



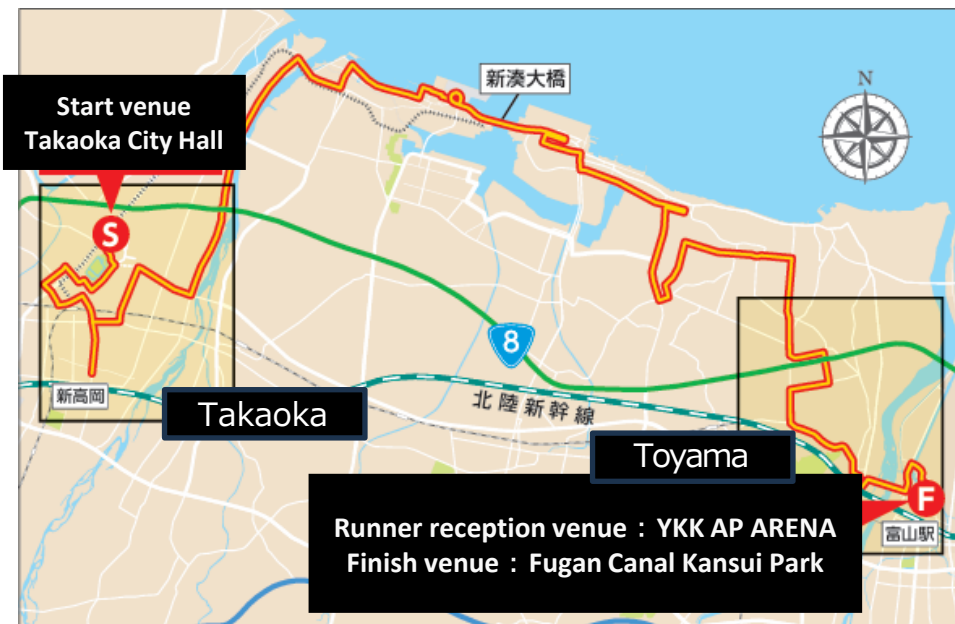
Marathon Participation Guide

Thank you for entering the Toyama Marathon 2026. 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, October 31	9:30-19:00	Runner reception/Toyama Marathon EXPO 2026
Sunday, November 1 (Holiday)	7:00...Changing and baggage check-in starts	9:00...Marathon starts
	7:45...Start block alignment begins	9:30...Wheelchair finishes
	8:20...Baggage check-in ends	9:50...Wheelchair award ceremony
	8:40...Start block entry deadline/ceremony	13:00...Marathon award ceremony
	8:50...Wheelchair starts	16:00...Marathon competition ends

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



Contact for tournament inquiries

●Toyama Marathon Organizing Committee Secretariat

〒930-8501, 1-7 Shinsogawa, Toyama City, Toyama Prefecture (within the Toyama Prefectural Government Office) TEL: 076-444-4102. Reception hours: 9:00 a.m.–5:00 p.m. (excluding Saturdays, Sundays, and public holidays; however, service will be available on Saturday, October 31.)

●Contact for Accommodation and Shuttle Bus Inquiries

JTB Business Transform Co., Ltd. “Toyama Marathon 2026” Reception Desk
TEL: 050-1740-3206. Mail : toyamamarathon_travel@jbx.jtb.jp(Weekdays, 10:00 a.m.–5:00 p.m.; closed on Saturdays, Sundays, and public holidays)
For information about the shuttle buses and direct buses, please see the following page.

Regarding the final decision to hold the marathon

Announcements regarding whether the event will be held and which course will be used due to disasters, severe weather, or other circumstances will be made as follows : Announcement date and time: Sunday, November 1, 2026, at 5:00 a.m. on the Toyama Marathon 2026 official website : <https://www.toyamamarathon.com/>

Toyama Marathon official website/social media

Toyama Marathon 2026 official website
<https://www.toyamamarathon.com/>



Toyama Marathon official SNS



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. YKK AP ARENA, 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: YKK AP ARENA 12-1 Minato Irifune-cho, Toyama City
10-minute walk from the north exit of Toyama Station

Reception hours: Saturday, October 31. 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 1)

[What to bring at reception]

- ①Participation Form
(Screenshots, Materials such as printed matter from which QR codes can be scanned)
- ②Identity verification document (original only)
※To prevent proxy participation, identity verification will be conducted for all runners. Any of the following identity verification documents.(Driver's license, passport, Basic Resident Register card, My Number card, physical disability certificate, rehabilitation certificate, mental disability certificate, health insurance card, National Pension Handbook, long-term care insurance card, certificate of residence, employee ID, student ID)
※Athlete bibs and timing chips cannot be reissued.

