

# KYOTO MARATHON 2016

## Kyoto Marathon 2016 Participant Guide

Thank you for applying for the Kyoto Marathon 2016. 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.

### Marathon Schedule

Runner Check-in	Fri. Feb. 19 <sup>th</sup>	11:30 - 20:00 (Last Admittance)	●Runner Check-in ●Kyoto Marathon Okoshiyasu Welcome Square	Miyakomesse 1 <sup>st</sup> and 3 <sup>rd</sup> Floors
	Sat. Feb. 20 <sup>th</sup>	10:30 - 19:00 (Last Admittance)		

Race Day	Sun. Feb. 21 <sup>st</sup>	7:00	Changing Area Open	Nishikyogoku Athletic Park
		7:00 - 8:15	Baggage Check-in	
		8:00 - 8:44	Runners Lineup	
		8:45	Starting Ceremony	A-F Block: Athletic Field Track G-K Block: Auxiliary Field Track
		8:55	Wheelchair Race Start	
		9:00	Marathon Start	Miyakomesse 3 <sup>rd</sup> floor In front of Heian Jingu Shrine
		13:00	Marathon Award Ceremony	
		15:00	Marathon finish	

#### Broadcasted on (anticipated)

KBS: Kyoto February 21 (Sun.) Part 1- 8:30-9:25, Part 2- 12:30-13:25, Part 3- 21:00-21:55  
Mainichi Broadcasting System February 28 (Sun.) 13:00-13:55  
J:COM Kyoto Miya-vision (DTT 11ch), 3/14 (Mon.) 19:30-19:54etc Kyoto Agaru Sagaru

### For the latest Kyoto Marathon information

#### Official Website

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

Kyoto marathon

Search

#### Call Center for Runners



**0570-088-228** .... Weekdays until Thurs. Feb. 18<sup>th</sup>..... 10:00 - 17:00  
**06-6267-5164** ... (Fri. Feb. 19<sup>th</sup> and Sat. Feb. 20<sup>th</sup>..... 10:00 - 20:00)  
..... (Sun. Feb. 21<sup>st</sup>..... 5:00 - 17:00)

#### hold or cancel the marathon

**Final Decision**  
**5:00 am. Sun,**  
**February 21, 2016**

In the event of a disaster, bad weather, high water, etc. the marathon will be canceled.

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

\*If the marathon is canceled the information will be posted on <http://www.city.kyoto.lg.jp>

\*Please be aware that if the marathon is canceled the participation fee will not be refunded.

#### Runner Survey

In order to keep improving the Kyoto Marathon, we need your feedback. After you complete the Kyoto Marathon, please go on the official site and take our survey. We appreciate your cooperation.

# Race Check-in (2 Days Before/ Day Before)

## Date & Time

**Fri. February 19<sup>th</sup> 11:30-20:00 (Last Admittance)**

**Sat. February 20<sup>th</sup> 10:30~19:00 (Last Admittance)**

\*Runners cannot check-in outside of the above times, even due to public transportation delays. Please keep this in mind and give yourself plenty of time to reach the check-in venue.

**\*Runners cannot check-in on the day of the race Sun. February 21st. Runners must check-in before race day.**

## Things to Bring

① **Number Card Voucher (Please print and bring with you)**

\*If you have lost, forgotten, or for any other reason do not have your voucher, there is a reissuing fee of 200 yen.

② **Identification (Copies are not permitted)**

\*Please bring at least one of the following forms of identification.

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

## Location

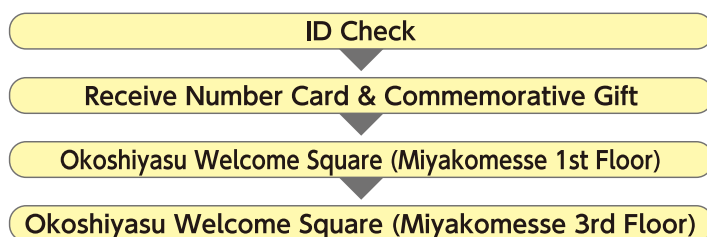
**Miyakomesse**

**1st Floor**

(9-1 Okazaki Seishoji-cho, Sakyo Ward, Kyoto)



## Runner Check-in Procedures



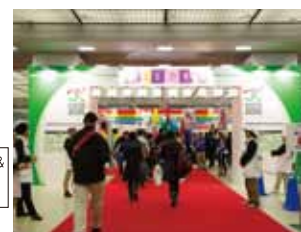
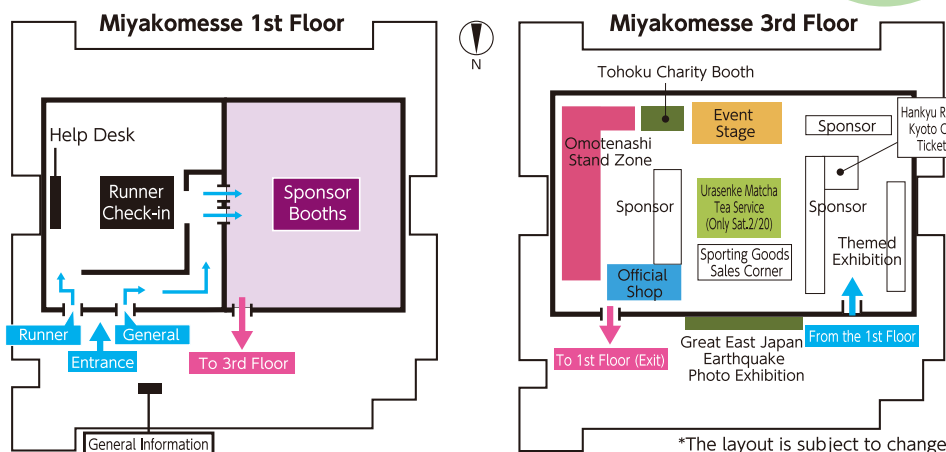
Check-in must be done by the runner themselves. Proxies or representatives cannot check-in for someone else.

