



Invitation for the RD-Marathon at July 12th 2009

All participants start in the peloton.
Start is at the 'Schiffbrückenplatz, Rendsburg
A parking lot is at the swimming bath "Schwimmzentrum" nearby. The participants on the competition meeting is mandatory!

Participation fee:

Fee-graduation until	09.05.09	20.06.09	04.07.09	at 11. or 12.07.09
Half marathon	€ 16,00	€ 18,00	€ 23,00	€ 28,00
Marathon	€ 26,00	€ 28,00	€ 33,00	€ 38,00
Marathon relay	-	€ 33,00	€ 36,00	€ 41,00

Registration deadline:

July 11th/12th 2009. There is an additional possibility to register on Saturday 1pm to 5pm and on Sunday 7am to 8.15am at the register tent on the "Schiffbrückenplatz".

Time table:

8.40 am: lotterie of short trip to Oslo
8.45 am: competition meeting
9.00 am: Start marathon, half marathon, marathon relay
2.30 pm cut time for finishing.

Any runner who is sufficiently trained and is born before 1991 may apply to enter the Rendsburg Marathon.

Any runner who is born before 1993 may apply to enter the Rendsburg half marathon.

Any runner who born before 1995 may apply to enter the Rendsburg Marathon relay.

You can win a travel to Oslo

Among all participants we lot a short trip for two persons to Oslo on a ship of 'Color Line' from Kiel.

Marathon course:

The course has been changed since 2008. The route is measured according to the rules of the DLV (42,195m). Start and end are at the "Schiffbrückenplatz".

Running courses: Marathon (two laps) 42,195 km

Half marathon (one lap) 21,097 km

Marathon relay (total 42,195 km)

Award ceremony:

The award ceremony will be at 1.30 pm.

Informationen bei:

Hella Willumat &

Bernfried Kunz

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Rendsburger TSV
von 1859 e.V.



T.u.S. Rotenhof
von 1919 e.V.



Bündeldorfer Turn- und
Sportverein von 1893 e.V.



Starting documents:

The starting documents can be called for on Saturday 1pm to 5pm on the 'Schiffbrückenplatz' or on Sunday 7am to 8.15am.

Certificates:

Its possible to download the certificates after the competition.

Support:

At the finishing line all participants get fruits and soft drinks. On the course there are six service stations offering isotonic drinks, water and fruit. (Stations at: Schiffbrückenplatz, Nord Akademie, Sportplatz Nobiskrug, Brückenterassen, Ahlmann-Resort KIC, Eiderstadion). First aid is assured.

Showers:

The possibility for showers and coating is given at the gym of the 'Schule Altsatdt'.

Liability:

The participation on the competition is on your own resposability. For damages of any kind there is no liavbility by the organisers. The runners have to follow the road traffic regulations.

Privacy protection

Hint according to the privacy protection law: Your informations are stored on a computer. The participants agree on an evaluation using electronic data processing. The particiants agree to the transfer of personal data given in the registration (including the email adress) for the purpose of time meassuring, placement and the creation of starter- and result lists. All photographs and movies, taken at the event, can be published without requirements of payment.

Thanks to all our voluntaries!

Thanks to all our sponsores and the towns Rendsburg and Büdelsdorf.

Informationen bei:

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