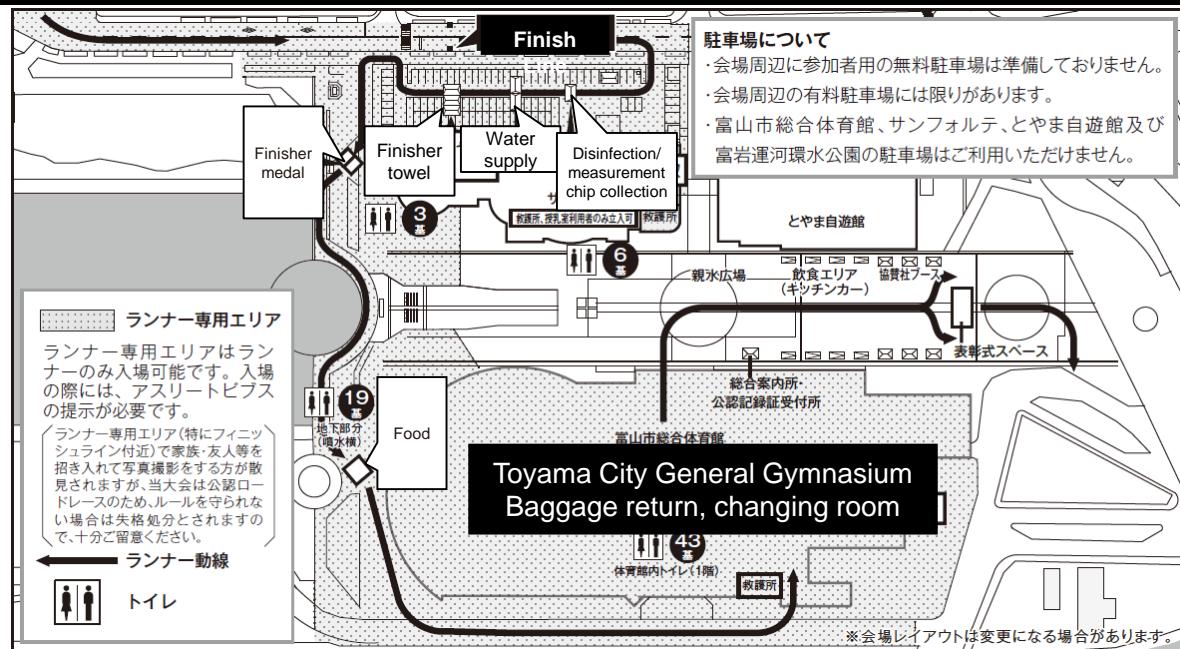


**Parking is prohibited near the finish area.
Please use public transportation or use paid parking lots near the venue.**



■ Ainokaze Toyama Railway
(Toyama Station ▶ Takaoka Station)

	Toyama Station	Takaoka Station	Kanazawa Station	Vehicle formation
①	13:14	13:33	14:16	2cars
②	13:47	14:04	14:44	2cars
③	14:14	14:32	15:15	4cars
④	14:27	14:44	-	4cars
⑤	14:40	14:57	15:37	2cars
⑥	14:59	15:16	-	4cars
⑦	15:12	15:30	16:10	2cars
⑧	15:40	15:58	-	4cars
⑨	16:00	16:19	16:59	2cars
⑩	16:13	16:31	-	4cars
⑪	16:27	16:45	-	2cars

[Complete certificate]

Complete certificates will be issued online (RUNNET).
For more information →
(URL: <https://www.toyamamarathon.com/news/23certificate/>)



[Awards/Records]

① Awards will be given to the 1st to 8th overall male and female finishers. ② Awards will be given to the 1st to 3rd place finishers for each age group, which are arranged by every 10 years (excluding those eligible for awards in ①).

*Age groups are divided based on participant ages as of Sunday, November 5, 2023.

*The award certificate will be sent at a later date.

*Awards will be awarded based on the time required from the signal gun to the finish (gross time).

*For reference, the time required from passing the start line to finishing (net time) will be measured.

[Measurement chip]

If you forget to return your chip and would like to return it at a later date, please send it to the following address.

