

KYOTO MARATHON 2019



Thank you for applying for the Kyoto Marathon 2019. Please read through this guide so you will be prepared ahead of time and able to perform at your best on race day. All staff and volunteers for the Kyoto Marathon are looking forward to meeting you.

Event Schedule

Runner Check-in	February 15 (Fri.)	11:30 – 20:00 (Last entry)	● Runner Check-in	Miyakomesse 1F & 3F
	February 16 (Sat.)	10:30 – 19:00 (Last entry)	● Okoshiyasu Welcome Square	
On the Day of the Event	February 17 (Sun.)	6:50	Changing Rooms / Changing Area Open	Nishikyogoku Athletic Park
		6:50 – 8:15	Baggage Check-in	
		8:00 – 8:44	Runners Lineup	
		8:45	Starting Ceremony	S-F Block: Athletic Stadium G-K Block: Sub-Athletic Stadium
		8:55	Wheelchair Race Start	
		9:00	Marathon and Pair-Ekiden Start	Miyakomesse 3F In front of Heian-jingu Shrine
		13:00	Marathon Award Ceremony	
		15:00	Marathon and Pair-Ekiden Finish	

Latest Information / Inquiries etc.

Official event website

<https://www.kyoto-marathon.com/>

[Kyoto Marathon](#) [Search](#)

Runner Call Center

Weekdays until February 14 (Thu.)09:30 – 17:30 Tel: 06-6252-4009
 February 15 (Fri.)09:30 – 17:30 Tel: 06-6252-4009
 February 16 (Sat.)10:00 – 20:00 Tel: 080-2445-9347
 February 17 (Sun.)06:00 – 17:00 Tel: 080-2445-9347

Final decision of the event

Final decision date and time:
February 17 (Sun.)
5:00 am

The Kyoto Marathon will be held rain or shine, but in the event of a disaster, severe weather, high water, etc. the marathon may be canceled. Announcements on whether the event will be held or canceled will take place on the day of the marathon (February 17) as below.

-Web 5:00 am on the official marathon website: <https://www.kyoto-marathon.com>
 -Radio stations 5:00 am on α-STATION (FM Kyoto) FM89.4MHz
 Around 6:10 am on KBS Kyoto Radio AM1143KHz/FM94.9MHz

[Kyoto City Web](#) [Search](#)

*If the marathon is canceled, an announcement will also be made on the Kyoto City Information website: <http://www.city.kyoto.lg.jp/>

Runner questionnaire

In order to keep improving the Kyoto Marathon, we need your feedback. After you complete the Kyoto Marathon, please complete the survey sent to you via email from JTB. We appreciate your cooperation.

Runner Check-in – February 15 (Fri.) / February 16 (Sat.)

Date and Time

Check-in hours extended for one hour on Friday

February 15 (Fri.) 11:30 – 20:00 (last entry)

February 16 (Sat.) 10:30 – 19:00 (last entry)

*No check-ins will be allowed after the above closing times, even if public transportation is running late. Please leave yourself plenty of time.

*No check-ins will be accepted on the day of the event, Sunday, February 17.

- Each runner must show up in person for check-in (no proxy check-in).
- Any participant with a disability who intends to run with an escort runner is required to bring their physical disability certificate or rehabilitation certificate, and must be accompanied by the escort runner when checking in.

Venue

Miyakomesse 1F

(Miyakomesse: 9-1, Okazaki Seisho-cho, Sakyo-ku, Kyoto City)

Finish area on day of event



What to Bring

① Number Card Voucher

*If your voucher has to be reissued because you have lost, forgotten, or for any other reason do not have your voucher, you will be charged a ¥200 fee.

② Personal Identification (copies not allowed) *Please bring one of the following.

- Passport •Health Insurance Card •Basic Resident Register Card
- Residence Card •Pension Handbook •Driver's License •Certificate of Residence
- Special Permanent Resident Certificate •Student ID-Card

Number Card Voucher

Runner Check-in Flowchart

ID check (identity verification)

Runners receive number cards, participation prizes, etc.

Kyoto Marathon Okoshiyasu Welcome Square (Miyakomesse 1F and 3F)

What to Receive at Runner Check-in

① Number card (marathon bib)



- Number cards (marathon bibs) will not be reissued. **Be sure to attach them to your chest and back. Runners who do not have both attached will be disqualified.**
- For those participating with an escort, their escort will be given an escort number card.
- You will be given a sticker for your bag for personal items (see ③), safety pins (8), a pre-start checklist, and a timing chip return envelope as well.
- Your nickname is displayed 1.3x larger than before! **New!**

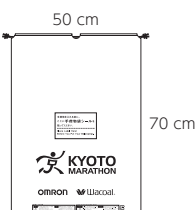


② Kyoto Marathon Bag sticker



- Please be sure to apply the sticker in the center of the baggage bag (see ③) the day before.
- We recommend that you apply the sticker before putting in baggage.

③ Kyoto Marathon Bag for personal items



- Baggage checked in at the Starting Area will be returned at the Finish Area.
- Please tie the cord at the mouth of the bag tightly so that the contents do not come out.
- Your baggage must not contain valuables, fragile items, living things, long umbrellas (foldable umbrellas are acceptable), hazardous items, etc. Please note that we cannot accept responsibility if valuables are lost.

- Items that don't fit in the baggage bag can be sent for a fee to the Finish Area or your home (in Japan only) at the baggage check-in area located at the Starting Area.

④ Participation prize: Kyoto Marathon 2019 Original Multi-functional Neckwear (CW-X)



- This multi-functional running accessory can be used as a neck warmer, a bandanna, and even as wristband.
- Please also wear it as a measure against the cold on the day of the event.

Provided by: Wacoal Corp.

⑤ Event program



- Official program includes various information about the event, such as a participant list, precautions, a roadside support map, etc.

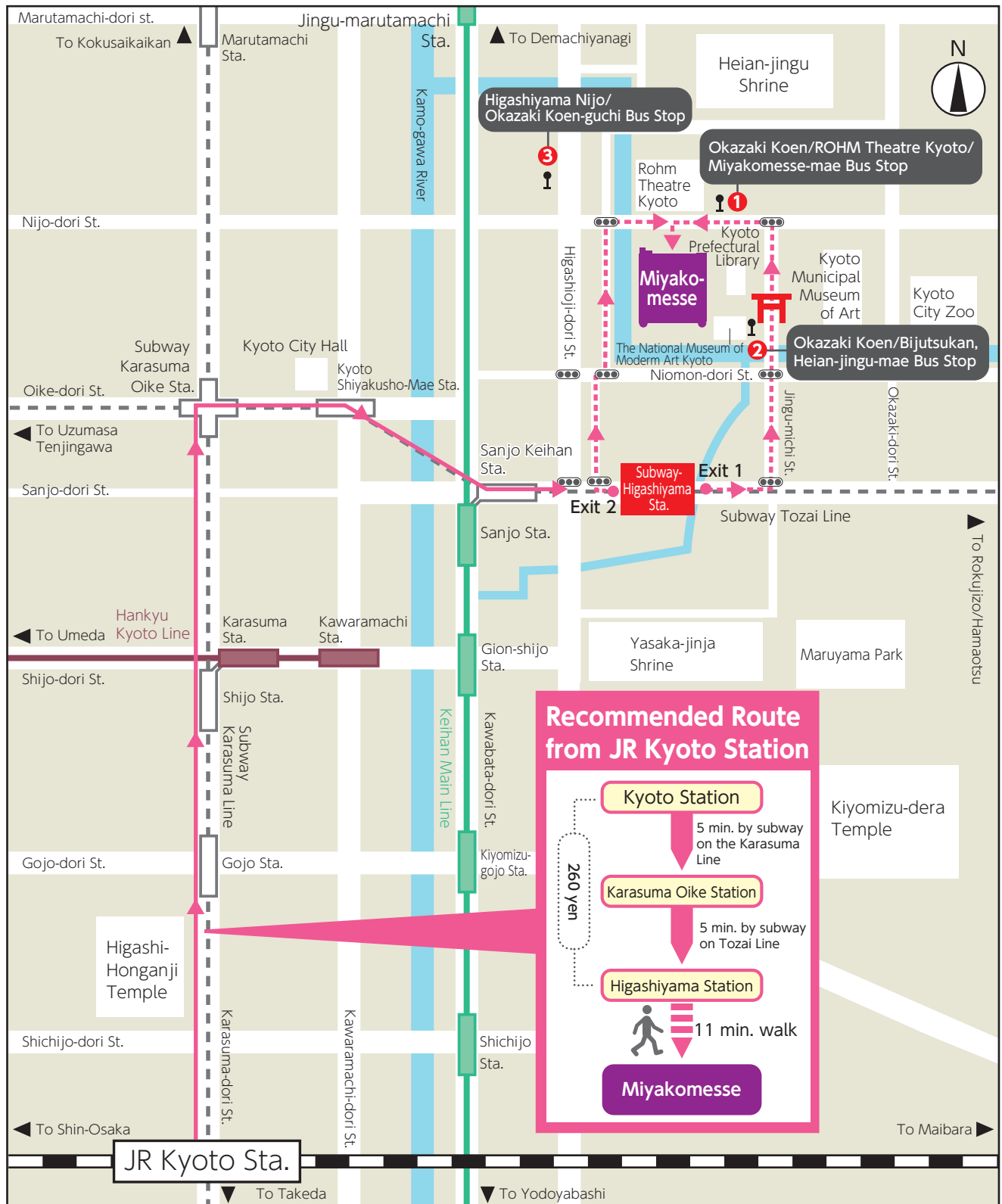
⑥ Poncho



- Free ponchos will be distributed together with the other items to help runners combat the rain and cold weather on the day of the race.

