



Information and Entry AOK-10k-Run (10.0 km)

22nd DRESDEN-MARATHON, 30/10/2022

A fast 10k run through the beautiful Dresden - no matter whether you want to run a new record or as a beginner for the first time ten kilometers in a row. Here you get your money's worth. The AOK-10k-Run is the most popular competition distance after the half marathon.

GOOD TO KNOW BEFORE RUN

REGISTRATION

www.dresden-marathon.com

Runners born in 2012 and older are eligible to participate.

Registration takes place online via the website www.dresden-marathon.com or using the postal registration form. By registering, each participant declares that they have read and accepted the general terms and conditions. In the case of group registrations and registration by third parties, the applicant declares that all registered persons have read and accepted the terms and conditions.

Each participant gets his own bib number. The bib number is not transferable. The transponder for time measurement is integrated in the bib number. It is clearly visible and must be worn unchanged on the front of the jersey and must not be kinked or covered.

There is NO participant limit at the DRESDEN-MARATHON.



The registration deadline is for online registration on October 17, 2022, midnight and for postal registration on October 15, 2022 (date of postmark).

Late online-registrations are possible from October 18, 2022, midnight to October 27, 2022, midnight.

Late registrations at the International Congress Center Dresden will be accepted from October 28, 2022, 3 p.m. to October 30, 2022, 9:30 a.m.

CHANGES

For name changes or distance changes by the registration deadline please send an email to info@baer-service.de.

Further changes and corrections are to be made at the bib number issue (help desk) for a processing fee of € 5.00 *.

*) incl. VAT

ENTRY FEE / REGISTRATION CONFIRMATION

The entry fee varies depending on when you register:

20.00 €* up to and including March 31, 2022
25.00 €* up to and including June 30, 2022
30.00 €* up to and including October 17, 2022
35.00 €* up to and including October 27, 2022
35.00 €* Late registration at the site

*) incl. VAT and bib number with transponder.

There will be NOT additional costs for timekeeping.

Foreign participants can choose between payment by credit card, by PayPal or SEPA direct debit.

Participation in the SEPA procedure requires subscription of the "Adherence Agreements of the European Payments Council (EPC)" by the payment service provider.

Incorrect information and associated fees or remittances are at the expense of the participant.

Immediately after successful online registration, a registration confirmation with the bib number will be sent. All participants who have registered by midnight on October 27th, 2022 will receive a registration confirmation shortly before the event to the specified email address. When picking up the bib numbers the submission of the registration confirmation as a printout or digitally is mandatory. The collection by another person is possible with a power of attorney and the official registration confirmation.

The starting lists can be viewed at www.dresden-marathon.com

The starting documents will not be sent to you.

After registration, there is no entitlement to reimbursement of the registration fee consisting of the organizational fee plus the fee for booked additional services or the issuing of a voucher for a subsequent event (see Terms and Conditions).



SERVICES

- bib number with transponder and safety pins
- course map
- food and refreshments on the route and at the finish
- clothes bag to deposit in the underground car park of the International Congress Center (covered bag check area during the event)
- Marathon Expo from 28 to 30 October 2022 (free admission)
- free admission to the Sports Medicine Symposium on 29 October 2022 (limited capacity, German language)
- Pasta Party with live music at a special price of € 4.00 incl. VAT, (to be booked in advance)
- high quality finisher medal for each participant
- medal engraving (name and running time) at a price of € 6.00, incl. VAT, (to be booked in advance)
- bib number is valid as a ticket for public transportation on race day in Dresden
- entertainment along the course and in the starting and finish area
- timing will be done using a single-use transponder attached to the back of your bib number
- online-results
- certificate at the site or downloadable
- shower and swimming facilities free of charge after the run
- medical care
- authorization fee of the German Athletics Association
- last but not least the organization of this event

We reserve the right to make changes due to official hygiene requirements or state pandemic regulations!

CONDITIONS OF ENTRY / PRIVACY POLICY

Runners born in 2012 and older are eligible to participate.

The general terms and conditions of business of the sports agency creative sportmarketing apply. These are available on the Internet at www.dresden-marathon.com - Information - Downloads, can be requested by post, telephone, fax or email from creative sportmarketing and are available for viewing in the business premises at Isfriedstrasse 7, 01217 Dresden.

Participation with inline skates, nordic walking poles or other tools is not possible. Participation with jogging buggies and/or dogs is prohibited. **Unauthorized bike escort (without the organizer's official authorization plate) leads to immediate disqualification of the escorted runner.**

Participation is at your own risk. Upon receipt of their bib number, all starters declare that there are no health concerns regarding their participation. In order to support an optimal start to physical activity and to prevent possible health risks, we ask that you fill out the short questionnaire on health carefully. The data are provided by the German Sport University Cologne scientifically documented. An evaluation of your information is provided at the end of the questionnaire. Click [here](#) for the optional questionnaire.

