

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

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.

Lineup point before start

Kokuba River

START

This entrance is Prohibited

Naha Port

- Information Desk/Registration of Special Drink
- The administration
- Finish Gate
- Issue of Finishers' medals
- Water Supply(Sports Drinks)
- Sub-ground
 - Sponsors Booths
 - Food & Drink Booths
- Medical Center
- Arena in Prefectural Budo-kan
 - Reception for Runners (Dec.6)
 - Opening Ceremony
 - Reception for Runners (Dec.7)
 - Depository of Valuables (pay)

- Depository of Luggage
- Changing room
- Nobi-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 9 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)

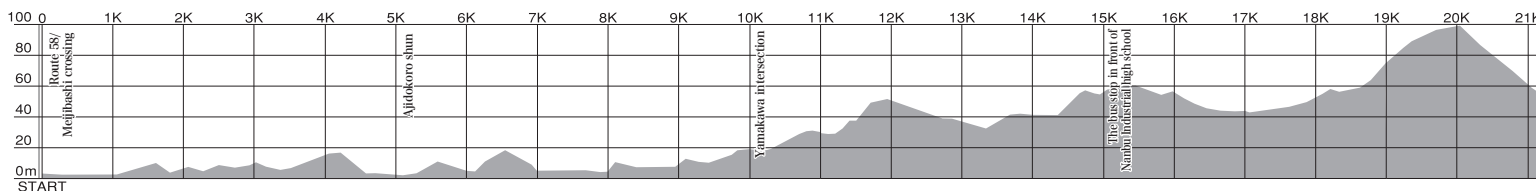
This free taping service is available for feet only.

Massage(10:00am to 3:30pm)

After the race, if you take a massage, Please change your clothes before tale it.

Line up block

Ablock	1 ~ 450
Bblock	451 ~ 1350
Cblock	1351 ~ 2650
Dblock	2651 ~ 4800
Eblock	4801 ~ 6750
Fblock	6751 ~ 9500
Gblock	9501 ~ 12100
Hblock	12101 ~ 14200
Jblock	14201 ~ 16000
Kblock	16001 ~ 19200
Lblock	19201 ~ 26600

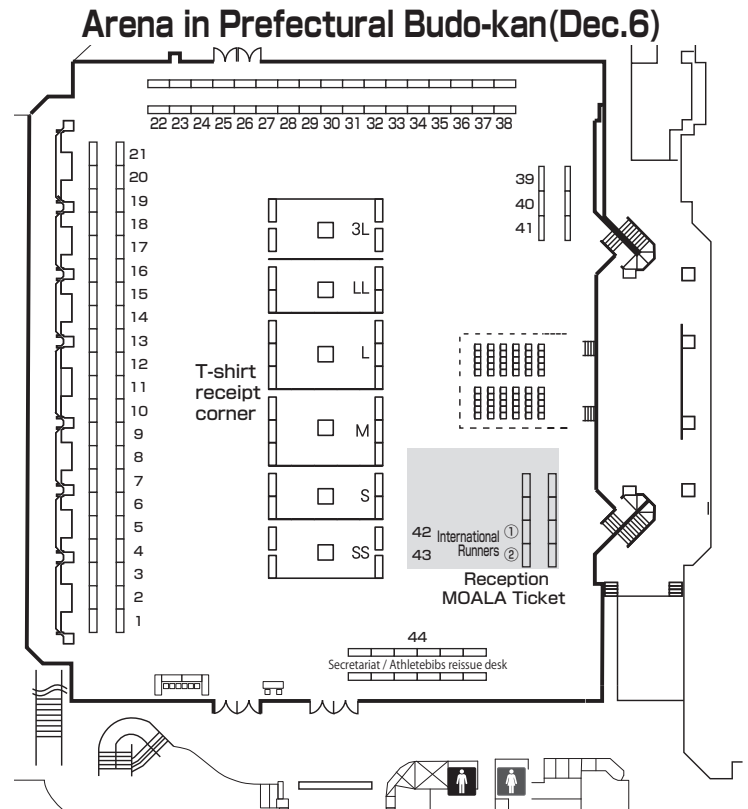


Reception

December 6, 2025(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.