Check-in Area Access - February 15 (Fri.) / February 16 (Sat.)

Please be sure to come by public transportation.



Using Kyoto City Buses from Hankyu Kawaramachi Station (230 yen)

#32 Bus towards Heian-jingu Shrine/Ginkaku-ji Temple
#46 Bus towards Gion/Heian-jingu Shrine
A short walk from the stop ① (Okazaki Koen ROHM Theatre Kyoto/Miyakomesse-mae)

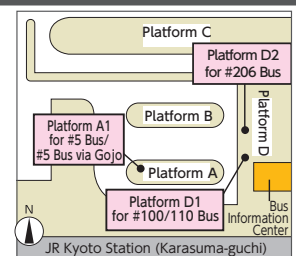
#5 Bus towards Ginkaku-ji Temple/Iwakura
A short walk from the stop ② (Okazaki Koen/Bijutsukan, Heian-Jingu-mae)

#31 Bus towards Takano/Iwakura
#201 Bus towards Gion/Hyakumanben
#203 Bus towards Gion/Kumano/ Ginkaku-ji Temple
Get off at the stop ③ (Higashiyama Nijo/Okazaki Koen-guchi) and walk approx. 5 minutes.

Using Kyoto City Bus from JR Kyoto Station (Karasuma-guchi) (230 yen)

#100 Bus towards Kiyomizu-dera Temple/Ginkaku-ji Temple
#110 Bus towards Gion/Heian-jingu Shrine
#5 Bus/#5 Bus via Gojo towards Ginkaku-ji Temple/Iwakura
A short walk from the stop ② (Okazaki Koen Bijutsukan, Heian Jingu-mae)

#206 Bus towards Gion/Kitaoji Bus Terminal
Get off at the stop ③ (Higashiyama Nijo/Okazaki Koen-guchi) and walk approx. 5 minutes.



KYOTO MARATHON 2019



Held at Miyakomesse

Free Admission

Okoshiyasu Welcome Square

February 15 (Fri.) 11:30 – 20:00 (Last admission)

February 16 (Sat.) 10:30 – 19:00 (Last admission)

A variety of enjoyable attractions for both runners and the general public take shape in the form of sponsor booths, traditional tea stalls, and food stalls run by distinguished restaurants in Kyoto. Bring your friends and family for a great time at the Okoshiyasu Welcome Square.

*On the day of the marathon (Sunday, February 17), the area is reserved for runners.

Omotenashi Food Stalls

おもてなし屋台



Ticket sales for the temporary city buses traveling directly to the starting area from JR Kyoto Station

**First
1,750
passengers
only**

6:25–6:50 (taking approx. 15–20 min)

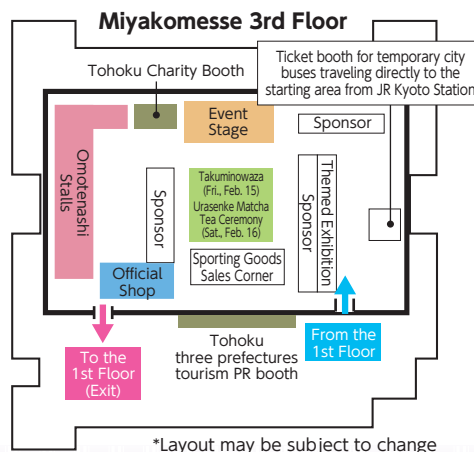
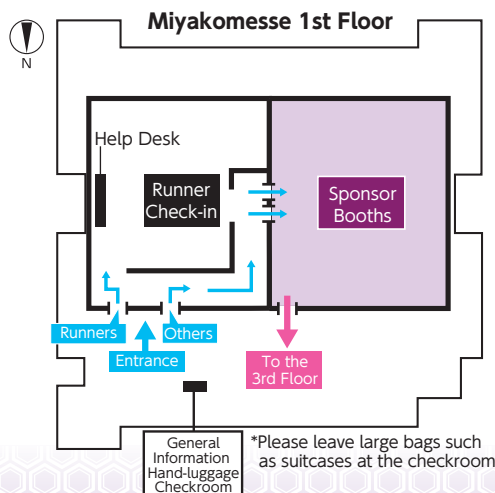
*Kyoto City Bus, Kyoto Station Bus Terminal - departing from C5 (Non-stop service, anticipated availability 35 buses)

Tickets (230 yen) will be on sale at the Kyoto Marathon Okoshiyasu Welcome Square (Miyakomesse 3F).

*Buses will be fixed route buses thanks to the cooperation of the Kyoto Municipal Transportation Bureau.

*Please be aware that tickets will not be sold on the day of the race.

*During crowded times seats may not be available.

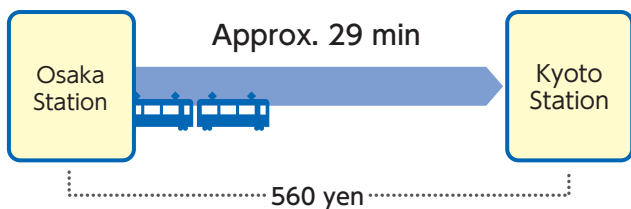


Access to the Starting Area – February 17 (Sun.)

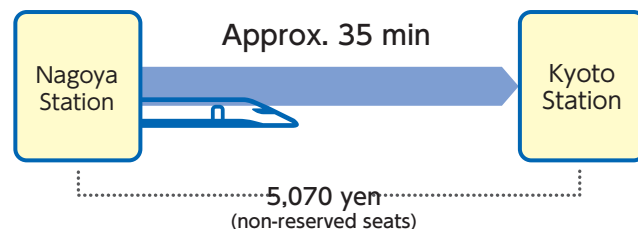
Please allow plenty of time to reach the starting area (as organizers of the race will not be responsible for public transportation and road delays).

Access to JR Kyoto Station

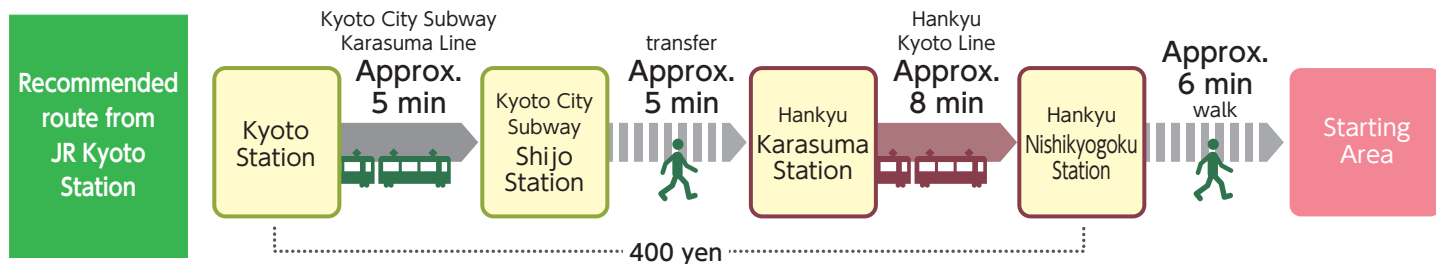
Access from Osaka area (by Special Rapid service)



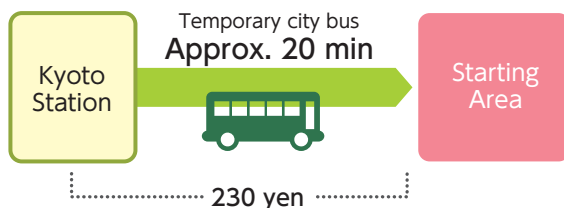
Access from Nagoya/Tokai area (by Shinkansen)



Access to the Starting Area from JR Kyoto Station



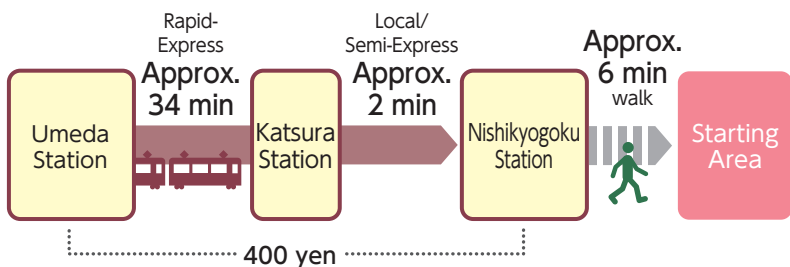
Temporary city bus traveling directly to starting area from JR Kyoto Station



Please purchase in advance a ticket for the temporary city bus traveling directly to starting area from JR Kyoto Station. See p.3 for details.

