



Participation Guide

JAPAN MARATHON CHAMPIONSHIP SERIES / GRADE 3

# Hokkaido Marathon 2023


## 8.27 <sup>sun.</sup> 08:30 **START!**





大会公式ホームページ

大会公式SNS

北海道マラソン 検索   
<https://www.hokkaido-marathon.com/>

 Facebook 

 Twitter 

 Instagram 



## Check-in Time and Venue

**Check-in is not accepted on the race day**

Time

August 25<sup>th</sup> **Fri.** 13:00 - 20:00

August 26<sup>th</sup> **Sat.** 10:00 - 20:00

Check-in is not available at other times  
so please arrive with plenty of time.

Venue

Sapporo Odori Park Nishi 8 chome (Check-in counter)

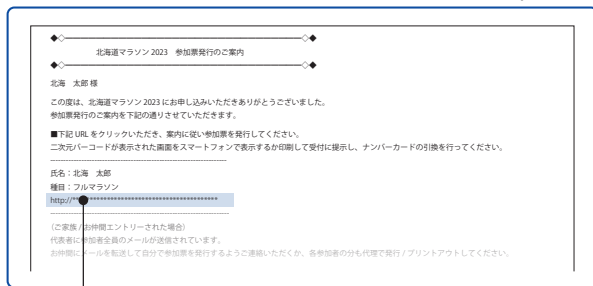
※Please check page 4 for the details.

## ◎ Items to bring for Check-in

**Bib number exchange card**  
(RUN PASSPORT)

Please click the website in the email that is sent on July 28<sup>th</sup> (Fri.), to show the screen of RUN PASSPORT on your smartphone or tablet.

Email in Japanese



Click here to show RUN PASSPORT

If you did not receive the email,  
please click the website below to show your QR code.

Website / QR code

<https://web.runpassport.jp/helpdesk/13484/1693f8e675d2435605ae92e1a6b2938872ce8336>

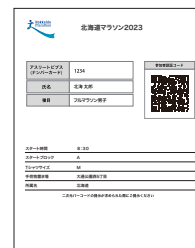


Please enter "your email address"  
and "your birth date".

For smartphone users,  
please show the screen  
of RUN PASSPORT.

OR

For others, please print  
out RUN PASSPORT.



## Schedule


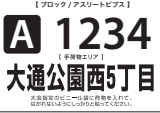

	Event	Time	Venue
August 25 <sup>th</sup> (Fri.)	Check-in and Exchange the bib number	13:00 - 20:00	Odori Park Nishi 8 chome
	Hokkaido Marathon EXPO 2023		Odori Park Nishi 7-8 chome
August 26 <sup>th</sup> (Sat.)	Check-in and Exchange the bib number	10:00 - 20:00	Odori Park Nishi 8 chome
	Hokkaido Marathon EXPO 2023		Odori Park Nishi 7-8 chome
August 27 <sup>th</sup> (Sun.)	Baggage Service	First wave Block A - F	Odori Park Nishi 5-10 chome South Parking space at Hokkaido Government Office
		Second wave Block G - J	
	Line-up at your start block	First wave Block A - F	Check page 5-6 for the details.
		Second wave Block G - J	
	Hamanasu Wheelchair Marathon (Half) start	7:50	Odori Park Nishi 4 chome
	Hokkaido Marathon 2023 First wave start	8:30	
	Hokkaido Marathon 2023 Second wave start	8:45	
	Hamanasu Wheelchair Marathon (Short) start	9:10	
Hokkaido Marathon 2023 Winning Run start	9:55		
End of race	14:45		

## ① Check-in and Exchange the bib number

Pick-up your distributed items at check-in counter ( Odori Park Nishi 8 chome )

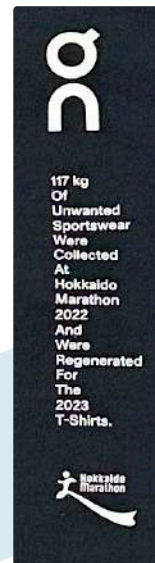
**!** Check-in for visually impaired participants is at “General information”.  
Please bring your physical disability certificate and present it to the staff.

