

OKAYAMA MARATHON 2024 11.10 SUN おかやまマラソン 2024

Information for Runners

Let's reach the finish line of having fun.



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Complete Venue Map

Key:

General Information Desk	Restroom	Accessible restroom (& diaper changing station)	First-aid station (Nov.10 only)	Personal belongings storage tent	Bicycle lot (motorcycles allowed)	Nursing room	Smoking area	Public telephone	Bus stop

Main Arena

Opens 9:00 on Nov.9(Sat)
Runner Reception Area
9:00-19:30

Opens 6:50 on Nov.10(Sun)
Men's Changing Area & Personal Belongings Storage
6:50-16:00

Sub-Arena

Nov.9(Sat) First-Aid Class 14:00-15:30
Nov.10(Sun) Women's Changing Area 6:50-16:00

Nov.10(Sun) Women's Changing Area

Nov.9(Sat) General Information Desk

Nov.10(Sun) 2nd Floor Men's Changing Area (Restrooms available)

Nov.10(Sun) This point on women-only on Nov.10(Sun)

Note: Women-only on Nov.10(Sun)

Entire area is off-limits to non-athletes on Nov.10(Sun) (Must display athlete bib to be admitted)

EXPO Information

EXPO Venue
Nov. 9(Sat) 10:00-19:30
Nov.10(Sun) 9:00-15:30

Participation T-Shirt Exchange Station
Nov.9(Sat) 9:00-20:00

Care Station
Nov. 9(Sat) 13:00-17:00
Nov.10(Sun) 7:00- 8:00
10:00-16:00

Retired Runner Return Spot (Checkpoint Bus Drop-off)
Free Shuttle Bus Station
Nov.10(Sun) 11:00-16:15

Zip Arena Okayama (Sports Arena)

General Information Desk
Nov.10(Sun)

Baseball Stadium

Boat Lake

Swimming Pools

Multipurpose Square

City Light Stadium (Athletic Stadium)

Auxiliary Athletic Stadium (Sub-grounds) Warming Up Area
Nov.10(Sun) 6:30-8:00

Martial Arts Arena

North Tennis Courts

South Tennis Courts

Archery Grounds

Red-Cross Blood Donation Center

Taxi Stand
Nov.10(Sun) 7:30-16:15
*You must call the taxi yourself

Large Motorcycle Parking Section (1 section)

Bus Stops: Budokan-guchi, Niino, Okayamadaigaku-suji, Gakunancho, Sports Center-mae

To Okayama Station

Zip Arena Okayama (Sports Arena) - Expanded Map



Runner's Schedule & Venue Access

OKAYAMA MARATHON 2024

Runner's Schedule

Okayama Marathon 2024 Runner Reception (Day before marathon)

Period

Nov. 9, 2024 (Sat) **9:00~19:30**

*No runners will be allowed to register for the marathon on race day.
No exceptions.

Location

Zip Arena Okayama (Sports Arena)

2-1 Izumicho, Kita-ku, Okayama-shi

Okayama Marathon 2024 (Race Day)

Nov.10(Sun) Schedule (tentative)

6:50	Changing areas and personal belongings storage opens
7:40	Runner's area opens
8:29	Starting ceremony
8:29	Starting block closes
8:45	Marathon & Fun Run start
13:00	Marathon awards ceremony
15:00	Planned end of marathon

Time limits
Marathon: 6 hours
(at the 41.8km mark)
Fun Run: 1 hour
(at the 5.2km mark)

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.
*Parking is strictly prohibited in the streets and stores surrounding the venue.

Buses will be available on Nov.9(Sat).

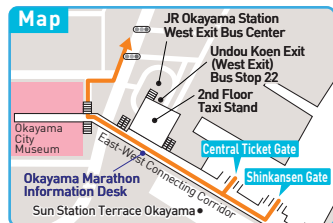
From JR Okayama Station

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 Okayama Medical Center, Driver's License Center*	Approx. 10 min.

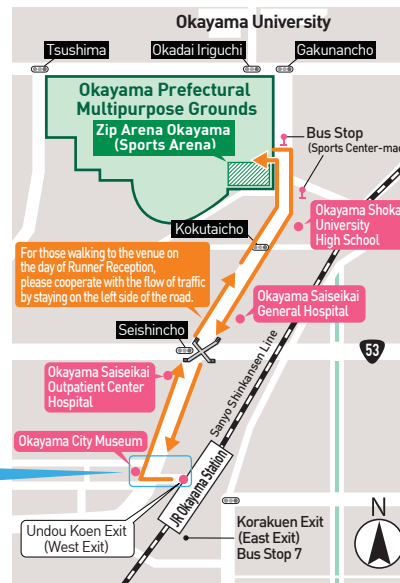
From Okayama Momotaro Airport

Limousine Bus for Okayama Station* Approx. 25 min.

