

# 40th Rhine-Ruhr Marathon

## 11 June 2023

### Participant information

**Dear participant,**

We are pleased that you have registered for the 40th Rhine-Ruhr Marathon and will be starting in Duisburg. Below you will find the most important information for the proceedings of the 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 the inline skaters and half marathoners are marked with (SK) and (HM) respectively.

We are expecting 5,000 participants again this year, so experience shows that it can get crowded on some of Duisburg's streets. However, with sufficient consideration, everyone will have enough space to reach their respective personal goals. Every participant should be aware of the following general instructions:

- Please look around before changing lanes, spitting or approaching a water or refreshment station.
- If you slow down or walk, swing gradually to the side of the road instead of stopping in the middle. This is especially important on bridges.
- Do not run hand in hand with anyone along the course, especially not in the FINISH AREA.

The finish of each race is in the SCHAUINSLAND-REISEN-Arena - a fantastic finish for every participant. It is possible that the finishes of the individual disciplines may overlap there. Pay attention to the instructions of the organisation team and the judges.

#### 1. Changing areas

The following limited changing facilities are available for the individual starter groups (see plan)

#### 2. Clothes bag depot/ valuables

For the marathon and half marathon, there is a guarded clothes storage facility provided by the company Kons & Pusnik on the event meadow on Bertaallee. Please use the truck on which your bib number is marked.

(SK) The inline skaters can leave their respective things at the ice skating arena.

**!** Please do not leave your sports equipment or valuables unattended! Please make sure that you put them away safely or leave them in safekeeping. If you do not have a safe place to leave your sports equipment or valuables, you can hand them in at our information stand on the event meadow on Bertaallee.

■ Should you have any observations regarding conspicuous or abandoned objects, please contact our service staff, the stewards or the police.

#### 3. Starting documents/ bib number

You will receive your starting documents at the marathon fair at the following times:

Venue: Business area of the Schauinslandreisen Arena, Margaretenstraße 5-8, 47055 Duisburg-Wedau (Sportpark Duisburg)

Saturday 10 June 2023 from 10:00 - 19:00

Only attach your bib number to the front of your shirt.

In order to ensure good medical care, we ask you to write your emergency information on the back of your bib number.

Please carry the sponge that you will receive at the start information distribution. It can be used at any of the 17 refreshment stations. At refreshment station 8 (KM 24.5) there is an additional sponge dispenser if required.

All pre-registrants will find their name on the bib number this year, too. It serves as a better personal support on the course. Late registrants are kindly asked to add their name to the blank start number with a thick felt-tip pen.

Make sure that no participant without a bib number sneaks in among the properly registered participants. These runners distort the performance picture and take advantage of the services and assistance that are only intended for you.

In addition, you will find your specified T-shirt size on the bib (e.g. XL, but only for pre-registrants!).

#### **4. Start**

The start for all races will be on Kruppstraße (near SCHAUINSLAND-REISEN-Arena) at the following start times:

8:00 a.m.	Inline Marathon
8:05 a.m.	Wheelchair/hand cyclists
8:28 a.m.	Ekiden relay
8:30 a.m.	Marathon
9:00 a.m.	Relay half marathon
9:30 a.m.	Half marathon

The respective fields of runners will gather in the starting channel on Kruppstraße before the start.

#### **5. Timekeeping**

At the 40<sup>th</sup> Rhine-Ruhr Marathon, the Real-Time Champion chip will be used for timekeeping.

**Each participant needs a chip for the run. The chip is not transferrable!**

To activate the timekeeping, the chip must be attached to the shoe (shoe strap). For this purpose, corresponding mats will be laid at the start and finish, which you must run over with your chip.

Checks in between: Those who cannot prove intermediate times will be disqualified.

Participants who started the race with a rental chip must return their rental chip to the chip return desk after finishing the race. Please follow the signs in the stadium. If you keep the chip, the chip fee of 25€ will be debited from your account by mika:timing.

If the chip is not handed in, it will be considered as purchased. The corresponding documents will be sent by Mika Timing Bergisch Gladbach after the race.

