

RUNNER HANDBOOK

Ready?



TOKYO MARATHON 2019 | The Day We Unite.

Prior to the race day

Tokyo Marathon EXPO 2019 Bib Pick-up at Odaiba-Aomi Event Area (N,O,P)

Venue: 1-1-17, Aomi, Koto-ku, Tokyo

Nearest Railway stations:

Daiba (U07) at Yurikamome Line (about 8 minutes walk)

Tokyo Teleport at Rinkai Line (about 15 minutes walk)

■ **Thursday, February 28, and Friday, March 1**

11:00 a.m. - 8:30 p.m.

■ **Saturday, March 2**

11:00 a.m. - 7:30 p.m. *Last day closes 1 hour early

Be sure to complete entrant registration during the hours shown above.

Race Day Schedule

Sunday, March 3

7:00 Opening & start of baggage check-in
7:45 Move to start block
8:30 End of baggage check-in
8:45 Finish moving to start block
8:54 Start ceremony
9:05 Wheelchair Marathon & 10km Start
9:10 Marathon & 10km Start

10:50 10km Finish

11:10 Awards ceremony for 10km

13:30 Awards ceremony for Marathon

16:10 Marathon Finish

also serves as selection trial for:
2019 IAAF World Championship in Doha
Marathon Grand Championship Series (MGC) 2018-2019
~Japanese Olympic Trial for Tokyo Olympic 2020~
Abbott World Marathon Majors Series XII



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Important Information

Security wristband and face photo registration



As a measure for security, staff members will secure a Security Wristband on your wrist after you have your ID verified at Bib Pick-up. You cannot remove the wristband until you finish and exit from the Finish area. Please be aware that your entry will be withdrawn upon discovery of impropriety, such as intentional removal or replication of the wristband.



Runners Face photo will be taken and registered during Bib Pick-up. We ask for your cooperation in preventing improper entries.

⚠ Please take off your cap and surgical mask during the photoshoot.
For more information, refer to pg. 5.

Restrictions on what you can bring into the start area and to the course

There are restrictions to what you can bring into the start area and to the course. Pay close attention to the information below as you are getting ready for the race. Please be aware that restricted items will be confiscated and disposed of on the spot upon discovery.



Water bottles, glass bottles, cans and plastic bottles are prohibited.

[Spray cans]
Spray cans are prohibited. However, it is possible to bring spray cans which meet all of the following requirements:

- Commercial spray cans which have not been opened. This is limited to spray cans which are clearly medical products or cosmetics.
- One spray can within a contents of 120ml or less.

[Drinks]
Drinks are prohibited unless they meet all of the following requirements:

- Commercial drinks which have not been opened (cartons, aluminum pouches).
- Drinks with a content of 250ml or less per container.
- Total contents of 500ml or less regardless of the number of containers.



Other prohibited items

- Hazardous items, such as, poison, explosives, fireworks, oils, items that generate hazardous gases and other dangerous goods.
- Blades, flammable objects, and other small tools.
- Items that pose a threat to be used as a weapon, such as, a box cutter, scissor, sharp tools, long umbrella and etc.

Refer to pg. 20 for other restrictions on what you can bring in.

Bib Pick-up

<EXPO Period>

• Thursday, February 28, and Friday, March 1

11:00 a.m. ~ 8:30 p.m.

• Saturday, March 2

11:00 a.m. ~ 7:30 p.m.

<EXPO Site>

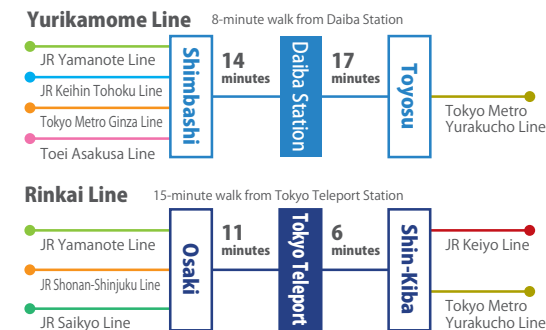
Odaiba-Aomi Event Area (N,O,P) (1-1-17, Aomi, Koto-ku, Tokyo)

<Nearest Stations>

Daiba (U07) at Yurikamome Line (8-minute walk from station)

Tokyo Teleport at Rinkai Line (15-minute walk from station)

⚠ Wheelchair participants have a different Bib Pick-up location, which will be announced separately.



Access Map



⚠ Tokyo Marathon Family Run 2019 and Tokyo Marathon Friendship Run 2019 will take place at Rinkai Fukutoshin Symbol Promenade Park on Saturday, March 2 until noon.

Considering the safety of visitors, we have arranged a detour route: Please follow instructions of on-site staff. Your understanding and cooperation would be greatly appreciated.

Detour Route (until noon on Saturday, March 2)



Bib Pick-up procedure

Floor Map



① Runner verification and Security Wristband fitting

② Face photo registration
Receive Bib Set and Official Baggage Bag

③ Receive T-shirt and EXPO Bag

What to bring to the Bib Pick-up

Bib Number Confirmation

Photo ID (*Copies are not accepted) **Must pick up in person. No other individual may pick up on behalf of others.**

• Please use one of the following methods (A, or B) to pick up your Bib

Method A

Present your web confirmation
Present your web confirmation to the staff at the pick-up desk by displaying your confirmation on either your smartphone or tablet.



*Sample image

Method B

Print your web confirmation and bring the copy



*Sample image

⚠ If your personal information has changed, please contact the Tokyo Marathon 2019 Entry Desk (tm2019@or.knt.co.jp).

For more information regarding the web confirmation, please refer to the e-mail sent to you in early February or to our official website.



① Runner verification and Security Wristband fitting

Acceptable Photo ID (photocopy is unacceptable)

Passport or Residence Card

⚠ If you are participating with a guide runner or in categories for disabled runners, be sure to bring your physical disability certificate or rehabilitation certificate.

Security Wristband fitting

Staff will secure a Security Wristband on all runners. This wristband is required for entering the start area on the race day.

⚠ **You cannot remove the wristband until you finish and exit the finish area.**

The part of the wristband that touches against your skin is made out of very safe materials that are used, for example, in medical treatment, toys, and food containers. With its excellent water-resistance and durability, you can take showers with the wristband on and it will not easily tear in your daily activities. We also have applied protection on the printed surface of the wristband to prevent color loss or staining.

*The above may not apply depending on the environment or conditions in which the wristband is used. If you feel any discomfort or changes in your physical condition due to the wristband, take off the wristband immediately and contact the Tokyo Marathon Entry Desk (TEL: +81-80-2233-7758). Contact a medical professional if the symptoms do not improve even after removal of the wristband.



*Sample image



② Face photo registration / Receive Bib Set and Official Baggage Bag

Take your face photo and receive the items mentioned below at the applicable Bib Pick-up Desk.

If you chose "I will not check my personal belongings (Official Baggage Bag)" when you made your entry, there will be no Official Baggage Bag for you.

Face photo registration

Your face will be photographed as a measure for security and will be registered along with your Bib Number and Security Wristband.