*Be certain to get off at "Sports Center-mae" regardless of which bus you board.
(Please be aware that non-stop buses will not stop at Sports Center-mae.)



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 trouble the surrounding residents, pedestrians, stores, etc.



Runner Reception

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

☐ Athlete bib receipt ☐ Personal identification documents

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

Period & Location

Nov. 9, 2024 (Sat) **9:00~19:30**

Zip Arena Okayama (Sports Arena)

2-1 Izumi-cho Kita-ku Okayama-shi

Times Strictly Enforced

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

Athlete Bib Receipt & Identity Verification

Please present your personal identification documents at the athlete bib reception to receive your athlete bib set from the staff.

Items To Be Received at Reception

Athlete Bib Set

*Registered runners will receive 2 bibs per person (for the chest and back) and general participants will receive 1 bib per person (for the chest). If running with a support runner, you will be handed their bib with yours.

Marathon Program Participation T-shirt

*The participation t-shirt exchange station is located within the EXPO venue. The ticket for your participation t-shirt will be attached to 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, etc.
*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 the participating runner has signed the written oath and filled in their emergency contact information on the athlete bib receipt before arriving at reception.

*Paired entries still require separate reception.

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

*Registered runners who would like a certificate of official record may request one 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 the reception.



Athlete bib



Athlete bib (back)

Be certain to fill out your emergency contact information on the back of your athlete bib by the day of the race.

Representative Registration

Please bring the athlete bib receipt and a copy of personal identification documents for the runner, as well as original personal identification documents for the representative (copies will not be accepted for the latter). Personal identification documents valid for the runner, the filling in of the oath, etc. should be handled the same as regular registration. The runner must fill in their own name and their representative's name in the representative authorization fields located on the back of the athlete bib receipt. In the event that you are registering for multiple individuals as their representative, please get back in the appropriate line each time one registration is completed.

Support Runner Registration

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 participating runners who are either certified doctors, dentists, nurses, EMTs, etc. or who are able to join the first-aid class on Saturday, Nov. 9 from 14:00 to 15:30 to assist us with first-aid response support as "medical runners".

Please apply at the Help Desk located within the runner reception area or at reception for the first-aid class.

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



Medical Runner

Participation T-shirt Exchange

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

What to Bring on Race Day

- ☐ Athlete bib (athlete number)
- ☐ Chip timer
- ☐ Ticket for checking personal belongings



Note: If you attach the chip timer anywhere besides your shoes (such as your ankle), your time may not be properly recorded.

Getting Ready to Run

1 Arrive at the Venue

- Arrive early and check the location of your personal belongings storage, 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 on pages 2 and 3 for warming up.

2 Checking your Personal Belongings

6:50 ~
~8:20

- The personal belongings storage area (for checking your personal belongings) varies for each runner. Please verify your area on 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 Entry to the Runner's Area

7:40 ~
~8:29

Line-up at the Starting Blocks

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.
- After entry to the runner's area has been cut off, any late runners will be treated as a delayed runner. Delayed runners will start running last, so please come to the delayed runner waiting area near the D, E, F runner entrance.
- Be certain to line-up in your designated starting block (S, A-F) within the runner's area. Entry to the starting blocks will be open from 7:50.
- Lining-up at the starting blocks will be 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

From around 8:29

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 Marathons events.

Changing

6:50 ~

Location

Men: Zip Arena Okayama Main-arena, 2F Audience Seating/Private Changing Rooms(3)
Women: Zip Arena Okayama Sub-arena/Private Changing Rooms(6)

*There will also be one(1) shared Men/Women's changing room available.

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

*Crowding is expected, so it's recommended to come pre-dressed in your running attire.

更衣

How to read your Athlete Bib

In this case, Zip Arena Area 1 on the storage area map would be your designated storage area.

ジ 芝
駐 映 F
① ~ 65

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

Merci
S1001
POCARI SWEAT

*In this case, S-block would be your designated starting block.

SABC Runner Entrance DEF Runner Entrance

Be certain to wear your athlete bib in an easily visible position on your chest.

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

●Your assigned personal belongings storage area ●Restrooms ●Your assigned starting block



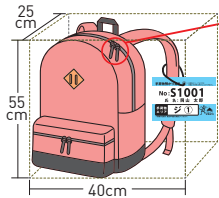
Checking Personal Belongings



Be certain to confirm your designated personal belongings storage area in advance.

