

Yokohama Marathon 2015 Timetable

Yokohama Marathon EXPO 2015

March 13 (Fri)
Runner Check-in Day 1

10:00 Open
20:00 End of Check-in
20:30 End of EXPO

March 14 (Sat)
Runner Check-in Day 2

10:00 Open
17:30 End of Check-in
18:30 End of EXPO

Yokohama Marathon 2015

March 15 (Sun) Race Day

Full Marathon

6:30 Open
7:00 Move to starting block
7:30 End of baggage drop-off
8:00 Finish moving to starting block
8:10 Start ceremony
8:30 Start
12:00 (estimated time) Award ceremony
15:00 Finish (Time limit)

10km Run

6:30 Open
7:00 Move to starting block
7:30 End of baggage drop-off
8:00 Finish moving to starting block
8:10 Start ceremony
8:30 Start
9:45 (estimated time) Award ceremony
10:00 Finish (Time limit)

2km Wheelchair

6:30 Open
9:00 Start gathering
9:15 Start ceremony
9:30 Race start
10:10 Finish (Time limit)

10km Wheelchair

6:30 Open
7:00 Move to starting block
7:30 End of baggage drop-off
8:00 Finish moving to starting block
8:10 Start ceremony
8:25 Start
9:10 (estimated time) Award ceremony
9:45 Finish (Time limit)

* The timetable may change according to circumstances.

* The document "To Wheelchair Event Participants" will be sent separately to participants in the 10km and 2km wheelchair, so please see it for details.

Up to the start of the race

Main venue: PACIFICO Yokohama

■ Up to marathon start

Arrive at PACIFICO Yokohama

Drop Baggage Off

Move to starting block
(Minato Mirai Ohashi Bridge)
(Runners without baggage should go directly to Minato Mirai Ohashi Bridge)

About recommended stations

Doubtless the following trains departing from Yokohama Station will be extremely congested between 6:00 and 7:00 on the day of the marathon. So, there may be delays in changing trains due to restrictions concerning platform entry caused by such congestion. Therefore, runners arriving into Yokohama Station on the JR Tokaido Main Line, Yokosuka Line, Sagami Railway Line or Keikyu Main Line are asked to kindly cooperate by walking to the marathon venue from the East exit of Yokohama Station.

【The trains expected to be particularly crowded】

- Minatomirai Line (down line) Yokohama Station to Minatomirai Station
- JR Negishi Line and Keihin-Tohoku Line (down lines) Yokohama Station to Sakuragicho Station JR
- Yokohama Municipal Subway Blue Line (down line) Yokohama Station to Sakuragicho Station

■ Details of each event

Event	Marshaling time	Start time	Start location
10km (Wheelchair)	7:00 to 8:00	8:25	Minato Mirai Ohashi Bridge
Full marathon	7:00 to 8:00	8:30	Minato Mirai Ohashi Bridge
10km	7:00 to 8:00	8:30	Minato Mirai Ohashi Bridge
2km (Wheelchair)	Gather at 9:00	9:30	PACIFICO Yokohama (Kokusai-bashi Bridge)

Baggage drop-off and changing rooms:

Full marathon

Time Depositing time: 6:30 to 7:30
Pickup time: Up to 16:00
Location Location: PACIFICO Yokohama
Marathon runner baggage will be received, stored and returned in the Exhibition Hall

10 km/10 km (wheelchair)

Time Depositing time: 6:30 to 7:30
Pickup time: Up to 11:00
Location Deposit: Outdoor piloti of PACIFICO Yokohama (baggage will be stored on a truck)
Pickup: Parking area in Yamashita Park (finish area)

2 km (wheelchair)

Please see "To Wheelchair Event Participants" for details.

* 10km wheelchair competitors should see "To Wheelchair Event Participants" for details.

Notes of caution

- Only actual runners and staff will be allowed into baggage drop-off area. Please show your number card to the staff to enter.
- Please place your baggage in the baggage bag given to you at the check-in, making sure to stick the baggage sticker to the bag in advance. Bags without stickers and baggage that will not fit into the bag will not be accepted for storage. Please be sure to arrange your baggage so that it all fits into the bag.
- The baggage drop-off area will be divided into spaces using numbers, so go to the area with the same number as the number on the bottom right of your number card, to store baggage.
- When picking up your baggage, staff will check your card number against the baggage sticker on the bag.
- You cannot hand over valuables and fragile items for storage. Furthermore, the marathon organizers will not be responsible for any loss.
- Any baggage left outside of the baggage drop-off area is the responsibility of the owner in question.

Starting block method

Runners will not be allowed to enter the starting block prior to start of marshaling.

* Runners must start in the tail-end block from 8:00 onward (excluding 2-km wheelchair competitors).

■ Full marathon (A—G Block)

See details on page 3 of map book

■ 10-km run (A Block)

See details on page 3 of map book

■ 10km (wheelchair) (A Block)

See details on page 3 of map book

■ 2 km (wheelchair) in front of Minato Mirai Hall

See "To Wheelchair Event Participants" for details.

- Please follow staff instructions when marshaling.
- As locations differ for each event, please check them. Be sure to check in advance as the event venue is expected to be congested on the day.
- All events will be marshaled by each alphabet block shown on number cards. Please cooperate in your selected block in order to facilitate a smooth start to each event.
- You cannot start from a block that precedes your block.
- To start your run together with friends, you must go to the block at the very rear (tail) of all the runners, to be marshaled there.
- In cases where runners are late for their event starts due to transport restriction, participation is not permitted. Please arrive at the venue in plenty of time to start your run.
- After the starting gun goes off, you must cross the start line within 40 minutes, in order to participate. Failure to do so will mean disqualification.

