

KYOTO MARATHON 2023



Event Schedule

Runner Check-in	February 17 (Fri.)	11:30 - 20:00 (Last entry)	● Runner Check-in ● Okoshiyasu Welcome Square	Miyakomesse 1F & 3F
	February 18 (Sat.)	10:30 - 19:00 (Last entry)		
On the Day of the Event	February 19 (Sun.)	6:50	Changing Rooms / Changing Area Open	Nishikyogoku Athletic Park
		6:50 - 8:15	Baggage Check-in	
		8:00 - 8:44	Runners Lineup	S-F Block: TAKEBISHI Stadium Kyoto (Athletic Stadium)
		8:45	Starting Ceremony	G-N Block: Toji Housing Field Nishikyogoku (Sub-Athletic Stadium)
		8:55	Wheelchair Race Start	
		9:00	Marathon and Pair-Ekiden Start	
		13:00	Marathon Award Ceremony	Miyakomesse 3F
15:00	Marathon and Pair-Ekiden Finish	In front of Heian-jingu Shrine		

Latest Information / Inquiries etc.

Official event website

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

Kyoto Marathon

Search

Runner Call Center

Weekdays until February 16 (Thu.)10:00 - 17:00 Tel: 06-6210-5620
 February 17 (Fri.)10:00 - 20:00 Tel: 080-1431-9691
 February 18 (Sat.)10:00 - 20:00 Tel: 080-1431-9691
 February 19 (Sun.)05:00 - 17:00 Tel: 080-1431-9691

Final decision of the event

Final decision date and time:
February 19 (Sun.)
5:00 am

The Kyoto Marathon will be held rain or shine, but in the event of a disaster, severe weather, high water, etc. the marathon may be canceled. Announcements on whether the event will be held or canceled will take place on the day of the marathon (February 19) as below.

-Web 5:00 am on the official marathon website: <https://www.kyoto-marathon.com>
 -Radio stations 5:00 am on α-STATION (FM Kyoto) FM89.4MHz
 Around 6:10 am on KBS Kyoto Radio AM1143KHz/FM94.9MHz

Kyoto City Web

Search

*If the marathon is canceled, an announcement will also be made on the Kyoto City Information website: <http://www.city.kyoto.lg.jp/>

Runner questionnaire

In order to keep improving the Kyoto Marathon, we need your feedback. After you complete the Kyoto Marathon, please complete the survey sent to you via email from JTB. We appreciate your cooperation.

Runner Check-in - February 17 (Fri.) / February 18 (Sat.)

Date and Time

Check-in hours extended for one hour on Friday

February 17 (Fri.) 11:30 - 20:00 (last entry)

February 18 (Sat.) 10:30 - 19:00 (last entry)

*No check-ins will be allowed after the above closing times, even if public transportation is running late. Please leave yourself plenty of time.

*No check-ins will be accepted on the day of the event, Sunday, February 19.

- Each runner must show up in person for check-in (no proxy check-in).
- Any participant with a disability who intends to run with an escort runner is required to bring their physical disability certificate or rehabilitation certificate, and must be accompanied by the escort runner when checking in.

Venue

Miyakomesse 1F
(Miyakomesse: 9-1, Okazaki Seishoji-cho, Sakyo-ku, Kyoto City)



Finish area on day of event

What to Bring

① Number Card Voucher and Physical Condition Management Check Sheet (must be filled in)

*If your voucher has to be reissued because you have lost, forgotten, or for any other reason do not have your voucher, you will be charged a ¥200 fee.

② Personal Identification (copies not allowed) *Please bring one of the following.

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

Number Card Voucher



Runner Check-in Flowchart



Important To prevent the spread of COVID-19 and in the interest of runners' health and safety, individuals meeting the following criteria will not be permitted to participate.

- Those found during checks to have a temperature of 37.5°C or above
- Those who do not satisfy the requirements of the Physical Condition Management Check Sheet

What to Receive at Runner Check-in

① Number card (marathon bib)



- Number cards (marathon bibs) will not be reissued. **Be sure to attach them to your chest and back. Runners who do not have both attached will be disqualified.**
- For those participating with an escort, their escort will be given an escort number card.
- You will be given a sticker for your bag for personal items (see ③), safety pins (8), a pre-start checklist, and a timing chip return envelope as well.

② Kyoto Marathon Bag sticker



- Please be sure to apply the sticker in the center of the baggage bag (see ③) the day before.
- We recommend that you apply the sticker before putting in baggage.

③ Kyoto Marathon Bag for personal items



- Baggage checked in at the Starting Area will be returned at the Finish Area.
- Please tie the cord at the mouth of the bag tightly so that the contents do not come out.
- Your baggage must not contain valuables, fragile items, living things, long umbrellas (foldable umbrellas are acceptable), hazardous items, etc. Please note that we cannot accept responsibility if valuables are lost. Please also understand that due to security reasons, or at the request of the organizer, bags may be opened and inspected without the runner's permission.

- Items that don't fit in the baggage bag can be sent for a fee to the Finish Area or your home (in Japan only) at the baggage check-in area located at the Starting Area.

④ Participation prize: Kyoto Marathon 2023 Original Multi-way Cover (CW-X)



- This multi-functional running accessory can be used as a neck warmer, a bandanna, and even as wristband.
- Please also wear it as a measure against the cold on the day of the event.

Provided by: Wacoal Corp.

⑤ Event program



- Official program includes various information about the event, such as a participant list, precautions, a roadside support map, etc.