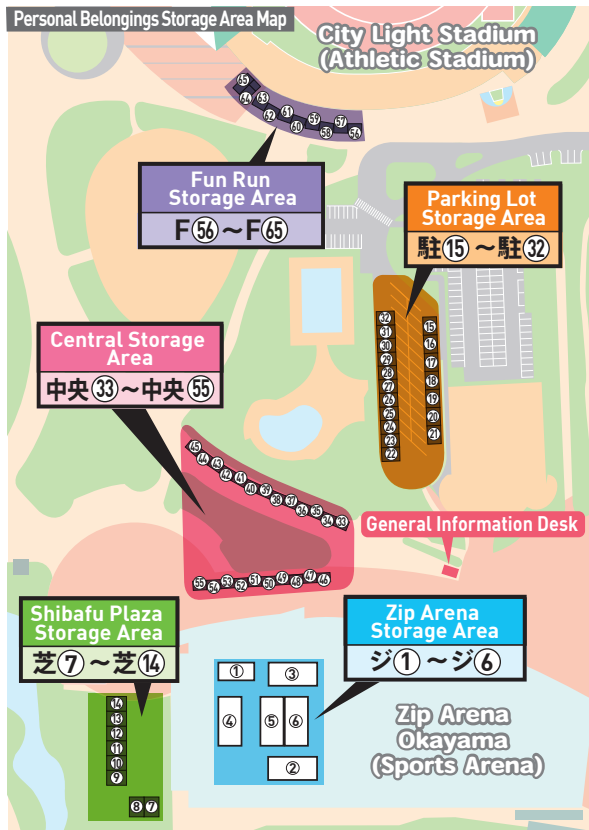
Personal Belongings Size & Ticket

- Please check your personal belongings storage area and other important notices written on the front and back of your ticket for checking personal belongings before the day of the Marathon.
- While there is no limit on size, please try and keep the size within the limits shown below.



Don't forget to securely close your bags!

Ticket for checking personal belongings



How to Check Your Athlete Bib for Your Personal Belongings Storage Area



In this case, your designated personal belongings storage area would be Zip Arena Area 1 on the map.



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 Stations

- Menus may be subject to change. Details will be announced via the official website when this occurs.
- Do not throw paper cups, food wrappers, or leftover food 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.
- *Each station will have a sports drink, then food, then water prepared in that exact order.
- *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 store restrooms, etc. along the route.

Checkpoints

- For traffic, security, and operational purposes, checkpoints will be closed at the times designated on page 11.
- Once a checkpoint has been closed, you will not be allowed to participate further. Runners remaining on the course at this point are to follow the instructions of staff, immediately leave the course, and board either a bus running behind the runners at the back of the race or one of the checkpoint buses.
- A vehicle designated as the "last position car" will be driving 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 closing time and instructed to cease competing.



Retiring

- If you choose to forfeit or retire for reasons other than failing to make a checkpoint closure, please make your way to the finish area through one of the following methods:
 - Board the bus driving at the back of the race.
 - Proceed to the next checkpoint and board the checkpoint bus waiting there.
- In the event you retire early, 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> 3hours, 3hours 30minutes, 4hours, 4hours 30minutes, 5hours, 5hours 30minutes, 6hours.
- Completion Cheering Squad members will run behind the 6-hour pace runners.

