

21st Nagano Marathon

Participants' Guide

Thank you for applying to enter the Nagano Marathon! Please read this guide in detail, take good care of your health, and attend the marathon in the best possible condition.

Race schedule

April 21, 2019

5:15 AM -- Shuttle buses begin departing from various places(parking lot for Athletes) to the marathon starting venue.

Accompanying persons cannot ride on the buses departing from the places below, i.e.

Ⓐ, Ⓑ, and Ⓔ

(Ⓐ Wakasato multipurpose square Ⓑ Olympic Ohashi tollgate east

Ⓒ Yanagihara General Civic Center Ⓓ White Ring Ⓔ Orion Machinery Co., Ltd.)

5:53 AM -- JR (trains) begin departing from Nagano station to Kitanagano Station

(The last one is 7:18) (During this time, seven trains will operate)

(It takes approximately 5 minutes)

6:30 AM -- Luggage intake (open until 8:05 AM)

7:45 AM -- Starting blocks lineup begins (until 8:15 AM)

8:30 AM -- Race starts

1:30 PM -- Final finish (5 hours after start)

Thank you for your support.

- ① **All athletes participating from overseas must go through reception at BIG HAT on April 20 and receive a number card, Measuring chip, T-shirt, and other items.**
- ② Do not bring costumes or items not necessary for the race (pendants, etc.).
If a member of staff instructs you not to use or to dispose of an article, follow those instructions immediately. Please read carefully "Participant Obligations and Precautions" before you run in the race.
- ③ Athletes and supporters cannot park vehicles at the starting (Nagano Sports Park) or finishing (Nagano Olympic Stadium) venues on the day before and the day of the race.
- ④ Do not engage in any acts that would disturb the pristine landscape of Nagano (littering, urinating, etc.).
- ⑤ Please observe traffic rules and etiquette (absolutely no street parking).

Inquiries

Nagano Marathon Entry Center

info@naganomarathon.gr.jp



Please see the latest details here Race web site: <https://www.naganomarathon.gr.jp/english>

Our Aim

The Nagano Marathon vies to bring back the inspiration experienced during the Winter Olympic Games (Nagano 1998), providing an annual event to keep the excitement forever alive! It also aims to contribute to the development of regional sports, culture and the Olympic movement and to provide a unique opportunity for amateurs and world-class athletes to run together, expanding the horizons of running.

The Nagano Marathon aims to uphold the ideals of the Nagano Olympics and fulfill the dreams of future generations while coexisting with an environment rich in nature.

Event summary

Name: 21st Nagano Marathon

Category: Marathon (42.195km)

Host Organizations: JOC (Japanese Olympic Committee)

JAAF (Japan Association of Athletics Federations)

Nagano Prefecture

Nagano City

The Shinano Mainichi Shimbun

Co-Host Organizations: NHK (Japan Broadcasting Corporation)

Sponsored by: Nagano Marathon Organizing Committee, Nagano Athletic Association

Jointly sponsored by: City of Nagano, The Shinano Mainichi Shimbun

Course: Nagano Marathon long distance race circuit (approved by Japan Association of Athletics Federations and AIMS)

Start: Nagano Sports Park (Nagano City)

Finish: Nagano Olympic Stadium (Nagano City)

Date and time: April 21, 2019, 8:30 AM

Race regulations: The race is held according to the Japan Association of Athletics Federations' regulations and event rules.

Time limit: 5 hours

Capacity: 10,000 people

Fees: 10,800 JPY (tax inclusive)

Eligibility: Male and female 2019 registrants and non-registrants with the Japan Association of Athletics Federations who are aged 18 or over by the date of the marathon (April 21, 2019). High school students are not eligible.

Race precautions

1、 Number cards and measuring chips

- ① Securely attach the front and back sides of the number card you are given and keep them in the condition presented (do not fold, etc.).
- ② Measuring chip is attached to the reverse side of the number card.
Please do not take it away until the race is over.