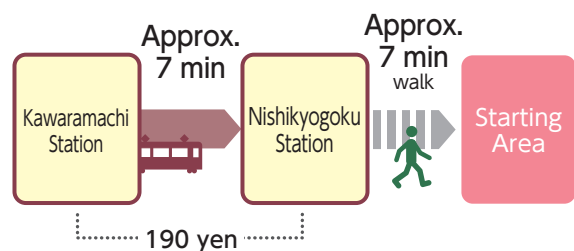
Access to the Starting Area from Hankyu Umeda Station

Access from Hankyu Umeda Station (by Rapid-Express)

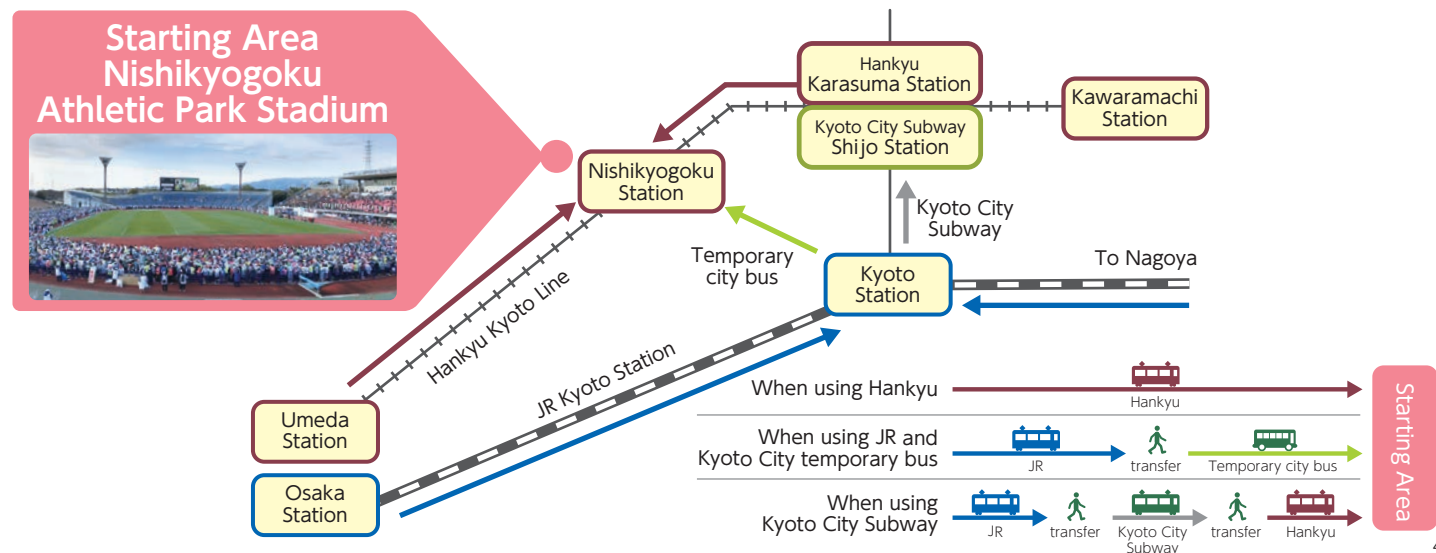


Access to the Starting Area from Hankyu Kawaramachi Station

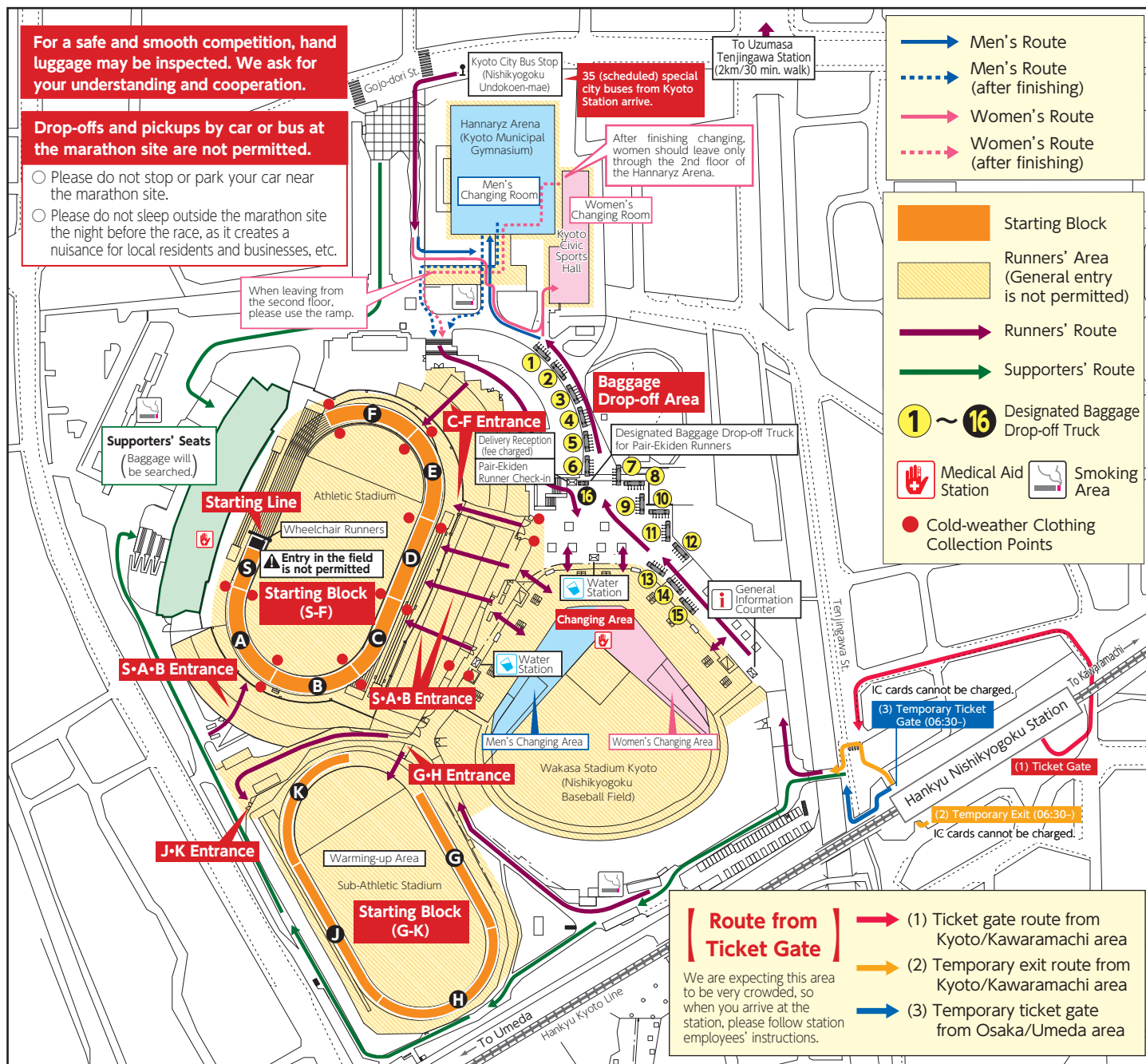
Access from Hankyu Kawaramachi Station



*Hankyu Railway will run on a temporary schedule. See the marathon website for schedule information.



Starting Area



Schedule

- 6:50 Changing Rooms Open
- 6:50 Baggage Drop-off (until 8:15)
- 8:00 Runners Lineup (until 8:44)
- 8:45 Starting Ceremony
- 8:55 Wheelchair Race Start
- 9:00 Marathon and Pair-Ekiden Start

Regarding the Moment of Silence

During the Starting Ceremony, there will be a moment of silence for the victims of the Great East Japan Earthquake, a prayer for the people who passed away and for the steady recovery of the affected regions. We ask that all staff, runners, and supporters remain silent during the prayer.

