

## Schedule

November 30 <sup>th</sup> , Saturday	
13:00~20:00	Reception for Runners at arena Prefectural Budo-kan
13:30~14:00	Opening Ceremony at arena Prefectural Budo-kan

December 1 <sup>st</sup> , Sunday	
05:00	Parking lots in the Naha Naval Port Open
08:10	Meiji Bridge closed to traffic
08:20	Line up for start along the river in Ohnoyama Park
08:30	Move to starting line after enforcement of traffic controls
09:00	☆Start☆
13:00	Award Ceremony for the best 10 runners (male & female)
15:15	☆Goal☆
15:30	Closing Ceremony

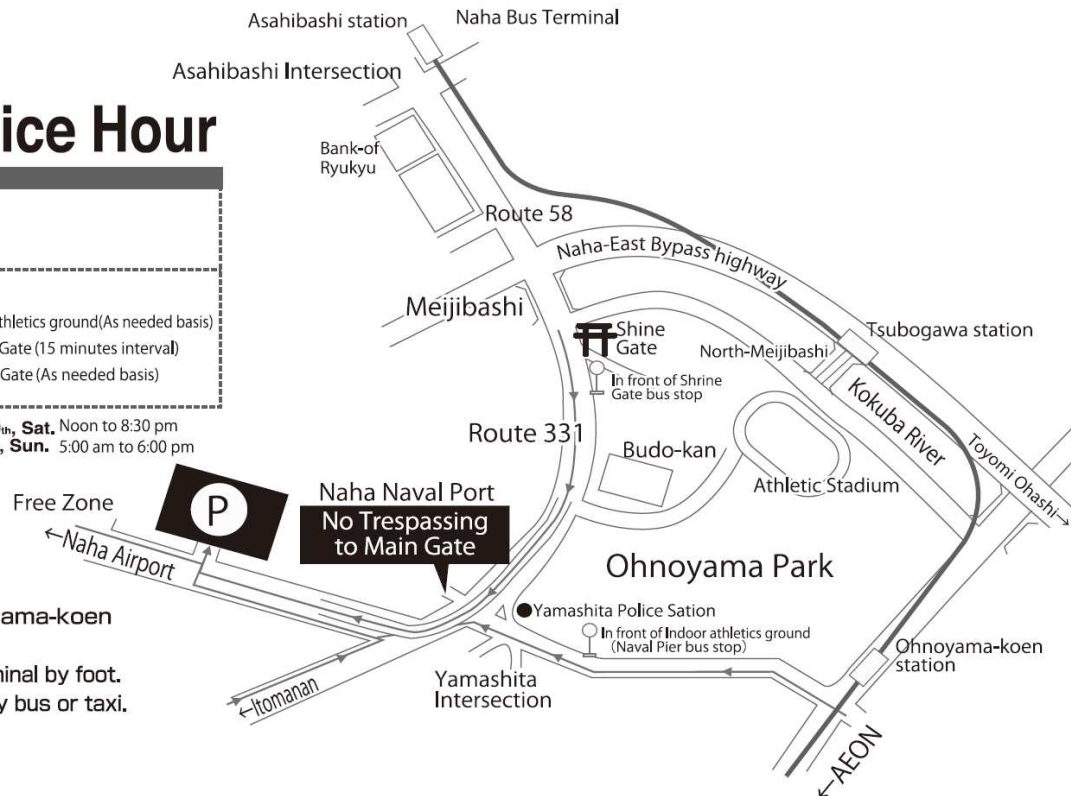
## Shuttle Bus Service Hour

Shuttle Bus Service Hour	
<b>November 30<sup>th</sup>, Sat.</b>	
Naha Naval Port ⇄ In front of Indoor athletics ground	
■ Service hour : Noon to 20:15 pm (last bus)	
<b>December 1<sup>st</sup>, Sun.</b>	
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

November 30<sup>th</sup>, Sat. Noon to 8:30 pm  
December 1<sup>st</sup>, Sun. 5:00 am to 6:00 pm

- Leave at Tsubogawa station or Ohnoyama-koen station when you use Yui-rail.
- About 10 minutes from Naha Bus Terminal by foot.
- About 10 minutes from Naha Airport by bus or taxi.