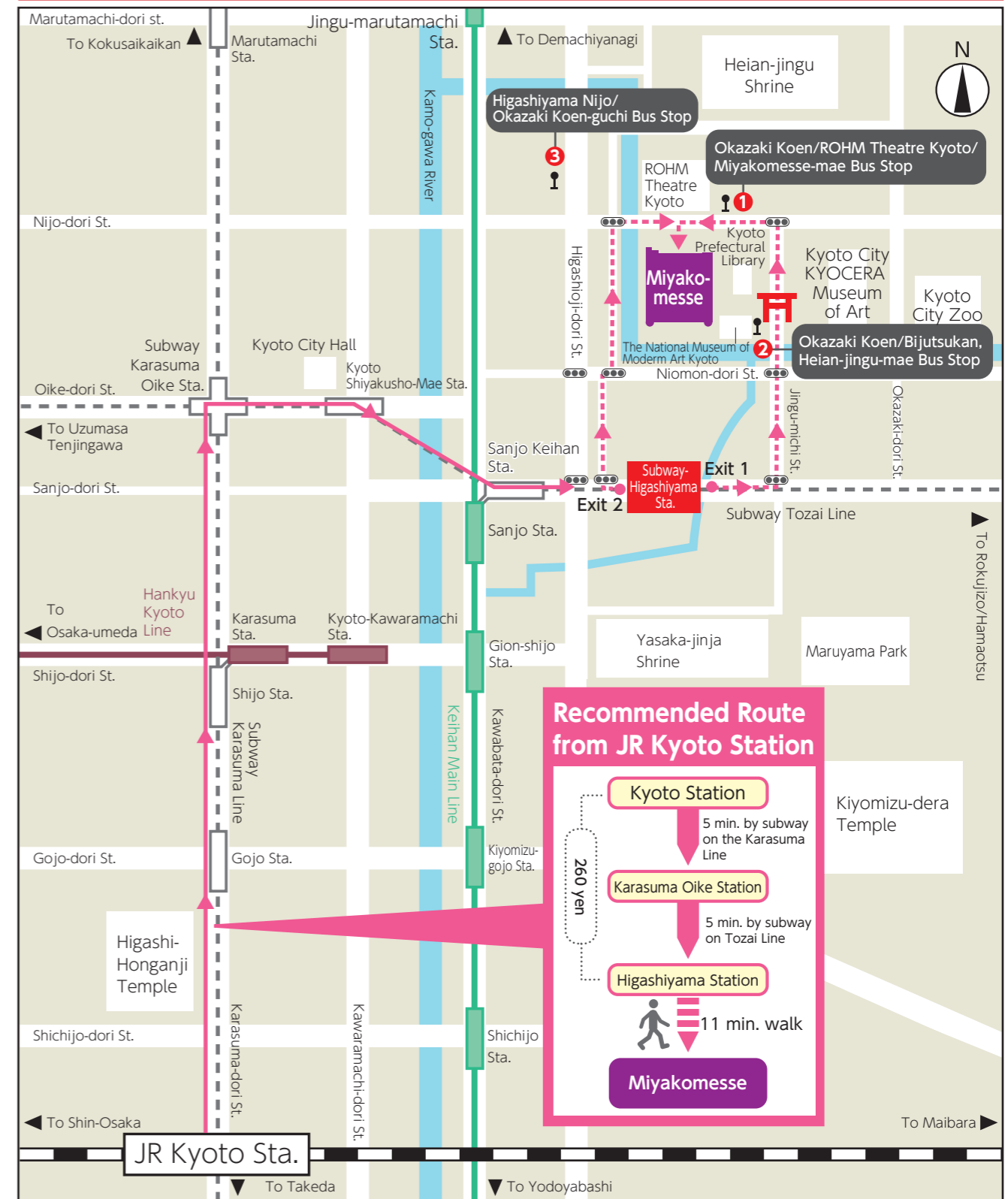
⑥ Poncho



- Free ponchos will be distributed together with the other items to help runners combat the rain and cold weather on the day of the race.

Check-in Area Access - February 17 (Fri.) / February 18 (Sat.)

Please be sure to come by public transportation.



Using Kyoto City Buses from Hankyu Kyoto-Kawaramachi Sta. (230 yen)

#32 Bus towards Heian-jingu Shrine/Ginkaku-ji Temple
#46 Bus towards Gion/Heian-jingu Shrine
A short walk from the stop ① (Okazaki Koen ROHM Theatre Kyoto/Miyakomesse-mae)

#5 Bus towards Ginkaku-ji Temple/Iwakura
A short walk from the stop ② (Okazaki Koen/Bijutsukan, Heian-jingu-mae)

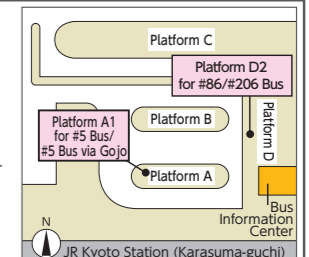
#31 Bus towards Takano/Iwakura
#201 Bus towards Gion/Hyakumanben
#203 Bus towards Gion/Kumano/Ginkaku-ji Temple
Get off at the stop ③ (Higashiyama Nijo/Okazaki Koen-guchi) and walk approx. 5 minutes.

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

#86 Bus towards Gion/Heian-jingu Shrine
#5 Bus/#5 Bus via Gojo towards Ginkaku-ji Temple/Iwakura

A short walk from the stop ② (Okazaki Koen/Bijutsukan, Heian-jingu-mae)

#206 Bus towards Gion/Kitaoji Bus Terminal
Get off at the stop ③ (Higashiyama Nijo/Okazaki Koen-guchi) and walk approx. 5 minutes.



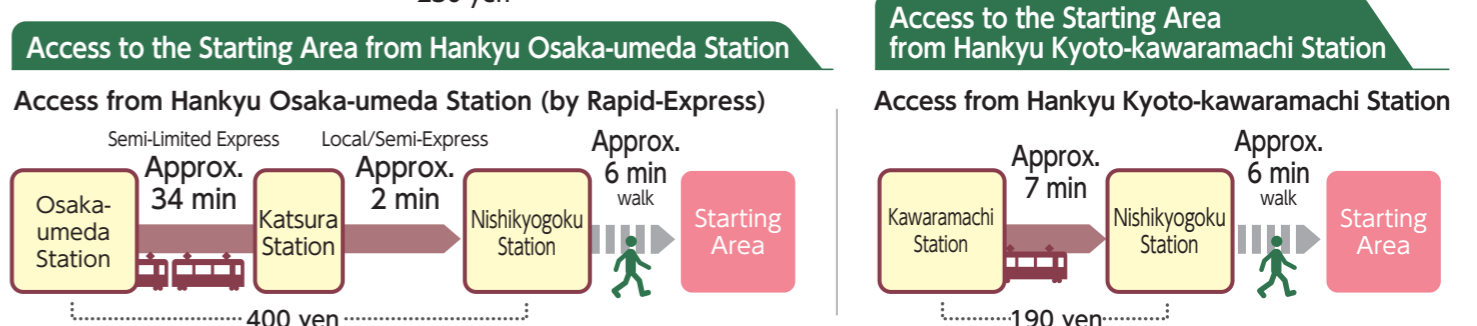
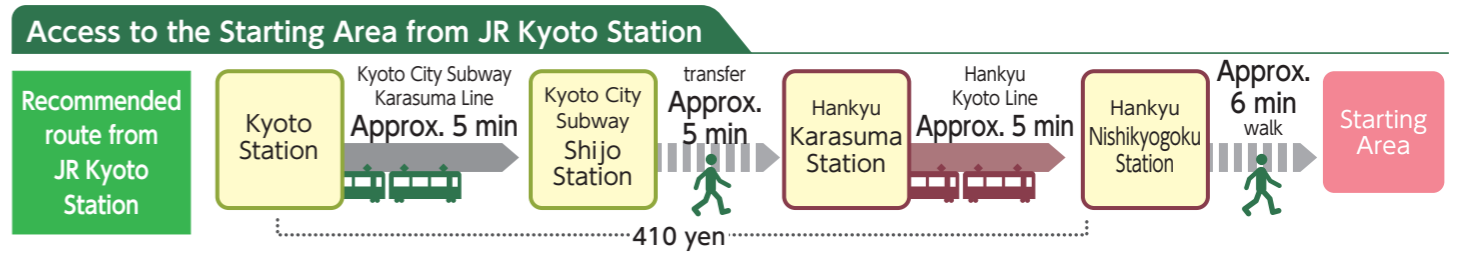
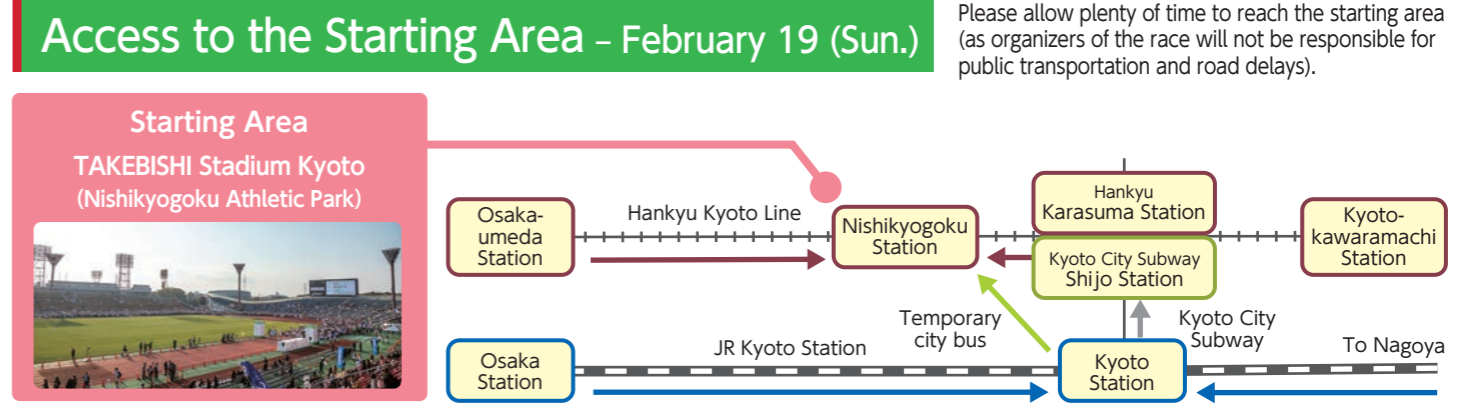
There's plenty to see and do at our event sponsors' booths. However, please be aware that as part of our measures to prevent the spread of COVID-19, only runners will be permitted to enter the venue.

