

Rhein-Ahr-Marsch

100 KM - 50 KM / 20 KM

Rheinbach, 6 en 7 juli 2018



Let's go to the second round:

The 2nd RHEIN-AHR-MARSCH / 100 kilometres in 24 hours will take place on 6 and 7 July 2018. The international starter field, your great sporting achievements, the beautiful atmosphere and the numerous friendships that were made on and off the tracks at the first RHEIN-AHR-MARSCH are motivation for us to organize the event in the coming year as well.

It is important to us that we maintain the character with the start and finish in Rheinbach and the 100 km round at Rhein & Ahr. This time there will be even a little more Ahr: according to our current plans, the route will lead over a short but spectacular part of the red wine hiking trail to Altenahr. Afterwards we cross a new southwest passage with a lot of forest and shade to our destination Rheinbach.

Of course, the 50 km march from Remagen to Rheinbach is also planned. By the way, this is an ideal test for ambitious walkers who would like to take part in the summer e. g. the Dodentocht in Bornem or another renowned ultra hike of our friends in Belgium, the Netherlands or Luxembourg.

“In 2018 we will continue to pursue the goal of bringing you closer to our beautiful homeland. Here at Rhein & Ahr, the ancient Romans felt at home. Their traces are still visible today.”

More Ahr valley, forest and shades.

And so the first few kilometres after the start in the glass city of Rheinbach lead via the Römerkanal hiking trail, through Kottenforst to the UN and Beethoven city of Bonn. The Nightwalk on the Rhine begins on the road to democracy. The dawn at the Siebengebirge, the view of the Drachenfels, the peace museum "Bridge of Remagen", the vineyards on the Ahr, the walk through the wine cellar of the wine-manufacturer in Walporzheim, the red wine villages of Dernau and Rech are further stops.

NEW: From Rech we will lead you in short distance along the red wine trail to Mayschoß. Right through the vineyards. There are some stone steps waiting for you, but also a great scenery. I promise! Afterwards we continue on the banks of the Ahr river to Altenahr. A unique natural landscape between vineyards and rocky gorges. The ascent now follows: via the Pützgasse up the vineyard, a magnificent panoramic view over Altenahr. Now you leave the Ahr valley.

Thanks to the permission of the forestry administration, the route leads through the middle of the game enclosure, past the Weissenrath Forester's Lodge to Kalenborn. At the altitude we will lead you to Hilberath, the gateway to the Eifel. Through the forest, according to our plans, after a last, crisp ascent to the finish line in Rheinbach.

So, are you up for the challenge?

New: 100 starting places for the 20 km final section

Whoever wants to accompany the #RAM100k or #RAM50k athletes over the last 20 kilometres or to go through the demanding shooting section, now has the opportunity to do so officially. From Altenahr to Rheinbach: 100 starting places are available.

The first information about your challenge in 2018 can be found on

www.rhein-ahr-marsch.com

Follow us on Facebook, Twitter and Instagram.

www.facebook.com/rheinahrmarsch

www.twitter.com/RAM100k

www.instagram.com/ram100k

Whatever you decide to do, we will be at your side on 6th and 7th July 2018 and look forward to great 24 hours with you.

Let's go to Rheinbach,

Yours Good Walking Club e.V.



#RAM50k: From Remagen to Rheinbach

You don't want to march the full 100 kilometers or at night? Then sign up next year for the 50 km distance. There are 350 starting places available.

New: #RAM20k

Whoever wants to accompany the #RAM100k or #RAM50k athletes over the last 20 kilometres or to go through the final section, now has the opportunity to do so officially. From Altenahr to Rheinbach: 100 starting places are available.

Let's go to Rheinbach!



Rheinbach is very easy to reach via Autobahn 61. Distances: Brussels 220 KM, Torhout 333 KM, Bornem 256 KM, Luxembourg 218 KM, Maastricht 123 KM, Nijmegen 174 km, Metz 255 KM, Calais 426 KM.

The Rheinbach railway station is easily and quickly accessible from Cologne (via Euskirchen) and Bonn.