## Kyoto Marathon Okoshiyasu Welcome Square Guide

**Fri. February 19<sup>th</sup> 11:30-20:00 (Last Entry)**

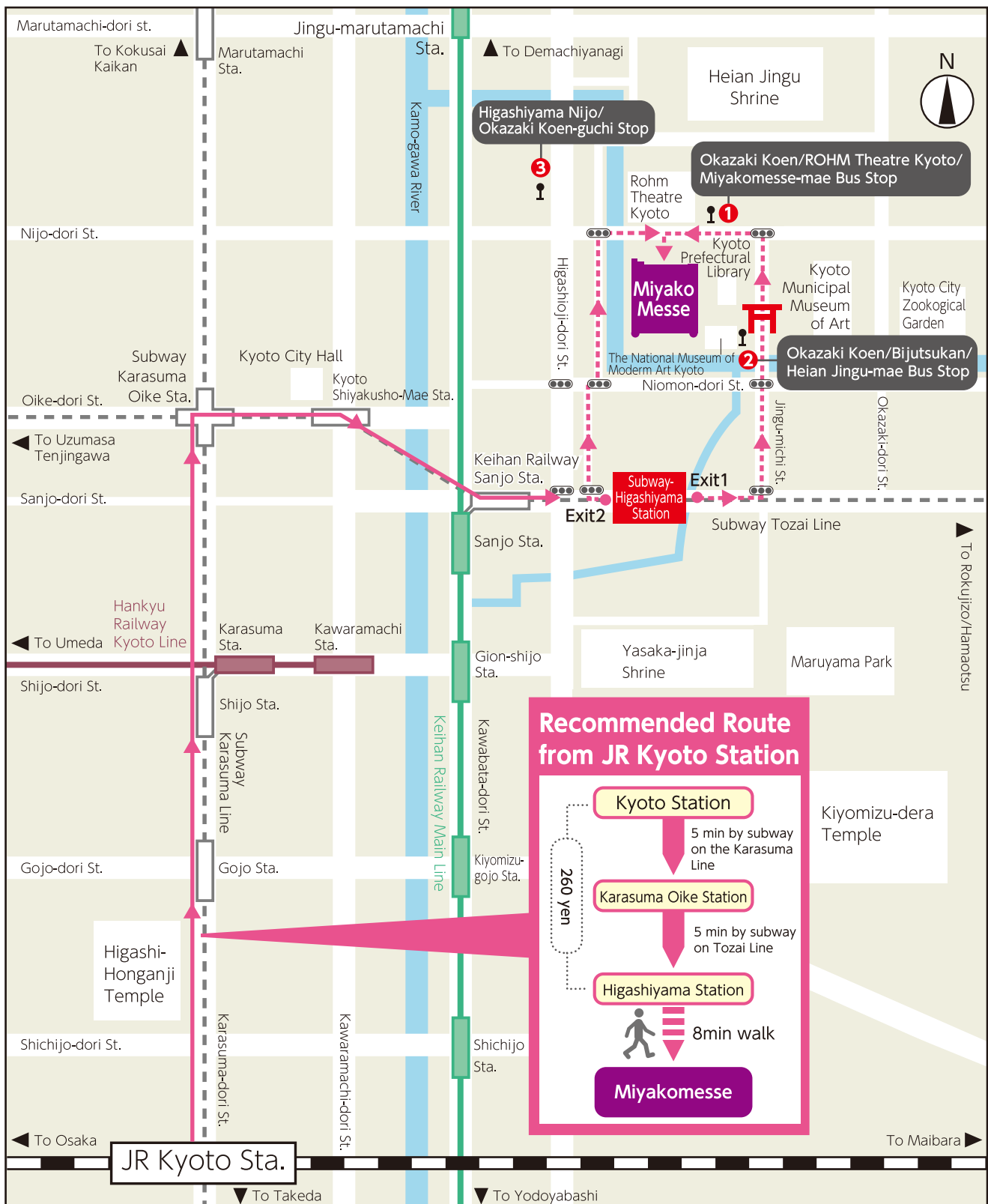
**Sat. February 20<sup>th</sup> 10:30-19:00 (Last Entry)**

**Family and friends are welcome.**





## Please 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  
 Get off at Stop ① (Okazaki Koen/ROHM Theatre Kyoto/ Miyakomesse-mae)

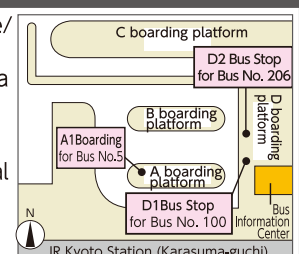
#5 Bus towards Ginkaku-ji Temple/Iwakura  
 Get off at Stop ② (Okazaki Koen/Bijutsukan/Heian Jingu-mae)

#31 Bus towards Takano/Iwakura  
 #201 Bus towards Gion/Hyakumanben  
 Get off at Stop ③ (Higashiyama Nijo/ Okazaki Koen-guchi)

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

#100 Bus towards Kiyomizu-dera Temple/ Ginkaku-ji Temple  
 #5 Bus towards Kinkaku-ji Temple/Iwakura  
 Get off at Stop ② (Okazaki Koen/Bijutsukan/ Heian Jingu-mae)

#206 Bus towards Gion/Kitaoji Bus Terminal  
 Get off at Stop ③ (Higashiyama Nijo/ Okazaki Koen-guchi)



# General Overview: Items you will receive at check-in

## 1 Number Card (marathon bib)

JAAF Registered- Front  
(with timing chip)



JAAF  
Registered

Back



General- Front  
(with timing chip)



General

Back (message bib)



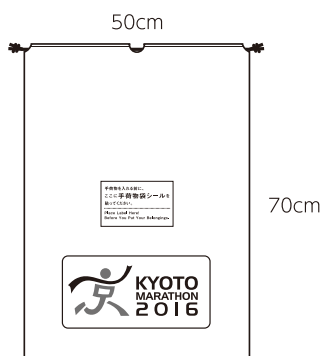
- Please confirm the marathon bib you receive has your name printed on it.
- Number Cards (marathon bibs) cannot be reissued.  
**Please remember to attach both the front and the back bibs. Runners who do not have both number cards properly attached will be subject to disqualification.**
- The changing room at the starting area will be very crowded, please attach your marathon bib to the shirt you intend to wear in the race, the day before the race.
- For participants and accompanying runners, accompanying runners will be given an accompanying runner card (marathon bib).
- Please check to make sure you have your baggage seal (#2) and safety pins (8 pins).  
Number cards (marathon bibs) now have the Do you Kyoto? Marathon and Great East Japan Earthquake Reconstruction Support logos.

## 2 Baggage Seal



- Please don't forget to affix this seal to the center of the Kyoto Marathon Bag (#3).**
- Please make sure to affix this seal before placing personal items in the Kyoto Marathon Bag.

## 3 Designated Kyoto Marathon Bag for Personal Items



- This bag is for personal items to be checked at the starting area and given back at the finish area.
- Please tie the strings tightly so that items will not fall out during transport.**
- We cannot accept valuables, breakables, living things, long umbrellas (folding umbrellas are permitted), and/or hazardous items.** Please be aware we are not responsible for lost items.
- Please be aware that you can send items that do not fit in the designated marathon bag. At the starting area next to the General Information Counter there will be a delivery service counter (requires a separate fee). The items will be shipped to a designated location, such as the finish area or hotel.

