



京から明日へ。



KYOTO MARATHON 2013 INFORMATION ON THE RACE

EVENT SCHEDULE

● RACE CHECK-IN

Fri. 8 March	10:30~19:00 Entrance until 19:00	● Runners' Check-in	Miyakomesse (Kyoto Int'l Exhibition Hall) 1st Floor, Exhibition Hall 2, 3rd floor Exhibition Hall 3
Sat. 9 March		● Kyoto Marathon OKOSHIYASU SQUARE	

- ※ Runners must come and check-in by themselves
- ※ Substitution are not permitted due to Personal ID is required at the reception for proof of identity
- ※ No reception will be allowed outside of hours and on the Marathon day

● On the Marathon Day

Sun. 10 March	6:35	Dressing area open	Nishikyogoku Athletic Park
	6:45~7:45	Check Baggage	
	7:30~8:14	Line up at starting block	
	8:15	Starting Ceremony (moment of silence)	A~F Block : Athletic Stadium G~K Block : Sub-athletic Stadium
	8:25	Wheelchair Race START	
	8:30	Marathon・Pair-ekiden START	
	12:30	The awards ceremony for winners	Miyakomesse, Exhibition Hall 3 on 3rd floor
	14:30	Closing Kyoto Marathon	In front of Heian-jingu Shrine

- TV Broadcast : KBS Kyoto / Sun. 10 March 8:00~8:55, 10:30~11:30, 21:00~21:55 (tentative)
Mainichi Broadcasting System(MBS) / Wed(holiday) 20 March 13:55~14:50 (tentative)

RACE CHECK-IN

Schedule 10:30~19:00 on Friday 8 & Saturday 9, March 2013
 * No check-In available on the Marathon day.
 * It's not available to check-in after appointed hours, even if it caused by the delay of the public transportations.

Place Miyakomesse (Kyoto International Exhibition Hall) 1st floor Exhibition Hall 2.
 address : 9-1 Okazaki Joshoji-Cho, Sakyo-Ku, Kyoto-City

What to bring Number Card Voucher, Health Check List, Identification (please refer below in detailed*)

Check-in flow ① ID Check (Identification)
 •Please show your ID to receive your Number Card.
 •No Photocopy is accepted.
 •Substitution by proxy statement is not permitted.

Valid Identification (Please bring one of below ID)	Driver license, Passport, Foreign registration card, Basic Resident Registers Card Health Insurance Certificate(card), National Pension Note, Student Card
--	---

② Exchange Number Card (Pick up Number Card and Bag)
 •Please come to the reception where designated number on your voucher and pick up Number Card, Safety pins, Bag and Bag sticker.
 •The measure tag installed in Number Card will measure your time record. Please do not remove it. Measure Tag contains an embedded IC chip.
 •Please do not bring Number Card close to the equipments which emit electric waves.
 •It is not available to reissue Number Card which you received at the reception.
 * Please be sure to bring it with you on the marathon day.
 *2 Number Cards (for chest and back) will be offered for JAAF registrants and one (for chest) for General.
 For General runner ,Charity Bib(for back) to be passed by separately.



Attention !

•Please complete necessary information on the reverse of Number Card before the race.
 •Do not remove Measure Tag from Number Card.
 •Please return the Measure Tag after finish.
 In case of dropping out, please return it to the staff on rescue bus.

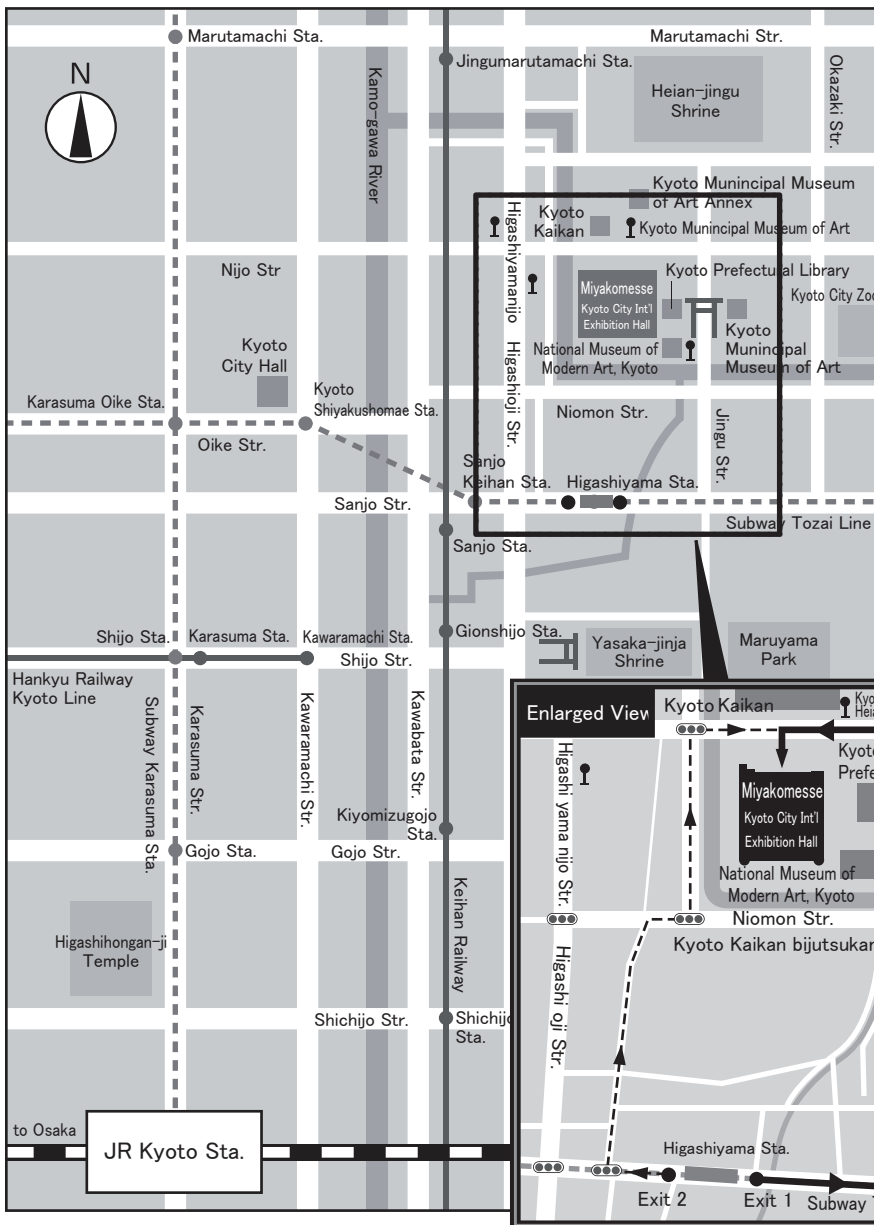
③ Receiving Hospitality Goods (at Miyakomesse Exhibition Hall 2 on 1st floor)
 •Please receive the hospitality T-shirt.
 * It is not available to change size from your selected size on application.
 * Please be sure to come to Miyakomesse Exhibition Hall 2 to receive it.
 * For the runners who could not take part in this event cause to business schedule, illness or other sudden events, we will send your T-shirt to you freight collect. If you want to receive it by delivery service, please contact by 15 March to KNT Kyoto Marathon Entry Center by e-mail kyoto-marathon@gp.knt.co.jp

Notice

- Please read the contract details and complete necessary information and sign in person. The contract for underage (20) is required a signature by parent in advance.
- Please be sure to bring bag with placing sticker on marathon day.
- Please be sure reconfirm your name printed on your Number Card as soon as you received it.
- Reissue of Exchange Voucher caused from missing or leaving is charged JPY200.
- If you decide to withdraw from the race after check-in, you must return Measure Tag to HELP DESK.
 If you forget to return Measure Tag to Help Desk before the race,JPY2000 will be charged.
- Receipts will not be issued where fees are paid by credit card. Please use the statement issued by your credit card company or the entry fee payment invoice instead.
- No refund of entry fee also for default on the day.

