



Sparkassen Alb Marathon Schwäbisch Gmünd 22.10.2011 with the 50 km race as final event counting for the **Ultramarathon European Cup 2011**

Organisers:

DJK-Sportgemeinschaft Schwäbisch Gmünd, in co-operation with various clubs.

Information: Telephone 0172/62 56 963

Internet: www.albmarathon.de

Start: On Saturday, 22.10.2011 at 10.00 in Schwäbisch Gmünd, **market place**. Finishing time limit is 5.30 p.m. at the market place, 1.45 p.m. on the Hohenrechberg and 11.40 at km 11.

Courses: 50 km (1070 m. alt. diff. 25 km (780m. alt. diff. with power walking), 10 km (70 m. alt.diff., 1.8 km youth race and 18 km (200 m alt.diff. Nordic

Walking/Walking: See plan on website. Finish 50 km, 10 km and 30 km Walking in Schwäbisch Gmünd, market place. Finish of 25 km race on Hohenrechberg: (return transport to competition centre by bus).

Showers, WC & massage (after run) in main sports hall 700 m west of market place. Shuttle bus from competition centre Prediger (100m west of market place).

Competitors' numbers as well as the sports bags and valuables holding area during the race are to be found here.



To register for the Sparkassen Alb Marathon Schwäbisch Gmünd, see website www.albmarathon.de

Startgelder	Vor Anmeldung		Nachmeldung
	online + postal, bis 30.6.11	online bis 12.10.11 / postal, bis 1.10.11	vor Ort am 21./22.10.11 (bis 60 Min. vor Start)
50 km Lauf mit Medaille	32 €	37 €	41 €
25 km u. Powerwalking mit Busrücktransport	20 €	24 €	28 €
10 km Lauf	9 €	11 €	14 €
18 km Walking u. Nordic Walking m. Medaille	13 €	16 €	19 €
Stafettenlauf 50 km (Betriebsmannschaften)	95 €	110 €	114 €

The runners' times are noted via a transponder.

Prize & Awards Ceremony 50 km:

All finishers receive a medal at the finishing line. Certificates and results lists are sent out after the race. At the prize-giving ceremony at approx. 17.40, cash prizes (500 – 50 € extra prize for times under 3.20 for the men and 4.00 for the woman and new course records) will be awarded for the first five places. **In the team classification** (50 km only), the three fastest runners in the same club count. At the prize-giving ceremony at 15.30 for the **25 km race**, cups and vouchers will be awarded to the first three-placed runners (200-50 €). Pre-registered competitors can order a medal for the price of 3 €.

All **18 km walkers/Nordic walkers** will receive a medal at the finish.

Drink/feeding stations on the course and at the finish:

Water and tea every 5 km. From 11 km, additional drinks are offered, depending on sponsoring agreements, with bananas, muesli bars, oat drinks and white bread. Individual feeding bags may also be prepared for all feeding stations.

IAAF/DLV rules, such as visibility of the competitor's number, the taking of food or drink outside the feeding station zones, and the giving or receiving of support which is not allowed, e.g. accompaniment by bikes, must be adhered to. After one warning, a further infringement of the rules will lead to disqualification.

Accommodation:

Information from the i Punkt, Marktplatz 37/1, 73525 Schwäbisch Gmünd. Tel: 07171/ 603-4250. Fax: 07171/603-4299, email: tourist-info@schwaebisch-gmuend.de

Collective sleeping accommodation:

This is also offered about 900 meters west of the market place in the **Schwerzer Hall**, at a cost of 6 euro per person per night, from Friday, 21.10.2011 from 5 p.m., until Sunday, 23.10.2011 at 8 a.m. Runners should bring their own sleeping bags and air mattresses. Application and payment (in cash) are to be made directly at the sports hall.

When – what – where

Friday, 21st October 2011

17.00 – 21.00: race numbers are distributed in the *Prediger* (Johannisplatz)

Saturday, 23rd October 2011

07.00: race numbers are distributed in the *Prediger*

10.00 main start from the marketplace

11.35 – 13.45 finish of the 25 km race on the Hohenrechberg

12.00 start of the 10 km and 1.8 km races, marketplace

12.30 – 13.30 finish, 10 km race on the marketplace
13.10 – 17.30 finish, 50/18 km race on the marketplace
14.00, 15.30, 17.40 prize-giving 10/25/50 km in the *Prediger*.

17.00 prize-giving, finishers 1 – 3 Europacup Ultramarathon in the *Prediger*.

