

21st Röntgen Runners Day/ The X-Ray Run

29 October 2023

- Cross-country runs
- Walking / Nordic walking
- Ultra-marathon relay 3 x 21.1 km
- 21.1 km, 42.2 km, 63.3 km race
- German Medical Doctors Marathon Championships

Announcement

It has now been 120 years since a man from Remscheid-Lennep received the Nobel Prize for physics: Wilhelm Conrad Röntgen. On 8 November 1895 Röntgen, working at the University of Würzburg, discovered the rays since named after him. For more than 123 years x-rays have been applied and developed even further for the benefit of patients in medical technology. Their use opened up the path to modern diagnostic medicine and radiation therapy.

On the 100th anniversary of the awarding of the first Nobel Prize, the City of Remscheid dedicated this X-ray running Day to its illustrious son and it is now being held for the 21st time.

Organiser: Röntgen Sport Club Remscheid e.V.

Sponsors: City of Remscheid, Department of Schools and Sports
Lennep Gymnastics Club
"Frisch Auf" Lennep Gymnastics Club
Lennep Swimming Club

Distances

63.3 km run (1 round = original Röntgenweg)

Röntgenweg is a very varied circular course around Remscheid offering spectacular views of the Bergische (Hilly) region landscape along its 63.3 km stretch. It runs through cool valleys and passes by water hammers acting as witnesses to the industrialisation setting in during the 19th century. Passing in front of old Berg half-timbered houses, the path passes underneath Germany's highest railway bridge and then over the mediaeval castle of Burg in the direction of Germany's oldest dammed reservoir. The difference in altitude comes to about 1,100 metres.

Start: around 8:30 a.m. in the Hackenberg Sports Centre in Lennep

Finish: Hackenberg Sports Centre

Finish line closes: 5:30 p.m.

Marathon cut-Off time = maximum 6 hours

Difference in altitude: about 1370 metres

Marathon 42.195 km race (2/3 round)

Start: Shuttle busses to the start leave approx.. 8.45 at the Hackenberg Sports Centre in Lennepe

Finish: Hackenberg Sports Centre

(Transport of clothing from start to finish and trip back with the shuttle bus to Lennepe)

Finish line closes: 3:15 p.m.

Difference in altitude: about 960 metres gain, and 820 meters loss

Semi-Marathon 21.1 km race / walking / Nordic walking (1/3 round)

Start: about 8:30 a.m. in the Hackenberg Sports Centre in Lennepe

Finish: Remscheid-Hasten

(Transport of clothing from start to finish, trip back with the shuttle bus to the showers in the finish area in Lennepe)

Finish line closes: 1:30 p.m.

Everybody's cross-country 5 km

Starting gun: 1:30 p.m. in the Hackenberg Sports Centre in Lennepe

Finish: Hackenberg Sports Centre

Röntgen cross-country 10 km (2 loops of 5 km)

Starting gun: around 2:15 p.m. in the Hackenberg Sports Centre in Lennepe

Finish: Hackenberg Sports Centre

Time keeping:

Done by Chip in Bib (net time measurement)

Routes

All routes have been official measured by the City of Remscheid's Department of Surveying, Real Estate and Land Register

Registration

Registration can be made by paying the starting fee and sending in the completed registration form. The form must be filled in completely and legibly and signed personally. Foreign participants can make payment on the day of the event.

Failure to participate will not result in a refund, the fee will be considered a donation for the event.

For the starting fee you can expect the following benefits:

- Starting number
- Certificate
- Clothing bag (only for 21 and 42 km)
- An aid station about every 5 km (from 22 km onwards bananas as well)
- Transport of the clothing bag from start to the finish for those participating in the marathon and semi-marathon
- Free trip back in the framework of shuttle bus traffic for those participating in the marathon, semi-marathon and relay
- Medals for 21 km and up

Prizes

200 item prizes will be raffled off among all pre registered participants. There are awards for the first three men and women finishing (except for walking and Nordic walking).

Walking

21.1 (for details see the race routes)
No record of placing.

Nordic walking

21.1
No record of placing.

City championship

For 10, 21.1 km, 42.2 km, 63.3 km and all cross-country races up through medium-range men's and women's, the Remscheid City Champion will be determined (please tick in when registering).

German Medical Doctors Marathon Championship

The German Medical Marathon Championship is held over the 42.2 km route (please tick in when registering).

Late registrations

Registrations received after 30 September 2023 will be considered late registrations. These are possible up to one hour prior to the starting gun, provided that there are still places free. There is no claim to all benefits.

Starter documents

The starter documents will be given out at the pasta party the day before the race from 4 to 8 p.m. and on the day of the races, up to 45 minutes before the starting gun.

Online registrations can be made at: *www.roentgenlauf.de*

Liability

Neither the organiser nor the sponsors nor the planners nor competition management nor the owners will assume any liability whatsoever for the nature of the route and the hazards entailed for competitors and officials. The sponsor is in addition not liable for physical injuries or physical damage.