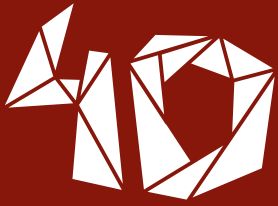
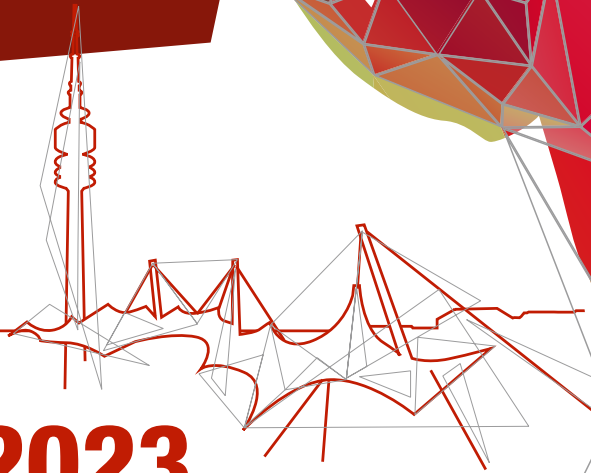




GENERALI MÜNCHEN MARATHON



100 YEARS
MARATHON IN MUNICH



OCT 08TH 2023
STARTER
GUIDE

**FOR PARTICIPANTS
& SPECTATORS**

#runGMM



generalimuenchenmarathon.de

PROGRAMME

FRIDAY, OCTOBER 06TH 2023

- 2 pm – 7 pm **GMM VILLAGE (SPORTS FAIR)**
Olympic Stadium, Level 0, North entrance
- 2 pm – 7 pm **BIB NUMBER DISTRIBUTION**
Olympic Stadium, Level 0, North entrance

SATURDAY, OCTOBER 07TH 2023

- 9.30 am – 6 pm **GMM VILLAGE (SPORTS FAIR)**
Olympic Stadium, Level 0, North entrance
- 9.30 am – 6 pm **BIB NUMBER DISTRIBUTION**
Olympic Stadium, Level 0, North entrance
- 10:30 am **START COSTUME RUN**
Olympic Stadium, South entrance
- 11:00 am **BAVARIAN BREAKFAST**
with Weißwurst sausage, pretzels and Weihenstephan non-alcoholic wheat beer for all participants of the costume run

REGISTRATION FOR LATECOMERS

LATE REGISTRATION IS OPEN ON OUR WEBSITE FROM 1 OCTOBER 2023 TO 7 OCTOBER 2023 AT 5.30 PM. Those still wishing to take part can register online at short notice close to the day of the race. Bib numbers can be picked up on Friday and Saturday.

OCT 08TH 2023

RACEDAY!

SUNDAY, OCTOBER 08TH 2023

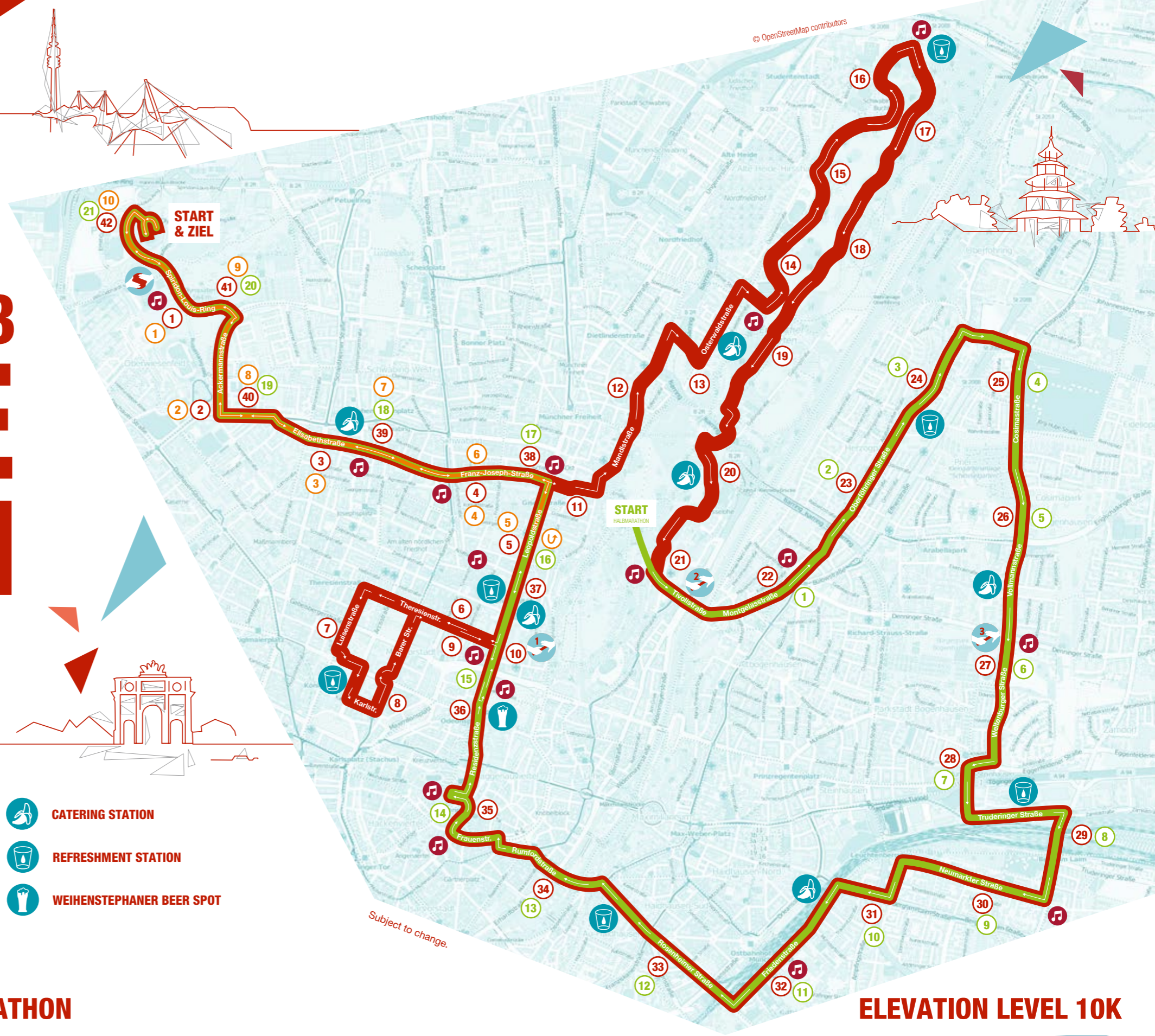
- | | | | |
|-----------------|--|------------------|--|
| 8 am – 3 pm | GMM VILLAGE (SPORTS FAIR)
Olympic Stadium, Level 0, North entrance | from 11.07 am | FINISH LINE MARATHON
Olympic Stadium |
| 9 – 9.20 am | START MARATHON
Olympic Stadium | from 11.50 am | FINISH LINE MARATHON RELAY
Olympic Stadium |
| 9.20 am | START MARATHON RELAY
Olympic Stadium | 12.30 – 12.40 pm | START HALF MARATHON
English Garden, Chinese Tower |
| 9.30 – 9.35 am | START 10K RUN
Olympic Stadium | from 1.35 pm | FINISH LINE HALF MARATHON
Olympic Stadium |
| 9:45 am | MINI-MARATHON
Olympic Stadium | 3.40 pm | FINISH TIME MARATHON,
MARATHON RELAY, HALF MARATHON |
| 9.55 – 10.15 am | FINISH LINE MINI-MARATHON
Olympic Stadium | | |
| 10 – 11 am | FINISH LINE 10K RUN
Olympic Stadium | | |

