

KYOTO MARATHON 2024



Participation Guide

Thank you for applying for the Kyoto Marathon 2024. Please read through this guide so you will be prepared ahead of time and able to perform at your best on race day. All staff and volunteers for the Kyoto Marathon are looking forward to meeting you.

Event Schedule

Runner Check-in	February 16 (Fri.)	11:30–20:00 (Last entry)	● Runner Check-in ● Okoshiyasu Welcome Square	Miyakomesse 1F and 3F
	February 17 (Sat.)	10:30–19:00 (Last entry)		
On the Day of the Event	February 18 (Sun.)	6:50	Changing Rooms / Changing Area Open	Nishikyogoku Athletic Park
		6:50–8:15	Baggage Check-in	Nishikyogoku Athletic Park
		8:00–8:44	Runners Lineup	S-G Block: TAKEBISHI Stadium Kyoto (Athletic Stadium)
		8:45	Starting Ceremony	S-G Block: TAKEBISHI Stadium Kyoto (Athletic Stadium)
		8:55	Wheelchair Race Start	H-K Block: Toji Housing Field Nishikyogoku (Sub-Athletic Stadium)
		9:00	Marathon and Pair-Ekiden Start	H-K Block: Toji Housing Field Nishikyogoku (Sub-Athletic Stadium)
		13:00	Marathon Award Ceremony	Miyakomesse 3F
15:00	Marathon and Pair-Ekiden Finish	In front of Heian-jingu Shrine		

Latest Information / Inquiries, etc.

Official event website

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

Contact

Email: jtbss@jtb.com

Final decision of the event

Final decision date and time:
February 18 (Sun.)
5:00

The Kyoto Marathon will be held rain or shine, but in the event of a disaster, severe weather, high water, etc. the marathon may be canceled. Announcements on whether the event will be held or canceled will take place on the day of the marathon (February 18) as below.

Web 5:00 on the official marathon website: <https://www.kyoto-marathon.com>

Radio stations 5:00 on α-STATION (FM Kyoto) FM89.4MHz

Around 6:10 on KBS Kyoto Radio AM1143KHz/FM94.9MHz

*If the marathon is canceled, an announcement will also be made on the Kyoto City Information website: <http://www.city.kyoto.lg.jp/>

Runner questionnaire

In order to keep improving the Kyoto Marathon, we need your feedback. After you complete the Kyoto Marathon, please complete the survey sent to you via email from JTB. We appreciate your cooperation.

Runner Check-in – February 16 (Fri.) / February 17 (Sat.)

Date and Time

Check-in hours extended for one hour on Friday

February 16 (Fri.) **11:30–20:00 (last entry)**

February 17 (Sat.) **10:30–19:00 (last entry)**

*No check-ins will be allowed after the above closing times, even if public transportation is running late. Please leave yourself plenty of time.

***No check-ins will be accepted on the day of the event, Sunday, February 18.**

- **Each runner must show up in person for check-in (no proxy check-in).**
- Any participant with a disability who intends to run with an escort runner is required to bring their physical disability certificate or rehabilitation certificate, and **must be accompanied by the escort runner** when checking in.

Venue

Miyakomesse 1F

(Miyakomesse: 9-1, Okazaki Seishoji-cho, Sakyo-ku, Kyoto City)

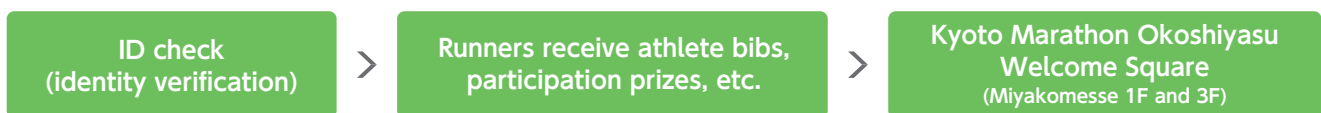
Finish area on day of event



What to Bring

- Please print or take a screenshot of the email **“Final message about participation”** and bring it to the race.
*The email contains a link to a written pledge. Please print and sign this pledge, fill in your emergency contact details, and present it to an event staff member.
- Personal Identification (*original documentation only/copies not accepted)**
Please be sure to bring either your passport or residence card.

Runner Check-in Flowchart



What to Receive at Runner Check-in

1 Athlete bib (marathon bib)

Registered	Front (with timing chip) OMRON S 1001 MUFG 三菱UFJ銀行	Back OMRON S 1001 MUFG 三菱UFJ銀行	General	Front (with timing chip) WACOAL F 30001 JAグループ京都	Back (message bib) WACOAL F 30001 JAグループ京都	Nickname marathon bib	WACOAL J KYO花子 30001 佐川急便
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- Athlete bibs (marathon bibs) will not be reissued. **Be sure to attach them to your chest and back. Runners who do not have both attached will be disqualified.**
- For those participating with an escort, their escort will be given an escort athlete bib.
- You will be given a sticker for your bag for personal items (see 2), safety pins (8), a pre-start checklist, and a timing chip return envelope as well.

2 Kyoto Marathon Bag sticker



- **Please be sure to apply the sticker in the center of the baggage bag (see 3) the day before.**
- We recommend that you apply the sticker before putting in baggage.

3 Kyoto Marathon Bag for personal items



- Baggage checked in at the Starting Area will be returned at the Finish Area.
- **Please tie the cord at the mouth of the bag tightly so that the contents do not come out.**
- **Your baggage must not contain valuables, fragile items, living things, long umbrellas (foldable umbrellas are acceptable), hazardous items, etc.** Please note that we cannot accept responsibility if valuables are lost. Please also understand that due to security reasons, or at the request of the organizer, bags may be opened and inspected without the runner's permission.

- Items that don't fit in the baggage bag can be sent for a fee to the Finish Area or your home (in Japan only) at the baggage check-in area located at the Starting Area.

4 Participation prize: Kyoto Marathon 2024 Original Neck Gaiter



- More functional than a neck warmer and super-quick drying. Can cover all the way to your mouth for adjustable warmth control.
- Please also wear it as a measure against the cold on the day of the event.

5 Event program



- Official program includes various information about the event, such as a participant list, precautions, a roadside support map, etc.

