

●Registration times

August 26 (Fri.) 13:00 – 20:00 August 27 (Sat.) 10:00 – 20:00

*Please note that registration is not conducted on the day of the race.

❗ Registrations are not accepted at other times than those indicated above, whatever the reason may be. Please arrive well in advance.

●Registration venue

Odori Park Nishi 7-chome

- Approximately 20 minutes on foot from JR Sapporo Station
- Approximately 10 minutes on foot from Odori Subway Station on the Namboku, Tozai and Toho Lines

●Items to bring on the day of registration

Bring the bib number exchange postcard sent separately.

Be sure to sign the pledge and bring it.

❗ If you forget the exchange postcard, you must present your ID (an insurance card, driver's license, passport, etc.). A handling charge of 200 yen applies for reissue.

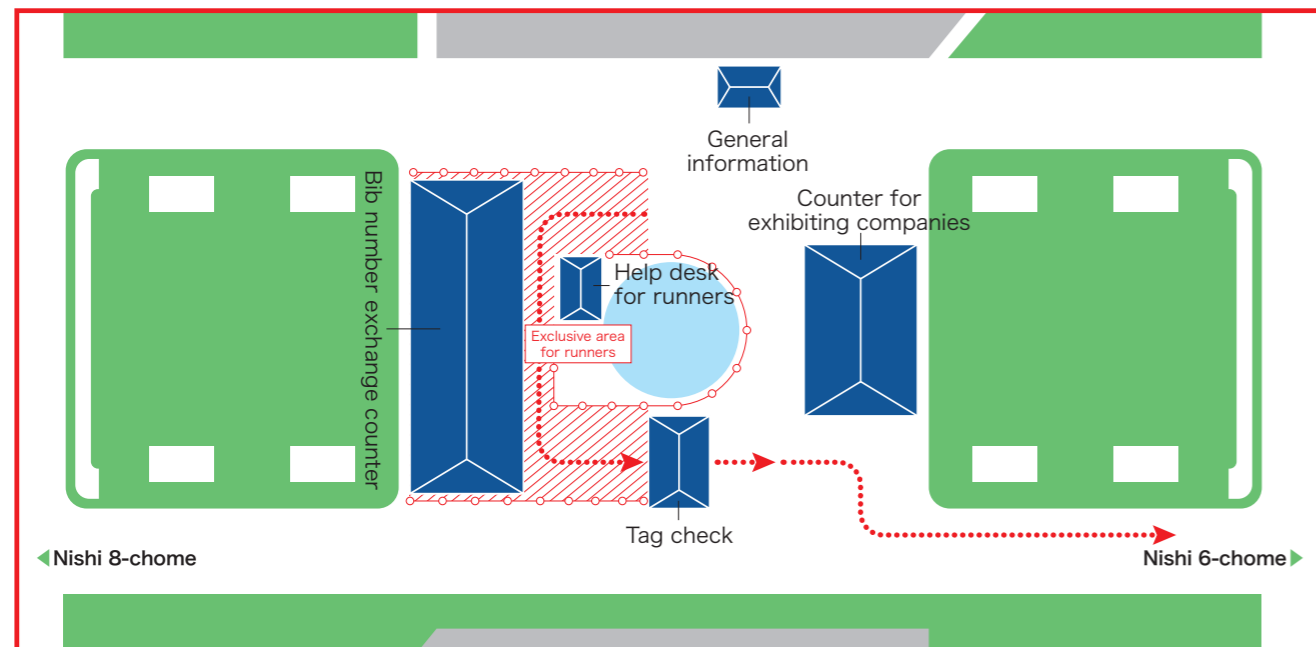
❗ Bib number exchange postcards and this runners' guide are being sent separately this year.



●Flow of registration

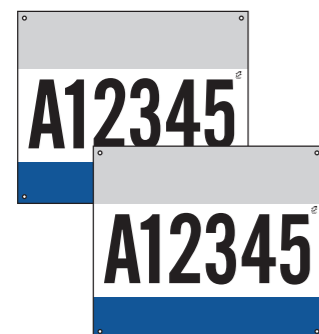
- 01** Show your bib number exchange postcard at the exchange counter.
❗ Please register in person yourself.
- 02** Receive the distributed items.
- 03** Collect a running shirt as a participation prize at the relevant counter.
- 04** Go to the counter for exhibiting companies.