1F Sponsors' Booths		
Wacoal Your chance to purchase some CW-X tights and other apparel, as well as limited edition Kyoto Marathon T-shirts.	OMRON Try out for free OMRON's low-frequency therapy equipment, which support muscle fatigue recovery.	
Kyoto Branch of MUFG Bank With plans to highlight the charms of Kyoto, feel free to drop by!	Mariage Group Kyoto Marathon 2023 pin badges and tote bags for sale!	Sagawa Express Sagawa Express is putting its logistical expertise to work to support runners taking part in the Kyoto Marathon 2023.
3F Sponsor's Booths		
Dai-ichi Life Insurance Try out AI running form analysis and get your commemorative photo taken.	Tokyu Fudosan Holdings Come and pray for good luck! While you're at it, take part in the raffle to win a hotel stay!	
Nippon Shinyaku WINZONE, a sports supplement designed for runners, for sale.	Shimadzu Discover how Shimadzu's products and technologies are helping athletes perform better.	Toyota Kyoto Feel free to come by and submit a message of support for runners and those involved with the marathon for the collection.
Otsuka Pharmaceutical Health drink POCARI SWEAT will support your 42.195 kilometer run.	U Yakkyoku Group Listen to useful lectures by sports pharmacists or come for a consultation.	Career Link If you reside in Japan and need a Japanese government My Number card, you can apply for one here!
ASICS Japan Try on the latest ASICS shoes.	ProFits, PIP Free sports taping available here, especially suitable for those with pain issues!	ZygoSpec Your chance to see and buy AirFly, the stress-free sunglasses that do away with nose pads.
Kogetsu, Kyoto-style confectionary Try some <i>yokan</i> , a red bean jellied dessert, specially made according to a recipe by the president of Kogetsu, famed for its Senju Sembei sandwich waffles.	Maurten Japan The world-conquering Maurten is here to support your attempts at a new personal best.	MBS Grab a commemorative photo with the broadcaster's lion mascot.
KBS Kyoto KBS will be live broadcasting the start and end of the marathon! There will also be a highlights show the evening after the event, which will be available to stream online a few days later.	Kyoto Medical Association & Kyoto City Bureau of Social Welfare and Public Health Pop by and find out about how age can reduce locomotive ability.	Kyoto City Fire Department Learn how to perform life-saving AED and CPR!
Agency for Cultural Affairs Find information about the agency's move to Kyoto, planned for March 27, and other topics.	FemTech and Beyond. Come and hear more about female health issues and the FemTech products that can help resolve them, which you'll also be able to buy. You might just discover something new!	Kyoto City Culture & Tourism Resources Conservation Association Can you help us with our activities to protect Kyoto's cultural assets and pass them on to future generations? Those who do will receive an original commemorative hand towel.
Kyoto Hannaryz Pick up some merchandise to make your race even more fun!	Kobe Marathon Learn more about the Kobe Marathon, a race between sea and mountains with an exotic feel.	Kyoto Museum of Crafts and Design Head downstairs to the B1 floor of the venue to see an exhibition of Kyoto's traditional industries, event now on!
Ryukoku University Sports Management Lab Taste some Kyoto confectionary that fuse sports and Kyoto traditions!	Kyoto Insignia Crafts Association Get your own medal plate (engraved with your name, finish time, and marathon bib number) made to commemorate finishing the marathon.	Official shop Don't miss this chance to buy some marathon merchandise, gifts, and other products! We look forward to seeing you!

Ticket sales for the temporary city buses traveling directly to the starting area from JR Kyoto Station

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)
Tickets (230 yen) will be on sale at the Kyoto Marathon Okoshiyasu Welcome Square (Miyakomesse 3F).
 *Buses will be fixed route buses thanks to the cooperation of the Kyoto Municipal Transportation Bureau.
 *Please be aware that tickets will not be sold on the day of the race. *During crowded times seats may not be available.

First 1,750 passengers only

Access to Hankyu Nishikyogoku Station (according to February 19 (Sun.) timetable) **Scheduled**

	Kyoto-kawaramachi Sta. (Dep.)	Karasuma Sta. (Dep.)	Omiya Sta. (Dep.)	Saiin Sta. (Dep.)	Nishikyogoku Sta. (Arr.)
Local	6:24	6:26	6:27	6:29	6:31
Semi-Express	6:28	6:30	6:31	6:33	6:35
Semi-Limited Express	6:35	6:37	6:38	6:40	6:42
Local	6:37	6:39	6:41	6:43	6:45
Local	6:44	6:46	6:47	6:49	6:51
Semi-Limited Express	6:49	6:51	6:53	6:55	6:56
Semi-Express	6:52	6:54	6:56	6:58	6:59
Semi-Limited Express	6:59	7:01	7:02	7:04	7:06
Semi-Express	7:03	7:05	7:07	7:09	7:10
Semi-Limited Express	7:10	7:12	7:13	7:15	7:17
Semi-Express	7:14	7:16	7:17	7:19	7:21
Semi-Limited Express	7:20	7:22	7:23	7:25	7:27
Semi-Express	7:23	7:25	7:26	7:28	7:30
Semi-Limited Express	7:30	7:32	7:33	7:35	7:37
Semi-Express	7:34	7:36	7:37	7:39	7:41
Local	7:37	7:39	7:41	7:43	7:44
Semi-Limited Express	7:41	7:43	7:45	7:47	7:49

Crowded (rows 6:37-7:27)
Not recommended (rows 7:30-7:49)

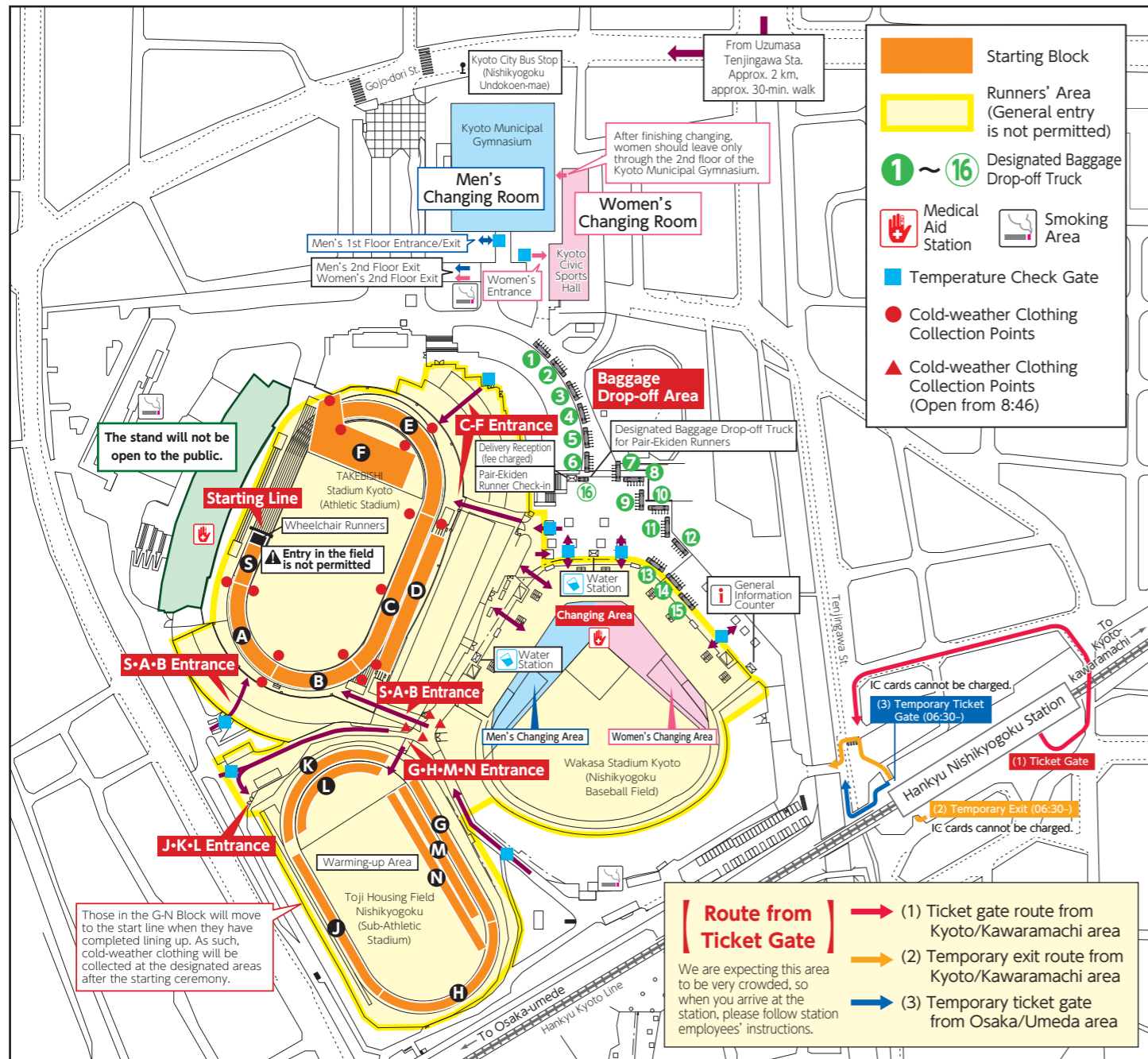
Important
 Public transportation timetables are subject to change; please check in advance.
 *Please note that you cannot take part in the race if you are late for the start.

