

## ●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 2-chome

■ Approximately 15 minute on foot from JR Sapporo Station

■ Approximately 5 minute on foot from Odori Subway Station on the Namboku, Tozai and Toho Lines

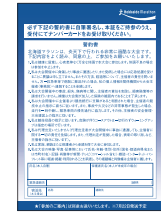
## ●Items to bring on the day of registration

Bring the bib number exchange postcard sent separately.

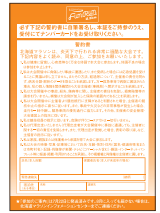
Be sure to sign the pledge and bring it.

❗ 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.



Full marathon



Fun run

## ●Flow of registration

01 ▶▶▶▶▶ 02 ▶▶▶▶▶ 03 ▶▶▶▶▶ 04

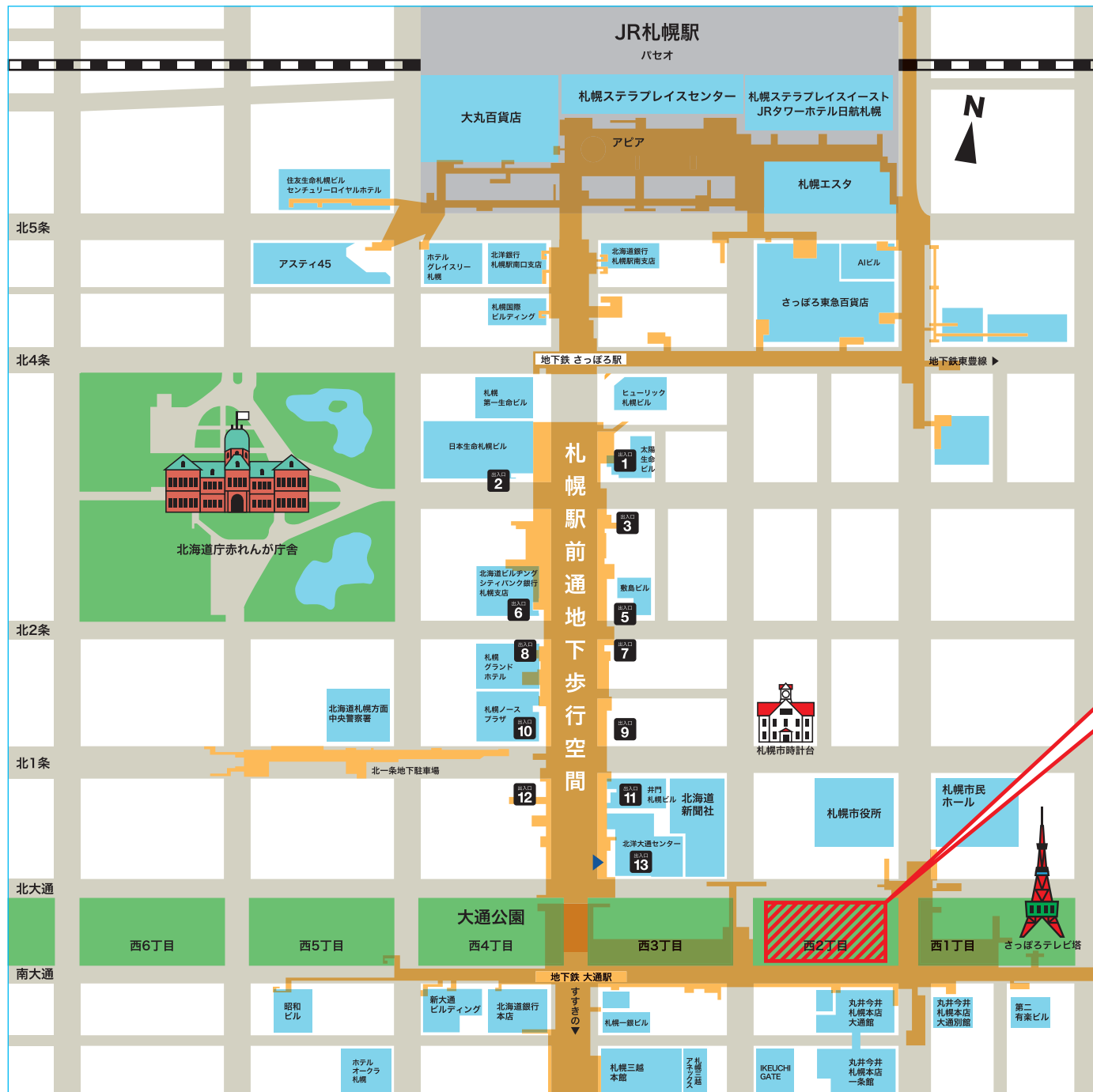
Show your bib number exchange postcard at the exchange counter.

