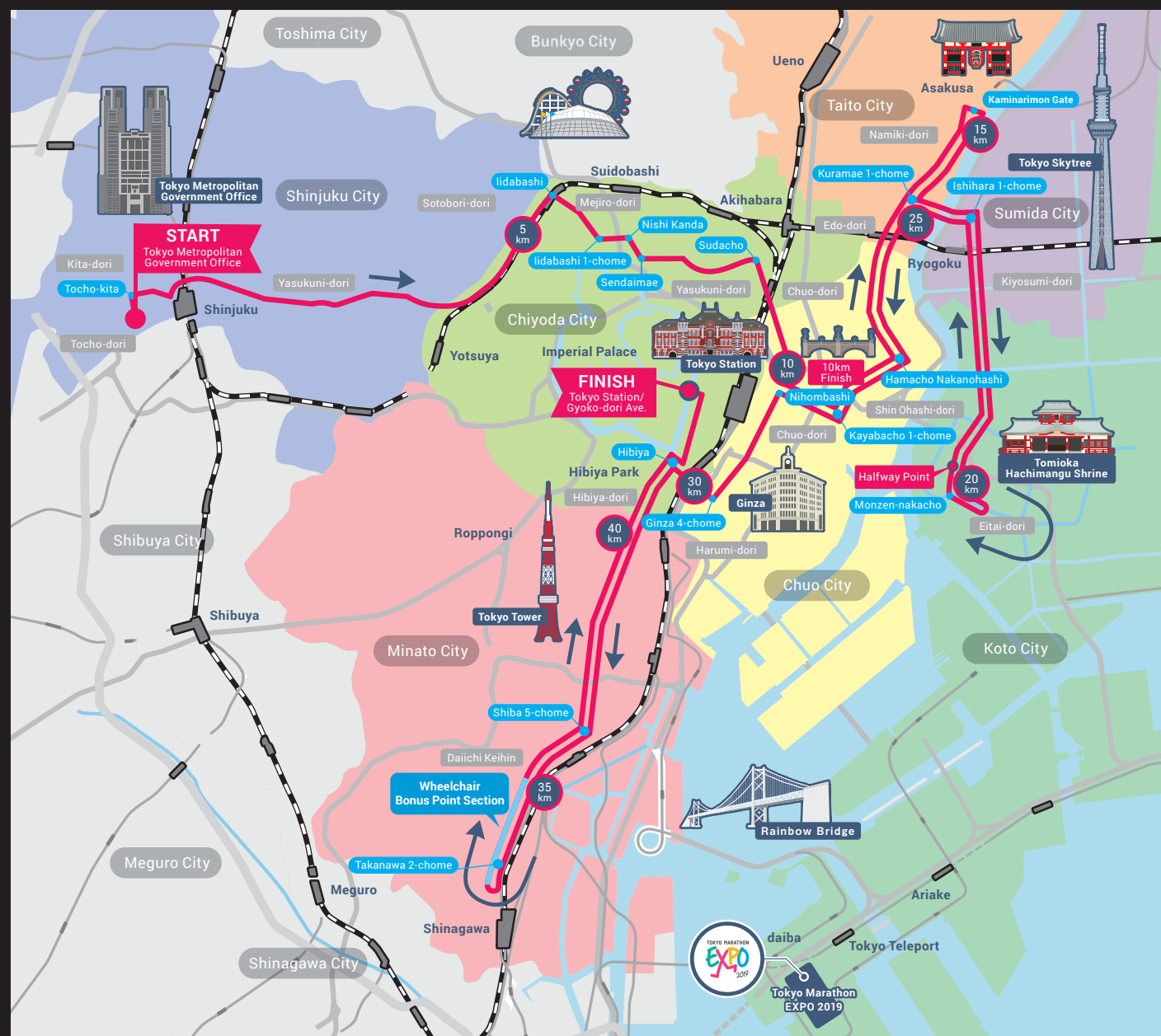


COURSE MAP



Marathon Pace Chart

	START	5km	10km	15km	20km	25km	30km	35km	40km	FINISH
First wheelchair	9:05	9:15	9:25	9:35	9:45	9:55	10:06	10:16	10:26	10:31
Last wheelchair	9:05	9:20	9:35	9:51	10:06	10:22	10:37	10:52	11:08	11:15
First runner	9:10	9:24	9:39	9:54	10:08	10:23	10:38	10:52	11:07	11:13
Last runner	9:30	10:23	11:00	11:43	12:32	13:14	13:54	14:45	15:47	16:10

Television and Radio Broadcast

Nippon TV (Terrestrial Broadcast and Nationwide)	9:00 - 11:50 Elite broadcast
(Terrestrial Broadcast and Kanto local)	12:00 - 12:45 General runner broadcast
BS Nittele	18:30 - 21:00 Tokyo Marathon 2019 highlights
CS Nittele G+	9:00 - 16:30 Wheelchair & general runner broadcast
Hulu (Internet Video Streaming)	General runner broadcast
Radio Nippon	Elite broadcast

● Traffic will be restricted for a certain period on the race day. We appreciate your cooperation on this. TOKYO MARATHON 2019 Road Closures

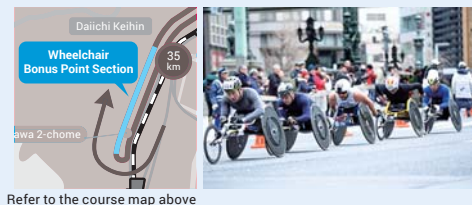
AbbottWMM -Abbott World Marathon Majors-

What's Abbott World Marathon Majors?

