

10. Race procedure:

- (1) Starting order
 - 1) The half marathon starts at 9:00 a.m. and the full marathon starts at 9:10 a.m.
 - 2) For both races, the first row consists of invited athletes and runners registered with industrial or student associations. Behind them are JAAF registered runners followed by general runners. General runners have a letter attached to their number cards, based on their race predicted times. The letters (A→B→C→D→E→F→G) correspond to blocks (marked with placards).
 - *General runners are assigned to block G if they do not indicate their predicted race time on the registration form.
 - *Please be sure to indicate your predicted race time correctly because it is not possible to change your starting position after the registration.
 - *Please note that the runners who are late for the starting line-up have to start from block G.
- (2) Checkpoints
 - 1) Checkpoints will be closed at the following times. Runners arriving after these times are not allowed to continue the race.

Checkpoints	Checkpoint 1	Checkpoint 2	Checkpoint 3	Checkpoint 4	Checkpoint 5
	H 5 km / F 5 km	H 8.3 km / F 8.3 km	F 13.7 km	H 10 km / F 19.3 km	H 15 km / F 24.3 km
	9:54 a.m.	10:19 a.m.	11:00 a.m.	11:40 a.m.	12:18 p.m.

Checkpoints	Checkpoint 6	Checkpoint 7	Checkpoint 8	Checkpoint 9	Finish
	H 19.1 km / F 29.4 km	F 33.5 km	F 37.3 km	F 39.9 km	H 21.0975 km / F 42.195 km
	12:56 p.m.	1:28 p.m.	1:58 p.m.	2:21 p.m.	2:40 p.m.

H = Half F = Full

- 2) Race officials may instruct any runners behind “DNF Notifiers” to finish the race at locations other than checkpoints (DNF Notifiers are running at a pace that will reach the checkpoint by the designated time).
- (3) Other procedures
 - 1) Full marathon runners should keep to the left and half marathon runners should keep to the right on the course in order to alleviate congestion at the junction.
 - 2) Distance indicators are set every 1km.
 - 3) Lap times are measured every 5km.
 - *Runner’s certificate indicates the gross finish time (gun timing) and lap time. Net finish time (chip timing) is also indicated as an unofficial record.
 - 4) Pacemakers run at the pace of 3.5-hour, 4-hour, 4.5-hour and 5-hour for full marathon.

11. Participation Memento, Finisher’s Memento

- (1) Participation Memento: All runners who participate the marathon will receive a memento. (The memento will be decided in early February. Please check the official website.)
- (2) Finisher’s Memento: Runners who complete the race within the allotted time will receive an original finisher's towel. Full marathon runners who complete the race will also receive a finisher’s medal.

12. Awards:

- (1) Awards will be presented in front of the main stand in Athletic Stadium to each runner who finishes between first and third places in both marathons in either male or female categories.
- (2) Runners who finish in the first, second and third places in each age division of each gender category (aged under 29, 30~34, 35~39, 40~44, 45~49, 50~54, 55~59, 60~64, 65~69, over 70) will be awarded a certificate and a medal at a later date (These will be sent to the runner's home address). In this case, net finish time (chip time) will be indicated.
- (3) The Hakodate Marathon is a partnership race of RUN as ONE - Tokyo Marathon 2021 (semi-elite, domestic).
The top 50 runners who clear the designated time and are a registered with JAAF Hokkaido will be recommended as semi-elite runners for the Tokyo Marathon 2021.

【Designated times】

[Full Marathon] Male: within 2 hrs 55 mins, Female: within 3 hrs 40 mins

[Half Marathon] Male: within 1 hrs 21 mins, Female: within 1 hrs 45 mins

- (4) Hakodate Marathon is MCC (Marathon Challenge Cup) event.
MCC is the project that supports all runners who will challenge to participate full marathons. Runners who join MCC events will receive following rewards:
 - 1) The runner who won the 1st place in full marathon with new record will earn a prize (maximum 1 million yen, depending on the record).

