

21. VOLKSBANK MÜNSTER

# Marathon



36 ATTUVIA  
Staffel  
Marathon

**03.09.2023**

**IN MÜNSTER**

**ARE  
YOU  
READY?**

Enjoy in Muenster one of Germany's most attractive finishing lines. Be part of it:

[www.volksbank-muenster-marathon.de](http://www.volksbank-muenster-marathon.de)

# Muenster (Germany)

The urban municipality of Muenster is located in the northern part of North Rhine-Westphalia on the river Aa between the cities of Dortmund and Osnabrueck. Muenster is known as the cultural centre of Westphalia. Amongst the nearly 300,000 inhabitants of Muenster there are 45,000 students. The city of Muenster has been founded in 793 and gets a charming young touch through its students.

Muenster has a catholic bishop and is very well known as a bicycle-city. The reconstructed historic city centre impresses with its important gable houses. The city is surrounded by a five kilometer long green belt – also known as Promenade – where you can always find runners. Muenster's Aasea is located closely to the city centre and invites you to go for a walk, a run or a sailing tour. The Aasea as well has the harbor area with its bars, nightclubs and leisure activities are famous meeting places for every generation. The city centre with the Prinzipalmarkt, Lambertikirche (church) and historic town hall invites you to go for a stroll. The variety of close by stores leaves no wish unfulfilled. Performances at the theatre, artistic shows, live concerts, museums, cinemas, readings – Muenster has something to offer for all ages and tastes.



## Highlights

### Most liveable city world-wide (2004)

Muenster was the first German city to receive the LivCom-Award in Niagara/Canada and came first in the category of cities with 200,000 to 750,000 inhabitants

### Most runnable city

The magazine "Runner's World" awarded Muenster in 2008 as "Germany's Run-City Number 1"

### Impressive churches

St.-Paulus Kathedrale und St. Lamberti in the historic city centre

### Castles and villas

moated castle Wilkinghege, Haus Rueschhaus, Haus Luetkenbeck, Erbdrostenhof, prince-bishop castle of Muenster

