



# Hokkaido Marathon

Participation Guide

MGC Series 2025-26 (Men's G2/Women's G2)

# Hokkaido Marathon 2025

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



Association of International  
Marathon and Distance Races



MARATHON  
GRAND  
CHAMPIONSHIP  
SERIES



Official Website

Hokkaido marathon

Search

<https://www.hokkaido-marathon.com/>



Official Social Media



Facebook



X (Formerly Twitter)



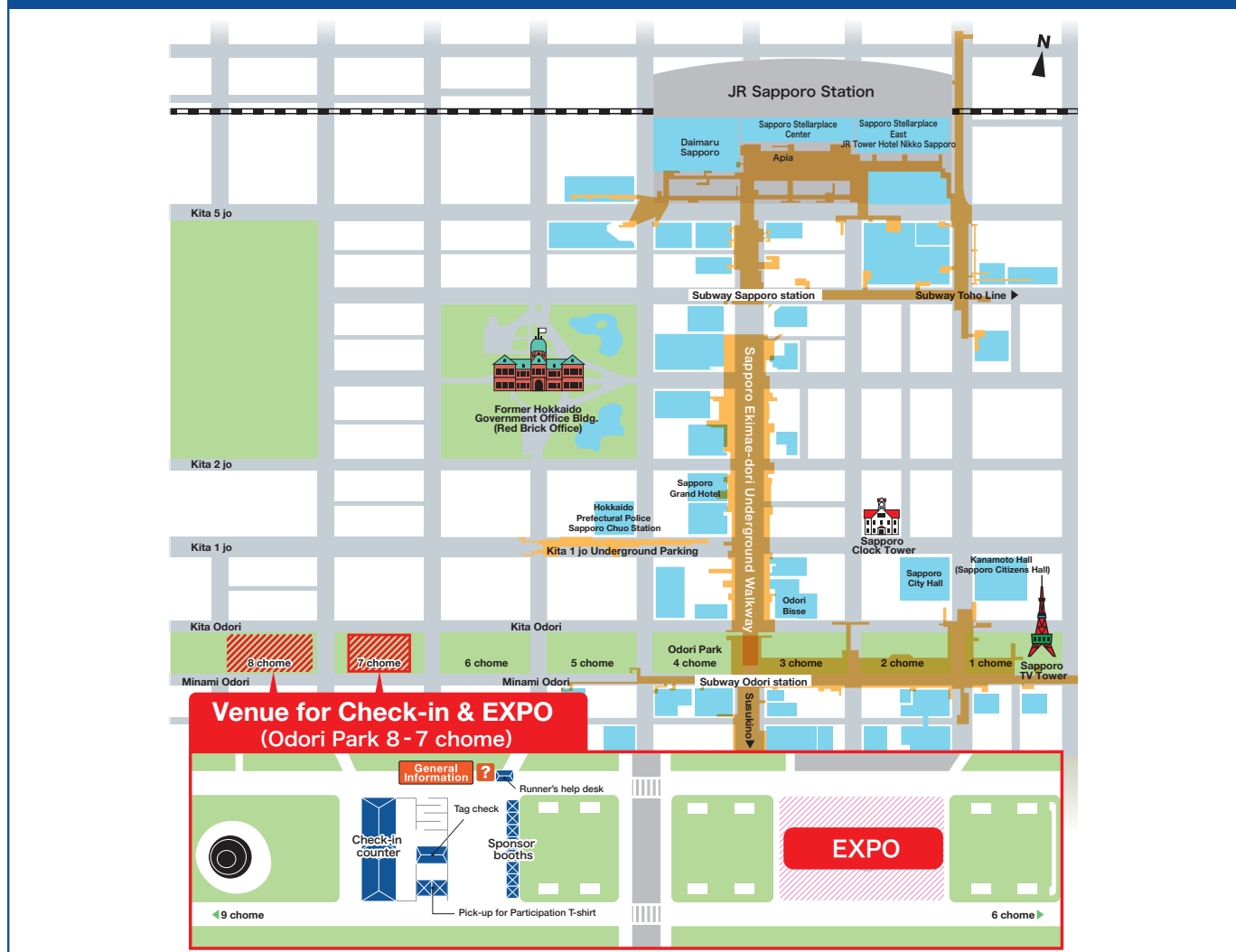
Instagram



## Schedule

	Event	Time	Venue
August 29th (Fri.)	Registration and Bib Distribution	13:00-20:00	Odori Park 8 chome
	Hokkaido Marathon EXPO 2025		Odori Park 7-8 chome
August 30th (Sat.)	Registration and Bib Distribution	10:00-20:00	Odori Park 8 chome
	Hokkaido Marathon EXPO 2025		Odori Park 7-8 chome
August 31st (Sun.)	Baggage Service	First wave Block A - F	Odori Park 5-10 chome
		Second wave Block G - J	South Parking space at Hokkaido Government Office
	Start Block lineup	First wave Block A - F	Check page 7-8 for the details.
		Second wave Block G - J	
	Hamanasu Wheelchair Marathon (Half) start		7:50
	Hokkaido Marathon 2025 First wave start		8:30
	Hokkaido Marathon 2025 Second wave start		8:45
	Hamanasu Wheelchair Marathon (Short) start		9:10
	Hokkaido Marathon 2025 Winning Run start		①9:55 ②9:57
	End of race		14:45

## Venue Map on Aug.29(Fri.) and 30(Sat.)



## Check-in Time and Venue

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

Time

**August 29<sup>th</sup> Fri. 13:00 - 20:00**
**August 30<sup>th</sup> Sat. 10:00 - 20:00**
**Check-in is not available outside of these windows; please arrive early.**

Venue

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

※Please check page 1 for the details.

 Items to bring for Check-in

**Bib number exchange ticket**

(RUN PASSPORT)

Please click the link website in the email that is sent on August 5th (Tue.), to show the screen of RUN PASSPORT on your smartphone or tablet.

