



**PILLAR** **Step**  
JAPAN

A marathon trip to a  
historic castle town

**42.195km** Full Marathon

**NEW** Pair Relay Marathon

**NEW** Challenge Run **10km**

Fun Run **2km・3km**

The 32nd

# 福知山マラソン

## Participation guide

2024  
**11.23 SAT** | National holiday |

**AM 10:30**

**START**

### Event schedule

- |  |  |
|--|--|
| ■ November 22 (Fri)  | ■ November 23 (Sat/national holiday)                             |
| 13:00-17:00  | 7:00-16:30   |
| Participation prize exchange desk<br>(In front of Budokan) | Participation prize exchange desk<br>(In front of Budokan)       |
| Last minute event entry registration<br>(Help Desk)        | 7:00-9:00<br>Last minute event entry registration<br>(Help Desk) |
|  | 9:00- Opening ceremony   |
|  | 10:30 Marathon starts  |
|  | Pair Relay Marathon starts                                       |
|  | 10 km Challenge Run starts                                       |
|  | 11:00 2 km Fun Run starts  |
|  | 13:30- Award ceremony  |

#### GUEST



**Yuriko Kobayashi**  
Participated in the 5000 m at the Beijing Olympics  
Former Japanese record holder for the 1500 m

#### Marathon influencer



**Castle Hitomi**  
Lover of castles and No. 1 Instagrammer in the running world

#### Special guest runner



**Yuuma Morii**  
Winner of the 2023 Fukuchiyama Marathon  
8th place at the 2024 Boston Marathon (2:09:59)

#### Supporting runner



**Junko Wakabayashi**  
Freelance announcer

### ⚠ Important items ⚠

### Please arrive early!

We expect that the majority of visitors coming by car will use the Fukuchiyama IC. In addition to the limited number of vehicles that can be handled at the Fukuchiyama IC, the route from the Fukuchiyama IC to the city center and the parking lot will also be very congested, **taking several hours if all vehicles are concentrated.**

We ask for your cooperation in facilitating smooth transportation by riding together in groups as much as possible. We highly recommend that you use public transportation such as the JR train as much as possible, as it is difficult to predict the arrival time if you come to the event by car.

**\*Please note that the Executive Committee will not be held responsible for any failure to arrive for the start time due to road congestion or other reasons.**



## ■ Items sent in advance

- (1) 2runner'sbibs (for chest and back)
- (2) Safety pins
- (3) Twist ties
- (4) Timing chip
- (5) Return envelope for measurement chip
- \* There will be no registration for runners (exchange of athlete bibs) at the event venue. Please remember to bring all the items that have been sent to you in advance.
- \* (2)(3)(4)(5) are enclosed with the runner's bibs.
- \* The sashes for the Pair Relay Marathon will be handed out at the General Information Desk on the day of the race.

## ■ Participation prize exchange registration schedule

- November 22 (Fri) 13:00-17:00
- November 23 (Sat) 7:00-16:30
- \* The runner's bibs are required to redeem your prize. You will not be able to redeem the prize if you forget them.

## ■ Registration for last-minute entries

### Schedule

- November 22 (Fri) 13:00-17:00
  - November 23 (Sat) 7:00- 9:00
- You will be registered at the help desk. We will confirm your name and date of birth upon registration.

## ■ Runner's bib (number card)

- Runner's bibs must be brought on the day of the event and must be affixed to the chest and back of the runner.  
If you forget your runner's bib, you will not be allowed to run.
- The starting blocks (A-G) are indicated on the runner's bibs. Please line up at the starting block indicated on your runner's bib.
- \* Please be sure to check that you have the right runner's bib.
- \* Transferring runner's bibs to others or running in place of a runner is strictly forbidden.
- \* If you wish to withdraw from the event, please return the chip with the enclosed return envelope, or return it to the general information desk on the day of the event.

Runner's bibs



Please make sure to confirm that the "Event and Participant names" are correct for you when you receive your runner's bibs.

Starting block

## ■ Medical runners

- If you applied to be a medical runner at the time of entry, a medical runner sticker will be enclosed with your runner's bib. If you wish to apply on the day of the event, please come to the Medical Runner Office (General Information).

