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## WELCOME TO THE **50TH ANNIVERSARY** OF THE BERLIN-MARATHON

For half a century, the BERLIN-MARATHON has attracted athletes from all over the world to the German capital. Whether you want to beat your personal best time or simply take in some of Berlin's sights, the course offers ideal conditions. Since 2006, the BERLIN-MARATHON has been one of the 6 most prestigious marathons in the world (Abbott World Marathon Majors). With 13 world records, it holds more records than any other race. This year we will celebrate the passion for running with you and add a new chapter to the story.

To help you prepare for the race, we have put together this Event Information to provide you with everything you need to know - from picking up your race material to a great finish.

Please take your time to read it all.

In the spirit of sustainability, we again will not provide printed Event Information. Instead, it is available for you on our website in a digital format for reading and downloading.

Wishing you lots of fun and great luck at the BMW BERLIN-MARATHON 2024,



#journeyofjoy #berlinmarathon

→ For latest information and answers to frequently asked questions please visit our website www.bmw-berlin-marathon.com/en



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## PROGRAM



### PROGRAM SEPTEMBER 17.-30., 2024

### **MOVE**

WHERE: at Brandenburger Tor / Platz des 18. März

WHEN: Tuesday, 17.09. to Monday, 30.09., daily 8:00 am to 10:00 pm

→ Readings, talks, exhibition & more → find the full program at: <u>bmw-berlin-marathon.com/jubilaeum/rahmenprogramm</u>

→ free entry

### **MARATHON EXPO**

WHERE: at the former Airport Tempelhof (Platz der Luftbrücke 5)

**WHEN:** Thursday, 26.09., 3 pm - 8 pm

Friday, 27.09., 10 am - 8 pm Saturday, 28.09., 9 am - 7 pm

→ free entry

### **OPENING CEREMONY**

WHERE: Stage in front of the Brandenburger Tor

**WHEN:** Friday, 27.09., 7 - 9 pm

→ free entry, pre-registration needed

### **GENERALI 5K**

WHERE: Start at Potsdamer Platz - Finish Brandenburger Tor (5K)

WHEN: Saturday, 28.09., at 10:00 am

→ register until 22.09. at: bmw-berlin-marathon.com/anmelden/generali-5k

→ participation fee: 34,50 €

### **BMW BERLIN-MARATHON INLINE SKATING**

WHERE: Start at Straße des 17. Juni - Finish behind Brandenburger Tor

WHEN: Saturday, 28.09., at 12:20 pm

### **BMW BERLIN-MARATHON**

WHERE: Start at Straße des 17. Juni - Finish behind Brandenburger Tor

**WHEN:** Sunday, 29.09.

→ 8:50 am Handbiker (Elite)→ 8:56 am Wheelchair athletes

→ 8:59 am Handbiker

→ from 9:15 am Runners (starting in 4 waves)

### **MARATHON PARTY**

WHERE: Kosmos (Karl-Marx-Allee 131A, 10243)
WHEN: Saturday, 28.09., from 9 pm for Skaters

Sunday, 29.09., from 8 pm for Runners

→ Entry: 5 €

LIVE TV

broadcast of the race at RTL Sunday from 8:30 am

### **EVENTS FOR KIDS & YOUTH**



### Bambini run presented by ADAC Berlin-Brandenburg:

WHERE: at the tarmac in front of the MARATHON EXPO

at the former Airport Tempelhof **WHEN:** Saturday, 28.09., from 10:30 am

→ for Kids between 0 - 10 years

→ Registration on site is possible (5 €)



### **R5K Tour Final**

WHERE: Start Potsdamer Platz - Finish Brandenburger Tor (5K)

WHEN: Saturday, 28.09., at 9:50 am

→ Final of the racing series for talented young runners in Germany



### mini-MARATHON presented by GENERALI

WHERE: Start Potsdamer Str./Ebertstr. - Finish at Brandenburger Tor (4,2K)

WHEN: Saturday, 28.09., at noon

→ Pupils YOB 2005 - 2015

→ Registration possible Thursday & Friday at the MARATHON EXPO (10 €)





## IMPORTANT NOTES



### Hotline for general questions: +49 30 12 88 10

Thu: 10 am - 8 pm | Fri: 10 am - 8 pm Sat: 9 am - 7 pm | Sun: 7 am - 5:30 pm

### Homepage:

www.bmw-berlin-marathon.com/en

→ most up-to-date information & answers to frequently asked questions (FAQ)

### **BMW BERLIN-MARATHON 2024 App:**

available from September 25.

