

45th Monschau-Marathon
run in nature
11th - 13th of August 2023



www.monschau-marathon.de

Organised by

TV Konzen 1922 e.V., 52156 Monschau Konzen
Start and finish: Konrad-Adenauer-Straße 2

for detailed information please contact:

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Marathon: an amazing run in nature, in and around Monschau (natural parc Nordeifel). 60% on not-tarred paths through forests and fields, quite some elevation gain at km 12-14, 16-17, 34-36 and 41-41.5. Total elevation gain +/- 760 meter.

Genuss-Marathon: Genuss means PLEASURE! This run is on the same track as the marathon and meant for all the early birds who would like to enjoy the marathon without competition stress. All finishers in this category will receive a medal and certificate with finishing time and general ranking. There will be no winners ceremony, nor an age ranking. It goes without saying that walkers (with and without sticks) will receive a warm welcome too! All participants in this category will need their own or a rented Real Time Champion-Chip.

Ultra-Marathon K56: with an extra 14 km loop through the Hohe Venn / Hautes Fagnes up to „Steling“ in advance, followed by the original marathon track. Total elevation gain +/- 950 meter.

Ultra-Marathon K70: with an extra 18 km loop through the Hohe Venn / Hautes Fagnes up to „Steling“ in advance, followed by the original marathon track until refreshment point „Norbertuskapelle“. From here, an extra 10 km loop through the amazing scenery of Kalterherberg with its hedges and meadows, continuing through the natural parc of the upper Rur valley. Finally from the refreshment point „Norbertuskapelle“ back on the marathon track and to the finish. Total elevation gain +/- 1100 meter.

Relay run: the perfect event for all runners who do not train on long distance but would like to have a taste of this unique Monschau Marathon feeling.

Starting time:

Ultra Marathon K70:

5:15 am, finish closure 2.45 pm Konzen church (Important for all: functioning head light)

Classes:

according to DLV regulations (5 years' classes)

Ultra Marathon K 56:

6.00 am, finish closure 2.45 pm Konzen church

Classes:

according to DLV regulations (5 years' classes)

Genuss-Marathon:

6.15 am, finish closure 2.30 pm, Konzen church

Marathon:

8.00 am, finish closure 2.30 pm Konzen church

Classes:

according to DLV regulations (5 years' classes)

Relay run 4, 3, or 2 runners:

8.00 am, finish closure 2.30 pm Konzen church

Changing points: Widdau km 10.6, Höfen Brather Hof km 21, Kalterherberg church km 30

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Registration:

Until 31 July 2023: online or by sending the registration form.

Start hindrance: A free cancellation is possible up to two weeks after registration. In the event of a later withdrawal, a refund of the participation fee is excluded. Participants (except for the relay marathon) have the option of taking out entry fee insurance when registering online. The provisions of the Hanse-Merkur insurance apply exclusively here. Entry fee insurance is expected to be available from October 1st, 2022.

Re-registrations:

If the starting place is transferred to a replacement runner, the organizer will charge a fee of €7.

Additional fees to the entry fee arise:

When changing from Marathon to K56 €11, from Marathon to K70 €16, from K70 or K56 to Marathon €6, from marathon to pleasure marathon and vice versa €6, from marathon to relay €6 (+entry fee difference)

Late registrations for all competitions are on August 12th and 13th, 2023 in Monschau-Konzen, Konrad-Adenauer-Str. 2 possible on site. In individual cases, late registrations may result in shirts not being available in all sizes due to the high number of pre-registrations.

The confirmation of registration will be sent automatically by e-mail if the online pre-registration is successful. Please check your details again afterwards.

Fee:	until 31.12.2022	until 31.03.2023	until 30.06.2023	until 31.07.2023
Marathon	€ 39	€ 45	€ 49	€ 55
Ultra Marathon K 56	€ 44	€ 50	€ 55	€ 61
Ultra Marathon K70	€ 48	€ 55	€ 59	€ 65
Relay run adults	€ 48	€ 58	€ 65	€ 70
Relay youth	€ 35	€ 40	€ 45	€ 50

At the marathon weekend, a late registration fee of € 5,00 will be added.

Awards, winners ceremony, results:

All **pre-registered runners** for Marathon, Genuss Marathon and Ultra Marathon are guaranteed to receive a functional shirt, a certificate and a medal.

Certificates will be issued the same day, nearby the information point, in the primary school. Online certificates and results can be downloaded here: www.monschau-marathon.de

The winners ceremony will start at 12.15 pm at the village square or in the party tent.

