



# General Informations Sheet WMA (GIS WMA)

## WMA 100km World Championships

within the



## Bernau by Berlin (GER)

### August 27<sup>th</sup>, 2022

Version 2022-05-25

please check <https://wc100kberlin.org/en/technical-regulations-wma> for an eventually updated version

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# World Masters WMA

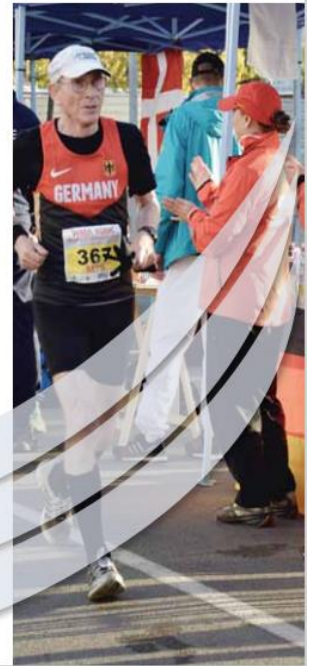
Open World Age Group Championships



The World Masters Championships, which are embedded in this event, will be held in parallel. The best Masters Athletes of each category will also fight for titles in the same race. World Masters Athletics (WMA), founded in 1977, hosts championships for age classes 35 and older. Thanks to an agreement between the IAU and WMA, both world championships are held simultaneously.

All athletes that are 35 or older and want to place in the WMA 100 k Masters World Championships must personally register with WMA. Athletes that are nominated for their national team to run in the IAU World Championships and in addition want to place in their age category at the WMA 100 k Masters World Championships, also have to register with WMA before the registration deadline. To give you an example, the overall winner of the championship race and world champion can also, in addition, be the winner and world champion of his age category 35 or older. This also means, that some-one, that places mid-field in the IAU Championships still can become world champion or any other achieved place in his age category of the WMA Masters World Championships if registered with WMA for the Masters Championships before the registration deadline.

In Sveti Martin a total of 275 runners were registered. The share of women was almost 40% and shows that the share of women in ultra running is higher than in other running disciplines.





## **WELCOME BY THE LOC**

We are very proud and happy to host the 31<sup>st</sup> IAU 100km World Championships in the metropolitan region of Berlin-Brandenburg.

Berlin is a running metropolis not only for the traditional distances with the well-known marathon world record course. The German championships in the 50km and 100km road races were also held here. The 100MeilenBerlin – Der Mauerweglauf is also a permanent fixture in Berlin.

Bernau has a long history. The Bauhaus monument Bundesschule belongs to the more recent ones; built between 1927 and 1930, the Bundesschule has been an UNESCO World Heritage Site since 2017. This area will be the centre of the running action on August 27<sup>th</sup> 2022. The flat pendulum course promises fast times. The German Championships in the 100km road race were held here on September 18<sup>th</sup> 2021, with André Collet winning the men's race in 6:46:41 hours and Katrin Gottschalk the woman's race in 8:12:03 hours.



The LOC as well as the whole community of Bernau is looking forward to meeting all of you and already sending a warm welcome to everyone.



We wish you an exciting competition and a great time in Berlin and Bernau.

Olaf Ilk  
President LOC

## **WELCOME BY THE COMMUNITY OF BERNAU**

**The world meets in Bernau for the 100-kilometre road race**



For the first time, a world championship in ultrarunning will be held in Germany. This is what Jörg Stutzke, former President of the German Ultramarathon Association, who died much too early last year, had always wanted. He would also have been incredibly pleased that the organisers chose Bernau as the venue for the competition.

The city is happy to host athletes from all over the world in August. After all, sporting events also contribute to international understanding.

Looking forward to an exciting world championship

André Stahl  
Mayor of Bernau

## **WELCOME BY THE IAU**



**Friends!** It is my great pleasure to invite you to the 100km World Championships. It is exciting to bring back the championships after a 2-year hiatus due to the pandemic.

This is the first time in the history of the IAU that the championships are coming to Germany. It has always been a goal for us and now it has truly become a reality. The sport of ultrarunning has become very popular in the country over the last couple of decades and this event will further solidify that elevation in the realm of athletics.

I want to take this opportunity to thank the Deutscher Leichtathletik-Verband (DLV), the Deutsche Ultramarathon-Vereinigung e.V (DUV), and the local organizing committee for working hard on these championships and ensuring that they will be a tremendous success.

I also want to thank and acknowledge our long running partnership with World Masters Athletics (WMA). I know these championships hold a special meaning for President Margit Jungmann as we are coming to her home country. This collaboration has given athletes an extra realm of championships to partake in.

I know, dear athletes, that it has been a tough two years. However, you have all shown your true resilience and persevered through those hard times. It is our great pleasure to bring back the platform to you so that you can continue showcasing your talents on the international stage.



I look forward to meeting each and every one of you. It will be outstanding to witness all of you proudly representing your respective nations in the world championships.

Willkommen in Bernau and Berlin... Welcome to Bernau and Berlin!

