

Rheinhöhenlauf, Saturday 25. September 2010



Organiser:

SV Vettelschoss-Kalenborn 1924 e.V.
Förderverein Franziskus Krankenhaus Linz/Rhein

For information contact:

E-Mail; info@rheinhoehenlauf.de

Start:

*Firmensitz Birkenstock Orthopädie GmbH & CoKG
Rheinstraße 2-4,
53560 Vettelschoss*

Run:

Start at 01:00 pm, finish line closed at 4:00 pm

Relay-run:

Start at 01:00 pm, finish line closed at 4:00 pm

Walk / Nordic-Walk

Start at 01:00 pm, finish line closed at 4:00 pm

Finish:

*School „Schule am Blauen See“ next to finish.
Willscheider Weg 28,
53560 Vettelschoss*

The baggage transport will be organized by the "Rheinhöhenlauf" team

Relay run at the Rheinhöhenlauf:

To enjoy the Rheinhöhenlauf feeling, even by those who are not confident enough to join the half-marathon itself, we are organising a relay run with 2 or 3 runners, running the 21,097 km of the original Rheinhöhenlauf route.

Distances:

1. runner approx. 5,6 km
2. runner approx. 10,4 km
3. runner approx. 5,1 km

To this event we invite not just sport clubs but all work colleagues, schools and friends to organise a team. A travel service will be provided.

The transport between the change over points will be organized by bus.

Categories:

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

Award:

The awards ceremony for the first 3 men and women runners to finish overall will take place next to the Finishing Line.

Registration fee:

€ 15,- / € 17 (after 01.06.2010) / € 19 (after 01.09.2010)

Registration fee includes an high quality t-shirt and a product by the company Birkenstock.

Attention: Participants from abroad should pay directly to the bank account of the Rheinhöhenlauf

IBAN: DE76 5745 0120 0030 0950 20

BIC (Swift-Code): MALADE51NWD

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

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Delay registration and Hand out of the start numbers:

The start numbers will be handed out on .

Friday, 25.09.2009 from 6 pm to 8 pm.

Saturday 26.09.2009 from 10:00 am to 12:00 am (hand out to 0:30 pm).

Hand out in the starting area:

Firmensitz Birkenstock Orthopädie GmbH & CoKG

Rheinstraße 2-4,

53560 Vettelschoss

Only runners issued with an official entry number are eligible to enter. Entry numbers are not transferable. Numbers must be worn for easy visibility and without being defaced on the front of the running shirt.

Showers:

Next to finish.

Dressing room:

Next to start and finish.

Transport of baggage will be organized.

Streckenlänge:

21, 1 Kilometer – 350 Höhenmeter, längere Steigungen bei km 5-6, km 11-14 .

Food and drink:

Official supply (Tea, Water) every 5 km. In the finish-area we have additional fruits and iso-drinks.

Please think! Throw the empty cups in the bins provided at the supply points.

Parking Area:

Next to start. Shuttle-bus between starting-area and finish-area.

Support:

DRK (Red cross), Doctors, and Sport-Physiotherapists.

Liability:

With your registration to the Rheinhöhenlauf you accept the rules and regulations as well as the restricted liability of the organisers .

Entertainment:

Tombola: - first prize, a trip to the NYC-Marathon 2010 for 2 persons including flight and hotel.

Kindergarten between 0:30 pm and 4:30 pm

General terms and conditions:

By making a binding registration the participant recognises the following terms and conditions unconditionally to participate the conditions of the individual invitations for applications.

The promoter shall not be liable for items stored free of charge, including and especially for items of clothing and clothes bags that have been lodged with the organisers for safekeeping. The promoter shall not assume any liability for the health risks of the participant in connection with the event. The promoter reserves the right to disqualify a participant at any time and/or exclude him/her from the race. Reasons for exclusion include in particular incorrect information provided concerning personal details in the course of the registration, a ban issued against the participants by the DLV, IAAF or the Deutscher Rollsport- und Inline-Verband (DRIV) e.V. (German Roller Sports Federation), the suspicion that they have taken banned substances (doping), or in the event that the promoter or the medical services commissioned has the justified suspicion that the participants cannot take part in the race for health reasons or cannot complete it.

The participant consents that the photos, film footage and interviews among other things gathered in connection with the participation in the event on the radio, television, print media, books, photomechanical copies (films, videos etc.) may be distributed and published by the promoter without the participant having any entitlement to reimbursement.

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The participant expressly consents to the publishing of his/her surname, Christian name, gender, year of birth, club membership, the bib number and result (ranking and time) in all event-related print media (list of participants, list of results, etc.) and in all electronic media such as the internet.

The starter number is not transferable. Starter numbers must be worn on the chest at all times and be clearly visible. Any alterations to the numbers especially to the lettering are strictly prohibited. Any form of alteration will lead to disqualification.