

走るって、最高だ。

走 LOVE



Participation Guide

Hokkaido Marathon 2026

～Marathon Grand Championship Series 2026-27・G2～

8.30^{sun.} 08:30 START!



Association of International
Marathons and Distance Races
AIMS



**MARATHON
GRAND
CHAMPIONSHIP
SERIES**



Official Website

Hokkaido marathon

Search



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

Official Social Media



Facebook



X (Formerly Twitter)



Instagram



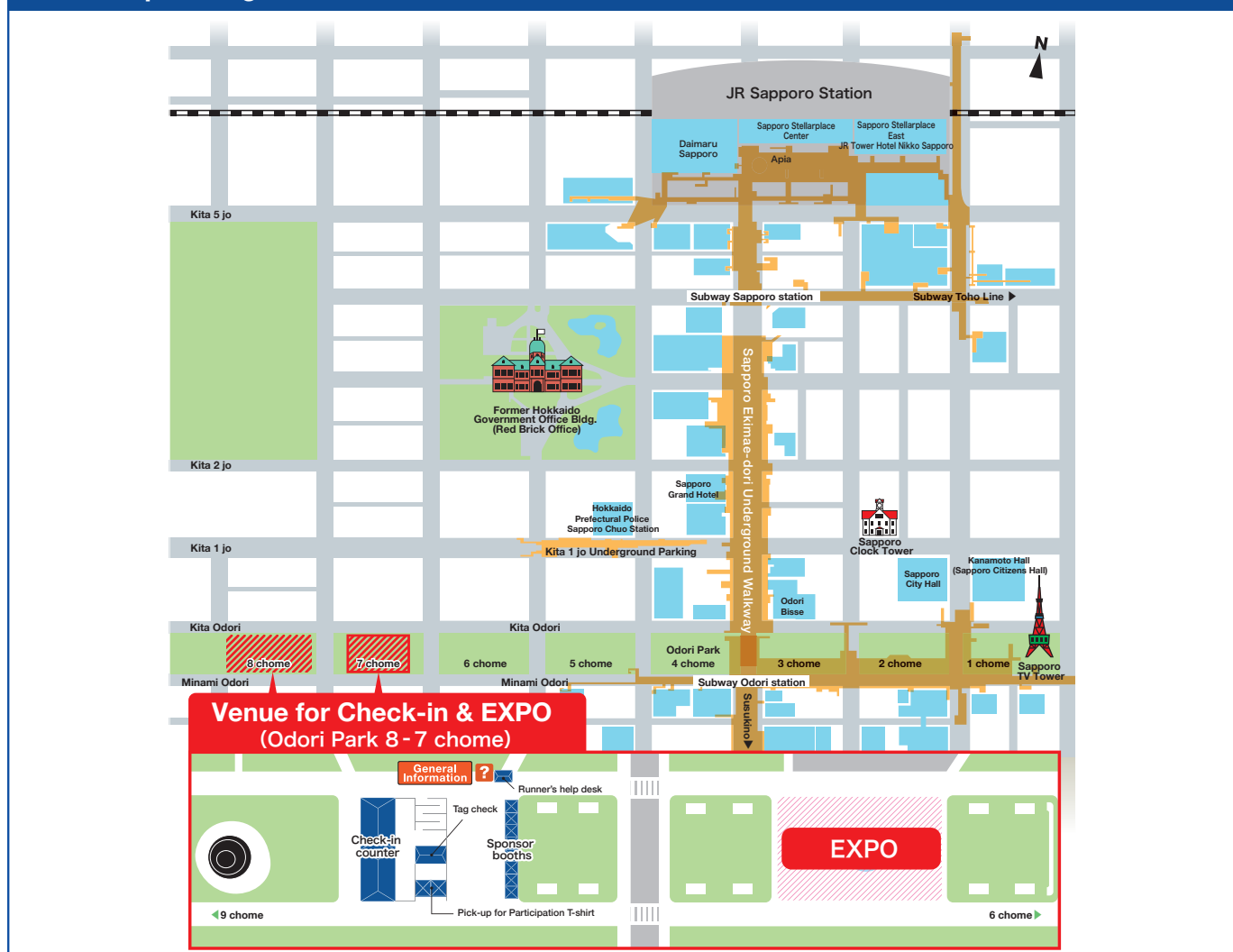
スポーツのチカラ
まちのミライ



Schedule

	Event	Time	Venue
August 28th (Fri.)	Registration and Bib Distribution	13:00-20:00	Odori Park 8 chome
	Hokkaido Marathon EXPO 2026		Odori Park 7-8 chome
August 29th (Sat.)	Registration and Bib Distribution	10:00-20:00	Odori Park 8 chome
	Hokkaido Marathon EXPO 2026		Odori Park 7-8 chome
August 30th (Sun.)	Baggage Service	First wave Block A - F	Odori Park 5-10 chome
		Second wave Block G - J	South Parking space at Hokkaido Government Office
	Start Block lineup	First wave Block A - F	Check page 7-8 for the details.
		Second wave Block G - J	
	Hamanasu Wheelchair Marathon 2026 (Half) start		7:50
	Hokkaido Marathon 2026 First wave start		8:30
	Hokkaido Marathon 2026 Second wave start		8:45
