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名古屋シティマラソン 2025

2025.3.9 SUN



NAGOYA CITY
MARATHON 2025

RACE GUIDE FOR PARTICIPANTS (Race Regulations)

SCHEDULE 2
NUMBER PICKUP 4
START 7

COURSE 10
FINISH 13
OTHER 15

SCHEDULE

Number Pickup (Vantelin Dome Nagoya)

March 7 (Fri) 12:00~20:30

March 8 (Sat) 10:00~19:30

* Number Pickup Registration available only within the mentioned hours.
* Number Pickup Registration can NOT be made on the race day without any exception.

★ Necessary Documents for Number Pickup

Athlete Bib Voucher (QR code)

Race Day

March 9 (Sun) START from Vantelin Dome Nagoya

- 07:45 Baggage Drop-off begins (by 09:00)
*Set the recommended aligned time for each block.
- 09:40 Start of line-up in the start block
- 10:00 Opening Ceremony
- 10:05 Complete Line-up
- 10:20 Start of Half Marathon and Nagoya RUN
- 11:30 Awards Ceremony – Nagoya RUN
(at Paloma Mizuho Sports Park)
- 11:50 End of Nagoya RUN
- 12:10 Awards Ceremony – Half Marathon
(at Shirakawa Park)
- 13:20 End of Half Marathon

Marathon EXPO (Vantelin Dome Nagoya)

March 7 (Fri) 12:00~20:00

March 8 (Sat) 10:00~20:00

March 9 (Sun) 9:00~17:30

Marathon EXPO is an event organized to support runners of "Nagoya Women's Marathon" and "Nagoya City Marathon", and to enliven the race. On the day before the race, as the base of participants, we provide stages and exhibition booths for visitors' enjoyment.

- ※ Free Admission
- ※ The last admission is 20 minutes before closing on each day.



* photos in 2024

The map illustrates the marathon routes for the 7th and 8th editions of the event, starting and ending at Vantelin Dome Nagoya. The routes are color-coded: blue for the 7th/8th route and red for the 9th route. Key locations include:

- Start/End:** Vantelin Dome Nagoya (Entrance on the 2nd floor).
- Landmarks:** AEON Mail Nagoya Dome Mae, Nagoya City YADA Elementary School, Mitsubishi Electric Nagoya Plant, Higashi Sports Center.
- Stations:** Nagoya Dome Nishi, Nagoya Dome Mae, Nagoya Dome Minami, Rokushosha Mae, Nagoya Minami 4-chome, Yada 5-chome, Daiko 1-chome, Yutorito Line Ozone Sta., Ozone Sta., Higashi Ozone.
- Lines:** Subway Maijo Line, Yutorito Line, JR Ozone Line, JR Chuo Line, Meitetsu Seto Line.
- Instructions:** "Walk on the West sidewalk" (red box), "Do not pass through" (green X), "Runners Check Gate (9th) *Athlete Bibs attached" (green box).
- March 7th, 8th NUMBER PICKUP Vantelin Dome Nagoya Entrance on the 2nd floor** (green box).

March 7th, 8th Number Pickup At Vantelin Dome NAGOYA (3rd floor)

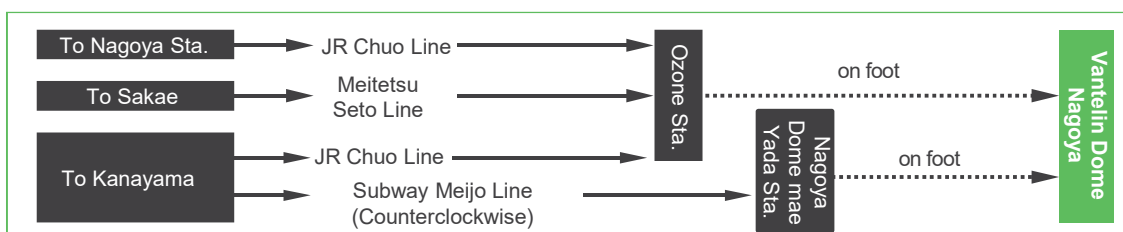
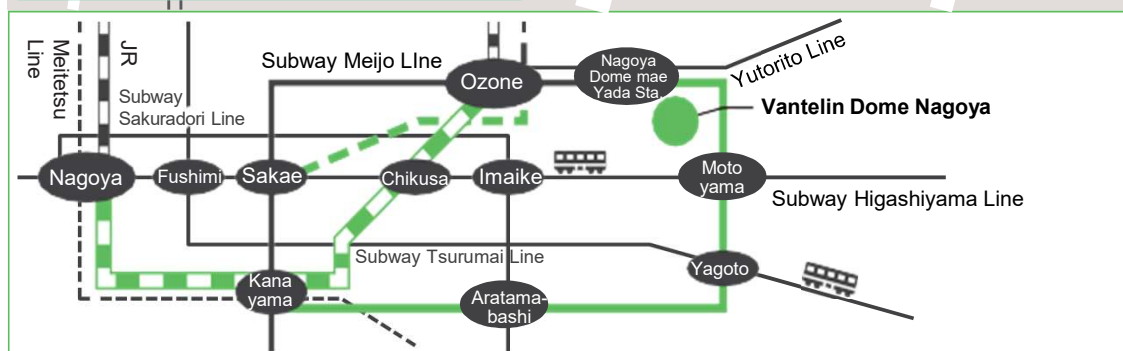
Escalator