## ■ Changing rooms and safekeeping of valuables

### ● Changing rooms

Men: Main arena of the gymnasium

Women: Sub-arena of the gymnasium

### ● Safekeeping of valuables

Men: Main arena of the gymnasium

Women: Sub-arena of the gymnasium

- Please present your runner's bib to receive your valuables.
- Please use the Budokan as a waiting room (for both men and women).
- Please leave your baggage in the waiting room. Baggage storage will also be available at the Budokan for a fee.
- We will not be responsible for any theft or loss of valuables outside the storage area.  
Please pay close attention to your baggage to avoid the risk of theft.

## ■ Record/timing chip (transmitter for record measurement)

- Timing chips will be used in this year's event to measure the runners' records.
  - \* Split times will also be measured every 5km for the Marathon, Pair Relay Marathon, and 10 km Challenge Run.
- Records cannot be measured without a timing chip. Please make sure to put it on before the start of the race.
- Please attach the timing chip to your shoelace using the twist tie. It can be attached to either the left or right shoe. (If you are wearing magic belt type shoes, please secure them to the belt portion)
- For those participating in the Fun Run pair division, one of the runners must wear a timing chip.  
Please be sure to hold hands at the finish line and finish the race together. If you finish the race with only one person, you may be disqualified.
- \* If you wish to withdraw from the race, please be sure to return your timing chip to the help desk.

## ■ Start time

Start time for each event

- **Marathon, Pair Relay Marathon •10 km Challenge Run** .....10:30
- **2 kmFun Run** .....11:00
- **2 kmFun Run** .....11:30

Please be sure to confirm the start time of your event.

- We will start guiding runners to the start line of the race at 9:45 a.m. Please follow the instructions of the staff.

## ■ Lining up at the starting block

- The starting area for the race is divided into 7 blocks (A-G) according to the time you checked in at the time of registration.

Please line up in the block indicated on your runner's bib. You are not allowed to enter any block other than your assigned block.

- Straddling or going under the fence along the course will cause inconvenience to other runners and may result in disqualification.

Please be sure to follow the route and assemble at the start position as early as possible.

\*Those who have not entered their declared time will be assigned to Block G. Last minute entries will start from the back of the block.

**Please note that you cannot change your assigned block.**

Guidance to the starting blocks for the race will begin at 9:45 a.m.

The block entrances will be closed at 10:15 a.m. (tentative), so please be on time.

You will not be able to enter each block after this time.

If you arrive after the block closing time, please follow the instructions of the staff as you will be starting from the last block.

On the day of the event, please pay close attention to the announcements at the site.

Runners who break the rule about moving to the starting block may be disqualified and not allowed to start the race!

- A transparent vinyl for protection against the cold is enclosed in the participation prize bag to provide protection against the cold before the start and during the race.

For those who wear the cold protection layer, please use transparent vinyl, etc., which will allow your number card to be clearly seen.

Please note that blue or black vinyl or jackets that make it difficult to see the runner's bibs will not be accepted.

## ■ Warming up

- Warming up on the course is strictly prohibited. Please warm up around Sandan-ike Park.  
(See the main venue map for the location)  
Please be sure not to be late for the closing time of the starting blocks (10:15).

### Medical-related (Important!!!)

- On the day of the event, be sure to check your physical condition according to the "10-Point Self-Check" section of the program, and if you are not feeling well, please cancel your entry even after registration. If you feel any health problems during the race, please stop running immediately.  
In such cases, please notify the event staff. Please do not return home without authorization.
- As the organizer of the event, we recommend that you undergo a self-check of your physical condition in advance through the use of a stress electrocardiogram or other means.  
(A stress electrocardiogram is a test to detect abnormalities that are difficult to detect at rest by performing an electrocardiogram after putting a strain on the heart muscle through exercise)
- Regardless of weather conditions, please be sure to hydrate before the start, during the race, and after the finish to prevent dehydration.
- Please be sure to bring a copy of your health insurance card with you on the day of the event.
- The first aid van will only accommodate those who are injured or sick.
- For retirees and those who do not pass the checkpoint, please use the accommodation bus.