Nadeem Khan  
President of the IAU

## **WELCOME BY THE GERMAN ATHLETICS FEDERATION**

### **Premiere for World Championships of a special kind in Bernau**



For the first time, Germany will host the World Championships over 100 kilometres in Bernau near Berlin on 27 August. This is another highlight after the European Athletics Championships in Munich (15 - 21 August) and before the traditional ISTAF stadium sports festival (4 September) in Berlin. The German Ultramarathon Association (DUV) is the cooperation partner of the German Athletics Association (DLV), which has applied for the event. I am already convinced that both the DUV and the DLV will provide optimal conditions for the athletes. The large ultramarathon community can therefore look forward to the highlight at the gates of Berlin.

### **First 100-kilometre championships in 1987**

German championships over 100 kilometres were held for the first time in 1987. Personally, I find it hard to imagine how anyone could manage a distance of 100 kilometres, but the specialists run under seven hours for the men and under eight hours

for the women, which implies a high average pace. The Masters World Championships are also included in the World Championships, which will please the Masters scene in Germany, as many events could not take place due to the pandemic. If the spectators along the course then cheer on the athletes accordingly and motivate them, I am convinced that this will be a great weekend for the ultra marathoners.



I wish everyone every success and already thank all the volunteers and helpers without whom such an event could not be organised.  
Keep on Running!!!!  
With best regards

Jürgen Kessing  
President of the DLV

### **PRESIDENT'S MESSAGE FOR THE WORLD MASTERS 100K CHAMPIONSHIPS 2022 IN BERLIN- BERNAU/GERMANY**

Welcome to the World Masters 100k Championships which are embedded in the IAU 31. World Championships 2022. The International Association of Ultrarunners (IAU), World Masters Athletics (WMA) and German Athletics Federation (DLV) are inviting you to participate in the Championships 2022 held in BERNAU, near Germany's capital BERLIN.



These championships are a win-win situation for the athletes and our organisations: IAU, responsible for the Ultra running competitions in the world, and WMA, responsible for world masters' competitions in athletics are offering to the athletes the opportunity of competing in 5 years age groups on an international level.

Together with WMA Vice President Competition Brian Keaveney I thank IAU, represented by President Nadeem Khan and General Secretary Hilary Walker, for successful cooperation for many years.

On behalf of the athletes we sincerely thank our hosts and organisers of DLV and German Ultra Marathon Association (DUV), Matthias Reick, Michael Sommer, Olaf Ilk and their whole team that they make it happen. Thank you for the great support you give to all athletes in so many ways all day.

I wish to all athletes and guests that you enjoy athletics, friendship and new experiences in the Ultra running family! Let us celebrate together this special day.



On behalf of the WMA Council

Margit Jungmann  
WMA PRESIDENT

## 1 NATIONAL ATHLETICS FEDERATION

### CONTACT DETAILS NATIONAL ATHLETICS FEDERATION

**Country** Germany  
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## 2 LOCAL ORGANIZING COMMITTEE (LOC)

### CONTACT DETAILS LOC

#### LOC



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#### PRESIDENT

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#### REGISTRATION / TIME KEEPING

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### 3 INTERNATIONAL ASSOCIATION OF ULTRARUNNERS (IAU)

**WEBSITE:** [www.iau-ultramarathon.org](http://www.iau-ultramarathon.org)

#### **IAU PRESIDENT**

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## 4 WORLD MASTERS ATHLETICS (WMA)

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**E-mail** [masters@sympatico.ca](mailto:masters@sympatico.ca)

## 5 STEPS TO TAKE TO SUCCESSFULLY PARTICIPATE

### Step 1. Register for the World Championships:

<https://wc100kberlin.org/en/registration-wma>

and take notice of the Waiver [https://wc100kberlin.org/wp-content/uploads/orga/WMA\\_Waivers\\_20220522.pdf](https://wc100kberlin.org/wp-content/uploads/orga/WMA_Waivers_20220522.pdf)

### Step 2. VISA

**Any foreign visitor wishing to visit Germany should have a valid passport**

Please check on this website, if you need a **visa** for Germany.

[HTTPS://WWW.AUSWAERTIGES-AMT.DE/EN/VISA-SERVICE/-/231148](https://www.auswaertiges-amt.de/en/visa-service/-/231148)

Individuals who need a visa may contact the LOC to receive an extra invitation letter for the visa application.

Before you travel to Germany, also check for the latest information on entry requirements and which vaccines are accepted in Germany.

**Step 3. ACCREDITATION CENTRE** - Confirm participation in the event by obtaining your bibs with the timing chips and accreditation on Friday, 26<sup>th</sup> August.

**Step 4.** You are very WELCOME to take part in the **OPENING CEREMONY and PASTA PARTY** on Friday, 26<sup>th</sup> August at EVENT HALL (Stadthalle) BERNAU starting at 3pm. You are not obligated to take part.

