



Experience...

... the 22th Fränkische Schweiz-Marathon, that takes place on September 3rd 2023. Besides the Marathon Race, Handbike and a Run & Bike Race we'll offer a half marathon, a 10 K Race and a Relay Race for up to 5 runners. Start and Finish will be in Ebermannstadt. The course of the race runs along the car-free B 470 into the heart of the Franconian Swiss and guarantees perfect conditions for all participants. Thousands of spectators and a colourful framework program along the race course give our event the character of a folk festival.

Organizer

County of Forchheim- Department of Culture and Sports
 Hornschuchallee 20, 91301 Forchheim, Germany
 Online: www.fs-marathon.de
 E-Mail: info@fs-marathon.de
 Phone: +49 9191/86-1046

Organizing Clubs

LG Forchheim, TSV Ebermannstadt, Das Erlebnislaufer-Team

Competitions and Start Time

Sunday, September 3rd 23, Ebermannstadt B 470

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|--------------------------------------|------------|
| • Handbike Marathon, NHC-Race Series | 8:30 a.m. |
| • Marathon, Relay Marathon | 8:35 a.m. |
| • Half Marathon | 9:00 a.m. |
| • 10 K Race | 9:10 a.m. |
| • Run & Bike (21,1 K) | 10:45 a.m. |
| • Finish Time Limit Marathon | 2:15 p.m. |

Saturday, September 2nd 22, Ebermannstadt Market Place

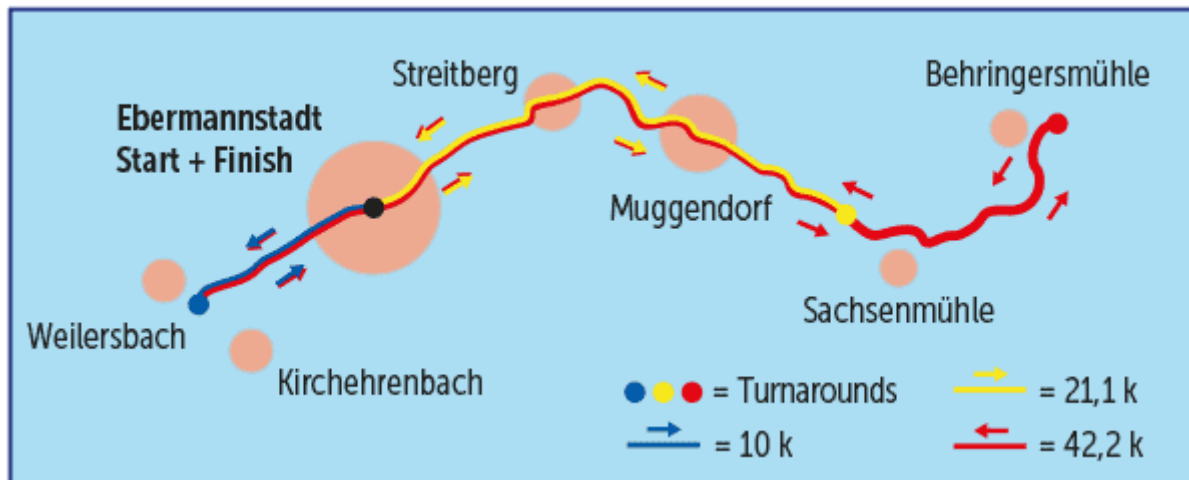
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|---|---------------|
| • Bambini Race (500m) and Children's Race (1000m) | ca. 3:45 p.m. |
| • 1/10 Marathon: 4,2 K | ca. 4:45 p.m. |

