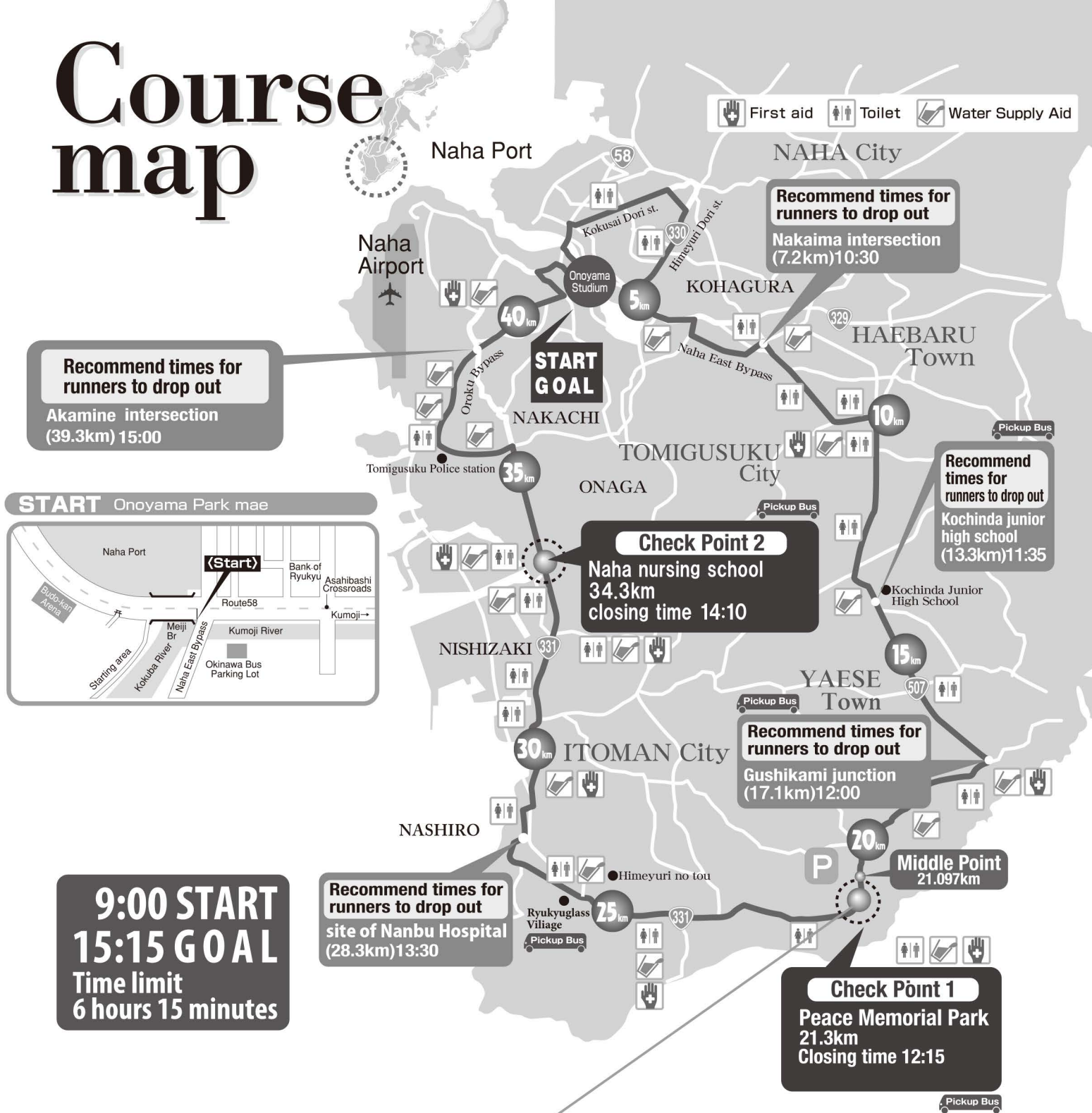
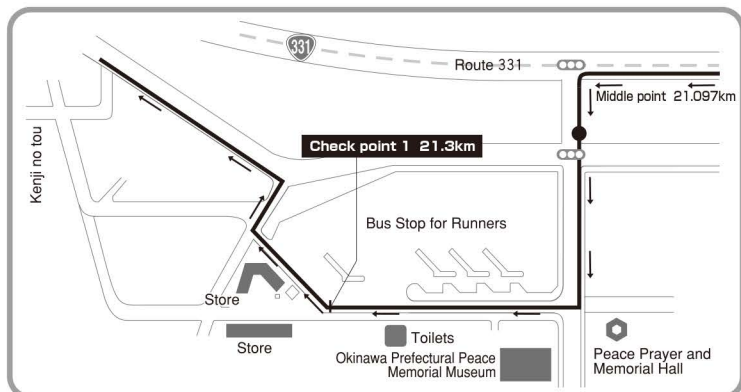


