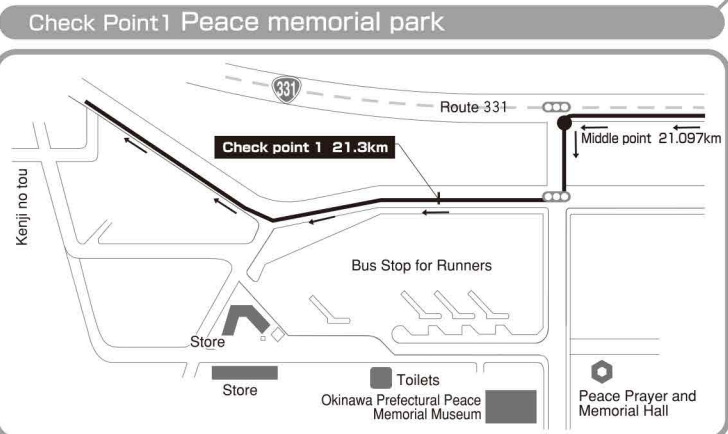
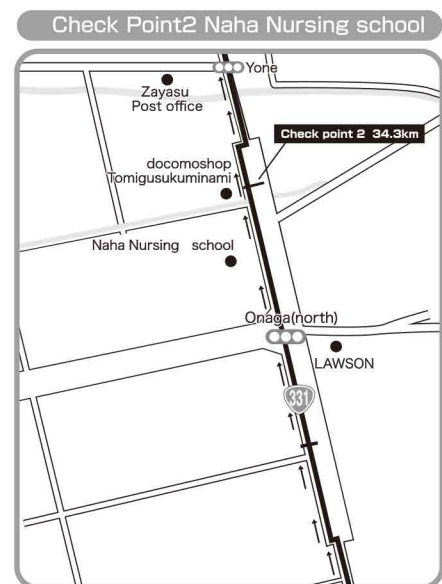
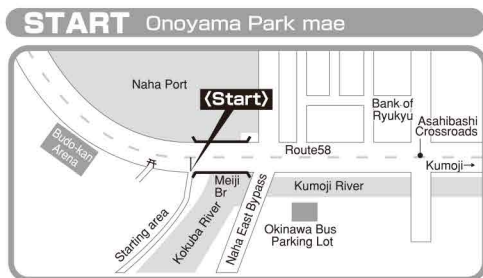
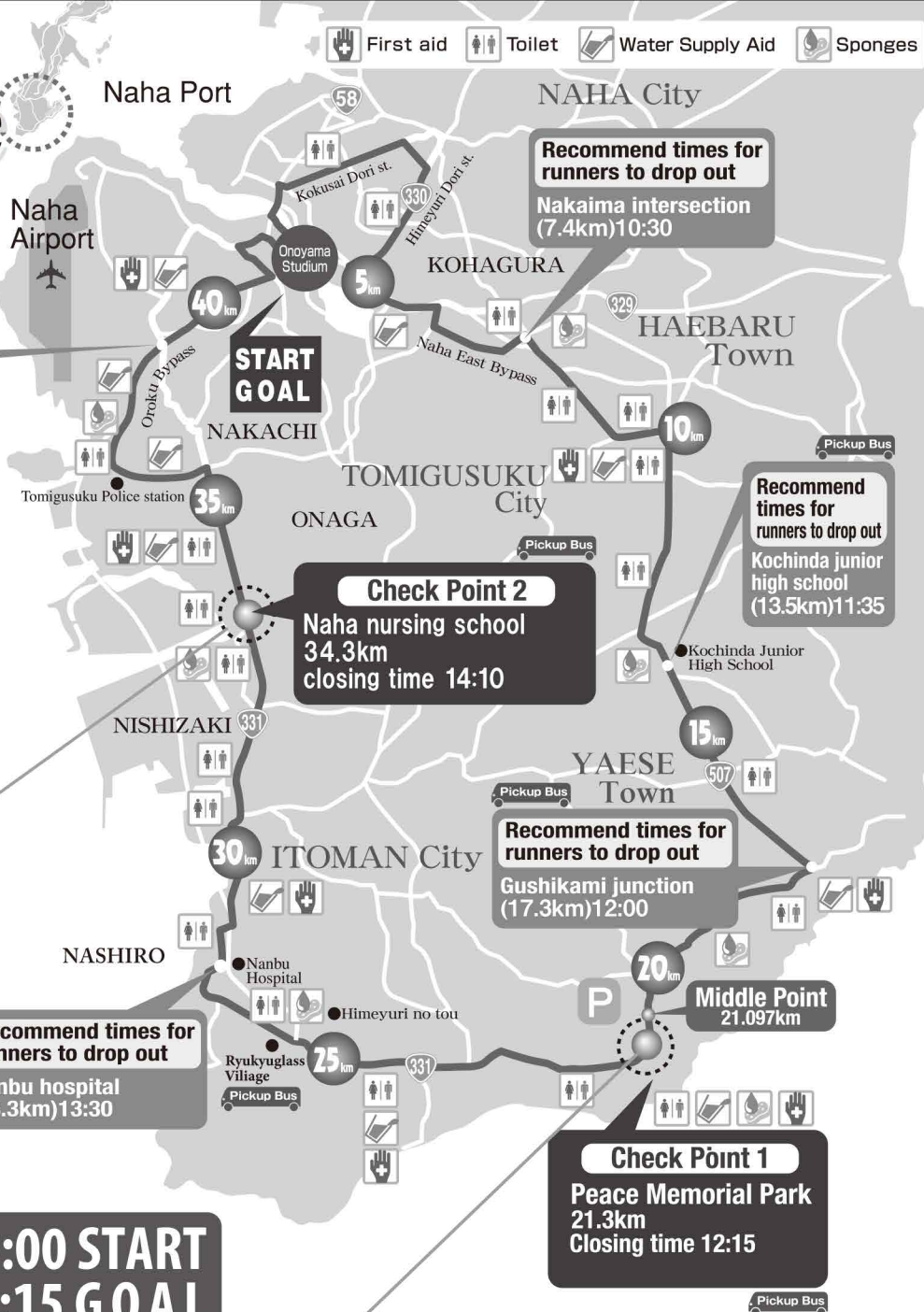


