

# 57<sup>th</sup> innogy-Marathon 2019

## QUICK INFORMATION FOR ENGLISH SPEAKING PARTICIPANTS

The 57<sup>th</sup> Essen Marathon 2019 is organised by 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 **2001 or earlier**.

### START & FINISH

Racedate: **Sunday, October 13<sup>th</sup>, 2019**

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](mailto:organisation@essen-marathon.de), Internet: [www.essen-marathon.de](http://www.essen-marathon.de)

### ENTRY FEES

<b>Single Competition:</b>	until December 31st 2017	EUR 29
	January 1st to May 31st	EUR 39
	June 1st to August 31st	EUR 49
	September 1st to October 7th	EUR 59
<b>Relay (4 runners):</b>	Late registration	EUR 65
	until May, 31st	EUR 70
	June, 1st to August, 31st	EUR 95
	September, 1st to October, 7th	EUR 110
<b>Seaside Run (17.2 km):</b>	until December 31st 2017	EUR 15
	January 1st to May 31st	EUR 19
	June 1st to August 31st	EUR 23
	September 1st to October 7th	EUR 26
	Late registration	EUR 30

**Bank account:** Sparkasse Essen, reference "Marathon"  
IBAN: DE42 3605 0105 0008 8914 18, BIC: SPESDE33XXX

**Pasta Party - LARGE portions of GREAT pasta - on Saturday, 12th of October, starting 4:00 PM. additional 6 €.** Please indicate your participation when registering.

### REGISTRATION

Direct online registration: <https://portal.mikatiming.de/event/essen-marathon/2019/>

Note: For foreign runners, it may not be possible to register online. In this case, we make the process as easy as possible. Send your complete registration data to the eMail 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 until 4 p.m. after the race, it will be considered as purchased and your account will be debited with 25,- €

### REGISTRATION OFFICE / RACE NUMBERS

Issue of race numbers and late registration at the gym of the regatta house, Freiherr-vom-Stein-Str. 206c, 45133 Essen. **Trouble desk** for transferring race numbers (5 €) and changing registration data.

Saturday, October 12th 2019, from 1:00 PM to 5:30 PM

Sunday, October 14th 2019, 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. Medals for all finishers within time. All results and online-certificates will be available during the evening on internet with the possibility to print. 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 tarred. 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. Split times every 5km. 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 12th, from 1:00 PM to 5:30 PM and on Sunday, October 13th, until 9:00 AM

### HOTEL OFFER

Special offer for runners at the **Hotel Bredene**y, 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](mailto:info.essen@hotelbredeney.de), internet: [www.hotelbredeney.de](http://www.hotelbredeney.de)