## 4 Commemorative Gift- Kyoto Marathon 2016 Original BUFF



Provided by Wacoal Corp.

- This item made in Spain can be worn as a headband, neck warmer or various other ways. You will receive 1 per participant.
- Please wear this as a provision against the cold.

## 5 Marathon Program



- Various information will be included in the official program, along with a route assistance map.

# Starting Area: Access (Race Day Sun. February 21<sup>st</sup>)

KYOTO MARATHON 2016

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).

## Special Kyoto City Bus Service (Direct Bus from JR Kyoto Station to Starting Area)

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)

Special bus service will be available the day of the race to Nishikyogoku Athletic Park Stadium. In order to use this special service, ticket (230 yen) will be sold on Feb 19-20 at the Okoshiyasu Welcome Square (Miyakomesse 3rd Floor). Please purchase tickets during runner check-in. First Come first serve- 1,750 people

\*Please be aware tickets will not be sold on the day of the race. \*During crowded times seats may not be available.



## Hankyu Railway NishiKyogoku Station Access (Kyoto Marathon Race Day Timetable)

The following are the timetables for trains to NishiKyogoku Station including rapid trains.

	Daparture 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

Crowded

## Cards that can be used for Hankyu Railway

Kansai Thru Pass, PiTaPa, ICOCA, Suica, PASMO, TOICA and other IC cards can be used.

## Hankyu Railway Advance Ticket Sales Guide

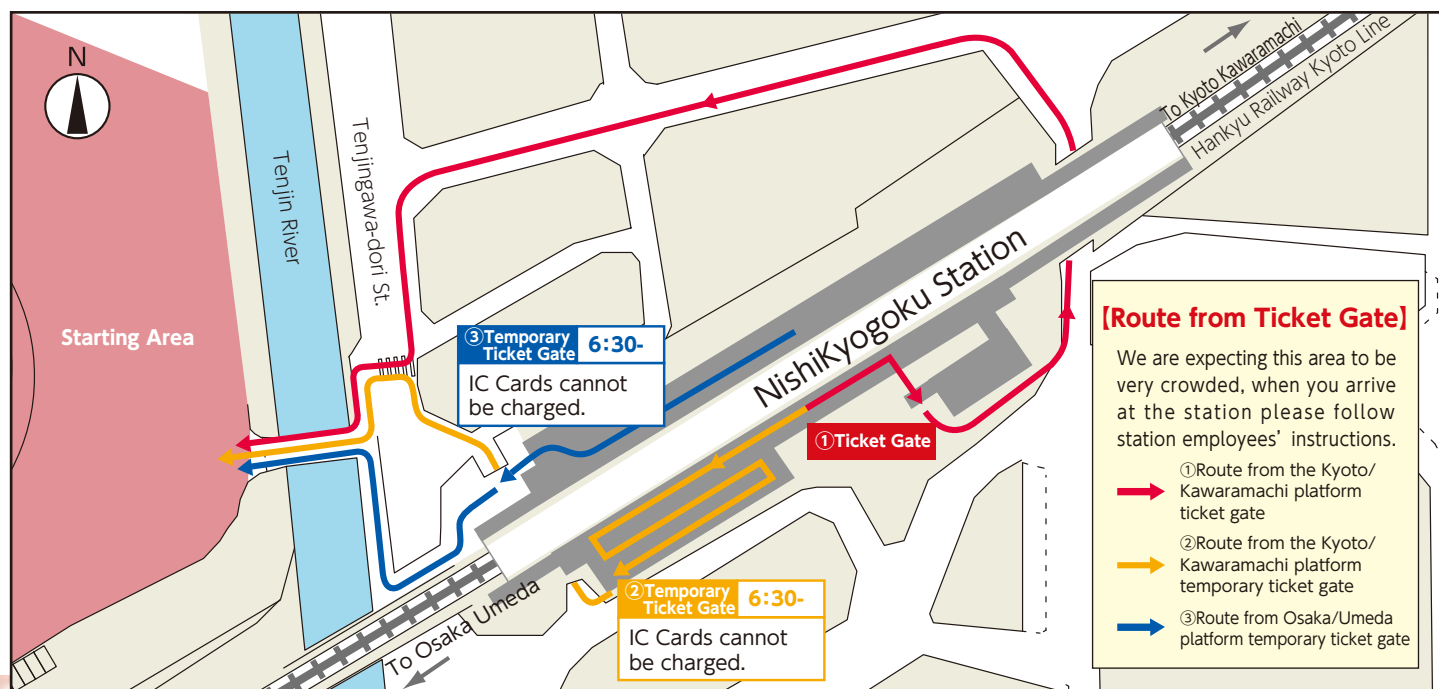
**On race day the ticketing area will be very crowded.**

On Sat. February 20<sup>th</sup> at the Okoshiyasu Welcome Square (Miyakomesse 3rd Floor) Hankyu Railway tickets will be on sale. Please purchase your ticket in advance.

\*Fares to NishiKyogoku Station  
400yen from Umeda, 190 yen from Kawaramachi or Karasuma, 150 yen from Omiya or Saiin (Please try to use exact change when you purchase your ticket)

Trains will run on the normal Saturday time schedule from Osaka/Umeda with the addition of the following Rapid-Exp. trains listed below which will be making a special stop at the NishiKyogoku Station.

	Daparture Times							Arrival Times
	Umeda Sta.	Juso Sta.	Awaji Sta.	Ibaraki Sta.	Takatsuki 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