Course map



Traffic regulation information (Multilingual)

- for inquiries
050-3786-7855
 - Skype Name

English	naharun-call-en
Chinese	naharun-call-ch
 - term 2019/11/29~12/1
 - time

11/29	9am~6pm
11/30	9am~9pm
12/1	6am~5pm
- Only 12/1 multilingual.

Event Site Information

This entrance is Prohibited
to use 8:10am.

Pickup Bus
Torso Tag return

Tsubogawa
station

■Line Up for Start at 8:30 AM

- ・ Runners must line up at the specified area by 8:30 am.
- ※ After 8:30 AM, please line up at the end of the queue for start.

■Line Up for Start at 8:30 AM

- ・ Runners must line up at the specified area by 8:30 am.
- ※ After 8:30 AM, please line up at the end of the queue for start.

Lineup point before start

Kokuba River

START

Shrine Gate

○ In front of Shrine
Gate bus stop

Naha Port

You are prohibited using fire, carrying a beer server and bottles in ohnoyama park and Athletic Stadium.

1 Information Desk/Registration of Special Drink

2 The administration

3 Finish Gate

4 Issue of Finishers' Certificates & medals

5 Water Supply(Sports Drinks)

6 Sub-ground

1. Sponsors Booths
2. Food & Drink Booths

7 Medical Center

8 Arena in Prefectural Budo-kan

Nov, 30	1.Reception for Runners 2.Opening Ceremony	Dec, 1	1.Reception for Runners 2.Depository of Valuables (pay
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9 Depository of Luggage

10 Changing room

11 Nobu-Nobi grass field side Parking
(Massage·Taping)

 Portable
W.C.

 Facility
W.C.