❗ Please register in person yourself.

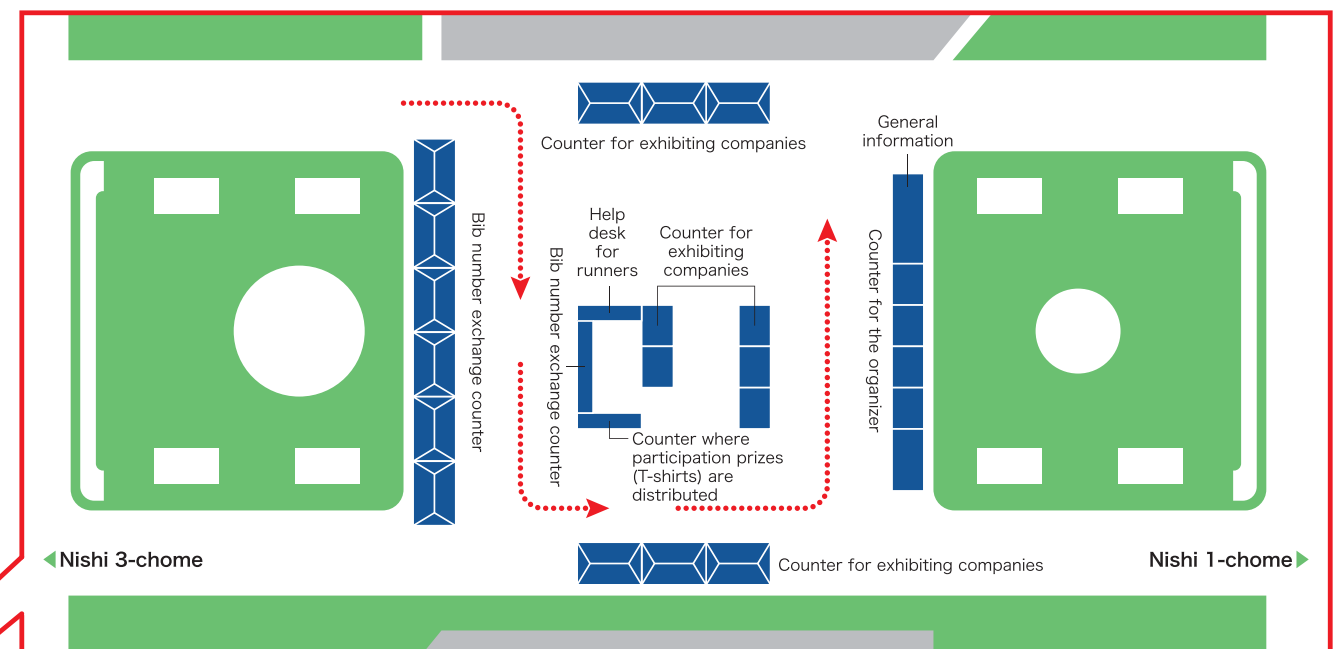
Receive the distributed items.

Receive a T-shirt as a participation prize at the relevant counter.

Go to the counter for exhibiting companies.



## ●Map of the registration venue Odori Park Nishi 2-chome



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

■ Bib number (front)



❗ You will receive two bibs, one of which has a space for your emergency contact number on the reverse. Be sure to write it and wear the bib in front of you.