Number Pickup

Test for Timing Chip

Marathon EXPO
(Free Admission)

Mar. 7 (Fri) 12:00-20:00
Mar. 8 (Sat) 10:00-20:00
Mar. 9 (Sun) 9:00-17:30



- The route to the Dome is subject to change. Please follow the guidance on the day of the event to the Dome.
- On the race day, heavy congestion is anticipated at "Nagoya Dome-mae Yada" station. We ask for your cooperation in getting off at "Ozone" station, JR Chuo Line and Meitetsu Seto Line.
- On the race day, subway Meijo Line (clockwise) is expected to be very crowded. We recommend that you take Meijo Line (counterclockwise) from Kanayama, JR Chuo Line from Nagoya, and Meitetsu Seto Line from Sakae instead.
- There is no parking lot available. Please be sure to use public transportations when coming to the Dome.
- Pick-up/Drop-off by private cars, chartered buses, or taxis is prohibited.

ADVANCE PREPARATIONS: Issuing Athlete Bib Voucher (QR code)

*Issuance starts from 10:00 on March 1 (Japan Time)

STEP 1

Open the page from the URL below / received by email or QR code
Enter email address and your date of birth and login.

https://www.sports-web.jp/reception_runner/



Smartphone

PC

STEP 2

Register the name, phone number, and relationship of your emergency contact person, and agree to the pledge and proceed.

Name of person who can be contacted in case of emergency – Phone number- Relationship to participant

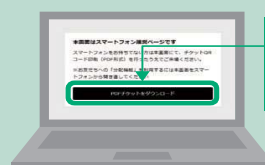
Please read the Pledge carefully and click "Agree to the pledge and Next"
*Actual page of the Pledge will be in English

STEP 3

Present the QR code (Athlete bib voucher) at the registration desk at the Vantelin Dome Nagoya

• The screen where the QR code is displayed

• Print the screen with the QR Code as PDF



Click the "Download PDF Ticket" button at the bottom of the screen to view the PDF

Print



or

NUMBER PICKUP

1 Check your Athlete Bib Voucher (QR code)



2 Pick up your athlete bib



3 Receive a participant T-shirt



4 Test your Timing Chip

- * Please make sure you have the correct athlete bib when you receive it.
- * Submit your Athlete Bib Voucher (QR code) at the Number Pickup registration desk.

Present your athlete bib to get your T-shirt

- * The size of the T-shirt, requested at the time of application, cannot be changed.
- * The T-shirt size is shown on the outside of the plastic bag containing the "Athlete Bib Set".

Date and Time

March 7 (Fri)

12:00 ~ 20:30

March 8 (Sat)

10:00 ~ 19:30

- * Number Pickup registration cannot be made on the race day.
 - * Number Pickup registration will be conducted during the above hours without exceptions.
- Give yourself plenty of time and be prepared for delays in public transportation.

Place

Vantelin Dome Nagoya

1-1-1 Daiko-minami, Higashi-ku, Nagoya, Aichi

Number Pickup registration is on the 2nd, 3rd floor of the Dome. Enter the Dome from Gate No.1, on the 2nd floor which is connected to the pedestrian deck, and follow the instructions.

Access

- 5 min walk from "Nagoya Dome-mae Yada" Station on subway Meijo Line and Yutorito Line (Guideway bus).
- 15 min walk from "Ozone" Station on JR Chuo Line and Meitetsu Seto Line.

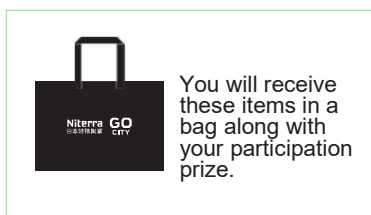
- * We will not be providing parking at this event. Please use public transportation.
- * We strongly encourage you NOT to park on the street as a courtesy to the neighbors.

Necessary Documents for Number Pickup

Smartphone or other electronic device that confirms your Athlete Bib Voucher (QR code), or a printed copy.

- ☐ Athlete Bib Voucher (QR code)

Collect Items upon Number Pickup



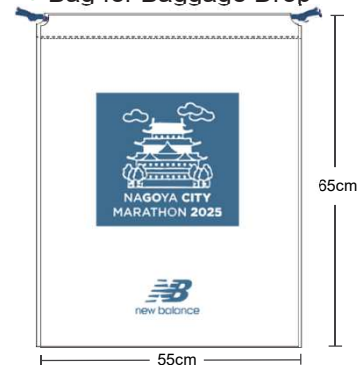
• Athlete Bib



• Official Race Program



• Bag for Baggage Drop



Please attach the deposit bag sticker

• Safety Pins



• Participant T-shirt



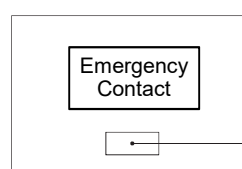
Design of the shirt is subject to change

Athlete Bibs

- Number of Athlete Bibs (1 for chest with 4 safety pins)



Front side



Reverse side

*Please make sure to fill out the emergency contact number on the reverse side of your athlete bibs. The information is used only in case of emergency in order to contact your family, etc.

*A timing chip is attached to your athlete bib. Please do not remove it and do not place it near the electronic devices like TV that emits electromagnetic waves.

*Athlete bibs cannot be re-issued. Losing or forgetting it on the race day would result in disqualification of your entry.