- > overview of all events on the race weekend
- → MARATHON EXPO hall plan
- → Push notifications so you don't miss anything
- → Live tracking & saving favourites: follow up tp 24 participants
- → LogIn for participants: Registration-ID from your start card in the format: SC:XXXX

### For you on site on the day of the event:

- → Support team booth in Scheidemannstraße
- → First aid will me made available by our medical team, doctors on bikes, additional medical aid organizations, patrols of the Berlin fire department in the start / finish area and along the course

### **Missing Person Hotline:**

+49 30 138 82 72 67

If you are looking for participants after the race and you are worried about their whereabouts, please contact us on Sunday until 5:30 pm with exact details of the person and their bib number.

### **Emergency contact:**

For your own safety and to assure prompt assistance please provide a contact person including a phone number in your user account and on the back of your bib number. Only this person may be given information in case of emergency.

### **Emergencies:**

112 (Fire department) Keyword MARATHON



# MARATHON EXPO & RACE MATERIAL PICK UP



### **MARATHON EXPO & RACE MATERIAL PICK UP**





MARATHON EXPO Berlin 202				
Thursday	Sept	ember 26th	3PM - 8PM	
Frriday	Sept	ember 27th	10PM - 8PM	
Saturday	Sept	ember 28th	9AM - 7PM	
Flughafe <u>n</u> Tempelhof		Flughafen Temp Platz der Luftbrü 12101 Berlin		

### **Getting there**

Use public transportation since there are no parking spaces available.

→ with your start card you have received a ticket by email, valid from 26.09 (00:01 am) - 30.09. (03:00 am) in fare zone ABC

### **Nearby stations:**

- → Platz der Luftbrücke (U-Bahn, Bus), Tempelhof (S-Bahn, Bus)
- → Click here for trip planner

### **Entrance**

- → your start card = your entry ticket
- → free admission for accompanying persons
- ⇒ allowed bag size max. 55x40x25 cm (equals hand luggage size)
   ⇒ larger bags can be stored in front of the entrance for a fee of 2 €
- > pets are not allowed on the EXPO site
- → Click here for full list of prohibited items

### Offering

- many exhibitors from the areas of endurance, nutrition, sporting goods, health, sports travel and more
- → BMW BERLIN-MARATHON Collection
- → exclusive merchandise for the marathon anniversary
- → medical Team offering office hours for health questions and medical emergencies
- → massages
- → Info point & Support team of SCC EVENTS
- → Race material
- You can drop off well-preserved sports shoes or sneakers at the SCC EVENTS booth (hangar 6) at MARATHON EXPO. The Berliner Stadtmission will collect the donations and pass them to those in need.

### **RACE MATERIAL**

You'll receive your race material only at the MARATHON EXPO and only personally upon presentation of your start card and ID.

### You'll need

- → your start card → which you received by email and which is available for download in your user account under "My registrations"
- → your ID

### You'll get

- → athletes wristband → will be put on you at the entrance and may not be taken off until you have finished on race day
- → your personal bib number → may not be altered in any way and is not permitted to be given to another person
- → transponder for timekeeping on the back of your bib number → do not bend
- → goodie bag with information & treats from our sponsors
- → Optional, if booked with your registration, you'll receive a transparent clothing bag, to drop-off your stuff on race day → can not be booked subsequently!

### Pre-ordered extras & merchandise

- → can only be picked-up at the MARATHON EXPO (no later collection, no shipping)
- → you need the QR-code from your start card for pick-up

you will receive
pre-ordered items from
the **event collection**(event shirt, finisher shirt,
legend jacket) directly with
your bib number

pre-ordered

Maurten Race Packs
will be handed out at
the Maurten booth

pre-ordered merchandise (Lustiges Taschenbuch, Buddy Bear etc.) is available at the booth in the entrance hall

There are often long lines on Saturday. If possible, pick up your race material on Thursday or Friday.

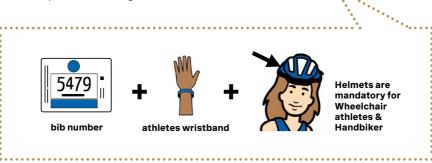


## BEFORE THE START



### THIS IS WHAT YOU MUST HAVE WITH YOU

- → your personal bib number: attached clearly visible on the chest
   → may not be altered in any way and is not permitted to be given to another person
- → official athletes wristband of the event (which you have received at the MARATHON EXPO)
- → wheelchair athletes & handbiker: Helmet → Helmets are mandatory! Further protective clothing is recommended.