WATCH LIVE

FAMILY MEMBERS, FRIENDS AND FANS CAN VISIT THE OLYMPIC STADIUM FREE OF CHARGE. A wide range of family-friendly activities is available on the premises, and all participants can look forward to being cheered on.



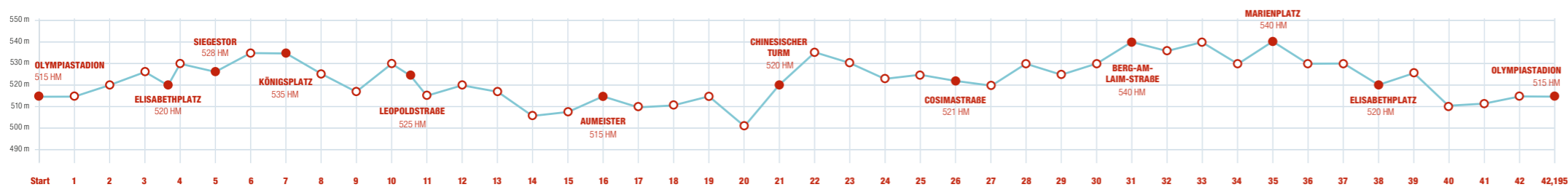
OCT 08TH 2023
ROUTE PLAN



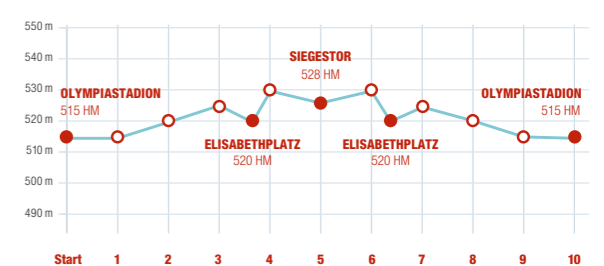
CAPTION

- MARATHON COURSE (42,195 KM)
- HALF MARATHON COURSE (21,095 KM)
- 10K COURSE
- RELAY CHANGEOVER POINTS
- REUNION POINT TO FINISH AS A TEAM
- 42 KILOMETRES MARATHON
- 21 KILOMETRES HALF MARATHON
- 10 KILOMETRES 10K RUN
- CATERING STATION
- REFRESHMENT STATION
- WEIHENSTEPHANER BEER SPOT
- MUSIC

ELEVATION LEVEL MARATHON & HALF MARATHON



ELEVATION LEVEL 10K



SIDE EVENTS

GMM VILLAGE

Whether participants in the GENERALI MUNICH MARATHON, family members or those who love sport: visitors to the **GMM VILLAGE** will be delighted by what's on offer – and it won't cost a penny. Across a space of over 4,000 square meters, companies and service providers offer a broad range of services on running, fitness, health, sports nutrition, running tourism and wellness. The GMM Village is located on Level 0 in the OLYMPIC STADIUM.

OPENING TIMES:

Friday, 6 October 2023, from 2 pm to 7 pm*

Saturday, 7 October 2023, from 9.30 am to 6 pm*

Sunday, 8 October 2023, from 8 am to 3 pm

*with bib number distribution



INTERNATIONAL COSTUME RUN

The Costume Run kicks off on Saturday, 7 October 2023 at 10.30 am. See how national costumes from across the globe – whether a dirndl, lederhosen, kilt or kimono – runners in various different costumes stand up to competition over 3.5 km through Munich's Olympic Park. Pay EUR 15 to cover the starting fee for the race and subsequent breakfast, which includes a couple of Weißwurst sausages, a pretzel and a non-alcoholic wheat beer from Weihenstephan Brewery. Information and registration at www.generalimuenchenmarathon.de/trachtenlauf

„SPORTS CONNECT“ CHILDREN'S SPORTS DAY



JOIN THE „SPORTS CONNECT“ CHILDREN'S SPORTS DAY BEFORE THE GENERALI MUNICH MARATHON. Sport unites people across all borders: The Human Safety Net, the social initiative of Generali, together with Athletes for Ukraine, together with Deutsche Vermögensberatung and the association „Menschen brauchen Menschen e.V.“, is relying on this power and invites you to the Sports Connect Children's Day at the **OLYMPIC STADIUM IN MUNICH ON 7 OCTOBER**, the day before the Generali Munich Marathon. From **10 A.M. TO 7 P.M.** there is an exciting sports program for children from 4 years of age. Together with the athletes, world champions and Olympic athletes of the Athletes for Ukraine, refugee children from Ukraine and all other children can complete a varied sports parcours. Whether it's tobogganing, skeleton or the popular biathlon game, the children's parcours provides many different opportunities to discover different sports together. We are looking forward to seeing you.

MINI-MARATHON SPONSORED BY THSN



Are your children keen to be a part of the 37th GENERALI MUNICH MARATHON? No problem! **ALL CHILDREN AND YOUNG PEOPLE AGED BETWEEN 6 AND 14 CAN TAKE PART ON 8 OCTOBER AT 09:45 AM.** The Mini Marathon is sponsored by „The Human Safety Net“ (THSN), the Generali's social initiative, and offers children a unique experience!



OUR HIGHLIGHT: The starting and finish line in the OLYMPIC STADIUM are the same as in the adult race. The children run the first and last few kilometres of the marathon route. A waiting zone has been set up in the OLYMPIC STADIUM for parents, so you can easily find one another after crossing the finish line.