●Map of the registration venue Odori Park Nishi 7-chome



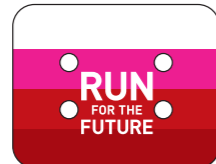
●Items to be distributed *Items that will be handed out at registration

■Bib number (front)



❗ You will receive two bibs.

■RS tag



❗ Two RS tags will be handed out to runners registered with the Japan Association of Athletics Federations, and one to ordinary runners and fun run participants.

■Running shirt (participation prize)

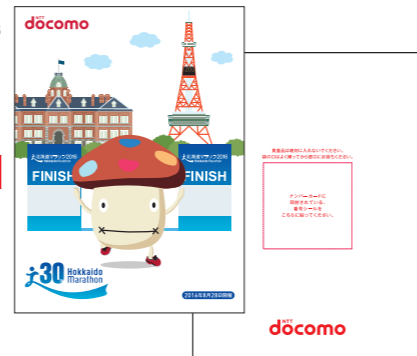
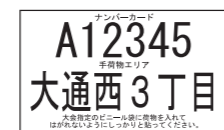
- Program
- Spectators' guide

■Bag for personal belongings (70×11×50 cm)

❗ Put your personal belongings in the designated transparent plastic bag, label it and deposit it at the personal belongings area indicated on the sticker label.

The bags are larger than last year's.

