

****IMPORTANT INFORMATION ON THE 5 AND 10 K RUN **MUST READ ****

Dear runners,

We look forward to welcoming you soon to the 10 and 5 kilometer run as part of the the Gay Games VIII here in Cologne. So we can all enjoy a relaxed event, we have summarized the most important information needed to participate. Please read this information carefully!



Have fun and success at the Gay Games!

1. Registration

The registration will take place at the Cologne Convention Centre (KölnMesse) in Köln-Deutz:

Thursday 29 July, 12.00 - 22.00 h

Friday, July 30, 09.00 - 22.00 h

Saturday 31 July, 09.00 - 17.00 h

Please have at the ready the following documents for the registration process:

- Photo identification (identity card / passport / driver's license)
- Registration confirmation
- Proof of payment (bank statement / credit card / Pay Pal ID)

Please have the exact change ready for your single use chip(s):

one chip € 5.00

two chips €10.00

THANK YOU!

To successfully register, you have to go through several steps at the Cologne Convention Centre:

a) At the GayGames booth you'll get your Gay Games-card ("badge"). This is also your ticket for public transport in Cologne (buses and trams).

b) Pick up your starter package (race number and chip, if necessary) at the separate booth "Running 10km/5km" also at the Cologne Convention Centre(KölnMesse).

If you have signed up for 10k **and** 5k run, you will receive for each run a separate race number and optionally a separate single-use chip to measure time (unless you have your own chip already registered online). Both (race number and if necessary the single-use chip) are only valid for the respective run.

The fee per single-use chip is € 5.00 and must be paid at Cologne Convention Centre(KölnMesse). Please note: EXACT CASH ONLY! Thank you!!!!

Map of registration (at Cologne Convention Centre):



If you arrive after July, 31:

If you arrive after Saturday (31.07.) registration is only possible at the Gay Games booth at Rudolfplatz in the Hahnentorburg.

Address:

Rudolfplatz, 50674 Cologne, opening times from Sun, 1.8. daily 9-22 h

In this case you can pick up your race number and (if necessary) your single-use chip at each race day from 15.30-16.30 h in the start / finish area. PLEASE have the fee for your single-use-chip ready. EXACT CASH ONLY! THANK YOU!!!

2. Start time / place of the run:

Please come with your correct race number on your shirt and the correct chip on your shoes to the starting point of the run. Please note that you should wear only one single chip on your shoes.

The course is located outside Cologne at the Rheinenergie-Stadium, which is outside the city centre. Therefore, please leave yourself sufficient time to get there.

We recommend you to be there at, the latest, by 16.30 h.

Start 10km run: Monday 02 August, 17.00 h

Start 5km run: Thursday 05 August, 17.00 h

Address:

