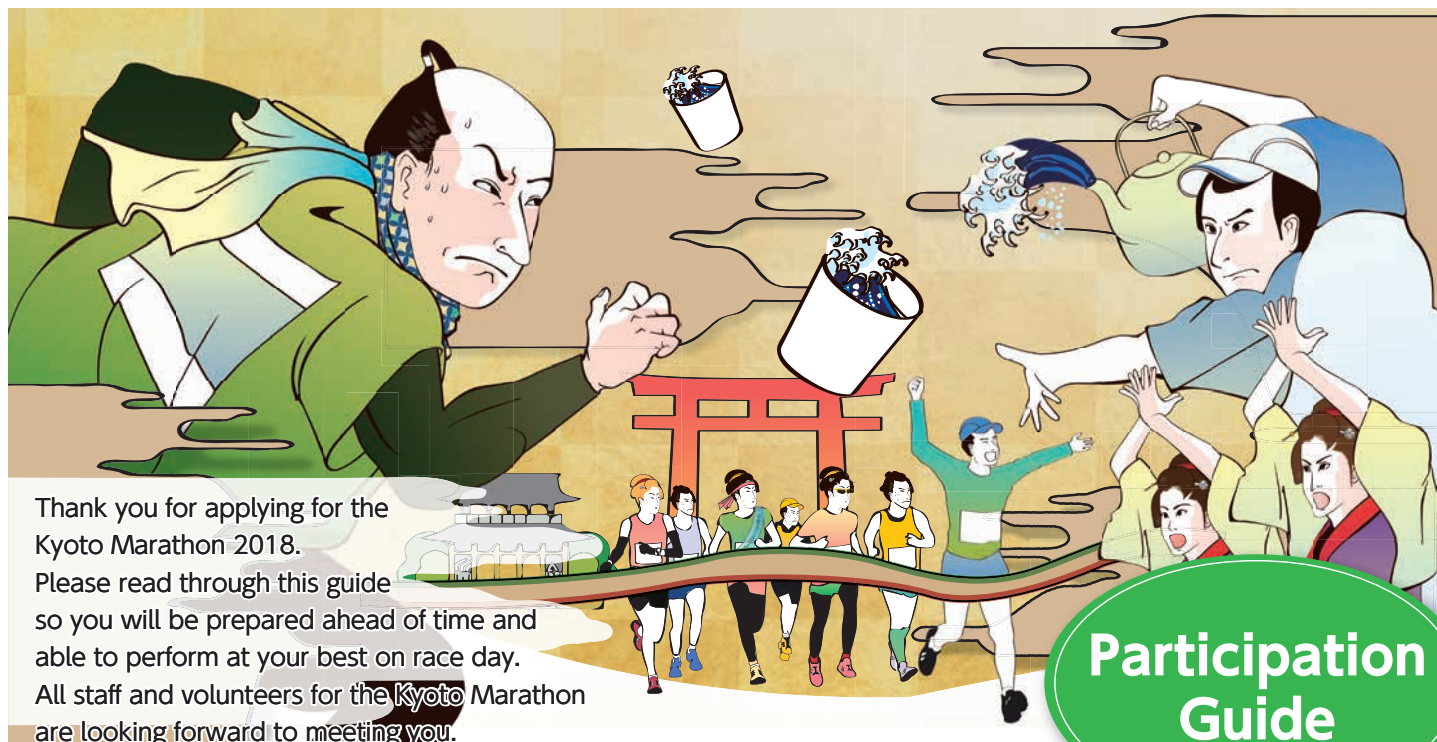


KYOTO MARATHON 2018



Thank you for applying for the Kyoto Marathon 2018. Please read through this guide so you will be prepared ahead of time and able to perform at your best on race day. All staff and volunteers for the Kyoto Marathon are looking forward to meeting you.

Participation Guide

Event Schedule

Runner Check-in	February 16 (Fri.)	11:30 – 20:00 (Last entry)	● Runner Check-in	Miyakomesse 1F & 3F
	February 17 (Sat.)	10:30 – 19:00 (Last entry)	● Okoshiyasu Welcome Square	
On the Day of the Event	February 18 (Sun.)	6:50	Changing Rooms / Changing Area Open	Nishikyogoku Athletic Park
		6:50 – 8:15	Baggage Check-in	
		8:00 – 8:44	Runners Lineup	
		8:45	Starting Ceremony	S-F Block: Athletic Stadium G-K Block: Sub-Athletic Stadium
		8:55	Wheelchair Race Start	
		9:00	Marathon and Pair-Ekiden Start	
		13:00	Marathon Award Ceremony	Miyakomesse 3F
		15:00	Marathon and Pair-Ekiden Finish	In front of Heian-jingu Shrine

Latest Information / Inquiries etc.

Official event website

<http://www.kyoto-marathon.com/>

Runner Call Center

Weekdays until February 15 (Thu.)09:30 – 17:30 Tel: 06-6252-4009
 February 16 (Fri.)09:30 – 17:30 Tel: 06-6252-4009
 February 17 (Sat.)10:00 – 20:00 Tel: 090-5967-3887
 February 18 (Sun.)06:00 – 17:00 Tel: 090-5967-3887

Final decision of the event

Final decision date and time:
February 18 (Sun.)
5:00 am

The Kyoto Marathon will be held rain or shine, but in the event of a disaster, severe weather, high water, etc. the marathon may be canceled. Announcements on whether the event will be held or canceled will be made as shown below.

*The announcement will be posted on the official marathon website.

*If the marathon is canceled, the information will also be posted on the Kyoto City information website, <http://www.city.kyoto.lg.jp>

*Please be aware that if the marathon is canceled, the participation fee and all other fees will not be refunded.

Runner questionnaire

In order to keep improving the Kyoto Marathon, we need your feedback. After you complete the Kyoto marathon, please complete the survey sent to you via email from JTB. We appreciate your cooperation.

Runner Check-in – February 16 (Fri.) / February 17 (Sat.)

Date and Time

Check-in hours extended for one hour on Friday

February 16 (Fri.) 11:30 – 20:00 (last entry)

February 17 (Sat.) 10:30 – 19:00 (last entry)

*No check-ins will be allowed after the above closing times, even if public transportation is running late. Please leave yourself plenty of time.

***No check-ins will be accepted on the day of the event, Sunday, February 18.**

- Each runner must show up in person for check-in (no proxy check-in).
- Any participant with a disability who intends to run with an escort runner is required to bring their physical disability certificate or rehabilitation certificate, and must be accompanied by the escort runner when checking in.

Venue

Miyakomesse 1F

(Miyakomesse: 9-1, Okazaki Seishoji-cho, Sakyo-ku, Kyoto City)

Finish area on day of event



What to Bring

① Number Card Voucher

*If your voucher has to be reissued because you have lost, forgotten, or for any other reason do not have your voucher, you will be charged a ¥200 fee.

② Personal Identification (copies not allowed) *Please bring one of the following.

- Passport •Health Insurance Card •Basic Resident Register Card
- Residence Card •Pension Handbook •Driver's License •Certificate of Residence
- Special Permanent Resident Certificate •Student ID-Card

Number Card Voucher

Runner Check-in Flowchart

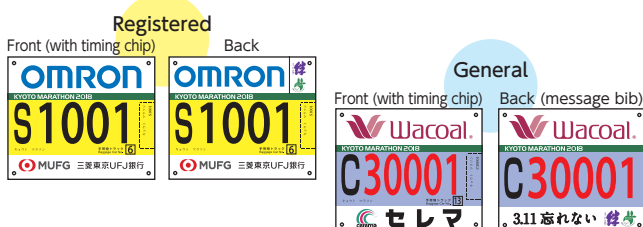
ID check
(identity verification)

Runners receive
number cards,
participation prizes, etc.