### ● Distributed Items at Check-in ※Designs are subject to change.

A Bib number set	B Check-in set
<p><b>■Bib number</b></p>  <p><b>!</b> Two bib numbers for front and back.</p> <p><b>■Baggage sticker</b></p>  <p><b>■Timing Tag</b></p> <p><b>!</b> Two timing tags will be handed out to runners who are registered with the Japan Association of Athletics Federations. One timing tag will be handed out to other runners.</p> <p><b>■8 pins</b></p>	<p><b>■Plastic bag for baggage service</b> Size: 65cm×80cm</p>  <p><b>■Booklet</b></p> <p><b>!</b> Please put your personal belongings in the designated transparent plastic bag, and place it at the baggage service area that is written on the baggage sticker.</p>

## ② Pick-up your participation T-shirt

Please line up by the size of your T-shirt.



Printed message

### Those who withdraw from the race (Not required to contact us by phone)

If you would like your participation T-shirt to be sent by cash-on-delivery, please apply via QR code.  
 ※ It may take more than a month to ship. You cannot change your size.  
 ※ Fee: 386 yen (cash-on-delivery) only in Japan



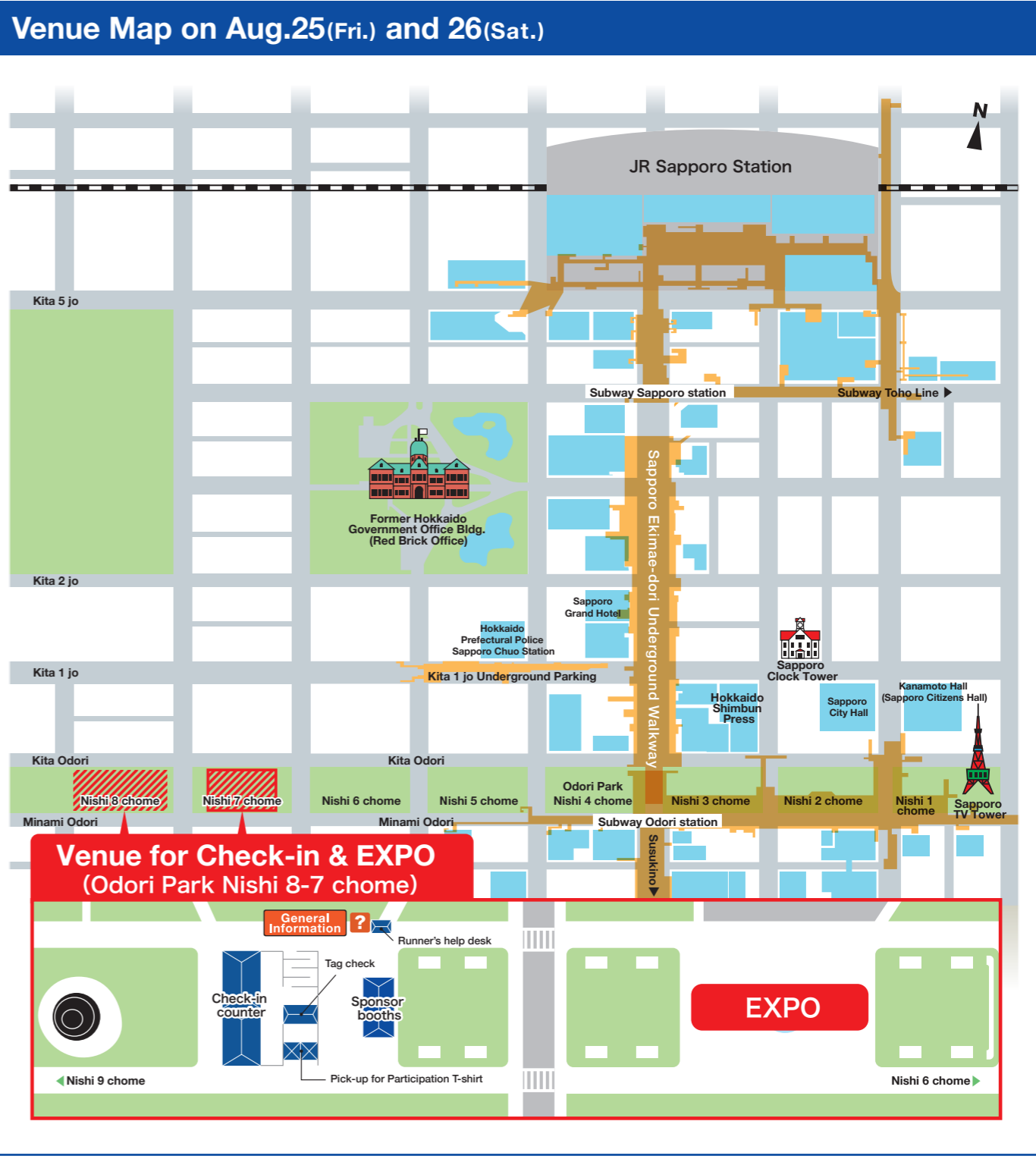
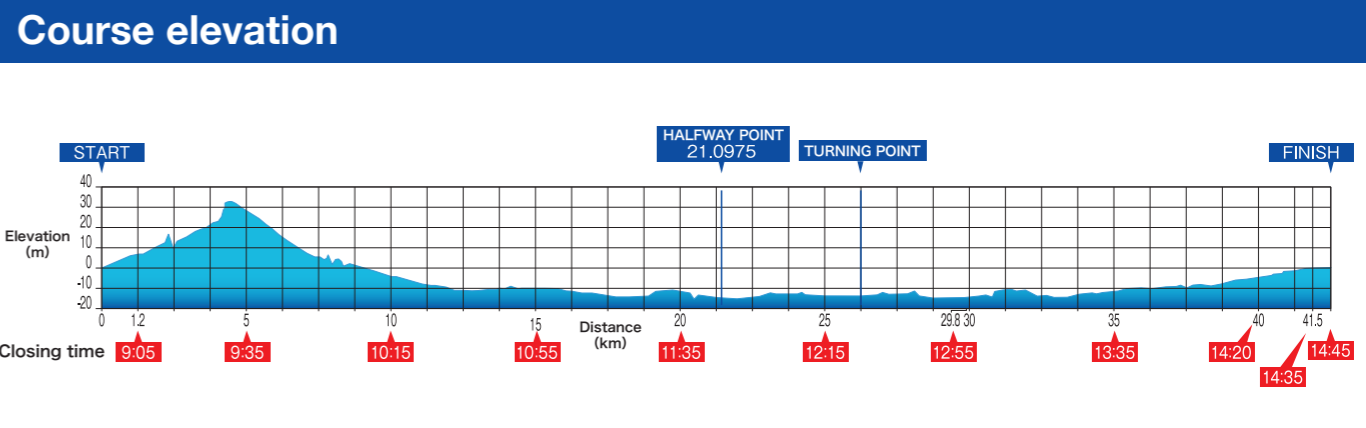
## ③ EXPO There are many booths by sponsors. Not only runners, but also everyone can enjoy visiting EXPO.



### Hokkaido Marathon EXPO 2023

**Time**  
**August 25<sup>th</sup> Fri. 13:00 - 20:00**  
**August 26<sup>th</sup> Sat. 10:00 - 20:00**  
 ※Some booths are open on August 27<sup>th</sup> (Sun.).

