

Registration times

August 23 (Fri.) 13:00 – 20:00
August 24 (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.

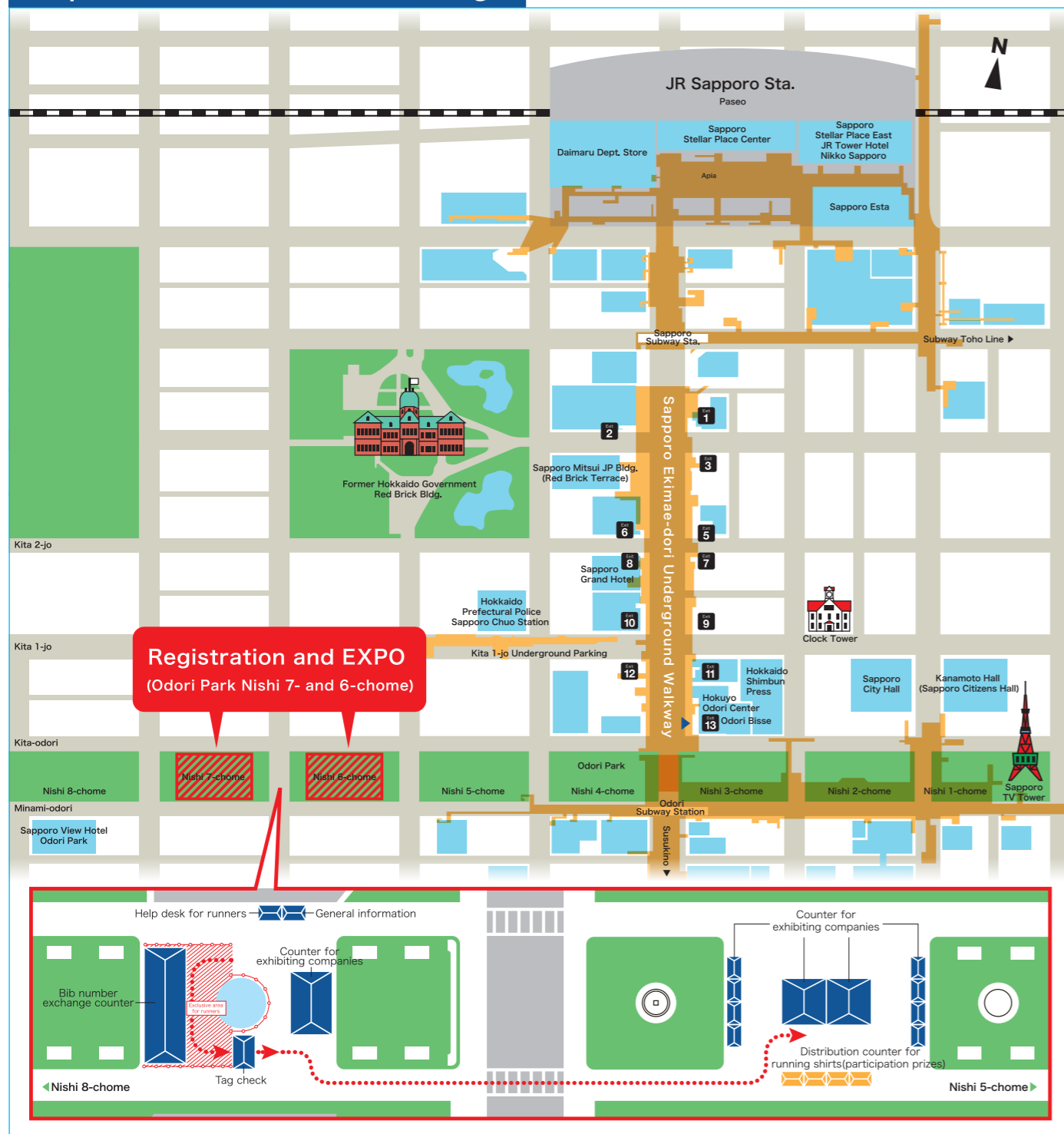
Registration venue

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

Interpreters (English, Chinese and South Korean) & sign language interpreters
These staff members are ready at the general information desk for the duration of the event. Please drop by if you have any problems.