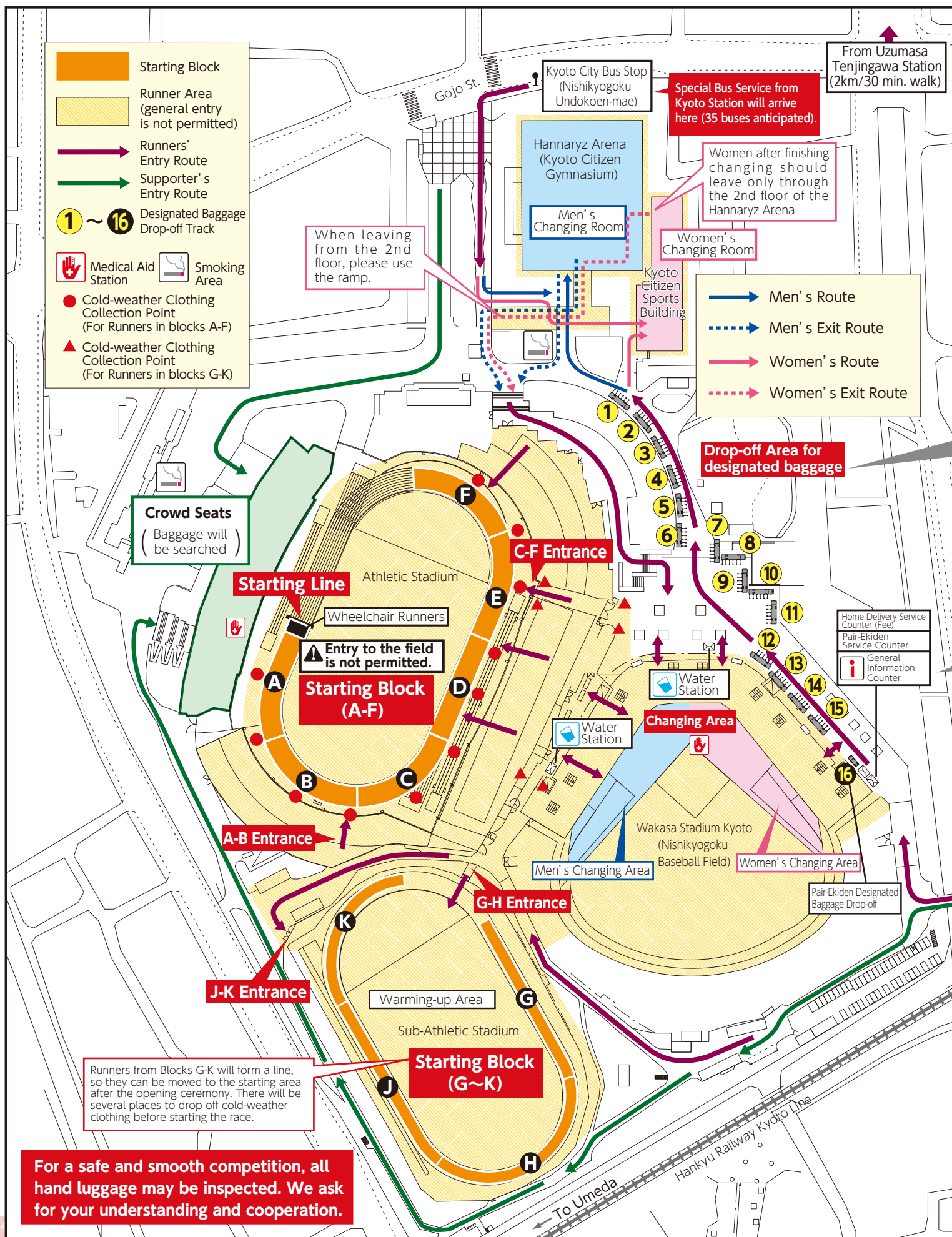
## [Route from Ticket Gate]

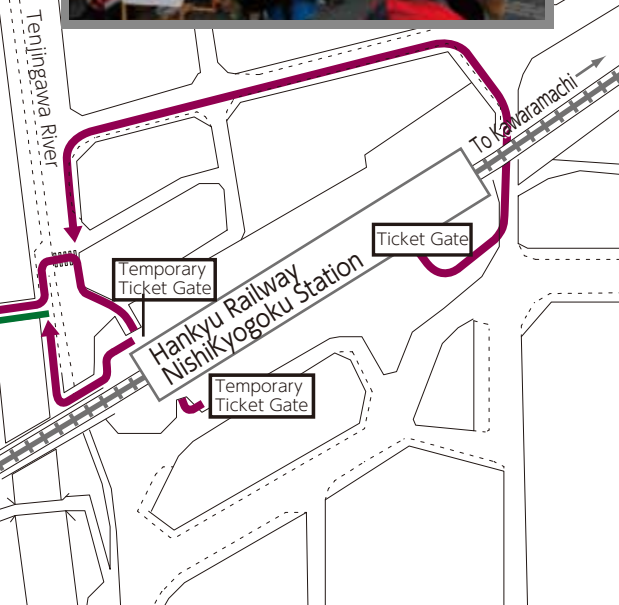
We are expecting this area to be very crowded, when you arrive at the station please follow station employees' instructions.

- ①Route from the Kyoto/Kawaramachi platform ticket gate
- ②Route from the Kyoto/Kawaramachi platform temporary ticket gate
- ③Route from Osaka/Umeda platform temporary ticket gate



# Starting Area





**Drop-offs/Pickups 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.

## Schedule

- 7:00 Changing Rooms Open
- 7:00 Drop-off for Designated Baggage Opens (until 8:15)
- 8:00 Runners start lining up (until 8:44)
- 8:45 Starting Ceremony
- 8:55 Wheelchair Race Start
- 9:00 Marathon 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 Tohoku region. We ask that all staff, runners, supporters remain silent during the prayer.

## What to Bring

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

## Changing Clothing

**Men's Changing Room** ※Muddy shoes prohibited  
[Hannaryz Arena (Kyoto Citizen Gymnasium )] **7:00~8:30**

**Women's Changing Room** ※Muddy shoes prohibited  
[Kyoto Citizen Sports Building 2nd Floor ] **7:00~8:30**

**Changing Area (Unisex)**  
[Wakasa Stadium (Nishikyogoku Baseball Field)] **7:00~8:30**

## Designated Baggage Drop-off

**7:00~8:15**

- 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.**

## Collection of cold-weather clothing

**at the starting area** (There are no collection points along the course)

- In order to keep warm before the start signal is given, you could try using a sweater, jacket, or other clothing that you don't use or need anymore.
- Clothing that is collected will be given for reuse or recycling, it will not be returned.
- Clothing will be collected after the start of the Wheelchair race at designated collection points or by staff carrying bags for clothing collection.
- Your number cards (marathon bibs) must be shown to the staff at the entrance to your starting block.