Trains departing from Osaka/Umeda will run on the normal Sat/holiday timetable, with the addition of the following Semi-Limited Express trains listed below which are scheduled to make a special stop at Nishikyogoku Station.

	Osaka-umeda Sta. (Dep.)	Juso Sta. (Dep.)	Awaji Sta. (Dep.)	Ibaraki-shi Sta. (Dep.)	Takatsuki-shi Sta. (Dep.)	Nagaoka-tenjin Sta. (Dep.)	Katsura Sta. (Dep.)	Nishikyogoku Sta. (Arr.)
Semi-Limited Express	6:15	6:18	6:23	6:31	6:36	6:44	6:50	6:51
Semi-Limited Express	6:29	6:32	6:37	6:45	6:50	6:58	7:04	7:05
Semi-Limited Express	6:43	6:46	6:51	7:00	7:05	7:13	7:20	7:22
Semi-Limited Express	—	—	—	7:06	7:12	7:21	7:26	7:27
Semi-Limited Express	6:59	7:02	7:07	7:16	7:21	7:29	7:34	7:36
Semi-Limited Express	7:13	7:17	7:22	7:30	7:35	7:43	7:48	7:50

Not recommended (rows 7:22-7:50)

Starting Area



Starting Area Restrooms

There are many restrooms available at the starting area, but we predict this area will be very congested. Please use this map to confirm their locations.



Until the Race Starts

(1) Temperature Check (from 6:50)

Please ensure you take a temperature check when you enter the Runners' Area or the Changing Area.

*You will not be permitted to enter the Runners' Area or Changing Area without having a temperature check.

*Individuals recording a temperature of 37.5°C will not be able to take part.

(2) Changing Clothing (6:50-8:30)

Thanks to the cold-weather clothing collection points, runners can wear warm clothing up until the race starts!

- Changing Area (Unisex) [Wakasa Stadium Kyoto (Nishikyogoku Baseball Field)]
- Men's Changing Room Kyoto Municipal Gymnasium
- Women's Changing Room [Kyoto Civic Sports Hall 2nd-floor Gym]

Please use this area for light changes, such as taking off your outerwear.

(3) Designated Baggage Drop-off (6:50-8:15)

Make sure you have everything you need to hand, and head to the baggage drop-off point! Check the bottom right of your number card to see your drop-off truck number!

*Items will not be accepted outside of the above time period.

*Checked bags are not available until the end of the race.

*Please understand that due to security reasons, or at the request of the organizer, bags may be opened and inspected without the runner's permission.

Recommended items to carry

- Around 1,000 yen in cash (in case of emergencies, or for transportation fees for train, bus, etc.).
- Cold-weather clothing: Clothing that could be collected to be reused or recycled (refer to the next page).

(4) Starting Block (8:00-8:44)

It's time to line up at your starting block. Check the left of your number card for the letter of your starting block.

Important Information

- 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.

(5) Starting Ceremony (8:45)

Start

8:55 Wheelchair Race Start

9:00 Marathon and Pair-Ekiden Start

Important Points before Starting

- The Kyoto Marathon is managed under the Japan Association of Athletics Federations regulations 2022 as well as the rules specific to the Kyoto Marathon 2023.
- Proxies for applicants will not be permitted.
- If there is an emergency during the marathon, emergency measures will be conducted. Compensation for injuries that occur during the marathon will fall under the purview of the marathon's insurance.

Health Check

- Be sure to read the **Physical Condition Management Check Sheet** inside your Number Card Voucher, and if you do not feel well, do not force yourself to compete in the race. (If participation criteria in the Physical Condition Management Check Sheet are not met, you will not be permitted to take part in the race.)
- During the race, if at any time there are any unusual changes to your physical condition, please withdraw and do not try to complete the race.
- If you have just recovered from COVID-19, influenza or another contagious disease, or if you are undergoing treatment or a close contact of someone who has tested positive (those under health observation) you will not be permitted to participate in the race.

Clothing

- Please run in **clothing where your number card is visible** at all times.
- To ensure the safety of the 16,000 people running, **costumes are prohibited.**
*This is due to the fact costumes may make it difficult to confirm the safety of runners and prevent swift emergency treatment.
- The wearing or display of any advertisements for companies, products, trademarks, etc. at the marathon venue and on the course is not permitted.
- Weather conditions on the day of the race may vary, and 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 recommend that they use the changing rooms primarily to remove cold-weather clothing.

Starting Line

- To enable a safe and smooth start, regardless of individual or group entry, or whether you are registered with the Japan Association of Athletics Federations, **the starting block is ordered based on runners' recorded times registered at the time of application. The last block is made up of runners who did not report an estimated time.**
- You cannot start from a block ahead of your designation. However, you are free to start from a block departing after your designated block. The blocks have been determined based upon the priority order shown on the right, irrespective of group entries. For those wishing to start in the same block, please join the block of the lattermost runner.

Measures Against the Cold **Check!**

While you are racing in harshly cold weather, there is potential for hypothermia. Each person should take measures to ensure they are protected against the cold.

<Clothing>

- Please use the participation prize Multi-functional Neckwear as a headband or neckwarmer.
- Arm warmers, long tights, and other cold-weather clothing can be very helpful.
- T-shirts (long-sleeved, etc.) made of cotton might not dry quickly when you sweat. We recommend wearing a fast-drying polyester material.

<Poncho>

- 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 it in a garbage box along the course.
- Transparent bags with holes for the head and arms will be handed out as ponchos at runner check-in. (details on p.1)
- Please use the cold-weather clothing collection area at the starting area. (details on p.6)

<Hot Cream>

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

■ What is hypothermia?

Hypothermia is a condition in which your core body temperature is lower than 35 degrees Celsius. 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 of this and take proper precautions.

■ Priority order for the starting blocks

- (1) Runners who have registered a personal best time within the previous four years (starting blocks are ordered by these times)
- (2) Runners who have registered a predicted time (starting blocks are ordered by these times, after (1))
- (3) Runners who have registered neither a personal best time nor a predicted time

Weather records for last five years on February 19 (weather records from the Japanese Meteorological Agency)

Year	General Weather Conditions	Temperature (°C)			Precipitation Amount (mm)		Wind speed (m/s)			Daylight (h)	
		Avg.	High	Low	Total	Maximum		Avg.	Max.		Peak Gusts
						1-Hour Period	10-min Period				
2018	Cloudy	4.5	9.7	-0.3	0.0	0.0	0.0	1.4	3.7	6.1	4.4
2019	Rainy	8.9	11.2	6.3	13.0	2.5	1.0	1.2	3.1	5.9	0.0
2020	Cloudy, occasional sunny spells	7.1	12.2	4.0	0.0	0.0	0.0	1.5	3.2	6.7	6.1
2021	Cloudy, followed by occasional sunny spells	3.9	9.1	1.0	0.0	0.0	0.0	1.9	5.1	9.3	3.5
2022	Cloudy, followed by occasional showers	4.3	8.9	0.1	9.0	2.5	1.0	1.5	3.8	6.6	0.3

Marathon Course: Important Points

Pace Runners

- To set your running pace, four or five Pace Runners (wearing a bib & balloon) will set the pace based on the following six times.
- Pace Runners will aim to achieve their indicated time from the start to finish line. **However, these are estimated times, and actual times may differ.**

Indicated time 3 hr 30 min / 4 hr / 4 hr 30 min / 5 hr / 5 hr 30 min / 6 hr

- **Pace Runners will use the same services (toilets, water stations, etc.) as other runners.**



Medical Aid

- There are two medical aid stations at the starting area, 10 stations along the course, and three stations at the finish area.
- There will be a doctor and a nurse at each medical aid station; 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.