What to Bring

- Number card (2 marathon bibs, front and back)
- Kyoto Marathon Bag for personal items
- We recommend bringing a small amount of cash (around 1,000 yen) in case of emergencies, for the train, bus or other form of transportation.
- (For those who need it) Cold-weather clothing
Clothing that could be collected to be reused or recycled (See bottom of p. 6).

Changing Clothing

Changing Area (Unisex)

[Wakasa Stadium Kyoto (Nishikyogoku Baseball Field)]

Please use this area for light changes, such as taking off your outerwear.

6:50 - 8:30

Men's Changing Room

[Hannaryz Arena (Kyoto Municipal Gymnasium)] **6:50 - 8:30**

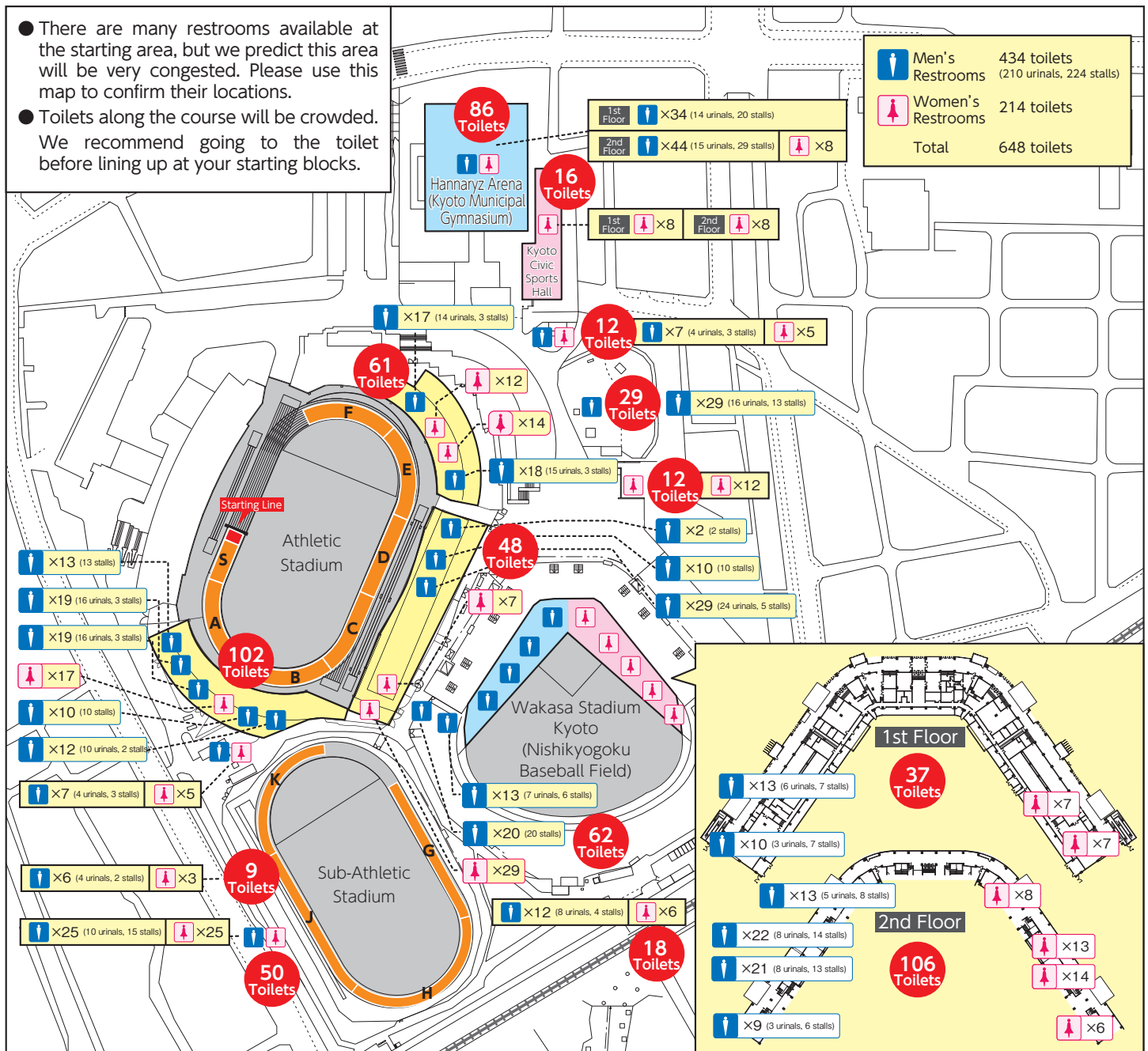
Women's Changing Room

*Shoes must be removed
[Kyoto Civic Sports Hall 2nd-floor Gym] **6:50 - 8:30**



Starting Area Restrooms

- There are many restrooms available at the starting area, but we predict this area will be very congested. Please use this map to confirm their locations.
- Toilets along the course will be crowded. We recommend going to the toilet before lining up at your starting blocks.



Designated Baggage Drop-off

6:50 – 8:15

- Items will not be accepted outside of the above time period.
- Checked bags are not available until the end of the race.

Starting Block

8:00 – 8:44

- 8:44 is the closing time for runners from every block to be at the starting line.** Please give yourself extra time to reach your starting block area.
- If you do not reach the lining-up area before this time you risk being placed at the back of the line.
- If you miss the start time, you will not be allowed to participate.**

(Example)



Collection of Cold-weather Clothing

- In order to keep warm before the start signal is given, you can wear a sweater, jacket, or other clothing that you don't need any more while each block is being readied.**
- Please hand in your clothing at the collection point, clothing will also be collected after the start of the Wheelchair Race at designated collection points, or by staff carrying bags for clothing collection.
- Clothing that is collected will be donated for reuse or recycling, it will not be returned.**
- Your number cards (marathon bibs) must be shown to the staff at the AD check gate and at the entrance to your starting block.
- The poncho you received at check-in should be thrown away into garbage bins, not into the clothing collection areas.

Important Points before Starting

- The Kyoto Marathon is managed under the Japan Association of Athletics Federations regulations 2018 as well as the rules specific to the Kyoto Marathon 2019.
- Proxies for applicants will not be permitted.
- If there is an emergency during the marathon, emergency measures will be conducted. Compensation for injuries that occur during the marathon will fall under the purview of the marathon's insurance.

Health Check

- Before the race, be sure to read the **Pre-Start Checklist**, and if you do not feel well, do not force yourself to compete in the race.
- During the race, if at any time there are any unusual changes to your physical condition, please withdraw and do not try to complete the race.
- If you have just recovered from influenza or another contagious disease, then it might be in your best interest and the interests of other participants for you to abstain from participating in the race.

Clothing

- Please run in **clothing where your number card is visible** at all times.
- To ensure the safety of the 16,000 people running, **costumes are prohibited**.
*This is due to the fact costumes may make it difficult to confirm the safety of runners and prevent swift emergency treatment.
- The wearing or display of any advertisements for companies, products, trademarks, etc. at the marathon venue and on the course is not permitted.
- Weather conditions on the day of the race may vary, and the changing area on the day of the race might be very crowded. We ask participants to wear most of the clothes they plan to wear in the race from their residence or lodging to the venue, and recommend that they use the changing rooms primarily to remove cold-weather clothing.

Measures Against the Cold **Check!**

While you are racing in harshly cold weather, there is potential for hypothermia. Each person should take measures to ensure they are protected against the cold.

<Clothing>

- Please use the participation prize Multi-functional Neckwear as a headband or neckwarmer.
- Arm warmers, long tights, and other cold-weather clothing can be very helpful.
- T-shirts (long-sleeved, etc.) made of cotton might not dry quickly when you sweat. We recommend wearing a fast-drying polyester material.

<Poncho>

- A transparent poncho can help against the cold, and it is helpful as your number card (marathon bib) will still be visible. If you would like to throw either away during the race, please place it in a garbage box along the course.
- Transparent bags with holes for the head and arms will be handed out as ponchos at runner check-in. (details on p.1)
- Please use the cold-weather clothing collection area at the starting area. (details on p.6)

<Hot Cream>

- To retain body heat, hot cream can be used on thighs, back, upper arms, calves, etc.

■ What is hypothermia?

Hypothermia is a condition in which your core body temperature is lower than 35 degrees Celsius. Hypothermia is possible while running; this can happen for a variety of reasons, such as slowing your pace or loss of energy. Please be aware of this and take proper precautions.

Starting Line

- To enable a safe and smooth start, regardless of individual or group entry, or whether you are registered with the Japan Association of Athletics Federations, **the starting block is ordered based on runners' recorded times registered at the time of application. The last block is made up of runners who did not report an estimated time.**
- You cannot start from a block ahead of your designation. However, you are free to start from a block departing after your designated block. The blocks have been determined based upon the priority order shown on the right, irrespective of group entries. For those wishing to start in the same block, please join the block of the lattermost runner.