Kyoto Marathon Okoshiyasu
Welcome Square
(Miyakomesse 1F and 3F)

What to Receive at Runner Check-in

① Number card (marathon bib)



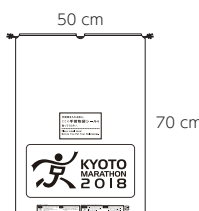
- Please check when you receive your number card to make sure your name is printed correctly.
- Number cards (marathon bibs) will not be reissued. **Be sure to attach them to your chest and back. Runners who do not have both attached will be disqualified.**
- Since changing rooms at the Starting Area will be very crowded, please attach your number cards (bibs) to your T-shirt, etc. the day before.
- For those participating with an escort, their escort will be given an escort number card.
- You will be given a sticker for your bag for personal items (see ③), safety pins (8), and pre-start checklist as well.

② Kyoto Marathon Bag sticker



- **Please be sure to apply the sticker in the center of the baggage bag (see ③) the day before.**
- We recommend that you apply the sticker before putting in baggage.

③ Kyoto Marathon Bag for personal items



- Baggage checked in at the Starting Area will be returned at the Finish Area.
- **Please tie the cord at the mouth of the bag tightly so that the contents do not come out.**
- **Your baggage must not contain valuables, fragile items, living things, long umbrellas (foldable umbrellas are acceptable), hazardous items, etc.** Please note that we cannot accept responsibility if valuables are lost.
- Items that don't fit in the baggage bag can be sent for a fee to the Finish Area or your home (in Japan only) at the baggage check-in area located at the Starting Area.

④ Participation prize: Kyoto Marathon 2018 Original Buff



Provided by:
Wacoal Holdings Corp.

- Made in Spain, a Buff is a multi-purpose item that may be used as a headband, neck warmer, etc.
- Please also wear it as a measure against the cold on the day of the event.

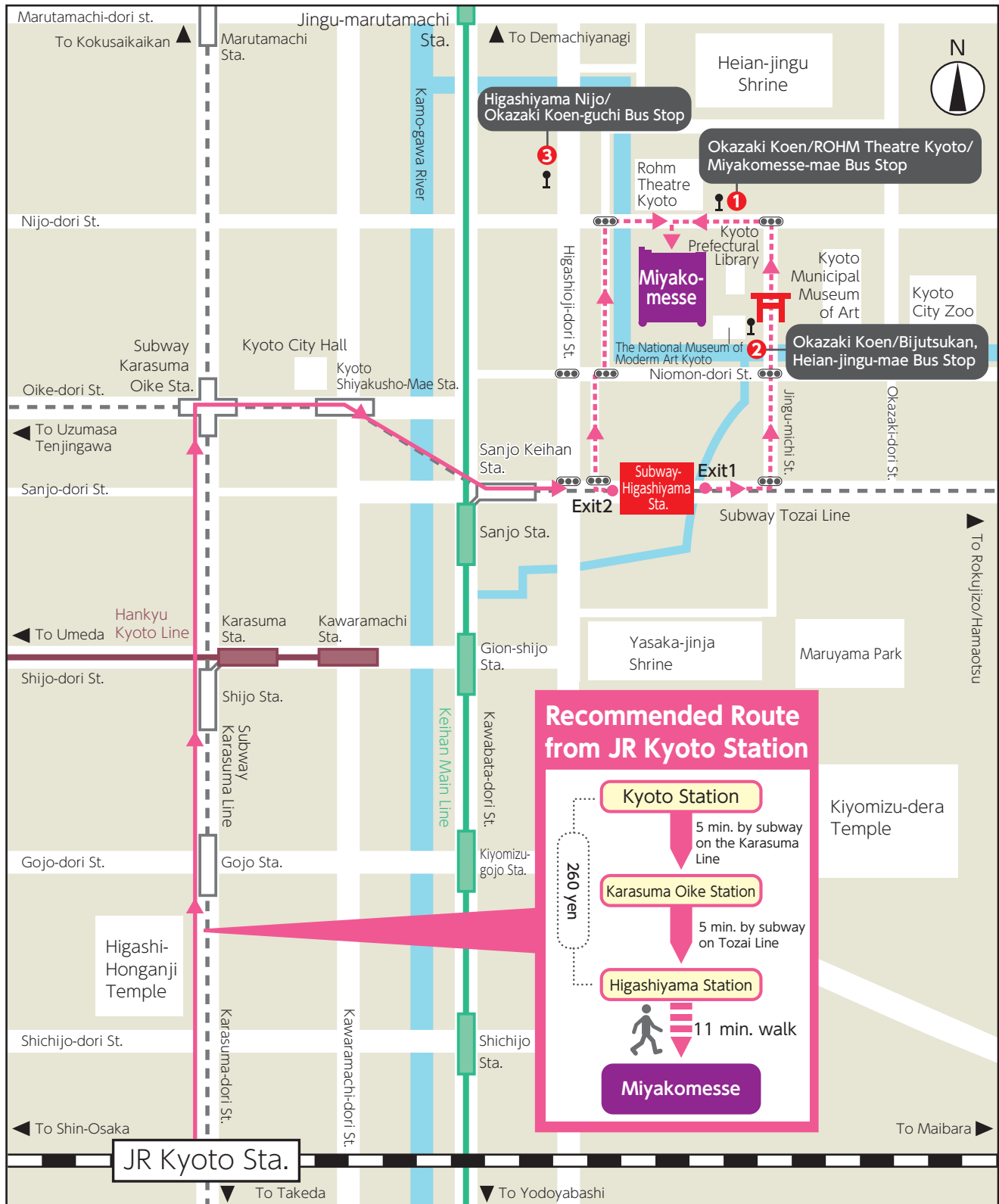
⑤ Event program



- Official program includes various information about the event, such as a participant list, precautions, a roadside support map, etc.

Check-in Area Access – February 16 (Fri.) / February 17 (Sat.)

Please be sure to come by public transportation.



Using Kyoto City Buses from Hankyu Kawaramachi Station (230 yen)

#32 Bus towards Heian-jingu Shrine/Ginkaku-ji Temple
#46 Bus towards Gion/Heian-jingu Shrine
A short walk from the stop ① (Okazaki Koen ROHM Theatre Kyoto/ Miyakomesse-mae)

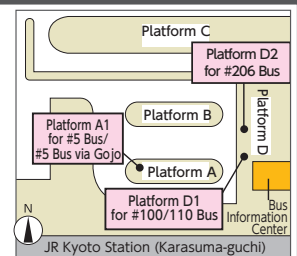
#5 Bus towards Ginkaku-ji Temple/Iwakura
A short walk from the stop ② (Okazaki Koen/Bijutsukan, Heian-Jingu-mae)

#31 Bus towards Takano/Iwakura
#201 Bus towards Gion/Hyakumanben
#203 Bus towards Gion/Kumano/ Ginkaku-ji Temple
Get off at the stop ③ (Higashiyama Nijo/ Okazaki Koen-guchi) and walk approx. 5 minutes.

Using Kyoto City Bus from JR Kyoto Station (Karasuma-guchi) (230 yen)

#100 Bus towards Kiyomizu-dera Temple/ Ginkaku-ji Temple
#110 Bus towards Gion/Heian-jingu Shrine
#5 Bus/#5 Bus via Gojo towards Ginkaku-ji Temple/Iwakura
A short walk from the stop ② (Okazaki Koen Bijutsukan, Heian Jingu-mae)

#206 Bus towards Gion/Kitaoji Bus Terminal
Get off at the stop ③ (Higashiyama Nijo/ Okazaki Koen-guchi) and walk approx. 5 minutes.





Okoshiyasu Welcome Square

Held at Miyakomesse

Free Admission

February 16 (Fri.) 11:30 – 20:00
(Last admission)

February 17 (Sat.) 10:30 – 19:00
(Last admission)

A variety of enjoyable attractions for both runners and the general public take shape in the form of sponsor booths, traditional tea stalls, and food stalls run by distinguished restaurants in Kyoto. Bring your friends and family for a great time at the Okoshiyasu Welcome Square.

