



RING RUNNING SERIES 2024 Half Marathon

March 2nd, 2024, Hockenheimring

RACE – BRIEFING

On Saturday, March 2nd, the 5th edition of the Ring Running Series will take place at the Hockenheimring. We are looking forward to welcoming you on the legendary motorsport track! On the following pages you will find the most important information on your race. We kindly ask you to read it carefully to make sure you are well prepared for your race. You will also find further information at www.ringrunningseries.com

Have a great race!

1. Schedule

The Ring Running Series will take place on March 2nd, 2024 at the Hockenheimring. The timing is as follows:

Saturday, March 2nd

10:00 opening of the area

10:00 – 12:30 bib number pick up Half marathon (Congress-Pavillon / Hockenheimring)

13:00 Start Half marathon

14:05 first finisher Half marathon

15:30 Flower ceremony Top 1-3 male & female Half marathon

16:30 cut off

18:00 closing of the area

2. Arrival and parking

The address of the Hockenheimring is:

Hockenheim-Ring GmbH
Am Motodrom
68766 Hockenheim

The entrance can be reached via the Continentalstrasse and Motodrom access roads.

You can reach the Hockenheimring by car:

From North:

- A 6 Mannheim/Frankfurt: Exit AS 29 „Schwetzingen / Hockenheim“.
- A 61 Koblenz/Köln: Exit AS 64 „Hockenheim“, via L 722 nach Hockenheim, from Hockenheim following the pictograms.
- A 5 Heidelberg/Frankfurt: Exit AS 39 „Walldorf“, follow the signage on B 39

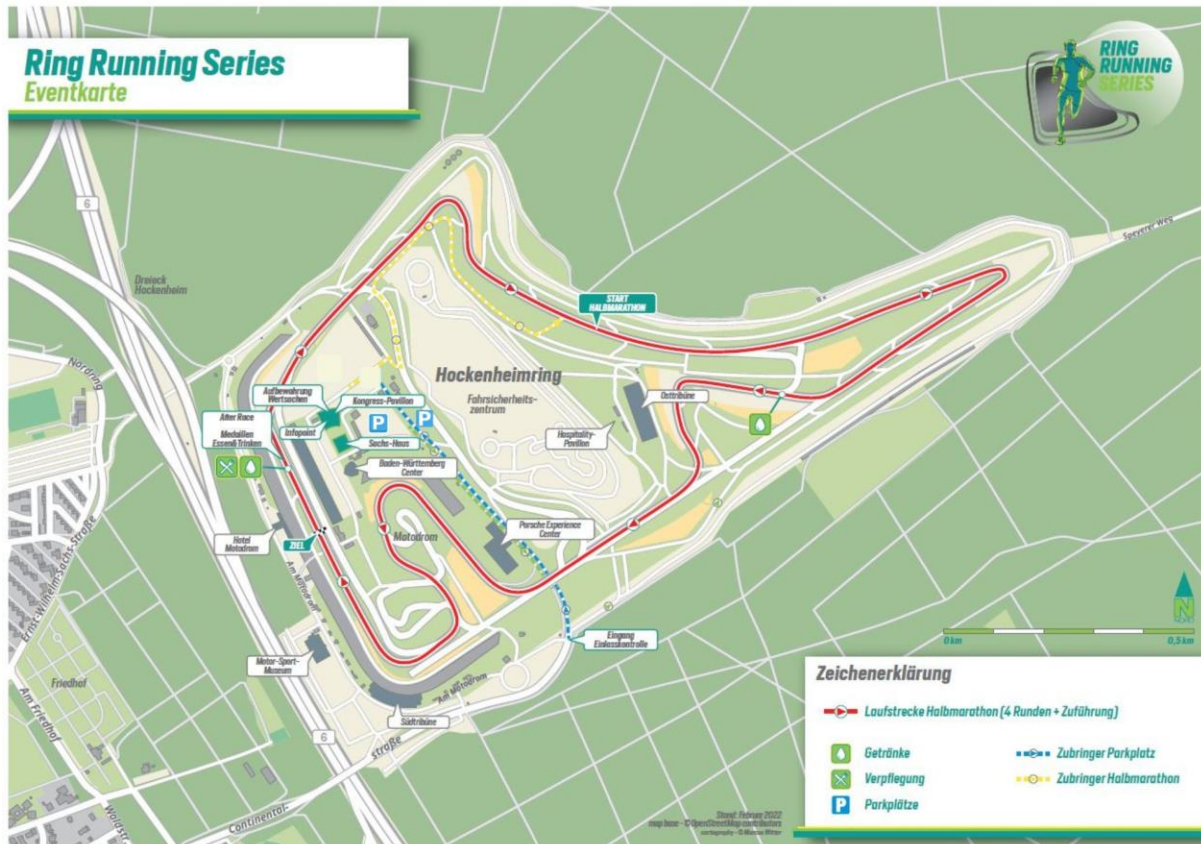
From South:

- A 5 Karlsruhe/Basel: Exit AS 39 „Walldorf“, follow signage on B 39
- A 6 Heilbronn/Stuttgart: Change to the A 5 towards Heidelberg/Frankfurt at the “Walldorf” motorway junction. Exit AS 39 "Walldorf", via B 39 following the signs.