Your understanding of security measures is greatly appreciated.



1. Scan your Security Wristband



2. Take your face photo



3. Scan your Bib Number

⚠ Please take off your cap and surgical mask during the photoshoot.

What to receive at Bib Pick-up

Bib Set



Bib
*Make sure that the name printed on your bib is your own.



Safety Pins

Timing Chips
*To be attached to your shoelace



Baggage Sticker
*To be attached to your baggage bag

Official Baggage Bag



*Sample image

Size: Approximately 20 liters

* For precautions on baggage check-in, refer to pgs. 8 and 20

How to secure on the Timing Chip

*Stop by the Timing Chip Help Desk during your Bib Pick-up if there are no shoelaces or velcro straps on your shoes, or if you don't know how to secure on the Timing Chip.

*No result can be recorded and you will therefore be disqualified if you don't have the Timing Chip on properly or if you forget to secure it on.

*The Timing Chip will not be reissued.

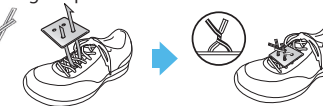
• How to secure on the Timing Chip



Timing Chip



Twist tie for securing on the Timing Chip



How to read your bib

Your Bib Number contains information required at the start and finish areas.

Start area



Baggage truck number

Entrance gate
It is strictly forbidden to enter from a gate other than your specified gate.

Start block
*A Block is for the exclusively for RUN as ONE – Tokyo Marathon Semi-Elites.



Be sure to fill out all necessary information on the back.

Where to wear your Bib

Wear it on your chest where your number is clearly visible.

*Runners registered under the Japan Association of Athletics Federations or as 10km Intellectually Challenged / Visually Impaired runners are to wear one Bib each on their chest and back.

*Do not bend or cut your Bib.



Finish area

Your Baggage Pick-up Area after finishing the race differs depending on the color of your Bib.

Please follow the guidance from the staff.

To Hibiya



To Otemachi



To Nihombashi (10km)



Identifying staff

Staff members are wearing different colored staff wear and caps depending on their responsibilities. Speak to them if you need anything.



Other information regarding your participation

To participate in the race, you should train thoroughly. Be sure to review the health check-list below, and participate at your own risk.

Health Check-list

(A) Please consult your primary care doctor (physician) about your participation in the race if any of the following items apply to you. You are responsible for your own health maintenance.

- 1 I am currently undergoing treatment for, or have been diagnosed with, a cardiac disease (cardiac infarction, angina pectoris, cardio myopathy, valvular disorder, congenital heart defect, irregular heart beat etc.)
- 2 I have history of losing consciousness or fainting.
- 3 I had chest pain or felt dizzy during exercise.
- 4 I have relatives who suddenly died of so-called "heart failure" (sudden death).
- 5 It has been more than a year since I had the last medical checkup.

(B) The following items (No. 6 - 9) are the risk factors for cardiac infarction and angina pectoris. If any of the following items apply to you, please consult your primary doctor.

- 6 I have a high blood pressure.
- 7 I have a high blood-sugar level and/or diagnosed with diabetes.
- 8 I have a high LDL cholesterol level or neutral fat level (hyperlipidemia).
- 9 I smoke.



③ Participant T-shirt and EXPO Bag Pick-up

Be sure to receive your Participant T-shirt at the giveaway desk.

You cannot change the size of your shirt.



Design of Participant T-shirt



To Charity Runners

Receiving your Charity Runner Participant T-shirt

Charity Runners will receive a Charity Runner Participant T-shirt in addition to your Participant T-shirt. Be sure to stop by the desk.

Note that you cannot change the size of your shirt.

Location of Charity Runner Participant T-shirt Giveaway

Get your T-shirt at the counter of the organization to which you donated. The counter is at the Tokyo Marathon Expo 2019 Charity Booths (refer to Charity Booths in the Floor Map on pg.4).



*Sample image

Procedures at the start area

Start area

In front of the Tokyo Metropolitan Government Building

Items Required on the Race day

- Bib
- Timing Chips
- Official Baggage Bag (For those who will be checking baggage)
- Security wristband (Secured on at Bib Pick-up)

Clothes

There is a limit to the changing area that is available in the start area. Please come with your race clothes on.

Flow until start

7:00

Entrance gates

Enter the start area from the entrance gate specified on your bib.

8:15

It is strictly forbidden to enter from a gate other than your specified gate. Entrance gate areas will be crowded on race day; please arrive early.

Security wristband check

Baggage inspection / Security check

Security staff will inspect bags and conduct body checks with a metal detector at entrance gate.

*Please be aware that prohibited items will be confiscated and disposed on the spot.

7:00

Baggage check-in

Present your bib, and check your bag at the designated baggage-check point.

8:30

Checked bags cannot be retrieved until after the race.

Bag check and retrieval points are outside; baggage may get wet in case of rain

*The Start Area Information Desk offers paid delivery services to airport and train stations for belongings that cannot be brought in or checked in along with Official Baggage-check (payment can be made by cash, public transportation IC cards, or credit card).

• Example of baggage (sample image)



*Tightly lace up the mouth of the bag to prevent the baggage inside from sticking out.



7:45

Lining up at the designated starting block

Check the information board in the start area for the route to your starting block and follow the staff instructions.

8:45

Runners not at their start block by 8:45 will have to start from the back of the last block. Runners who have not reached the start block by 9:10 will not be able to compete in the race.