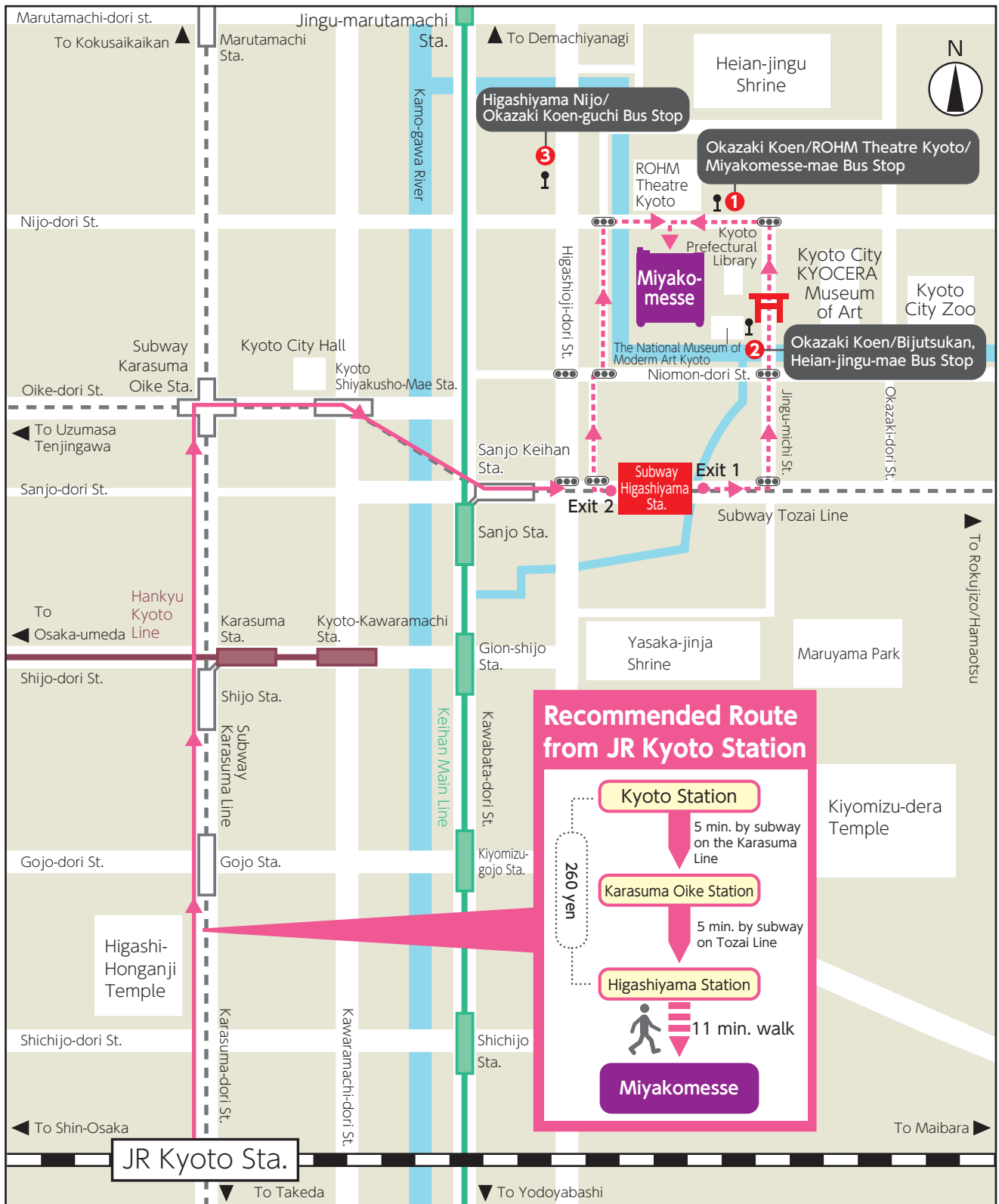
6 Poncho



- Free ponchos will be distributed together with the other items to help runners combat the rain and cold weather on the day of the race.

Access to the Check-in Area - February 16 (Fri.) / February 17 (Sat.)

Please be sure to come by public transportation.



Recommended Route from JR Kyoto Station

- Kyoto Station
- 5 min. by subway on the Karasuma Line
- Karasuma Oike Station
- 5 min. by subway on Tozai Line
- Higashiyama Station
- 11 min. walk
- Miyakomesse

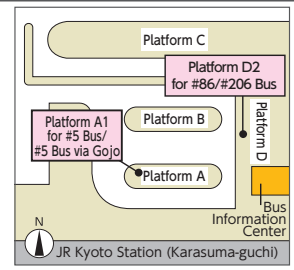
260 yen

Using Kyoto City Buses from Hankyu Kyoto-Kawaramachi Sta. (230 yen)

- #32 Bus towards Heian-jingu Shrine/Ginkaku-ji Temple
- #46 Bus towards Gion/Heian-jingu Shrine
- A short walk from the stop ① (Okazaki Koen ROHM Theatre Kyoto/Miyakomesse-mae)
- #5 Bus towards Ginkaku-ji Temple/Iwakura
- A short walk from the stop ② (Okazaki Koen/Bijutsukan, Heian-Jingu-mae)
- #31 Bus towards Takano/Iwakura
- #201 Bus towards Gion/Hyakumanben
- #203 Bus towards Gion/Kumano/Ginkaku-ji Temple
- Get off at the stop ③ (Higashiyama Nijo/Okazaki Koen-guchi) and walk approx. 5 minutes.

Using Kyoto City Bus from JR Kyoto Sta. (Karasuma-guchi) (230 yen)

- #86 Bus towards Gion/Heian-jingu Shrine
- #5 Bus/#5 Bus via Gojo towards Ginkaku-ji Temple/Iwakura
- A short walk from the stop ② (Okazaki Koen Bijutsukan, Heian Jingu-mae)
- #206 Bus towards Gion/Kitaoji Bus Terminal
- Get off at the stop ③ (Higashiyama Nijo/Okazaki Koen-guchi) and walk approx. 5 minutes.



Tea rooms and stalls from famous Kyoto restaurants are back for the first time in four years!

There are also a variety of booths from our event sponsors, along with demonstrations and workshops by artisans from traditional industries. Everyone is welcome including the runners, so feel free to bring friends and family, too!

*On race day, Sunday, February 18, this area is for the exclusive use of runners.

おもてなし屋台 Omotenashi Stalls

Famous Kyoto restaurants will welcome visitors with a wide variety of delectable cuisine, so be sure to arrive with a healthy appetite.



Used Clothing Collection

In a collaboration with the RELEASE ⇄ CATCH project for collecting and recirculating used clothing, we will accept items of clothing that you no longer need to be passed on for reuse. We all have clothes that we no longer wear or that no longer suit us, but throwing away clothes that are still perfectly wearable is such a waste, so please bring them along and we'll take them off your hands!



Image is for illustrative purposes.

Ticket sales for the temporary city buses traveling directly to the starting area from JR Kyoto Station

6:25-6:50 (taking approx. 15-20 min)

*Kyoto City Bus, Kyoto Station Bus Terminal - departing from C5 (Non-stop service, anticipated availability 35 buses)

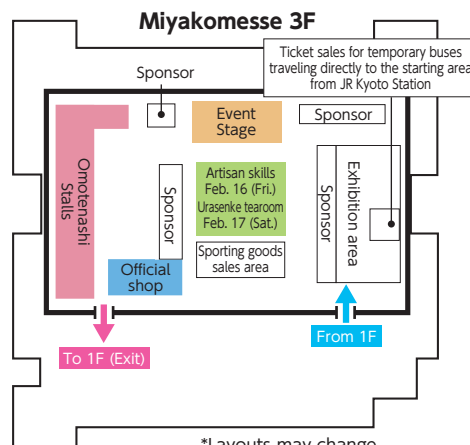
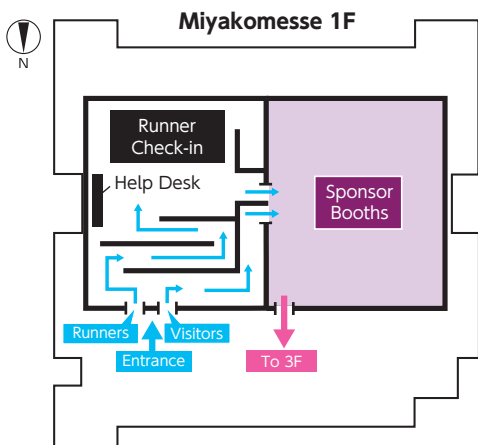
Tickets (230 yen) will be on sale at the Kyoto Marathon Okoshiyasu Welcome Square (Miyakomesse 3F).

*Buses will be fixed route buses thanks to the cooperation of the Kyoto Municipal Transportation Bureau.

*Please be aware that tickets will not be sold on the day of the race.

*During crowded times seats may not be available.

First 1,750 passengers only

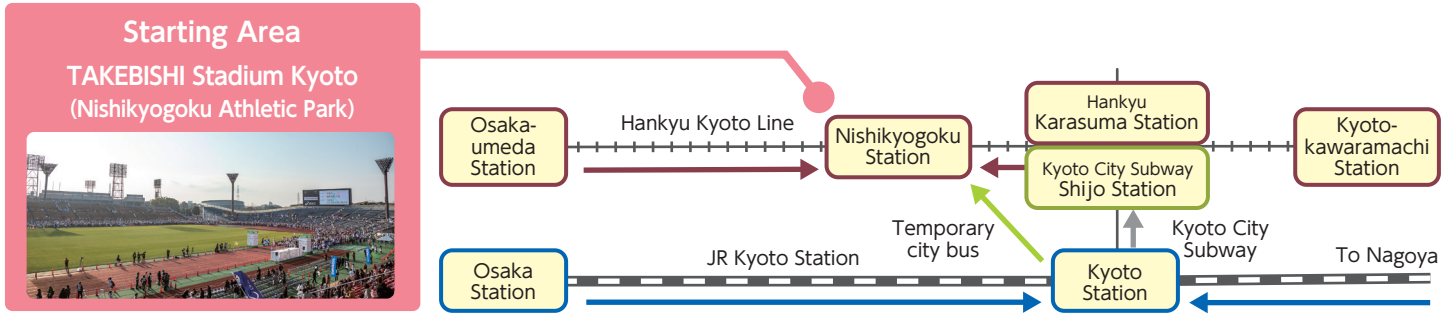


*Layouts may change.