■ Bib number (back)



■ 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.

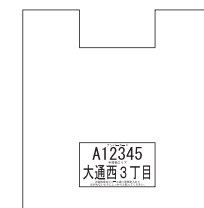
■ Full marathon



■ T-shirt as a participation prize



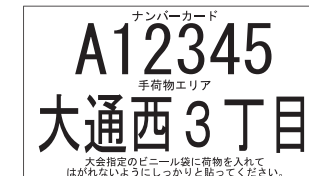
■ Fun run



■ Bag for checking-in personal belongings (60 x 75 x 15 cm)

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

■ Sticker label



■ Program

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

■ Spectators' guide

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.

**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 2013 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 Odori 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**. Place the sticker label issued at registration on the designated bag and close the bag before checking it in. 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.
- **Use the designated bag issued at registration to check in your personal belongings.**
- Put your personal belongings in one bag. Only one bag will be accepted per runner; additional bags cannot be deposited.
- 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.
- Be sure to close the bag. Open bags will not be accepted.

### 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. Bananas will also be provided. Get the necessary nutrition.

### Line-up at start blocks (assembly time: 7:30 – 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.

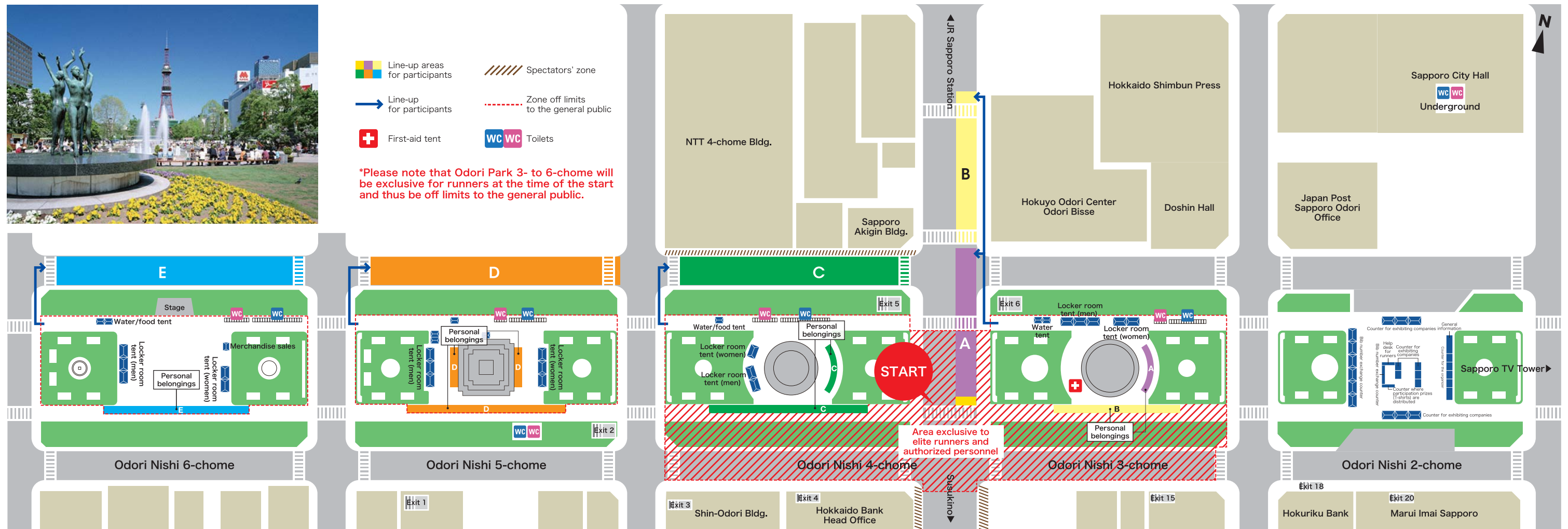
### Start (9:00)