IMPORTANT NOTES

- Only participants are allowed to enter the Dome. Please present your Athlete Bib Voucher (QR code) at the entrance.
- Please read and approve the pledge on the Athlete Bib Voucher before participating in the event.
- Bring your Athlete Bib Voucher for Number Pickup. If you are unable to present your Athlete Bib Voucher at the Number Pickup registration desk due to loss or misplacement, it will be reissued. Please inquire with the staff at the entrance of the Dome, you will be guided to Voucher Support Counter.
- It is strictly prohibited to transfer the athlete bib to someone else and/or make a fake bib, etc. When such action is found, you will be suspended and may not be able to participate in future races.
- Entry fee is not refundable even you decide not to run on the race day.

WHAT TO BRING

- **Athlete Bib** ※Attached to your chest.
- **Bag for Baggage Drop** ※Place the sticker onto the baggage drop bag. * Not required if you don't check baggage.
- **Items that you may need to complete the marathon**

PROCEDURES TO START THE RACE

① Check your Athlete Bib (at Runner's check gate)



② 7:45-9:00 Baggage Drop *Baggage Truck stationed at the parking outside of the Dome, number corresponds to the sticker for baggage drop bag



③ Waiting Area ~ Outfield stand of the Dome ~

**Toilet Facilities available at
inside the Dome Until 9:40 / the parking outside of the Dome from 9:40**



* Please follow the instructions of the staff

④ 9:40-10:05 Line Up to Start Block from O to X blocks



* After lining up, move to the starting point under the instruction of competition officials.

⑤ 10:20 Start

Starting Venue

Vantelin Dome Nagoya
(Start line is set near Nagoya Dome Mae intersection)

Schedule

7:15 Open the Runners Check Gate
7:45 Start Baggage Drop at Vantelin Dome Nagoya (by 9:00)
9:40 Start line-up in the start block
10:00 Opening Ceremony
10:05 Complete line up in the start block
10:20 Start

Toilet Facilities

Inside the Dome (by 9:40)
*Please use the portable toilets at the open parking of the Dome after 9:40.

Changing Room before the Start

Changing rooms will NOT be provided prior to the start of the race.
Please come to the race wearing the running clothes.

Recommended Time for Baggage Drop

In order to reduce congestion, the recommended time for baggage drop will be set for each block. We ask for your cooperation in arriving at the venue within the set time.

O・P・S・T Block=7:45 – 8:10

Q・U・W・X Block=8:10 – 8:35

R・V Block=8:35 – 9:00

BAGGAGE DROP

TIME 7:45 – 9:00

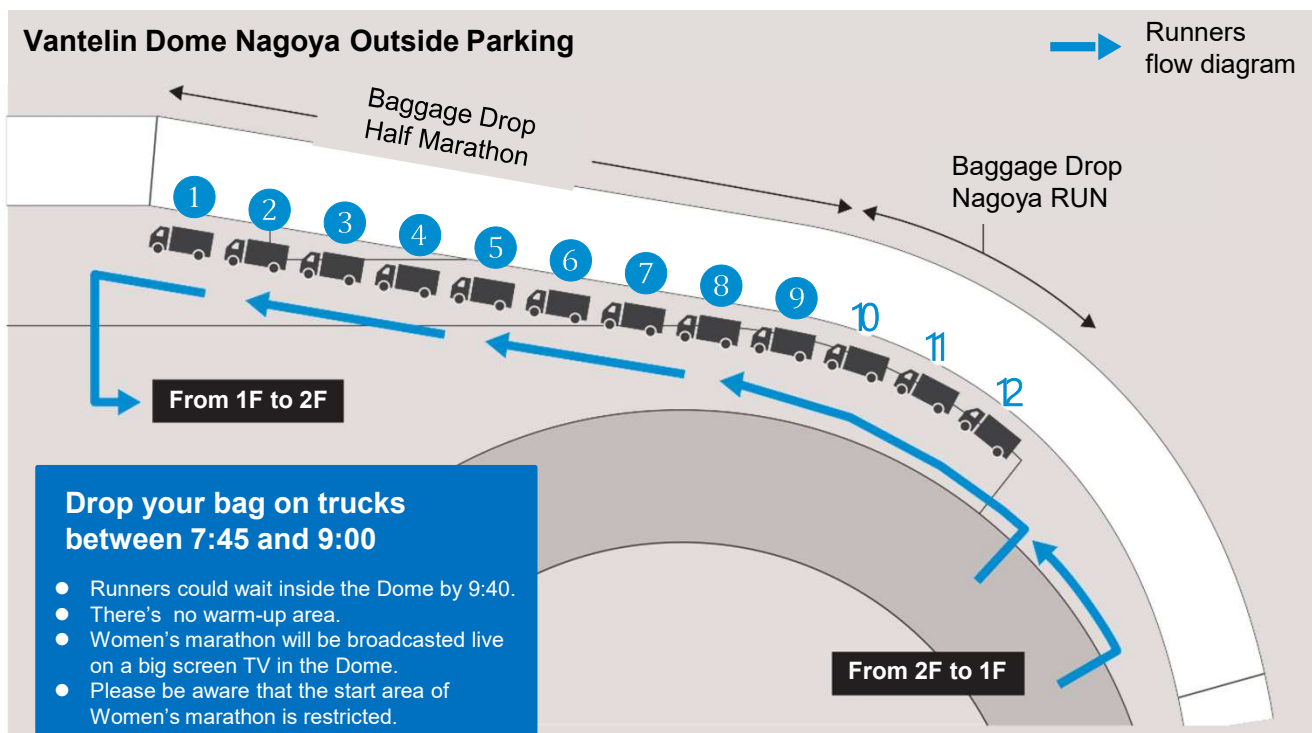
LOCATION Baggage Truck stationed at open parking of the Dome

Recommended Time for Baggage Drop

- O・P・S・T Block 7:45 – 8:10
- Q・U・W・X Block 8:10 – 8:35
- R・V Block 8:35 – 9:00

* Baggage drop will NOT be accepted after 9:00. Please give yourself plenty of time.

