

## ●Registration times

●August 24 (Fri.) 13:00 – 20:00 August 25 (Sat.) 10:00 – 20:00

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

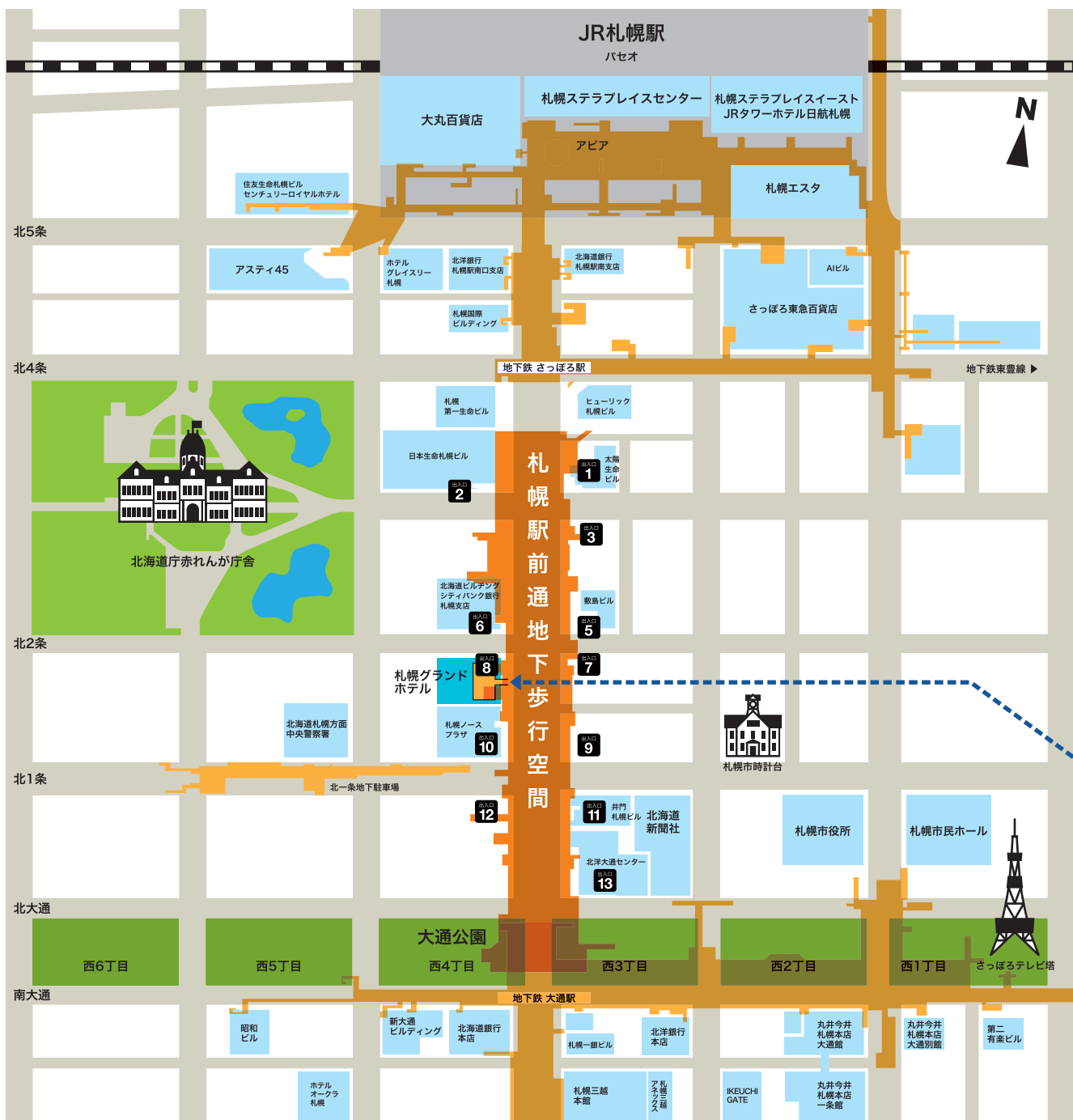
❗Registrations are not accepted at other times than those indicated above, whatever the reason may be. Please arrive well in advance.