Signs for Medical Aid Station

- Medical aid stations will not carry any over-the-counter medicines (stomach medicines, cold medicine, etc.)
- **Please be aware that taping, compressing, and cold spray will not be provided. If necessary, please make provisions for yourself.**
- Every 400 m 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.



Course Width

- Please be aware that the course narrows in places, such as from the Botanical Gardens (approx. 27 km mark) and along the riverbank (approx. 29 km mark). **If your pace begins to slow to a walk, please stay alert and look for signs directing you on which side to walk.**



Distance Markers

- 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 five km.



Signs for 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 during which you were stopped.**
- **In the event of a J-Alert surrounding Kyoto City, the race may be temporarily stopped until safety can be confirmed.**

Pedestrian and Bicycle Crossings

- 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 islands: see p.11-12). 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 that here 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 on p. 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 must follow signs displayed by marathon officials or staff and quickly move to the sidewalk.**
- On any section of the course, if you have fallen behind considerably or are considered clearly unable to make the next gate or finishing line before the time limit, you may be instructed by marathon officials to stop running even if there is time remaining. **If you are instructed to stop running, please make your way to the sidewalk as quickly as possible.**
- If you get closed out, stop running, or withdraw along the way, please make your way to the finish area at Miyakomess by one of the procedures shown below.



Signs for closing times

- ① Please go to the nearest closing point to board a bus to the finish area.
- ② Get on the marathon tracking bus farthest in the rear.

Water Station & Food

- There are 14 water stations on the course.
- **Water is provided on multiple tables at the water stations. At each table is a sign indicating its position (for example, "3/5" indicating that it is the third of five tables), so please do not rush, and try to take drinks from tables in the back rather than in the front.**
- Regardless of the weather, prevent dehydration by taking appropriate amounts of water and sports drinks during the race.
- Be sure to throw paper cups and food garbage in the bin and do not litter on the road or riverbank.
- We cannot accept requests for special drinks.
- We cannot be held responsible for food/drinks provided in any private station outside of the official food & water stations.
- **Each water station features a dedicated water point for those with their own cups or bottles.**
*With the exception of the 1st and 12th water stations.
- Tissue paper is also provided to wipe your hands or mouth.
*Provided at food station tables.
- Food station items are individually packaged or provided in a paper cup.
- Due to the individual packaging, the number to be provided is limited, so please bring jelly or other food as necessary.



Drinks (Water)



Drinks (Sports drink)



Food

List of Food/Drinks Provided

Product name	Source	Picture	Product name	Source	Picture
Runner's Check-in			Snacks	Takagi Wholesalers	
Baked oats	Calbee		Ramune candy	Kasugai Seika	
Water (still)	Suntory		Small Senju Sembei (matcha flavor)	Kyoto Confectionery Kogetsu	
Sports Drinks	Otsuka Pharmaceutical		Strawberries	Kyoto Yaoichihonkan	
Salt charge tablets	Kabaya		Onigiri rice balls using Kyoto rice, and green tea	JA Kyoto	
Parinko rice crackers	Sanko Seika		Calorie Mate (energy bar)	Otsuka Pharmaceutical	
Soft Chocolate Bread	Yamaichi Bakery		CHA-NO-KA (cookie)	Roman Life Inc.	
Mini Croissant	Yamaichi Bakery				
Mini tomatoes	Kyoto Yaoichihonkan				

*Images are for illustration purposes only, and may differ from the actual products on offer.

About Staff on the Course

Around 15,000 staff and volunteers are working on the day of the event.

Navy Blue: Volunteer
Black: Official Staff
Grey: Operation Staff
Red: Medical Aid Staff
Yellow: Kyoto City Employees
Navy Blue: Sports Officer



Toilets

- Signs for toilets are posted along the course. **Please be sure to use toilets in the designated areas.**
- Please be aware that volunteer staff will use the same toilets if they are available.



Signs for toilets

Start	Facility name		No. of toilets	No. of wash-hand basins	
	Facility name	Place		Temporary	Existing
	Nishikyogoku Athletic Park		719	○	○
1	Kyoto Koka Women's University	Kadonooji-dori St.	0.8	18	○
2	Times Kadonooji-gojo	Kadonooji-dori St.	0.9	14	○
3	Northern Greenery Management Office*	Shijo-dori St.	1.9	12	○
4	Mitsubishi Motors*	Shijo-dori St.	2.1	14	○
5	Kyoto Shinkin Bank Document Center Umezu	Shijo-dori St.	3.4	7	○
6	Kyoto City Bus	Shijo-dori St.	4.1	10	○
7	Kyoto Saga University of Arts Library	Fushihara Embankment	5.2	10	○
8	Municipal Arashiyama Sightseeing Parking	Sanjo-dori St.	6.1	14	○
9	Office T.N.S	Kiyotakimichi St.	7.2	15	○
10	Hirosawa Pond bus terminal	Ichijo-dori St.	8.3	12	○
11	Ichijo Yamagoe-dori St.	Ichijo-dori St.	9.1	10	○
12	Suribachi-ike Park	Ichijo-dori St.	9.7	10	○
13	Ninna-ji Temple Parking	Kinukake-no-michi St.	11.1	15	○
14	Ristumeikan University	Kinukake-no-michi St.	12.4	7	○
15	Komatsubara Park	Kamidachiuri-dori St.	13.0	8	○
16	Waratenjin Shrine	Nishioji-dori St.	13.7	3	○
17	Zero Corporation Parking	Imamiyamonmae-dori St.	15.5	7	○
18	Car park in front of Omiya Kotsu Park	Funaoka Higashi-dori St.	16.6	10	○
19	Tenrikyo Horikawa Church	Kamokaido St.	17.7	7	○
20	Nishigamobashi Eastend south	Kamonishi-dori St.	18.7	5	○
21	Drugland Hikari Misonobashi Store	Kamokaido St.	19.5	7	○
22	Omotesenke Kitayama Kaikan	Kitayama-dori St.	20.8	7	○
23	D Parking Takaragaike Park	Takaragaike-dori St.	22.0	10	○
24	Taiyakan Kitayama Store	Kitayama-dori St.	23.1	11	○
25	Rakuhoku High School	Shimogamohon-dori St.	25.5	12	○
26	Okubo Clinic Parking	Kitayama-dori St.	26.5	5	○
27	Kyoto Botanical Gardens	Kitayama-dori St.	27.7	10	○
28	Kitaojibashi bridge Westend north	Kamo-gawa Riverside	29.3	4	○
29	Izumojibashi bridge Westend south	Kamo-gawa Riverside	30.1	5	○
30	Demachibashi bridge Westend north	Kamo-gawa Riverside	31.0	6	○
31	Kojinbashi bridge Westend south	Kamo-gawa Riverside	32.1	4	○
32	Marutamachibashi bridge Westend north	Kamo-gawa Riverside	32.3	10	○
33	Kyoto Imperial Palace (Teramachi Marutamachi north)	Marutamachi-dori St.	32.8	3	○
34	Kyoto Imperial Palace Tominoji-guchi	Marutamachi-dori St.	33.0	10	○
35	Plaza in front of the City Hall	Oike-dori St.	35.1	10	○
36	Kawabata Higashi Ichijo	Higashi-ichijo-dori St.	37.1	3	○
37	Kyoto University North Gate	Imadegawa-dori St.	39.9	4	○
38	Kyoto University Yoshida Campus Southwest Gate	Higashioji-dori St.	40.8	2	○
			331	27	
	Facility name		No. of toilets	Temporary	Existing
Finish	Miyakomesse, etc.		129	○	○
	Total		1,179	29	13

*3. Northern Greenery Management Office toilets and 4. Mitsubishi Motors toilets are separated by a central reservation and cone barriers partitioning the course north and south so you cannot travel north-south between them.

