



## QUICK INFORMATION FOR DEAF FOREIGN PARTICIPANTS

### Open International Deaf Marathon Championships

During 2nd European Deaf Marathon Championships in Essen at Lake Baldeney is no way for boring life.

All deaf people, who like to run, are invited to go to Essen. Welcome to Essen.

<b>DATE / START</b>	<b>Sunday, October 13th, 2019 10 AM</b>
<b>LOCATION</b>	<b>Essen - Lake Baldeney / Germany</b>
<b>COURSE</b>	<b>INNOGY MARATHON</b> (42.195 km) (official time limit: 5:30 hours) <b>INNOGY SEASIDE RUN</b> (~17,6 km) <b>ALLBAU RELAY MARATHON</b> 4 runners <u>or</u> mixed (at least 2 women) 1. ~ 11km / 2. ~ 11,5km / 3. ~9km / 4. ~10,7km
<b>PARTICIPANTS</b>	international deaf runners with 55 dB on best side of ear Born in the year 2001 or earlier.
<b>REGISTRATION</b>	via Internet <a href="https://iam.innogy.com/innogy-marathon">https://iam.innogy.com/innogy-marathon</a>
<b>CATEGORIES</b>	for deaf runner own list of result After registration via internet please send an email to Thomas Goepfert <a href="mailto:dgsleichti@gmx.de">dgsleichti@gmx.de</a>
<b>AWARDS</b>	depend on number of runners: small gift (not depends on the ages). Fun and Healthy are important. Meeting with other deaf people, shared exchange
<b>JOURNEY</b>	stop train station S6 <b>Essen-Hügel</b> (about 10 Min from Essen Central Station)
<b>QUESTIONS</b>	Thomas Goepfert / <a href="mailto:dgsleichti@gmx.de">dgsleichti@gmx.de</a>

### QUICK INFORMATION IN ENGLISH WITH ALL INFORMATIONS

<https://iam.innogy.com/innogy-marathon/-/media/innogy-marathon/PDF/Quick-Information-2019.pdf>