## ●Registration venue

B1F Crystal Hall, Sapporo Grand Hotel East Building (Kita 1-jo, Nishi 4-chome, Chuo-ku, Sapporo)

- 15-minute walk from JR Sapporo Station
- 7-minute walk from Sapporo Subway Station on the Namboku Line
- 5-minute walk from Odori Subway Station on the Namboku and Tozai Lines

Use the entrance to the Sapporo Grand Hotel next to Exit 8 from Sapporo Ekimae-dori Underground Walkway.



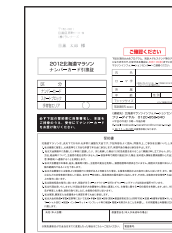
## ●Items to bring on the day of registration

Bring the bib number exchange ticket sent with these instructions.

Be sure to sign the pledge and bring it.

❗If you forget the exchange ticket, you must present your ID (an insurance card, driver's license, passport, etc.).

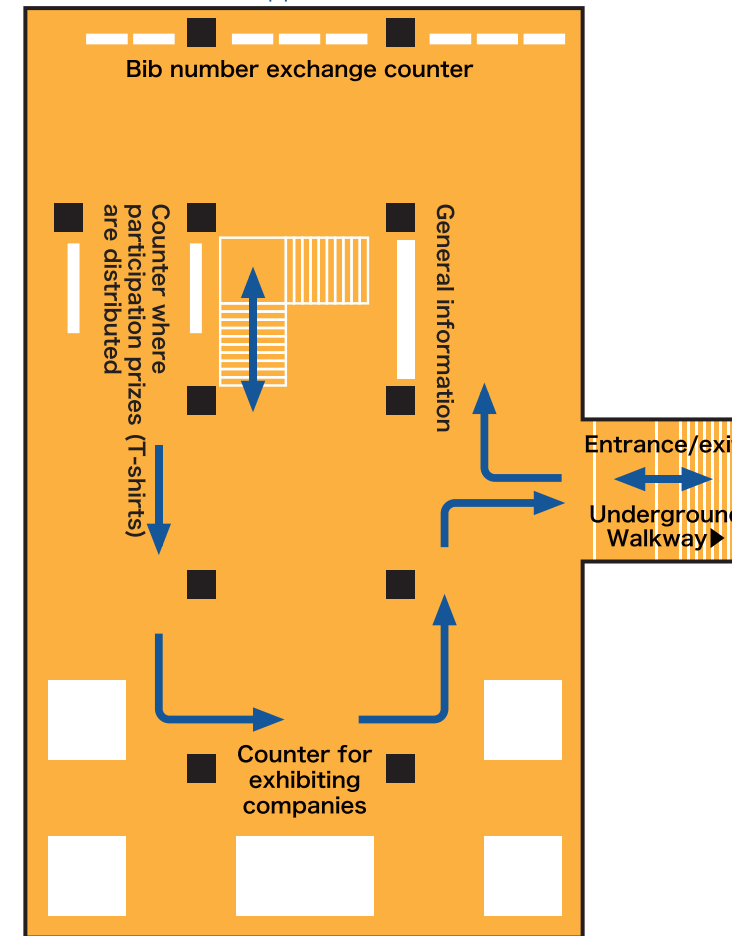
## ●Flow of registration



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

## ●Map of the registration venue

Basement hall, Sapporo Grand Hotel



Use the entrance to the Sapporo Grand Hotel next to Exit 8 from Sapporo Ekimae-dori Underground Walkway.

## ●Items to be distributed

※Items that will be handed out at registration



■Bib number (front) ■Bib number (back)

Be sure to write your emergency contact number on the back of the bib number beforehand.



■Personal belongings check-in tags

❗Please prepare a bag for personal belongings yourself. ※Affix one personal belongings check-in tag in a noticeable location of your bag and put the other tag inside the bag. The bag should be within 40 x 60 cm in size.



■T-shirt as a participation prize ■Bag as a participation prize  
■Program ■Spectators' guide

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

## ●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.

**All runners start together from Nishi 4-chome, Odori Park, a citizens' haven, after the countdown from the Sapporo TV Tower.**

Odori Park extends 1.5 km west from Nishi 1- to 12-chome, and is adorned with beautiful flowerbeds, lawns and approximately 4,700 trees covering 92 species, and lots of tourists and city residents visit the park for various events, like the Lilac Festival marking the arrival of spring, YOSAKOI Soran Festival, Snow Festival and White Illumination. The 2012 Hokkaido Marathon will start with the countdown displayed on the electric bulletin board of the Sapporo TV Tower, a city landmark at the east end of Odori Park.