Other Important Information

- **Please notify staff immediately if you see any suspicious items or people.**
- Garbage bins are located every 200 meters on the course. Please throw garbage and ponchos/gloves that you no longer need in the trash.
- Please do not run outside the course on gardens or along the riverbed in order to protect the plants etc.
- Depending on the weather, an anti-freezing agent may be used on the course which may make it slippery, so please be careful.

Kyoto Marathon 2023 News

Original cups come with a special drawstring bag

Kyoto Marathon encourages runners to use their own cups to cut down on use of paper cups. The final table at each water station is especially for runners with their own cups or bottles. Participate as a DO YOU KYOTO? runner and play your part in protecting the environment.



Only for those who have purchased them at the time of entry

This year, water stations for runners with their own cups or bottles will provide both water and sports drinks!

*Images are for illustration purposes only.

A yuzen-inspired medal ribbon

The design for this year's medal ribbon is based on yuzen dyed textiles from Kyoto! (Assistance: Kimura Senshow Inc.) With an entirely unique design, make sure to pick yours up!

Ribbon design



*This auspicious design aims to bring lots of luck with its multiple bundled noshi patterns, which symbolize long life.

Onigiri rice balls using Kyoto rice available this year too!

After completing the race, all runners will receive an onigiri rice ball and green tea.

These original Kyoto Marathon onigiri, kindly provided by JA Kyoto, are made using rice grown in Kyoto. Reward yourself, and your body, with a delicious rice ball!

This year comes with green tea!



Onigiri rice ball using Kyoto rice
Courtesy of JA Kyoto

Truly Kyoto-esque food stations!

Along the course this year we have prepared small matcha-flavored Senju Sembei crackers from the Kyoto confectionery store Kogetsu, and at the finish line, we will have CHA-NO-KA cookies from Roman Life Inc. ready for you to snack on. Both are famous snacks from Kyoto!



Roman Life Inc., CHA-NO-KA

Kyoto confectionery store Kogetsu, small Senju Sembei (matcha flavor)



Public Bath-Houses in Kyoto

Kyoto is home to more than 100 sento public baths. For just one coin, soothe your body and soul.

After your run, relax at one of Kyoto's public baths.

*Soap and towels can be purchased at each sento. *Please check opening days before visiting.

An adult pass at one of Kyoto's sento costs just 490 yen per visit.



Public Bath-Houses in Kyoto

<https://1010.kyoto/?lang=en>



Find a sento near you

Feel free to visit the public baths below, too! (Hours displayed are limited to the day of the marathon)
Kyoto Municipal Sujin No. 2 Public Bath (Hours: 16:00-22:00, 10-minute walk from Kyoto Station)

Marathon Manners

Let's strive to improve our manners to make it an enjoyable event for all involved!

No pushing in at the start line

Please start the race at your designated starting block.

No littering

Please throw away your garbage in the designated areas. Garbage bins can be found every 200 m along the course.

Use the designated toilets

Please be sure to only use the designated toilets.

Refrain from using earphones

Runners may be asked to stop during emergencies. Please ensure that you can hear staff instructions.

Consider others at the food stations

As a rule, please only take one item from each station.

Show your thanks

Make sure to say "thank you" to the volunteers and supporters along the course!

Time-Restricted Closing Point	Distance	Closing Point Location	Closing Time (Based on signal gun)		Section Pace (Per 1km)
Start	0km	Nishikyogoku Athletic Park	-	-	7min. 42"
1 st Closing Point	6.1km	Kiyotakido-Sanjo (Arashiyama)	10:02	(1hr. 02min.)	7min. 40"
2 nd Closing Point	9.1km	Ichijo Yamagoe	10:25	(1hr. 25min.)	7min. 56"
3 rd Closing Point	12.5km	Ritsumeikan University	10:52	(1hr. 52min.)	8min. 08"
4 th Closing Point	18.4km	Nishigamobashi Westend Crossing	11:40	(2hr. 40min.)	8min. 10"
5 th Closing Point	26.8km	Shimogamo Naka-dori Kitayama (Return)	12:48	(3hr. 48min.)	8min. 11"
6 th Closing Point	32.1km	Kojinbashi bridge Westend north (Riverbank)	13:32	(4hr. 32min.)	8min. 13"
7 th Closing Point	34.9km	Kyoto City Hall north (Outward)	13:55	(4hr. 55min.)	8min. 51"
8 th Closing Point	41.0km	Higashiyama Konoe	14:49	(5hr. 49min.)	9min. 12"
Finish	42.195km	Heian-jingu Shrine	15:00	(6hr. 00min.)	(anticipated)

*The section pace for the first interval is calculated with a 15 minute period at the start to allow for all runners to pass the starting line.

Location	Distance	Position	Water	Sports Drink	Food
Start	0.0km	-	-	-	-
1 st Water Station	4.5km	Right	○	○	-
2 nd Water Station	7.9km	Left	○	-	-
3 rd Water Station	10.6km	Left	○	○	-
4 th Water Station	12.5km	Right	○	-	-
5 th Water Station	15.3km	Left	○	○	Salt charge tablets
6 th Water Station	17.6km	Left	○	-	Parinko rice crackers, soft chocolate bread
7 th Water Station	20.6km	Left	○	○	Mini croissants, mini tomatoes
8 th Water Station	23.1km	Left	○	-	Salt charge tablets, assorted confectionary
9 th Water Station	26.5km	Left	○	○	Mini croissants, ramune candy
10 th Water Station	29.5km	Right	○	-	Small Senju Sembei (matcha flavor), soft chocolate bread
11 th Water Station	32.2km	Right	○	○	Mini tomatoes, strawberries
12 th Water Station	35.1km	Right	○	-	-
13 th Water Station	37.2km	Right	○	○	Parinko rice crackers
14 th Water Station	40.8km	Left	○	-	-
Finish Line	42.195km	-	○	○	CHA-NO-KA, onigiri rice balls using Kyoto rice, green tea, sports drinks, Calorie Mate*

○Water station for runners with their own cups and bottles. (Excluding the 1st and 12th water stations)

*1 In some cases, actual products provided may differ.

- Course
- Course (Riverbank)
- Please be careful of cat's eyes on the road
- Medical Aid Station
- Food Station
- Water Station
- Toilets
- Pedestrian, Bicycle Crossing (RUNPASS)

Look out for the arrows along the course to see views unique to the Kyoto Marathon.

View Points on the Kyoto Marathon Route

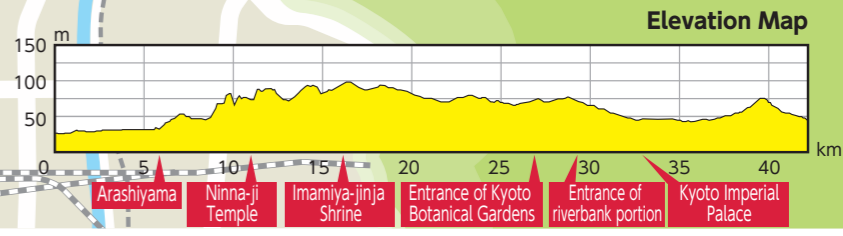
京1 Gozan Okuribi Toriigata	京6 Hirano-jinja Shrine	京11 Gozan Okuribi Myo
京2 Togestu-kyo Bridge	京7 Gozan Okuribi Hidari Daimonji	京12 Gozan Okuribi Hou
京3 Hirosawa Pond	京8 Waratenjin Shrine	京13 Kyoto Imperial Palace
京4 Ninna-ji Temple	京9 Imamiya-jinja Shrine	京14 Gozan Okuribi Daimonji
京5 Ryoan-ji Temple	京10 Gozan Okuribi Funa-gata	京15 Gozan Okuribi Hou