Starter's Package

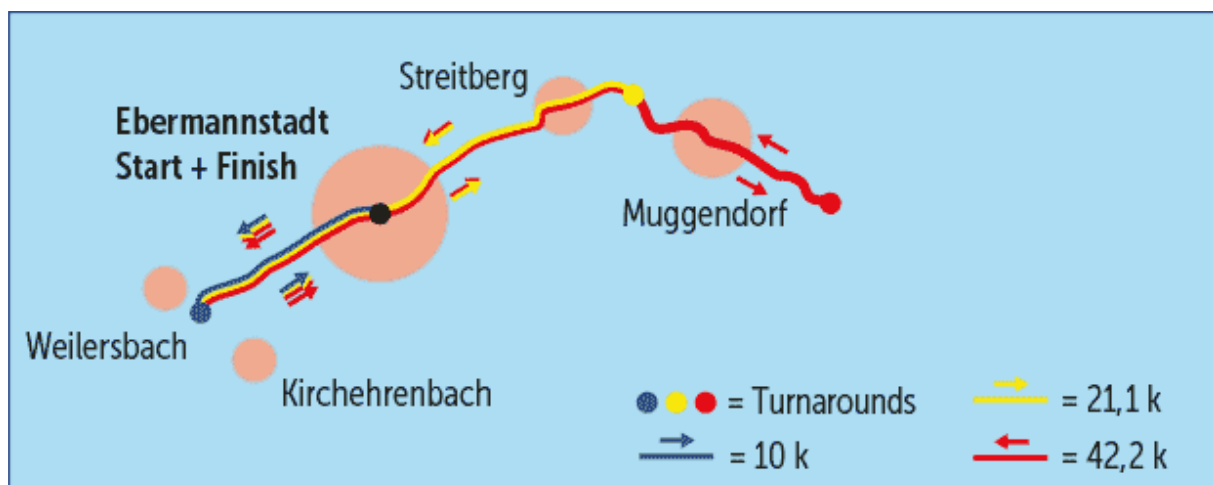
The Starter's Package for all the races taking place on Sunday can be picked up on Saturday, September 2nd between 1:00 p.m. to 6:00 p.m. and on Sunday September 3rd from 6:45 a.m. until 30 minutes before the respective start at Atemschutzzentrum Ebermannstadt, Oberes Tor 1, 91320 Ebermannstadt by showing your confirmation of application. The Bib cannot be sent by mail. On

Sunday the B 470 is closed for all traffic after 7:00 a.m., so it is recommended to arrive prior to 7:00 a.m. or use detour routes or public transport (VGN).

Marathon Race Course (Marathon-Run, Handbike) You will find the Marathon-route [here](#).



Marathon Race Course (21,1km, 10k, Run & Bike)



You will find the 21,1km-route [here](#).

Application

The application can only be effected online on the web page www.fs-marathon.de. The application of minors is only possible when signed by a legal guardian. The deadline for application is August 27th. Every contestant who applied in time will receive a confirmation document by e-mail.

Half Marathon

The half marathon starts at 9:00 a.m. First the race takes course towards Weilersbach, where you will turn around and continue back to Ebermannstadt, then the race runs along the car-free B 470 for 5,55 K through the heart of the Franconian Swiss. After the turnaround the contestants run back to Ebermannstadt. All participants must be born prior to/in 2007. You will find the route [here](#).

10 K Race

The Start of the 10 K Race takes place at 9:10 a.m. This race takes course towards Weilersbach, where you will turn around and continue back to Ebermannstadt. All participants must be born prior to/in 2011. You will find the route [here](#).

Relay Race (2 - 5 contestants)

The relay race starts at 8:35 a.m. along with the marathon. At least 2, but up to 5 contestants share the distance of 42,2 K.

Section 1: Ebermannstadt - Weilersbach - Ebermannstadt (10 K)

Section 2: Ebermannstadt - Muggendorf (ca. 7,6 K)

Section 3: Muggendorf - Behringersmühle (ca. 8,5 K)

Section 4: Behringersmühle - Muggendorf (ca. 8,5 K)

Section 5: Muggendorf - Ebermannstadt (ca. 7,6 K)

In the designated exchange zones each relay participant has to pass his Bib with the integrated time measurement chip to the next partner. How to get to the exchange zones and back to the Finish in Ebermannstadt has to be organized by each individual team. All participants must be born prior to/in 2007.

Run & Bike (21,1 K)

Start time for all participants of the Run & Bike Marathon will be 10:45 a.m. The Run & Bike is a sports event for teams of 2 persons (male, female, mixed) with one bike. Runners and cyclists complete the course together. One runs, one bikes. They can take turns on the bike at any time and as often as they want. The bike change is to be done directly from hand to hand. Only one person is allowed on the bike. The athletes must be permanently within sight of each other (max. 10 m distance).

The runners stand at the starting line in Breitenbacher Straße in the direction of Weilersbach, the cyclists wait for their partner approx. 250 m away at the Orthopädieforum parking lot. After the starting signal, the cyclists join their running team partner. Each participant of the team wears an own start number with a timing chip. The start number is to be attached to the chest. The team must finish together (max. 10 sec. difference). The measured time of the 2nd participant is the final time.