## ■ Left side of the street / Distance indication

- Please keep to the left side of the street on the course, except for the area around the start line.  
Please run on the designated course, especially for the Marathon, as split times will be measured at every 5 km point.
- Distance is shown in 1 km increments. For the Marathon, distance indicators are also installed for the remaining distance, from 5 km to every 1 km.



## ■ Checkpoint / Time limit

- As part of the event operations, time-restricted checkpoints will be set up as follows. Runners who are unable to pass must immediately stop the race and walk up to the sidewalk. After that, please follow the instructions of the officials to board the accommodation vehicle. Any runner who passes after the checkpoint is closed will be disqualified and will not be recognized as a finisher.
- \* Traffic restrictions will be lifted after 6 hours (16:30), so please follow the instructions of the officials and use the sidewalks thereafter.

Checkpoint	Distance	Elapsed time	Closing time
1	5.9 km	55 minutes	11:25
2	8.7 km	1 hour 15 minutes	11:45
3	12.7 km	1 hour 50 minutes	12:20
4	18.1 km	2 hours 35 minutes	13:05
5	21.5 km	3 hours 05 minutes	13:35
6	25.0 km	3 hours 35 minutes	14:05
7	28.3 km	4 hours 00 minutes	14:30
8	31.8 km	4 hours 30 minutes	15:00
9	37.7 km	5 hours 20 minutes	15:50

\*The only checkpoint for the 10 km Challenge Run is at the 5.9 km point.

## ■ Pace runners

- Two 3-hour pace runners will be assigned to Block C, two 4-hour pace runners to Block F, and two 5- and 6-hour pace runners to the front of Block G. They will be wearing uniforms (bibs) with "Pace Runner" number cards, so please use them as a guide for your pacing.
- \* Pace runners are only assigned for the Marathon.

## ■ Collection of timing chips

- Please be sure to return your timing chip at the timing chip collection area after finishing the race.
- Those who are accommodated on the way to a checkpoint should return the timing chip to a staff member on the bus.
- \* Please note that if the timing chip is lost or not returned, you may be charged for the actual cost of the chip.

## ■ Finisher T-shirt

- All finishers of the Full Marathon will receive a finisher T-shirt.
- \* The T-shirts will not be handed out to last-minute entrants (race entry only), and those participating in the Pair Relay Marathon, 10 km Challenge Run, 2 km Fun Run and 3 km Fun Run.



## ■ Certificate of completion / Preliminary report of records

- Same-day completion certificate (web)
- A certificate of completion (record certificate) can be created and downloaded after the race on the day of the event. There is no need to wait in line at the finish line on the day of the race, and the certificate can be produced a few minutes after you finish.
  - \* Until the records are finalized, the records and rankings displayed will be preliminary (reference) records.
  - \* The certificate cannot be created for those who have not completed the race.



Same-day completion certificate



- Same-day completion certificate (web)
- Run photo + (certificate of completion with photo)  
**A web-based certificate of completion with photo will be made available at the venue!**  
 You can create a web-based certificate of completion with your photo by operating your smartphone at the event venue. After the event, please scan the QR code below with your smartphone and register on the website for creating certificates (you will not be able to access the website until the day of the event). You can also select your own photos from your smartphone's photo folder.



Run photo +

## ■ Finisher (certificate of completion with movie)

Fukuchiyama Marathon X  .finisher \*Marathon only

- One-of-a-kind, personalized video certificate of completion  
 This is a race video generation service based on the official results of the race.  
 \*It will be displayed by the day of the event.



finisher

- Support navigation \*Marathon and Pair Relay Marathon
- This service allows runners to check the projected location of the starting runner on a map using a computer, smartphone, or tablet. It is a convenient way to get a head start on the course and cheer for your family and friends on the day of the event. For more information, please visit the official website of the event.



Support navigation

- \* It will be available from the date of the event. It may not be displayed depending on communication conditions. We appreciate your understanding in advance.

## ■ Awards (scheduled from 13:30)

Eligible for the awards are as follows.