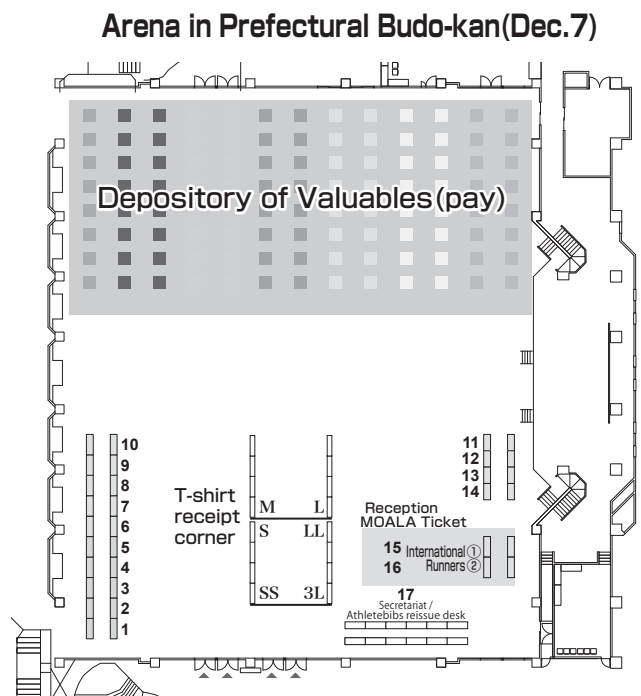
1	1~649	21	13000~13649	41	26000~26600
2	650~1299	22	13650~14299		
3	1300~1949	23	14300~14949		
4	1950~2599	24	14950~15599		
5	2600~3249	25	15600~16249		
6	3250~3899	26	16250~16899		
7	3900~4549	27	16900~17549		
8	4550~5199	28	17550~18199		
9	5200~5849	29	18200~18849		
10	5850~6499	30	18850~19499		
11	6500~7149	31	19500~20149		
12	7150~7799	32	20150~20799		
13	7800~8449	33	20800~21499		
14	8450~9099	34	21450~22099		
15	9100~9749	35	22100~22749		
16	9750~10399	36	22750~23399		
17	10400~11049	37	23400~24049		
18	11050~11699	38	24050~24699		
19	11700~12349	39	24700~25349		
20	12350~12999	40	25350~25999		

Reception MOALA Ticket	
42	International Runners① 1~13300
43	International Runners② 13301~26600
44	Secretariat, Athletebibs reissue desk



1	1~1949	9	15600~17549		
2	1950~3899	10	17550~19499		
3	3900~5849	11	19500~21449		
4	5850~7799	12	21450~23399		
5	7800~9749	13	23400~25349		
6	9750~11699	14	25350~26600		
7	11700~13649				
8	13650~15599				

Reception MOALA Ticket	
15	International Runners① 1~13300
16	International Runners② 13301~26600
17	Secretariat, Athletebibs reissue desk



■Paid Baggage Storage Service

On race day, paid baggage storage is available at the venue for all participants.

Location: Budokan Arena Building (race day only)

Storage Fee: ¥500 (cash only - exact change appreciated)

Drop-off Time: 6:00 AM - 8:30 AM

Pick-up Time: Until 5:00 PM

Accepted Size: Items that fit in the official storage bag

(Approx. H90cm × W80cm × D15cm / Capacity: 70L)

Storage and pick-up are managed by athlete bib number

Important Notes

Please do not store fragile items, large amounts of cash, or valuables.

The official storage bag will be provided at drop-off. Items that do not fit cannot be accepted.

A **free baggage area** is available at the Youth Baseball Field in Onoyama Park.

Please refer to the venue map for details.

■Free Baggage Area - Usage Guide

On race day, a free baggage area will be available at the Youth Baseball Field in Onoyama Park. Please follow the guidelines below:

How to Use

Simple racks labeled A-L will be set up at the site.

Place your baggage on the rack that matches the **letter printed on your athlete bib**.

Please clearly label your baggage with your **bib number, name, or a name tag**.

※To prevent mix-ups, clear labeling is required.

Staff will be present near the area, but **you are responsible for managing your own baggage**.

Important Notes

This free baggage area is **exclusively for marathon participants**.

