

# 8TH SHONAN INTERNATIONAL MARATHON

## Race Day Information

### Please find following items in the envelope:

- The Event Program (This Race Day Information)
- Important Notes Regarding the Access to the Event Site
- Samples and Leaflets from Sponsors
- Bibs, Timing Chip, Vinyl Tie to Fasten the Timing Chip to Your Shoe, Bag-Check Sticker, Safety Pins
- Bag to Be Used for Checking Your Belongings during the Race
- Return Envelope to Send Back the Timing Chip
- Participation T-Shirt

### Update Regarding Possible Cancellation of the Event:

The event director reserves a right to cancel the race in an event of increment weather, tsunami, gale, etc. Such decision will be announced through the below-listed media. (Please note that exact air time on TV or radio may be changed.)

If necessary, a cancellation announcement will be made on November 3<sup>rd</sup> 2013 (SUN / National Holiday) through below-listed media:

1. 5:00AM – the Event's Official Website at [www.shonan-kokusai.jp](http://www.shonan-kokusai.jp)
2. 5:00AM – J-Com Shonan (Data Broadcast)
3. 5:00AM – Shonan Cable Network
4. 5:30 – FM Yokohama (FM84, 7MHz)

### Important Reminders:

- Please make sure that you are in a good shape to run the event you entered by **training well, having your health checked out in advance, etc.** Please refrain from drinking alcoholic beverage the day before the race, and have a good night sleep. If you feel that you are ill, please do not start the race.
- Race fee and transaction fee are not refundable, even if the event is canceled due to increment weather, natural disaster, accident, etc.
- **Participants who are deemed to have become unable to continue running by a race official or a doctor or to be bothering other participants may be stopped and asked to step out of the course.**
- The race director will not be responsible for any accidents, such as medical issues, injuries and loss/theft of personal items. Treatment provided by the race director will be FIRST AID TREATMENT ONLY.
- The race is insured under a sports accident insurance. In case of an injury or accident, please contact the race director after the race, as it may be covered by the insurance.
- The personal information collected from participants will be used to further improve the event, for communications from the race director to participants, to announce the result (ranking, etc.), to send results to participants and to be included in the next year's brochure.
- The event director has the right to publish the video footages, photographs and result on such media as TV, newspaper, magazine, online article, etc.
- Running with someone else's bibs is not allowed. In cases where such act is found out, involved individuals will be disqualified and banned from future events.

### Increment Weather, Earthquake, Tsunami and Other Natural Disaster:

In an event where an emergency warning, a tsunami warning or a massive tsunami warning is issued, the event will be canceled. Please evacuate the area immediately.

As for tsunami and other alerts and heavy rain, flood, gusty wind, high wave, high tide and other watches, please follow the event staffs' instructions.

### Race Day Climate:

Provided below are weather data of November 3rd in the past 3 years.

Year	Rainfall	Average Temperature	Max. Temperature	Min. Temperature	Average Wind Speed	Max. Wind Speed	Sun Shine
2012	0.00 mm	13.4°C	17.6°C	11.2°C	2.3 m/s	4.7 m/s	2.6 hrs
2011	0.00 mm	17.6°C	21.2°C	14.8°C	1.6 m/s	3.0 m/s	1.2 hrs
2010	0.00 mm	14.0°C	19.1°C	9.7°C	2.2 m/s	3.9 m/s	9.9 hrs

It's usually cold in the morning and the evening. It is recommended to bring warm cloths.

**Race Day Schedule (November 3<sup>rd</sup> (SUN – National Holiday):**

6:45 – The event site opens for participants.

7:45 - Opening Ceremony

8:45 – Half Marathon and 10K wheelchair Start Ceremony

8:47 – 10K wheelchair starts.

8:50 – Half marathon starts.

8:55 – Full Marathon Start Ceremony

9:00 – Full marathon starts.

9:45 – 10K Start Ceremony

9:50 – 10K starts.

10:15 – 10K Wheelchair Award Ceremony (The time may be changed.)

11:00 – Half Marathon Award Ceremony (The time may be changed.)

11:10 – 10K Award Ceremony (The time may be changed.)

