

OKAYAMA MARATHON 2023 11.12 SUN

おかやまマラソン 2023

Information for Runners

With as many ways to enjoy as
the number of runners



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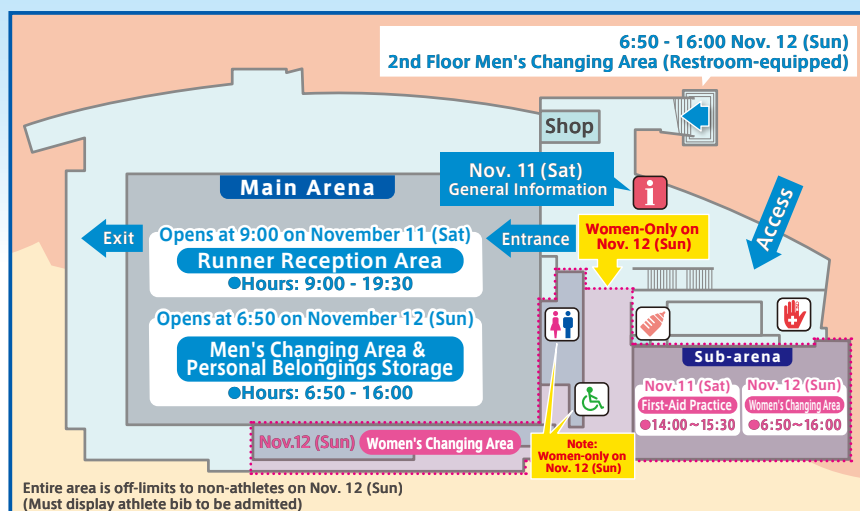
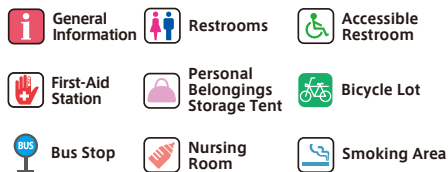
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Complete Venue Map



Key:





Runners Schedule & Access



OKAYAMA MARATHON 2023

Runners Schedule

Okayama Marathon 2023 Runner Reception & Okayama Marathon EXPO 2023

Date & Time

Saturday, November 11th, **9:00 - 19:30**

※No runners will be allowed to register for the marathon day-of. No exceptions.

Location

Zip Arena Okayama (Sports Arena)

Okayama Marathon 2023 (Competition Day)

Nov. 12 (Sun) Planned Schedule	6:50	Changing Areas, Personal Belongings Storage Opens
	7:40	Pre-Start Runner Area Opens
	8:28	Opening Ceremony
	8:29	Starting Block Closing
	8:45	Marathon Fun Run Start
	13:00	Marathon Awards Ceremony
	15:00	Planned Completion of Marathon

Time limits

6-hour marathon
(at 41.8km)

Fun Run
1-hour marathon
(at 5.2km)

How to Access

On foot

Approx. 20 minutes walking from the West Exit of JR Okayama Station

*There is a possibility of delays, so please come well in advance.

*No parking is allowed surrounding the venue, nearby streets, or surrounding shops.

Buses will be available for use on Saturday, November 11.

From JR Okayama Station

Undou Koen Exit (West Exit) - Bus Stop 22	
For Okayama University of Science	(Approx. 5 min.)

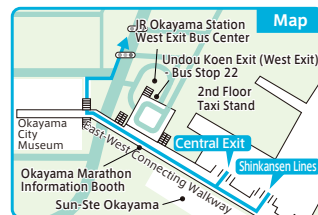
Korakuen Exit (East Exit) - Bus Stop 7	
For Tsudakadai Danchi & Handayama Heights, For National Hospital Organization Okayama Medical Center, For Okayama Prefecture Driver's License Center*	(Approx. 10 min.)

From Okayama Airport

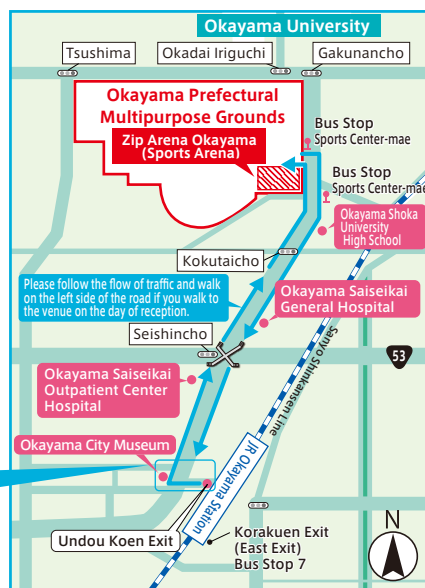
Limousine Bus for Okayama Station*	(Approx. 25 min.)
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*Be certain to get off at "Sports Center-mae" regardless of which bus selected.

*Non-stop buses will not stop at "Sports Center-mae," so be careful when boarding.



Access Map



Warning Vehicles will not be permitted access to the park both the day before and day of the Marathon. We ask for your understanding regarding this matter.

- There will be no parking lots on the premises.
- Please refrain from doing anything that would create traffic congestion, or bother the surrounding residents, people you may see outside, shops, etc.