#### **6. Running track**

The optimal running route is marked with green lane markings. KM signs are posted after every kilometre. Clocks are located at KM 5, 10, 15, 20, 25, 30, 35, 40 and at the finish. Additional clocks are located on the Marathon, Half Marathon and Inliner guide vehicles. Clocks for the half marathon course can be found at KM 5, 10, 15, 20 and at the finish.

There will be checkpoints along the route with judges from the Leichtathletikverbandes Nordrhein Region Nord (= North Rhine Region North Athletics Association).

Accompaniment by bicycle is prohibited. It will lead to disqualification.

Runners who exceed the target time of 5:30 hrs will be led along the pavement by the police after exceeding the target time. Please pay attention to the instructions of the police.

(HM) There are also KM signs after every kilometre for the half marathon. A target time of 2:45 hours applies to all half marathoners.

(SK) On the running course there are some passages (narrow bends, pedestrian zones) that may be more difficult for inline skaters to pass. Appropriate signs are posted approx. 50 m before these passages. The target time for all inline skaters is 2:30 hours.

**There are special places at the following KM points:**

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	7,1	Roundabout	Ruhrorter Straße
KM	9	Track crossing	Pontwerft
KM	9,5	Exit with traffic island	Kiftward
KM	10,2	Sharp left-right bend	Kiftward/Symphers 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 course	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	24,7	Pedestrian zone (changing surface and fountain)	Friedrich-Alfred-Straße
KM	25,5	Lane narrowing	Duisburger Straße/ Atroper Straße
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	Tight combination of bends	Stadium

The marathon course is asphalted throughout but there may be some potholes in the asphalt in Duisburg - so always stay alert.

**7. Pace maker**

The LC Duisburg will use appropriate pace makers for the marathon runners, who will complete the marathon course in a certain time. It is planned to use two runners per time, who will be equipped with a sign/balloon at the start to make it easier to find them and who will have the corresponding finish time printed on their bib number: 3:00 hrs/3:15 hrs/3:30 hrs/3:45 hrs/4:00 hrs/4:15 hrs/4:30 hrs/4:45 hrs/5:00 hrs/5:30 hrs.

Once again, pace makers will also be used for the half marathon. These runners will also have the corresponding finish time printed on their bib number: 1:30 hrs/1:45 hrs /2:00 hrs/ 2:15 hrs/ 2:30 hrs/ 2:45 hrs.

## 8. Refreshment stations

There are 17 refreshment stations (VS) along the route, where you will be supplied with water (W) and, depending on the station, isotonic drinks (Iso), bananas (Ba) and Sinalco Cola. The following overview applies:

VS	Kilometre	Refreshment	Supporting association
1	KM 5	Water, WC	Lichtbund Niederrhein
1 HM	KM 6 (half marathon only)	W, WC	BSG Stadtwerke
2	KM 9.5	W, WC	THW / Eintracht Duisburg
3	KM 11.5	W, Iso, WC	1. Meidericher Kanu-Club
4	KM 13	W, WC	MSV Duisburg – Turnen
5	KM 16.8	W, WC	Ruhrorter TV
6	KM 19	W, WC	Homberger TV
7	KM 20.3	W, Iso, Ba, WC	Moerser TV
8	KM 24.5	W, Iso, Ba, Sponges, WC	Freiwillige Feuerwehr Löschzug 610
9	KM 27	W, Iso, Cola, WC	TTS Duisburg
10	KM 28.5	W, Iso, Ba, Sponges, WC	Jugendheimstätten Niederrhein
11	KM 30	W, Iso, Ba, Cola, 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, BaWC	SG Duisburg Süd
15	KM 36	W, Iso, Ba, Cola, WC	GSG Duisburg
16	KM 38.5	W, Iso, Ba, Cola, WC	Ski-Club Duisburg
17	KM 40.5	W, Iso, Ba, Cola, Sponges, WC	TV Wanheimerort
Finish	KM 42,195	W, Iso, Ba, Pils, Sinalco Cola, Apple spritzer, WC	LC Duisburg

When throwing away used cups and banana peels, watch out for fellow runners and bystanders. Danger of slipping!