【The record】

Male: 2 hrs 18 mins 27 sec

Female: 2 hrs 46 mins 37 sec

- 2) Male runners who meet sub-3-hour and female runners who meet sub-3.5-hour will receive "MCC special record certificate".
- 3) Runners who complete a full marathon for the first time will receive "MCC special record certificate"
- 4) Personal Best Record Certificates are issued

*For more detail, check the MCC official web site; <https://www.marathon-cc.com>

13. Registration Period

- (1) On-line registration
Tuesday, February 25, 2020, 9:00 p.m.– Friday, April 17, 2020, 5:00 p.m.
*On a first-come-first-served basis
 - 1) Registration only (RUNNET)
 - 2) Registration with accommodation (JTB Sports Station)
- (2) Postal transfer (Half marathon only)
Wednesday, February 26, 2020 –Friday, April 17, 2020 [Transfer on April 17 is valid.]

*** Prior to general registration, "registration with accommodation" will be available from Monday, February 17, 2020, 9 p.m.**

14. Registration methods: **[For the residents in Japan]**



Please select one of the following three registration methods.

Please note that full marathon runners must register online (RUNNET or JTB Sports Station).

If you need accommodation, please select JTB Sports Station.

[For the residents outside of Japan]

Please register via JTB Sports Station.

Registration method	1)	Online (For half or full marathon) *Registration only *Not for the residents outside of Japan	RUNNET https://runnet.jp/ *Service fee is charged (5.5% of the registration fee)	QR-code You can access the site by using a corresponding cell phone.		Registration period	Tue, Feb 25, 9 p.m. – Fri, Apr 17, 5 p.m.
	2)	Advanced Online Registration (For half or full marathon) *Registration with accommodation	JTB Sports Station https://jtbsports.jp/	QR-code You can access the site by using a corresponding cell phone.			*2) Registration with accommodation is available from Mon, February 17, 9 p.m. *Registration period will end once capacity is reached.
	3)	Postal transfer (For half marathon only)	Please put the necessary information on the form, pay the registration fee and the transfer fee at Japan Post Bank or post office. Postal transfer is accepted only for half marathon, from Wednesday, February 26. Incomplete or indecipherable registration forms may not be accepted.				Wed, Feb 26 – Fri, Apr 17 (transfer on Apr 17 is valid)

*Registration period will be end once the capacity is reached for all registration methods.

*Registration made after the designated period is invalid and any fees paid, such as payment made after the postal transfer account has been closed, will not be refunded.

*Over payments or double payments will not be refunded.

*Changes or revisions of the registration information cannot be made after the registration. The marathon office will contact you only if a problem is found in the registration information.

*The organizer does not take any responsibility for any delays in the registration process due to postal circumstances and/or problems with internet devices or connections.

15. Entry number:

Select the entry number that is appropriate for you from the table below.

[Half Marathon]

	Invited, registered with industrial or student associations	JAAF registered	General
Male	01	03	05
Female	02	04	06

[Full Marathon] *Online registration only

	Invited, registered with industrial or student associations	JAAF registered	General
Male	07	09	11
Female	08	10	12

16. Registration rules: We ask those who join the event to accept the following rules before the registration.
- 1) Participants must make sure that they are not suffering from any cardiovascular diseases or illnesses, be mindful of their health, and undertake adequate training in preparation for the race.
 - 2) Participants must not ask the organizers to assume responsibility, under any circumstances, for any injuries, illnesses, accidents, thefts, or losses that occur during the race.
 - 3) Participants must follow the instructions of the organizers during the race, if the race is suspended at the organizer's judgement that there are obstacles to continue the race or if runners are temporarily stopped due to traffic conditions. Participants must also follow any other instructions regarding safety management and event administration given by the organizers.
 - 4) Participants must not reject receiving first-aid treatment if they are injured or become unwell during the race. Additionally, participants must not ask organizers to assume responsibility for the method or process of first aid.
 - 5) Participants must consent to the fact that their registration fee will not be refunded, under any circumstances, including in the case of withdrawal or non-participation after registration or cancellation due to earthquake, storms, floods, incidents, accidents or sickness.
 - 6) Participants must not falsely report their age or gender or compete in place of any other participants (illegal appearance). In such cases, the participation will be cancelled.
 - 7) Participants must agree that their personal information (ie: name, age, gender, record time, and images) that are appeared in films, photographs, articles, and records of the race, may be broadcasted, published, or used in newspapers, on television, on the website, or in leaflets. (The organizers have the rights to publish and use of the information.)
 - 8) Participants must consent to their personal information being handled in accordance with a separate policy entitled "Privacy Policy", specified by the organizers.