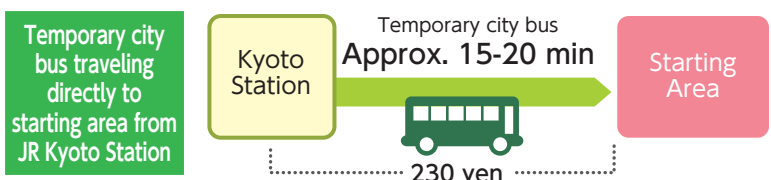
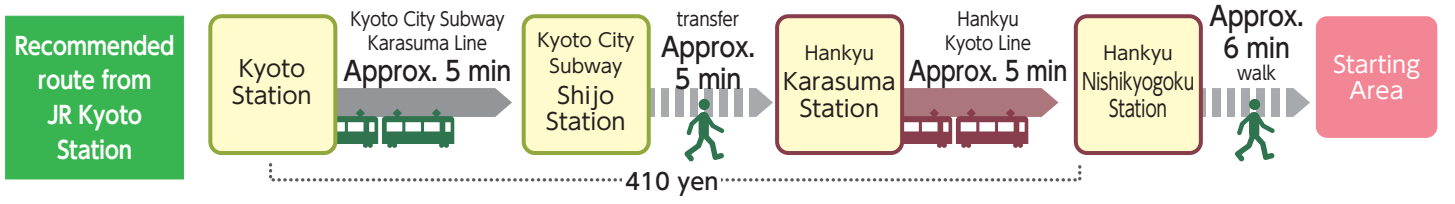


Access to the Starting Area - February 18 (Sun.)

Please allow plenty of time to reach the starting area (as organizers of the race will not be responsible for public transportation and road delays).

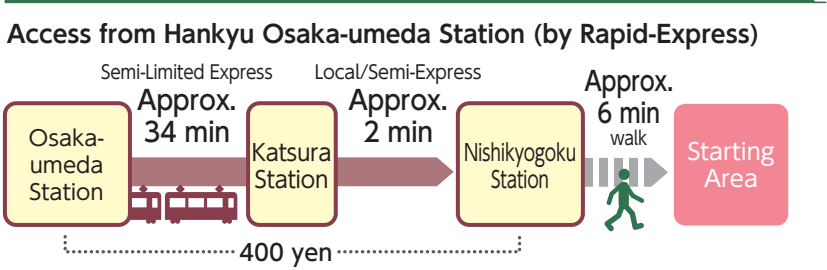


Access to the Starting Area from JR Kyoto Station

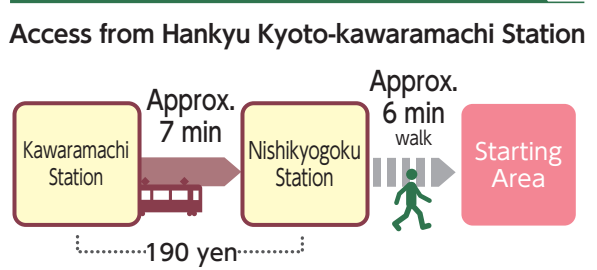


Please purchase in advance a ticket for the temporary city bus traveling directly to starting area from JR Kyoto Station. See p.3 for details.

Access to the Starting Area from Hankyu Osaka-umeda Station



Access to the Starting Area from Hankyu Kyoto-kawaramachi Station



Access to Hankyu Nishikyogoku Station (according to February 18 (Sun.) timetable) **Scheduled**

	Kyoto-kawaramachi Sta. (Dep.)	Karasuma Sta. (Dep.)	Omiya Sta. (Dep.)	Sain Sta. (Dep.)	Nishikyogoku Sta. (Arr.)
Local	6:24	6:26	6:27	6:29	6:32
Semi-Express	6:28	6:30	6:31	6:33	6:36
Semi-Limited Express	6:35	6:37	6:38	6:40	6:42
Local	6:37	6:39	6:41	6:43	6:45
Local	6:44	6:46	6:47	6:49	6:52
Semi-Limited Express	6:49	6:51	6:53	6:55	6:56
Semi-Express	6:52	6:54	6:56	6:58	7:00
Semi-Limited Express	6:59	7:01	7:02	7:04	7:06
Semi-Express	7:03	7:05	7:07	7:09	7:11
Semi-Limited Express	7:10	7:12	7:13	7:15	7:17
Semi-Express	7:14	7:16	7:17	7:19	7:22
Semi-Limited Express	7:20	7:22	7:23	7:25	7:27
Semi-Express	7:23	7:25	7:26	7:28	7:31
Semi-Limited Express	7:30	7:32	7:33	7:35	7:37
Semi-Express	7:34	7:36	7:37	7:39	7:42
Local	7:37	7:39	7:41	7:43	7:45
Semi-Limited Express	7:41	7:43	7:45	7:47	7:49

All trains departing from Kyoto-kawaramachi Station from 6:24 to 7:41 (including Semi-Limited Express trains) are scheduled to stop at Nishikyogoku Station.

Cards that can be used on Hankyu Railway

Major IC cards such as PiTaPa, ICOCA, Suica, PASMO, and TOICA can be used.

Important

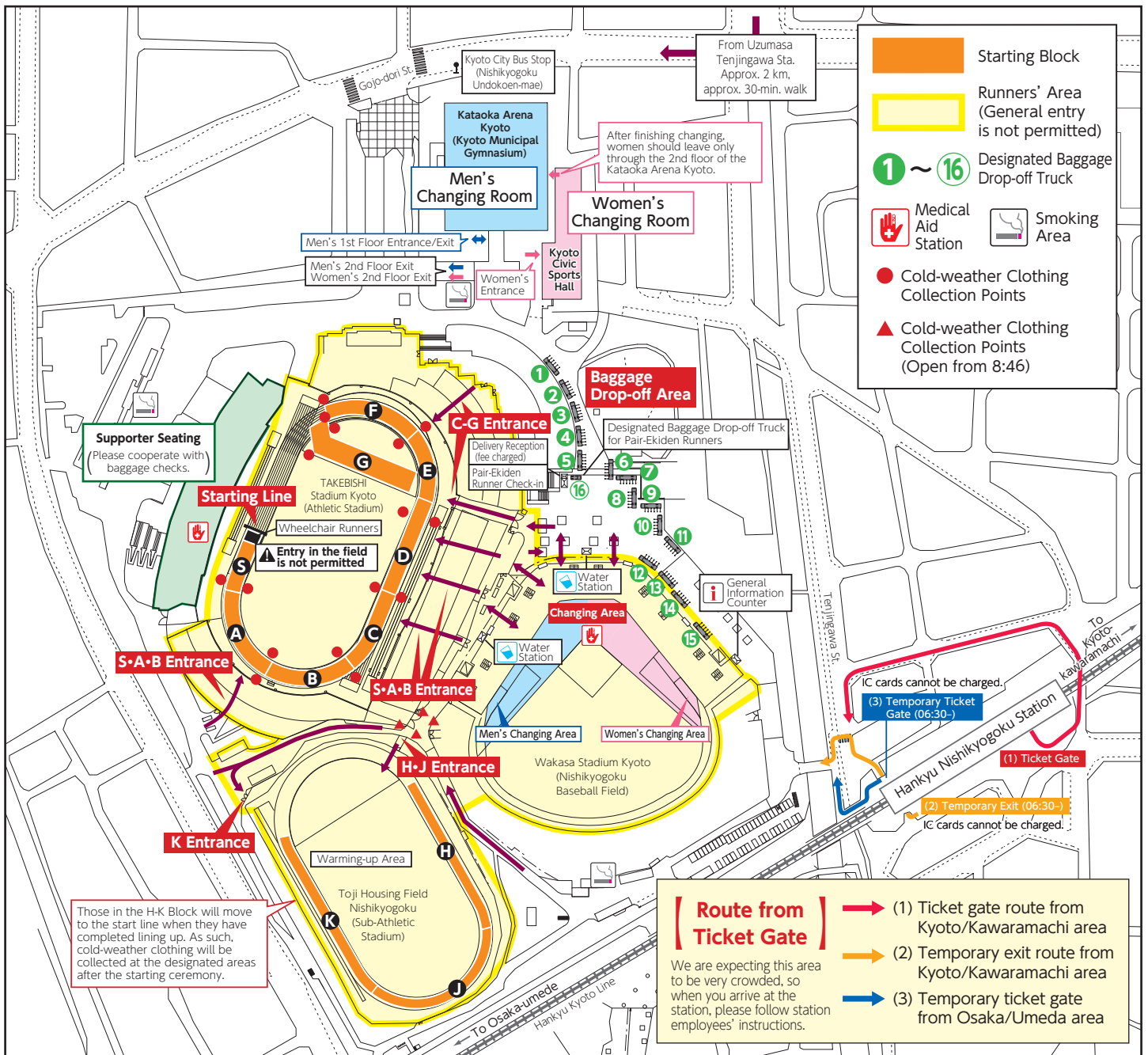
Public transportation timetables are subject to change; please check in advance.
*Please note that you cannot take part in the race if you are late for the start.

