

## Before the event / Registration and infos

### Hotline

If you have any questions or concerns please email us at [info@generali-koeln-marathon.de](mailto:info@generali-koeln-marathon.de). You can reach us by phone Monday to Friday from 09:00 to 13:00 on 0221 / 33 77 73 11.

### Change of registration to another person and withdrawal

It is not possible to transfer your registration to another person or to pass on your race bib both of which will result in immediate disqualification. If you are unable to participate in the event, please check whether you have booked race withdrawal insurance at the time of registration; this will refund the entry fee in certain cases. The exact insurance conditions can be found in your registration confirmation.

If you have booked this entry fee insurance and are unable to take part in the event, please send us an e-mail with the relevant information. You will receive a deregistration form from us, which you should then submit with the following documents via the insurance's [online tool](#):

- Copy of your personal e-mail confirmation of registration for the marathon
- Deregistration form
- Proof of the claim (e.g. medical certificates)
- Current bank details (IBAN and BIC)

**IMPORTANT:** A refund in the event of a claim can only be made to an IBAN account.

Booked additional services such as the participant shirt are excluded from the refund and can be picked up at the Running.EXPO or sent to you after the event. For postal delivery (**only** possible within Germany), please send us a prepaid envelope (currently €1.60) including a short note with your race number and, if applicable, the shirt size you ordered to

Kölner Ausdauersport GmbH  
Girlitzweg 30 – Tor 1  
50829 Köln

### Change of distance

Upgrades from the half marathon to the full marathon are possible via the change link until August 31<sup>st</sup> 2024 and as long as the quota of the marathon is not exhausted. Downgrades to the shorter distance are not possible.

### Shipping of the starting kit

Should you not be able/willing to pick up your starting kit on site at the Running.EXPO, you can have them mailed to you for 25€ (marathon and half marathon) or 29€ (relay marathon) as long as you have an address in Germany or the Benelux region. Deadline for the booking of shipping is August 31<sup>st</sup>, after this bookings are no longer possible and the starting kit must be picked up at the

Running.EXPO. Those who have booked shipping will receive a package with all necessary starting documents in good time before the event:

- The start number including the transponder for timekeeping
- The kit bag and its contents
- The participant shirt, if booked in advance
- For relay teams: The back numbers for all four relay runners

**IMPORTANT:** It is best to have the package delivered to an address (such as an office or similar) where you can be sure that the package will be accepted. If the parcel cannot be delivered and is returned to us, there will be **no** (!) second delivery attempt due to the short time available. The parcel will then be available for collection at the race packet collection point at the Running.EXPO.

### *Before the race / Friday and Saturday*

#### **Information and questions**

If you have any questions or concerns ahead of the event call us or send us an e-mail. In the event week you can reach us by phone Monday to Sunday from 09:00 to 17:00 under 0221 / 33 77 73 11.

Any questions regarding public transport on the day of or the days preceding the event should be directed to the KVB's „schlaue Nummer“: 0 1805 / 50 40 30 (9 Cents/minute from a German landline, mobile max. 42 cents/minute).

#### **The most important thing – your health**

Before you start, please pay attention to your body's signs. **Please refrain from starting if you have any signs of a cold or other infection or a toothache.**

Even though we, together with ASB Cologne, have over 150 rescue workers and doctors along the entire route and in the start/finish area to ensure your safety, you know best what you can handle.

We ask that you fill in an emergency number on the back of your race bib!

The medical staff is also authorized to remove athletes with signs of injury and/or overexertion from the race for their own safety.

#### **Running.EXPO und bib collection**

From Friday to Saturday, October 4<sup>th</sup> to 5<sup>th</sup> 2024, our free [Running.EXPO](#) will take place at [MOTORWORLD Cologne](#).

There you will receive your complete starting kit (bib number, kit bag, participant shirt - if ordered) and all important information about the day of the event. To collect your documents, please bring the digital confirmation of participation that you received by e-mail.

Please be sure to read the attachment with the latest important information!

If you are unable to collect your documents yourself, you can have someone else collect them by presenting the digital confirmation of participation.