- Make sure to place the sticker received at the time of Number Pickup registration onto the baggage drop bag.
- Drop your bag in the truck number corresponds to your sticker for baggage drop bag. Bag can be picked up at the same baggage track after the race.
- Any oversized items such as long umbrellas and suitcases are not accepted (folding umbrellas may be accepted)
- One bag per person (tie another bag to baggage drop bag is also prohibited).
- Valuables, fragile items, living matters, and dangerous items cannot be accepted. Please keep your valuables by yourself. The organizers are not responsible for lost items or valuables.
- Bag shall be picked up at the finish area. You need to present your athlete bib when pick up your bag.
- Beware that the bag might get wet in case of rain as the baggage truck is stationed outside.



Sticker for Baggage Drop Bag

Please drop your bag in the truck number corresponds to the number on your Athlete bibs.

Baggage
10-a

(EXT)

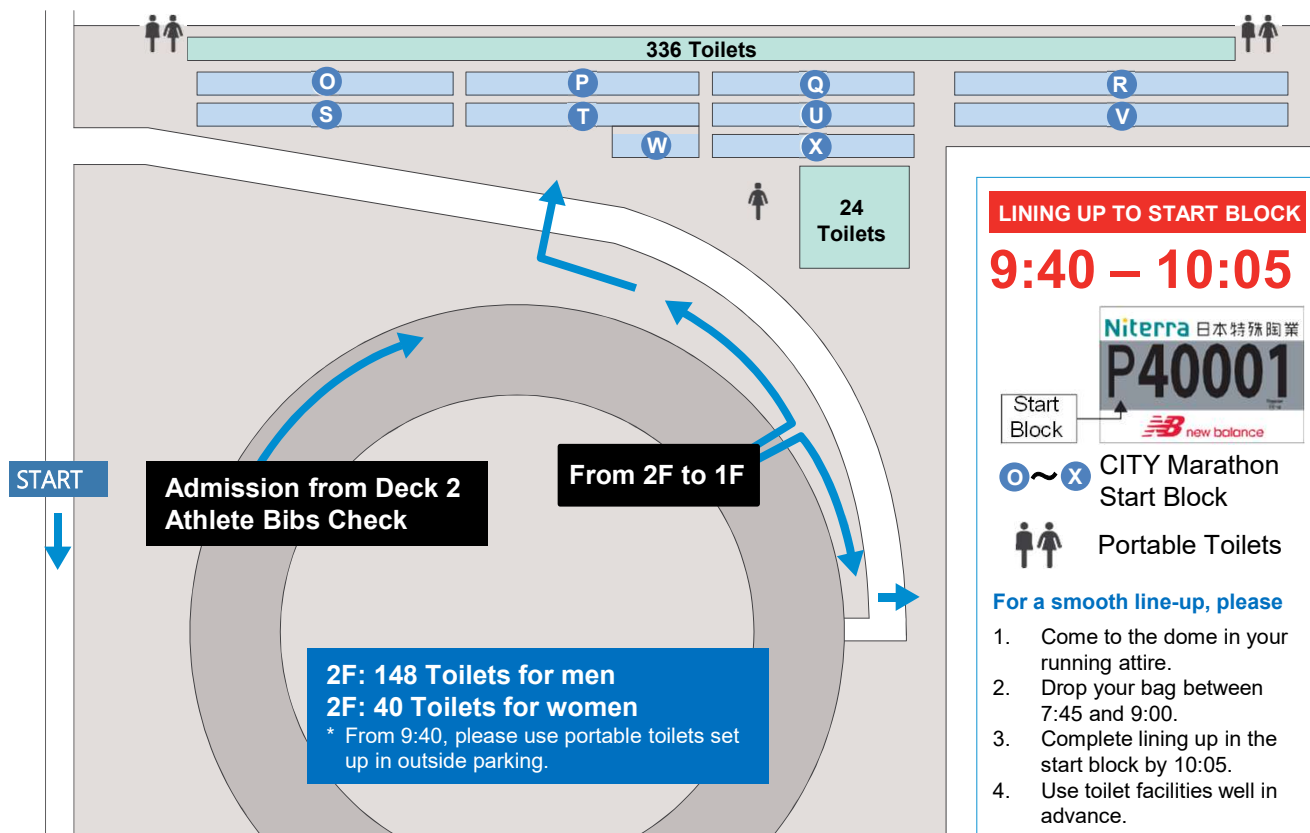


Baggage Drop Hours

7:45 – 9:00

In order to avoid congestion toward the end of drop hours, please try to drop off your baggage early.

START BLOCK



Important Notes!

- There are various restricted areas around the start area. Please observe instructions and directions given by race staff members.
- Only the registered runners are permitted to enter the start area and the surrounding streets.
- Pick-up/Drop-off by private cars, chartered buses, or taxis is prohibited.
- Do not trespass or use toilets facilities of buildings and commercial establishments near the start area and along the race course before or during the race.
- There is no parking space available. Please be sure to use public transportations when coming to the Dome.
- There is no warm up space.

