



# Hokkaido Marathon

Participation Guide

Japan Marathon Championship Series・G2

# Hokkaido Marathon 2024

## 8.25 *sun.* 08:30 **START!**



Official Website

Hokkaido marathon

Search



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

Official Social Media



Facebook



X (Formerly Twitter)

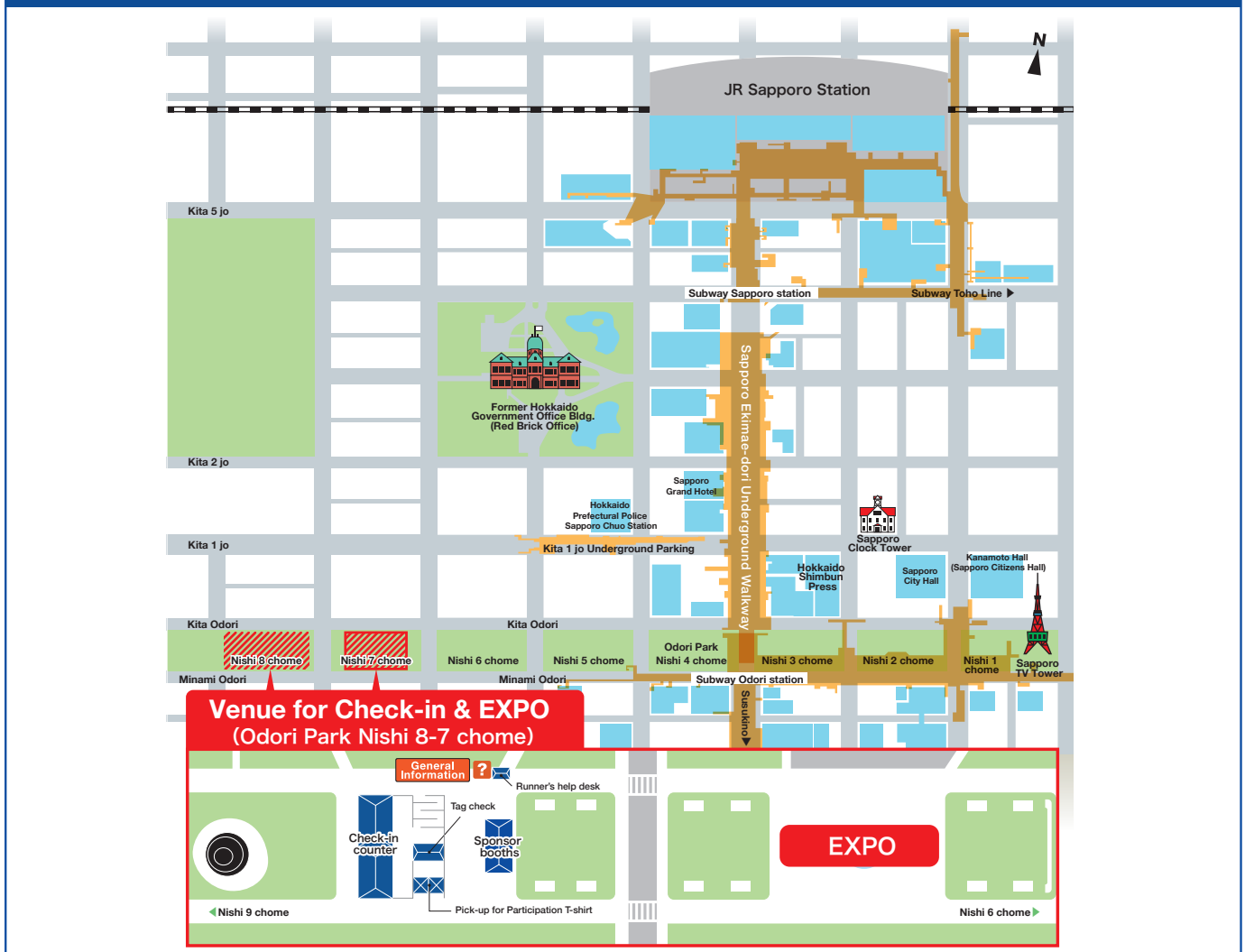


Instagram



Schedule				
	Event	Time	Venue	
August 23rd (Fri.)	Check-in and Exchange the bib number	13:00 - 20:00	Odori Park Nishi 8 chome	
	Hokkaido Marathon EXPO 2024		Odori Park Nishi 7-8 chome	
August 24th (Sat.)	Check-in and Exchange the bib number	10:00 - 20:00	Odori Park Nishi 8 chome	
	Hokkaido Marathon EXPO 2024		Odori Park Nishi 7-8 chome	
August 25th (Sun.)	Baggage Service	First wave Block A - F	Odori Park Nishi 5-10 chome	
		Second wave Block G - J	South Parking space at Hokkaido Government Office	
	Line-up at your start block	First wave Block A - F	7:00 - 8:10	Check page 7-8 for the details.
		Second wave Block G - J	7:00 - 8:20	
	Hamanasu Wheelchair Marathon (Half) start		7:50	Odori Park Nishi 4 chome
	Hokkaido Marathon 2024 First wave start		8:30	
	Hokkaido Marathon 2024 Second wave start		8:45	
	Hamanasu Wheelchair Marathon (Short) start		9:10	
Hokkaido Marathon 2024 Winning Run start		①9:55 ②9:57		
End of race		14:45		

Venue Map on Aug.23(Fri.) and 24(Sat.)