RHEIN-AHR-MARSCH - Information

Organizer:	Good Walking Club e.V., Rheinbach
Date	6. And 7. July 2018
Venue / Parking spaces:	Germany, 53359 Rheinbach Münstereifeler Straße 65, Stadium amusement park
How to get there:	Autobahn 61, Abfahrt Rheinbach
Distance 100 KM:	<p>RHEIN-AHR-MARSCH / 100 KM in 24 hours</p> <ul style="list-style-type: none"> • Start: Friday, 06.07.2018,20:00 o' clock • Rheinbach, amusement park • Starting places: maximum 600 • Entry fee: 55 Euro • Participation: 18 years of age and older • Certificate and Finisher Award <p>REMAGEN-RHEINBACH-MARSCH / 50 KM in 12 Stunden</p> <ul style="list-style-type: none"> • Start: Saturday, 07.07.2018,08:00 o' clock • Remagen, Rheinhalle • Starting places: maximum 350 • Free bag transport to your destination • Entry fee: 40 Euro • Participation: 16 years of age and older • Certificate and Finisher Award
Distance 50 KM:	

Organizer:**Good Walking Club e.V., Rheinbach****ALTENAHR-RHEINBACH-MARSCH / 20 KM****Distance 20 KM:**

- Start: Saturday, 07.07.2018
- Altenahr
- Single start: 10:00 to 14:30 o' clock
- Starting places: maximum 100
- Entry fee: 20 Euro
- Certificate

Participants can expect the following services for the organisation fee at the 100 km march:

Description of our services:

- Supporting programme at the Rheinbach Stadium
- Start number with lanyard
- Showers and changing rooms
- Signposted route and reflective signs at night
- Track and finish catering
- At least 11 catering stations on 100 km, toilets are available at most rest points
- Hot meal at KM 50
- Luggage transport for changing clothes and shoes, max. 10 KG to KM 50
- Extensive medical service
- Electronic time measurement (including split times)
- Certificate at the finish
- Exclusive Finisher Present

RHEIN-AHR-MARSCH - Further important information

Registration	Registration starts on 15.10.2017
	<p>Here is the link to your personal and binding registration: REGISTER NOW</p> <p>The registration fee is to be paid immediately upon registration. Participants will receive a registration certificate by e-mail. Frielingsdorf Datenservice from Bergisch Gladbach collects the data and records the time.</p>
Paying:	The organisation fee is paid by the Good Walking Club e. V. debited by direct debit. Upon registration, a one-time authorization to debit the specified account is granted.
Deadline:	Deadline for registration is 15.06.2018 or when the specified starting place quotas have been reached.
Registration changes:	Eine Ummeldung zwischen den Strecken ist lediglich bei verfügbaren Startplätzen bis zum 01.06.2018 möglich. Dabei wird eine Bearbeitungsgebühr von 5,00 Euro fällig.
Reimbursement	<p>In principle, it is not possible to reimburse the organizational fee. A withdrawal from the 100 km march is only possible for health reasons. Please send a medical certificate confirming the impossibility of participation by mail by 6 July 2018:</p> <p>Good Walking Club e.V. Konrad-Adenauer-Straße 2 53359 Rheinbach</p> <p>You will receive a credit for the next year. When you register for the RHEIN-AHR-MARSCH you will only pay a handling fee of 15,00 Euro. We will send you a corresponding voucher in December 2018. The voucher is not transferable to other persons, competitions or event years.</p>

	<p>The RHEIN-AHR-MARCH is NOT a running event or competition. There is no rating. Running is forbidden.</p> <p>The finish line will be opened on 08.07.2017, at 09:20 o' clock. This corresponds to a speed of 8 minutes per kilometre.</p> <p>The finish will be closed on 08.07.2017, at 20:00 o' clock. This corresponds to a speed of 14:24 minutes per kilometer.</p> <p>The opening hours of the food supply and control points on the trail are based on these speeds.</p> <p>Opening hours of checkpoints:</p> <p>KM 25: 23:20 Uhr – 01:45 Uhr</p> <p>KM 50: 02:40 Uhr – 07:45 Uhr</p> <p>KM 75: 06:00 Uhr – 13:45 Uhr</p> <p>We ask participants to include this in their planning. Also for organizational and personnel reasons, the food stands and the destination are not opened in advance.</p> <p>Participants who have not reached or left the food stands, checkpoints or destination within the stated opening hours will be removed from the ranking.</p>
<p>Timekeeping:</p>	<p>Timekeeping is carried out by means of disposable transponders, which are issued with the starting documents. Timekeeping and data recording is carried out by Frielingsdorf Datenservice from Bergisch Gladbach.</p>

