

**RULE BOOKLET - FAQ
EXPERTS GUIDE SERVICE 2022
-Berlin Marathon-
PLEASE READ ALL POINTS CAREFULLY!**

Hello dear participants, on

EXPERTS MARATHON GUIDE Project 2022.

My name is Werner Kaminski and also this year I took over the organization for the EXPERTS MARATHON GUIDE SERVICE for Sebastian Baumgartner and you will meet me in Berlin.

- **Where and when do they meet the EXPERTS GUIDE SERVICE participants?**

Saturday, September 24, 2022,
from 10:00 am in front of the INLINE VILLAGE near
"Brandenburg Gate" in Ebertstrasse at the
EXPERTS booth!



Here are the answers to the most important questions about the organization.

-Where can I get my race number?

-Where and when do they meet the EXPERTS GUIDE SERVICE participants?

-What do I need to bring to the meeting with EXPERTS GUIDES?

-When and where do we meet the EXPERTS MARATHON GUIDES?

-How are the groups (finish time) assigned to the EXPERTS MARATHON GUIDES?

-How many EXPERTS MARATHON GUIDES are there per group?

-When does the skating-in begin with the GUIDES?

-Where can I store my things during the skating-in, if necessary?

-Where does the skating-in with the EXPERTS GUIDE groups take place?

-What is practiced with the participants there at the EINSKATEN?

-What if I notice when skating in: too slow or too fast?

-How long does it take to skate in?

-What is the priority for the groups 01:20 u. 01:25 ?

-What is your/our priority in the 01:30 to 02:15 race?

-How to organize the GUIDE groups from 01:30 to 02:15



- What happens if skaters from the group can't keep up the pace on the way?
- When will the group meet in the start zones?
- What do the GUIDE shirts look like?
- What and how do I take food and drink?
- What starting blocks do the EXPERTS GUIDE groups use?
- Where do I meet the EXPERTS GUIDES if I could NOT be at the skating-in?
- What if it rains?
- Where to put my feedback after the race?
- If there should still be questions and especially suggestions and requests?!
- What is NOT provided by the EXPERTS MARATHON GUIDES?
- What more to say!

- **Where can I get my race number?**

Your registration confirmation for the Berlin Marathon should have reached you by mail and you will receive your personal starting documents like all other participants at the VITAL Fair, Thursday, Friday and Saturday morning. Please follow the rules of the BERLIN MARATHON 2022. Pick up everything personally, bring your ID card, take over the security tape personally!

And do **not forget or borrow Champion Chip!**

- **Where and when do they meet the participants in the EXPERTS GUIDE project?**

Saturday, September 24, 2022,
from 10:00 a.m. INLINE VILLAGE near "Brandenburger Tor/Startzone
at the ROLLERBLADE/EXPERTS tent.

Please arrive so that
we can start
punctually at 11:30 to
skate in!!!





At the EXPERTS tent you will receive your "**FOLLOW ME**" shirts and if applicable the letter stickers for access to the appropriate start zones (B-E) **The booth closes at 14:30!!!**



- **What do I need to bring to the meeting with EXPERTS GUIDES?**

1. Receipt for the **30 EURO participation fee**, or if applicable this then **cash** pay to the GUIDES in the tent!
2. Please note the duration of the transfer!!!
3. Your complete skate equipment, helmet is mandatory!!!
4. **Bring your start number**, because on your respective start number there is the letter correction to the start zone (B to E) and we need the start numbers also for the access to the skating-in!

- **When and where will we meet the EXPERTS MARATHON GUIDES?** Approx. 11:30 a.m.: Meeting of all participants with the EXPERT GUIDES. Please be dressed ready in skates, shirt and helmet!!!

The meeting point is on the open space next to/before the EXPERTS Pavilion



- **How are the groups (finish time) assigned to the EXPERTS MARATHON GUIDES?**



The GUIDES will then be briefly introduced to you and they will then gather their group. There are large signs with the GUIDE target times so that you can easily find each other when dividing the group. The target times are staggered in 5 minute increments from 01:20 to 02:15. You just roll up to your EXPERTS MARATHON GUIDE with your planned finish time.

How many EXPERTS MARATHON GUIDES are there per group?

-finish times from 02:15 to 01:30 always 2 guides who lead or accompany the group. Approx. 10-12 participants per group.

-finish time of 01:25 and 01:20 always only 1 guide, but the groups are then also much smaller, max. 6-8 participants

- **When does the skating-in with the GUIDES start?** Approx. 11:30/11:45 a.m. Set off and roll for skating in. (No skating in case of rain or wet roads!!)
The skating-in takes place immediately after the grouping, so please have your skates/helmet and start number ready or put them on right away.



- **Where can I find my Store things during skating in?**

IMPORTANT NOTICE!! Unfortunately, it is not possible for us to store your belongings in the EXPERTS tent. There is limited space next to the tent where you can store your stuff on the ground. If you deposit your stuff there, then without any liability for loss or damage!!!

