

**FUKUOKA MARATHON 2023
RUNNER'S INFORMATION**

To all runners:

Thank you very much for your application to FUKUOKA MARATHON 2023.
We look forward to welcoming you in Fukuoka this November.

FUKUOKA MARATHON 2023
ORGANIZING COMMITTEE

[Event Information] · · · · ·

- IMPORTANT: Please read -

Runner check-in (athlete bib pick-up) will be open on the following dates only.
Please note that check-in for race entry will NOT be available on the race day.
Please complete check-in in person with your ID. Proxy check-in is not accepted.

Check-in dates: November 10 (Fri) and November 11 (Sat)
Hours: 12:00 p.m. to 8:00 p.m. (Fri)/10:00 a.m. to 8:00 p.m. (Sat)
Venue: Fureai Park (Western side of Fukuoka City Hall)
[Address] 1-8-1 Tenjin, Chuo-ku, Fukuoka City

■ **Race day:**

Date: November 12 (Sun), 2023

Event schedule:

6:30 a.m. Opening of start area
 Dressing rooms open / Start of baggage check-in / Line up at start blocks
7:30 Dressing rooms close
7:45 End of baggage check-in
7:55 Start blocks close
8:00 Move to start line
8:10 Wheelchair Race starts
8:20 Marathon and Fun Run start
8:40 Wheelchair Race finishes
9:25 Fun Run finishes
3:20 p.m. Marathon finish time limit
4:20 End of the events

■ **EXPO:**

Dates: November 10 (Fri) and November 11 (Sat), 2023

Hours: 12:00 p.m. to 8:00 p.m. (Fri)
 10:00 a.m. to 8:00 p.m. (Sat.)

Venue: Fureai Park
 [Address] 1-8-1 Tenjin Chuo-ku, Fukuoka City

Sponsor booths will be open in Fureai Park (Western side of Fukuoka City Hall) at the above times.
Only participating runners are allowed to enter the Runner Check-in and EXPO venues.

■ **Runner check-in (athlete bib pick-up):**

Dates: November 10 (Fri) and November 11 (Sat), 2023

Hours: 12:00 p.m. to 8:00 p.m. (Fri)
10:00 a.m. to 8:00 p.m. (Sat.)

Venue: Fureai Park (Western Side of Fukuoka City Hall)
[Address] 1-8-1 Tenjin, Chuo-ku, Fukuoka City

*A 4-minute walk from Subway Airport Line Tenjin Station

A 5-minute walk from Subway Nanakuma Line Tenjin Minami Station

*Please note that **check-in for race entry will NOT be accepted on the race day.**

● **Bring the following items to register:**

1) **Athlete Bib Voucher**

*All runners **MUST** read and understand the content of the **Agreement**, and print out or show **the Athlete Bib Voucher with a 2D barcode** on your smartphone or tablet.

* If you forget your Athlete Bib Voucher, a reissue fee of 500 JPY will be charged.

2) **Valid ID**

Passport, driver's license or other official identification with your full name, photo and current address.

*No duplicates or photocopies accepted.

● **Pick up the following items during check-in:**

Athlete bib/official bag sticker/runner's chip (only for the Marathon) /safety pins / official bag /Health Checklist before start/other flyers

● **Pick up your award for participation (original T-shirt):**

Present your athlete bib to receive an original T-shirt.

*You cannot change the size of your T-shirt.

Notes:

- Proxy check-in is not accepted. Please ensure to register by yourself.
- Present your valid ID at the check-in desk.
- Use public transportation to avoid congestion.
- In the event that the Fukuoka Marathon is cancelled due to an earthquake, damage caused by a windstorm or flooding, stormy weather, snowfall, unforeseen occurrences, accidents, an epidemic, or any other reason beyond the control of the organizers, the organizers shall undertake a review as to whether or not they are in a position to refund the entry fee minus expenses and other costs incurred up to the time of cancellation, and, if a refund is possible, to determine the exact amount to be refunded.
- Entry fees will be not be refunded in the event of failure to complete runner check-in or in cases of non-participation on the race day.

