



21st DRESDEN-MARATHON

Important information! Please read carefully!

For your own safety!

Please write down your surname, first name, phone number of relatives/accompanying persons as well as information about medication used and/or previous diseases on the back of your race number. Use a ballpoint pen.

Conditions of entry

Participation in the 21st DRESDEN-MARATHON is only possible with an official race number and Champion-Chip. Every athlete that takes part in the race agrees to our conditions of entry as well as to the organizer's exclusion of liability according to our call for this competition. If a participating athlete is accompanied by another person on a bike that is not officially authorized, the running athlete himself/herself will immediately be disqualified! For safety reasons jogging buggies and/or persons accompanied by dogs are not allowed to participate!

Pasta-Party

If you booked the pasta party (Saturday 12 to 6 pm) you get a voucher in addition to the race number. Additionally you can purchase a voucher on the spot (while stocks last).

Timekeeping by Real-Time-Champion-Chip

Please fix the Champion-Chip firmly onto the shoelaces of your running shoes (around the ankle for relay runners). Instant net timekeeping can only be done if the participant runs over the timekeeping contact mats which are laid out at the start and finish. Likewise, the participant has to run over all contact mats laid out on the running course itself (intermediate times, checkpoints).

Please return your rental chip into the provided boxes which are located in the entrance foyer of the Congress Center or in Hall 5 next to the cash desks. You might decide to keep the yellow chip after the event is over. In that case the difference between the agreed rental fee and the purchase price of 31 EUR (thus 25 EUR) will be deducted from the bank account you gave beforehand (foreign participants pay with credit card). The blue rental chips are single use chips (which can only be used once) and cannot be purchased. For environmental reasons these chips must only be returned into the white plastic bins provided.

Traffic regulations

As the organizer it is our duty to point out that along the race course tram, car and bike traffic as well as pedestrians cannot be ruled out.

Parking facilities

The official Marathon car park is located at the Dresden Fair (Messe Dresden) named Flutrinne P7. The access is signposted. The parking fee is 5 EUR. There are only a few meters from the parking ground to the start.

Public local transport

If possible, you are requested to use public transport on Sunday morning. On October 27th, 2019 your race number presents a valid travel card at all local public transport services in the Dresden zone – this does not apply to special local transport. Relevant information on public transport is available at the info point of the transport company "Verkehrsverbund Oberelbe", in the internet (<https://www.dvb.de/en-gb/>) and at the information desk of Dresden Transport Services. Relay runners can reach the changeover positions by public transport (Tram 1,2,4,12 or 7 and 10 to changeover position 1 and 3 "Straßburger Platz"; tram 11 to changeover position 2 "Waldschlößchen Brücke") or via nextbike.

Changing facilities / luggage deposit

Facilities are located in the underground car park of the International Congress Center. Don't forget to write your race number on your official starting bag before you hand it in at the respective (signposted) deposit desk. It is not possible to deposit your bags at the marathon starting point! The clothing bags have to be picked up by 5 pm latest. The organizer does not take on any liability for damage or loss of luggage.

Toilet facilities

Sufficient toilet facilities will be provided in the immediate vicinity of the start and finish area. Along the race course you will find mobile toilets at kilometer 8,5 / 10,8 / 17,1 / 30,2 / 32,5 and 38,2.

Shower facilities

You have the option of taking a shower at the sportspark "Ostragehege". In addition to that there will be sufficient shower facilities available in the Heinz-Steyer Stadium (men), in the new multifunctional house (Funktionsgebäude/men and women) and as well as in the Energie Verbund Arena (men und woman). Please pay attention to the according signs.

Swimming facilities

You have the possibility to swim after the race at the public swimming pool at Freiburger Platz free of charge. It is located in appr. 1 km distance from the finish line.

Massage service

For marathon runners there are massages free of charge being offered at the finish area (in the underground car park).

PLEASE TURN OVER!

Starting times / Starting line-up / time limit at the beginning of the second round / finish

9.30 am Sparkassen-tenth marathon (4.2km) / line-up beginning at 9.10 am
10 am AOK-10 km-race / line-up beginning at 9.40 am
10.30 am half marathon / marathon / marathon relay: line-up beginning at 10.10 am

Please consider the time change from Central European Summer Time to Winter Time in the night from Oct. 26th to Oct. 27th 2019!!