PASS-THROUGH TIMES GMM 2023

KM	STREET	MARATHON		HALF MARATHON		MARATHON RELAY		10K RUN	
		First Runner	Last Runner	First Runner	Last Runner	First Runner	Last Runner	First Runner	Last Runner
0	START MARATHON, MARATHON RELAY, 10K RUN Olympic Stadium	09:00:00	09:25:00	-	-	09:20:00	09:25:00	09:30:00	09:45:00
5	Leopoldstraße / Ohmstraße	09:15:05	10:07:55	-	-	09:39:10	10:04:10	09:45:00	10:19:15
10	Ludwigstraße / Theresienstraße	09:30:10	10:50:50	-	-	09:58:20	10:43:20	-	-
15	Englischer Garten	09:45:15	11:33:45	-	-	10:17:30	11:22:30	-	-
20	Englischer Garten / Seehaus	10:00:20	12:16:40	-	-	10:36:40	12:01:40	-	-
21	START HALF MARATHON Englischer Garten / Chinesischer Turm	10:03:21	12:25:15	12:30:00	12:42:00	10:40:30	12:09:30	-	-
25	Cosimastraße/ An der Salzbrücke	10:15:25	12:59:35	12:42:12	13:14:00	10:55:50	12:40:50	-	-
30	Neumarkter Straße	10:30:30	13:42:30	12:57:27	13:54:00	11:15:00	13:20:00	-	-
35	Viktualienplatz/Marienplatz	10:45:35	14:25:25	13:12:42	14:34:00	11:34:10	13:59:10	-	-
40	Ackermannstraße/ Schwere-Reiter-Straße	11:00:40	15:08:20	13:27:57	15:14:00	11:53:20	14:38:20	09:54:00	10:43:00
42	FINISH Olympic Stadium	11:06:24 11:07:17	15:25:30 15:27:10*	13:34:03 13:34:21	15:30:00 15:31:18	12:01:00 12:01:45	14:54:00 14:54:45*	10:00:00	10:59:30

*Finish time: No capture of timekeeping on arrival after the finish line. Yet, the souvenir medals, the catering station at the finish line and other services may be claimed. If overtaken by the broom wagon, please complete the rest of the route on the pavement.



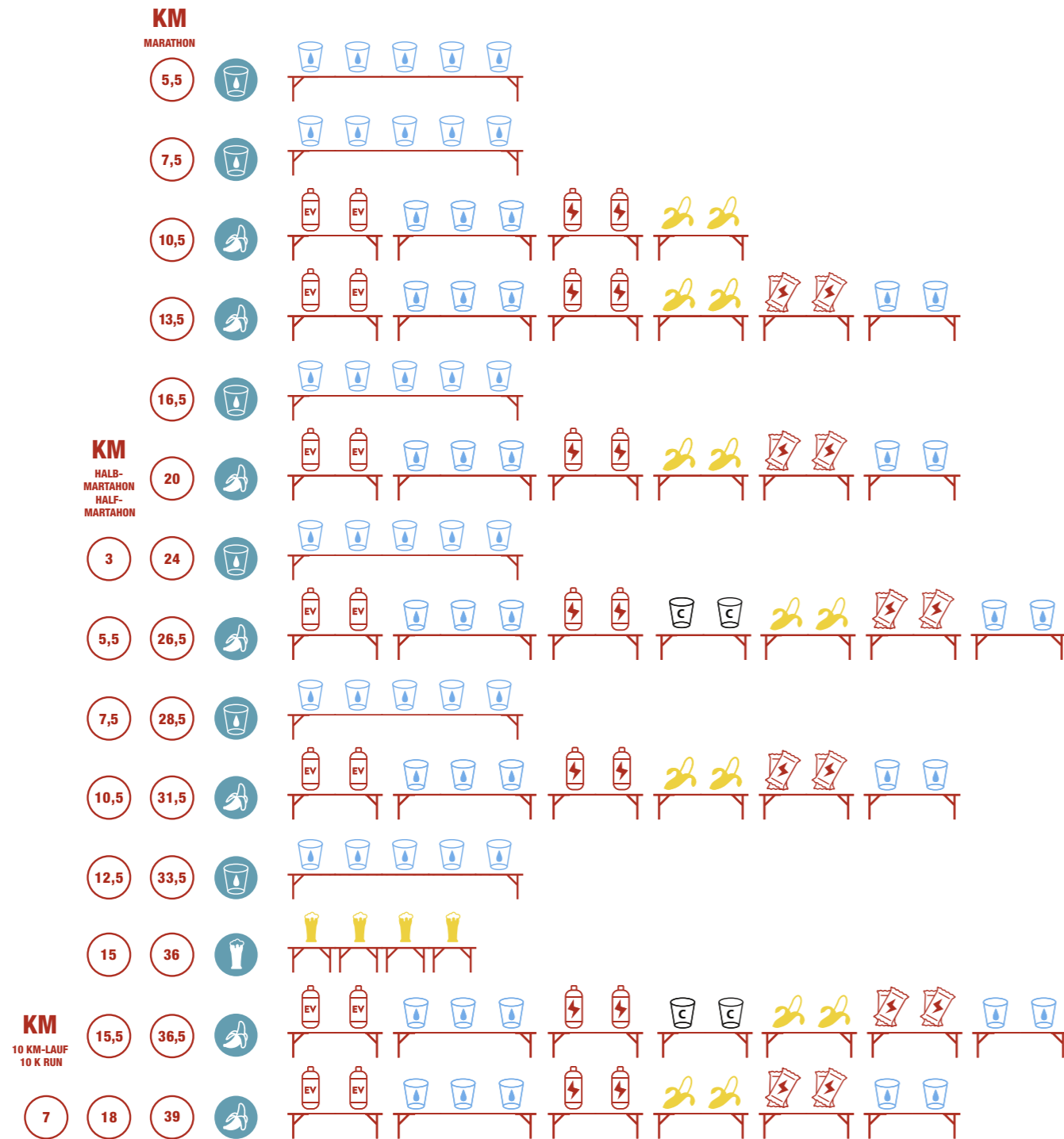
REGISTER HERE:

<https://www.generalimuenchenmarathon.de/register-mini-marathon/>

Subject to change.



CATERING STATIONS



SELF-SUPPLY

Ambitious runners (target time up to 3:30:00) and participants requiring special supplies due to medical reasons or allergies may bring their own drinks (only in plastic bottles!). The bottles must be marked with the kilometre location of the catering station and the runner's bib number.

PERSONAL SUPPLIES CAN BE DROPPED OFF AT THE INFO POINT IN THE OLYMPIC STADIUM ON SATURDAY 7TH OCTOBER 2023 FROM 10 AM – 6 PM AND ON SUNDAY 8TH OCTOBER 2023 FROM 7 – 7.30 AM. The organiser accepts no liability for loss or damage. Personal supplies will be left on a separate table at the entrance of the catering station (right only).



CATERING

At the **CATERING STATIONS**, **ISOTONIC SPORTS DRINKS** from Vitamin Well will be offered in addition to **M-WASSER** and **BANANAS**. **PROTEIN BARS** by Barebells will be handed out at selected points.

In addition, **M-WASSER** will also be given out at the **REFRESHMENT STATIONS**.

In order to avoid collisions, we ask that you make use of the whole length of the supply points.