■Sticker label

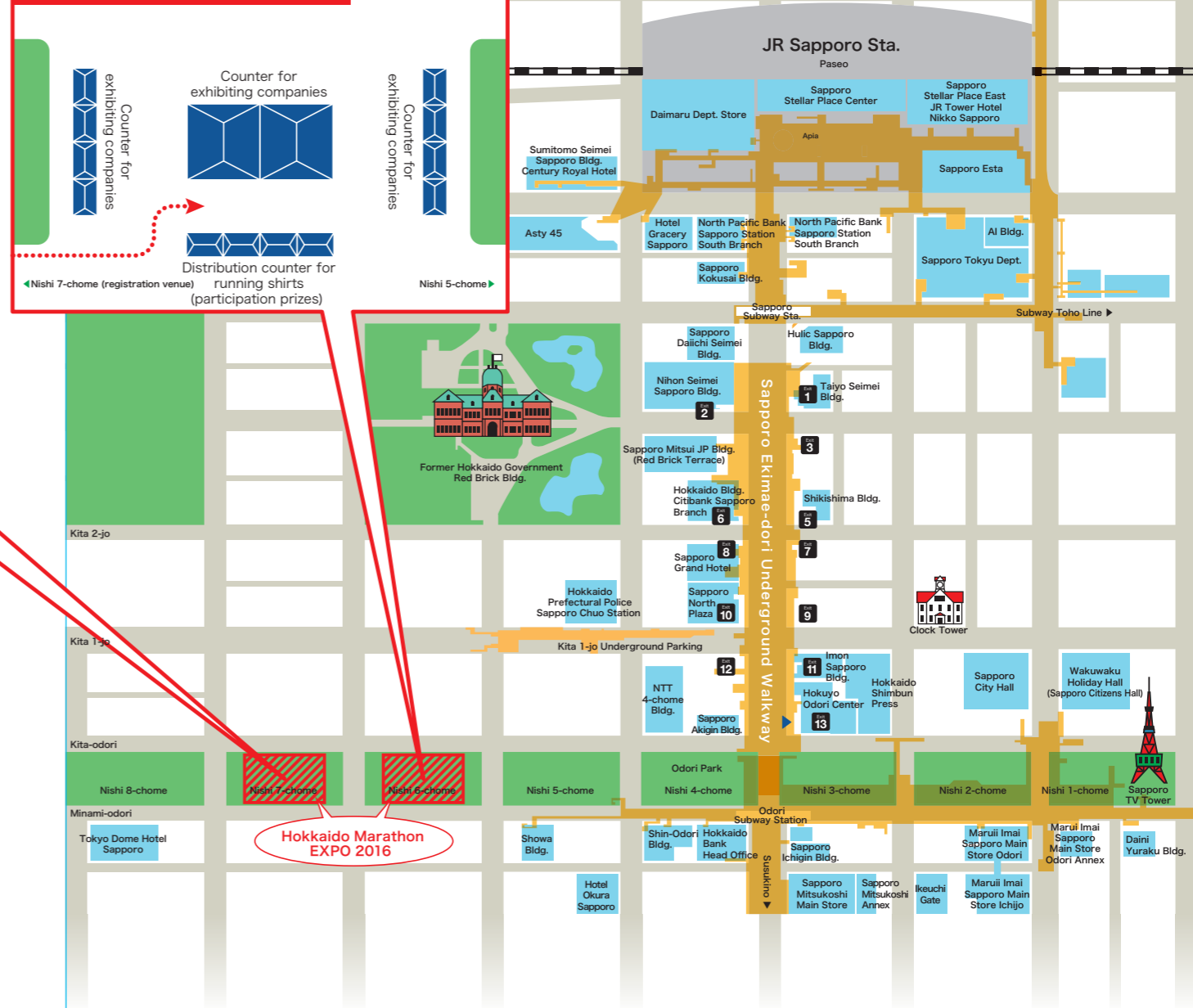


Receipt of participation prizes for those who withdrew from the race and cannot come to the registration venue

Please contact the Hokkaido Marathon Information Center (0120-859-640) after the race.

*The design of the items to be distributed is subject to change.

Odori Park Nishi 6-chome venue



Odori Park, a popular local spot, is the main venue for gathering. All runners will start together after a countdown from the Sapporo TV Tower.

Odori Park extends 1.5 km west from Nishi 1-chome to 12-chome, and is adorned with beautiful flowerbeds, lawns and approximately 4,700 trees covering 92 species. Lots of tourists and city residents visit the park for various events, like the Lilac Festival marking the arrival of early summer, YOSAKOI Soran Festival, Snow Festival and White Illumination. The 2016 Hokkaido Marathon will start with a countdown on the electronic clock of the Sapporo TV Tower – a local landmark at the eastern end of Odori Park.



Flow up to the start

● Changing clothes

Separate locker rooms for men and women are provided in each block of Odori Park. However, since it is expected that these will be crowded, it is recommended that these will be crowded, it is recommended to finish changing at your hotel.

● Personal belongings areas (deposit time: 7:30 – 8:30)

Runners should deposit their personal belongings in the designated area for their start block (see the map below). Go to the area with the appropriate number to **deposit your items**. Affix the sticker label issued upon registration to the designated bag for personal belongings and close the bag before depositing it. Bags can be collected where they are deposited.

- Valuables and fragile items may not be deposited. Umbrellas or other articles partially protruding from bags are prohibited because they are dangerous.
- **Use the designated bag issued upon registration for deposit in the personal belongings area.**
- Put your personal belongings in one bag. Only one bag may be deposited per runner; additional bags will not be allowed.
- Present your bib number to deposit and collect your personal belongings.
- Personal belongings cannot be collected before the end of the race once they have been deposited.
- Be sure to close the bag. Open bags may not be deposited.

● Warm-up

Due to the venue layout, there is no designated warm-up area for ordinary runners.

- Do not warm up in Odori Park and the surrounding area or in the Underground Walkway, as this creates a hazard. Local police have issued strict guidelines on this.

● Water and food

Water stations are set up in the venue. Drink enough water before the start. **Bananas will also be provided.** Get the necessary nutrition.

● Line-up at start blocks (assembly time: 7:30 – 8:40)