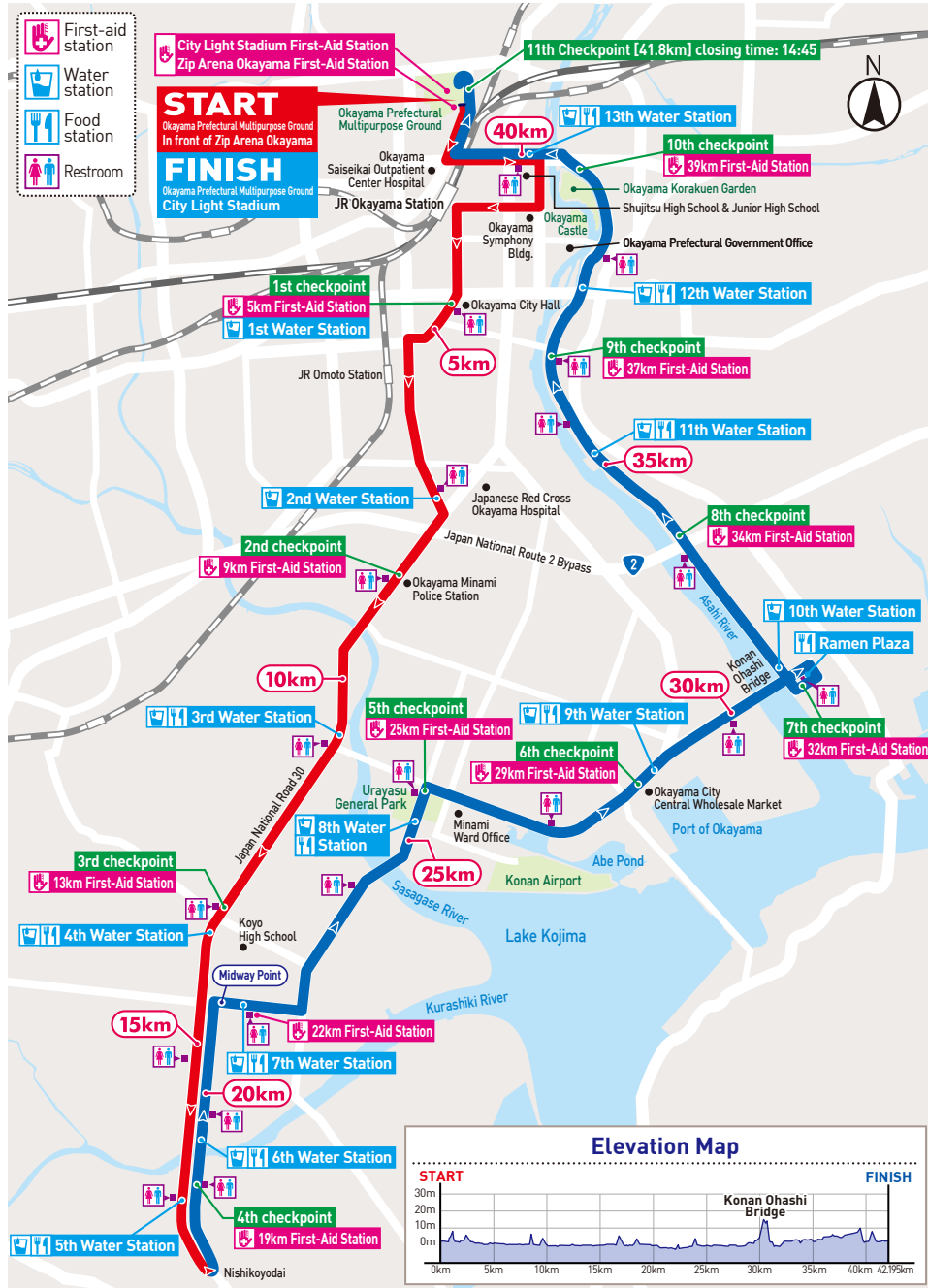
	Pace Runner	Completion Cheering Squad
Role	Support for runners wishing to achieve a specific time goal.	Support for runners wishing to complete the Okayama Marathon.
Running Pace	Runs at a set pace with a defined finish time (3 hours, 3 hours and 30 minutes, etc.).	Runs at an accessible pace that will have them pass through the 11th checkpoint as it closes (the final timed checkpoint).
Bib Color	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 the course due to an accident, disaster, etc. In the event that this happens, staff may direct runners to stop running.
- There may also be locations where vehicles and pedestrians will need to cross through the race route, so we ask for your cooperation in these cases.

Adtl. Info.

- Registered members of JAAF (Japan Association of Athletics Federations) are not permitted to run in costumes.
- General participants are forbidden from engaging in any acts which could cause other runners discomfort or that are otherwise dangerous, such as wearing inappropriate clothing for an athletic event, carrying items in your hands or on your body which resemble swords and/or long items such as rods which are more than 30cm in length, or any sort or type of item which could cause harm to others if they make contact with it. From a safety standpoint, runners are also forbidden from covering their entire faces either with headgear, paint, etc. when they run. Failure to follow these rules could result in disqualification at the discretion of the administration on race day.
- In the instance of an accident during the marathon, only emergency first-aid will be administered. Compensation for accidents and injuries which occur during the marathon fall within the scope of the event organizer's insurance policy.



Checkpoint Closure 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 - Cultural Hall
7th Checkpoint	31.5km	13:18	Enami Uechibikko Hiroba
8th Checkpoint	33.8km	13:37	Under Asahi River Ohashi Bridge's eastern end
9th Checkpoint	36.7km	14:01	Former headquarters of Okayama Gas Co., Ltd.
10th Checkpoint	39.3km	14:23	Horai Bridge eastern end
11th Checkpoint	41.8km	14:45	In front of City Light Stadium

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
19.8km	Right	7
21.6km	Right	10
24.1km	Left	9
25.4km	Left	7
27.2km	Left	6
30.0km	Right	8
31.5km	Right	8
33.7km	Left	8
35.6km	Left	5
36.7km	Right	5
38.0km	Right	4
39.9km	Left	20