AT THE OLYMPIC STADIUM FINISH LINE PARTICIPANTS CAN EXPECT:

- M-Wasser from Stadtwerke München (Munich Public Utilities)
- Protein bars by Barebells
- Recovery drinks from Vitamin Well
- Non-alcoholic wheat beer from Weihenstephan Brewery
- Cakes and pretzels
- Fruits from San Lucar



VITAMIN WELL

VITAMIN WELL is a functional, healthy and delicious drink packed with vitamins and minerals as well as flavour. Selected fruit and plant extracts give this low-calorie, supplementary drink a character of its own. There are six varieties you can enjoy on 8th October at the catering stations along the route and at the finish line, unique in their effect and refreshing flavour.

Barebells

BAREBELLS PROTEIN BARS contain 20 g of protein and no added sugar – a pleasure like no other. There will be six flavours to try on 8th October. Each variety of Barebells Protein Bar is unique in texture and taste.

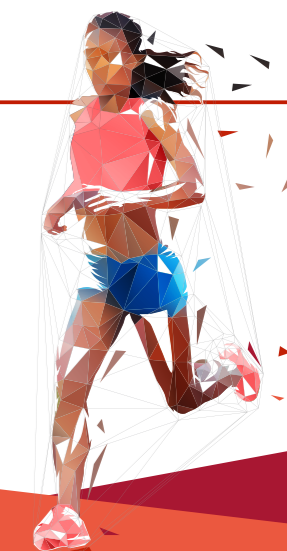
CAPTION

- CATERING STATIONS
- REFRESHMENT STA-
- M-WASSER
- SELF-SUPPLY
- BANANAS
- COKE
- BAREBELLS ENERGY BARS
- ISOTONIC SPORTS DRINKS FROM VITAMIN
- WEIHENSTEPHANER BEER SPOT



NON-ALCOHOLIC WHEAT BEER FROM WEIHENSTEPHAN BREWERY

Weihenstephan's non-alcoholic wheat beer is a refreshing, isotonic drink from the world's oldest brewery. Perfect for quenching your thirst, particularly after sport. So you can already start looking forward to a wheat beer at the catering station at the finish line in the OLYMPIC STADIUM or take a good glug at the Beer Spot at Odeonsplatz.



CAPTION

MARATHON COURSE

START

FINISH

SPORTS BAG DROP-OFF
MARATHON, 10K RUN &
MARATHON RELAY

RETURN OF SPORTS BAGS
HALF MARATHON

FINISH LINE REFRESHMENTS

GMM VILLAGE (SPORTS FAIR)

MEDAL ENGRAVING

RACE KIT PICK-UP
(ONLY FRIDAY AND SATURDAY)

SHOWERS, PHYSIOTHERAPY
SERVICES & CHANGING FACILITIES

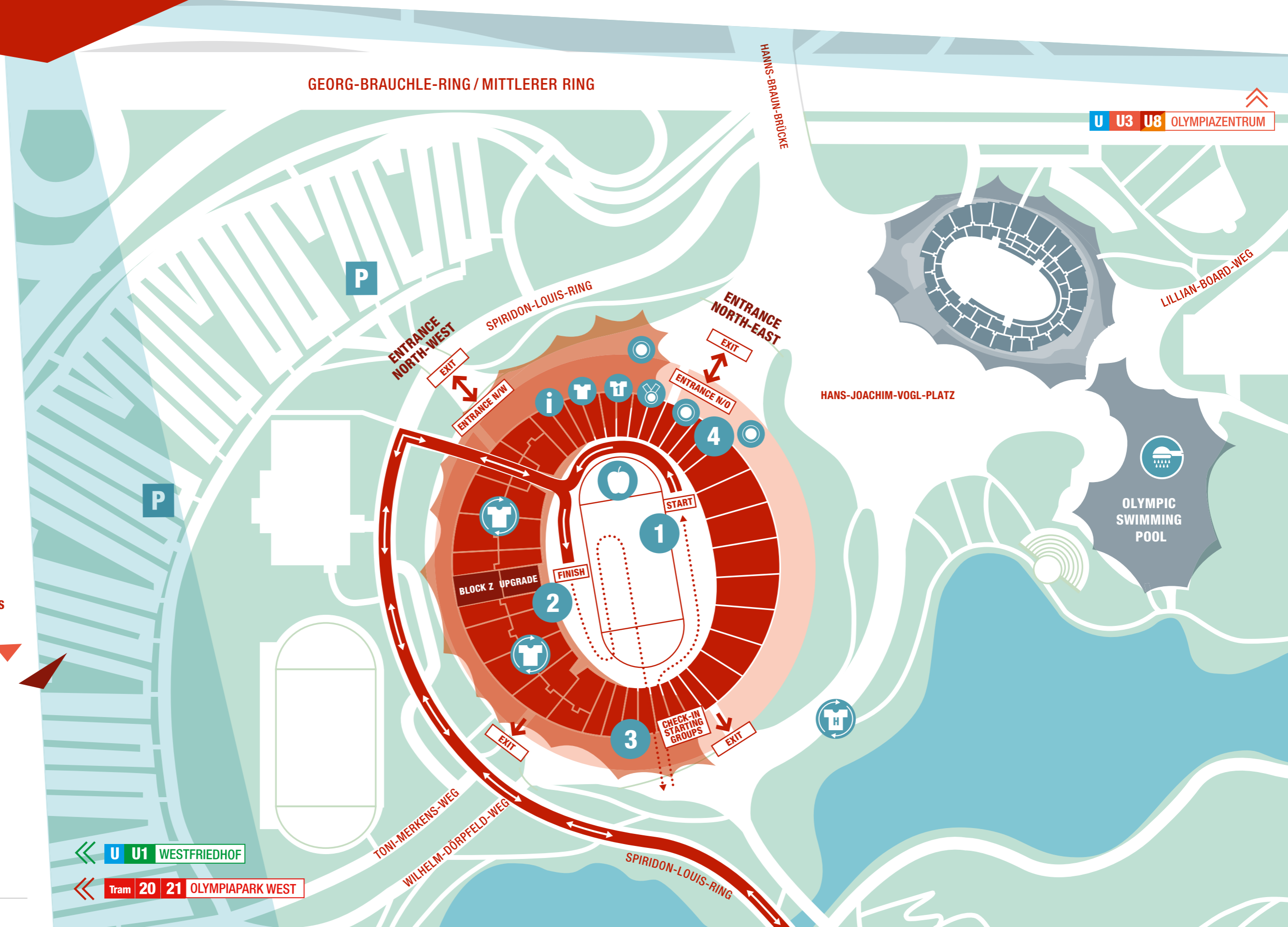
MERCHANDISE &
SHIRT PICK-UP

INFO POINT

MEETING-POINT PARENTS
MINI-MARATHON

„SPORTS CONNECT“ CHILDREN'S
SPORTS DAY (SATURDAY)

BLOCK Z: UPGRADE AREA



YOUR RACE KIT



Every participant takes part with a **BIB NUMBER** with integrated transponder. Relay runners will receive four bib numbers (no transponders) and four back numbers marked „Staffel“. The baton for timekeeping will be issued along with your bib number.