## Access

- Yui Rail of Okinawa Urban Monorail: 1-minute walk from Tsubogawa Station or Ohnoyama-koen Station.  
※ For fare and schedule, see <http://www.yui-rail.co.jp/> or call Okinawa Urban Monorail .
- Bus :  
  - ※ Local line - Take No.9, Oroku-Ishimine Line for Oroku and leave at Koenmae
  - ※ Extra Urban Line - Take No. 25, No.99, No.113 (all to Naha Airport and leave at Koenmae).  
Take No.33 & 46, Itoman-Nishihara Line; No.89, ItomanLine (leaving at Koenmae). No. 101, Heiwadai-Aja Line (leaving at Ohnoyama Koen).
  - ※ Leave at Naha Bus Terminal if you use the other Lines and walk 10 minutes.

## Parking

- Extra parking lots are available at Westside of Naha Naval Port and next to Free Zone (near Naha Naval Port) on November 30<sup>th</sup>, Saturday & December 1<sup>st</sup>, Sunday.
- Hours : Saturday, November 30<sup>th</sup> - Noon to 20:30 pm  
Sunday, December 1<sup>st</sup> - 5:00 am to 18:00 pm

### ~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, November 30th 13:00~20:00

Place : Arena in Prefectural Budo-kan in Ohnoyama 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.

## ■ 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.

## ■ 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.

## ■ 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 the middle point of the time limit 25km 30km 35km 40km (at 33.2km), 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 (33,2km); 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.

## ■ Line Up for Start at 8:20 AM

- Runners must line up at the specified area by 8:20 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 8:30 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 8:20 AM, please line up at the end of the queue for start.

## ■ Start at 9:00 AM

- The starting point is Meiji-Bashi intersection on Route 58. The race will start at 9:00 am.
- ※ There will be approximately 25 thousand runners starting concurrently. 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.

## ■ Control Gate [Time Limits for Race]

The following are the control gates and their time limits

- Halfway Point (21.3Km): Peace Memorial Park - 12:15 pm
- 33.2km point, at Ahagon crossing, Itoman city - 14:00 pm
- Finishing goal at the Second Gate of Ohnoyama Athletic Stadium - 15:15 pm
- ※ 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.
- ※ The recommended times for runners to drop out of the race would be at the 7.2km point [Nakaima intersection] at 10:30am, the 13.3km point [Kochinda junior high school] at 11:35am, the 17.1km point [Gushikami junction] around noon, the 28.3km point [Nanbu Hospital] at 13:30pm, and the 39.3km point [Akamine intersection] at 15:00pm.
- ※ 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.

## ■ 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 2013 of the Japan Association of Athletics Federations



## ■Water supply, Aid stations, Sponges

There are 15 points of water supply, aid stations, and sponges on the racecourse as outlined below:

Water Supply & Aid Stations			Sponges	
1	5.2 km [Water supply only]	– In front of Uchihara Dental Clinic – Yoshinaga new building materials	8.5km	Family Mart Tsukazan store
2	11.1km	Kochi no sato	13.3km	Kochinda Junior High School
3	17.2km	JA Okinawa Gushichan store	18.2km	Taira hardware store
4	21.3km	Halfway Point (Peace Memorial Park)	21.3km	Halfway Point (Peace Memorial Park)
5	24.6km	Yubi-do Parking	26.2km	Ryukyu Glass
6	29.4km	– Town Plaza Kanehide Maezato Store	33.2km	Second point for time limit ahagon crossing, Itoman
7	34.9km	Alehouse 「Gen」	37.4km	Grilled meat 「Goen」
8	40.0km	In front of AEON Naha		

## ■Distance Indicator

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

## ■Lavatory

- There are 19 lavatories on the course.

## ■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.

## ■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.

## ■Weather in the past 3 years

	28 <sup>th</sup> Racec 2012. 12. 02	27 <sup>th</sup> Racec 2011. 12. 04	26 <sup>th</sup> Racec 2010. 12. 05
	(Rain) Rate of Finishers 72.5%	(Sunny) Rate of Finishers 71.11%	(Sunny) Rate of Finishers 71.98%
Temperature (°C)	21.0°C	21.3°C	21.7°C
Humidity (%)	91.5%	62%	62%