Trains departing from Osaka/Umeda will run on the normal Sat/holiday timetable, with the addition of the following Semi-Limited Express trains listed below which are scheduled to make a special stop at Nishikyogoku Station.

	Osaka-umeda Sta. (Dep.)	Juso Sta. (Dep.)	Awaji Sta. (Dep.)	Ibaraki-shi Sta. (Dep.)	Takatsuki-shi Sta. (Dep.)	Nagaoka-tenjin Sta. (Dep.)	Katsura Sta. (Dep.)	Nishikyogoku Sta. (Arr.)
Semi-Limited Express	6:15	6:18	6:23	6:31	6:36	6:44	6:50	6:51
Semi-Limited Express	6:29	6:32	6:37	6:45	6:50	6:58	7:04	7:05
Semi-Limited Express	6:43	6:46	6:51	7:00	7:05	7:13	7:20	7:22
Semi-Limited Express	—	—	—	7:06	7:12	7:21	7:26	7:27
Semi-Limited Express	6:59	7:02	7:07	7:16	7:21	7:29	7:34	7:36
Semi-Limited Express	7:13	7:17	7:22	7:30	7:35	7:43	7:48	7:50

Not recommended

Starting Area



Until the Race Starts

(1) Changing Clothing (6:50-8:30)

Thanks to the cold-weather clothing collection points, runners can wear warm clothing up until the race starts!

- Changing Area (Unisex) Wakasa Stadium Kyoto (Nishiyogoku Baseball Field)
- Men's Changing Room Kataoka Arena Kyoto (Kyoto Municipal Gymnasium)
- Women's Changing Room Kyoto Civic Sports Hall 2nd-floor Gym

Please use this area for light changes, such as taking off your outerwear.

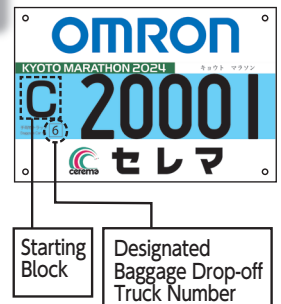
(2) Designated Baggage Drop-off (6:50-8:15)

Make sure you have everything you need to hand, and head to the baggage drop-off point! Check the bottom right of your athlete bib to see your drop-off truck number!

- *Items will not be accepted outside of the above time period.
- *Checked bags are not available until the end of the race.
- *Please understand that due to security reasons, or at the request of the organizer, bags may be opened and inspected without the runner's permission.

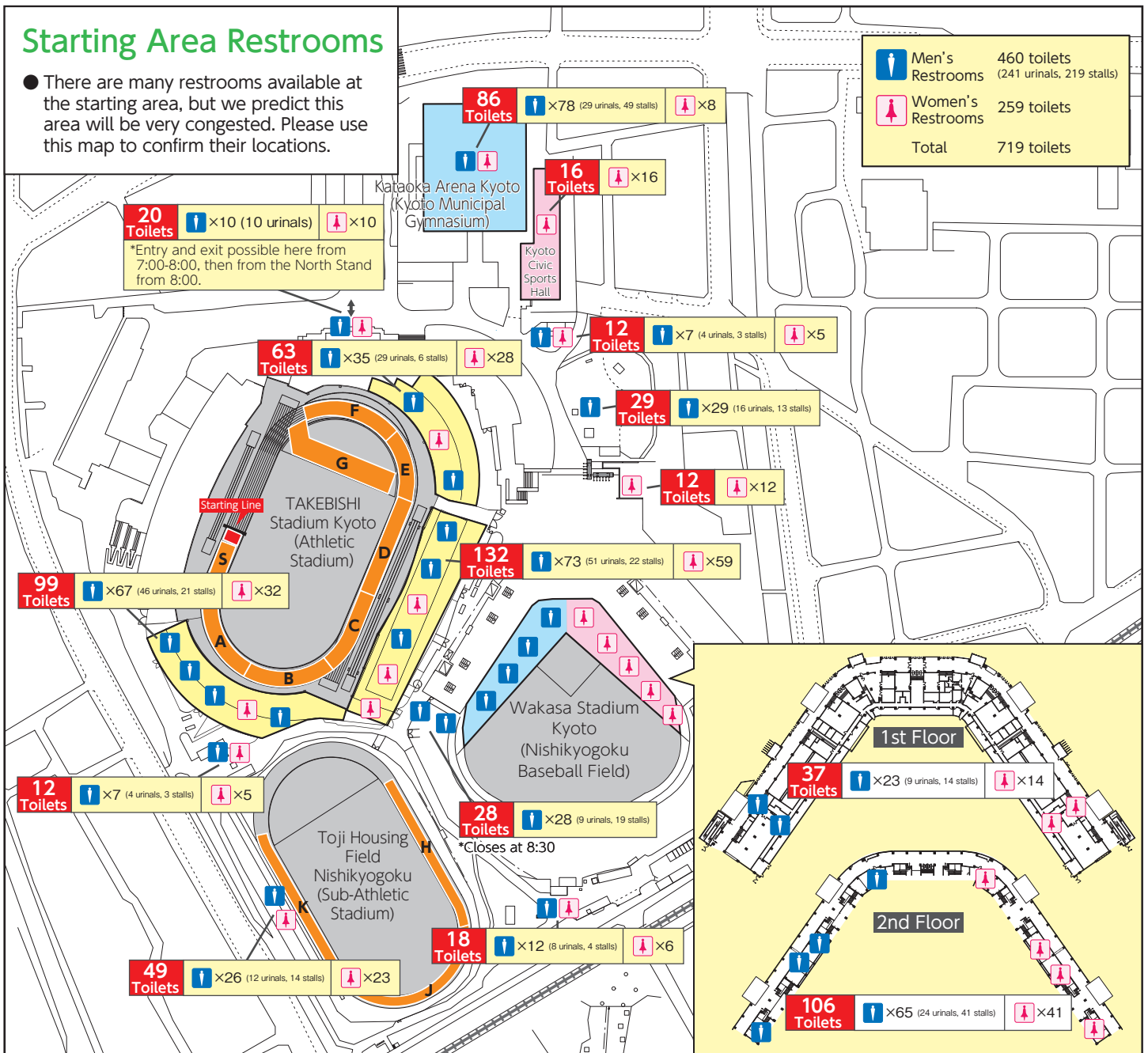
Recommended items to carry

- Around 1,000 yen in cash (in case of emergencies, or for transportation fees for train, bus, etc.).
- Cold-weather clothing: Clothing that could be collected to be reused or recycled (refer to the next page).



Starting Area Restrooms

● There are many restrooms available at the starting area, but we predict this area will be very congested. Please use this map to confirm their locations.



(3) Starting Block (8:00-8:44)

It's time to line up at your starting block. Check the left of your athlete bib for the letter of your starting block.

Important Information

- **8:44 is the closing time for runners from every block to be at the starting line. Please give yourself extra time to reach your starting block area.**
- If you do not reach the lining-up area before this time you risk being placed at the back of the line.
- **If you miss the start time, you will not be allowed to participate.**

(4) Starting Ceremony (8:45)

[Collecting of Cold-weather Clothing]

- **In order to keep warm before the start signal is given, you can wear a sweater, jacket, or other clothing that you don't need any more while each block is being readied.**
- Please hand in your clothing at the collection point, clothing will also be collected after the start of the Wheelchair Race at designated collection points, or by staff carrying bags for clothing collection.
- **Clothing that is collected will be donated for reuse or recycling, it will not be returned.**
- Your athlete bibs (marathon bibs) must be shown to the staff at the AD check gate and at the entrance to your starting block.
- The poncho you received at check-in should be thrown away into garbage bins, not into the clothing collection areas.

Start

8:55
Wheelchair
Race
Start

9:00
Marathon
and
Pair-Ekiden
Start

Important Points before Starting

- The Kyoto Marathon is managed under the Japan Association of Athletics Federations regulations 2023 as well as the rules specific to the Kyoto Marathon 2024.
- Proxies for applicants will not be permitted.
- If there is an emergency during the marathon, emergency measures will be conducted. Compensation for injuries that occur during the marathon will fall under the purview of the marathon's insurance.

Health Check

- Please check the pre-start checklist, which will be distributed when you check in, and if you do not feel well, do not force yourself to compete in the race.
- During the race, if at any time there are any unusual changes to your physical condition, please withdraw and do not try to complete the race.
- If you have just recovered from COVID-19, influenza or another contagious disease, or if you are undergoing treatment or a close contact of someone who has tested positive (those under health observation) you will not be permitted to participate in the race.

