



If the day runs you, run the night

With this slogan we would like to invite you, after a two-year break, to join all amateur and hobby runners from the region to spend an enjoyable sporty evening with friends and colleagues at our **IRONMAN NightRun presented by Helaba on 23. June 22 at 07:00pm at the river bank of the Main in the heart of Frankfurt**. You will participate in a relay, in a team of three, running a 5k-loop along the river Main in front of Frankfurt's skyline.

- Registration, Start, Relay Changeover Zone and Finish will be at the Mainkai where, from 06:00pm on, our hr1-DJ will heat up the atmosphere and give you the best energy and a boost for the run
- Every participant will receive a NightRun-Shirt
- Minimum age for participation is 14 years

Changes since 2019:

As the organizer of the IRONMAN NightRun presented by Helaba we are taking the subject of data protection very seriously. Please note that due to the EU-law GDPR, it will no longer be possible that one team member registers the whole team or even more teams. **Every participant must register personally on our registration platform Active.com** – online registration ends on Tuesday, 21. June 2022 at midnight.

Late Registration:

If you miss the registration deadline, a late registration of the missing team members or of a new relay will be possible on site.

NEW:

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

Registration via bank transfer:

If you want to register more than three relays, you can do that via bank transfer as well. Therefore, please download the following registration form, download [here>>](#) Please send the completed form back to frankfurt@ironman.com until 24. May 2022. We will send an invoice back to you within ten working days; as soon as we received the payment of your invoice, your team-captain will receive a registration-link via Email. Please note that the new EU-law will of course also apply here: **Every relay needs a team-captain and every team-member must register personally on our registration platform Active.com.**

Event details:

- Date: 23. June 2022
- Start: 07:00pm
- Event Location: Mainkai, Frankfurt am Main
- Distance: 3x5km
- Registration (until 21. June 2022, 11:59 pm): 33 EUR + 9% Active fee
- Late Registration (23. June 2022, 12:00pm – 06:30pm):
Limited on-site for 39 EUR - with credit card payment only!
- Minimum 14 years of age

Official partner of the IRONMAN NightRun presented by Helaba:



Ein Unternehmen der FES
Die Rhein-Main-Macher

Official Charity Partner:

Nachwuchseuro der Sportstiftung Hessen – Promising athletes must deal with high financial expenses in order to reach the top in their respective sport. You can support our young talents by donating 1,- Euro or more to the youth development unit of Sportstiftung Hessen. Sportstiftung Hessen would like to sincerely thank you for your support!