Runner Reception

The following items are mandatory to verify your participation in the marathon at the Runner Reception

- ☐ Athlete bib exchange ticket
- ☐ Personal identification

Please bring the original of one of the items to the right.
*Copies will not be accepted.

1. My Number Card
2. Driver's License
3. Health Insurance Card
4. Passport
5. National Pension Passbook
6. Certificate of residence
7. Basic Resident Registration Card
8. Disability Certificate
9. Certificate of Mental Disability
10. Certificate of Developmental Disability
11. Long-term Care Insurance Card
12. Employee ID
13. Student ID Card
14. Residence Card

Date, Time & Location

Saturday, November 11, 2023, **9:00 - 19:30** (Time to be strictly followed)

Zip Arena Okayama (Sports Arena)

*We anticipate it being crowded in the afternoon, so we recommend coming in the morning.

Items To Be Received at Reception

●Athlete Bib Set

*Registered runners will receive 2 bibs per person (1 for your chest and 1 for your back) and general participants will receive 1 bib per person (1 for your chest). If running with a support runner, you will be handed their bib with yours. Athlete bibs, safety pins (4 per 1 athlete bib), a chip timer, 1 ticket for checking personal belongings.

●Marathon Program ●Participation T-shirt

*The participation T-shirt exchange station is located within the EXPO venue. The ticket for your participation t-shirt comes on the outside of your athlete bib set.

*The chip timer has an IC chip inside of it, so please keep it away from devices which emit radio waves such as TVs and the like.

*If you receive a chip timer but are unable to participate in the race, please return it to either the Help Desk or the general information desk which are located within the venue.

*Be certain that you sign the written oath and fill in your emergency contact information on the back of your athlete bib before arriving at the event day-of.

*Paired entries still require separate check-ins.

*If you lose or forget to bring your athlete bib exchange ticket, you will have to pay a re-issuance fee of 200 JPY.

*Registered runners who request a certificate of official record may do so at a special desk set up within the reception area (available for a fee of 500 JPY).

Certificates will be mailed out at a later date, so please write down your mailing address at time of check-in.



Athlete Bib



Athlete Bib (Back)

Note
Be certain to fill out your emergency contact information on the back of your athlete bib before the day of the Marathon.

Proxy Registration

Please bring the athlete bib exchange ticket, a copy of personal identification for the runner, as well as an item we can verify the proxy's identity with. Note: Copies will not be accepted for the latter.

Personal identification verification for the runner, the filling in of the oath, etc. will be handled in the same manner as a non-proxy runner.

Please fill, by the runner, in the recipient's name (proxy) and the agent's name (the runner) in the proxy field located on the back of the athlete bib exchange ticket.

In the event that you are performing proxy registration for multiple individuals, please get back in line each time one registration is completed.

Support Runner

Runners running with a support runner as a pair may check-in at the Help Desk located within the runner reception area. Please refer to the "Support Runner Information" document, sent separately, for more details.

Medical Runners Wanted

We are looking for medical runners who are participant runners who are either certified doctors, dentists, nurses, EMTs, etc. or able to take a first-aid practice class on Saturday, November 11th from 14:00 to 15:30 to assist us with first-aid response support. Please apply to be one at the Help Desk located within the runner reception area or by applying at the first-aid practice class.

*Please note that participation in the first-aid class requires registration in advance. Please see our website for details.



Athlete Bib Exchange Ticket & Personal Identification

●Please present your documents for personal verification at the athlete bib exchange ticket reception and then please receive your athlete bib set from the staff.

Participation T-shirt Exchange

●Please go to the participation T-shirt exchange tent located within the Okayama Marathon EXPO venue to receive your t-shirt from the staff.

What to Bring Day-of

- ☐ Athlete bib(s) (Number)
- ☐ Chip Timer
- ☐ Ticket for Checking Personal Belongings

Note: If you attach your chip timer anywhere besides your shoes or ankles, there is a possibility that your time will not be recorded.



Getting Ready to Run

1

Arrive at the Venue

- Arrive early and check the location of your personal belongings, the locations of the restrooms, the entrance to the runner's area, etc. We recommend arriving before 7:30.
- Please use the Auxiliary Athletic Stadium designated on the map for warming up.

2

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Checking your Personal Belongings
6:50 ~ 8:20

- The area for checking personal belonging varies for each runner. Please check your athlete bib and check your personal belongings **only in the area designated for you.**
- Please present your athlete bib when checking personal belongings.

3

SABC Runner Entrance
DEF Runner Entrance
Entry to the Runner Area
7:40 ~ 8:29
Begin Starting Block Lining-Up
7:50 ~ 8:29

- **Only enter from the runner entrance of your designated starting block.**
- **Runner entry will be cut off at 8:29 sharp**, so be certain to come with time to spare.
- Any entry after entry to the runner area has been cut off will be treated as a delayed runner. You will start at the end of the line, so please wait in the delayed runner waiting area near the D, E, F runner entrance.
- Be certain to line up in your designated running area's start block (S, A~F). Entry in the Starting Block allows from 7:50.
- Block lining up is on a first come, first served basis.
- If you miss the start time, no matter the reason, you will not be allowed to participate.

