

OKAYAMA MARATHON 2026

おかやまマラソン 2026

11.8^{SUN}

A moment you'll want to
experience again and again.



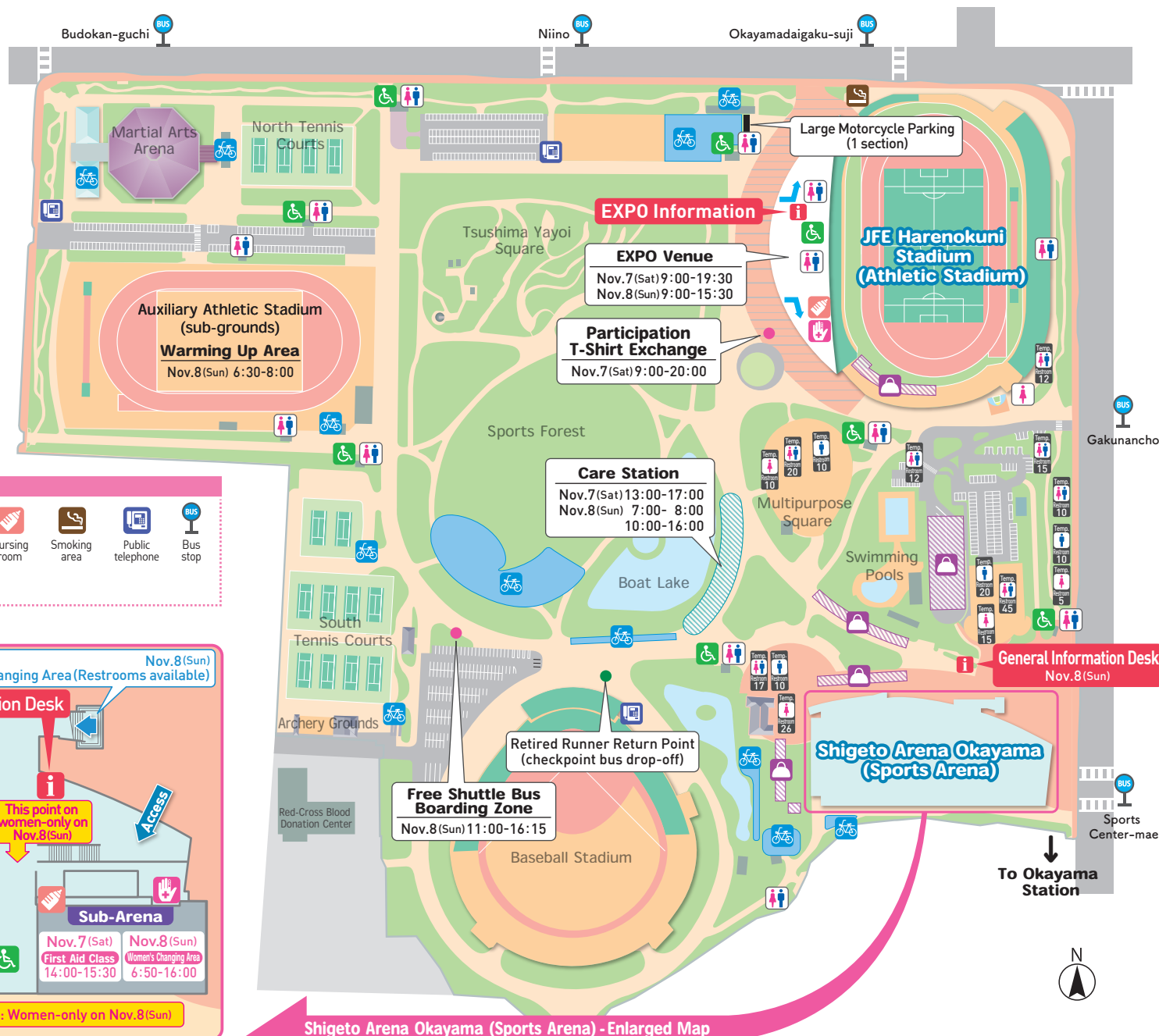
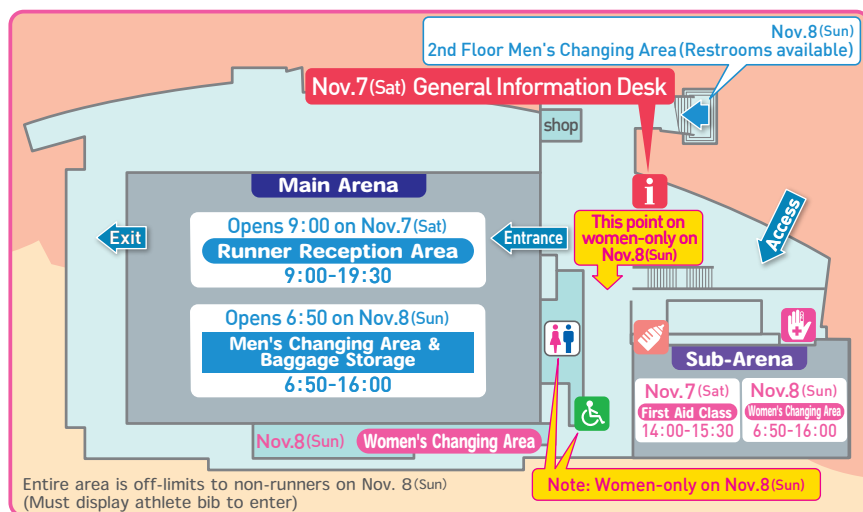
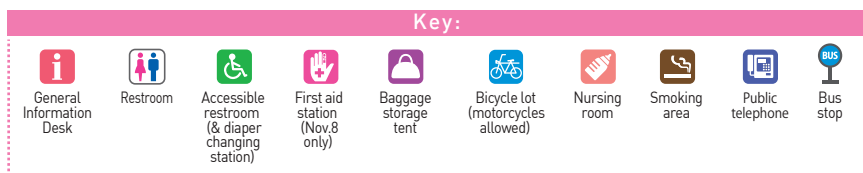
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Information for Runners