### Interesting museums

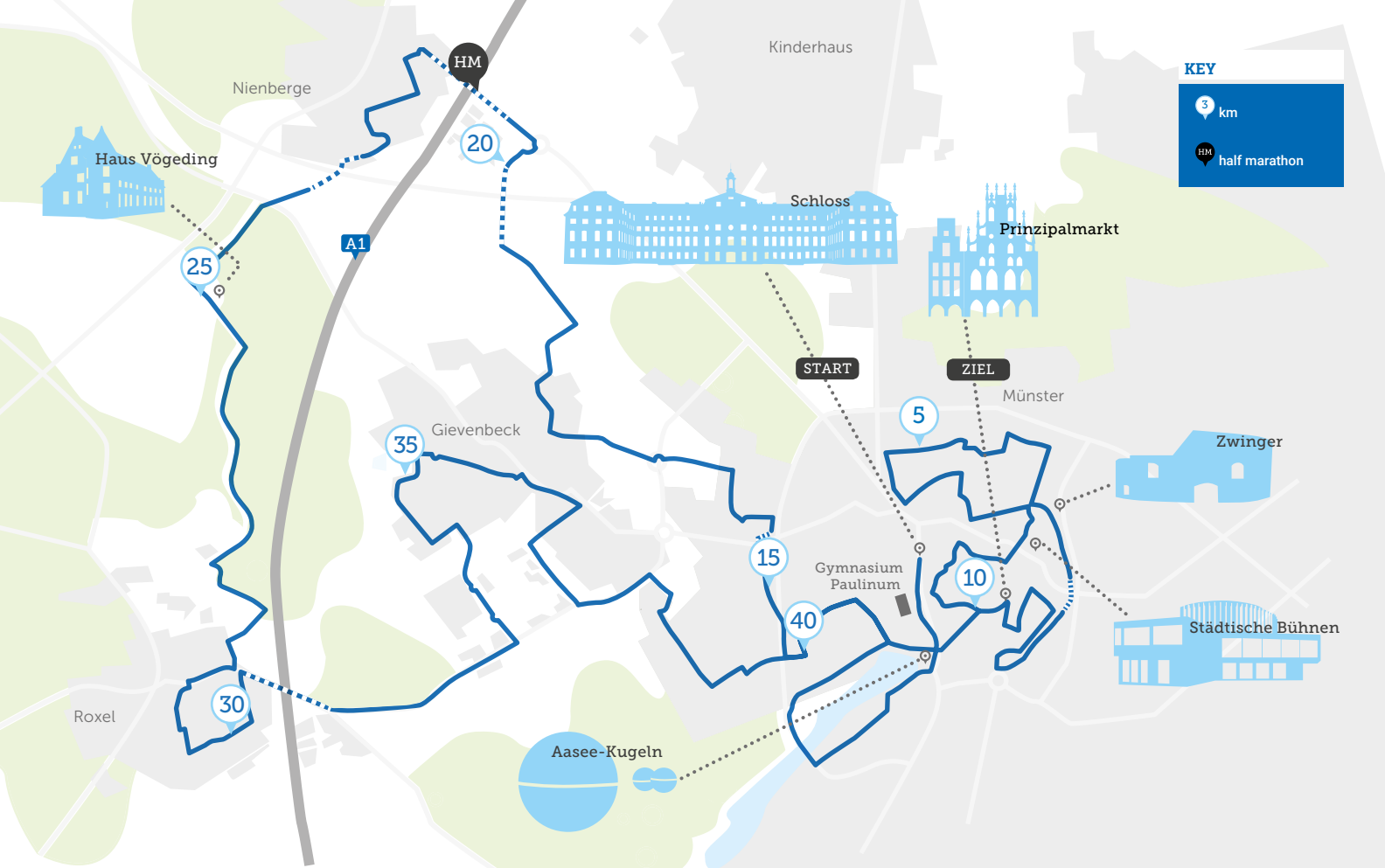
LWL-Landesmuseum of Art and Cultural History, Picasso Museum, Muehlenhof Open-Air Museum, Museum for Lacquer Art, Westphalian Horse Museum

### Parks and gardens

Botanic Garden, Aasea, Rieselfelder

**MOST  
RUNNABLE  
CITY**

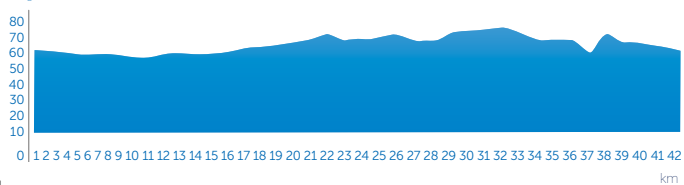




**Perfect mix** between an urban and scenic marathon race course combined with over 100,000 spectators

#### Profile of the Volksbank-Muenster-Marathon

Height above sea level



#### Race course

The Volksbank-Muenster-Marathon is a perfect mix between an urban and scenic marathon. The start is located directly in front of the castle of Muenster. The first part of the course goes through the beautiful historic city centre, the green belt (Promenade) and the Aasea. The urban districts of Nienberge and the well worth seeing scenic towards Roxel and Gievenbeck follow next.

The last kilometers go once again through the city centre to the Prinzipalmarkt which is completely decorated with flags. The finish line is directly in front of the town hall. Over 300 performers along the race course give the Volksbank-Muenster-Marathon an unique touch.

## Look forward to an extraordinary marathon

- » From start to finish there are over 300 artists and acts: bands, drummers, walkers on stilts and lots more.
- » Over 100,000 excited spectators cheer you on. In 2022 runners from 45 different nations participated in the marathon.
- » With a registration fee from only 65 Euro (15/05/2023) you receive a great package.
- » The Volksbank-Muenster-Marathon is one of the best organized marathons in Germany. You will find physicians on cyclists, medical points as well as excellent ration and water stations. And the warm showers after the race are also a highlight for every runner.
- » The mixture of the Volksbank-Muenster-Marathon with its historical reputation and the beauty of the scenic countryside is a marathon that should not be missed..