First the race takes course towards Weilersbach, where you will turn around and continue back to Ebermannstadt, then the race runs along the car-free B 470 for 5,55 K through the heart of the Franconian Swiss. After the second turnaround the contestants run back to Ebermannstadt. All participants must be born prior to/in 2007. You will find the route [here](#).

Helmets are compulsory for the athletes riding the bike! Participants without helmets will not be admitted to the competition. The use of pedelecs, e-bikes etc. including batteries is not permitted.

The road traffic regulations and the requirement of mutual consideration apply. All participants must be born before/in 2007.

Team Valuation

A team classification and award ceremony will be held by the organizer for the marathon race.

Three runners starting for the same sports club/running group/etc. form a team. The ranking is done by time addition of their individual finishing times. Thus identical spelling of the team name is essential when applying.

Sparkassen Kids' Races

Start and Finish are at the Market Square in Ebermannstadt on Saturday, September 2nd at about 3:45 p.m. (the exact times will be posted on the web page shortly before the event)

Registration for Bambini and Student Races: Online until Friday, September 1st, 12:00 p.m.

Picking up des starter's package and late registration: September 2nd from 1:00 p.m. until 3:00 p.m. at the Market Square in Ebermannstadt.

The award ceremonies for the Saturday runs will take place around 5:00 p.m. at the Market Square in Ebermannstadt.

Bambini: 400 m, all children born 2016 or later are allowed to participate.

Student: 1000 m, all children born between 2012 and 2015 allowed to participate.

Each finisher will receive a medal at the finish line.

All participants start **free of charge** as the Sparkasse Forchheim sponsors the races.

1/10 Marathon

The 4.2 K Race starts on Saturday, September 2nd at about 4:30 p.m. All children (Class A and B, born 2008-2011), teenagers (born 2004-2007) and adults are allowed to participate. It is also possible to walk or hike the race course. The race course can be found [here](#).

The runners start at the Market Square Ebermannstadt. Behind the Aldi supermarket the course leads to route W2 of the new "lauferlebnis Fränkische Schweiz - Laufregion Wiesenttal". On a flat loop it goes through the romantic Wiesenttal towards the outdoor pool Ebermannstadt-Rothenbühl and then again along the Wiesent and the railroad line back to the Market Square.

The starting fee is only 5,00 € (from 1st August 7,00 €). Children and teenagers start **for free** as the Sparkasse Forchheim sponsors the race.

Registration for the 1/10 Marathon: Online until Friday, September 1st, 12:00 p.m.

Picking up des starter's package and late registration: September 2nd from 1:00 p.m. until 3:00 p.m. at the Market Square in Ebermannstadt. Late registration fee for adults: 10,00 €.

The award ceremony will take place around 5:15 p.m. at the Market Square in Ebermannstadt.

Besides children (Class A and B) and teenagers there will be only one common classification for all adult participants (runners, walkers, hikers). The first three men and women will each receive a price.

Award ceremony

All participants who reach the finish line receive a medal. The valuation is effected in the order of participants crossing the finish line (gross time). The certificate with time and ranking can be downloaded from our web page and printed shortly after the event.

Award ceremonies preliminary schedule to (changes reserved)

ca. 11:30 a.m.	Handbike
ca. 12:00 p.m.	10 K Race
ca. 12:30 p.m.	Half marathon
ca. 02:00 p.m.	Run & Bike
ca. 02:30 p.m.	Marathon-Run
After that	Relay Race

The first three winners (men and woman) in the marathon race will receive cash prizes:

1st winner 750 € 2nd winner 500 € 3rd winner 250 €

The winners in each age category (Marathon & Half marathon) will also receive rewards (non-cash prizes). The first 3 handbikers, the first 10 participants of the half marathon and the 10 K Race will receive rewards. In the relay marathon and run & bike competition, the first three teams in each category (women, men, mixed) will receive prizes.

For breaking the existing course record marathon runners will receive 250 € extra. Handbikers, relay marathon and half marathon will receive 100 €.

All prizes have to be picked up personally and will not be sent by mail!

Time Measurement

The timing on Sunday September 3rd will be carried out by an integrated time measurement chip in your Bib. Please notice: You don't have to return it.

Handbikers will receive a separate time measurement transponder which has to be returned immediately after the race in the finish area. If you do not return it, we will charge your bank account with the amount of 80 € as regular purchase price. Without chip no participation is possible!