*On the day of the marathon (Sunday, February 18), the area is reserved for runners.

Omotenashi Food Stalls

おもてなし屋台



Kyoto Marathon 2018 Original Cup

Only on February 16 (Fri.) **New!**

Limited to the first 500 people, those who visit the Runner Check-in and help promote environmental preservation through DO YOU KYOTO? activities will be eligible for a free Kyoto Marathon Original Cup.

Plus! We have set up dedicated water stations for runners who bring their own cup or bottle to the race. How about becoming a DO YOU KYOTO? runner by bringing your own cup or bottle and helping to preserve the environment?

*See the website for details on the refills and where the special water stations are along the course.
*Runners can also refill their own cups and bottles at regular water stations.

Presented to the first 500 people!



Collapsible and compact!

Recovery Support for the Great East Japan Earthquake

The Kyoto Marathon will send three runners residing in Kyoto City to each of the events below. A lottery will take place at the Okoshiyasu Welcome Square; we look forward to your applications.

•The Sendai International Half Marathon (Miyagi Prefecture) May 13, 2018

•Ichinoseki International Half Marathon (Iwate Prefecture) Scheduled for mid-September 2018

•Aizu-Wakamatsu City Tsuruga-jo Castle Half Marathon (Fukushima Prefecture) Scheduled for early-October 2018

*The secretariat will cover transport and accommodation costs.

Distribution of Ponchos **New!**

Take one free!

Free ponchos will be distributed to help runners combat the rain and cold weather on the day of the race. Feel free to use the ponchos as a countermeasure to the rain or cold before the starting gun. Please take one as necessary.

*See map below for distribution points. Please also see information regarding the collection of clothing.



First Aid Course

Venue Okoshiyasu Welcome Square B1 (Runner check-in venue)

This course teaches participants how to use an AED and how to carry out CPR. Those who attend will be given a complimentary gift courtesy of Omron Healthcare Co., Ltd. and an Original Cup from the Kyoto Marathon organizing committee. There are a limited number of slots available, so register while you still can.
*For more details, please see the enclosed pamphlet.

February 17, 2018 (Sat.)

Please apply via the application form on the right.

① 10:30 – 12:00

② 14:00 – 15:30

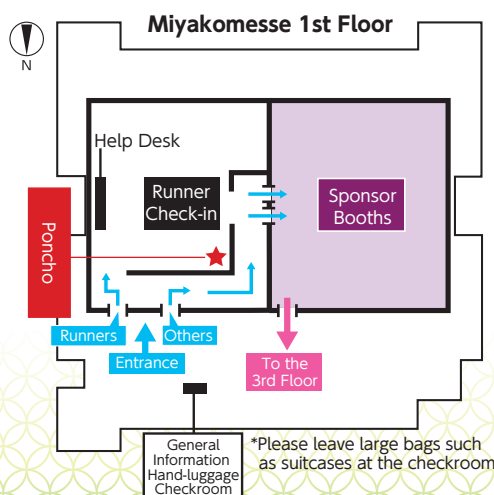
50 people per course; total of 100 people

Please choose just one timeslot.



A complimentary gift for participants!

Low frequency electrotherapy advice
Omron Healthcare Co., Ltd.
Kyoto Marathon Original Cup



*Please leave large bags such as suitcases at the checkroom

*Layout may be subject to change

New! 鳩居堂 Kyukudo

KYOTO MARATHON 2018

Female runners are eligible for a limited edition Scent Bag created in collaboration with Kyukudo—the long-standing store from Kyoto. Scent Bags will be presented to female runners at the runner check-in.

<http://www.kyukudo.co.jp/index.html>

Kyukudo Search



Access to the Starting Area – February 18 (Sun.)

Please allow plenty of time to reach the starting area (as organizers of the race will not be responsible for public transportation and road delays).

Temporary city buses traveling directly to starting area from JR Kyoto Station for 1,750 people (first come, first served)

6:25 - 6:50 (taking approx. 15 - 20 min) *Kyoto City Bus, Kyoto Station Bus Terminal - departing from C5 (Non-stop service, anticipated availability 35 buses)

Tickets (230 yen) will be sold on Feb 16 (Fri.) - 17 (Sat.) at the Kyoto Marathon Okoshiyasu Welcome Square (Miyakomesse 3F).

*Buses will be fixed route buses thanks to the cooperation of the Kyoto Municipal Transportation Bureau.

*Please be aware that tickets will not be sold on the day of the race.

*During crowded times seats may not be available.



Hankyu Railway Nishikyogoku Station Access (February 18 (Sun.))

Scheduled

Departure Times					Arrival Times
	Kawaramachi Sta.	Karasuma Sta.	Omiya Sta.	Saiin Sta.	Nishikyogoku Sta.
Local	6:24	6:25	6:27	6:29	6:31
Rapid-Exp.	6:35	6:36	6:38	6:40	6:42
Local	6:39	6:40	6:42	6:44	6:46
Local	6:44	6:45	6:47	6:49	6:51
Rapid-Exp.	6:50	6:51	6:53	6:55	6:57
Semi-Exp.	6:54	6:55	6:57	6:59	7:01
Rapid-Exp.	7:00	7:02	7:03	7:05	7:07
Semi-Exp.	7:05	7:06	7:08	7:10	7:12
Rapid-Exp.	7:11	7:13	7:14	7:16	7:18
Semi-Exp.	7:15	7:16	7:18	7:20	7:22
Rapid-Exp.	7:22	7:24	7:25	7:27	7:29
Semi-Exp.	7:27	7:28	7:30	7:32	7:34
Rapid-Exp.	7:33	7:35	7:36	7:38	7:40
Semi-Exp.	7:37	7:39	7:40	7:42	7:44
Rapid-Exp.	7:43	7:45	7:47	7:49	7:51

Congestion expected

All trains departing from Kawaramachi Station between 6:24 and 7:43, including the Rapid Express, are scheduled to stop at Nishikyogoku Station.

Cards that can be used for Hankyu Railway

PiTaPa, ICOCA, Suica, PASMO, TOICA and other major contactless IC cards can be used.