Map of the venue and surroundings



Items to bring at the time of registration:

Bib number exchange card sent by mail

The bib number exchange card has not been sent to those who requested registration with a RUN PASSPORT.

Be sure to bring the bib number exchange card. Please sign the pledge in advance and bring it.

If you forget to bring the bib number exchange card, you must present your ID (insurance card, driver's license, passport, etc.), and a handling fee of 200 yen will be charged for reissue.

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



Full marathon



Fun run

Web bib number exchange card (RUN PASSPORT)

Please present the bib number exchange card on your smartphone or tablet or a printout at the registration counter.

Check how to use the RUN PASSPORT



【Screen display】

【Printout】



Flow of registration and EXPO

1 Exchange the bib number card

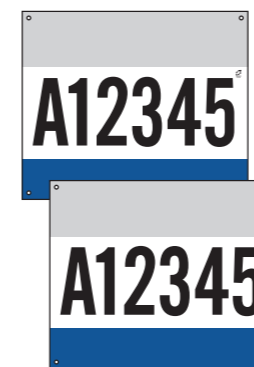
Show your bib number exchange card at the bib number exchange counter in Odori Park Nishi 7-chome and receive the distributed items.

The place to exchange the bib number for visually impaired participants is the general information counter. Please bring your physical disability certificate and present it here.

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

A Bib number set

■Bib number (front)



You will receive two bibs.

■RS tag



Two RS tags will be handed to runners who are registered with the Japan Association of Athletics Federations, and one RS tag to other runners participating in the full marathon and participants in the fun run.

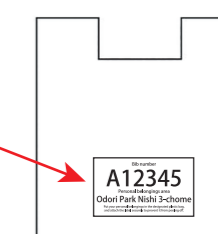
■Sticker label



Please put your personal belongings in the designated transparent plastic bag, label it and deposit it at the personal belongings safe-keeping place indicated on the sticker label.

B Registration bag set

■Bag for personal belongings (56x68x22cm)



- Program
- Spectators' guide

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

2 Collect your participation prize

Please collect the running shirt (participation prize) at the participation prize distribution counter in Odori Park Nishi 6-chome.

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

For more information, please call Kinki Nippon Tourist Hokkaido at Tel: +81-11-251-5731.

3 EXPO

The EXPO venue has many booths of sponsoring companies. Not only runners, but everyone can enjoy visiting these booths. Please come and bring your family and friends too.

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 room tents for men and women are available on each block of Odori Park. However, since these tents are expected to be crowded, participants are advised to finish changing at their hotels, etc.

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.

Water and food (7:00–)

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 from A to G in the order of participants' full marathon personal best time (gross time) that was submitted at the time of applying for participation in the race. 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)