Course map



Check Point 1 Peace memorial park



Traffic regulation information English support

■ for inquiries
050-3786-7855

■ term 2022/12/2~12/4

■ time
12/2 9am~6pm
12/3 9am~9pm
12/4 6am~4pm

Only 12/4 English support 8am~4pm

Event Site Information

This entrance is Prohibited to use 8:10am.

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

Pickup Bus

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

This entrance is Prohibited

Naha Port

Temperature check station

Temperature check will be conducted at temperature check stations (8 stations in the venue) from 5:00 a.m. After the temperature check, our staff will attach a wristband on the wrist of participants.

- Information Desk/Registration of Special Drink
- The administration
- Finish Gate
- Issue of Finishers' medals
- Water Supply(Sports Drinks)
- Sub-ground

Sponsors Booths

- Medical Center
- Arena in Prefectural Budo-kan

Dec. 3 1.Reception for Runners
2.Opening Ceremony

Dec. 4 1.Reception for Runners
2.Depository of Valuables (pay)

- Depository of Luggage
- Changing room

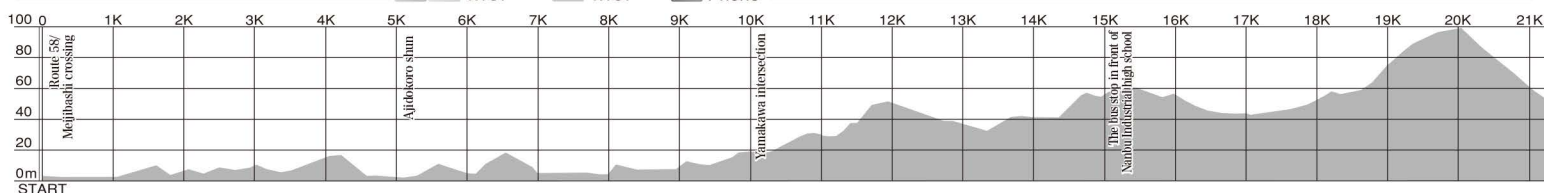
Portable W.C. Facility W.C. Public Phone

Line up block

| | |
|--------|-----------------|
| Ablock | 1 ~ 299 |
| Bblock | 300 ~ 949 |
| Cblock | 950 ~ 1,849 |
| Dblock | 1,850 ~ 3,349 |
| Eblock | 3,350 ~ 4,709 |
| Fblock | 4,710 ~ 6,709 |
| Gblock | 6,710 ~ 8,659 |
| Hblock | 8,660 ~ 10,159 |
| Jblock | 10,160 ~ 11,519 |
| Kblock | 11,520 ~ 14,000 |

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.



Reception

December 3, 2022(sat) 10:00am-8:00pm at Prefectural Budo-kan.
The receipt order is a Athletebibs→a T shirt