■ Priority order for the starting blocks

- (1) Runners who have registered a personal best time within the previous three years (starting blocks are ordered by these times)
- (2) Runners who have registered a predicted time (starting blocks are ordered by these times, after (1))
- (3) Runners who have registered neither a personal best time nor a predicted time

Weather records for last five years on February 17 (weather records from the Japanese Meteorological Agency)

Year	General Weather Conditions	Temperature (°C)			Precipitation Amount (mm)			Wind speed (m/s)			Daylight (h)
		Avg.	High	Low	Total	Maximum		Avg.	Max.	Peak Gusts	
						1-Hour Period	10-min Period				
2014	Overcast, sunny spells	4.0	9.6	-0.2	0.0	0.0	0.0	2.0	5.2	9.5	3.5
2015	Overcast, occasional rain, followed by sunny spells	6.6	9.1	4.6	8.5	4.5	1.0	1.3	3.9	6.7	0.4
2016	Sunny	4.7	8.6	1.8	0.0	0.0	0.0	2.6	6.7	13.1	8.6
2017	Overcast, later rain	8.6	11.7	5.6	1.5	1.5	0.5	1.3	3.8	6.9	0.0
2018	Overcast, later rain, with spells of snow and sleet	3.8	8.5	1.0	0.0	0.0	0.0	3.1	8.4	15.1	3.7

Marathon Course: Important Points

Pace Runners

- To set your running pace, three or four Pace Runners (wearing a bib & balloon) will set the pace based on the following six times.
- Pace Runners will aim to achieve their indicated time from the start to finish line. **However, these are estimated times, and actual times may differ.**

Indicated time 3 hr 30 min 4 hr 4 hr 30 min 5 hr
 5 hr 30 min 6 hr

- **Pace Runners will use the same services (toilets, water stations, etc.) as other runners.**



Medical Aid

- There are two medical aid stations at the starting area, 10 stations along the course, and three stations at the finish area.
- There will be a doctor and a nurse at each medical aid station; if you feel unwell at any time, please go immediately to a medical aid station.
- If a doctor or marathon official decides it is unsafe for you to continue the marathon for any reason, please follow their instructions.
- **Medical aid stations are set up to provide life-support and emergency medical care for injuries and illnesses that occur during the race.** The Kyoto Marathon is not responsible for any aftercare/follow-up treatment, and it is the responsibility of the individual to make sure they obtain proper medical care after the Kyoto Marathon.



Signs for Medical Aid Station

- Medical aid stations will not carry any over-the-counter medicines (stomach medicines, cold medicine, etc.)

- **Please be aware that taping, compressing, and cold spray will not be provided.**

If necessary, please make provisions for yourself.



- Every 400m along the course there are staff members (wearing red staff jackets) with AED devices. **If a runner near you suddenly collapses**, please coordinate with other runners and staff by checking that the area is clear and **in a loud voice call for medical aid staff or run to get medical aid.** Bystanders' help is very important to save someone's life.



Course Width

- The course may be very narrow at places (there is unpaved riverbank after the 29km mark). **If your pace begins to slow to a walk, please stay alert and look for signs directing you on which side to walk.**



Distance Markers

- Distance markers are displayed on the left side of the course (generally) every kilometer, with signs for the midpoint and to count down from the last five km.



Signs for Distance Marker

Possible Interruptions

- **Should any emergency, such as a fire or accident, occur during the marathon, it is possible that emergency vehicles may have to pass through the course.**
- **If a situation like this occurs during the marathon, runners may be asked to stop, please follow all instructions from marathon staff. Please be aware that your time cannot be corrected to remove the time during which you were stopped.**
- **In the event of a J-Alert surrounding Kyoto City, the race may be temporarily stopped until safety can be confirmed.**

Pedestrian and Bicycle Crossings

- In 13 places along the course there will be special crossing areas, which will allow runners to continue running with minimal stopping and at the same time allow pedestrians/cyclists to cross (fenced-in traffic islands: see p.11-12). In these portions of the course, staff will divert you left or right. Please pay close attention to all staff members' instructions in these areas.
- **Please be aware that here are other crossing locations where you might need to slow or stop depending on the conditions. We appreciate your cooperation.**

Time Restrictions: Closing Times

- For transportation, security, and general marathon operational constraints, closing times will be enforced for each section of the marathon (details on p. 11). If you do not reach the next section before it closes, you will not be allowed to continue the race. **After a section closes, remaining runners must follow signs displayed by marathon officials or staff and quickly move to the sidewalk.**
- On any section of the course, if you have fallen behind considerably or are considered clearly unable to make the next gate or finishing line before the time limit, you may be instructed by marathon officials to stop running even if there is time remaining. **If you are instructed to stop running, please make your way to the sidewalk as quickly as possible.**



Signs for closing times

- If you get closed out, stop running, or withdraw along the way, please make your way to the finish area at Miyakomessse by one of the procedures shown below.

- ① Please go to the nearest closing point to board a bus to the finish area.
- ② Get on the marathon tracking bus farthest in the rear.

Water Station & Food

- There are 14 water stations on the course.
- **Water is provided on multiple tables at the water stations. At each table is a sign indicating its position (for example, "3/5" indicating that it is the third of five tables), so please do not rush, and try to take drinks from tables in the back rather than in the front.**
- Regardless of the weather, prevent dehydration by taking appropriate amounts of water and sports drinks during the race.
- Be sure to throw paper cups and food garbage in the bin and do not litter on the road or riverbank.
- We cannot accept requests for special drinks.
- We cannot be held responsible for food/drinks provided in any private station outside of the official food & water stations.
- Runners with their own cups and bottles can also have them refilled.
- **Each water station features a dedicated water point for those with their own cups or bottles.** New!
*With the exception of the 12th water station.
- Tissue paper is also provided to wipe your hands or mouth. New!
*Provided at food station tables.



Drinks
(Water)



Drinks
(Sports drink)



Food

List of Food/Drinks Provided

Product name	Source	Picture	Product name	Source	Picture
Water	Kyoto City Waterworks Bureau		Mini Croissant	Yamaichi Bakery	
Sports Drinks	Otsuka Pharmaceutical		Kyoto-style Red Bean Sweet Bread	Yamaichi Bakery	
Mini tomatoes	Kyoto Yaoichihonkan		Unbaked yatsushashi	Kyoto Yatsushashi Commerce and Industry Cooperative	
Mandarin oranges	Kyoto Yaoichihonkan		Snacks	Takagi Wholesalers	
Bananas	Kyoto Yaoichihonkan		Dextrose soft ramune	Ogontoh	
Strawberries	Kyoto Yaoichihonkan		Yuki no Yado rice cracker	Sanko Seika	
Vinegared seaweed	Nakano Bussan		Calorie Mate	Otsuka Pharmaceutical	
Salt charge tablets	Kabaya		Matcha bread	Yamaichi Bakery	
Honey Lemon Bread	Yamaichi Bakery		Onigiri rice balls using Kyoto rice	JA Kyoto	
Soft Chocolate Bread	Yamaichi Bakery				

*Images are for illustration purposes only, and may differ from the actual products on offer.

About Staff on the Course

Around 15,000 staff and volunteers are working on the day of the event.

Navy Blue: Volunteer
Black: Official Staff
Grey: Operation Staff
Red: Medical Aid Staff
Yellow: Kyoto City Employees
Navy Blue: Sports Officer



Toilets

- Signs for toilets are posted along the course. **Please be sure to use toilets in the designated areas.**
- Please be aware that volunteer staff will use the same toilets if they are available.



