

Dear Runners,

as already informed this year will be different. There will be no Röntgenlauf as we know it.

But we have made everything possible to offer an alternative format to make sure that we can cover most of the well known distances. The 531 already registered participants will be moved over to this new format.

This year we will organize a corona proof running event in a slightly different format.

The event will be called „**Remscheider Zeitenwende-Lauf**“. The german term „Zeitenwende“ means „Times are changing“. This has a double meaning:

First of all, the implication is that already for 19 years the summertime is changed to wintertime at the day of the Röntgenlauf. The second idea is that the difficult times of the Corona pandemic are also changing for the better!

It is planned that all longer distances will be run on a new 21,1 km loop on a trail course covering 2 lakes, the Wupperlake and the Panzerlake. Very attractive with respect to the landscape but also with approx. 500 m of total height difference, per loop.

The offered distances will be:

21,1 km (half marathon)	1 loop
42,2 km (full marathon)	2 loops
63,3 km (Ultra)	3 loops
105,5 km (instead of the 100k)	5 loops

There will be 1 official aid station at approx. halfpoint, and another one just at entering the next loop. Here personal dropbags can also be placed.

No finish refreshments will be offered.

The run is organized according to the actual corona guidelines of Germany and the state of North Rhine Westphalia.

The well known organizing team of the Röntgenlauf will also take care of this race.

The major changes afflict the 100 k race. First of all it is a little bit longer, but most importantly the start will already take place on Saturday evening (October 30th), so that at least the first 2 loops will be run during the night. The start will be performed in multiple small waves. Details will follow on the homepage.

The organizers will decide on shorter distances only in autumn, taking the then existing situation into close consideration.

There will be no Pasta Party, Marathon exhibition or any social program.

No late registration at the day of the race.

The bib number will include an electronic chip for accurate time registration. For German participants that bib will be mailed by post prior to the event. For all foreign participants there will be a pickup point close to the start.

The give away this year will be a unique special medal that shows also the finished distance.

Please take a regular look at this homepage as all updates (course, procedures etc.) will be published there.

In the very unlikely case that the race has to be cancelled due to Corona, the registration will be moved to 2022. Foreign participants have to option of reimbursement of the registartion fee.

We hope that this event will be a good restart to better times!

All the best and stay healthy.

Peter Ickert