KYOTO MARATHON 2013

ACCESS to Race Check-in Place



from JR Kyoto Station

Take Subway Karasuma-line bound for "Kokusai Kaikan", Change train at "Karasuma oike station" subway Tozai-line bound for "Rokujizo or Hamaotsu" then get off at "Higashiyama station" and 8min on foot.

City bus No.5 bound for "Iwakura Sosyajo" & No.100 bound for "Kiyomizu tera/Gion/Ginkaku-ji temple" Get off at "Kyoto Kaikan Bijutsukan-mae stop" and by near.

City bus No.206 bound for "Higashiyama-dori/Kitaoji-bus terminal" get off at "Higashiyama-nijo stop" and 5min on foot.

From Hankyu railway "Kawaramachi Station"

City bus No.5 bound for "Iwakura Sosyajo" Get off at "Kyoto Kaikan Bijutsukan-mae stop" and by near.

City bus No.32 bound for "Heian Jingu/Ginkaku-ji" & No.46 bound for "Gion/Heianjingu" Get off at "Kyoto Kaikan Bijutsukan/Heianjingu stop" and by near.

City bus No.31 bound for "Higashiyam-dori/Takano-iwakura" & No.201 bound for "Gion/Hyakumanben" & No.203 bound for "Gion/Kinrin-syako" Get off at "Higashiyama-nijo stop" and 5min on foot.

From Keihan Railway "Sanjo station"



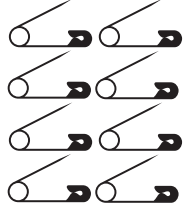
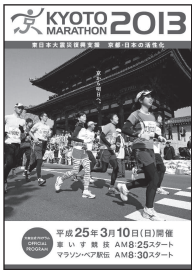


20 min on foot

From Keihan Railway "Jingu Marutamachi station"

16 min on foot

PLEASE BE SURE TO USE PUBLIC TRANSPORTATIONS

List of receivable Items at Race Check-in

- Number Card (Bib)**

 JAAF registrants pin 2 Bibs both on chest and back. Others pin 1 Bib on chest.
- Hospitality T-Shirt**

 offered by WACOAL CORP
- Charity Bib (General only)**
● Charity Patch
- Safety Pins**

 1 set of 8 pins
- Kyoto Marathon 2013 Event Program**

- Bag**

- Baggage Sticker**

 Please place this sticker on your bag

Before START~During the race

Schedule	6:35 Dressing area open
	6:45 Open Check Bag(~7:45)
	7:30 Start Line Up(~8:14)
	8:15 Starting Ceremony
	8:25 Wheelchair race - Start
	8:30 Marathon, Pair-ekiden - Start

We, all runners & staffs, offer silent prayers during the starting ceremony for many victims of the tragedy of the Great East Japan Earthquake & Tsunami.

What to bring Number Card(s), Bag

Check Bag **Hours 6:45~7:45 (not available out of hours)**

Please check your bag in the Baggage Truck which designated number on your Number Card or Bag Sticker. (Refer to P.6)

- Your checked bag at starting area will be return at finish place. It might be delayed arriving your bag due to unexpected transportation conditions.
- Please make sure to place your sticker on your bag before stuffing in.
- To check your bag, please show your number card.
- It is not available to pick up bag once be checked at any place other than finish area.
- Please tighten the drawstring to do not pop up packets. Acceptable only one bag which is given at the race check-in (50cmx70cm).
- Not acceptable valuable goods, fragile goods, animals, stick umbrellas, dangerous objects.
- Please protect your property by yourselves. •Organizing committee does not take responsibility for lost or stolen items.
- The place where bring back your Bag is open-air. Please understand that your clothes in the bag may get wet in case of rain.
- Please send your property no placed in a bag to your home/hotel by courier, which desk located beside of General Information.

Warm up • Please go through a warm-up in the place where it is not disturbed from traffics or pedestrians. • Never on road.

Line up <Hours> 7:30~8:14 <Place> Designated Block(A~K) which shown on Number Card. * (refer to P.6)

- The order of Number Card is decided based on runner's estimated time to start smoothly. Please line up on the designated block(A~K) which shown on your Number Card.
- Guide-path to the block is different depend on each blocks. Please follow directions from Signs or staffs.
- By 8:14 Direction to each block will be closed. Please allow enough time for coming to each block.
- Runners who do not make it will start from last block. • Runners who did not get there in time do not allow to run.

Pace Setter (Pace runner) • For adjusting your running pace, Pace setters(who wearing Bib & Balloon) run on the course in each time.
 Goal Time 3hrs30min, 4hrs00min, 4hrs30min, 5hrs00min, 5hrs30min, 6hrs00min.
 *Pace Setters will run toward to the goal time record from starting gun signal to finish.
 It is absolutely estimated time for making pace and may not assure to finish in exact time.



Health Check • All runners are required enough training, keeping themselves in good shape in advance.
 • All runners must submit your health check list. if applicable in disease condition A, please be sure to take consultation with a physician in advance.
 • Finally please check your condition before run by final health check list which is provided at race check-in.
 • If you feel bad, please bow out of the race and if you have trouble in race, please get up courage to drop out of the race.

Notice on the race • This race is conducted in accordance with the FY2012 rules and regulations set forth by Kyoto Marathon 2013.
 • Substitution is not permitted. • Injury or Illness due to an accident will be applied first aid.
 • It is not available to reissue Number card (bib) nor & Measure tag. Runners who do not wear Number card in the race will be disqualified.
 • Please drink water often to avoid dehydration whatever the weather during the race.
 • According to the weather, it may change in temperature or humidity. Please take measure against cold or rains by yourself.

Wears • Please participate with wearing cloth, Number Card is easily-identifiable on it.
 • Please refrain from the clothes against public order and morals. Ill-fitting costumes for sports event, masking, capping are not permitted.
 • No fancy dress.
 Registered runner are not allowed to run in fancy dress .Runner with fancy dress may be asked to stop running.
 Kyoto Marathon course includes a dry riverbed with no pavement, such as location and the narrow runway.
 May take measures such as a pedestrian crossing during passage of the emergency vehicle and also stop.
 To everyone of runners while running you will need to pay attention everywhere, it is required to participate in the clothes that can move quickly.
 Fancy dress costumes, but I think that there is a force to live up the race, because there is a possibility to restrict movement in and out, or discomfort to the runners and the supporters who will cheer from the roadside ,so we prohibited dressing fancy dress.
 And We are also prohibited run wearing publications for advertising purposes.
 • Dressing area of the venue will be very crowded. Please keep the number card attached to the wears the day before.
 Prepare the dressing at home or accommodation, please just take off the jacket at the venue the day of the race.

KYOTO MARATHON 2013

- Course/Distance**
- There is the stone-paved road shortly after start. Please watch your step.
 - Although road traffic was rerouted during the event, there are some points where to face vehicles or to run side by side.
 - And also event authorized vehicles drive on the course. Please watch out for the traffic.
 - There are some Cat's eyes (protruding object such as a light reflector) on the center line of course road. Please warn not to step on them.
 - Width of a course on river location is narrow and unsurfaced. Please do not force to overtake runner in front. *(refer to P.9)
 - Distance indicators are placed at every 1km point each and halfway point. From last 5km it indicates remaining distance at each 1km point.

- Cut-Off Point**
- Cut-Off will be enforced at below check-points due to limited duration of traffic control, security and operation.
 - After cut-off time no runners pass through the check-points.
 - After cut-off time runners who fail to pass through the check-points are required rapidly to board the rescue bus from next check point or last one.
 - The referee may urge runners, who are considered difficult in continuing run, to drop the race.
 - In case of drop out of the race at any places except for the check-point, please apprise it to the referee on the course and follow his instruction.
 - And please come to the Finish Place(Miyakomesse) by either below methods.
 - ① Go to the nearest check-point and get on the rescue bus
 - ② Get on the last rescue bus

Check Point	Distance	Check-Point	Cut-Off Time (from gun signal)	
1st Check-Point	6.1km	Kiyotakimichi-Sajo Crossing	9:37	(1hrs07min)
2st Check-Point	9.1km	Ichijo-Yamagoe Crossing	10:02	(1hrs32min)
3st Check-Point	12.5km	Ritsumeikan Univ.	10:30	(2hrs00min)
4st Check-Point	18.4km	Nishigamobashi Nishizume Crossing	11:18	(2hrs48min)
5st Check-Point	23.8km	Kyoto Int'l Conference Center	11:59	(3hrs29min)
6st Check-Point	30.3km	Kyoto Concert Hall (Returning)	12:53	(4hrs23min)
7st Check-Point	35.2km	Marutamachibashi Nishizume Kita	13:32	(5hrs02min)
8st Check-Point	40.1km	Higashiyama-konoe Crossing	14:13	(5hrs43min)

*Cut Off time is based on the signal gun (08:30). *Times shown in parenthesis is lapse time from the signal gun.