Starting Block

Designated Baggage Drop-off Track Number

**Cold-weather clothing collection point**

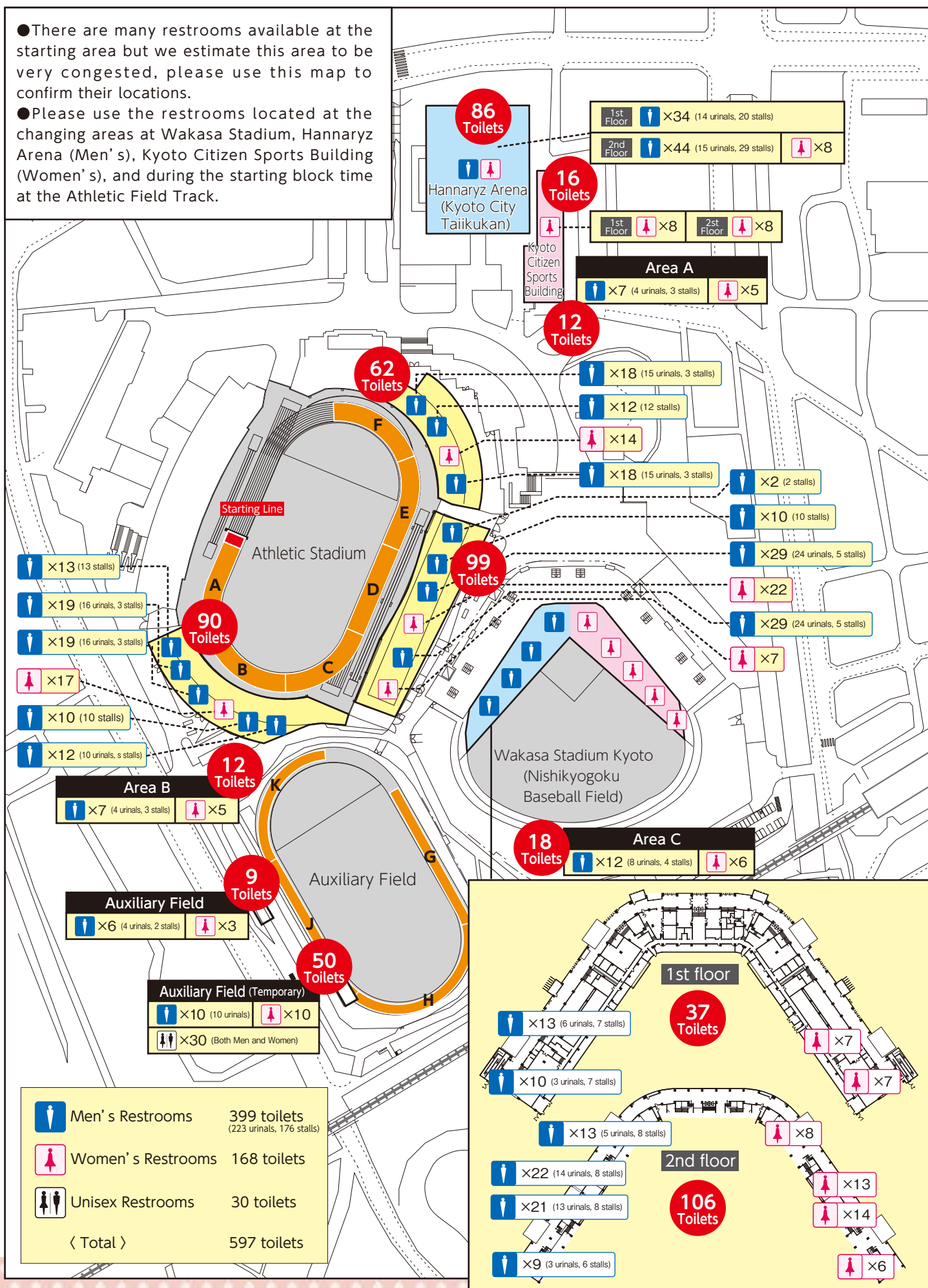
- For Runners from Blocks A-F
- ▲ For Runners from Blocks G-K



## Starting Area Restrooms

● There are many restrooms available at the starting area but we estimate this area to be very congested, please use this map to confirm their locations.

● Please use the restrooms located at the changing areas at Wakasa Stadium, Hannaryz Arena (Men's), Kyoto Citizen Sports Building (Women's), and during the starting block time at the Athletic Field Track.





- The Kyoto Marathon is managed under the Japan Association of Athletic Federations regulations as well as the rules specific by the Kyoto Marathon.
- Proxies for applicants will not be permitted.
- If there is an emergency during the marathon, emergency measures will be conducted. An injury that occurs during the marathon will fall under the purview of the marathons insurance.
- The marathon will also feature “InterFaith Ekiden: Praying for Peace” (4 sections) with 10 teams of 40 runners from different faiths, including participants from overseas, running the same course as the Kyoto Marathon.

## Health Check

- If you are feeling unwell in anyway, please do not force yourself to compete in the marathon.
- During the race if at any time there are any unusual changes to your physical condition please do not try to continue on unnecessarily please do not try to complete the race.
- In the case of Influenza or another contagious disease, if you have just recovered 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.
- The certain portions of the course may be narrow, and as there are 16,000 people running, **for safety reasons costumes are prohibited.**
- The wearing or display of any advertisements for companies, products, any trademarks, etc. at the marathon venue and on the course is not permitted.
- As weather conditions on the day of the race may vary, 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 to use the changing rooms to remove cold-weather clothing. This will help everything to run more smoothly.

## Measure against the Cold **Check!**

While you are racing in harshly cold weather, there is a potential for hypothermia. Make sure you as an individual are protected against the cold.

### 〈Clothing〉

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

### 〈Transparent trash bag or 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 in a garbage box along the course.
- Please use the cold-weather clothing collection area at the starting area.

### 〈Hot Cream〉

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

### ■What is Hypothermia?

Hyperthermia is a condition in which your core body temperature is lower than 35°C. 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 and take proper precautions.

## Weather Records for last 5 years on February 21st (weather observations from the Japanese Meteorological Agency)

Year	General Weather Condition	Temperature (°C)			Precipitation Amount (mm)			Wind Speed (m/s)			Daylight (h)
	Daytime (06:00 - 18:00)	Avg.	High	Low	Total	Maximum		Avg.	Max.	Peak Gusts	
						1 hour period	10 min period				
2011	Sunny	7.3	13.5	3.0	0.0	0.0	0.0	2.5	5.8	10.3	10.5
2012	Cloudy with short periods of sun	4.5	9.2	-0.5	0.0	0.0	0.0	1.1	3.0	5.2	1.4
2013	Sunny with short periods of snow, later rain and sleet	2.5	6.8	0.1	0.0	0.0	0.0	2.5	6.6	12.2	6.0
2014	Sunny with short periods of rain, later snow and sleet	3.3	7.8	0.3	0.0	0.0	0.0	2.2	6.6	11.1	5.2
2015	Sunny, later partially cloudy	7.2	15.1	-0.3	0.0	0.0	0.0	1.4	3.4	5.7	9.2

# Marathon Course Important Points

## Pace Runners

○For setting your running pace, Pace Runners (wearing a bib & balloon) will set a pace based on the following times. 3-4 pace runners will be running on the course based on each time.