11:20 – Family Run (1-6 Graders) Start

11:25 – Family Run (Parent and Child Team) Start

12:50 – Full Marathon Award Ceremony (The time may be changed.)

15:30 – Conclusion of the Event / Closing Ceremony

※ Please note that award ceremony times may be changed depending on award winners' finish times.

### Access:

- On the race day, nearest stations and streets near the event site are expected to be very crowded. Please refer to the enclosed "Important Notes Regarding the Access to the Event Site," and make sure to arrive early. Runners who fail to come to their starting corral in time will not be allowed to start.
- On the race day, there will be no parking near the event site. **DO NOT drive or you're your family or friend drive you to the event site.** Please use the public transportation. **Failing to follow this rule may result in disqualification.** This rule is to prevent traffic congestions in neighborhood communities. Thank you in advance for your understanding.
- **Taxis don't have the permit to access the event site. Taxi passengers will be dropped off at one of designated drop-off locations.**
- The nearest train stations to the event site are Oiso Station and Ninomiya Station on JR Tokaido Line.
- From either of the nearest stations, it takes about 35 minutes by walk or 20 minutes by shuttle bus.
- **DO NOT** leave your car in local store's parking lot. An offender's vehicle may be towed away.

### Bag Check / Dressing Room:

Race-Day Bag Check and Dressing Room (6:45 – 16:00)

- **Only participants and the event's staffs are allowed in the tent. Please show your bib to the attending staff when entering the tent.**
- **Please use the designated bag, which is enclosed with this program, to check your belongings during the race. Please make sure to have the bag-check sticker on the bag in advance. As the storage space is limited, please make sure that all your belongings will fit in the designated bag.**
- Bag-check shelves are assigned by bib numbers. Please put your bag on the corresponding shelf by yourself.
- When picking up your bag, attending staff at the exit will check if your bib matches the number sticker on the bag.
- Please do not put any valuables or breakables in the checked bag. The event will take no responsibility for stolen or damaged item.
- After picking up your bag, you may discard the bag-check bag in the designated box.

### Start (Lining Up in the Start Corral):

- Please do not go to the start area before the line-up time, which is assigned for each race category.
- Please follow the event staffs' instructions when proceeding to the start area.
- As for the line-up and start locations, please refer to the event site map. Start areas are different depending on race categories. The event site is expected to be crowded, so please make sure to know your line-up and start areas in advance.
- Please line up in the corral corresponding to the alphabet letter printed on your bib. Corrals have been pre-assigned according to the estimated finish time. In order to ensure smooth start, please line up in the correct corral.
- Participants who fail to cross the start line within 30 minutes after the gun will be disqualified. Due to the traffic control, those who fail to come to the start area in time will not be allowed to participate. Please make sure to arrive early.

Race Category	Line Up Time		Start Time	
10K Wheelchair	8:00 ~	Parking Lot #3	8:47	Seisho Bypass
Half Marathon Full Marathon	8:00 ~ 8:30 Participants will start proceeding to the start area at 8:35.	Main Area Shuttle Bus Stop 1	8:50 9:00	Seisho Bypass
10K	9:00 ~ 9:20 Participants will start proceeding to the start area at 9:20.	Event Entrance Kuzu River Area	9:50	Seisho Bypass
Family Run (1-6 Graders)	10:50 ~	Family Run Event Site	11:20	Seisho Bypass
Family Run (Parent and Child Teams)	10:50 ~	Family Run Event Site	11:25	Seisho Bypass

- All the race categories start on Seisho Bypass. Please note that spectators will not be allowed in the start area.
- Please find your line up time on the event site map.

### **Bibs and Timing Chip:**

- The race will use timing chips. Please refer to the instructions enclosed with your bib for how to attach it to your shoe.

- Please make sure to have your bibs and timing chip on the race day, or otherwise your time won't be recorded. Please also note that your bib works as your ID during the event. Runners without their bibs or timing chip will not be allowed to participate in the event.

- DO NOT cut or fold your bibs. Attach them on your chest and back so they are visible at all time. The event officials may stop runners if their bibs are not visible.

- Timing chips will be collected after the finish. If you are unable to participate in the event, please use the enclosed return envelope to send it back. Participants who fail to return their timing chip will be charged 500 yen. If you'll have left the event without returning your timing chip, please return it within 1 week using the enclosed envelope.