You have to cross all time measurement points along the route. Participants with missing split times will be disqualified.

The transponder, which is attached to a Velcro strap, must be attached to the ankle.

Benefits

- Confirmation of application
- Bib and safety pins
- Pasta Coupon (only Sunday-Races)
- VGN-Kombi-Ticket: free usage of all means of public transport on Sunday (only Sunday-Races)
- Pacemaker-Service at Marathon and Halfmarathon
- Storing of your Carry-on Baggage in Ebermannstadt
- Refreshments along the race course and after finish line
- Entertainment along the race course and at the start and finish area
- Chip timing and online results service
- Premium finisher-medal at the finish line
- Free Certificate available for download
- Free massage (at parish center St. Nikolaus)
- Medical emergency care

- Showers and changing rooms

VGN-Kombi-Ticket

Pick up your Starter's Package on Saturday, September 2nd and get a taste of competition feeling at the kids and hobby races at the Market Square in Ebermannstadt.

On September 3rd the Bib number can be used as a ticket for all means of public transport. It's valid on until the end of operation as a ticket for a single round trip in all VGN means of transport (in local rail transport: 2nd class, surcharge-free trains) in the entire network area. Otherwise, the VGN community tariff applies.

CEP PacerTeam Service

The CEP-Pacer-Team will help you realize your personal goal. We offer pacer for the following finishing times (subject to alteration):

Marathon: 3:30h | 4:00h | 4:30h

Half marathon: 1:30h | 1:45h | 2:00h | 2:15h

FSM-Jubilee Club

Become a member of the FSM-Jubilee-Club !

How it works: You have already participated 10 or more times? (only 42 k Marathon, Inline-Skating or Handbike races). Then you can apply by writing us an email (info@fs-marathon.de) listing your participations and results.

Your benefits:

- you will receive a Jubilee Club ID-Card
- we will guarantee the lowest price category no matter when you register, before or after July, 31st
- you will receive a special prize during the award ceremony on the day of the race

Framework Program

On **Saturday, September 2nd** between 1 p.m. to 6 p.m. and on Sunday, September 3rd, 10 a.m. to 5 p.m. a marathon fair will take place at the Market Square in Ebermannstadt featuring numerous exhibiting companies.

Sunday, September 3rd:

The B 470 will be closed for all motorized traffic. All questions regarding this topic can be directed at: +49 9191/86-3200. Along the race course there will be plenty of cultural events. A lot of villages will have street festivals, etc.

Organizational fees

	Until July 31 st	Until August 27 th	On September 2 nd
Marathon	40 €	45 €	55 €
Teenagers: Marathon (2005)	25 €	25 €	30 €
Teenagers: Handbike (2005 - 2007)			
Handbike	40 €	45 €	55 €
Relay Race	50 €	55 €	65 €
Half Marathon	25 €	30 €	40 €
Run & Bike (21,1 k)	40 €	45 €	55 €
10 K	15 €	20 €	25 €
1/10 Marathon adults	5 €	7 €	10 €
Change of registration	Free	5 €	5 €
1/10 Marathon (2004 - 2011)		Free	
Sparkassen Kids Races		Free	

Runners with a Marathon result better than 3:00 h (men) or 3:30h (woman) can apply for a free entry for the marathon race by e-mail until July 31st. The time must be proven by a link to the (online) certificate/results list and must not be longer than 3 years ago. Afterwards you will receive a personalized voucher code for our online registration. Subsequent refunds are not possible.

Late registration exclusively on Saturday, September 2nd in the context of the Starter's Package distribution between 1:00 p.m. to 6:00 p.m. (cash payment only). For children's races and 1/10 marathon registration it's possible until 3:00 p.m.

On Sunday, September 3rd, no late registrations are possible.

Costs caused by incorrect payment details will be charged to the participant.

If a registered participant does not participate, there is no claim for refund of the organization fee. The reasons are irrelevant. Booked additional services (shirt, cap) will be refunded upon request.

Accommodation

The following tourist information centers will gladly assist you in booking a hotel for your stay in the Frankonian Switzerland:

- Forchheim +49 9191/714-338
- Ebermannstadt +49 9194/506-40
- Muggendorf +49 9196/9299-31
- Gößweinstein +49 9242/456
- Tourism Association "Around the Walberla" +49 9191/978931

Further information and barrier-free accommodations at: www.fraenkische-schweiz.com