



2012.4.15 AM8:30 START!!

报名：从 2011 年 10 月 22 日 到 2012 年 2 月 24 日



长野奥林匹克纪念长野马拉松大会使我们想起 1998 年举行的长野冬季奥运会时的感动，为地区运动，发展文化以及 Olympic Movement 做出了贡献。而且由于马拉松一般参加者跟最高级别的国内和外国人选手一起跑，扩大马拉松爱好者。

长野奥林匹克纪念长野马拉松大会跑道(42.195Km)被称为 “Nagano Olympic Memorial Course” 长野奥林匹克纪念跑道” 在跑道上马拉松参加者能看到 1998 年举行的长野冬季奥运会设施，终点是长野奥林匹克比赛场。



Former President of the IOC  
donated the IOC President's Cup  
to the Champion

从 IOC 会场赠给的 IOC 会场奖杯

## 项目指南 2012 Race Information

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日期・时间 2012 年 4 月 15 日上午 8 点 30 分

Race Date April 15, Sunday, 2011 Start: 8:30

竞赛项目 Event 全程马拉松长跑(42, 195km) Marathon (42.195km)

跑道 Course 长野奥林匹克纪念跑道 Nagano Olympic Memorial Course.

起跑地点 Starting Point

Aqua Wing (长野运动公园) : Nagano City Athletic Park

跑道终点: 长野奥林匹克比赛场(长野奥林匹克开幕式, 闭幕式会场)

Finishing Point: Nagano Olympic Stadium

日本田径赛联盟和 AIMS 公认

\*Accredited by the Japan Association of Athletics Federations and AIMS.

竞赛规则 遵循 2012 年度日本田径赛联盟和本大会的规则

Competition Rules Pursuant to the rules of IAAF for the year 2012 and those of current event.

竞赛限制时间 5 个小时

Time Limit for Finish 5 hours

关门规则

Gate Regulations

关门, 是每隔 5 公里设置的。关门规则如下。在关门限制时间以后到达的参加者不许继续参加竞赛。而且, 跑在关门之间的参加者应该要停止赛跑。在关门限制时间以后到达的参加者, 或者被告知停止参加比赛的参加者, 请摘掉到登记号(号码牌)按照指示进行。没有登记号(号码牌)的人不被认作登记参加者。

Gates are set up every 5km with closing times scheduled as stated below. Athletes who arrive at a gate after the closing time will not be allowed to participate in the race thereafter. Furthermore, those who are still running between the gates in question after the closing time have to stop.

关门限制时间

<Gate Closing Times>

(起跑以后) 5.1km: 48 分 (9 时 18 分) 10.3km: 85 分 (9 时 55 分)

14.8km: 116 分 (10 时 26 分) 20.8km: 157 分 (11 时 07 分)

25.1km: 188 分 (11 时 07 分) 30.1km: 223 分 (12 时 13 分)

34.4km: 252 分 (12 时 42 分) 39.9km: 291 分 (13 时 21 分)

\*关门地点和关门限制时间可能有改变。

\*Gate points and the closing times are subject to change.

## 参加资格

Eligibility:

### 1) 邀请选手 Invitational Athletes

日本田径赛联盟和主办者推荐的外国人和日本人

Japanese and non-Japanese athletes with the recommendation of the JAAF and hosting committee.

### 2) 一般参加者 Open Category:

2012年4月15日到达18岁以上的男女(高中生除外)

Men and women 18 years of age or older as of April 15, 2012. (High School students are not allowed to participate in this race.)

## 参加人员

Entry Quota

10,000名(以到达先后为序)

10,000 people (in order of receipt application)

## 参加费 Entry Fee

8,500日元(含纪念品,跑完全程记录证)

8,500 Japanese Yen (includes a souvenir kit and finisher's certificate)

## 申请开始

Entry Term

2011年10月22日

住在海外或者是日本的外国参加者请从2011年10月22日开始报名

Entries for foreigners (non-Japanese) living in Japan or abroad will be accepted from October 22nd.

### 报名

请使用英文([English](#))网站的[Entry Methods](#)。对不起,给大家添麻烦了。

参加费,请使用信用卡支付。

您申请的时候,如果问题的情况下,请您一定在为申请期间以内与大会办事处联络。

## 参加纪念品

Participants receive

圆领衫,其他 Original T-shirt, and others.

\*跑完全程者,在跑道终点领取纪念毛巾。

\*Finisher's will receive a "Finisher's towel" upon finishing.

## 表彰 Awards

### 1) 一般综合 Overall:

参加者,各男女从第1名到第8名可获奖

1st place to 8th will be awarded prizes for both men and women.

### 2) 年龄区分 Age Group:

按照RC Chip记录,各男女从第1名到第6名可获奖。

但没有表彰式,奖状,是改日邮寄的。

▽18~29岁 ▽30~39岁 ▽40~49岁 ▽50~59岁 ▽60~69岁 ▽70岁以上

1st place to 6th place in respective age groups below will be awarded prizes for both men and women in accordance with chip time. However, an awards ceremony will not be held. Certificates and other awards will be mailed at a later date.