There are bins for rubbish about 100 m after each food stall.

Drink early enough, especially in warm weather!!!

(HM) For the half marathoners, the BSG Stadtwerke will provide the first refreshments at KM 6. From KM 9 onwards, the refreshment stands for the half marathoners are located in parallel to those for the marathon course.

## 9. Self-catering

Your own food (no glass!) can be brought to the respective refreshment station (VS) on the day of the event. For this purpose, the food must be handed in at the start information office by 7 p.m. on 10 June 2023. The food will be deposited on tables at the beginning of each VS.

(SK) Self-catering for inline skaters is not possible.

## 10. Finish

The finish line for all races is the SCHAUINSLAND-REISEN Arena. You can be enthusiastically welcomed by your family and friends on the grandstands.

**Do not stop on the run-off lanes after crossing the finish line.**

After crossing the finish line in the SCHAUINSLAND-REISEN Arena, each finisher will receive a medal and, if required, a warm blanket; the women will also receive a rose. After the direct finish area, at the back of the arena, you will also find the last refreshment station with water, isotonic drinks, cola, apple juice spritzer, bananas, free pilsner from König-Brauerei and non-alcoholic Benediktiner. In addition, you can hand in your **rental chip** and take a nice souvenir photo at the **selfie station**.

To leave the interior area, follow the signs.

You will receive the **Adidas finisher anniversary shirt** for your successful participation on presentation of your bib number at the parking lot/back of the stadium on the right-hand side (five marked wooden huts) before leaving the stadium grounds.

(SK) As in previous years, the finish line for the State Championships for skaters is in front of the SCHAUINSLAND-REISEN Arena on Margaretenstr  e. The Rhine-Ruhr Marathon will be judged in the arena.

## 11. Results service

First unofficial results will be posted on the stadium fence in the area of the Bertaallee exit from 10:00 am.

You can download an instant certificate from the internet after the run at [www.rhein-ruhr-marathon.de](http://www.rhein-ruhr-marathon.de).

All participants can download their personal results service with finisher clip from the internet approx. 6-8 weeks after the race. For this purpose, an access code will be sent to you via the starter kit.

Same service - only online! For the sake of the environment!

## 12. Award ceremony

The award ceremonies will start at 09:45 and will be held in three stages. The award ceremonies of the following groups will be held in the SCHAUINSLAND-REISEN-Arena:

09:45 a.m.                      Award ceremony inline skating places 1-3 men and women  
Award ceremony State Championships inline skating places 1-3 men and women

Approx. 11:30 a.m.            Award ceremony half marathon places 1-3 men and women  
Award ceremony small Supercup places 1-3 men and women  
Award ceremony relay marathon places 1-3 men, women, mixed

Approx. 12:00 p.m.            Award ceremony marathon places 1-3 men and women  
Award ceremony big Supercup men and women  
Award ceremony overall winner Ekiden relay

Subject to change at short notice.

**!** We would like to ask the winning runners to be 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.

All finishers can have their winner's medal engraved on the back with the time they ran, **free of charge**. A stand of the company Pokale Petersen is located on the event meadow on Bertaallee near the central information stand of the SSB.

## 13. Age group honours / Duisburg ranking

There will be no separate age groups and team victory ceremonies for the runs of the Rhine-Ruhr Marathon and the Half Marathon in the SCHAUINSLAND-REISEN Arena.

The places 1 - 3 of the leagues Youth W/M JU 18 (06/07) (only half marathon runners), Youth W/M JU 20 (04/05); W/M (yrs. 94/03) ; W/M 30 (yrs. 89/93), W/M 35 (yrs. 84/88); W/M 40 (yrs. 79/83); W/M 45 (yrs. 74/78); W/M 50 (yrs. 69/73); W/M 55 (yrs. 64/68); W/M 60 (yrs. 59/63); W/M 65 (yrs. 54/58); W/M 70 (yrs. 49/53); W/M 75 (yrs. 44/48); W/M 80 (yr. 43 and

older) of the marathon will receive their prizes and trophies from 11:45 a.m. on presentation of their bib number in the honour tent on the event meadow on Bertaallee. The same applies to the overall winners of the teams in the half marathon and the inline skaters, as well as the winners of the Duisburg classification in the marathon and the inline skaters.