[Going through runner reception]

1. Identity Verification. Receiving athlete bibs and EXPO bag set

- Please present your identification document and participation ticket at the athlete bib exchange counter.
- In exchange for your participation ticket, 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)



- Registered JAAF athletes will receive two bibs per person(For chest and back), while the general public will receive one(For chest).
- Participants who require an escort will be provided with an escort athlete bib. After registration, please come to the help desk at the registration venue together with your escort. Please present a physical disability certificate, rehabilitation certificate, or other relevant documentation.
- Participants with disabilities (visual or hearing impairments) may receive a disability bib at the help desk at the venue upon request.

2. Receiving the participation T-shirt

Present your athlete bib to receive your commemorative T-shirt.
The size cannot be changed after registration.
The size labels on the T-shirts themselves are as follows.

Old notation	XS	S	M	L	XL
New notation	0	1	2	3	4

The outer packaging is written in alphabetic characters as before(XS–XL).



3. Collection of the 10th Participation Commemorative Gift, Special Bottle, Early Entry Lottery Prize, and Fun Run Benefit (Eligible Participants Only)

- Participants who have entered the Toyama Marathon ten times will receive a “10th Participation Commemorative Gift.” Those whose participation card indicates “O” in the “Eligible for 10th Participation Commemorative Gift” field should proceed to the collection counter at the venue.
- A “Special Bottle” will be distributed to participants selected for the self-service hydration demonstration experiment. Those whose participation card indicates “O” in the “Winner of Special Bottle (Demonstration Experiment)” field should proceed to the collection counter at the venue. (Please note that winners were selected by lottery due to the large number of applicants.)
- For this event, prizes will be awarded by lottery to participants who completed their entry by the end of May, across all marathon-category entry slots. Those whose participation card indicates “O” in the “Early Entry Lottery Winner” field should proceed to the collection counter at the venue.
- For this event, benefits are available to participants starting from the Fun Run block. Those whose participation card lists “Fun Run” in the “Starting Block” field should proceed to the collection counter at the venue.

4. Toyama Marathon EXPO 2026

We will be holding an EXPO to help you enjoy the Toyama Marathon 2026 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.

Access to reception venue



Click here to learn more about proxy acceptance.



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.

※For your help in relief efforts, if you were unable to finish the race, you will be presented with a finisher's towel and a finisher's medal at a later date.



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 bullet train from Toyama Station.

Using the Hokuriku Shinkansen

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

	Toyama Station	Shin-Takaoka Station
TSURUGI 3	6:22	6:30
TSURUGI 5	6:37	6:46
HAKUTAKA 591	7:16	7:24
TSURUGI 7	7:24	7:32
TSURUGI 9	7:37	7:46



Using the Ainokaze Toyama Railway

	Toyama Station	Takaoka Station	Vehicle formation
①	6:11	6:28	4cars
②	6:27	6:45	4cars
③	6:38	6:56	4cars
④	6:47	7:06	4cars
⑤	7:03	7:22	4cars
⑥	7:17	7:34	4cars
⑦	7:24	7:41	4cars

From Toyama Station

Using Ainokaze Toyama Railway Toyama Station ▶ Takaoka Station

- A one-way ticket from Toyama Station to Takaoka Station valid on race day (adult fare: ¥390) can be purchased at Ainokaze Toyama Railway ticket counters from one month before the date of travel. (*Ticket vending machines sell tickets for same-day travel only.) As heavy congestion is expected on the morning of race day, we recommend purchasing your ticket in advance at the ticket counter of a staffed Ainokaze Toyama Railway station (such as Toyama Station or Takaoka Station), including on Runner Registration Day (October 31).
- IC cards (ICOCA, Suica, etc.) can be used at all Ainokaze Toyama Railway stations. We recommend using an IC card.
- transfers from Ainokaze Toyama Railway, nationwide transportation IC cards can be used on the IR Ishikawa Railway, the JR Johana Line, and the JR Himi Line. Please note that nationwide transportation IC cards cannot be used on the JR Takayama Line or the Echigo Tokimeki Railway.
- If possible, please walk from Takaoka Station to the start venue.



