Nara Marathon Guide for Participants

Marathon / Pair Relay Marathon/ World Heritage 10K

Pair Relay Marathon participants should also read separate booklet.



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) ● Word from the Organizers ● Introduction: Special Guest Runners ● Runners' Pledge
12:00	A running clinic with Yuko Arimori, Ryuji Kashiwabara and NARA-X
15:00	Stage Talk with Yuko Arimori, Ryuji Kashiwabara and Mitsuko Sato
20:00	Runner Check-in & EXPO close

Sunday December 13th

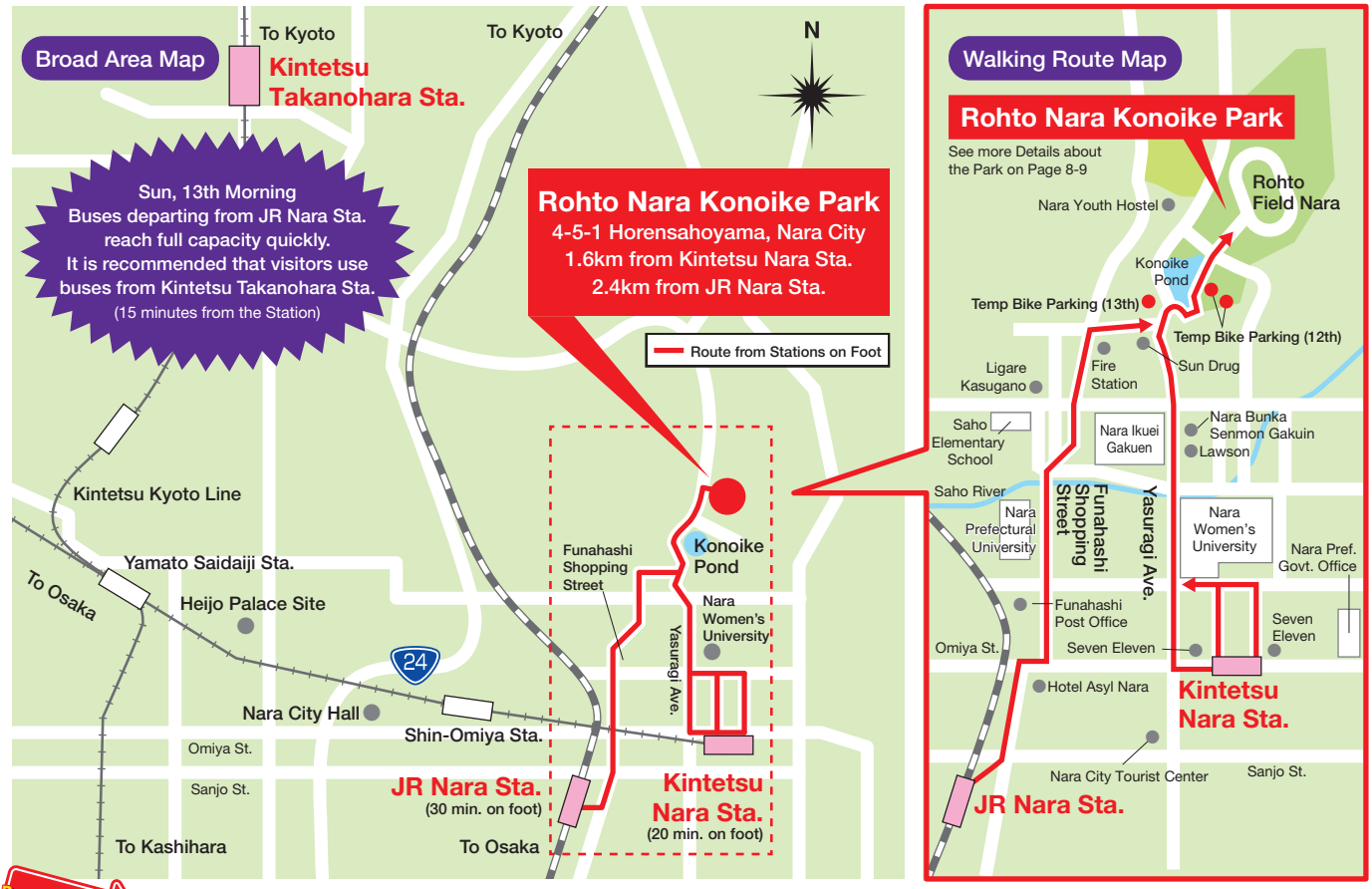
6:30	Changing rooms open
7:00	Runner Area / Baggage Hold Area open Nara Marathon 2026 EXPO open
8:00	Marathon/Pair Relay Marathon runners begin Line up
8:30	10K runners begin Line up
8:45	Blocks close for Marathon/Pair Relay Marathon runners
8:50	Starting Ceremony
9:00	Marathon start
9:15	Blocks close for 10K Runners
9:30	10K Run start
11:00	10K Award Ceremony
11:05	End of 10K Run
13:00	Marathon Award Ceremony
15:00	End of Marathon/Pair Relay Marathon
15:30	EXPO close
16:00	Event close

Nara Marathon 2026

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

Access to the Event Site (Sat, Dec 12th / Sun, Dec 13th)

There is absolutely no parking available for participants at Rohto Nara Konoike Park. Please be sure to use public transportation to attend. Due to heavy traffic congestion around the venue, we strictly prohibit drop-offs or pick-ups by private vehicles.



Sun, Dec 13th 6:00am–7:45am Free Buses Operated from Kintetsu Takanohara Station!

Bus (To Venue)

Sat, Dec 12th

From JR Nara Station

*Special buses are running every few minutes. For details, please see the Nara Kotsu website.