### **Getting there:**

Please use public transportation

→ your bib number is valid for public transport in fare zone ABC

### **Nearby stations**

- → Hauptbahnhof (Main station), Friedrichstraße, Brandenburger Tor
- → Click here for trip planner

Arrive well in advance - be at the start area at least 60 minutes before your starting time.

### **Hvdration systems:**

- You can contribute to the avoidance of plastic waste by using a hydration system (backpack, vest, belt) to provide yourself with water:
  - → allowed are systems with a maximum total volume of 3 liters
  - → refilling is possible at all supply and refreshment points

### **Own refreshments:**

- → drop off until 7:45 at the latest at the "Personal Refreshment stand"
- → glass containers are not allowed
- → mark your container with your name, bib number & refreshment point
  - $\rightarrow$  delivery to refreshment point at KM 9 / 15 / 20 / 25 / 30 / 36 possible

### **EVENT SITE**

For security reasons only participants with official bib number and athletes wristband are allowed on the event site. Accompanying persons will not be admitted.

### Entrance from 7:00 am

- → entrance for Runners opposite the Reichstag
- → entrance for Handbiker and Wheelchair athletes via northern pedestrian walkway of Straße des 17. Juni (coming from Victory Column)
- → bags, backpacks and similar are not allowed on the event site
  → exception: hydration systems up to a total volume of 3I

### Clothing drop-off

- → Clothes can only be dropped-off in the official, transparent clothing bag of the BMW BERLIN-MARATHON 2024 → will be given to you with your race materials if this option has been booked bindingly with your registration. Otherwise, there is no possibility of leaving things with us.
- The "Berliner Stadtmission" collects clothing in good condition. Keep yourself warm with a hoodie, training jacket & co. in the pre-start zone and then donate these clothings on site.

In the start area you will find changing tents and toilets. There will be no warming foils spent.

### **START**

- → Wheelchair athletes and Handbiker will be assigned to their starting places at 8:30 am
- → runners will start in 4 waves, which are divided in starting blocks → you recognize your allocation by the letter on your bib number (A-H) → changes are not possible
- → Pacer for runners' target times: 3:00h, 3:15h, 3:30h, 3:45h, 4:00h, 4:15h, 4:30h, 5:00h

Time measurement will be switched off approx. 15 minutes after the last start, which means a late start is not possible.

Starting times	Waves / blocks	
08:50 am	Handbiker Elite	
08:56 am	Wheelchair athletes	
08:59 am	Handbiker	
09:15 am	Run first wave: Block A, B, C, D	
09:45 am	Run second wave: Block E, F	
10:10 am	Run third wave: Block G, H, J	
10:40 am	Run fourth wave: Block K	



## ON THE COURSE



### Not permitted are:

- → accompanying vehicles of any kind
- → strollers or baby joggers, skateboards or other rolling devices (except skates, handbikes and wheelchairs in the respective competitions)
- → animals
- → Headphones → We would like to point out that the international organization World Athletics prohibits wearing headphones during athletics competitions.

Please watch out for fellow participants when you change lanes or approach a refreshment point.

### **REFRESHMENTS**

Start drinking early, especially in warm weather.

KM 5 / 12 / 17,5 / 22,5 / 27,5 / 32,5 / 34,5 / 38 / 40		Water
KM 9 / 15 / 20 / 25 / 30 / 36	<b>U</b>	Water, Tea, Maurten Drink Mix 160, Bananas, Apples
KM 27,5	<b>M</b>	Maurten GEL 100

- → all points have refill-stations for hydration systems
- → at the end of every refreshment point are toilets available
- Help us to recycle and throw your cup into the containers at the end of the refreshment point.

### MEDICAL ASSISTANCE

- → up until KM 15 mobile units with label DOCTOR or MEDICAL SERVICE
- → from KM 15 to KM 36: every 3 km accident assistance stations (Green Cross / First Aid)
- → from KM 36 to the finish: every 1 km accident assistance stations (Green Cross / First Aid)

The medical staff is authorized and obliged to remove participants with signs of injury and/or overexertion from the race. Please contact the staff if you have any complaints or notice any emergencies among others.