**Venue**  
**Sapporo Odori Park Nishi 7-8 chome**



**Baggage service area**

Baggage service area is divided by your start block and bib number. Please put your personal belongings in the designated transparent plastic bag, and place it at the designated area that is written on the baggage sticker. Be sure to close your plastic bag. After your race, please pick up your plastic bag.

Open Hours **7:00 - 8:00**

※Until 8:10 for second wave

**Line-up at your start block**

**First wave**  
Block : A, B, C, D, E, F      **7:00 - 8:10**      **Start at 8:30**

**Second wave**  
Block : G, H, I, J      **7:00 - 8:20**      **Start at 8:45**

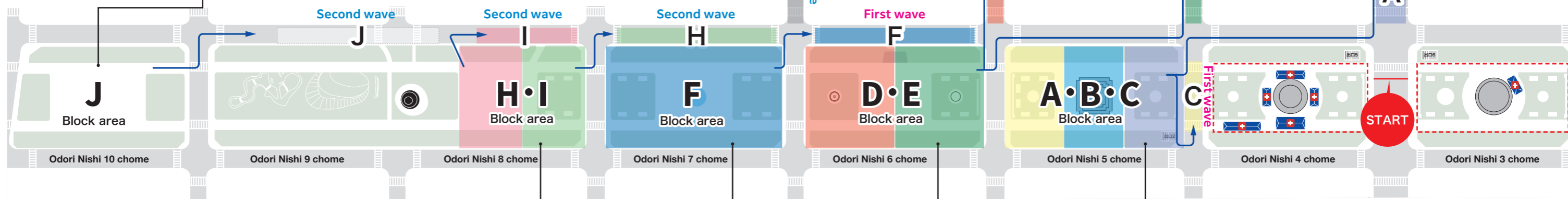
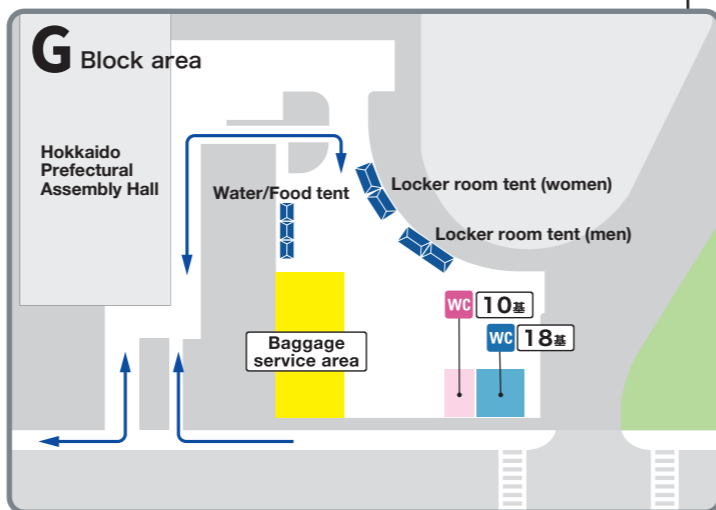
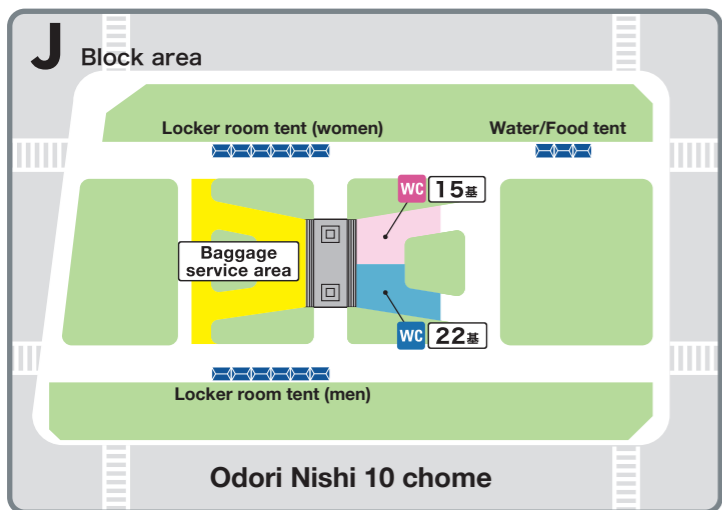
※Those who are late for the lining-up time must start from the end of the line.  
※Those who are late for the start time will be disqualified from the race.