The Abbott World Marathon Majors (AbbottWMM) is a marathon grand slam series of six of the largest and most renowned marathons in the world: Tokyo Marathon, Boston Marathon, Virgin Money London Marathon, BMW BERLIN-MARATHON, Bank of America Chicago Marathon and TCS New York City Marathon. The Abbott World Marathon Majors Series is a global series that cycles through one year of competition and consists of the above six qualifying races, as well as the Olympic/Paralympic Marathon and IAAF/World Para Athletics Championships Marathon. The male and female athletes who score the greatest number of points will be awarded as the AbbottWMM Series champions. A total prize purse of \$820,000 is awarded to the top three men's and women's finishers in both the open and wheelchair series. In Series XII, to leave a lasting footprint in each local community on behalf of the thousands of runners who cross the finish line, AbbottWMM will donate \$1 for every finisher, with the total amount raised being split between the two chosen charities.

Wheelchair Bonus Points

New for Series XII, wheelchair athletes will be able to take home a potential eight bonus points in the new sprint competition. For the Tokyo Marathon 2019, the Bonus Points competition will be approximately 1km sprint competition from the turning point around 36km to roughly 37km point, as shown in the map above, and the points will be awarded to the fastest to complete that section, regardless of their place in the pack at that time. Let's cheer on all the athletes who compete to win the bonus points!



EVENTS -Related Events-

There are many events taking place during the Tokyo Marathon in addition to the race itself. Please join in the fun!

TOKYO MARATHON WEEK 2019

February 1 (Fri.) to March 6 (Wed.)

TOKYO MARATHON WEEK is held during the weeks preceding the Tokyo Marathon, involving all of Tokyo in this great event.

A digital map showing the Tokyo Marathon course and indicating cooperating facilities during the Tokyo Marathon are now available online. Discount coupons are available for use in surrounding facilities. Please check here for details.▶▶▶



TOKYO MARATHON EXPO 2019

February 28 (Thu.) to March 2 (Sat.)

TOKYO MARATHON EXPO is the largest running trade show in Japan, attracting more than 100,000 visitors, including the 38,000 runners from all over Japan and overseas who come to pick up their race bib. At the EXPO you can participate in demonstrations of the latest gear, apparel and services offered by the many exhibiting companies. *Free entry.

Official Shop
Original goods only available here.

Date & Time
February 28 (Thu.), March 1 (Fri.) 11:00-21:00 (Last admission at 20:30)
March 2 (Sat.) 11:00-20:00 (Last admission at 19:30)

Venue
Odaiba-Aomi Event Area (NOP) (1-1-17 Aomi, Koto-ku, Tokyo)
Nearest stations: Daiba Station (Yurikamome Line), Tokyo Teleport Station (Rinkai Line)



TOKYO MARATHON 2019 PRE-RACE FESTA

March 2 (Sat.)

ODAIBA AREA

TOKYO MARATHON FAMILY RUN 2019 & FRIENDSHIP RUN 2019 Come along and encourage children and runners from all over the world.

TOKYO MARATHON FAMILY RUN 2019 (9:50-)

Elementary school kids will run alongside their guardians in this fun run event.



TOKYO MARATHON FRIENDSHIP RUN 2019 (11:00-)

This fun run event aims to extend a warm welcome to runners from overseas and let them experience cultural exchanges.



Venue Special running course in Symbol Promenade Park Nearest stations: Fune-no-kagakukan Station and Daiba Station (Yurikamome Line), Tokyo Teleport Station (Rinkai Line)

MARUNOUCHI AREA TOKYO MARATHON WEEK 2019 Official Events Marunouchi Naka-dori Event "Let's go see the finish area!"

MARUNOUCHI EKIDEN 2019 (12:30 to 15:00) (provisional)

People working in the Marunouchi area participate in this annual running event in order to raise their health awareness while socially engaging. *Canceled in case of rain. Please refer to the Marunouchi Ekiden 2019 special website for details. <https://www.marunouchi.com/>

Venue Marunouchi Naka-dori
Nearest stations: Tokyo Station (JR & Tokyo Metro Marunouchi Line), Nijubashimae [Marunouchi] Station (Tokyo Metro Chiyoda Line)

TOKYO MARATHON WEEK PARADE (12:00-) (provisional)

Participating runners and supporters will parade with flags from all over the world to liven up Tokyo Marathon 2019. Let's cheer on the runners from the roadside!

STAGE EVENTS

TOKYO FM Talk Show
Guests: DIAMOND ATHLETES and others.