Jahnwiesen, Sportpark Müngersdorf, Guts-Muths-Weg, 50933 Köln

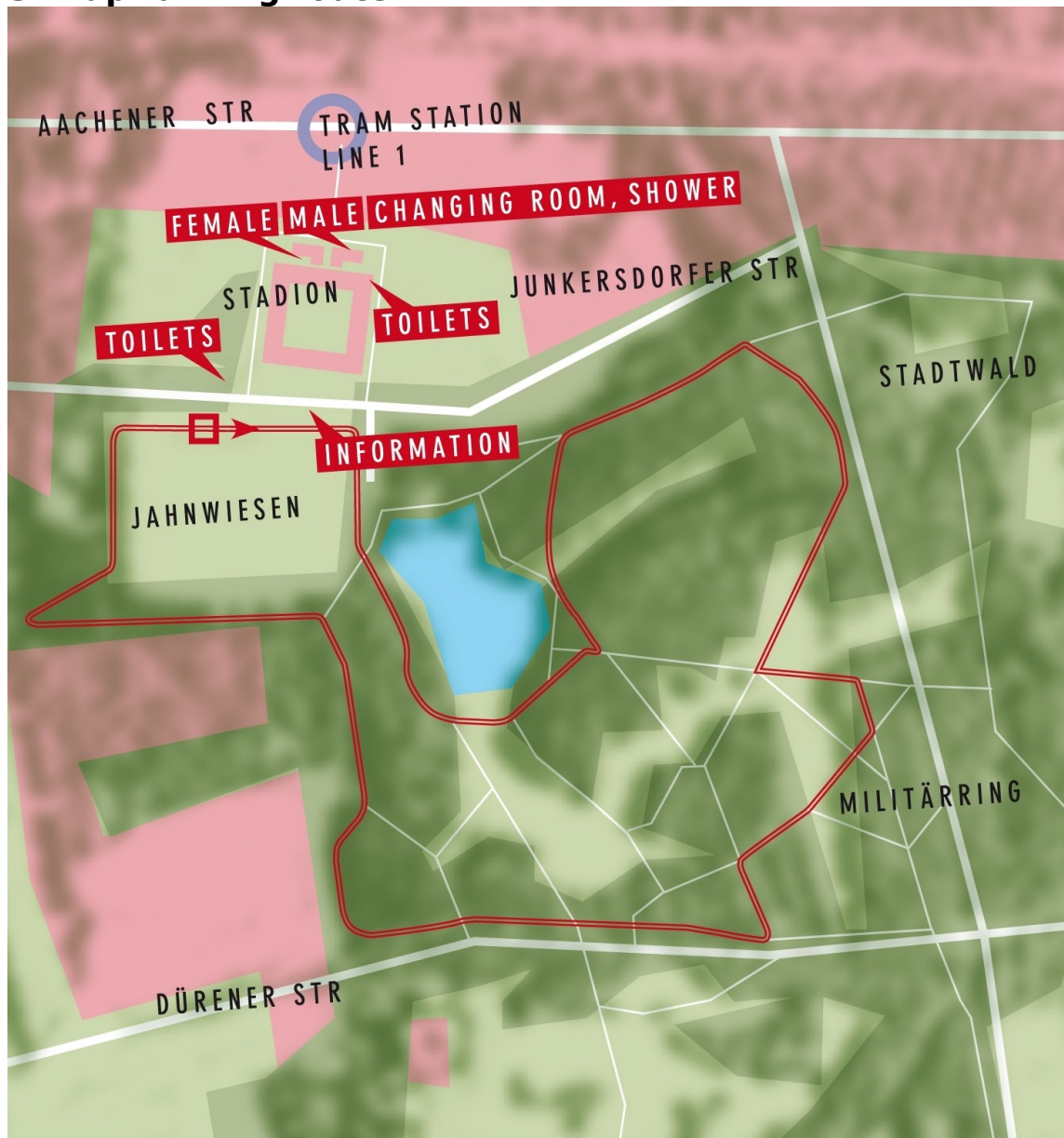
Travelling by bus / train:

Tram # 1 towards Junkersdorf or Weiden West,
Stop "Rheinenergie Stadion" (25 minutes from Neumarkt),
then 600 m walk (10 minutes)

Arriving by car:

Follow the Aachener Str out of town and follow the signs to the stadium.
Parking spaces are marked.

3. Map running route



4. Changing rooms / showers / toilets

See Map

5. Cloakroom / storage

From 15.30 - 19.00 h you'll find a secure cloakroom / wardrobe close to the start / finish area.

6. Presentation ceremony

About 18.30 h on Monday and about 18.00 h on Thursday the presentation ceremony will take place in the start / finish area.

Results of women and men are counted separately according to the following age groups: 18-29, 30-34, 35-39 (continues in five-year increments). The results are published locally and on the Internet at www.games-cologne.de. The top three female and male runners will receive a medal (gold, silver or bronze).

We look forward to welcoming you soon in Cologne! Good luck!

Your organization team for the 10k and 5K runs.