9:05

Wheelchair marathon & 10km Start

9:10

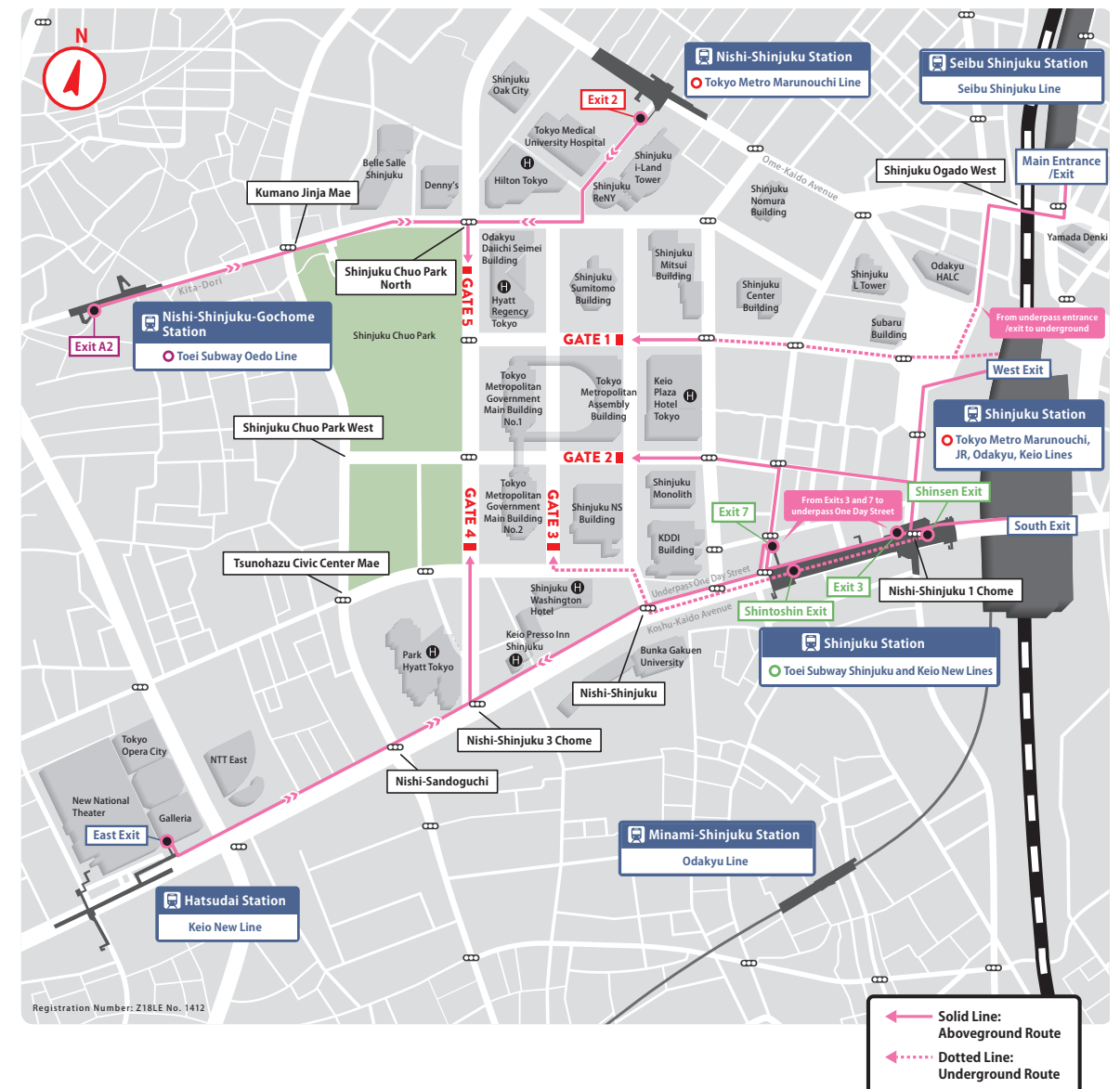
Marathon & 10km Start

Recommended route and Start area map

How to read your bib



Entry gate



Start area map

How to read your bib

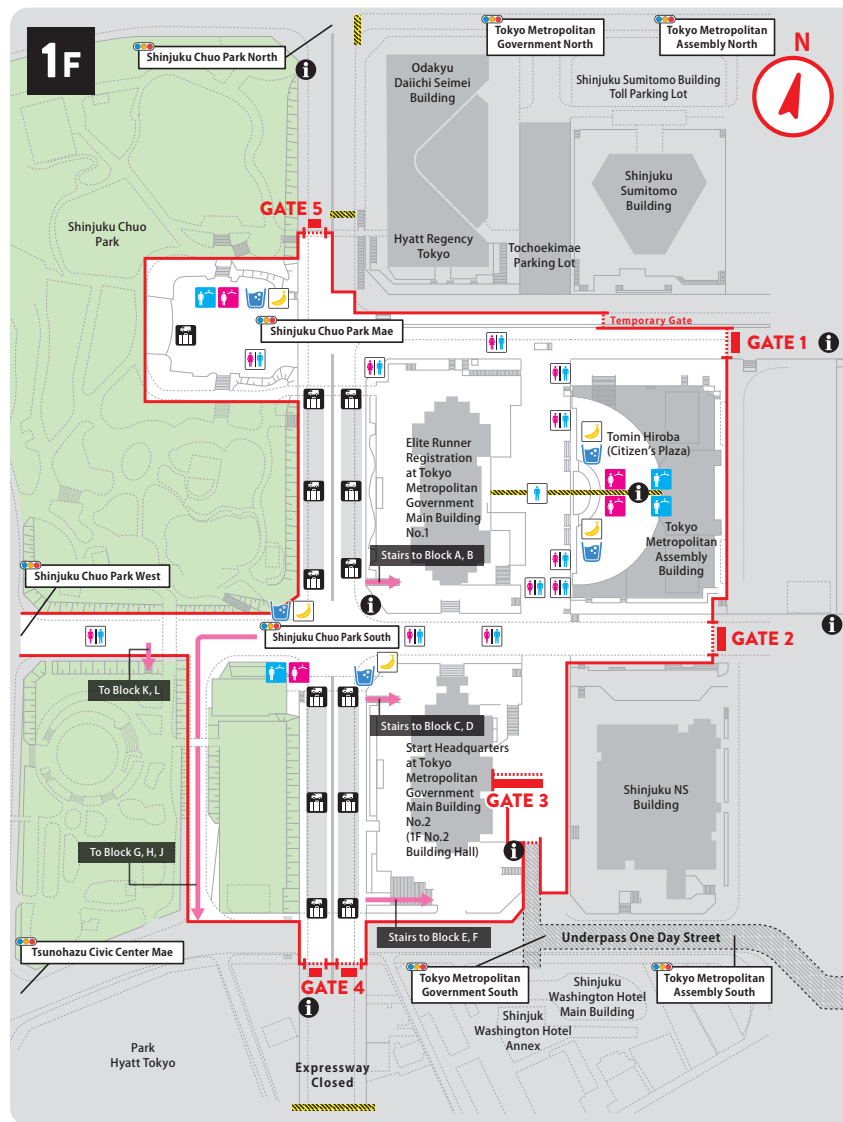


Baggage truck number

Start Block

Entry gate

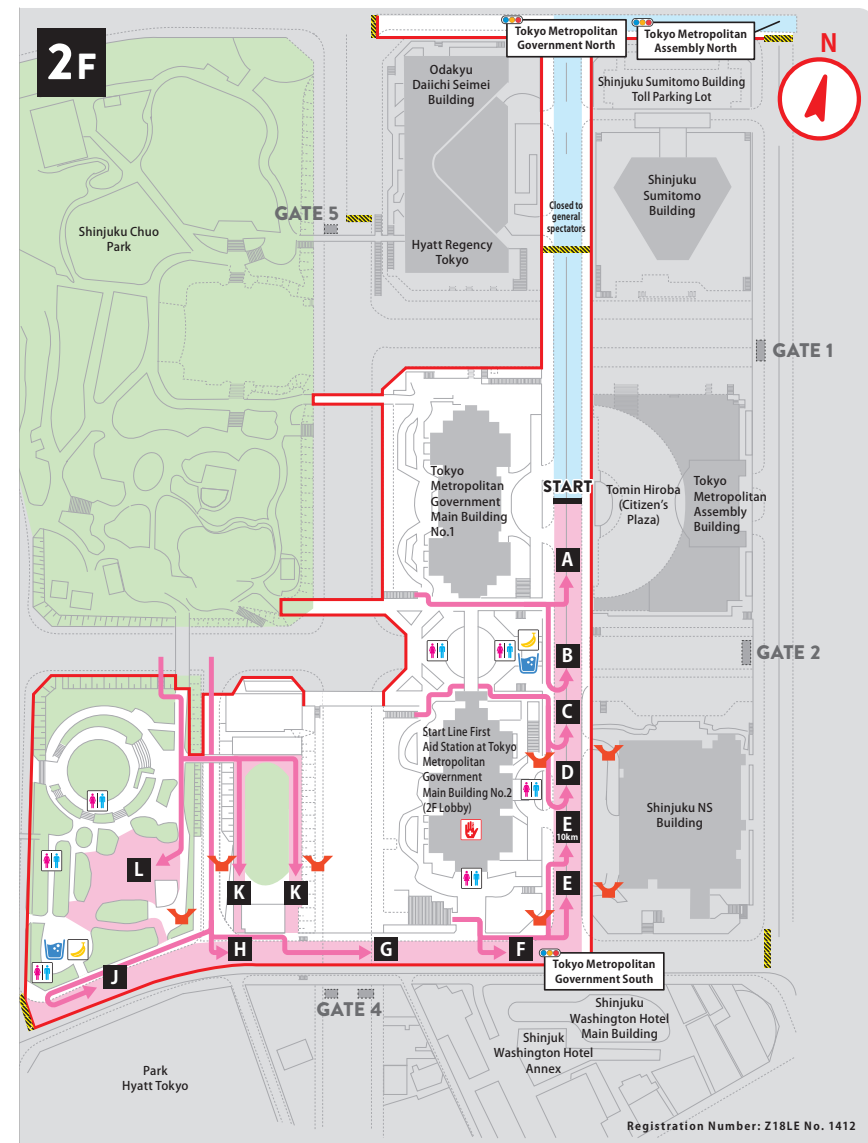
Start Block	Baggage Truck	Changing Area
Runner Route	Portable Toilets	Medical Station
Course	Aid Station	Yofuku Post (Clothing Donation Box)
Blocked	Information	



(Shinjuku Station - Tokyo Metropolitan Government Buildings)

! Precautions

- There are several restricted areas near the Start Area. Please obey the guidance and instructions provided by the marathon staff.
*Only runners may enter the restricted areas.
- Refrain from arriving before 7:00 a.m. Runners present in a restricted area before 7:00 a.m. will be asked to temporarily vacate the area.
- Do not camp out the night before the race or sit in the start area as it may inconvenience local residents or establishments.
- Personal automobiles, chartered busses, etc. will not be allowed to access the Start Area for picking up or dropping off participants.
- Both before and during the marathon, do not enter the hotels, office buildings, underground shopping malls, etc., near the course route to use their restrooms or change clothing. Please be aware that the portable toilets on the second floor of the marathon venue may become crowded.
- Please remember to bring the following items on the day of the marathon:
 - Bib
 - Timing chip
 - Official Baggage Bag (for those who will be checking baggage)
- Bibs, timing chips, and security wristbands will not be reissued. Runners without bibs, timing chips, or security wristbands will be disqualified from the marathon.



Clothes that are sleeping, let's make them Run again!

運動不足のウェアを、もう一度走らせよう。

Tokyo Marathon Foundation supports "Yofuku Post" by participating in Clothing Reuse Project.

"Yofuku Post" gathers clothings and resells them around the world, allowing the clothes to be worn again. Furthermore, money collected through the clothings will be donated to different nonprofit organization.

"When was the last time I wore this?" ...deliver it to "Yofuku Post" !

How "Yofuku Post" works



Tokyo Marathon Expo 2019

Accepting at these locations

Thursday, February 28 ~ Saturday, March 2
Drop off times 11 a.m. ~ 9:00 p.m.
on 3/2 11 a.m. ~ 8:00 p.m.

Jogport Ariake (Please bring directly to the shop)

Accepting everyday until March 3, 2019 (Sunday)
Acceptable times 7:00 a.m. ~ 9:30 p.m.
(Sat.&Sun. and holidays until 6 p.m.)

Also on the day of Tokyo Marathon

Tokyo Marathon 2019 race day*
Sunday, March 3, 2019 near Starting line

*To find out the locations, please refer to pg.11

*We will not take any responsibility over any valuables found in along with the clothings. Also, any unresuable clothig or anything other than clothing will be discarded.
Please do not bring towels or bathrobe on the race day.
Yokuku Post is not a trash can (please make sure to check your pocket for trash).

東京マラソン財団

洋服ポスト For more informatin regarding Clothing Reuse Project and what you can bring to "Yofuku Post" please refer to our official website

▶▶ <https://www.marathon.tokyo/about/sc-activities/>