Table of Contents

P.2-3	Full Venue Map
P.4-5	Schedule for Runners, Venue Access, & Runner Reception
P.6-7	Marathon Start - Part 1
P.8-9	Marathon Start - Part 2 & Course Info

P.10-11	Marathon Course Map
P.12-13	Fun Run & First Aid
P.14-15	Marathon Finish, Records, & Awards
P.16-17	Okayama Marathon EXPO 2026, Infection Countermeasures, & Other Notices
P.18-19	Health & Pre-marathon Checklists



OKAYAMA MARATHON 2026

Schedule for Runners

Okayama Marathon 2026 Runner Reception (Day before marathon)

Period

Nov. 7, 2026 (Sat) **9:00~19:30**

*There will be no runner registration on the day of the marathon.
No exceptions.

Location

Shigeto Arena Okayama (Sports Arena)

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

Okayama Marathon 2026 (marathon day)

Nov.8(Sun) Schedule (planned)

6:50	Changing areas and baggage storage opens
7:40	Runner's area opens
8:29	Starting ceremony
8:29	Starting blocks close
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 minute walk from JR Okayama Station Sports Park Gate (West Gate)

*Please leave with plenty of time to spare, as there may be delays.
*Parking is strictly prohibited in the streets and stores surrounding the venue.

Buses will be available on Nov.7(Sat).

From JR Okayama Station

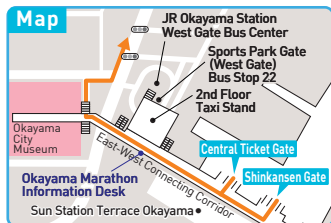
Sports Park Gate (West Gate) - Bus Stop 22
For Okayama University of Science : Approx. 5 min.

Korakuen Gate (East Gate) - Bus Stop 7
For Tsudakadai Danchi & Handayama Heights,
For Okayama Medical Center,
Driver's License Center* : Approx. 10 min.

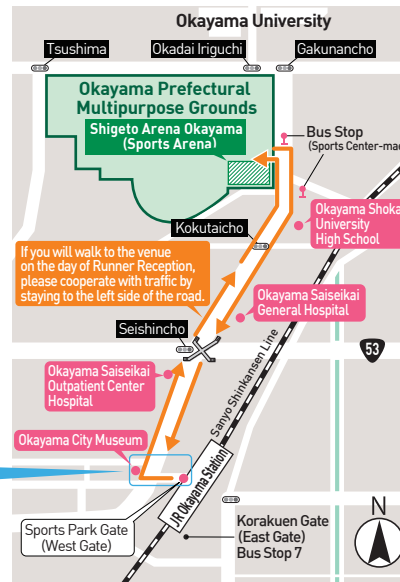
From Okayama Momotaro Airport

Limousine Bus for JR 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



Notice
Please be aware that vehicles will not be able to access the marathon venue on both the day of and the day before the marathon.
• There will be no car parking available at the venue.
• Please avoid contributing to traffic congestion or troubling nearby pedestrians, residents, stores, etc.