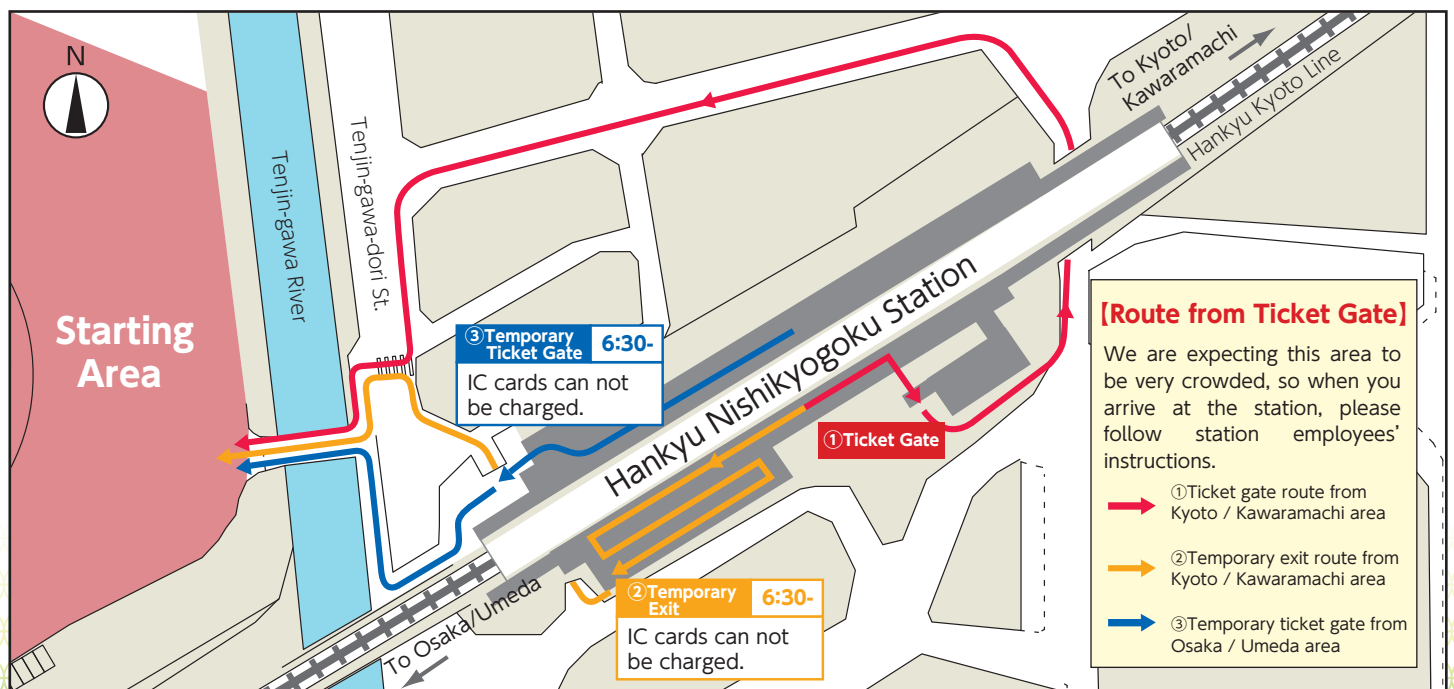
Important

Public transportation timetables are subject to change; please check in advance.

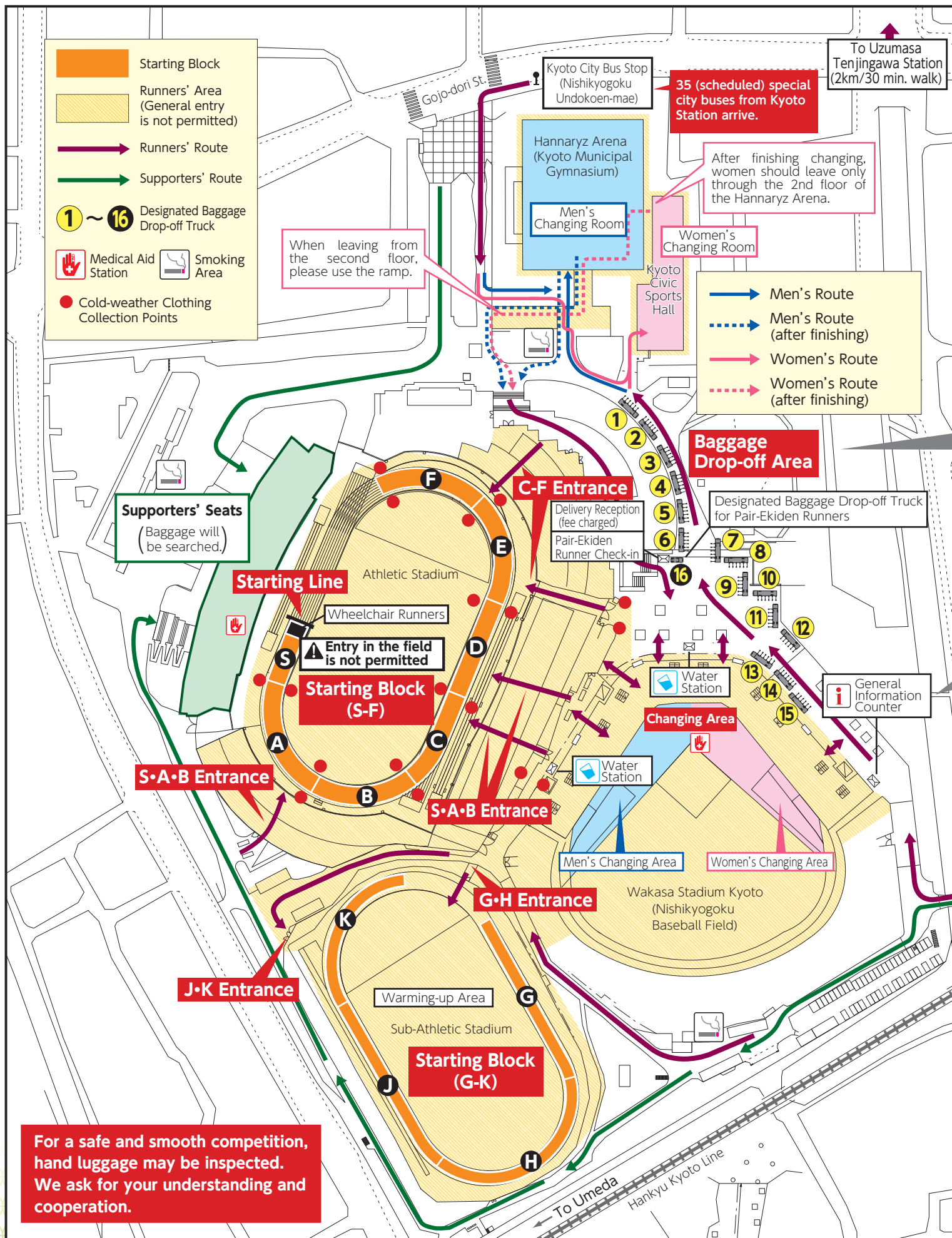
*Please note that you cannot take part in the race if you are late for the start.

Trains will run on the normal weekend and holiday schedule from Osaka/Umeda, with the addition of the following Rapid Express trains listed below which are scheduled to make a special stop at Nishikyogoku Station.

Departure Times								Arrival Times
	Umeda Sta.	Juso Sta.	Awaji Sta.	Ibaraki-shi Sta.	Takatsuki-shi Sta.	Nagaoka-tenjin Sta.	Katsura Sta.	Nishikyogoku Sta.
Rapid-Exp.	6:15	6:19	6:24	6:32	6:36	6:44	6:49	6:51
Rapid-Exp.	6:30	6:34	6:39	6:47	6:53	7:00	7:06	7:07
Rapid-Exp.	6:45	6:48	6:53	7:01	7:06	7:14	7:20	7:21
Rapid-Exp.	7:00	7:04	7:09	7:17	7:21	7:29	7:35	7:36
Rapid-Exp.	7:15	7:18	7:23	7:32	7:37	7:45	7:50	7:52



Starting Area

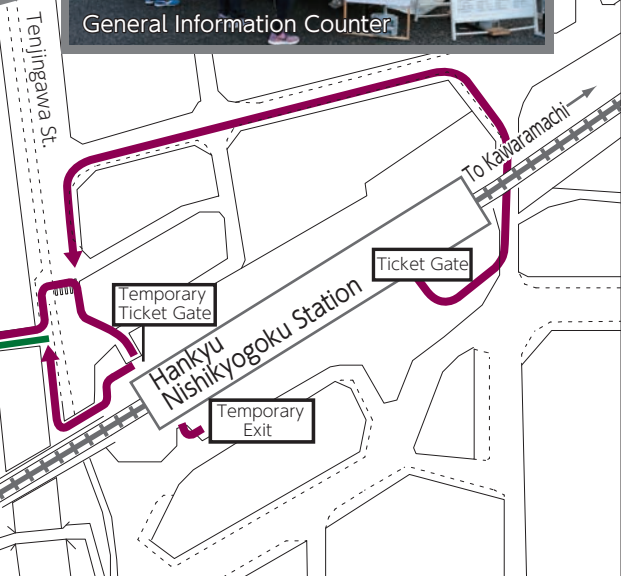




Designated Baggage Drop-off Truck



General Information Counter



Drop-offs and pickups by car or bus at the marathon site are not permitted.

- Please do not stop or park your car near the marathon site.
- Please do not sleep outside the marathon site the night before the race, as it creates a nuisance for local residents and businesses, etc.