<p>Catering</p>	<p>As a matter of principle, each participant takes care of himself/herself between the food stands.</p> <p>At least eleven catering stations will be set up on the 100 km route. Cola, mineral drinks, coffee, tea and water are served as beverages. Apart from sandwiches, waffles, cakes, energy bars, bananas, apples and a warm meal awaits the participants at KM 50.</p> <p>We strongly recommend that all participants bring a drink bottle or a drinking backpack with them. These can be refilled at the stands.</p> <p>Participants will receive an exact overview of the opening hours of the catering facilities and the final offer of drinks and food two weeks before the event. The transport of self-catering to the individual points is not possible.</p> <p>At least six catering points are planned for the 50 km round. There are three stations on the 20 km section.</p>
<p>Luggage KM 50:</p>	<p><u>Our free service:</u> clothing transport to KM 50.</p> <p>Every participant can give up a sports bag with clothes and shoes to change at the start. However, this bag must not weigh more than 10 kilograms, contain no liquids, medicines or valuables. The bag is handed in at the start, picked up at KM 50 by the participants and driven back to the finish after changing clothes.</p>
<p>Security</p>	<p>Participants must wear a reflective vest, reflectors over clothing and carry a flashlight or headlamp. In addition, a functional mobile phone and a drinking container (cup/bottle) must be carried along for the drinks.</p>

<p>First Aid:</p>	<p>Security for participants and helpers has top priority.</p> <p>If necessary, paramedics are available at several food stands. Each participant has the telephone number of the organisation management and the international emergency number 112 on his starting card.</p>
<p>Return transfer</p>	<p>If the time limit is abandoned or exceeded, there is no entitlement to return transport.</p> <p>The route is designed in such a way that numerous bus terminals and stations are easily accessible. Rheinbach can be reached via Bonn main station by bus, line 800, in 45 minutes and by train (RB 23, exit line 5), in 29 minutes..</p> <p>Our shuttle bus leaves again</p> <p>As an additional service, the organizer offers a shuttle bus, which will depart from Remagen to Rheinbach on Saturday, 06.07.2018, at 08:00 o' clock on Saturday, the participants who finish the march at KM 50. In the course of the day, this bus will depart again and participants who finish the march prematurely will return to Rheinbach. These stops and the exact times of the bus shuttle will be published two weeks before the event.</p>
<p>No Dogs:</p>	<p>The regulations for the use of the sports facilities in Rheinbach and several food supply points prohibit the carrying of dogs. But also due to the long asphalt roads in the first part of the route, the high temperatures to be expected and to prevent dangerous situations, dogs are not allowed on both marching routes.</p> <p>Dogs are not allowed on the 50 km and 20 km route, as the route will also lead through a private game enclosure.</p>

Safety, nature and environmental protection and fairness

A specially signposted track, route signs reflecting in the dark, at least eleven refreshment points mostly equipped with toilets, a warm meal at km 50, luggage transport with the possibility of changing clothes and shoes at KM 50, an electronic timekeeping system with recording of intermediate times, a comprehensive first-aid service, an own bus shuttle service and our motivated helper crew will provide the right conditions again in 2018.



We help you!

At a glance: The regulations of the RHEIN-AHR-MARSCH 2018

The RHEIN-AHR-MARSCH is a long distance hike. The aim is to cover the distance of 100 kilometres on foot in 24 hours. Participation is voluntary and at your own risk.

The RHEIN-AHR-MARCH is not a competition. There are no ratings and no prizes. Running is forbidden.

Three distances are offered:

The RHEIN-AHR-MARSCH / 100 KM in 24 hours starts on Friday, 06.07.2018, at 20:00 o' clock, in Rheinbach - group start.

The RHEIN-AHR-MARSCH / 50 KM in 12 hours starts on Saturday, 07.07.2018, at 08:00 o' clock, in Remagen - group start.

The RHEIN-AHR-MARSCH / 20 KM starts on Saturday, 07/07/2018 in Altenahr. Single starts in the time from 10:00 to 14:30 o' clock.

The destination of the RHEIN-AHR-MARSCH in Rheinbach opens on 07.07.2018,09:20 am. The finish is 07.07.2018,20:00 hrs.

Participants are obliged:

- to provide first aid for other active persons in distress and to immediately arrange for an emergency call via the official emergency number 112.
- observe the regulations of the road traffic regulations.
- to follow the instructions of the helpers, rescue services and police.
- follow the signposted route.
- to carry a mobile phone with you for placing emergency calls to the emergency number 112 (in the case of participants from abroad, it must be ensured that the mobile phone can also make calls in Germany).
- during the night, reflectors or LED lamps on clothes or backpacks.
- carry functional headlights or torches during the night hours.
- to carry the start card with the timekeeping transponder.
- in the event of premature termination of the march, to register with the organisation management at a feeding point or via mobile phone.
- carry a drink container for the drinks at the food supply points / from km 25 onwards there are no more cups at the food supply stands.