Destination Runner's Chip Office within R's B's Co., Ltd. 1-31-9 Haramachi, Meguro-ku, Tokyo 152-8533

*If the chip is not returned, a separate fee will be charged.

■ Enjoy Toyama even after the marathon!

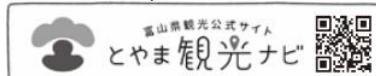
<Finish venue event>

- Award Ceremony from 13:00
- We are also planning a stage event (after the awards ceremony) to liven up the venue, booths by sponsoring companies, and food trucks!



<Tourist information>

After the marathon, enjoy Toyama gourmet food and sightseeing! Check out "Toyama Sightseeing Navi" for the latest information on Toyama!



Toyama Marathon 2023 is an affiliated event of RUN as ONE -TOKYO MARATHON 2024 (general).

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Marathon Participation Guide

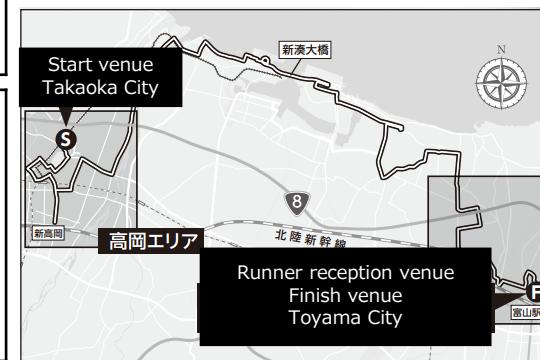
Thank you for entering the Toyama Marathon 2023. Please read this document carefully and use it to prepare for the tournament. All the tournament staff and volunteers are looking forward to your participation.



[Schedule]

Saturday, November 4th	9:30-19:00 Runner reception Toyama Marathon EXPO 2023
Sunday, November 5th	7:00...Changing and baggage check-in starts 7:45...Start block alignment begins 8:20...Baggage check-in ends 8:40...Start block entry deadline/ceremony 8:50...Wheelchair starts 9:00...Marathon starts 9:30...Wheelchair finishes 10:00...Wheelchair award ceremony 13:00...Marathon award ceremony 16:00...Marathon competition ends

*8:30...Jogging section (approx. 4km) starts (Imizu City)



Regarding the final decision to hold the marathon

Announcements regarding whether or not the event will be held due to disasters, bad weather, etc., as well as the course to be used will be made at 5:00, Sunday, November 5, 2023, on the Toyama Marathon 2023 official website : <https://www.toyamamarathon.com>

Toyama Marathon official website/social media

Toyama Marathon 2023 official website
<https://www.toyamamarathon.com/>



Official X (formerly Twitter)
<https://twitter.com/toyamamarathon>



Official Facebook
<https://www.facebook.com/toyamamarathon>



Official Instagram
<https://www.instagram.com/toyamamarathon/>



There is no free parking available at the runner reception, EXPO venue, start venue, or finish venue. We appreciate your cooperation in using public transportation or parking elsewhere.

The day before the race | Runner reception

Parking is prohibited near the runner reception venue. The Toyama City General Gymnasium, Sunforte, and Fugan Canal Kansui Park parking lots are not available. Please use public transportation or paid parking lots near the venue.

[Date/Time/Venue]

Venue: Toyama City General Gymnasium 12-1 Minato Irifune-cho, Toyama City
10-minute walk from the north exit of Toyama Station
Reception hours: November 4th (Sat.) 9:30-19:00

*You will not be allowed to check-in at reception outside of the above hours or on the day of the competition (Sunday, November 5th).

[What to bring at reception] (Reception on behalf of someone is not possible)

- (1) Athlete bibs exchange slip (please check the Pledge and Health Checklist on the back).
*Please print it out and bring it to the venue.
- (2) Passport *In order to prevent substitute participation, all runners will be verified.
*If you lose or forget to bring your Exchange Voucher, you will be charged a reissue fee (200 yen).
*Athlete bibs and record measurement chips cannot be reissued.

[Going through runner reception]

1. Identification

Please present your passport and Athlete Bib Exchange Voucher at the confirmation counter.