**Locker room tent**

There are many locker room tents in Odori park but expected to be crowded. Please change your clothes at home or hotel before coming to the venue.

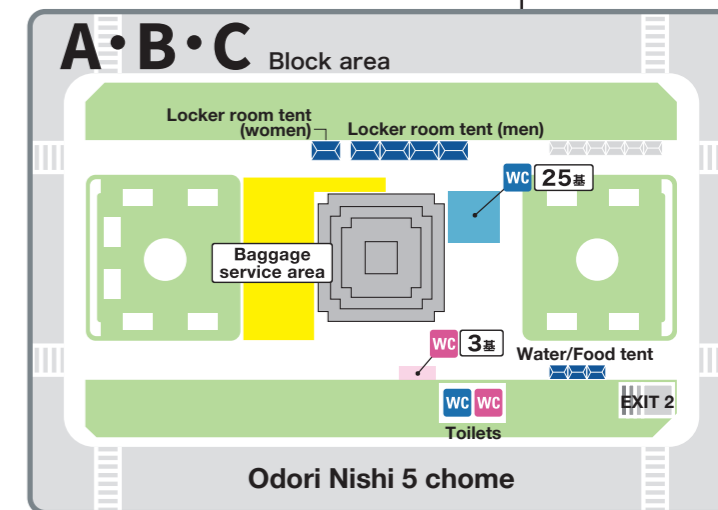
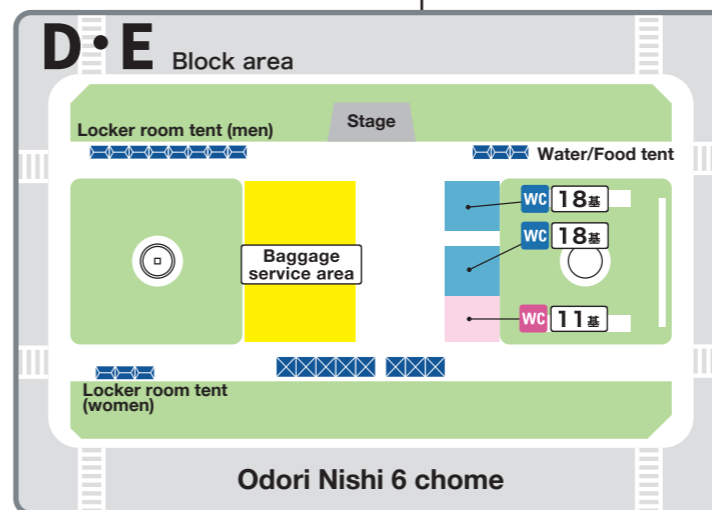
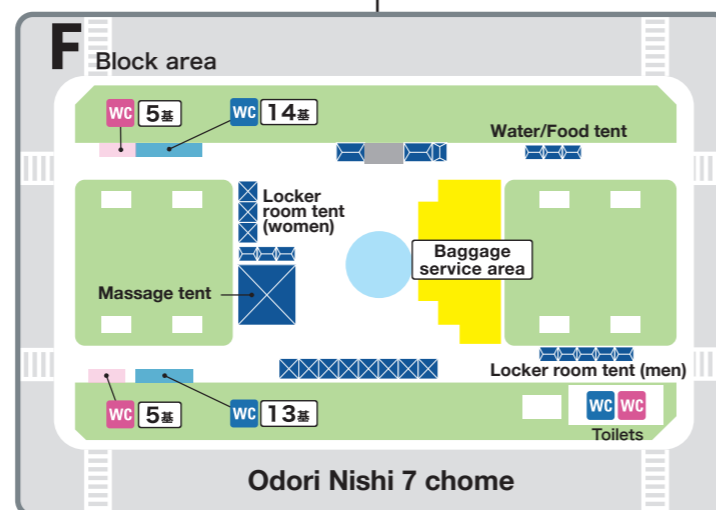
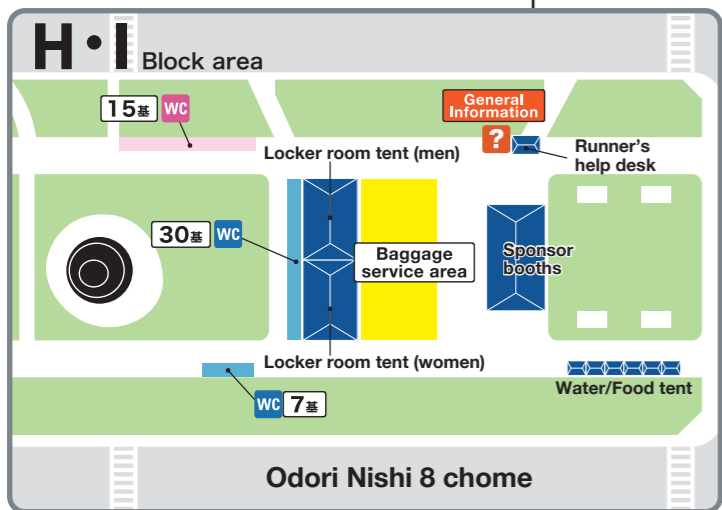
- Line-up for runners
- ☒ First-aid station
- ☐ Baggage service area
- WC ● 基 Toilet
- WC ● 基 Toilet
- Zone off limits to the public