	Hamanasu Wheelchair Marathon 2026 (Short) start		9:10
	Hokkaido Marathon 2026 Winning Run start		①9:55 ②9:57
	End of race		14:45

Venue Map on Aug.28(Fri.) and 29(Sat.)



1 Check-in and Bib distribution

Pick-up your bib and participation t-shirt at check-in counter (Odori Park 8 chome)

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

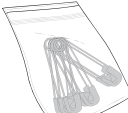
● Distributed Items at Check-in ※Designs are subject to change.

A Bib number kit

■Bib number



■8 pins



■Baggage sticker



! Please attach one bib to the front of your shirt and one to the back.

The bib with the timing tag must be on the front of your person.

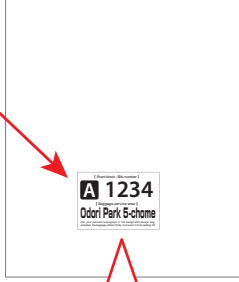
- Use caution as the tag is fragile; please do not bend it.
- Avoid covering the timing tag with your hands or arms when passing the checkpoint, it may interfere with the timing measurement.
- In the event of rain, please wear the bibs over any jackets or other rainwear.
- Please be advised, the timing tag and bib number differ.
- 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.

B Check-in kit

■Booklet

■Cooling Gel Pack

■Plastic bag for baggage service
Size: 65cm x 80cm



! 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.