## Check-in Time and Venue

**Check-in is not accepted on the race day**

**Time** August 23<sup>rd</sup> **Fri.** 13:00 - 20:00

August 24<sup>th</sup> **Sat.** 10:00 - 20:00

Check-in is not available at other times so please arrive with plenty of time.

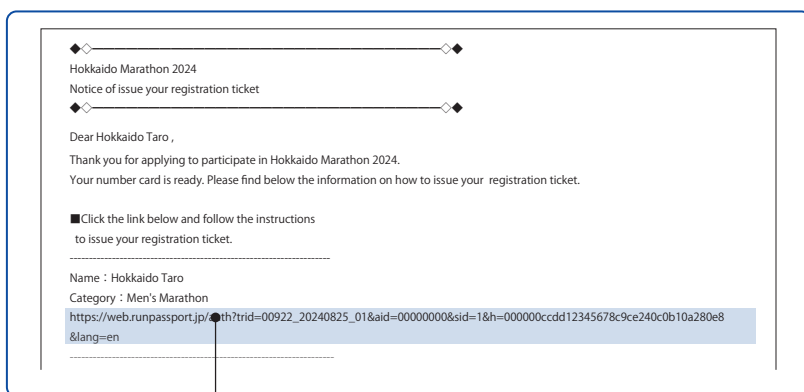
**Venue** Sapporo Odori Park Nishi 8 chome (Check-in counter)

\*Please check page 1 for the details.

## Items to bring for Check-in

**Bib number exchange ticket**  
(RUN PASSPORT)

Please click the website in the email that is sent on August 6th (Tue.), to show the screen of RUN PASSPORT on your smartphone or tablet.



Email is sent to the email address that it registered on RUNNET.

※If you entry the “Friend and family entry”, the email is sent to the representative of your group.

※If you entry via other programs, the email is sent to the email address that is registered.

**Click here to show RUN PASSPORT**

### Smartphones

Please show the exchange ticket displayed on the screen.



### For printed paper

Please present the QR code on the printed exchange ticket.



If you did not receive the email, please click the website below to show your QR code.

**Website / QR code**

<https://web.runpassport.jp/helpdesk/14954/1df4f644fb35cbb9cac59713697cf81a010be178>

Please enter “your email address” and “your birth date”.