About check-in

- check-in dates and times** 13 Mar 2015 (Fri), 10:00 to 20:00 and 14 Mar 2015 (Sat), 10:00 to 17:30
- Venue** PACIFICO Yokohama Exhibition Hall
- Items to be handed over** Two number cards (of which one has a timing tag on rear side), safety pins and baggage sticker, baggage bag, T-shirt (prize for participating), event program, sponsors' pamphlet

1 Presentation of registration form

A. Preparation of registration form

Please fill out the letter of commitment on the enclosed registration form prior to visiting the check-in. You will need proof of identity at the check-in. Alternatively, if a third party visits the check-in on your (runner's) behalf, s/he will need a letter of proxy from you and s/he also will need to have proof of identification with him/her.



Registration form sample

B. Identification method

Documents for confirming identification
* Only original documents allowed (copies are not allowed)

- Driving license ■ Passport ■ Citizen identification card
- Health insurance card ■ State pension book
- Care insurance card
- Alien registration card

If you have lost or forgotten to bring your registration form to check-in, you will need to get it reissued at the "Help Desk" for a fee of 200 yen.

2 Receiving number card set and timing tag, etc.

Please go to the relevant number card exchange counter to pick up your number cards, timing tag, safety pins, baggage sticker and baggage bag.

■ Baggage bag sample and its size

With regard to the bag, stick the baggage sticker to the bag in advance, and do not forget to bring it to the marathon. Also note that items too large to fit in the bag (long umbrellas, etc.) will not be looked after during the marathon.



● baggage bag size H70cm x W50cm

■ About displaying number card

- The timing tag is mounted to the rear of your number card. Please attach horizontally the tag-mounted number card to the chest area of your running vest. Note that the timing tag must never be removed from the number card.
- The timing tag has an IC embedded in it, so do not place the tag near equipment producing electrical signals, such as TVs, smartphones and chargers, etc., as doing so may cause the battery of the timing tag to deplete and the recording function to fail.



- You must bring the number cards, one of which includes the timing tag, to the marathon as the tag will be used to record your running time. Furthermore, they will act as your ID during the run. Note that you will not be able to participate if you forget to bring the number cards.
- Attach the number cards to the front (chest area) and back of your running vest, making sure not to cut or fold them, and also make sure that they are clearly visible to marathon staff.
- The timing tags will be collected in the vicinity of the finish line. Please return your timing tag by post to

the organizers if you do not participate in the event on the day. If you have lost the timing tag, or fail to return it, you will be billed for the actual cost of the tag (2,000 yen).

- If you participate in the event using number cards received from someone else, both you (the user) and the provider will be disqualified, and exempted from any cover provided by insurance for accidents or injuries.
- You must provide details of an emergency contact (name and phone number of family/friend), name of accommodation, medical history and any current illness treatment, medications that you cannot take, any other allergies, and blood type, etc., on the reverse side of the number card.



Number card image

3 Receiving your participation T-shirt

Please do not forget to collect your participation T-shirt (one T-shirt per participant), which will be handed to you at the T-shirt distribution corner. Note, however, that the designated size registered at time of entry cannot be changed.



4 Event program and participation bag

Please be sure to pick up an event program and a bag containing event sponsors' pamphlet at the end of the check-in process.

Notes of caution about check-in

- There will be no check-in on event day (15 March [Sun]). You must check in for the run on either 13 March (Fri) or 14 March (Sat), two or one day before the marathon, respectively.
- Runner check-in is, in principle, to be performed by the runners themselves; however, in unavoidable situations, representatives may perform the check-in on behalf of runners.
- Please fill out the letter of commitment on the enclosed registration form prior to visiting the check-in.
- Runners will need the registration form and proof of identity to check-in (if a representative is performing check-in, s/he will need the registration form and a proxy statement, both filled out and signed by the runner in question, as well as proof of identification).
- Once check-in finish time is reached, the check-in counters will close. There will be no extension to the check-in time even if runners are late due to public transport delays. Therefore, make sure you have plenty of time when coming to check-in.
- Once you have applied to participate, there will be no refunding whatsoever of participation fee or other charges. Also note that the event may be canceled due to weather conditions, natural disaster and/or incidents/accidents, but, likewise, there will be no refunds in such situations.
- There will be no receipts issued by the marathon organizers for participation fees and paperwork fees. Please keep receipts and/or invoices from credit card transactions or receipts from cash transactions at convenience stores as alternative forms of proof of payment.

Outline of "Yokohama Marathon EXPO 2015"

- Date and time** 13 March 2015 (Fri), 10:00 to 20:30 and 14 March 2015 (Sat), 10:00 to 18:30
- Location** PACIFICO Yokohama Exhibition Hall

The EXPO will be held at the main venue of the event to further boost the fun at Yokohama Marathon 2015. Apart from corporate booths displaying sports and health-related services and products, there will be local famous stores with their array of Yokohama goods and other shops selling event goods. And, on the Exhibition Hall stage, there will be many lively events taking place, including TV and radio recordings of guests playing as well as local media coverage (Kanagawa Shimbun, tvk, FM Yokohama and Radio Nippon), to bring an extra spark to the event.

- Main Zones** Runner check-in zone, Yokohama Marathon official exhibition zone, official sponsors and supporters exhibition zone, stage event zone, eating & drinking zone and general exhibition zone



Yokohama Marathon concierge (YMC)

If you have a question about the Yokohama Marathon, why not ask a concierge!