Public Phone

■ Special Drinks

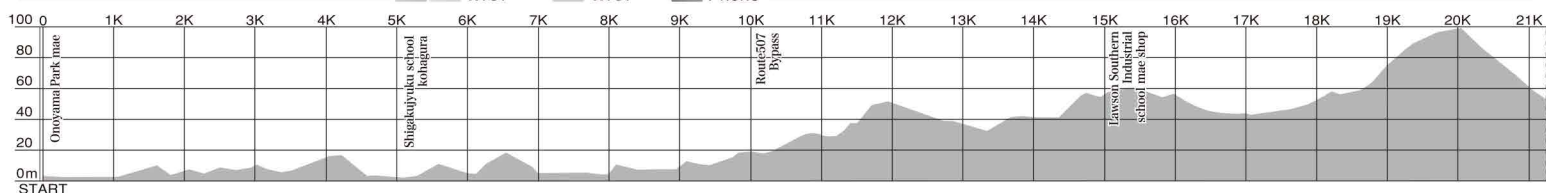
Special Drinks are set at every water supply of 10 points. Bring your drink to Information Desk between 7:00 am to 7:20 am on the race day. The boxes for each point are prepared at the site. Put your drinks into irrefrangible containers and mark on them not to mix up the drinks.

■ **Taping**(7:00am to 8:20am)

■ Massage(10:00am to 3:30pm)
After the race, if you take a massage,
Please change your clothes before
take it.

Line up
block

A block	1 ~ 499
B block	500 ~ 1,499
C block	1,500 ~ 2,899
D block	2,900 ~ 5,199
E block	5,200 ~ 7,299
F block	7,300 ~ 10,399
G block	10,400 ~ 13,399
H block	13,400 ~ 15,699
J block	15,700 ~ 17,799
K block	17,800 ~ 21,499
L block	21,500 ~ 26,500



Reception

November 30, 2019(sat) 10:00am-8:00pm at Prefectural Budo-kan.

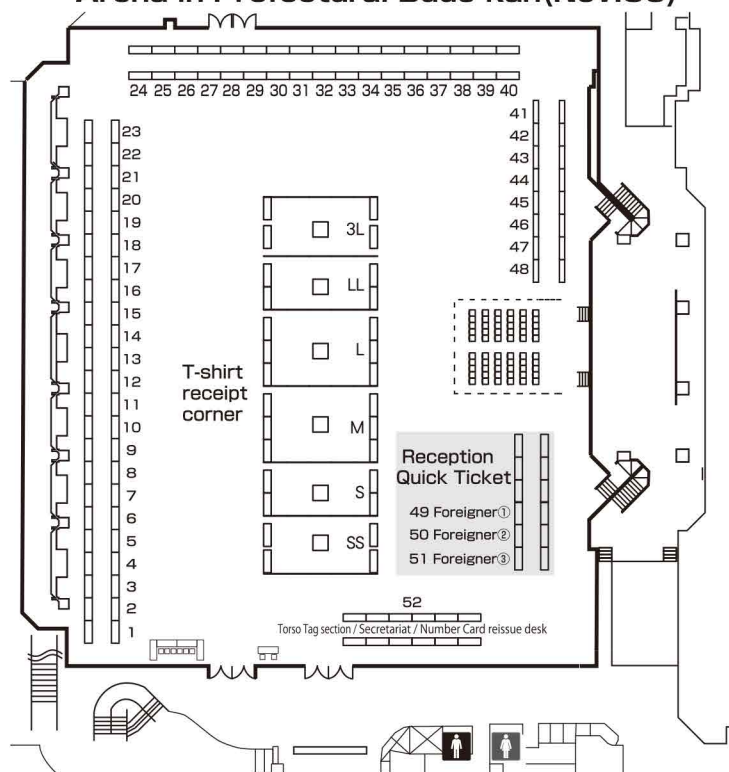
The receipt order is a Number Card → a T shirt

※Entry cannot be given to a third party. No substitute runners allowed.