2、 Start

- ① 8:30AM -- Race starts from Nagano Sports Park .
- ② You must arrive at the start point no later than between 7:45 AM and 8:15 AM. There, you will follow instructions from the staff and line up at your designated starting block. Note that you cannot take part in the marathon partway through the route.
- ③ There is a warmup area in the park.
The warmup area is assigned based on the number cards.
- ④ If you do not meet the starting block deadline, follow the instructions of the staff and wait at the designated location, then start at the end of the M block.
- ⑤ In the event of an accident at the start of the race, an announcement will be made and the race suspended at that time until the issue is rectified.

3、 While running

- ① There may be oncoming traffic or vehicles being driven along the course, as well as event vehicles. Please exercise caution when running.
- ② In the event that an ambulance is dispatched due to an accident, the race will be canceled and vehicular traffic prioritized.

4、 Distance markers

Up to the 41km point, markers appear every 1km and the midpoint . From the midpoint and in the last 5km, "5km remaining...1km remaining...etc." are displayed.

Participant obligations and precautions

- ① In the event of a disaster, accident, epidemic, or other adverse event, the race may be suspended or curtailed. In the event of suspension or cancellation, entry fees are not refunded.
- ② Changes cannot be made after registering for the race. In the event of cancellation or non-participation, entry fees are not refunded.
- ③ All participants must be able complete the marathon in 5 hours. Once you have decided to attend, begin adequate training to prepare.
- ④ The starting blocks are sorted based on the "expected time" that participants listed when applying. Number cards are also sorted based on reported "expected time."
- ⑤ Participants should undergo medical examinations before the event and confirm their health at their own discretion. Please bring a health insurance card with you on the day of the

event.

- ⑥ If a referee deems you unable to continue the race, or if you are deemed to be obstructing other racers (tailing them, shifting paths), you will be asked to abandon the race.
- ⑦ You must reach the checkpoints by the given time. If it is clear you will not reach a checkpoint by the given time, you will be advised by a referee to abandon the race. Objections to checkpoint rules will not be accepted.
- ⑧ In the event of accidents during the race, the organizer will take first aid measures, but it waives all other responsibility. (All participants are covered by sports insurance, but this does not apply to internal medicine or ailments requiring hospitalization.)
- ⑨ Delegating someone to race on your behalf is not permitted. If you are discovered to be running in proxy for someone, participation will be annulled. The proxy runner will also not be eligible for insurance coverage.
- ⑩ Participants consent to having photographs and video taken of the event printed in pamphlets and other printed matter, and posted on the event's official home page. Participants can make no claims to rights to likeness. Furthermore, participant names, race results, and programs participated in may also be announced to newspapers and other media at the sole discretion of the event organizer.
- ⑪ The organizer recognizes the importance of safeguarding personal information and strictly complies with the Act on Protection of Personal Information, handling personal information in accordance with a set of guidelines established for the event. Personal information we receive is used to improve the quality of services offered to participants, correspond with participants, notify you of results, invite you to the next event, provide services from event sponsors and affiliated organizations, and announce outcomes (rankings, etc.).
- ⑫ Participants cannot take part in the race bearing designs, trademarks, logos, or other advertising imagery associated with company and product names. This applies to both the event venues and course route.
- ⑬ Do not bring costumes or items not necessary for the race. If a member of staff instructs you not to use or to dispose of an article, follow those instructions immediately.
- ⑭ The event organizer provides hydration sites around the course. No special drinks are provided.
- ⑮ Please leave all non-valuables at the luggage intake point at the race starting area. You are responsible for safekeeping of your own valuables. The event organizer and other groups are not responsible for loss or theft.
- ⑯ In the event of a disaster, accident, or adverse event, ambulances will patrol the course. Participants must follow referee and staff instructions and immediately suspend racing or do as directed.

Arriving at the starting venue

Access to the starting venue on April 21 (Sun)

The starting venue is located about 20 min. walk from Kitanagano Station, which is the first stop from Nagano Station and is accessed via the Kitashinano line from Nagano Station. Free tickets will be handed to athletes on April 20. Tickets for accompanying persons are available at JPY230 per person one way at the vending machine at the station. The timetable is as follows:

Lv. Nagano Sta.	05:53	05:58	06:23	6:30	06:54	06:58	07:18
Arr. Kitanagano Sta.	05:57	06:04	06:27	6:35	06:59	07:02	07:23

If traveling by taxi

Disembark at West side of Tennis court(In Nagano Sports Park)

You cannot park at the starting venue.

