ruhr-relay marathon is the same as the original course of the Rhein-Ruhr-marathon. The distance will be divided in sections of different length:

1. runner about 7,0 km
2. runner about 14,0 km
3. runner about 10,0 km
4. runner about 11,0 km

A change of runner within the respective distances is possible at all times. Everybody born in 2007 or before can participate. The 11th Rhein-Ruhr-marathon is limited to 250 relays. The registration will be considered after submission. Late registration at the day of the event is only possible if the limit has not yet been reached.

Rating

Men, women and mixed relays will be rated separately. Any relay that has at least two female runners counts as a mixed relay.

For time measurement, the Real-Time Champion-Chip will be used. It can be rented by every team particularly for this run (costs: € 10 including retainer strap) and counts as a baton. The transition points are specified.

Information for inline skaters

The inline skating marathon is integrated into the Rhein-Ruhr-marathon. According to Inline-News, it is one of the most attractive inline skating marathons in Germany and allows fair competition conditions. The finish line is inside the Schauinsland-Reisen-arena as well. It is a c-licensed race.

Safety equipment for inline skaters

We explicitly point out that wearing a helmet is mandatory and further protective clothing is highly recommended. If there is any infringement against this rule, the organizers reserve themselves the right to exclude participants from the race.

Starting groups will be put together as follows:

All participants start at 08:05 a.m.

Organization

Declaration of consent

With my registration and participation in the Rhein-Ruhr-marathon, relay-marathon, half-marathon and inline skating marathon I recognize the non-liability of the organizers for damages of any kind. I declare, that I am healthy and have a sufficient level of training. I agree to be excluded from the race in case I am in danger of harming myself with regard to my health. I also agree that personal information provided with the registration will be passed on and that all photos, videos and interviews can be published in broadcasting, television, videos, internet, advertisement, books, and photomechanical reproduction without any right to compensation. I hereby explicitly declare that all my personal data is correct and I assure not to pass on my starting number to any other person. I am aware that according to the competition regulation of the DLV folding over the starting number can lead to disqualification. I assure that the stated year of birth is correct. In case of absence or cancellation of the event due to acts of nature beyond control there is no claim of recompense of the entry fee.

(Notice according to the data protection law: Your data will be stored by machine.)

Liability inline skaters / handbikers

Neither the competition committee nor any of the organizers will incur liability of any kind for the state of the track and harms to participants and officials that may arise therefrom. The organizer does not incur liability for physical and material harms and damages. The race will take place even under unfavourable weather conditions such as rain. Marking and signposting along the route have to be observed!

Group discounts

If sending a group registration via email and direct debiting from one single account:

10 participants and more = 10% discount

50 participants and more = 15% discount

100 participants and more = 20% discount

Forms for group registration can be requested under 0049 203 3000811 or downloaded on www.rhein-ruhr-marathon.de.

Change of registration charge / cancellation charge € 12

Fees can be paid by cheque or direct debit. Credit transfers are only possible from abroad. Registrations without simultaneous credit transfer cannot be processed. For late registrations at the venue, the fee can only be paid in cash. For changing the discipline a change of registration charge has to be paid. A partial reimbursement of the organization fee is only possible if a medical certificate is presented. In all other cases there is no claim to any reimbursement of the organization fee.

Organization fee for all participants

Registration date	marathon	half marathon	relay
until 31-10-2018	€ 40	€ 30	€ 100
until 31-12-2018	€ 50	€ 35	€ 120
until 14-04-2019	€ 58	€ 39	€ 140
until 26-05-2019	€ 63	€ 44	€ 160
until 02-06-2019	€ 70	€ 50	€ 180

Online registration is possible until 26-05-2019.

Direct debit authorisation

Payment for all foreign participants

IBAN: DE 72 3505 0000 0209 0130 02

Receiver: Stadtsportbund Duisburg e.V.

Date

This registration can only process when organization fee is transferred by SEPA to the following bank account:

BIC: DUISDE33XXX

Bank: Sparkasse Duisburg

Signature account holder

Programme

Distribution of starting cards / marathon fair / side-events

At the Rhein-Ruhr-Marathon you will experience three days full of information on running and equipment for the sport. On Friday and Saturday, the marathon fair will take place indoors (place will be announced) before it moves to the central venue on Klönnewiese close to the starting and finishing line on Sunday. The starting cards will be distributed inside the Schauinsland-Reisen-arena, Margaretenstraße, 47055 Duisburg (Sportpark Duisburg) on all three days.

Saturday, June 1st,2019

11:00 a.m.

breakfast run (warm up for marathon)

11:00 a.m. – 7:00 p.m.

marathon fair

distribution of starting cards and late registration

Sunday, June 2nd 2019

From 6:00 a.m.

distribution of starting cards and late registration

08:00 a.m.

start of the 11th Handbike-city-marathon-trophy

08:05 a.m.

start of the 20th Rhein-Ruhr-inline-marathon

08:30 a.m.

start of the 36th Rhein-Ruhr-marathon

08:50 a.m.

start of the 11th Rhein-Ruhr-relay-marathon

10:00 a.m.

start of the 18th Rhein-Ruhr-half-marathon

09:00 a.m. – 4:00 p.m.

marathon fair, engraving medals, children's treat

From 2:00 p.m.

free swimming for regeneration