You must submit the following items at Runner Reception in order to verify your participation in the marathon.

□ Athlete bib receipt

□ Personal identification documents (bearing the same name as your entry)

Please bring an original version of one of the following items:
*Copies will not be accepted.
*Expired documents will not be accepted.

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

Period & Location

Nov. 7, 2026 (Sat) **9:00~19:30**

time strictly enforced

*Crowding is expected in the afternoon, so coming in the morning is recommended.

Shigeto Arena Okayama (Sports Arena)

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

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 Provided During 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 receive both of your bibs together.
Athlete bibs, safety pins (4 per 1 athlete bib), chip timer, 1 ticket for storing baggage

■ 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.

*Pair entries must go through reception individually.

*If you lose or forget to bring your athlete bib receipt, you will have to pay a reissuance 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)



Representative Registration

Representatives must bring the runner's athlete bib receipt and a copy of their personal identification documents, as well as the original version of personal identification documents for the representative (copies not allowed). What personal identification documents are valid for the runner, and the signing of the written oath, will be handled identical to 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. If you are registering for multiple individuals as their representative, you will need to re-enter the appropriate registration line to register each individual separately.

Support Runner Registration

Runners running together with a support runner may check-in as a pair 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. 8 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 go to the participation t-shirt exchange tent located within the Okayama Marathon EXPO venue to receive your t-shirt from the staff.

*T-shirts can only be received on the day of Runner Reception. (T-shirt exchange hours: 9:00~20:00)

Marathon Start - Part 1

What to Bring on Marathon Day

- ☐ Athlete bib
- ☐ Chip timer
- ☐ Ticket for storing baggage

*You cannot run in the marathon without an athlete bib. Athlete bibs cannot be reissued.

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 Venue arrival

- 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 Storing baggage

- 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 Runner's Area Entry

- 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

Around 8:29 Marathon 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: Shigeto Arena Okayama Main-arena, 2F Audience Seating/Private Changing Rooms(3)
Women: Shigeto 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 coming pre-dressed in your running attire is recommended.



How to read your Athlete Bib

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

手荷物エリア
ア 芝
駐 映 F
① ~ ⑥⑤

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



*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.

To prevent delays on the day of the marathon, please be sure to confirm the locations below on the map ahead of time.

- Your assigned baggage storage area
- Restrooms
- Your assigned starting block

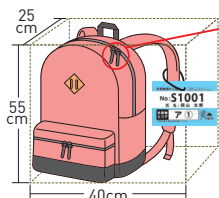


Storing Baggage

Important! Please be sure to confirm your designated baggage storage area ahead of time.

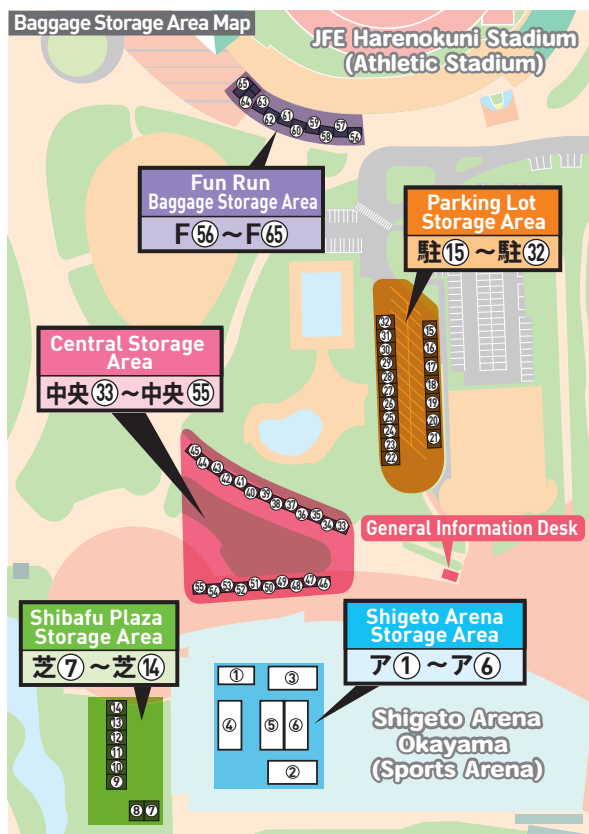
Baggage Size and Ticket

- Please be sure to confirm your baggage storage area and other important notices written on the front and back of your baggage storage ticket before the day of the marathon.
- While there are no restrictions on baggage size, we ask that you keep the size of your baggage within the limits shown below.



Don't forget to securely close your bags!