## Organization

The Volksbank-Muenster-Marathon operates under the rules and regulations of the WA (World Athletics) and the DLV (German Athletics Association).

## Participation

Entitled participants must be born in 2005 or before and must have received their official Volksbank-Muenster-Marathon start number. The start number is non-transferable, should not be changed and must be worn visible on the front of the runner's shirt.

## Ratings

Classification according to age in accordance with DLO (German track and field regulations): main class M/W (HK), M/W 30, 35, 40, 45 etc.

## AbbottWMM Wanda Age Group World Championship

The Volksbank-Münster-Marathon on 3rd September 2023 is proud to announce it will be one of the qualification races for the AbbottWMM Wanda Age Group World Championships. The fourth edition of the age group world rankings cover runners aged from 40 to 80+ for men and women. The qualifying period runs from Jan. 01, 2023 until Dec. 31, 2023. The World Championships will take place in the spring/summer of 2024 with the venue and details to be announced by mid 2023.



万达 WANDA AGE GROUP  
QUALIFIER

A runner's best two results in qualifying marathons over this period will count for their ranking. The age group winners in any of the Abbott World Marathon Majors races – the Tokyo, Boston, Virgin Money London, BMW BERLIN, Bank of America Chicago and TCS New York City Marathons – will automatically get 4,000 points. The minimum amount of points that can be scored is 1,000. Runners can earn points for their performances in marathons beyond the six AbbottWMM races, provided the event is an official AbbottWMM Wanda Age Group World Ranking qualifying race. For more information please go to:

[www.worldmarathonmajors.com/agwr/how-it-works/](http://www.worldmarathonmajors.com/agwr/how-it-works/)

## Timing

The race is timed with the timing system Chronotrack. The marathon runner receive a one time transponder which is attached to the back of the start number. The time transponder does not have to be returned.

## Organizational fees

until 15/05/2023	65 Euro
until 01/08/2023	75 Euro
after 01/08/2023	85 Euro

**All withdrawals are non refundable!**

## Organizational fee includes:

- » special finisher-medal
- » certificate on Internet
- » film of the marathon
- » water and ration stations after 5 km every 2.5 km
- » great fun with over 300 artists and more than one hundred thousand spectators cheering you on

## Money-back-guarantee

All information with regards to the „money-back-guarantee“ will be published within the FAQ on our website.

## Award ceremony

At 12:35 pm on the stage at the finish line. Award ceremony for age groups 3.10 pm at the Gymnasium Paulinum.

## Online registration

[www.volksbank-muenster-marathon.de](http://www.volksbank-muenster-marathon.de)

## Registration deadline

Closing date for online registration: 28th August 2023



## Pick up your start number

Gymnasium Paulinum  
Am Stadtgraben 30  
48143 Muenster

Friday, 1st September

2.00 pm – 7.00 pm

Saturday, 2nd September

10.00 am – 7.00 pm

Sunday, 3rd September

7.00 am – 8.30 am

(only pick up of start numbers)

## Late entry participation

Late registration until 4.00 pm on Saturday where you pick up your start number. Late registration may be limited or excluded due to organizational reasons.

## Getting there

Muenster has good flight and train connections. The train station is located in the city centre.

### ✈️ Nearby Airports

#### **FMO Muenster/Osnabrueck**

25 km, transfer time approx. 20 min

#### **DTM Dortmund**

55 km, transfer time approx. 40 min

#### **DUS Duesseldorf**

120 km, transfer time approx. 1 hour

● highway junction



## More information

Muenster-Marathon e.V., Windthorststr. 32, 48143 Muenster

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[www.volksbank-muenster-marathon.de](http://www.volksbank-muenster-marathon.de)

 [www.facebook.com/Volksbank.Muenster.Marathon](https://www.facebook.com/Volksbank.Muenster.Marathon)

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