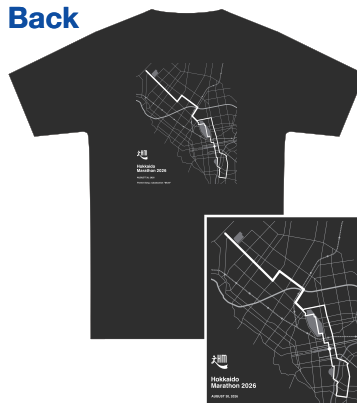
2 Pick-up your participation T-shirt

Please line up by the size of your T-shirt.
※T-shirt size cannot be changed

Front



Back



3 EXPO



Hokkaido Marathon EXPO 2026

Time

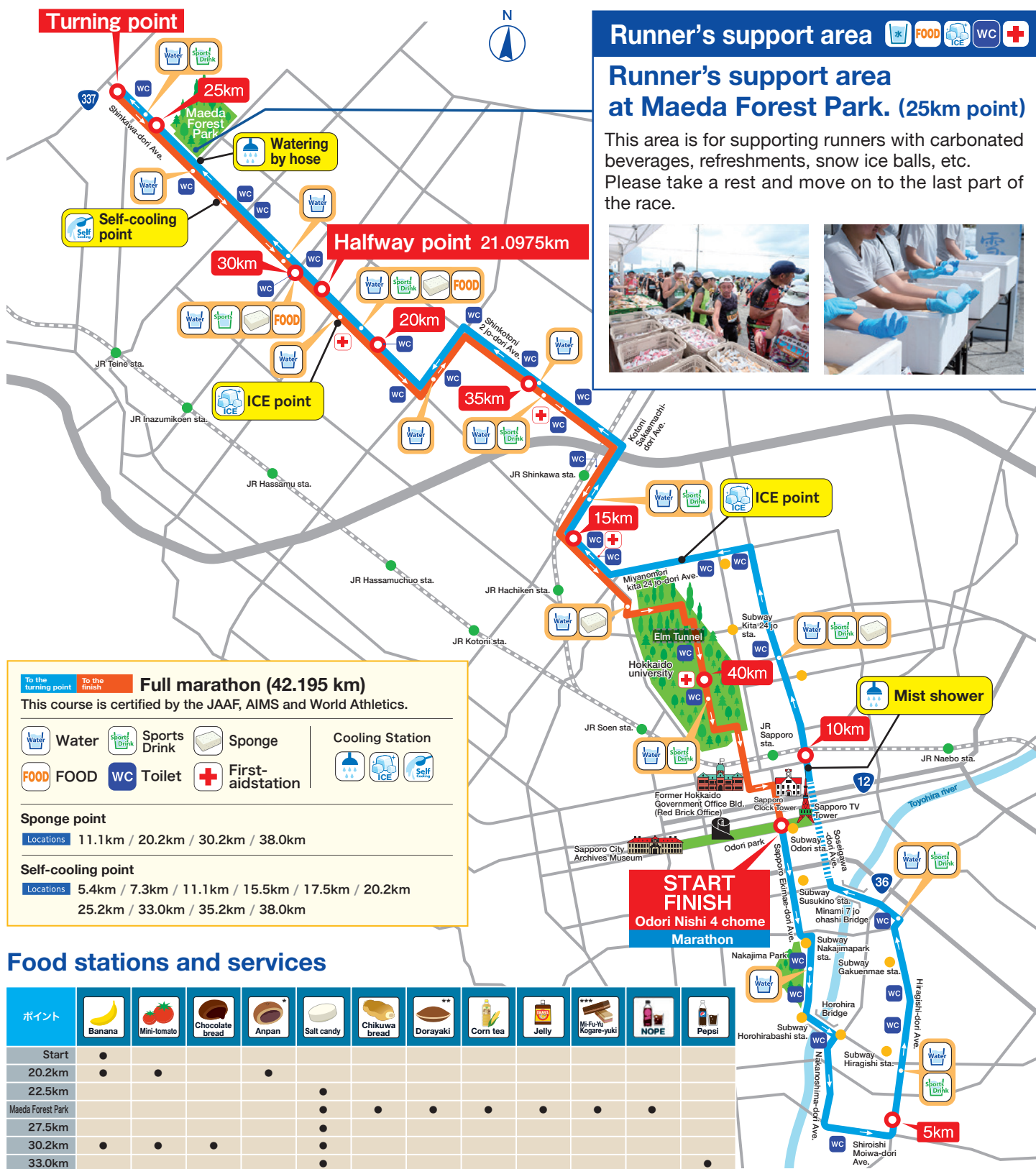
August 28th **Fri.** 13:00 - 20:00

August 29th **Sat.** 10:00 - 20:00

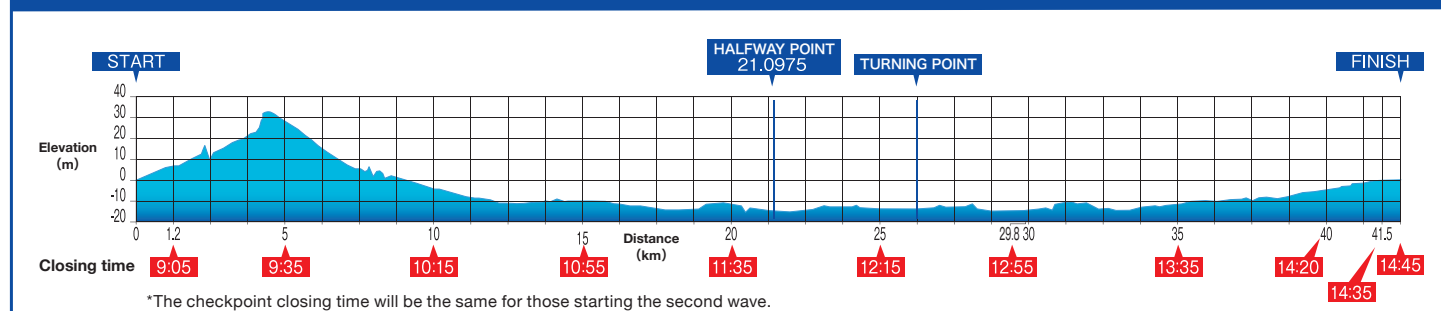
※Some booths are open on August 30th (Sun.).

Venue

Sapporo Odori Park 7-8 chome



Course elevation



● Checkpoints

Runners who do not reach each checkpoint before the designated time limit will be disqualified from the race.

After a checkpoint has closed, runners must follow the instructions of race officials, remove their bib, and proceed promptly to the sidewalk to board the sweep bus at the nearest checkpoint or the final sweep 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 are posted every kilometer and at the halfway point. During the final 5km, signs showing the remaining distance are posted every kilometer.

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

+ First-aid stations

First-aid stations there are six first-aid stations along the course. Their locations are marked with red crosses on the course map (page 5). Each station is staffed by doctors, nurses, physical therapists, emergency medical technicians, and other medical personnel.

If you feel unwell before or during the race, do not push yourself. Stop at the nearest first-aid station or withdraw from the race if necessary. If you feel unwell after the race, seek medical attention at the nearest first-aid station immediately.