Clothing

- Please run in **clothing where your athlete bib is visible** at all times.
- To ensure the safety of the 16,000 people running, **costumes are prohibited.**
*This is due to the fact costumes may make it difficult to confirm the safety of runners and prevent swift emergency treatment.
- The wearing or display of any advertisements for companies, products, trademarks, etc. at the marathon venue and on the course is not permitted.
- Weather conditions on the day of the race may vary, and the changing area on the day of the race might be very crowded. We ask participants to wear most of the clothes they plan to wear in the race from their residence or lodging to the venue, and recommend that they use the changing rooms primarily to remove cold-weather clothing.

Measures Against the Cold **Check!**

While you are racing in harshly cold weather, there is potential for hypothermia. Each person should take measures to ensure they are protected against the cold.

<Clothing>

- Please use the participation prize Kyoto Marathon 2024 Original Neck Gaiter as a headband or neckwarmer.
- Arm warmers, long tights, and other cold-weather clothing can be very helpful.
- T-shirts (long-sleeved, etc.) made of cotton might not dry quickly when you sweat. We recommend wearing a fast-drying polyester material.

<Poncho>

- A transparent poncho can help against the cold, and it is helpful as your athlete bib (marathon bib) will still be visible. If you would like to throw either away during the race, please place it in a garbage box along the course.
- Transparent bags with holes for the head and arms will be handed out as ponchos at runner check-in. (details on p. 1)
- Please use the cold-weather clothing collection area at the starting area. (details on p. 6)

<Hot Cream>

- To retain body heat, hot cream can be used on thighs, back, upper arms, calves, etc.

■ What is hypothermia?

Hypothermia is a condition in which your core body temperature is lower than 35 degrees Celsius. Hypothermia is possible while running; this can happen for a variety of reasons, such as slowing your pace or loss of energy. Please be aware of this and take proper precautions.

Starting Line

- To enable a safe and smooth start, regardless of individual or group entry, or whether you are registered with the Japan Association of Athletics Federations, **the starting block is ordered based on runners' recorded times registered at the time of application. The last block is made up of runners who did not report an estimated time.**
- You cannot start from a block ahead of your designation. However, you are free to start from a block departing after your designated block. The blocks have been determined based upon the priority order shown on the right, irrespective of group entries. For those wishing to start in the same block, please join the block of the lattermost runner.

■ Priority order for the starting blocks

- (1) Runners who have registered a personal best time within the previous four years (starting blocks are ordered by these times)
- (2) Runners who have registered a predicted time (starting blocks are ordered by these times, after (1))
- (3) Runners who have registered neither a personal best time nor a predicted time

Weather records for the last five years on February 18 (weather records from the Japanese Meteorological Agency)

Year	General Weather Conditions	Temperature (°C)			Precipitation Amount (mm)			Wind speed (m/s)			Daylight (h)
		Avg.	High	Low	Total	Maximum		Avg.	Max.	Peak Gusts	
						1-Hour Period	10-min Period				
2017	Sunny then slightly cloudy	6.7	14.8	0.0	0.0	0.0	0.0	1.6	4.7	8.0	9.3
2018	Cloudy with sunny spells	6.1	12.0	0.8	0.0	0.0	0.0	1.4	2.9	4.7	6.2
2019	Cloudy with sunny spells	6.4	11.5	4.1	0.0	0.0	0.0	2.3	7.0	12.2	4.3
2020	Rainy	11.7	14.2	9.5	20.0	3.5	2.0	1.8	6.0	9.5	0.0
2023	Cloudy with some showers	7.5	9.9	3.8	1.0	0.5	0.5	0.8	1.7	2.7	0.0

Marathon Course: Important Points

Pace Runners

- To set your running pace, four or five Pace Runners (wearing a bib & balloon) will set the pace based on the following six times.
- Pace Runners will aim to achieve their indicated time from the start to finish line. **However, these are estimated times, and actual times may differ.**

Indicated time 3 hr 30 min / 4 hr / 4 hr 30 min / 5 hr / 5 hr 30 min / 6 hr

- **Pace Runners will use the same services (toilets, water stations, etc.) as other runners.**

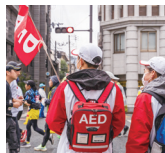


Medical Aid

- There are two medical aid stations at the starting area, 10 stations along the course, and three stations at the finish area.
- There will be a doctor and a nurse at each medical aid station; if you feel unwell at any time, please go immediately to a medical aid station.
- If a doctor or marathon official decides it is unsafe for you to continue the marathon for any reason, please follow their instructions.
- **Medical aid stations are set up to provide life-support and emergency medical care for injuries and illnesses that occur during the race.** The Kyoto Marathon is not responsible for any aftercare/ follow-up treatment, and it is the responsibility of the individual to make sure they obtain proper medical care after the Kyoto Marathon.
- Medical aid stations will not carry any over-the-counter medicines (stomach medicines, cold medicine, etc.)
- **Please be aware that taping, compressing, and cold spray will not be provided.** If necessary, please make provisions for yourself.
- Every 400 m along the course there are staff members (wearing red staff jackets) with AED devices. **If a runner near you suddenly collapses**, please coordinate with other runners and staff by checking that the area is clear and **in a loud voice call for medical aid staff or run to get medical aid.** Bystanders' help is very important to save someone's life.



Signs for Medical Aid Station



Course Width

- Please be aware that the course narrows in places, such as from the Botanical Gardens (approx. 27 km mark) and along the riverbank (approx. 29 km mark). **If your pace begins to slow to a walk, please stay alert and look for signs directing you on which side to walk.**



Distance Markers

- Distance markers are displayed on the left side of the course (generally) every kilometer, with signs for the midpoint and to count down from the last five km.



Signs for Distance Marker

Possible Interruptions

- **Should any emergency, such as a fire or accident, occur during the marathon, it is possible that emergency vehicles may have to pass through the course.**
- **If a situation like this occurs during the marathon, runners may be asked to stop, please follow all instructions from marathon staff. Please be aware that your time cannot be corrected to remove the time during which you were stopped.**
- **In the event of a J-Alert surrounding Kyoto City, the race may be temporarily stopped until safety can be confirmed.**

Pedestrian and Bicycle Crossings

- In 13 places along the course there will be special crossing areas, which will allow runners to continue running with minimal stopping and at the same time allow pedestrians/cyclists to cross (fenced-in traffic islands: see p. 11-12). In these portions of the course, staff will divert you left or right. Please pay close attention to all staff members' instructions in these areas.
- **Please be aware that here are other crossing locations where you might need to slow or stop depending on the conditions. We appreciate your cooperation.**

Time Restrictions: Closing Times

- For transportation, security, and general marathon operational constraints, closing times will be enforced for each section of the marathon (details on p. 11). If you do not reach the next section before it closes, you will not be allowed to continue the race. **After a section closes, remaining runners must follow signs displayed by marathon officials or staff and quickly move to the sidewalk.**
- On any section of the course, if you have fallen behind considerably or are considered clearly unable to make the next gate or finishing line before the time limit, you may be instructed by marathon officials to stop running even if there is time remaining. **If you are instructed to stop running, please make your way to the sidewalk as quickly as possible.**
- If you get closed out, stop running, or withdraw along the way, please make your way to the finish area at Miyakomesse by one of the procedures shown below.
 - ① Please go to the nearest closing point to board a bus to the finish area.
 - ② Get on the marathon tracking bus farthest in the rear.



Signs for closing times

Water Station & Food

- There are 14 water stations on the course.
- **Water is provided on multiple tables at the water stations. At each table is a sign indicating its position (for example, "3/5" indicating that it is the third of five tables), so please do not rush, and try to take drinks from tables in the back rather than in the front.**
- Regardless of the weather, prevent dehydration by taking appropriate amounts of water and sports drinks during the race.
- Be sure to throw paper cups and food garbage in the bin and do not litter on the road or riverbank.
- We cannot accept requests for special drinks.
- We cannot be held responsible for food/drinks provided in any private station outside of the official food & water stations.
- **Each water station features a dedicated water point for those with their own cups or bottles.**
*With the exception of the 1st and 12th water stations.
- Tissue paper is also provided to wipe your hands or mouth.
*Provided at food station tables.
- Some food station items are individually packaged.
- There is a limit to the number of items that can be provided, so please bring your own gels or other foods as necessary.