Water Stations

No.	Distance	Sports Drink	Food	Water
Start		○		
1	4.6km	○		○
2	7.5km	○		○
3	10.8km	○	Hare-○○ shine muscat grapes, Sodium Charge Tablets (regular + salted lemon flavor)	○
4	13.5km	○	Ichigo Yumeji (strawberry filled sweet buns), Onbenshiki (sweet buns), gummies made from domestic fruit, mini tomatoes	○
5	17.1km	○	Kibidango (sweet dumplings), Shimizu white peach compote	○
6	19.5km	○	Shimizu white peach jelly, gummies made from domestic fruit, Gold Chocolate, mandarin oranges	○
7	21.6km	○	Pickled Senryo eggplant, original egg senbei (rice crackers), Okayama Momoko sweets	○
8	25.1km	○	Sodium Charge Tablets (regular + salted lemon flavor), Gold Chocolate, bananas, Kibidango (sweet dumplings)	○
9	28.7km	○	Seedless pickled plums, mandarin oranges	○
Ramen Plaza	31.5km		Ramen (from Happpo, Yamachan, Nonkibou)	○
10	31.7km	○		○
11	35.1km	○	Monkey Banana Castella, gummies made from domestic fruit, Takasube sweet bean jelly	○
12	37.7km	○	Bananas, fruit collagen jelly, Sasanoa senbei (rice crackers), murasuzume (bean-jam crepes)	○
13	39.8km	○	Gold Chocolate, Sodium Charge Tablets (regular + salted lemon flavor)	○
Finish		○	Ohte manju (sweet buns), banana cream rolls, Body Mainté drinkable jelly	

First-Aid Stations & AED Teams

First-Aid Stations

There are 11 first-aid stations throughout the course, along with 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

Aid staff equipped with AEDs will be on standby roughly every 1km along the course (roughly every 500m past the 30km mark). 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 those with lighter injuries or with stretching. In those cases, please use a first-aid station.**

! Please refer to weather data from past years to prepare clothing that can be easily adjusted for the temperature!

Past Three Years of Weather Data on Nov. 10 (Okayama City)	2021	2022	2023
General Weather Conditions (6:00-18:00)	Sunny, then cloudy with brief rain	Sunny and briefly cloudy	Rainy and occasionally cloudy
Temperature	High / 17.3°C	High / 22.2°C	High / 19.2°C
	Low / 7.4°C	Low / 8.4°C	Low / 14.5°C

*Data gathered from the Japan Meteorological Agency

Runner Reception

Refer to Pg.5 | Runner Reception Page

Reception will be conducted the same as the Okayama Marathon on Nov.9 (Sat) at Zip Arena Okayama. Note that chip timers will not be distributed (times will not be tracked).

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. Please follow instructions from the staff when entering the starting block.

Checking Personal Belongings

Refer to Pg.8 | Getting Started Part 2

You may check your personal belongings the same as regular marathon participants.

Fun Run Course Map



Time Limit & Checkpoints

The time limit for the fun run is 1 hour (at the 5.2km marker).

Checkpoint Cut-off Timetable

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

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

Water Stations

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

Fun Run/Marathon Course Branching Point

The Fun Run follows the same route as the regular marathon up until point A, where it branches off to a different route at the intersection.

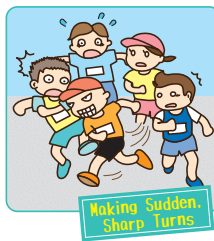
After reaching point A, please stick to the right side of the course. Please turn right when you see the flag at point A.

*If you accidentally miss the turn at the branching point, do not stop in place. Please move to the sidewalk on the right side of the course before safely making your way back to the branching point.

Forceful Overtaking is Prohibited

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

Examples of Forceful Overtaking



Additional Information:

For safety reasons, participants are forbidden from carrying items longer than 30cm in length and may not wear large headgear, 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 on the day of the race.

Important!



- With the goal of holding the marathon safely and in order to prioritize life saving efforts, **we will not provide anything other than emergency first-aid for injuries and illnesses which may occur during the race.** We ask for your understanding and cooperation regarding this matter.
- Please participate in the races in good health by ensuring that you train properly in advance, undergo routine health checks, etc.
- If you are uncertain of your health at any point, please have the determination to cancel your participation even if you have already registered.
- Please fill out the emergency contact information and general health information on the back of your athlete bib to be prepared for all possible scenarios.

Tips and Tricks!

Day Before

- Only engage in light exercise with a focus on stretching, prepare the 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.

Before Starting

- 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!

During the Race

- Please consume minerals through sports drinks 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, you can more easily control the amount you consume by squishing the lip of the paper cup into a small opening.
- The course will be crowded soon after the race starts. It's dangerous to dash in between other runners and it can use up excessive amounts of energy. Please start the race at a relaxed pace and think of it as warming up.
- It's easy to end up pushing yourself too hard while trying to match the pace of those around you, but it's best to maintain your own comfortable pace while taking into account the speed of the pace runners.