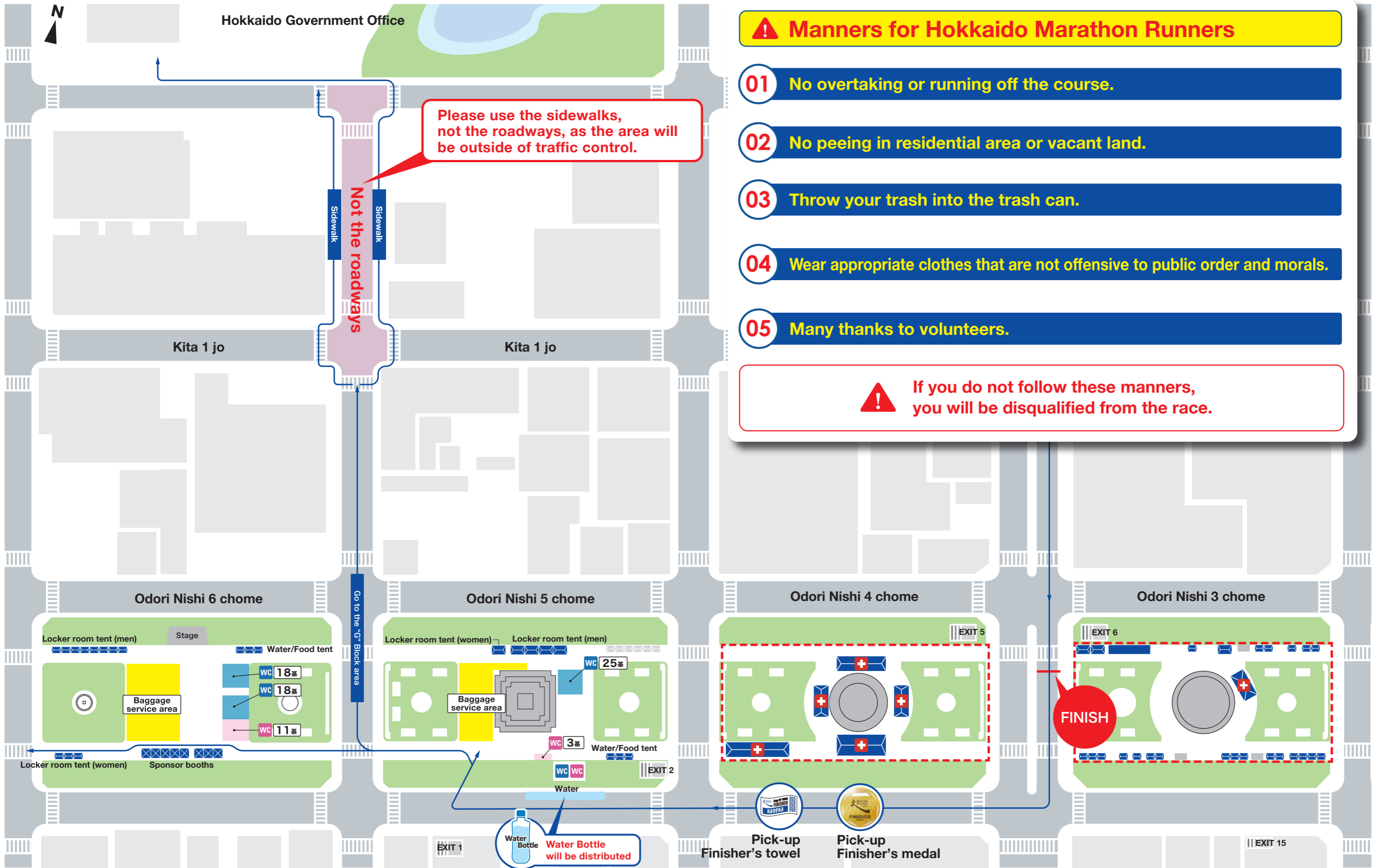
※Odori Park Nishi 3-4 chome area is only for authorized people.