**Email is sent to the email address that it registered on RUNNET.**

※If you entry the “Friend and family entry”, the email is sent to the representative of your group.

※If you entry via other programs, the email is sent to the email address that is registered.

◆◆◆  
Hokkaido Marathon 2025  
Notice of issue your registration ticket  
◆◆◆

Dear Hokkaido Taro ,  
Thank you for applying to participate in Hokkaido Marathon 2025.  
Your number card is ready. Please find below the information on how to issue your registration ticket.

■Click the link below and follow the instructions to issue your registration ticket.

-----  
Name : Hokkaido Taro  
Category : Men's Marathon  
[https://web.runpassport.jp/?ch?trid=00922\\_20250831\\_01&aid=00000000&sid=1&h=000000ccdd12345678c9ce240c0b10a280e8&lang=en](https://web.runpassport.jp/?ch?trid=00922_20250831_01&aid=00000000&sid=1&h=000000ccdd12345678c9ce240c0b10a280e8&lang=en)  
-----

**Click here to show RUN PASSPORT**

## Smartphones

Please show the exchange ticket displayed on the screen.



## For printed paper

Please present the QR code on the printed exchange ticket.

Hokkaido Marathon 2025	
Bib Number	1234
Name	Hokkaido Taro
Category	フルマラソン男子/Men's Marathon
	
Start Block	A
Section	Men athletes in the age of 30 to 34
Baggage service	Odori Park 5-chome
Wave start	First Wave Start at 8:30
T-shirt size	XL
Affiliation	Team HKCM
<small>Please present the voucher when you are asked to do so.</small>	

**If you did not receive the email, please click the link below to show your QR code.**
**Website / QR code**
<https://web.runpassport.jp/helpdesk/15530/2680f3f73fe6cb36299f1049a7c187a744fe909cv>

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


## 1 Check-in and Bib distribution


Pick-up your bib and participation t-shirt at check-in counter ( Odori Park 8 chome )

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

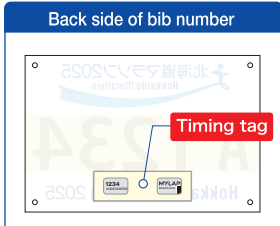
### ● Distributed Items at Check-in ※Designs are subject to change.