During the race

Clothes

- Bib must be kept visible during the race. No clothing disturbing the visibility of the bib number allowed to wear.
- Do not discard disposable plastic poncho or similar gear on the course for it may cause other runners to stumble and cause harm.

Distance Signs

- For every kilometer up to 42km and the half-way point, there will be a kilometer sign indicating the distance.
- Also for the first 1 mile and for every 5 miles, there will be a mileage sign to indicate the distance.

Toilets

- There will be signs along the course to indicate toilet facilities. **Please use the designated toilets facilities.**
- Tokyo Metro toilets, Toei subway toilets (with some exceptions) and Seven-Eleven convenience stores toilets along the course may also be used. When using these toilets, please watch out for pedestrians.

Aid Stations

- There are 15 aid stations located along the course (refer to pgs. 14-15)
- Please be advised that Special Drinks will be arranged for Invited and Elite Athletes only.
- The organizers will not be held responsible for fluids/foods provided at locations other than the designated aid stations.

Medical Stations

- Medical stations and office will be located in the start area, along the course and in the finish area.

Cut-Off Checkpoints

- Due to traffic, security and operational reasons, the course will close up to a particular cut-off checkpoint at designated times. Running will not be allowed after the checkpoint is closed. Please follow the instructions of marathon staff.
- Runners who are still on the race course but are not likely to finish before the allotted time may be ordered to stop by the race judges even before the designated time limit.**

Dropping out

- Should you need to drop out of the race, please notify a race official (gray jacket) and proceed to finish area by either:
 - Go to the nearest cut-off checkpoint and get on the sweep bus, or
 - Get on the final sweep bus

Cautions During the Race

- Traffic is regulated on the race course, but you will be running alongside automobiles at some locations. Please be fully alert of your surroundings as race vehicles may also run along the course.
- We may allow pedestrians to cross the course depending on the flow of runners. Your cooperation will be greatly appreciated.
- Please mind the traffic when you leave the course to use toilet facilities and/or for other reasons.

Pace-setters

Pace-setters will run the course, targeting the following records:

- Target finishing time (gross time) 3 hours / 3 hours and 30 minutes / 4 hours / 4 hours and 30 minutes / 5 hours / 5 hours and 30 minutes

- Pace-setters will run targeting the record measuring between the starting gun to when the finish line is reached.

- Pace-setters are only providing guidelines. They aren't guaranteed to finish at a set target times.



*Photo from last year

Finish Support Runner

To support many runners to reach the finish line, there will be "Finish Support Runner" for Tokyo Marathon 2019. The Finish Support Runner will be present on the course to allow runners to recognize the cut-off time in order to reach the finish line within the time limit. They will be visibly identifiable and will run with runners.