[Race Day Details] · · · · ·

● **Start venue/start line location:**

Tenjin area (Watanabe-dori Avenue)

Nearest railway station:

Tenjin Station on Fukuoka City Subway Line (4min. walk to the venue)

- Tenjin Station from Hakata Station 5min. by Fukuoka City Subway Airport Line
- Tenjin Station from Fukuoka Airport 11min. by Fukuoka City Subway Airport Line

Meeting area:

Block A to D → West District

Block E to K → East District

- *Runners will be sorted into start blocks from A to K based on the athlete bib they are given.
- *You may be asked to submit your baggage for inspection before entering the runner area.
- *Only participating runners are permitted to enter the runner area.
Be aware that attendants, spectators, and vehicles (including bicycles) are not be allowed to enter the runner area.
- *The area around the start venue is a designed public non-smoking area.

● **Bring the following items with you on the race day:**

- **Athlete bib** (Please fill out the form on the back of your athlete bib.)
- **Runners' chip** (Marathon only)
- **Official bag** (Please attach the sticker)
- *Please note that athlete bibs and runners' chips will not be reissued.
- *Please make sure to attach your athlete bib so that it is clearly visible from the front.
If not, you will not be able to participate in the race.
- *You will not receive the Finisher Certificate if you fail to attach the runners' chip or lose it.

● **Dressing rooms:**

Hours: 6:30 a.m. to 7:30 a.m.

Locations: West District (Block A to D)

- Fukuoka Central Parking Lot (basement of Kego Park)
[Address] 2-2 Tenjin, Chuo-ku, Fukuoka City

East District (Block E to K)

- For men ACROS Fukuoka B2F Event Hall
- For women ACROS Fukuoka 1F Arena Hall & 2F Cultural Gallery
[Address] 1-1-1 Tenjin, Chuo-ku, Fukuoka City

- *Please refrain from leaving personal belongings and garbage in the dressing rooms.
- *Congestion is expected at the dressing rooms, baggage check-in and toilets.
Please ensure to leave extra time in your schedule.
- *We recommend you change clothes in advance before coming to the venue to avoid congestion.

■ Baggage check-in:

Hours: 6:30 a.m. to 7:45 a.m.

Locations: West District / Kego Park Street (Block A to D/Truck Number 1 to 7)
East District / City Hall Street (Block E to K/ Truck Number 8 to 19)

Please check your baggage with the baggage check-in truck with the number on the official bag sticker.

- *Be sure to check in during the hours shown above. No exceptions will be made.
- *Be sure to pack your personal belongings into the official bag you receive upon check-in. Only a single bag will be accepted. Please note that you cannot check in baggage containing oversized items, such as umbrellas, that do not fit in the bag.
- *Be sure to attach the sticker to your baggage before check-in. The sticker will not fall off as easily if you attach it when the bag is empty.
- *Your baggage cannot be taken out after check-in. Please be careful not to leave your runners' chip by mistake.
- *Please confirm before checking-in your baggage that the bag is fully sealed to prevent the contents from spilling out.
- *Please note that the organizers will not be held responsible for the damage or loss of valuables.
- *No fragile or valuable items, animals, plants, or perishable foods will be accepted.

■ Baggage claim (places where you can pick up your baggage):

Location: Finish Area

- Marathon Itoshima City Koryu Plaza Shima-kan
- Fun Run Fukuoka City Museum

■ Line up at start block:

Hours: 6:30 a.m. to 7:55 a.m.

- *Move to the start block printed on your athlete bib by no later than 7:55.
- *Marshalling of runners to the blocks will end at 7:55. Late arrivers will be required to start from the last of the final blocks. Please follow the instructions of staff.
- *Please be aware that runners who fail to show up by 8:20 a.m. will be disqualified.
- *Please attach your athlete bib before moving to the start blocks.

■ Move to start line:

Time: 8:00 a.m.

- After lining up at the start blocks, move to the start line (Watanabe-dori Avenue). Please follow the instructions of staff.
- Traffic regulations around the start area will start from 8:00 a.m.. Please watch out for passing vehicles on Watanabe-dori Avenue around the start area before traffic controls come into place.
- *Do not leave rain/cold weather gear in and around the course/start venue.

■ Pacemakers:

Pacemakers will run the course, targeting the following finishing times:

3hrs/3.5hrs/4hrs/4.5hrs/5hrs/5.5hrs/6hrs

*The role of pacemakers is to help runners maintain a reasonable speed.