Signs for toilets

Facility name				No. of toilets	No. of wash- hand basins	
				Temporary	Existing	
Start	Nishikyogoku Athletic Park			648	○	○
	Facility name	Place	Distance	No. of toilets	Temporary	Existing
1	Kyoto Koka Women's University	Kadonooji-dori St.	0.8	47	○	
2	Times Kadonooji-gojo	Kadonooji-dori St.	0.9	14	○	
3	Northern Greenery Management Office	Shijo-dori St.	1.9	12	○	
4	Mitsubishi Motors	Shijo-dori St.	2.1	14	○	
5	Kyoto Chuo Shinkin Bank Umezu Branch	Shijo-dori St.	3.5	14	○	
6	Kyoto City Bus	Shijo-dori St.	4.1	10	○	
7	Kyoto Saga University of Arts Library	Fushihara Embankment	5.2	10	○	
8	Municipal Arashiyama Sightseeing Parking	Sanjo-dori St.	6.1	14		○
9	Office T.N.S	Kiyotakimichi St.	7.2	15	○	
10	Hirosawa Pond bus terminal	Ichijo-dori St.	8.3	12	○	
11	Hirosawa Park	Ichijo-dori St.	8.8	3		○
12	Ichijo Yamagoe-dori St.	Ichijo-dori St.	9.1	10	○	
13	Suribachi-ike Park	Ichijo-dori St.	9.7	10		○
14	Ninna-ji Temple Parking	Kinukake-no-michi St.	11.1	15	○	
15	Ristumeikan University	Kinukake-no-michi St.	12.4	7	○	
16	Komatsubara Park	Kamidachiuri-dori St.	13.0	7		○
17	Waratenjin Shrine	Nishioji-dori St.	13.7	3	○	
18	Kyoto Waterworks Bureau Hokubu Service Office	Kitaoji-dori St.	14.4	7	○	
19	Zero Corporation Parking	Imamiyamonmae-dori St.	15.5	7	○	
20	Omiya Kotsu Park	Funaoka Higashi-dori St.	16.5	13		○
21	Tenrikyo Horikawa Church	Kamokaido St.	17.7	7	○	
22	Nishigamobashi Eastend south	Kamonishi-dori St.	18.7	5		○
23	Drugland Hikari Misonobashi Store	Kamokaido St.	19.5	7	○	
24	Omotesenke Kitayama Kaikan	Kitayama-dori St.	20.8	7	○	
25	Kitayama Takaragaike-dori Parking	Takaragaike-dori St.	22.0	10	○	
26	Taiyakan Kitayama Store	Kitayama-dori St.	23.1	11	○	
27	Rakuhoku High School	Shimogamohon-dori St.	25.5	12	○	
28	Okubo Clinic Parking	Kitayama-dori St.	26.5	5	○	
29	Kyoto Botanical Gardens	Kitayama-dori St.	27.7	10	○	
30	Kitaojibashi bridge Westend north	Kamo-gawa Riverside	29.3	4		○
31	Izumojibashi bridge Westend south	Kamo-gawa Riverside	30.1	5		○
32	Demachibashi bridge Westend north	Kamo-gawa Riverside	31.0	6		○
33	Kojinbashi bridge Westend south	Kamo-gawa Riverside	32.1	4		○
34	Marutamachibashi bridge Westend north	Kamo-gawa Riverside	32.3	10	○	
35	Kyoto Imperial Palace east	Marutamachi-dori St.	32.8	3		○
36	Kyoto Imperial Palace Tominokoji-guchi	Marutamachi-dori St.	33.0	10		○
37	In front of Kyoto City Hall	Oike-dori St.	35.1	10	○	
38	Kawabata Higashi Ichijo	Higashi-Ichijo-dori St.	37.1	3		○
39	Kyoto University North Gate	Imadegawa-dori St.	39.9	2	○	
40	Kyoto University Yoshida Campus Southwest Gate	Higashioji-dori St.	40.8	2	○	
				377	27	
Facility name				No. of toilets	Temporary	Existing
Finish	Miyakomesse, etc.			141	○	○
Total				1,166	29	15

Other Important Information

- **Please notify staff immediately if you see any suspicious items or people.**
- Garbage bins are located every 200 meters on the course. Please throw garbage and ponchos/gloves that you no longer need in the trash.
- Please do not run outside the course on gardens or along the riverbed in order to protect the plants etc.
- Depending on the weather, an anti-freezing agent may be used on the course which may make it slippery, so please be careful.

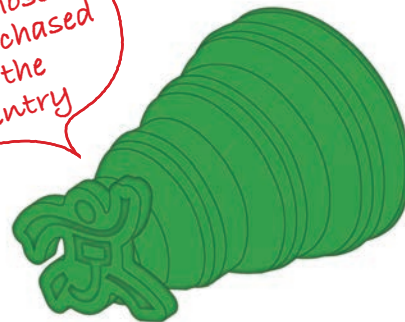
Three special, original goods making an appearance at the Kyoto Marathon 2019

NO. 1

Original Cup

The Kyoto Marathon has taken the DO YOU KYOTO? slogan as its main concept, and in order to reduce the number of paper cups used at its water stations has introduced original cups for runners' use. Each water station will feature a dedicated water point (water only) for those using their own cups or bottles on its final table. Please avoid the congested earlier tables and take your time. Of course, those who haven't purchased this original cup will be able to fill up those they have brought themselves. In this way, with 14 water stations in all, each runner can save at least 14 paper cups from being used. Be a DO YOU KYOTO? runner and make a difference to the environment.

Only for those who have purchased them at the time of entry



The cups can be folded up for storage, meaning these amazing cups can fit in your pocket after use!

NO. 2

Original

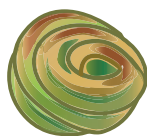
Matcha Bread

NO. 3

Original

Onigiri Rice Ball using Kyoto Rice

The bread was specially produced for the Kyoto Marathon by Yamaichi Bakery, a company familiar for the other goodies they provide along the course. Take this opportunity to savor the mellow, creamy bread, seeped in matcha, a deep flavor that perfectly suits the city of Kyoto, famed for its bread.



Matcha bread
Courtesy of
Yamaichi Bakery



Onigiri rice ball
using Kyoto rice
Courtesy of JA Kyoto

&

After the end of the marathon, hungry runners will be provided with special bread and rice ball snacks. For those who can't decide between the two, why not take both! That was the thinking behind the decision to prepare one of each. Tuck into the two flavors as you think back over your marathon experience.

Free for all runners!

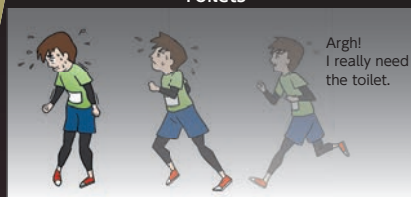
A special rice ball, made using rice grown here in Kyoto, kindly provided by JA Kyoto. At its center you will find an umeboshi Japanese plum that, alongside the carbohydrates of the rice, supplies the body with citric acid, thought to be effective in relieving fatigue. Bite into this rice ball to aid your body's recovery, you've earned it!

Unlikely Scenes at the Kyoto Marathon

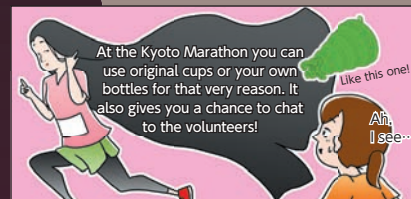
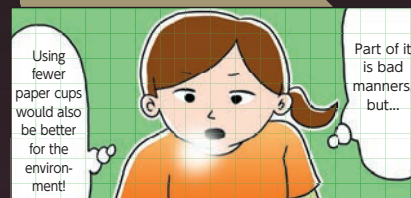
Bins



Toilets



Taking your own cup or bottle



Time-Restricted Closing Point	Distance	Closing Point Location	Closing Time (Based on signal gun)	Section Pace (Per 1km)
Start	0km	Nishikyogoku Athletic Park	—	—
1 st Closing Point	6.1km	Kiyotakido-Sanjo (Arashiyama)	10:02 (1hr. 02min.)	7min. 42"
2 nd Closing Point	9.1km	Ichijo Yamagoe	10:25 (1hr. 25min.)	7min. 40"
3 rd Closing Point	12.5km	Ritsumeikan University	10:52 (1hr. 52min.)	7min. 56"
4 th Closing Point	18.4km	Nishigamobashi Westend Crossing	11:40 (2hr. 40min.)	8min. 08"
5 th Closing Point	26.8km	Shimogamo Naka-dori Kitayama (Return)	12:48 (3hr. 48min.)	8min. 10"
6 th Closing Point	32.1km	Kojinbashi bridge Westend north (Riverbank)	13:32 (4hr. 32min.)	8min. 11"
7 th Closing Point	34.9km	Kyoto City Hall north (Outward)	13:55 (4hr. 55min.)	8min. 13"
8 th Closing Point	41.0km	Higashiyama Konoe	14:49 (5hr. 49min.)	8min. 51"
Finish	42.195km	Heian-jingu Shrine	15:00 (6hr. 00min.)	9min. 12" (anticipated)

*The section pace for the first interval is calculated with a 15 minute period at the start to allow for all runners to pass the starting line.