4

Starting Ceremony Starts around 8:28 Race Start 8:45 ~

Running in place of someone else is explicitly forbidden.

If it is discovered a participant has transferred their entry rights to another individual or allowed someone else to run in their place, their entry will be revoked, they will be disqualified, and no award or refund will be issued. Furthermore, they will also be banned from participating in future Okayama Marathon events.

Changing

6:50 ~

Location Men: Zip Arena Okayama Main-arena, 2F Audience Seating/Private Changing Rooms (4)
Women: Zip Arena Okayama Sub-arena/Private Changing Rooms (6)

● Please present your athlete bib at the entrance (only runners will be admitted).

Note: It is expected to be crowded, so it's recommended to come dressed in your running attire.



How to check your Athlete Bib

In this instance, the place you would check your personal belongings would be the Zip Arena Okayama Area 1 on the map.

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+
All bibs will have a number between ① and ⑥ on them.



*This means your start block has been designated as S-block.

Be certain to wear this in a spot where it is easily visible on your chest.

Please be certain to check the locations listed below on the map to ensure smooth movement the day of the marathon.

The area for checking your personal belongings, restroom, your Starting Block



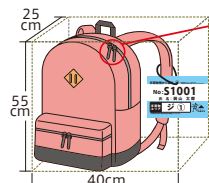
Checking Personal Belongings



Be certain to confirm where you can check your personal belongings in advance.

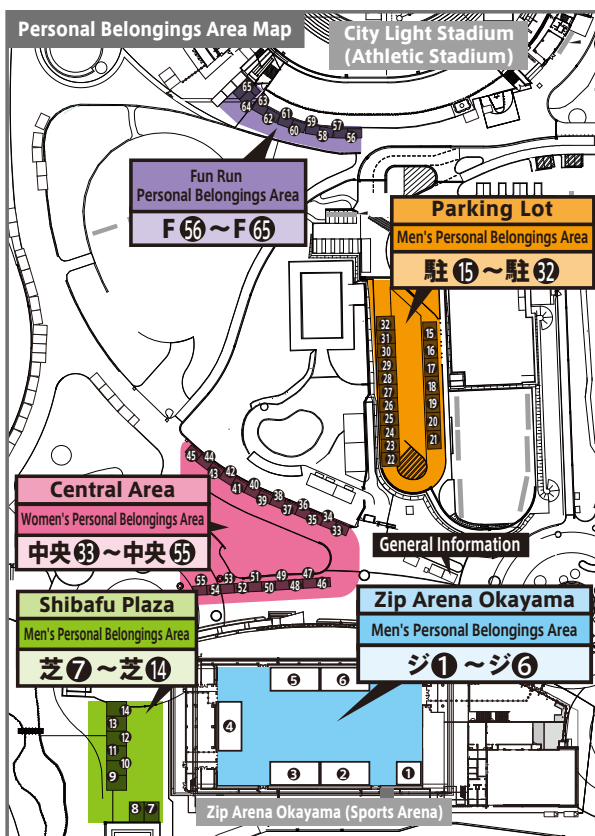
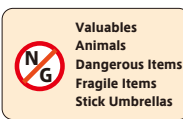
Personal Belongings Size & Ticket

- Please check the front and back of your personal belongings ticket and confirm where you can and important matters of note before the day of the Marathon.
- While there is no limit on size, please use the below image as a general point of reference.

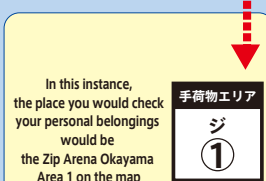


Don't forget to zip/tie your items shut!

Ticket for checking personal belongings



How to Check Your Athlete Bib for Your Personal Belongings Area



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All bibs will have a number between ① and ⑥5 on them.

Distance Markers

- 1 each km, the halfway point, when there are 5 to 1 km left until the finish, and 1 km before each checkpoint.

Water Station

- Food may be changed. If that happens, details will be announced via the official website when a decision is reached.
- Do not throw paper cups, food wrappers, or leftovers on the road. Always throw them away in the proper trash receptacles.
- The sponsors of this marathon assume zero responsibility for any water (food) stations other than those listed on page 11.
- *Note: Each station will have a sports drink, then food, then water prepared in that exact order.
- *Note: The tables closest to each station can easily become crowded, so please consider using the tables further along.

Restrooms

- Always use a runner-designated restroom, and refrain from relieving yourself in any shops, etc. along the route.

Checkpoints

- Cut-off checkpoints will occur at the designated checkpoints on page 11 for transportation, security, and competition operations reasons.
- Once a checkpoint has been closed, you will not be allowed to participate further. After this, remaining runners on the course are to follow the instructions of staff, immediately leave the course, and either board a bus running behind the runners at the very end of the race or board a checkpoint bus.
- A car designated as a "final car" will be proceeding at a set speed that will have it reach each checkpoint at the designated closing time. Runners overtaken by this car will be determined by the staff to have been unable to clear the checkpoint before the cut-off time and told to cease competing.
- *Note: The final, 11th checkpoint's distance has changed from 41.6km to 41.8km, so please be aware of this change.