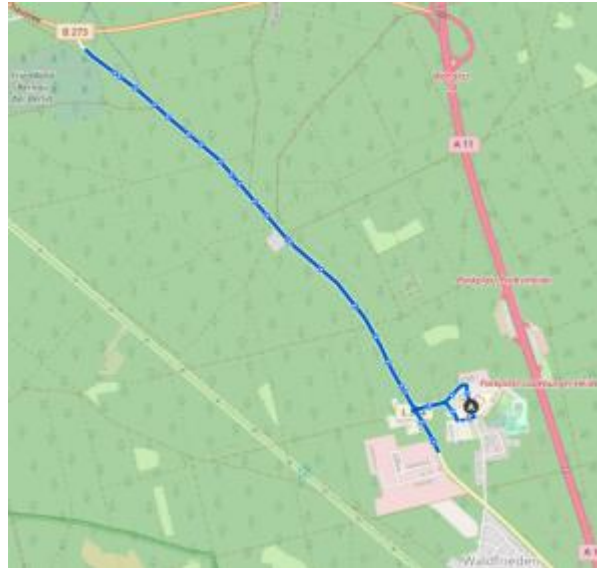
**Step 5.** Get to the **COMPETITION VENUE/RACE COURSE** on time to prepare and not to miss the end of the REGISTRATION PERIOD at 6.20 am. Athletes must report for REGISTRATION between 5.40 am and 6.20 am, otherwise you will be disqualified and cannot take part in the championship.

**Please read the following information carefully to be prepared**

## 6 GENERAL COMPETITION INFORMATION

<b>MIAUC</b>	<b>WMA 100km Championships</b>
<b>Date</b>	<b>27<sup>th</sup> August 2022</b>
<b>Start time</b>	<b>06:30 am</b>
<b>Max. time</b>	<b>13 hrs</b>
<b>Course</b>	<b>Road</b>

### Short description of the course:



The town of Bernau bei Berlin, with its 40,000 inhabitants, is located just to the northeast of Berlin, Germany. The course is ca. 5 km outside of Bernau to the northwest with start and finish in the Bauhaus monument Bundesschule, the second largest Bauhaus building next to the Bauhaus itself. In 2017, this monument was named a UNESCO World Heritage Site. This area is the center of the event on race day. From the sports grounds, the running course leads onto the wide, wind-protected Wandlitzer

This area is the center of the event on race day. From the sports grounds, the running course leads onto the wide, wind-protected Wandlitzer Chaussee, a flat, well-asphalted road through a forest. It is an out-and-back course with two turning points in the north and in the south. In each lap we will pass through the Bauhaus monument with the refreshment area.

### Lap length

With an initial lap of 2.5 km and 13 more laps with a length of 7.5 km, there are the following distances, when the runners cross the starting line: 2.5k, 10k, 17.5k, 25k, 32.5k, 40k, 47.5k, 55k, 62.5k, 70k, 77.5k, 85k, 92.5k, 100k.

More informations about the race on the website:

[https://wc100kberlin.org/en/race\\_course](https://wc100kberlin.org/en/race_course)

### Profile

Start/Finsh at: 72 mtrs

Highest point: 87 mtrs

## 7 ENTRIES AND CONFIRMATION

Refer to the organization website: <https://wc100kberlin.org/>

### 7.1 ENTRIES

Each Masters athlete must enter the competition through the registration website <https://www.simplyregister.net/register/?e=121830> **before midnight Eastern Standard Time (EST USA) 31<sup>st</sup> of July 2022**

It is also embedded in the official site: <https://wc100kberlin.org/en/registration-wma>

Athletes who are already entered in the IAU 100 km Championships as part of a country team and who wish to be eligible for placing in the Masters World Championships Race must in addition also register on the Master's registration website <https://www.simplyregister.net/register/?e=121830> and pay the fee.

The WMA Championship 100K awards medals for placing 1 to 3 in the WMA's official five-year age-groups. There will be no Country Team Award. The athlete's age-group is decided by the athlete's age on the first day of competition. The ages are 35 and above for both men and women to qualify for the Masters Race.

### 7.2 Confirmation of Entry

An athlete must be a member of their countries Masters Athletics Member Organisation to compete in the WMA 100 km World Championships. Your National Member Organisation will be asked to verify your membership, otherwise you are not eligible.

### 7.3 Uniform

In WMA Championships, all athletes **MUST** wear a competition top that **is officially approved by their National Masters Member**. It is mandatory to wear such an approved national uniform clearly identifying the country that he/she represents. The WMA Technical Delegate can disqualify participants from the Championships if something other than the approved national competition top is worn.

**A club singlet or vest is not acceptable.**

All advertising on the uniforms of the athletes during the competition and the awards will be in accordance with the rules of the WA and WMA regarding the size and content.