- Aid Station**
- Located 10 aid stations along the course (6.1km • 9.1km • 12.5km • 18.4km • 23.8km • 30.3km • 32.2km • 33.8km • 35.2km • 40.1km) , 1 at start area and 2 at finish area.
 - Basically, at these aid stations medical staffs will apply only emergency first aid for injuries and illnesses during marathon and they assume no responsibility whatsoever for subsequent damages or problems in serious case.
 - No household Medicines(stomach medicine, cold remedy, plaster, etc) at Aid Stations and also no treatment by cooling air spray.
 - ✕A runner who has the flu or acquires some infections and who are just after recovery from them, Please refrain from participating the race for you and other runners.
 - ✕The expense at medical agency is responsibility of the individual. Please hold copy of health insurance card.

- Water Supply**
- 15 Water Stations are set up along the course. Some tables are set up along the line of course at each station. At each station, a rearward table is more crowded than forward. Please take cup from as forward as possible. Do not throw away paper cups or garbage on the road or in the river. Please be sure to put them in the trash box. Not allowed to drink any alcohol during the race. The organizer accepts no responsibility in case of runners eat food and drink outside the supply stations.

- Toilets**
- Toilets are set up throughout along the course (public and temporary). There are the signboard of toilet on the course. Please be sure to go to the given places. Volunteer staffs also use them. Please use them on meeting each other.

● Request for corporation of Emergency Vehicles' passing

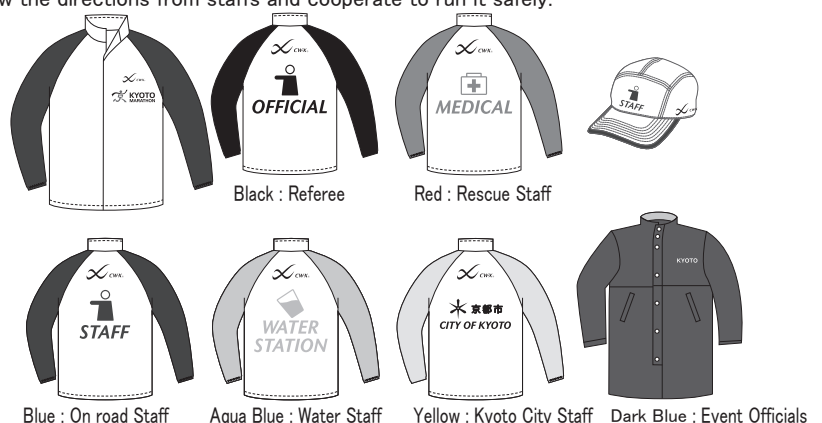
- Emergency vehicles may pass on the course in states of emergency, fires, accidents and so.
- Please place priority on their passing according directions of staffs on the course. Blue Cones are put on the lane for emergency vehicles. Please do not enter in this lane. There is no reserved lane on narrow road.
- Please understand that when emergency vehicles is passing, our road staff may ask runners to stop running.
- Depending on circumstances on the course, gallery may be allowed to cross into the course.
- Please note that we can not fix Stop The hours of recording.

● Pedestrian, Bicycle Crossing

Provide 8 safety zones (RUNPASS) on the center area of road for pedestrians and bicycles crossing without interruptions of runners. Course will be laid to right and left. Please follow the directions from staffs and cooperate to run it safely.

● Staffs on the course

Over than 14,000 of staffs and volunteers are in charge of this marathon. Staffs on the course wear different staff wears, as below which are colored by each their works. If you need help or have question, please feel free to approach them.



KYOTO MARATHON 2013

Sign on the main course



SUPPLY STATION SIGN (WATER)



WATER SUPPLY SIGN (ISOTONIC SPORTS DRINK)



FOOD SERVICE SIGN



DISTANCE DISPLAY SIGN



TOILET SIGN



CUT OFF POINT SIGN



AID STATION SIGN

RECORD, AWARD and Other information

- Official Record** Running time from gun time to finish.
- Certifications** The Certification, besides Official time record (Gross time), as references Net time taken from start line and split time each 5km on it, will be sent later April.
*The certifications will be issued only for the finishers within the time limit.
No certifications for the overtime finishers.
- Fighting-spirit award** We will send the certificate of fighting spirit award to the Abstentionist (For the person to pass through the 5km or later) of race and finishers outside the time limit in late April.
- Award** 12:30 (Tentative) Awards Ceremony (Miyakomesse Exhibition Hall3 on 3rd floor)
1) Overall, the top 20 male and female runners will be awarded.
2) By age groups (every 5 years), the top 3 male and female runners will be awarded, respectively.
* A prize-giving ceremony will be held only for the top 8 runners of category 1). For the rest of the award-winners, award certificates will be delivered at a late April.

Flash Time Report
(runners update service)
※Japanese only

It is available to retrieve split time each 5km, halfway point and finish point by number card or runner's Name. (It is flash report and also unofficial time)
【PC/smart phone】 <http://p.kyoto-marathon.com>
【Mobile】 <http://r.kyoto-marathon.com>



Time Measure Tag

Please return Time Measure Tag after finish.
If you didn't return or lose it, you will be charged JPY2,000 for it.
If you forgot to return it on the spot, please send it by mail later.
Mail to 〒152-8532 (no address needed) atten: to "Kyoto Marathon 2013 for Measure Tag"
*Postage costs are borne by each

Runners' Questionnaires

To consider your opinions and to improve this event for the next year, we will carry out a questionnaire on the web.
Please kindly take this survey.
<https://www.research.net/s/KYOTOMARATHON2013>