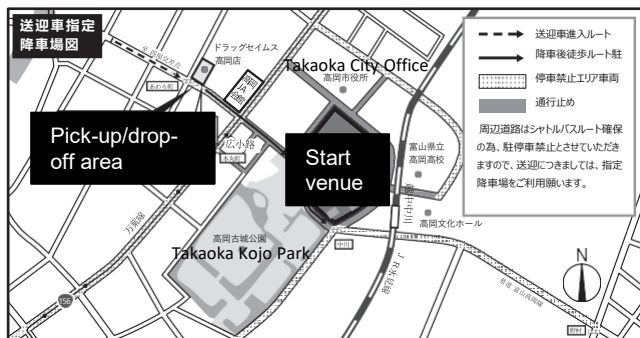
Those using their own car

You can use Saiseikai Takaoka Hospital as a designated parking lot free of charge.
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 at any other time than the day of the event (November 1).



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.



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, bus, or JR Johana Line (charges apply).

■Saiseikai Takaoka Hospital

Bus: from platform 1 at Takaoka Station South Exit (Zuiryuji Exit), get off at "Saiseikai Takaoka Hospital" bound for Shin-Takaoka Station, bound for Saiseikai Takaoka Hospital or Nakadamachi, 200 yen.



For those using the direct bus

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.

◆ Price: 2,500 yen

◆ Application: Applications will be accepted from noon on October 13 (Tue.) on the dedicated website.

*Operated on a first-come, first-served basis (Remaining seats, if any, will be sold at the EXPO venue. Not for sale on the day of the marathon)

*Please present the completed application e-mail to the staff when you board the bus.

*For details such as capacity and boarding location, please check the dedicated website (<https://amarys-jtb.jp/toyamamarathon2026-hotel/>).