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 promptly retire from the race and speak to a staff member.

Leg Cramps

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

Foot Blisters & Shoe Sores

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

Abdominal Pain

Try slowing your running pace down. Practicing deep breathing as you proceed can also help.

*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 make sure there is no lasting damage to your body after working so hard, you should perform follow-up care once the race is over. Cool down by taking a walk after the race and doing light stretches. If you feel off or unwell, please visit the Care Station where we will be conducting care for runners.
- *However, any internal injuries or issues will need to be treated at a first-aid station.
- You may want nothing more than a cold alcoholic beverage after a marathon, but after the race your digestive system may be weakened, which can speed up the effects of alcohol consumption, so please be careful not to drink too much.

Check it out!



Handy, Portable Goods

Cold Spray

These won't be supplied at first-aid stations, so please prepare your own if you need it.



Band-aids & Petroleum Jelly

A handy tool for dealing with blisters and shoe sores.



Small Drinks & Snacks

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



Health Insurance Card

You will need this in the rare instance you need to be transported to a hospital for treatment.



Raincoat/Rain Poncho

These can protect you not just from the rain but the cold as well. The best types for races are simple ponchos which unfurl from a plastic pouch. However, please don't abandon these anywhere along the course.



After the Race

Finish

Pick up from runner service

1. Finisher towel
2. Completion medal (marathon-only)
3. Drink
4. Chip timer collection (marathon-only)
5. Snack

Change

Changing spaces
in Zip Arena Okayama and the private changing rooms will be available to use up until 16:00.
Refer to Pgs. 6-7 Getting Started Part 1

Head home

Returning Chip Timers

Chip timers will be collected at the runner service area.

If you forget to return your chip timer on race day, please send it to the address below. Failure to return a chip timer will result in an invoice being sent for its cost.

Chip Timer Return Address

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



Chip timer



Shuttle Bus (to JR Okayama Station)

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

- Hours of Operation: Nov.10(Sun) 11:00-16:15
- Transit Time: Approx. 15minutes
- Fee: Free
- Boarding Area: Multipurpose Grounds Parking Lot No.1 (northwest of the 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 due to traffic conditions on the day of the race.



Recording & Awards

- Official Record: The time measured between the starting gun and reaching the finish line (Gross Time).
- Awards Ceremony: Will be held at the event stage located within the Okayama Marathon EXPO venue starting at 13:00.
 1. Overall (Gross Time): 1st - 8th place for men and women each.
 2. By Age Group (Gross Time): 1st - 3rd place for men and women each. (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)
- *Those awarded for overall time cannot place in the age groups. Furthermore, there will be no awards ceremony for the age group winners and their 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 (including both gross and net time) will be issued digitally.
*If you are unable to confirm the times on your digital certificate of completion, then please contact the Okayama Marathon Call Center (TEL: 0570-010-610, weekdays 10:00-17:00) by Wednesday, November 13th.

Rapid Recording (Ouen Navi)

- If you input the runner's name or number into your smart device via the app, it will display a rough estimate of their current location on the course on your device.
 - *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 Nov.9th(Sat).
- <https://v2.ouennavi.jp/teaser/?eid=000000000365053>



Participating in the AbbottWMM MTT Age Group World Rankings

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

Collaboration with the Run as ONE - Tokyo Marathon 2026

The Okayama Marathon is an affiliate competition to the RUN as ONE - Tokyo Marathon 2026 (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 2026.



The Okayama Pledge for Better Manners

Enjoy running with good manners!

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

Since large numbers of runners will begin running at the same time, recklessly trying to overtake others can lead to collisions and participants falling over. Let's match our pace at the start with those around us!



Be cool! Don't cut others off.

The starting blocks have been arranged in a way to reflect runners' actual record times so that everyone can begin smoothly. Please be sure to line up strictly on time at the block (S, A-F) assigned on your athlete bib!



No more! Littering is a major foul.

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



First place prize for polite, mindful running.

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



Okayama Marathon EXPO 2024

Location

City Light Stadium (Athletic Stadium) Front Plaza



Care Station

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

Time

Nov. 9 (Sat): 13:00-17:00
Nov. 10 (Sun) Pre-Marathon: 7:00-8:00 Post-Marathon: 10:00-16:00

Services

Nov. 9 (Sat): Sport-related Injury consultations, health consultations
Nov. 10 (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 Kyoukai (Social Welfare Corporation)

Period

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

Local Cuisine



Local stores will be selling dishes representative of Okayama such as Tsuyama udon noodles with ofal, Hinase kakioko (oyster okonomiyaki), Okayama demikatsudon (fried pork cutlet with demiglace sauce over rice), and more.