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 Station

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 Station

*Special buses are running every few minutes. For details, please see the Nara Kotsu website.

Route Bus <For JR Nara Station West Exit>
Bus Stop No.① → Get off at Shiei Kyujo
Fare: 490 yen

Sun, Dec 13th

From Kintetsu Takanohara Station

Special buses 6:00am–7:45am
Comes every few Minutes
Bus stop No.⑤
→ Get off at Special Bus Stop
Fare: Free

From JR Nara Station

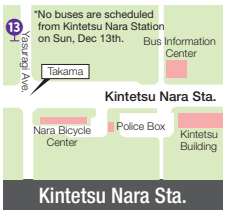
Special buses 6:00am–7:45am
Comes every few Minutes
West Exit Bus Stop No.⑮
→ Get off at Shiei Kyujo
Fare: 250 yen

No buses are scheduled from Kintetsu Nara Station.
Note: Route bus will not operate until 3 PM.

On Sun, Dec 13th, Route bus will not operate until 3 PM. Please use Special bus service.
*For details, please visit the Nara Kotsu website.







Note: Check page 15 for information on return buses

Special Kintetsu Train Timetable (Major Stations)

On Sun, Dec 13th, Special trains will operate in addition to the regular Sunday schedule.

*Changes may occur. For more details, please refer to the Kintetsu Railway website.

Services	Osaka Namba Sta.	Yamato Saidaiji Sta.	Kintetsu Nara Sta.
RE	5:39am	6:10am	6:16am
LE	7:20am	7:54am	7:59am

Services	Osaka Namba Sta.	Yamato Saidaiji Sta.	Kintetsu Nara Sta.
LE	6:20am	6:55am	6:59am
LE	6:55am	7:30am	7:34am

Services	Kyoto Sta.	Tanbabashi Sta.	Takanohara Sta.
LE	7:10am	7:16am	7:36am

*The above trains bound for Toba will make an emergency stop at Takanohara Station.

RE: Rapid Express LE: Limited Express

Learn more about Nara Marathon!

★ Men & Women's 1st–3rd places!

Original trophy made from Yoshino cedar

We will honor your achievements with a trophy uniquely representing Nara this year as well.



★ Win the Prize!

Handmade certificate of commendation made from Japanese traditional paper

Handmade with the bark fiber of Yoshino cedar and cypress.
The race logo is watermarked on the paper.



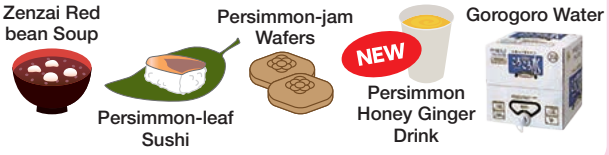
★ Prizes for those who work hard!

Foot bath service from Totsukawa Hot Spring

Hot water was collected in the morning and transported from southern Nara Prefecture to Totsukawa Village.



★ Enjoy Nara's specialty and local foods at water and food stations.



★ Map out your race strategically!!

On-course signs for reference

● **Water Station Sign**
You won't miss the last table as the sign illustrates the number of tables.



● **Distance Sign**
Distance to the next toilets is displayed.



★ We appreciate your cooperation!

We recycle paper cups.

We recycle paper cups used at water stations into toilet paper.





Make the Nara Marathon fabulous!

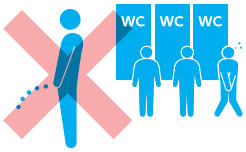
You're the main player. Manner & Cleanup Declaration

No Littering



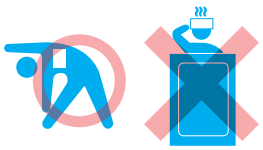
The course is not a garbage box.

Use designated toilets



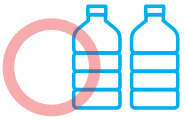
It can bother people around you, even if doesn't bother you.

Self-maintain your condition



Have courage to drop out

Encourage My Bottle, My Cup



Utilize self-water tables.
(set up after Water Station 3)

Split Times Tracking Service

Let your family and friends know in advance and ask for their support!

Utilize the app to have your friends and family support you and review your own race.
*Available from race day *The service may not be available depending on network situation

ランナーの現在地は? 応援navi
Support Navigator

App
App Store からダウンロード
Google Play でダウンロード
Only available with smart phones and computers.
Unavailable with mobile phones

We recommend this service for your family and friends who plan to cheer you.

Website **https://v2.ouennavi.jp/teaser/?eid=000000000391335**

RUNNET
Available with computeres and smart phones.

We recommend this service for checking your latest time!

RUNNER Race Result Service
https://r.one.runnet.jp/results/391335 *Available in Japanese only

Nara Marathon Running Clinic Instructor (Society for Running Certified Running Coach)

Kazuyoshi Maeda's Advice for running the Nara Marathon! 1

(Continued on page 11)

Example of how to approach the Nara Marathon

Those aiming to finish under 4 hours	Those aiming to finish the race

4 Weeks to go [around Nov 15th]

- Take part in a half marathon (Develop race sharpness and adjust to the race's atmosphere)
- Make sure to stretch, ice, and get massages to avoid injuries.
- Do long training runs (jogging) until this period
- Take part in a 10 km or a half marathon (Develop race sharpness and adjust to the race's atmosphere)
- Make sure to stretch, ice, and get massages to avoid injuries.

3 Weeks to go [around Nov 22th]

- Run 20km-10km at the speed you will run on the day. Plan to have your body remember the speed you will run on the day
- Do long training runs (jogging) until this period
- Gradually move your training from quantity to quality
- Run 15km-5km at the speed you will run on the day. Plan to have your body remember the speed you will run on the day
- Gradually decrease the amount you run.

