



We are celebrating an anniversary! In 2022 it's "Ladies First" for the fifth time – and our amazing Iron Girls will open the doors to the great annual triathlon weekend in Kraichgau. We are calling to all the IRONKIDS Mums, all Wives and Girlfriends of triathletes, and all the sporty women of the region to battle it out on our 6KM run. No matter if you just started running or are already an experienced runner, regardless of your age, no matter if you want to chase a new personal best or just spend a nice evening with your girlfriends – don't miss this opportunity to join the competition and have a fun race supported by your loved ones.

Before the start, our DJ will heat up the atmosphere and give you the best energy and a push for your run, and after reaching the finish line your well-deserved Iron Girl Medal will be awaiting you. Additionally, all registrants will of course also receive the obligatory Iron Girl Shirt.

On top of our **individual ranking**, 2022 Iron Girl Kraichgau also welcomes you to race as a team – “Best-Friends-Team”, “Sisters-Team” and “Mother-Daughter-Team” – pick your category and register together to show up in the **team ranking** in order to win the Best-Friends-, Sisters- or Mother-Daughter-AWARDS.

**NEW:** The waiver must be signed electronically by yourself or a legal guardian. This applies to both online registration and late registration on site. You can read the waiver already [here >>](#)

#### Event details:

- Date: May 27<sup>th</sup>, 2022
- Start: 06:00pm
- Event location: Bad Schönborn Mingolsheim
- Distance: 6km
- Registration (until May 24<sup>th</sup>, 2022):
  - Single: 15,-€ + 9% Active fee
  - Team: 30,-€ + 9% Active fee
- Late Registration (May 27<sup>th</sup>, 2022, 03:00pm – 05:00pm): Limited on site (parking area Schönbornhalle) for 20€ (single) or 35€ (team) – **only via credit card!**
- Minimum 12 years of age

#### Registration includes:

- BIB number
- Timing chip (please return it after the race at the finish area)
- Medal for all finishers
- Finisher Shirt