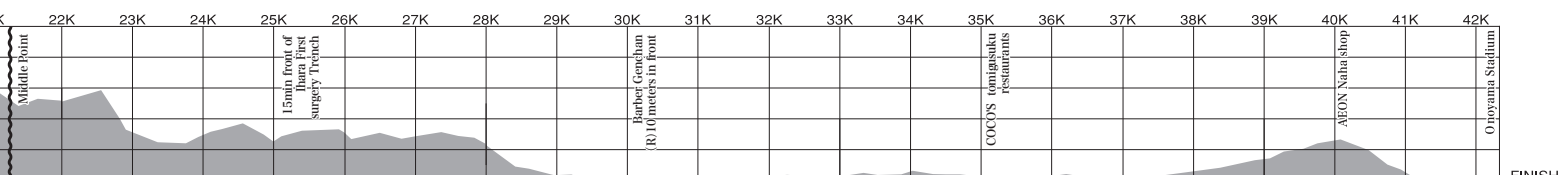
The area is **unlocked and freely accessible**.

Do not store **valuables, fragile items, or large amounts of cash**.

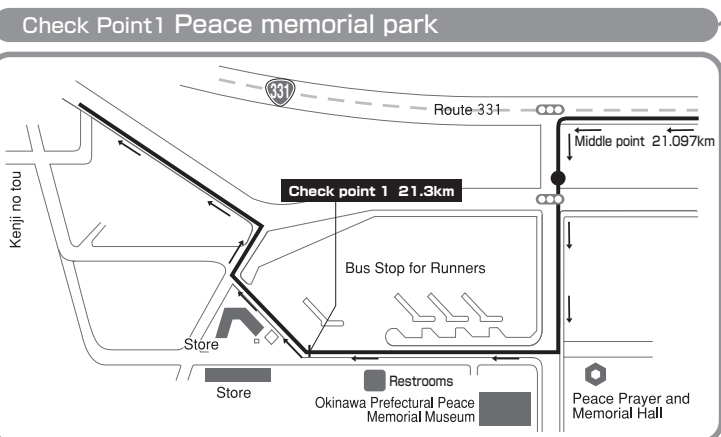
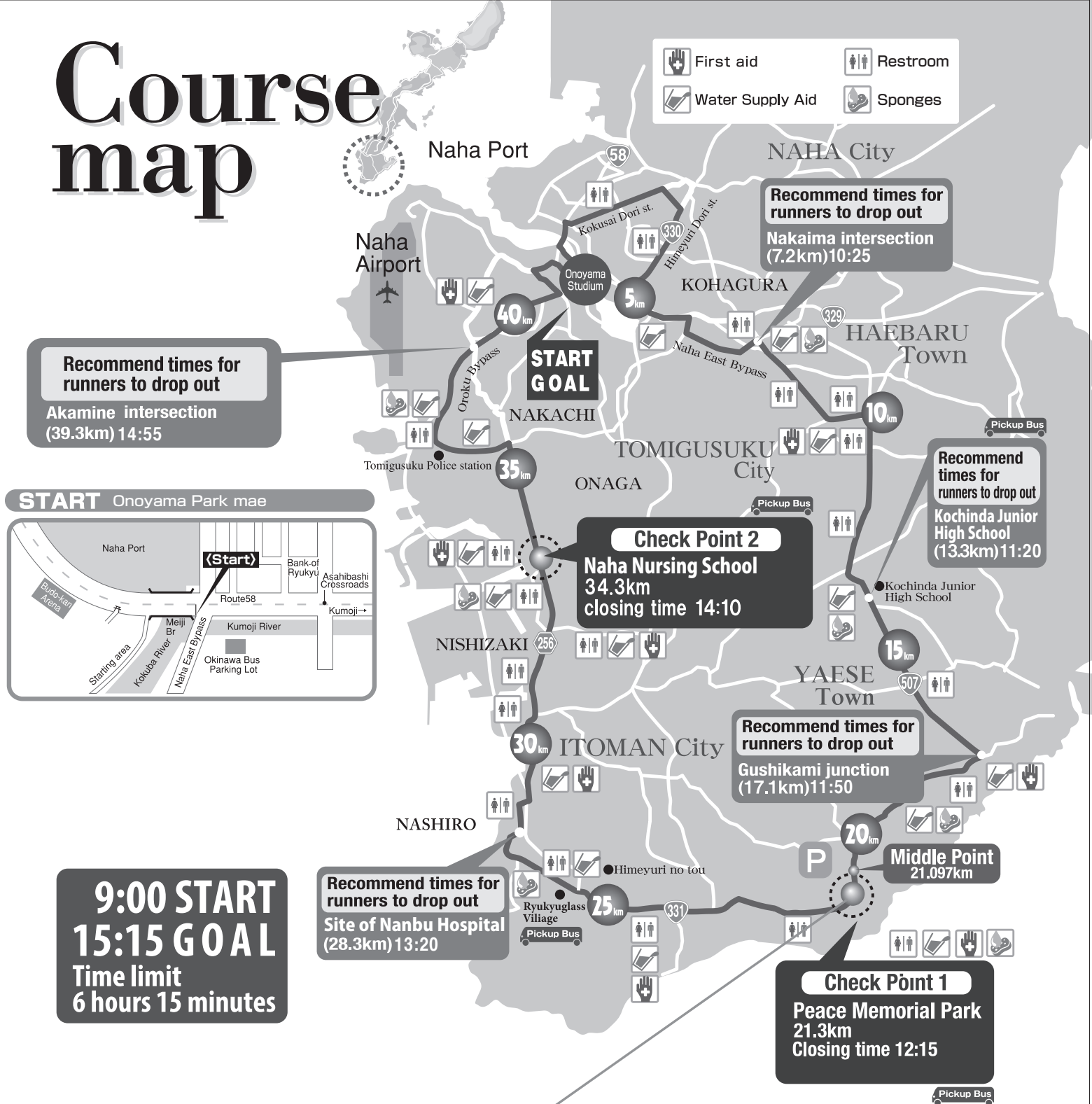
The organizer is **not responsible for any loss, theft, or damage**.