- Marathon
  - The award ceremony for the event will be held at 13:30 (tentative) on the stage in the venue (only for those who meet the requirements of (1), (5), and (7) below). For the other awards (2nd to 3rd place in (2) to (4) and (5) above, and (6), (8), and (9) above), the Event Office will send the awards at a later date. Please note that stage awards and awards will not be handed out on the day of the event.
  - (1) Men's and women's overall division:
    - 1st-8th place
    - \*Stage awards will be presented
  - (2) Men's division and women's division (except for the blind marathon division)
    - 1st-3rd place
  - (3) General division: Men's and women's age groups:
    - 1st to 3rd place (in five-year age increments)
  - 4) Men's and women's age groups in the blind marathon division
    - 1st-3rd place
    - (39 and under age group / 40 and over age group)
  - (5) Blind marathon division by class
    - T11, T12, T13 Men's/Women's 1st-3rd place
    - \*Stage awards will be presented only to the 1st place winners
  - (6) Men's and women's winners for each region
    - \*Blocks will be divided into 9 groups according to the Japan Association of Athletics Federations system (Tokyo is included in the Kanto block).
  - (7) YMC Award (for participants from Fukuchiyama City)
    - Men's and women's 1st-3rd place
  - (8) Team entries (total time of top 5 runners)
    - 1st-3rd place
  - (9) Pair Relay Marathon division, total time for 1st-3rd place
- 10 km challenge run
  - The 10 km awards ceremony will be held on the stage at the venue from 12:00 (tentative).
  - (10) Men's and women's division
    - 1st-3rd place
    - \*Stage awards will be presented
  - The Event Office will later send specialty products of Fukuchiyama City to three winners drawn by lot from among the finishers.
- 2 km Fun Run • 3 km Fun Run
  - The awards ceremony for the 2 km and 3 km Fun Run will be held at 12:00 (tentative) on the stage in the venue.
  - (11) 2 km Fun Run, 1st and 2nd grade elementary school boys and girls division, 1st-3rd place
  - (12) 2 km Fun Run, 3rd and 4th grade elementary school boys and girls division, 1st-3rd place
  - (13) 3 km Fun Run, 5th and 6th grade elementary school boys and girls division, 1st-3rd place
  - (14) 3 km Fun Run, Junior high school boys and girls division, 1st-3rd place
  - (15) 3 km Fun Run, General men's and women's division, 1st-3rd place
  - (16) 3 km Fun Run, Pair division, 1st-3rd place
  - \*Stage awards will be presented

## ■ MCC participation event

The Fukuchiyama Marathon participates in the Marathon Challenge Cup (MCC).



The MCC (Marathon Challenge Cup) is a project to support all runners who run marathons, from runners who are making their first attempt to run a marathon to top runners who are aiming to break the event record.

(Sponsored by the R-bies Sports Foundation)

For more information, please visit the official MCC website.

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

## Fukuchiyama Marathon Good Manners Declaration!!

Fukuchiyama Marathon aims to be the best event in Japan in terms of participants and staff manners!

Let's all be aware of improving our manners so that everyone can run comfortably!

**(1) Let's improve our manners even in the trial run before the event!**

**(2) Let's be careful not to generate excessive garbage!**

- Please cooperate by taking your garbage home with you.
- Please help pick up trash in and around the venue and to the parking lot.
- Please be sure to properly separate trash when disposing of them at the venue.

**(3) Let's use the facilities in a clean and tidy manner!**

**(4) Please follow the rules for lining up at the "starting block"!**

**(5) Urinating outdoors at the venue or along the course is strictly prohibited!**

**(6) Be sure to say "thank you" to the volunteers!**

**(7) When emergency vehicles pass, please cooperate by immediately pulling over to the left side of the course to give priority to the passage of vehicles and other traffic.**

**(8) Please do not follow or support runners on bicycles or other vehicles, as this will interfere with the passage of race vehicles and emergency vehicles.**