○Pace Runners will aim to achieve their indicated time from the start to finish line. **However, these are estimated times and do not reflect actual timing.**

Indicated time      3hr 30min (9:02),    4hr (9:05),  
                          4hr 30min (9:07),    5hr (9:10),  
                          5hr 30min (9:12),    6hr (9:15)  
 ※ ( ) : Pace Runners' estimated starting time



## Medical Aid

○There are 2 Medical aid stations at the starting area, 10 stations along the course, and 3 stations at the finish area.

○There will be a doctor and a nurse at each Medical aid stations; 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, compression, 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.



Medical aid Stations



## Course Width

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



## Distance Marker

(Kilometer Marker)

○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 5 km.



Distance Marker

## 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 spent stopped.**

## Pedestrian and Bicycle Crossing

○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 island). 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 there 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 pg. 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 closing, stop the race, or do not finish please make your way to the finish area at Miyakomesse.

- ①Please go to the next closing point to board a bus going to the finish area.
- ②Please get in the queue for the bus.



Time Restrictions: Closing Times

## Toilets

○There are 597 toilets available at the starting area, 360 toilets in 39 locations along the course, and 126 toilets available at the finish area.

○For runners comfort, we have increased the number of western-style/flush toilets. **New! (More Toilets!)**

○Signs for toilets are posted along the course, **please be sure to use toilets in the designated areas.**

○Volunteer staff will use the same toilets, please be aware and make concessions.



Toilets



## Food & Water Stations

- There are 14 Water Stations.
- **As much as possible, please take drinks from tables in the back rather than in the front to avoid creating congestion.**
- Do not throw any trash on the course or in the rivers. Please throw all trash, such as paper cups/food, into garbage boxes.
- We cannot provide special drinks.
- Organizers are not responsible for food/drinks provided in any station outside of the official food & water stations.
- Regardless of weather, please drink water/sport drinks often to avoid dehydration while running.
- Runners with their own water bottles will be able to fill their containers along the course.



Water Station (Water)



Water Station (Sports Drink)



Food Station



List of Food/Drinks Provided

Food/Drink	Photograph
water	
sports drink	
mini-tomatoes	
sukombu (sour Japanese snack made of kelp)	
oranges	
bread	
bread	
salt-candies	
bananas	
yokan (Japanese sweet bean paste jelly)	
nama-yatsushashi (Cinnamon-flavored fresh mochi with red bean paste filling)	
Happy turn (rice cracker)	
strawberry	

## Staff on course:

There are approx. 15,000 staff members, including volunteers, working on the day of the marathon.

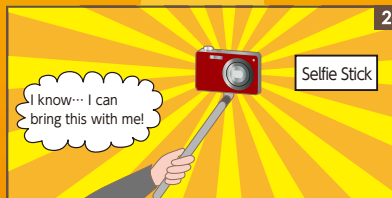
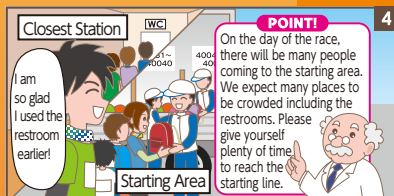
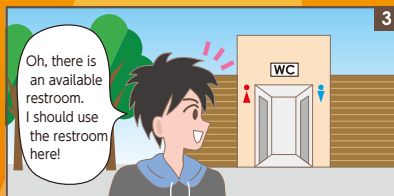
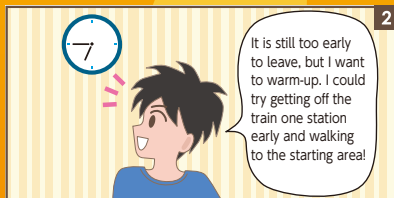
Navy: Volunteer staff  
Black: Management staff  
Red: Medical aid staff  
Yellow: Kyoto City staff  
Navy: competition officer



## Other Important Points

- **Please inform staff immediately if you find something or someone suspicious.** **New!**
- Garbage boxes are placed along the course at 200-300m intervals. Please throw all rubbish away in the garbage boxes. Things such as ponchos that are no longer needed or gloves may also be thrown in garbage boxes.
- Please stay on the course, especially in the Botanical Garden and by the riverbanks in order to protect the vegetation.
- Depending on the weather conditions an antifreezing agent may be used. Please be careful of your footing because these areas may be slippery.

## Frequent Situation of Kyoto Marathon



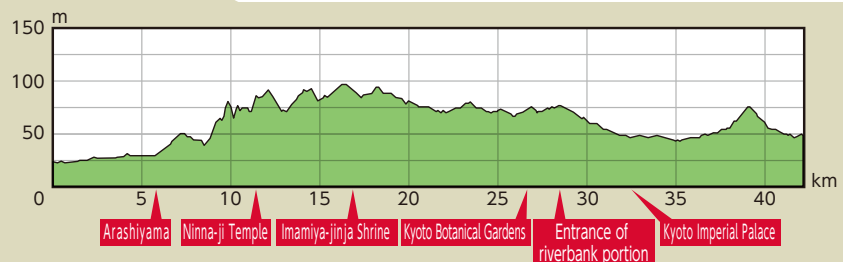
Please remove this section to use  
for your convenience on race day.

Site	Distance (km)	Position (side)	Water	Sports Drink	Food
Start	0.0km	-	○	○	-
1 <sup>st</sup> Water Station	4.5km	Right	○	○	-
2 <sup>nd</sup> Water Station	7.9km	Left	○	-	-
3 <sup>rd</sup> Water Station	10.6km	Left	○	○	-
4 <sup>th</sup> Water Station	12.5km	Right	○	-	-
5 <sup>th</sup> Water Station	15.3km	Left	○	○	-
6 <sup>th</sup> Water Station	17.6km	Left	○	-	○
7 <sup>th</sup> Water Station	20.6km	Left	○	○	○
8 <sup>th</sup> Water Station	23.1km	Left	○	-	○
9 <sup>th</sup> Water Station	26.3km	Left	○	○	○
10 <sup>th</sup> Water Station	29.5km	Right	○	-	○
11 <sup>th</sup> Water Station	32.2km	Right	○	○	○
12 <sup>th</sup> Water Station	35.1km	Right	○	-	○
13 <sup>th</sup> Water Station	37.2km	Right	○	○	○
14 <sup>th</sup> Water Station	40.8km	Left	○	-	-
Finish Line	42.195km	-	-	○	○