- Information on marathon course, start, venue and finish
- Information on features of Yokohama Marathon
- Information on volunteer activity locations and details
- Information on water supply, food supply, checkpoints and first-aid stations



About races on the day

Notes of caution about courses

- Please be observant when running as there are differences in levels (steps) and narrow sections in places.
- There will be traffic restrictions in place on the course; however, in certain sections of the course, traffic will be encountered, and will be moving alongside course. Also, event vehicles and emergency vehicles may move alongside you, so please take full care when running.
- In cases of accidents, fires and/or disasters that occur along or near the course, the police and/or event staff may temporarily halt runners. Please follow staff instructions if emergency vehicles are moving in your vicinity.
- If you intend to run with a portable music player, either keep the volume down or remove one earphone, in order to hear staff instructions.
- For safety reasons, participants are not allowed to push baby buggies (prams).
- **Do not touch equipment on the Metropolitan Expressway (Shutoko) that is used as part of the course.**
- **The Metropolitan Expressway (Shutoko) and wharf areas of the course are for authorized personnel only, so supporters/spectators cannot enter these areas.**
- **Do not under any circumstances look down over the edge of the Metropolitan Expressway (Shutoko).**
- It is forbidden for anyone to obstruct event operation by actions such as lingering on any part of the course near the start and finish areas.
- The full marathon and 10 km run as well as 10 km wheelchair will separate at a point near the Kenmin Hall (6 km point). Please follow staff instructions.

Distance Markers

- The distance markers on the full marathon course will be set at one kilometer intervals up the 42 kilometer mark. The midway point (21.0975 km) will also have a distance marker and the last five kilometers will have markers at one-kilometer intervals showing the remaining distance to the finish line.
- The intention is to have giant clocks providing the gross time from the start time set at every five-kilometer mark, to keep runners informed of their running paces.

Water Stations

- Please be sure to drink fluids regularly while running.
- Special drinks for individual runners cannot be left at the water stations.
- See the "Course Map" on pages 5-6 of map book for details about water stations.
- Water and sports drinks as well as fruits and cookies will be stocked at the water stations, but note that supplies will be available only as long as stocks last.
- Consumption of alcohol while running in events is forbidden.
- With regard to eating and drinking at any point other than the water stations, the marathon organizers assume no responsibility.

Toilets

- Toilets will be mainly located at water stations and checkpoints. They will be signposted, so please be sure to use them.
- Anyone caught going to the toilet in places other than the toilets will be disqualified.

About pedestrian crossings

- There will be pedestrian crossings on the course. Please be sure to follow staff instructions when running near such crossings.

Checkpoints

- There will be checkpoints set along the course to control races. If you are unable to pass through any given checkpoint before its scheduled closing time, you will have to stop running at that point.
- Participants remaining on the course (unable to pass through the checkpoint in time) after a given checkpoint closes should move to the sidewalk (pavement), and follow staff instructions in order to either make their way to the next checkpoint to be picked up by a bus or be picked up by a bus following the tail end of the race.
- There may be cases where participants are instructed to stop running by staff (judge) because it is obvious that they will not arrive at the next checkpoint in time (even though that checkpoint is still open at the time of the instruction).

Retiring from run

- Participants wishing to retire from the run at points other than the checkpoints should inform a member of staff on the course. Such retirees will be directed to the nearest checkpoint to board a bus or board the bus at the tail end of the race. Any of these buses will take participants/retirees back to PACIFICO Yokohama, but note that this may take some time due to traffic circumstances.
- If the tail-end bus catches you up even though a checkpoint is still open, you will be regarded as retired (disqualified), so please get on the bus promptly.
- The locations and closing times of checkpoints may be changed due to certain circumstances.
- Any participant who has retired or been retired (disqualified), please go to reception at the finish area to report your retirement.

First aid treatment during races

- Please withdraw from the race if you are unsure of your health condition before or during the race.
- First aid staff will be standing by to help at the first aid stations located at each checkpoint.
- First aid staff members wearing, red bibs and red caps will be stationed along the course. Mobile first aid teams carrying AED equipment will patrol the course on bicycles. If you become ill or feel bad while running, please do the sensible thing, and stop. Also, if you see any other participant looking unwell, first inform a nearby first aid staff member before considering whether to dial 119 for help.
- Emergency treatment will be given at the first aid stations on the course, but treatment to assist continuation in the race – such as massaging, cold spray spraying, application of wet packs and/or taping – will not be given. If you need such treatment to continue the race, you must carry your own medications, and apply them yourself.
- Be sure to carry your health insurance card or a copy of it on the day of the event.
- If you receive assistance from first aid staff (such as treatment that necessitates intravenous drip or wheelchair usage) during the race, you will be regarded as someone who has retired and, in principal, disqualified. Ultimately, an on-site doctor or first aid staff member will decide whether or not you can continue the race based on the health risks involved. You must follow the instructions given by the doctor or first aid staff member in such situations. Also, once the doctor or first aid staff member has made clear the reasons for retiring a participant, and the participant has acknowledged the reasons, medical treatment of that participant may have to commence.

About the finish line on day of event

Full marathon finish area

Location: Rinko Park
Race closing time: 15:00

After finishing race

Participants who finish the race should proceed in accordance with route directions.

(1) Receive a bottled drink



(2) Receive a finisher medal



(3) Return timing tag
(on rear of number card)



(4) Receive commemorative towel

Pickup of baggage after finishing (up to 16:00)

Please present your number card to staff in charge of baggage to pick up the baggage you deposited. You must present your number card to get your baggage back; so be sure to keep your number card right to the end. Only participants can enter the baggage pickup area.

Meeting point

Participants and supporters should make use of the meeting point that will be available in Rinko Park as a place to meet up after finishing the race

Awards ceremony

Awards: Top eight male runners and top eight female runners

Award ceremony time: 12:00 (estimated schedule)

Location: Finish stage next to finishing line

About Yokohama Marathon Festa 2015

The "Yokohama Marathon Festa 2015" will be held at the PACIFICO Yokohama Plaza (circular construction) as a race event for participants and spectators to have some fun in a drinking & dining corner, a "lucky foods" sales area and an official goods sales area. So, please drop in and have some fun.