*Photo from last year

- The Finish Support Runners are guide to reaching the finish line within the time limit, and are not aimed at finishing within a set time.

Please Cooperate in Letting Emergency Vehicles Pass By

- If an accident, fire, or other emergencies occur during the race, emergency vehicle(s) may drive through the course. In such cases, please follow the instructions of the course staff and allow the vehicle(s) to pass by.
- Runners may be asked to stop.
Your cooperation will be greatly appreciated in allowing emergency vehicle(s) pass by.

Weather conditions

- The weather may change suddenly on the race day. You are to be prepared for rainy or cold weather. Thorough preparations are to be made especially by runners with an expected finishing time of 5 hours or more.

Weather conditions on March 3 over the last 3 years

Year	Time	Weather	Temperature (°C)	Humidity (%)	Wind direction	Wind velocity (m)	Average temperature (°C)	Maximum temperature (°C)	Minimum temperature (°C)
2016	9:00		7.7	41	NNW	3.4			
	11:00	Fine	12.0	36	NNW	1.7	9.2	16.4	2.3
	16:00		15.3	37	SSE	4.6			
2017	9:00	Fair, temporarily cloudy	10.8	61	NNW	2.7			
	11:00		14.3	38	NW	4.5	8.7	16.0	3.7
	16:00		11.6	29	NW	4.6			
2018	9:00	Fair, occasionally slightly cloudy	8.6	44	NNE	1.4			
	11:00		11.5	38	SSE	1.3	9.7	16.2	3.2
	16:00		14.1	42	SSE	3.2			

Course overview map

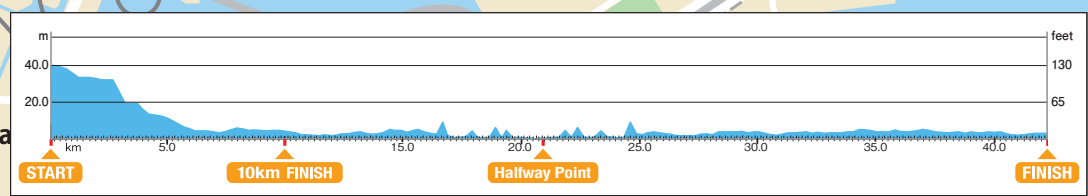
(Tokyo Metropolitan Government ~ Tokyo Station / Gyoko-dori Ave.)

Cut-Off Checkpoint	Place	10 km Closing Time		Marathon Closing Time	
		Wheelchairs	10km	Wheelchairs	Marathon
5.6 km point	Iidabashi Central Plaza	9:25	10:30	9:25	10:30
9.9 km point	Nihombashi Minamizume	-	-	9:40	11:00
10 km Finish	The crossing of Nihombashi	9:40	10:50	-	-
14.6 km point	The crossing of Komagatabashi Nishizume	-	-	9:50	11:40
19.7 km point	The crossing of Fukagawa 1-chome	-	-	-	12:30
25.7 km point	The crossing of Asakusabashi	-	-	-	13:20
30.1 km point	The crossing of Sukiyabashi	-	-	10:40	13:55
34.2 km point	The crossing of Fudanotsuji	-	-	-	14:35
39.8 km point	The crossing of Shimbashi 4-chome	-	-	11:05	15:45
42.195 km Finish	Tokyo Station/Gyoko-dori Ave.	-	-	11:15	16:10

- Aid station
- Foods
- Medical station
- Toilet
- Distance

Medical station		
Name	km point	Location
Start medical station	Start point	Tokyo Metropolitan Gov.Bldg.No.2, 2F entrance
5 km medical station	5.6 km	Karukozaka MN Bldg.
10 km medical station	9.9 km	Next to Nihombashi Nishikawa Bldg.
10 km finish medical station	10.0 km	CongresSquare Nihonbashi
15 km medical station	14.6 km	The crossing of Komagatabashinishizume
20 km medical station	19.8 km	The crossing of Fukagawa 1-chome
22 km medical station	21.7 km	Kiyosumi Garden park area
24 km medical station	24.2 km	Yasuda Gakuen
26 km medical station	25.7 km	Keiyo road traffic orgin, Asakusabashi
28 km medical station	28.0 km	Head Office of Kao Corporation
30 km medical station	30.1 km	The crossing of Sukiyabashi
32 km medical station	31.8 km	The crossing of Shimbashi 4-chome EAST
34 km medical station	34.2 km	BANDAI NAMCO Mirai-kenkyusho (Sumitomo Mita Bldg.)
36 km medical station	36.0 km	Katsurazaka Public Apartment
38 km medical station	37.9 km	Persons with Disabilities Welfare Center
40 km medical station	39.8 km	The crossing of Shimbashi 4- chome WEST
Finish medical station	42.195 km	Finish Area
Otemachi PLACE medical station	After Finish	Otemachi PLACE CONFERENCE CENTER
Marunouchi medical station	After Finish	Tokio Marine Holdings Bldg. Annex
Babasaki Gate medical station	After Finish	Babasaki Gate
MY PLAZA Hall medical station	After Finish	Marunouchi MY PLAZA
Tocho Grand Hall medical station	After Finish	Marunouchi Nijyubashi Bldg.
INTERNATIONAL FORUM medical station	After Finish	TOKYO INTERNATIONAL FORUM Hall E1

Name	km point	Water	Sport Drinks	Sponge	Banana	Bread	Orange	Glucose	Pickled plum	Chocolate	Sweet azuki-bean paste (Youkan)	Jelly	Salt candy
5 km aid station	5.1 km	○	○										
7 km aid station	7.3 km	○	○										
10 km aid station	10.1 km	○	○										
12 km aid station	12.5 km	○	○										
15 km aid station	15.2 km	○	○										
17 km aid station	17.5 km	○	○		○								○
20 km aid station	20.2 km	○	○										
22 km aid station	22.5 km	○	○	○			○		○		○		
25 km aid station	25 km	○	○										
27 km aid station	27.1 km	○	○	○		○	○	○	○				
30 km aid station	30.6 km	○	○										
32 km aid station	32.5 km	○	○		○				○				○
35 km aid station	35 km	○	○										
38 km aid station	38 km	○	○		○		○	○	○				
40 km aid station	40.1 km	○	○										



* As of December 31, 2018

Finishing the race

Post-race procedures

- Finish line
- ↓
- Receive Runner's Service... You will receive water, a Finisher Towel, a Finisher Medal, a Heat sheet, sports drinks, and foods.
- ↓
- Baggage pick-up (Only runners who checked in their baggage to designated locations)
- ↓
- Change clothes ... Change your clothes in designated spaces (e.g., tent)

Marathon finish areas

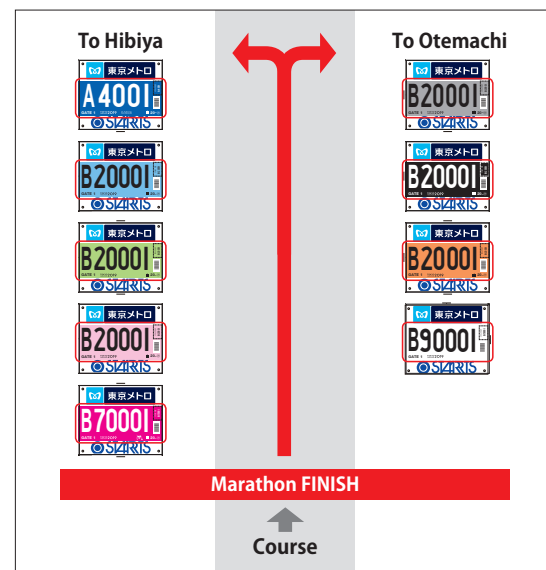
Tokyo Station /Gyoko-dori Ave., Otemachi and Hibiya-dori

- [Race finish times]**
- Marathon 16:10
 - Wheelchair 11:15

Post-race guide

You will be directed based on the color of your Bib.