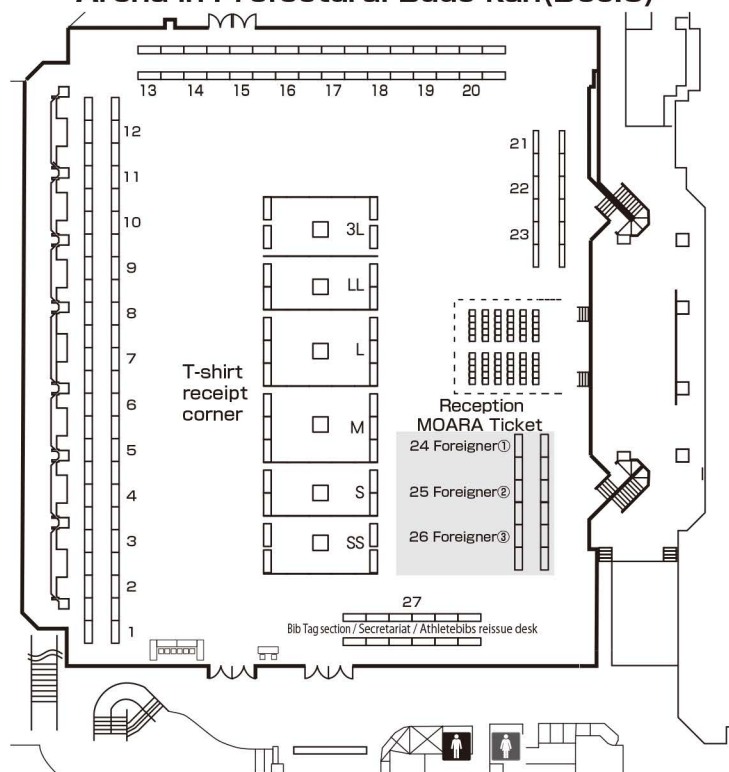
※Entry cannot be given to a third party. No substitute runners allowed.
※Size cannot be changed after entry or on the day of the tournament.

| | | | |
|----|-------------|----|---------------|
| 1 | 1~599 | 11 | 6,000~6,599 |
| 2 | 600~1,199 | 12 | 6,600~7,199 |
| 3 | 1,200~1,799 | 13 | 7,200~7,799 |
| 4 | 1,800~2,399 | 14 | 7,800~8,399 |
| 5 | 2,400~2,999 | 15 | 8,400~8,999 |
| 6 | 3,000~3,599 | 16 | 9,000~9,599 |
| 7 | 3,600~4,199 | 17 | 9,600~10,199 |
| 8 | 4,200~4,799 | 18 | 10,200~10,799 |
| 9 | 4,800~5,399 | 19 | 10,800~11,399 |
| 10 | 5,400~5,999 | 20 | 11,400~11,999 |

| | | |
|----|---------------|-----------------------------|
| 21 | 12,000~12,599 | Reception MOARA Ticket |
| 22 | 12,600~13,299 | 24 Foreigner① 1~5,000 |
| 23 | 13,300~14,000 | 25 Foreigner② 5,001~10,000 |
| | | 26 Foreigner③ 10,001~14,000 |

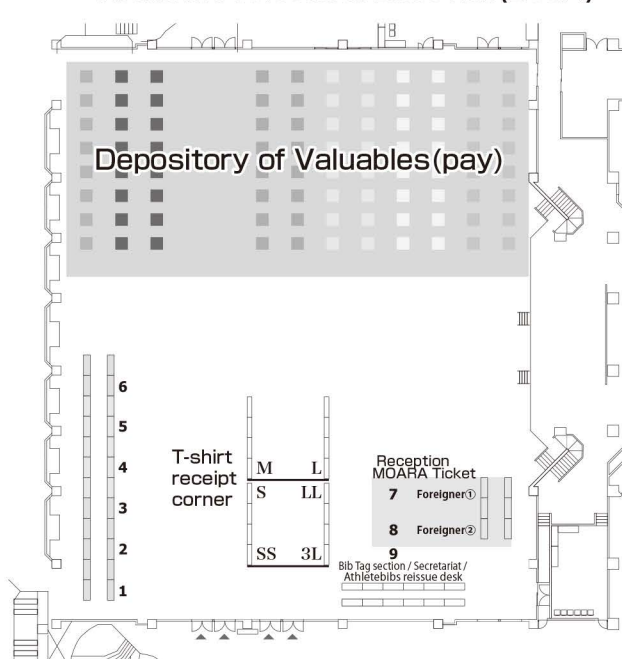
| | |
|----|--|
| 27 | Bib Tag section Secretariat Athletebibs reissue desk |
|----|--|