Weather conditions

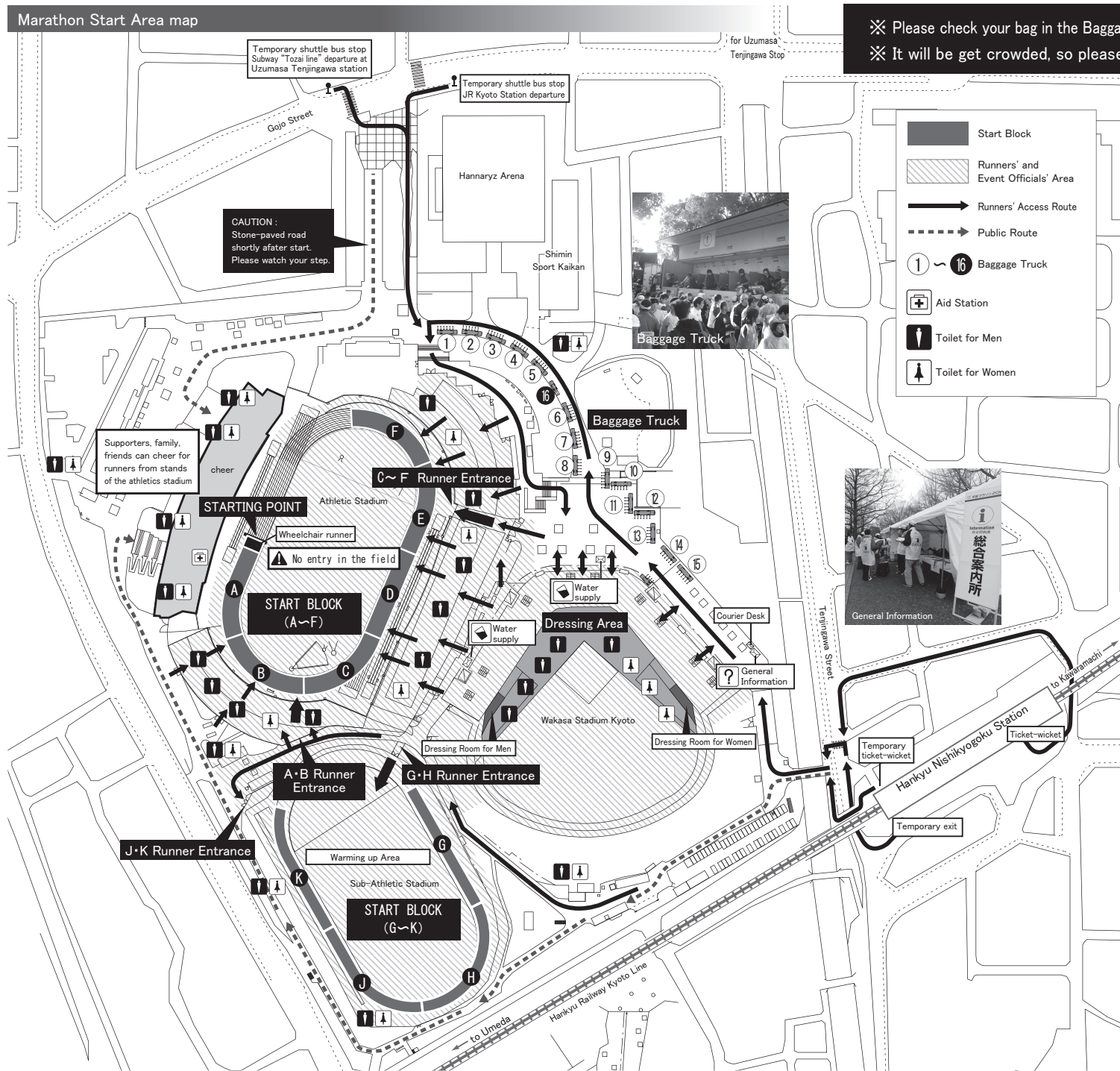
Meteorological data of the past five years (reference: Japan Meteorological agency)

Year	Weather report Daytime (06:00~18:00)	Temperature (°C)			Total	Precipitation (mm)		Wind speed (m/s)			Sunshine (h)	
		Average	Highest	Lowest		Total	peak		Average Wind speed	peak wind speed		instantaneous peak wind speed
							1h	10m				
2008	Cloudy Occasionally Rain	11.2	14.7	8.4	5.0	2.5	1.5	2.8	6.2	11.5	1.5	
2009	Sunny Occasionally Cloudy	10.8	16.0	6.5	0	0	0	2.8	6.8	11.2	7.8	
2010	Rain, Cloudy & Thunder	5.6	8.7	4.0	4.0	1.0	0.5	3.4	6.4	13.1	0.3	
2011	Sunny Occasionally Rain	5.1	8.7	2.0	0	0	0	3.0	6.8	12.2	7.4	
2012	Cloudy Occasionally Sunny	8.1	11.6	5.6	0	0	0	2.6	4.6	9.7	1.8	

According to the weather, it may change in temperature or humidity. Please take measures against cold or rain by yourselves



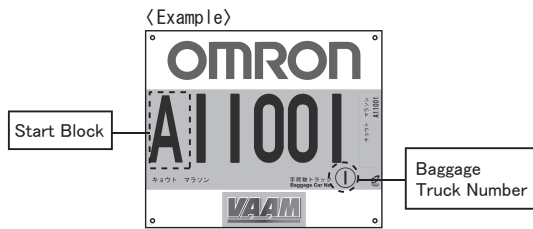
Marathon Start Area map



※ Please check your bag in the Baggage Truck which designated number on your Number Card or Bag Sticker.
 ※ It will get crowded, so please done for check in your bag and line up on your start block early.

Baggage check-in and Starting Point

Baggage Truck Number and Start Block are shown on you Number Card



Baggage Check-in

Hours : 6:45~7:45

After above mentioned hour, you can not check-in your bag. Please staff all your belongings to the bag (50cm x 70cm) and check-in it in baggage truck designated on your number card. Please send your property no placed in a bag to your home/hotel by courier, which desk located beside of General Information.

Line Up

Hours : 7:30~8:14

Please line up in time on your start block designated by alphabet (A~K)
 Please finish a toilet before lining up

NOTICE

Please refrain from the arrival by cars or busses to the start area.

No parking allowed around the stadiums.

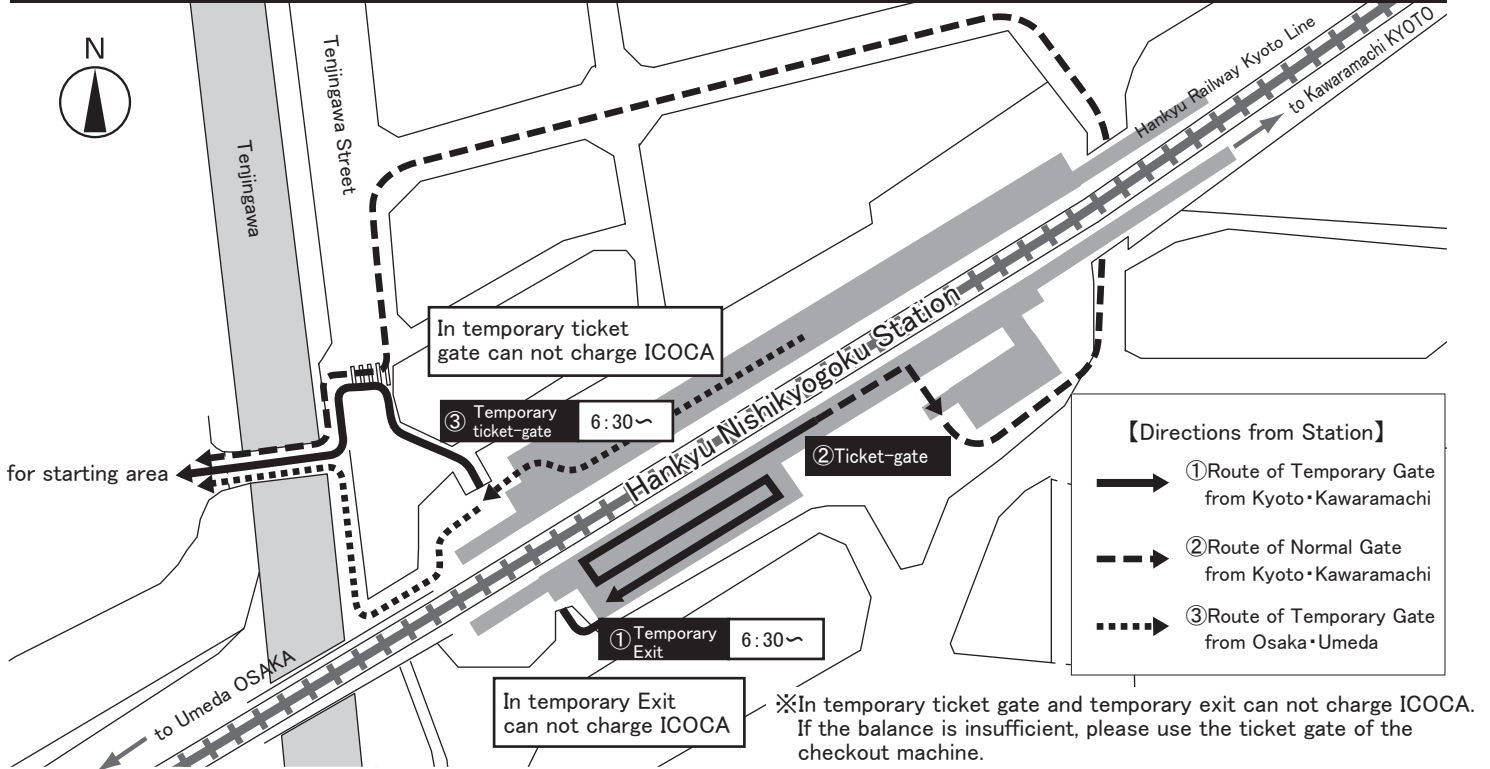
To inhabitants neighboring as for the camping-out around the start area on the previous marathon day because is annoyed, is not accepted firmly.