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
- First-aid tent
- Spectators' zone
- Zone off limits to the general public
- 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. Enjoy this moment fully



## Flow after the finish

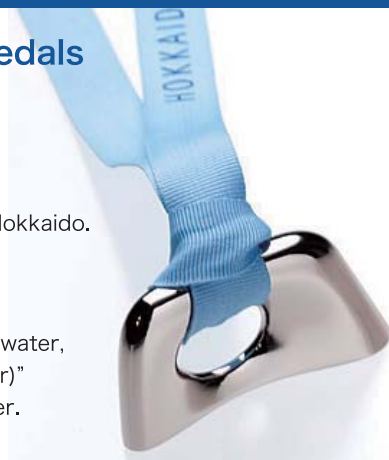
### 01 Odori Park Nishi 8-chome (exclusive area for participants)

#### Completion medals

All full-marathon finishers will receive a medal produced by Kan Yasuda, an internationally renowned sculptor from Hokkaido.

#### Water

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



#### Finisher's towel

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



### 02 Odori Park Nishi 7-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

#### Food service

Rice balls made with Hokkaido rice will be provided.

### 03 Odori Park Nishi 6-chome

#### Return of personal belongings (Odori Nishi 3- 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- and 7-chome will be open to the public, and can be used as a place to meet family members or friends.

### 04 Odori Park Nishi 2-chome

#### Issuance of completion certificates (until 18:00)

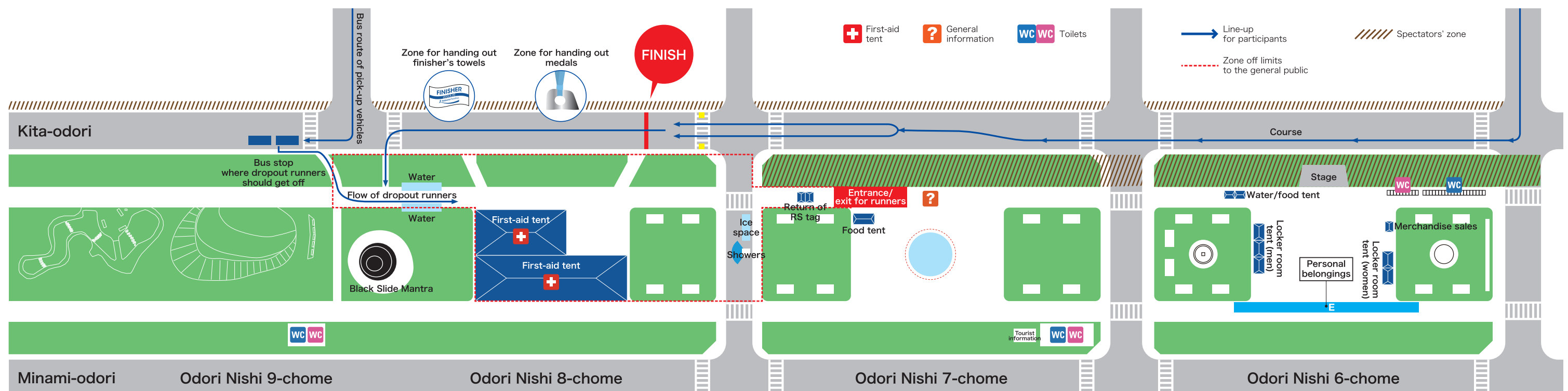
Certificates detailing split times for each 5-km section will be issued at the completion certificate counter in Odori Park Nishi 2-chome. \*Don't forget to pick yours up.

Same-day completion certificate issuance!

#### Others

#### Changing clothes

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





**New this year – the 11.5-km fun run incorporating a variety of Sapporo sightseeing spots**

A new event is being introduced in the Hokkaido Marathon. The route starts in the local landmark of Odori Park and takes runners past Susukino, the Hokkaido Government premises and other local spots. The 11.5-km 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.