#### A Bib number kit


■Bib number




Back side of bib number



■8 pins



■Baggage sticker



**! Please attach one bib to the front of your shirt and one to the back.**

**The bib with the timing tag must be on the front of your person.**


- Use caution as the tag is fragile; please do not bend it.
- Avoid covering the timing tag with your hands or arms when passing the checkpoint, it may interfere with the timing measurement.
- In the event of rain, please wear the bibs over any jackets or other rainwear.
- Please be advised, the timing tag and bib number differ.
- Timing tags will not be collected.
- Please do not modify the bib number, such as drilling holes in the bibs. Doing so may result in disqualification.

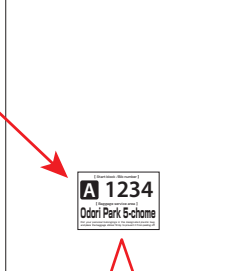
#### B Check-in kit

■Booklet

■Coolant “Punch Cool Long”

■Plastic bag for baggage service  
Size: 65cm x 80cm





**! 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.**

## 2 Pick-up your participation T-shirt

Please line up by the size of your T-shirt.  
\*T-shirt size cannot be changed



## 3 EXPO



### Hokkaido Marathon EXPO 2025

#### Time

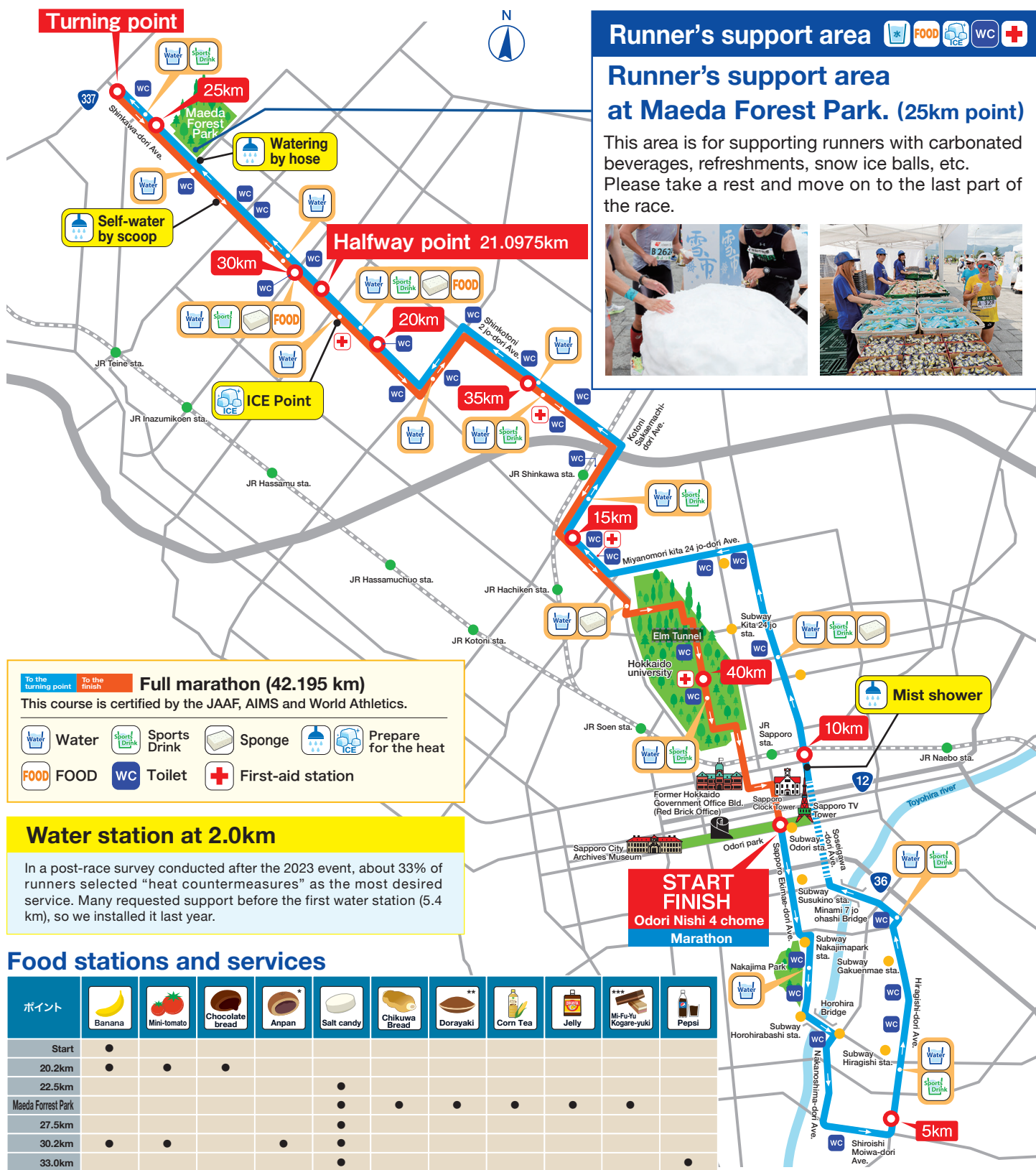
August 29<sup>th</sup> **Fri.** 13:00 - 20:00