2. Receive athlete bibs and EXPO bag set

In exchange for the Athlete Bib Exchange Voucher, you will receive an Athlete Bib Set and an EXPO Bag Set.

<Athlete Bib Set>
• Athlete Bibs (with measurement chip), 4 safety pins (8 for registered athletes)
• Baggage bag sticker

<EXPO Bag Set>
• Convention program
• Item drop-off bag (for baggage on the day of the marathon)
(Size: W: 50 cm x H: 70 cm x Gusset: 10 cm)



*JAAF registered competitors will be given two bibs (one each to be worn on the chest and back), and regular runners will be given one (to be worn on the chest).
*If you require an escort runner, we will give you an escort runner athlete bib, so please come to the help desk in the reception venue with your escort runner after registering. At that time, please present your physical disability certificate or rehabilitation certificate.
*For those with disabilities (visual/hearing), bibs for people with disabilities will be provided at the help desk at the venue upon request.

3. Receiving the participation award T-shirt

Present your athlete bibs and receive your participation award T-shirt. The size cannot be changed from the time of application.



4. Receiving direct bus tickets and exchanging lottery prizes (only for those who qualify)

• Those who apply for the direct bus (advance reservation required) that will take you directly to the start venue will receive a ticket.
If there are any seats left, they will also be sold at the venue.
• At the Toyama Marathon, a lottery will be held based on bib numbers to win prizes unique to Toyama.
If you have an athlete bib set with a sticker that says "O Prize Winner" affixed to it, please come to the prize exchange office inside the venue.

5. Toyama Marathon EXPO2023

We will be holding an EXPO to help you enjoy the Toyama Marathon 2023 even more. There will be plenty of events, including booths by partner companies and talk shows by guests including Yuko Arimori!

Non-runners can also enter for free, so please come with your family and friends.

• Unwanted clothes will be collected at the GOLDWIN booth at the EXPO venue. Please cooperate with our efforts to reduce environmental impact through recycling.



Request for medical runner reception

We ask qualified doctors, nurses, and emergency medical technicians to serve as "medical runners" to observe runners during the race and assist in relief efforts.

Please register at the help desk at the venue. Thank you for your cooperation.



Race day | Access to the start venue (Takaoka)

The area around the venue is expected to be very crowded. Please use public transportation as much as possible and arrive with plenty of time to spare. The organizer is not responsible for any delays caused by public transportation or road conditions.

Those using the Shinkansen/train

We recommend using the Shinkansen

On the day of the event, the Ainokaze Toyama Railway will increase its service between Toyama and Takaoka, but heavy congestion is expected. Depending on the time of day, you may not be able to board the train, so we recommend using an earlier train or the Hokuriku Shinkansen from Toyama Station.

Using the Hokuriku Shinkansen

Using the Hokuriku Shinkansen from Toyama Station ▶ Shin-Takaoka Station

Train name	Toyama Station	Shin-Takaoka Station
Tsurugi 701	6:12	6:20
Tsurugi 703	6:43	6:51
Hakutaka 591	7:16	7:24
Tsurugi 705	7:33	7:42

Shin-Takaoka Station free shuttle bus stop information



Shin-Takaoka Station South Exit
Operating hours 6:20-8:00
*Available for runners only

Using the Ainokaze Toyama Railway

From Toyama Station
Using Ainokaze Toyama Railway Toyama Station ▶ Takaoka Station

Toyama Station	Takaoka Station	Vehicle formation
6:11	6:29	4
6:27	6:45	3
6:37	6:55	4
6:48	7:06	4
7:03	7:22	4
7:17	7:35	3
7:24	7:41	4

● Toyama Station ▶ Takaoka Station tickets (390 yen) will be sold at the Ainokaze Toyama Railway Toyama Station counter on the runner reception day (November 4th). We expect it to be very crowded on the morning of the tournament, so please purchase your tickets in advance. (Race-day tickets cannot be purchased from ticket vending machines on the runner reception day.)
● IC cards (ICOCA, Suica, etc.) can be used at all Ainokaze Toyama Railway stations. We recommend using an IC card.
● When transferring from Ainokaze Toyama Railway, IC cards can only be used on the IR Ishikawa Railway and JR Johana Line (only between Takaoka Station and Shin-Takaoka Station). IC cards cannot be used on the JR Himi Line, Johana Line (except between Takaoka Station and Shin-Takaoka Station), Takayama Main Line, and Echigo Tokimeki Railway.
● Please walk as much as possible from Takaoka Station to the start venue.