It is not available to reissue Number Card nor Measure Tag. Runners who do not wear Number Card in the race will be disqualified.

KYOTO MARATHON 2013

Access to Starting point

On the race day Hankyu railway "Nishikyogoku station" congestion is expected. It is not available to join the race after appointed time, even if it caused by the delay of the public transportation and unexpected transportation conditions. The organizer accepts no responsibility. Please take enough time for coming and follow the instructions of the staff.



Access to Nishikyogoku Hankyu railway station (Time Table on marathon day)

Below trains which departure from Kawaramachi-station will be stopped at Nishikyogoku Station between 6:13~7:10 include Fast express train as temporary stop.

	Kawaramachi Sta.(D)	Karasuma Sta.(D)	Omiya Sta.(D)	Saiin Sta.(D)	Nishikyogoku Sta.(A)
Local train	6:13	6:15	6:17	6:19	6:21
Local train	6:26	6:28	6:30	6:32	6:34
Fast Express Train	6:35	6:37	6:39	6:41	6:43
Local train	6:40	6:42	6:44	6:46	6:48
Fast Express Train	6:48	6:50	6:52	6:54	6:55
Semi Express Train	6:51	6:53	6:55	6:56	6:58
Semi Express Train	6:57	6:59	7:01	7:02	7:04
Fast Express Train	7:00	7:02	7:04	7:06	7:07
Semi Express Train	7:07	7:09	7:11	7:12	7:14
Fast Express Train	7:10	7:12	7:14	7:16	7:17

For advance purchase of tickets of Hankyu railway

We will sell tickets for Hankyu railway in advance on 08&09Mar at Miyakomesse (Kyoto int'l Exhibition Hall).

The day of the race will be expected congestion, we recommend purchase in advance.

※Cards that can be used in the Hankyu railway

○ : SURUTTO KANSAI, PiTaPa, ICOCA

× : Suica, PASMO, TOICA Etc.

※Fare to Nishikyogoku station
From Osaka-Umeda JPY390, From Kawaramachi-Karasuma JPY180, From Omiya-Sanin JPY150

(Please prepare your fishing so that does not)

Fast Express Train departure from Osaka-Umeda station will be stop at Nishikyogoku station in addition to the normal train as below.

	Umeda Sta.(D)	Juso Sta.(D)	Awaji Sta.(D)	Ibarakishi Sta.(D)	Takatsukishi Sta.(D)	Nagaokatenjin Sta.(D)	Katsura Sta.(D)	Nishikyogoku Sta.(A)
Fast Express Train	6:16	6:19	6:25	6:33	6:37	6:45	6:51	6:53
Fast Express Train	6:30	6:33	6:39	6:47	6:53	7:01	7:06	7:08
Fast Express Train	6:45	6:48	6:53	7:01	7:07	7:15	7:21	7:22

(D) = Departure (A) = Arrival

Temporary shuttle bus service

①JR Kyoto Station departure 6:15~6:30 ※Kyoto station bus terminal C5 (15 buses will depart)

②Subway "Tozai line" departure at Uzumasa Tenjingawa station 6:25~6:45 ※Uzumasa Tenjin station bus terminal B (5 buses will depart)

The day of the race, temporary Shuttle bus service will be operated (Non-stop).

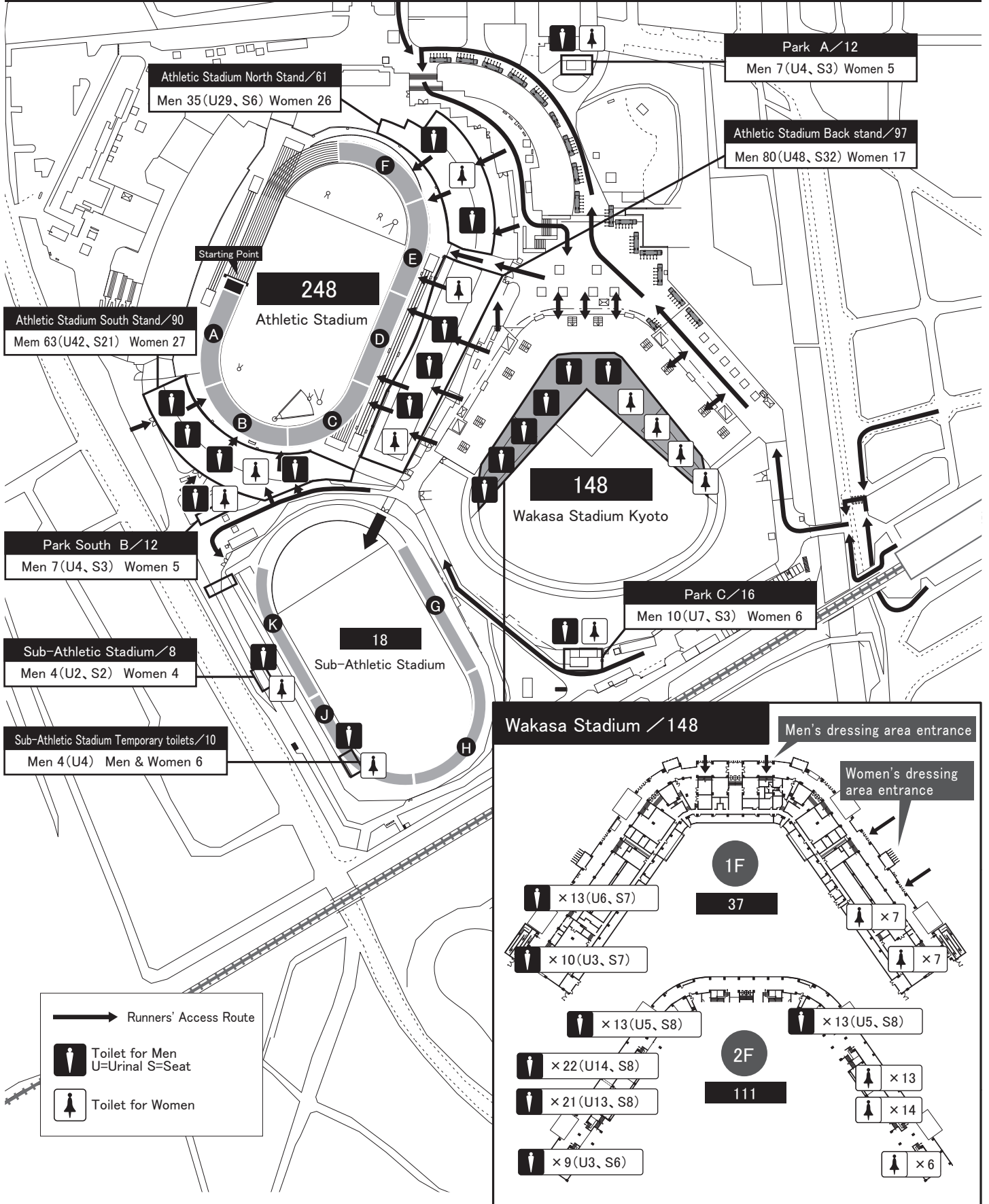
We also sell tickets at Miyakomesse(Kyoto int'l Exhibition Hall) in advance.

Please note that there is a limit to the numbers.