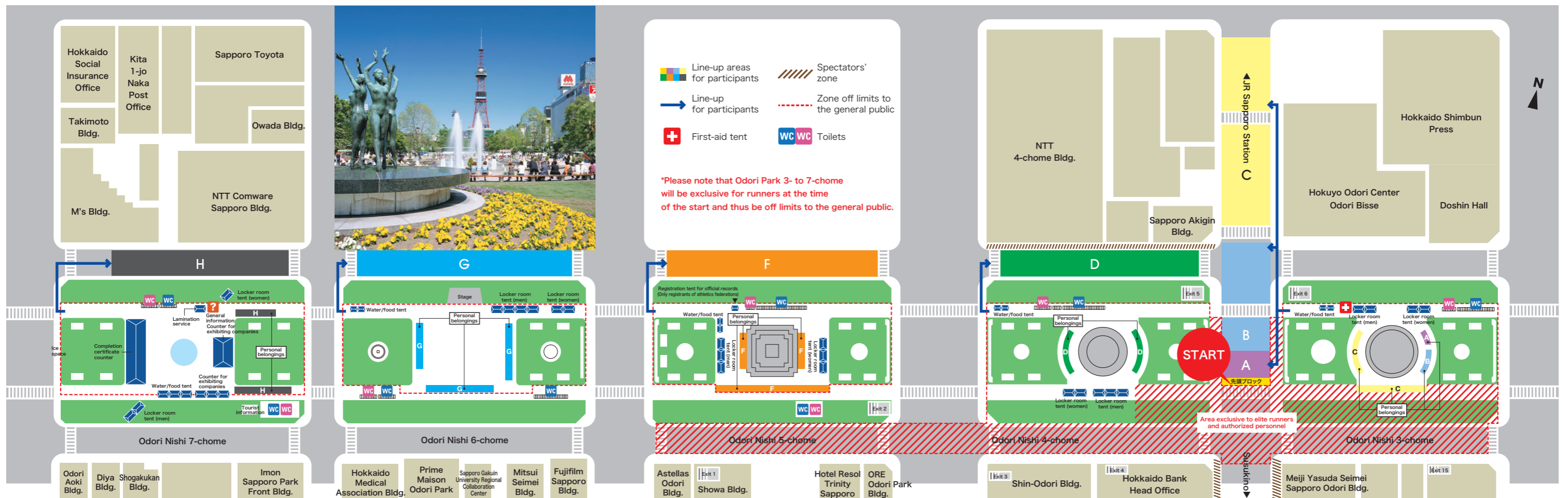
Runners in blocks A and B will line up from 8:30 after the start of the wheelchair marathon.

Start blocks are labeled A to D and F to H in the order of the full-marathon gross personal best times submitted at the entry stage. The block letter is printed on the bib number; please check your block and line up as instructed by officials.

- Those who are late for the above assembly time must join the end of the line. Those who are late for the signal gun at 9:00 will be disqualified from the race.
- Different blocks have different guidepaths; check the signboards to make sure you take the correct one.

● Start (9:00)

The countdown on the TV Tower's electronic clock will begin a minute before the start of the race. Run to finish, and to improve your personal record.



The finishing line is at Odori Park Nishi 8-chome, where the Black Slide Mantra welcomes runners.

Black Slide Mantra (a black granite spiral slide) designed by the late Isamu Noguchi, a world-renowned sculptor, welcomes runners back at Odori Park Nishi 8-chome.



Flow after the finish

01 Kita-odori 9-chome (exclusive area for participants)

Completion medals

This design for the 30th Hokkaido Marathon's completion medals was voted for by race participants, and represents Hokkaido's characteristic landform with simple lines. It is intended to highlight Hokkaido's appeal as a venue



Finisher's towel

All full-marathon finishers will receive a towel (60 x 120 cm).



Water

PET bottles of water will be issued to runners.

02 Odori Park Nishi 8-chome

Return of RS tags

Please return the RS tag (timing chip) attached to your shoe.
 If you lose it or do not return it, you will be charged the actual cost

03 Odori Park Nishi 7-chome

Same-day completion certificate issuance!

Issuance of completion certificates (until 16:00)

Certificates detailing split times for each 5-km section will be issued at the completion certificate counter in Odori Park Nishi 7-chome. *Don't forget to pick yours up.

Lamination service

Completion certificates can be laminated for a fee of 300 yen each.

04 Odori Park Nishi 3- to 7-chome

Collection of personal belongings

Runners can collect their personal belongings where they were deposited. Bring your bib number for matching check.

Meeting family members or friends

Odori Park Nishi 6- and 7-chome will be open to the public, and can be used as a place to meet family members or friends.