Lining up to Start Block

TIME 9:40 – 10:05

PLACE Designated block printed on the athlete bibs (O-X)

- Lining up begins after the start of the Nagoya Women's Marathon.
- Start blocks are allocated based on the declared finishing time for smooth start of the race. An alphabet printed before the number on your athlete bibs corresponds to your start block. Please refer to the Start Area Guide Map for location of the start block. On the race day please observe the sign boards as well as the instructions of staff members. Please line up in the designated start block with good manners in order to ensure smooth and safe start of the race.
- **Runners must complete lining up in the start block by 10:05. Any runners who are not in the designated start block in time for this deadline will be requested to start after the last block. Those who are not at the start line at 10:20 (start time) will be disqualified.**

Important Notes on the Race

- The race is organized in accordance with rules and regulations of the Japan Association of Athletics Federations and with the regulation of the Marathon Festival Nagoya - Aichi.
- Substitute runner on behalf of a registered runner is strictly prohibited.
- The organizers will provide only first-aid treatment for any accident during the race. In case of accident or injury during the race, compensation shall not exceed the limit of insurance covered by the organizers.
- Athlete Bib and Timing Chip will not be re-issued. Runners who fail to attach the Athlete Bib and Timing Chip will be disqualified from the race.
- Regardless of the weather condition of the race day, try to drink water often in order to avoid dehydration.

COURSE MAP



Water Station	Water	Sports Drink	Water Station	Water	Sports Drink
5 km	○	○	12.5 km	○	
7.5 km	○		15.0 km	○	○
10 km	○	○	17.5 km	○	

* In each water supply station, as the table in front of the course gets crowded, please take it from the table at the back as much as possible.

* The organizer does not take any responsibility for water supply and food supply other than the above-mentioned water supply and feeding station.

PRECAUTIONS

Clothes

- **Athlete bibs must be kept visible during the race.**
*Do not wear outer clothes on top of the running shirt, where the athlete bib is attached.
- Please do not wear clothes that are offensive to public order and morals. You are not allowed to wear any inappropriate costumes.

Guidelines for participants' attire while running in Nagoya City Marathon

Upon entry to the race participants are requested to comply and agree with the following guidelines. The event organizer does not permit any participant to run in a costume that is in violation of the event rules, other laws and regulations, or public order and morals, as well as the prohibitions specified in the following examples 1 to 11.

If any of these is applicable to a participant, the event organizer may not allow the participant to join the race or may keep the participant from continuing to run even after the race has already started. When applying for entry, it is understood that participants have agreed that objections to these rules shall not be accepted.

- (1) Dressed in clothing or wearing gear that may be dangerous to other runners as it may hurt them or cause a fall. Running with the whole part of the face covered.
Examples:
 - Dressed in clothing that may hurt other runners due to body contact such as those with swords or sticks attached, armored clothing, riveted clothing, full-body / animal suit, etc.
 - Carrying or shouldering bulky items longer than 30 cm such as a banner or a flag.
 - Long skirts or kimono that may cause a fall.
 - Running in tandem or in a manner that may be obstructive to other runners.
- (2) Dressed inappropriately for a sports event or in clothing that is unpleasant to other runners or spectators.
Examples:
 - Being naked or wearing underwear that appears nearly naked.
 - Costumes that suggest nudity.
- (3) Clothing for the purpose of political or religious assertions or propaganda, as well as advertising.
Examples:
 - Dressed with a sash showing the name of a political party or in clothes with political and religious assertions printed on them.
 - Costumes that imitate a politician or religious leader, and products.
- (4) Clothing for the purpose of promoting or advertising an individual name, a specified region or an organization that the event organizer does not acknowledge.
- (5) Use of articles that could cause other runners to mistakenly recognize as a starting signal and cause confusion to the management of the race (such as lighting equipment that produces bright or flashing lights, whistles or horns, and fireworks that produces blasting or explosive sounds) or devices with a strong volume of sound that could disturb other runners.
- (6) Acts that cause a delay to the race such as dancing, performing, playing instruments, or standing near the starting or finish lines, or in the streets along the course.
- (7) Soliciting monetary contributions, signatures, etc.
- (8) Preventing emergency vehicle and pedestrians from crossing the course at certain points, when and where they are allowed to do so.
- (9) Dressed in clothing that may cause difficulty in anti-terrorism measures.
- (10) Dressed in clothing that may cause difficulty in use of AED (Automated External Defibrillator) and medical equipment.
- (11) Occurrence of issues other than those provided in numbers 1 to 10 that the event organizer judges inappropriate to the race.

Running Course & Distance Display

- Traffic will be controlled throughout the running course. However, official cars and emergency vehicles might drive on or cut across the course. Please be careful and follow the race referees/staff members who may instruct a route change or to stop running.
- Distance is displayed at every 1km and at the halfway point.

Catching up with Runners of Nagoya Women's Marathon

Leaders of Nagoya City Marathon are expected to catch up with the last runners of Nagoya Women's Marathon (start at 9:10) around 7.5km. From there up to the finishing point of half marathon, runners of City Marathon and Women's Marathon might run side by side.

Cut-Off

Due to traffic and security reasons as well as race operational purposes, cut-off points are set on the course as below.

Runners who do not reach the point by closing time are not allowed to continue the race. Please move to sidewalk and board a pickup bus at the next cut-off point or the very last pickup bus behind the last runner on the course.