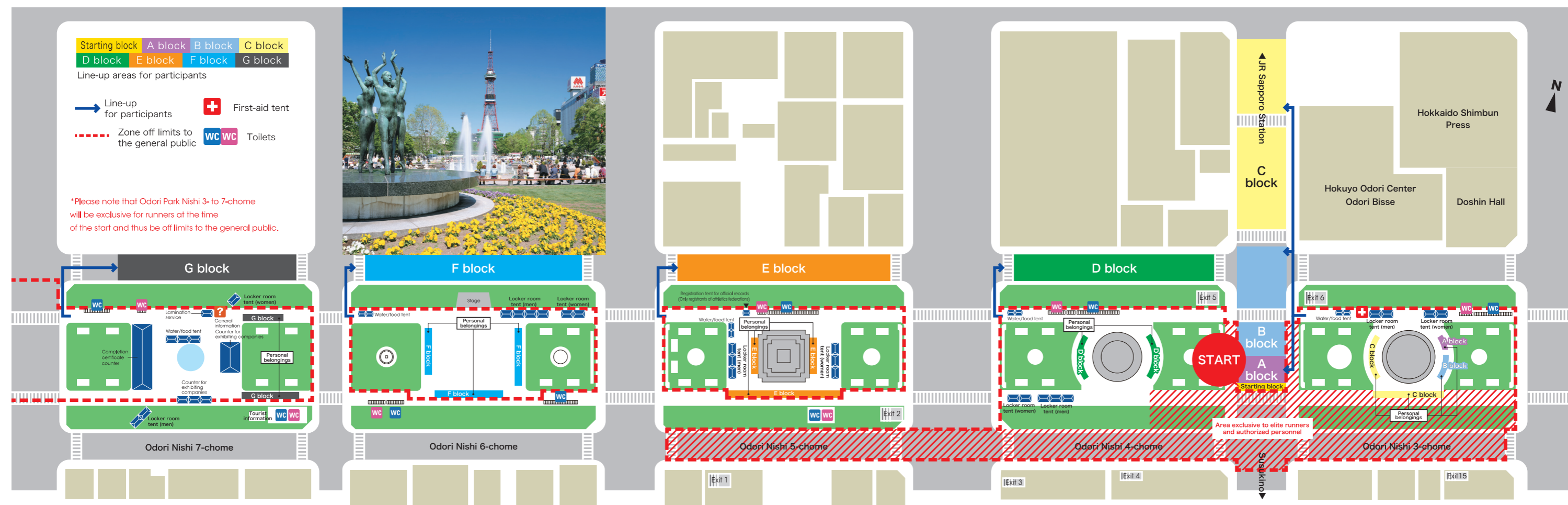
The countdown on the TV Tower's electronic clock will begin a minute before the start of the race. Run to finish, and to improve your personal record.



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.



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)

●Finisher's medals

Hokkaido Marathon has now become a big summer event including diverse activities with approximately 20,000 participants. The design of the medals for the 2019 event represents each runner by a dot.



●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. It is also possible to have completion certificates translated into Braille. Please inform us at the general information counter if you wish to make use of this service.

●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

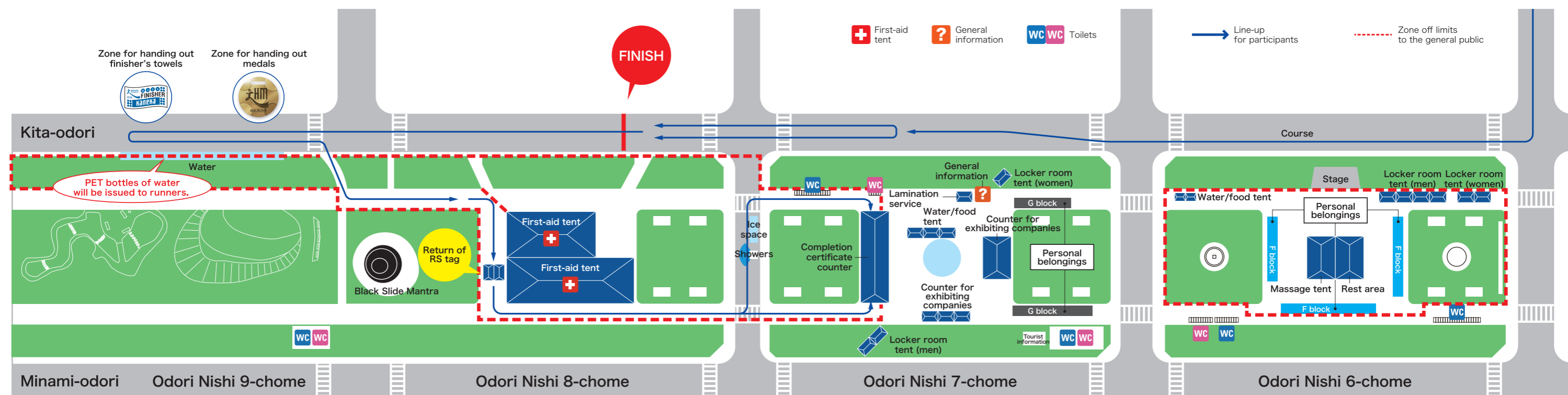
●Changing clothes

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

●Official records

❗ You can only apply on the day of the event.