## 1 Check-in and Exchange the bib number


Pick-up your distributed items at check-in counter ( Odori Park Nishi 8 chome )

**! Check-in for visually impaired participants is at "General information".  
Please bring your physical disability certificate and present it to the staff.**


### Distributed Items at Check-in ※Designs are subject to change.

#### A Bib number kit


■ Bib number



■ 8 pins



■ Baggage sticker

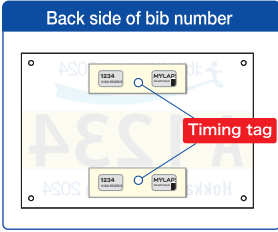


**! Two bib numbers must be attached to the front and back of your clothes.**

**Wear the one with the timing tag on the front.**

Do not put the strong impact and bend the timing tag intentionally.  
Do not cover the bib number with your hand or arm when passing the timing point. It may interfere with the record measurement.  
When wearing a jacket in the event of rain, etc., please wear the athlete bibs over the jacket so that they are visible.  
The number on the timing tag is a control number and differs from the bib number.  
Timing tags will not be collected.  
Please do not modify the bib number, such as drilling holes in the bibs. Doing so may result in disqualification.

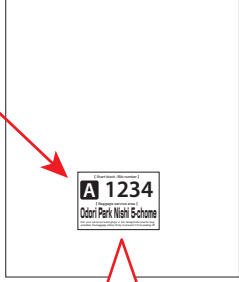
Back side of bib number



**! Please put your personal belongings in the designated transparent plastic bag, and place it at the baggage service area that is written on the baggage sticker.**

#### B Check-in kit

- Booklet
- Coolant "Punch Cool"
- Plastic bag for baggage service  
Size : 65cm x 80cm



## 2 Pick-up your participation T-shirt

Please line up by the size of your T-shirt.



Printed message



## 3 EXPO



### Hokkaido Marathon EXPO 2024

Time

August 23<sup>rd</sup> **Fri.** 13:00 - 20:00

August 24<sup>th</sup> **Sat.** 10:00 - 20:00

※Some booths are open on August 25th (Sun.).

Venue

Sapporo Odori Park Nishi 7-8 chome



## Runner's support area

### Runner's support area at Maeda Forest Park. (25km point)

This area is for supporting runners with carbonated beverages, refreshments, snow ice balls, etc. Please take a rest and move on to the last part of the race.



**Full marathon (42.195 km)**  
This course is certified by the JAAF, AIMS and World Athletics.

- Water
- Sports Drink
- Sponge
- Shower
- FOOD
- WC Toilet
- First-aid station

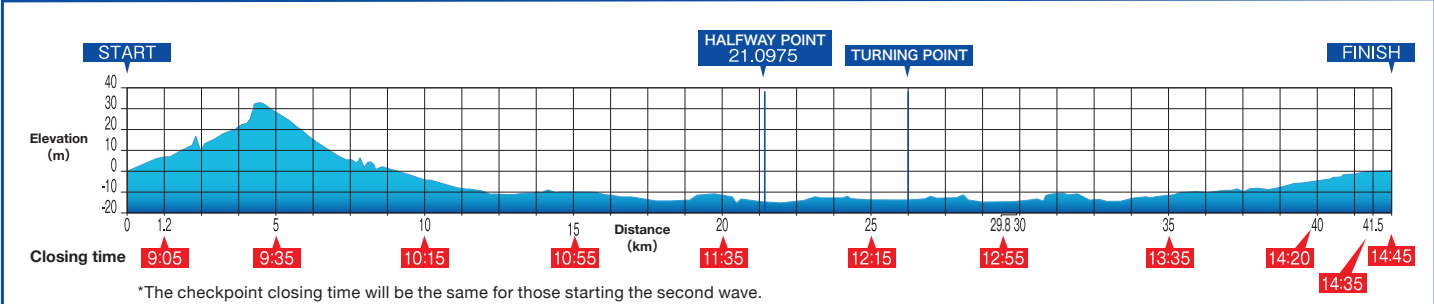
**New water station at 2.0km**  
A new water station is established near 2.0km from this year, which was the most requested answer in the survey of the race in 2023.

## Food stations and services

Point	Banana	Mini-tomato	Anpan	Chocolate bread	Salt candy	Dorayaki	Pepsi	Jelly	chocolate cake
Start	●								
20.2km	●	●		●					
22.5km					●				
Maeda Forest Park				●	●	●	●	●	●
27.5km					●				
30.2km	●	●	●		●				
33.0km					●				

\* Sweet red-bean bun      \*\* Red-bean paste pancake

## Course elevation



## ●Check Points

Runners who fail to reach the checkpoints by the time limits will be eliminated (disqualified) from the race. After the gates have closed, runners are requested to follow the instructions of the officials, take off their bib number, and quickly walk up to the sidewalk to board the pick-up bus at the nearest gate or the last pick-up bus.