2 Weeks to go [around Nov 29th]

- Run 15km-10km at the speed you will run on the day. (Decrease the distance)
- Add floats into your training to improve smooth running
- Add an interval approximately every 1000m. HIIT is also recommended.

*Run slightly faster than your race speed
*There's no need to push yourself too hard

- Run 10km-5km at the speed you will run on the day. (Decrease the distance)
- There's no need to push yourself if you are still tired
- Add floats into your training to improve smooth running

*Practice making sure you don't injure yourself
*There's no need to push yourself too hard

1 Week to go [around Dec 6th]

- Center your lifestyle around resting for the main race (Reduce training volume without compromising quality, get enough sleep and nutrition)
- Pushing yourself now will lead only to strain your body.

*Before the race, you might feel anxious, but don't panic now—you've put in solid practice over the past period.Having come this far, just trust in the training you've done and in yourself as you approach the race.

- Move your diet from protein to carbohydrates

1 Day to go

- Light exercise (walking, light jogging)
- Have a meal rich in carbohydrates and Vitamin B family (Udon noodles, Pasta etc.)
- Get a full nights rest (6–8 hours)
- Finish your race preparations
- Visit the staring line and motivate yourself

Base speed

*Practice running at a pace that will allow you to finish within your expected time

Expected Finish Time (Net Time)	Pace / Km	Expected Finish Time (Net Time)	Pace / Km
3hrs.	4mins 16secs.	4hrs 30mins.	6mins 24secs.
3hrs 30mins.	4mins 59secs.	5hrs.	7mins 07secs.
4hrs.	5mins 41secs.	5hrs 30mins.	7mins 49secs.

Race day is just around the corner.
When you receive this guide,
your race has already started.
Read this guide and the advice it provides
carefully, prepare for the big day,
and aim to complete the race.



1 Day to go

- Complete Runner Check-in (10 am–8 pm)
- Check transportation and travel time in advance (Be sure to leave yourself plenty of time.)
- Pack your stuff the day before the race as well.

What to bring to the race

- ☐ Athlete Bib
- ☐ Cap
- ☐ Extra clothes
- ☐ Gloves
- ☐ Travel Insurance Certificate
- ☐ Watch
- ☐ Plasters
- ☐ Running gear to protect against the cold
- ☐ Tissues
- ☐ Towel
- ☐ Vaseline/petroleum jelly
- ☐ Training apparel
- ☐ Portable snacks
- ☐ Shoes you are used to running in
- ☐ Running pouch
- ☐ Anti-inflammatory
- ☐ Race apparel

Race Day

4:00	Wake up
4:30	Breakfast, baggage check, bathroom

Allow plenty of time when leaving home!

By getting to the event site early, you can avoid congestion and allow yourself enough time to stand at the starting line!

Fun events are planned for early birds!

6:30–7:30	**Arrival, change of clothes, bathroom**
7:30	Warm-up
8:00/Marathon/ Pair Relay Marathon 1st runner 8:30/World Heritage 10K	Move to the starting area *As a means to protect yourself from the cold weather at the starting line, we recommend you prepare some warm apparel that can be recycled or a clear plastic bag that can be thrown away!
9:00	Marathon/ Pair Relay Marathon Start
9:30	World Heritage 10K Start

Helth Check List

If you fall under categories ❶ to ❺ below, please consult your primary care physician regarding your participation in the race.
Under the guidance of your physician, undergo any necessary tests or treatments. If you choose to participate in the race, do so at your own responsibility.
(Amended from the Health Check List for Public Marathons and Road Races, revised on April 11, 2013, by the Japan Association of Athletics Federations Medical Committee)

❶ Have been diagnosed with or are undergoing treatment for heart disease (myocardial infarction, angina, cardiomyopathy, valvular disease, congenital heart disease, arrhythmia, etc. ❷ Have suddenly lost consciousness (fainting episode). ❸ Have experienced chest pain or dizziness during exercise. ❹ Have a blood relative who died suddenly due to what is known as heart failure (sudden death). ❺ Haven't had a health checkup in over a year.

The following ❻–❾ are risk factors that make you more prone to myocardial infarction and angina. If any of these apply to you, please consult with your primary care physician.

❻ Have high blood pressure (hypertension). ❼ Have high blood sugar levels (diabetes).
❽ Have high LDL cholesterol or high triglycerides (lipid disorder). ❾ Have been smoking.

Your primary care physician is a doctor who manages your health and well-being. Be sure to choose a primary care physician and consult with them about various tests and race participation.

About Insurance

We have taken out insurance coverage to cover illness and injuries sustained during participation in the event.

*Please note that some claims may not be covered, depending on the circumstances.
*All benefits are payable for incidents occurring within 180 days from the date of the accident, including the date of the accident.
*Coverage applies only to incidents that occur during participation in the event. ("During participation in the event" refers to the period from the start/finish venue until the participant has completed the race and changed clothes.)

Please Obtain Travel Insurance

Although the event organizers have insurance coverage, we strongly recommend that all overseas participants obtain their own travel insurance in case of unforeseen circumstances, such as situations not covered by the event insurance, that may result in significant medical expenses.

[TOPICS] 2026 Special Aid Station Lineup

To make our aid stations even more enjoyable, we have added a selection of famous Nara sweets and foods and drinks suitable for nutritional replenishment.
*The quantities available at the aid stations are limited. Distribution will end once the planned quantities have been used up.