PLEASE DO NOT STORE LUGGAGE AT THE BARRIERS!!!

- **Where does the skating-in with the EXPERTS GUIDE groups take place?**

The skating in is, as in previous years, on the "relief road" or **J.F. Dulles Avenue**. The short access road is closed, but the security staff at the respective gates are informed and let us pass, **but also only with your GUIDE and with the start number!**

ATTENTION: Unfortunately, **J.F. Dulles Avenue** is NOT completely closed to traffic, but there is very little vehicle traffic.

- **What will be practiced with the participants there?** First ride loosely in the group, see how the driving of fast turns goes, as well as braking in the group. Then the GUIDES know what may still need a little practice.

These three elements: group, turn and braking should/must be practiced, especially at the respective planned race speed.

On the training track, a few typical Berlin curves (turns) are tried out and the behavior is practiced in the group.

- **What if I realize when skating in: too slow or too fast?**

The EXPERTS GUIDES will then be fair to you and explain what our personal recommendation is from experience. It may be better to define a new target time or just skate at the beginning or end of the group.

- **How long does it take to skate in?**

The whole skating-in can take around 30-40 minutes.



- **What is priority for groups 01:20 u. 01:25**

The EXPERTS GUIDE rolls the tempo / pace and knows the track, so before and in and especially after the turns selects the optimal speed, so that it does not tear apart the GUIDE group. A good coordination and change in the group, to then be the perfect group, is practiced during skating in.

- **What is your/our priority in the 01:30 to 02:15 race?**

- a. Arrive at the finish time, no matter who gets lost along the way.
- b. Arrive as a complete group, even if the time is not quite hit.
- c. After one third of the distance we will see what is going on and how everyone feels and then decide.

When skating in, please make your choice between strategies a. to c. in the group and with the GUIDES.

- **How to organize the GUIDE groups from 01:30 to 02:15**

There are 2 EXPERTS GUIDES who are in the group. A GUIDE rolls in the middle or next to the train, then it also works with the information.

- **What happens if skaters from the group can't keep up the pace on the way?**

Here there is also the possibility that the group if necessary on the way again on the two GUIDES distributed if it is or becomes for some then nevertheless too fast.

However, this will all be discussed again during the skating-in in the group.

- **When do the groups meet in the respective start zones?**

The groups meet at the latest at **15:00 in** the respective start zones
The groups (target time/EXPERTS GUIDE) meet at the end of the start zone, on the north side, so in starting direction RIGHT!!! With how much time to the start you meet in the start zone in the rain, I leave times to the GUIDES or groups. The wearing of the GUIDE shirts is mandatory to be recognized as a group / team!!!



- **What will the participant shirts look like in 2022?**

Participants' shirts are short-sleeved functional shirts with print and with 3 back pockets.

- **What and how do I take food and drink with me?**

Best as practiced in training with success and tolerated and transported in the drinking belt or similar. Please also take enough to drink!

- **Which starting blocks do the EXPERTS GUIDE groups use?**

For the race ALL groups will start in the starting blocks as follows:

Start block B Target times 01:20

Start block C Target times 01:25 and 01:30 and 01:35 and 01:40

Start block D Target times 01:45 and 01:50 and 01:55 and 02:00

Start block E Target times 02:15 and more

There then always at the end and north side of the starter group / start zone. So in rolling direction, right lane.

- **Where do I meet the EXPERTS GUIDES when I could NOT be at the skating-in?**

An EXPERT GUIDE will wait at the entrance to the respective block until shortly before the start, in order to allow latecomers, who could not be at the skating-in, access to the respective starting block by means of sticker letters on the start number!

Shirt etc. can NOT be brought by the EXPERT GUIDE! Who can not come to roll in, please info by mail!

- **What if it rains?**

EVEN IN RAIN THE EXPERTS START MARATHON GUIDES!!!

Only the planned target times may not be reached for safety reasons!



- **What is NOT provided by the EXPERTS MARATHON GUIDES?**

No liability for personal injury and property damage during participation!
No guarantee of reaching the planned finish time.

No participant will be pulled or pushed by the GUIDE during the race!

- **Where to put my feedback after the race?**

All participants I now still ask for their personal feedback and / or pictures after the race about the GUIDE action and their GUIDES by mail to me directly.

- **If there should be still questions and above all suggestions and requests?!**

Then please immediately bring it directly to me. I will try to find answers and solutions asap.

Werner Kaminski
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- **What more could be said!**

I wish you a relaxed journey and look forward to welcoming you in Berlin.

And then we will start together to the obligatory goosebumps sounds of HELL BELLS to the BERLIN MARATHON 2022!!!

EXPERTS IN SPEED
Werner Kaminski
Organization BERLIN EXPERTS MARATHON GUIDE SERVICE