Location PACIFICO Yokohama Plaza

Time 10:00 to 17:00 on 15th March (Sun)

Need-to-know Info

About races

- Rule for commencing run within 40 minutes of the starting gun sounding
- The rules of the competition dictate that participants cannot commence running after 40 minutes have elapsed from the sound of the start gun.
- Rule for wearing number cards at time of race
- Number cards must be securely attached to front and back of running vest using safety pins in such a way that the number is clearly visible to staff.
- The number cards must not be cut or folded.
- The emergency contact column on the rear of the number cards must be filled out with relevant details prior to the participant commencing the race.



※ Images of how number cards can be attached to vests

Event staff

- There will be more than 6,000 staff members helping to manage "Yokohama Marathon 2015".
- First aid staff will be wearing red bibs (these bibs will show the title of the wearer, such as doctor, nurse, BLS team and doctor runner).



■ General volunteers



■ Doctors



■ Pace runners

Pace runners

Pace runners will run the full marathon to give participants an indication of paces required to complete race in certain times. The following seven paces will be provided.

- 3 hrs 5 hrs
- 3 hrs 30 mins 5 hrs 30 mins
- 4 hrs 6 hrs
- 4hrs 30 mins

※ Pace runners will wear orange bibs showing their pace time, and will run at gross time.

Letting emergency vehicles through

- If an emergency, such as an accident or fire, occurs during the event, emergency vehicles may need to pass along the course. If that happens, follow race staff instructions, and please give way to emergency vehicles.
- Depending on place and pace of participants, pedestrians may be allowed to cross the course, so please cooperate.

About timing tag

- The timing tag mounted on one of the number cards will be used to record your running time at the event, so the number card with timing tag must be attached to vest when running. You will be disqualified if you do not have the timing tag attached when running.
- Also note that the number cards and timing tag are your ID while you are attending the event, so if you forget to bring them, you cannot participate.
- Note that running times may not be recorded for the following runners even if they complete the race within the time limit.
 - (1) Participants who fail to wear number card with timing tag
 - (2) Participants who lose number card with timing tag during race
- The timing tags will be collected up close to the finish line. If you have checked in for the race, but are unable to participate, please return your timing tag to the event organizers. If the timing tag is lost or not returned, the person concerned will be billed for the actual cost (2,000 yen). Furthermore, if you forget to return the timing tag on the day of the event, you should send it back to the event organizers within a week of the event ending (postage will be the responsibility of the sender).

Official time records at event (gross time and net time)

- The intention is to measure times over each 5-km section of the course.
- Both gross time and net time will be measured.
 - Gross time: From start gun to finish time (official record)
 - Net time: From the moment runner passes through start line to finish time (reference time)
- Time records will be posted on the official marathon site at a later date.
- Time measuring may not be possible on the Metropolitan Expressway (Shutoko) due to structural issues.

Record certificate

- Recorded times can be downloaded from the marathon homepage after the event ends. However, record certificates will not be issued.
- To obtain a record certificate, you can book the record certificate forwarding service (charged) at the following official shops.

Official shops for event
 • Inside PACIFICO Yokohama Exhibition Hall (13 and 14 March)
 • PACIFICO Yokohama Plaza (15 March)

Runner's update

- A service will be provided for runners (family and friends) to check each other's pass-through records at time checkpoints by inputting the number card number or name of the runner concerned.

Computers and smartphones: ▶ <http://update.runnet.jp/2015yokohama/>
 Mobile phones: ▶▶▶ http://update.runnet.jp/m_2015yokohama/

* As searchable records are updates, the time displayed will be the reference time.

Supporter navigation

This service lets supporters follow their runner on a computer/smartphone/tablet device map showing the approximate position of the runner. This will be really useful if you want to arrive at points on the course in advance to support your runner on the day. Please see the official marathon site for details.

Items to be handed to participants after the race

- After finishing the race, please pick up a finisher medal, commemorative towel and bottle of drink at the designated location.
- Participants who have retired should go to the "retired reception" to pick up a commemorative medal, commemorative towel and a bottle of drink.

About first aid treatment during race

- Please refrain from running if you feel unwell before or during the race.
- If you receive assistance from first aid staff (such as treatment that necessitates intravenous drip or wheelchair usage) during the race, you will be regarded as someone who has retired and, in principal, disqualified. Ultimately, an on-site doctor or first aid staff member will decide whether or not you can continue the race based on the health risks involved. You must follow the instructions given by the doctor or first aid staff member in such situations. Also, once the doctor or first aid staff member has made clear the reasons for retiring a participant, and the participant has acknowledged the reasons, medical treatment of that participant may have to commence.

About health management

- To participate in the race, please manage your physical condition by getting plenty of sleep and refraining from drinking alcohol. Also, get a medical checkup and talk to your doctor, in order to determine whether or not you are in good enough physical condition to participate in the race.
- If you have any one of the following conditions, it is said that you will be at a higher risk of suffering a cardiac arrest compared to people who do not have such conditions.
 - High blood pressure
 - High blood sugar level
 - Hyperlipidemia (excessive fat in blood)
 - Nicotine dependence
 - Obesity (BMI is more than 25)

In particular, it is recommended that any prospective runners who have the following risk factors should get a medical checkup.

Main risk factors

Cardiovascular disease, cardiac insufficiency, cardiomyopathy, angina, coronary thrombosis, aortic aneurysm, cerebral apoplexy, irregular pulse and/or Kawasaki disease

Apart from general medical checkups, there are establishments where tests applicable to running can be conducted. Please see the following homepage links for details.

- Yokohama Sports Medical Center: /www.yssp.or.jp/ysmc/
- Japan Medical Association: /www.med.or.jp/link/search.html

Running etiquette!

Proxy runners completely forbidden

- It is completely forbidden for anyone other than the entered participant to run in the event races. Anyone discovered participating without entry documentation will be disqualified, and may not be allowed to enter future races.