*Please note that there is approximately 600m~1.5km from finish line to baggage pick-up area.



- ⚠ Various restricted areas are around the finish area. Please follow the instruction and guidance of the staff.
- ⚠ Chartered buses and private automobiles are not permitted to enter the finish area to pick up or drop off runners.
- ⚠ For more information on the finish area, refer to pgs. 18-19.

Results & Awards

Official results

Gross time is the time elapsed from the starting signal (gunfire) until you cross the finish line.

Race Record

Record will be available to view on our official website, and finish certificate will be available to download in early April.

* 10km results are considered unofficial.

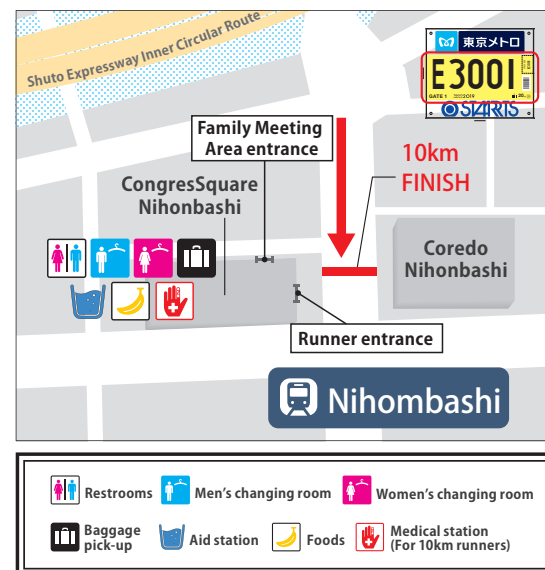
10km finish areas

Nihombashi

- [Race finish times]**
- 10km 10:50
 - Wheelchair 10km 9:40

Information on 10km finish area

A waiting space is available for athletes' family and attending members on the second floor of CongresSquare Nihonbashi.



Other information

To Six Star Finisher runners

If finishing Tokyo Marathon 2019 means you are successfully completing Abbott World Marathon Majors (AbbottWMM) and are becoming a Six Star Finisher*, then you will receive a Six Star Finisher Medal after finishing the race on March 3. This medal will be a wonderful commemoration of a great achievement: completing all six races!

*Six Star Finishers are runners who completed the six AbbottWMM (Tokyo, Boston, London, Berlin, Chicago, and New York) within the respective race's time limit.

Visit here for more information:

<https://www.marathon.tokyo/en/about/awmm/six-star-finisher/>

To receive your Six Star Finisher Medal on the race day, make and register your profile page as soon as possible on the official AbbottWMM website (<https://www.marathon.tokyo/en/about/awmm/six-star-finisher/>).

worldmarathonmajors.com/claim-results/). Once you make your profile page, you can check race results from 2006 and later. Click on the "claim" button on the right of your result to reflect that result into your profile page. Send an email message to stars@wmmajors.com if you have finished making your profile page. Staff members will be waiting at the finish line with your Six Star Medal ready.

*After you pick up your bib at Tokyo Marathon EXPO 2019, stop by the AbbottWMM information desk located inside the meeting area by the General Visitors entrance. (Be sure to have the Bib you received ready.)



Six Star Finisher medal

No-baggage runners

Start area

⚠ You cannot check in baggage at the start area. If you wish to discard the outerwear you wore to the start area, drop it into Yofuku Post and support our clothing-reuse project. Check out pg.12 for more information.



Finish area

You will be instructed to follow the steps below after crossing the finish line. Please follow the instruction and guidance of the staff on the race day.

Post-race procedures

- Finish line
- ↓
- Receive Runner's Service
- ↓
- Receive the original poncho and head home

To Charity runners

Information on charity runner-exclusive changing room

We have a changing room for the exclusive use of charity runners after the race. Head to that room by following the instruction of staff and volunteers.

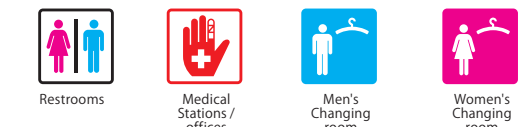
Post-race procedures

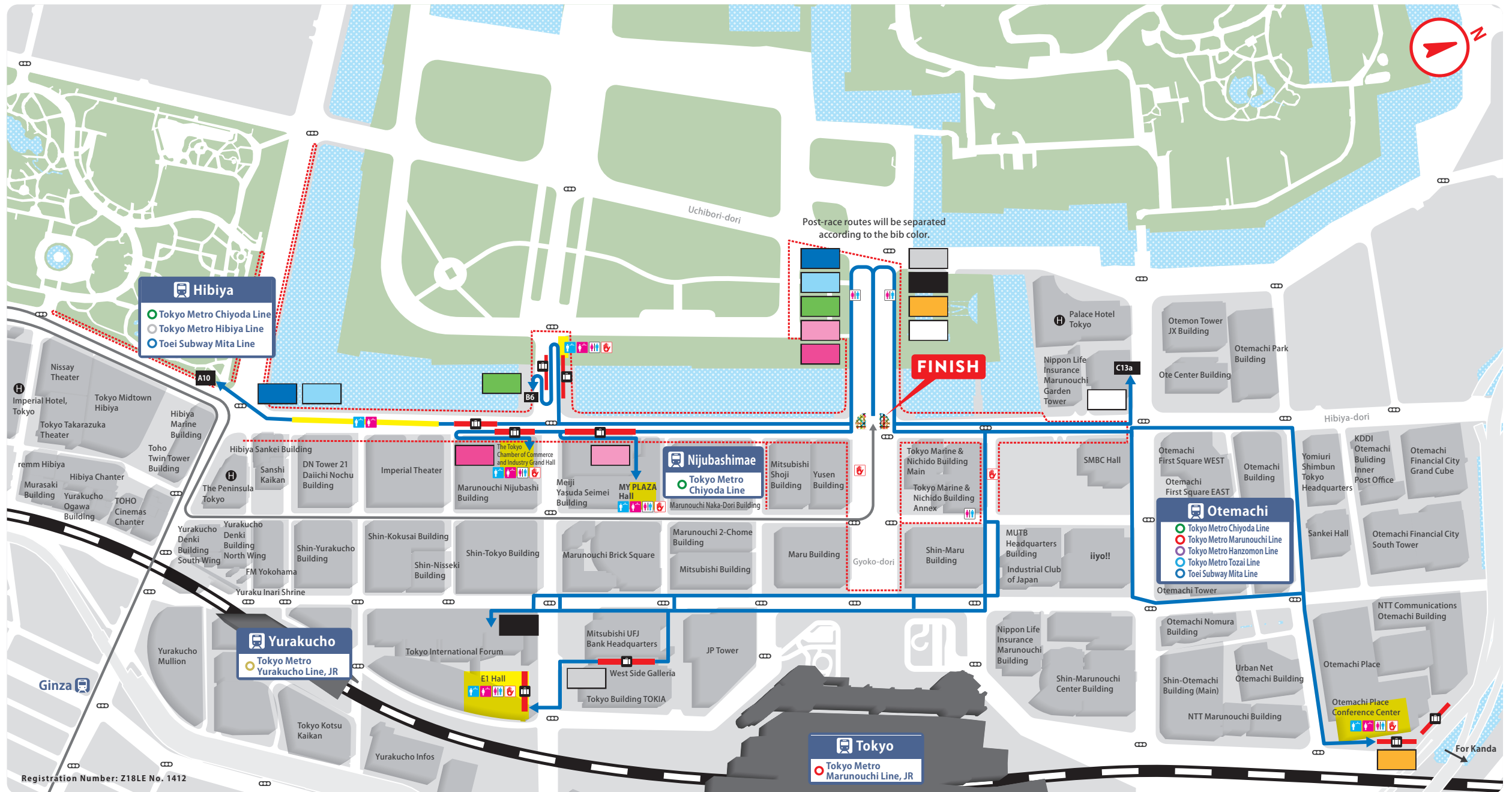
- Finish line
- ↓
- Head toward Babasaki-mon gate
- ↓
- Receive Runner's Service and pick up baggage at Hibiya-dori Ave.
- ↓
- Change clothes at charity runner-exclusive changing room