Checkpoints	Closing time	Time limit for second wave
1.2km CP	9:05	20min.
5km CP	9:35	50min.
10km CP	10:15	1hr 30min.
15km CP	10:55	2hr 10min.
20km CP	11:35	2hr 50min.
25km CP	12:15	3hr 30min.
29.8km CP	12:55	4hr 10min.
35km CP	13:35	4hr 50min.
40km CP	14:20	5hr 35min.
41.5km CP	14:35	5hr 50min.
Finish	14:45	6hr 00min.

## ●Distance signs

Distance signs will be placed at every kilometer and the halfway point. The remaining distance signs will be placed at every kilometer of the last 5km.

※The distance sign of 9km is set at the entrance of the tunnel.

## + First-aid stations

First-aid stations are available at the following 6 locations. Each first-aid station is staffed by doctors, nurses, physical therapists, emergency life guards and other medical staffs. If you have any concerns about your health before and during the race, **please do not push yourself too hard, and have the courage to withdraw from the race. If you feel unwell after the race, please come to the first-aid station immediately.**



Start/Finish	Venue map (P9~10)
15.9km	Course map (P5)
24.6km ( Maeda Forest Park )	
31.3km	
35.2km	
40km	

## WC Toilets

Temporary toilets are available along the course. Please keep the toilet clean when you use it. Check "Hokkaido Marathon official app" for the detailed locations.

Download for iPhone

Download for Android

## ●Dropping out of the race

If you drop out of the race at the middle of the course, you are requested to follow the instructions of the officials, take off their bib number, and quickly walk up to the sidewalk to board the pick-up bus at the nearest gate or the last pick-up bus.

## Water and food stations

Water and food stations will be set up at the points. Hokkaido Marathon is held under extreme weather conditions. Please make sure to stay hydrated during the race.

Point	①Sponge	②Water	③ Sports Drink	④Food(※3)	⑤Water
Start		●	●	●	
2.0km		● 12(※2)			
5.4km		● 8	● 5		● 6
7.3km		● 5	● 4		● 5
11.1km	● 3	● 3	● 4		● 5
15.5km		● 6	● 4		● 4
17.5km		● 8			
20.2km	● 3	● 7	● 4	● 2	● 3
22.5km		● 8		● 1	
Maeda Forest Park (※1)		●		●	
25.2km		● 6	● 4		● 2
27.5km		● 7		● 1	
30.2km	● 3	● 4	● 3	● 2	● 3
31.3km		● 5			
33.0km		● 8		● 1	
35.2km		● 3	● 3		● 3
38.0km		● 8			
40.3km	● 2	● 2	● 3		● 2
Finish		●	●		

※1 Maeda Forest Park is located at a short distance away from the course.

※2 There are 6 blocks on the left and right sides of the course.

※3 Check the details on page 4.

## ●Water station signs

Each water station has the sign below. You can determine how many tables are set up.

※First table at each water station will be very crowded, so it is recommended to get water from the table at the back.

15.5km 給水所  
Water Station

17.5km 給水所  
Water Station

20.2km 給水所  
Water Station

22.5km 給水所  
Water Station

## ●Trash cans

Trash cans will be placed at the opposite side of the water station. Please put your trash into the trash can.

## ●Be aware of the directions of the course around 35.5km and 41km.

Please note that the directions of the course around 35.5km and 41km might change depending on the situation of pedestrian crossing. Please follow the instructions of the officials.

## 1 “PUNCH COOL” (Instant Coolant) Distributed in the check-in bag

It instantly cools down when you punch it!  
It's portable! Reusable as an ice pack.



PUNCH COOL PV



## 2 New water station at 2.0km

They are prepared on both sides of the course. The first table tends to be crowded, so we recommend you to take it at the back of the table line-up.



## 3 Mist shower point at 9.5km

The purpose of the installation of this mist shower is to relieve some of the heat and humidity in the Sousei Tunnel.