KYOTO MARATHON 2013

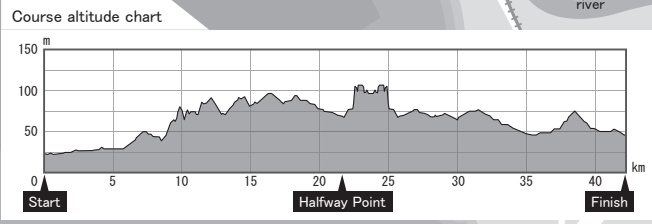
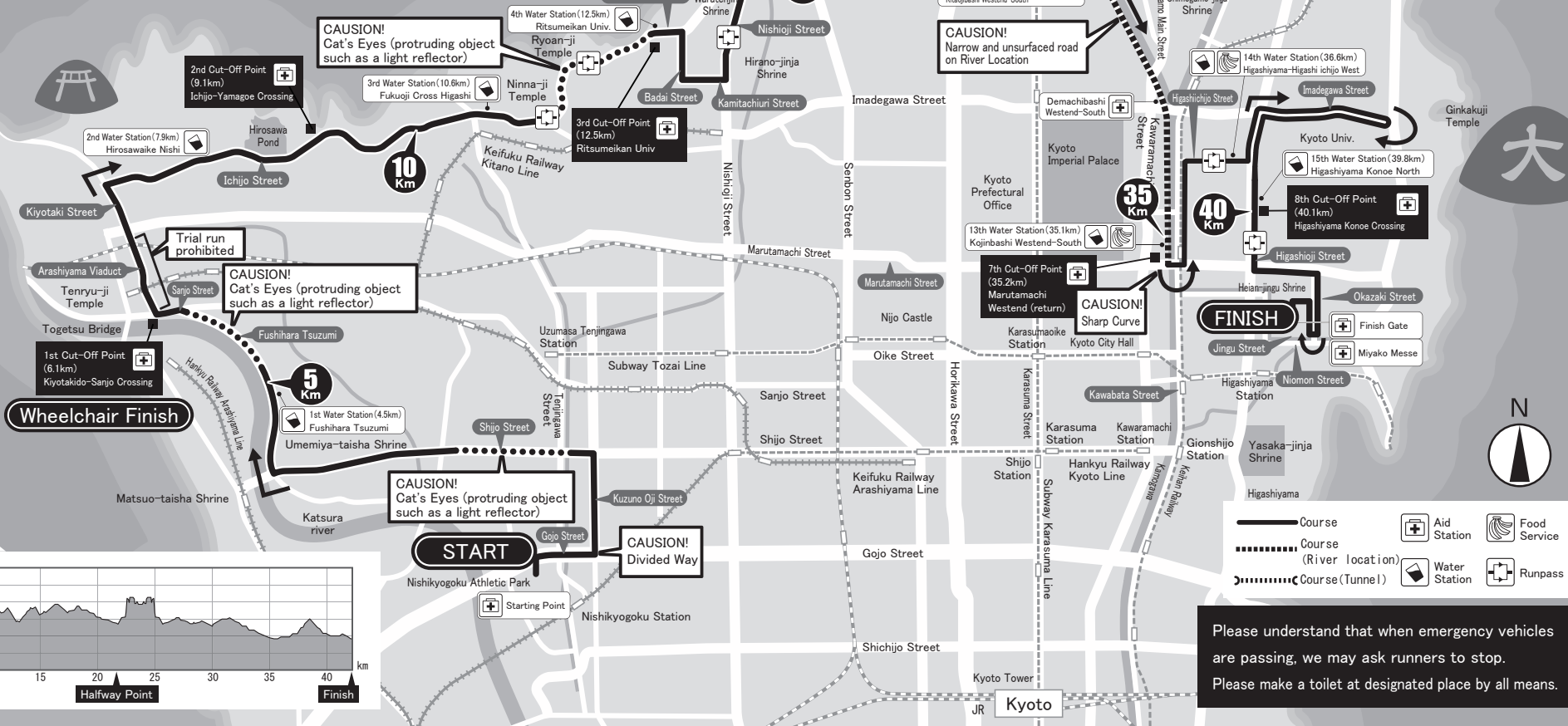
Location of the Toilet in starting area

- We offers many toilets in starting area. However it might be expected congestion. Please check the location in advance
- When the dressing , Please use at Wakasa Stadium and when line up at starting block, Please use at Athletic stadium.



Course Map / Cut-Off Point / Water Supply / Food Service / Aid Station / Toilet / Runpass / Course altitude chart

Zone	Cut-Off point	Water Supply	Drink	Water	Food	Aid	Toilet	Runpass	Zone	Cut-Off point	Water Supply	Drink	Water	Food	Aid	Toilet	Runpass
0~1km									21~22km		8th Water Station (21.9km)						
1~2km									22~23km								
2~3km									23~24km	5th Cut-Off (23.8km)	8th Water Station (23.9km)						
3~4km									24~25km								
4~5km		1st Water Station (4.5km)							25~26km								
5~6km									26~27km		10th Water Station (26.7km)						
6~7km	1st Cut-Off (6.1km)								27~28km								
7~8km		2nd Water Station (7.9km)							28~29km								
8~9km									29~30km								
9~10km	2nd Cut-Off (9.1km)								30~31km	6th Cut-Off (30.3km)	11th Water Station (30.0km)						
10~11km		3rd Water Station (10.6km)							31~32km								
11~12km									32~33km		12th Water Station (32.3km)						
12~13km	3rd Cut-Off (12.5km)	4th Water Station (12.5km)							33~34km								
13~14km									34~35km								
14~15km									35~36km	7th Cut-Off (35.2km)	13th Water Station (35.1km)						
15~16km		5th Water Station (15.3km)							36~37km		14th Water Station (36.6km)						
16~17km									37~38km								
17~18km		6th Water Station (17.6km)							38~39km								
18~19km	4th Cut-Off (18.4km)								39~40km		15th Water Station (39.8km)						
19~20km									40~41km	8th Cut-Off (40.1km)							
20~21km		7th Water Station (20.5km)							41~42km								

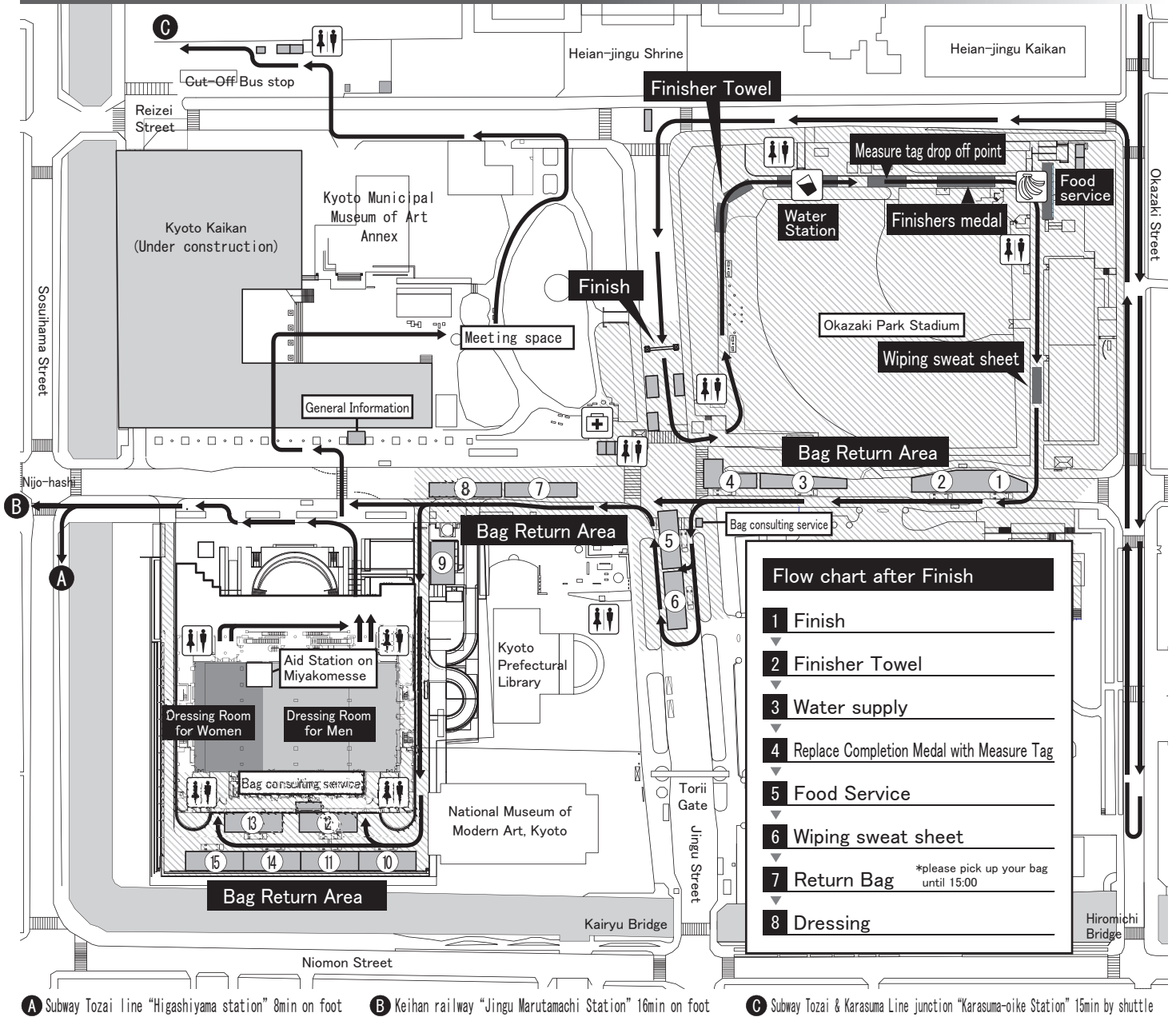


Course
 Course (River location)
 Course (Tunnel)
 Aid Station
 Food Service
 Water Station
 Runpass