Follow the instruction of race referees/staffs. When a referee judges that a runner is incapable of continuing the race, such runner is ordered to stop the race and to follow the referee's instruction.

Half Marathon	Cut-off Point	Distance	Closing Time
	Start point	0km	10:40
	Nagoya City Museum	6.0km	11:23
	Myoon-dori 4 Intersection	10.4km	11:55
	Ookute Intersection	15.7km	12:35
	Finish	21.0975km	13:20

Nagoya RUN	Cut-off Point	Distance	Closing Time
	Start point	0km	10:40
	Nagoya City Museum	6.0km	11:23
	Finish	7.758km	11:50

Aid Stations

- Aid stations will be placed on the course and Finish area.
- Doctor and nurses are standing by, runners who do not feel well are asked to report to the station.
- These stations are operated for emergency medical care purpose. For any injury during the race, only first-aid treatment shall be offered. The organizers are not held liable for any further medical treatment.
- Disposable face masks will be distributed when using the first-aid stations, so please cooperate in wearing them.

* Non-prescription medicines (digestive medicine, cold remedy, anti-inflammatory analgesic plaster, etc) are NOT available at the first aid stations. Treatment using air-spray (cold spray) is not provided either.

* Cold spray bottles will be placed at aid stations between 18km and Shirakawa Park. Please help yourself, as the organizer is not responsible for assisting with treatment.

* Be sure to fill out the reverse side of the athlete bib for emergency contact.

* In case you need to receive treatment at medical institutions during the race, the cost is to be borne by yourself. Bring a copy of your health insurance card.

Aid Station Place	Distance	Place
5km	5.5 km	Nagoya City University
10km	10.4 km	Docomo Aratama Shop – parking lot
16km	15.7 km	Chikusa Community Center
18km	18.7 km	Lexus Takaoka Parking Lot
Shirakawa (Half Marathon Finish)	-	Shirakawa Park
Mizuho (Nagoya RUN Finish)	-	Paloma Mizuho Baseball Stadium

Toilet Facilities

- Portable toilets are set up throughout the course. Please be sure to use these designated toilets, of which signs are placed on the course.

Drop-Out

- In case you need to drop out at any point other than cut-off points, please report yourself to referees/staff members on the course and take one of the following two methods to come back to the finishing point.
 - Half Marathon: Shirakawa Park
 - Nagoya RUN: Paloma Mizuho Baseball Stadium
1. Go to the nearest cut-off point and get on a pickup bus.
 2. Get on the last pickup bus behind the last runner on the course.

PROCEDURE AFTER FINISH

1 Finish



To avoid congestion at the finish area , please proceed without stopping.

2 Water and Refreshments



3 Pick up your bag



4 Change Clothes

RECORDS

Awards Ceremony

Place

Half Marathon : Shirakawa Park (scheduled to start at 12:10)
Nagoya RUN : Paloma Mizuho Sports Park (scheduled to start at 11:30)

Category

Men : Overall: Top 8 finishers
Age group – Top 3 finishers (group by every 10 years)
Women: Overall: Top 8 finishers
Age group – Top 3 finishers (group by every 10 years)

*Overall winners are determined by gross time counted from the starting gun and the winners in each age group by net time from the start line.

*The overall winners and elite category are excluded from age group winners.

*Awards ceremony will be held only for the overall winners. A commendation certificate will be sent to each winner of the age group in a later date.

Time Measurement

- Timing chip is used in this race. It is attached to the athlete bib. Do NOT remove it.
- Timing chip is single-use, so it is not necessary to return to us.

Real-Time Race Tracking

- Approximate location of the runners is available on the map on the official website for PC, smartphone & tablet.

*This record is a reference time for breaking news

- https://sporoku.jp/result/nagoya_20250309

*Available from March 1st

Certificate

A certificate will be able to download on the official website in a later date (scheduled in late March). In addition to the official record (= gross time measured from the starting gun), net time (=measured from start line) and split time of each 5km are stated on the certificate.

*Certificate will be issued only to the runners who will have crossed the finish line within the designated time limit and NOT to the overtime finishers.

HALF MARATHON FINISH AREA



SHIRAKAWA Park

2-17 Sakae, Naka-ku, Nagoya Aichi 460-0008

ACCESS

- 8 min walk from "Fushimi" Station on Subway Tsurumai Line and Higashiyama Line
- 10 min walk from "Yaba-cho" Station on Subway Meijo Line
- 7 min walk from "Osu Kan-non" Station on Subway Tsurumai Line



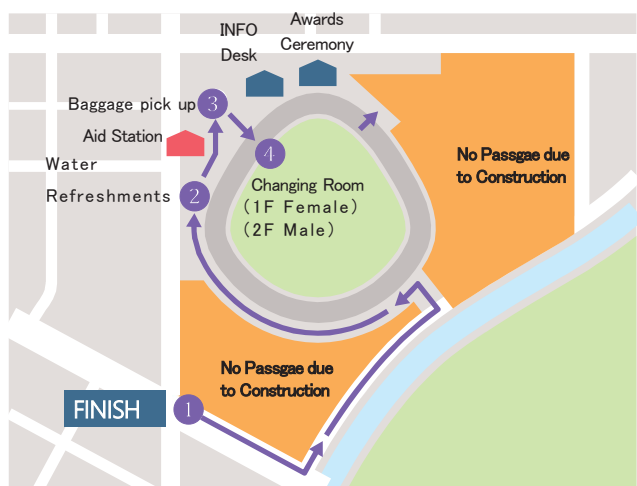
BAGGAGE PICKUP

You can pick up your bag at the finishing area of Shirakawa Park. Please show your athlete bib.