Charity runner-exclusive changing room

The Tokyo Chamber of Commerce and Industry Grand Hall
3-2-2 Marunouchi, Chiyoda-ku, Tokyo (Marunouchi Nijubashi Building 5th floor).

<Access> Directly connected to Exit B5 of Tokyo Metro Chiyoda Line, Nijubashimae <Marunouchi> Station





Changing Area

Baggage Claim

Restrooms

Medical Station

Course

Post-Race Route (According to Bib Color)

Authorized Personnel Only

Bib Color

Blue	Light Blue	RUN as ONE Semi-Elite Runners, General Runners
Green	Light Green	General Runners (Male/Female)
Pink	Light Pink	General Runners (Male)
Dark Pink	Light Purple	Charity Runners
Grey	Black	General Runners (Male/Female)
Orange	Light Orange	General Runners (Male/Female)
White	Light Yellow	No-Baggage Runners

10km FINISH AREA

Bib Color

A waiting area is available for friends and family of runners on the 2nd floor of the Congress Square Nihonbashi.

Changing Area

Baggage Claim

Restrooms

Medical Station (For 10km Runners)

Aid Station

Precautions for Participants

Baggage

- You must place all belongings into the Official Baggage Bag that we provide at the EXPO. We will not accept any belongings that will not fit into the bag. We also will not provide an extra bag even if you forget to bring it on the race day.
- Please make sure to pick up the baggage at designated locations.
- The following items should not be included in the bag: valuables, fragile articles, explosive matter and other hazardous items, documents and other electromagnetic media that are difficult to reissue, animals and plants, uncooked food, and any other item that may damage other baggage.
- The organizer will not be held liable for any event such as loss or damage that occurs to baggage checked in the race day.

Medical Aid

- First aid will be provided for injuries or illness that occur during the race. Depending on the case, financial support may be provided for injuries that took place during the race. Please contact Tokyo Marathon Foundation (daihyo@tokyo42195.org) after the race.
- Nonprescription medicines (digestive medicine, cold remedies, analgesic patches, etc.) will not be available at the Medical Stations. Pain relief topical spray is also unavailable.

Details on prohibited items

- Bottles, cans, plastic bottles, liquor, water bottles
- Items which pose dangers such as poisons, explosives, fireworks, oils, items which generate hazardous gases and other dangerous objects
- Blades, flammable objects, other dangerous small tools
- Items which pose the danger of being used as a weapon such as box cutters, scissors, tools, long umbrellas, etc.

- Pepper spray and other items that could discomfort or physically harm other people
- Wireless communication equipment (*excluding smartphones and cell phones)
- Loudspeakers, boom boxes, instruments, laser pointers, reflectors, and other items that make noise or give off light and, depending on how they are used, could bother other runners or hamper race administration
- Animals and plants
- Printed matter intended for distribution, flags, banners, placards, and other similar items
- Headdresses or headgear larger than the width of your shoulders
- Items that go beyond 30cm when extended (excluding collapsible umbrellas)
*Camera monopods and tripods, as well as selfie sticks, are prohibited
- Other items the organizer judges as a disturbance or potential disturbance to the administration and order of the race

Refer to the Tokyo Marathon official website for details.



Handling of personal information

The organizers recognize the importance of personal information. We comply with the applicable laws and regulations regarding the protection of personal information and handle this information as outlined below based on our privacy policy.

For more information, please refer to our official website:

<https://www.marathon.tokyo/en/privacy/>

Prohibited actions and precautions

The following actions are prohibited at the Tokyo Marathon 2019. The following clothing and other items listed from 1 to 10 that violate the Tokyo Marathon Regulations, competition regulations, other laws or public order and standards of decency are prohibited. If the organizer determines that their actions fall under these violations, runners will not be allowed to participate in the marathon and will be asked to leave, even if the marathon has started.

[Prohibited actions]

1. Wearing clothing or accessories that pose danger to other participants, such as items that could injure other participants or cause them to fall down, or that cover the entire face.
(Examples)
 - Clothing with swords, sticks armor or rivets; clothing or costumes that may injure other participants through coming into contact with them, etc.
 - Carrying long or large objects such as banners or flags in your hands or on your back.
 - Items likely to trip you such as skirts or kimono.
 - Items or actions likely to block the path of other participants, such as multiple participants linking together.
2. Clothing not suitable for a sporting event, or that makes other participants or spectators feel uncomfortable.
(Examples)

Being naked or wearing underwear or costumes that give the impression that you are naked, etc.
3. Items or clothing intended to promote or advertise political or religious views.
4. Items or clothing intended to promote or advertise individual names, specific regions or groups that are not recognized by the organizers.
(Examples)

Wearing clothing that displays the words "xxxx Shopping Mall", etc.
5. Using items that could be mistaken by other participants as the starting signal or cause confusion among the event organizers (lighting equipment that emits strong light, flashes, etc.: whistles, horns, fireworks or other items that generate explosive sounds, etc.) or equipment that generates loud noises that may distract other participants.
6. Actions that may cause delays at the start line, around the finish line or on the course, such as dancing, performing, playing musical instruments or suddenly stopping.
7. Asking for donations or signatures.
8. Trying to prevent non-runners from crossing a part of the course during the competition.
9. Refusal to follow the orders of the race officials, and/or disrupt the race.
10. Other actions in addition to numbers 1 -9 that are determined to be improper for participating in the marathon by the organizer.