It will be on the left side of the course, so please run on the left side if you would like to get the mist.

Stopping is dangerous, so please run through.



## 4 Shower point at 24.8km, Self shower point at 28.2km

Self shower point is set up just after the turning point at Shinkawa Dori Ave,. These points are installed from this year because there's no shade around the turning point area.

## 5 More “water” station tables

Additional tables will be added to make it easier to get water supply.

## 6 More “sponges”

We will prepare a total of 130,000 sponges, an increase of 30,000 from the race in 2023. There will be 4 locations along the course.

## 7 More ices

We are planning to increase the amount by 5 tons since the last time.

## 8 More snow balls

We will prepare more snow balls (total of 3 tons) at the Runner's Support area at Maeda Forest Park.



**Baggage service area**

Baggage service area is divided by your start block and bib number. Please put your personal belongings in the designated transparent plastic bag, and place it at the designated area that is written on the baggage sticker. Be sure to close your plastic bag. After your race, please pick up your plastic bag.

Open Hours **7:00 - 8:00**

※Until 8:10 for second wave

**Line-up at your start block**

**First wave**  
Block : A, B, C, D, E, F     **7:00 - 8:10**     **Start at 8:30**

**Second wave**  
Block : G, H, I, J     **7:00 - 8:20**     **Start at 8:45**

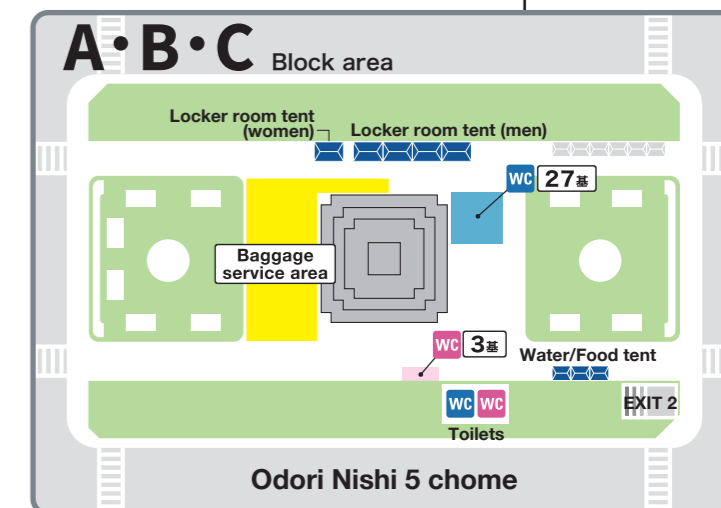
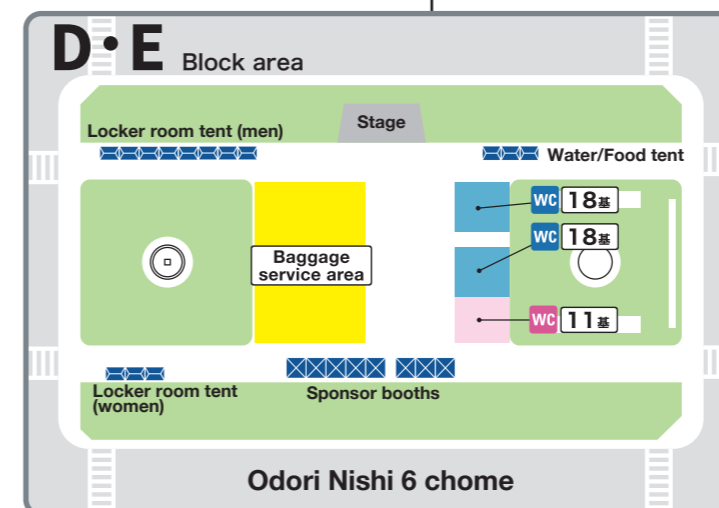
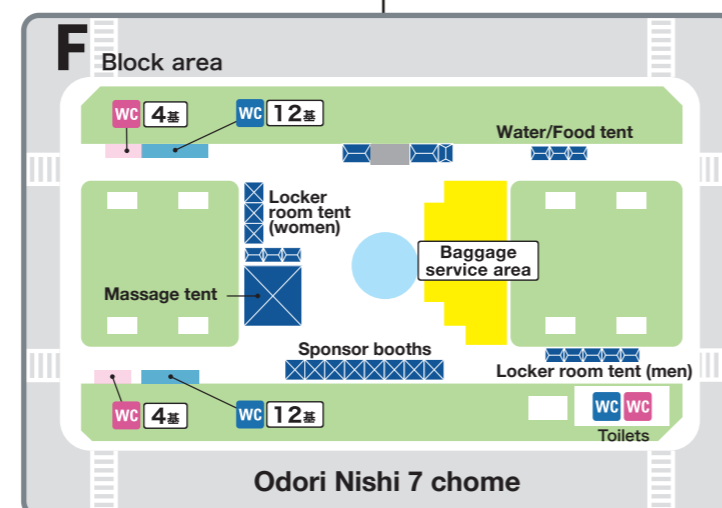
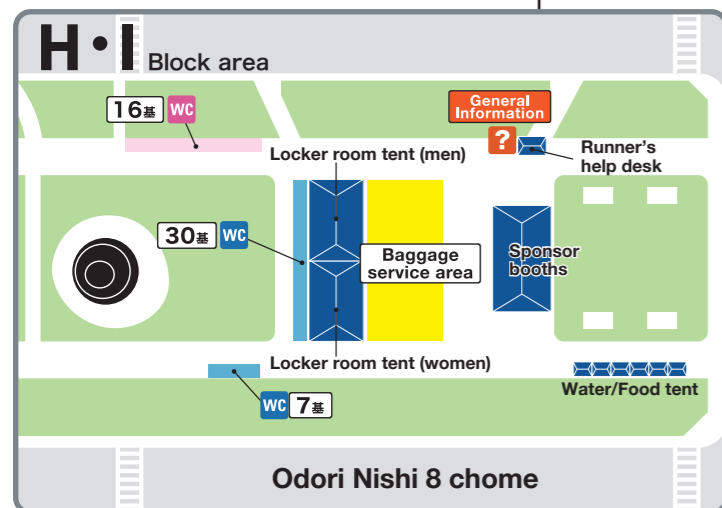
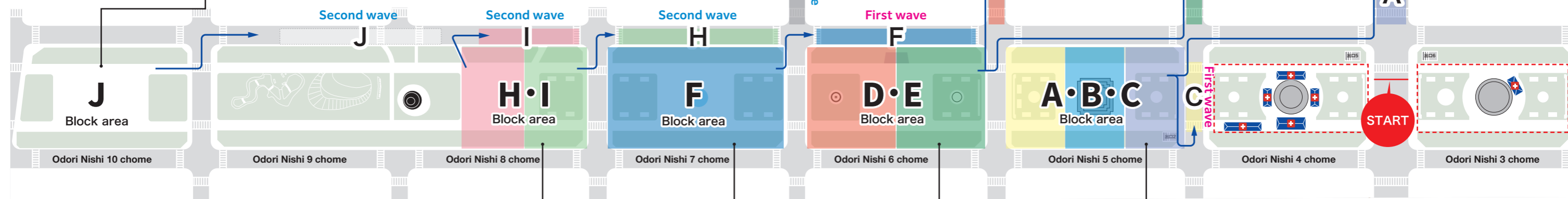
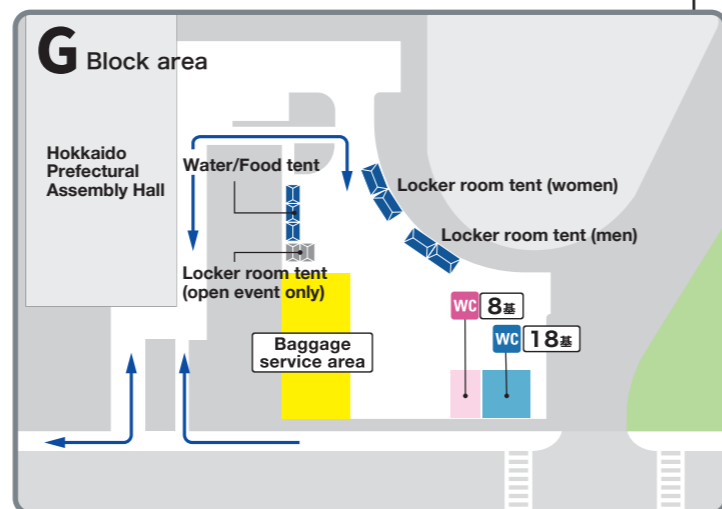
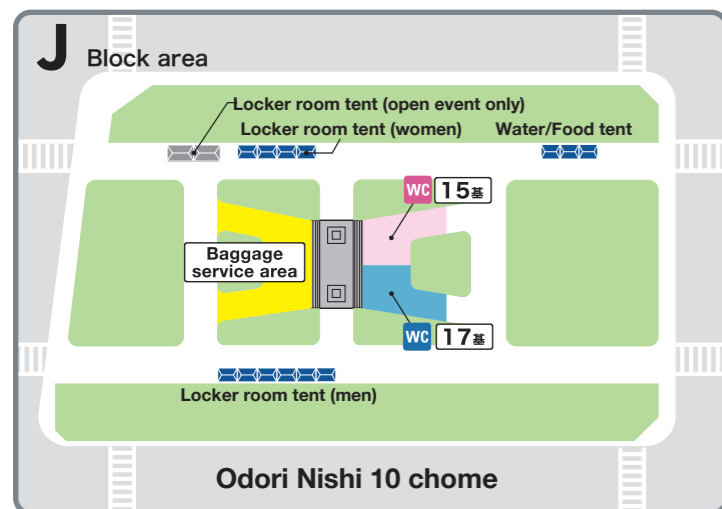
※Those who are late for the lining-up time must start from the end of the line.  
※Those who are late for the start time will be disqualified from the race.