<Access to the start venue from Takaoka Station>

• 20-minute walk from Ainokaze Toyama Railway Takaoka Station • 5-minute walk from Hirokoji Station on the Manyo Line

Those using their own car

You can use Saiseikai Takaoka Hospital as a designated parking lot free of charge.

*There will be no shuttle bus departing from Takaoka Sports Core for this race.

A free shuttle bus will run from Shin-Takaoka Station, so please walk to Shin-Takaoka Station.

*There is no free parking available for participants near the start venue.

*Parking lots at Takaoka City Hall and Takaoka Castle Park are not available.

*Please do not park anywhere other than on the day of the event (November 5th).



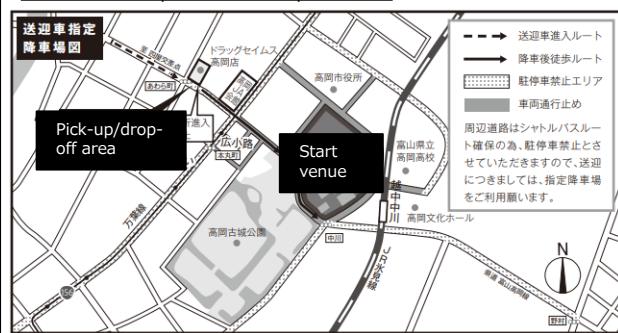
Shin-Takaoka Station shuttle bus stop (south exit)

Free parking Saiseikai Takaoka Hospital 330 spaces

Having family or friends come to pick you up

You can use the pick-up and drop-off area. (Available until 8:20)

*Please do not park at the drop-off area.



Pick-up/drop-off area

Start venue

About transportation on your way home

There is no shuttle bus from the finish venue to Takaoka (designated parking lot), so please use the Ainokaze Toyama Railway, route bus, or JR Johana Line (charges apply).

■ Saiseikai Takaoka Hospital
Bus: from platform 1 at Takaoka Station South Exit (Zuiryujii Exit), get off at "Saiseikai Takaoka Hospital" bound for Shin-Takaoka Station, bound for Saiseikai Takaoka Hospital or Nakadamachi, 160 yen.

For those using the direct bus

Around Toyama Station
6:00 - 6:30 Departure

Start venue
Arrive 6:50 - 7:20

Dedicated site (Japanese) ↓

Toyama Station ▶ Start venue (Takaoka) Using the paid direct bus (advance reservation required)

We will operate a direct bus that will take you directly to the start venue, with advance reservations required.

Applications will be accepted on a first-come, first-served basis (starting at noon on October 11th) on the dedicated website. Tickets will be handed out at the Toyama Marathon EXPO venue. Price: 1,200 yen (If there are any seats remaining, they will be sold at the EXPO venue. Tickets will not be sold on the day of the event)