(SK) Minimum age for the inline skating marathon: 16 years! In the inline skating marathon, places 1 - 3 in the leagues Juniors (yrs. 05/06); Active (yrs. 89/04); Masters U40 (yrs. 84/88); Masters U50 (yrs. 74/83); Masters U60 (yrs. 64/73); Masters U70 (yrs. 54/63); Masters U80 (yrs. 44/53) and Masters Ü80 (yr. 43 and older) in the men's and women's categories will receive their prizes and trophies on presentation of their bib number.

#### **14. Entertainment programme**

The LC Duisburg offers a so-called breakfast run on Saturday, 10 June 2023. This will start at 10:00 a.m. in front of the main entrance of the SCHAUINSLAND-REISEN-Arena (entrance start information issue), will cover approx. 5 km and end at the finish of the Rhine-Ruhr Marathon. Participants will also receive a snack there. The start is free of charge.

Afterwards, the supporting programme "Running Symposium" with various presentations around the topic of running can be attended. This starts from 13 p.m. in the SCHAUINSLAND-REISEN Arena.

This year, the Rhine-Ruhr Marathon will once again be held under the motto "Samba Marathon". Therefore, you will be accompanied by South American flair not only along the course but also in the area of the event meadow on Bertaallee.

#### **15. Marathon fair**

During the distribution of the starting kits, a large marathon fair with information and sales booths all about running and inline skating will take place on Saturday in the SCHAUINSLAND-REISEN-Arena, Margaretenstraße, 47055 Duisburg-Wedau. The fair will be open from 10:00-19:00. On Sunday, the fair will be moved to the event meadow on Bertaallee and will be open from 09:00-16:00.

#### **16. Pasta party**

In cooperation with the SSB Duisburg, "Feinkost Kersten" offers participants of the marathon the opportunity to take part in a pasta buffet from 15:00-19:00 in the Business Lounge of the Pape company (2nd floor) on the day before the marathon (10.06.2023). You will have the opportunity to choose between different pasta dishes.

Prices per plate vary from €5.90 to €9.90 (the price includes a soft drink). There are no vouchers. Payment is made directly on site.

#### **17. Toilets**

There are portable toilets at each refreshment station. In addition, there are toilet trucks at VS 13, Buchholzer Markt (KM 33.2) and at VS 16, Neidenburger Straße (KM 38.5).

In the start and finish area you will find toilets at the changing areas. Additional toilets are located in the SCHAUINSLAND-REISEN Arena and at the regatta course (follow the signs). Furthermore, there are portable toilets on Kruppstraße.

#### **18. Medical care**

If you have to give up for any reason, go to the next refreshment station (see # 8). Your name will be passed on by radio to the personal information point (at the information stand of the Stadtsportbund Duisburg on the event meadow).

In addition, mobile first aiders are on the road along the route.

Return bus shuttles run throughout the marathon and take injured and exhausted people to the medical tent in the SCHAUINSLAND-REISEN arena.

Medical care after passing the finish line is located directly after the finish line refreshment station in the area of the east bleachers of the SCHAUINSLAND-REISEN-Arena.

(HM) The first aid station for the half marathoners is at BSG Stadtwerke at KM 6.

## **19. Massage**

The physiotherapists of the Ambulantes Rehasentrum Duisburg (ARZD) will be waiting for you in the finish area.

## **20 Free entry to the swimming stadium**

After a successful finish, the Duisburg swimming stadium invites you to a regeneration swim from noon onwards. Please bring your bib number to the entrance control and take appropriate swimwear with you. The swimming stadium is located directly next to the SCHAUINSLAND-REISEN Arena and can be reached on foot in just a few minutes.

## **21 Meeting point**

The so-called shade trees on the event meadow on Bertaallee are considered a meeting point for all those who want to find each other again. Throughout the event area you will find signposts to this meeting point.