Book C – C7.2

MARKETING AND ADVERTISING REGULATIONS

INTERNATIONAL COMPETITIONS 1.1(A) (WAS), 1.3 & 1.4:

CLOTHING & ACCESSORIES



## 8 Accreditation

### 8.1 Accreditation Centre

Accreditation for the Masters 100k World Championships will be possible on

- **Friday, 26<sup>th</sup> August** at the accreditation center at
  - **H2 Hotel Berlin Alexanderplatz**, Karl-Liebknecht-Straße 32, 10178 Berlin  
**9 am – 11am and 7 pm – 9pm.**
  - **City Event Hall (Stadthalle) Bernau**, Hussitenstraße 1, 16321 Bernau bei Berlin  
**1 pm- 5:30 pm** (300m from station Bernau)

Accreditation for the Masters 100k World Championships in case of late arrivals will also be possible on

- **Saturday, 27<sup>th</sup> August** at the accreditation center at
  - **Start and finish in the Bauhaus monument Bundesschule**  
**5:15 am - 6:00 am**

(please be aware that if you check in this late, as others might do too, the accreditation process will be stopped at 6 am and who hasn't checked in by then will not be able to start)

### 8.2 Registration Pack and Accreditation Pass Collection

All registered athletes, officials, accompanying persons and supporting personnel must collect their registration pack from the Accreditation Centre. The registration pack will include an accreditation pass, bib numbers for participants, and other information the LOC will provide.

### 8.3 Accreditation Passes

Accreditation is a process designed to ensure that participants and guests are provided with the appropriate level of physical access to all venues and areas.

All registered athletes, accompanying persons and supporting personnel (e.g., media, medical staff, team managers) will receive an event accreditation pass upon registering at the Accreditation Centre. To collect their accreditation pass, registered athletes, accompanying persons and supporting personnel must present a passport or other government-issued identification (with picture included).

### 8.4 Competition Numbers (Bibs)

All athletes will receive two bibs in their registration pack, which must be collected and worn and properly attached on your competition vest. The one bib with the two Timing Chips is to be worn on the front, the other bib without the Timing Chips on the back.

The bibs will have the competitors number and the competitors age group on it.

You will also receive a Label that you can use to mark your clothing bag, if needed.  
The bibs must not be cut, bent, or otherwise modified, under penalty of disqualification.

## 9 Technical Information

### 9.1 TECHNICAL INFORMATION CENTER (TIC)

#### Location:

The Technical Information Centre (TIC) will be located in the building on the right hand side of the finish line and will be open from 5 am to 8.30 pm on the 27<sup>th</sup> August.

The purpose of the TIC is to provide services to the athletes, support staff, media, language services, lost property and provide for Protest and Appeals (WA 8. Protests and Appeals)


### 9.2 Call Room / Race Registration

There will be no official CALL ROOM for the Masters competition, but every athlete must register with the officials at the starting lane before the race. The REGISTRATION PROCESS will open at 5.40 am and end at 6.20 am. If you are not registered by 6.20 am, you will be disqualified and cannot take part in the race.

### 9.3 Secure Bag Drop

A secured bag drop and pick up facility for Masters Athletes will be available at the competition venue close to the starting lane.

You need to fix your label visible on your bag and you need your race bib for picking your up bag after the race.

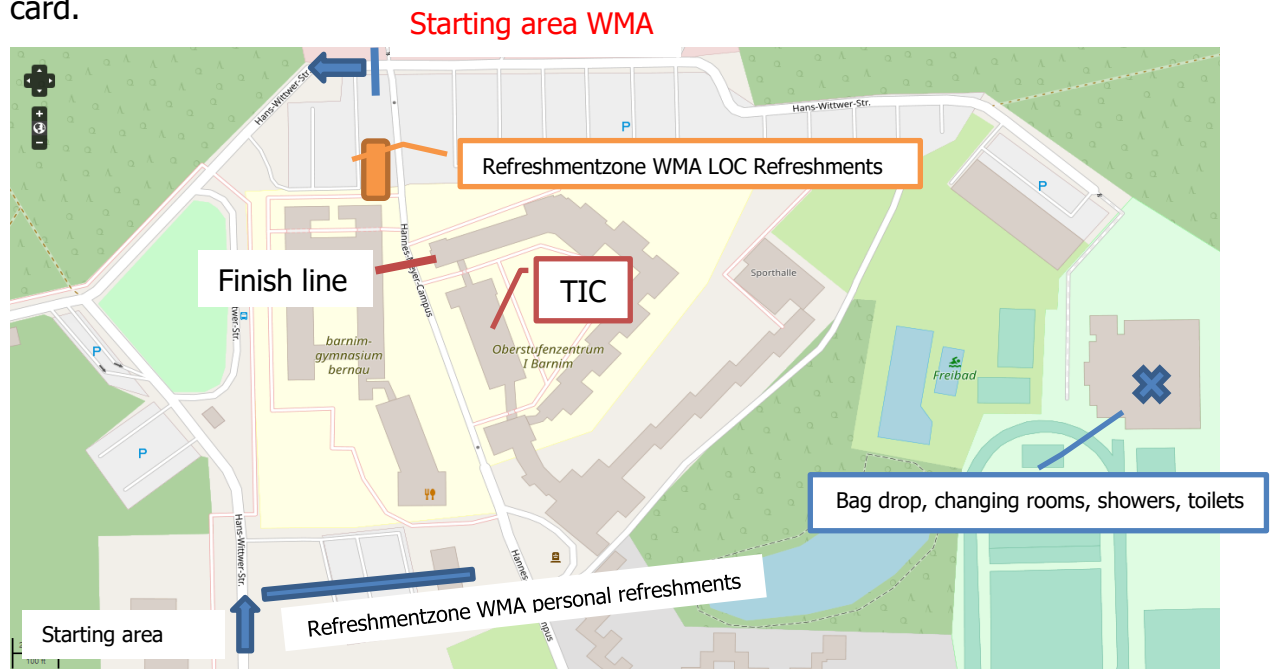
(see map below )

