# Nara Marathon Guide for Participants

## Mini Nara Marathon




## Runner Check-in

### Place, Date & Time

Rohto Field Nara (Nara City Konoike Athletics Stadium)
Sat, Dec 12th, 10:00am to 1:10pm

- Runners who have not completed the check-in will not be allowed to take part in the race.
- The check-in outside the above times will not be available under any circumstances.

### Items to bring

Athlete Bib Voucher

❶ Access the URL provided in the "Information About Athlete Bib Voucher" which was emailed in advance.
Your Athlete Bib Voucher will be issued after you checked the Participant Agreement.
*If your emergency contact information has changed since you registered, please submit your updated emergency contact details using the Registration Change Form (external link) in the Participant Agreement section.
*Be sure to enter a phone number for an emergency contact who can be reached on the day of the event.


▲ Voucher (Smartphone Screen)

❷ On the day of the event, display the Participant Varification Code on the voucher on your smartphone (a screenshot is acceptable) or bring a printed copy.


◀ Voucher (Paper)

### Check-in Procedure (Athlete Bibs Pick-up)

- Check-in desks vary depending on your bib number. Please show your Athlete Bib Voucher at the designated desk. (It is possible for someone to check in for you, but **NOT to RUN the race in your place.**)
- At the check-in, you will receive your Athlete Bib packet (Athlete Bib, safety pin and luggage sticker) and a plastic bag for your luggage.
- Participation is not allowed without wearing your Athlete Bib.

## Event Schedule

### Saturday December 12th

| | |
|---|---|
| 10:00 | Runner Check-in begin |
| | Nara Marathon 2026 EXPO Open |
| 11:00 | Opening Ceremony (at the Event Stage in the EXPO)<br>● Word from the Organizers<br>● Introduction: Special Guest Runners<br>● Runners' Pledge |
| 12:00 | Changing room and Baggage Hold Area open |
| 12:50 | Runners begin Line up |
| 13:10 | Runner Check-in close |
| 13:15 | Runner Line up finish |
| 13:25 | Entrance to the Stadium |
| 13:35 | Warm-up with Yuko Arimori, Ryuji Kashiwabara & NARA-X |
| 14:00 | Mini Nara Marathon start |
| 15:00 | End of Mini Nara Marathon |
| 15:30 | Changing room and Baggage Hold Area close |
| 20:00 | EXPO close<br>*The EXPO takes place on Sun. Dec. 13th as well |

# Nara Marathon 2026

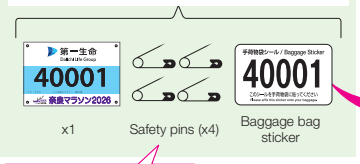
https://www.nara-marathon.jp/

# Map of the Race Area and Venue (Sat, Dec 12th)

## What You will Receive at Check-in

### Athlete Bib Packet

Packed in a clear plastic bag.




x1 Safety pins (x4) Baggage bag sticker

Note: There is no timing chip for the Mini Nara Marathon since the time is not measured. The pair category includes two sets each.



Sash **Must be returned**

*Pair Relay category only

### Baggage bag

(45L clear plastic bag)




Firmly affix this sticker onto this bag

### Original one shoulder bag




*The participation prize muffler towel will be given to you after you finish.

### Athlete Bibs (Bib Number)

**You will be asked to show your Athlete Bib whenever you enter the stadium, changing rooms, or when you use the baggage hold.**

**How to wear**

- Only one Athlete Bib is supplied. Please attach the Athlete Bib onto your chest area so as to be clearly visible during the race. Be sure it is attached securely and does not fall off while running.
- Please wear clothes that will allow the Athlete Bib to be seen.
  - *It is strictly prohibited to give your Athlete Bib to another person and have them run in your place.
  - *Runners with disabilities who are running with an escort can receive a bib for their escort at the help desk. Escorts are required to wear a designated bib in order to take part. Please return the bib to the General Information desk after the race.
  - *Please fill in emergency contact information on the back of the athlete bib.