Starting venue schedule

6:00 AM -- Doors open

6:30 AM--8:05 AM --Luggage intake

7:40 AM -- Traffic restrictions go into effect

7:45 AM--8:15 AM – Starting blocks lineup

8:30 AM -- Race starts

*Traffic restrictions around the starting blocks begin at 7:40 AM. Do not enter the road under any circumstances until that time.

Health management

If you feel ill, do not attempt to overdo it and respectfully decline from racing. If you feel ill, have the courage to step down and abandon the race. On the morning of the race, use the self-check sheet to take stock of your condition. A relief station is available at the starting point.

Changing room

Open from: 6:00 AM

① Changing rooms can be found at the following locations:

Men: Gymnasium.

Women: AQUA-WING (Swimming stadium)

*Female athletes are forbidden from entering the men's changing rooms.

② The arena has a no-shoes policy.

- ③ Number cards must be attached to your chest and back.
- ④ All facilities close after the event commences. Do not leave luggage unattended; submit it to the luggage intake site.

Luggage intake

6:30 AM—8:05 AM

Location: Luggage intake site

- ① Hand luggage collected at the starting venue (Nagano Sports Park) will be returned to you at the finishing venue (Nagano Olympic Stadium).
- ② Tie the luggage claim tag provided firmly on to your luggage such that it can be seen, and tear off the slip, placing it inside your luggage.
- ③ Luggage claim tags are color-coordinated. Place your luggage in the wagon with the same color as the tag.
- ④ Luggage with no claim tag number attached cannot be accepted. Luggage you have entrusted with the race organizers cannot be returned to you until after the event ends. You will be asked to present your number card when collecting your luggage.
*Please ensure that your number card and luggage claim tag numbers match.
- ⑤ Aim to carry a minimum of hand luggage.
- ⑥ We cannot take custody of valuables for you. You are responsible for looking after your own valuables.

Starting block lineup

7:45 AM--8:15 AM

- ① Starting blocks A through M will be arranged. Follow the letter of the alphabet on the left of your number card to line up at the starting blocks.
- ② Runners must be lined up at the starting blocks by 8:15 AM. Runners who arrive late will start the race at the end of M block which is the last position.
Note that blocks cannot be changed under any circumstances.

During the race

Travel and distance markers

- ① Traffic is restricted along the course, but there may be oncoming and outgoing traffic at certain points. Event vehicles will also patrol the route, so exercise caution.
- ② Distance markers are shown in 1km increments up to the 41km point, at the midway point, and then in 1km increments after the 5km remaining point.
- ③ In the event of an emergency, rescue vehicles may patrol the course, so you are urged to run with caution.

- ④ Note that the weather may be subject to change. You are responsible for preparing for the heat or rain.
- ⑤ Note that smoking and seated eating and drinking are forbidden during the race.

Restrooms

- ① Restrooms are installed along the course route (public restrooms or portable toilets). You will find signs indicating them along the route. You must use the designated restroom locations. You can make use of convenience stores and gas stations for breaks along the route. If you use the restrooms at a shop, leave them in a clean condition.
- ② Do not engage in public urination.

Pace runners

- ① Between the 3 hour and 5 hour point and in 15 minute increments, 10 pace runners will run the course to help you keep time. Use them to help you set your own goals.
- ② While the pace runners run based on the gross time needed to complete the race from the starting signal, they are not intended to provide an exact guarantee of reaching the finish at a set time.

Aid stations

- ① There are 16 aid stations along the course. All beverages provided are sports drinks and water. No special drinks are provided. (Except for invited athletes)

5.2km

7.2km

10.4km

12.5km

14.4km

17.3km

19.0km

22.3km

25.1km

28.2km

29.7km

32.2km

34.2km

36.8km

38.9km

39.9km

- ② Note that food and drink are only available while supplies last.
- ③ Paper cups must be discarded in trashcans.
- ④ Water you can splash on yourself is located at the front of each aid station after station 3.

*Stations 6, 9, 12, and 14 contain sponges. Stations 6, 8, 10, 12, and 14 contain bananas, dumplings, salt candy, and pickled plums. Stations 9 contain Energy jelly

Checkpoints

Checkpoints are installed every 5km. If you reach a checkpoint after it closes, you cannot continue with the race.