WORKSHOP

Workshop where you can make your own cheering megaphone. *No charge

Venue Marucube, Marunouchi Building, 1st floor
Nearest stations: Tokyo Station (JR & Tokyo Metro Marunouchi Line), Nijubashimae [Marunouchi] Station (Tokyo Metro Chiyoda Line)

*All events apart from the workshop in Tokyo Marathon 2019 Pre-Race Festa require advance registration.

MARATHON FESTA 2019

March 3 (Sun.)

Exciting events such as music, dance and folk art performances are held to encourage the runners on the day of the Tokyo Marathon 2019 at 24 venues along the course. The stage will be set to liven up the marathon and numerous elaborate gourmet, activities and gift campaign booths will line the route for events at the Shiba Park main venue! Join us in supporting all the runners and please visit the closest venue to have some fun.



SECURITY & VOLUNTEER -Tokyo Marathon Foundation Efforts-

SAFE & SECURE

We ask for the cooperation and understanding of participating runners, volunteers and spectators as we are striving to ensure that our marathon is the safest in the world and one in which everyone can feel secure participating, as per our motto of "SAFE & SECURE."

SAFE & SECURE

VOLUNTAINER

We want to make people with no previous experience discover the wonders of volunteering for sports events. As such, the Tokyo Marathon Foundation Official Volunteer Club "Voluntainer" was founded. Step up with us! Let's go forward, from Tokyo to the World!

VOLUNTAINER

TOKYO MARATHON APP -Official App-

Download the Tokyo Marathon official app to check the latest info. ▶▶▶

iOS version here
App Store からダウンロード



Android version here
Google Play で手に入れよう



TOKYO MARATHON 2019 FINISH AREA MAP OPEN

Requests to supporters and spectators in the vicinity of the marathon finish area

Parts of Hibiya-dori, Marunouchi Naka-dori, Gyoko-dori Ave. and other avenues near the finish area will be closed and **access will be restricted to runners and authorized persons**. We apologize in advance for any disturbance caused and would like to thank everyone for their understanding and cooperation.

- As the spectator area along Marunouchi Naka-dori is expected to be heavily crowded, please note that admission restrictions may be applied.
- As crossing the course will not be possible, please use **underground passages**.
- Please do not attach banners, flags and such on guardrails, bridges, or roadside public property.
- Please refrain from climbing on or over, placing your feet, or leaning onto fences or guardrail for it is dangerous to lean into the course.
- Please do not disturb visitors or customers of stores or buildings in the area where you are watching the race.
- Please use designated toilets whenever possible.
- Please take your trash home with you.
- Vehicle traffic will not be permitted on or in the vicinity of the course for a certain period of time on the day of the marathon (March 3). Your cooperation is greatly appreciated.

Surrounding facility list (Subway exits)

Facility	Subway Exit
BIC Camera	D4 D6
DN Tower 21	B1
iiyo!!	B1
Imperial Theatre	B3
Kishimoto Bldg.	4
Kokusai Bldg.	B4
Marunouchi Bldg.	M4
Marunouchi Mitsui Bldg.	4
Marunouchi Naka-dori Bldg.	4
Marunouchi Nijubashi Bldg.	B5 B7
Marunouchi Park Bldg. (Marunouchi BRICK SQUARE)	12
Marunouchi 2-chome Bldg.	M3
Meiji Seimei Kan Bldg.	1
Meiji Yasuda Life Bldg. (Marunouchi MY PLAZA)	1
Mitsubishi Bldg.	9 10 M3
Nippon Life Marunouchi Bldg.	M10
Nippon Life Marunouchi Garden Tower	D6
Ote Center Bldg.	C9
Otemachi First Square	C11 C12
Otemachi Place	A5
Palace Hotel Tokyo	C13b
Shin-Kokusai Bldg.	D3
Shin-Marunouchi Bldg.	M7
Shin-Nisseki Bldg.	D3
Shin-Tokyo Bldg.	6
Shin-Yurakucho Bldg.	D2
Sumitomo Mitsui Banking Corporation Head Office Bldg.	C13a
The Peninsula Tokyo	A7
Tokyo Bldg. TOKIA	11
Tokyo International Forum	4 5 D5
Yurakucho Bldg.	A2 A3
Yurakucho Denki Bldg.	A2 A3
Yusen Bldg.	4
For people going toward the Imperial Palace	B6 D2

B6 only restricted from 12:00 p.m. to 4:00 p.m.



●If going to the Imperial Palace/west spectator area, use the underground passage. To get to the Imperial Palace, use the B6 or D2 exit.
 ●If crossing Marunouchi Naka-dori Street, use the underground passage. B6 only restricted from 12:00 p.m. to 4:00 p.m.

TOKYO MARATHON 2019

[Tokyo Marathon 2019 Information Desk]

<https://www.marathon.tokyo/> (Detour route can be viewed)
TEL : 03-6631-9645

Business hours:
 Up until February 22 (excluding weekends and holidays) 10:00 a.m. to 5:00 p.m.
 From February 25 to March 2 10:00 a.m. to 8:30 p.m.
 March 3 (the race day) 7:00 a.m. to 8:30 p.m.

Current as of January 2019