Schedule

- 6:50 Changing Rooms Open
- 6:50 Baggage Drop-off (until 8:15)
- 8:00 Runners Lineup (until 8:44)
- 8:45 Starting Ceremony
- 8:55 Wheelchair Race Start
- 9:00 Marathon and Pair-Ekiden Start

~Regarding the Moment of Silence~

During the Starting Ceremony, there will be a moment of silence for the victims of the Great East Japan Earthquake, a prayer for the people who passed away and for the steady recovery of the affected regions. We ask that all staff, runners, and supporters remain silent during the prayer.

What to Bring

- ① Number card (2 marathon bibs, front and back)
- ② Kyoto Marathon Bag for personal items
- ③ We recommend bringing a small amount of cash (around 1,000 yen) in case of emergencies, for the train, bus or other form of transportation.
- ④ (For those who need it) Cold-weather clothing
Clothing that could be collected to be reused or recycled (More information below).

Changing Clothing

New!

The changing areas will open 10 minutes earlier this year!

Men's Changing Room

[Hannaryz Arena (Kyoto Municipal Gymnasium)] **6:50 – 8:30**

Women's Changing Room

[Kyoto Civic Sports Hall 2nd-floor Gym] **6:50 – 8:30** *Shoes must be removed

Changing Area (Unisex)

[Wakasa Stadium Kyoto (Nishikyogoku Baseball Field)] **6:50 – 8:30**

Designated Baggage Drop-off

New!

Designated baggage drop-off will open 10 minutes earlier this year!

6:50 – 8:15

- Items will not be accepted outside of the above time period.
- Checked bags are not available until the end of the race.

Starting Block

8:00 – 8:44

- **8:44 is the closing time for runners from every block to be at the starting line.**

Please give yourself extra time to reach your starting block area.

- If you do not reach the lining-up area before this time you risk being placed at the back of the line.
- **If you miss the start time, you will not be allowed to participate.**

〈Example〉



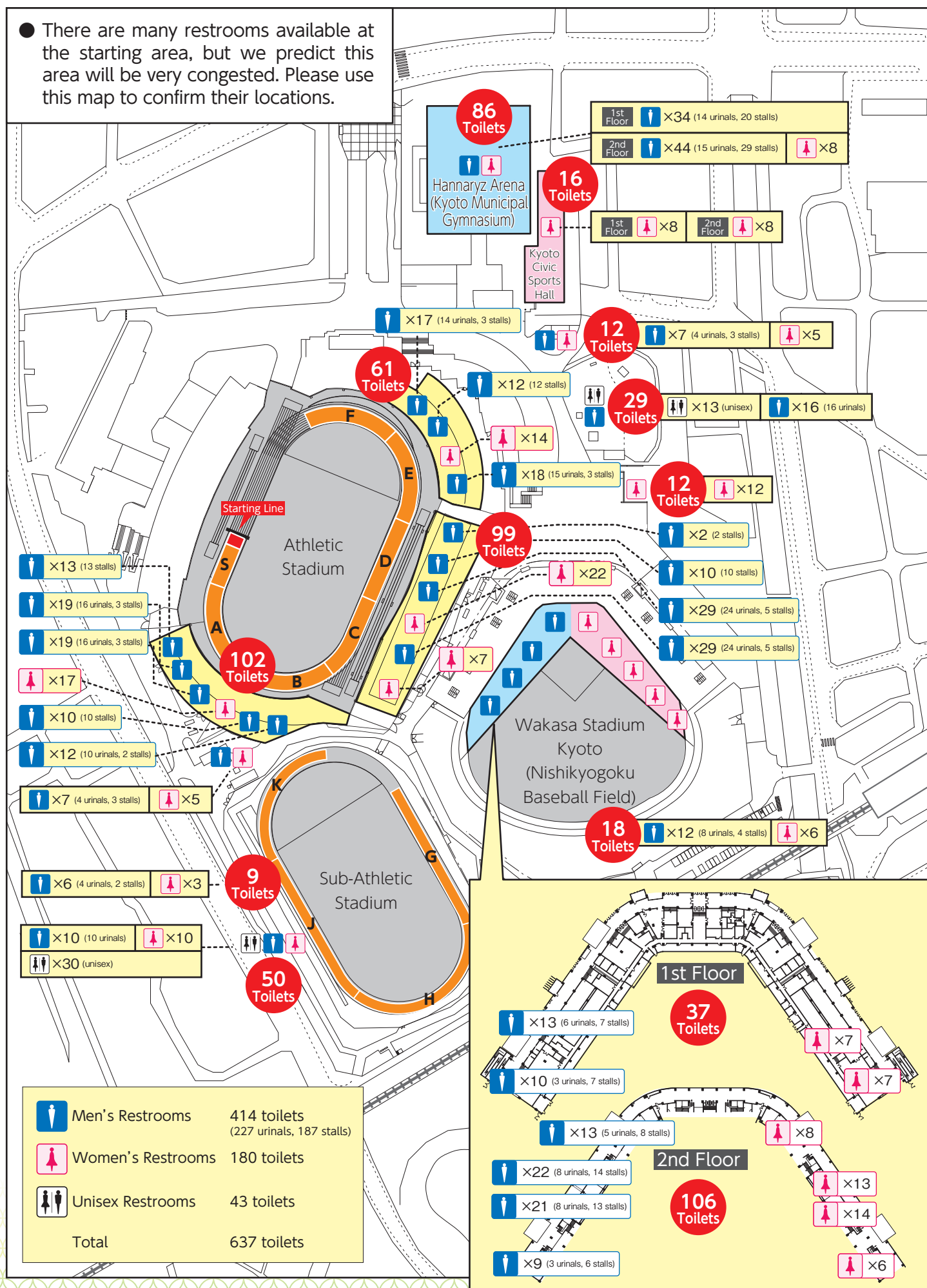
Collection of Cold-weather Clothing

- **In order to keep warm before the start signal is given, you can wear a sweater, jacket, or other clothing that you don't need any more while each block is being readied.**
- Please hand in your clothing at the collection point, clothing will also be collected after the start of the Wheelchair Race at designated collection points, or by staff carrying bags for clothing collection.
- **Clothing that is collected will be donated for reuse or recycling, it will not be returned.**
- Your number cards (marathon bibs) must be shown to the staff at the AD check gate and at the entrance to your starting block.
- The poncho you received at check-in should be thrown away into garbage bins, not into the clothing collection areas.

Cold-weather Clothing Collection Points ●

Starting Area Restrooms

- There are many restrooms available at the starting area, but we predict this area will be very congested. Please use this map to confirm their locations.



Important Points before Starting

- The Kyoto Marathon is managed under the Japan Association of Athletics Federations regulations 2017 as well as the rules specific to the Kyoto Marathon 2018.
- Proxies for applicants will not be permitted.
- If there is an emergency during the marathon, emergency measures will be conducted. Compensation for injuries that occur during the marathon will fall under the purview of the marathon's insurance.

Health Check

- Before the race, be sure to read the **Pre-Start Checklist**, and if you do not feel well, do not force yourself to compete in the race.
- During the race, if at any time there are any unusual changes to your physical condition, please withdraw and do not try to complete the race.
- If you have just recovered from influenza or another contagious disease, then it might be in your best interest and the interests of other participants for you to abstain from participating in the race.

Clothing

- Please run in **clothing where your number card is visible** at all times.
- To ensure the safety of the 16,000 people running, **costumes are prohibited**.
*This is due to the fact costumes may make it difficult to confirm the safety of runners and prevent swift emergency treatment.
- The wearing or display of any advertisements for companies, products, trademarks, etc. at the marathon venue and on the course is not permitted.
- Weather conditions on the day of the race may vary, and the changing area on the day of the race might be very crowded. We ask participants to wear most of the clothes they plan to wear in the race from their residence or lodging to the venue, and recommend that they use the changing rooms primarily to remove cold-weather clothing.