Checkpoint closure times:

Distance	Time	Number of people who retired last year
5.1km	9:18 AM (48Min.)	7
10.4km	9:56 AM (1 H26Min.)	60
14.8km	10:26AM (1H56Min.)	55
20.8km	11:08 AM (2H38Min.)	144
25.1km	11:38 AM (3H08Min.)	180
29.9km	12:12 PM (3H42Min.)	210
34.3km	12:43 PM (4H13Min.)	160
39.3km	1:18 PM (4 H48Min.)	140
41.1 km	1:29 PM (4 H59Min.)	33

- ① Runners still on the course after a checkpoint closes must go to the pedestrian walkways on the side of the road and board a shuttle bus at the next checkpoint, or go to the shuttle bus at the end of the race line. Please return your measuring chip to a referee at that time.
- ② If a referee deems you unable to reach the next checkpoint in time, even if that time has not elapsed, you may be asked to retire.
- ③ Runners who retired from the race or could not complete it will be given wet towels and rice balls upon disembarking at the finishing venue.
- ④ Each checkpoint contains a "cold spray table" which you are free to use.

If retiring at a location other than a checkpoint

- ① Notify one of the referees along the course that you will be retiring and return your measuring chip.
- ② Visit the finishing venue by one of the means below to collect the luggage you had stored at the starting venue.
 - A. Go to the nearest checkpoint and board a shuttle bus.
 - B. Board a shuttle bus at the back of the race line.

Time logging

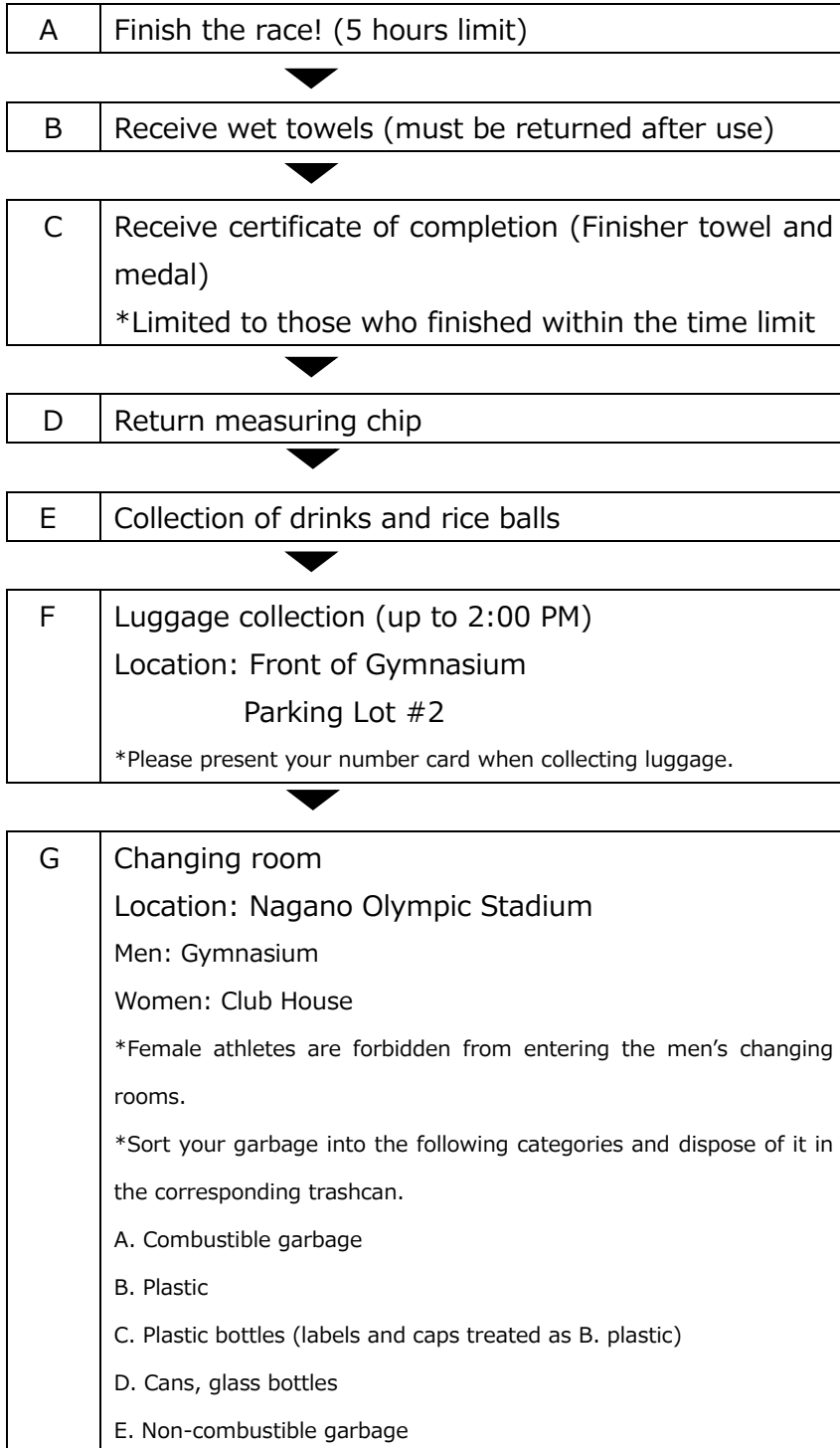
- ① Measuring chip is attached to the reverse side of the number card. Please make sure if measuring chip is attached to the reverse side of the number card when you receive it.
- ② This marathon uses measuring chips to track split times every 5km and your finishing time (gross time and net time).
- ③ If the chip is not properly attached or you forget to attach it, your times will not be logged and you