Time Restriction Closing Point	Distance	Location	Closing Time (based on signal gun start time)		Interval Pace (each km)
Start	0km	Nishikyogoku Athletic Park	—	—	7min. 42"
1 <sup>st</sup> Closing Point	6.1km	Kiyotakido-Sanjo (Arashiyama)	10:02	<1hr. 02min.>	7min. 40"
2 <sup>nd</sup> Closing Point	9.1km	Ichijo Yamagoe	10:25	<1hr. 25min.>	7min. 56"
3 <sup>rd</sup> Closing Point	12.5km	Ritsumeikan University	10:52	<1hr. 52min.>	8min. 08"
4 <sup>th</sup> Closing Point	18.4km	Nishigamobashi Westend Crossing	11:40	<2hr. 40min.>	8min. 10"
5 <sup>th</sup> Closing Point	26.6km	Kyoto Concert Hall (Return)	12:47	<3hr. 47min.>	8min. 11"
6 <sup>th</sup> Closing Point	32.1km	Kojin-bashi Westend (Riverbank)	13:32	<4hr. 32min.>	8min. 13"
7 <sup>th</sup> Closing Point	34.9km	Kyoto City Hall	13:55	<4hr. 55min.>	8min. 51"
8 <sup>th</sup> Closing Point	41.0km	Higashiyama Konoe	14:49	<5hr. 49min.>	9min. 12"
Finish	42.195km	Heian Jingu Shrine	15:00	<6hr. 00min.>	(anticipated)

\*The pacing for the first interval includes an additional 15min allowance for all runners to reach the starting line from their blok.

### Elevation Map

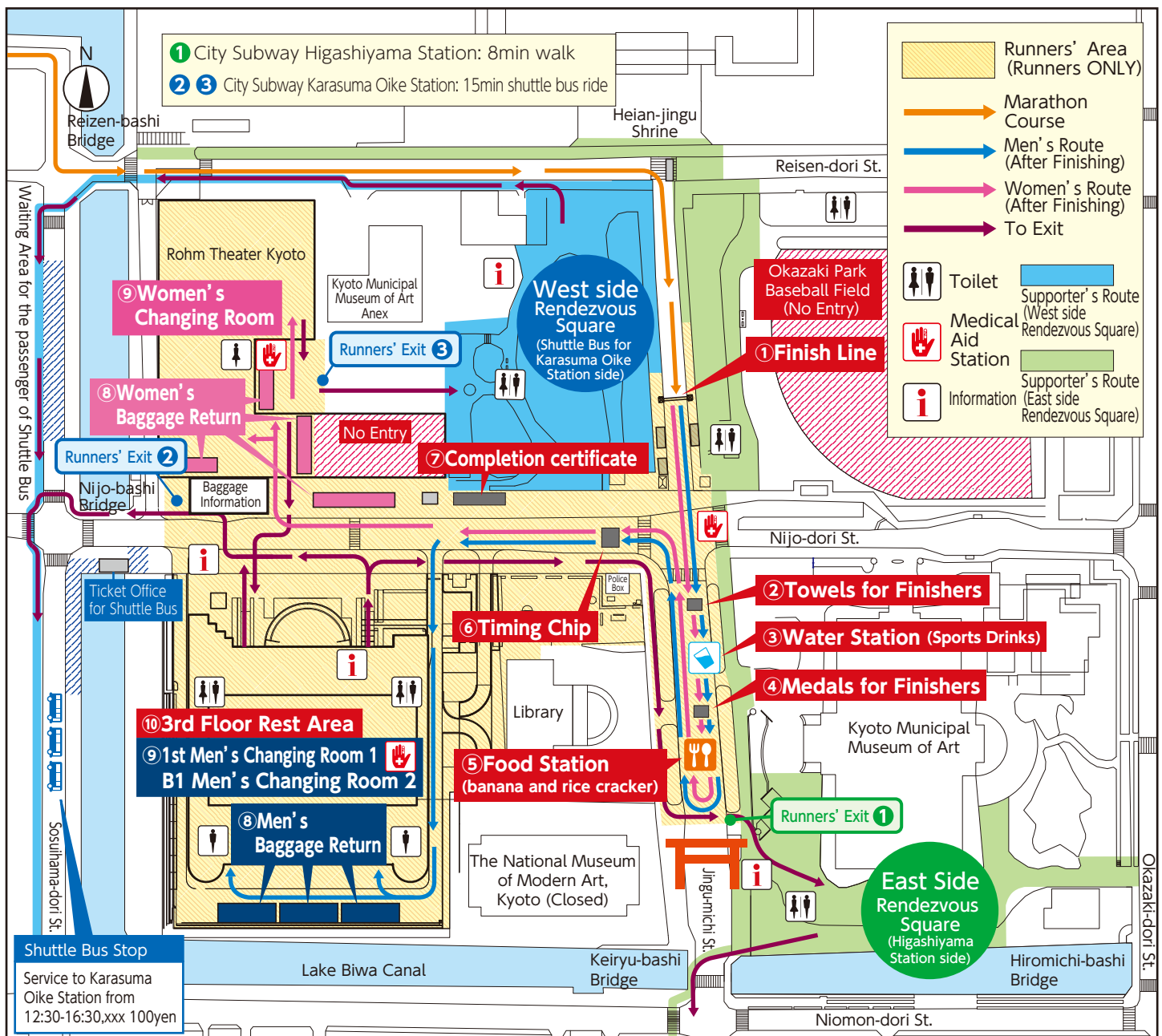






If emergency service vehicles must use the course, runners may have to temporarily stop. Please follow the instructions from Marathon Staff. Please use only the designated toilets.

## Finish Area



### Finish Line Flowchart: For runners after the race

After the Race - Please follow promptly the instructions below because your body temperature goes down quickly as you stop running.

**Check!**



\*1 If you would like to have your race time engraved on your medal, please submit a request at the Okoshiyasu Welcome Square on Feb. 19th, 20th or at Otsukaresama Runners' Square on Feb. 21st. Please note this is not a free service, a fee applies. \*2 Please pick up your baggage by 3:30pm.

○Parking is NOT available. Please do not come by car, hired bus, etc.



## Official Record

Time span from the starting signal to the finish line.

## Updates on Runners' Progress

On the official marathon website, a search feature is available based on your number card/name; your time is updated every 5km, at the halfway point and when you reach the finish line.

\*This is for providing information quickly; it is not your official time.