Baggage storage ticket



How to check your athlete bib for your designate baggage storage area



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



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

Distance Markers

- Every kilometer, at the halfway point, at 5 - 1 kilometers until the finish line, and 1 kilometer 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 course. Always throw them away in the proper trash receptacles.
- The marathon sponsors assume zero responsibility for any water stations (food stalls) than those listed on P11.
 - *Each station will provide sports drinks, food, and then water in that order.
 - *The closest tables can easily become crowded, so please consider using tables further along the course.
- There won't be enough supplies for every runner to receive each of the foods available, so please be sure to carry any snacks you may need with you.

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 P11.
- Once a checkpoint has been closed ahead of you, you will not be allowed to continue running. 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 that you retire from the marathon, please be sure to return your chip timer to marathon staff.

Pace Runners & Completion Cheering Squad

- Pace runners (identifiable by their bibs and balloons) will run at fixed paces on the course to provide clear time estimates for participants.
 - <Goal times> 3 hours, 3 hours 30 minutes, 4 hours, 4 hours 30 minutes, 5 hours, 5 hours 30 minutes, 6 hours.
- Completion Cheering Squad members will run behind the 6-hour pace runners.

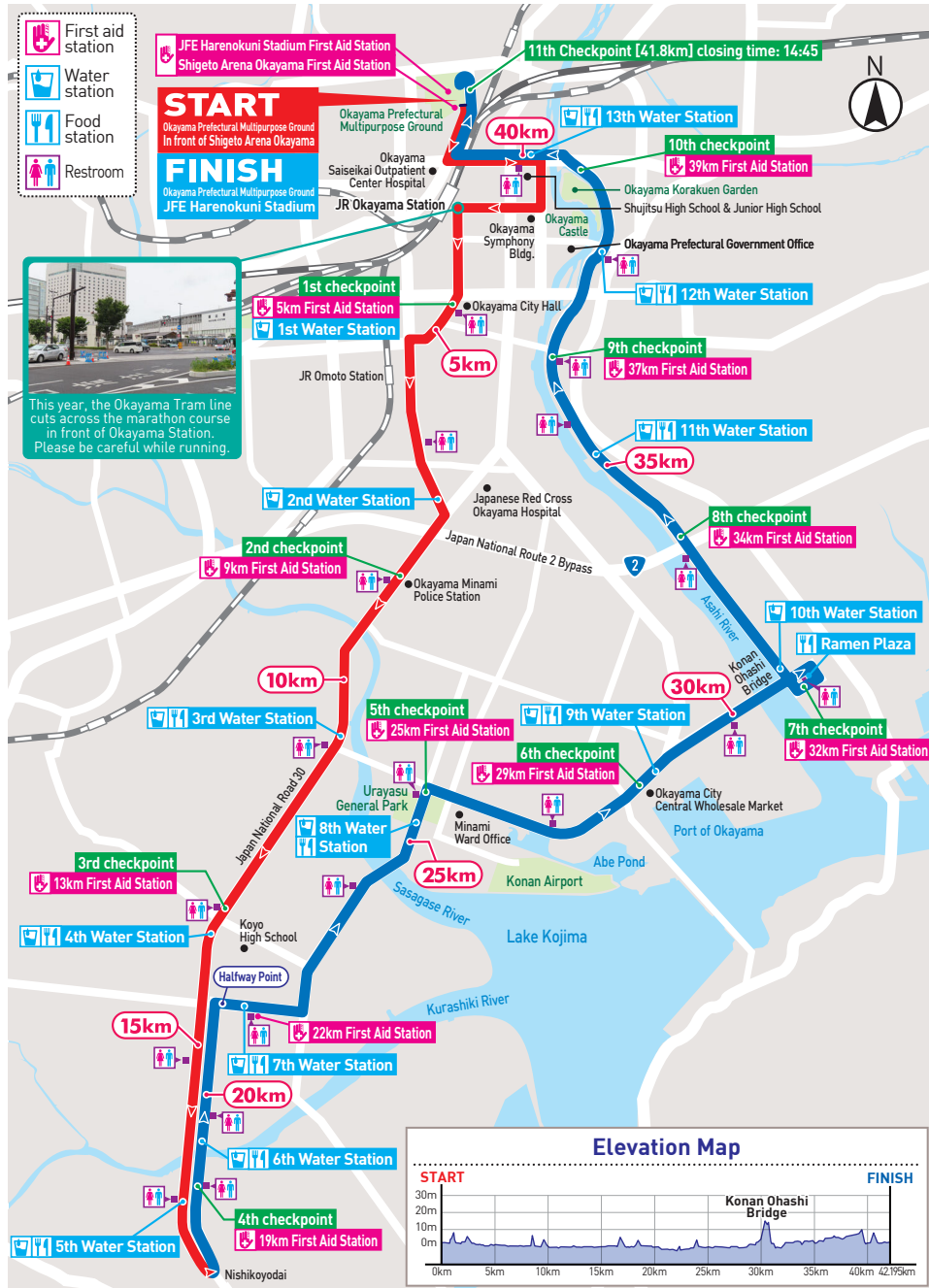
	Pace Runner	Completion Cheering Squad
Role	Support for runners wishing to achieve a specific time goal.	Support for runners wishing to complete the Okayama Marathon.
Running Pace	Runs at a set pace with a defined finish time (3 hours, 3 hours and 30 minutes, etc.).	Runs at an accessible pace that will have them pass through the 11th checkpoint as it closes (the final timed checkpoint).
Bib Color	Green	Blue
Balloons	Yes	Yes