Marathon and Ultra Marathon: Honours for the first 3 runners (male/female, overall, fastest gross time) and in all age classes for the first three men and women.

Special awards for the largest teams (addition of Marathon, Genuss Marathon and Ultra Marathon finishers).

Online results will be available the next evening: www.monschau-marathon.de

Refreshments Marathon, Genuss Marathon, Relay run:

Official points: km 3.7 and km 10.7 only water and Ultra Buffer
km 7, 14, 17.5, 21, 26.5, 33.5, 36, 39

Ultra Buffer, tea, water, fruit

Unofficial point km 28 (Peter Borsdorff's meeting point at km 28)

Refreshments at the finish: Ultra Refresher, tea, water, fruit.

Refreshments Ultra Marathon K56:

Official points: km 4, 6.5, 9.7, 13.5, 17.5 and 24.7 : water, Ultra Buffer
km 21, 28, 31.5, 35, 40.5, 47.5, 50 and km 53 :

Ultra Buffer, Tee, water, fruit.

Unofficial point: km 42 (Peter Borsdorff's meeting point)

Refreshments at the finish: Ultra Refresher, tea, water, fruit.

Refreshments Ultra Marathon K70:

Official points: km 4, 6.5, 11, 15.5, 22, 25.5, 29.5 (Water, Ultra Buffer).

Km 32.5, 36, 39, 44.5, 46.5, 50.5, 55.5, 61, 64, 67.

(Ultra Buffer, tea, water, fruit). The locations might still differ slightly.

Unofficial point: km 46,5 (Peter Borsdorff's meeting point)

Refreshments at the finish: Ultra Refresher, tea, water, fruit.

Timing for all runs on Sunday:

with Real-Time-Champion-Chip

in the relay run, only the last runner will wear the chip

rental fee € 5

deposit € 25

You can use your own Real-Time-Champion-Chip (please mention at your registration form)

Race number and chip pick-up:

Monschau-Konzen, Konrad-Adenauer-Str. 2, Gymnastic hall

Saturday, 12.08.2023 from 3:00 -7.00 pm and Sunday, 13.08.2023 from 4.30 am until each starting time

Accommodation: in hotels, youth hostel and pensions. For information please contact Monschau Tourist Office: tel. +49/2472/8048-0,

E-Mail: touristik@monschau.de

Camping possible on the sports grounds Konzen, Am Windrad. Showers available (€ 5 per day and person)

Support:

Red Cross, doctors, massage team und physiotherapists

Parking:

For free, close to the start (signposted!) and at the sports grounds „Am Windrad“

Showers/changing rooms:

Primary school Konzen, Konrad-Adenauer-Straße/Finish and sports grounds „Am Windrad“

Dogs:

No dogs allowed on all runs (according to the DLV rules).

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More competitions and program:

Friday, 11.8.2023

6:30 pm Fun-Run starting at Sportpark Konzen (sports grounds), Am Windrad with runners who know the track.

8:00 pm MoMa Summer-Party

Saturday, 12.8.2023: Konrad-Adenauer-Str. 2 Konzen, Dorfplatz (village square)

from 1:00 pm: Start Walking-Day Monschau

from 2.00 pm: Sports shop and cafeteria

2:30 pm: Mountainbike-Tour on the original Monschau-Marathon course

ATTENTION: on Sunday, the course will be closed for cyclists!

2:35 pm: Eifel-Panorama-Nordic/Walking 12.7 km

2:40 pm: Kids run 0.4 km

2:45 pm: Kids run 1.5 km

3:00 pm: Mini-Marathon 4.2 km, free warm up run for marathon and ultra marathon runners

3:05 pm: Eifel-Panorama-Nordic/Walking 4.2 km

3:15 pm: Eifel-Panorama run 10 km

from 4.00 pm: pasta party + winners ceremony and awards in the party tent.

Sunday, 13.8.2023 from 10:00 at the finish:

After-Run-Party

from 12:30 pm: winners ceremony and awards.

Disclaimer:

Participation is at your own risk. By entering the competition, each runner declares that there are no health concerns against his/her participation. Participants acknowledge that nor the organizer, nor the city of Monschau can be held liable (for death, injury, loss or damage arising from participation in the event save to the extent that it is caused by our negligence)

Looking forward to seeing you at the start – wishing you lots of luck already now!

Monschau-Konzen, **January** 2023

Your Organisation Team