For security reasons, we recommend storing only essential items.

※If you prefer a secure, managed storage service, please use the **paid baggage storage** at the Budokan Arena Building (managed by athlete bib number).



Course map



Traffic regulation information English support

■ for inquiries

050-3786-7855

■ term 2025/12/5~12/7

■ time

12/5	9am~6pm
12/6	9am~9pm
12/7	6am~4pm

Only 12/7 English support 8am~4pm

Schedule

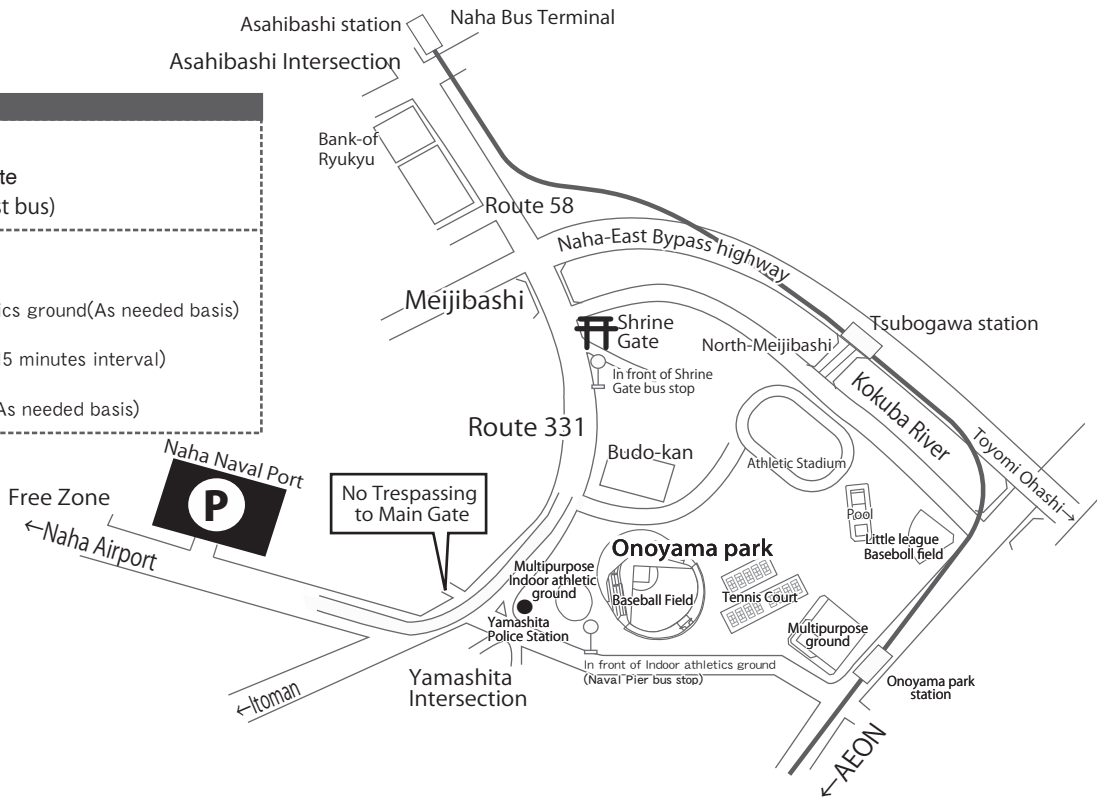
December 6, Saturday		December 7, Sunday	
10:00~20:00	Reception for Runners at arena Prefectural Budo-kan	05:00	Parking lots in the Naha Naval Port Open
13:30~14:00	Opening Ceremony at arena Prefectural Budo-kan	08:10	Meiji Bridge closed to traffic
15:30~16:00	Miki Shimura Talk Event	08:30	Line up for 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 6, Sat.
Naha Naval Port ⇄ In front of Shrine Gate
■ Service hour : 9:00 am to 8:15 pm (last bus)