August 30<sup>th</sup> **Sat.** 10:00 - 20:00

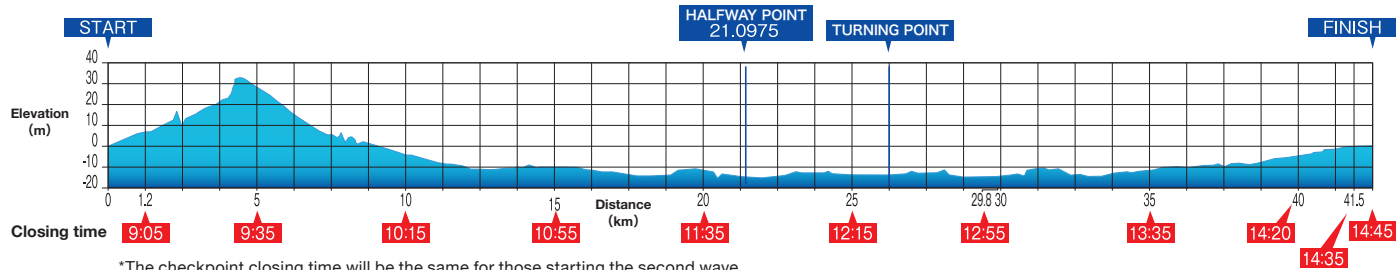
※Some booths are open on August 31st (Sun.).

#### Venue

Sapporo Odori Park 7-8 chome



## Course elevation



## ●Checkpoints

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 second wave
1.2km CP	9:05	20min.
5km CP	9:35	50min.
10km CP	10:15	1hr 30min.
15km CP	10:55	2hr 10min.
20km CP	11:35	2hr 50min.
25km CP	12:15	3hr 30min.
29.8km CP	12:55	4hr 10min.
35km CP	13:35	4hr 50min.
40km CP	14:20	5hr 35min.
41.5km CP	14:35	5hr 50min.
Finish	14:45	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.

※The distance sign of 9km is set at the entrance of the tunnel.

## + First-aid stations

There are six first aid stations along the route. Please check page five of this booklet and each location is marked with a red cross. Each first 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 go to the nearest first-aid station immediately.



Start/Finish	Venue map (P7~10)
15km	Course map (P4)
24.6km ( Maeda Forest Park )	
31.3km	
35.2km	
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.



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## 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	①Sponge	②Water	③Sports Drink	④Food(※3)	⑤Water
Start		●	●	●	
2.0km		● 12(※2)			
5.4km		● 8	● 5		● 5
7.3km		● 5	● 4		● 5
11.1km	● 3	● 3	● 4		● 4
15.5km		● 6	● 4		● 4
17.5km		● 8			
20.2km	● 3	● 5	● 4	● 2	● 3
22.5km		● 8		● 1	
Maeda Forest Park (※1)		●		●	
25.2km		● 6	● 4		● 2
27.5km		● 7		● 1	
30.2km	● 3	● 3	● 3	● 2	● 3
31.3km		● 5			
33.0km		● 3		● 2	● 3
35.2km		● 3	● 3		● 3
38.0km	● 2	● 5			
40.3km		● 3	● 3		● 2
Finish		●	●		

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

※2 There are 6 blocks on the left and right sides of the course.