**Flow up to the start**

**● Changing clothes**

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

**● Check-in of personal belongings (check-in time: 7:30 – 8:30)**

The areas where runners can check in their personal belongings are divided according to the block where they start (see the map). Go to the area with the appropriate number and **check in your personal belongings**. Cut off the tags; affix one to your bag and put the other inside the bag. The deposited bag will be returned at the same place where it was deposited.

- Valuables and fragile articles will not be accepted. Umbrellas or other articles partially protruding from bags are prohibited because they are dangerous.
- **Please prepare a bag for your personal belongings yourself. The bag should be within 40 × 60 cm in size.**
- Put your personal belongings in one bag. Only one bag will be accepted per runner; additional bags cannot be deposited. Articles that are not in a bag cannot be accepted.
- ❗ Present your bib number to check in and collect your personal belongings.
- ❗ Once you have checked in your personal belongings, you cannot collect them before the end of the race.

**● Warm-up**

Runners are requested to warm up in the Sapporo City Hall Parking Lot.

❗ **Do not warm up in Odori Park because it is too dangerous.**

**● Water**

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: 8:10 – 8:40)**

Start blocks are divided as blocks A to E in the order of the record times submitted by invited runners (both men and women), registered runners (both men and women) and ordinary runners (both men and women). A letter of the alphabet (A – E) 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.

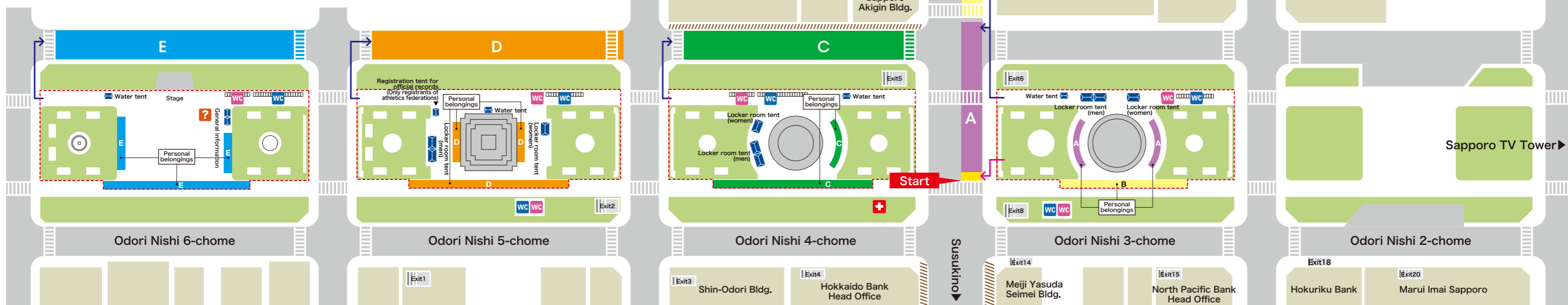
**● Start (9:00)**

The countdown on the electric bulletin board of the TV Tower will begin from one minute before the start. Run to finish, and to improve your personal record.



■ Line-up areas for participants  
→ Line-up for participants  
→ Invited runners and runners entitled to special refreshments  
//// Spectators' zone  
---- Zone that is off limits to the general public  
+ First-aid tent  
? General information  
WC WC Toilets

※Please note that Odori Park 3- to 6-chome will be exclusive for runners at the time of the start and thus be off limits to the general public.



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. Completion medals will be presented by Susukino Moriagetai, the planning and operating team of Susukino Wakamono Machizukurijuku (Susukino Young People's Town Development School) organized by NPO Con Carino as a project commissioned by Sapporo City. Enjoy this moment fully.



Flow after the finish

01 Odori Park Nishi 8-chome (exclusive area for participants)

●Receipt of completion medals

All finishers will receive a medal produced by Kan Yasuda, an internationally renowned sculptor from Hokkaido, at the finishing point, on the day.

●Water

A 500-ml plastic bottle of water, "Yuki no Mizu (Snow Water)" will be given to each runner.



All finishers will also receive a medal stand that includes their name and finishing time at a later date (scheduled to be shipped by the end of September).



The romanized name printed on the bib number exchange ticket will be inscribed on the medal stand. Be sure to check the name on your ticket. If any corrections have to be made, contact the Information Center (0120-859-640) beforehand.

02 Odori Park Nishi 7-chome (exclusive area for participants)

●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.

●Sports drinks, ice and food service

Sports drinks and ice for icing of muscles will be provided.