December 7, 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 andnext to Free Zone (near Naha Naval Port) on December 6, Saturday & December 7, Sunday.
- Hours : Saturday, December 6 - 9:00 am to 8:30 pm
Sunday, December 7 - 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

	38 th Race 2024.12.1	37 th Race 2023.12.3	36 th Race 2022.12.4
	(Sunny) Rate of Finishers 65.62%	(Cloudy) Rate of Finishers 72.68%	(Sunny) Rate of Finishers 67.84%
Temperature(°C)	22.1°C	21.5°C	24.9°C
Humidity (%)	54%	61%	82%

■Reception for Runners

Time: Saturday, December 6, 10:00~20:00
Place: Arena in Prefectural Budo-kan in Onoyama Park.
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.
※ 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 2025 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 10:25am
 - 13.3km point [kochinda junior high school] at 11:20am
 - 17.1km point [Gushikami junction] at 11:50am
 - 28.3km point [Site of Nanbu Hospital] at 13:20pm
 - 39.3km point [Akamine intersection] at 14:55pm.
- ※ 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.

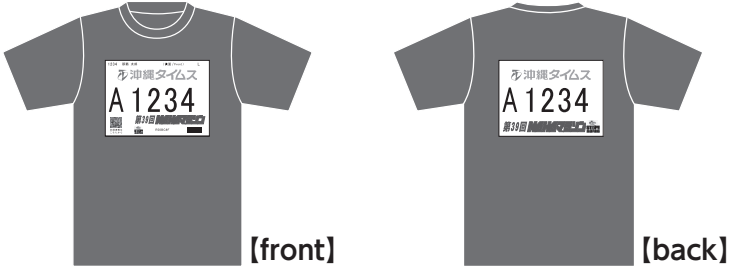
■Athletebibs

- 2 Athletebibs (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.



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.



下記の欄に日本語または英語で記入ください。
You must fill out the form below either in Japanese or English.

1. 緊急連絡先 / 緊急連絡先 (Emergency contact)
姓 名 姓 名 姓 名
Name Last First Middle

2. 緊急連絡先電話番号 / 緊急連絡先電話番号 (Emergency telephone number)

3. 宿泊先 / 宿泊先 (Address in Okinawa) (Accommodation) (ホテル名と部屋番号を記入してください)

4. 宿泊先番号 / 宿泊先電話番号 (Phone number of accommodation)

5. 既往病 / 既往病 (Pre-existing medical conditions)

6. 服用中 / 服用中 (Medicines / Medicines)

7. 医師に記入していただきます (Additional info for doctor: 持病等の薬の服用状況)

記入して頂いた情報は、レース中に救急隊が使用した場合は医師に提供します。

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.