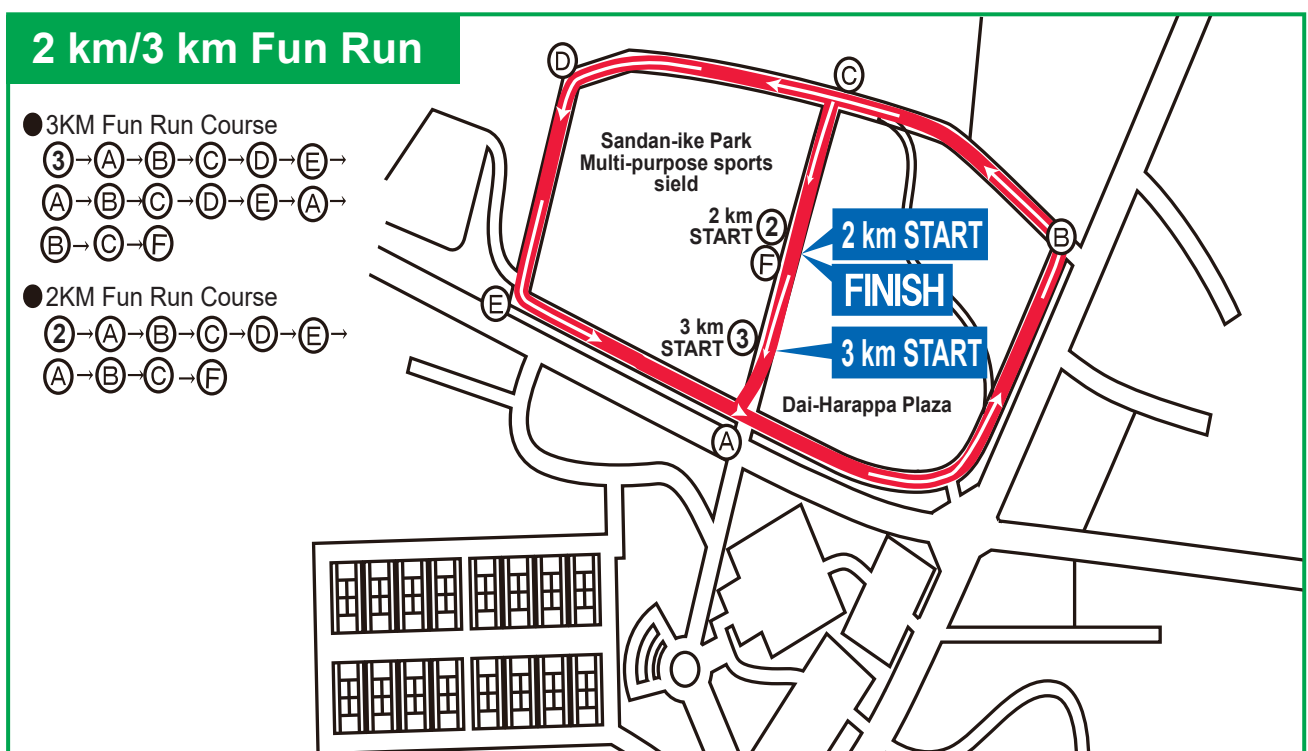
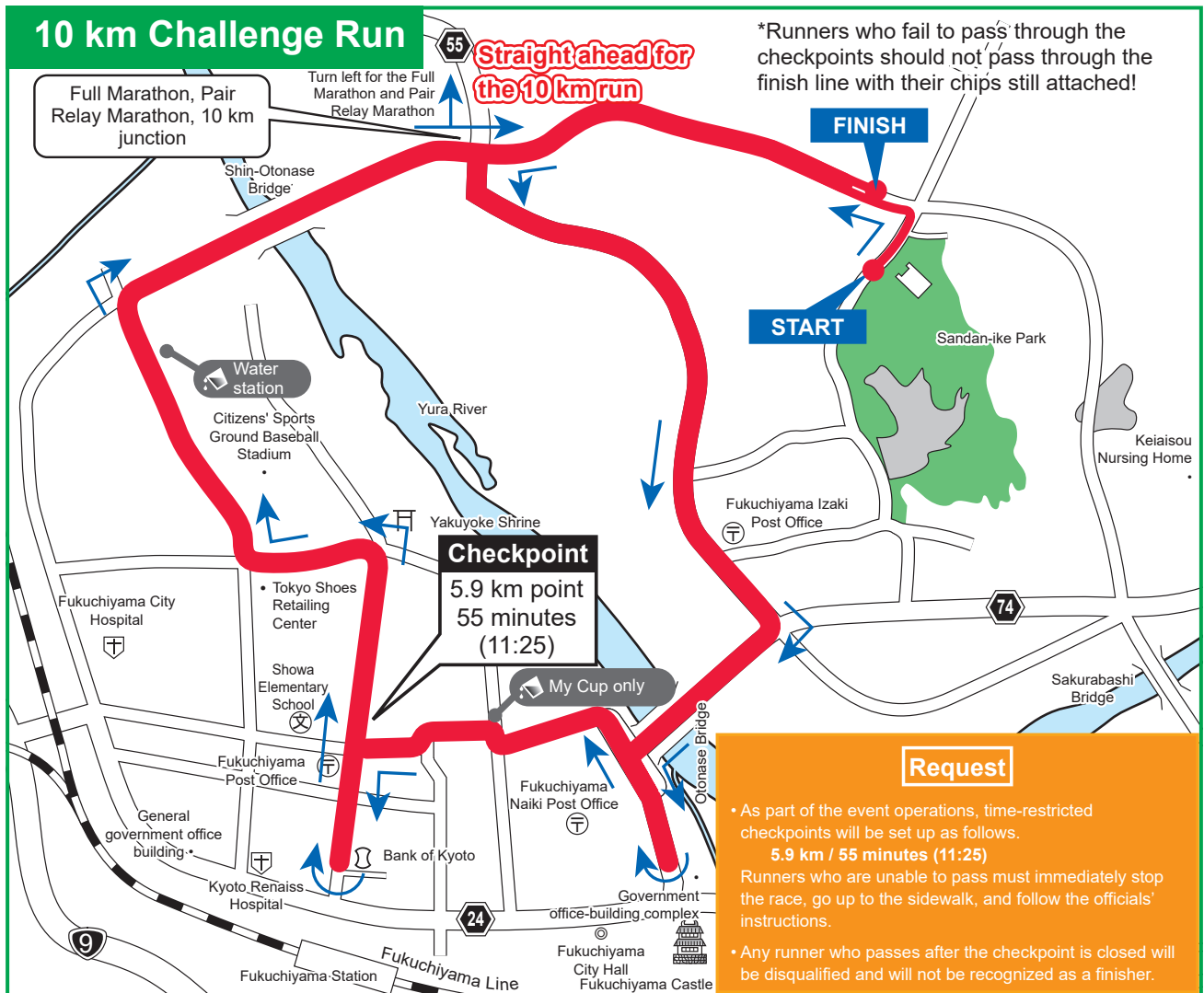