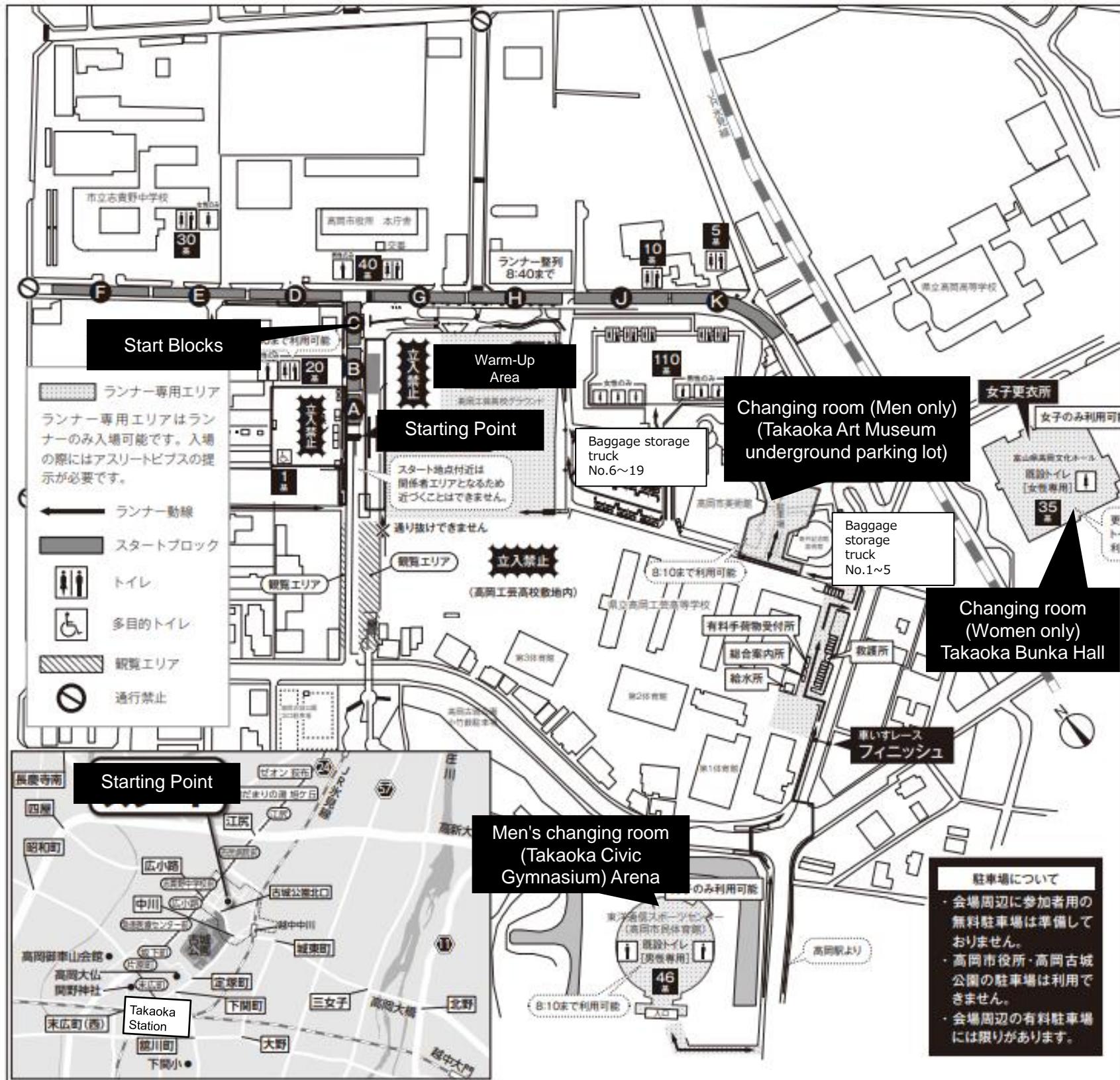
*Depending on traffic conditions and other road conditions, the drop-off location may change.

*For details such as capacity and boarding location, please check the dedicated website

(<https://amarys-jtb.jp/toyamamarathon2023-hotel/>).



Marathon start venue area map



What to do until the race's start
(Change clothes)
Store baggage
Warm up
Go to your start block alignment
Start

Changing rooms are available from 7:00-8:10
Men: Toyo Tsushin Sports Center (Takaoka Civic Gymnasium) Arena (There are some areas where shoes are prohibited) Takaoka City Museum of Art Underground parking lot
Women: Takaoka Bunka Hall (restrooms available until 8:40)
 ●Please be sure to check your baggage, as you will not be able to leave it inside the changing facilities.
 *To avoid crowds, please come in clothes that you can run in.