Location	Distance	Position	Water	Sports Drink	Food
Start	0.0km	-	-	○	-
1 st Water Station	4.5km	Right	○	○	-
2 nd Water Station	7.9km	Left	○	-	-
3 rd Water Station	10.6km	Left	○	○	-
4 th Water Station	12.5km	Right	○	-	-
5 th Water Station	15.3km	Left	○	○	Bananas, salt charge tablets
6 th Water Station	17.6km	Left	○	-	Soft chocolate bread, dextrose soft ramune
7 th Water Station	20.6km	Left	○	○	Bananas, mini tomatoes, honey lemon bread
8 th Water Station	23.1km	Left	○	-	Vinegared seaweed, snacks, salt charge tablets
9 th Water Station	26.5km	Left	○	○	Mandarin oranges, unbaked yatsushashi, mini croissants
10 th Water Station	29.5km	Right	○	-	Bananas, Kyoto-style red bean sweet bread, Yuki no Yado rice crackers
11 th Water Station	32.2km	Right	○	○	Mini tomatoes, strawberries, vinegared seaweed
12 th Water Station	35.1km	Right	○	-	-
13 th Water Station	37.2km	Right	○	○	Mandarin oranges, dextrose soft ramune
14 th Water Station	40.8km	Left	○	-	-
Finish Line	42.195km	-	○	○	Calorie Mate, onigiri rice balls using Kyoto rice, matcha bread, sports drinks, water

◎ Water station for runners with their own cups and bottles.
(Excluding the 12th water station)

Course

Course (Riverbank)

Please be careful of cat's eyes on the road

Medical Aid Station

Food Station

Water Station

Toilets

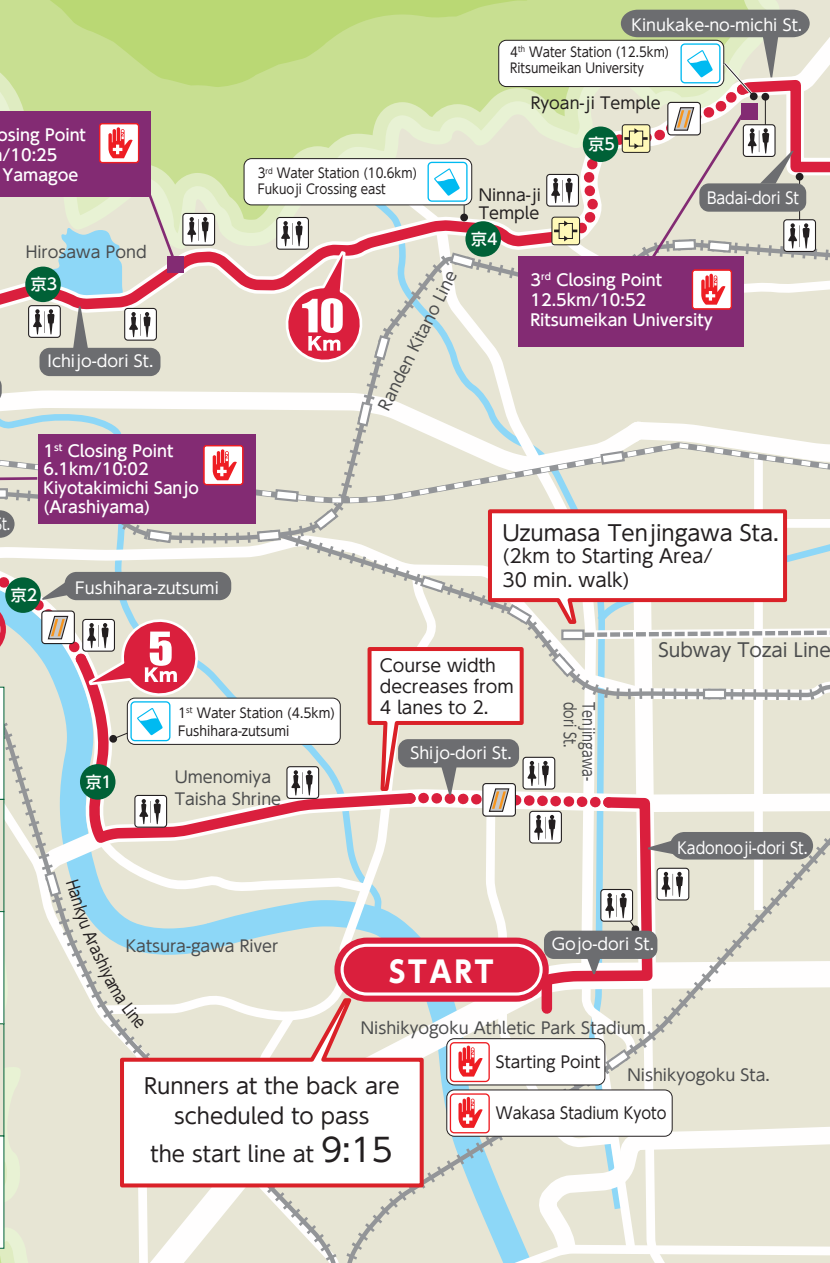
Pedestrian, Bicycle Crossing (RUNPASS)

Look out for the arrows along the course to see views unique to the Kyoto Marathon.

View Points on the Kyoto Marathon Route

京1 Gozan Okuribi Toriigata	京6 Hirano-jinja Shrine	京11 Gozan Okuribi Myo
京2 Togestu-kyo Bridge	京7 Gozan Okuribi Hidari Daimonji	京12 Gozan Okuribi Hou
京3 Hirosawa Pond	京8 Waratenjin Shrine	京13 Kyoto Imperial Palace
京4 Ninna-ji Temple	京9 Imamiya-jinja Shrine	京14 Gozan Okuribi Daimonji
京5 Ryoan-ji Temple	京10 Gozan Okuribi Funa-gata	京15 Gozan Okuribi Hou

Wheelchair Race Finish Line

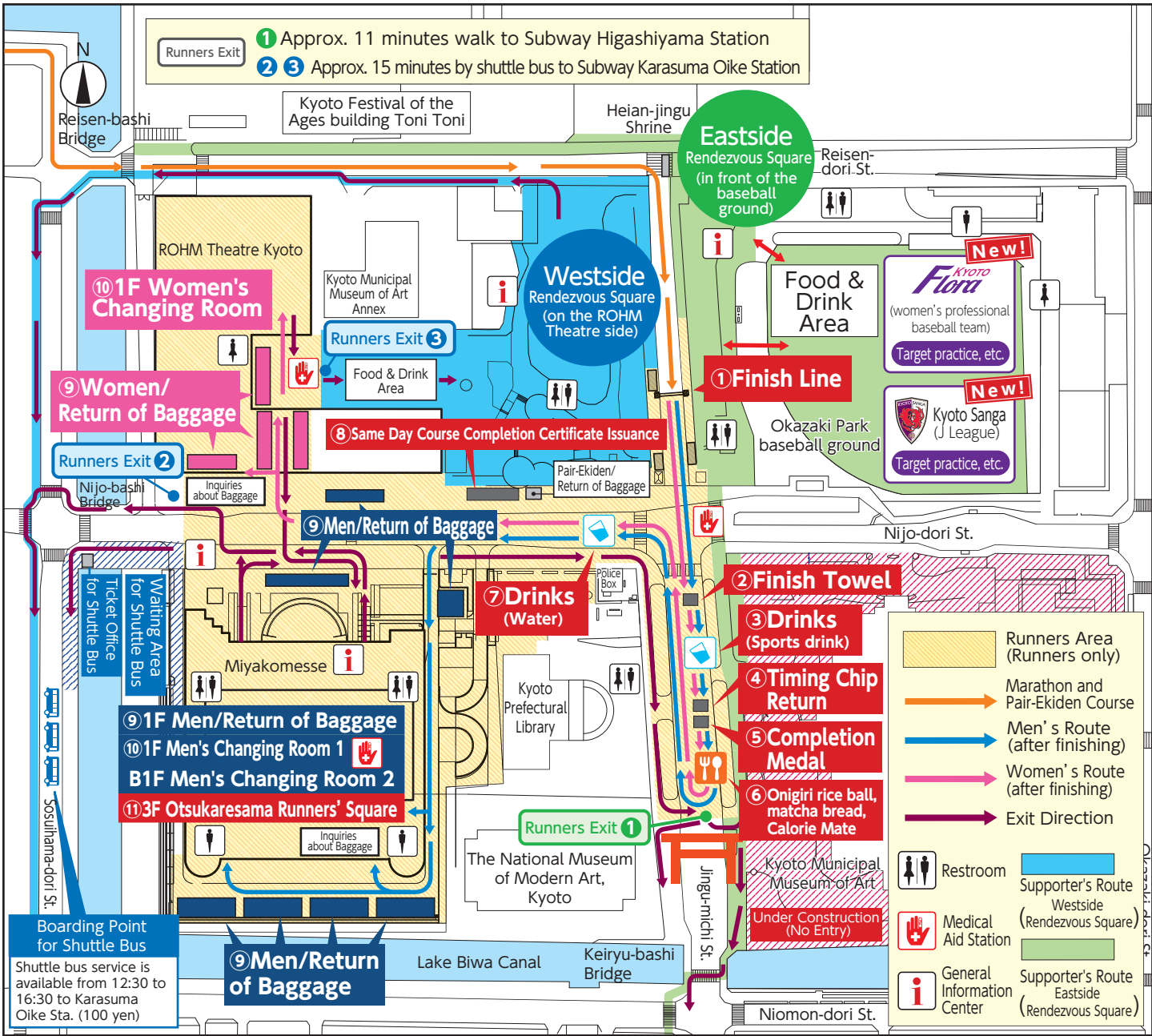


Runners at the back are scheduled to pass the start line at 9:15

Full Course Map



Finish Area



Procedures after Finishing

Stopping suddenly will result in a decrease in body temperature, so continue to move quickly.