Dining



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 & Tourism Information



Government officials will run a booth promoting sightseeing spots in Okayama Prefecture and selling local Okayama products.

Free Hand Fan Making Experience

Make your own hand fan to cheer on the runners and live up the marathon! The Okayama Shoka University High School calligraphy club will also give live demonstrations, so don't miss out!

Reception

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

Reception Venue

Okayama Shoka University
High School Calligraphy Club Booth

*Reception will end early if supplies run out.



Events

Stage Events on Nov. 9 (Sat) & Nov. 10 (Sun)

A talk show with Yuko Arimori, a running clinic featuring Yuko Arimori, Naoko Sakamoto, Yurika Nakamura, and Risa Shigetomo, as well as a panel with winners from last year will be held on runner reception day (Nov. 9)! There will also be various stage events including Uraja and other dance performances, band performances, and more!

Schedule for Nov. 9 (tentative)

Talk Show	10:20~10:35	11:15~11:30
Running Clinic	14:05~14:35	15:10~15:40
Previous Winner Panel	14:45~15:00	

Course-side Support Nov. 10 (Sun)

Junior high, high school, and university students will be putting on performances along the course and at Star Light Stadium to cheer on the runners. Details will be listed on the programs distributed at runner reception. They will be giving their all to push every runner to successfully complete the race. Feel invigorated with the energy to aim for your best while you enjoy their performances.

Stamp Rally

Run Run Okayama Stamp Rally

Okayama Prefecture has so many marathons to offer! In order to make them even more fun, 32 competitions have banded together to create a stamp rally! You can collect 1 stamp per participating competition, and apply after collecting 2 or more. What are you applying for? Good question! You'll be entered into a lottery to win local products from Okayama Prefecture and more. Collect 6 stamps and you may even win the chance to participate in the Okayama Marathon 2025! The application postcard and stamp rally details will be listed on flyers distributed on both Saturday and Sunday at runner reception and the Run Run Okayama Booth.



Stamp Rally Participating Competitions

Number	Competition Name	Date (scheduled)
1	Parents & Children Charity Marathon in Omocha-Okoku	Sep. 14, 2024 (Sat)
2	Kojima Peninsula Minato Meguri 100km Marathon	Sep. 15, 2024 (Sun)
3	Hiruzen Kogen National Marathon	Oct. 5, 2024 (Sat)
4	Okayama Kibi Kogen Wheelchair Friendship Road Race	Oct. 13, 2024 (Sun)
5	Tomato Bank 6-hour Relay Marathon	Oct. 13, 2024 (Sun)
6	Niimi City Shingo Lakeside Marathon	Nov. 3, 2024 (Sun)
7	Okayama Marathon	Nov. 10, 2024 (Sun)
8	Kagamino Marathon & Walking Competition	Nov. 17, 2024 (Sun)
9	Wake Town Fitness Building Road Race	Nov. 23, 2024 (Holiday)
10	Asakuchi City Marathon	Dec. 8, 2024 (Sun)
11	Mitsu Health Marathon	Dec. 8, 2024 (Sun)
12	Sanyo Women's Road Race	Dec. 15, 2024 (Sun)
13	Shingo Village Fitness Building New Year Jogging Competition	Jan. 2, 2025 (Thu)
14	Niimi City New Year Road Race	Jan. 3, 2025 (Fri)
15	Kuze New Year Road Race	Jan. 19, 2025 (Sun)
16	Binan Tamashima Road Race	Jan. 19, 2025 (Sun)

Number	Competition Name	Date (scheduled)
17	Hoshi-no-sato Friendship Health Marathon	Jan. 26, 2025 (Sun)
18	Mimasaka City F1 Road Marathon	Jan. 26, 2025 (Sun)
19	Washuzan Road Race	Jan. 26, 2025 (Sun)
20	Japanese Aegean Sea Marathon	Feb. 2, 2025 (Sun)
21	Hayashima Town Marathon & Ekiden (tentative name)	Feb. 2, 2025 (Sun)
22	Kibi-chuo Town New Year Marathon	Feb. 9, 2025 (Sun)
23	Citizens' Health Building "I Love Takahashi" Friendship Marathon	Feb. 9, 2025 (Sun)
24	Setouchi City Health Marathon	Feb. 16, 2025 (Sun)
25	Miyama Family Health Marathon	Feb. 16, 2025 (Sun)
26	Yakage-honjin Marathon	Feb. 16, 2025 (Sun)
27	Soja Kibijii Marathon	Feb. 23, 2025 (Sun)
28	National Health Marathon Ibara Event / Okayama Prefecture Half Marathon Championship	Mar. 2, 2025 (Sun)
29	Bay Farm Kasaoka Marathon	Mar. 9, 2025 (Sun)
30	Sho-o Town Kintoki Health Marathon	Early March 2025
31	Bizen Hinase Ohashi Bridge Marathon	Early March 2025
32	Tsuyama-Kamogo National Full Marathon	Apr. 20, 2025 (Sun)