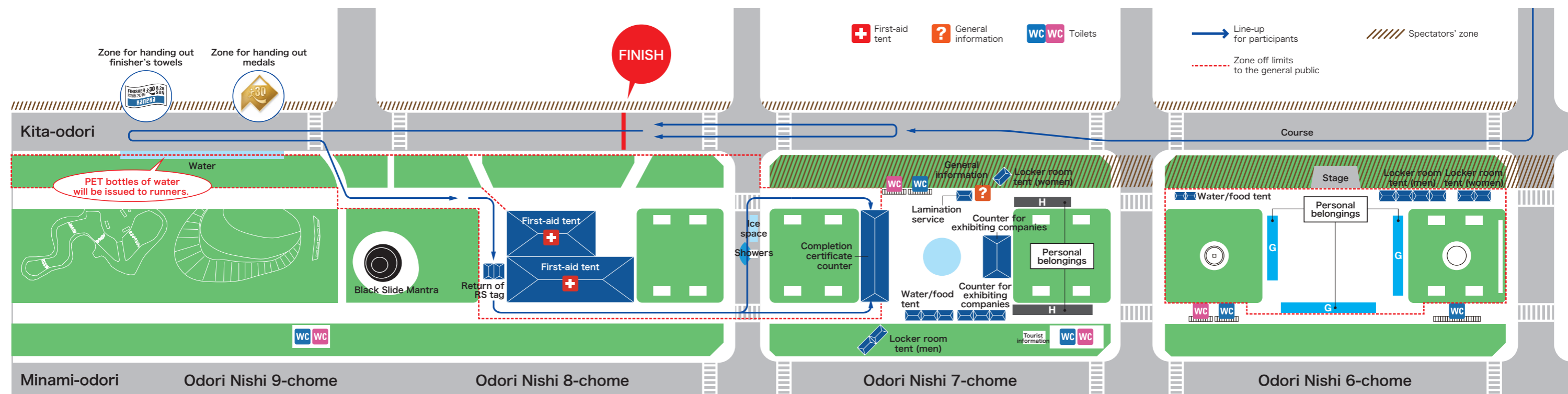
Others

Changing clothes

Separate locker room tents for men and women are available. Use them after collecting your personal belongings.

Official records

Runners registered with the Japan Association of Athletics Federations who would like to receive an official record are requested to apply at the reception desk in Odori Park Nishi 5-chome. *An issuance charge of 100 yen applies.





Course incorporating a variety of Sapporo sightseeing spots

The route starts in the local landmark of Odori Park and takes runners past Susukino, the Hokkaido Government premises and other local spots. The fun run allows participants to enjoy the atmosphere of the Hokkaido Marathon before tackling the tougher full race in a future year.

Flow up to the start

● Changing clothes

Separate locker rooms for men and women are provided on the Hokkaido Government premises. However, since it is expected that these will be crowded, it is recommended to finish changing at your hotel.

! New start location
 One of this year's fun run start blocks will be E, which is between the full-marathon start blocks D and F. Note that the line-up location and the starting order will be different from last year's.

● Personal belongings areas (deposit time: 7:30 - 8:30)

Runners should deposit their personal belongings in the designated area for their bib number. Go to the area with the appropriate number to **deposit your items**. Affix the sticker label issued upon registration to the designated bag and close the bag before depositing it. Bags can be collected where they were deposited.

- Valuables and fragile items may not be deposited. Umbrellas or other articles partially protruding from bags are prohibited because they are dangerous.
- Use the designated bag issued upon registration for deposit in the personal belongings area.
- ! Present your bib number to deposit and collect your personal belongings.
- ! Personal belongings cannot be collected before the end of the race once they have been deposited.
- ! Be sure to close the bag. Open bags may not be deposited.

● Warm-up

Due to the venue layout, there is no designated warm-up area for ordinary runners.
 ! Do not warm up in Odori Park and its surroundings because it is too dangerous. Local police have issued strict guidelines on this.

● Water

Water stations are set up in the venue. Drink enough water before the start.

● Line-up at start blocks (assembly time: 7:30 - 8:40)

The fun run start blocks are E and I. A letter of the alphabet (E or I) for the block is printed on the bib number; please check your block and line up as instructed by officials.