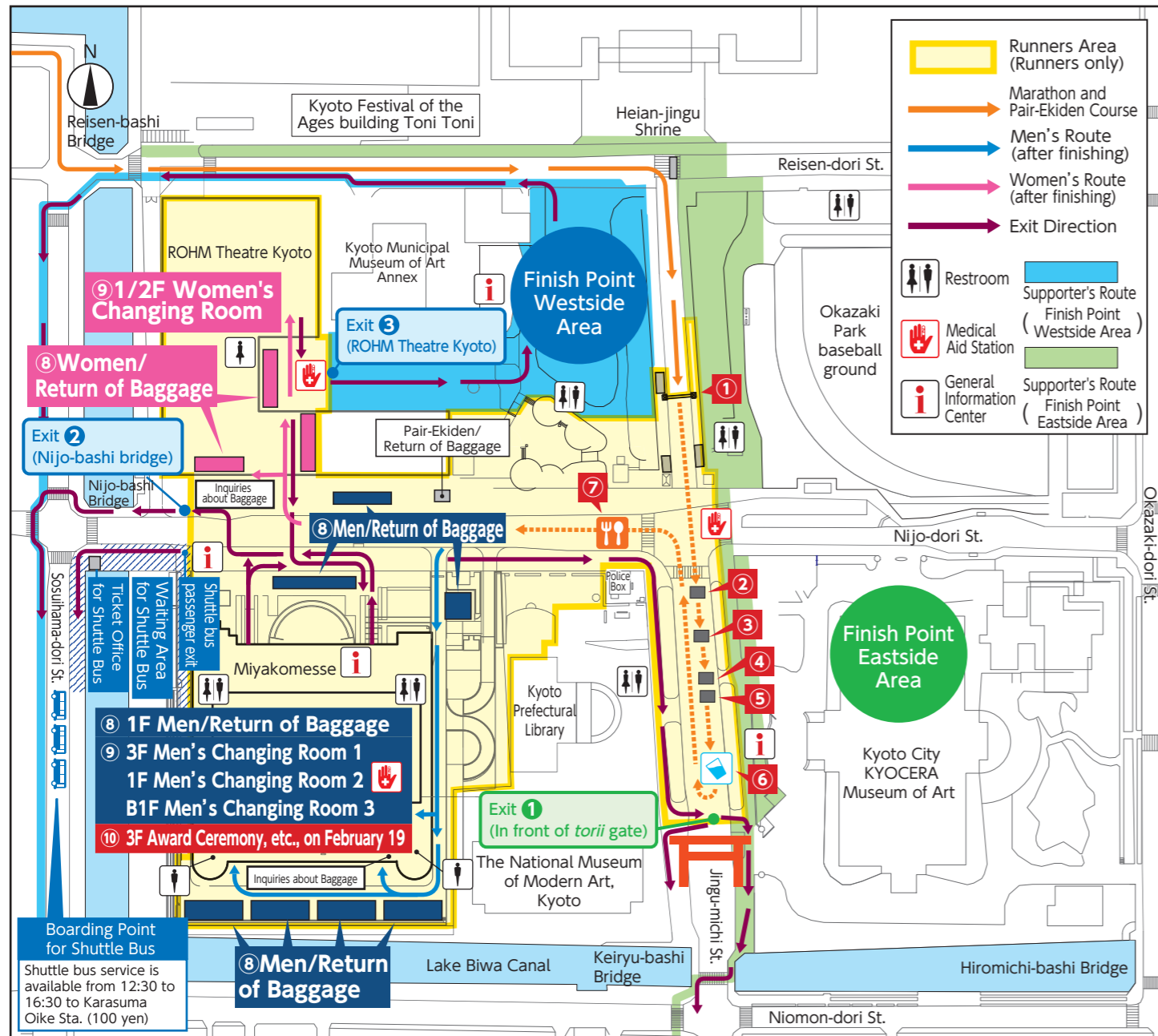
Runners at the back are scheduled to pass the start line at 9:15

Use of remote-controlled unmanned aerial vehicles, such as drones, in locations where a large number of persons gather, such as the start and finish areas and along the course, etc., is prohibited under the Aviation Law.

Please follow staff instructions and stop running to let emergency vehicles past. Please only use designated toilets.

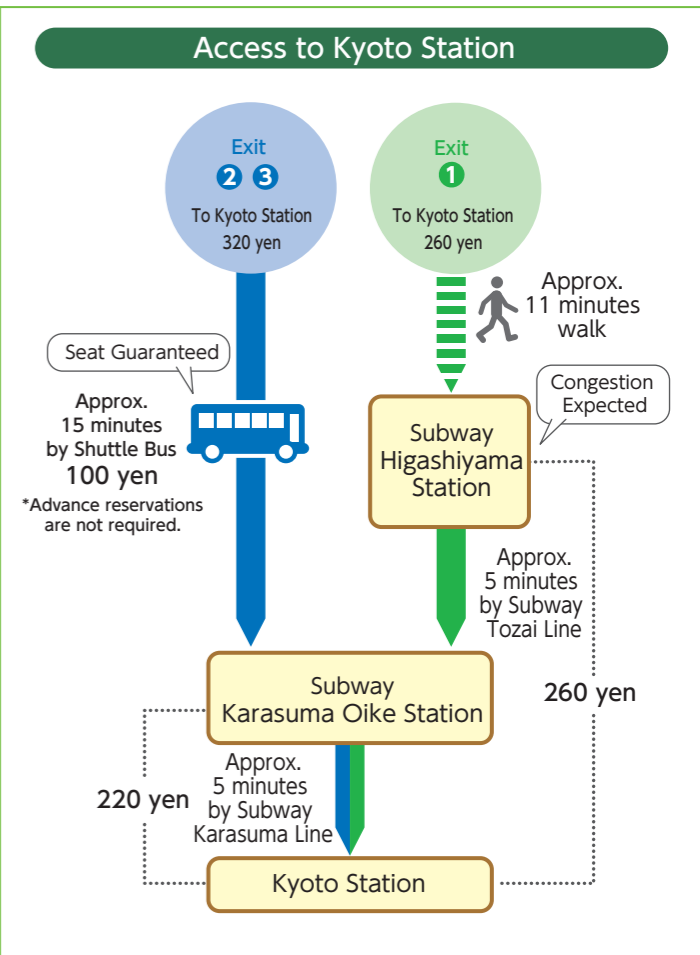
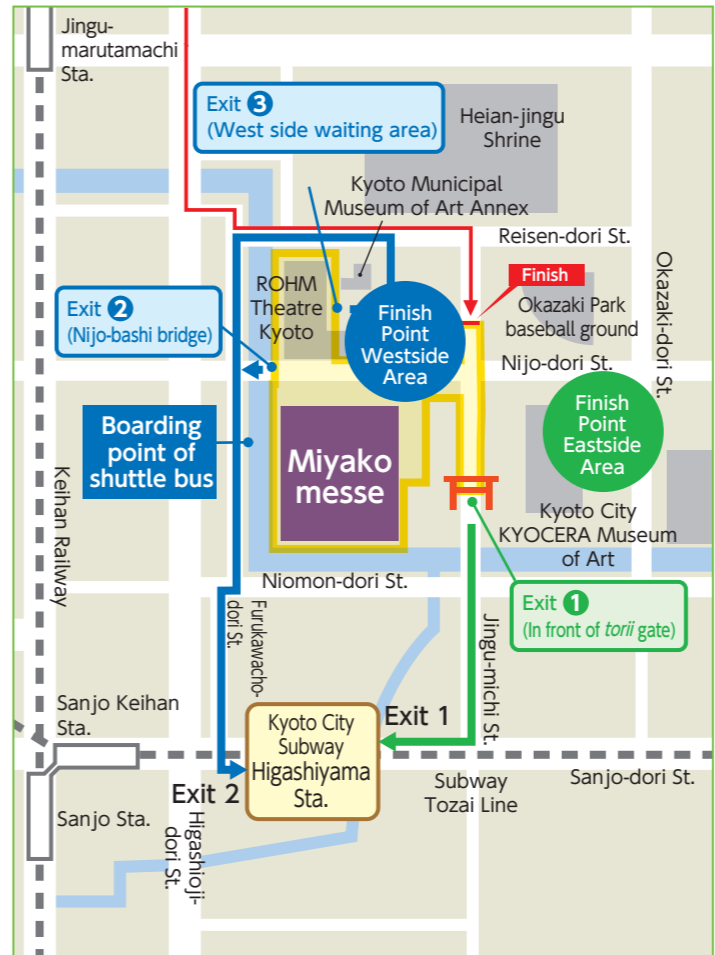


Finish Area



Check! Meeting Spectators and Going Home

We encourage runners to decide on a route home prior to the day of the marathon.