**Locker room tent**

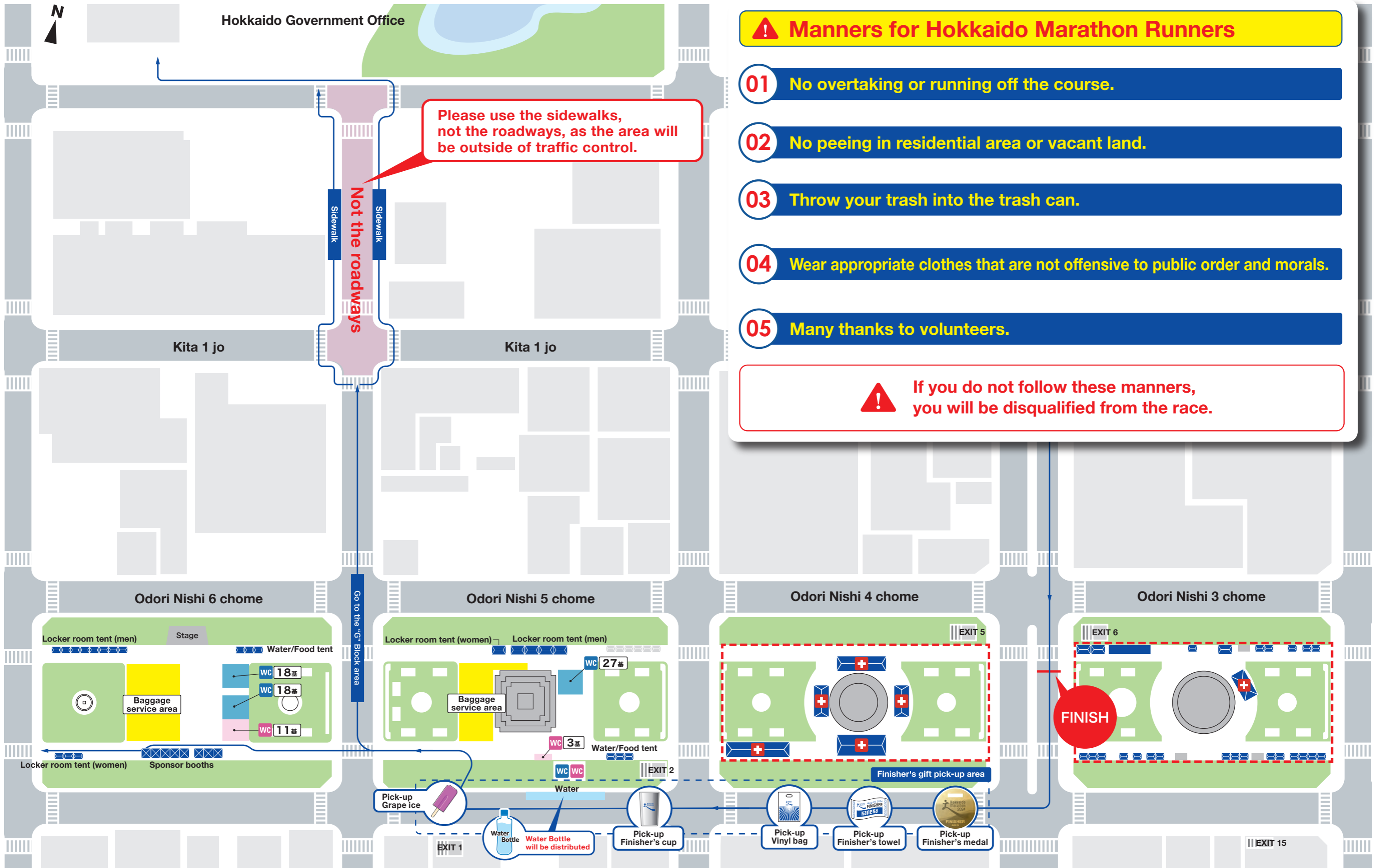
There are many locker room tents in Odori park but expected to be crowded. Please change your clothes at home or hotel before coming to the venue.