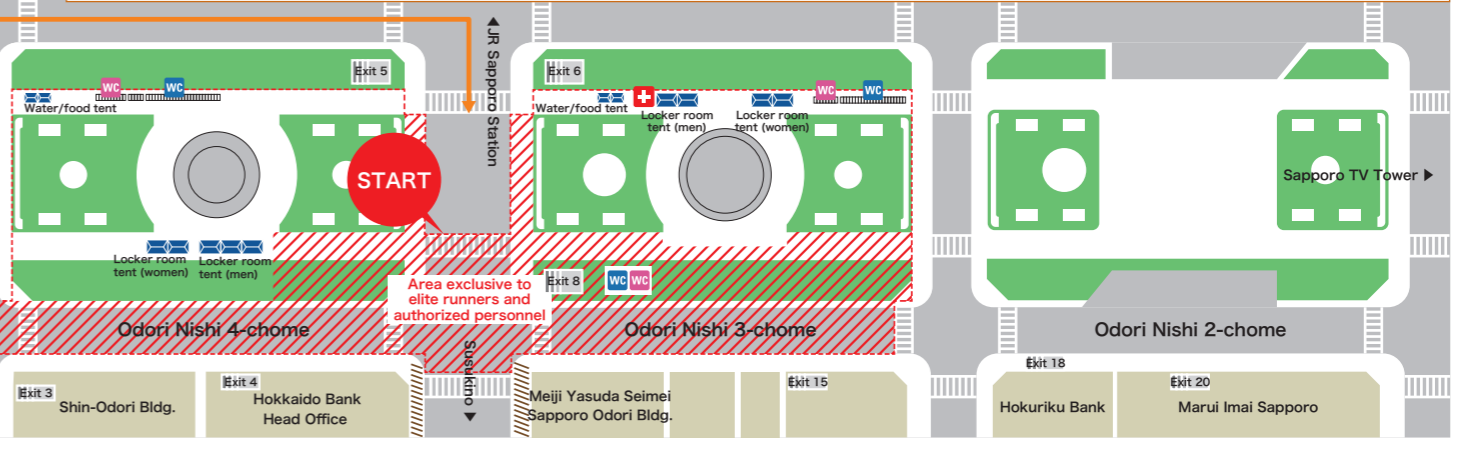
- ! Those who are late for the above assembly time must join the end of the line.
- ! Those who are late for the signal gun at 9:00 will be disqualified from the race.
- ! Different blocks have different guidepaths; check the signboards to make sure you take the correct one.

● Start (9:00)

The countdown on the TV Tower's electronic clock will begin a minute before the start of the race. Run to finish, and to improve your personal record. Do not overexert yourself to pass other runners, as this can be dangerous.