### 9.4 Refreshments

- Refreshment tables for WMA participants will be provided as stipulated in the regulations of the WA and WMA at the end of each lap behind the FINISH LINE.  
There will be Still Water, Cola and Isotonic Drinks as well as snack bars, bananas and apples available.
- Athletes with their own refreshments will personally place them on the marked tables within the dedicated area of the MASTERS REFRESHMENT ZONE (see map below). Personal refreshments will have to be marked with the bib number of the athlete.

Only accredited support staff can hand out the personalized refreshments to the athletes from behind the tables. These accredited representatives must not in any way interfere with the progress of the race.

By RULE and REGULATION NO REFRESHMENT is to be issued outside the refreshment zone. An athlete who receives or collects refreshment or any other item from a place other than the official stations or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card.



## 9.5 Starting line

There will be separate starting lines and line ups for the IAU and WMA 100 km World Championships Race. WMA Race will start as posted on the map above.

## 9.6 The Start

The race will start at 6.30 am by Gun Time for both championships races (IAU & WMA) simultaneously. The COMMAND will be "ON YOUR MARK followed by the GUN SHOT. Men and women as well as IAU and MASTERS will start at the same time, but the WMA Runners will have their own starting area. (see map above).

## 9.7 Safety Officers

The WMA will have Safety Officers in place at the championships who shall have overall responsibility for the safety of athletes competing in the championships, safety aspects at competition venues and generally to ensure the overall safety of all aspects of the competition.

Safety Officers have the authority to withdraw from competition any athlete whose continued participation in the competition would, in the opinion of the Safety Officer, endanger the athlete's health and/or the safety of the other competitors. The decision to withdraw an athlete from any competition may be exercised by the Safety Officer and medical staff if it is a medical issue.

The Safety Officers and any appointed Deputies will be clearly identified.

## 9.8 End of Race

The race will finish after the athlete crosses the finish line after completing the full distance of 100km.

The CUT OFF TIME for the RACE is set at 13 hours. At 7.30 pm the RACE will end and everybody, that hasn't finished by then will be disqualified and marked as "DQ with reason". After 7.30 pm no one will be allowed to be on the race course any more since it will be open to traffic again.

## 9.9 Results

Every participant will place within his or her AGE GROUP 35 and up.

At the finish line of every lap the time and place within his/her age group will be posted and visible on a screen. The final result will be posted on a board outside the TIC as soon as possible after the last finisher of that age group has finished.

## 9.10 Protests and Appeals

Protests and appeals must be made in compliance with the rules of the WA and WMA as modified below and appeals submitted no later than 30 minutes after the display of the results for that age group. Results will be displayed at the competition venue outside the TIC.

A protest is an immediate disagreement about any aspect of any event. An appeal is a disagreement with a Referee's decision about a protest. There cannot be an appeal without a protest being held and a Referee decision.

### 9.10.1 Protests

Protests concerning the conduct or the result of an event should be made verbally to the Referee of the road race as soon as possible.

### 9.10.2 Appeals

If the athlete does not agree with a decision made by the Referee, the athlete or their team manager may then make a written appeal to the Jury of Appeal.

Any appeal must be lodged at the TIC. The time limit for lodging an appeal is 30 minutes from the time the results are posted.

The Appeal shall be in writing using the form provided for this purpose. The forms can be requested from the TIC. The form should be signed by the team manager, the athlete or official acting on behalf of the athlete concerned.

A deposit of 100€ will be required to confirm the appeal. If the appeal is not upheld, the deposit of 100€ will not be returned.



An appeal can only be lodged at the TIC. The Jury of Appeal shall issue a written decision. The decision will be available at the TIC.

### 9.11 Medal Ceremony

The Medal Ceremony (Places 1–3 of every age group) will be held for WMA Championship

- at **Hotel H2**, Karl-Liebknecht-Str. 32, 10178 Berlin,
- Saturday August 27<sup>th</sup>, 9 pm - 10:30 pm

Athletes are requested to attend the medal ceremony in an outfit representative of their country.

During the medal ceremony, the athletes will stand on the podium, medals will be presented to each athlete (first, second and third).

Athletes are not to bring country flags onto the podium.