Start/Finish	Venue map (P7~10)
15km	Course map (P4)
24.6km (Maeda Forest Park)	
31.3km	
35.2km	
40km	

WC Toilets

Temporary toilets are available along the course.

Please help keep them clean.

For detailed locations, check the Hokkaido Marathon Official App.



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 your bib number, and quickly walk up to the sidewalk to board the pick-up bus at the nearest location.

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.

ポイント	①Sponge	②Water	③ Sports drink	④Food (※3)	⑤Water	⑥ Self-cooling
Start		●	●	●		
2.2km		● 12(※2)				
5.4km		● 8	● 5		● 4	● 1
7.3km		● 5	● 4		● 4	● 1
11.1km	● 3	● 3	● 4		● 3	● 1
15.5km		● 6	● 4		● 3	● 1
17.5km		● 7				● 1
20.2km	● 3	● 5	● 4	● 2	● 2	● 1
22.5km		● 8				
Maeda Forest Park (※1)		●		●		
25.2km		● 6	● 4		● 1	● 1
27.5km		● 7				
30.2km	● 3	● 3	● 3	● 2	● 3	
31.3km		● 5				
33.0km		● 3		● 2	● 2	● 1
35.2km		● 3	● 3		● 2	● 1
38.0km	● 2	● 4				● 1
40.3km		● 3	● 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 is identified by the sign shown below.

The sign indicates the number of water tables available at each station.

※The first table at each water station is often crowded.

We recommend using one of the tables farther along the station for quicker access to water.

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
 x1  x3  x4  x6	 x1  x7	 x1  x2  x1  x4  x5  x3	 5シマ目  x8

● Trash cans

Trash cans are placed on the opposite side of each water station.