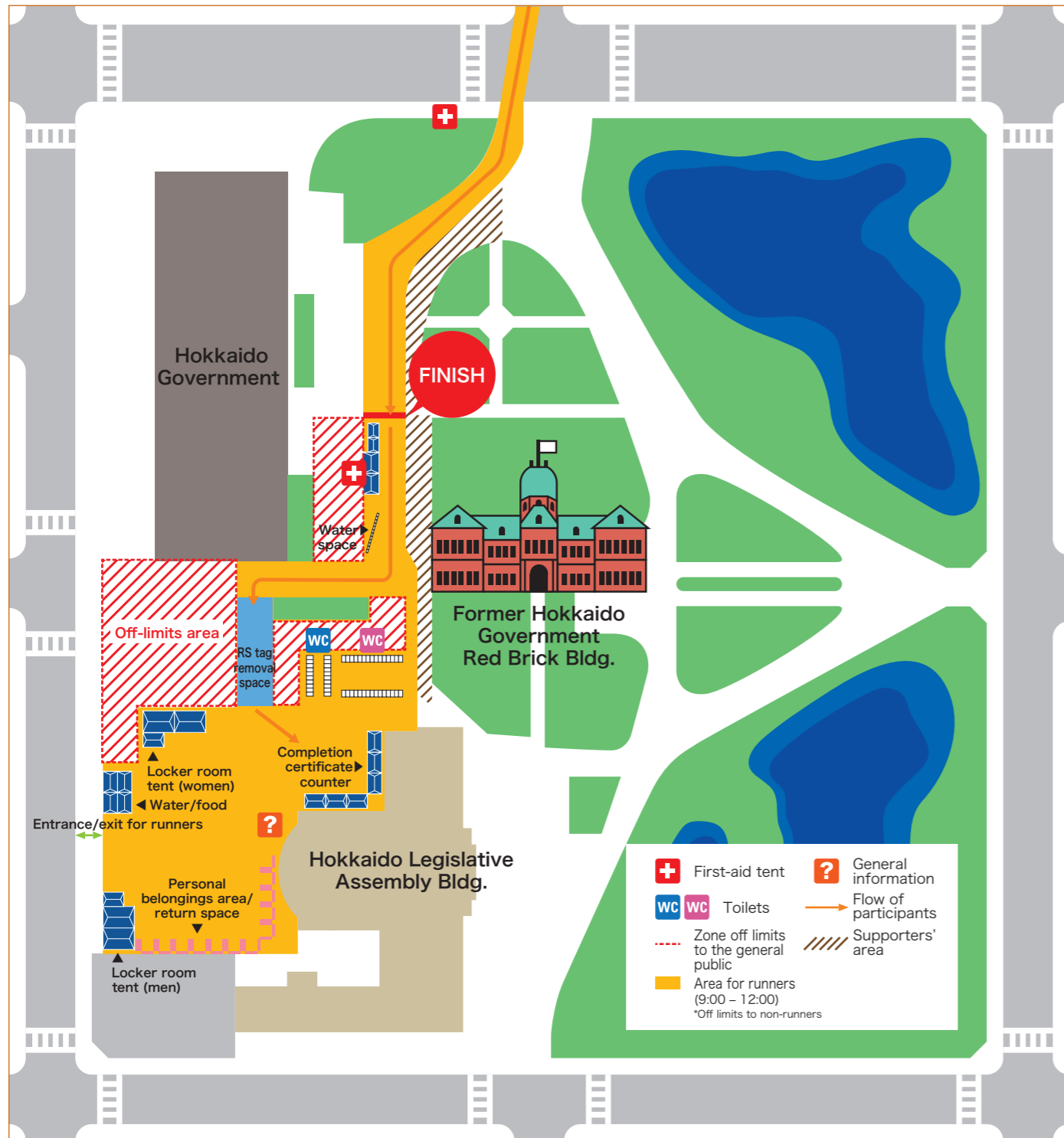
***It is expected to take around 10 minutes for fun run participants to cross the start line.**

***Please note that the Hokkaido Government parking area will be exclusive for runners at the time of the start and thus be off limits to the general public.**



The main gathering point for the fun run is at the Former Hokkaido Government Red Brick Office Building, from where around 3,000 runners will set off for the goal.

This historical neo-baroque structure was built in 1888 and has been designated as a national important cultural asset. In addition to its beautiful red-brick exterior, the stately interior is also a must-see. The building houses the Archives of Hokkaido, which include a diorama showing the streets of Sapporo in the 1870s. The front yard, with its beautiful flowerbeds and large poplar trees standing as a reminder of Hokkaido's pioneering era of development, is popular among locals as an oasis in the middle of the business district.



Flow after the finish

01

●Water

PET bottles of water will be issued to runners.

●Return of RS tags

Please return the RS tag (timing chip) attached to your shoe.
 ■ If you lose it or do not return it, you will be charged the actual cost.

●Issuance of completion certificates

Certificates detailing split times for each 5-km section will be issued at the completion certificate counter.

●Lamination service

Completion certificates can be laminated for a fee of 300 yen each.



02

●Collection of personal belongings

Personal belongings can be collected where they were deposited. Bring your bib number for matching check.

●Meeting family members or friends

// on the map shown on the left indicates an area that will be open to the public and can be used as a place to meet family members or friends.

Others

●Changing clothes

Separate locker room tents for men and women are available. Use them after collecting your personal belongings.
 *Completion medals and finisher's towels will be issued to full-marathon participants only.



The Race

● Checkpoints/cut-off points

Runners who fail to reach the points indicated below by the time limits will be eliminated (disqualified) from the race at that time. After the gates have closed, runners are requested to follow the instructions of officials to take off their bib numbers, promptly move to the sidewalk and board the pick-up vehicle stationed at the nearest gate or the last pick-up vehicle after the race.

■ Fun run checkpoints will have the same time limits as those for the full marathon at the 1.2-, 5-, 8.1- and 10-km points.