On the Hockenheimring grounds, the parking areas at the “Fahrerlager 3” / backside of the inner grandstand C (Motodrom) area are available to you free of charge. Parking staff will be onsite to assist. Spectators can also use these parking spaces free of charge. No ticket is required for spectators.

3. Area

Please find a map of the Hockenheimring below:



4. Bib number

You will receive a personal bib number to participate. This can be picked up at the following times at the following locations:

Saturday, March 2nd, 2024: 10:00 – 12:30 h Kongress-Pavillon / Hockenheimring

2 days prior to the race you will receive your bib number email. This email includes a QR code. Please bring your email with the QR code and a valid photo ID with you to pick up. The bib numbers can only be picked up on site and will not be sent by post in advance.

The bib number serves to participate in the race, to access the finish area and to keep your time. Participation in the run is not permitted without a bib number!

Wear your bib number visible on your chest/stomach at all times during the race. The bib number contains a transponder that is used for timekeeping. Without a transponder there is no timekeeping and no ranking! The bib number may not be changed or folded. Please do not cover your race number (with a jacket or similar) during the run, otherwise timekeeping cannot be guaranteed.

A transfer of the bib number is only possible after prior re-registration. This can be requested in advance by email or carried out on site at the bib number pick up. The transfer fee is 10 euros. (Please note that unauthorized disclosure of the bib number will result in disqualification.)

5. Deposit of valuables

You have the option of depositing your valuables in our luggage depot during the run. The luggage depot is located in the Congress-Pavillon.

If possible, we ask that you leave large pieces of luggage in your vehicle. Please label your luggage with your bib number on the appropriate labels, which will be provided on site. When you pick up your luggage after the race, you will be identified by your bib number.

You can also hand in your thermal jacket right at the start. You will also receive a label for this. Please write your bib number on the label. You can pick up your jacket at the luggage depot after the race.

6. Toilets

There are mobile toilets every 500m along the course. There are also toilets at the grandstand at the Motodrom as well as in the parking lot and luggage depot area.

7. Start

The half marathon start is on the Parabolika on the Formula 1 route and can also be reached on foot via the signposted path. The start is about 1km away from the parking lot and the luggage depot. Please take this into account on the way to be at the start in time for your start time.

8. Start procedure

The start takes place in the "rolling start process". This means that every 3 seconds a participant is allowed to start after the appropriate signal.

The top group will start as a group. This will be the following athletes:

Half Marathon runners with a finish time up to **01:30:00**

The following runners will have a rolling-start procedure. This means, every 3 seconds one runner will start after a personal start signal. This will guarantee a smooth start and race procedure for every runner on the round course, which will give you the chance to concentrate on your personal race at best. However, if you would like to run together with a friend, you may start at the same time.

Please line up at the start corridor on your own according to your personal expected finish time. You will find signs inside the start corridor showing appropriate finish times.

9. The course

The route has been officially measured and has an AIMS certificate. A lap is 4.4 km long.

Half marathon: You have to run **4 laps** plus feeding from the start.

After the last lap, the track leads to the finish line on the right-hand side. This is located on the original Formula 1 finish line. Keep left to advance to the next lap of your race if you haven't completed the required number of laps. Each participant is responsible for counting his/her completed laps. A control mat on the track ensures the correct number of laps in the ranking. There are also kilometer signs along the route every 5 km, which will make it easier for you to find your way around.

Unfortunately, we are not allowed to draw the ideal line on the motorsport track. However, you will follow the ideal line by staying 30cm from the inside line at all times.

10. Aid stations

There are two aid stations per lap at a distance of approx. 2.2 km from each other.

Aid station 1: Next to the finish line. This aid station will offer the following:

- Water
- AM Sport® Energy Mineral (taste: Orange)
- Cola
- Bananas
- AM Sport® Energy Competition Gels and High5 gels

Aid station 2: Entrance Ostkurve (East curve). This aid station will offer water to refill your fluid balance.

In the finish area there is also an offer to fill up your energy balance after the race:

- Water
- Tea
- AM Sport® Fast Hydration
- Cola
- Bitburger Alkoholfrei
- Bananas
- Pretzels
- Sweet bakery

11. Finish line

The finish line is located on the original Formula 1 finish line. After crossing the finish line, you will receive your finisher medal. In the pit lane you will find the finish line food station where you can refill your energy.

12. Medal engraving

In the Congress-Pavillon you have the option of having your medal engraved with your name and your net running time. If you did not order your engraving when you registered, you can purchase it at the medal engraving stand for €10. The engraving is done on site.

13. Running Shirt

On Saturday, March 2nd, you can purchase the official Ring Running Series running shirt at the info point in the Congress Pavilion. (€39,- while stocks last).

14. Photos

FinisherPix is the official photo partner of the Ring Running Series. Approximately 24 hours after the race you will find your personal race pictures on www.finisherpix.com. If you did not pre-order your pictures when you registered, you can order them directly from the FinisherPix website. Pre-ordered photo packages will be emailed to you with a download link as soon as the photos are online. For further questions about your photos, please contact support@finisherpix.com

15. Spectators

Spectators can follow the race directly along the route or take a seat on the inner grandstand C (Motodrom). Admission is free. Catering will be available at the public diner at the end of the pit lane.

We wish you a safe journey to the Hockenheimring and we are looking forward to welcoming you!

Your Ring Running Series – Team

info@ringrunningseries.com

www.ringrunningseries.com

#ringrunningseries

Facebook/Instagram: @ringrunningseries