☆ Dedicated booths are available at the EXPO. ★ Also available for purchase at the event office booth inside the EXPO.

Main Venue

Water dispensers providing both hot and cold water will be available at various locations throughout the venue. Please bring your own cup or bottle to use them.



Water Dispenser
CLiCRA Gose

Before the Start

From top:
item provided / providing company or organization



Crazy Boost
TCS
Pre-start Water Station

On the Course

From top:
item provided / providing company or organization



Persimmon Monaka
Kaki no Senmon
Water Station 4



Zenzai (Sweet Red Bean Soup)
Tenri City Society of Commerce and Industry
Special Aid Station A



Persimmon Honey Ginger Drink
SONAS
Special Aid Station B



Kakinoha Sushi (Sushi Wrapped in Persimmon Leaves)
Nakatani Honpo
Water Station 9

Finish

Nara Specialties Aid Station
*Food offerings vary depending on the serving time.
From top: item provided / providing organization



Nara Nama Sable "Roku-en"
Taguchi Seika



Narazuke Muffin
Cafe Daisy



Barman's Chocolate
Liquor-Infused Brownie / Cognac



Gold-pak Juice / Gold-pak Reward Sorbet
(8 Stick Varieties)
Oketani



Baumkuchen
Shorin-do Honpo



Oshiro-no-kuchi Mochi
(Mochi with Red Bean Paste and Kinako)
Honke Kikuya



Miso Rice Crackers
Yokota Fukueido



in Jelly
Asuka Biso



Koromochi/ Shrimp Salad Flavor
Takayama Seika



Persimmon Monaka
Kaki no Senmon



Fujihana
Tempyoan

Runner Check-in

Place, Date & Time

Rohto Arena Nara　Saturday, December 12th, 10:00am–8:00pm

- Runners who have not completed the check-in will not be allowed to take part in the race.
- Runne Check-in takes place on **Sat, Dec 12th**. No applications will be accepted outside the above hours or on Sun, Dec 13th.

Items to bring

Athlete Bib Voucher

❶ Access the URL listed in the "Notice on Issuance of Athlete Bib Voucher" sent to you by email 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.

*There have been many cases where we could not contact the designated emergency contact when a participant was taken to the hospital. Please be sure to register someone who can definitely be reached.

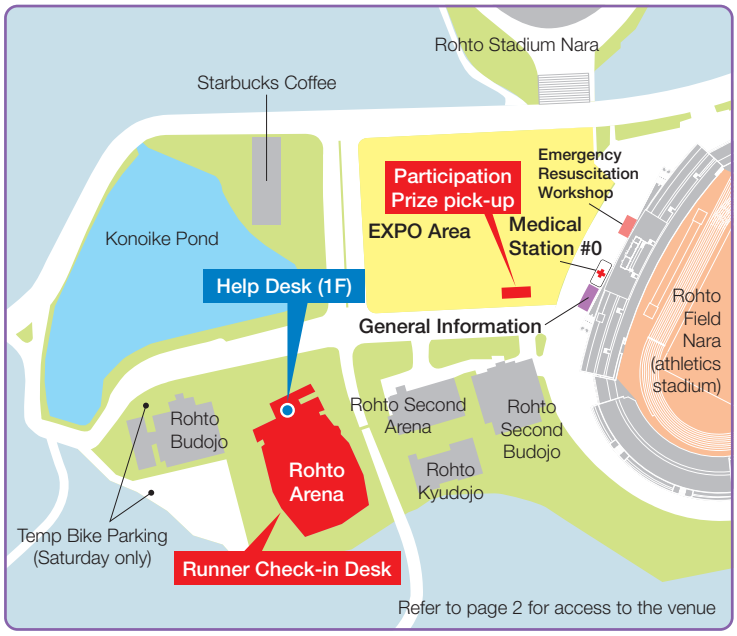
❷ On the day of the event, display the QR code on the voucher on your smartphone (a screenshot is acceptable) or bring a printed copy.

Voucher (Paper) ▶



Voucher (Smartphone Screen) ▶





Check-in Procedure (complete steps 1→2). For Pair Relay Marathon, please also refer to separate booklet.

1 Athlete Bibs Pick-up

- Check-in desks vary depending on your bib number. Please show your Participant Verification Code 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 desk, we will provide you with Athlete Bib Packet (athlete bib, timing chip, safety pins, baggage tag sticker), a baggage bag and cold-weather vinyl wear.

- Please be advised that runners who do not have their athlete bibs and timing chip on the day of the race will not be allowed to take part.
- Runners who have checked in but do not take part in the race are required to return their timing chip to the help desk.

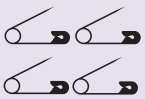
What to receive at Check-in

Athlete Bib Packet

Packed in a clear plastic bag.



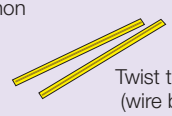
One for Marathon/10K runners
One card per person for the Pair Relay Marathon



Safety pins (x4)



Baggage bag sticker (x1)



Twist tie (x2) (wire band)



Timing Chip (x1)
(Actual item may vary)

Baggage bag (45L clear plastic bag)

Firmly affix the sticker onto this bag



For Those Who Have Registered for an Accompanying Runner

Collect your accompanying runner bib at the registration help desk.

Original one shoulder bag



Cold weather vinyl wear



For measures against the cold on the day

▲ It is included in the packet. No distribution will be made on the event day.

2 Participation gifts pick-up

Place/EXPO Area Booth
(At Rohto Arena Nara after 6 pm)

- Please present the Participant Verification Code Code.
- Sizes cannot be changed.