※3 Check the details on page 4.

## ●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 x4 Sports Drink x4 Water x6	Water x8	Water x3 Sports Drink x1 Sports Drink x1 Sports Drink x4 Water x5 Sports Drink x3	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 your bib number, and quickly walk up to the sidewalk to board the pick-up bus at the nearest location.

## ●Be aware of the directions of the course around 35.5km and 41km.

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

## 1 “PUNCH COOL LONG” (Instant Coolant) Distributed in the check-in bag

It instantly cools down when you punch it!  
It's portable! Reusable as an ice pack.



PUNCH COOL PV



## 2 Water station at 2.0km

They are prepared on both sides of the course.  
The first table tends to be crowded, so we recommend you to take it at the back of the table line-up.



## 3 Mist shower point at 9.5km

Located on the left side of the course, the Mist Shower relieves the heat and humidity of the Sosei Tunnel.  
Please run through completely and do not stop to avoid any accidents, as the ground is slippery.



## 4 Shower point at 24.8km, Self shower point at 28.2km



▲Shower point



▼Self shower point

2024 ICE2.4t  
We're switching to snow,  
which melts faster than water,  
and increasing the amount by about 1.7 times.  
2025 Snow 4.0t



## 5 NEW ICE point at 31.3km

A new station has been set up just before the end of the 13km round-trip along Shinkawa-dori Ave. You can grab ice about the size of rock ice from a tub and use it yourself-put it in your cap, cool your body-whatever works for you!

## 6 More “sponges”

We'll have 130,000 sponges again this year, spread across 4 spots on the course.  
The extra 30,000 last year were a big hit!

## 7 More ices

We are planning to increase the amount by 5 tons since the last time.

## 8 More snow balls

We will prepare more snow balls (total of 6 tons) at the Runner's Support area at Maeda Forest Park.