Please understand that when emergency vehicles are passing, we may ask runners to stop.
 Please make a toilet at designated place by all means.

KYOTO MARATHON 2013

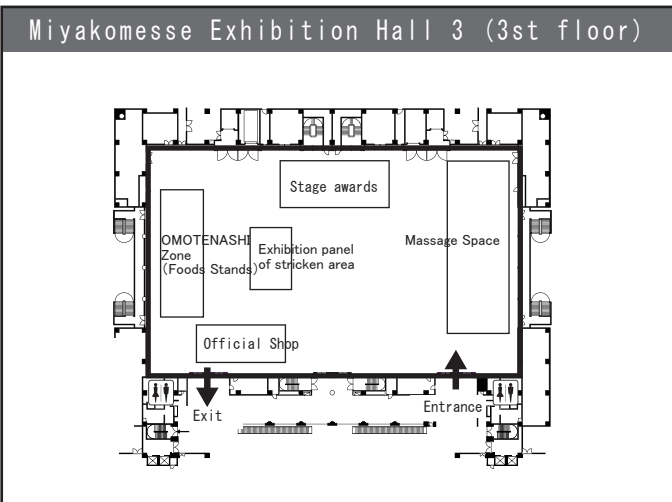
FINISH site map



● A Subway Tozai line "Higashiyama station" 8min on foot

● B Keihan railway "Jingu Marutamachi Station" 16min on foot

● C Subway Tozai & Karasuma Line junction "Karasuma-oike Station" 15min by shuttle



← Runner route

▨ Runners' and Event Officials Area

☺ Toilet

Notice

- After the race, please follow the instructions of the staff and proceed slowly to the booth.
- Please show your number card when you pick up your baggage.
- Please be sure to return your measure tag.
- There are restricted areas in the venue for only runners & official.
- There is no parking area around event site.
- ▨ **Strictly prohibited private car or bus transportation to the event site**
- Please make a toilet at designated place.

Shuttle service after the race

- Shuttle service to "Karasuma-oike station", Subway Tozai & Karasuma Line junction (fee JPY100)
- Shuttle to be operated successives from Kyoto Kaikan North Parking area between 12:00-16:00, 10 March



The capturing method of Kyoto Marathon

Part 1

Health care for good physical condition

- ◎ There is no panacea for Norovirus & the flu. It is necessary to take care of your health
 - ① Promote the blood circulation to the bath and try to increase the flexibility of muscle fatigue
 - ② Please sleep well to improve the immunity
 - ③ Do not try to increase the distance you run it by force, please try to plan a training
- ◎ Please take vitamins and any other nutrition one week before the race as your final Adjustment. Especially, Vitamin C is effective not only to prevent anemia, but also to do strong bones joints, Tendons and ligaments
- ◎ Four days before the race, You can rest assured when you run a few kilometers the pace at which the target
- ◎ The management of the last three days, the result of the race will be affected. Let's try to take the extra dietary intake of carbohydrates. Let's intake digestible food you usually eaten and Please refrain from drinking alcohol until the end of the race
- ◎ On the race day wake up before 5 hours starting time to balance the mind and the body
- ◎ Please incorporating reinforcement to maintain correct running form. Also If you felt pain, Please take good care of your body and the cooling process

Part 2

Please make a thorough anti-cold

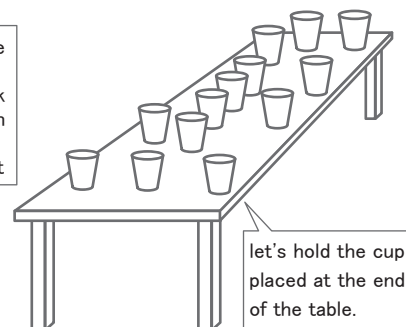
The Hakone-ekiden was held in January, Abstentionist came out due to hypothermia. A runner's effective temperature gets down under the influence of a strong wind, and it also exhausts physical strength. The top athlete is also caring about the measure against cold. Wearing apparel sites are less exposed skin as much as possible. Before warm-up, we recommend you to maintain the moisture and coating thigh, hip, upper arm, the calf, the moisture-rich cream also. Since body temperature will go down if it is running the shade, please carry out body temperature adjustment in a pocket heater etc. Moreover, the clothes made from the material with high warmth retaining property are also effective.

Part 3

Let's remove the gloves at water station and there is a special way of supplying moisture in the cup

Ideally, the timing of hydration is to replenish the glass of water every 30 minutes
 Since the season is low sweating season, you should be hydrate before you feel thirst of a throat
 Through the course of the Kyoto marathon, there are 15 places in all every about 2.5 km after 4.5 km.
 Moreover, there is offer of an isotonic sports drink every 5 km.

The V-shaped fold in the edges of the cup and it hits to a mouth and drinks. We recommend a cup of water to drink from including in the mouth at a stretch and be careful
 When you drink the water hastily it cause enter the trachea, so please take care to drink because cough out

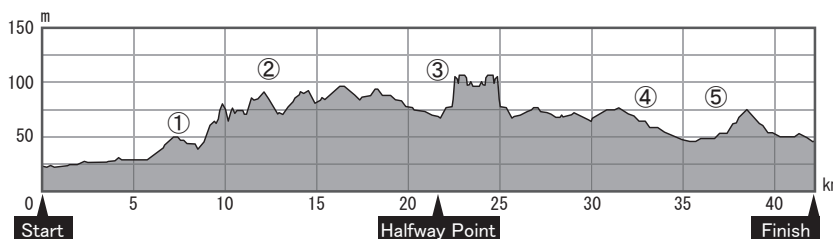


let's hold the cup placed at the end of the table.

Part 4

Let's try to run with a margin while enjoy running in course of the varied terrain

Course altitude chart



- ① Enjoy the scenic course with ups and downs will continue from 6km to 12km
- ② From Nishioji-street to Kitaoji-street is famous marathon course, ex All Japan Inter-High School EKIDEN or All-Japan Inter-Prefectural Women's Ekiden. Let's get a feel for the runner EKIDEN race
- ③ 「KITSUNEZAKA」the middle of the race and it is hardest part of the marathon course for all runners. Runner of the top group, aims to turn a steep serpentine road. You may run the shortest distance on the left side of the road. Downhill course, you can overlooking Kyoto city. Appears to be far from Kyoto Tower, note Speeding, will also enjoy the scenery.
- ④ Kamo riverbed course, can be seen in the distance spread Daimonjiyama sight. For the unpaved, but easy to run, but will run with care to uneven
- ⑤ Followed by a long uphill past the intersection of the Kyoto University. The legs will hurt quite a bit jaded in the race. If you are down at once to overcome the uplink of 1km. Folded while watching Daimonjiyama, you are straight to the finish point of the Heian Shrine

Everyone to participants

Please set to enjoy a great marathon together with the volunteers also, do the best you get the supporters who will cheer from the roadside