A medal ceremony may be delayed if there is an appeal with regards to the results. Appeals must be lodged at the TIC. Appeal time limit: 30 minutes after the results are posted.

Where an appeal has been lodged, the medal presentation will be held over until the final result has been declared.

### 9.12 Allowed during the Race are:

Allowed are devices carried personally by athletes during a race such as

- heart rate monitors
- speed distance monitors
- stride sensors

are allowed provided that such device cannot be used to communicate with any other person. The devices should only be used for storing data of the race for later analysis and should not disturb other athletes.

### 9.13 Not allowed during the Race are:

Not allowed are technical equipment - Possession or use of

- cassette recorders
- radios
- CD
- radio transmitters
- mobile phone or
- similar devices

## 10 Medical and Anti Doping

### 10.1 Emergency

For emergency and ambulance services, dial **112**

Hospitals:

**Hospital Bernau** Ladeburger Str. 17, 16321 Bernau bei Berlin  
(app. 4km from competition venue/race course)

**Berlin:** multiple hospitals of all specializations within a radius of a few kilometers of H2/H4 Hotel and 20 to 40 km from competition venue/race course in Bernau.

### 10.2 Covid-19 Entry Requirements

Before you travel to Germany, check for the latest information on entry requirements and which vaccines are accepted in Germany.

<https://www.schengenvisainfo.com/news/travelling-to-germany-current-covid-entry-rules-explained/>

### 10.3 Covid-19 Requirements for WORLD CHAMPIONSHIP

Anti Covid-19 measures will be put in place during event to meet the national requirements but also to see after your health in the best way we can. This might mean, that the requirements we will be asking you to follow, might be stricter than then the national requirements.

The LOC will first announce and then update the COVID-19 REQUIREMENTS for the championships on the website starting in the beginning of August.

### 10.4 Medical Insurance

You are personally responsible for all occurring costs.

This includes all costs for ambulatory treatment, ambulance transport and in hospital care. All costs are subject to the German rules for hospital treatment and emergency transportation.

### 10.5 First Aid

First aid services will be provided by qualified first-aid staff along the competition route. They are skilled in case of emergency. Maps and signage indicating first aid locations will be present at the venue.

Staff will offer basic first aid and transportation to a hospital if further care is deemed necessary.

Any health care services provided outside of these first aid facilities will be at a cost to the individual, including the cost of all health, medical, hospital and associated resources and services.

## 10.6 Anti - Doping

For certain medical conditions, athletes may apply for a Therapeutic Use Exemption (TUE) for the use of prohibited substances and methods under the World Anti-Doping Code (WADC). The procedure is regulated for all athletes worldwide in the International Standard for Therapeutic Use Exemptions (ISTUE). WORLD MASTERS ATHLETICS offers you as an athlete wishing to compete the following service to obtain a TUE if needed:

Please submit the completed form to the WMA TUE Coordinator (contact details below) and keep a copy of the form for your records:

Carole Filer  
71 Hunter House Road  
Sheffield. S11 8TU  
Gt Britain  
Mob: 0044 (0) 754 882 6151  
Email: [wmatuesec@gmail.com](mailto:wmatuesec@gmail.com)

If there are further questions arising from this Form or regarding the relevant procedures for standard applications for TUEs on an international level, please contact Carole Filer at [wmatuesec@gmail.com](mailto:wmatuesec@gmail.com) (e-mail).

Please acknowledge that it might take some time before you receive the official document (TUE). It is advisable to ask ahead of time for the specifics of the procedure and how much time it will take to receive the TUE document. You need to hand in a copy of the TUE with your registration at the championship. Furthermore, you should have a copy of your passport and TUE available on race day in case of a doping control.

If you use substances or take medications, even if they are not on WADA's current Prohibited List, the following applies: Please declare all your substances and medications on the doping control form during a doping control.

## 10.7 Doping Sanctions

<https://world-masters-athletics.com/sanctioned-athletes-2/>

## 11 General Advise

- Limit the amount of cash you carry with you.
- **Keep a copy of your passport, credit card numbers separate from your wallet and your money.** You might need this for identification if asked by an official or if you are chosen for a DOPING TEST
- Police services dial 110

## 12 Hotels & Destination

Destinated Competition Hotels of the IAU 31st World Championships will be the **H2 & H4 Hotel Berlin Alexanderplatz.**

Athletes that are competing in the WMA 100k World Championships can also book rooms at the destinated competition hotel H2 & H4 Hotel Berlin Alexanderplatz by quoting "WMA 100k WC"

There are a variety of other accommodations available in Bernau and in Berlin. Please refer to the following links or use one of the familiar booking apps.