## 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

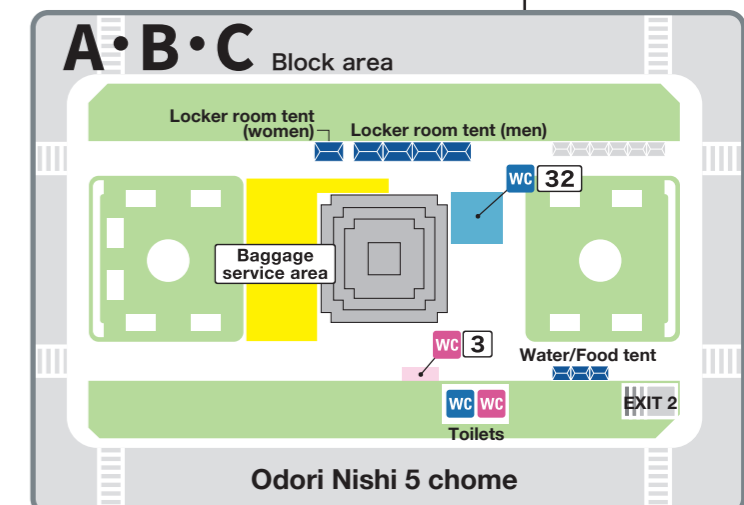
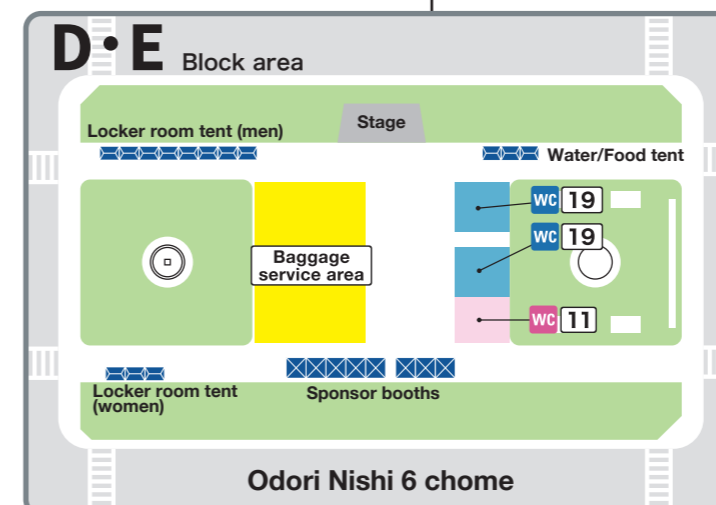
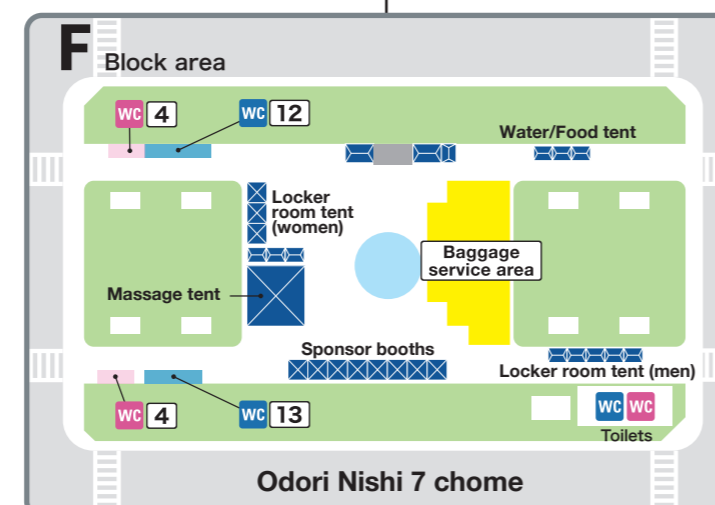