Please use the sidewalks, not the roadways, as the area will be outside of traffic control.

⚠ Do not warm up around the venue (Odori Park and Underground walkway) as it may lead to accidents with pedestrians.





## ●Check Points

Runners who fail to reach the checkpoints by the time limits will be eliminated (disqualified) from the race. After the gates have closed, runners are requested to follow the instructions of the officials, take off their bib number, and quickly walk up to the sidewalk to board the pick-up bus at the nearest gate or the last pick-up bus.

Checkpoints	Closing time	Time limit for first wave	Time limit for second wave
1.2km CP	9:05	35min.	20min.
5km CP	9:35	1hr 05min.	50min.
10km CP	10:15	1hr 45min.	1hr 30min.
15km CP	10:55	2hr 25min.	2hr 10min.
20km CP	11:35	3hr 05min.	2hr 50min.
25km CP	12:15	3hr 45min.	3hr 30min.
29.8km CP	12:55	4hr 25min.	4hr 10min.
35km CP	13:35	5hr 05min.	4hr 50min.
40km CP	14:20	5hr 50min.	5hr 35min.
41.5km CP	14:35	6hr 05min.	5hr 50min.
Finish	14:45	6hr 15min.	6hr 00min.

## ●Distance signs

Distance signs will be placed at every kilometer and the halfway point. The remaining distance signs will be placed at every kilometer of the last 5km.

## + First-aid stations

First-aid stations are available at the following 6 locations. Each first-aid station is staffed by doctors, nurses, physical therapists, emergency life guards and other medical staffs. If you have any concerns about your health before and during the race, **please do not push yourself too hard, and have the courage to withdraw from the race. If you feel unwell after the race, please come to the first-aid station immediately.**



Start / Finish	Venue map ( P5~8 )
15.9km	Course map ( P3 )
24.9km ( Maeda Forest Park )	
31.3km	
35.2km ( Shinkotoni )	
40km	

## WC Toilets

Temporary toilets are available along the course. Please keep the toilet clean when you use it. Check "Hokkaido Marathon official app" for the detailed locations.