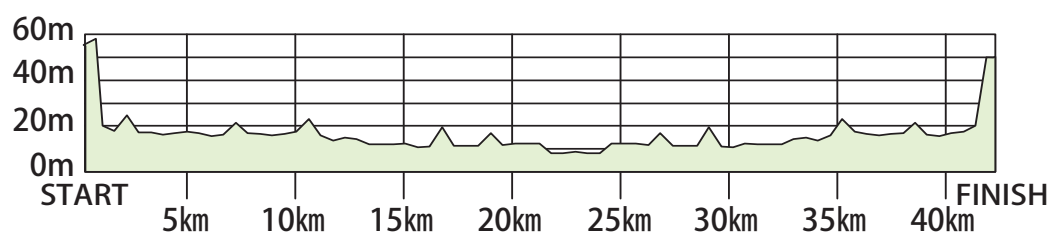
## ■ Marathon / Pair Relay Marathon course



## ■10 km Challenge Run / Fun Run (3 km/2 km) course



## ■ Course elevation map



## ■ List of water and food station locations

Point	Water	Sky Water	Food items
5.0km (My Cup only)	○	○	
9.6 km	○	○	
11.3 km	○	○	
13.2 km	○		
16.0 km	○	○	
18.0 km	○	○	
21.0 km	○	○	Bananas, candies, sweet chestnuts, etc.
23.7 km	○	○	
25.7 km			
28.4 km	○	○	
31.0 km	○	○	Bananas, candies, Farmers Tables, etc.
33.2 km	○	○	
35.4 km	○	○	Bananas, candies, Farmers Tables, etc.
38.2 km	○	○	
40.3 km	○	○	

