

Precautions for the Competitions

- (1) If you feel anything is wrong with your physical condition, please have the courage to abstain/withdraw from the race. Self-management is essential for avoiding heart trouble and other health problems. If necessary, have physical examination or a blood pressure examination under the guidance of a physician.
- (2) Participants must follow the instructions of judges and staff during the race.
- (3) The runners who canceled a competition on the way should take pickup bus
- (4) First aid station will provide emergency treatment only. They are equipped primarily for lifesaving and will not be responsible for any further treatment.
- (5) Changing room (Separated by gender) is prepared inside the meeting place.
- (6) The sponsor will not be responsible for any loss of valuables and the personal belongings.
- (7) A timing chip and the race bib (number card) will be handed before the race. This must absolutely not be removed until the end of the race. Please wear the race bib (number card) on your front in the chest position so the number is visible. ※ Race bibs (number card) cannot be reissued. Please take necessary precautions so you do not lose it.
- (8) Distance marker signs are set up every 1km.
- (9) Line up for start
 - Competitors can line up in the starting block.
 - Full marathon: 9:20 to 9:55.
 - 10k / Family: 10:30 to 10:45
 - Please line up in your own expectation finish time.
 - However we expect many competitors in full marathon so we advise you to line up in the following schedule.

Full marathon (9:20 ~9:55)

Initial G / F; 9:20	Over 5 hours 30 mins and Between 5 hours 30 mins ~ 5hours
Initial E; 9:25	Between 5 hours ~4 hours 30 mins
Initial D;9:30	Between 4 hours 30 mins ~ 4 hours
Initial C;9:35	Between 4 hours ~ 3 hours 30 mins
Initial B / A;9:40	Between 3 hours 30 mins ~3 hours

10k / Family (10:30 ~ 10:45)

Initial G	Family
Initial F	10k Over 1 hour 20min
Initial E	10k Between 1 hour 20 min ~ 1hour 10min
Initial D	10k Between 1 hour 10 min ~ 1hour
Initial C	10k Between 1 hour ~50min
Initial B	10k Between 50min ~ 40min
Initial A	10k Under 40min

(11) Finish Line

- Participants retiring from the race at a checkpoint or elsewhere on the course should follow the instructions and return to the finish line venue by transit bus.
- Timing chip must be returned at the finish line.
- A certificate listing finishing time will be given to all participants.
- Recorded time will be posted on the board.

Fluid Station / Food Station / First aid / WC

No	kmp / mip	Fluid Station / Food Station		First aid	WC
1	6km / 3mi	Water / Sports			
2	11km / 6mi	Water / Sports	Salt / Candy / Cream bun / Banana / Sponge		○
3	15km / 9mi	Water / Sports	Salt / Candy / Cream bun / Banana / Sponge		○
4	21km / 13mi	Water / Sports	Salt / Candy / Cream bun / Banana / Sponge	○	○
5	27km / 16mi	Water / Sports / Warm barley tea	Salt / Candy / Cream bun / Banana / Sponge	○	○
6	32km / 19mi	Water / Sports / Warm barley tea	Salt / Candy / Cream bun / Banana / Sponge	○	○
7	37km / 22mi	Water / Sports / Warm barley tea	Salt / Candy / Cream bun / Banana / Sponge		○
8	40km / 24mi	Water / Sports / Warm barley tea	Salt / Candy / Cream bun / Banana / Sponge	○	○

Awards

(1) Marathon / 10k

- ① Award ceremony will be held at Event area from 14:40p.m. (planned)
- ② The top eight finishers overall (male and female respectively) will receive awards. (The top three finishers will receive their awards at the awards ceremony on the day of the event. 4th to 8th place finishers can receive their award certificates at award tent.)
- ③ For Special Awards top male and female runners for each age will receive awards.