- Both giving away your bib to someone else and participating in the event with someone else's bib will result in disqualification, and the sports insurance will not cover any accident, injury or illness involving unregistered individuals. Offenders will also be banned from future events.

### **Race Time / Awards:**

- For full marathon, split times will be recorded every 10km. The official time will be "gun time," but "chip time," the time from you actually cross the start line, will also be recorded for your personal reference.

- Overall awards will be given to top 6 of each race category. Award ceremonies will be held on the stage or at the tent set up by the stage.

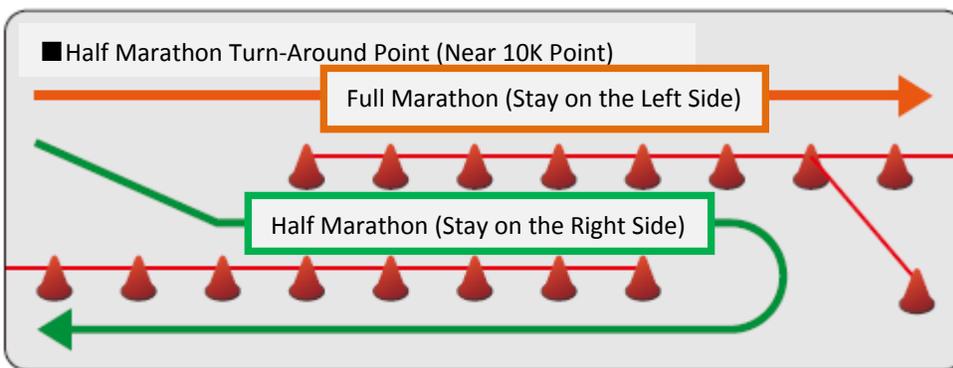
- As for full marathon, age-group awards will be given to Top 3 in each age category. Age-group awards will be mailed to winners later.

- The race result will be published on the event's official website after the race.

- Finisher's certificate will be mailed to those who've participated in the event about 1 month after the race. If your address has changed since the initial registration, please notify the race director via phone or e-mail.

### Race Courses:

- The race courses run on Seisho Bypass and Route 134.
- The race course will be marked every 1Km.
- Please stay on the left side of the course.
- The race courses have some bumps. Please watch your steps.
- At the turn-around point (around 10K point), half marathoners will be making a clockwise U-turn. After the 9Km point, full marathoners are asked to stay on the left side of the street, and half marathoners will be asked to stay on the right side of the street to get ready for the turn around.



- In an event of an emergency situation near the race course, such as traffic accident, fire and natural disaster, the race may be stopped temporarily. In such an event, please follow instructions by police officers or the event staffs to allow emergency vehicles to pass through.
- Participants who are planning to run with a music player are asked to keep the volume low or to use only one ear piece so emergency instructions can be heard.
- For safety reasons, running with a baby-jogger (running stroller) is not allowed.
- Please remember that Seisho Bypass near the event site is for motor vehicles only; therefore, you can't do "rehearsal run" on foot or bike.
- Family Run course uses 2 lanes on Seisho Bypass (east-bound lanes).

### Cut-Off Time / Dropping Out:

- Runners who fail to go through cut-off points by specified times will be disqualified immediately and asked to step off the course and to get on the sweep bus.

	Cut-off Points	Locations	Distance from the Start	Cut-Off Times	Time Limits
Full Marathon	1	Chigasaki Koen Park	About 10.8km	10:56	1 hr 56 min
	2	Tsujido Seaside Park West Parking Lot	About 14.3km	11:24	2 hr 24 min
	3	Chubu Bus Parking Lot	About 19.2km	12:03	3 hr 03 min
	4	Entrance of the Tunnel Near the Tsujido Seaside Park Parking Lot	About 22.0km	12:25	3 hr 25 min
	5	Sagami River Basin Left Bank Sewage Treatment Plant	About 28.3km	13:17	4 hr 17 min
	6	Oiso Port IC	About 35.0km	14:13	5 hr 13 min
	7	Oiso West IC	About 36.8km	14:29	5 hr 29 min
	8	Ninomiya IC	About 39.6km	14:55	5 hr 55 min
	Finish	Oiso Prince Hotel	42.195km	15:30	6 hr 30 min
Half Marathon	1	In front of Traffic Police Force Station (Near Southern Beach)	About 10.1km	9:36	46 min
	Finish	Oiso Prince Hotel	21.0975Km	10:20	1 hr 30 min
10K	Finish	Oiso Prince Hotel	10Km	11:20	1 hr 30 min
10K Wheelchair	Finish	Oiso Prince Hotel	10Km	9:32	45 min