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

The areas where runners can check in their personal belongings depend on bib numbers. Go to the area with the appropriate number and **check in your personal belongings**. Place the sticker label issued at registration on the designated bag and close the bag before checking it in. 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.
- Articles not in designated bags 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.
- Be sure to close the bag. Open bags will not be accepted.

**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.

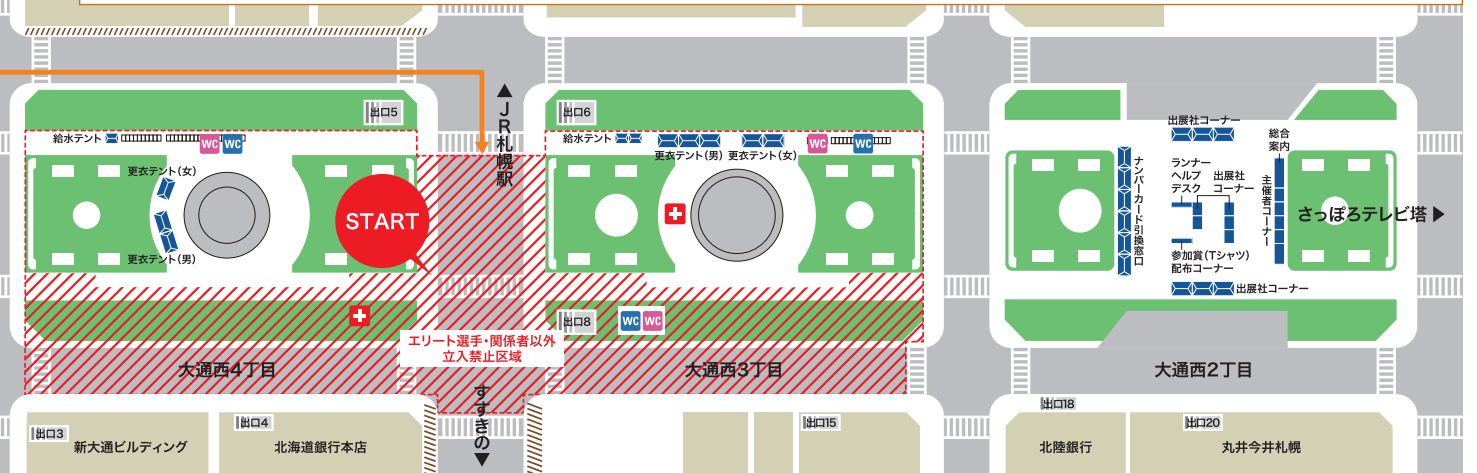
**Line-up at start blocks (assembly time: 7:30 – 8:40)**

The fun run start blocks are F and G. A letter of the alphabet (F or G) 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.**