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 300 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 room tents for men and women are available on the Odori Park Nishi 10-chome block. However, since these tents are expected to be crowded, participants are advised to finish changing at their hotels, etc.

The main goal of the fun run is to enjoy running!

Rather than having to run desperately to improve your personal record, enjoy running with a smile, at a slow pace, along the luxurious course especially set out for the day.

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.

Water and food (7:00-)

Water stations are set up at the venue. Please drink adequate water before the start. Bananas and other food are also provided, so please eat these for nutritional support as necessary.

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

The fun run start blocks are H and I.

A letter of the alphabet (H 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.

Bib number



Start (9:00)

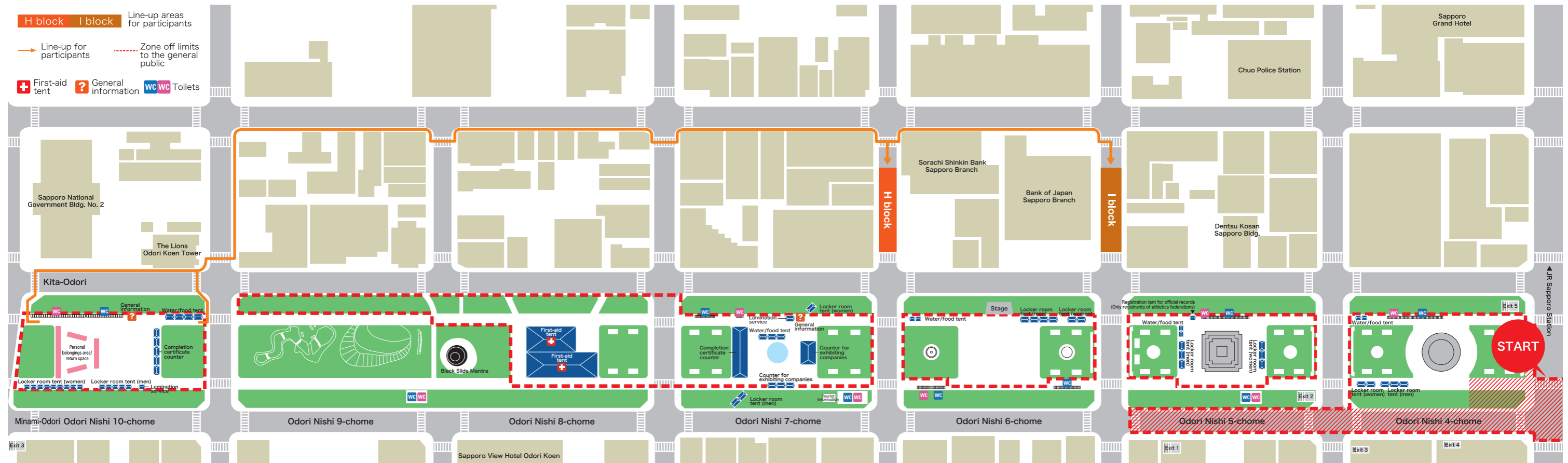
The countdown on the TV Tower's electronic clock will begin a minute before the start of the race. Run to finish, and to improve your personal record. **Do not overexert yourself to pass other runners, as this can be dangerous.**

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

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 Underground Walkway because it is too dangerous. Local police have issued strict guidelines on this.



The finishing line is at Kita-odori Nishi 8-chome, the same as that of the full marathon.
Approximately 3,000 runners will run toward the goal.

Run toward Odori Park, where lots of spectators are awaiting runners, and cross the finishing line with a smile.



Flow after the finish

01

●Water

PET bottles of water will be issued to runners.

●Return of RS tags (timing chip)

Please return the RS tag attached to your shoe to the staff issuing the completion certificates.

