

58th innogy-Marathon 2020

QUICK INFORMATION FOR ENGLISH SPEAKING PARTICIPANTS

The 58th Essen Marathon 2020 is organised by the TUSEM Essen sports club according to the international competition regulations (IWB) of the German Athletics Federation (DLV) and the International Athletics Federation (IAAF). Participation is open to anyone born in the year **2002 or earlier**.

START & FINISH

Racedate: **Sunday, October 11th, 2020**

Location: Freiherr-vom-Stein-Str., Essen, Lake Baldeney (close to Regatta House)

Start **10:00 AM** single competition + seaside run / **10:15 AM** relay

Finish closes at **3:30 PM** (official time limit: 5:30 hrs)

ORGANISATION

TUSEM Essen Leichtathletik e.V.

Mr. Gerd Zachaeus, Luehrmannwald 24, 45149 Essen, Germany

Tel.: +49 (0) 201 / 749 5520 (9:00 AM – 6 PM, except for Saturdays & Sundays)

E-Mail: organisation@essen-marathon.de, Internet: www.essen-marathon.de

(consult +4920185155431 (Mr. Martin Kels) for inquiries in English)

ENTRY FEES

Single Competition: (42.195 km / 26.2 mi)	until December 31st 2019	EUR 30
	January 1st to March 31st	EUR 35
	April 1st to May 31st	EUR 40
	June 1st to August 31st	EUR 49
	September 1st to October 4th	EUR 59
Relay (4 runners):	Late registration	EUR 65
	until December, 31st	EUR 60
Seaside Run: (18.6 km / 11.5 mi)	rates rising every 2-3 months	
	until March 31st 2020	EUR 15
	January 1st to March 31st	EUR 20
	April 1st to August 31st	EUR 25
	September 1st to October 4th	EUR 30
	Late registration	EUR 35

Bank account: Sparkasse Essen, reference "Marathon" / "Seerunde"

IBAN: DE42 3605 0105 0008 8914 18, BIC: SPESDE3EXXX

Pasta Party - LARGE portions of GREAT pasta - on Saturday, 10th of October, starting 3 PM until 6 PM. Additional 6 €. Please indicate your participation when registering.

REGISTRATION

Direct online registration: <https://portal.mikatiming.de/event/essen-marathon/2020/>

Note: For foreign runners, it may not be possible to register online. In this case, we will try to make the process as easy as possible. Send your registration data to the eMail adress mentioned above. You can choose to pay the registration fee by cheque or pay-in slip (please include) or by cash, when getting your race number.

Please indicate the following **obligatory** registration data:

Surname / first name / nationality / club / street / zipcode / city / email / date of birth / sex / personal record / chip number (if existent, otherwise you have the opportunity to buy or rent a chip). By receiving your race number, you agree upon the exclusion of liability! Please pay attention on readability of your data! List of all participants (updated regularly) is published on the marathon website.

TIMING

Participation in the event requires you to wear the ChampionChip, which is a small, lightweight plastic transponder you simply need to attach to your running shoe. It is used for tracking at plenty of running events for most of the large marathons worldwide.

- Chip owners** indicate their personal chip numbers during registration (a combination of 2 letters and 5 numbers, the hyphen can be neglected).
- Chips may be rent (6,- €) or purchased (31,- €) during registration.** If you rent the chip and do not return it undamaged by 4 pm after the race, it will be considered purchased and your account will be charged at EUR 25 for the chip.

REGISTRATION OFFICE / RACE NUMBERS

Issue of race numbers and late registration takes place at the gym of the regatta house, Freiherr-vom-Stein-Str. 206c, 45133 Essen. **Trouble desk** for transfer of race numbers (EUR 5) and changing registration data is available. Saturday, October 10th 2020, from 1:00 PM to 5:30 PM and Sunday, October 11th 2020, from 7:00 AM to 9:00 AM

CATEGORIES & AWARDS

Separate results for men and women. Categories according to the Athletics Regulations (LAO). Team ranking (3 runners in order, same sex) by time addition.

All finishers receive our annually redesigned medal. Results and online-certificates will be made available online right after the race. Trophies and/or prizes for 1st - 3th place women and men and 1st - 3rd place age classes/team ranking. (no prize money)

COURSE & REFRESHMENTS

The course is flat and completely asphalted. It leads two laps around the Lake Baldeney with a reversing track loop in round one and is measured by newest international guidelines (AIMS/IAAF). Every kilometre is distinctly marked by signs. Equipment like bikes, poles and baby carriages must not be used in the race.

REFRESHMENT POINTS

approx. every 5km. Water, isotonic drinks, tea, cola and bananas will be available. In the finishing area we're also offering beer (alcoholic and non-alcoholic). It is possible to hand in your **own nutrition** for the race on Saturday, October 10th, from 1:00 PM to 5:30 PM and on Sunday, October 11th, until 9:00 AM

HOTEL OFFER

Special offer for runners at the **Hotel Bredeney**, Theodor-Althoff-Str. 5, 45133 Essen

Tel.: +49 (0) 201 / 769-0, Fax: +49 (0) 201 / 769-3143

When booking, please mention the keyword "Marathon"

email: info.essen@hotelbredeney.de, internet: www.hotelbredeney.de