※Size cannot be changed after entry or on the day of the tournament.

1	1~499	11	5,000~5,499	21	10,000~10,499
2	500~999	12	5,500~5,999	22	10,500~10,999
3	1,000~1,499	13	6,000~6,499	23	11,000~11,599
4	1,500~1,999	14	6,500~6,999	24	11,600~12,199
5	2,000~2,499	15	7,000~7,499	25	12,200~12,799
6	2,500~2,999	16	7,500~7,999	26	12,800~13,399
7	3,000~3,499	17	8,000~8,499	27	13,400~13,999
8	3,500~3,999	18	8,500~8,999	28	14,000~14,599
9	4,000~4,499	19	9,000~9,499	29	14,600~15,199
10	4,500~4,999	20	9,500~9,999	30	15,200~15,799
31	15,800~16,399	41	21,800~22,399	Reception Quick Ticket	
32	16,400~16,999	42	22,400~22,999		
33	17,000~17,599	43	23,000~23,599		
34	17,600~18,199	44	23,600~24,199	49	Foreigner① 1~10,000
35	18,200~18,799	45	24,200~24,799	50	Foreigner② 10,001~20,000
36	18,800~19,399	46	24,800~25,399	51	Foreigner③ 20,001~26,500
37	19,400~19,999	47	25,400~25,999	Torso Tag section Secretariat Number Card reissue desk	
38	20,000~20,599	48	26,000~26,500		
39	20,600~21,199				
40	21,200~21,799				

Arena in Prefectural Budo-kan(Nov.30)



Depository of Valuables (pay)

You can deposit your valuables with us at Arena in Prefectural Budo-kan.

We need your racing number when you deposit and take.

Please bring your number together.

Valuables are kept in box.

Keeping fee is ¥500

The time we receive your valuables is from 6:00am to 8:30am.

We keep your valuables until 5:00pm.

We cannot accept fragile things, a lot of money and expensive things.

There is also a place in stadium which you can leave your baggage (Free)

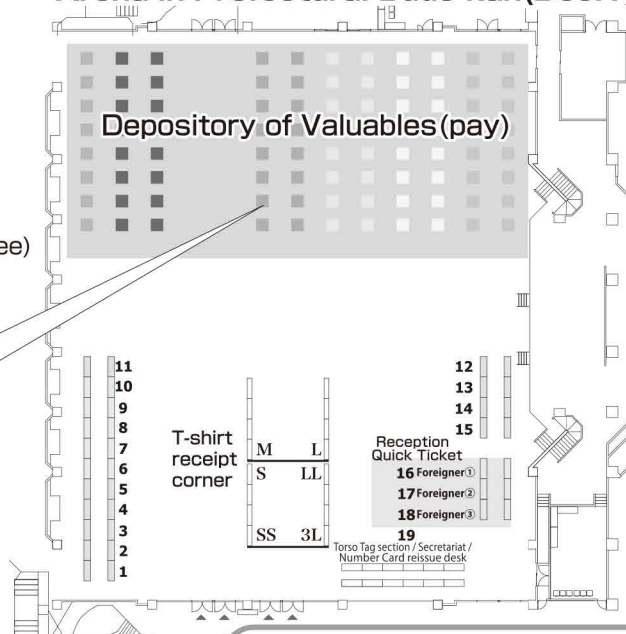
Depository of Valuables (pay)

December 1, Sun The time we receive your valuables is from 6:00am to 8:30am We keep your valuables until 5:00pm

沖縄ヤマト運輸株式会社

1	1 ~ 1,999	8	12,200 ~ 13,999	15	24,800 ~ 26,500
2	2,000 ~ 3,999	9	14,000 ~ 15,799	Reception Quick Ticket	
3	4,000 ~ 5,999	10	15,800 ~ 17,599		
4	6,000 ~ 7,499	11	17,600 ~ 19,399		
5	7,500 ~ 8,999	12	19,400 ~ 21,199	16	Foreigner① 1~10,000
6	9,000 ~ 10,499	13	21,200 ~ 22,999	17	Foreigner② 10,001~20,000
7	10,500 ~ 12,199	14	23,000 ~ 24,799	18	Foreigner③ 20,001~26,500
				19	Torso Tag section Secretariat Number Card reissue desk