Athlete Bibs (Bib Number)

You will be asked to show your athlete bib whenever you enter the runner's area or 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. You are allowed to wear extra clothing over your running gear to protect against the cold until the start of the race. (See page 9)

*It is strictly prohibited to give your athlete bib to another person and have them run in your place.

*Runners with disabilities who need their support person may collect the support person's bib at the Help Desk. Please contact the Entry Center in advance. Support persons must wear the designated bib during the race and return it to the General Information Desk after the race concludes.

Athlete bib



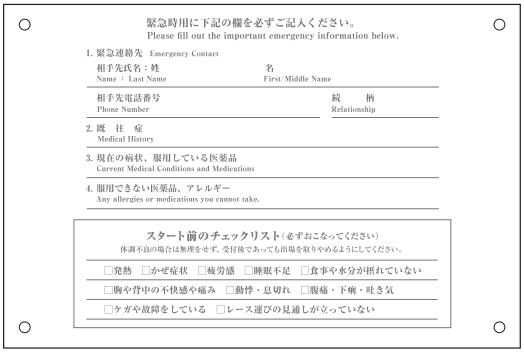
This letter represents the runner's starting block (see pg. 8–9)

Please confirm your name, race type and competition type when you receive your card.

This number indicates the desk number where you will check in your baggage.

***On the back of the athlete bib, there is a section for emergency contact information and medical history. Please fill it out in advance just in case.**

Reverse Side of Bibs


緊急時用に下記の欄を必ずご記入ください。
Please fill out the important emergency information below.

1. 緊急連絡先 Emergency Contact
相手先氏名：姓 Name：Last Name　名 First/Middle Name
相手先電話番号 Phone Number　続柄 Relationship
2. 既往症 Medical History
3. 現在の病状、服用している医薬品 Current Medical Conditions and Medications
4. 服用できない医薬品、アレルギー Any allergies or medications you cannot take.

スタート前のチェックリスト（必ずおこなってください）
体調不良の場合は無理をせず、受付後であっても出場を取りやめるようにしてください。
□発熱 □かぜ症状 □疲労感 □睡眠不足 □食事や水分が摂れていない
□胸や背中の不快感や痛み □動悸・息切れ □腹痛・下痢・吐き気
□ケガや故障をしている □レース運びの見通しが立っていない

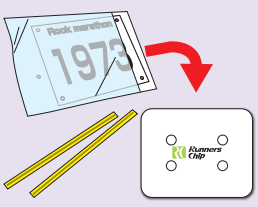
- Fill in necessary items
- Please check your physical condition on the day of the event. If you feel unwell, please withdraw from participation.

- If at any point you do not feel well, please retire from the race immediately and be sure to notify the staff.
- Regardless of the weather, be sure to drink plenty of fluids and electrolyte beforehand and during the race to prevent dehydration.
- Doctors and nurses will be on duty at medical stations to provide first aid.
- Sweep buses, which trail behind the last runner in the race, have medical staff onboard to provide first aid (Marathon/Pair Relay Marathon).
- 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.

Timing Chip

- This event will record results using a timing chip. Please securely attach it to your shoes using the included twist tie (wire band). **Do not remove it until the race is over. Please note that if you do not wear the timing chip, your time cannot be recorded and you will be disqualified.**
- If you put your timing chip in your pocket or hold it with your hand, your time will not be recorded.
- In case your timing chip coming off during the race, ask the staff at each distance point for extra ties.

❶ Take out twist ties and runner's timing chip enclosed with your athlete bibs



❷ After getting the twist ties through the shoelaces, get it through timing chip holes.



❸ Twist the end of twist ties as follows and tighten the timing chip.



Tighten the chip to your shoe belts if you wear velcro shoes.



Please note the tie may be torn when twisted too much.

*If your shoes do not have shoelaces or velcro tapes or if you do not understand how to attach the timing chip, please come and ask at the help desk when you check in.

Map of Start Area and Venue (Sun, Dec 13th) NEW

Leaving baggage unattended or putting up tents is prohibited!

Please check in all of your belongings at the baggage hold. Baggage left in and around the event site may be treated as suspicious and disposed of. In order to ensure a safe event, we have upped our security procedures relating to suspicious objects.
We ask for your understanding and cooperation in this matter

If you find any suspicious individuals or items, please report them to the staff immediately!

Come by 8 am!
Line up well before the start time.

Toilets are located around Secondary Field and the perimeter inside the runner's gate. Please be advised to enter the runner's area early as the gate becomes very crowded toward the start time.

Trash bins are consolidated into three "Garbage Stations" within the venue. There are no other trash bins in different locations.



Baggage Holds & Changing Rooms

Runners must show their athlete bibs in order to enter facilities!
Entry is not permitted to anyone other than runners.

Baggage Holds closing time	Marathon/Pair Relay Marathon	8:30am
	World Heritage 10K	9:00am

- The baggage holds area requires you to place your luggage in the designated baggage storage spaces allocated for each block on your own.
- 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.



Do not interrupt the flow of people and in the waiting lines for the toilets when warming up.

Stay warm before the race using disposable clothes

You are allowed to wear clothing to protect against the cold temperature, such as jerseys or jackets when you line up in the starting block. Clothing that is no longer needed after the start must be put in the **"For Gear Recycle" box**. Please note that collected clothing will be recycled and will **NOT be returned**.





- 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.
- For security reasons, it is prohibited to open your luggage bag in the baggage holds area.
- When retrieving your luggage, the staff will verify your athlete bib number and baggage sticker number. Please ensure that you present both numbers when exiting the baggage holds area.
- 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.