The organizer assumes no liability for lost clothing or other items. Lost and found items are deposited at the INFORMATION during the event and after the event at the security guard of the Congress Center (14 days).



COURSE

Flat route, officially measured and marked in intervals of 1 km. Tarmac (approx. 97%), partly cobblestone pavement (<3%).

The AOK-10k-Run can also be completed by walkers (without poles!). There is no separate scoring, but a separate starting block "W" at the end of the field.

ISSUING OF BIB NUMBERS

International Congress Center Dresden, Ostrauffer/corner of Devrientstrasse

Friday, 28/10/2022 from 3 p.m. to 7 p.m.

Saturday, 29/10/2022 from 10 a.m. to 6 p.m.

Sunday, 30/10/2022 from 8 a.m. to 9.30 a.m.

Please attend at Friday or Saturday, if possible. That's how you can avoid needless stress before the start and experience the ambiance of the Marathon Expo and the Pasta Party.

Upon presentation of the registration confirmation and a written power of attorney, third parties will also receive the start documents.

We reserve the right to make changes due to official hygiene requirements or state pandemic regulations!

MARATHON EXPO AND PASTA PARTY

International Congress Center Dresden, Ostrauffer/corner of Devrientstrasse (see approach)

Opening hours:

Friday, 28/10/2022 from 3 p.m. to 7 p.m.

Saturday, 29/10/2022 from 10 a.m. to 6 p.m.

Sunday, 30/10/2022 from 8 a.m. to 4 p.m.

Numerous exhibitors present their products, events and concepts at the Marathon Expo. The exhibitor profile includes sports articles and equipment, sports clothing and sports shoes, running and sports accessories, sports medicine, nutrition and health, sports literature, travel, running and sports events and much more.

The traditional Pasta Party with LIVEMUSIC will take place on Saturday, October 29th. from 12 p.m. to 6 p.m. Here you meet, exchange training and nutrition tips with sports fans and enjoy the last carbohydrate intake before the big run. If you register in advance for a special price of 4.00 € * you can also book. Separate the coupon from the bib number and hand it in at the pasta counter.

*) incl. VAT



APPROACH

The competition area is close to the main train station (approx. 2 km) and the Dresden-Neustadt train station (approx. 1 km). Dresden International Airport is approximately 8 km away. For the timetable information of the Dresden transport company, go to: <https://www.dvb.de/en-gb/>.

You can reach the marathon starting area by car and bus via BAB 4, junction Dresden-Altstadt (78), continue on B 6 for approx. 3 km towards the CITYCENTER/MESSE DRESDEN. Follow the parking lot signage "MARATHON" and "MESSE/P7". Parking fee € 5.00 / day. DESTINATION FOR NAVIGATION DEVICE: 01067 Dresden, Messering 6. From other directions, diversions and road closures can be expected on marathon day.

The start / finish area is in the area of Pieschener Allee/Devrientstrasse, approx. 800m away from the city center of Dresden (Zwinger, Semperoper).

The bib number issue, the registration office and the marathon expo are located in the International Congress Center Dresden (Ostraufer/corner of Devrientstrasse). The start-finish area is easily accessible by public transport. The start number is valid on October 30, 2022 as a ticket in all forms of public transport - except special transport - in the Dresden tariff zone. It is around a 5-minute walk from the Postplatz tram junction and the Dresden-Mitte S-Bahn station. Tram lines 6 and 11 take you to the "Congress Center".