## ■ List of restroom locations

	Point	Number installed
1	3.0 km	4
2	8.2 km	7
3	9.0 km	2
4	10.0 km	2
5	12.0 km	Already installed
6	12.5 km	2
7	15.0 km	1
8	22.5km	1
9	24.7 km	1
10	25.0 km	1
11	28.3 km	1
12	30.0 km	1•Already installed
13	32.5 km	2

- Special drinks will not be accepted. Please use water, sports drinks, etc. provided by the organizer at the water stations.
- Please be sure to dispose of paper cups and other trash in the trash cans and cooperate with good manners.
- Water will be available at the 5.0 km water station only for runners who bring their own cups. In addition, water booths will be set up at other water stations for runners who bring their own cups.



■ Start / Finish venue



## ■ Marathon information

### Support bus / Baggage storage (Kinki Nippon Tourist booth)

- Support bus / Please apply at the special Kinki Nippon Tourist counter from 8:30 a.m. on the day of the event.  
It will run from the starting line to around the 18 km point (near the Oe Mikawa Bridge).  
Fee: Adults 1,500 yen / Elementary school students and under: 500 yen  
Capacity: 120 persons (lunch not included)
- Luggage storage / Up to one piece of luggage per person will be free for customers who apply for the tour (lodging and bus plans).  
There is a charge for two or more pieces of luggage.  
For those who did not apply for the tour, we will keep your luggage at a fee on the day of the event.  
(Limited quantities are available for storage.) Fee: 1,000 yen/luggage



For inquiries, please contact the **Fukuchiyama Marathon Travel Center**  
**TEL:06-6535-8426 (Mon-Fri 10:00-17:00)**

### A kid's playground will be set up!

For the enjoyment of small children during the event, the park facilities are available for use as a kids' playground.

- Reception: Inside the Sandan-ike Park Gymnasium (in front of the Children's Science Museum)  
\*There are no age restrictions on children using the facility, but there may be age restrictions on the playground equipment, etc. within the facility.

### Information on booths at the venue

- We offer the largest number and selection of brands including Asics, Mizuno, Nike, Adidas, and other manufacturers, as well as huge discounts! (Credit cards accepted)

#### ■ Venue

Sandan-ike Park Budokan Parking lot

#### ■ Date and time

- November 22 (Fri) 13:00-17:00
- November 23 (Sat/national holidays) 7:00-16:30



- Experience seasonal food at Farmers Tables.

**出店情報** TIME 11:00-17:30 **限定10店舗** がやってきます!

牛鹿カレーうどん ku-nel	自家製たれのステーキ串 やまぐちの 丹の吉	和牛のローストビーフ丼・肉巻おにぎり・ドリンク BRAVE	漬物屋のきずしけ・マトとアボカドのサルサ・チキン・ポテト・とうもろこし・ポテトジュ Kizuna	丹波栗100%モンブラン他 Fukuchida
ホルモン焼きそば・煮込み 一丸	コーヒー・サンドイッチ・ケーキ・ソフトクリーム・クレープ・ソフトドリンク BUNBUN	どうぶつパン・野菜パン はまのり	唐揚げ・ポテト・フランクフルト・カレー・スイーツ・ドリンク ラーメン屋	焼きそば・寿司・汁巻き・天ぷら・大巻・天丼 一丸

- After finishing, please enjoy "tonjiru (pork miso soup)," "Amaguri Muichaimashita (sweet chestnuts)" and hot beverages provided by Kracie, Ltd. at the runners' service area. "Amaguri Muichaimashita" will also be provided at the aid station.



## Stage show schedule / Runner cheering squad

To further enhance the excitement of the marathon, performances will be held on the stage at the venue for runners and spectators to enjoy.

Around 8:40: GSDF Fukuchiyama Garrison “Shuten Onidaiko performance” (Japanese drum performance)

Around 9:40: Kyoto Prefectural Technical High School Brass Band Mambo Jazz Band (Pre-start performance)

Around 11:00: Kyoto Prefectural Technical High School Brass Band Mambo Jazz Band

Around 11:30: Hālau hula o mohala nohi nā pua (Hula dance)

Around 13:00: PIN☆PON☆PAN (Vocal unit)



The runner cheering squad will be performing along the roadside!