Start

Starting times and line-up locations vary for the Marathon/Pair Rlay Marathon and 10K competitions.
Please be sure to check your competition, starting time and waiting area in advance.

Marathon/Pair Relay Marathon Blocks Ⓐ–Ⓛ	To avoid congestion, please arrive by 8:00 AM and use the restroom, if needed.	World Heritage 10K Blocks Ⓜ & Ⓝ
6:30 Changing rooms open		Changing rooms open 6:30
7:00 Runner's Area opens	To avoid congestion at the runner's gate, we will assign entry to each gate by blocks." ● Gate 1···A, B, C, D, M, N ● Gate 1 Perimeter···E, F, G, H, J, K, L	Runner's Area opens 7:00
8:00 Runner's line-up A, B, G–L···Secondary Field C–F···Athletics stadium perimeter	The starting line-up is separated into blocks as described on page 9. Runners are to line up in the block indicated on their athlete bibs and are not permitted to enter any other block, except when runners intend to move back to a slower block.	Runner's line-up 8:30 M, N…On the field
8:30 Peak congestion		Close-off of starting blocks 9:15
8:45 Close-off of starting blocks	You cannot enter your block after it has been closed off. You will instead have to start from the very end, and are required to wait in the "Post-block close-off Waiting Area" until your turn.	
8:50 Starting Ceremony		Start 9:30
9:00 Start		

*Runners will be disqualified when not lining up before the start time. Please note that runners may be also disqualified for any of the following: trying to enter a block by hopping over a fence or a cone bar; entering an area other than their designated block; entering the race after blocks have been closed off (or after runners have begun moving towards the starting point); not observing the rules regarding the start of the race.

*The pink area of the diagram on pages 8–9 is reserved for runners and staff. You will be required to display your athlete bibs upon entry, and baggage checks will be conducted at the runner's gates. As part of our security policy against suspicious objects, anything that will not be carried during the race is not allowed in this area. We thank you in advance for your cooperation.

*Please do not relieve yourself in any location other than the restroom. This will result in disqualification.

About Pace Keepers (for Marathon) Finish Assist Runners also run with you!

They will run with the participants to finish within the following time from the starting gun.

3 hrs, 3 hrs 30 mins, 4 hrs,
4 hrs 30 mins, 5 hrs,
5 hrs 30 mins & Finish Assist

Pace keepers wear orange bibs and have balloons attached to them. Please use the pace keepers as a means of regulating your own pace.

About Finish Assist Runners — They run to complete the race within the limit time.



Closing Points / Closing Time

Race	Time Limit	Closing Points
Marathon	6 hours	8 points
Pair Relay Marathon	6 hours (Cutoff time at relay point: 12:35)	8 points + Relay Point
World Heritage 10K	95 minutes	1 point (7.5km point)

- The time limit is measured based on the starting gun time.
- The official race record (eligible for awards) will be the time from each runner's crossing of the start line to crossing the finish line (net time). Depending on the start block, it may take more than 10 minutes to reach the start line after the starting gun. Even in the event of race interruptions due to emergency vehicles, no adjustments will be made to the recorded times or the closing times.
- Any runners who do not pass the closing points by the closing times will be asked to stop the race. Other than not passing all the closing points, any runner who is notably too slow, is obviously not able to reach the next closing point or finish the race on time, and/or is expected to potentially disturb traffic will be ordered to stop the race by a race official or a medical staff member.

Notes on garbage during the race

- Please dispose of paper cups from the water stations in the trash bins lined with **light blue plastic bags**.
  Nara Marathon recycles paper cups collected along the course.
- Please throw banana peels, candy/chocolate wrappers and plastic bags used as raincoats or against the cold into the trash boxes with **clear plastic bags**.
- Please consult staff if you wish to dispose of plastic bottles, cans or glass bottles.
- Do not dispose of any garbage in the toilets other than provided toilet paper.

Race Preparation

Nara Marathon Running Clinic Instructor (Society for Running Certified Running Coach)

Kazuyoshi Maeda's

Advice for running the Nara Marathon! ❷



Key points for the race

Throughout the race

1 Enjoy the Scenery and Support

Let's run while enjoying the unique scenery of the ancient city of Nara. Nara Marathon is also known for its strong volunteer support, with many people cheering and supporting you along the course. Let their support inspire and motivate you, and run with a heart full of gratitude.

2 Take energy supplements

On the Marathon/Pair Relay Marathon course, there are 13 water stations, and for the 10K, there is one (please refer to pages 12 and 13). However, due to extended running times or, at times, limited supply, it is **recommended to bring your own energy gels, bars, or items** you are accustomed to consuming during your regular training. Consider gaining experience with eating while running, starting from your usual practice.

3 Desirable to run at a as consistent a pace as possible.

Set your target time based on your usual practice pace. Going too fast in the first half can lead to a slowdown in the latter half. Please refer to the table on page 4 for the 'average time per kilometer' of the target time.

Start to Finish (Marathon)

1 Start to 10K

Let's approach the run with a 'warming up' mindset. Please note that the Nara Marathon starts downhill, so be cautious not to push too hard. Regardless of faster runners around you, try to maintain your own pace.

2 10K to 30K

Starting from the 10km mark and beyond, let's gradually shift into higher gears. Convert the cheers into strength and enjoy the scenery as you run. Please note that the Nara Marathon features a course with many 'ups and downs.' Adjust your running style for 'uphill' and 'downhill' stretches, and have fun while refreshing your mood.

3 30K to Finish

The toughest part is here. This is where the real challenge begins. Let's draw strength from the cheers and finish strong. Especially in the 30 to 35 kilometers of the marathon, you'll encounter steep hills. For beginners, it's important to maintain your own pace here rather than pushing too hard – that's the key to finishing.