- Please find a course staff and ask for further instructions, if you decide to drop out of the race before reaching the next cut-off point. You can get on the sweep bus at the nearest cut-off point or wait for the sweep bus that follows the last runner.
- Participants who've dropped out of the race will be transported back to the event site. Please remember that it can take a long time due to traffic congestion.
- Due to traffic control, security and event schedule reasons, **full marathon runners must cross the start line within 30 minutes after the gun.** (Those who fail to do so will be disqualified.)
- A sweep bus will run at the very back of the pack at the exact pace to be in time for the last cut-off time (15:30 at the finish (Oiso Prince Hotel)). Runners who are unable to be ahead of the sweep bus will be disqualified even before reaching the next cut-off point and will be asked to get on the vehicle.
- Cut-off point locations and times may be changed depending on situations.

#### Water Stations:

- Please remember to rehydrate frequently.
- Participants cannot check personal drinks.
- For water station locations, please refer to the course map.
- All the water stations will be equipped with water and VAAM Water (sports drink). Water stations will also have some food items, such as VAAM, fruits (bananas and California Raisins), rice balls, cucumber slices, candies, chocolates, bread, salted plum, salt, etc. while the supplies last. Please remember that food items are only supplied in limited quantities.

#### Toilets:

- There will be portable toilets on the course (mainly near water stations and cut-off points). There will be signs indicating locations of toilets. Please make sure to use these facilities.
- Public excretion will be subject to disqualification.

## Medical Assistance:

- Each cut-off point will have medical tent with staffs.
- There will be medical staffs on the course, wearing white uniform and red cap. Also, cyclists with AED will be on the course. If you feel ill during the race, please stop running and find on-course staffs to seek help. Also, if you see someone who seems to be feeling ill, please notify on-course staffs.
- First-aid treatment will be provided at medical tent or on the course, but individual participants will be responsible for all the follow-up treatments. Please note that the event will not offer measures for injured runners to get back into the race, so **if you think that you'll need anti-cramp spray or sports tapes, make sure to have them with you.**
- Please make sure to bring your health insurance card or a photocopy of it to the event.
- **For participants with medical license, if you 'd like to wear a "doctor mark" that shows others that you are willing to help injured/ill runners on the course, please visit the medical tent set up by the finish gate.**
- **Please make sure that you are in a good condition on the race day by having a good night sleep, not drinking alcoholic beverage before the race day, etc. It is also advised to see your physician to check your health.**
- For those who have any of the following issues, it is advised to see your doctor to make sure it's safe for you to run the race.
  - Ⓞ Heart Disease (cardiac infarction, angina, cardiac myopathy, abnormal cardiac rhythm, etc.)
  - Ⓞ High Blood Pressure
  - Ⓞ High Blood Sugar Level
  - Ⓞ High Cholesterol / Neutral Fat Level
  - Ⓞ Smoker
  - Ⓞ Haven't Had Your Health Checked Out for More Than 1 Year
- If you are feeling ill before the race, please do not start. If you start feeling ill during the race, please stop the race and seek help.
- **Participants who have become unable to continue running without medical assistance, such as IV and wheelchair, will be deemed to have dropped out of the race and disqualified. The decision of whether they are able to continue or not will be made by a doctor or medical staff at the scene, giving considerations to health risks. Participants must accept this decision and follow instructions. In some cases, a doctor or medical staff will make sure that the participant understands that he or she will be disqualified before starting the treatment.**

### Guide Runners:

- Visibly impaired runners may have a guide runner (one guide runner per one participant). All the guide runners must be pre-registered, so please contact the race director (phone: 0463-70-6667 (business hours: 10:00 ~ 17:30 on weekdays)).