Age Groups: 18-29; 30-39; 40-49; 50-59; 60-69; over 70.

## 参加者义务

### Participation Rules:

1) In the case of unforeseen circumstances (i.e. natural disaster) whereby the marathon must be cancelled, entry fees will not be refunded.

如果在发生灾害，事件，事故或者是传染病时有可能停止比赛或者缩小比赛。在停止或者是缩小比赛的情况下比赛参加费等一律不予返还。

2) The organizers will guarantee for the provision of first-aid medical help for injuries occurring during the race only. Any additional and/or other medical assistance required is the responsibility of the participant. It is hereupon requested that participants arrange for accident insurance in advance of participating in the race. The organizers will make no provision for accident insurance on behalf of participants.

比赛中发生事故，由主办单位将采取应急措施，此外概不负责。

全体参加者要加入运动伤害保险。但此保险不适用于因内科等疾病而住院。

3) All participants should be able to run a full marathon in 5 hours. After the entry is made, start training for the race.

全体参加者应该具有 5 小时以内跑完全程的能力。办好手续以后，请事先充分地练习。

4) Participants are responsible for undergoing a physical examination administered by a doctor prior to the race to ensure sound physical condition.

参加者事前要接受医生的健康检查，自己有责任确认自己的健康情况。

5) Race officials have the right to stop runners who appear unable to run further or who are interfering with other runners (i.e. running backwards or in an otherwise irregular manner)

裁判员判断有不可能继续赛跑者，或者是妨碍其他人赛跑（倒退跑，不合规跑）的，令其退出赛跑。

6) Runners must honor closing gate times, any objections will not be tolerated.

请遵守关门时间。关于关门时间的疑问概不受理。

7) Substitute runners are prohibited. Upon detection, the participant will be disqualified. Furthermore, the substitute runner is not covered by marathon insurance.

不允许由他人代替赛跑，一经发现取消赛跑资格，当然代理者不适用于保险对象。

8) Participants are requested to agree in advance to have their pictures taken during the race and possibly used in printed matter such as the event program or on the marathon website. They also are required to allow sponsors free use of their pictures for entrants' brochures and newspapers.

参加者要服从主办者的规定，在比赛中拍摄的照片，主办者可概以任意印刷在大会宣传品中和传在大会网页上肖像权也归主办者所有。

而且刊载在参加者的名册或者报纸上，完全中由主办者全权办理。

9) Participants are not supposed to wear or post anything that advertises a particular brand, company name or design in the event area (marathon course included). Running in disguise is not allowed.

在大会会场里，（包括跑道）参加者不许携带企业商品。

10) No costumes or disguises are allowed. As well, participants must obey all instructions by the officials.

不可以穿装饰的衣服和带不必要物品参加比赛。  
如果有关人员指出，请按照指示进行。

11) Visually handicapped runners are required to run with accompanying runners. Accompanying runners are obliged to indicate as such clearly.

有视觉障碍的人要有伴跑。伴跑者要尽职尽责。

12) Though we provide water, sport drinks and sponges at aid stations, we can not make arrangements for special drinks for everyone because of operational reasons. Please understand special drinks are provided only for invitational runners.

主办者在供水处准备饮料水，健康饮料，海绵。关于特别饮料水，只是邀请选手可以利用的。请预先谅解。

13) The organizers agree to keep all personal information, such as name, address etc. confidential. However for sake of competition result posting and mailing notifications, the organizers reserve the right to use.

根据有关法律来加以保护参赛者的各人消息，如姓名，住址，主办单位有权保留和公开比赛结果，以及邮寄参赛记录和参赛指南。

14) All personal valuables are the responsibility of the participants. Organizers accept no responsibility for lost or stolen items.

请在出发地点寄存行李。贵重品，请一定自己管理。  
主办者及有关人员不负责失盗·丢失。

15) Entries cannot be changed or cancelled. In the event that a participant is not able to participate, entry fees will not be refunded.

报名后不能再进行任何更改。取消参加比赛的话不予退还参加费。

16) The race will be timed with an RC chip (Runners Champion Chip). Make sure that you attach the RC chip to your shoe before the race (the RC chip will be provided with your race number).

比赛以 **RC Chip** 来记录比赛。在比赛前一定要把 **RC Chip** 装在运动鞋上。（号码牌和 **RC Chip** 会一起交予赛跑者）

17) Awards for the overall category will be based on the time from the starter's pistol. Awards for age categories, however, will be based on chip time (from the time the runner crosses the starting line to crossing the finishing line).

成绩的判定是以鸣炮为起点来记录赛跑时间。各年龄组以 **RC Chip**（出发线和终点之间）来记录赛跑时间。

18) Please note that Organizers will not act as guarantors for participants requiring visas.  
主办者不能成为您签证申请保证人。



**2012.4.15 AM8:30 START!!**

### 报名 - 请注意

请使用英文([English](#))网站的 [Entry Methods](#)。对不起,给大家添麻烦了。

参加费,请使用信用卡支付。

您申请的时候,如果问题的情况下,请您一定在为申请期间以内与大会办事处联络。

申请期限 从 2011 年 10 月 22 日 到 2012 年 2 月 24 日

住在海外或者是日本的外国参加者请从 2011 年 10 月 22 日开始报名

Entries for foreigners (non-Japanese) living in Japan or abroad will be accepted from October 22nd, 2011 to February 24th, 2012.