SUPERVISOR / KYOTO ATHLETIC ASSOCIATION
 Ms. HIGO (Fujimura) Nobuko

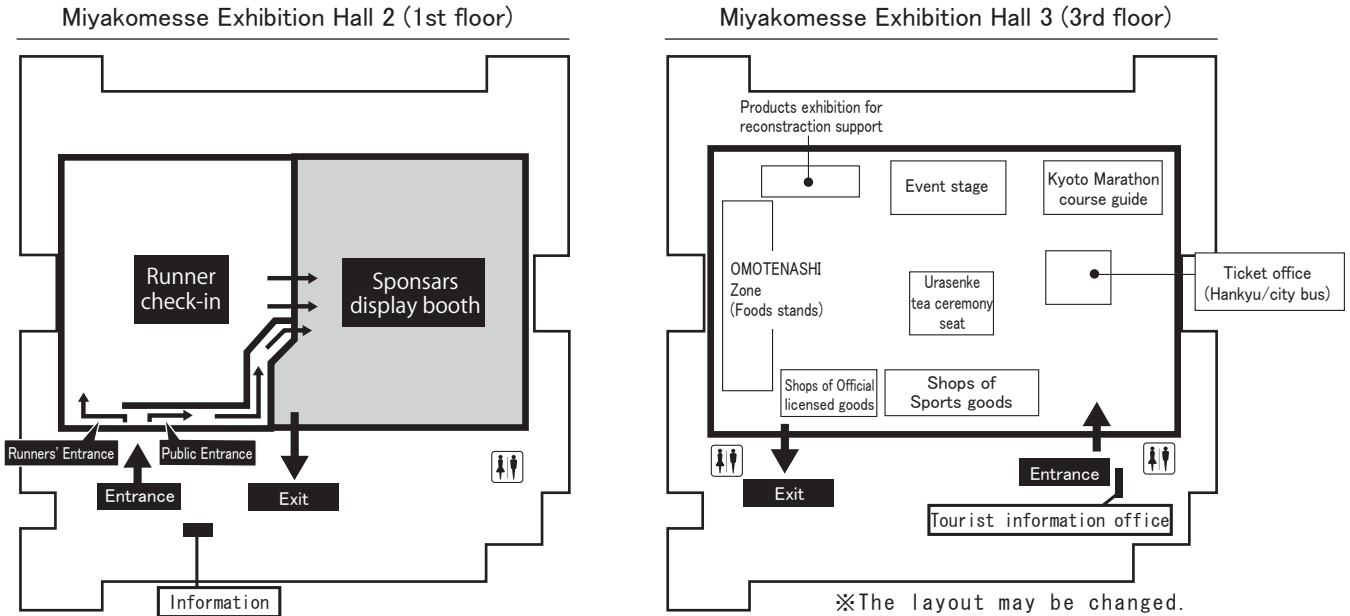
Kyoto Native, Former Women's track and field athlete. Now leader athletics.
 Graduated Osaka University of Health and Sport Sciences
 And Graduated School Sports Health and Medical Science field completed
 Bronze medalist : Hiroshima-Asia Athletic Women's Marathon
 IAAF World Championships in Athletics in Athens Marathon Japan national member
 Personal best marathon record 2h26min09

KYOTO MARATHON 2013 OKOSHIYASU SQUARE INFORMATION

Fri, 8 & Sat, 9 March 10:30~19:00 (last admission)

※Sun, 10 March, open (10:30~16:00)
Exhibition Hall 3

This event will be held simultaneously with Runners' Check-in. Each sponsor companies will be participating in it and OMOTENASHI food stands which offer the established taste in Kyoto. There are full of charm of the tourisy city, Kyoto.



Anyone can enter it. Family, friends, please feel free to visit us in all of you.

KYOTO MARATHON Current Information

- Official Website

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

- Kyoto Marathon Runner's Call Center

TEL : +81 (6) 6305-2226

Office Hours:

Weekday by Thu. Mar 7 (except national holidays) ... 10:00~17:00 (JST)

Fri. Mar 8 & Sat. Mar 9 10:00~20:00 (JST)

Sun. Mar. 10 5:00~17:00 (JST)

- Kyoto Marathon Hotel Reservation Center

TEL : +81 (75) 211-7625

Office Hours:

Weekday (except sat, sun & national holidays) 10:00~17:00 (JST)

FINAL DECISION

About decisive calling off of the event caused by disaster or bad weather will be announced on the web by below preparation

- Final Decision : 5:00 Sun. 10 Mar, 2013

- Means for announcement : Kyoto Marathon Official Website

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

kyoto marathon 2013 Search

※Discontinued only when the Marathon

<http://www.city.kyoto.lg.jp/>

city kyoto Search

*Entry Fee will not be refunded in the event of cancellation of the race, if it is not attributable to the organizer.

PRECAUTION

PLEASE USE PUBLIC TRANSPORTATION ON THE MARATHON DAY

Thank you for your cooperation not to use cars.

It is expected to cause incredible congestion all over Kyoto City due to the traffic control.

KYOTO MARATHON 2013

NUMBERCARD VOUCHER

No. _____

**NO CHECK-IN AVAILABLE
ON THE MARATHON DAY**

● **Check-in Schedule**

10 : 30 ~ 19 : 00

Friday 8 & Saturday 9

March 2013

*Entrance until 19:00

*Congestion is anticipated on Sat. 9

● **Check-in Place**

Miyakomesse

(Kyoto Int'l Exhibition Hall)

1st Floor, Exhibition Hall 2

Please fill in your
Card(bib) Number



Number (5 digits)	Name	last name	first name	Kind of Marathon (circle your kind)
	Mr - Ms			JAAF / General

◆ NOTICE ◆

To confirm the runners' identity at Check-in, please show one of your valid identification from below list

Driver license, Passport, Foreign registration card, Basic Resident Registers Card

Health Insurance Certificate(card), National Pension Note, Student Card

- **All runners need to bring this Voucher with you to receive Number Card. Please be sure to complete necessary information and sign in person on this agreement**

§ AGREEMENT §

◆ Contents ◆

- ① I (participant) take care of my health and have trained well and then participate in this marathon in my best condition without any illness. I will check my physical condition on the Health Check List in advance and if in poor health. I will withdraw from the race, otherwise I will be careful in running.
- ② I have no objection to applying emergency first aid treatment for injury cause to accident or illness during the race.
- ③ I am not a substitution. Even though someone who runs for me has an accident, I absolve the event organizer from any responsibilities on it. And when substitution is found out, I have no objection to any deals, such as cancellation of prizes, by the event organizer.
- ④ The rights to publish all images, photographs, and articles covering the event, appearing via television newspapers, magazines, the Internet, or other media will belong to the event organizer.
- ⑤ I never participate in fancy costumes.

To participate in this event, I comply this agreement and sign on it

Signature	Parent's Signature (for underage)
-----------	-----------------------------------

Emergency Contact Person (If available on marathon day) or staying hotel

Name	Relationship	TEL

Health Check List

Your healthy check is necessary on participating in Kyoto Marathon.
Please be sure to check your health condition and then participate
the marathon with self-responsibility.

Number (5 digits)					Name	
					last name	first name
					Mr · Ms	

A

Please make a check in the appropriate box.

If applicable in below items (1~4), please take counsel with your primary care doctor in order to participate in the race.

Please have a physical checkup and a physical exam of heart with (under) your primary care doctor.

- 1 I had a heart disease (Myocardial infarction, Angina, Myocardiosis, Valvular disease, Irregular heartbeat) or in therapy
- 2 I had fainted unexpectedly (Fainting spells)
- 3 I have relatives who died unexpectedly from heart disease
- 4 I have not a physical examination past over a year

B

Below items (5~8) are risk factor linked to the development of Myocardial infarction or Angina.

If applicable, please take counsel with your primary care doctor and stabilize and stabilize conditions in these diseases before the race.

- 5 I have high blood pressure (Hyperpiesia)
- 6 I am with high blood sugar (Diabetes)
- 7 I have a high cholesterol count or high neutral fat count (Hyperlipemia)
- 8 I smoke cigarettes

Primary Care Doctor means a doctor close to you who manages and provide advice on your healthcare. Please decide your primary care doctor and take consultants regarding examinations and participating in the race.