03 Odori Park Nishi 6-chome

●Collection of personal belongings (Odori Nishi 3-chome to 6-chome)

Your personal belongings will be returned to you at the place where they were checked in. Bring your bib number for matching check.

●Meeting family members or friends

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

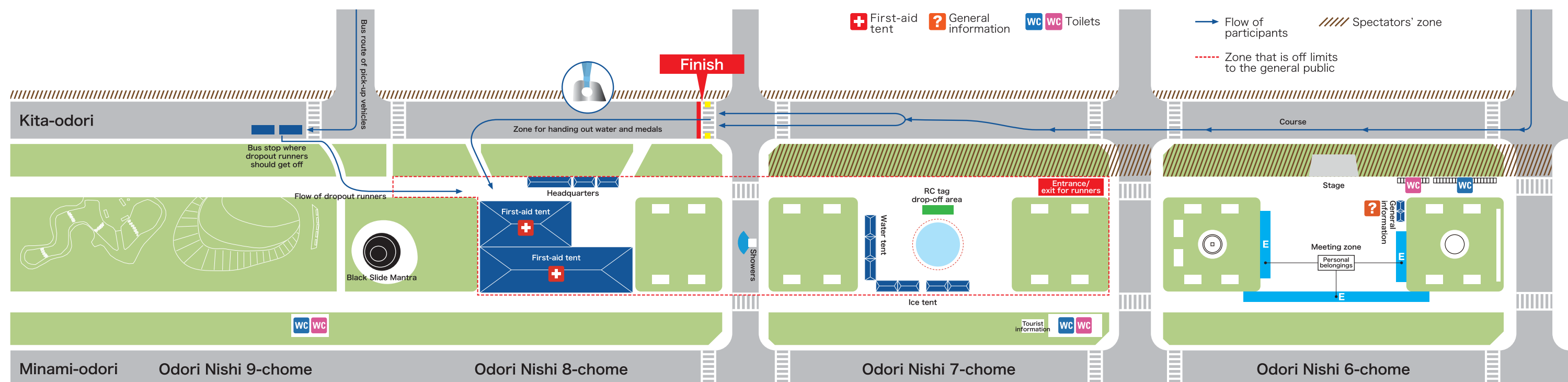
Others

●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.



# The Race/Manners and rules

## The Race

### ● Checkpoints/cut-off points

Runners who fail to reach the points indicated below by the appointed times 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	Checkpoint closing time	Time limit
1.2 km checkpoint	9:25	25 min.
5 km checkpoint	9:45	45 min.
10 km checkpoint	10:20	1 hr. 20 min.
14 km checkpoint	10:48	1 hr. 48 min.
15 km checkpoint	10:55	1 hr. 55 min.
20 km checkpoint	11:30	2 hr. 30 min.
25 km checkpoint	12:05	3 hr. 05 min.
28.2 km checkpoint	12:26	3 hr. 26 min.
30 km checkpoint	12:40	3 hr. 40 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 18 points on the course as indicated below. Hokkaido Marathon is a race that takes place under extreme weather conditions. Be sure to drink enough water during the race.

Point	Special refreshments	Water	Sports drinks	Sponges	Banana
Start		●	●		●
5 km	●	●	●		
5.5 km		●	●		
7.8 km		●	●		
10 km	●	●	●	●	
12.8 km		●	●		
15 km	●				
15.7 km		●	●		
17.8 km		●	●		
20 km	●	●	●	●	●
22.8 km		●	●		
25 km	●	●	●		
27.2 km		●	●		
30 km	●	●	●	●	●
31.1 km		●			
33 km		●	●		
34.1 km		●	●		
35 km	●	●	●		
35.9 km		●			
37.5 km		●	●		
40 km	●	●	●	●	
Finish		●	●		●

Note: Only some runners are entitled to special refreshments.

※The drink is Seicomart's Sports Drink +.

※"Yuki no Mizu" (500-ml plastic bottle of water) will be handed out at the finishing point.

### ☒ Toilets

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

### ● First-aid stations

First-aid stations are set up at the following eight locations. 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 station immediately.



Start/finish first-aid station	P. 7 - p. 10 (see the venue map)
20-km first-aid station	P. 15 and p. 16 (see the course map)
25-km first-aid station	
30-km first-aid station	
35-km first-aid station	
40-km first-aid station	
On-course first-aid headquarters 1	
On-course first-aid headquarters 2	

### ● 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. The 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.**