

# Instructions for runners

The race will be held under the 2019 Japan Association of Athletics Federations (JAAF) Rules of Competition from 12 noon on February 2 (Sunday) along the officially approved Beppu-Oita Mainichi Marathon Course (Takasakiyama/Umitamago, Oita City - 1st turn (Kamegawa Fishing Port, Beppu City) - 2nd turn (Misa, Oita City) - Oita City Athletic Stadium).

## 1. Day before the Race

- (1) **Runner registration** : Registration will be conducted on February 1 (Saturday) between 1:00 pm and 5:00 pm in the entrance of Beppu International Convention Center (B-Con Plaza)  
※Number cards will be handed out at the registration desk. Attach them as follows:
  - 1) Securely attach one on the front and one on the back of your running shirt so they are clearly and fully visible.
  - 2) Do not cut or fold any part of the number cards. Attach them as is, in their original size.
  - 3) A chip is attached to the back of the number cards. Do not remove the chip.
- (2) **Runners Plaza** : Runners will be welcomed on February 1 (Saturday) from 1:00 pm to 5:00 pm at Beppu International Convention Center (B-Con Plaza). Commemorative t-shirts will be handed out, so be sure to bring the postcard sent to you from the Marathon Office. (Confirm that the back of the 500-yen cash vouchers, which can be used at Runners Plaza, are printed with "For the Runners.")

Oita Prefectural Beppu Convention Center (B-Con Plaza) 12-1, Yamamoto-machi, Beppu Tel: 0977-26-7111

## 2. Day of the Race

### Invited Runners:

- (1) **Changing rooms**·····Waiting room for invited runners, 3rd floor of Osaru Kan (start point);  
waiting room for invited runners, 2nd floor of Oita City Athletic Stadium (end point)
- (2) **Warm-up**··········Takasakiyama/Umitamago seaside boardwalk
- (3) **Luggage transport**·····Luggage will be transported by race organizers
- (4) **Special drinks**······Submit to the special drinks station between 10:00 am and 10:30 am at the 2nd-floor entrance of Takasakiyama Osaru Kan
- (5) **Pre-line up**········Line up near the Takasakiyama intersection between 11:35 am and 11:45 am

### Category 1 :

- (1) **Changing rooms**·····3rd floor of Osaru Kan (start point); Category 1 men's changing room, 1st floor of Oita City Athletic Stadium (end point)
- (2) **Warm-up**··········Takasakiyama/Umitamago seaside boardwalk
- (3) **Luggage transport**·····Load onto Self Defense Forces truck No. 1 under the Osaru Kan escalator between 11:00 am and 11:35 am to be returned at the Category 1 changing room on the 1st floor of Oita City Athletic Stadium
- (4) **Special drinks**······Submit to the special drinks station between 10:00 am and 10:30 am at the 2nd floor entrance of Takasakiyama Osaru Kan
- (5) **Pre-line up**········Line up near the Takasakiyama intersection between 11:35 am and 11:45 am

**IPC Registered Athletes:** Organizers will provide instructions separately.

### Category 2 (men):

- (1) **Changing rooms**·····Temporary tents in front of Osaru Kan and the 2nd floor of Osaru Kan (choose either one; start point); Category 2 Wet weather practice room, 2nd floor of Oita City Athletic Stadium(end point)
- (2) **Warm-up**··········Takasakiyama/Umitamago seaside boardwalk
- (3) **Luggage transport**·····Load onto Self Defense Forces trucks No. 1-4 under the Osaru Kan escalator between 11:00 am and 11:35 am to be returned at the wet weather practice room, 2nd floor of Oita City Athletic Stadium
- (4) **Special drinks**······You cannot place special drinks; however, you may carry your own drinks while running. Also, organizers will provide sports drinks
- (5) **Pre-line up**········Line up near the Takasakiyama intersection between 11:35 am and 11:45 am