Please dispose of your trash in the designated trash cans.

● 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 LONG” (Cooling Gel Pack)
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

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.

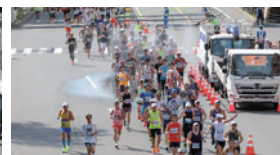
3

Mist shower point at 9.5km

A mist shower point is available just after the Sosei Tunnel.
This helps cool you down after passing through the hot and humid tunnel.



▲Mist shower



▲Mist shower point

4

NEW Ice point at 13.2km

A new ice point is available at 13.2km.
There is no water station between 11.1 km and 15.5km, making this one of the longest sections without hydration. Take ice for yourself from the ice tubs.
Use it to cool your body or place it under your cap. This point may become busy, so please use it safely.

5

Water spray point at 24.6km / Self-cooling point at 28.2km

A water spray point is available at 24.6km.
A self-cooling point is available at 28.2km.
These points help reduce heat stress on exposed sections of the course.
Snow provided by Numata town is available at the 28.2km self-cooling point for extra cooling.



▲Water spray point



▲Self-cooling point

6

Ice point at 31.3km

An ice point is available at 31.3 km water station.
Take ice yourself from the ice tubs.
Use it under your cap or to cool your body.

7

More Sponges

A total of 140,000 cooling sponges will be available along the course.

Locations: 11.1km / 20.2km / 30.2km / 38.0km

8

NEW Self-cooling point at water stations

Self-cooling points are available at the end of 10 water stations.
These are smaller than the main Self cooling point at 28.2km.

Locations: 5.4km / 7.3km / 11.1km / 15.5km / 17.5km / 20.2km / 25.2km / 33.0km / 35.2km / 38.0km

9

Cooling snowballs

Cooling snowballs (6 tons in total) will be available at the Runner Support Area in Maeda Forest Park. Feel free to use them to cool yourself down.