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 points where vehicles and pedestrians will need to cross over the marathon course, so we appreciate your cooperation.

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.
- If it is discovered that a runner has cheated or behaved improperly during the race, such as by taking a shortcut, they will be disqualified and have their record for the marathon erased.



Checkpoint Closure Times

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 JFE Harenokuni Stadium

Restrooms

Distance	Location on Course	Number
1.7km		20
4.6km	Left	37
6.7km	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
38.1km	Right	4
39.9km	Left	20

Water Stations

No.	Distance	FOOD & SWEET (approx. area)	Food	Water
Start				
1	4.6km			
2	7.5km			
3	10.8km		Hare-o® shine muscat grapes, Sodium Charge Tablets (regular + plum flavor)	
4	13.5km		Marseille Caramel Mo (mochi), Oribenishiki manju (sweet buns), bananas, original egg senbei (rice crackers)	
5	17.1km		Kibidango (sweet dumplings), Shimizu white peach compote	
6	19.5km		Okayama white peach chocolate feuilletine, mandarin oranges, mini tomatoes, Sodium Charge Tablets	
7	21.6km		Pickled Senryo eggplant, Kurashiki fruit parfait pudding	
8	25.1km		Kibidango (sweet dumplings), Sodium Charge Tablets, white peach and cheese langue de chat	
9	28.7km		Seedless pickled plums, mandarin oranges	
Ramen Plaza	31.5km		Ramen (from Hoppo, Nonkibou, MOJO BEAT)	
10	31.7km			
11	35.1km		Monkey Banana Castella, Takasabune sweet bean jelly	
12	37.9km		Bananas, fruit collagen jelly, Suzume-no-Dyado manju (sweet buns)	
13	39.8km		Original egg senbei (rice crackers), Sodium Charge Tablets	
Finish			Ohite manju (sweet buns), Original banana chocolate 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, and will not assist in the case of light injuries or with stretching. In those cases, please visit 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.8 (Okayama City)	2023	2024	2025
General Weather Conditions (6:00-18:00)	Sunny	Sunny and occasionally cloudy	Sunny then briefly cloudy
Temperature	High / 21.3°C	High / 16.5°C	High / 19.6°C
	Low / 8.4°C	Low / 6.5°C	Low / 7.5°C

*Data gathered from the Japan Meteorological Agency

Runner Reception

Refer to P5 Runner Reception

Reception will be conducted the same as for the full marathon on Nov. 7(Sat) at Shigeto Arena Okayama. Note that chip timers will not be distributed (times will not be recorded).

Starting Block

Refer to P6-7 Marathon Start - Part 1

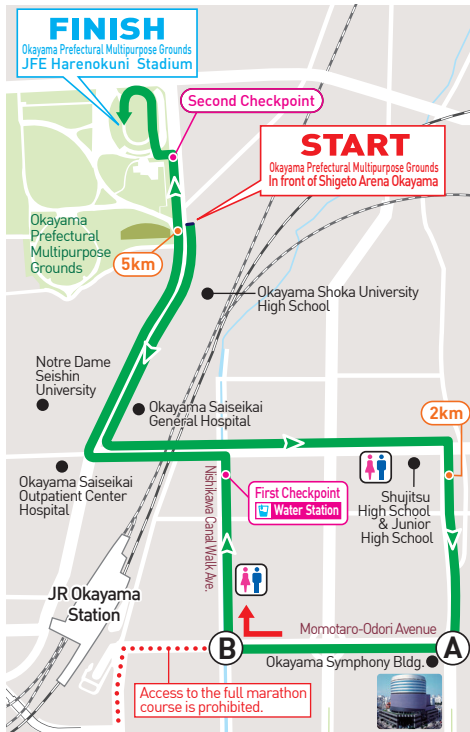
The Fun Run will start from the F block. You will not be allowed to start from any other block. Please follow instructions from the staff when entering the starting block.