After finishing the race, please collect your entry prize muffler towel, banana, and water before exiting the stadium. You can then pick up your completion certificate beside the gate.

## Changing Facilities & Baggage Holds

**Runners must show their Athlete Bib in order to enter facilities!**

Entry is not permitted to anyone other than runners.

- **Please exit by 1:15 PM to ensure you are in time for the start of the race.**
- Please place your personal belongings in the luggage bag distributed at the check-in desk and attach the baggage sticker included in the Athlete Bib packet to it.
- Please place all your personal belongings into one bag. Only one bag can be checked in per person. It is recommended runners ensure they have plenty of time and drop off their bag as early as possible. Bags cannot be accessed once they have been checked in.
- Valuables, delicate equipment, animals and plants, breakables, etc. cannot be checked in.
- The organizers take no responsibility for the loss of any personal belongings or other items checked in.




## Self-health Check

*No submission required

### Pre-Start Check List

Amended on April 11th, 2013 by the Japan Association of Athletics Federations Medical Committee

To ensure a safe run, please check prior to starting if you are healthy enough to run on the day of the race. If any of the following ((1)-(8)) are applicable to you, please either retire from the race or ensure you run carefully.

| Check Points | CHECK |
|---|---|
| (1) Having a fever or feeling feverish. | |
| (2) A feeling of residual tiredness. | |
| (3) Not feeling well-rested or having insufficient sleep the previous night. | |
| (4) Having not had enough food and water prior to starting the race. | |
| (5) Showing signs of a cold (slight fever, headache, sore throat, cough, runny nose). | |
| (6) Feeling discomfort or pain in the chest or back areas, and feeling palpitations or breathlessness. | |
| (7) Lower back pain, diarrhea or nausea. | |
| (8) Having no plan for how to finish the race. | |

- Please check your physical condition on the day of the event. If you feel unwell, please withdraw from participation.
- Please retire from the race immediately if at any point you do not feel well. If you choose to withdraw, please be sure to notify the staff of your condition.
- Organizers recommend the following people undergo cardiac screening by a stress electrocardiogram prior to the race:
  - Those with abnormal electrocardiogram results in medical examinations.
  - Those who have previously been diagnosed with cardiac irregularities.

  *A stress electrocardiogram is a test to detect cardiac abnormalities that are difficult to detect under normal conditions. This is done by conducting an electrocardiogram after exercising and placing stress on the heart.
- Regardless of the weather, be sure to drink plenty of fluids beforehand to prevent dehydration.
- We recommend purchasing travel insurance for overseas visitors before race day.
- Doctors and nurses will be on duty at medical stations to provide first aid. Come to an aid station if you don't feel well.
- Sprinting for the last leg of the race places stress on the body and is dangerous. Take your time and finish the race in comfort with a smile.

# Nara Marathon 2026 FAQ

**Q1** Is it possible to have someone else check in for me?

**A** In principle, we ask you to check in yourselves, but it is possible to have someone else do it on your behalf. Please send your Check-in QR code issued according to the email "Information about Athlete Bib Voucher" to your representative, and have them present it at the runner check-in. It is also possible to bring multiple codes at once. When issuing a voucher, be sure to register someone who can be contacted on the day of the race as an emergency contact.
**Note: However, substitutes are not allowed to run.** The emergency contact is defined as a person contactable by telephone in case of an emergency incident, such as sickness or injury that may occur during the race.

**Q2** I don't know how to issue the race bib voucher or am unable to issue it.

**A** During the period before the event, please contact the Entry Center. On Saturday, the 12th, please present the email screen for the "Information About Athlete Bib Voucher" to the help desk. For those who do not have a smartphone, tablet, or computer, we will provide a printed version at site for a handling fee of 200 yen.

**Q3** Do you issue finisher's certificates on race day?

**A** Yes, Mini Nara Marathon finishers will receive a finisher's certificate (No time stated) on the race day.

**Q4** What size is the luggage bag to be checked in?

**A** It is a 45-liter clear plastic bag, with one distributed to each participant.
Valuables, precision instruments, plants and animals, breakables, etc. cannot be checked in.