Collect your **GMM SPORTS BAG** along with your bib number. Relay runners will receive four GMM sports bags.



GMM RUNNING SHIRTS and a **MEDAL ENGRAVING** voucher will be issued upon production of your bib number. Your pre-ordered products are indicated on the back of your bib number.

SENDING RACE KIT

The race kit (**BIB NUMBER** and **GMM SPORTS BAG**) will be sent out to you if you have selected the option „Send starter kits“ during the registration process. You can collect your pre-ordered **GMM RUNNING SHIRT** at the shirt distribution point in the OLYMPIC STADIUM on Level 0 from **Friday, 6th October 2023 from 2 pm to 7 pm** and **Saturday, 7th October 2023 from 9.30 am to 6 pm**, as well as on **Sunday, 8th October 2023 from 8 am to 3.30 pm**. Please present your bib number at the collection point for the running shirts and medal engraving.

PICKING UP YOUR BIB NUMBER

Upon presentation of your **CONFIRMATION OF PARTICIPATION**, either as a printout or by displaying it on your mobile device, and **YOUR PERSONAL ID/PASSPORT** you will be issued your race documentation at the **BIB NUMBER DISTRIBUTION POINT**. You may collect on behalf of another person, if you have the appropriate authorization. The bib number distribution point is located in the OLYMPIC STADIUM, Level 0. The north-east and north-west stadium entrances are open.

BIB NUMBER DISTRIBUTION POINT OPENING TIMES:

Friday, 6th October 2023 from 2 pm to 7 pm

Saturday, 7th October 2023 from 9.30 am to 6 pm

PLEASE NOTE:

No bib numbers will be given out on Sunday, 08/10/2023.

YOUR BIB NUMBER

ONLY RUNNERS WITH OFFICIAL GMM 2023 BIB NUMBERS WILL BE ADMITTED TO THE START OF THE RACE. The transponder for timekeeping is integrated into your bib number. This is located on the back of your bib number.

BIB NUMBERS ARE NOT TRANSFERABLE! Please attach your bib number at chest height so that it is clearly visible. Changing or obscuring the lettering or sponsor logo is not permitted and will result in disqualification. Anyone running without a bib number will be expelled from the race by event marshals.

FOR PARTICIPANTS IN THE MARATHON RELAY: Please attach your additional bib number marked „STAFFEL“ on your back so that it is clearly visible.

MERCHANDISING

Grab yourself a souvenir at the **GMM SHOP**, such as the limited edition running shirt 2023. The quality speaks for itself. The material: functional „cool dry“, the top is soft, lightweight and fast-drying. Our official running shirt is available in red for women and men.

ARRIVING AT THE EVENT

MARATHON, 10K RUN & MARATHON RELAY (1ST RUNNER)

BY MUNICH PUBLIC TRANSPORT

U U3 U8 U-Bahn Olympiapark

U3: 7.30 am – 10 am: Every ten minutes between Sendlinger Tor and Olympiazentrum

U3: 2 pm – 7 pm: Every ten minutes between Sendlinger Tor and Olympiazentrum

Tram 20 21 Tram Olympiapark West, footpath approx. 10 minutes

BY CAR

Access to the Olympic stadium from all directions (A8, A9, A92, A94, A96 and A99) via the Mittlere Ring. Please follow the signs for „Olympiapark“. Parking in the Sapporobogen car park is limited. Parking spaces are charged according to Olympia Park Munich tariffs: 8.00 EUR per day for cars and 25.00 EUR for buses. Avoid queues by making sure you have the exact ticket money ready.

HALF MARATHON

BY MUNICH PUBLIC TRANSPORT

U U3 U-Bahn Giselastraße

U3: 12 pm – 6.30 pm: Every ten minutes between Sendlinger Tor and Olympiazentrum

PLEASE NOTE: There will be no parking spaces available at the half marathon start.

CHANGING & SHOWERING AFTER THE RACE

After the race, **CHANGING AND SHOWERING FACILITIES** are available free of charge in the main olympic swimming hall from 11.30 am to 4.30 pm. Your bib number grants you permission to the facilities.

PHYSIOTHERAPY

Physiotherapists will be available in the main olympic swimming hall after the showers. For reasons of hygiene, we request that you shower before seeing them. The area is open until 4.30 pm on Sunday.

MEDALS & ENGRAVING

EVERY RUNNER WHO FINISHES THE MARATHON WILL RECEIVE A COMMEMORATIVE MEDAL AT THE END. You can get your medal engraved with your name and finish time on Sunday at the north bend in the OLYMPIC STADIUM. Buy on the day for EUR 15.00 or redeem your pre-ordered voucher (see back of bib number).

INFOPOINT

Please go to the **INFO POINT AT THE OLYMPIC STADIUM (NORTH BEND)** if you have any questions about the event. Lost property can be handed in at the Info Point. There is also a storage area for sports bags or large items of luggage at the NORTH stadium entrance of 8.00 EUR per item.

Theft is relatively rare. However, the police kindly requests that you do not leave valuable items unattended.



CLOTHING BAGS & CLOAKROOM

MARATHON, MARATHON RELAY, 10K RUN

ON MARATHON SUNDAY, CLOTHES CAN BE STORED FROM 7 AM ON LEVEL 0 OF THE OLYMPIC STADIUM BETWEEN BLOCK A AND BLOCK X. Changing facilities are also available. Please use only the **GMM SPORTS BAG** in the clothes storage facility. These are issued along with the bib numbers. Please mark your bib number clearly on your GMM sports bag at the place indicated. For other sports bags or larger luggage items we offer a cloakroom charging a fee of 8.00 EUR per item, located at the North entrance to the Olympic Stadium. Please mark your bib number clearly on your GMM sports bag at the place indicated.

After the race you can collect your GMM sports bag until 4 pm by giving your bib number. Lost property can be handed in to the information counter or enquired after by calling +49 (0)89 17 09 55 70.

HALF MARATHON

CHANGING FACILITIES are available in the starting area in the English Garden. You may only use the GMM sports bag for the **CLOTHING STORAGE FACILITY WITH TRANSPORT** from the starting line in the English Garden at the Chinese Tower to the finish line in the Olympic Park. Your GMM sports bag will be sent to you by post or issued along with your bib number. Please label your sports bag with your bib number using the sticker/bag tag supplied.

Transfer takes place on Sunday, 8th October 2023 between 10.30 am and 12.15 pm at the available DHL vehicles. The vehicles are lined up according to bib numbers. After the race, please present your bib number at the Hans-Joachim-Vogl-Platz in the Olympic Park before 4 pm to collect your bag. Lost property can be handed in at the Info Counter (OLYMPIC STADIUM, Level 0, NORTH) or enquired after by calling +49 89 / 17 09 55 70.