About fancy dress

- Please refrain from wearing masks or fancy dress clothing when running in the race. Also, clothing/fancy dress that is deemed to be inappropriate for a sports event, such as clothing deemed offensive or dangerous to other runners and/or spectators will not be allowed. Furthermore, such fancy dress may cause delays in emergency treatment at times of emergency. Please cooperate and dress sensibly.

Please refrain from participating in the following ways

- Pushing a baby buggy or running with pets
- Using a music player or other such device with volume at a level where you cannot hear race staff instructions and/or surrounding sounds
- Running bare footed
- Running with non-registered person(s)

About the use of facilities and roads before race start and along the course

- Please do not enter into/exit from or use toilets in hotels, buildings and subway stations before race start and/or during the race along the course.
- Please do not sleep or sit and wait outdoors near the race venue the day before the race, as doing so will inconvenience local citizens and facilities.
- Please do not discard rain gear and/or cold protection goods like plastic sheets near start line and/or along the course. Any discarded goods will be disposed of.
- Smoking, sitting down to eat/drink and going to the toilet outdoors
- Please refrain from smoking and/or sitting down to eat/drink during the race.
- It is strictly forbidden for anyone to go to the toilet outdoors (in public) or in any other locations other than designated toilets.
- Lost property
- If you find some lost property (something that has been dropped), please hand it over to the "General Information" desk or to a member of the race staff.
- Any property found at the venue will be stored in the Central Disaster Control Center in PACIFICO Yokohama. [TEL: 045-221-2127 (24 hr)]
- Property lost on the course will be dealt with the day after the event.
- Runner assistance/support
- Race organizers will not accept any responsibility for trouble that occurs due to the supplying of drinks or food at locations other than the determined water stations.
- Spectating and/or offering assistance/support on the Minato Mirai Ohashi Bridge, Metropolitan Expressway (Shutoko), Honmoku-Futo Wharf, Yamashita-Futo Wharf and footbridges are not allowed.

* Please be cooperative in keeping any other areas clear (unobstructed) when spectating and/or offering assistance/support.

About assistance/support etiquette

- Please cooperate by using public transport when offering assistance/support. There will be traffic restrictions on the day of the event and roads will be heavily congested. So, please use public transport (trains, buses, etc.) in order to provide assistance/support to your runner.
- Please refrain from moving around by bicycle when offering assistance/support. The roads along the course on the day of the race will be very crowded, which means that accidents could easily occur if you attempt to assist/support a runner while riding a bicycle. Please dismount to offer assistance/support.
- Hoisting flags and/or spreading out banners on course streets are forbidden.

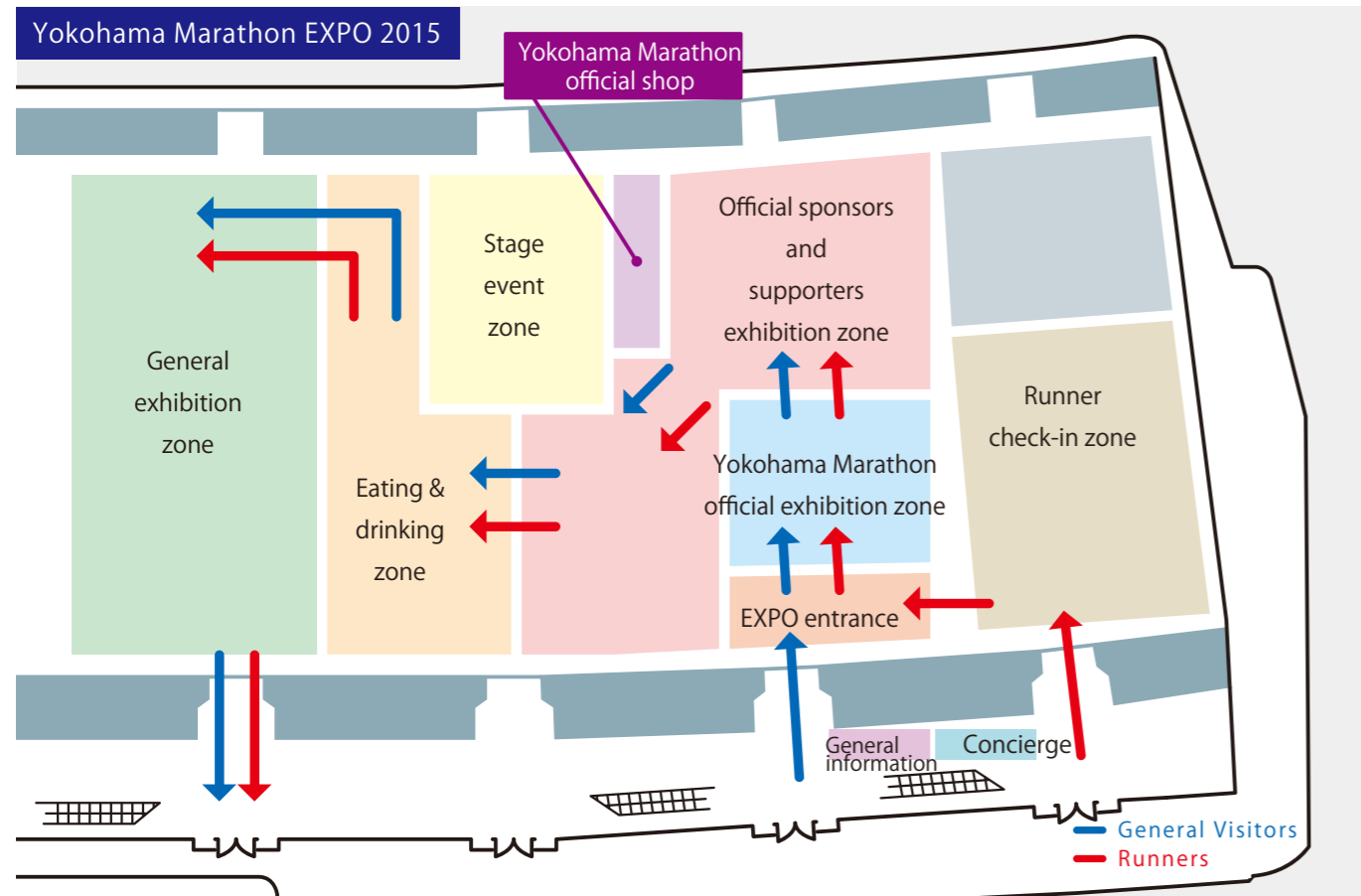
Please refrain from putting out such flags and banners, as such supporting violates the rules on public exposure of items.