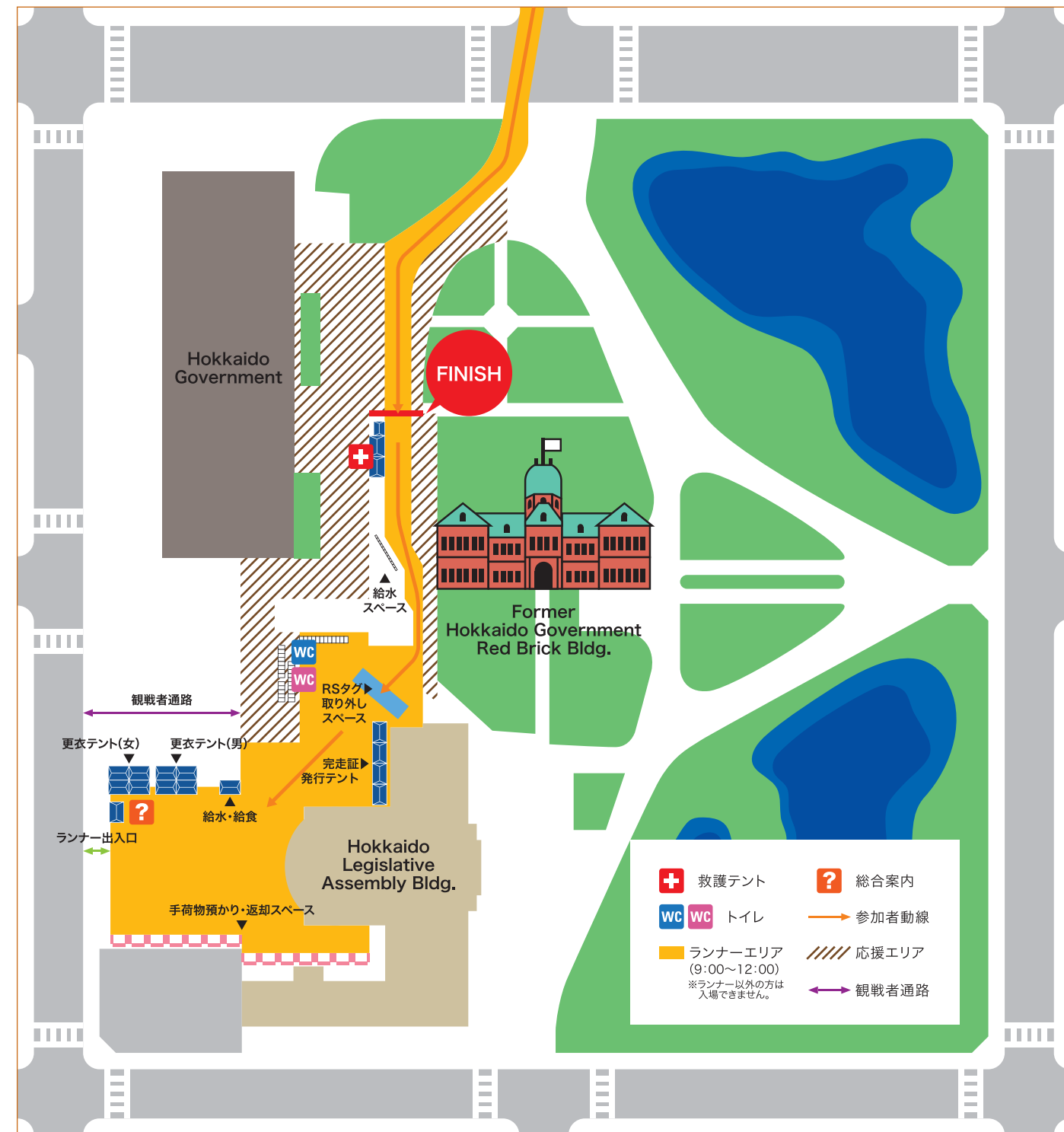
**Start (9:00)**

The countdown on the electric bulletin board of the TV Tower will begin from one minute before the start. Have fun and run to finish.



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

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

#### ●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.



### 02

#### ●Return of personal belongings

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

▨ 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 participants will have the same time limits as those in the full marathon at the 1.2-, 5- and 10-km points.

Checkpoint/cut-off point	Checkpoint closing time	Time limit
1.2 km checkpoint	9:25	25 min.
5 km checkpoint	9:50	50 min.
10 km checkpoint	10:25	1 hr. 25 min.
13.2 km checkpoint	10:48	1 hr. 48 min.
15 km checkpoint	10:58	1 hr. 58 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.

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

Point	Special	Water	Sports drinks	Sponges	Banana
Start		●	●		●
5 km	●				
5.5 km		●	●		
7.8 km		●	●		
10 km	●				
10.8 km		●	●	●	
12.5 km		●	●		
15 km	●		●		
17.5 km		●	●		
20 km	●	●	●	●	●
22.5 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.  
\* "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 tents

First-aid tents are set up at the following 10 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 tent immediately.

Start/finish first-aid tent	P. 5 – 8 (see the venue maps)
20-km first-aid tent	
25-km first-aid tent	
30-km first-aid tent	
35-km first-aid tent	
40-km first-aid tent	
41.5-km first-aid tent	
Shinkotoni first-aid station	
Teine first-aid station	

### ● 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.