### ◇City area

- JGSDF 7th Regular Regiment Drummers, Fukuchiyama Drummers, Omotenashi Armor Corps Fukuchiyama Castle Akechishu
- Goryo Taiko Drumming, Kawai Dance Agency Cheerleading Dance, Fukuchiyama Seibi High School Brass Band
- Fukuchiyama Shukutoku High School Japanese Drum Club

### ◇Yura River area

- Tyrannosaurus Cheering Squad • Kyoto Prefectural Oe High School Brass Band Big Inlet Jazz Band
- Nikashimo Taiko Drumming

### ◇Fukuchiyama Station area

- Kyoto Prefectural Fukuchiyama High School Calligraphy Club “Support message by video and calligraphy” (Japanese only)

## ■ Access

### ● For those using the JR train

A free shuttle bus will run from JR Fukuchiyama Station to the venue (Sandan-ike Park) during the following hours as needed.

■ November 22 (Fri) JRFukuchiyama Station (North Exit) ◀ ▶ Receptionhall 13:00-16:30 (from Fukuchiyama Station)

■ November 23 (Sat/national holidays) JRFukuchiyama Station (North Exit) ▶ Venue 7:00-9:00

■ November 23 (Sat/national holidays) Venue ▶ JRFukuchiyama Station Around 11:40-17:30

<<Reference>>Departing JR Osaka Station 5:55 ▶ Arrives at Fukuchiyama Station 8:19

**Shuttle buses are available to Nico Nico Onsen! Shuttle buses bound for Fukuchiyama Station stop in front of Nico Nico Onsen.**

**Please board at the bus stop at Sandanike Park.**

### ● For those arriving by car

Expect heavy traffic congestion on the roads near the venue. Please allow plenty of time to arrive at the venue early.

Due to traffic congestion between the Fukuchiyama IC and the parking lot, there are cases every year of people not being able to arrive on time for registration. We recommend using the JR train, which arrives at a reliable time. Please note that congestion in the parking lot is also expected following the event. Please read the other notes on the back of the parking ticket.

**Please note that you will not be able to participate in the event if you are late for the start time due to traffic conditions.**

\* If you have not applied for a parking ticket and will need one at a later date, please send a self-addressed, stamped 110 yen envelope to the Osaka Office with a request for a parking ticket attached.

**Attention!!**  
All seats on limited express trains are reserved seats.

△ Requests regarding the parking lot △

**The parking lot may not be used without a parking ticket!**

**Please park in the parking lot indicated on the map on the back of the parking ticket.**

To ensure smooth guidance, please affix the parking ticket in a clearly visible location on the windshield where it will not interfere with driving.

We appreciate your cooperation to ensure the smooth operation of the event.

We are not responsible for any accidents in the parking lot.

**Shuttle buses can be used to the riverbed parking lot nearby. Shuttle buses bound for Fukuchiyama Station will stop at the Inosaki Bus Stop (riverside parking lot).**

**Please board at the bus stop at Sandan-ike Park.**





Official marathon event website

<https://fukuchiyama-marathon.com>

Convenient access  
with the QR code



Fukuchiyama Marathon

Search

## Contact information

[For information on entry, parking tickets, and timing chips]

### ■ Fukuichi-yama Marathon Osaka Office

**TEL: 06-6305-6302** (Weekdays 10:00-17:00, Weekends and national holidays · Excluding the third Friday of the month)

R-bies, AscensShin-Osaka Building 1F, 6-1-15 Nishinakajima, Yodogawa-ku, Osaka-shi 532-0011

\*On November 23, please call the provisional marathon event office (0773-24-0001).

(For more information on the event)

### ■ Fukuichi-yama Marathon Executive Committee Event Office

**TEL: 0773-24-3031** (On the 23rd, please call 0773-24-0001)

Fukuichi-yama City, Regional Development Department, Culture and Sports Promotion Division, 13-1 Naiki, Fukuichi-yama-shi, Kyoto, 620-8501

E-mail: [info@fukuchiyama-marathon.com](mailto:info@fukuchiyama-marathon.com)