■ Cut-off points:

Cut-off points	Location	Distance	Cut-off Time
1	Momochi Central Park	5.3km	9:25
2	Before Odonishi Intersection	9.9km	10:09
3	Past Imajuku Station Intersection	14.3km	10:52
4	Kyushu University Ito Campus	19.8km	11:44
5	Imazu Athletic Park	25.0km	12:33
6	Kitazaki Elementary School	29.8km	13:20
7	Showa Bus Nishinoura Depot	32.9km	13:50
8	Before Imuta Intersection	36.9km	14:28
9	Before Yoshida Junction (three roads)	40.1km	14:59
-	Finish area	Finish	15:20

*The race course will be closed at the above 9 cut-off points due to traffic, security restrictions and operational reasons.

*No running will be allowed after the cut-off point is closed.

Disqualified runners will be required to follow the staff's instructions and board a rescue bus.

*Runners who are still on the race course but are not likely to finish before the cut-off time may be ordered to stop by the race judges even before the designed time limit.

■ Wet Bulb Globe Temperature (WBGT)

The WBGT index will be indicated on the time display set at each cut-off point. Please use the index effectively to set your own pace and never push yourself too hard.

WBGT	Level	Recommended Action
22°C or above	Warning	Slow your pace or consider stopping.
18°C to 22°C	Caution	Slow your pace.
10°C to 18°C	Almost Safe	Enjoy your run.

■ **First-aid stations:**

- First-aid stations will be located at the start area, the finish area and each of 9 cut-off points.
- Stations only provide first-aid treatment.
- Those in a serious condition will receive priority care at these first-aid stations. Air spray treatment and non-steroidal anti-inflammatory drugs are not provided. Those with minor injuries may not receive care at these stations.

■ **Self-care:**

- Anti-inflammatory spray treatment is available at the 34km point.

■ **Toilet facilities:**

- Portable toilets are located at various points on the race course.
Please take toilet breaks at the designed locations indicated with signs.
- Please do not use toilet facilities at shops along the roadside.
- Supporters and staff will also use the toilet facilities. Please help keep toilets clean.

■ **Drink & meal services:**

- Fluid stations will be located along the race course at 13 points.
(Signs are situated 500 m before each fluid station.)
- Paper cups or garbage must be placed in the designated bins.
Littering on the race course is strictly prohibited.
- Regardless of the weather, please ensure to drink water frequently during the race to prevent dehydration.
- Please do not consume a large quantity of fluid in one sitting. Make sure to take supplemental salt with fluids.
- The organizers will not be held responsible for drinks/meals provided at locations other than the designated fluid stations.

■ **Proxy runners:**

- Only registered runners will be allowed to participate in the race. Proxy runners are not permitted for any reasons.

■ **Clothes:**

- Runners who do not attach their athlete bib will not be allowed to run in the race.
- The athlete bib must be kept visible from the front during the race.
Please note that you may be disqualified from the race if you do not display your athlete bib properly.
- Costumes that are not suitable for a sporting event, such as those which are offensive or pose a risk to yourself, other runners or supporters, are not permitted.
- Be sure to prepare fully for hot or cold weather and rain.
- Please do not leave rain/cold weather gear in and around the course/start venue.
Be aware that gear left on the race course will be disposed of by the organizers.

■ Dropping out of the race:

- In case you wish to drop out of the race, please report to a member of staff along the course and move to a sidewalk.
- Please also choose one of the following ways to proceed to the finish area.
 - (a) Go to the nearest cut-off point and board a rescue bus.
 - (b) Wait for the final rescue bus behind the last runner.

■ Distance signs:

- Distance signs will be indicated with markers for the halfway point and every kilometer up to 42km of the course.

■ Assistance from others:

- Runners cannot accept any assistance from others.
- Runners cannot accept any drinks/meals from others at locations other than fluid stations.

The organizers will not be held responsible for drinks/meals provided at locations other than the designated fluid stations.
- Runners will not be disqualified in cases where race judges or staff members make physical contact with runners during the race to check if they are in good enough condition to keep running, or for any other safety reasons.