**Please note: There will be no bib collection in the start area on Sunday!**

## Opening times of the Running.EXPO

Friday, October 4<sup>th</sup> 2024, 12:00 to 20:00

Saturday, October 5<sup>th</sup> 2024, 9:00 bis 18:00

## Getting to the Running.EXPO by bus and train

- Stadtbahn: Line 5 (direction Ossendorf) to “Alter Flughafen Butzweilerhof”, takes 22 minutes from Köln Central Station
- Bus: Line 127 to “Ossendorf”

## Getting to the Running.EXPO by car

A parking lot is available directly at Motorworld. The first hour is free of charge, after that each additional hour costs 1.60€.

Address for you navigation system: **Butzweilerstrasse 35-39, 50829 Köln**

Alternatively, you can also use the IKEA parking lot free of charge. From there it is a 5-minute walk to the Running.EXPO.

Address for your navigation system: **Butzweilerstrasse 51, 50829 Köln**

## Late entries

Late registration for all competitions is possible until October 5<sup>th</sup>, 18:00 via our website, provided the limits have not yet been reached. **Please note that you can only pick up your starting documents at the Running.EXPO.**

## Data changes and subsequent booking of additional services

You can change your data (excluding master data such as your name, gender, date of birth, etc.) yourself via the change link in the e-mail registration confirmation and also book additional products or services. Changes are still possible as follows:

- until August 31<sup>st</sup> 2024: all changes relevant to the event
- until October 5<sup>th</sup> 2024 at 17:30: information on relay runners
- until October 5<sup>th</sup> 2024 at 8:00: Emergency contacts

## For relay teams: Changing the order of runners or replacing runners

You can change the specified order of the runners yourself via the change link from the e-mail registration confirmation until October 5<sup>th</sup> 2024 or replace one runner with another. If a runner drops out at short notice, another participant can also run two sections. ATTENTION in this case you will not be included in the ranking for the fastest relay team.

## Before the race / Sunday

The most relaxed way to get to the race on race day is by bus or train. You can pick up a folding map at the Running.EXPO which clearly shows all areas.

Important when planning your journey: If you want to drop off your kit bag, you must first go to the finish line and drop it off at the bag check (Gereonstraße). From there it is approx. 20 minutes on foot or 11 minutes by train lines 3 and 4 to get to the start area (start your journey at “Apellhofplatz” and exit at “Köln Messe/Bhf Deutz/LANXESS arena”).

### **Getting to the FINISH to drop off clothes bags by bus and train**

Take the U3 & U4 lines to “Apellhofplatz”, exit “Kattenbug/Zeughausstraße”.

Alternatively, you can also travel via central station. Use the exit “Bahnhofsvorplatz”. From there it is a 5-minute walk via “Domprobst-Ketzer-Straße” and “An den Dominikanern” to the clothes bag drop-off point.

### **Getting to the FINISH to drop off clothes bags by car**

There are no parking spaces available near the finish area. If you still have to come by car, you can use the surrounding paid parking garages. However, the road closures for the marathon must, of course, be taken into consideration when planning your journey.

### **Getting to the start by bus and train (no bag drop)**

#### **KVB trams**

Lines 1, 3, 4 and 9 to “Bahnhof Deutz/Messe, Bahnhof Deutz/LANXESS arena”.

**ATTENTION – please note the special timetable\*:**

From 8:00 to approx. 15:15, line 1 coming from “Weiden West” will only run as far as “Moltekstraße”.

From 7:30 to approx. 15:15, services on line 9 will be suspended on the “Sülz Hermeskeiler Platz” to “Neumarkt” section.

\*Subject to change

#### **S-Bahn in the VRS**

The S6, S11, S12, S13 and S19 in the “Verkehrsverbund Rhein-Sieg” (VRS) stop directly at the start at “Köln Messe/Deutz”.

#### **Deutsche Bahn**

All trains with stop at “Köln Messe/Deutz” (approx. 2 min walk to the start) or central station (approx. 15-minute walk to the start area over Hohenzollern bridge)

### **Getting to the start by car (no bag drop)**

It is possible to park in the LANXESS arena parking garage for a fee. Please note that we have not reserved any parking spaces and that other events may be taking place in the arena at the same time. From there it is a 5-minute walk to the start.

