



Sunday, 11 August 2019
run in nature
www.monschau-marathon.de

Organiser/Venue:
TV Konzen 1922 e.V., 52156 Monschau Konzen
Start and finish: Konrad-Adenauer-Street 2

For information contact:
Oliver Krings, Am Feuerbach, 52156 Monschau
Helmut Hoff Tel. 0049 (0) 2472 4551
E-Mail: info@monschau-marathon.de

Marathon route:

Nature marathon around Monschau (Nature Reserve Nordeifel); 60% forest-track , larger gradients at km 12-14,

16-17, 34-36 and 41-41,5; altitude difference +/- 760 metres

Ultra Marathon route 56 km: 14 Km round first through the moorland "Hohes Venn", then original marathon route; altitude difference +/- 950 metres

Starts:

Ultra Marathon 56 km

6.00 a.m., finish line closes at 2.30 p.m.
Categories: following DLV guidelines (five age groups)

Pleasure Marathon

6.15 a.m., finish line closes at 2.30 p.m. at Konzen Church
The pleasure marathon is meant for all those who would like to enjoy the run without the stress of a competition. All finishers will receive a medal as well as a certificate with timing and overall placing. There will not be any presentation ceremony nor any age group rating. All walkers are thoroughly welcome, with or without sticks. All participants must have a chip which can also be rented on the spot.

Marathon

8.00 a.m., finish line closes at 2.30 p.m.
Categories: following DLV guidelines (five age groups)

Relay run (4, 3 or 2 runners)

8.00 a.m., finish line closes at 2.30 p.m.
changeover: Widdau at km 10.6 Höfen Brather Hof at km 21, Kalterherberg Church at km 30.4

Registration

Until 31 July 2019 online or by sending the registration form

If you are unable to come

A cost-free right of withdrawal can only be granted until two weeks after registration. If you withdraw later, a refund of your registration fee is not possible. In case of illness, injury or any other substantial reason, your participation in the following year can only be offered in exceptional cases, but a fee of 15 € per participant will be charged. For seasons is 15 euros per season.



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Changing your registration

If you transfer your starting place to another runner, a fee of 5 € will be charged.

Also additional fees for the entry fee arise:

When changing from marathon to ultra-run 10 €, from ultra-run to marathon 5 €, from marathon to pleasure marathon and vice versa 5 €, from the marathon to the relay run 5 € (additional entry fee difference).

All participants who have pre-booked the marathon, the ultra marathon and the pleasure marathon will receive a medal, a certificate and a functional T-shirt.

Late registrations are possible on 10 and 11 August 2019.

Functional T-shirt and medal can not be guaranteed in case of late registration.

Your registration will automatically be confirmed with your online registration by email.

Registration fee:	until 31/12/2018	until 31/3/2019	until 30/6/2019	until 31/7/2019
Marathon	31 €	37 €	39 €	45 €
Ultra Marathon:	36 €	42 €	44 €	50 €
Relay team adults:	40 €	50 €	55 €	60 €
Relay team youths:	30 €	35 €	40 €	45 €

For late registration at the marathon weekend an extra fee of 5,- € will be charged.

Certificates, presentation ceremony, results

All participants who have pre-booked the marathon, the ultra marathon and the pleasure marathon will receive a medal, a certificate and a functional T-shirt.

The certificates will be handed out close to the primary school at our information stand. Online certificates and results are available under www.monschau-marathon.de

The award ceremony starts at our village place or in our festival hall/tent at 12.30.

Marathon and Ultra-Marathon: Prizes are awarded to the first three overall finishers (best overall time) and the first three female and male participants of each age group.

Prizes are also awarded to the three teams which take part with most participants (addition of finishers marathon, ultra-marathon and pleasure marathon). The results can also be checked in the evening of the same day under www.monschau-marathon.de

Marathon, pleasure marathon and relay team supply:

official supply at km 3.7 and 10.7 only Ultra Buffer and water

at km 7; 14; 17.5, 21; 26,5; 33,5; 36 and 39 Ultra Buffer, tea, water, fruit

inofficial supply at km 28 (Peter Borsdorff's stand)

supply at finish line: tea, Ultra Refresher, tea, water, fruit

Ultra Marathon 56 km supply:

official supply at km 4; 6,5; 9,7; 13,5; 17,5; 24,7 water, Ultra Buffer *

at km 21, 28, 31.5, 35, 40.5, 47.5, 50, 53 Ultra Buffer, tea, water, fruit

inofficial supply at km 42 (Peter Borsdorff's stand)

supply at finish line: Ultra Refresher, tea, water, fruit)*



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Timing of all competitions on Sunday

Timing with Real-Time-Champion-Chip

Chip can be rented for 5,- €, deposit 25,- €.

In the relay teams, the chip is only worn by the last runner.

Using your own RT-Champion-Chip is also possible (please inform us at registration).

Numbers and chip renting:

Monschau-Konzen, Konrad-Adenauer-Str.2, Gymnastics Hall, only on Saturday, 10 August 2019, from 16.00 to 19.00 and on Sunday, 11 August 2019, from 4.45 a.m. until your starting time.

Accommodation

In Hotels, youth-hostels and B&Bs. For information please contact the tourist office: Monschau-Touristik, Tel.

0049 (0)2472/8048-0, E-Mail: touristik@monschau.de

Camping is possible at the sport park Konzen, Am Windrad, showers included. Camping there will be charged with 5 € per day and person.

Medical Care

German Red Cross, team of masseurs, sport physiotherapists

Parking

Cost-free near the start on all designated areas and at the sport park "Am Windrad"

Changing/Showers

Primary School Konzen, Konrad-Adenauer-Str./finish and sport park Konzen, Am Windrad

Four-legged friends

According to DLV-regulations dogs are not allowed at all competitions.

Further competitions and additional programme

Friday, 9 August 2019

18.30 Fun-Run, starting at sport park Konzen, Am Windrad, with experts of the track

20.00 Monschau-Marathon Summer Party

Saturday, 10 August 2019, Konrad-Adenauer-Str. 2, Konzen, village place

From 13.00 onwards: Second Walking-Day Monschau

From 14.00 onwards: presentation of sports equipment and cafeteria

14.30: Mountainbike-Tour along the original marathon track. The track is closed for bikers on Sunday!

14.35: Eifel-Panorama-Nordic/Walking 12.7 km

15.00: Mini-Marathon, 4.2 km, cost-free warming-up for marathon and ultra-marathon runners

15.05: Eifel-Panorama-Nordic/Walking 4.2 Km

from 16.00 onwards: pasta party and presentation ceremony of Mini-Marathon and Eifel-Panorama-Walk



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From 10.00 onwards: After-Run-Party (near the finishing line at the village place)

From 12.30 onwards: presentation ceremony and awards

Exclusion of liability

Participants take part at their own risk. Liability of any kind is taken over neither by the organizer (TV Konzen) nor by the town council of Monschau.

With the reception of one's starting number each participant confirms that there are no doubts about one's participation for medical reasons.

We are looking forward to your starting at the 43rd Monschau-Marathon and we wish you good luck.

Monschau-Konzen, in September 2018

Your organisation team