START MARATHON, MARATHON RELAY AND 10K RUN

START IN THE OLYMPIC STADIUM

THE FIELD OF PARTICIPANTS IS ALLOCATED BY PERFORMANCE LEVEL. Your starting group and time is marked on your bib number. Access to the starting line is located on the south bend of the Olympia Stadium. Starting groups are called up individually and escorted to the starting area in the main part of the stadium via Block T1.

		MARATHON
BLOCK A	start time: 9 am	Participants with advised run time of up to 3:30 hours.
BLOCK B	start time: 9.05 am	Participants with advised run time of up to 4:00 hours.
BLOCK C	start time: 9.10 am	Participants with advised run time of up to 4:30 hours.
BLOCK D	start time: 9.15 am	Participants with advised run time of up to 5:00 hours.
BLOCK E	start time: 9.20 am	Participants with advised run time of over 5:00 hours and MARATHON RELAY.
		10K RUN
BLOCK F	start time: 9.30 am	Participants with advised run time of up to 55 minutes
BLOCK G	start time: 9.35 am	Participants with advised run time of over 55 minutes

Only runners with an official bib number are permitted to enter the starting area. You will be notified of your precise starting time in your confirmation of participation. Your starting block is indicated on your bib number. Please go to the starting block indicated – according to your performance level.

It is not possible to change starting blocks.

PLEASE BE AT THE SOUTH BEND ON LEVEL 0 AT LEAST 10 MINUTES BEFORE THE START OF THE RACE.

START HALF MARATHON

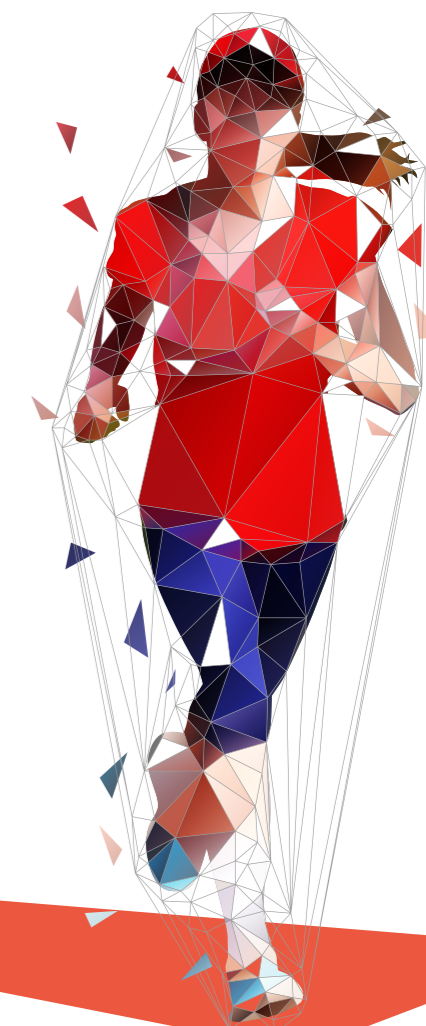
The start is located in the English Garden between Königinstraße and Tivolistraße. The line-up begins at 12 pm in three starting blocks:

BLOCK A	start time: 12.30 pm	Participants with advised run time of up to 1:45 hours.
BLOCK B	start time: 12.35 pm	Participants with advised run time of up to 2:00 hours.
BLOCK C	start time: 12.40 pm	Participants with advised run time of over 2:00 hours.

Only runners with an official bib number are permitted to enter the starting area.

You will be notified of your precise starting time in your confirmation of participation. Your starting block is indicated on your bib number. Please go to the starting block indicated – according to your performance level.

It is not possible to change starting blocks.

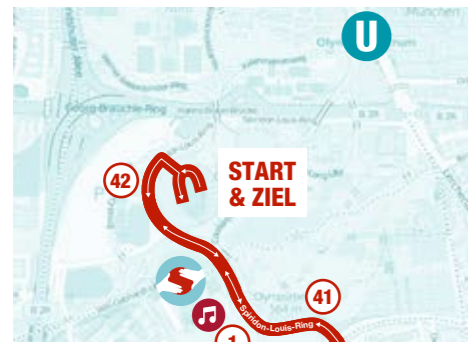


MARATHON RELAY

THE MARATHON RELAY STARTS IN STARTING BLOCK E AT 9.20 AM. Access to the starting line is located on the south bend of the Olympic Stadium. Starting groups are called up individually and escorted to the starting area in the main part of the stadium via Block T1.

BATON HANDOVER

EACH RELAY TEAM TAKES PART WITH A BATON. The baton contains an integrated transponder for timekeeping and is handed to the next runner at the transfer stations. At the transfer stations, handover areas with bib number ranges are set up. These serve to guide the arriving runners so that they can locate their team-mates more easily. **At the Spiridon-Louis-Ring at KM 41, relay runners 1 – 3 have the opportunity to run together with the final runner the last part of the route to the finish line in the Olympic Stadium.**



START IN THE OLYMPIC STADIUM

U U3 U8 U-Bahn Olympiapark
U3: 7.30 am – 10 am: Every ten minutes between Sendlinger Tor and Olympiazentrum
U3: 2 pm – 7 pm: Every ten minutes between Sendlinger Tor and Olympiazentrum

Tram 20 21
Tram Olympiapark West, footpath approx. 10 minutes



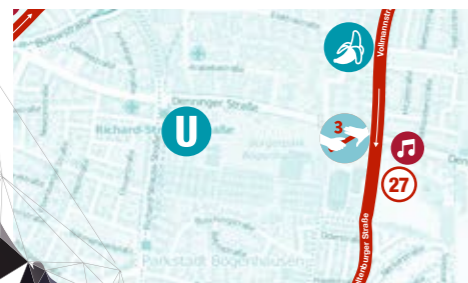
TRANSFER STATION 1

LUDWIGSTRASSE / THERESIENSTRASSE
KM 10
U3 U-Bahn Odeonsplatz
Footpath: 5 min.



TRANSFER STATION 2

TIVOLISTRASSE
KM 21,5
U3 U-Bahn Giselastraße
Footpath: 12-15 min.



TRANSFER STATION 3

WELTENBURGER STRASSE / DENNINGER STRASSE
KM 26,7
U4 U-Bahn Richard-Strauss-Straße
Footpath: 10 min.

Subject to change.

ROUTE CHECKS

Runners who deviate from the official MARATHON ROUTE, take a short-cut, or use technical assistance will be disqualified and excluded from the rankings. Not wearing, changing, or obscuring your bib number will also result in disqualification.