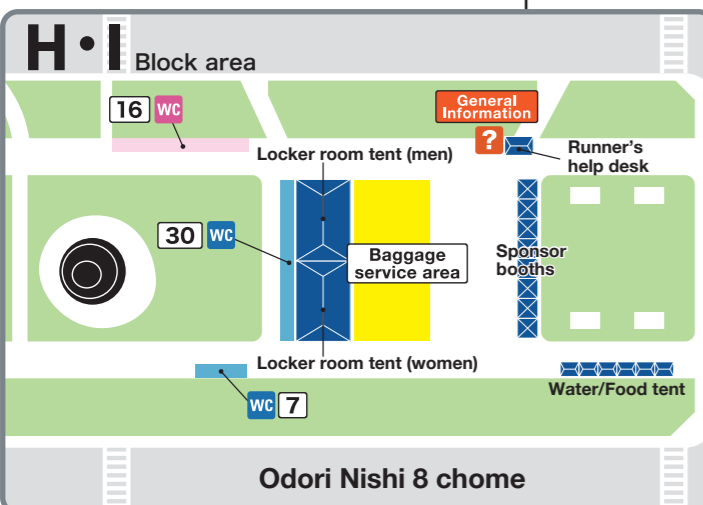
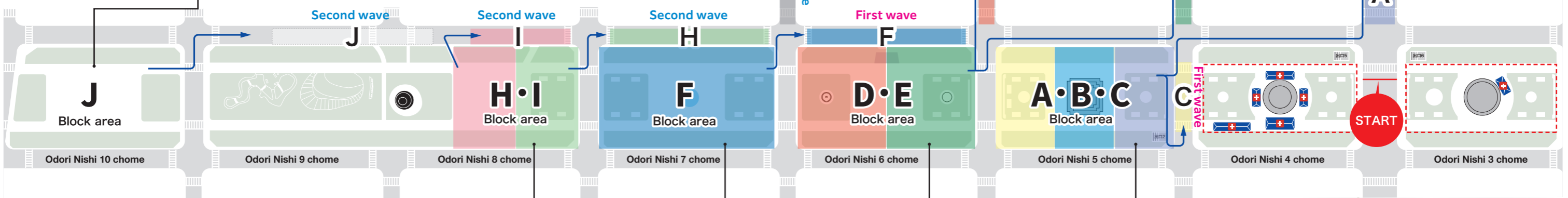
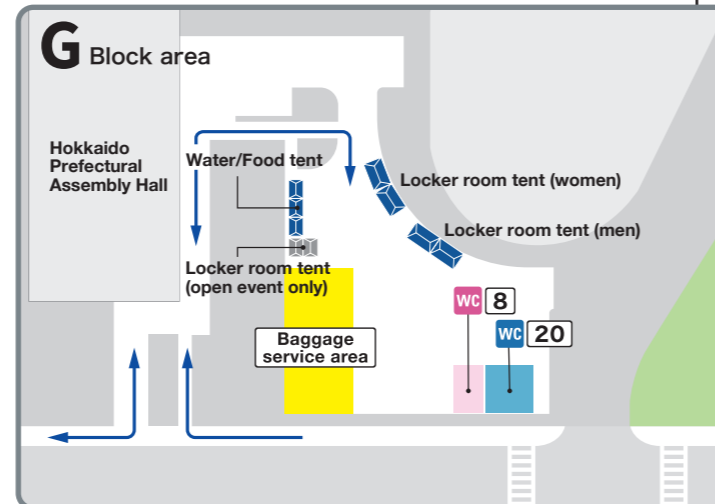
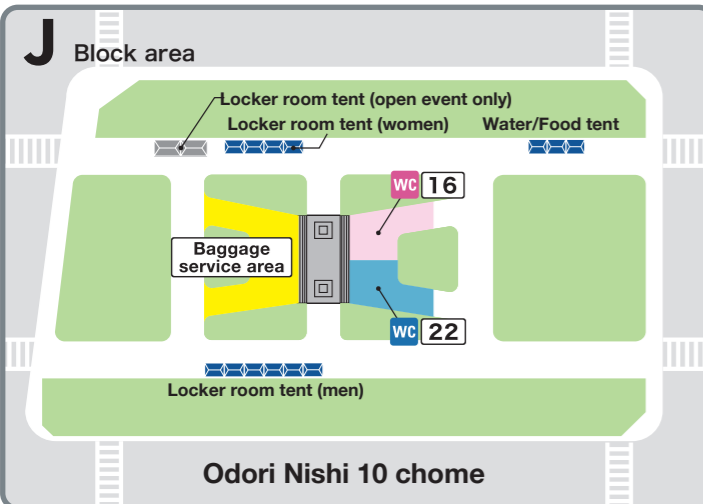
**7:00 - 8:10****Start at 8:30**