## **22. Childcare**

This year, there will again be childcare with qualified instructors for the children of the participating runners. The childcare will be located on the event meadow on Bertaallee near the start. Please ask for the exact location on the day of the event at the central information stand of the SSB. We would like to point out that parents are responsible for providing their children with food and drink.

## **23. Shuttle service**

DVG offers all fans a free bus shuttle to the handover points and back to the finish. The **shuttle buses** will start at the SCHAUINSLAND-REISEN-Arena (follow the signs) and will run at regular 10-15 minute intervals from 08:00 a.m. The last trips will be at 11:50 a.m.

## **24. Starter kit**

Once again, all participants will receive digital information on the Rhine-Rhine Marathon via the so-called starter kit. This kit contains, among other things, this participant information, the citizen information with closures and the course, the departure times of the bus shuttle and the programme booklet. After the event, you will receive the results lists, among other things.

## **25 Running (Shoes) for Rwanda**

Winnie Spanaus, three-time winner of the Rhine-Ruhr Marathon and running coach in Rwanda, has founded the project "Running (Shoes) for Rwanda" together with Stadtsportbund Duisburg and supports people from Rwanda who enjoy running with running shoes. The running shoes can be donated at the project stand when the starting tickets are handed out on 10 June. Winnie Spanaus' work in Rwanda itself ensures that the shoes also reach the runners from East Africa. Winnie Spanaus will come to Duisburg on 10 June as a guest of honour at the anniversary marathon and will be available for talks.

**We wish you a lot of fun and success for the 40th Rhine-Ruhr Marathon!!!**

# Additional information for the participants of the 1st Rhine-Ruhr Relay Half Marathon

**Dear participants,**

We are delighted that you have decided to take part in the relay race of the Rhine-Ruhr Half Marathon Duisburg 2023. In order for you to be able to enjoy the race without any worries, we have compiled additional information for you here.

## 1. Start numbers

The starting documents are sorted by bib number. You must therefore state your bib number(s) when collecting them. Please bring your current confirmation of participation with you.

The start ticket issue is on Saturday from 10:00-19:00 in the SCHAUINSLAND-REISEN-Arena, Margaretenstraße, in the Sportpark Wedau. When you pick up your starting documents, you will also receive the free relay shirt.

Please have **the exact amount** (10,- €) ready for your Real-Time Champion chip.

If you collect the documents for several relays, you must have more money ready accordingly!

## 2. Clothes bag depot/ valuables

Should you make use of our garment bag depot, please label your **garment bag with the start number of the relay** (not with your name). Please understand that there may be longer waiting times during peak times. The clothes bag drop-off for relay participants is located in the ice skating arena.

## 3. Timekeeping

Each relay team needs a Real-Time Champion chip for timekeeping, which also serves as a baton. **Only disposable chips are permitted**, which you will receive from us. The following applies: 1 chip per relay team.

The white chip must be attached to the velcro strap once before the race. **This velcro tape must be worn on the ankle** (maximum 20 cm above the ground, not on the arm or on the trousers etc.), otherwise timing is not possible and the relay will be disqualified.

The velcro tape with the chip is handed over to the following runner at each handover point like a baton. Please note that this handover may only take place in the designated handover zones!

After the run, you will find separate bins in the finish area to hand in the disposable chips.

Timing mats will be laid out on the course at the start and finish. If not all mats are passed or the last runner does not carry the chip over the finish line, timing for the entire relay is no longer possible. So, also in your own interest, make sure that the chip is attached and handed over as indicated.

## 4. Finish

Furthermore, please note that you will not have the opportunity to welcome your 4th relay runner at the finish line, unless you four run to the finish.

The area around the finish line is a highly sensitive rescue zone, which must be left as quickly as possible after crossing the finish line. We therefore ask all participants to go directly to the stadium forecourt, where the runners' refreshment station is located.

## 5. Route sections and runners' information:

The half marathon relay start is at 09:00 a.m. The runners of the first section will start from the marathon start line.