TIMEKEEPING

YOUR RACE WILL BE TIMED EXCLUSIVELY VIA THE ELECTRONIC TRANSPONDER LOCATED ON THE BACK OF YOUR BIB NUMBER. Please take care not to remove or damage the transponder. Finishers are ranked by net race time (effective race time), start and finish time, and all control mats run over during the course. You do not need to return your bib number after the event.

PACEMAKER

Pacemakers are placed in the relevant starting block according to target time. They can be identified amidst the runners by their Generali rucksacks and flags with the corresponding target time marked on them.

MARATHON

Pacemakers are deployed with the following target times: 3:00 h.; 3:15 h.; 3:30 h.; 3:45 h.; 4:00 h.; 4:15 h.; 4:30 h.; 4:45 h.; 5:00 h. and 5:30 h.

HALF MARATHON

Pacemakers are deployed with the following target times: 1:30 h.; 1:45 h.; 2:00 h. and 2:15 h.

10K RUN

Pacemakers are deployed with the following target times: 0:50 h.; 0:55 h. and 1:00 h.

YOUR HEALTH

Runners who do not wish to put their health at risk should get an annual sports medical check-up. **PLEASE PAY ATTENTION TO YOUR BODY'S WARNING SIGNALS DURING THE RACE, AND STOP YOUR RACE IF NECESSARY.** If you are suffering from an acute infection or illness, we strongly advise you not to start. If you are not sure, please contact a doctor for advice. This recommendation applies to all distances and disciplines.

FIRST AID

DON'T TURN A BLIND EYE – ANYONE CAN HELP IN AN EMERGENCY! The most important thing of all: Offer assistance and call the emergency services! For medical emergencies, the Bavarian Red Cross is stationed at the Olympia Park and along the route. Please dial 112 for emergencies. Key information to give the emergency response teams: What has happened, and where? How many people are affected, and how? Wait for feedback.

PHOTO SERVICE

You can view and order your own personal souvenir photo or video at WWW.MARATHON-PHOTOS.COM 24 hours after the event.

ENVIRONMENTAL PROTECTION & DISPOSING OF WASTE

OUR ENVIRONMENT IS VERY IMPORTANT TO US. We use a variety of measures to protect the climate and we are committed to ensuring that our major sporting events are sustainable. Please do your bit! Return stations are available in the Stadium to hand back your ponchos. We recommend all runners to use public transport to get to the Olympic Stadium. The Olympic Park and the Olympic Stadium Munich are very well accessible by MVV. Many thanks for your support!

Please dispose of used cups and waste in one of the many rubbish bins provided at the catering stations. The bins are positioned directly after the stations along the route. At the finish area in the OLYMPIC STADIUM, we also kindly request that you dispose of your waste in the bins provided. In order to re-use the cups in the finish area catering station, please return them at the exit and put them in the separate containers.

OLD CLOTHES

ALL TEXTILES FOUND DISCARDED IN THE STARTING AREA WILL BE COLLECTED AND DONATED TO A GOOD CAUSE.

Textiles will not be returned to participants.

FINISH TIME

THE FINISH TIME IS 3.40 PM IN THE OLYMPIC STADIUM. The pass-through times along the route must be adhered to, and will be displayed on a race control vehicle. The event is time-limited and the road blocks along the course of the race will only be in place during the given race times. Runners who exceed the time limits on the route will be asked to finish the race immediately and move to the pavement.

SOCIAL MEDIA

THOSE WHO WISH TO REMAIN IN THE LOOP FOR THE GMM 2023 ARE ADVISED TO CHECK SOCIAL MEDIA POSTS.

Photos, videos and background information about our marathon can be found on Facebook, Instagram and YouTube.

Post your finest moments of the GMM 2023 using the official hashtags: **#runGMM**
#muenchenmarathon

TIP

RANKING & CERTIFICATES

LISTS OF RESULTS and **CERTIFICATES** will be available online from around 7 pm on the day of the event at www.generalimuenchenmarathon.de, ready to download and print. Certificates are not issued by post.

AWARDS CEREMONY

10K RUN

Awards ceremony: 10.45 am

MARATHON

Awards ceremony: 12 pm

MARATHON RELAY

Awards ceremony: 12.20 pm

HALF MARATHON

Awards ceremony: 2.15 pm

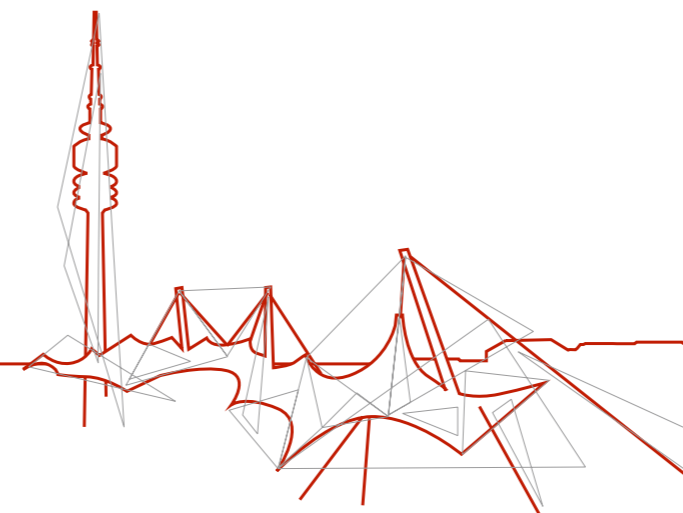
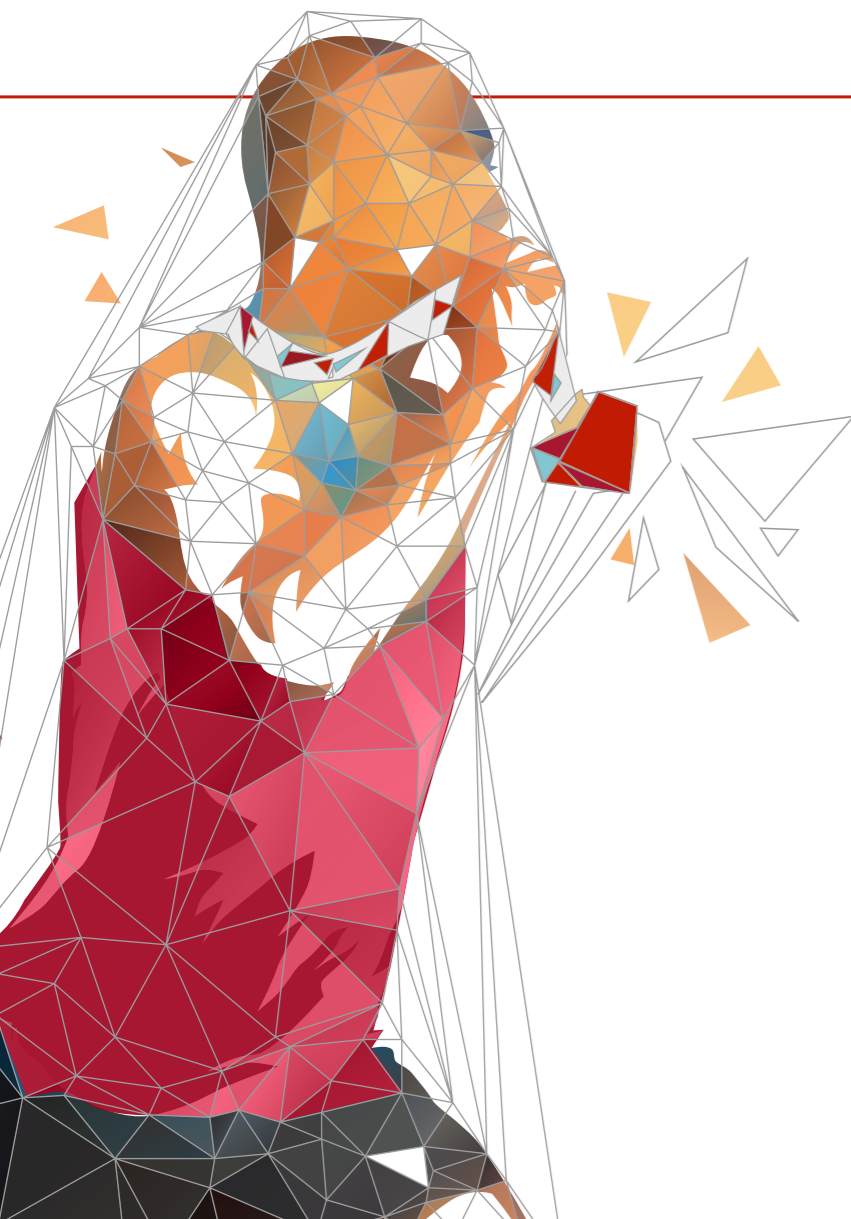
FREE ADMISSION TO THE OLYMPIC STADIUM