There is no carpark. We do not allow you to be picked up/dropped off at the finish area in a car or bus under any circumstance.

Records/Awards

Web Completion Certificate

- You can download the early version of your **web completion certificate** from the event website from the day of the event. In addition to official records (gross times), certificates will also include times from crossing the start line (net times) and split times per 5 km for reference.
 - Web completion certificates for official records are planned to be available on the event website from early March.
- *Those who are registered will receive a record certificate, and those who did not finish within the time limit or failed to finish (who passed at least the 5 km mark) will be issued effort awards.

Official Records

The total time is from the starting gun until the finish (gross time).

Ouen Navi



Ouen Navi is a digital application that uses race data to predict and display runners' positions on a map. It's perfect for friends and families who want to find out easily where their runner is, and to cheer them on!

Marathon Challenge Cup

The Marathon Challenge Cup (MCC) is a project that aims to support all kinds of runners, from first-time marathon participants to top-flight runners looking to improve their competition record.



Check! Procedures after Finishing

Stopping suddenly will result in a decrease in body temperature, so continue to move quickly.

- 1** Finish Line
 - 2** Hand sanitizing and face masks given out
 - 3** Finish Towel
 - 4** Timing Chip Return
 - 5** Completion Medal*1
 - 6** Drinks (Sports drink)
 - 7** Calorie Mate (energy bar),*2 onigiri rice ball, green tea, CHA-NO-KA (cookie)
 - 8** Return of Baggage*3
 - 9** Change of clothes
Men: Miyakomesse Women: ROHM Theatre Kyoto
 - 10** Finish (The award ceremony is planned for 1 pm onward on 3F of Miyakomesse)
- Regarding the Return of Timing Chips**
- Chips will be collected at the end of the race. Please understand that we charge a 2,000 yen fee if you have lost or are unable to return the chip. If you have forgotten to return it, please send it back by March 10 to the address below.
- Kyoto Marathon 2023, staff in charge of chip return
152-8533 (no address other than postal code required)
*Please use the return envelope included with your number card.

*1 You can apply to have your running time engraved on your medal (fee required) on the 3F of Miyakomesse on Feb. 17th (Fri.), 18th (Sat.) or 19th (Sun.).
*2 In some cases, actual products provided may differ. *3 Please pick up your baggage before 15:30.

Kyoto Marathon 2023 Physical Condition Management Check Sheet (inside Number Card Voucher)

Ensure you check the Physical Condition Management Check Sheet inside your Number Card Voucher, and please fill in the required sections. Please be aware that if you answer Yes to any of the questions, you will not be permitted to take part.

If you answer Yes to any part of the Physical Condition Management Check Sheet, you will not be permitted to take part.

While these do not constitute conditions on participation, please circle the number of any that apply as it may be referred to if medical care, etc., is required. (for 4, please circle the number or write the name of the illness)

Add a check mark to say Yes, you will adhere to the pledge and the Physical Condition Management Check Sheet, and enter the name of the runner and an emergency contact.

Number Card Voucher (inside)

Please read the Physical Condition Management Check Sheet and Health Checklist carefully, and fill in all sections.

Physical Condition Management Check Sheet

After filling in this check sheet, please submit it at runner check-in. Please be aware that if you fail to submit it, or if you answer Yes to any of the following, you will not be able to take part.

Items to check before taking part	Yes	No
1 Do you currently have COVID-19 or other disease and/or are receiving medical treatment for the above?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you been identified as a close contact of someone with COVID-19 and/or are you under a health observation period on the day of runner check-in?	<input type="checkbox"/>	<input type="checkbox"/>

*Except where the cause is clearly identifiable as being something other than COVID-19
*The purpose of this document is to confirm the health status of those taking part in the Kyoto Marathon in order to prevent the spread of COVID-19, etc.
*Personal information entered here will be stored in accordance with strict controls, and will only be used for the purpose of understanding status of health and for shared communication.
*Should anyone with COVID-19 or suspected of having it be discovered, information may be provided as necessary to public health centers or similar.

Health Checklist

A health check is necessary to participate in Kyoto Marathon. Please be sure to check your health condition and then participate in the marathon responsibly.

Please check the appropriate box.
If any of the below items apply (1~5), please consult your primary-care doctor in order to participate in the race. Please have a physical checkup and a heart exam with your primary-care doctor.

1 I have heart disease (Myocardial infarction, Angina, Myocarditis, Valvular disease, Irregular heartbeat).	<input type="checkbox"/>
2 I have fainted unexpectedly (Fainting spells).	<input type="checkbox"/>
3 I had chest pain/dizziness during exercise.	<input type="checkbox"/>
4 I have relatives who died unexpectedly from heart disease.	<input type="checkbox"/>
5 I have not had a physical examination for over a year.	<input type="checkbox"/>

The below items (6~9) are risk factors linked to the development of Myocardial infarction or Angina. If applicable, please consult your primary-care doctor and stabilize these conditions before the race.

6 I have high blood pressure (Hypertension).	<input type="checkbox"/>
7 I have high blood sugar (Diabetes).	<input type="checkbox"/>
8 I have a high cholesterol count or high neutral fat count (Hyperlipemia).	<input type="checkbox"/>
9 I smoke cigarettes.	<input type="checkbox"/>

Primary-Care Doctor means a doctor close to you who manages and provides advice on your healthcare. Please decide your primary-care doctor and receive consultation regarding examinations and participating in the race.
(Japan Association of Athletics Federations, Medical Committee)

Should you require medical care or other help, we will refer to the following when making decisions (they do not constitute conditions on participation).

Underlying illnesses and risk of serious illness	Please circle the number of any of the following four statements that apply to you.
1. I will be aged 65 or above on the day of the marathon.	2. I am currently undergoing dialysis.
3. I am currently taking immunosuppressants, anticancer drugs, or similar medication.	
4. I have one or more of the following underlying diseases: Diabetes, heart failure, respiratory illness (chronic obstructive pulmonary disease, etc.), angina pectoris, cardiac arrhythmia, cerebral infarction	

Other illness: _____

Pledge and Physical Condition Management Check Sheet Confirmation

The information I have entered on the Physical Condition Management Check Sheet is correct.

	Yes	No	Name
Please enter the name of the runner	<input type="checkbox"/>	<input type="checkbox"/>	

The Kyoto Marathon 2023 will be held with thorough measures to prevent the spread of COVID-19, based on the Japan Association of Athletics Federations' guidance for holding road race events, and other guidance.

To ensure the safety and peace of mind of everyone taking part, please make yourself familiar with the measures we will be taking to prevent the spread of disease, before considering whether to apply and participate. Please be aware that those who do not comply may be forbidden from taking part.



Mask wearing where possible



Temperature checks



Hand sanitizing



Thorough health management



Social distancing

- In the following cases, participation will not be permitted. Entry fees cannot be refunded. Positive with COVID-19 or suspected to be; unwell; unwilling to comply with COVID-19 countermeasures, etc.
- If the event is cancelled due to the pandemic after entry fees have been paid, we will determine whether or not to refund entry fees and other fees and how much to refund, after considering expenses that have been incurred up to the point at which the decision to cancel was made. In principle, there are no plans to grant entry to the next or future events if this year's event is cancelled.
- For the latest information and more details on COVID-19 countermeasures or the policy on entry fee refunds, please see the event website (information will be updated as needed).

To everyone participating in the Kyoto Marathon

京都マラソン2023

令和5年

ご協力をお願いいたします

2.19

大会当日は
ノーマイカーデー

Please refrain from using your car on the day of the race. We apologize for any inconvenience.

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

February 19 (Sun.), 2023

We ask for your cooperation in refraining from using your car.