Baggage service area

Open Hours **7:00 - 8:00**
※Until 8:10 for second wave

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.~~

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

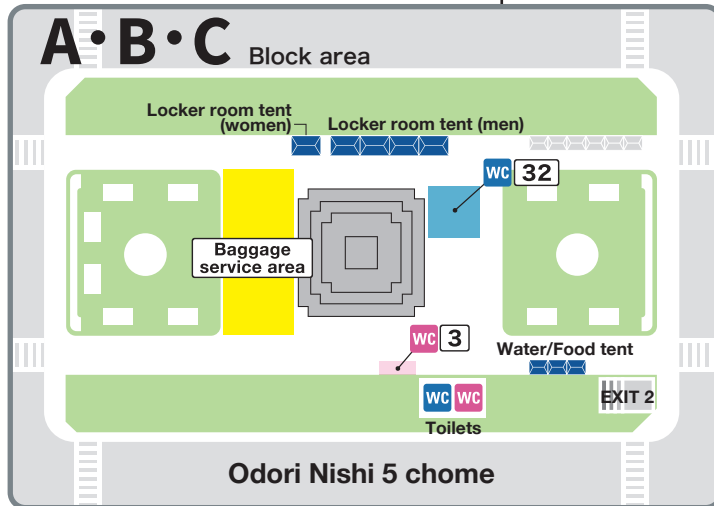
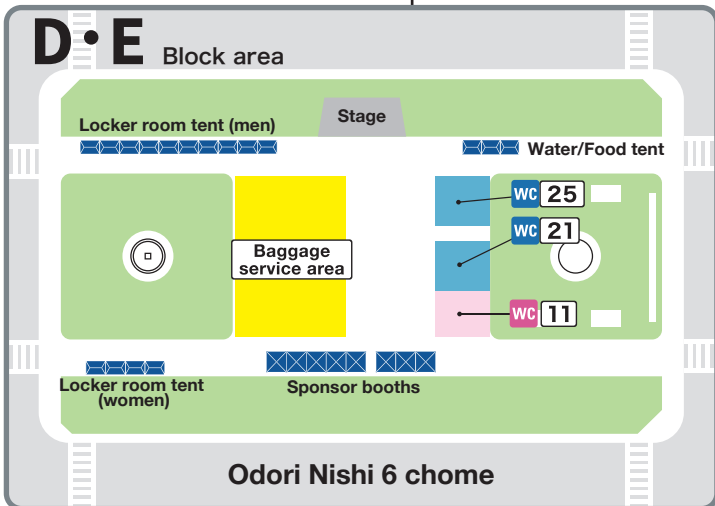
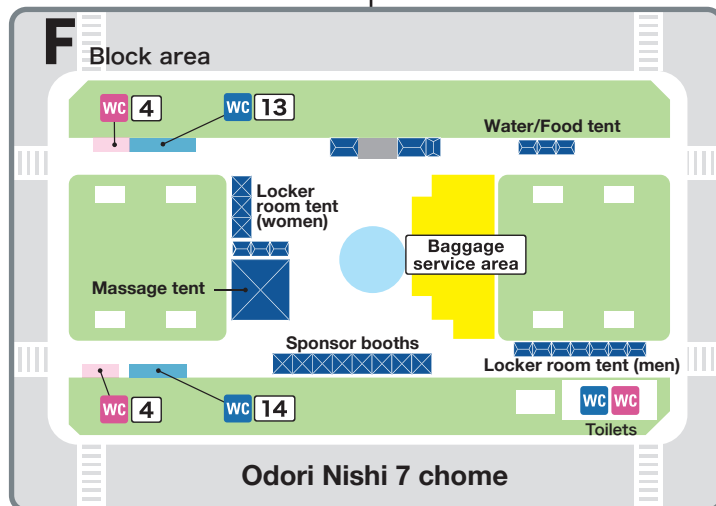