Baggage drop time: 7:00-8:20
 ●Place the personal belongings sticker in the designated position on the item drop-off bag given to you at runner reception, and then deposit it directly to the designated truck.
 ●Athlete bibs must be presented when checking in (receiving) baggage.
 ●We are not responsible for lost or damaged baggage.
 ●Please tie the string of the bag tightly to prevent the contents from falling out.
 ●We cannot accept valuables, fragile items, living things, dangerous items, or large items that cannot fit into the bag.
 *Long umbrellas will NOT fit in the item bag.

●Baggage left at the start venue will be returned to the the finish venue, Toyama City General Gymnasium.
 ●If you must bring large items that do not fit into the bag, they may be carried to the finish venue for a fee (1,000 yen). In this case, you may check them in and pay the fee at the paid baggage counter next to the general information center.

<Baggage stickers>



<Athlete bibs>



Letter: Represents your starting alignment block

Number: Represents your baggage truck number.

Runner Start Block Alignment
Time: 7:45-8:40
Location: The designated block listed on athlete bibs

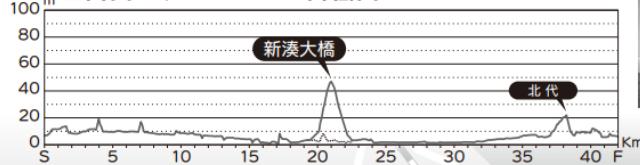
*Please line up in the blocks listed on your athlete bibs.
 Places inside the block are on a first-come, first-served basis. Entry will be from the rear.
 *Start in the order of A⇒B⇒C⇒D⇒E⇒F⇒G⇒H⇒J⇒K block.
 *Runners who do not line up by 8:40 will start from the back of the line.
 *Even if public transportation is delayed, if you are unable to make it in time for the start time, you will not be able to start the race.

<About clothing>
 ●Clothes and items that may cause trouble or danger to others are prohibited. [This includes:]
 *Masks, headgear, etc. that block surroundings and significantly narrow your field of vision.
 *Holding long or large objects such as swords, sticks, or selfie sticks.
 *Clothing that may cause you to fall, such as clothing with long hems.

●It is prohibited to wear or display any advertising materials such as designs or trademarks representing company names, product names, etc. at the tournament venue (including on the course) for advertising purposes. [This includes:]
 *Costumes that are reminiscent of fixed products, etc.
 *Sashes with political party names written on them, clothing with political or religious claims printed on them, etc.

Overall course map

■富山マラソン2023高低図



■ Weather conditions on November 5th over the past five years

	9 AM (Takaoka City)	noon (Toyama City)	Highest temperature (Toyama City)	Lowest Temperature (Toyama City)	weather
2022	9.1°C	13.7°C	15.1°C	5.9°C	Cloudy and sometimes sunny after rain
2021	13.6°C	17.9°C	19.7°C	10.1°C	Sunny and rainy
2020	11.4°C	17.6°C	18.7°C	7.2°C	Partly cloudy
2019	14.0°C	16.7°C	18.2°C	7.5°C	Sunny
2018	14.6°C	17.9°C	19.9°C	9.9°C	Sunny then cloudy for a while

[About water supply and food]

Water and sports drinks are available at water stations. We will also prepare supplementary food, but once it runs out, it will not be replaced. Regardless of the weather, please stay hydrated frequently during the competition to prevent dehydration. Please do not throw paper cups or trash from food onto the street; instead, please put them in the trash can.

*The organizer will not be held responsible for water or food provided at locations other than those designated for the tournament.
*Please bring your own food as appropriate.

No.	Approximate distance	Water	Sports Drink	Food
①	4.5km	○	○	—
②	8.8km	○	○	—
③	11.6km	○	○	salt tablets
④	14.7km	○	○	Bite-sized jelly
⑤	18.6km	○	—	Masu sushi, Kombu ohagi
⑥	22.8km (Sub 22.7km)	○	○	Japanese sweets
⑦	26.1km (Sub 25.6km)	○	○	Caramel
⑧	28.0km	○	—	Chocolate, salt tablets
⑨	29.3km	○	○	Mini tomatoes
⑩	33.2km	○	(Cola)	Shine Muscats
⑪	35.7km	○	○	Japanese sweets, manju, rice crackers, etc.
⑫	37.7km	○	○	—
⑬	39.6km	○	○	Chocolate, salt tablets

*Some contents may be subject to change.
*Supplementary food available may vary depending on the time of day.