Arena in Prefectural Budo-kan(Dec.1)



Depository of Valuables Size
H+W+D ≤ 120cm

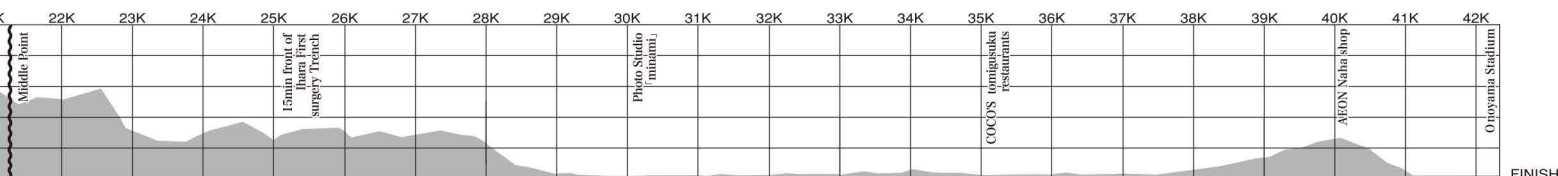
Deposi gage

A luggage depository is provided in The Little league field. Write the number of your Number Card clearly on the luggage tag (enclosed herein) by using a permanent marker. Put your luggage with the tag at the depository.

※The luggage depository is for runners' use only.

※You will be required to show your number card and the slip to receive your baggage.

※Do not put breakables in your baggage.