## Second wave

Block : G, H, I, J

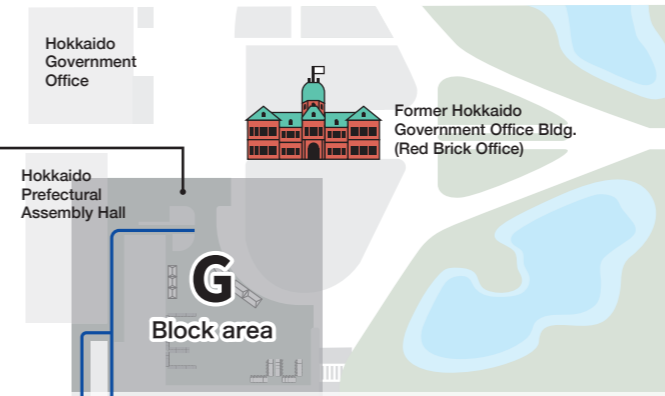
**7:00 - 8:20****Start at 8:45**

※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.

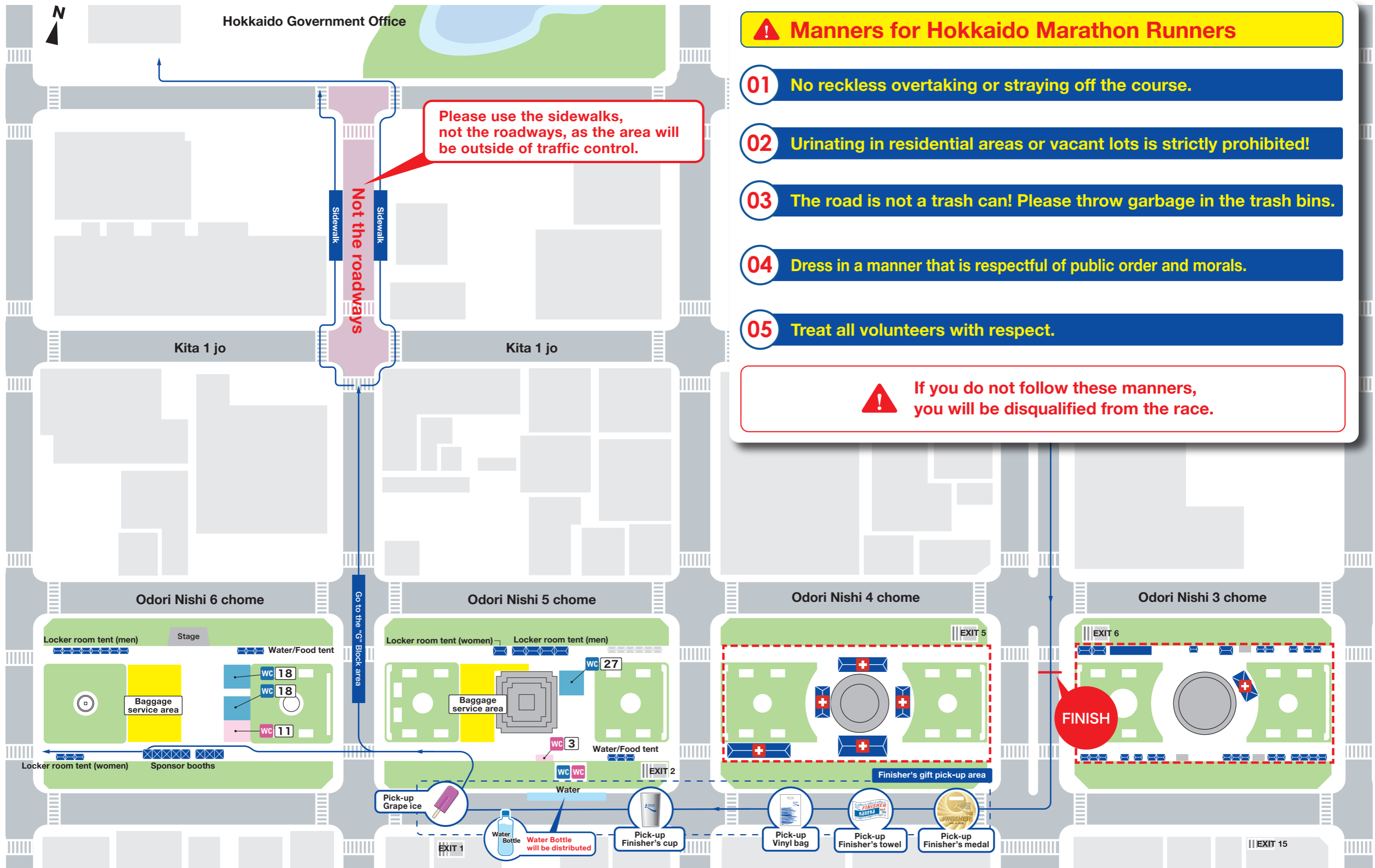


- Line-up for runners
- First-aid station
- Baggage service area
- Zone off limits to the public
- WC
- WC
- Toilet

※Odori Park 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.

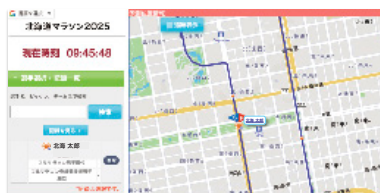


## Runner's search service (Ouen Navi)



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

※All in Japanese.



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## Online certificate

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

## Quick report

After finish



EVENT (種別) フルマラソン男子 / Men's Marathon

## Confirmed report

Will be released from Sep.9th



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

## Weather information of the last 3 years

Time \ Date	August 28th, 2022		August 27th, 2023		August 25th, 2024	
	Temp. (°C)	Hum. (%)	Temp. (°C)	Hum. (%)	Temp. (°C)	Hum. (%)
Start	24.5	60	29.2	78	23.1	83
Top men's athlete finished	24.5	47	30.0	72	26.5	73

❗ 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 28 or more.