Drinks (Water) Drinks (Sports drink)

Food

List of Food/Drinks Provided

Product name	Source	Picture	Product name	Source	Picture
Water (still)	Suntory		Soft Yatsuhashi rice cakes	Kyoto Yatsuhashi Commerce and Industry Cooperative	
Sports drinks	Otsuka Pharmaceutical		Ramune candy	Kasugai Seika	
Salt charge tablets	Kabaya		Small Senju Sembei (matcha flavor)	Kyoto Confectionery Kogetsu	
Bananas	Kyoto Yaoichihonkan		Strawberries	Kyoto Yaoichihonkan	
Mini Salad (rice crackers)	Sanko Seika		Cherry tomatoes	Kyoto Yaoichihonkan	
Choco Crunch	Buburu		Miyako Kombu vinegared seaweed	Nakano Bussan	
Mocchi Mamepan (soft bean bread)	Yamaichi Bakery		Kyobaum cake	Bijuu	
Soft chocolate bread	Yamaichi Bakery		Onigiri rice balls using Kyoto rice	JA Kyoto	
Mini croissant	Yamaichi Bakery		Calorie Mate (energy bar)	Otsuka Pharmaceutical	
Red bean sweet bread	Yamaichi Bakery		CHA-NO-KA (cookie)	Roman Life Inc.	
Snacks	Takagi Wholesalers		Protein stick	Marudai Food	

*Images are for illustration purposes only, and may differ from the actual products on offer.

About Staff on the Course

Around 15,000 staff and volunteers are working on the day of the event.

Navy Blue: Volunteer
Black: Official Staff
Grey: Operation Staff
Red: Medical Aid Staff
Yellow: Kyoto City Employees
Navy Blue: Sports Officer



Toilets

- Signs for toilets are posted along the course. **Please be sure to use toilets in the designated areas.**
- Please be aware that volunteer staff will use the same toilets if they are available.



		Facility name		No. of toilets
Start	Nishikyogoku Athletic Park			719
	Facility name	Place	Distance	No. of toilets
1	Times Kadonooji-gojo	Kadonooji-dori St.	0.8	14
2	Kyoto Daihatsu Kadono Oji Takatsuji No. 2 parking	Kadonooji-dori St.	1.2	18
3	Former Northern Greenery Management Office*	Shijo-dori St.	1.9	12
4	Mitsubishi Motors*	Shijo-dori St.	2.1	14
5	Kyoto Shinkin Bank Document Center Umezu	Shijo-dori St.	3.4	7
6	Kyoto City Bus	Shijo-dori St.	4.1	10
7	Kyoto Saga University of Arts Library	Fushihara Embankment	5.2	10
8	Municipal Arashiyama Sightseeing Parking	Sanjo-dori St.	6.1	14
9	Office T.N.S	Kiyotakimichi St.	7.2	15
10	Bukkyo Univ. Hirosawa Pond bus terminal	Ichijo-dori St.	8.3	12
11	Ichijo Yamagoe-dori St.	Ichijo-dori St.	9.1	10
12	Suribachi-ike Park	Ichijo-dori St.	9.7	10
13	Ninna-ji Temple Parking	Kinukake-no-michi St.	11.1	15
14	Ritsumeikan University	Kinukake-no-michi St.	12.4	7
15	Komatsubara Park	Kamidachiuri-dori St.	13.0	8
16	Waratenjin Shrine	Nishioji-dori St.	13.7	3
17	Zero Corporation Parking	Imamiyamonmae-dori St.	15.5	7
18	Car park in front of Omiya Kotsu Park	Funaoka Higashi-dori St.	16.6	10
19	Tenrikyo Horikawa Church	Kamokaido St.	17.7	7
20	Nishigamobashi Eastend south	Kamonishi-dori St.	18.7	5
21	Drugland Hikari Misonobashi Store	Kamokaido St.	19.5	7
22	Omotesenke Kitayama Kaikan	Kitayama-dori St.	20.8	7
23	D Parking Takaragaike Park No. 3 parking	Kitayama-dori St.	22.0	10
24	Taiyakan Kitayama Store	Kitayama-dori St.	23.1	11
25	Rakuhoku High School	Shimogamohon-dori St.	25.5	12
26	Okubo Clinic Parking	Kitayama-dori St.	26.5	5
27	Kyoto Botanical Gardens	Kitayama-dori St.	27.7	10
28	Kitaojibashi bridge Westend north	Kamo-gawa Riverside	29.3	4
29	Izumojibashi bridge Westend south	Kamo-gawa Riverside	30.1	5
30	Demachibashi bridge Westend north	Kamo-gawa Riverside	31.0	6
31	Kojinbashi bridge Westend south	Kamo-gawa Riverside	32.1	4
32	Marutamachibashi bridge Westend north	Kamo-gawa Riverside	32.3	10
33	Kyoto Imperial Palace (Teramachi Marutamachi north)	Marutamachi-dori St.	32.8	3
34	Kyoto Imperial Palace Tominokoji-guchi	Marutamachi-dori St.	33.0	10
35	Plaza in front of the City Hall	Oike-dori St.	35.1	10
36	Kawabata Higashi Ichijo	Higashi-Ichijo-dori St.	37.1	3
37	Kyoto University North Gate	Imadegawa-dori St.	39.9	4
38	Kyoto University Yoshida Campus Southwest Gate	Higashioji-dori St.	40.8	2
				331
	Facility name		No. of toilets	
Finish	Miyakomesse, etc.			129
	Total			1,179

*3. Former Northern Greenery Management Office toilets and 4. Mitsubishi Motors toilets are separated by a central reservation and cone barriers partitioning the course north and south so you cannot travel north-south between them.

Other Important Information

- **Please notify staff immediately if you see any suspicious items or people.**
- Garbage bins are located every 200 meters on the course. Please throw garbage and ponchos/gloves that you no longer need in the trash.
- Please do not run outside the course on gardens or along the riverbed in order to protect the plants etc.
- Depending on the weather, an anti-freezing agent may be used on the course which may make it slippery, so please be careful.



Kyoto Marathon 2024 News

Original cups come with a special drawstring bag

Kyoto Marathon encourages runners to use their own cups to cut down on use of paper cups. The final table at each water station is especially for runners with their own cups or bottles. Participate as a DO YOU KYOTO? runner and play your part in protecting the environment.

This year, water stations for runners with their own cups or bottles will provide both water and sports drinks!

*Images are for illustration purposes only.



Only for those who have purchased them at the time of entry

Win the Chance to Compete in the 2024 Boston Marathon!

2024 marks the 65th anniversary of Kyoto and Boston becoming Sister Cities, and thanks to the support of the Japan Society of Boston, which also celebrates its 120th anniversary this year, the top two runners from the medal winners in the Miyako Top 8 category at the Kyoto Marathon will be eligible to compete in the Boston Marathon. With the cooperation of the Rotary Club of Kyoto South, which is celebrating the 70th anniversary of its founding, travel to and from the United States, accommodation in Boston, and entry to the race will be all expenses paid!



Onigiri rice balls using Kyoto rice available this year too!

After completing the race, all runners will receive an onigiri rice ball. These original Kyoto Marathon onigiri, kindly provided by JA Kyoto, are made using rice grown in Kyoto. Reward yourself, and your body, with a delicious rice ball!

Onigiri rice ball using Kyoto rice
Courtesy of JA Kyoto



Food Stations with Even More Kyoto Specialties!

Soft Yatsuhashi rice cakes from the Kyoto Yatsuhashi Commerce and Industry Cooperative, Kyobaum cakes from Bijuu Co., Ltd., and Choco Crunch from Buburu have all been added to the lineup of food provided along the course, so you can look forward to sampling some of Kyoto's most popular sweets and snacks!



High Five Zones Are Back!

The Arashiyama High Five Zone was a popular part of Kyoto Marathon 2019. With the addition of a new zone at Kamo-gawa Riverside (the south side of Kitaojibashi bridge), in 2024 there are two such zones at the 5 km and 29 km points on the course. Recharge your motivation by exchanging high fives with fans lining the course!



This year with eco-friendly materials!



Completion Medal

The central motif of this medal is a *maiko* apprentice geisha, who can lay claim to being the face of Kyoto. Her ornamental hairpin features plum blossom, which blooms in February, the month of the race.



Marathon Manners Let's strive to improve our manners to make it an enjoyable event for all involved!

No pushing in at the start line

Please start the race at your designated starting block.

No littering

Please throw away your garbage in the designated areas. Garbage bins can be found every 200 m along the course.

Use the designated toilets

Please be sure to only use the designated toilets.

Refrain from using earphones

Runners may be asked to stop during emergencies. Please ensure that you can hear staff instructions.

Consider others at the food stations

As a rule, please only take one item from each station.

Show your thanks

Make sure to say "thank you" to the volunteers and supporters along the course!