Other Useful Advice

Check! Choosing Running Shoes

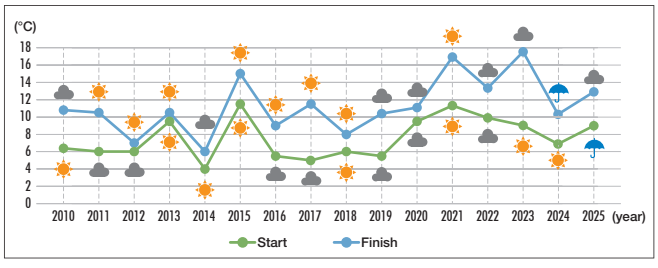
- Wear shoes specialized for running.
- Don't run races in brand-new shoes; get used to them in advance.
- Shoes with thick soles that absorb shock place less strain on your feet.
- 'Carbon-plated shoes' carry a risk of sprains and increased foot strain, so beginners should avoid them. Opt for shoes that place less strain on your feet and offer better stability.

Check! How to prevent the cold

- Sleeveless vinyl ponchos will be distributed at the runner check-in desk. Keep yours handy in your pocket so you can put it on whenever you feel cold, not just before the start.
- Petroleum jelly helps you protest against scrapes and chafing but also protect against water and keep you warm. Use it accordingly depending on the temperature and weather.

*See page 9 for information on the clothing collection boxes.

Weather and Temperature for Each Year



*The years 2015, 2021, and 2023 were very warm, but most years tend to be quite cold. Even in warm conditions, pouring water over your head can cause your body to cool down too much, leading to hypothermia or cramps, so we do not recommend it.

Check! Dealing with Problems during the Race

- **What if you get a stomachache?**
  Slow down and take a deep breath.
- **What if you get a cramp in the leg?**
  Stop running and stretch your leg.

Precautions against cramps!

- Do not let your legs cool.
  (Petroleum jelly helps your legs keep warm.)
- Warm up before the race to get your body ready.
- Eat foods rich in potassium and magnesium (such as bananas, natto, avocados, spinach, and seaweed).
- Do not rush in the first half of the race and keep a moderate pace.

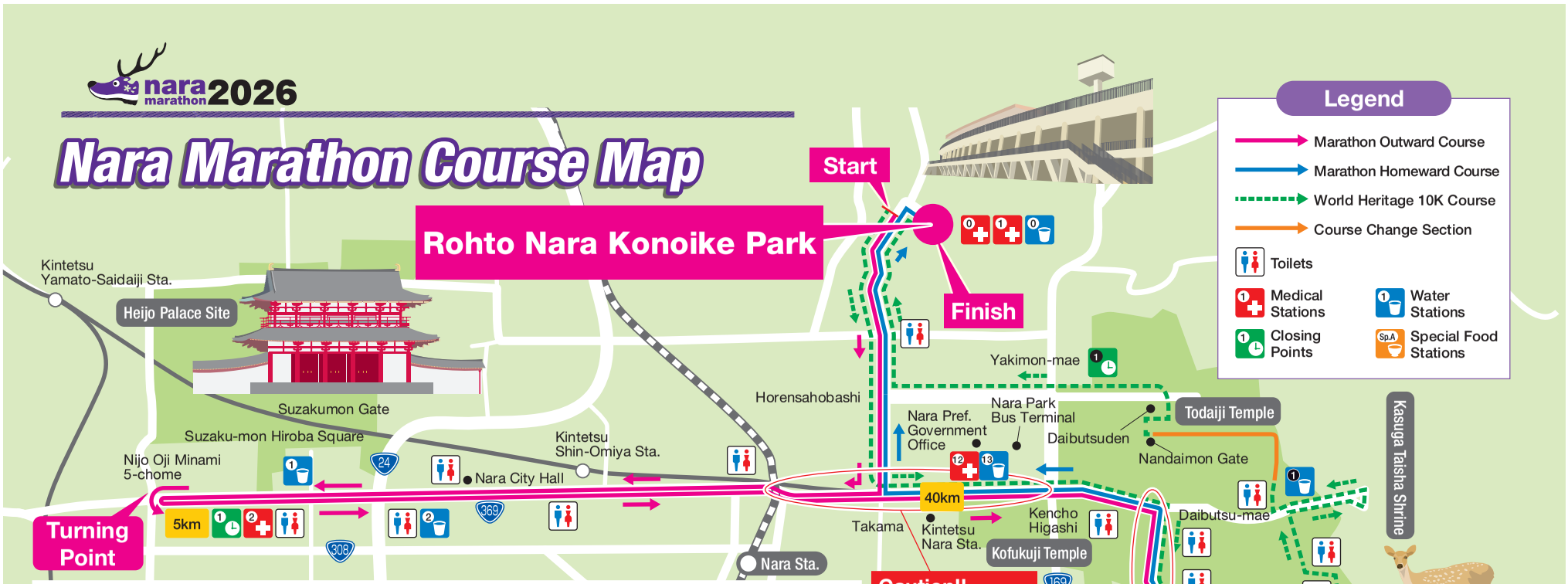
Check! How to rehydrate during the race



- Take fluids frequently before you feel thirsty.
- In addition to water, make sure to replenish electrolytes and energy with sports drinks or salt. From the 2023 event onward, salt is available at all water stations starting from the 4th station.
- Water stations will be more crowded towards the front, so make things smoother by taking a cup at a later table.
- Make sure to step straight out of the course once you get a cup.
- It's a good idea to crush the top of the paper cup (making it sharp) and drink it from there.
- 100-150 ml of water should be enough.
  (Drinking it a lot gives you stomachache, causes digestion problems and water intoxication.)
- Take off your gloves when taking a paper cup. (Wet gloves will make your hands cold and cause you to lose energy.)

nara marathon 2026

Nara Marathon Course Map



Indication of Distance

Signs to indicate distance will be displayed every 1km.
The remaining distance will be shown in 1km intervals starting from the last 5km.