DNF

- If you choose to forfeit or retire (DNF) other than being affected by the checkpoint cut-off, then please make your way to the finish area through one of the following methods:
 - Board the bus running behind the end of the runners. 2. Proceed to a checkpoint and board the checkpoint bus waiting there.
- In the event of DNF, do not forget to return your chip timer to the staff.

Pace Runners & Completion Cheering Squad

- Pace runners (equipped with bibs and balloons) will run to provide a running estimate for participants.
- <Goal times> 3 hours, 3 hours and 30 minutes, 4 hours, 4 hours and 30 minutes, 5 hours, 5 hours and 30 minutes, 6 hours.
- Completion Cheering Squad members will run behind the 6-hour pace runners.

	Pace Runner	Completion Cheering Squad
Role	Support for runners wishing to achieve a specific time goal.	Support for runners wishing to complete the Okayama Marathon.
Running Pace	Runs at a set pace with a defined time (3 hours, 3 hours and 30 minutes, etc.) being the finish time.	Runs at an accessible pace that will have them pass through the 11th checkpoint (the final timed checkpoint).
Bib Color (Starting 2023)	Yellow-Green	Blue
Balloons	Yes	No



Running Stoppage & Emergency Vehicle Passage

- During the marathon, there may be instances where emergency vehicles need to pass through due to an accident, a disaster, etc. In the event that this happens, staff may direct runners to stop running.
- There may also be instances where vehicles and pedestrians need to cross through the race route, so please cooperate with them as necessary.

Adtl. Info.

- Registered members of the JAAF (Japan Association of Athletics Federations) are not permitted to run in costumes.
- General participants are forbidden from engaging in any of the following acts: Making other participants feel uncomfortable, engaging in acts which could be considered dangerous such as wearing inappropriate clothing to a sports event, carrying items which resemble swords and/or long items such as rods, which are more than 30cm in length, piggybacking, or carrying any sort of type of item which could cause harm to others if they make contact with it. From a safety standpoint, runners are also forbidden from wearing novelty masks, painting their entire faces, etc. or wearing anything that covers their entire faces as they run. Failure to follow these rules could result in disqualification at the discretion of administration the day of.
- Emergency first aid will only be provided in the instance of an accident during the marathon. Compensation for accidents and injuries which occur during the marathon fall within the scope of insurance event sponsors have taken out.



Checkpoint Closing Timetable

Name	Distance	Closing Time	Location
1st Checkpoint	4.6km	9:38	Okayama City Hall
2nd Checkpoint	8.7km	10:11	Tire Land Izumida
3rd Checkpoint	13.2km	10:48	DCM Okayama Store
4th Checkpoint	18.6km	11:33	Shidai Construction & Transportation
5th Checkpoint	25.4km	12:28	Urayasu General Park - Parking Lot
6th Checkpoint	28.5km	12:54	Market culture hall
7th Checkpoint	31.5km	13:18	Enami Uechibikko Hiroba
8th Checkpoint	33.8km	13:37	Under Asahi River Ohashi Bridge Viaduct Eastern Edge
9th Checkpoint	36.7km	14:01	Former Headquarters of Okayama Gas Co., Ltd.
10th Checkpoint	39.3km	14:23	Horai Bridge Eastern Edge
11th Checkpoint	41.8km	14:45	City Light Stadium-mae

*Note: The final, 11th checkpoint's distance has changed from 41.6km to 41.8km, so please be aware of this change.

List of Water Stations

No.	Distance	Sports Drink	Food	Water
Start		○		
1	4.6km	○		○
2	7.5km	○		○
3	10.8km	○	Seto ohashi sweet buns, Hareo shine muscat grapes, Small melon-flavored pancakes, Gummy candies with domestically-raised fruit	○
4	13.5km	○	Cherry tomatoes, Kibi no Yuki, Shimizu Kage warabi mochi	○
5	17.1km	○	Charge Tablets, Kibidango sweet dumplings, Gold Chocolate	○
6	19.5km	○	Shimizu peach jellies, Small melon-flavored pancakes, Gummy candies with domestically-raised fruit, Mandarin oranges	○
7	21.6km	○	Seedless pickled plums, Ichigo Yumeji strawberry-filled sweet buns, Original egg senbei rice crackers	○
8	25.1km	○	Charge Tablets, Gold Chocolate, Bananas, Kibidango sweet dumplings	○
9	28.7km	○	Salt, Mandarin oranges	○
10	31.7km	○		○
11	35.1km	○	Monkey Banana Castellas, Fruit collagen jellies, Takasebune sweet bean jelly	○
12	37.7km	○	Bananas, Ichigo Yumeji strawberry-filled sweet buns	○
13	39.8km	○	Gold Chocolate, Charge Tablets	○
Finish		○	Ohte sweet buns, Banana cream rolls	

List of Restrooms

Distance	Location on Course	Number
1.7km		20
4.6km	Left	37
7.5km	Left	23
8.7km		19
11.0km	Right	16
13.2km	Right	12
15.1km	Right	9
17.1km	Right	9
18.6km	Right	7
19.5km	Right	7
21.6km	Right	10
24.1km	Left	9
25.4km	Left	7
27.2km	Left	6
30.0km		8
31.5km	Right	8
33.7km	Left	8
35.6km	Left	5
36.7km		5
37.7km	Right	7
39.9km	Left	20

First-Aid Stations & AED Teams

First-Aid Stations

There are 11 first-aid stations throughout the course, one at the starting line, and one more at the finish line. Each station has a doctor and nurses on standby to provide emergency care.