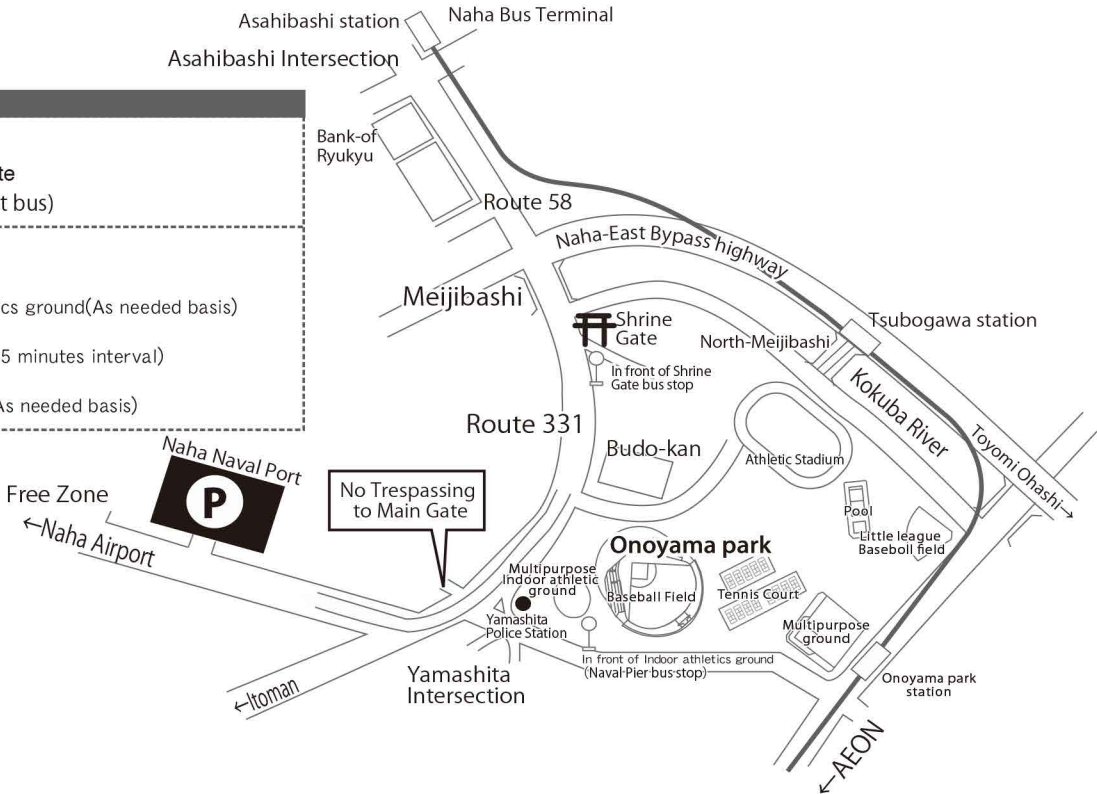
Schedule

November 30, Saturday	
10:00~20:00	Reception for Runners at arena Prefectural Budo-kan
13:30~14:00	Opening Ceremony at arena Prefectural Budo-kan

December 1, Sunday	
05:00	Parking lots in the Naha Naval Port Open
08:10	Meiji Bridge closed to traffic
08:30	Line up for start along the river in Onoyama Park
08:40	Move to starting line after enforcement of traffic controls
09:00	☆Start☆
13:00	Award Ceremony for the best 8 runners (male & female)
15:15	☆Goal☆
15:30	Closing Ceremony

Shuttle Bus Service Hour

Shuttle Bus Service Hour	
November 30, Sat.	
Naha Naval Port ⇄ In front of Shrine Gate	
■ Service hour : 9:00 am to 8:15 pm (last bus)	
December 1, Sun.	
5:00 am to 9:30 am	
Naha Naval Port ⇄ In front of Indoor athletics ground(As needed basis)	
9:30 am to 2:00 pm	
Naha Naval Port ⇄ In front of Shrine Gate(15 minutes interval)	
2:00 pm to 5:30 pm	
Naha Naval Port ⇄ In front of Shrine Gate(As needed basis)	



Extra Parking

- Extra parking lots are available at Westside of Naha Naval Port and next to Free Zone (near Naha Naval Port) on November 30, Saturday & December 1, Sunday.
- Hours : Saturday, November 30 - 9:00 am to 8:30 pm
Sunday, December 1 - 5:00 am to 6:00 pm

Access

- Leave at Tsubogawa station or Onoyama-koen station when you use Yui-rail.
- ※ For fare and schedule, see <http://www.yui-rail.co.jp/> or call Okinawa Urban Monorail.
- About 10 minutes from Naha Bus Terminal by foot.
- About 10 minutes from Naha Airport by bus or taxi.

~Parking hours~

The administration of Naha Naval Port strictly requests that vehicles should not be left overtime. Any vehicle parked after the gates are closed will be towed. The vehicle owners are responsible for the towing and storage fees. Therefore, please remove vehicles from the Naha Naval Port parking area before the gates close.

~Request for easing traffic congestion~

Traffic congestion is expected on the race day. Please use public transportation such as bus and taxi when you come to the venue.

Weather in the past 3 years

	34 th Race 2018.12.2	33 nd Race 2017.12.3	32 st Race 2016.12.4
	(Sunny) Rate of Finishers 60.16 %	(Rain) Rate of Finishers 69.7 %	(Cloudy) Rate of Finishers 53.2 %
Temperature(°C)	25.8°C	21.9°C	25.9°C
Humidity (%)	71 %	81 %	75 %

■Reception for Runners

Time: Saturday, November 30 10:00~20:00

Place: Arena in Prefectural Budo-kan in Onoyama Park.

Bring your "Number Card Claim Receipt" (enclosed herein) and Receive your Number Card at Reception site.

After receiving the Number card, receive T shirt at T shirt receipt table.

※ Individuals not participating in the race should return the measuring tag (attached to the Number Card) to the administrative desk.

※ Another person may submit a runner's Number Card; however, he/she is not allowed to enter the race in the place of the runner who actually applied.