Participants are forbidden:

- To take Dogs with you.
- to be accompanied by cyclists.
- to use other means of transportation.
- to dispose of waste such as food packaging, bottles or beverage cups in nature.
- carry shopping trolleys, hand carts, music systems or boxes.

We recommend Participants

- a beverage container with at least 0.5 litre capacity
- own personal catering
- sunscreen
- Cream against chafing wounds
- Cap/Hat and
- blister plaster

bring along

Declaration of consent

I am aware of the fact that a participation in the "Rhine-AhrMarch" on the 06/07/2018 and the 07/07/2018 over a distance of 100 KM represents a big sportive challenge. I hereby declare explicitly, that I am prepared accordingly and that my health situation meets the requirements of the event.

I am aware that for the participants of the RHINE-AHRMARCH 2017 the regulations of the road traffic act are applied. The participants have no claim to blocked streets or routes. The participants have to avow for any violations themselves. The same applies to accidents which result from a disobedience of these regulations.

I am aware that I will be disqualified if I leave the route, change the official start map in any way, in particular if I make the advertisement print invisible or unrecognizable.

I am aware that during the night hours I need to wear reflectors on/over my clothes and that I need to take a flashlight/headlamp with me which is switched on. An oblivion can lead to a disqualification.

I am also aware that I need to take a functioning cell phone and a drinking container for the intake of beverages with me. Furthermore, I have been made aware of the fact that I need to provide myself with food and beverages on my own in between the catering places and that I should take a drinking bottle or a hydration pack with me.

If I should discontinue the march prematurely, I will deregister myself at a catering stall or by calling the cell phone of the organizational administration. I am also aware that in such a case, I need to organize the way back to the start/goal myself. I have no claim to a back haul through the operator. I hereby declare my agreement to the fact that the personal data which was provided in the registration as well as any photos, film material and interviews in broadcast, television, advertisement, books, photomechanical reproduction which are made in the context of the RHINEAHR-MARCH 2018 are used without any claim for injunctive relief coming from my side and that they can be forwarded to sponsors and partners of the event, to the Frielingsdorf data service as a timekeeper, to the ambulance service for the handling of possible assistance and to the photo service of the event. I confirm the correctness of all the data provided by me and assure not to give my start map, respectively my timekeeping transponder, to any other person. I agree that my data will be saved beyond the event day for purposes of advertisement of the Good Walking Club e.V. If I don't participate or if the event needs to be canceled due to acts of nature (for example tempests of floods) or due to regulatory agency dictations, I have no claim to have the organizational fee refunded. Legal domicile: Bonn on the Rhine (Please note: according to the data protection act: your data will be saved mechanically).

Legal disclaimer

The operator or its representatives and designees are not liable for any damages or injuries of any kind which can occur through a participation in the RHINE-AHR-MARCH

and in its frame events. Unless if they were brought about on purpose or through culpable negligence. This also applies to sponsors, the organizers, to the owners of private ways, places and building, respectively to their representatives. This legal disclaimer applies to chaperones as well. The entrance of the historic wine cellar of the wine manufactory Walporzheim, Walporzheimer Straße 173, 53474 Bad Neuenahr-Ahrweiler will happen on the warranty of the participant only.

With the written or electronic registration and the participation, the participants acknowledge the legal disclaimer of the operator for all kinds of damages. With the written or electronic registration and the participation, the participants assure that they will not make any titles or claims to the operator or to the host, as well as to its helpers and representatives, the owners of private ways, places and buildings, respectively to their representatives, all affected towns and communities as well as to any other persons or bodies, as long as no claim to liability can be made.

The operator doesn't take over any liability for health risks of the participants in the context of the participation in this event. It is incumbent to the participants to check their health state in advance. Generally, the completion of insurances (health, accident, liability etc.) is a matter solely to the participants.

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Upon registering, the participants confirm to provide over a sufficient insurance cover. The operator has the right to remove apparently exhausted participants temporarily or completely from the event.

The operator isn't liable for thefts, respectively for lost items and/or for items that were kept as a free service. If the operator in cases of acts of nature has the rights to, or due to regulatory agency dictations or safety reasons is obliged to undertake changes in the conduction of the event or to cancel it, there will be no indemnity obligation in existence for the participant.

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