Checking Personal Belongings

Refer to P8 Marathon Start - Part 2

You may store your baggage in the same manner as full marathon participants. *Please retrieve your baggage by 11:00 from the tent you stored them at.

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

*Due to operational circumstances, there is a chance you will be asked to wait at the 1st Checkpoint (3.8km marker) if you arrive before the rest of the course has been set up.

Water Stations

No.	Distance	Water	Food	POCARI SWEAT (sports drink)
1	3.8km	○		
	Finish		Highland 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 B.

*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!



- Please be aware that, in order to prioritize marathon safety and life-saving operations, **nothing beyond emergency first aid** will be provided for any injuries or illnesses that occur during the marathon. Thank you for your understanding.
- Please be sure to only participate in the marathon while in good health, after proper training, prior health checks, etc.
- Please be ready to withdraw from the marathon if you feel uncertain about your health at any point, even if you've already been through runner reception.
- To be prepared for the worst case scenario, please be sure to fill out the emergency contact info and health information on the back of your athlete bib.

Marathon tips!

The day before

- Keep exercise light and focus on stretching, use the list of handy items to carry below as a reference to prepare what you will bring with you, and make sure to rest early.
- Avoid eating raw or oily foods. Focus on consuming carbohydrates as they'll give you energy to run.

Before the marathon

- Try to wake up at least 3 hours before the marathon starts, and finish breakfast 2 hours beforehand.
- Hydrate and take any nutritional support items like jellies by 30 minutes before the marathon starts.
- Use the restroom well in advance so you can enter your starting block on time. Once you've finished your final preparations like stretching, it's time to run!

During the marathon

- Drink sports drinks for minerals through the marathon to avoid dehydration and muscle spasms.
- Water should be drunk in small amounts over time rather than all at once. You can squeeze the lip of the paper cups you'll receive at the drinking stations into a smaller opening to help control how fast you drink.
- The course will be quite crowded right when the marathon starts. Trying to run past or between other runners is not only dangerous but can also waste excessive amounts of energy. Try to think of the start of the marathon as a warm up period and run at a relaxed pace.
- You can easily end up running faster than your own comfortable pace by inadvertently trying to match the pace of those around you. Use the pace runners as a reference and try to maintain your own pace without rushing.

How to deal with problems mid-marathon

Here are a few examples of frequent issues and how to handle them. If you ever feel unwell during the marathon, don't push yourself to keep running. Instead, please promptly stop running and tell the marathon staff.

Leg Cramps

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

Foot Blisters & Shoe Sores

Once they've formed, these can take a long time to heal. It's best to try and prevent them by protecting problematic spots with bandages or petroleum jelly.

Abdominal Pain

Try slowing your running pace down. It can also help to practice deep breathing as you run.

*Running with earphones in both ears is dangerous and can prevent you from noticing sudden changes around you.

After the marathon

- Follow-up care after the marathon is important to avoid lasting damage after pushing your body. Please be sure to cool down by taking a walk or doing some light stretches. If something feels wrong or you feel unwell, please visit the Care Station and take advantage of the runner care services offered there.
- *However, any problems of an internal nature will need to be handled at a first aid station.
- After the marathon you may want to celebrate with an alcoholic beverage. However, please be careful not to drink too much, as your digestive system may be weakened after the marathon, accelerating the effects of alcohol consumption.

Check it out!



Handy Items to Carry

Cold Spray

These aren't available at first aid stations, so please bring your own if needed.



Band-aids & Petroleum Jelly

Handy for dealing with blisters and shoe sores.



Portable Drinks and Snacks

It's a good idea to carry candies, jellies, or other small items that can give you an energy boost. Hydration systems are also highly recommended.



My Number Health Insurance Card or Eligibility Confirmation Letter

You will need this in the rare instance you need to be transported to a hospital for treatment. It is advised to enroll in health insurance and prepare for the worst case scenario.



Raincoat/Rain Poncho

Useful for the rain as well as the cold. Simple ponchos that can be unfurled from a plastic pouch are recommended. However, please be sure not to abandon them along the course.



After the Marathon

Finish



From runner services, pick up:

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



Completion medal

Collect your baggage

Baggage must be collected by the following times:
 •Fun Run ⇒ **by 11:00**
 •Full Marathon ⇒ **by 16:00**
 Please head to the area where you stored your baggage by the times marked above.