TV & Radio Broadcasting (Live)

RSK Sanyo Broadcasting

TV Nov. 10 (Sun) 9:54-11:25 (scheduled)
12:54-13:54 (scheduled)

Radio Nov. 10 (Sun) 8:30-12:55 (scheduled)

(News, traffic, and other broadcasts during this time as well)

YouTube *RSK Sanyo Broadcasting official channel*

Livestream Nov. 10 (Sun) 8:40-15:00 (scheduled)

All Finishers Broadcast

From the week after the marathon (scheduled)

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 Nov. 10, 2024 (Sun)

Announcement Method: The Okayama Marathon 2024 official website

For inquiries regarding the event:

Okayama Marathon Call Center TEL 0570-010-610

Operating Up through Nov. 8 (Fri) 10:00-17:00 (excluding weekends and holidays) /
Hours Nov. 9 (Sat) 9:00-20:00 / Nov. 10 (Sun) 5:00-17:00

Official Website

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



Infection Prevention Measures

- For the sake of your own health and those around you, if you have a fever, cough, or are otherwise unwell on the day of the marathon, please refrain from participating.
- The usage of face masks will be up to each individual's discretion. However, we recommend wearing a mask during runner reception, in changing areas, right before the races start, and other crowded situations.
- Prevention measures such as access to hand sanitizer and proper ventilation will be in place throughout the venue.

Other Notices

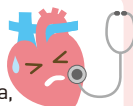
- If you end up not participating, retiring, or being prevented from joining the marathon due to infection prevention measures, your participation fee will not be refunded.
- There may be instances where a participant's personal information, such as name, age, gender, address (country, prefecture/state, city/town/village name), record, picture, etc., may be reported on, included, and used in television broadcasts, newspapers, magazines, websites, pamphlets, and similar media.
- If you notice anyone or anything suspicious, please immediately notify nearby staff.

Please make sure to check the information on these pages when participating in the Okayama Marathon 2024.

*Submission not required

If even one of the following 5 cases applies to you, make sure to confirm with your family physician before participating in the marathon. Please receive any tests or treatment recommended by your family physician. If you choose to participate in the marathon, please be aware it will be at your own risk.

1. If you have been diagnosed with or are being treated for heart disease (myocardial infarction, angina, cardiomyopathy, valvular disease, congenital heart disease, arrhythmia, etc.).



2. If you have ever suddenly passed out (fainting fit).



3. If you have ever experienced chest pain or lightheadedness while exercising.



4. If you have any blood relatives who have suddenly passed away due to 'heart failure' (sudden death).

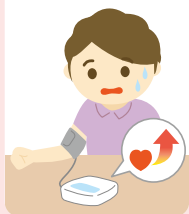


5. If you haven't had a health check-up in over a year.



The following cases are known to increase the risk of diseases such as myocardial infarction and angina. If any of the following apply to you, please make sure to consult with your family physician.

High blood pressure (hypertension).



High blood sugar levels (diabetes).



High LDL cholesterol or triglyceride levels (hyperlipidemia).



Smoking tobacco products.



"Family physician" refers to a doctor familiar to you who monitors your health and physical condition. Please be sure to choose a family physician, take any tests they recommend, and consult with them about participating in the marathon.

Be sure to check your physical condition on race day before the marathon starts.

*Submission not required

If even one of the following cases applies to you, please withdraw from the marathon or otherwise participate with the utmost caution.

1. If you have a fever or feel feverish.



2. If you feel fatigued or exhausted.



3. If you weren't able to get proper sleep the night before.



4. If you haven't properly eaten and hydrated before the race.



5. If you have any symptoms of a cold (light fever, headache, sore throat, coughing, runny nose).



6. If you have pain or discomfort in your chest or back, or if you have heart palpitations/feel short of breath.



7. If you have stomach pain, diarrhea, or nausea.



8. If you don't have a clear plan of how to pace yourself safely throughout the race.



Make sure to fill in your emergency contact info on the back of your athlete bib once you receive it.

Mid-race Points of Caution

- Please make sure to hydrate plenty throughout the race.
- Please have the determination to retire from the race early if you feel unwell.
- Sprinting in the final stretch is dangerous and can put a sudden, heavy burden on your heart. Please be sure to finish the race while reserving some energy.