AED Teams

For the first 30km of the course, there is 1 Aid staff equipped with an AED roughly every km. From the 30km mark to the end, there is an AED-equipped Aid staff roughly every 500m. There will also be Aid staff riding on bicycles throughout the course.

*Each First-Aid Station is also equipped with an AED.

*AED teams prioritize life-saving measures, so they will not be assisting with stretching and those with lighter injuries. If you need assistance with these issues, please use a First-aid station.

Note
Please refer to weather data from past years so you can participate in temperature-adjustable clothing!

Past Three Years of Recorded Weather on November 12 in Okayama City	2020	2021	2022
General Weather Conditions (6:00 - 18:00)	Sunny	Sunny to Cloudy & Temporary Rain	Sunny
Temperature	High / 16.9 C	High / 16.5 C	High / 23.2 C
	Low / 4.4 C	Low / 5.2 C	Low / 9.9 C

*Data gathered from the Japan Meteorological Agency

Runner Reception Refer to Pg. 5 Runner Reception Page

A fun run will be conducted the same way the Okayama Marathon is on Saturday, November 11th at Zip Arena Okayama. Note that chip timers will not be distributed (there will be no tracking of times).

Starting Block Refer to Pgs. 6-7 Getting Started Part 1

The fun run will start from the F block. You will not be allowed to start from any other block.

Checking of Personal Belongings Refer to Pg. 8 Getting Started Part 2

You may check your personal belongings just like during the marathon.

Fun Run Course Map

Fun Run Course Image



Time Limit & Checkpoints

- Time limit for the fun run is 1 hour for a total of 5.2km (marker).

Checkpoint Closing Timetable

Name	Distance	Closing Time
Fun Run 1st Checkpoint	3.8km	9:32
Fun Run 2nd Checkpoint	5.2km	9:45

*Note: If you arrive at the 1st Checkpoint (3.8km marker) before the rest of the course from 4km to the finish is ready, you may be asked to wait in position due to operational needs.

Water Station

No.	Distance	Water	Food	Sports Drink
1	3.8km	○		
	Finish		Bouchée	○

Fun Run vs. Marathon Course Branching Off

The fun run is the same route as the marathon up until point B where you will branch off to a different route at the intersection. Following reaching point A, the course will generally direct you to the right side of the road. At point B, you will see a flag. Make a right turn there.

If you accidentally pass through the branching off point, do not stop. Continue to the road which runs to the right course before safely making your way back to the branching off point.

Forcefully Overtaking

Participants will be running together with marathon runners up until point B where the courses will branch off. Participants are forbidden to try and forcibly overtake other runners.

Examples of Forceful Overtaking



Other Information:

For safety reasons, participants are forbidden from carrying items longer than 30cm in length and may not wear large novelty masks, paint their entire faces, etc. or wear anything that covers their entire faces as they run. Failure to follow these rules could result in disqualification at the discretion of administration the day of.

Important!

- Life-saving measures are prioritized and exist so the event may be held safely, so **we will not provide anything other than first aid for injuries and illnesses which may occur during the race.** We ask for your understanding and cooperation regarding this matter.
- Runners, please participate in the events of the fun run and the marathon in good healthy by ensuring that you train properly in advance, undergo routine health checks, and the like.
- If you are uncertain of your health at any point, even after registering, it takes courage to cancel your participation.
- Please fill out your emergency contact information and your general health information on the back of your athlete bib so that you are prepared should something happen.

Tips and Tricks!

Day Before

- Only engage in light exercise with a focus on stretching, prepare your handy, portable goods you plan to bring with you, and head to bed early.
- Avoid eating raw and excessively oily foods. Instead, focus on consuming carbohydrates to give yourself energy to run.
- Wake up at least 3 hours before the race is supposed to begin. Try to finish eating a light meal 2 hours before.
- Drink water, and if you are so inclined, consume nutritional support items such as jellies, up to 30 minutes before starting.
- Use the restroom well in advance and head for your starting block on time. Once you've stretches and prepared to run, it's time to begin!

Before Starting

- Please consume sports drinks and minerals during the race to protect yourself from dehydration symptoms and muscle spasms.
- Remember that water is to be consumed in small mouthfuls and not large amounts at once. Please make use of the water stations throughout the course. When drinking water is provided, if you crush the cup and twist the mouth, you can more easily control the amount you consume.
- The course will be crowded soon after the race starts. It is dangerous to dash in between other runners and it excessively consumes energy. Please start at a slower pace and think of it as warming up.
- Everyone has a habit of seeing other runners running at their pace and wanting to run faster, but it's best to maintain your own pace while taking into account the speed of the pace runners.

During the Race

★How to Deal with Mid-Race Issues

- Here are a few examples of frequent issues and how to handle them. If you feel unwell, please do not force yourself to keep going. Instead, please cancel the race immediately and speak to a staff member.