will be disqualified. You must confirm the chip before starting the race.

- ④ Measuring chips are collected at the end of the race. If you retired partway through, please return your measurement chip at the checkpoint. If you do not return the chip, you will be billed for it after the race.
- ⑤ For inquiries regarding chips, please visit the Helpdesk at the starting venue.

Finishing venue

Race conclusion



2:30 PM (tentative) -- event ends

To persons seeking to cheer runners at the finishing venue:

Please use the shuttle buses from ①JR Nagano Station East Exit.

②JR Shinonoi Station West Exit.

Shuttle buses between the Both Station and finish venue (periodic schedule)

Hours: 8:00 AM--3:00 PM

Fare:JPY500(From JR Nagano Station East Exit.)

JPY200(From JR Shinonoi Station West Exit.)

Awards

Award categories are as follows.

A. General category, male and female combined: 1st through 8th place (gross time)

The awards ceremony is held at Nagano Olympic Stadium at 11:15 AM.

Measured on the basis of gross time from the signal gun firing.

B. 1st and 6th place in each category, male and female separate (net time)

Categories: under 25; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54

55-59; 60-64;65-69; 70-74; 75-79; over 80

No awards ceremony is held for the age group categories; awards and prizes are sent at a later date.

The age group category awards are based on net time after passing the starting line.

Certificate of completion (slated for mailing in June)

Those completing the race receive at a later date a certificate of completion by age group and listing split and net times in 5km increments. Runners who retired the race receive a certificate listing split times in 5km increments up to the point they reached.

Departure bus (for those retiring) arrival sites

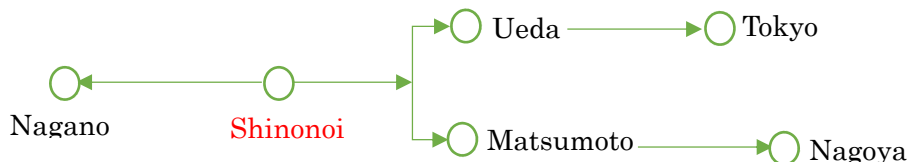
The shuttle buses arrive and depart from each checkpoint and ultimately reach Nagano Olympic Stadium Parking Lot # 1 . (You can return on foot from Checkpoint 9 (41.1km).

Return shuttle buses

- Bound for JR Nagano Station East Exit/Parking Lot #1/Times: between 8:30 AM and 3:00 PM;
Travel time: 60 minutes
- Bound for JR Shinonoi Station West Exit/Parking Lot #3/Times: between 8:15 AM and 3:00 PM;
Travel time: 20 minutes

*The shuttle bus bound for JR Nagano Station (60 minutes travel time) may arrive much later due to road congestion. If possible, please use the shuttle bus bound for JR Shinonoi Station (20 minutes travel time)

If you are returning home via JR bullet train (bound for Tokyo) or the Limited Express Shinano (bound for Nagoya), you are also advised to use JR Shinonoi Station.