❗ If you have lost it or do not return it, you will be charged the actual cost.

●Issuance of completion certificates (until 12:00 noon)

Certificates detailing split times for each 5-km section will be issued at the completion certificate counter. It is also possible to have completion certificates translated into Braille. Please inform us at the general information counter, Odori Park Nishi 7-chome, if you wish to make use of this service.



●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.

●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.

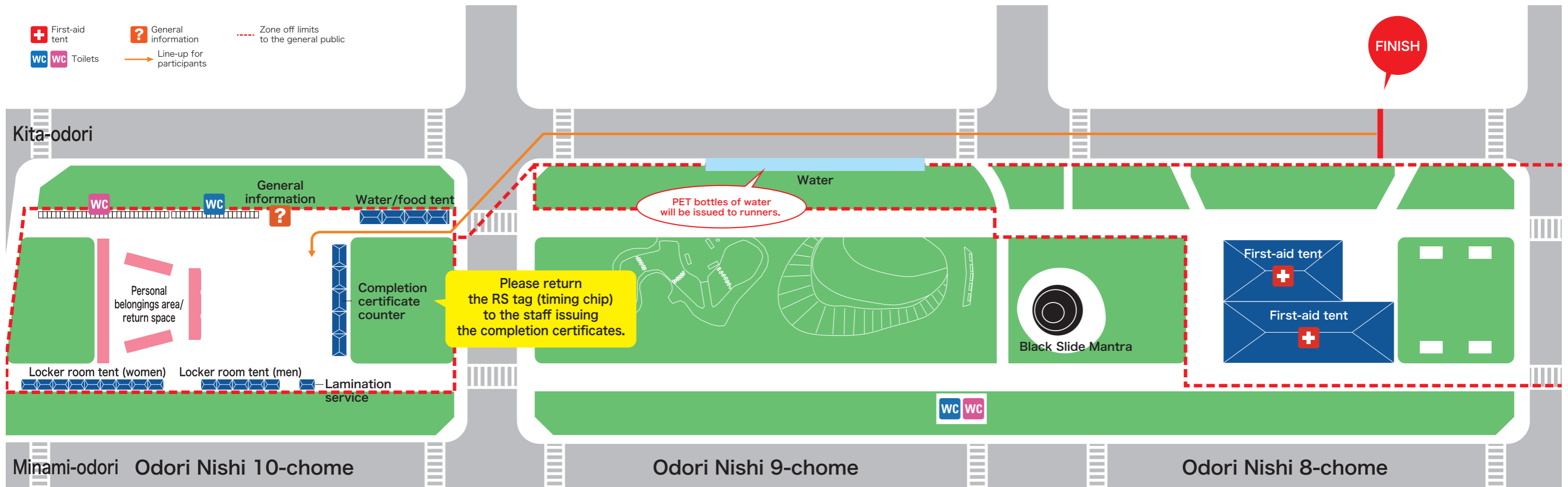
Others

●Meeting family members or friends

Other areas than those indicated by [red dashed box] in the map below will be open to the public and can be used as a place to meet with family or friends.



- First-aid tent
- General information
- Zone off limits to the general public
- Toilets
- Line-up for participants



The Race

● Checkpoints

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.

| Checkpoint/cut-off point | Full marathon | Fun run | 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. |
| 11.6-km checkpoint | | ● | 10:45 | 1 hr. 45 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 | Water | Sports drinks | Sponges | Food | Special refreshments |
|---------|-------|---------------|---------|------|----------------------|
| 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.

WC Toilets

Temporary toilets are set up and certain restrooms at gas stations, etc. along the course are hired for the event. Signboards indicate available toilets – please confirm the signboard before using a toilet along the way.

First-aid tents

First-aid tents are set up at the 9 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

| |
|--|
| 5 km |
| Shinkotoni first-aid station (approx. 17 km point) |
| 20 km |
| 25 km |
| 30 km |
| 35 km |
| 40 km |
| 41.5 km |



● 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.