

## 20th Röntgenlauf/ The X-Ray Run

Our anniversary event takes place on 25<sup>th</sup> October 2020 and there will be multiple distances available.

- Cross-country runs
- Walking / Nordic walking
- Ultra-marathon relay 3 x 21.1 km
- 21.1 km, 42.2 km, 63.3 km, 100 km race
- German Medical Doctors Marathon Championships

It has now been 120 years since a man from Remscheid-Lennep received the Nobel Prize for physics: Wilhelm Conrad Röntgen. On 8 November 1895 Röntgen, working at the University of Würzburg, discovered the rays since named after him (in German speaking countries). For more than 123 years x-rays have been applied and developed even further for the benefit of patients in medical technology. Their use opened up the path to modern diagnostic medicine and radiation therapy. On the 100th anniversary of the awarding of the first Nobel Prize, the City of Remscheid dedicated this Röntgen Marathon Day to its illustrious son and it is now being held for the 20th time.

**Organization:** Röntgen Sport Club Remscheid e.V.

### Sponsors:

- City of Remscheid, Department of Schools and Sports
- Lennep Gymnastics Club
- "Frisch Auf" Lennep Gymnastics Club
- Lennep Swimming Club

### Distances

#### 100 km run

(Only 400 participants. When sold out you have to choose another distance)

Start: There will be 2 start times according to the fitness of the participants:

- At 2.30 am for joggers and slow runners
- At 4 am for runners (this is the only start slot where runners will also get an official place on their finisher certificate next to their time)

Start location is at the Hackenberg Sports Centre in Lennep

Finish: Hackenberg Sports Centre

Finish line closes: 5:30 p.m.

The course is starting clockwise on the official 63.3 km loop, till after 21.1 km you reach the Marathon point of that loop. There you will make a turn around and go back to the start. Then you go on the regular loop, without doing the initial 5 km small loop into downtown Lennepe.

Difference in altitude: approximately 1600 metres

Mandatory equipment:

- camelbag or water bottle holder with a capacity for at least a litre of liquid
- headlight with sufficient batteries
- race bib number visible during the entire duration of the race
- Reflective vest from start till sunrise
- cell phone fully charged, with emergency number stored (112)
- reusable cup or water bottle (there are not many glasses at the refreshment points). You will get one cup free of charge with your bib number.

Advised equipment:

- emergency blanket
- whistle
- waterproof jacket with an integrated hood, made with a waterproof membrane like Goretex
- long sleeved t-shirt
- hat or bandana
- gloves
- appropriate footwear

### **63.3 km run** (1 round = original Röntgenweg)

The Röntgenweg is a very varied circular course around Remscheid offering spectacular views of the Bergische Region landscape along its 63.3 km stretch. It runs through cool valleys and passes by water hammers acting as witnesses to the industrialisation setting in during the 19th century. Passing in front of old half-timbered houses, the path passes underneath Germany's highest railway bridge and also getting a nice view at the mediaeval castle of Schloss Burg, proceeding in the direction of Germany's oldest dammed reservoir. The difference in altitude comes to about 1,100 metres.

Start: around 8:30 a.m. in the Hackenberg Sports Centre in Lennepe

Finish: Hackenberg Sports Centre

Finish line closes: 5:30 p.m.

Marathon through time = maximum 6 hours

Difference in altitude: about 1100 metres

### **Marathon 42.195 km run (2/3 round)**

Start: Shuttle busses to the start leave approx. 8.45 at the Hackenberg Sports Centre in Lennep

Finish: Hackenberg Sports Centre

(Transport of clothing from start to the finish)

Finish line closes: 3:15 p.m.

Difference in altitude: about 750 metres

### **Semi-Marathon 21.1 km run / walk / Nordic walk (1/3 round)**

Start: about 8:30 a.m. in the Hackenberg Sports Centre in Lennep

Finish: Remscheid-Hasten

(Transport of clothing from start to finish, trip back with the shuttle bus to the showers in the finish area in Lennep)

Finish line closes: 1:30 p.m.