[Precautions]

- **Do not relieve yourself anywhere other than toilet.**
- Do not change in train station toilets or in the station buildings.
- Do not change in areas other than those provided by the Tokyo Marathon
- **Do not take off clothing and throw it away after starting or on the course.**
- Do not smoke in areas other than those designated by the city or ward authorities.
- Do not run in areas such as flowerbeds or gardens.
- Take your garbage home with you.
- Do not run with strollers or pets.
- Do not camp out the night before the race or sit in the start area as it may inconvenience local residents or establishments.

In case the Race is Discontinued

The race will discontinue if an upper 5 or greater-level earthquake (in the Japanese seismic intensity scale) strikes Tokyo Area. The race will also discontinue based on the organizer's decision when a large-scale accident or other emergencies occur near the race course. To avoid confusion and to ensure your safety, please read the information below before you come to the event. Your cooperation in making the event safer and more secure is greatly appreciated.

Items to carry during the race

Runners are strongly encouraged to carry the items below during the race.



Smartphone or mobile phone
(as a means of making contact and gathering information in an emergency)



Public transportation IC cards
(as a means of transportation when you head home)

Cold weather countermeasures during the race

Medical Stations have cold weather gear as a provision against emergencies, such as cancellation of the race, but the number is limited. Be prepared for cold weather during emergencies by, for instance, carrying your cold weather gear while running or having your family members or friends prepare cold weather gear or drinks for you. Supporter Navigation app (<http://p.marathon.tokyo/ouenavi>) lets you know where the runner is at on a real-time basis. We recommend you to use this app.



When the race is discontinued, **it may not be possible to return your baggage to you** due to expected difficulties in delivering your baggage and in securing staff to assist with pick up. In this case, the organizer will send your baggage to the address you registered with us at a later date.

Collect accurate information

If you download the app below or follow our official social networking channel, you will be provided with information during emergencies by push notifications or on the official social networking channel.



Tokyo Marathon Foundation app

You can download the app from Google Play or the Apple App Store.



Tokyo Marathon Foundation official Facebook page <https://www.facebook.com/tokyo42195.org>



Tokyo Marathon Foundation official twitter account https://twitter.com/tokyo42195_org

*To get push notifications, ensure to enable notifications on your smartphone.

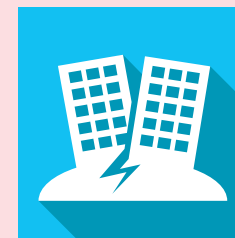


Important Notice

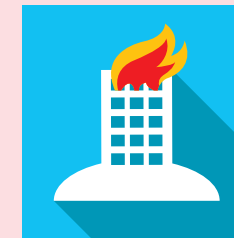
If the Japanese Government's nationwide warning system J-Alert sends an alarm related to ballistic missile launches, follow the staff's instructions. Do not panic; act calmly. It is extremely dangerous to suddenly stop or change directions on the race course, where there are many runners.

Returning home when the race has discontinued

An earthquake (upper 5 or greater in the Japanese seismic intensity scale) OR large-scale accident or other emergencies emerge



An earthquake (upper 5 or greater in the Japanese seismic intensity scale)



Large-scale accident or other emergencies

Decision to continue / discontinue the race

If an upper 5 or greater-level earthquake (in the Japanese seismic intensity scale) strikes Tokyo, the race will discontinue immediately.

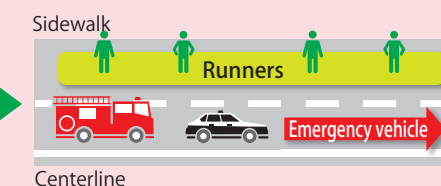
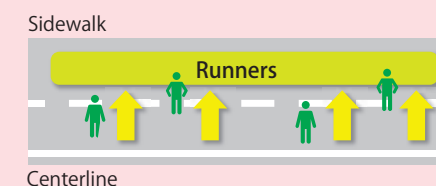
Race officials give out the instructions to stop the running

Stop running

Follow staff instructions. Mind your surroundings, and come to a stop slowly.

Wait on side of the street (take refuge elsewhere if in immediate danger)

- After you have stopped running, follow instructions of race officials on the course.
- As a general rule, remain where you are until race officials provide instructions.
- Emergency vehicles may drive through the course. Follow the instructions of course staff and wait at the side of the street.



Return home after confirming safety of surroundings

- Follow instructions from staff and race officials. Be cautious of your surroundings, and return home.

Television Broadcast

● Sunday, March 3

- Nippon Television Network (Nationwide) 9:00 a.m. ~ 11:50 a.m. Elite broadcast
- Nippon Television (only Kanto area) 12:00 p.m. ~ 12:45 p.m. General runner broadcast
- Nippon TeleG+ 9:00 a.m. ~ 4:30 p.m. Wheelchair & General runner broadcast
- BS Nippon Television 6:30 p.m. ~ 9:00 p.m. Tokyo Marathon 2019 overview

Radio Broadcast

● Sunday, March 3

- Radio Nippon 8:45 a.m. ~ 11:50 a.m. (scheduled) AM1422KHz

Web and app services for runners and supporters

Now Available

Tokyo Marathon App

Check out information related to Tokyo Marathon!

- We have gathered helpful information related to Tokyo Marathon into one app. We will mainly feature Tokyo Marathon EXPO 2019.



GooglePlay



AppStore

Race Day

Supporter Navigation

You can locate and check the participating runners!

- We will be providing a system on the race day where locating the runner on the course map through computer, smartphone and tablets will be possible. Through this, families and friends can better support and cheer their loved ones.



<http://p.marathon.tokyo/ouenniavi/>

Race Day

Leaderboard

Check out the lead runners!

- You can check out the time record of the lead runners for every 5km, and receive the latest news.

From Feb 1

Tokyo Marathon Week 2019

Know the course!

- Check out our website through smartphone and computer to view our course map and tourist attractions.



For more information, refer to the race's official website.

For the latest information on Tokyo Marathon 2019, visit here:

Tokyo Marathon 2019 Official website

..... <https://www.marathon.tokyo/en/>



For inquiries *Be sure to check the telephone number before you make a call.

Tokyo Marathon 2019 Entry Desk.....

TEL : +81-3-6891-9417

Operation Hours:

Weekdays up to Wednesday, February 27
(Monday to Friday, excluding holidays)
1:00 p.m. - 5:00 p.m. JST

Tokyo Marathon EXPO 2019 Help Desk

TEL : +81-80-2233-7758

Operation Hours:

Thursday, February 28 &
Friday, March 1 11:00 a.m. - 8:30 p.m. JST
Saturday, March 2 11:00 a.m. - 7:30 p.m. JST
Sunday, March 3 5:00 a.m. - 5:00 p.m. JST