Be sure to pick up your bag by 14:10.

- Please note that the arrival of the baggage truck may be delayed depending on the traffic.
- Please note that the baggage pickup area has been narrowed due to construction around Shirakawa Park.

Nagoya RUN FINISH AREA



Paloma Mizuho Baseball Stadium

3-28 Toyooka-Dori, Mizuho-ku, Nagoya, Aichi 467-0012

ACCESS

- 10 min walk from "Mizuho-Undo-Jo Higashi" Station on Subway Meijo Line
- 7 min walk from "Mizuho-Undo-Jo Nishi" Station on Subway Sakura-Dori Line



BAGGAGE PICKUP

You can pick up your bag at the finishing area of Paloma Mizuho Baseball Stadium.

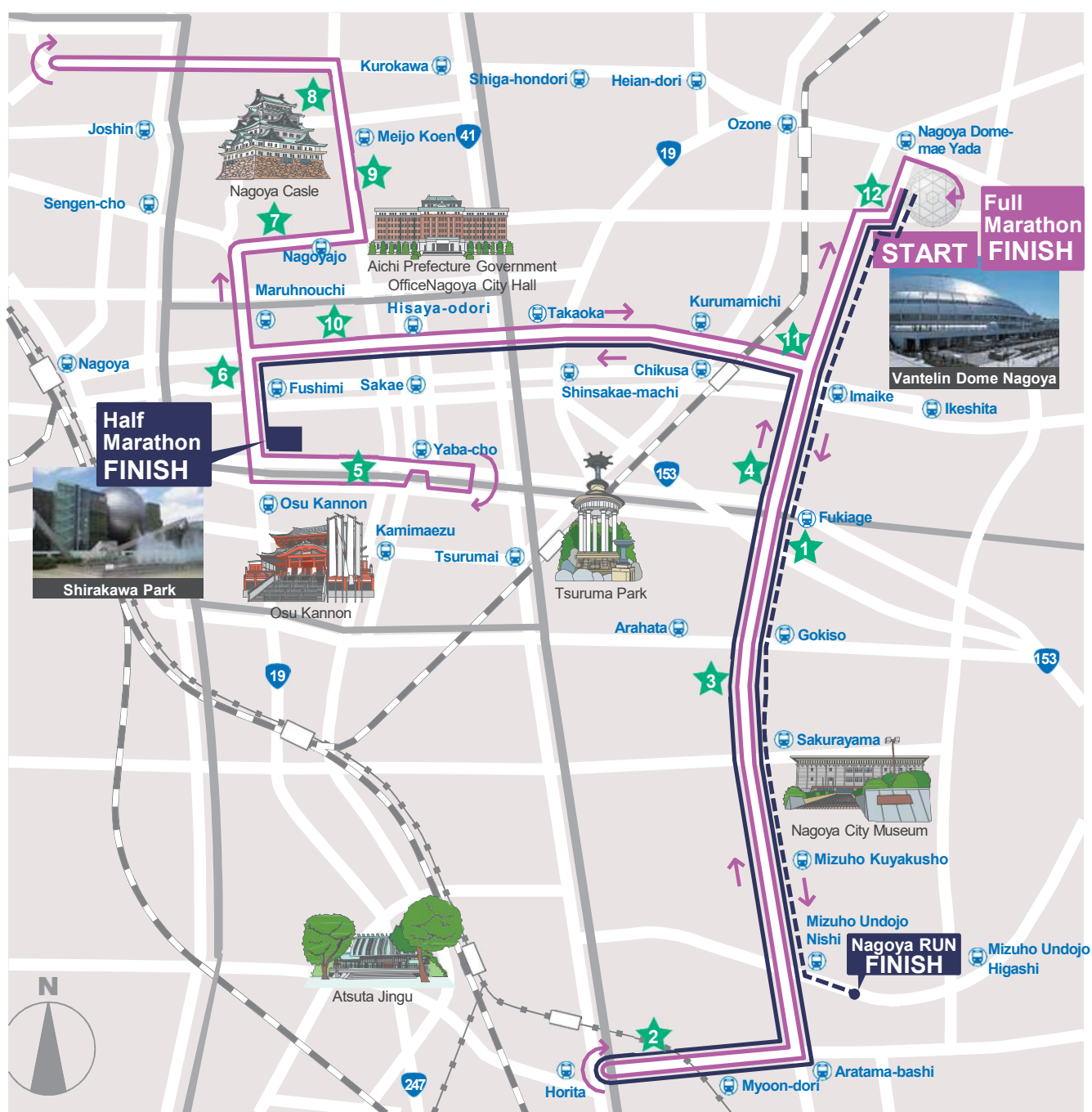
Please show your athlete bib.

Be sure to pick up your bag by 13:00.

* Please note that the arrival of the baggage truck may be delayed depending on the traffic.

- * We will not provide the parking spaces at this event. Please use public transportation.
- * Pick-up/Drop-off by private cars, chartered buses, or taxis is prohibited.