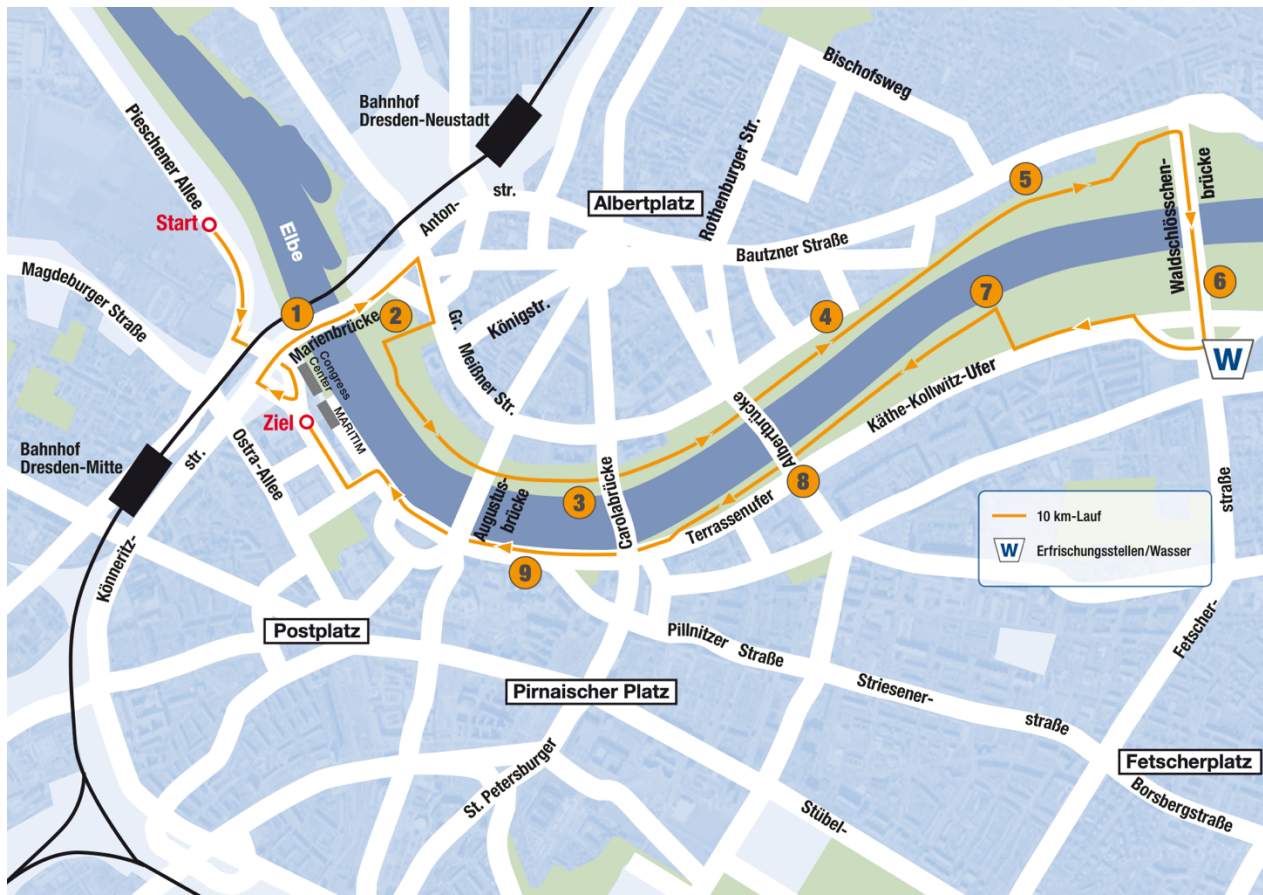
Please note the diversions of the Dresden public transport company on the day of the race.



GOOD TO KNOW FOR RUNNING DAY

START: Pieschener Allee, 30/10/2022, 10 a.m.

FINISH: MARITIM HOTEL Devrientstrasse



TIMEKEEPING

The running time is measured exclusively by means of an RFID transponder attached to the back of your bib number. Please fix the bib number using the safety pins at chest level. The bib number must not be kinked, covered or changed. Otherwise the timekeeping cannot be guaranteed. Gun and chip times will be available in the results. The finishers will be evaluated according to the chip time (effective running time), the start and finish as well as all control mats laid out on the course.

There will be no extra fee for the transponder. It is not necessary to return the transponder.

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 p.m. latest. The organizer does not take on any liability for damage or loss of luggage.



STARTING LINE-UP

From 9.40 a.m. at Pieschener Allee (approx. 700m from the Congress Center).
Starting blocks (marking of your bib number): A+E (Elite) / B / C / W (Walkers).

FOOD AND REFRESHMENT POINT

There will be a refreshment point at km 5.5 where pure still water will be offered.
Additionally, at the finish there will be an offer of tea, apples, water melons and ERDINGER non-alcoholic beer.

To avoid collisions, we ask that you use the entire length of the supply points.

GOOD TO KNOW AFTER THE RACE

ENGRAVING OF MEDALS / PHOTOSERVICE

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 finish area. You can book this service when you register (€ 6.00*). Then an "M" is printed on your start number. Please show the start number at the medal engraving.

If you decide at short notice, you can also pay on site in cash (€ 8.00*).

*) incl. VAT

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.

SHOWERS / CHANGING AND TOILET FACILITIES

Showers, changing rooms and toilets are available in the finish area. Current information and the map can be found on the runner information, which is available with the bib number.

PRESENTATION CEREMONY / MEDALS

After having successfully crossed the finish-line, each participant is presented a high-quality finisher medal.

The overall winners of the AOK-10k-Run will be honored in the presentation ceremony at around 11.10 a.m.

The age group winners receive their certificates by post.

The results and certificates are listed at www.dresden-marathon.com from 31 October 2022 for download or printing.



GENERAL INFORMATION

ORGANIZING ASSOCIATION

Dresden Marathon e. V., Postfach 10 01 11, 01071 Dresden, GERMANY

EXECUTING AGENCY

creative sportmarketing / Isfriedstrasse 7 / 01217 Dresden, GERMANY

www.dresden-marathon.com

info@dresden-marathon.com

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