[https://www.bernau-bei-berlin.de/de/tourismus/schlafen\\_speisen/schlafen\\_speisen.html](https://www.bernau-bei-berlin.de/de/tourismus/schlafen_speisen/schlafen_speisen.html)

<https://www.visitberlin.de/en/hotels-berlin>

### 12.1 ATHLETES VILLAGE (AV): Hotel H2 + H4

Address: H2 Hotel, Karl-Liebknecht-Str. 32, 10178 Berlin

Website: <https://www.H-Hotels.com>

#### 12.1.1 Additional information about the Hotel:

- There is an internet connection (WIFI) in every room, which can be used for free.
- All the rooms are smoke-free.
- Prices including bedclothes, towels and end-cleaning.
- There is a supermarket in walking distance from the hotel.

#### 12.1.2 The accommodation will charge the following rates:

There are fixed (All-inclusive) prices **per person per night:**

#### H2

		Full Board	Half Board
<b>Single Room</b> (Room charge)	SR	156 €	132 €
		(per Person charge)	156 €
<b>Double Room</b> (Room charge)	DR	214 €	182 €
		(per Person charge)	107 €
<b>Triple Room</b> (Room charge)	TR	300 €	252 €
		(per Person charge)	100 €

#### H4

		Full Board	Half Board
<b>Single Room</b> (Room charge)	SR	178 €	162 €
<b>Double Room</b> (Room charge)	DR	238 €	206 €
		(per Person charge)	119 €



It **is also** possible to use this location to accommodate extra **supporters**.

### 12.1.3 FOOD & FOOD SCHEDULE (with reservation)

All meals will be served at the hotel in the room "Alexander".

The proposed time table/ The confirmed timetable will be issued on arrival.

In general:

Breakfast:	7.00 am – 10.00 am	Wednesday – Friday, Sunday
	4.00 am– 5.00 am	Saturday
Lunch: (only for FB)	12.00 am – 1.30 pm	Wednesday – Friday
Dinner: (HB/FB)	6.00 pm – 8.00 pm	Wednesday – Friday
	5.00 pm – 7.00 pm	Saturday

## 13 Transport

Berlin is accessible by plane, train, bus, or road. See website information.

See: <https://wc100kberlin.org/>

### 13.1 General recommendation

Berlin is a city of public transport. Driving a car and parking it is significantly more expensive and travel times take substantially longer.

Parking cost H2/H4 Hotel: 20 EUR for 24 h

Public transportation

- Single Ticket Zone A/B (Berlin): 03,00 EUR
- Single Ticket Zone A/B/C (Airport BER - Berlin): 03,80 EUR
- 4-trip Ticket Zone A/B (Berlin): 09,40 EUR
- 24-hour Ticket Zone A/B (Berlin): 08,00 EUR
- 24-hour Small Group Ticket Zone A/B (Berlin): 25,50 EUR
- 7-Day Ticket Zone A/B/C (Berlin+Barnau): 43,00 EUR

(Status April 2022)

With public transport in Berlin you are very flexible and fast at your destination.

### Approximate Travel Time:

- Travel time by car outside rush hour from airport to downtown (Alexanderplatz station) and ATHLETES VILLAGE (Hotel H2/H4): 45 min
- Travel time by car during rush hour from airport to downtown (Alexanderplatz station) and ATHLETES VILLAGE (Hotel H2/H4): 1h 30min
- Travel time by S-Bahn (subway) from the airport to downtown (Alexanderplatz station) and ATHLETES VILLAGE (Hotel H2/H4): 43 min
- Travel time by Regional Train from the airport to downtown (Alexanderplatz station) and ATHLETES VILLAGE (Hotel H2/H4): 25 min
- Travel time by car outside rush hour from downtown (Alexanderplatz station) and Bernau to the competition venue/race course: 45 min
- Travel time by public transport from downtown (Alexanderplatz station) and Bernau station (subway and train): 45 min

## 13.2 Transportation on Opening Ceremony and Race Day

### 13.2.1 From Station Bernau to Competition Venue/Race Course on the 27<sup>th</sup> of August

#### **Transportation free of charge** (with reservation)

There will be free transportation on Race Day, Saturday the 27<sup>th</sup> August from Bernau station (S-Bahn) to Bernau competition venue/race course on race day Saturday, the 27<sup>th</sup> August. The first shuttle will leave at 4.50 am, the last one at 5.45 am. Departure times for the return buses from Bernau competition venue/race course to the station after the race will be posted on race day.

If you want to use this shuttle service, you have to let the LOC know how many people will use the shuttle bus and request this with your online registration by marking the dedicated box.

### 13.2.2 H2/H4 Hotel to Opening Ceremony on 26<sup>th</sup> of August and on Race Day, 27<sup>th</sup> of August to Competition Venue/Race Course

#### **Transportation with a fee** (with reservation)

For a fee of 15€ per person on Friday to Bernau and back and 15€ per person Saturday to Bernau and back, payable in cash at race registration for the Championship on Friday. If you want to use this shuttle service, you have to let the LOC know how many people will use the shuttle buses and request this with your online registration by marking the dedicated box.