Arena in Prefectural Budo-kan(Dec.3)



| | | |
|---|-----------------|--|
| 1 | 1 ~ 2,399 | Reception MOARA Ticket |
| 2 | 2,400 ~ 4,799 | 7 Foreigner① 1~7,000 |
| 3 | 4,800 ~ 7,199 | 8 Foreigner② 7,001~14,000 |
| 4 | 7,200 ~ 9,599 | |
| 5 | 9,600 ~ 11,999 | 9 Bib Tag section Secretariat Athletebibs reissue desk |
| 6 | 12,000 ~ 14,000 | |

Arena in Prefectural Budo-kan(Dec.4)



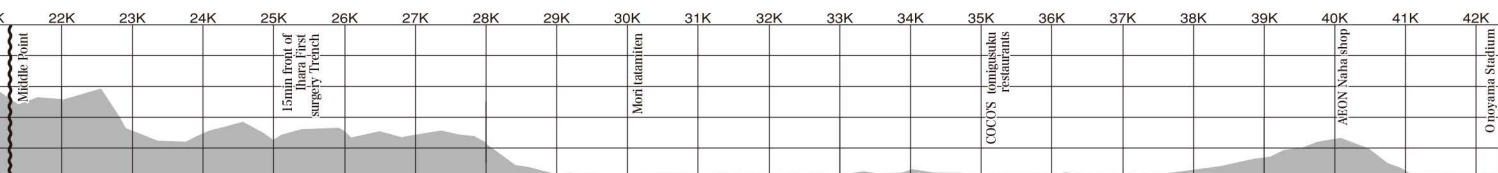
■Depository of Valuables (pay)

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)

■Deposi gage

A luggage depository is provided in The Little league field.
Write the number of your Athletebibs 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 Athletebibs and the slip to receive your baggage.
※Do not put breakables in your baggage.

Depository of Valuables Size
 $H+W+D \leq 120\text{cm}$



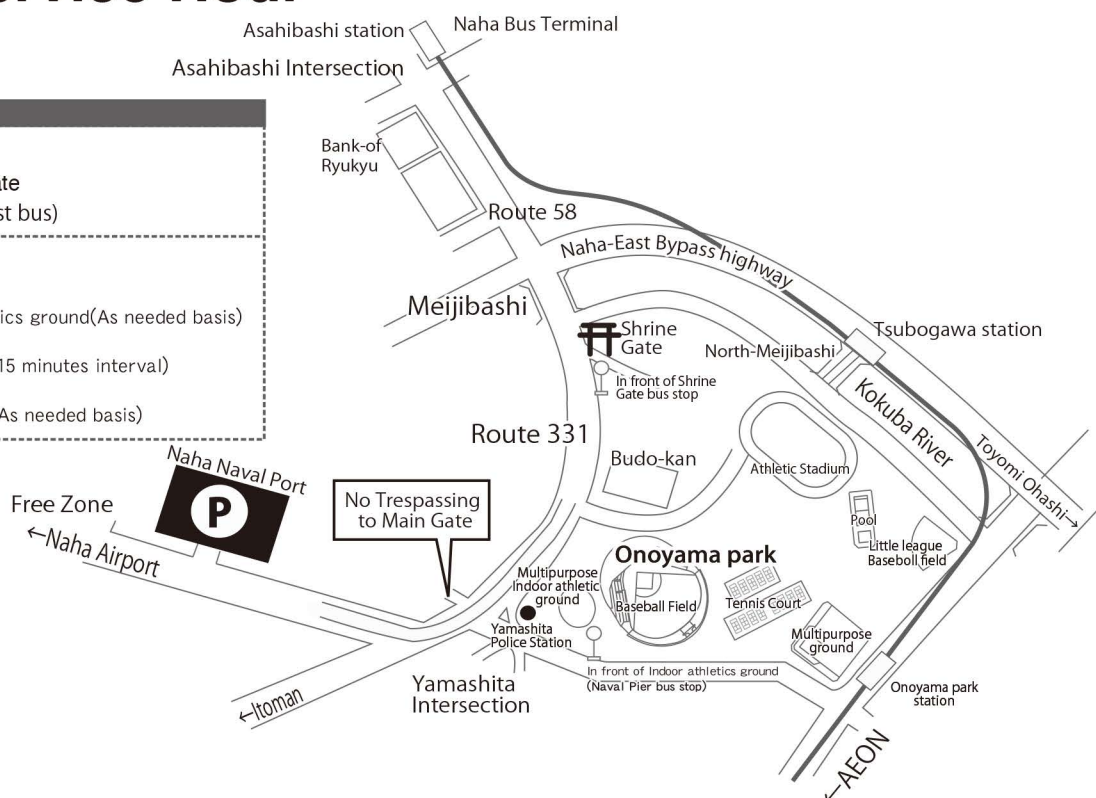
Schedule

| December 3, 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 4, 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 5 runners (male & female) |
| 15:15 | ☆Goal☆ |
| 15:30 | Closing Ceremony |