### **Getting to the transition zones for relay runners**

All 3 transition zones are easy to reach with the KVB from the finish.

Getting to relay changeover 1:

Line 16 runs directly from the Dom to Chlodwigplatz, which is also served by lines 15 and 17. You can also walk approx. 30 minutes from the Dom.

Getting to relay changeover 2:

Changeover 2 is located on Aachener Straße directly at Aachener Weiher. As lines 1 and 7 do not run between “Aachener Str./Gürtel” and “Neumarkt” on October 6\*, we recommend that you take lines 12 and 15 to Rudolfplatz and walk from there. Or take lines 1 and 13 to “Aachener Str./Gürtel” and walk from there. From the finish area at the Dom it is approximately 20 minutes on foot to changeover 2.

\*Subject to change

Getting to relay changeover 3:

Changeover 3 is at Ebertplatz and can be reached directly from the Dom with lines 18 and 16. Lines 12 and 15 also stop at Ebertplatz. From the finish area at the Dom it is approx. 15-20 minutes on foot to changeover 3.

### **Bib number**

Please attach your bib number to the front of your shirt and make sure it is clearly visible.

On your bib you will find the colour of your starting block. At check-in those colours will be checked. Please support our volunteers and show your number when trying to enter your starting block.

Starting out of the wrong block (we control this through our timing system) and/or obscuring the sponsors on your bib will lead to disqualification.

**For relay teams:** You will receive a relay bib number with a timing transponder on the back and a bib belt as well as four back numbers one for each of the four runners. Please attach the relay bib number to the bib band and wear it easily visible on the front of your torso. You will hand the belt with the number over to the next relay runner at the transition area.

**IMPORTANT: The relay bib number with the transponder is crucial for the timing of your relay team.**

The four back numbers should be attached with safety pins to the back of each runner's shirt.

### **Starting blocks**

The colour of the bib number automatically indicates the colour and assignment for the starting block (e.g. RED) from which you start.

The assignment is based on the finish time you entered when registering. You can also adjust this later via the change link, which you will find in the e-mail registration confirmation, until August 31<sup>st</sup> 2024.

If you have not entered a finish time by then you will automatically start from one of the last blocks.

## **Depositing of your own nutrition (only marathon)**

If you would like to use your own drinks on the course, you can leave your own refreshments at the refreshment points.

Please hand in individually marked drinking bottles on the day of the event, October 6<sup>th</sup> between 9:30 and 10:15 in the Auenweg (near “Bahnhofsrestaurant”) in the start area. A truck with boxes for the respective aid stations will be available there. You may only hand in bottles. During the race you will find your bottle at the **second** table of each aid station.

## **During the race**

### **Starting time on Sunday, October 6<sup>th</sup> 2024**

Generali Cologne half marathon	9:00
Generali Cologne marathon & relay	10:30

## **Timing**

Timing is done exclusively with a [race result](#) transponder attached to your bib number in all events. The first ten finishers are ranked by gun time and marked with a \* in the results list, everyone else is ranked according to their net time.

## **Course**

You can find the course maps [here](#).

The entire course runs through the Cologne city area, is at least 3m wide and on asphalt. However, there could still be some congestion in tighter parts of the course due to construction sites. Even though we check and clean the entire course multiple times in advance there can always be damages or obstacles that only occur during the race. Please be attentive when running and warn other runners around you should a possible danger arise.

## **Stage lengths and transition zones for the relay marathon**

The individual stage lengths of the relay marathons are 12.0 | 11.9 | 6.0 | 12.3 kilometers. The entry into the transition zones will be announced with signs 100m before each one. The transition area is divided into zones according to your bib numbers, please make sure to wait for your runner in the zone corresponding to your bib. Please leave the transition area immediately after handing over to the next runner at the designated exits so that the following relay teams are not hindered. We will lay out separate timing mats for you at the transition areas so that each runner of a relay gets their time measured. These mats must be crossed!

