



2012.4.15 AM8:30 START!!

報名：從 2011 年 10 月 22 日 到 2012 年 2 月 24 日



長野奧林匹克紀念長野馬拉松大會使我們想起 1998 年舉行的長野冬季奧運會時的感動，為地區運動，發展文化以及 Olympic Movement 做出了貢獻，而且由於馬拉松一般參加者跟最高級別的國內和外國人選手一起跑，擴大馬拉松愛好者。長野奧林匹克紀念長野馬拉松大會跑道(42.195Km) 被稱為 “Nagano Olympic Memorial Course (長野奧林匹克紀念跑道)” 在跑道上馬拉松參加者能看到 1998 年舉行的長野冬季奧運會設施，終點是長野奧林匹克比賽場。



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

從 IOC 會長贈給的 IOC 會長獎杯

日期・時間 2012年4月15日上午8點30分

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

比賽項目 Event 全程馬拉松長跑(42, 195km) Marathon (42.195km)

跑道 Course 長野奧林匹克紀念跑道 Nagano Olympic Memorial Course.

起跑地點 Starting Point

Aqua Wing (長野運動公園) Nagano City Athletic Park

跑道終點 Finishing Point: Nagano Olympic Stadium

長野奧林匹克比賽場 (長野奧林匹克開幕式,閉幕式會場)

日本田徑賽聯盟和 AIMS 公認

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

競賽規則 Competition 遵循 2012 年度日本田徑賽聯盟和本大會的規則

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

競賽限制時間 5 個小時

Time Limit for Finish 5 hours

關門規則

Gate Regulations

關門,是隔5公里設置的。關門規則如下。在關門限制時間以後到達的參加者不許繼續參加競賽。而且,跑在關門之間的參加者應該停止賽跑。在關門限制時間以後到達的參加者,或者被告知停止參加比賽的參加者,請摘掉登記號(號碼牌),按照指示進行。

沒有登記號(號碼牌)的人不被認作登記參加者。

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.

5.1km: 48 分 (起跑以後)

關門限制時間<Gate

10.3km: 85 分      14.8km: 116 分      20.8km: 157 分

Closing Times>

25.1km: 188 分      30.1km: 223 分      34.4km: 252 分      39.9km: 291 分

\*關門地點和關門限制時間可能有改變。

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

## 參加資格

Eligibility:

### 1) 邀請選手 Invitational Athletes

日本田徑賽聯盟和主辦者推薦的外國人和日本人

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

### 2) 一般參加者 Open Category:

2012年4月15日到達18歲以上的男女（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.)

參加人員 Entry Quota **10,000名（以到達先後為序）**

10,000 people (in order of receipt application)

參加費 Entry Fee

**8,500日元（含紀念品，跑完全程記錄証）**

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

申請開始

**2011年10月22日**

Entry Term

住在海外或者是日本的外國參加者請從**2011年10月22日**開始報名

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

## 報 名

請使用英文([English](#))網站 [Entry Methods](#)。對不起,給大家添麻煩了。

參加費,請使用信用卡支付。

您申請的時候,如果問題的情況下,請您一定在為申請期間以內與大會辦事處聯絡。

參加紀念品

圓領衫, 其他 Original T-shirt, and others.

Participants receive

\* 跑完全程者, 在跑道終點領取紀念毛巾

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

表 彰 Awards

1) 一般綜合 Overall:

參加者,各男女從第1名到第8名可領獎

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

2) 年齡區分 Age Group:

按照 RC Chip 記錄, 各男女從第1名到第6名可領獎。但沒有表彰式, 獎狀, 將改日郵寄。

▽18~29 歲 ▽30~39 歲▽40~49 歲 ▽50~59 歲▽60~69 歲▽70 歲以上

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.

## 參加者義務

### 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.

如果在發生災害，事件，事故或者是傳染病時有可能停止比賽或者縮小比賽。在停止或者是縮小比賽的情況下比賽參加費等一律不予返還。

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.

比賽中發生事故，由主辦單位將採取應急措施，此外概不負責。

全體參加者要加入運動傷害保險。但此保險不適用於因內科等疾病而住院。

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

全體參加者應該具有 5 小時以內跑完全程的能力。辦好手續以後，請事先充分練習。

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

參加者事前要接受醫生的健康檢查，自己有責任確認自己的健康情況。

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).

裁判員判斷有不可能繼續賽跑者，或者是妨礙其他人賽跑（倒退跑，不合規則跑）的，令其退出賽跑。

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

請遵守關門時間。關於關門時間的質疑不受理。

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

不允許他人代替賽跑，一經發現取消賽跑資格，當然代理者不適用於保險對象。

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.