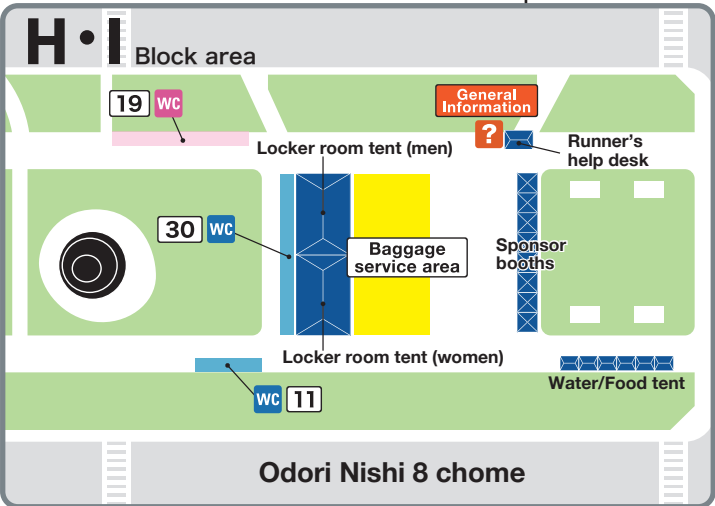
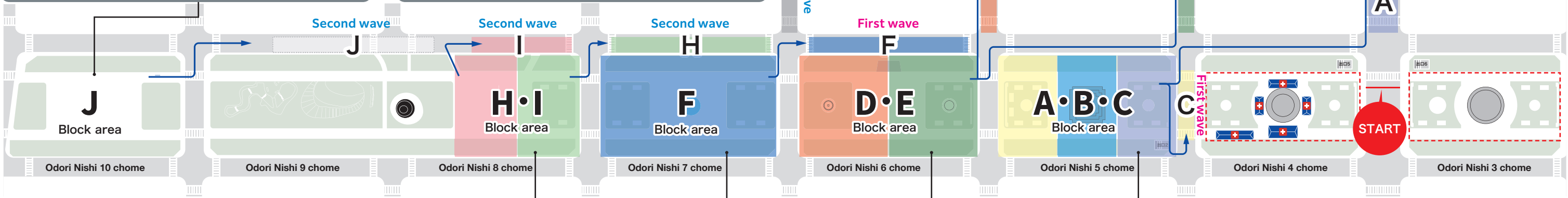
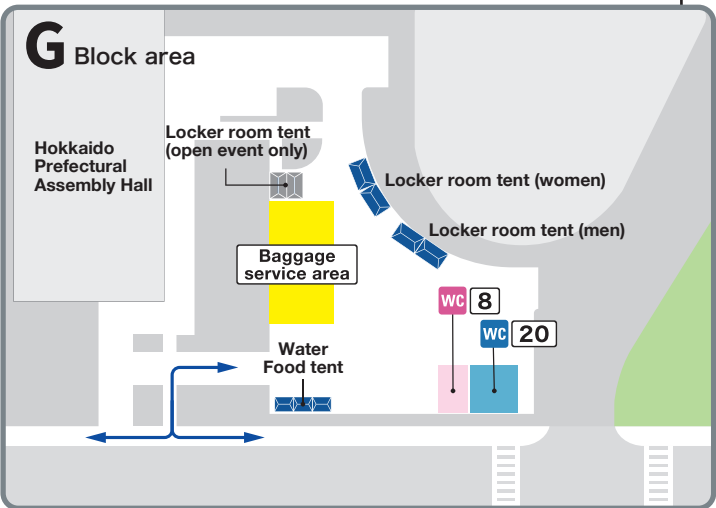
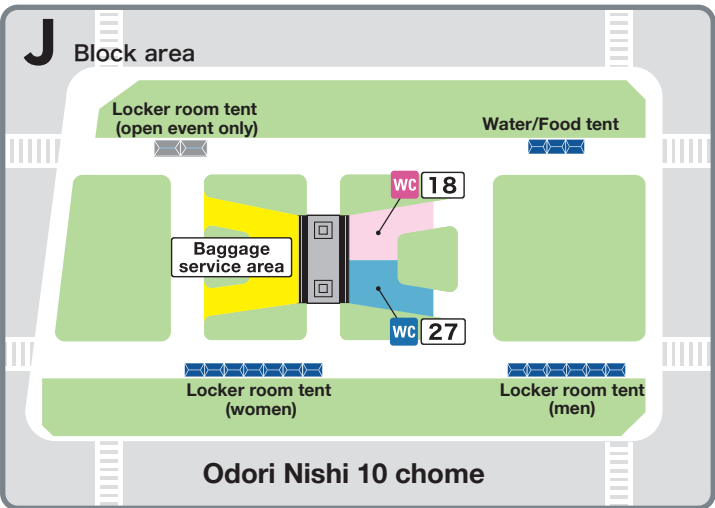
There are many locker room tents in Odori park but expected to be crowded.
Please change your clothes at home or hotel before coming to the venue.