■Line Up for Start at 8:30 AM

• Runners must line up at the specified area by 8:30 am. In the line up area, staff members will display signs with numbers. Runners are required to line up and wait in the appropriate block by following the direction of staff members. You will be led to the starting point of National Route at 8:40 am simultaneously with enforcement of traffic control.

※ If you ignore the direction of the race officials and break rules, such as shoving into the line ahead, you will be disqualified from the race.

※ Again, it is very important that you attach the Athlete Tag to your chest to record your race times.

※ After 8:30 AM, please line up at the end of the queue for start.

■Start at 9:00 AM

• The starting point is Onoyama Park in front of. The race will start at 9:00 am.

※ Runners must start the race without hassles and without pushing.

※ The runners must start from the starting point. Those who cut in at the middle of the race will be disqualified.

■Rules

1. The runners must follow the directions from the police officers and the race officials at all times.

2. As the race should be terminated after the time limit, runners must follow the direction from the race officials regarding the removal of their Number Cards.

3. When the race officials determine that a runner is unable to continue the race, they could order the runner to drop out of the race.

4. The race officials may order runners to leave the race if they seem to pose a problem for the race management.

5. Race rules are based on item 2019 of the Japan Association of Athletics Federations

■Control Gate [Time Limits for Race]

<The following are the control gates and their time limits>

• Check Point 1 (21.3Km): Peace Memorial Park - 12:15 pm

• Check Point 2 (34.3Km): Naha Nursing school - 14:10 pm

• Finishing goal at the Second Gate of Onoyama Athletic Stadium - 15:15 pm

<The recommended times for runners to drop out>

• 7.4km point [Nakaima intersection] at 10:30am

• 13.5km point [Kochinda junior high school] at 11:35am

• 17.3km point [Gushikami intersection] at 12:00pm

• 28.3km point [Nanbu Hospital] at 13:30pm

• 39.3km point [Akamine intersection] at 15:00pm.

※ Traffic restriction is released at the times above.

※ In view of the time limits, if the race official determines a runner is unable to go through within the limited time, the official may let the runner drop out of the race before the prearranged time limit.

※ Please make sure that you step on the Antenna Mats that are set every 5 km.

※ Traffic control will be lifted after the last directing car passes, so please move to side walk.

■Distance Indicator

• The distance indicators are set every 1 km on the left side of the road.

■Number Card

• There are two sheets of Number Cards - one for the chest and one for the back.

• Put Number Card with the measuring athlete tag on chest.

• Make sure your number and name appear on the Number Card.

• It is invalid for an entrant to use another runner's number card.

• Keep your Number Card. Do not lose it or forget it.

• Use the Number Card that the organizer provides only.

• This race is made possible by the courtesy of sponsors. Please do not fold or hide the sponsors' names on your Number Card.



Just in case—Filling in the Number Card

On the back side of the number card you receive in the registration for participation, you will find the fields for (1) emergency contact, (2) medical history and (3) medicines not to be taken.

Those are necessary information to save your life. It might cause you inconvenience, but please fill out these fields and participate in the marathon at ease.



[front]



[back]

お仲間タイムズ	
1. 緊急連絡先電話番号 / 緊急連絡先の電話番号 / Emergency telephone number	
2. 宿泊先 / 宿泊先 / Accommodation / Address in Chinese / Hotel / Accommodation	
3. 宿泊先 / 宿泊先 / Accommodation / Address in Chinese / Hotel / Accommodation	
4. 宿泊先 / 宿泊先 / Accommodation / Address in Chinese / Hotel / Accommodation	
5. 宿泊先 / 宿泊先 / Accommodation / Address in Chinese / Hotel / Accommodation	
6. 服用できない薬品 / 服用しない薬品 / Drug Allergies	
7. 医師に記入していただく必要があり / Additional info for doctor / 医師に記入していただく必要あり / Additional info for doctor	

Points to note before, during and after the marathon

- 1.A marathon is a grueling sport. Runners may have unexpected accidents due to the lack of physical fitness. Do not participate if you are experiencing health problems. If you feel ill during the race, retire from the race immediately.
- 2.The organizer will implement first aid if there is an accident during the competition, but will bear no other responsibility except in cases arising due to gross negligence on the part of the organizer. (The organizer will take out insurance, but the insurance will not cover hospitalization, etc., due to medical diseases, etc. Please note that for accidents during the competition, the scope will be only the scope of that insurance.)
- 3.If you receive medical services in Japan, if you have a Japanese health insurance certificate, your charges will be calculated in accordance with the health insurance system. If you do not have a health insurance certificate, you are responsible for all of your medical expenses, payment is quite expensive. I would like you to join the insurance that covers your overseas tournament participation individually.