### Category 3 (men):

- (1) **Changing rooms**·····Temporary tents in front of Osaru Kan and the 2nd floor of Osaru Hall (choose either one; start point); multipurpose gymnasium at Oita Maizuru High School (end point)
- (2) **Warm-up**··········Takasakiyama/Umitamago seaside boardwalk
- (3) **Luggage transport**·····Load onto Self Defense Forces trucks No.5-6 under the Osaru Kan escalator between 11:00 am and 11:35 am to be returned at the multipurpose gymnasium at Oita Maizuru High School
- (4) **Special drinks**······You cannot place special drinks; however, you may carry your own drinks while running. Also, organizers will provide sports drinks
- (5) **Pre-line up**········Line up near the Takasakiyama intersection between 11:35 am and 11:45 am

### Category 4 (men):

- (1) **Changing rooms**·····Temporary tents in Takasakiyama parking lot No.3 (mountainside) and buses for runners (choose either one) at the start point; multipurpose gymnasium at Oita Maizuru High School at the end point
- (2) **Warm-up**··········Old road near Takasakiyama parking lot No.3
- (3) **Luggage transport**·····Load onto Self Defense Forces trucks No. 7-13 at the Oita City-side of Takasakiyama parking lot No. 3 between 11:00 am and 11:35 am to be returned at the multipurpose gymnasium at Oita Maizuru High School
- (4) **Special drinks**······You cannot place special drinks; however, you may carry your own drinks while running. Also, organizers will provide sports drinks

- (5) **Pre-line up**···Line up near the Oita City-side sidewalk of Takasakiyama parking lot No. 3 between 11:35 am and 11:45 am

**Category 2 and 3 (women):**

- (1) **Changing rooms**···Women's changing buses at Osaru Kan at the start point; women's changing room on the 1st floor of Oita City Athletic Stadium at the end point  
 (2) **Warm-up**··········Takasakiyama/Umitamago seaside boardwalk  
 (3) **Luggage transport**······ Load onto Self Defense Forces truck No. 1 under the Osaru Kan escalator between 11:00 am and 11:35 am to be returned at the women's changing room on the 1st floor of the Oita City Athletic Stadium  
 (4) **Special drinks**······ You cannot place special drinks; however, you may carry your own drinks while running. Also, organizers will provide sports drinks  
 (5) **Pre-line up**········Line up near the Takasakiyama intersection between 11:35 am and 11:45 am

**Category 4 (women):**

- (1) **Changing rooms**···Temporary tents at Takasakiyama parking lot No.3 (mountainside) (women only) at the start point; women's changing room, 1st floor of Oita City Athletic Stadium at the end point  
 (2) **Warm-up**··········Old road near Takasakiyama parking lot No.3  
 (3) **Luggage transport**······ Load onto Self Defense Forces truck No. 14 at the Oita City-side of Takasakiyama parking lot No.3 between 11:00 am and 11:35 am to be returned at the women's changing room on the 1st floor of the Oita City Athletic Stadium  
 (4) **Special drinks**······ You cannot place special drinks; however, you may carry your own drinks while running. Also, organizers will provide sports drinks  
 (5) **Pre-line up**········Line up near the Oita City-side sidewalk of Takasakiyama parking lot No. 3 between 11:35 am and 11:45 am