[About the containment barrier]

For traffic, security, and competition management reasons, the containment gates will be closed at the following locations.

It is not possible to continue the marathon after the containment barrier is closed. After the containment barrier is closed, runners remaining on the course should follow the instructions of the judges and staff and board the barrier bus at the containment barrier location, or board the last bus.

No.	Name	Actual distance (about)	Closing time	Sectional pace (per 1km)
	Start	0.0km		8 min 50 sec
①	Gate 1	9.4km	10:43	9 min 49 sec
②	Gate 2	14.7km	11:35	9 min 29 sec
③	Gate 3	18.6km	12:12	9 min 46sec
④	Gate 4	22.8km	12:53	(9 min 31 sec)
		(Sub 22.7)	(Sub 12:51)	9 min 45 sec
⑤	Gate 5	26.8km	13:32	(9 min 42 sec)
		(Sub 26.1)	(Sub 13:24)	9 min 36 sec
⑥	Gate 6	29.3km	13:56	(10 min 00 sec)
				9 min 45 sec
⑦	Gate 7	33.2km	14:34	9 min 36 sec
⑧	Gate 8	35.7km	14:58	9 min 38 sec
⑨	Gate 9	38.4km	15:24	10 min 55 sec
⑩	Gate 10	41.7km	16:00	

(All are estimates)

[Course notes]

- Traffic restrictions will be in place on the course, but in some sections, you will run facing or side-by-side with general vehicles. Also, please be careful of tournament vehicles running on the course.
- In order to ensure safe event operation, police officers, event staff, and others may temporarily stop running. Also, emergency vehicles may be driving on the course, so please follow their instructions.
- You may run alongside runners in wheelchair competitions.
- The course will diverge from the wheelchair competition around 6.8km from the start.
- Please refrain from looking down from the top of Shinminato Ohashi Bridge.
- Entering the area on Shinminato Ohashi Bridge is prohibited to anyone other than those running or involved in the marathon.

[Pace Runner]

Pace runners run at set times to meet the runner's goals. Balloons are attached to mark pace runners.
Setting time: 3 hours, 3 hours 30 minutes, 4 hours, 4 hours 30 minutes, 5 hours, 5 hours 30 minutes, 6 hours, 6 hours 30 minutes

*The pace runner is only a guideline and does not guarantee that you will finish at the exact set time.

[About first aid stations]

Each first aid station will be operated with an emphasis on lifesaving treatment, and only first aid will be provided for injuries sustained during the competition. We cannot assume any other responsibility.

*Home medicines (gastrointestinal medicines, cold medicines, compresses, etc.) and cold sprays are not available at the first aid station.
*There will be no taping service at the start venue.

[Withdrawing midway]

- If you feel unwell before or during the competition, please do not hesitate to withdraw from the competition.
 - If you wish to withdraw from the race at a point other than the checkpoint, please go to the finish venue using one of the methods below and collect your checked baggage.
 - ① Go to the containment barrier/first aid station and board the barrier bus.
 - ② Get on the last bus.
 - Please note that we will not be able to arrange or arrange for taxis to the finish venue.
 - Also, if you withdraw from the competition, please be sure to return the measurement chip to the staff.
- If the measuring chip is not returned, the actual cost (2,000 yen) will be charged after the competition.

[About distance display]

Distance displays will be installed every 1km and at intermediate points. From the remaining 5km point onwards, we will also set up stations at every remaining km point.

[About support navigation]

You can search by athlete bib number or name from your smartphone, tablet, or computer. Predicts the runner's position information from measurement data and displays that information on the course map.

<https://v2.ouenavi.jp/teaser/?eid=000000000321973>



*Searchable records are breaking news and are for reference only.

*The location information on the support navigation is predicted information calculated from measurement data, so it may differ from the actual location. Also, since the predicted position information after the first measurement point (5km) is displayed, the icon will not move until you pass the 5km point.

*Opens two days before the tournament (November 3rd (Friday/holiday)).