### **1st track section:**

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



After the start of the "normal" marathon, the first runner will go to the start area at 08:40 at the latest. The start is at 09:00. After approx. 5 kilometres he hands over the Real-Time Champion chip to the 2nd runner at the relay handover point 1.

The 1st relay handover point is located on Steinsche Gassen, corner Marientor.

### **2nd track section:**

*Relay handover point 1 to relay handover point 2, Wanheimerort, Düsseldorfer Straße at VS 12, KM 10*

The relay runner with the number 2 should go to the area of relay handover point 1 by 09:15 at the latest and take over the chip from the first runner there. After approx. 5 kilometres, he will reach relay handover point 3 and hand over the chip to the 3rd runner.

The 2nd relay handover point is located on Düsseldorfer Straße 590, in front of the sports grounds of Duisburger Sportverein 1900. VS 12 is also located there.

### **3rd track section:**

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

The 3rd relay runner must go to the area of relay handover point 2 at 9:30 a.m. at the latest and take over the chip from the 2nd runner. After approx. 6 kilometres he will reach relay handover point 3 on Großenbaumer Allee and hand over the chip to the final runner.

The 3rd relay handover point is located in front of the Gesamtschule Süd, Großenbaumer Allee 168.

### **4th track section:**

*Relay handover point 3 to finish (SCHAUINSLAND-REISEN-Arena)*

The 4th and final runner should go to the area of relay handover point 3 at 10:00 a.m. at the latest and take over the chip from the 3rd runner there. He will reach the finish line after approx. 5 kilometres.

If you are unable to run your section of the course to the handover area, you have the option of walking to the handover area. If you hand over the Real-Time Champion chip to your "successor", your relay team will remain in the race. However, you are not allowed to leave the running course!

## **6. 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 exchange zones for handing over the Real-Time Champion chip. In the lanes, please use your bib number to orientate yourself as to where your exact handover zone is. Please follow the signs to ensure a smooth handover for everyone. Approximately 100 metres before the respective handover points, signs will indicate the upcoming zone. If you have any questions or problems, please contact our volunteer relay stewards. Please follow the instructions of the stewards at all times.

**Important note:** Please be considerate of the marathon runners. Obstructing the marathon runners may result in disqualification from the relay race! The instructions of the course staff must be followed under all circumstances.

## **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 10-15 minute intervals from 08:00 a.m. Please pay attention to the bus signs.

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 10-15 minute intervals from 08:00 a.m. Please pay attention to the bus signs.

Furthermore, this relay handover point can 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 10-15 minute intervals from 08:00 a.m. Please pay attention to the bus signs.

For more information on how to get to the relay handover points, please have a look at [www.rhein-ruhr-marathon.de](http://www.rhein-ruhr-marathon.de).

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

# **Additional information for the participants of the NRW State Championship Inline Skaters**

**Dear participant,**

We are pleased to be able to host the NRW State Inline Skating Championships this year in addition to our previous competitions. In order for you to be able to enjoy the competition without any worries, we have put together additional information for you here:

## **1. Eligibility and rating groups**

Juniors, Active, 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 rules for high starts.

## **2. Start numbers**

The start number must be worn by all participants on the right thigh in a clearly recognisable manner as instructed. If a participant of a race for which start numbers are required starts without them or with a poorly recognisable start number, he will be rejected and will not receive a score for this race. Folding or bending of the start number will automatically lead to disqualification!

## **3. Starting blocks**

There will be no separate starting blocks. The start for all participants is at 08:00 a.m. The organisers will ensure that the elite skaters are positioned at the front of the starting field.

## **4. Wheel size**

For all participants the maximum wheel size is as follows: 125 mm

The WKO of the DRIV in connection with the WKO of the FIRS, in particular with regard to the size of the wheels, must be observed. Competitors with larger wheels will be disqualified.

## **5. Finish**

The finish for the NRW State Championship and the WSC Cup is 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 drive through the tunnel into the SCHAUINSLAND-REISEN Arena. Only there will the time be taken for the classification of the Rhine-Ruhr Marathon.

The stadium is exited through the tunnel behind the finish. There you will also find the medal distribution, the refreshment area and the T-shirt distribution.

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