Measures Against the Cold **Check!**

While you are racing in harshly cold weather, there is potential for hypothermia. Each person should take measures to ensure they are protected against the cold.

〈Clothing〉

- Please use the participation prize BUFF as a headband or neckwarmer.
- Arm warmers, long tights, and other cold-weather clothing can be very helpful.
- T-shirts (long-sleeved, etc.) made of cotton might not dry quickly when you sweat. We recommend wearing a fast-drying polyester material.

〈Poncho〉

- A 45 liter transparent trash bag with holes for head and arms, or a transparent poncho can help against the cold, and it is helpful as your number card (marathon bib) will still be visible. If you would like to throw either away during the race, please place them in a garbage box along the course. Transparent bags with holes for the head and arms will be handed out as ponchos at runner check-in. (details on p.3)
- Please use the cold-weather clothing collection area at the starting area. (details on p.6)

〈Hot Cream〉

- To retain body heat, hot cream can be used on thighs, back, upper arms, calves, etc.

■ What is hypothermia?

Hypothermia is a condition in which your core body temperature is lower than 35 degrees Celsius. Hypothermia is possible while running; this can happen for a variety of reasons, such as slowing your pace or loss of energy. Please be aware of this and take proper precautions.

Weather records for last five years on February 18 (weather records from the Japanese Meteorological Agency)

Year	General Weather Conditions	Temperature (°C)			Precipitation Amount (mm)			Wind speed (m/s)			Daylight (h)
		Avg.	High	Low	Total	Maximum		Avg.	Max.	Peak Gusts	
	Day (6:00-18:00)					1-Hour Period	10-min Period				
2013	Heavy Rain	4.4	6.8	2.3	43	7.5	1.5	1.7	4.2	7.9	0.0
2014	Cloudy, occasional snow	3.3	5.5	2.3	0.0	0.0	0.0	3.1	6.1	10.7	1.0
2015	Rain, later fine	5.7	9.3	3.7	4.5	2.5	1.0	2.3	5.9	12.8	3.3
2016	Clear	5.3	12.1	-0.7	–	–	–	1.8	5.1	8.7	10.5
2017	Cloudy, later fine, occasional rain	6.8	10.9	3.6	0.5	0.5	0.5	1.9	6.0	14.2	2.7

Marathon Course: Important Points

Pace Runners

- To set your running pace, three or four Pace Runners (wearing a bib & balloon) will set the pace based on the following six times.
- Pace Runners will aim to achieve their indicated time from the start to finish line. **However, these are estimated times, and actual times may differ.**

Indicated time	3 hr 30 min (9:02)	4 hr (9:05)
	4 hr 30 min (9:07)	5 hr (9:10)
	5 hr 30 min (9:12)	6 hr (9:15)

*Times in parentheses indicate pace runners' estimated starting time.



Medical Aid

- There are two medical aid stations at the starting area, 10 stations along the course, and three stations at the finish area.
- There will be a doctor and a nurse at each medical aid station; if you feel unwell at any time, please go immediately to a medical aid station.
- If a doctor or marathon official decides it is unsafe for you to continue the marathon for any reason, please follow their instructions.
- **Medical aid stations are set up to provide life-support and emergency medical care for injuries and illnesses that occur during the race.** The Kyoto Marathon is not responsible for any aftercare/follow-up treatment, and it is the responsibility of the individual to make sure they obtain proper medical care after the Kyoto Marathon.
- Medical aid stations will not carry any over-the-counter medicines (stomach medicines, cold medicine, etc.)
- **Please be aware that taping, compressing, and cold spray will not be provided.** If necessary, please make provisions for yourself.
- Every 400m along the course there are staff members (wearing red staff jackets) with AED devices. **If a runner near you suddenly collapses**, please coordinate with other runners and staff by checking that the area is clear and **in a loud voice call for medical aid staff or run to get medical aid.** Bystanders' help is very important to save someone's life.



Course Width

- The course may be very narrow at places (there is unpaved riverbank after the 29km mark). **If your pace begins to slow to a walk, please stay alert and look for signs directing you on which side to walk.**



Distance Markers

- Distance markers are displayed on the left side of the course (generally) every kilometer, with signs for the midpoint and to count down from the last five km.



Possible Interruptions

- **Should any emergency, such as a fire or accident, occur during the marathon, it is possible that emergency vehicles may have to pass through the course.**
- **If a situation like this occurs during the marathon, runners may be asked to stop, please follow all instructions from marathon staff. Please be aware that your time cannot be corrected to remove the time during which you were stopped.**
- **In the event of a J-Alert surrounding Kyoto City, the race may be temporarily stopped until safety can be confirmed.**

Pedestrian and Bicycle Crossings

- In 13 places along the course there will be special crossing areas, which will allow runners to continue running with minimal stopping and at the same time allow pedestrians/cyclists to cross (fenced-in traffic islands). In these portions of the course, staff will divert you left or right. Please pay close attention to all staff members' instructions in these areas.
- **Please be aware that here are other crossing locations where you might need to slow or stop depending on the conditions. We appreciate your cooperation.**

Time Restrictions: Closing Times

- For transportation, security, and general marathon operational constraints, closing times will be enforced for each section of the marathon (details on p. 11). If you do not reach the next section before it closes, you will not be allowed to continue the race. **After a section closes, remaining runners should follow signs displayed by staff and quickly move to the sidewalk.**
- If you get closed out, stop running, or withdraw along the way, please make your way to the finish area at Miyakomess by one of the procedures shown below.
 - ① Please go to the nearest closing point to board a bus to the finish area.
 - ② Get on the marathon tracking bus farthest in the rear.



Signs for closing times

Toilets

- There are 637 toilets available at the starting area, 377 toilets in 40 locations along the course, and 141 toilets available at the finish area, for a total of 1,155 toilets.
- Signs for toilets are posted along the course. **Please be sure to use toilets in the designated areas.**
- Please be aware that volunteer staff will use the same toilets if they are available.
- There are 58 more temporary toilets than last year placed predominantly in the starting area and first half of the course to prevent long waiting lines.



Signs for toilets

Water Station & Food

- There are 14 water stations on the course.
- **Water is provided on multiple tables at the water stations. At each table is a sign indicating its position (for example, "3/5" indicating that it is the third of five tables), so please do not rush, and try to take drinks from tables in the back rather than in the front.**
- Regardless of the weather, prevent dehydration by taking appropriate amounts of water and sports drinks during the race.
- Be sure to throw paper cups and food garbage in the bin and do not litter on the road or riverbank.
- We cannot accept requests for special drinks.
- We cannot be held responsible for food/drinks provided in any private station outside of the official food & water stations.
- Runners with their own cups and bottles can also have them refilled.
- At water stations 10 and 11, there is also a dedicated refilling station for those with their own cups and bottles. **New!**
- Please check the website for more information on allergens included in the ingredients.
- A wide-range of food will be provided to runners at the special Okibariyasu Food Stations. What will be on offer and where is a surprise! **New!**



List of Food/Drinks Provided

Product name	Source	Picture	Product name	Source	Picture
Water	Kyoto City Waterworks Bureau		Honey Lemon Bread	Yamaichi Bakery	
Sports Drinks	Otsuka Pharmaceutical		Soft Chocolate Bread	Yamaichi Bakery	
Mini tomatoes	Kyoto Yaoichihonkan		Mini Croissant	Yamaichi Bakery	
Mandarin oranges	Kyoto Yaoichihonkan		Kyoto-style Red Bean Sweet Bread	Yamaichi Bakery	
Bananas	Kyoto Yaoichihonkan		Unbaked yatsuhashi	Kyoto Yatsuhashi Commerce and Industry Cooperative	
Strawberries	Kyoto Yaoichihonkan		Coconut sable	Nissin Cisco	
Vinegared seaweed	Nakano Bussan		Dextrose soft ramune	Ogontoh	
Salt charge tablets	Kabaya		Okibariyasu Food	Takagi Wholesalers	
Weider in tablets	Morinaga		Calorie Mate	Otsuka Pharmaceutical	
			Yuki no Yado rice cracker	Sanko Seika	

*Images are for illustration purposes only, and may differ from the actual products on offer.