The start is at Pieschener Allee. Please pay attention to the scheduled starting blocks: A+E / B / C / W (=marking of race number).

Race numbers are non-transferable. They must be clearly visible on the chest of the athlete (the additional number also in the back for relay runners). The number has to be worn in a way that all logos of sponsors are clearly to be seen. Disregard leads to disqualification.

The finish will be closed at 4 pm.

ATTENTION: Participants in the marathon / marathon relay who have not reached the turning point at km 20.5 until 2 hours and 45 minutes after the starting signal has been given (that is at 1.15 pm) will either be taken out of the race or will be classified as participants in the half marathon (at their own request, not possible for relay runners) if they cross the finish line.

Food and refreshment points

There will be food and refreshment points at km 6 / 10 / 16 / 20.6 / 26 / 30 / 31.6 / 37 and at the finish. After 10 km water, Xenofit Iso-drinks, bananas and raisin bread is offered.

On the second round there are also Xenofit energy bars and gel as well as Coke and salt being offered. At the food and refreshment points km 10 / 16 / 20.6 / 31.6 / 37 warm tea will be offered. Additionally, at the finish there will be an offer of apples and ERDINGER non-alcoholic beer.

Private consumption (km 10 / 16 / 20,6 / 31,6 / 37)

If you plan to bring your own food and drinks you are requested to hand them in at the Exhibitors Entry of the Congress Center (glass door to hall four on the riverside) by Sunday 8 am. This food and drinks must be marked with the km point as well as the race number of the athlete. Glass bottles or jars are not allowed.

Alteration of race track / turning point "Italienisches Dörfchen"

Should you decide to run a shorter distance during the race (for example half marathon instead of marathon) you have to contact the help desk immediately after crossing the finish line in order to be registered and classified.

Accident support points / medical service / emergency phone number

Mobile accident support points are located at the street named Fetscherstraße and at the finish. At each food and refreshment point, in the park "Großer Garten" as well as at the start and finish there will be a German Red Cross ambulance with paramedics prepared to assist the athletes. The medical emergency phone number on the day of the event is 112 (the code word is marathon).

Drop out participants

In the case that you have to drop out of the race you should move to the finish or respectively contact the closest accident support or food and refreshment point.

Presentation ceremony / medals

After having successfully crossed the finish-line, each participant is presented a medal. If only one of the 4 relay runners crosses the finish line she / he will receive the additional 3 medals of the team.

Starting at around 11.00 am the three best athletes (students up to 15 years old and adults) of the Sparkassen-tenth marathon will be honored in the presentation ceremony. At around 11.10 am the three best athletes of the AOK-10 km-race and at around 12.00 the three best athletes of the half marathon will be honored.

The overall winners of the 21st DRESDEN-MARATHON as well as the 3 best teams (men, women, mixed) of the marathon relay will be honored in the presentation ceremony at around 1.15 pm (men) and 1.50 pm (women). At around 2.30 pm the marathon presentation ceremonies of all age ranks will begin. Certificates for the respective age rank winners of the 10 km race and the half marathon will be sent by mail.

Results / certificates on the spot

Temporary result lists will be put up at the International Congress Center. You will receive your certificate on the spot at the Congress Center after you have crossed the finish-line. The hand out of certificates will be done at the former Live-Chip desks and near the staircases. The results are listed at www.dresden-marathon.com from October 28, 2019. Certificates on the spot can only be sent by mail at a later time if you additionally booked this when registering.

Engraving of medals

Right after the race you have the possibility to have your name and your net running time engraved in your participant's medal at the Congress Center (Hall 5). Costs are 5 EUR.

www.marathon-photos.com

The team of Marathon-Photos.com is the official photo partner of the DRESDEN-MARATHON. Each participant who has given his e-mail address when registering is being sent a link by e-mail through which he or she has direct access to his or her personal photos. This is possible as soon as the photos are online.

This information is based on the organizational status of September 27, 2019. Subject to alteration.

We kindly ask you to run according to the state of your physical fitness. Do not overestimate your own capability and refrain from an excessive final spurt!

We hope you have lots of fun and achieve your goals in the 21st DRESDEN-MARATHON!