参加人员 10,000 名 (以到达先后为序)

Entry Quota 10,000 people (in order of receipt application)

参加费 8,500 日元 (含纪念品,跑完全程记录证)

Entry Fee 8,500 Japanese Yen (includes a souvenir kit and finisher's certificate)

There are several ways to enter the Nagano Marathon .Payment by credit card only.  
(Visa, Master Card, Diners Club, American Express are accepted.)

参加费,请使用信用卡支付。(Visa, Master Card, Diners Club, American Express.)

1) 联机报名 Online Entry

报名开始: 2011 年 10 月 22 日 (星期六) 日本时间 10:00a.m

from October 22nd, Saturday, 2011, 10:00a.m. Japan Time

[Go to Online Entry Form](#)

[英文网站\(Entry Methods\)](#)

请使用英文([English](#))网站 ([Entry Methods](#))。

## 2) 传真报名 FAX Entry

报名开始: 2011 年 10 月 22 日 (星期六) from October 22nd, Saturday, 2011

以下的 2 个方法 (A 还是 B) 请取得长野马拉松大会申请书. 填写以后请发传真. Please obtain the Nagano Marathon entry application one of the following two ways. (A or B) After completing the application, please fax it.

请取得长野马拉松大会申请书. GET Nagano Marathon entry application

### A. 航空邮件 By Air Mail

[Go to E-Mail Form](#)

[英文网站\(Entry Methods\)](#)

您可以取得大会指南和长野马拉松申请书. 填写以后使用电子邮件请提出长野马拉松大会申请书. 马拉松大会有关人员邮寄指南.

You can get the event brochure with an entry form by air mail. Please complete the form and submit it by E-mail. We will then send a brochure to your address by air mail.

### B. 下载 (PDF) Download (PDF Format)

[Download PDF](#)

[英文网站\(Entry Methods\)](#)



您可以使用电脑下载(Download)取得大会指南(Adobe PDF Format).

You can download the event brochure (Adobe PDF Format).

Adobe Reader and printer are required.

**JTB Global Marketing & Travel Inc. Event Center 旅行社**  
受理外国参加者的申请, 报名确认以后, 指南住宿。

JTB ( Japan Travel Bureau ) International Inc. arranges the confirmation for the international Participants, and also will offer various lodging information upon the request.

**OFFICIAL TRAVEL AGENT(正式旅行社)**

**JTB Global Marketing & Travel Inc. Event Center**

2-3-11 Higashi-shinagawa, Shinagawa-ku, Tokyo 140-8604 Japan

TEL : 81-3-5796-5446 FAX : 81-3-5495-0785 E-mail: naganomarathon11@gmt.jtb.jp

## Contact Us

### Event Inquiries 关于参加马拉松大会请询问以下:

Nagano Olympic Commemorative Nagano Marathon Organizing Committee  
Nagano City Hall, Johyama office,653-11 Minamiagata-cho, Nagano-City, Japan 380-0836  
TEL.+81-26-252-7687 FAX.+81-26-234-6381  
Email: [info@naganomarathon.gr.jp](mailto:info@naganomarathon.gr.jp)

有询问或建议您还可以使用电子邮件（英文）：[info@naganomarathon.gr.jp](mailto:info@naganomarathon.gr.jp)

(从 星期一到 星期五, 09:30 a.m. - 05:00 p.m. 日本时间,  
除日本节日和 2011 年 12 月 28 日 - 2012 年 1 月 4 日之外)

You may also send your inquiry and opinion by E-mail:[info@naganomarathon.gr.jp](mailto:info@naganomarathon.gr.jp)

\*Office hours are Monday through Friday from 9:30 a.m. to 5:00 p.m. Japan Standard Time.  
( except Japanese national holidays and December 28,2011-January 4, 2012 )

## OFFICIAL TRAVEL AGENT (正式旅行社)

### JTB Global Marketing & Travel Inc. Event Center

JTB Global Marketing & Travel Inc. Event Center

2-3-11 Higashi-shinagawa, Shinagawa-ku, Tokyo 140-8604 Japan

TEL.+81-3-5796-5446 FAX.+81-3-5495-0785

Email: [naganomarathon11@gmt.jtb.jp](mailto:naganomarathon11@gmt.jtb.jp)

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**COURSE ELEVATION CHART** Very flat at 350m above sea level.



## Weather Conditions on Race Day

Year	Time	TEMP	HUMIDITY	WEATHER
2008	08:35	14.0°C	63%	Cloudy
	12:00	16.4°C	49%	
2009	08:30	16.0°C	50%	Sunny
	12:00	19.3°C	34%	
2010	08:30	6.5°C	65%	Sunny
	12:00	12.4°C	36%	

B- ø-A ^9' ½5‡1 Course Video  
Â Q&A by John Dombeck