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About Staff on the Course

Around 15,000 staff and volunteers are working on the day of the event.

Navy Blue: Volunteer
Black: Official Staff
Grey: Operation Staff
Red: Medical Aid Staff
Yellow: Kyoto City Employees
Navy Blue: Sports Officer



Other Important Information

- Please notify staff immediately if you see any suspicious items or people.
- Garbage bins are located every 200-300 meters on the course. Please throw garbage and ponchos/gloves that you no longer need in the trash.
- Please do not run outside the course on gardens or along the riverbed in order to protect the plants etc.
- Depending on the weather, an anti-freezing agent may be used on the course which may make it slippery, so please be careful.

Common Situations at the Kyoto Marathon



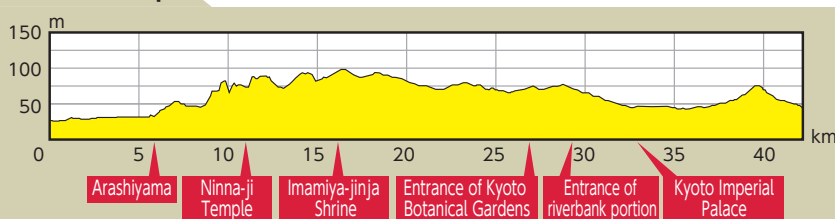
It's convenient to cut this out
and bring it along on the day!

Location	Distance	Position	Water	Sports Drink	Food
Start	0.0km	-	○	○	-
1 st Water Station	4.5km	Right	○	○	-
2 nd Water Station	7.9km	Left	○	-	-
3 rd Water Station	10.6km	Left	○	○	-
4 th Water Station	12.5km	Right	○	-	-
5 th Water Station	15.3km	Left	○	○	○
6 th Water Station	17.6km	Left	○	-	○
7 th Water Station	20.6km	Left	○	○	○
8 th Water Station	23.1km	Left	○	-	○
9 th Water Station	26.5km	Left	○	○	○
10 th Water Station	29.5km	Right	◎	-	○
11 th Water Station	32.2km	Right	◎	○	○
12 th Water Station	35.1km	Right	○	-	-
13 th Water Station	37.2km	Right	○	○	○
14 th Water Station	40.8km	Left	○	-	-
Finish Line	42.195km	-	○	○	○

Time-Restricted Closing Point	Distance	Closing Point Location	Closing Time (Based on signal gun)		Section Pace (Per 1km)
Start	0km	Nishikyogoku Athletic Park	—	—	7min. 42"
1 st Closing Point	6.1km	Kiyotakido-Sanjo (Arashiyama)	10:02	<1hr. 02min.>	7min. 40"
2 nd Closing Point	9.1km	Ichijo Yamagoe	10:25	<1hr. 25min.>	7min. 56"
3 rd Closing Point	12.5km	Ritsumeikan University	10:52	<1hr. 52min.>	8min. 08"
4 th Closing Point	18.4km	Nishigamobashi Westend Crossing	11:40	<2hr. 40min.>	8min. 10"
5 th Closing Point	26.8km	Shimogamo Naka-dori Kitayama (Return)	12:48	<3hr. 48min.>	8min. 11"
6 th Closing Point	32.1km	Kojinbashi bridge Westend north (Riverbank)	13:32	<4hr. 32min.>	8min. 13"
7 th Closing Point	34.9km	Kyoto City Hall north (Outward)	13:55	<4hr. 55min.>	8min. 51"
8 th Closing Point	41.0km	Higashiyama Konoe	14:49	<5hr. 49min.>	9min. 12"
Finish	42.195km	Heian-jingu Shrine	15:00	<6hr. 00min.>	(anticipated)

*The section pace for the first interval is calculated with a 15 minute period at the start to allow for all runners to pass the starting line.

Elevation Map



○Filling station for runners with their own cups and bottles.

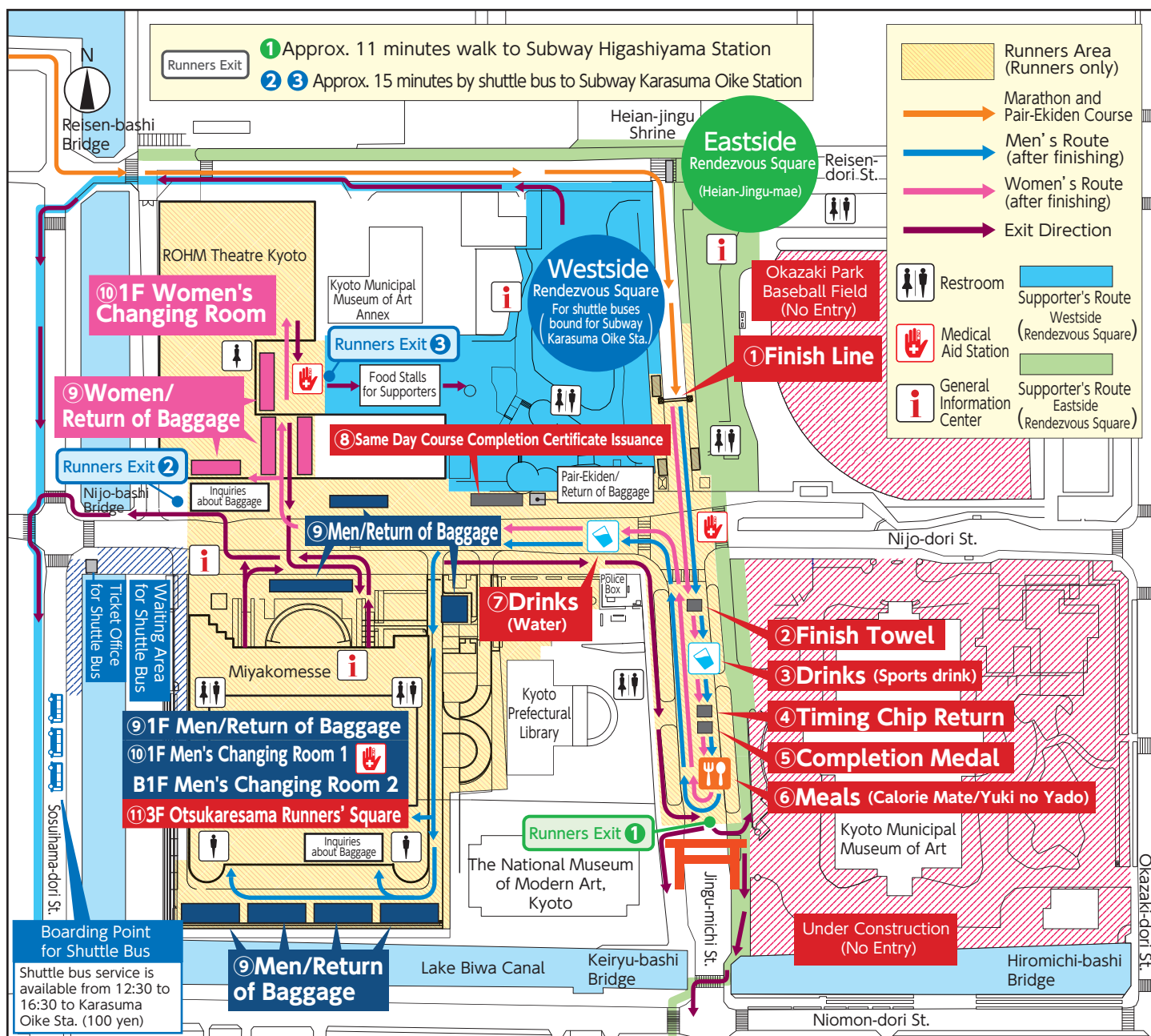
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Full Course Map



Finish Area



Procedures after Finishing

Stopping suddenly will result in a decrease in body temperature, so continue to move quickly.