Around Toyama Station
6:00 - 6:30 Departure

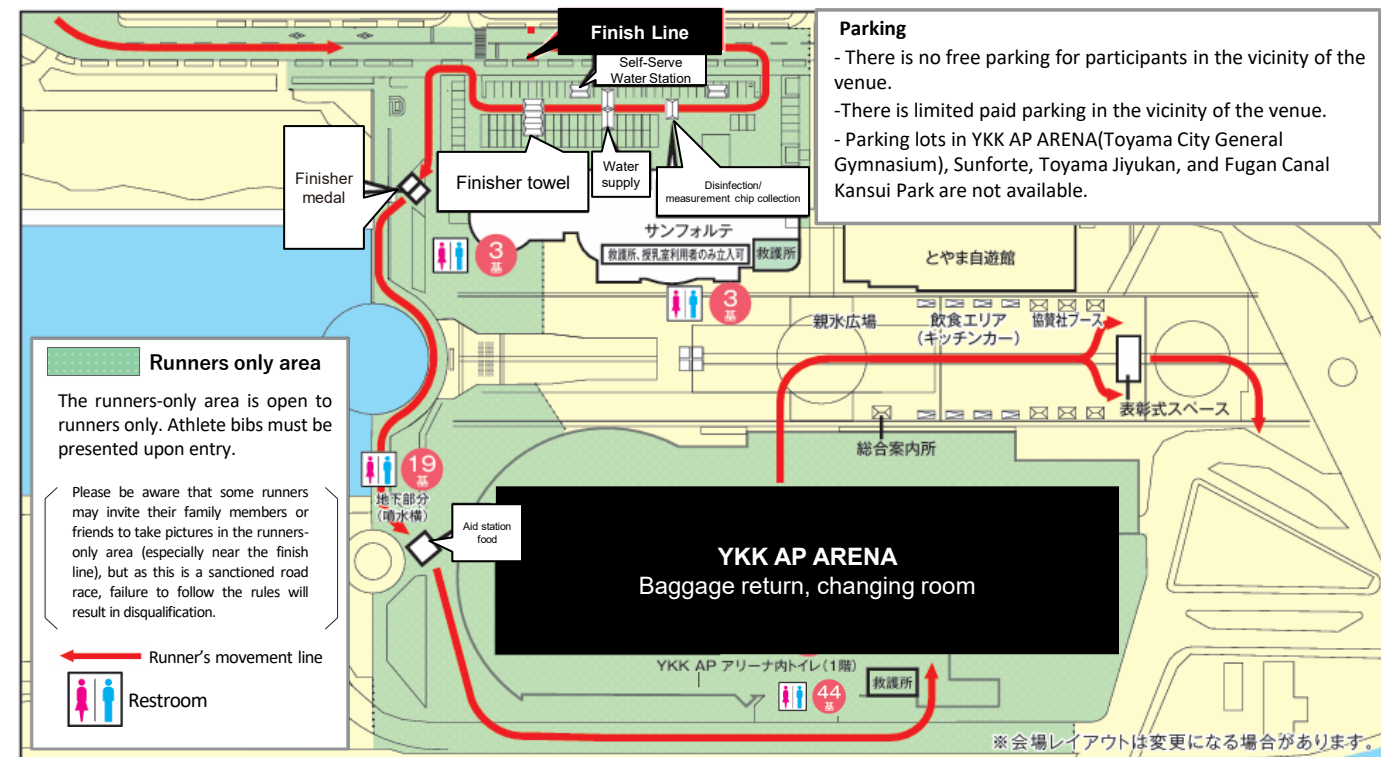
Start venue
Arrive 6:50 - 7:20

Dedicated Website



About the finish venue

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



What to do after finishing

Finish

- Disinfect hands (optional)
- Measurement chip collection (compulsory)
- Rehydrate
- Finisher towel
- Finisher medal
- Food

Baggage claim

*Please present your athlete bibs when claiming baggage.

Change clothes

*Please use air spray outside the building.
*Mobile phone charging is not available.

Depart

■Ainokaze Toyama Railway

(Toyama Station ▶ Takaoka Station)

	Toyama Station	Takaoka Station	Kanazawa Station	Vehicle formation
①	14:33	14:51	-	4cars
②	14:45	15:02	15:44	2cars
③	15:01	15:18	-	4cars
④	15:20	15:37	16:17	4cars
⑤	15:39	15:57	-	4cars
⑥	16:02	16:19	16:59	4cars
⑦	16:15	16:32	-	4cars
