



## **42. run and walk in nature** **Friday, 10. August -** **Sunday, 12. August 2018**

[www.monschau-marathon.de](http://www.monschau-marathon.de)

### **Organiser/Venue:**

TV Konzen e.V., 52156 Monschau, Konzen, Start: Konrad Adenauer Straße,  
25 km south of Aachen on the B 258. Motorway junction Aachen towards Belgium (A44/A3) until junction AC-Lichtenbusch – the last junction before the Belgium border.

### **For information contact:**

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E-Mail: [info@monschau-marathon.de](mailto: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

**Ultra Marathon:** 14 Km round first, then original marathon route

### **Categories:**

following DLV guidelines for youths, women and men (5 age-groups)

### **Start:**

#### **a) Marathon (Nordic)-Walk:**

Between 6.00 and 7.00 a.m., finish line closes at 2.30 p.m. at Konzen church each. We recommend an early start.  
You can walk, march or run according to your individual level of physical fitness.

Therefore very different times are possible in the „walk-category“, which is anticipated by the participants and the organisers..

#### **b) Marathon Run**

8.00 a.m., finish line closes at 2.30 p.m.; both at Konzen church

#### **c) Ultra Marathon Run**

6.05 a.m., finish line closes at 2.30 p.m.; both at Konzen church

Pre-registration:

Closes at 31 July, 2018.

Late registration is possible on 12. and 13. August, 2017 (medal and T-shirt not guaranteed)

Your registration will be confirmed by E-Mail.

Registration fee:	until 31 March	until 30 June	until 31 July
Marathon and Walk:	31 €	36 €	43 €
Ultra Marathon:	36 €	41 €	48 €
Relay team adults:	40 €	45 €	50 €
Relay team youths:	30 €	35 €	40 €

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

### **Awards:**

**All participants (Marathon, Ultra and Marathon walk), who are registered before 01. August will receive guaranteed a certificate, medal and T-Shirt.**

For the runners, the awards ceremony will take place at **12.30 on the village square** (possibly inside the festival tent). The three strongest teams/groups of walkers and runners will also be awarded at 13.00

### **Marathon Catering:**

Official supply: water, Ultra Buffer  
at km 3.5, km 10.4

Ultra Buffer, tea, water, fruit

at km 7, 14, 17.5, 21, 26.5, 33.5, 36 and 39

Inofficial supply: Peter Borsdorff's stand at km 28

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

### **Ultra Marathon 56 km Catering:**

Official supply: water, Ultra Buffer

at km 4, 6.5, 9.7, 13.5, 17.5, 24.4

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

Inofficial supply: Peter Borsdorff's stand at km 42

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

**Timing:**

Timing with Real-Champion-Chip  
Chip can be rented for 5,- €, deposit 25,- €. Using your own chip is also possible.

**Support:**

DRK (Red cross), Doctors, and Sport-Physiotherapists.

**Starting cards will be issued at the village square on Saturday 11.08.2018 from 16.00 to 19.00 and Sunday 12.08.2018 from 4:45. until the 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](mailto:touristik@monschau.de)

Camping is possible on the sports field in Konzen, camping and the use of the showers will be charged with 5€ for each day and person.

**Entertainment:****Friday, 10.08.2018**

**20.00** Big-Summer-Open-Air-Party at the village Square

**Saturday, 11.08.2018****14.30**

Start of the mountain-bike race over the Monschau-Marathon route. Sunday the route will be closed for cyclists.

**14.35**

Start of the Eifel-Panorama-Walk over 12,7 km

**15:00**

Start of the Eifel-Panorama-Walk over 4,2 km

**15:00**

Start Mini-Marathon over 4,2 km

From **16.00 – 19.00**

Pasta-party as part of an information and entertainment program.

**Sunday, 12.08.2018 from 10.00** big marathon party with music and entertainment.

**Showers/dressing rooms:**

In the primary school Konzen, next to start and finish

**Liability:**

With your registration to the Monschau-Marathon you accept the rules and regulations as well as the restricted liability of the organisers .

**Relay run at the Monschau-Marathon:**

A Relay run also is possible. We are organising a relay run with 4 runners, 3 runners or 2 runners on the original Monschau Marathon route.

Distances:

1. runner approx. 10 km (Change in Widdau at the junction of Dorfstraße/Veilchenstraße),
2. runner approx. 11 km (Change in Höfen, Brather Hof at the supply point at km 21),
3. runner approx. 9 km (Change in Kalterherberg, at the church),
4. runner approx. 12 km.

To this event we invite not just sport clubs but all work colleagues, schools and friends to organise a team.

**Start** at 8.00 together with the main field of the marathon. The finish line is in Konzen on the village square.

**Registration fee:**

Senior-relay: before March 31<sup>st</sup>: 40 €, before June 45<sup>th</sup>: 45 €, in July: 50 €.

Junior-relay: before March 31<sup>st</sup>: 30 €, before June 30<sup>th</sup>: 35 €, in July: 40 €.

**Registration:**

Online through our web-page, please complete the direct debit instructions. The registration will be confirmed by the charge of your account.

**Hand out of the start numbers:**

The start numbers will be handed out during the pasta party (Saturday 16.00 – 19.00. ) and on Sunday (4.45 – 7.30). The number of participants will be limited to 150 relay run teams. The places will be allocated on a first come first serve basis, so early registration is recommended.

**Important information:**

Relay runners will receive a relay run symbol together with their start number.

The participants are required to organise the travel to and from the change over points. No travel service will be provided by the organisers for this purpose. To guarantee a smooth change over at km 10 of the relay run, the participants are asked to use the car park at the bridge across the river Rur (on the K 21), shortly before Widdau. The second runner has the hardest path of the route.

At the ceremony at 12.30 the three best teams(4runners) in the categories: junior, men, women and mixed will also be honored.