Check!



Regarding the Return of Timing Chips

Chips will be collected at the end of the race. Please understand that we charge a 2,000 yen fee if you have lost or are unable to return the chip. If you have forgotten to return it, you can send it back March 16 to the address on the right.

[Address]

Kyoto Marathon 2018, staff in charge of chip return
152-8532 (no address other than postal code required)
*Please pay the postage yourself.

○ There is no carpark. We do not allow you to be picked up/dropped off at the finish area in a car or bus under any circumstance.

Same Day Completion Certificates

We can issue **same day completion certificates** based on the preliminary results on the day of the event.

*Record certificates and effort prizes for partial finishers are issued online.

Web Completion Certificate

- You can download **web completion certificates** from the event website from 20 days after the event (planned). In addition to official records (gross times), certificates will also include times from crossing the start line (net times) and split times per 5km for reference.

*Those who are registered will receive a record certificate, and those who did not finish within the time limit or failed to finish (who passed at least the 5km mark) will be issued effort awards.

Official Records

The total time is from the starting gun until the finish (gross time).

Preliminary Record Reports (Runners Update)

On the official website, we offer a service that allows you to check your 5km splits, at the halfway time and finishing time. You can search with your name or number card.

*As these records are preliminary reports, they are for reference only.

PC/
Smartphone



Mobile Site



<http://p.kyoto-marathon.com>

<http://r.kyoto-marathon.com>

There are also food and drink stalls for spectators including many hosted by famous Kyoto restaurants! Feel free to drop by with your friends and family.

KYOTO MARATHON 2018



Otsukaresama Runners' Square

After the marathon is over, we offer miso soup, footbaths, massages, and set up stalls by prominent Kyoto restaurants for runners to enjoy post-race. Drop by Otsukaresama Runners' Square to relieve yourself of those aches and niggles.

Footbath (Free)

Warm your body from your feet up, and alleviate the fatigue built up in the race.



Massage (Free) 12:00 - 15:30 (Last admission)

Comfort your worn-out body through acupuncture and finger pressure therapy.



Miso soup (Free)

Kyoto's food culture has been gradually garnering attention since washoku was designated a UNESCO Intangible Cultural Heritage in December 2013. Here we have prepared hot miso soup using distinctive Kyoto ingredients to give to runners, for free.



Award Ceremony (13:00 - 13:30)

Medals will be awarded to 1st to 8th place overall men and women.

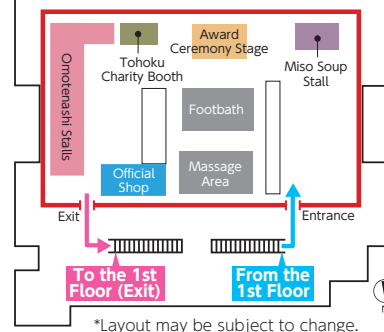


Completion Medal

This year's medal features a shichiho (seven treasures) pattern, the design of which was decided through votes on Instagram!



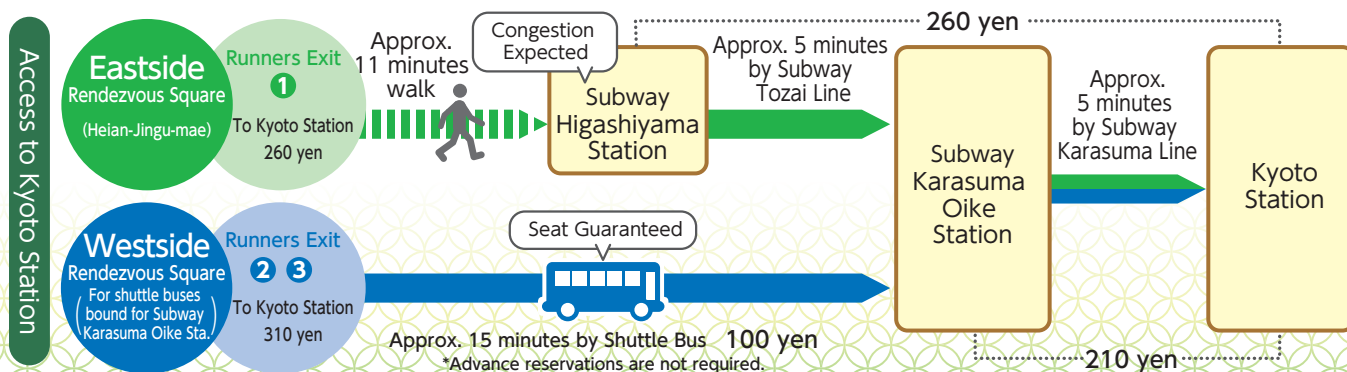
Miyakomesse 3F Otsukaresama Runners' Square



*Layout may be subject to change.

Runners Exits

	Runners Exit ①	Runners Exit ②	Runners Exit ③
Rendezvous Square	Eastside Rendezvous Square	Not Available	Westside Rendezvous Square
Ways for Supporters to Spend Waiting Time	Not Available	Not Available	Kyoto Municipal Museum of Art (Annex)
Food/Drink Sales	Not Available	Not Available	Available
Exit Direction	Easy Access to Subway Higashiyama Station	Easy Access to Shuttle Bus	Easy Access to Shuttle Bus





Q1 Is proxy check-in possible?

A. No. We do NOT accept proxy check-in. Runners themselves must check in personally. For check-in, a form of identification verifying your identity is required.

Q2 If I become unable to take part on the day of the marathon, will you refund my entry fee?

A. Even if you become unable to take part on the day of the marathon, there will be no refund of your entry fees. This is also true in the event of a cancellation due to earthquake, wind and flood damage, snowfall, submersion of the riverbank, incidents, accidents, epidemic disease, or any other reasons not attributable to the organizers.

For runners who haven't checked-in

If you would like your Kyoto Marathon 2018 participation prize (Original BUFF headband/neckwarmer), please contact the following address by Friday, March 2.

Address Kyoto Marathon Entry Desk
JTB Sports Station
Email: jtbss@west.jtb.jp

For runners who have checked-in

Please return your timing chip to reception at the runner's check-in venue (Miyakomessse 1F) or send it back to the following address so it arrives no later than Friday, March 16. If the timing chip is not returned, you will be charged 2,000 yen.

Address Kyoto Marathon 2018, staff in charge of chip return 152-8532
(no address other than postal code required)

Q3 May I ask a friend or someone else to run in my place (as a substitute runner)?

A. Transferring rights or running as a substitute is not allowed: runners found to be other than registrants will be disqualified from participation in this Kyoto Marathon and application for future ones.

Q4 How is the starting block order decided?

A. To enable a safe and smooth start, regardless of individual or group entry, or whether you are registered with the Japan Association of Athletics Federations, the starting block is ordered based on runners' recorded times in a marathon or half marathon within the last 3 years. This is followed by estimated times reported by runners at time of application. The last block is made up of runners who did not report an estimated time.

Q5 Can I start in another block on the day of the marathon?

A. You cannot start from a block ahead of your designation. However, you are free to start from a block departing after your designated block.

Q6 Who should I contact if I lose my belongings while running?

A. Please contact the following address.
Kyoto Marathon Entry Desk
JTB Sports Station
Email: jtbss@west.jtb.jp

To everyone participating in the Kyoto Marathon



February 18 (Sun.), 2018

We ask for your cooperation in refraining from using your car.

Please refrain from using your car on the day of race. We apologize for any inconvenience.

Please expect traffic congestion and parking restrictions. Participants and supporters are asked to use public transportation on the day of the race. We thank you for your cooperation.