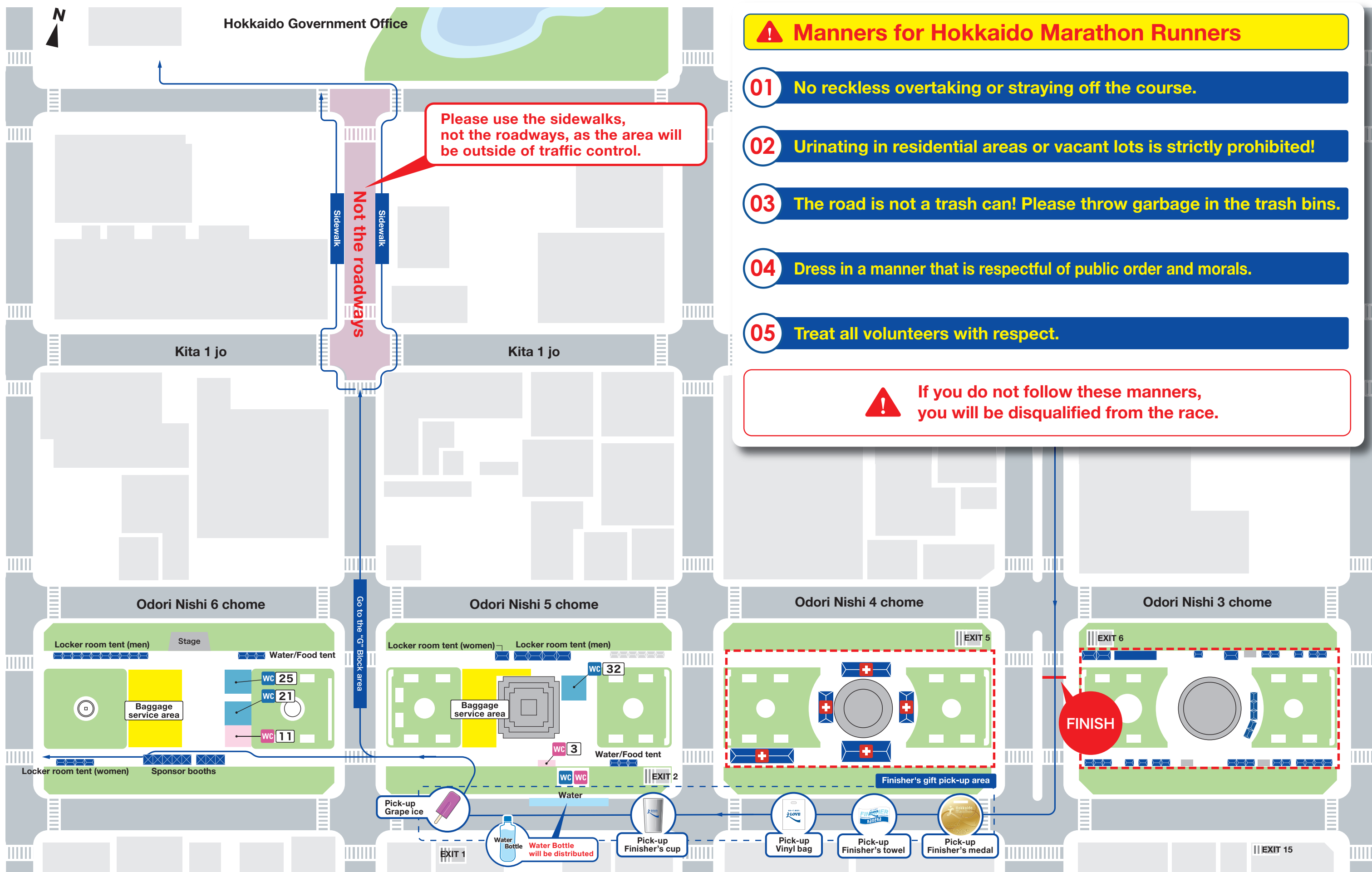
- Line-up for runners
- First-aid station
- Baggage service area
- WC
- WC
- Zone off limits to the public
- Toilet

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

Please use the sidewalks,
not the roadways, as the area will be outside of traffic control.

⚠ Do not warm up around the venue (Odori Park and Underground walkway)
as it may lead to accidents with pedestrians.





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.



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Download for Android



Online certificate

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

Quick report

After finish



Confirmed report

Will be released from Sep.9th



Weather information of the last 3 years

Time \ Date	August 27th, 2023		August 25th, 2024		August 31st, 2025	
	Temp. (°C)	Hum. (%)	Temp. (°C)	Hum. (%)	Temp. (°C)	Hum. (%)
Start	29.2	78	23.1	83	23.0	75
Top men's athlete finished	30.0	72	26.5	73	24.3	71

❗ 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.