Check!



Regarding the Return of Timing Chips

Chips will be collected at the end of the race. Please understand that we charge a 2,000 yen fee if you lost or are unable to return the chip.
If you have forgotten to return it, please send it back by March 15 to the address on the right.

[Address] Kyoto Marathon 2019, staff in charge of chip return
152-8533 (no address other than postal code required)
*Please use the return envelope included with
your number card.

○ There is no carpark. We do not allow you to be picked up/dropped off at the finish area in a car or bus under any circumstance.

Same Day Completion Certificates

We can issue **same day completion certificates** based on the preliminary results on the day of the event.

*Record certificates and effort prizes for partial finishers are issued online.

Web Completion Certificate

You can download **web completion certificates** from the event website from 20 days after the event (planned). In addition to official records (gross times), certificates will also include times from crossing the start line (net times) and split times per 5km for reference.

*Those who are registered will receive a record certificate, and those who did not finish within the time limit or failed to finish (who passed at least the 5km mark) will be issued effort awards.

Official Records

The total time is from the starting gun until the finish (gross time).

Ouen Navi **New!**



Ouen Navi is a digital application that uses race data to predict and display runners' positions on a map. It's perfect for friends and families who want to find out easily where their runner is, and to cheer them on!

Take part in the MCC! **New!**

The Marathon Challenge Cup (MCC) is a project that aims to support all kinds of runners, from first-time marathon participants to top-flight runners looking to improve their competition record.



There are also food and drink stalls for spectators including many hosted by famous Kyoto restaurants! Feel free to drop by with your friends and family.

KYOTO MARATHON 2019



Otsukaresama Runners' Square

After the marathon is over, we offer miso soup, footbaths, massages, and set up stalls by prominent Kyoto restaurants for runners to enjoy post-race. Drop by Otsukaresama Runners' Square to relieve yourself of those aches and niggles.

Award Ceremony (13:00 - 13:30)

Medals will be awarded to 1st to 8th place overall men and women.



Footbath (Free)

Warm your body from your feet up, and alleviate the fatigue built up in the race.



Massage (Free) 12:00 - 15:30 (Last admission)

Comfort your worn-out body through acupuncture and finger pressure therapy.

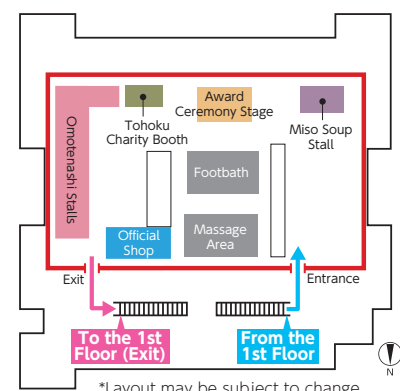


Miso soup (Free)

Kyoto's food culture has been gradually garnering attention since washoku was designated a UNESCO Intangible Cultural Heritage in December 2013. Here we have prepared hot miso soup using distinctive Kyoto ingredients to give to runners, for free.



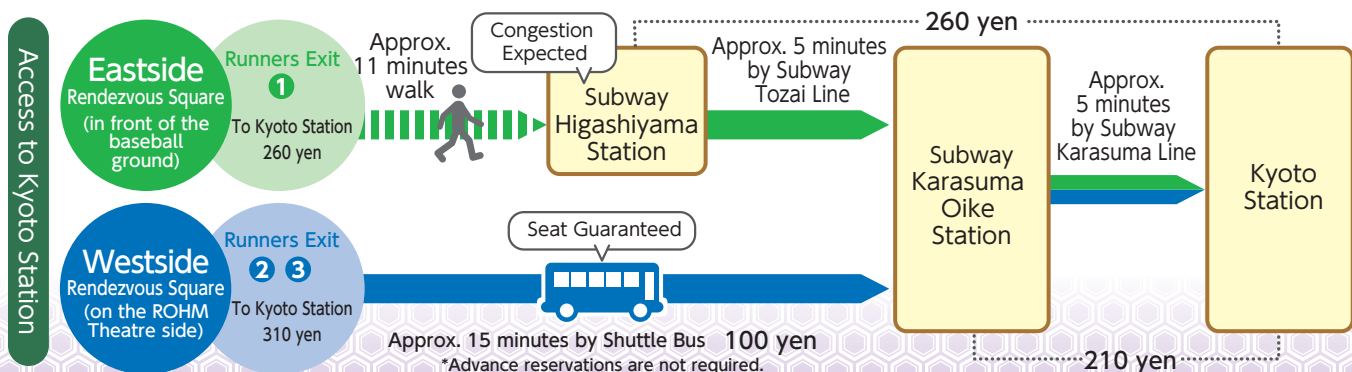
Miyakomesse 3F Otsukaresama Runners' Square



*Layout may be subject to change.

Runners Exits

	Runners Exit ①	Runners Exit ②	Runners Exit ③
Rendezvous Square	Eastside Rendezvous Square	Not Available	Westside Rendezvous Square
Ways for Supporters to Spend Waiting Time	Okazaki Park baseball ground	Not Available	Kyoto Municipal Museum of Art (Annex)
Food/Drink Sales	Available (Okazaki Park baseball ground)	Not Available	Available
Exit Direction	Easy Access to Subway Higashiyama Station	Easy Access to Shuttle Bus (dedicated exit)	Easy Access to Shuttle Bus



Kyoto Baths

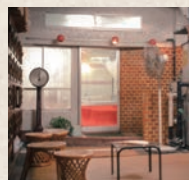
After your run, relax at one of Kyoto's public baths.

Kyoto is home to more than 140 sento public baths.

Whether after a run through the city before the marathon itself, or after a stroll the next day, why not visit one of the city's public baths nearby, where you can slowly soak and relax.

For just one coin, soothe your body and soul

An adult pass at one of Kyoto's sento costs just 430 yen per visit.



Find a sento near you

Public Bath-Houses in Kyoto

<https://1010.kyoto/?lang=en>



After exercise, fatigue builds up in the body. Running a marathon can refresh your spirit, but to properly recover physically we recommend a visit to one of Kyoto's public baths.



Muscles that have been put through a good workout are left deoxygenated, and as they tighten and stiffen fatigue can accumulate. This leads to poor circulation and a feeling of exhaustion. To rid your body of this fatigue, it's important to properly warm your body and improve blood flow, and to promote circulation through the water pressure of a bath. Try for yourself the power of a bath and its effect on overworked muscles.



Don't forget to drink plenty of water after you get out of the bath!

For those who couldn't take part

Even if you become unable to take part on the day of the marathon, there will be no refund of your entry fees. This is also true in the event of a cancellation due to earthquake, wind and flood damage, snowfall, submersion of the riverbank, incidents, accidents, epidemic disease, or any other reasons not attributable to the organizers.

For runners who haven't checked-in

If you would like your Kyoto Marathon 2019 participation prize (Original Multi-functional Neckwear), please contact the following address by Friday, March 1.

Contact

Kyoto Marathon Entry Desk
JTB Sports Station
Email: jtbss@west.jtb.jp

For runners who have checked-in

Please return your timing chip to reception at the runner's check-in venue (Miyakomesse 1F) or send it in the return envelope that came with your number card so it arrives no later than Friday, March 15. If the timing chip is not returned, you will be charged 2,000 yen.

We cannot reissue return envelopes, so please send your timing chip to the following address should you lose it.

Address

Kyoto Marathon 2019, staff in charge of chip return 152-8533
(no address other than postal code required)

To everyone participating in the Kyoto Marathon



京都マラソン2019

平成31年

2.17

ご協力をお願いいたします

大会当日は
ノーマイカーデー

Please refrain from using your car on the day of the race. We apologize for any inconvenience.

Please expect traffic congestion and parking restrictions. Participants and supporters are asked to use public transportation on the day of the race. We thank you for your cooperation.

February 17 (Sun.), 2019
We ask for your cooperation in refraining from using your car.