PC/  
Smartphone



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

Mobile site



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

## Award Ceremony

The ceremony starts at 1:00pm at Miyakomesse (3rd Floor)

Marathon: Men's & Women's Ranked 1-8

\*At the end of February, certificates will be sent to runners ranked 9-20 in the Men's & Women's categories and also to runners ranked 1-3 in each age category (5 year intervals) of the Men's and Women's categories.

## The 5th Anniversary Project New!

### Partnership with the Sendai International Half Marathon

In order to advance initiatives for the recovery and support of areas affected by Great East Japan Earthquake, 5 runners will be selected from Kyoto Marathon 2016. Participants will be invited to the 26th Sendai International Half Marathon (May 8, 2016). \*Excluding participants with ties to Tohoku and overseas residents.

## Quick Completion Certificate New!

On the day of the race, Finishers will be given **Quick Completion Certificate** based on their preliminary time.

## Web Completion Certificate

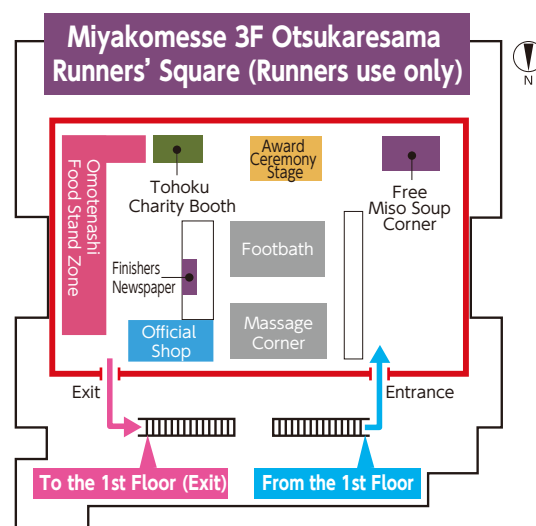
○Runners can download the **Web Completion Certificate** from the official website starting 10 days after the race. The Certificate includes your official time (gross finish time), Net Time (from the starting line to the finish) and Split Time (time measured every 5km).

\*JAFF Registered runners can download an official certificate.

\*For runners who were not able to finish the marathon in time but ran over 5km, there will be a consolation certificate "Fighting-spirit certificate."

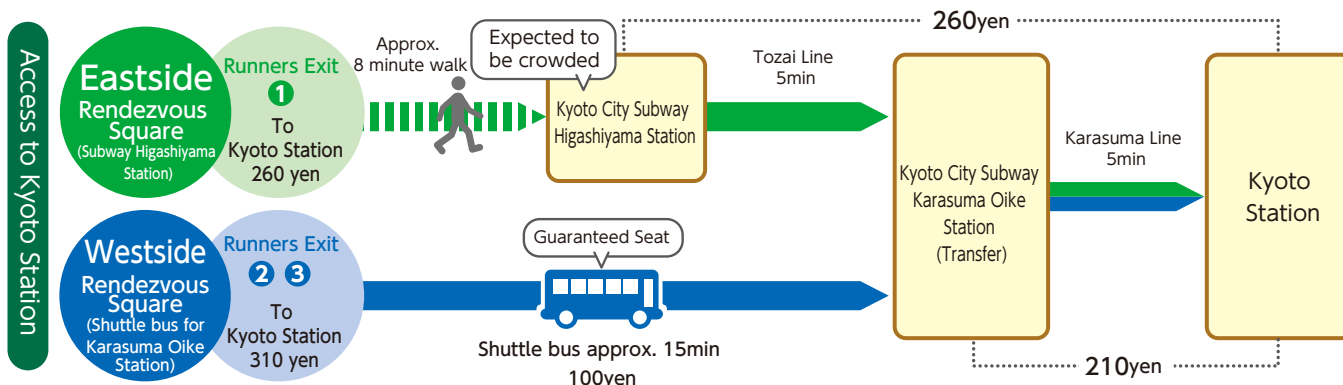
## Finishers Newspaper

○Kyoto Shinbun will publish Finishers Newspaper by reservation only for 500yen. Please make a reservation at Miyakomesse (3rd Floor) from Friday, February 19 to Sunday 21 February.



## Runner Exit

	Runner Exit ①	Runner Exit ②	Runner Exit ③
Rendezvous Square	East side Rendezvous Square	Not Available	West side Rendezvous Square
Things to do while waiting (for supporters)	An exhibition at the Kyoto Municipal Museum of Art Main Building	Not Available	An exhibition at the Kyoto Municipal Museum of Art Annex
Food/Drink Sale	Not Available	Not Available	Available
Ways to Return	Close to the Kyoto City Subway Higashiyama Station	Shuttle Bus available	Shuttle Bus available





### Q1 Can I use a proxy or representative to check-in for me on February 19 or 20?

**A.** No. Even if you have power of attorney, the Kyoto Marathon does NOT allow check-in to be completed by a proxy or representative. Please be aware that if you do not have a form of identification you will not be able to check-in.

### Q2 What should I do if I am unable to run in the marathon?

**A.** Even if you are unable to participate in the race, the participation fee cannot be refunded. If the marathon is canceled for my reason the participation fee will not be refunded.

#### Before Check-in:

If you would like your Kyoto Marathon 2016 commemorative gift-Original BUFF headband/neckwarmer, please send your Number Card Voucher to the following address by Friday March 4, 2016.

To Kyoto Marathon Entry Desk(JTB Sports Station)  
E-mail:jtbss@west.jtb.jp

#### After Check-in:

Please return your timing chip to reception or send it back to the following address before Friday March 18, 2016. If the timing chip is not returned, you will be charged 2,000 yen.

To Kyoto Marathon 2016 Runner's Center  
1-31-9 Haramachi, Meguro-ku, Tokyo,  
〒152-8532 JAPAN

### Q3 Can a friend or someone else run in the marathon in my place?

**A.** No. Only the person registered can run in the marathon. If someone else runs under your number card, they will be immediately disqualified and both of you will be banned from applying to any subsequent Kyoto Marathons.

### Q4 How is the starting block order decided?

**A.** In order to manage a safe and smooth start, regardless of 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 runners' estimated times for runners with no official times. The last block is made up of runners with no official recorded time and who did not report an estimated time.

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

**A.** You can move to a block after you (later start) but not before (earlier start). 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 I lost my belongings while running. Who should I contact?

**A.** Contact: Kyoto Marathon Entry Desk  
(JTB Sports Station)  
TEL: +81-6-6267-5163(hours 9:30-17:30; closed Sat.,Sun.,holidays) E-mail: jtbss@west.jtb.jp

## To everyone joining Kyoto Marathon



## Please refrain from using your car on the day of race.

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

