

■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.

■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.

■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.

■Points to note before, during and after the marathon

- Medical check-ups
If you are receiving outpatient treatment for respiratory or circulatory disorders (high blood pressure, heart trouble, arrhythmia, asthma, liver trouble, etc), obtain from your physician permission for and advice regarding participation in the marathon.
- Health maintenance
Do not run if you have a cold, fever, diarrhea or hang-over, did not sleep the previous night or are otherwise in poor health. Avoid participation if you did not train.
- Before the marathon
Do not skip breakfast. Drink liquids (a 500-ml sports drink) before the race. Stretch thoroughly. Check that your running hat and clothes are suited for the heat.
- During the marathon
Keep your pace. Drink liquids (100-200 ml) every 15 to 20 minutes. Always take sodium and sugar supplements. Do not push yourself if you feel ill.
- After the marathon
Never omit cool-down; always stretch. Replenish your body with lost liquid, sugar, sodium, vitamins, minerals and amino acids. Do not let your body temperature drop sharply. Refrain from drinking alcoholic beverages such as beer as you will have accumulated considerable physical fatigue after the race.
(Courtesy: Toshiyuki Arakawa, Director, Arakawa Clinic)

■Influenza is raging in Okinawa

- Does anybody get influenza in surrounding?
To prevent influenza infection being expanded, it is important that you try to do not get influenza and to do not give anybody influenza each other.
Main symptoms of influenza are fever, cough, etc.
Every one of joggers, please measure your temperature and check your condition once again on the day before and that day of NAHA marathon. If you become feverish, please stop running NAHA marathon for you and everybody.

■Weather in the past 3 years

24rd Race, December 7, 2008: Sunny Rate of Finishers:69.15%							
	9am	10am	11am	12noon	13pm	14pm	15pm
Temperature (°C)	17.3	17.7	18.6	19.5	18.8	20.1	19.9
Humidity (%)	49	48	41	43	49	48	43
Direction of the wind	Northeast	Northeast	East-North-East	East-northeast	East-northeast	East-southeast	East-northeast
Wind Velocity (m/s)	5.8	5.0	5.5	3.5	4.2	2.7	3.4

23rd Race, December 2, 2007: Cloudy Rate of Finishers:64.31%							
	9am	10am	11am	12noon	13pm	14pm	15pm
Temperature (°C)	19.1	20.3	22.1	22.2	22.5	22.5	21.9
Humidity (%)	57	56	49	49	46	46	49
Direction of the wind	North-northeast	North-northeast	East	East-southeast	East	East-northeast	South
Wind Velocity (m/s)	4.0	3.1	3.9	4.5	4.0	3.2	2.2

22nd Race, December 3, 2006: Cloudy Rate of Finishers:74.99%							
	9am	10am	11am	12noon	13pm	14pm	15pm
Temperature (°C)	19.8	19.5	20.8	20.4	20.5	20.6	20.4
Humidity (%)	54	51	46	53	50	51	52
Direction of the wind	North-northeast	North-northeast	North-northeast	North-northeast	North-northeast	North-northeast	North-northeast
Wind Velocity (m/s)	5.1	12.6	11.1	9.1	10.9	12.0	11.0