Change

Changing spaces
 in Shigeto Arena Okayama and private changing rooms will be available for use until 16:00.

Refer to P6-7
 Marathon Start - Part 1

Head home

Returning Chip Timers

Chip timers will be collected at the runner services area.

If you forget to return your chip timer on the day of the marathon, please send it to the address below. If a runner fails to hand or send back their chip timer, an invoice will be sent asking them to pay for the timer's full cost.



Chip timer



Chip Timer Return Address

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

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: Nov.8(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 Gate of the station.
 *The bus may be delayed due to traffic conditions on the day of the race.



Records & 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 who place in the overall time category are not eligible for placement in the age group categories. There will be no awards ceremony for the age group categories, and awards will be mailed to those who place in them 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 11th.

Rapid Recording (Ouen Navi)

- By entering a runner's name or number into the app on your smart device, you can view a rough estimate of their current location on the marathon course.
- *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.4th(Wed).

<https://v2.ouennavi.jp/teaser/?eid=000000000396917>



Participation 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 2028

The Okayama Marathon is an affiliate competition to the RUN as ONE - Tokyo Marathon 2028(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 2028.

Save up miles as you run! RUN as ONE Mileage Program

The Okayama Marathon is a valid competition for the "RUN as ONE Mileage Program". Miles can be saved by touching your mileage card to the sheet at the mileage station within the marathon venue, however you must be a ONE TOKYO member to apply for this service. (Please see the official website for details.)



The Okayama Pledge for Better Manners Let's have a fun and respectful marathon!

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

Since everyone will be starting at the same time, recklessly trying to cut ahead can cause you or others to crash and fall. Let's match our pace with those around us when the marathon starts!



Be cool! Don't cut others off.

For a smooth marathon start, starting blocks have been arranged based on runners' actual time records. Let's take care to line up on time at the block (S, A-F) written on our athlete bibs!



No tossing! Littering is a major foul.

Littering is strictly forbidden. Let's make sure to throw away our paper cups and other trash from the water stations in the available trash bins!



How polite! First place for good manners.

It's dangerous to look at your phone or listen to loud music while running, and can cause you or others to fall over or crash. Let's be sure to check behind us when turning, slowing down, or stopping, and to only walk on the side of the course!



Okayama Marathon EXPO 2026

Location

The plaza in front of JFE Harenokuni Stadium (Athletic Stadium)



Period

Nov. 7 (Sat) 9:00-19:30

Nov. 8 (Sun) 9:00-15:30

Local Cuisine



Local shops will be offering dishes representative of Okayama such as Tsuyama udon noodles with offal, Kasaoka ramen, Hinase kakioko (okonomiyaki with oysters), and demikatsu-don (fried pork cutlet with demiglace sauce over rice).

Dining



A wide variety of food stalls will be open for business.

Sponsor Booths



Company sponsors of the marathon will be holding PR and exhibition sales booths featuring their products and services.

Merchandise & Tourism Information



Local governments will also host booths to promote tourism and sell regional products from areas around Okayama Prefecture.

Care Station

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

Time

Nov. 7 (Sat): 13:00-17:00

Nov. 8 (Sun) Pre-Marathon: 7:00-8:00 Post-Marathon: 10:00-16:00

Services

Nov. 7 (Sat): Sport-related injury consultations, health consultations
Nov. 8 (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)

Uchiwa Fan Message Writing Booth

Inspirational messages can be written on the uchiwa hand fans given out at the booth. Let's cheer on the runners with our fiery messages and liven up the marathon!

Reception

Starts Nov. 7 (Sat) at 9:00

Reception Area

Uchiwa Fan Message Writing Booth
*Service will end when supplies run out.



Events

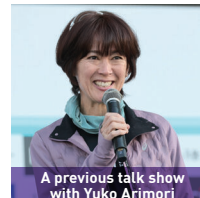
Stage Events on Nov. 7 (Sat) & Nov. 8 (Sun)

A talk show hosted by Yuko Arimori, along with a running clinic featuring Yuko Arimori, Naoko Sakamoto, Yurika Nakamura, and Risa Shigetomo will be held on the day of runner reception (Nov. 7)! Additionally, there will be various live stage events, including a local high school calligraphy performance, Uraja and other dances, bands, and more!

