



**run and walk
in nature**
Sunday, 08. August 2010
www.monschau-marathon.de

Organiser/Venue:

TV Konzen e.V., 52156 Monschau, Konzen, 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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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

Categories:

following DLV guidelines for youth, women and man (5 age-groups)

Start:

(Nordic)-Walk:

Start between 6.00 and 7.15, finish line closes at: 15.30, both start and finish are at the church in Konzen. We recommend an early start.

You can walk, march or run if you are less well trained.

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

Run

Start at 8.00, finish line closes at: 14.00, both are at the church in Konzen.

Pre-registration:

Closes 31.07.2010

Registration via the internet or by mail (if registering through mail please send the registration form with completed direct debit authorisation. Late registration is possible on the 07.08.2010. and 08.08.2010.

Attention: Participants from abroad should pay directly to the bank account of the Monschau-Marathon

IBAN: DE18 39050000 0008314130;

BIC (Swift-Code) : AACSD33

Please ensure to state your start-number on the transfer.

Your registration will be confirmed through inclusion in the starter list; no other confirmation will be given.

Registration fee:

before 01.07.2010: 25 €

from 01. until 31.07.2010: 30 €

For late registration on the 07.08.2010 and 08.08.2010 an extra fee of 5 € will be charged.

Awards:

All participants will receive a certificate, medal and T-Shirt

For the runners, the awards ceremony will take place at **13.15 on the village square** (possibly inside the festival tent).

The three strongest teams/groups of walkers and runners will also be awarded at 13.15.

Food and drink:

Official supply (Ultra Buffer, Tea, Water, Fruits) at km 7;14;21;26,5; 33,5;36 and 39; unofficial supply at km 10, 17, 29 and 38

Timing:

New: 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 07.08.2010 from 16.00 to 19.00 and **Sunday** 08.08.2010 from 5.45 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

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, 06.08.2010, 20.00

80's disco in the festival tent

Saturday, 07.08.2010

14:30

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

15.00

Start of a Nordic-Walking competitions over 10 km, start and finish line on the village square.

15:00

Start Mini-Marathon (4,2 km)

From **16.00**

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

Sunday, 08.08.2010 from 10.00 big marathon party with music and entertainment. .

Showers/dressing rooms:

In the primary school Konzen, next to start and finish and also at the sports-field in the Heerstraße

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:

The jubilee run in 2006 for the first time offers the possibility to enjoy the Monschau Marathon feeling, even by those who are not confident enough to join the marathon itself. We are organising a relay run with 4 runners, running the 42 195 km of 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 the 30.06.2010: 40 €, on and after 01.07.2010 45 €.

Junior-relay: before the 30.06.2010: 30 €, on and after 01.07.2010 35 €.

Registration:

Online through out 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 Uhr) and on Sunday (6.00 – 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 13.15 the three best teams in the categories: junior, men, women and mixed will also be honored.