參加者要服從主辦者的規定，在比賽中拍攝的照片，主辦者可概以任意印刷在大會宣傳品中和傳在大會網頁上肖像權也歸主辦者所有。

而且刊載在參加者的名冊或者報紙上，完全中由主辦者全權辦理。

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.

在大會會場裏, (包括跑道) 參加者不許攜帶企業商品。

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

不可以穿裝飾的衣服和帶不必要的物品參加比賽。

如果有關人員指出, 請按照指示進行。

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

有視覺障礙的人要有伴跑。伴跑者要盡責。

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.

主辦者在供水處準備飲料水, 健康飲料, 海綿。關於特別飲料水, 只是邀請選手可以利用的。請預先諒解。

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.

根據有關法律來加以保護參賽者的各人消息, 如姓名, 地址, 主辦單位有權保留和公開比賽結果, 以及郵寄參賽記錄和參賽指南。

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

請在出發地點寄存行李。貴重品, 請一定自己管理。

主辦者及有關人員不負責失盜・丟失。

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

報名後不能在進行任何更改。取消參加比賽的話不予退還參加費。

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).

比賽以 RC Chip 來記錄比賽。在比賽前一定把 RC Chip 裝在運動鞋上。

(號碼牌和 RC Chip 會一起交予賽跑者)。

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).

成績的判定時以鳴跑為起點來記錄賽跑時間。各年齡組以 RC Chip (出發線和終點線間) 來記錄賽跑時間。

18) Please note that Organizers will not act as guarantors for participants requiring visas.

主辦者不能成為您簽證申請保證人。



2012.4.15 AM8:30 START!!

## Entry Methods 報名指南

### 報名 - 請注意

請使用英文([English](#))網站 [Entry Methods](#)。對不起,給大家添麻煩了。

參加費, 請使用信用卡支付。

您申請的時候, 如果問題的情況下, 請您一定在為申請期間以內與大會辦事處聯絡。

申請期限 2011年10月22日~2012年2月24日

住在海外或者是日本的外國參加者請從2011年10月22日開始報名

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

10,000名 (以到達先後為序)

10,000 people (in order of receipt application)

參加費 8,500日元 (含紀念品, 跑完全程記錄証)

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.)

參加費, 請使用信用卡支付。 (Visa, Master Card, Diners Club, American Express.)

### 1) 聯機報名 Online Entry

報名開始: 2011年10月22日(星期六) 日本時間 10:00a.m

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

[Go to Online Entry Form](#)

[英文网站\(Entry Methods\)](#)

請使用英文(English)網站 (Entry Methods).

## 2) 傳真報名 FAX Entry

報名開始: 2011 年 10 月 22 日 (星期六) from October 22nd, Saturday, 2011

以下的 2 個方法 (A 還是 B) 請領取長野馬拉松大會申請書。填寫以後清發傳真。 Please obtain the Nagano Marathon entry application one of the following two ways. (A or B) After completing the application, please fax it.

請領取長野馬拉松大會申請書。 GET Nagano Marathon entry application

### A. 航空郵件 By Air Mail

[Go to E-Mail Form](#)

[英文网站\(Entry Methods\)](#)

您可以領取大會指南和長野馬拉松申請書。填寫以後使用電子郵件請提出長野馬拉松申請書。馬拉松大會有關人員郵寄指南。

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. 下載(PDF) Download (PDF Format)

[Download PDF](#)

[英文网站\(Entry Methods\)](#)



您可以使用電腦下載(Download)取得馬拉松大會指南(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**  
受理外國參加者申請, 報名確認以後, 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 關於參加馬拉松大會，請詢問以下：

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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)

有詢問或建議的話您還可以使用電子郵件（英文）： Email : [info@naganomarathon.gr.jp](mailto:info@naganomarathon.gr.jp)

從 星期一至 星期五， 09:30 a.m. – 05:00 p.m. 日本時間，  
除日本節日和 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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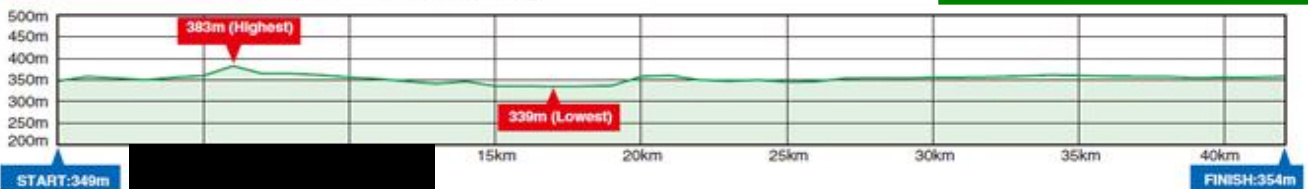
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COURSE ELEVATION CHART Very flat at 350m above sea level.



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%	

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Q&A by John Dombeck