### **Ultra marathon relay 3 x 21.1 km (Team of 3)**

Start: around 8:30 a.m. for the first runner

Everybody's cross-country run of 5 km

Start: 1:30 p.m. in the Hackenberg Sports Centre in Lennep

Finish: Hackenberg Sports Centre

Röntgen cross-country run of 10 km (2 loops of 5 km)

Starting gun: around 2:15 p.m. in the Hackenberg Sports Centre in Lennep

Finish: Hackenberg Sports Centre

### **Time keeping:**

- Done by means of the Champion Chip (net time measurement)
- 21.1 + 42.2 + 63.3 + 100 + relay, rent for the Champion Chip
- € 5 + € 25 deposit (no rent for own chip)
- For other routes, free loaned chip (mandatory)

## **Routes**

All routes have been official measured by the City of Remscheid's Department of Surveying, Real Estate and Land Register

## **Registration**

Registration can be made by paying the starting fee and sending in the completed registration form. The form must be filled in completely and legibly and signed personally. Foreign participants can make payment on the day of the event. Failure to participate will not result in a refund, the fee will be considered a donation for the event.

For the starting fee you can expect the following benefits:

- Bib number
- Certificate (can be downloaded from website)
- Original Röntgen Run T-shirt
- Clothing bag (only for 21 and 42 km)
- An aid station about every 5 km (from 22 km onwards bananas as well); for 100 km runners: on the first 42km there will be an aid station only every 10 km)
- Transport of the clothing bag from start to the finish for those participating in the marathon and semi-marathon
- Free trip back in the framework of shuttle bus traffic for those participating in the semi-marathon and relay
- Finisher Medal

100 km Runners will also get a set of specially designed arm warmers . 100 km finishers will get a special finisher medal.

## **Prizes**

300 item prizes will be raffled off among all participants. There are awards for the first three men and women finishing (except for walking and Nordic walking).

## **Walking**

- 21.1 km (for details see the race routes)
- No record of placing.
- Nordic walking
- 21.1 km
- No record of placing.

### **City championships**

For 10, 21.1 km, 42.2 km, 63.3 km, 100 km and all cross-country races up through medium-range men's and women's, the Remscheid City Champion will be determined (please tick in when registering). Only Remscheid citizens can participate.

### **German Medical Doctors Marathon Championship**

The German Medical Marathon Championship is held over the 42.2 km route (please tick when registering). Medical doctors from any country are allowed to participate.

### **Late registrations**

Registrations received after October 20th 2020 will be considered as late registrations. These are possible up to one hour prior to the starting gun, provided that there are still free places available. There is no claim to all benefits.

### **Starter documents / bib numbers**

The starter documents will be handed out at the pasta party the day before the race from 4 to 8 p.m. and on the day of the races, up to 45 minutes before the starting gun.

**Online registrations:** see [www.roentgenlauf.de](http://www.roentgenlauf.de)

### **Environment**

The race will take place in a protected natural habitat area with a natural eco system. Participants are therefore required to fully respect the environment, in particular by not throwing away rubbish, picking flowers or disturbing the wildlife. Anyone found dropping rubbish along the route will be disqualified from the race and incur the penalties laid down in municipal regulations. Athletes must follow the outlined paths and avoid leaving them so as not to cause damage to the surrounding environment.

The Organizers advise athletes to carry a small bag for refuse or any tissues which can then be disposed of at refreshment points. In order to reduce the impact on the environment, athletes will not be given plastic cups at the refreshment points. Each athlete shall be required to carry their own drinking cup or water bottle, which can be filled at the refreshment points.

### **Disqualification and penalties**

The following infringements will lead to Immediate disqualification and withdrawal of the race bib number:

- taking shortcuts
- leaving rubbish along the race route
- failing to aid a participant in difficulty
- insulting or threatening staff or volunteers
- using transport during the race
- refusing to undergo checks by the medical staff along the race route
- refusing to allow checks of mandatory equipment

### **Image rights**

By registering for the race, participating athletes authorize the organizers to freely use any still or moving images depicting them during their participation in The Röntgen Run with no territorial or time limits.

### **Waiver of responsibility**

Voluntary registration and subsequent participation in the race indicates full acceptance of the race rules and regulations and any subsequent changes made to them. By registering, participants exempt the organizers from any civil or criminal liability for damage to persons and/or property caused by or to him/her.