- Remaining static in one place on the sidewalk (pavement) to watch and/or take photographs of the race is forbidden. Many spectators do remain static on footbridges along the course for long periods of time to watch and take photographs of the race; however, doing so leads to congestion and invites danger, so please refrain from doing so.
- Please give consideration to people and the environment around you when assisting/supporting runners along the roads of the course. On the day of the marathon, the roads along the course become fully crowded with spectators and supporters. Becoming too caught up in offering assistance/support may mean that you collide with other supporters, runners and/or members of the general public. Please remain calm while offering assistance/support to runners, and always be considerate to other people around you.

Separating garbage

- Please separate your garbage in the following way and dispose of it in each of the designated garbage bins.
 - (1) Metal cans
 - (2) Plastic bottles
 - (3) Glass bottles
 - (4) Non-burnable refuse
 - (5) Burnable refuse
 - (6) Plastics
- Separated garbage also can be thrown away in the designated bins along the course (water stations).

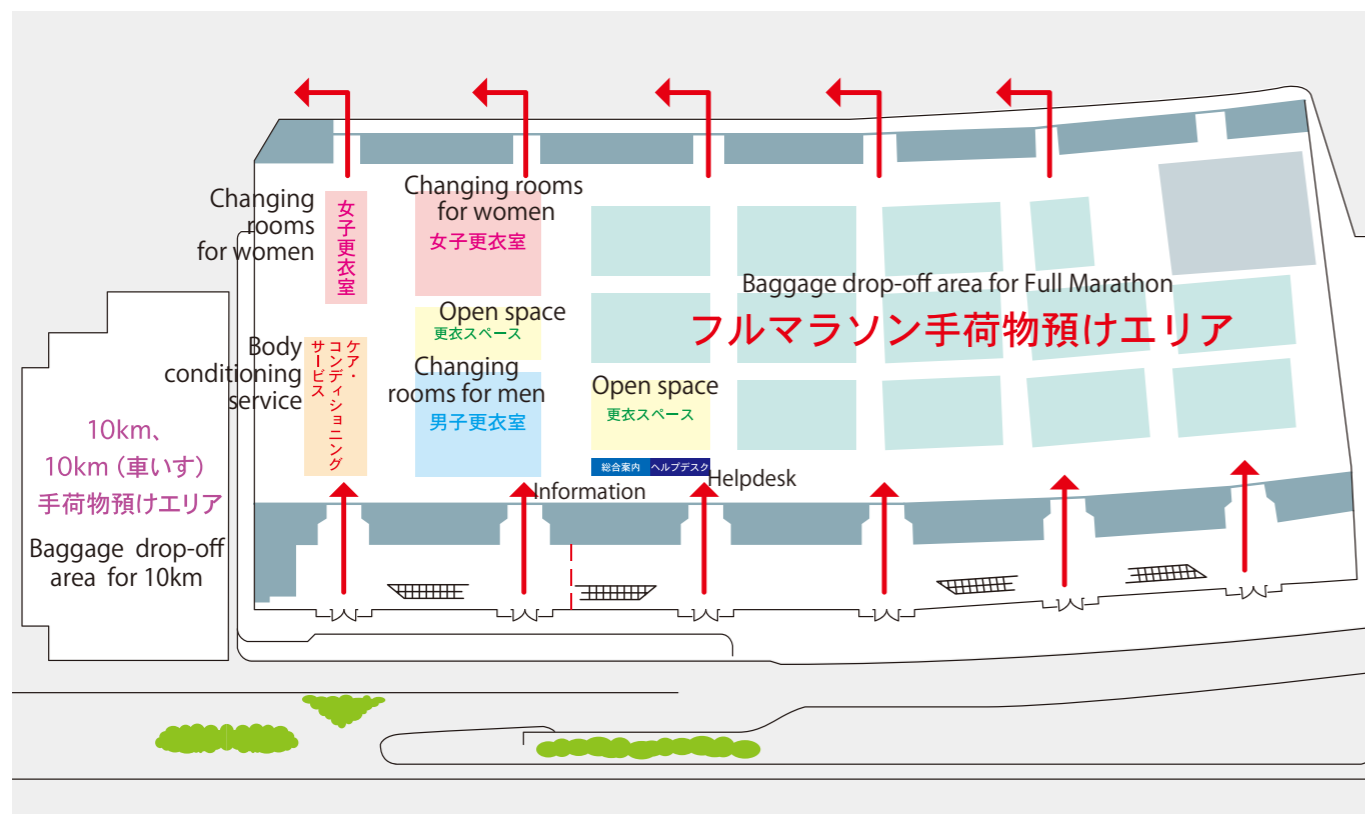
PACIFICO Yokohama Exhibition Hall



手荷物預けエリア～スタート地点図 Baggage Check-in～Start



横浜マラソン2015大会 当日会場図 Main venue on the day: PACIFICO Yokohama



大会当日の流れ

【開場】3月15日(日) 6時30分～手荷物預けエリアオープン ※選手・関係者のみ入場可(ナンバーカードを入口にて提示してください)