⑧	16:28	16:46	-	2cars

[Complete certificate]

• Complete certificates will be issued online (RUNNET).

For more information →

<https://www.toyamamarathon.com/news/26certificate/>



[Awards/Records]

① Awards will be given to the 1st to 8th overall male and female finishers.

② Awards will be given the 1st to 3rd place finishers for each age group, which are arranged for every 10-year age group (excluding those eligible for awards in ①).

*Age groups are divided based on participant ages as of Sunday, November 1, 2026.

*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!

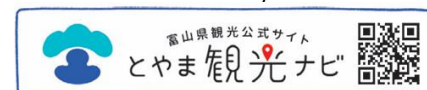
<Finish venue event>

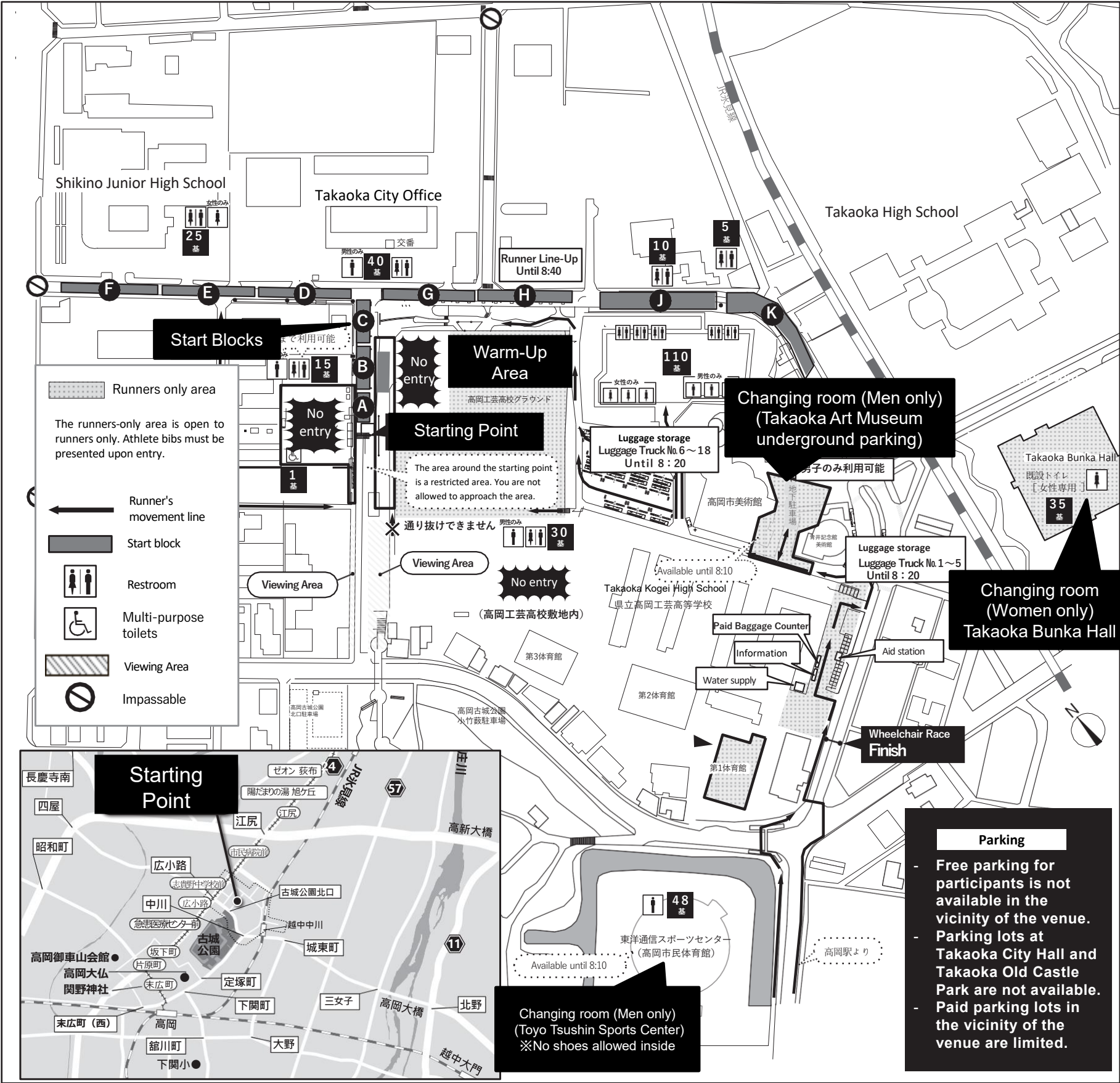
- Award Ceremony from 13:00
- We are also planning a stage event (after the awards ceremony) to liven up the venue, booths by sponsoring companies, and food trucks!