Checkpoint/cut-off point	Checkpoint closing time	Time limit
1.2-km checkpoint	9:30	30 min.
5-km checkpoint	9:55	55 min.
8.1-km checkpoint	10:15	1 hr. 15 min.
10-km checkpoint	10:30	1 hr. 30 min.
13.2-km checkpoint	10:51	1 hr. 51 min.
15-km checkpoint	11:03	2 hr. 03 min.
20-km checkpoint	11:36	2 hr. 36 min.
25-km checkpoint	12:09	3 hr. 09 min.
28.2-km checkpoint	12:28	3 hr. 28 min.
30-km checkpoint	12:42	3 hr. 42 min.
35-km checkpoint	13:15	4 hr. 15 min.
40-km checkpoint	13:50	4 hr. 50 min.
41.6-km checkpoint	14:05	5 hr. 05 min.

● Distance

Distances are indicated every kilometer and at the halfway point. The remaining distance will also be indicated every kilometer of the last 5 km.

☒ Water stations

Water stations are set up at the points shown below. The Hokkaido Marathon is a race that takes place under extreme weather conditions. Be sure to drink enough water during the race.

■ Fun run participants can also use the water stations at the start, 5.5-km, 7.8-km and finish points.

Point	Special refreshments	Water	Sports drinks	Sponges	Food
Start		●			●
5 km	●				
5.5 km		●	●		
7.8 km		●	●		
10 km	●				
10.8 km		●	●	●	
15 km	●	●			
17.5 km		●			
20 km	●	●	●	●	●
22.5 km		●			
25 km	●	●	●		
27.2 km		●			●
30 km	●	●	●	●	●
31.1 km		●			
33 km		●			
35 km	●	●	●		
37.5 km		●			
40 km	●	●	●	●	
Finish		●	●		●

*Only some runners are entitled to special refreshments.

☒ Toilets

Signboards indicate the availability of toilets, including those at gas stations, along the course.

● First-aid tents

First-aid tents are set up at the 10 locations indicated below. Doctors, nurses and physiotherapists, as well as emergency life guards and other medical staff are stationed there. Anybody feeling unwell before or during the race is **advised not to push too hard and to have the courage to withdraw from the event.** If you feel unwell after the race, come to a first-aid tent immediately.



Start/finish	P.5 – 8 (see the venue maps)
5 km	P13~14(コースMAP参照)
20 km	
25 km	
30 km	
35 km	
40 km	
41.5 km	
Fun run finish	
Shinkotoni first-aid station (approx. 17 km point)	

● Dropping out of the race

If you drop out of the race at another place than a checkpoint, promptly move to the sidewalk, take off the bib number and follow the instructions of officials.

● Running at Kita 5-jo-dori around the 41-km point

Please note that the course at Kita 5-jo-dori around the 41-km point changes depending on the situation at the pedestrian crossing. Please follow the instructions of the officials.

Manners and rules

● Running

This race is run on public roads. **Never run across the course or onto the sidewalk to pass other runners because such actions are very dangerous.** If such an action is found, the runner will be disqualified from the race. We would like to ask your understanding and cooperation for the future operation of the event.

● Toilets

Temporary toilets will be set up in the start area and along the course. **Never relieve yourself** in a residential area or empty lot because such an action may cause much trouble with local residents and **affect the future operation of the event.**

● Littering

Every year runners complain about litter on the course. Trash bins and signboards are installed at all water and sponge points. Do not litter the course with trash, but **put used paper cups and sponges in the provided trash bins.**

● Dressing up

There are no regulations on clothing, but try to wear clothes that are not offensive to public order and morals. Hokkaido Marathon is **a tough full marathon held under the scorching sun. Keep it in mind and wear appropriate clothing.**

● Trademarks

Trademarks to be used must conform to the Regulations concerning Advertisements and Exhibits at Competitions of the Japan Association of Athletics Federations.

For the names of affiliated clubs displayed on vests, shorts and tights, registrants of athletics federations are allowed to display only names authorized by their athletic associations. **Any participant wearing clothing that displays a club name deemed offensive to public order and morals or failing to conform to the above regulations may be barred from participating in the race.**