EXPERIENCE THE UNIQUE ATMOSPHERE OF THE LEGENDARY OLYMPIC STADIUM AND BE THERE ON 8TH OCTOBER – FREE, OF COURSE! This is your chance to get unrestricted access to all circles, while drinking in the finest views over the marathon starting area. Bayern-3 presenter Roman Roell will liven up proceedings from 08.30 am to 15.45 pm!

MEETING POINTS

Meet your companions or other participants after the race on the tiers (e.g. Block G – W with roof) in the OLYMPIC STADIUM, or arrange to catch up at the exit of the finish catering area (Block S - V) on Level 0. We recommend arranging a meeting point before the start of the race, and perhaps even checking it out before.

THE MEETING POINTS FOR COMPANIES ARE LOCATED IN THE OLYMPIC STADIUM ON LEVEL 0 BETWEEN BLOCKS O AND R.



SPONSORS

MANY THANKS TO OUR SPONSORS AND PARTNERS FOR THEIR SUPPORT.

We all wish you an enjoyable and successful race!



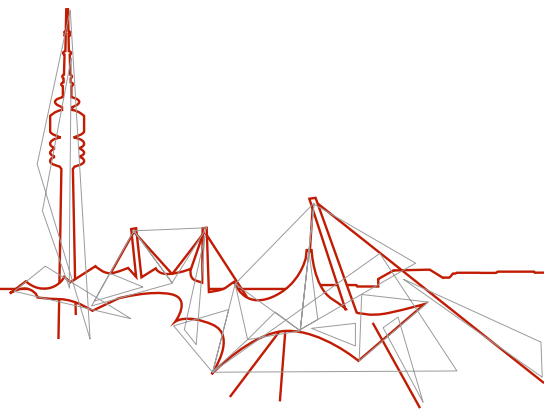
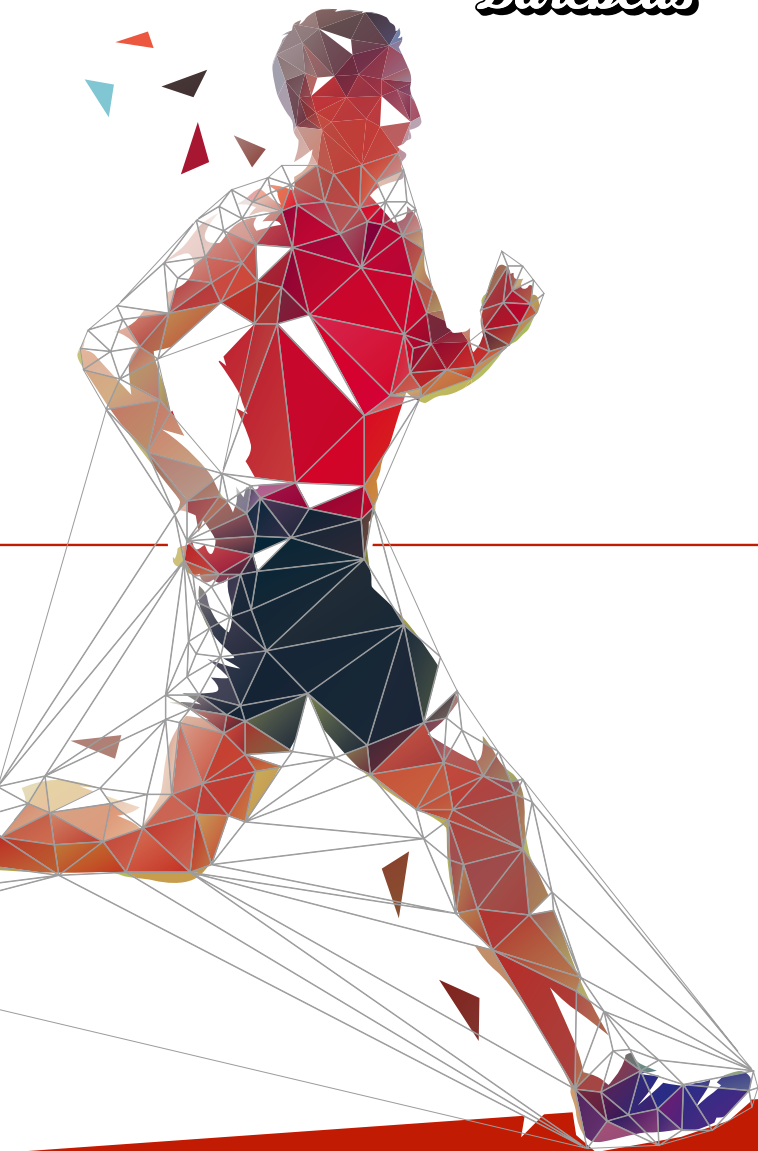
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SW//M

**VITAMIN
WELL**

Barebells



ORGANIZER: Gemeinnützige München Marathon Stiftung GmbH

#runGMM

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