Schedule for Nov. 7 (tentative)

Talk Show 10:40~10:55 11:30~11:45

Running Clinic 13:25~13:55 14:30~15:00



A previous talk show with Yuko Arimori



The famous Uraja dance seen at Okayama's festivals



A powerful taiko drum performance by local students



A vigorous cheer performance by local students

High-Five Zones Nov. 8 (Sun)

A "High-Five Zone" will be set up near the end of the course, where runners and those cheering them on can raise each other's spirits through high-fives. Aim to reach the finish line with the power you get from the high-fives!



■ Okayama Marathon Senryu Nov. 8 (Sun)

Senryu (comedic haiku) submitted to cheer on the runners will be displayed at each kilometer marker as well as the halfway point on the marathon course. You may even spot some written by your friends or family members! Out of the 47 total poems selected, only 4 will be revealed before the day of the marathon. Read them as you run to laugh away your fatigue, or maybe you will find yourself deeply moved after connecting with the message. You could even try coming up with your own! Can you complete the marathon while catching all 47 senryu?

■ Course-side Support Nov. 8 (Sun)

To cheer on the runners, local junior high school, high school, and university students will be performing at 17 different points along the course, including JFE Harunokuni Stadium. Further details will be published in the event programs handed out at runner reception. The students will be putting their all into the performances to help push everyone to the finish line. Enjoy the performances as they drive you to aim for your best time yet!

■ OKAYAMA MARATHON 2026 Course Map



Infection Countermeasures

- Please refrain from participating if you have a fever, cough, or are otherwise unwell on the day of the marathon, to protect your health as well as the health of those around you.
- The use of facemasks will be left up to each individual's discretion. However, it is recommended to wear a mask during runner reception, inside of changing areas, right before the marathon starts, and at other times where crowding is expected.
- Along with thorough ventilation, hand sanitizer will be available throughout the venue to help prevent the spread of infectious diseases.

■ Other Notices

- Please be aware that your participation fee will not be refunded in the event that you fail to participate, retire, or are held back from running in the marathon in order to prevent the spread of infectious diseases.
- There may be instances where a participant's personal information, such as name, age, gender, address (country, prefecture/state, city/town/village name), recorded time, 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.

■ TV & Radio Broadcasting (Live)

RSK Sanyo Broadcasting

TV Nov. 8 (Sun) 9:54-11:25 (scheduled)

14:54-15:54 (scheduled)

Radio Nov. 8 (Sun) 8:30-13:00 (scheduled)

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

■ YouTube *RSK Sanyo Broadcasting official channel*

Livestream Nov. 8 (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. 8, 2026 (Sun)

Announcement Method: The Okayama Marathon 2026 official website

■ For inquiries regarding the event:

Okayama Marathon Call Center TEL 0570-010-610

Operating Up through Nov. 6 (Fri) 10:00-17:00 (excluding weekends and holidays) /

Hours Nov. 7 (Sat) 9:00-20:00 / Nov. 8 (Sun) 5:00-17:00

■ Official Website

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

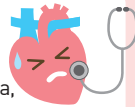


Be sure to carefully read through the following information before running in the Okayama Marathon 2026

*Submission not required

If any of the following cases apply to you, please consult thoroughly with your primary care doctor before running in the marathon, and undergo any tests or treatments that they recommend. If you do end up running in the marathon, please be aware you will be doing so 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 lost consciousness suddenly (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).

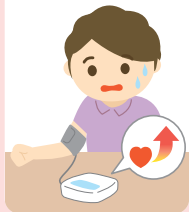


5. If you haven't had a health check-up in over a year.



The following conditions are all known to increase the risk of heart related issues such as myocardial infarction and angina. Please make sure to thoroughly consult your primary care doctor if any of the following apply to you.

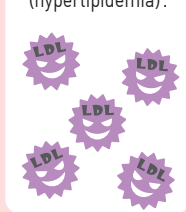
High blood pressure (hypertension).



High blood sugar levels (diabetes).



High LDL cholesterol or triglyceride levels (hyperlipidemia).



Smoking tobacco products.



Primary care doctors can help to monitor your overall health and physical condition as they grow familiar with you through routine visits. Please make sure to pick a primary care doctor, and thoroughly consult with them about running in the marathon and any examinations they recommend.

Checking your condition before running on the day of the marathon.

*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.



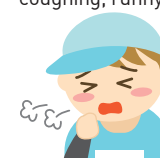
3. If you weren't able to get proper sleep the night before.



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



5. If you have any cold symptoms (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 marathon.



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

- Don't forget to hydrate regularly throughout the marathon.
- If at any point you feel unwell, please do not hesitate to retire from the marathon early.
- Pushing yourself to the limit by sprinting in the final stretch is dangerous behavior that can put a sudden and extreme burden on your heart. Please be sure to conserve some energy as you finish the marathon.