Time-Restricted Closing Point	Distance	Closing Point Location	Closing Time (Based on signal gun)	Section Pace (Per 1km)
Start	0km	Nishikyogoku Athletic Park	—	—
1 st Closing Point	6.1km	Kiyotakido-Sanjo (Arashiyama)	10:02 (1hr. 02min.)	7min. 42"
2 nd Closing Point	9.1km	Ichijo Yamagoe	10:25 (1hr. 25min.)	7min. 40"
3 rd Closing Point	12.5km	Ritsumeikan University	10:52 (1hr. 52min.)	7min. 56"
4 th Closing Point	18.4km	Nishigamobashi Westend Crossing	11:40 (2hr. 40min.)	8min. 08"
5 th Closing Point	26.8km	Shimogamo Naka-dori Kitayama (Return)	12:48 (3hr. 48min.)	8min. 10"
6 th Closing Point	32.1km	Kojinbashi bridge Westend north (Riverbank)	13:32 (4hr. 32min.)	8min. 11"
7 th Closing Point	34.9km	Kyoto City Hall north (Outward)	13:55 (4hr. 55min.)	8min. 13"
8 th Closing Point	41.0km	Higashiyama Konoe	14:49 (5hr. 49min.)	8min. 51"
Finish	42.195km	Heian-jingu Shrine	15:00 (6hr. 00min.)	9min. 12" (anticipated)

Location	Distance	Position	Water	Sports Drink	Food
Start	0.0km	-	-	○	-
1 st Water Station	4.5km	Right	○	○	-
2 nd Water Station	7.9km	Left	○	-	-
3 rd Water Station	10.6km	Left	○	○	-
4 th Water Station	12.5km	Right	○	-	-
5 th Water Station	15.3km	Left	○	○	Bananas, salt charge tablets
6 th Water Station	17.6km	Left	○	-	Soft bean bread, Mini Salad (rice crackers), Choco Crunch, Miyako Kombu vinegared seaweed
7 th Water Station	20.6km	Left	○	○	Soft chocolate bread, mini croissants, bananas, cherry tomatoes
8 th Water Station	23.1km	Left	○	-	Salt charge tablets, assorted confectionary
9 th Water Station	26.5km	Left	○	○	Soft Yatsuhashi rice cakes, Ramune candy
10 th Water Station	29.5km	Right	○	-	Red bean sweet bread, small Senju cookies (organic matcha flavor), bananas
11 th Water Station	32.2km	Right	○	○	Strawberries, cherry tomatoes, Mini Salad (rice crackers)
12 th Water Station	35.1km	Right	○	-	-
13 th Water Station	37.2km	Right	○	○	Kyobaum cake
14 th Water Station	40.8km	Left	○	-	-
Finish	42.195km	-	-	-	Onigiri rice balls with Kyoto rice, CHA no KA (cookies), protein snacks, sports drinks, Calorie Mate (energy bar)*1

*The section pace for the first interval is calculated with a 15 minute period at the start to allow for all runners to pass the starting line.

Course
 Course (Riverbank)
 Please be careful of cat's eyes on the road
 Medical Aid Station
 Food Station
 Water Station
 Toilets
 Pedestrian, Bicycle Crossing (RUNPASS)

○Water station for runners with their own cups and bottles. (Excluding the 1st and 12th water stations)

*1 Actual products provided may differ in some cases.

View Points on the Kyoto Marathon Route

京1 Gozan Okuribi Toriigata	京6 Hirano-jinja Shrine	京11 Gozan Okuribi Myo
京2 Togestu-kyo Bridge	京7 Gozan Okuribi Hidari Daimonji	京12 Gozan Okuribi Hou
京3 Hirosawa Pond	京8 Waratenjin Shrine	京13 Kyoto Imperial Palace
京4 Ninna-ji Temple	京9 Imamiya-jinja Shrine	京14 Gozan Okuribi Daimonji
京5 Ryoan-ji Temple	京10 Gozan Okuribi Funa-gata	京15 Gozan Okuribi Hou

Wheelchair Race Finish Line

START (TAKEBISHI Stadium Kyoto (Nishikyogoku Athletic Park))

Runners at the back are scheduled to pass the start line at 9:15

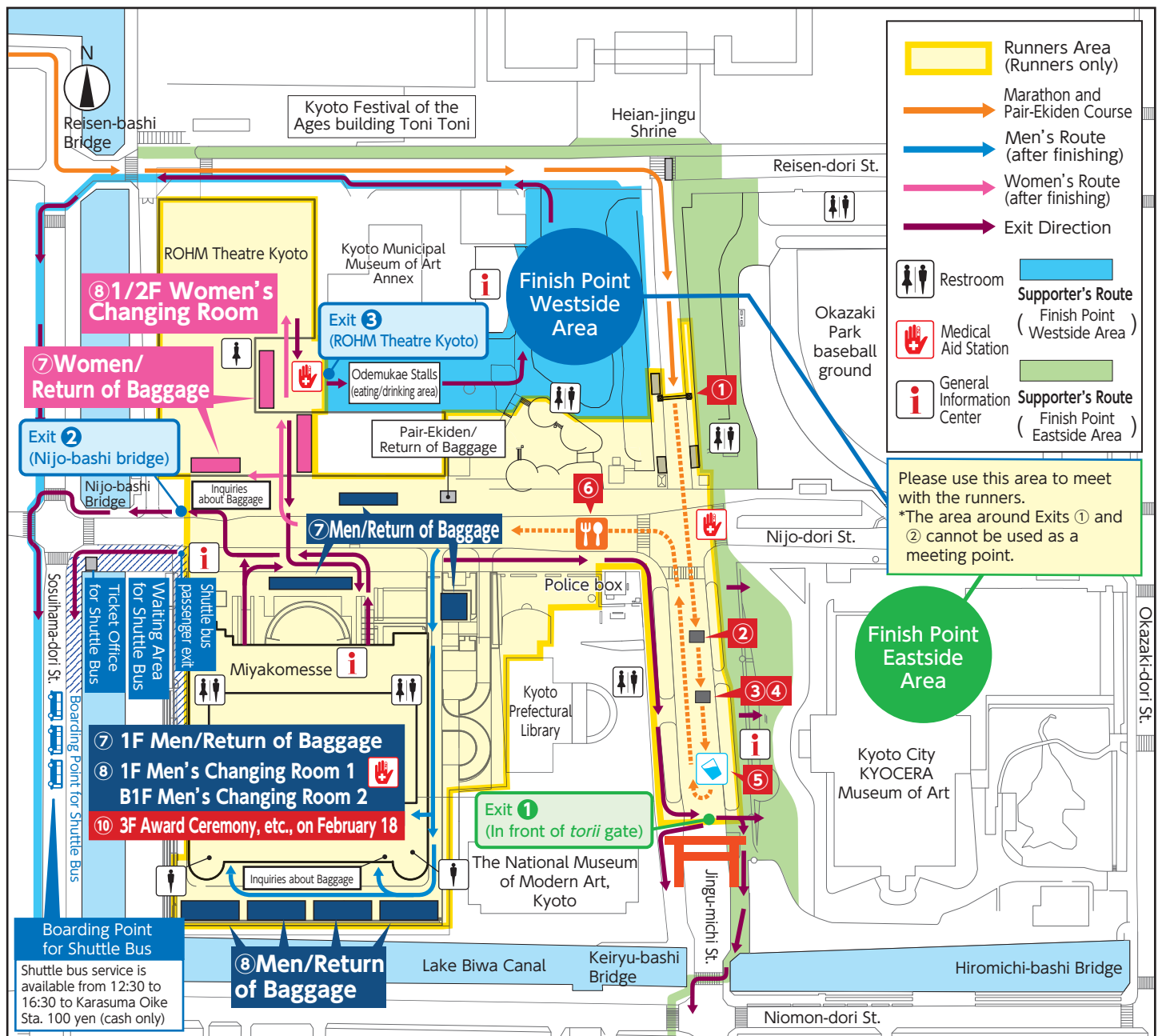
Course width decreases from 4 lanes to 2.

Uzumasa Tenjingawa Sta. (2km to Starting Area/ 30 min. walk)

Full Course Map



Finish Area



Check! Procedures after Finishing

Stopping suddenly will result in a decrease in body temperature, so continue to move quickly.

1 Finish Line

2 Finish Towel

3 Timing Chip Return

4 Completion Medal*1

5 Drinks (Sports drink)

6 Calorie Mate (energy bar),*2 onigiri rice ball, CHA-NO-KA (cookie), protein stick

7 Return of Baggage*3

8 Change of clothes
Men: Miyakomesse Women: ROHM Theatre Kyoto

9 Finish (The award ceremony is planned for 13:00 onward) on 3F of Miyakomesse

Regarding the Return of Timing Chips

Chips will be collected at the end of the race. Please understand that we charge a 2,000 yen fee if you have lost or are unable to return the chip. If you have forgotten to return it, please send it back by March 15 to the address below.