**3. The Race**

- (1) **Start**········The race will start in the direction of Beppu from the Takasakiyama intersection on Rt. 10 (Beppu-Oita National Highway).  
 (2) **Finish**······Runners will enter Oita City Athletic Stadium through Gate No. 1 and complete one full circuit of the track to finish the race  
 (3) **Course**······All lanes on one side will be open for running throughout the course, but runners must run over the measuring mat placed every 5 km. Water tables will be on the left side of the road. However, because runners will run on the opposing right lanes starting from ⑨, the intersection past Heiwa Shimin Park, the 41 k water table will be on the right side. Runners will follow the directions of event officials and police during the race.  
 ① Start in front of Takasakiyama/Umitamago (in the direction of Beppu)······3 left lanes open  
 ② 1<sup>st</sup> Turn around at Kamegawa Fishing Port, Beppu City······2 left lanes open  
 ③ Turn left at Nakakasuga intersection······3 left lanes open  
 ④ Turn left at Showa-dori intersection······3 left lanes open  
 ⑤ Turn right at Shinkawa intersection (towards the street known as 40 m St.)····2 left lanes open  
 ⑥ 2nd Turn around at Misa, Oita City······3 left lanes open  
 ⑦ Turn left at Hioka intersection······2 left lanes open  
 ⑧ Turn right at Hanatakamatsu intersection(towards the street known as Yanagi-dori)··1 left lane open  
 ⑨ Turn left at the intersection past Heiwa Shimin Park······2 opposing right lanes open  
 ⑩ Turn right at Norikoe intersection······2 opposing right lanes open  
 ⑪ Turn left at Maizurubashi-higashi intersection······All (2) lanes open  
 ⑫ Turn right into the stadium entrance through Gate No. 1  
 (4) **Distance signs**···Distances are indicated every 1 km up to 41 km. In addition, 5 km, 4 km, 3 km, 2 km, and 1 km points from the goal are indicated.  
 (5) **Prohibition of help**···Runners are not permitted to accept help in any form from others during the race.  
 (6) **Traffic control**···Traffic will be regulated between the lead and rear police cars.  
 (7) **Checkpoint closing times**···The 10 km checkpoint will be closed at 12:52 pm, the 15 km checkpoint at 1:16 pm, the 20 km checkpoint at 1:40 pm, the 25 km checkpoint at 2:05 pm, the 30 km checkpoint at 2:30 pm, the 35 km checkpoint at 2:55 pm, and the 40 km checkpoint at 3:20 pm.  
 Note: After checkpoints are closed, traffic restrictions are lifted and runners are unable to run on that portion of the course. Runners who did not pass the checkpoint before closing should quickly move onto the sidewalk and board a support bus.  
 (8) **Retiring**·····In the following instances, a runner must retire from the race and either board a support bus or first-aid vehicles indicated by an event official.  
 (Note: Number cards will be removed and the chips collected)  
 ① A runner who was unable to pass a checkpoint before it closed.  
 ② A runner who experiences trouble during the race and finds it difficult to finish.  
 ③ A runner who has been ordered by an official physician or chief referee to retire.

**4. Drink service (SPECIAL DRINK)···**

- ① **Special tables (Red)** : Restricted to invited runners and runners of Category 1 (within 2 hrs and 30 min). Drinks will be placed on tables according to the 1st digit of the number card.  
 Tables will be lined up in the following order: **1 2 3 4 5 6 7 8 9 0 B**.  
**Table locations**····· Tables will be set up on the left road shoulder at 6 km, 11 km, 16 km, 21 km, 26 km, 31 km, and 36 km checkpoints. However, at the 41 km point, the table will be on the right road shoulder.  
 ② **Sports drinks table(white)** : Sports drinks supplied by the organizers will be set up approximately 50 m after the special tables.  
 ③ **Water tables (yellow)**: Supply of mineral water. Table locations······Tables will be set up on the left side of the road at 8.5 km, 13.5 km, 18.5 km, 23.5 km, 28.5 km, 33.5 km, and 38.5 km points  
 ④ **Carrying drinks, etc** : Runners may carry their own drinks, etc., but must throw trash into the trash receptacles provided at the drink service areas.

**5. Restrooms** : There are restrooms at the start point and end point, and in front of each water table.

**6. After the Race**

- (1) **Doping tests** : After the race, runners who are notified will undergo a drug test according to International Association of Athletics Federations (IAAF) Rules. Runners subject to a drug test will be selected by a physician following completion of the race and immediately notified through a chaperon. Notified runners will be guided by a chaperon to the doping control room and must undergo a drug test within 60 min after receiving notification.  
 (2) **Awards ceremony** : Male runners placing up to 10th place, female runners placing up to 3rd place, and IPC registered athletes, up to 3rd place for both men and women. And other award recipients may be required to participate in a joint press conference held in the pressroom following completion of the race. Later, an awards ceremony will take place from 5:20 pm at Rembrandt Hotel Oita. Race organizers will arrange transport to the hotel.  
 (3) **Certificate of record** : All runners who complete the race will be sent a certificate of record at a later date.  
 (4) **Returning the chips** : The chips must be handed in after the race at the entrance to each changing room.  
 (5) **Showers** : please use the Shower room on the 1st floor of Oita City Athletic Stadium.  
 (6) **Parking** : Runners should use the field at Maizuru High School for parking. When parking, make a presentation of the ID card Player