■Torso Tag for Measuring Record

- The athlete tag, the transmitter, attached to the Number Card, measures your record. Without this Tag, your time cannot be recorded. Make sure that you have it at the reception.
- There are three Antenna Mats to record times: at the starting point, 5km 10km 15km 20km 21.097km(MiddlePoint) 21.3km(Check Point1) 25km 30km 34.3km(Check Point2) 35km 40km and the goal point. Make sure that you run through on these mats.

■How to Return the Measurement Tag

- Runners who complete the race must return the measuring tags in exchange for the finishing certification. Runners who drop out of the race should return the tag in one of following ways: 1) at the control gates which are set at every 5km; 2) at the middle point of the race time limit (34.3km); or 3) at the pick up bus for retirees. You may also bring or mail the tag to the administration office after the race day.
- If you do not return the Measurement Tag, you will be charged ¥2,000.

■Locker room

The locker room is set up in track and field sports place retirement bus getting off place near banks of a river. Please do not leave in the locker room, and entrust to assistance the luggage depository for luggage.

■Water supply, Aid stations, Sponges

There are 17 points of water supply, aid stations, and sponges on the racecourse as outlined below:

	Water Supply & Aid Stations (Sports Drinks·water)	
1	5.3km [Water supply only]	blue-port Kohagura S/S·Sakihama
2	11.3km	Kochi no sato
3	17.4km	JA Okinawa Gushichan store
4	21.3km	Check Point 1(Peace Memorial Park)
5	24.6km	Yubi-do Parking
6	29.5km	Town Plaza Kanehide Maezato Store
7	34.9km	Alehouse 「Gen」
8	36.0km	Uehara Automobile Maintenance Center
9	38.8km	Cosmo Oil
10	40.0km	AEON Naha

	Sponges·water	
1	8.5km	Family mart Tsukazan minami
2	13.5km	Kochinda Junior High School
3	18.4km	Taira hardware store
4	21.3km	Check Point 1((Peace Memorial Park)
5	26.2km	Ryukyu Glass
6	33.2km	Itoman swimming school
7	37.4km	Grilled meat Goen Oroku ten

■Lavatory

- There are 20 lavatories on the course.

■Accidents During the Race

- A marathon is a grueling sport. Runners may have unexpected accidents due to the lack of physical fitness. Do not participate if you are experiencing health problems. If you feel ill during the race, retire from the race immediately.
- ※First aid will be provided for any accidents or injuries that occur during the race; however, the Association will not be held responsible thereafter. Runners are responsible for their own health condition during the race.
- ※An ambulance will be available for the sole purpose of providing aid to those with emergency needs. The ambulance is not available to pick up retired runners.

■Ambulance

- In the case of an emergency, the ambulance has priority and has the right of way. Runners should be careful not to block the path of the ambulance

■Thank you for your cooperation

- Naha Marathon is made possible by the courtesy of sponsors. So, please DO NOT place the flags or labarum on which the names of corporations other than sponsors are put on the event site.

■Safety During the "Naha Marathon"

- Runners must stay in the left lane of the road at all times. NEVER run in the right lane.
- Runners should throw cups and sponges to the left side of the road for the safety of runners coming behind. Please do not throw them into the fields and the residences.
- ※Do not put breakables in your baggage.

■About the lost article

- I we keep the lost article and the picking up thing track and field sports front“General Information”until rally 4:00 P.M of that day.