Shuttle Bus Service Hour

| Shuttle Bus Service Hour | |
|--|--|
| December 3, Sat. | |
| Naha Naval Port ⇄ In front of Shrine Gate | |
| ■ Service hour : 9:00 am to 8:15 pm (last bus) | |
| December 4, 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 December 3, Saturday & December 4, Sunday.
- Hours : Saturday, December 3 - 9:00 am to 8:30 pm
Sunday, December 4 - 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.

Weather in the past 3 years

| | 35 th Race 2019.12.1 | 34 th Race 2018.12.2 | 33 rd Race 2017.12.3 |
|-----------------|----------------------------------|----------------------------------|---------------------------------|
| | (Sunny) Rate of Finishers 64.22% | (Sunny) Rate of Finishers 60.16% | (Rain) Rate of Finishers 69.7% |
| Temperature(°C) | 24.2°C | 25.8°C | 21.9°C |
| Humidity (%) | 62% | 71% | 81% |

About wearing a wristband

- Temperature check will be conducted as measures to prevent the spread of COVID-19 in this marathon.
- Temperature check will be conducted at temperature check stations (8 stations in the venue) from 5:00 a.m. After the temperature check, our staff will attach a wristband on the wrist of participants to clarify the person has passed a temperature check test.
- The runners who are not wearing a wristband will not be allowed to enter into the alignment block before starting.
- Please wear your wristband until you finish the marathon.

~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.

■Reception for Runners

Time: Saturday, December 3 10:00~20:00

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

Temperature check and disinfection of hands when entering the venue.

Submission of your healthcare checklist.

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

After receiving the Athletebibs, receive T shirt at T shirt receipt table.

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

※ Another person may submit a runner's Athletebibs; 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 Athletebibs.

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 2022 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>

• 7.2km point [Nakaima intersection] at 10:30am

• 13.3km point [Kochinda junior high school] at 11:35am

• 17.1km point [Gushikami junction] 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.

■Athletebibs

• 2 athlete bibs (one for the chest (a bib tag for measurement is attached on the back side) and the other for the back) are to be distributed.

• Be sure to put an athlete bib with a bib tag for measurement on the front of your body and put the other athlete bib on your back (above your waist).

• Make sure your number and name appear on the Athletebibs.

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

• Keep your Athletebibs. Do not lose it or forget it.

• Use the Athletebibs 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 Athletebibs.

CHECK

Just in case—Filling in the Athletebibs

On the back side of the Athletebibs 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]

| Name | | Last | | First | | Middle | |
|--|--|------|--|-------|--|--------|--|
| 2. 緊急連絡先電話番号 / 緊急連絡先の電話番号 / Emergency telephone number | | | | | | | |
| 3. 宿泊先名 / 住宿施設名 / Address in Okinawa / Hotel / Accommodation (日本語・英語・中国語で記入してください) | | | | | | | |
| 4. 宿泊連絡先 / 住宿施設電話番号 / Phone number of accommodation | | | | | | | |
| 5. 既往症 / 既往症 / Pre-existing medical conditions | | | | | | | |
| 6. 服用できない医薬品 / 不妊薬 / 服用しない薬 / Drug Allergies | | | | | | | |
| 7. 医師に記入してほしい医師 / Additional info for doctor / 医師に記入してほしい医師 / Doctor's information | | | | | | | |

記入して頂く情報は、レース中に救急隊が緊急した際の処置に利用します。

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 Athletebibs, 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.

