



If the day runs you, run the night

With this slogan we would like to invite you again to join all amateur and hobby runners from the region to our **IRONMAN NightRun presented by Helaba on 29th June 2023 at 07:00pm**. We would like to spend an enjoyable sporty evening with friends and colleagues at the Mainkai in the heart of Frankfurt. You will participate in a relay, in a team of three, running a 5k-loop along the riverside 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

NEW:

As the organizer of the IRONMAN NightRun presented by Helaba we are taking the subject of data protection very seriously. Since 2019 already, it is no longer possible that one team member registers the whole team or even more teams. **Every participant must register personally on our registration platform Active.com**. Also 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 >>](#)

Late Registration:

Online registration ends on Tuesday, 27th June 2023 at midnight. If you miss the registration deadline, a late registration of the missing team members or of a new relay will be possible, but limited on site (29th June 2023, 13:00pm – 06:30pm).

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 30th of May, 2023. 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: 29th June 2023
- Start: 07:00pm
- Event Location: Mainkai, Frankfurt am Main
- Distance: 3x5km
- Registration (until 27th June 2023, 11:59 pm): 33 EUR + 9% Active fee
- Late Registration (29th June 2023, 13:00pm – 06:30pm):
Limited on-site for 39 EUR + 9% Active fee - 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!