Leg Cramps

Leisurely make your way to the edge of the course and bend and stretch your legs.

Blister on Foot & Shoe Sore

Once they form, they require time to heal. It's best to prevent and protect these with band-aids and petroleum jelly.

Abdominal Pain

Slow your running pace down. Take deep breaths and try to move forward.

※Running with earphones in both of your ears is dangerous because it makes it more difficult to notice changes in your environment.

Post-Race

- In order to ensure there is no lasting damage for having had your body work so hard, you need to perform follow-up care once the race is over. Cool down by taking a walk after the race and doing light stretches. If anything feels off to you, please go and visit a care station as they will offer massages.
- There are those who want nothing more than a cold alcoholic beverage after a marathon, but races weaken your internal organs and can speed up the effects of alcohol consumption. Please be certain not to overconsume alcohol.

Check it out!

❑ Cold Spray

These will not be supplied at any first-aid station, so please bring your own if you wish to have access to it.



❑ Band-aids & Petroleum Jelly

A handy tool for dealing with blister on foot & shoe sore.



Handy, Portable Goods

❑ Small Drinks & Food

Perfect items are small candies, jellies, and things that will help supply you with energy. We also recommend using a hydration system!

❑ Raincoat/Rain Poncho

These work to prevent you from getting wet from the rain, but can also to help protect you from the cold. The best types for marathons and races are simple ponchos which unfurl from a plastic pouch. However, do not abandon these anywhere along the course.

Post-Race

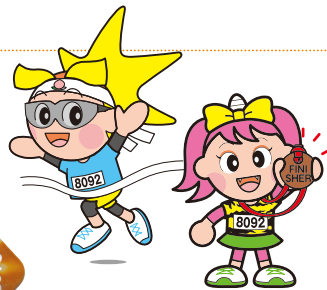
Finish

Runner's Service Pick Up

1. Finisher Towel
2. Completion Medal (Marathon-only)
3. Drink
4. Snack



Completion Medal



Warning

Returning Chip Timer

- Chip timers will not be collected at the runner service area. Please return your chip timer in the collection bag or box located at any of the personal belongings checking area, the changing area, or the shuttle bus boarding area.



- Forgotten chips can be returned to the address below. Failure to return a chip timer will result in an invoice being sent for the cost of one.

[Chip Timer Return Address]
Runners Chip Office, R-bies Co., Ltd.
1-31-9 Haramachi, Meguro-ku, Tokyo
Postal Code 152-8532

- The changing area is located within Zip Arena Okayama.
- The changing area is available for use until 16:00.

Collection of Personal Belongings

Changing

Heading Home

Shuttle Bus (to JR Okayama Station)

A free shuttle bus will run from the venue to JR Okayama Station on the day of the Marathon.

- Hours of Operation:
November 12th (Sun) 11:00 - 16:15
- Run Time: Approx. 15 minutes
- Fee: Free
- Boarding Area:
Multipurpose Grounds Parking Lot No. 1 (Northwest of Baseball Stadium)
- ※ This is a return bus only. You may not board at JR Okayama Station.
- ※ The bus will stop at the West Exit of the station.
- ※ The bus may be delayed day-of due to traffic.



Recording & Awards

- Official Recording: Refers to time spent running from the firing of the starting gun to the finish line (Gross Time).
- Awards Ceremony: Starts at 13:00 and will be held at the event stage located within the Okayama Marathon EXPO venue.
- 1. Overall (Gross Time): First through Eighth place for men and women.
- 2. By Age Group (Gross Time): First through Third place for men and women.
(Grouped by 5-year age groups: 24 and under, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and up)
- *Does not apply to those awarded for point #1. Furthermore, there will be no awards ceremony for the age group winners and awards will be mailed at a later date.
- *Please be aware that attire for the awards ceremony must follow the JAAF regulations.

Certificate of Completion

Certificates of Completion will be issued digitally (and will include both gross and net time).

*If you are unable to confirm the times on your digital certificate of completion, then please contact the Okayama Marathon Executive Committee by Wednesday, November 15th.

Rapid Recorded Results (Ouen Navi)

- If you input the runner's name or number into your smart device via the app, you will be able to view a rough estimate of their location on the course on your screen.
- *The location information displayed in Ouen Navi is gathered and calculated from the timer data. As such, it does not display their exact location.
- *The site below will open on Saturday, November 11th.
<https://v2.ouennavi.jp/teaser/?eid=00000000336793>



Participating in the AbbottWMM Wanda Age Group World Rankings

The Okayama Marathon is a qualifying competition for the AbbottWMM Wanda Age Group World Rankings which is a ranking system for runners over the age of 40, separated by age groups, to score points for tournaments held across the globe.

Linkage to the Run as ONE - Tokyo Marathon 2025

The Okayama Marathon is a competition linked to the RUN as ONE - Tokyo Marathon 2025 (Please visit the official website of the marathon for more details). 3 general participant runners who complete this marathon will be selected via lottery and granted the right to compete in the Tokyo Marathon 2025.

Age Ranking Data Sharing with the JAAF RunLink

Participants in the Okayama Marathon are able to participate in the JAAF's RunLink Age Ranking (this is a time ranking for all officially recognized competitions. It contains the results for all participating runners, including elite runners, in its rankings).