## **Pacemakers**

Like usual we are once again offering you support on the course. The pacemakers will set the pace in order for you to achieve a specific finish time.

They are in the starting blocks early on and are marked with flags for the respective finish time that they are running. The pacemakers are all experienced runners and are familiar with running the times that they are pacing for.

We have pacemakers for the following finish times:

- Half Marathon 1:30, 1:45, 2:00, 2:15 and 2:30
- Marathon 3:00, 3:15, 3:30, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00, 5:30 and 6:00

### **Aid stations along the course**

You will find aid stations approximately every 5 kilometers.

For the **marathon** there are a total of 11 aid stations with different options, including water, bananas, Coca-Cola and DextroEnergy.

For the **half marathon** there are a total of 6 aid stations with various options, including water, bananas, Coca-Cola and DextroEnergy.

### **Toilets along the course**

There are mobile toilets at every aid station as well as the relay changeovers.

### **Donation mat**

At marathon km 23 (half marathon km 11) on Aachener Straße you can cross the donation mat. By voluntarily crossing the mat you can opt in to make a donation. We will then contact you again after the race regarding the donation.

### **Time limits**

Please make sure that you stay within the specified time limit. The sweeper wagon traditionally follows at the end of the field. If you should fall outside the time window, the driver of the sweeper wagon and the track officials will give you a signal in good time.

As soon as the sweeper wagon passes you you are outside of the secured route and the race will be over for you. You then have the option of getting on the bus and riding to the finish or using public transport to get there.

Behind the sweeper, the course will be cleaned and then reopened to traffic.

Time limits are as follows

- **Half marathon** 2:45 net
- **Marathon, Relay Marathon:** 6:00 net

Net means that your time from crossing the starting line to crossing the finish line is what is measured.

### **At the finish / After the race**

Congratulations on your fantastic achievement, kudos!

As soon as you cross the finish line, please make sure to keep walking and leave the immediate finish line area. The athletes finishing behind will thank you.

### **Medals**

Shortly before entering the post finish refreshment area, you will get your medal from one of our volunteers.

### **Post finish refreshments**

Enjoy the unique offer of snacks, refreshments and drinks on offer in the post finish area. Of course, a cold Reissdorf-Kölsch, a local specialty, awaits. With or without alcohol – your choice.

### **Where to find what after the finish**

For better orientation after you have finished the race you can find a plan [here](#).

### **Check-out / Collection of dropped bags / Showers**

At the end of the REWE Group post finish area you check out of the runner-only event area. Heading to the right you will reach the bag drop collection point and the showers, this is about a 3-minute walk. Heading to the left you go to the Neumarkt and the After-Run-Party in the ReissDorf. There will be signage showing the way there.

### **After-Run-Party in the ReissDorf**

After your accomplishment you can reminisce about your run in the ReissDorf with a nice, cold Kölsch in hand and meet up with your friends. The ReissDorf is located on the Neumarkt.

### **Medal engraving**

We are offering medal engraving again. You can find the engraving booth at the ReissDorf on Neumarkt.

### **Results**

You can check your results immediately after the race on our website under [results](#). If you click on your name, you can also download your official finisher's certificate.

The final and official results will be published about a week after the event after the passing of the objection deadline.

### **Award ceremonies**

The award ceremonies for the three fastest male and female runners of the full and half marathons will be held right after their finish on the stage in the immediate finish line area.

For the full marathon there is also an award ceremony for the male and female city champions as well as the male and female winners of the Student Cup.



All age group champions and winners of any additional special classifications will be contacted and honoured in writing after the event.

## **Photos**

[Sportograf](#) captured your race at different points along the course. As soon as the pictures are online you get an E-Mail linking to them. This usually takes no more than two days.

## **Show yourself on the Social Wall!**

If you want to share pictures and video with friends and other participants on social media (Instagram and Twitter) you can do so quickly and easily:

Simply tag your posts with the hashtag [#generalikoelnmarathon](#) and we capture your best moments and impressions of race day directly on our Social Wall, together with all other posts, combining all Social Media posts about our event at a glance.

We wish you a relaxing journey home and a good and speedy recovery.

See you on October 6th 2024.