CHEERING ON ROADSIDE



- ★ **Antique Market Fukiage**
Time 9:35-11:10
- ★ **Lawson Myoontori 2-chome**
Time 10:00-11:55
- ★ **au Style Gokiso**
Time 10:15-12:25
- ★ **Mobility Gate Fukiage**
Time 10:20-12:40
- ★ **Wakamiya Plaza**
Time 10:45-13:15
- ★ **Nagoya Intercity**
Time 10:50-13:25
- ★ **Nagoyajo-mae Intersection**
Time 10:55-13:45

- ★ **Shiomi Orthopedic Surgery Clinic**
Time 11:00-14:00
- ★ **Aichi Gakuin University Meijo Koen Campus-mae**
Time 11:15-14:45
- ★ **Sompo Japan Nagoya Building**
Time 11:25-15:15
- ★ **YAMADA Web.com Chikusa Center**
Time 11:35-15:20
- ★ **41km cheering point**
Time 11:45-15:55



*The time of the cheering event is subject to change depending on the situation on the day of the race.

PRECAUTIONS

Practicing Good Manners

As this is a sporting event, we ask that all participants observe the rules of the event and be aware of public ethics and good manners including the trial run prior to the event.
Let's all be aware of the importance of good manners and be prepared for the day of the event!

Sustainable Initiatives

This competition is committed to "Sustainable Convention Management" in support of World Athletics' (WA) "Athletics for a Better World" initiative. The WA has identified the following six key priorities for implementing its "sustainability strategy".

- ① Leadership of athletes
- ② Sustainable production and consumption
- ③ Climate change and carbon
- ④ Local environment and air pollution levels (air quality)
- ⑤ Global equality
- ⑥ Diversity, accessibility, happiness and health

Nagoya City Marathon will continue to strategically address these issues while aiming for further development and innovation.

We ask all runners to make a little effort in their daily activities toward "Athletics for a Better World" and to help us realize a better society by enriching their individual running lives.

For more information on WA's "Athletics for a Better World" and "Sustainable" activities, please refer to the following website.

Please visit : <https://www.worldathletics.org/athletics-better-world/sustainability>.

Injury and Illness during the Race

In the event of injury or illness as a result of participation in the race, the following compensation will be paid:

Coverage	Amount covered
Death	5,000,000 JPY
Residual disability	5,000,000 JPY *
Hospitalization / per day	3,000 JPY **
Outpatient / per day	3,000 JPY **

*The payment rate varies depending on the residual disability grade.

**The payment covers up to 180 days from the date of the injury or illness.

For inquiries and claims, please contact the reception desk below.

NOTE:

(1) Medical Certificate is required to confirm that you were injured during the marathon event.

1. Insurance will not be covered if you did not get injured during the event or in case we do not receive a proper medical certificate.

2. The injured person is responsible for document fees for obtaining medical certificates and other related documents.

3. You may be required to provide additional documents to process the insurance payment.

(2) Claims must be made within 6 months of the day of the marathon event by contacting the following reception desk.

【CONTACT】 ***Response begins the day after the event.

TOKAI HOSOKAIKAN Inc. TEL : 052-954-1071

(Weekday 10:00am-5:00pm/Japanese only)

Picking up Runners at the Finish area

Around the finish area will be very crowded due to traffic regulations, etc. Please be sure to use public transportation to pick up runners after the race, as it may cause problems for local residents.

Note: Private cars, taxis, chartered buses, etc. are strictly prohibited.

PHYSICAL HEALTH CARE

Physical Condition Self-Care Checklist

Please make sure that you do not have any of the following symptoms before participating in the event.

- ☐ Fever of 37.5°C or higher
- ☐ Cold symptoms such as cough, sore throat, runny nose, etc.
- ☐ Fatigue (lethargy)
- ☐ Shortness of breath
- ☐ Heaviness and tiredness

Precautions before running the race

Before participating in the Marathon Festival Nagoya-Aichi, runners are required to complete a check your health condition. Runners are responsible for their own safety and participation in the race.

(A) If any of the following items (1-5) apply to you, please consult your family doctor carefully about whether or not you can participate in the race. Under the guidance of your family doctor, you should undergo a physical and cardiac examination.

- ☐ 1 You have been diagnosed with or are undergoing treatment for heart disease (myocardial infarction, angina pectoris, cardiomyopathy, valvar disease, arrhythmia, etc.).
- ☐ 2 Have had a sudden fainting spell (syncope)
- ☐ 3 Have ever felt abdominal pain or lightheadedness during exercise
- ☐ 4 Have a blood relative who died suddenly of so-called "heart paralysis"
- ☐ 5 Have not had a medical checkup in the past year or more

(B) The following items (6-9) are risk factors that may predispose you to myocardial infarction or angina pectoris. If any of the items apply to you, please consult your family doctor and stabilize your condition before participating in the race.

- ☐ 6 High blood pressure (hypertension)
- ☐ 7 High blood sugar (diabetes)
- ☐ 8 High LDL cholesterol or triglycerides (dyslipidemia)
- ☐ 9 You smoke cigarettes (smoker)

Family doctor is a doctor close to you who manages your health and physical condition. Please decide on a family doctor and discuss various examinations, race participation, etc. with him/her.

Source : Japan Association of Athletics Federations

FOR INQUIRIES, PLEASE CONTACT

NAGOYA CITY MARATHON Official Website:

<https://city-marathon.nagoya/en/>

**MARATHON FESTIVAL NAGOYA – AICHI
RUNNER INQUIRIES DESK**

nagoyacm2025@gmt.jtb.jp

FINAL DECISION ON THE RACE

Cancellation of the race due to inclement weather or natural disaster will be announced as below:

- Date and time of final announcement: March 9 (Sun) at 5:00
- Announcement method: Official website