## 14 Tourist Information

- **Multilingual Tourist information for Berlin can be found on the website**

<https://www.visitberlin.de>

- **Tourist information of Bernau (German language):**

<https://www.bernau-bei-berlin.de/de/tourismus/tourist-service/tourist-info.html>

### Tips for first-time visitors

#### Discover Berlin on the 100 Bus

The public bus line 100 starts at Zoologischer Garten railway station and ends at Alexanderplatz. Although there is no commentary on the sights, the tour is a great and inexpensive way to take a city tour in a double-decker bus. All you need is a regular AB ticket and about 60 minutes of your time. The most important stops at a glance.

#### Explore Berlin on the 200 Bus

In addition to the bus line 100, Berlin has a second bus route that passes by many of the city's main tourist attractions. All you need for this inexpensive city tour is a ticket for the AB fare zone. Getting off during the trip is no problem as the next bus pulls up every ten minutes.

#### Reichstag

The Reichstag building with its famous glass dome is one of the most visited sights in Berlin. It is seat of the German parliament, the Bundestag.

#### Visit the Reichstag Dome with an Advance Reservation

Berlin's Reichstag dome is one of the most popular sights in Berlin. If you would like to visit the Reichstag and its dome, you must register via the visitor service. While in the past it was also possible to register spontaneously for a visit to the dome at the service office of the Visitor Service, this is no longer the case.

##### Multiple ways to register

To visit the Reichstag and the dome, visitors can register via an online form on the Bundestag website. But it is also possible to register by fax or by post. In any case, admission to the Reichstag dome is free.

##### Visiting Reichstag dome: Which data is required?

The following information is required for registration: Name, first name and date of birth. The access authorizations are personal and cannot be transferred. A personal identity check takes place when visitors pass through the central

entrance for visitors, so visitors need a valid identification document.

#### Opening hours of the Reichstag dome:

The dome is open daily from 8 a.m. to midnight, last entry is at 10 p.m.

#### Entrance fees:

Admission to the dome and roof terrace is free.

Online registration for a visit to the Reichstag building:

<https://www.bundestag.de/en/visittheBundestag/dome/registration-245686>

### **Berlin Wall: Where It Still Stands?**

Most visitors to Berlin want to see the Wall. But of the concrete barrier that once divided the German capital, only remnants remain. Where to find pieces of the real thing - and which structures are only a replica.

#### **Berlin Wall Memorial at Bernauer Strasse**

A good starting point for the Wall Trail is the Berlin Wall Memorial at Bernauer Strasse 111, where the consequences of the construction of the Wall were particularly drastic. The Wall separated neighbours and families who lived only a few blocks apart. In the beginning, several East Berliners fled through the houses directly by the Wall to the West, sometimes into the life net of the West Berlin fire brigade - until the windows were bricked up and the buildings later demolished. Today, the Documentation Centre also houses a photo exhibition showing how the Brandenburg Gate was closed off with barbed wire in August 1961, how Berliners protested against the Wall, and how friends and family desperately extended their hands across the barriers.

### **Replicas at Checkpoint Charlie**

A popular destination for Wall tourists is Checkpoint Charlie in Kreuzberg, the former checkpoint from West to East Berlin. At the end of October 1961, Russian and American tanks faced each other directly here - the world was afraid of a new war for 16 hours. In front of the "Mauermuseum", founded in 1962, just 100 meters away, there is a small piece of original wall on display - as well as an original border post. The white house of the checkpoint on the western side is just a replica. In front of it, young men in US or Russian uniforms wave flags and offer to be photographed with visitors for money.

### **Brandenburg Gate**

Brandenburg Gate is Berlin's most famous landmark. A symbol of Berlin and German division during the Cold War, it is now a national symbol of peace and unity

### **Berlin TV Tower and Alexanderplatz**

The TV Tower on Alexanderplatz is Berlin's most prominent landmark and the tallest building in Germany. Its steel sphere contains an observation platform and a gourmet restaurant.



### **Checkpoint Charlie**

Checkpoint Charlie was the best-known border crossing between East and West Berlin during the Cold War. At the height of the Berlin Crisis in 1961 U.S. and Soviet tanks faced each other here

### **Museum Island**

Museum Island is a unique ensemble of five museums in the center of Berlin. The entire complex is listed by as a Unesco World Heritage Site

### **Gendarmenmarkt**

Gendarmenmarkt is arguably Berlin's most beautiful square and the site of three impressive buildings: the German Cathedral, the French Cathedral, and the Konzerthaus

### **Holocaust Memorial**

The Memorial to the Murdered Jews of Europe or Holocaust Memorial near Brandenburg Gate commemorates the up to six million Jewish victims of the Nazi Holocaust.

### **Kaiser Wilhelm Memorial Church**

The Kaiser Wilhelm Memorial Church on Breitscheidplatz is one of Berlin's most famous landmarks. The ruin of the old church has been converted into a war memorial.

### **Victory Column**

From a symbol of Prussian military victory to a popular tourist spot: Berlin's Victory Column has reinvented itself through the ages

### **East Side Gallery**

After the German reunification, artists have turned this former stretch of the Berlin Wall into the largest open-air gallery in the world.