**Q5** I have chosen to withdraw from the race. Can I receive the entry prize at least?

**A** The entry prize is available for pick-up on the day of the runner's check-in when you show Participant Varification Code of the Guide for Athlete Bib Voucher.
It is possible to have someone pick it up for you.

## Getting to the Event

**The parking area of Rohto Nara Konoike Park cannot be used on race day. Please be sure to use public transportation to arrive at the venue. As heavy traffic is expected on the roads surrounding Rohto Nara Konoike Park, the dropping off/picking up of participants using private vehicles is strictly prohibited.**




### Bus (To Venue ) Sat, Dec. 12th

- **From JR Nara Sta.** ····· Route Bus <For Takano-hara St, Kamo St, Umebidaikukan Outer Loop> West Exit Bus stop No.15 → Get off at Shiei Kyujo Fare: 250 yen
- **From Kintetsu Nara Sta.** ····· Route Bus <For Takano-hara St, Kamo St, Umebidaikukan Outer Loop> Bus stop No.13 → Get off at Shiei Kyujo Fare: 250 yen
- **From Kintetsu Takanohara Sta.** ··· Route Bus <For JR Nara Station West Exit> Bus Stop No.1 → Get off at Shiei Kyujo Fare: 490 yen










## Going Home

### Bus (To Stations) Sat, Dec. 12th

- **For JR Nara Station** ····· Route Bus <from Shiei Kyujo Bus Stop or Konoike Bus Stop (Southbound)> Shiei Kyujo Bus Stop → Kintetsu Nara Sta. → JR Nara Sta. Fare: 250 yen
- **For Kintetsu Takanohara Sta.** ··· Route Bus <from Horensahoyama 3-chome Bus Stop (Northbound)> Horensahoyama 3-chome → Kintetsu Takanohara Sta. Fare: 450 yen

## Other Important Notes

(1) Personal information of the participants will not be used for any other purpose than the operation of the marathon. However, when announcing the recorded time and presenting awards, the runner's name, age, hometown and club affiliation may be publicly released.
(2) The Nara Marathon is held in compliance with all relevant domestic laws and regulations.
(3) There are no regulations on the clothing that can be worn by runners during the race. However, if the organizer deems any individual's clothing worn to be an inconvenience to other runners or to be offensive to public order and morals, then the person wearing such clothing will be asked to retire from the race.
(4) Organizers will only administer first aid to runners who are injured or ill during the event.
(5) Compensation for any accident, illness or injury sustained during the event will be limited to the range specified in the organizer's insurance.
(6) Any false statement of age and gender by the applicant or participation by a person other than the applicant is strictly prohibited.
(7) Participation fees will not be refunded.
(8) The organizers hold the right to publish or upload videos, pictures, and records taken during the event on television, newspapers, magazines and the Internet.
(9) The organizers will handle the personal information of the participants in strict compliance with personal information privacy laws.

Please also review the 'Nara Marathon Entry Guideline' and 'Privacy Policy' at the time of entry.

## Inquiries about the Nara Marathon

**Nara Marathon Organizing Committee**
TEL: 0742-81-8752
Open hours: 9:00 am–5:00 pm (except Saturdays, Sundays & Holidays)
Note: Open during the event.
Address: 757 Horencho, Nara City, Nara Prefecture 630-8113, Japan

**Inquiries about entry**
JTB Sports Station JTB Corp., Western Japan MICE Branch
Address: 5F, Osaka Dojimahama Tower, 1-1-27 Dojimahama, Kita-ku, Osaka 530-0004
E-mail: jtbss@jtb.com Office Hours: 9:30–17:30 (Weekday Only) GMT+9
*If you applied through a tour group, please check with your registered travel agency.

## Final Decision on Holding the Nara Marathon

Announcements about cancellation due to natural disasters or bad weather will be made as per the following schedule and method.

Official Announcement

**Nara Marathon Official Site**
**https://www.nara-marathon.jp/**

**Phone**
(Automatic message will start playing at 8:00 am on Sat, Dec 12th, 2026)
**050-3496-9947**