17. Privacy Policy: The organizers recognize the importance of personal information, comply with General Data Protection Regulation (GDPR), the Act on the Protection of Personal Information and related laws of Japan. Laws regarding the protection of personal information and associated acts of parliament are strictly adhered to. Personal information is handled according to the organizers' personal information protection policy. Participants' personal information will be used in the following ways, with the aim of improving service.
- 1) Sending things like number cards, participation memento coupons, related information, and information about next year's race
 - 2) Publishing things like participants' names and ages in the race program, on the website, in newspapers etc.
 - 3) Providing services from race sponsors, supporters, and related organizations
 - 4) Announcing record times for the race
 - 5) Providing names, genders, dates of birth, and race records to the Tokyo Marathon Foundation
Additionally, participants may be contacted by the marathon office or entry center to confirm details of their registration. If you do not want to provide your personal information to others, please contact the marathon office.

18. Accommodation: You can make accommodation reservations from Tuesday, February 25, 9 p.m. via JTB Sports Station. (<https://jtb sports.jp/>)



19. Number card: [For the residents in Japan]
- (1) Number cards will be sent to the runners by June 21 along with a coupon to receive participation mementos. Number cards will not be issued the day before or the day of the marathon at the stadium.
 - (2) A runner's chip is attached to each number card. Please do not remove it before the race.
 - (3) Please be sure to return the runner's chip in the return envelope enclosed with the number cards if you do not participate on the day (If the chip is not returned, the runner will be requested to pay 2,000 yen for reimbursement).

- [For the residents outside of Japan]
- (1) JTB Sports Station users must issue "Number card voucher" from "My page" at JTB Sports Station website and bring it to the information desk for international runners in front of the stadium on July 4. You can pick up your number card there.
 - (2) For the other participants, please come to the information desk for international runners and pick up your number card by showing your ID.

- (1) Please do not participate if you have been deemed unfit on a physical exam.
- (2) We are unable to accommodate runners who are wheelchair users.
- (3) Please use public transportation to come to the stadium. There is no parking space available.
- (4) There is a baggage drop area for your belongings at the stadium.
Personal belongings that fit in a designated bag (70cm X 50cm) can be left at the baggage drop area with your number card. Please note that we will not be responsible for your valuables. You can use paid service for bigger baggage (¥500 per baggage).
- (5) There are many rest rooms set up in and around the stadium and along the course.
- (6) There are 16 aid stations for full marathon (food supply is available at 7 of them) and 8 stations for half marathon (food supply is available at 4 of them) including water supply at starting and finishing points.
- (7) Hakodate Marathon Omotenashi Festival will be held near the stadium. Runners are welcome to enjoy free food and beverages after the race.
- (8) Please check the website below for race records.
<http://www.lap.co.jp> (planned to be updated by July 8)
(A hard copy of the record times of all participants will not be published.)
- (9) Runners who have become ill or who are injured during the race may be transported to a hospital by ambulance if deemed appropriate by the medical staff or marathon officials. Such individuals will be charged for treatment at the hospital. If you do not have medical insurance, medical fees may be quite expensive. You are recommended to purchase travel accident insurance that will cover medical costs in Japan. Runners who are transported to the hospital and runners who receive an intravenous drip at aid stations will be considered as DNF and will not be allowed to continue the race.

© Outfit

The outfit must be suitable for running. Clothes that cover your face, that are offensive to others, or that pose a risk to others are prohibited. If the outfit is considered to be inappropriate for the event at the discretion of the organizers, the runner may be disqualified prior to or during the race.

Inquiries about the race

The Hakodate Marathon Committee Office

Sports Promotion Section, Hakodate City Board of Education, 4-13 Shinonome-cho, Hakodate City 040-0036

Tel: 0138-21-3576 Fax: 0138-27-7217

Inquiries about entry (Sorry, in Japanese only)

Hakodate Marathon Entry Center

Lap System, 236-1-102, Kochi, Hiratsuka City, Kanagawa 254-0903

Tel: 0463-35-6691 Fax: 0463-35-6640

Inquiries about JTB Sports Station

JTB Operation Center

8F Urban Net Sapporo bldg., North1 West6, Chuo-ku, Sapporo City 060-0001

Tel: 011-221-4800 Fax: 011-222-5102 Email: jtb-mice@hkd.com

Official Website

Search for “Hakodate Marathon” or go to <https://hakodate-marathon.jp/>

*Information on 2020 Hakodate Marathon is updated regularly.