Hokkaido Marathon Official App

## Water and food stations

Water and food stations will be set up at the points. Hokkaido Marathon is held under extreme weather conditions. Please make sure to stay hydrated during the race.

Point	Sponge	Water	Sports Drink	Food (※2)	Water
Start		●	●	●	
5.4km		● 8	● 5		● 6
7.3km		● 5	● 4		● 5
11.1km	● 3	● 3	● 4		● 4
15.5km		● 6	● 4		● 3
17.5km		● 8			
20.2km	● 3	● 7	● 4	● 2	● 3
22.5km		● 8		● 1	
Maeda Forest Park (※1)		●	●	●	
25.2km		● 6	● 4		● 2
27.5km		● 7			
30.2km	● 2	● 4	● 3	● 2	● 2
31.3km		● 5			
33km		● 8		● 1	
35.2km		● 3	● 3		● 3
38km		● 8			
40.2km	● 2	● 2	● 3		● 2
Finish		●	●		

※The number indicates the number of a block. ( One block = 5 tables )

※1 Maeda Forest Park is located at a short distance away from the course.

※2 Check the details on page 3.

## ●Water station signs

Each water station has the sign below.

You can determine how many tables are set up.

※First table at each water station will be very crowded, so it is recommended to get water from the table at the back.

15.5km 給水所 Water Station	17.5km 給水所 Water Station	20.2km 給水所 Water Station	22.5km 給水所 Water Station
Water x3 Sports Drink x4 Water x6	Water x8	Water x3 Sports Drink x1 Sports Drink x1 Sports Drink x4 Water x7 Sports Drink x3	5シマ目 Water x8

## ●Trash cans

Trash cans will be placed at the opposite side of the water station. Please put your trash into the trash can.

## ●Dropping out of the race

If you drop out of the race at the middle of the course, you are requested to follow the instructions of the officials, take off their bib number, and quickly walk up to the sidewalk to board the pick-up bus at the nearest gate or the last pick-up bus.

## ●Courses around 35.5km and 41km

Please note that the courses around 35.5km and 41km might change depending on the situation of pedestrian crossing. Please follow the instructions of the officials.

Runner's search service (Ouen Navi)



By entering the bib number or name, you can find each 5km's record and approximate location of the runner.

※All in Japanese.



Download for iPhone

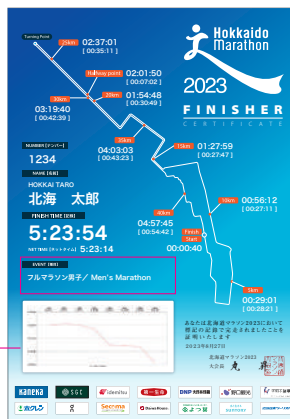
Download for Android

Online certificate

You can download "Online certificate" from Hokkaido Marathon official website.

Quick report  
After finish

Confirmed report  
Will be released from Sep.5th



EVENT (種別) フルマラソン男子 / Men's Marathon

EVENT (種別) フルマラソン男子 / Men's Marathon  
EVENT RANKING (順位) RANKING BY AGE 14(13組別) 2234 / 12547 234 / 7874

Weather information of the last 3 years

Time	Date	August 26th, 2018		August 25th, 2019		August 28th, 2022	
		Temp. (°C)	Hum. (%)	Temp. (°C)	Hum. (%)	Temp. (°C)	Hum. (%)
Start		25.5	71	18.7	73	24.5	60
Top men's athlete finished		27.8	60	21.0	62	24.5	47

! Race might be cancelled or suspended due to extreme heat or other reasons, if the number of WBGT(Wet Bulb Globe Temperature) on the Japanese Ministry of the Environment's website is above 31 or more.