- Line-up for runners
- Zone off limits to the public
- ⊕ First-aid station
- ⊕ Baggage service area
- WC ● 基 Toilet
- WC ● 基 Toilet

※Odori Park Nishi 3-4 chome area is only for authorized people.





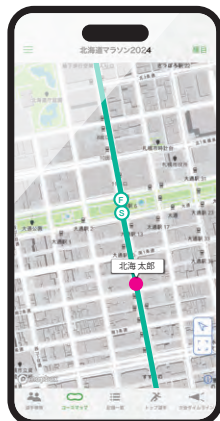


Runner's search service (Ouen Navi)



By entering the bib number or name, you can find each 5km's record and approximate location of the runner.

※All in Japanese.



Download for iPhone



Download for Android

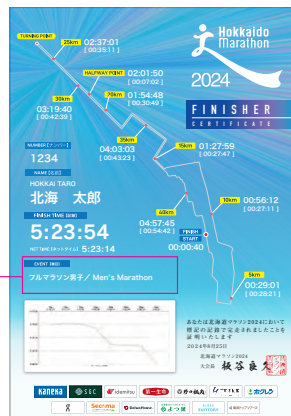


順位	名前	性別	年齢	所属	出走番号	完走時間	5km	10km	15km	20km	25km	30km	35km	40km	45km
1	...	...	...	...	...	...	...	...	...	...	...	...	...	...	...

Online certificate

You can download "Online certificate" from Hokkaido Marathon official website.

Quick report  
After finish



EVENT (種別) フルマラソン男子 / Men's Marathon

Confirmed report  
Will be released from Sep.3rd



EVENT (種別) フルマラソン男子 / Men's Marathon  
EVENT RANKING (順位) 2234 / 12547  
RANKING BY AGE (年齢別順位) 234 / 7874

Weather information of the last 3 years

Time	Date	August 25th, 2019		August 28th, 2022		August 27th, 2023	
		Temp. (°C)	Hum. (%)	Temp. (°C)	Hum. (%)	Temp. (°C)	Hum. (%)
Start		18.7	73	24.5	60	29.2	78
Top men's athlete finished		21.0	62	24.5	47	30.0	72

! Race might be cancelled or suspended due to extreme heat or other reasons, if the number of WBGT(Wet Bulb Globe Temperature \*) on the Japanese Ministry of the Environment's website is above 28 or more.