- 1 更衣を済ませ、手荷物を預ける (忘れ物をしないように注意しましょう!貴重品は自己管理してください)
- 2 展示ホールから指定されたスタート位置へ移動する (スタート前は給水を心がけ、トイレで用を済ませ整列しましょう)

パシフィコ横浜内 施設

- AED(自動体外式除細動器)配置場所
 - ① 会議センター 1F救護室前
 - ② 国立大ホール 1Fエントランスロビー
 - ③ 展示ホール 1F救護室前
 - ④ 中央防災センター 展示ホールB1F
 - ⑤ ぶかりさん橋
 - ⑥ 臨港パーク駐車場
- 赤ちゃん休憩室
 - 展示ホール2F
 - ベビーベッド、給湯設備、授乳室がございます。
- ATM
 - イーネット(ATM)
 - デイリーヤマザキ内 7:00～23:00
- 中央防災センター
 - 落し物をされた方の大会終了後のお問い合わせはこちら
 - 展示ホールB1F/TEL 045-221-2127 (24時間受付)
- 喫煙所
 - 施設内は全館禁煙(分煙)になっております。
 - 展示ホール1F 正面入口横(2か所)



スタート位置へ移動

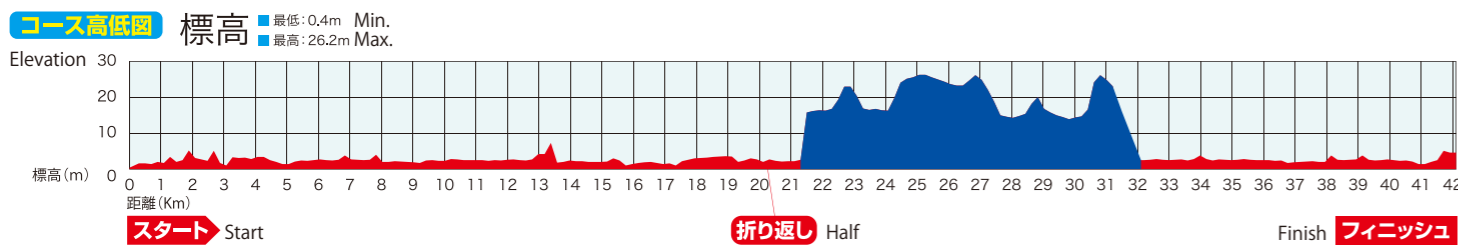
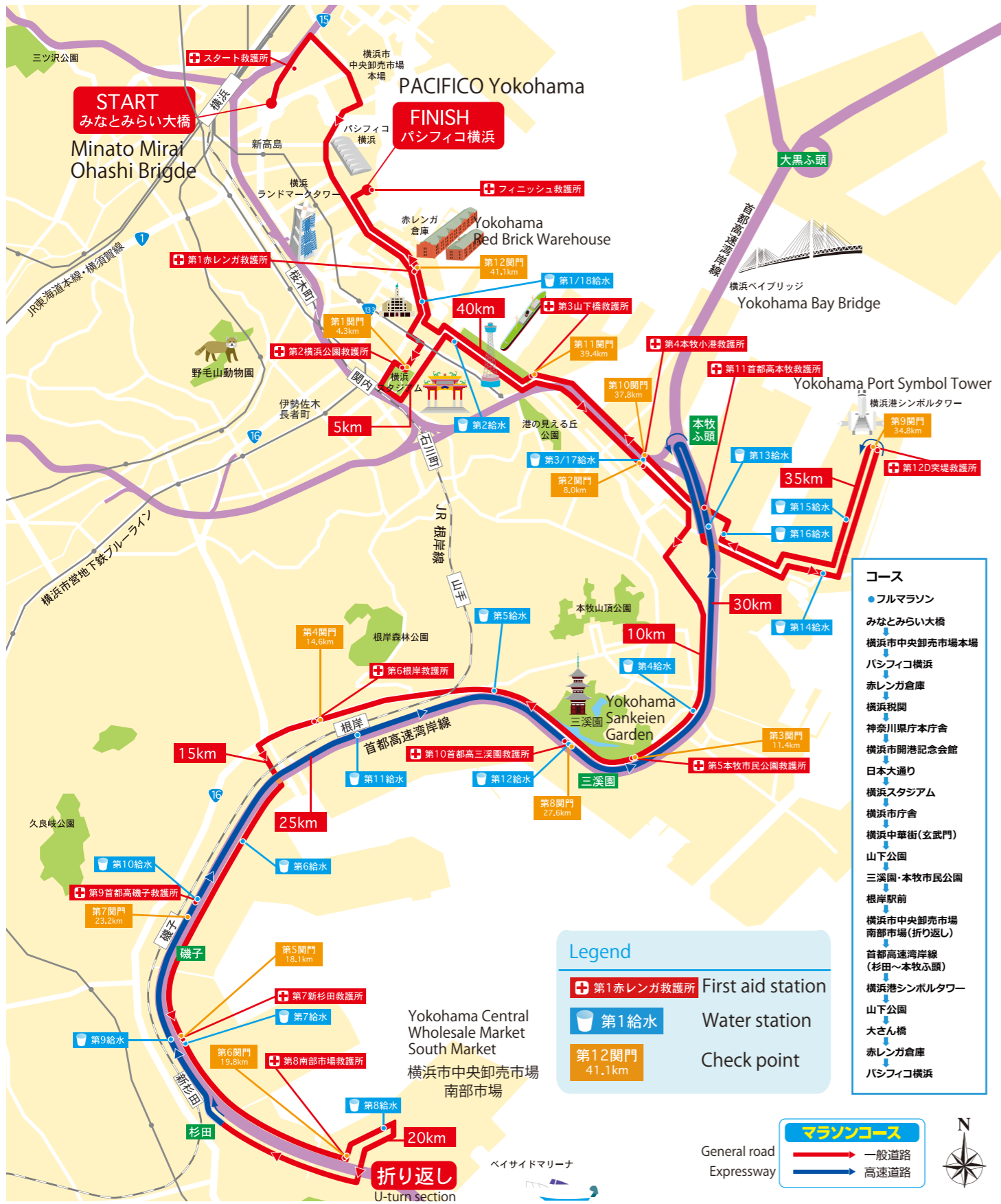
- ① 手荷物預けエリア(パシフィコ横浜 展示ホール)からスタート位置(指定されたブロック)へ、スタッフの指示に従って移動してください。
- ② スタートまで時間がかかりますので、トイレで用を済ませ、給水・準備体操を行うなど、コンディションを整えましょう!
- ③ 8時00分までに指定された(ナンバーカードに印字されているアルファベットの)ブロックへ整列してください。8時00分を過ぎると整列できません。トイレの混雑なども予想されますので、お時間に余裕を持ってお越しください。