<Tourist information>

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





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 (No shoes allowed indoors)
Takaoka Art Museum Underground parking
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 (Size: W:50cm x H:70cm x Gusset:10cm) given to you at runner reception, and then deposit it directly to the designated truck.
- Athlete bibs must be presented when checking in/dropping off 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 checked in at the start venue will be transported to the YKK AP Arena parking lot and returned to participants at the finish venue.
- 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.

※Be sure to wear it on your chest.

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 ⇒fun run 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.

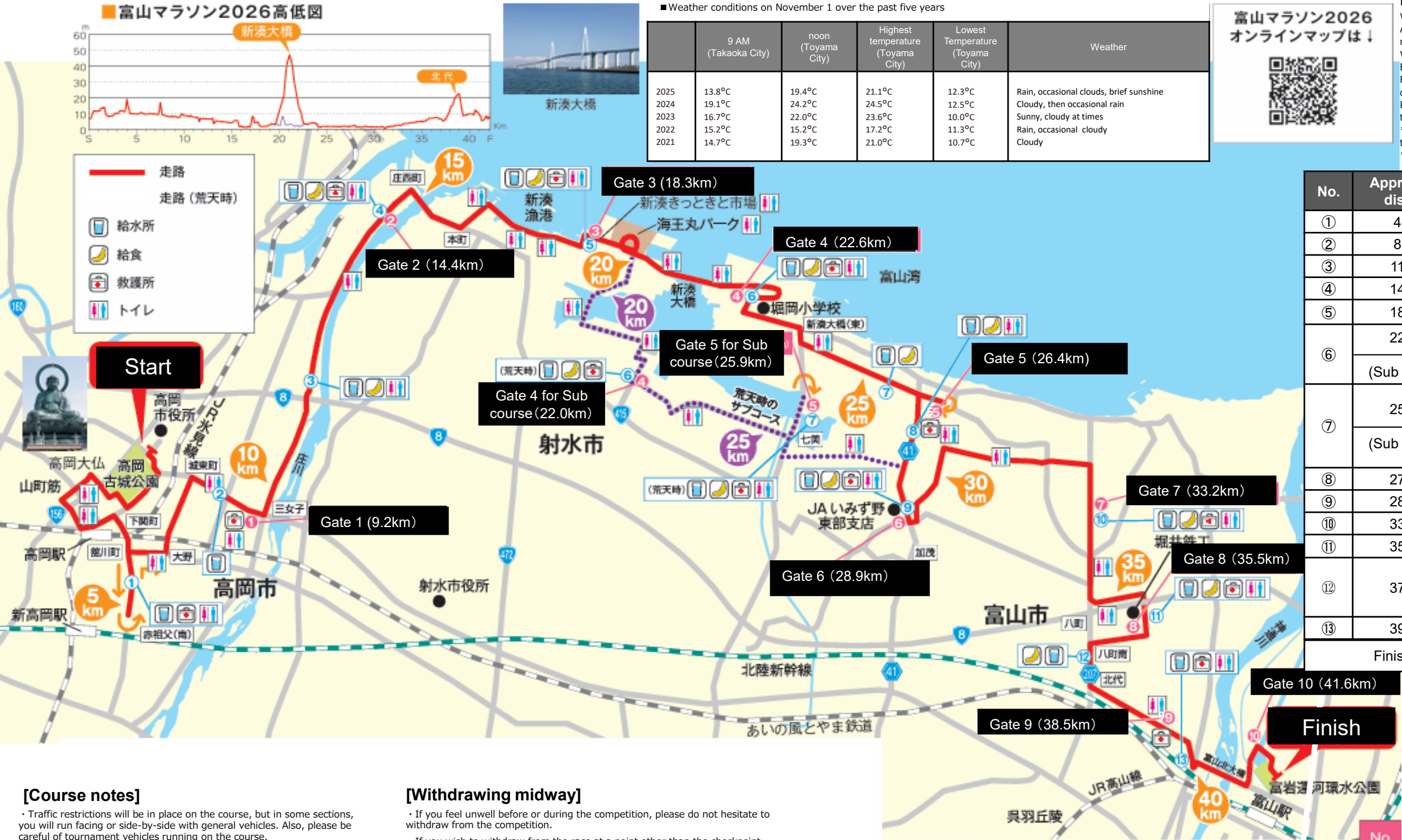
【This includes:】

- * 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.



[About water supply and food]

Water and sports drinks are available at water stations. A self-serve water area is provided for those who bring their own cups or bottles (with the mouthpiece removed). We will also prepare supplementary food, but once it runs out, it will not be replaced. Each station's supplementary food should be one per person (@'s grapes should be two grapes.). 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	8.6km	○	○	—
③	11.4km	○	○	konbu candy, Tororomaki konbu
④	14.4km	○	○	Salt tablets
⑤	18.3km	○	(Tea)	Trout sushi, Seafood soup
⑥	22.6km	○	○	Tomatoes, Kamaboko
	(Sub 21.9km)	(○)	(○)	(Tomatoes, Kamaboko)
⑦	25.3km	○	○	Firefly squid rice cracker, Miso manju
	(Sub 25.9km)	(○)	(○)	(Firefly squid rice cracker, Miso manju)
⑧	27.6km	○	○	salt tablets
⑨	28.9km	○	(Tea)	Kombu Inari
⑩	33.2km	○	(Cola)	Grapes
⑪	35.5km	○	(Tea)	Anpan
⑫	37.3km	○	○	Sakura candy, Chocolate Cigarette, salt tablets
⑬	39.7km	○	○	—
Finish		-	○	Fufufu rice ball, Toyama Famous confectionery

[About the containment barrier and retiring]

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. If you retire before the closing of the accommodation barrier, the bus will take you to the finish site at the nearest barrier point in the direction of the finish venue. You will be asked to wait in the bus until the bus departs after the gate closes.

[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 6.6km 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.
 - ②Get 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.ouennavi.jp/teaser/?eid=000000000388033>



*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 (Friday, October 30).

[About the Sub course]

If it is not possible to drive on Shinminato Ohashi Bridge due to bad weather, etc., the Sub course will be used. If the Sub course is used, the event will not be sanctioned by the Japan Association of Athletics Federations. *To be announced on the official tournament website at 5:00 a.m. on Sunday, November 1

[About Restrooms]

Restrooms will be available at various locations along the course (public toilets or temporary toilets). There will be signboards, so please be sure to use the designated area. If you are found to have defecated anywhere other than the toilet, you will be disqualified. Toilets are located approximately every 1.5km.

[Roadside Events]

Events will be held at approximately 20 locations along the course, featuring Hikiyama floats, Yabusame, and local high school students cheering on the runners.

[Fun Run support runner]

A runner who runs alongside fun run block, supporting them with pacing and safety. They help participants finish the race while enjoying the scenery and cheers along the way.