The Okayama Pledge for Better Manners

Enjoy running with good manners!!

Don't push.
We're all on the same team once we start.

Pushing to overtake others can lead to participants falling down and collisions because a large number of runners all begin at the same time. Try to start by matching the pace of those around you!

Be cool!
Don't cut others off.

The starting blocks have been arranged in a way to reflect actual time track records so that all runners can begin smoothly. Please be sure to line up by the exact time for your block (S, A, F) listed on your athlete bib!

No More!
Don't Toss Trash Because It's Poor Manners.

Runners are forbidden from throwing their trash wherever they want. Make sure your paper cups and trash at water stations end up in the proper trash receptacles!

First Place for Mindful, Respectful Runners

Looking at your smartphone or listening to music at loud volumes while running is dangerous and can lead to participants falling down and collisions. When changing course, slowing your pace down, or stopping, be absolutely certain that you check for runners behind you and walk on the edge of the path!

Okayama Marathon EXPO 2023

Location

City Light Stadium (Athletic Stadium) Preceding Plaza



★ Care Station ★

Free acupuncture treatments, massages, and judo therapy treatments will be available.

Time Nov. 11 (Sat): 13:00 - 17:00
Nov. 12 (Sun) Pre-Start: 7:00 - 8:00
Post-Marathon: 10:00 - 16:00

Content 11 (Sat): Sport-related Injury Consultations, Health Checks
12 (Sun): Acupuncture, massages, judo therapy treatments, stretching, taping, etc.

Cooperation Okayama Prefecture Harikyu Association (Public Interest Incorporated Association), Okayama Prefecture Judo Therapist Association (Public Interest Incorporated Association), Okayamaken Shikaku Shougaisha Kyokai (Social Welfare Corporation)

Time

Nov. 11 (Sat) 10:00 - 19:30 Nov. 12 (Sun) 9:00 - 15:30

★ Local Cuisine & Sightseeing Information ★



Famous local cuisine that is representative of Okayama will be on display and for sale including, Tsuyama Hormone with Udon, Noodles, Hinase Kakioko (Oyster Okonomiyaki), Okayama Demikatsudon (Fried Pork Cutlet with Demiglace sauce over rice), and more.

★ Food & Drink ★



Many food stalls will be open for business.

★ Sponsor Booths ★



Promotional activities and exhibition sales will be available regarding products and services from companies supporting the Marathon.

★ Merchandise and Sightseeing Information ★



Government officials will run a booth promoting sightseeing Okayama Prefecture as well as sell unique Okayama items such as the Kibidango.

★ Free Hand Fan Making Experience ★

Make your own hand fan to cheer on the runners and make the event a lively one! The Okayama Shoka University High School calligraphy club will also be performing live, so don't miss out!

Reception Starts Nov. 11th (Sat) at 9:00. First come, first served, max 36 per lesson.

Free Lesson

1. 10:00 - 2. 11:00
 3. 14:00 - 4. 15:00
- [4 Lessons - 45 minutes each]

Reception & Venue

Near the "Run Run♪ Okayama Booth"



Various Events

■ Stage Events on Nov. 11th (Sat) & Nov. 12th (Sun)

Various events will be held including a talk show with Yuko Arimori, and a running clinic will be held on November 11th (the day of Runner Reception) featuring Yuko Arimori, Eri Yamaguchi, Naoko Sakamoto, Yurika Nakamura, and Risa Shigetomo! There will also be various events including an Uraja dance performance, other dance performances, band performances, and more!

November 11th Schedule (Planned)

- Talk Shows 10:00 - 11:30 (3 planned)
- Running Clinic 14:00 - 14:30 and 15:00 - 15:30



A previous talk show with Yuko Arimori



The famous Uraja Dance Performance from the Okayama Festival



Powerful Cheerleading Performances by Local Students



A Majestic Taiko Drum Performance by Local Students

■ Route Support Sunday, November 12th

Junior high, high school, and university students will be putting on performances along the route and at the Star Light Stadium to cheer on our runners. Details will be listed on the programs distributed at Runner Reception. They will be giving their all so that every runner can successfully complete the race. Let them invigorate you with their energy so that you can aim for your best while enjoying their performances.

■ Okayama Marathon Senryuu Haiku Sunday, November 12th

At each kilometer mark and the halfway point, you will be able to see Senryuu haiku posted to cheer on runners. You may even spot one that your family or friend wrote! Of the 42 selected, 38 will not be revealed until the day of the race. May they bring a smile to your face and blast away your exhaustion! It might even be fun to ponder what they mean as you share the experience! Why not try coming up with your own while running? Savor the sense of accomplishment from both crossing the finish line and catching all 42 Senryuu haiku!

Stamp Rally

■ Run Run♪ Okayama Stamp Rally

Okayama Prefecture has so many marathons to offer! ♪ In order to make them even more fun, 31 have banded together to create a stamp rally! You may collect 1 stamp per participating competition, and then may apply after collecting 2 or more. What are you applying for? Good question! You'll be entered into a lottery to win goods made in Okayama Prefecture, etc. Collect more than 6 stamps and you may win the rights to participate in the Okayama Marathon 2024!