Taxi disembarking point

A taxi disembarking point will be installed at the north side of parking lot#1. (Taxi disembarking points not available at other parking lots.)

Health maintenance and medical aid system

Relief sites

There are 9 relief sites on the course and two mobile relief vehicles.

Relief sites and mobile relief vehicles will have doctors and nurses permanently on hand to assist runners with injuries and illness.

Relief site locations

Starting venue (Nagano Sports Park)

16.6km

20.8km

25.1km

29.9km

34.3km

39.3km

41.1km

Finish line (Nagano Olympic Stadium)

Runner support tents

In order to ensure the safety and health of runners at the midpoint and beyond, where there is a greater likelihood of incidents requiring medical attention, 18 runner support tents are installed for those needing medical attention.

Runner support tent locations

14.8km	21.6km	22.6km	23.8km	26.3km	27.6km	28.5km	29.0km	30.8km
32.2km	33.1km	35.1km	35.8km	36.6km	37.6km	38.2km	39.9km	40.7km

Medical runners (volunteers)

Medical professionals entering the marathon register as “Medical Runners (Volunteer)” and are asked to help provide medical assistance in the event of an unforeseen event during the race.

77 AED defibrillators

A total of 77 defibrillators are installed throughout the course: 5 at the start venue, 60 along the course (at relief sites, checkpoints, runner support tents, and places of business along the road), 3 on mobile relief vehicles, 4 with AED bicycle volunteers, and 5 at the finish line venue.

AED bicycle volunteers

Four teams across the course patrol the route with defibrillators. The AED team are first responders who can perform CPR and first aid.

Cold spray tables

Each checkpoint (#1- 9) contains a “cold spray table” which you are free to use.

Self checklist

This checklist is for you to use to check your own condition before the race.

If you feel uncertain about your health or do not intend to run the race, please come to one of the relief sites at the starting venue.

Take stock of your health and make this an opportunity to enjoy a fun race.

In a race, anything can happen. You might suddenly feel unwell or develop heat stroke and collapse. Before taking part in the race, have a general physical exam and ECG and blood tests done at a medical facility.

On the day of the event, use this checklist to take stock of your health and ensure you don't overdo it. If you feel unusual during the race, be brave enough to abandon it immediately.

Check your health on the day of the race before you begin in order to enjoy a safe race.

If you answer “no” to any of items 1-8 below apply, either abandon the race or seriously consider whether you should take part.

- 1 . My temperature is normal. I do not feel feverish.
- 2 . I do not feel fatigue.
- 3 . I slept well last night.
- 4 . I ate a meal and drank liquids before the race.
- 5 . I have no symptoms of a cold (light fever, headache, sore throat, cough, runny nose)
- 6 . I feel no discomfort in my chest or back. I have no palpitations or shortness of breath.
- 7 . I have no abdominal pain or diarrhea. I do not feel nauseous.
- 8 . I expect to complete the race as planned.

Race precautions

- (1) Ensure that you remain properly hydrated during the race.
- (2) If you experience discomfort, have the courage to abandon the race for your own safety.
- (3) The last spurt can put excess strain on the heart, so give yourself the leeway you need to finish.

Weather conditions in the past three years in Nagano:

Weather conditions and completion rates for the last three years are as below. Use this information for reference before the race.

	Time	Weather conditions					Completion rate
		Weather	Temperature	Humidity	Wind direction	wind speed	
20th (15Apr2018)	8:30AM	Rain	13.0°C	85%	East	0.3m	88.62%
	1:00PM	Cloudy	13.8°C	79%	North	3.5m	
19th (16Apr2017)	8:30AM	Sunny	14.5°C	55%	Southeast	0.8m	77.86%
	1:30PM	Sunny	23.0°C	18%	West-eastwest	5.2m	
18th (17Apr2016)	8:30AM	Cloudy	18.5°C	42%	Southwest	7.5m	84.49%
	1:30PM	Sunny	24.0°C	52%	Southwest	6.4m	