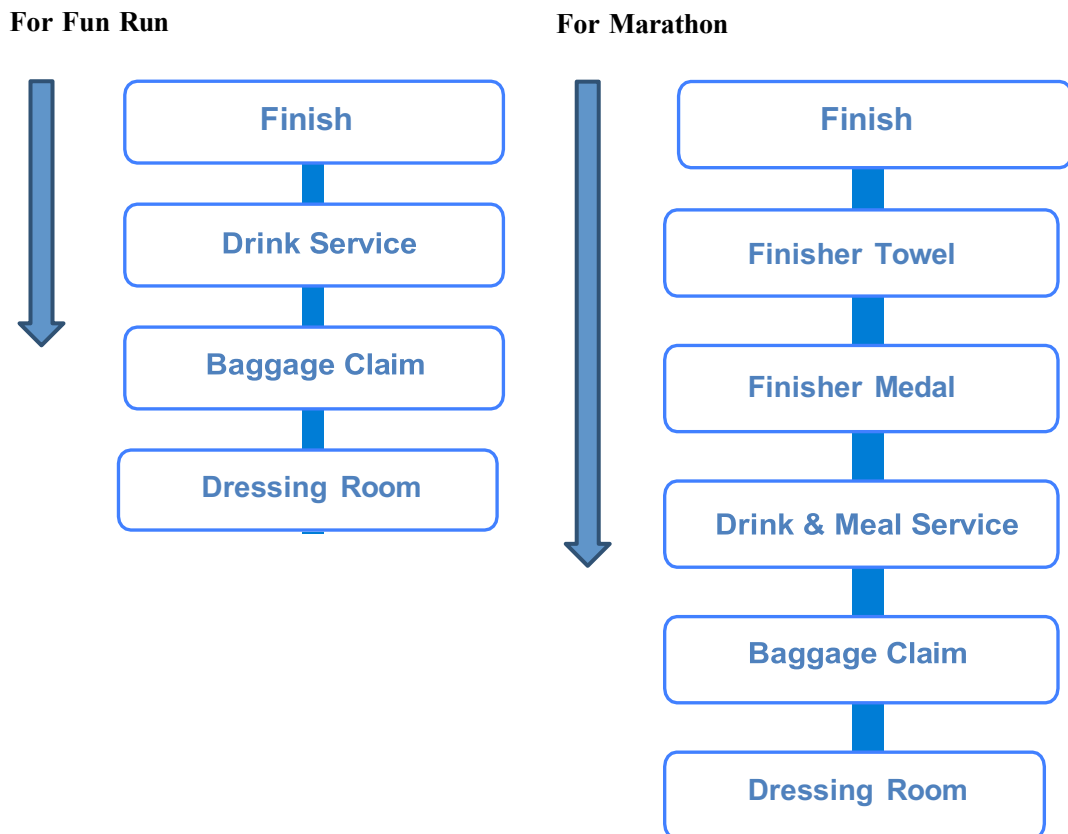
■ Other instructions:

- Please note that emergency vehicles take priority on the race course in cases where an accident occurs during the race. Follow the instructions of the staff members to allow emergency vehicles to pass.
- Even though traffic controls are in place, after the 10 km point, pedestrians may have to cross the race course depending on the number of runners and other conditions. In such cases, please follow the instructions of staff.
- Crosswalks are set ahead of the 14 km and 15 km points. At these points, a pedestrians' waiting zone has been set up in the middle of the road, and the race course forks right and left. Please run safely following the instructions on the display and given by staff.
- Please run carefully, especially in some parts of the course where you may be required to pass oncoming traffic/escort vehicles or run alongside them. To prevent accidents, please do not run in the buffer zone between the course and vehicles.
- Some parts of the race course are winding and not wide enough to overtake other runners.

Please enjoy the run safely.
- Please refrain from listening to music or the radio using portable music players during the race, since this may result in you not being able to hear information broadcasts or emergency vehicle sirens.

[After the finish]

After finishing the race, please proceed according to the flow as shown below.



*Present your athlete bib to claim any baggage that you checked in at the start area.

◆ **Awards ceremony**

Venue: Shima Central Park

[Address]: 1 Shimahatsu, Itoshima City

Marathon:

(a) Overall winners: Top 8 finishers in the men's and women's races

(b) Winners by age group: Top 3 finishers in the men's and women's categories

• Under 24 years/25-29 years/other groups divided into 5-year age groups up until 74-years, 75-years and above.

* No awards ceremony will be held for (b) but a Commendation Certificate for will be sent to the winners at a later date. Finishers' certificates (with records) will be issued via the website.

*No awards ceremony will be held for the Fun Run, but Finishers' certificates (without records) will be issued via the website.