[Address] Kyoto Marathon 2024, staff in charge of chip return
152-8532 (no address other than postal code required)

*Please use the return envelope included with your athlete bib.

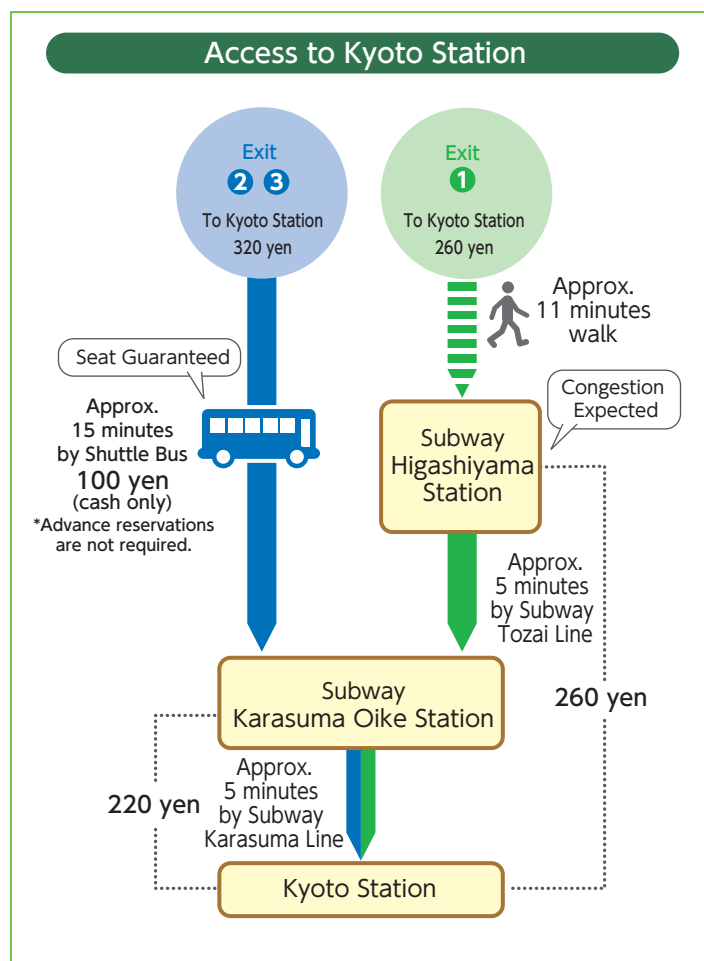
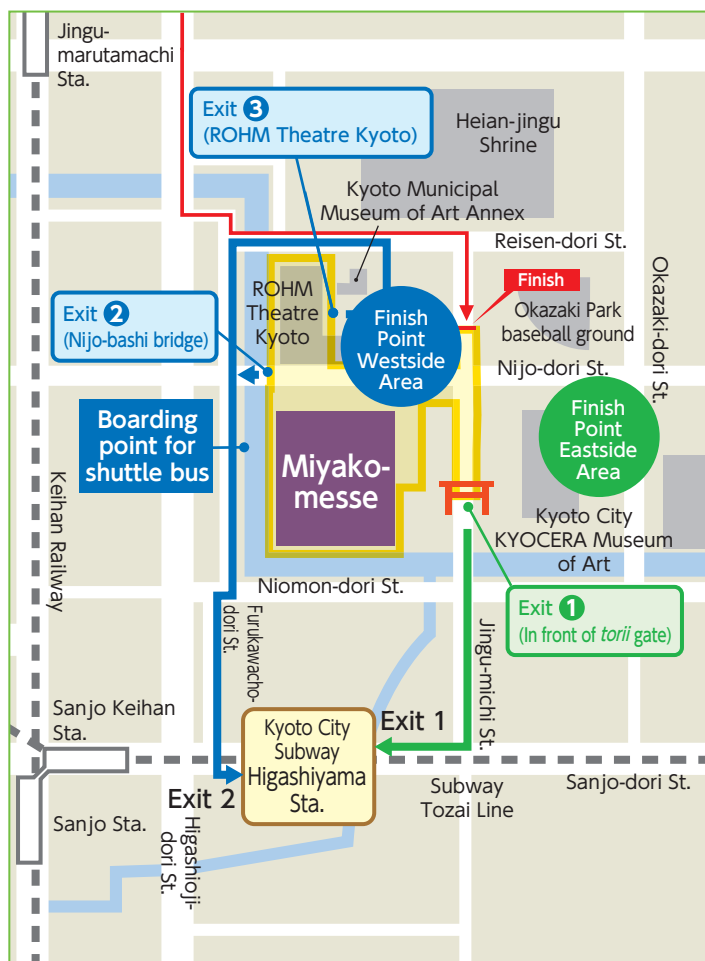
*1 You can apply to have your running time engraved on your medal (fee required) on the 3F of Miyakomesse on Feb. 16th (Fri.), 17th (Sat.) or 18th (Sun.).

*2 In some cases, actual products provided may differ.

*3 Please pick up your baggage before 15:30.

Check! Meeting Spectators and Going Home

We encourage runners to decide on a route home prior to the day of the marathon.



There is no carpark. We do not allow you to be picked up/dropped off at the finish area in a car or bus under any circumstance.

Records/Awards

Web Completion Certificate

- You can download the early version of your **web completion certificate** from the event website from the day of the event. In addition to official records (gross times), certificates will also include times from crossing the start line (net times) and split times per 5 km for reference.
- Web completion certificates for official records are planned to be available on the event website from early March.
*Those who are registered will receive a record certificate.

Official Records

The total time is from the starting gun until the finish (gross time).

Ouen Navi



Ouen Navi is a digital application that uses race data to predict and display runners' positions on a map. It's perfect for friends and families who want to find out easily where their runner is, and to cheer them on!

Marathon Challenge Cup

The Marathon Challenge Cup (MCC) is a project that aims to support all kinds of runners, from first-time marathon participants to top-flight runners looking to improve their competition record.



KYOTO MARATHON 2024



Otsukaresama Runners' Square

There are also **food and drink stalls** (Odemukae Stalls) for spectators at the Finish Point Westside Area. Feel free to drop by with friends and family!

After the race is over, we offer a variety of services to the runners, including free miso soup, massages, and Omotenashi Stalls by renowned local restaurants where you can enjoy a taste of Kyoto. Drop by Otsukaresama Runners' Square to relieve those post-race aches and pains.

Award Ceremony (13:00-13:30)

Medals will be awarded to men and women in 1st to 8th place overall.



Free Massages (12:00-15:15 approx.)

Alleviate your exhaustion with acupuncture and massage therapy.



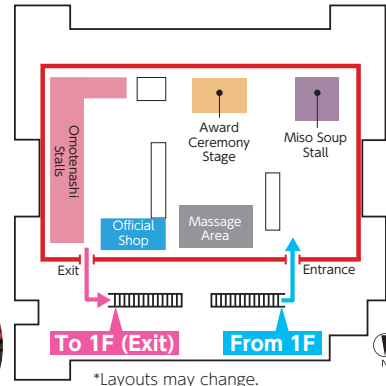
*May finish early.

Free Miso Soup

Kyoto's food culture has been attracting more and more attention since *washoku* (Japanese cuisine) was designated as a UNESCO Intangible Cultural Heritage in December 2013. Here we will prepare hot miso soup using ingredients characteristic of Kyoto for runners to enjoy free of charge.



Miyakomesse 3F Otsukaresama Runners' Square



*Layouts may change.



京都銭湯

Public Bath-Houses in Kyoto

Kyoto is home to more than 100 Sento public baths. For just one coin, soothe your body and soul.

An adult pass at one of Kyoto's Sento costs just 490 yen per visit.

After your run, relax at one of Kyoto's public baths.

*Soap and towels can be purchased at each Sento. *Please check opening days before visiting.



Public Bath-Houses in Kyoto

<https://1010.kyoto/?lang=en>



Find a Sento near you

To everyone participating in the Kyoto Marathon

京都マラソン2024
令和6年 2.18日
大会当日はノーマイクーデー

Please refrain from using your car on the day of the race. We apologize for any inconvenience.

Please expect traffic congestion and parking restrictions. Participants and supporters are asked to use public transportation on the day of the race. We thank you for your cooperation.

February 18 (Sun.), 2024
We ask for your cooperation in refraining from using your car.