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 16 points of water supply, aid stations on the racecourse as outlined below:

| Water Supply & Aid Stations (Sports Drinks·water) | | | | | |
|---|---------------------------|-------------------------------------|----|---------------------------|--------------------------------------|
| 1 | 5.1km[Water supply only] | blue-port Kohagura S/S · Sakihama | 11 | 33.2km[Water supply only] | Itoman swimming school |
| 2 | 8.5km[Water supply only] | Family mart Tsukazan minami | 12 | 34.3km | Check Point 2(Naha Nursing School) |
| 3 | 11.1km | Kochi no sato | 13 | 36.0km[Water supply only] | Uehara Automobile Maintenance Center |
| 4 | 13.3km[Water supply only] | Kochinda Junior High School | 14 | 37.4km[Water supply only] | SAM'S BY-THE-SEA OROKU |
| 5 | 17.1km | JA Okinawa Gushichan store | 15 | 38.8km[Water supply only] | Cosmo Oil |
| 6 | 18.2km[Water supply only] | Taira hardware store | 16 | 40.0km | AEON Naha |
| 7 | 21.3km | Check Point 1 (Peace Memorial Park) | | | |
| 8 | 24.6km | Yubi-do Parking | | | |
| 9 | 26.2km[Water supply only] | Ryukyu Glass | | | |
| 10 | 29.4km | Town Plaza Kanehide Maezato Store | | | |

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.

The 36th NAHA Marathon Revision of the Outline of COVID-19 Disease Prevention Measures

Pursuant to the amendment to the Guidance on Road Race Events (4th edition, Oct. 17, 2022) issued by the Japan Association of Athletics Federations, and due to the current suspension of the vaccine and test package system announced on November 19, 2021, this year's event will be held with the implementation of partially amended infection countermeasures for preventing COVID. This is subject to change depending on the status of the infectious disease, etc. in the future.

1. At this point, the event organizer does not plan on requiring the participants to present their proof of vaccination or negative PCR or antigen test results.
2. Each participant must fill out its health management check sheet for the one week preceding the event and submit it in advance of the race.

***Please check the official event website for updates, as these terms and conditions may change again if a state of emergency is declared or any pre-emergency or other key official measures are issued.**

Request for understanding the measures to prevent the spread of COVID-19

This marathon will be operated based on the "Guidance for Holding Road Race" stipulated by Japan Association of Athletics Federations and guidance by NAHA Marathon Medical First Aid Group. Please understand the following contents and participate in the marathon. Thank you for your cooperation.

Please check the measures to prevent the spread of COVID-19 written below in advance and participate in the marathon.

■ Submission of Healthcare Checklist

Please submit the "Healthcare Checklist" in which your health conditions have been entered from 1 week before

the marathon. Those who have not submitted the Health Checklist may not be allowed to participate in the marathon.

Leading up to the event, each participant is advised to properly manage its health and, if possible, get a shot of the latest vaccine or take a PCR or antigen test and confirm a negative result.

As qualitative antigen test kits will be made available for purchase at the event venue, you are encouraged to use one as needed.

*Medical-grade qualitative antigen test kits (JPY 1,500 per kit) will be offered near the Cellular Park Naha in the Ounoyama Park in limited quantity.

Temperature check Temperature check will be conducted at the reception for runners and in entering the venue on the day of the marathon. If your body temperature is 37.5°C or above, you may not be allowed to enter the venue or participate in the marathon.

Mask-wearing and hand sanitization measures Except while running during the race, the basic rule is everyone should wear a mask at all times. Please also use alcohol-based hand sanitizers, etc. that will be provided in various places at the event venue to sanitize your hands often. In addition, each participant must bring along a mask to the race and put it on as soon as normal breathing is regained after finishing the race.

Distribution of items at the runner service points Each participating runner must receive its completion medal as well as water and food supplies itself (no other person can do it for you).

Please dispose of your own trash using the trash containers that will be present throughout the venue, instead of handing it over to event volunteers.

Recording the healthcare checklist for 2 weeks after the marathon

Please record the required items in the healthcare checklist (after the marathon) for 2 weeks after the marathon. If your poor health conditions continue, please consult with a public health center or a medical institution by yourself, and if you tested positive for COVID-19, please report that to the organizer (NAHA Marathon Association Secretariat Tel: 098-862-9902) immediately.