« **Runners' chips (Marathon only)**

- Runners' chips will be given together with athlete bibs for race entry. All Marathon entrants **MUST** keep these with them. (*Runners' chips are used to monitor each runner's race time and position the moment they cross timing mats.)
- Please make sure that the runners' chip is firmly attached to your shoe.
Your finishing time and position will not be recorded if you fail to attach the chip properly.
Runners' chips will **NOT** be reissued due to loss etc., so please check before starting if the chip is attached to your shoe.
- Your runners' chip will be given to you as a souvenir of the event after the race.

<**How to attach your runners' chip**>

[**Step1**] Pass the enclosed twist ties through your shoelaces,
and then thread the ends through the holes in the runners' chip.



[**Step2**] Twist the end of the twist tie as shown in the illustration
on the right, and tie the chip firmly.



- *No chip other than the one provided by the organizer can be used for this event.
- *If you do not have laces/belts on your shoes or do not know how to attach the chip, please visit the Help Desk during runner check-in on November 10 (Fri) and 11 (Sat). There is no assistance provided on the race day, November 12 (Sun).

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■ **Other notes:**

◆ **Rules and manners:**

- Please note that garbage must be sorted into categories such as burnable, unburnable (glass bottles and cans), plastic bottles and cardboard.
- Please refrain from smoking and squatting down to eat or drink on the race course.
- Entrants are not allowed to run with baby strollers or pets. Entrants are also not permitted to invite people who are not registered runners onto the course to run with them.
- Wheelchair users are not permitted to enter the Marathon or Fun Run.

◆ **Oath of participation:**

- Please read carefully the content of the Agreement presented when the Athlete Bib Voucher is issued, and then print out or show the Voucher with a 2D barcode on your smartphone or tablet.

◆ **Use of drones (unmanned aerial vehicles):**

- The use of drones or other kinds of unmanned aerial vehicles in or around the start/finish venues and the course is strictly prohibited.

◆ **Suspicious items:**

- If you find a suspicious item, please notify the police or the nearest member of staff without touching it.
- Bringing hazardous materials to the venue is strictly prohibited.
Please be aware that any suspicious baggage may be checked.

◆ **Health check:**

- All runners are expected to have trained sufficiently, to have undertaken a physical check-up beforehand, and to be prepared fully for the race. Also, runners will be held responsible for their own health and ability to run the race.**
- First aid will only be provided to deal with accidents, injuries and illnesses during the race. The organizers will compensate for the above within the coverage of the insurance for which they have contracted, but will not be held liable for any further medical care.**
- Marathons can be a dangerous sport for those who have not prepared enough. Please refer to the below advice for runners and prepare sufficiently for the race at your own risk.**

[10 Safety Tips for Runners]

Created by:

Guideline Examination Committee of the Japanese Society of Physical Fitness and Sports Medicine and Medical Committee of the Japan Association of Athletics Federations

Health Management

- 1. Get plenty of nourishment and sleep as a matter of routine.**
- 2. Quit smoking.**
- 3. Undertake a medical check-up every year.**
- 4. If you have a lifestyle-related disease, consult your primary care doctor.**

Training

- 5. Train in a well-planned manner.**
- 6. Wear running apparel suitable for the temperature and humidity, and replenish your body's fluids at appropriate intervals.**
- 7. Immediately stop running in the event of discomfort or pain in your chest, a cold sweat, dizziness, etc.**
- 8. Promptly attend to any pain in your feet, legs, knees, back, etc.**

Mindset

- 9. Have the courage to quit if you are worried about your ability to finish the race or about your physical condition.**
- 10. Learn how to perform CPR (cardiopulmonary resuscitation).**

■ **Shuttle bus services**

*The marathon finish area is 3.5 km away from the nearest train station (JR Chikuzenmaebaru Station). Shuttle bus services are available as follows for your convenience.

Route 1) Finish Area ⇒ Itoshima City Hall

* A 10-minute walk from JR Chikuzenmaebaru Station

Timetable: 11:30 a.m. to 4:30 p.m. (tentative)

*Free bus

Route 2) Finish Area ⇒ Tenjin/Hakata Station

Tickets are required (tickets included in the hotel and transportation package.)

*Paid bus

■ **Inquiries:**

Address: 6F 2-1-25 Kyutaro-cho, Chuo-ku, Osaka, Japan 541-0056

TEL: 06-6210-5620

Available Time: 9:30-17:30 (JST) on Weekdays

E-mail: jtbss@jtb.com