### Spectators:

- To ensure everyone's safety, spectators are asked to arrive at the nearest stations (Oiso Station or Ninomiya Station) no earlier than 8:30. Please note that spectators are not allowed in the event site before 9:00.

- The race director is not responsible for water or food provided outside of the official water/fuel stations. Please accept water or food from spectators at your own risk.

- Spectators are asked to stay away from Seisho Bypass, near the start gate or any of pedestrian overpasses. ※ Spectators are asked to be mindful of traffic and runners at other locations as well.

### Participation Prize:

- All the participants receive the event's original New Balance T-shirt.

- T-shirt's size is as selected at the time of registration. T-shirt size cannot be changed. For participants who didn't select their T-shirt size, "large" is provided for men, and "medium" is provided for women.

- Only finishers can receive finisher's medal.

- Finishers of Family Run will receive Family Run finisher's medal.

### Efforts to Make This Event Eco-Friendly:

**Let's make Shonan International Marathon an eco-friendly marathon!**

**~ Please help us separate recyclables from trash in the event site and also on the course.**

An initiative titled "Eco Friendship" was established with help of our eco-conscious sponsors. About 200 "Eco-Friendship" members will be assigned at various locations in the event site and on the course, calling for participants' cooperation to separate recyclables and trash.

Participants are asked to do the followings:

- Please take home what you have received at the event, such as bibs, safety pins, pet bottles, leaflets and samples provided at sponsor booths. If you don't want to take them home, please put them in the special collection box set up at the recycle station.

- Bags Used to Check Your Belongings during the Race

These bags are made from plastic bags used for pet bottle collection boxes in local communities. As for carbon dioxide emission, the event purchased carbon credits from Tohoku area to help Tohoku's disaster-recovery efforts through Carbon Minus Program※. Eco Friendship calls for recycling instead of throwing things away. Your cooperation for this effort will be much appreciated.

※ Domestic Carbon Credit : Energy Conservation Activities at Sendai Swimming School  
Minami Koizumi.

1. Put the enclosed “Bag Check Sticker” on the bag, and make sure to bring it to the event.
2. Make sure that all your belongings can fit in one bag.
3. After picking up your checked bag, please take it home to reuse it, or return it into the special collection box.
4. Bags returned in the collection box will be recycled for the next year’s check-in bags.

This project was planned by Shonan Boeki, a member company of Eco-Friendship

#### Lost and Found:

- If you find someone else’s belonging in the event site, please bring it to the general information booth.

- The race does not offer a service to pick up cloths left on the course. Therefore, items lost on the course cannot be retrieved on the race day. Items brought to the lost and found will be kept in storage for 1 month, and unclaimed Items will be discarded.

#### Inquiries:

Shonan International Marathon Race Administration Office

Business Hours – 10:00 ~ 17:30 (closed on Saturdays, Sundays and national holidays)

c/o Runners Wellness

438 Kokufu-Hongo, Oiso-machi, Naka-gun, Kanagawa

Phone: 0463-70-6667

FAX: 0463-70-6266

E-mail: [info@shonan-kokusai.jp](mailto:info@shonan-kokusai.jp)

Website: <http://www.shonan-kokusai.jp/>

**Inquiries Relating to Lodging:**

Please contact Nittsu Travel's Shonan International Marathon representative

Address:

Nittsu Travel, Group Sales Division, Sales Department -1

16-10 Fuyuki NEX Eidai Bldg 4F, Koto-ku, Tokyo 135-0041

Phone: 03-5809-9651 (9:30-17:30 on weekdays)

FAX: 03-5621-8291

For details, please refer to the event's website at <http://shonan-kokusai.jp/>

**RACE DAY CHECK LIST:**

- Bibs
- Timing Chip
- Bag-Check Sticker
- Designated Bag to Check Your Belongings
- Shoes
- Outfits
- Socks
- Hat
- Gloves
- Watch
- Extra Cover (Rain Wear, Poncho, etc.)
- Health Insurance Card
- This Program (Race Day Information)
- Drink
- Tissue Paper, Band-Aid, etc.
- Prepaid Train Card (Suica or PASMO)

(On the race day, the nearest stations to the event site are expected to be very crowded.  
Please make sure to have enough money charged in your prepaid card.)