■BibTag 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		
1	5.1km	Blue-port Kohagura S/S・Sakihama
2	11.1km	Kochi no sato
3	17.1km	JA Okinawa Gushichan store
4	21.3km	Check Point 1 (Peace Memorial Park)
5	24.6km	Yubi-do Parking
6	29.4km	Town Plaza Kanehide Maezato Store
7	34.3km	Check Point 2(Naha Nursing School)
8	36.0km	Azuma Nissan Motors
9	40.0km	AEON Naha

Sponges		
1	8.5km	Family mart Tsukazan minami
2	13.3km	Kochinda Junior High School
3	18.2km	Taira Construction Company
4	21.3km	Check Point 1 (Peace Memorial Park)
5	26.2km	Ryukyu Glass
6	33.2km	Toyotown Itoman Store
7	37.4km	Tsurumaru Udon

■Lavatory

- There are 19 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

- The NAHA Marathon is made possible through the generous support of our sponsors. Please wear your athlete bib without folding, covering, or altering the sponsor logos in any way.
- 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.



NAHA MARATHON

Self-report Form

Please fill out this form to participate in the Naha Marathon.

You are responsible for your own safety and enter this event at your own risk.

(A) Please make sure that you do not have any of the following symptoms listed below before the race. If you have any of these symptoms, please consult your doctor and take a health checkup or cardiac testing.

- 1, Have you ever been diagnosed with certain heart disorders(cardiac infarction, angina, cardiomyopathy, valvular disease, irregular pulse,..etc)? or Are you undergoing treatment for these cardiac diseases?
- 2, Have you ever had a sudden loss of consciousness?
- 3, Have you ever had chest pain or felt dizzy during exercise?
- 4, Have any of your family members passed away of heart-failure.
- 5, If you have not taken any health checkup for over a year.

(B) These symptoms are said to be the risk factor of cardiac infarction and Angina.
If you have any of these symptoms, please consult your doctor.

- 6, High blood pressure
- 7, A high level of blood sugar (diabetic)
- 8, A high level of LDL cholesterol and neutral fat in the blood (dyslipidemia)
- 9, Smoking habit

Doctors would give you appropriate advice for your health. We would like to recommend that you find a doctor who can be trusted and consulted your health condition before the race.



Reference materials: Japan Association of Athletics Federations Check Sheet (before the race)



NAHA MARATHON

Pre-race health check list

In the interests of your safety, please check your condition before the race.

If you have any of these symptoms listed below, you are not allowed to run in the race today.

1. I am feverish. I have a fever.
2. I feel tired or weary.
3. I did not sleep well last night.
4. I have the symptoms of the common cold
(fever, headache, sore throat, running nose)
5. I did not have enough breakfast or take enough water.
6. I have chest pain or a backache, having palpitations or short of breath.
7. I have an abdominal pain and nausea, and suffering from diarrhea.
8. I have no race plan because of my health condition.



Important Notes (During the race)

Lack of water in your body may cause stroke, heart attack or heatstroke. In order to avoid dehydration, please frequently drink liquids. The final dash also puts a heavy tax on the heart. Enjoy your race.

Please look on the reverse side of your Athletebibs and write down your information like an emergency contact number.



Front

Sample

NAHAマラソン			
下記の欄に日本語または英語でご記入ください。 下欄請以日文或英文填寫 You must fill out the form below either in Japanese or English.			
1. 緊急連絡先 / 緊急聯絡人 / Emergency contacts			
相手先氏名 Name	姓 Last	名 First	Middle
2. 緊急連絡先電話番号 / 緊急聯絡人的電話號碼 / Emergency telephone number			
3. 宿泊先名 / 住宿飯店名 / Address in Okinawa (Hotel / Accommodation) (ホテル等をご利用の方はご記入下さい)			
4. 宿泊連絡先 / 住宿飯店電話號碼 / Phone number of accommodation			
5. 既往病 / 既往症 / Pre-existing medical conditions			
6. 服用できない医薬品 / 不能服用之藥品 / Drug Allergies			
7. 医師に伝えたいことはありますか / Additional info. for doctor / 有無須向醫療人員申報事項			
記入して頂いた情報は、レース中に事故等が発生した場合の緊急時に利用します。			

Back