### **TIMEKEEPING**

### **Control points:**

→ timing mats are laid out every 5K along the course, all of which must be run over
→ missing split times will result in disqualification

### Time limit:

6:15 h for runners (after crossing the start mat)

- → Cut-off point 1 at KM 33 at 3:50 pm
- → Cut-off point 2 at KM 38 at 4:35 pm
  - → Participants who have not reached this point by that time will be taken off the race and driven to the finish area..
- → official finish time is 5:15 pm, crossing the finish line is then no longer possible

### SPECIAL NOTES FOR WHEELCHAIR ATHLETES & HANDBIKER

- → own lead vehicle
- → yellow flag = dangerous points
- → tram tracks at KM 8 + KM 38 → be careful!
- → refrain from sprints on the finish line & drive through the left finish gate if your finish time is over 2:00h



# AFTER THE FINISH LINE



### **YOU WILL GET**

- → your medal
- > refreshments with drinks and fruit
- → your poncho, if it was booked with your registration
   → your bib number shows a corresponding symbol:
- → OR: your clothing bag on presentation of your bib number until 5:30 pm
- → if needed: warming foil
  - Return the foil to a volunteer after use to help us recycle

In the finish area you will find showers & changing tents (unguarded) and a free massage service.

### You got everything?

After leaving the event area, no new access is possible.

### **RESULTS & CERTIFICATES**

You will find your result and certificate online at <a href="www.bmw-berlin-marathon.com/en">www.bmw-berlin-marathon.com/en</a> > Your Race > Results or by scanning the QR code on your bib number.

→ the first 50 male and 50 female runners will be ranked by gun time

### Medal engraving:

booth in Scheidemannstraße

- > pre-booking is noted on your bib numb
- → booking on site is possible for 12 €

### Meeting point:

in front of Paul-Löbe-Haus

- → Signs with letter A to Z
  - → agree to meet there with your friends and family

On Monday, September 30, 2024, the newspaper **Der Tagesspiegel** will publish a special insert with an alphabetical results list of all finishers.

Your race pictures will be available a few days after the event.

→ You will automatically receive an email with a link to your recordings.



### MAPS



### **MARATHON EXPO**

26. bis 28. September 2024 Veranstaltungsgelände / Event Area



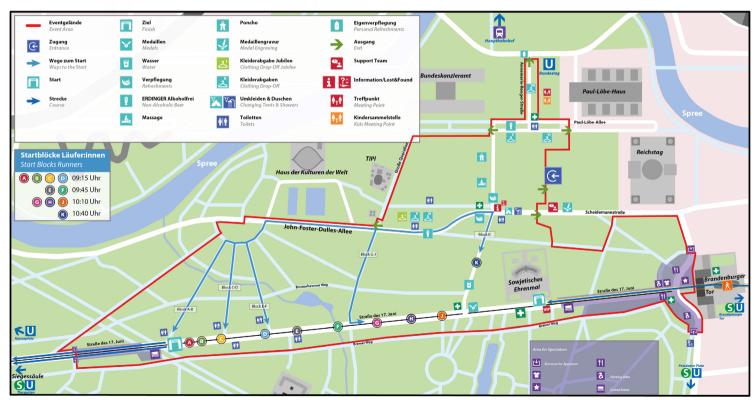




### **BMW BERLIN-MARATHON**

Start- & Zielgebiet/Start & Finish Area





### **BMW BERLIN-MARATHON**

Streckenplan Läufer:innen/Course Runners





### **CONVERSION KM TO MILES**

КМ	MILES	КМ	MILES
1 km	0,621 miles		
2 km	1,243 miles	22 km	13,670 miles
3 km	1,864 miles	23 km	14,292 miles
4 km	2,485 miles	24 km	14,913 miles
5 km	3,107 miles	25 km	15,534 miles
6 km	3,728 miles	26 km	16,156 miles
7 km	4,350 miles	27 km	16,777 miles
8 km	4,971 miles	28 km	17,398 miles
9 km	5,592 miles	29 km	18,020 miles
10 km	6,214 miles	30 km	18,641 miles
11 km	6,835 miles	31 km	19,263 miles
12 km	7,456 miles	32 km	19,884 miles
13 km	8,078 miles	33 km	20,505 miles
14 km	8,699 miles	34 km	21,127 miles
15 km	9,321 miles	35 km	21,748 miles
16 km	9,942 miles	36 km	22,369 miles
17 km	10,563 miles	37 km	22,991 miles
18 km	11,185 miles	38 km	23,612 miles
19 km	11,806 miles	39 km	24,233 miles
20 km	12,427 miles	40 km	24,855 miles
		41 km	25,476 miles
21,0975 km	13,109 miles	42,195 km	26,219 miles

### **LOOKING AHEAD TO 2025**

Mark your calendar for the next BMW BERLIN-MARATHON on September 21st, 2025.

As for all events in the Abbott World Marathon Majors Series, race entries for the BMW BERLIN-MARATHON will be allocated by lottery. Registration for the lottery will be open from **October 7th to November 21st, 2024**.

The BMW BERLIN-MARATHON is an event of SCC BERLIN, organized by SCC EVENTS with the support of



### IMPRINT

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