フィニッシュ後の流れ

- ① フィニッシュ後は、スタッフの誘導に従って進み、飲料とメダル、タオルを受け取り、記録計測チップを返却します。選手のみが通行できるエリア内をまっすぐ進み、手荷物預けエリアでご自分の手荷物を受け取ってください。
※リタイアをして会場に戻られた方は、まず最初に展示ホール前の「リタイア受付」までお越しください
- ② 手荷物を受け取った後、係員の誘導に従って臨港パーク内の「待ち合わせ場所」で、家族やご友人と合流できます。

フルマラソンコースマップ Course Map of Full Marathon



10km コースマップ



● 10kmコース：みなとみらい大橋～横浜市中央卸売市場本場～赤レンガ倉庫～横浜税関～山下ふ頭～山下公園
※コースは変更になる場合があります。

2km コースマップ



● 2kmコース(車いす)：パシフィコ横浜(国際橋付近)～赤レンガ倉庫(折り返し)～パシフィコ横浜
※コースは変更になる場合があります。

関門情報 Check Points

種目 races	関門	場所	距離	distance from start		
				limit time	pace between check points	関門間ペース
Full Marathon フルマラソン	第1関門	横浜公園	4.3km	9:34	4.3km	0:14:53
	第2関門	A突堤入口	8.0km	10:03	3.7km	0:07:50
	第3関門	本牧市民公園前	11.4km	10:25	3.4km	0:06:28
	第4関門	ブルーセンター入口	14.6km	10:47	3.2km	0:06:53
	第5関門	新中原南側	18.1km	11:16	3.5km	0:08:17
	第6関門	南部市場	19.8km	11:31	1.7km	0:08:49
	第7関門	首都高56.1KP	23.2km	11:59	3.4km	0:08:14
	第8関門	首都高51.6KP	27.6km	12:37	4.4km	0:08:38
	第9関門	シンボルタワー折返し	34.8km	13:42	7.2km	0:09:02
	第10関門	本牧橋	37.8km	14:10	3.0km	0:09:20
	第11関門	山下ふ頭入口	39.4km	14:29	1.6km	0:11:52
	第12関門	赤レンガ倉庫付近	41.1km	14:43	1.7km	0:08:14
10km	第1関門	横浜公園	4.3km	9:34	4.3km	0:14:53
	第2関門	山下ふ頭入口	6.7km	9:51	2.4km	0:07:05
	フィニッシュ	10kmフィニッシュゲート	10.0km	10:00	3.3km	0:02:44

※10kmランナーはAブロックからのスタートとなります。1km/9分ペースで走ると、9時40分頃に第2関門を通過します。整列終了時間の8時00分に遅れぬよう、余裕を持ってお越しください

救護所 First Aid Stations

種目 races	救護所	距離	distance from start	
			救護所	距離
フルマラソン	スタート救護所	0.5km付近	第6根岸救護所	14.6km付近
	第1赤レンガ救護所	3.3km付近	第7新杉田救護所	18.1km付近
	第2横浜公園救護所	4.3km付近	第8南部市場救護所	19.8km付近
	第3山下橋救護所	6.7km付近	第9首都高磯子救護所	23.5km付近
	第4本牧小港救護所	8.0km付近	第10首都高三溪園救護所	27.6km付近
	第5本牧市民公園救護所	11.4km付近	第11首都高本牧救護所	30.9km付近
	第6根岸救護所	14.6km付近	第12D突堤救護所	34.8km付近
	第7新杉田救護所	18.1km付近	第4本牧小港救護所	38.0km付近
	第8南部市場救護所	19.8km付近	第3山下橋救護所	39.4km付近
	第9首都高磯子救護所	23.5km付近	第1赤レンガ救護所	41.1km付近
	第10首都高三溪園救護所	27.6km付近	フィニッシュ前救護所	42.2km付近

給水所 Water Station

給水	距離	location/ 右 - right side, 左 - left side		water	food
		位置	給水		
スタート前給水	0.0km		○		
第1給水	3.6km付近	右	○		
第2給水	5.7km付近	左	○	○	
第3給水	8.1km付近	右	○	○	
第4給水	10.5km付近	左	○	○	
第5給水	12.9km付近	左	○	○	
第6給水	16.0km付近	左	○	○	
第7給水	18.1km付近	左	○	○	
第8給水	19.9km付近	左	○	○	
第9給水	21.8km付近	右	○	○	
第10給水	23.5km付近	右	○	○	
第11給水	25.6km付近	右	○	○	
第12給水	27.5km付近	右	○	○	
第13給水	30.8km付近	左	○	○	
第14給水	33.4km付近	右	○	○	
第15給水	35.4km付近	右	○	○	
第16給水	37.1km付近	右	○	○	
第17給水	37.9km付近	左	○	○	
第18給水	40.8km付近	左	○	○	

※給水・給食場所、内容は変更となる場合があります

会場へのアクセス図 Access Map