The application postcard and stamp rally details will be listed on flyers distributed on both Saturday and Sunday at the Run Run♪ Okayama Booth.



Stamp Rally Participating Competitions

Number	Competition Name	Date (Includes Planned Dates)
1	Parents & Children Charity Marathon in Omocha-Okoku	Sun. Sept. 10, 2023
2	Kojima Peninsula Minato Meguri 100km Marathon	Sun. Sept. 17, 2023
3	Okayama Kibi Kogen Wheelchair Friendship Road Race	Sun. Oct. 8, 2023
4	Tomato Bank 6-hour Relay Marathon	Sun. Oct. 15, 2023
5	Hiruzen Kogen National Marathon	Sun. Oct. 15, 2023
6	Niimi City Shingo Lakeside Marathon	Sun. Nov. 5, 2023
7	Okayama Marathon	Sun. Nov. 12, 2023
8	Wake Town Physical Power Building Road Race	Thur. Public Holiday, Nov. 23, 2023
9	Asakuchi City Marathon	Sun. Dec. 10, 2023
10	Okayama Presents Kurashiki Relay Marathon	Sun. Dec. 10, 2023
11	Mitsu Health Marathon	Sun. Dec. 10, 2023
12	Sanyo Women's Road Race	Sun. Dec. 17, 2023
13	Shingo Village Physical Power Building New Year Jogging Competition	Tue. Jan. 2, 2024
14	Niimi City New Year Road Race	Sun. Jan. 14, 2024
15	Binan Tamashima Road Race	Sun. Jan. 21, 2024
16	Hoshi-no-sato Friendship Health Marathon	Sun. Jan. 28, 2024

Number	Competition Name	Date (Includes Planned Dates)
17	Mimasaka City F1 Road Marathon	Sun. Jan. 28, 2024
18	Washuzan Road Race	Sun. Jan. 28, 2024
19	Japanese Aegean Sea Marathon	Sun. Feb. 4, 2024
20	Hayashima Town Marathon & Ekiden (provisional name)	Sun. Feb. 4, 2024
21	Bay Farm Kasaoka Marathon	Sun. Feb. 4, 2024
22	Kibi-chuo Town New Year Marathon	Sun. Public Holiday, Feb. 11, 2024
23	Citizens' Health Building "I Love Takahashi" Friendship Marathon	Sun. Public Holiday, Feb. 11, 2024
24	Setouchi City Health Marathon	Sun. Feb. 18, 2024
25	Miyama Family Health Marathon	Sun. Feb. 18, 2024
26	Yakage-honjin Marathon	Sun. Feb. 18, 2024
27	Soja Kibijji Marathon	Sun. Feb. 25, 2024
28	National Health Marathon Ibara Event / Okayama Prefecture Half Marathon Championship	Sun. Mar. 3, 2024
29	Shoo Town Kintoki Health Marathon	Early March, 2024
30	Okayama Saidai-ji Marathon	March 2024
31	Tsuyama-Kamogo National Full Marathon	Sun. Apr. 21, 2024

Infection Prevention Measures

- Out of respect for both yourself and the other participants, please refrain from participating in the marathon if you experience any symptoms which you may suspect to be COVID-19 or the flu at any point on or after November 7th (Tuesday), if you develop a fever, are coughing, or feel unwell the day of the event.
- Individuals are allowed to determine if they wish to wear a mask or not. However, wearing a mask is recommended in any situation where participants will be in crowded situations such as Runner Reception, the changing areas, just before starting the race, etc.
- We are working hard to fight infections with proper ventilation measures, installations of hand sanitizer in important locations, and more.

■ Other Notes of Caution

- If you are unable to participate on the day of, you retire, or are not allowed to participate due to infection prevention measures, your participation fee will not be refunded.
- There may be instances where a participant's personal information, such as name, age, gender, address (country, prefecture/state, city/town/village name), record, picture, etc., may be reported on, included, and used in television broadcast, newspaper, magazines, on the internet, pamphlets, and more.
- If you notice anyone or anything suspicious, please immediately notify nearby staff.

■ TV & Web Broadcasting (Live)

RSK Sanyo Broadcasting Sunday, November 12th, 9:54-11:25 (planned), 12:54-13:54 (planned)
RSK Web Streaming Sunday, November 12th, 8:40 - 14:00 (planned)

■ Radio Broadcasting (Live)

RSK Sanyo Broadcasting Sunday, November 12th, 8:00 - 15:00 (planned)
Will include news updated and traffic information throughout.

■ Final Decision for Holding the Event

In the event of bad weather or a disaster, the final decision as to whether to hold the event or not will be announced as follows:
Announcement Time & Date: 5:00 Sunday, November 12th, 2023 **Announcement Method:** The Okayama Marathon 2023 official website

■ For inquiries regarding the event

Okayama Marathon Call Center TEL 0570-010-610
Times available: 10:00 - 17:00 until Friday, November 10th (excluding Saturdays, Sundays, and holidays).
Nov. 11 (Sat) 9:00 - 20:00
Nov. 12 (Sun) 5:00 - 17:00

■ Official Website

<https://www.okayamamarathon.jp/>