Water Stations & Food Stations

Water Stations	Distance	Provisions: Water	Water	Water	Gorogoro Water	Sports Drink	Banana	Candy	Salt Tablet	Chocolate	Salt	Persimmon-leaf Sushi	Persimmon-jam Wafers	Zenzai (sweet red bean soup)	Persimmon Ginger	Interval
⓪	—	○														—
①	4.5km		○			○										4.5km
②	6.1km		○													1.6km
③	10.8km		○		○	○		○								4.7km
④	16.4km		○		○	○					○		○			5.6km
⑤	19.0km		○		○		○	○			○					2.6km
⑥	21.5km		○		○	○		○		○	○					2.5km
Sp.A	25.4km													○		—
⑦	25.6km		○		○				○		○					4.7km
⑧	28.3km		○		○	○					○					2.8km
⑨ Sp.B	31.1km			○	○	○			○	○	○	○			○	2.6km
⑩	32.9km		○		○		○				○					1.8km
⑪	35.4km		○		○	○		○			○					2.5km
⑫	37.7km		○		○	○	○		○	○	○					2.3km
⑬	39.6km		○		○						○					1.9km
❶	6.4km		○		○											—

*Requests for individual or special drinks will not be accepted. *Please throw the paper cups at the water stations into the garbage bins provided.

Medical Station

Medical Station	Distance	Place	Interval
⓪	—	In front of the stadium	—
①	0.0km	Inside Rohto Field Nara	—
②	5.4km	In front of Suzakumon Gate	5.4km
③	10.6km	Nara Kotsu Takabatake Coach Yard	5.2km
④	12.8km	Furuichi Minami Intersection	2.2km
⑤	15.6km	Seven Eleven Kubonosho-minami	2.8km
⑥	18.5km	Shirakawa Central Promenade North Gate	2.9km
⑦	21.5km	In front of Tenrikyo Cemetery	3.0km
⑧	25.9km	Tenrikyo Minami 1 Parking Area	4.4km
⑨	30.5km	Shirakawa Central Promenade South Gate	4.6km
⑩	32.8km	Seika District Water Treatment Plant	2.3km
⑪	35.7km	Toichi Tenrikyo Bunkyokai Parking	2.9km
③	38.0km	Nara Kotsu Takabatake Coach Yard	2.3km
⑫	39.7km	In front of the prefectural office	1.7km
①	42.195km	Inside Rohto Field Nara	1.5km

Closing Points

Closing Points	Distance	Place	Interval	Closing Time
①	5.4km	In front of Suzakumon Gate	—	10:07
②	10.6km	Nara Kotsu Takabatake Coach Yard	5.2km	10:47
③	15.7km	North of Kubonosho-cho Minami Intersection	5.1km	11:27
④	20.0km	Intersection at North Side of Shirakawa Ohashi Bridge	4.3km	12:01
⑤	25.8km	North Side of Warakubashi Bridge	5.8km	12:46
⑥	30.5km	Shirakawa Central Promenade South Gate	4.7km	13:23
⑦	34.4km	East of Yamamura-cho Bus Stop	3.9km	13:54
⑧	38.0km	Nara Kotsu Takabatake Coach Yard	3.6km	14:22
Ⓕ	42.195km	Rohto Field Nara	4.2km	15:00
Pair Relay Point	25.7km	Tenrikyo Minami 1 Parking Area	—	12:35
❶	7.5km	In front of Todajigakuen Kindergarten	—	10:40
Ⓕ	10km	Rohto Field Nara	10km	11:05

○km Distance Markers

Distance	Place	Address
5.0km	Nijo Oji Minami 5-chome	Nara City Nijo Oji Minami 5-Chome
10.0km	Tobihino	Nara City Kasugano-cho
15.0km	Kubonosho-cho Intersection	Nara City Kubonosho-cho
20.0km	Intersection at the North Side of Shirakawa Ohashi Bridge	Nara City Iwaya-cho
Halfway Point	South of Tenri-shi Crematorium	Nara City Toyoda-cho
25.0km	West of Tenri Pool	Nara City Kawaharajo-cho
30.0km	In front of Intersection at the North Side of Shirakawa Ohashi Bridge	Nara City Iwaya-cho
35.0km	Near Yashima-cho Bus Stop	Nara City Yashima-cho
40.0km	Higashimuki-kita Shopping Arcade	Nara City Higashimuki-kitamachi
42.195km (Finish)	Rohto Field Nara	Nara City Horensahoyama 4-chome
10K Race (Finish)	Rohto Field Nara	Nara City Horensahoyama 4-chome



Some sections of the race course have an emergency vehicle lane for emergency vehicles to pass through as required in case of a fire or accident, etc. In the event that happens, emergency vehicles are given priority passage and all runners are requested to temporarily stop and follow the directions of staff.

Even before a cut-off point closes, race officials may require you to stop if they determine that you will clearly be unable to reach the next cut-off point or the finish line within the applicable time limit.

On-course Signs

Distance Marker



1km through 42km (every 1km), halfway point, last 5km remaining (every 1km). Shows the distance from the sign to the next toilet.

Toilet



Direction to the toilets.

Shows the distance from the current toilet facilities to the next toilet facilities.

Medical Station

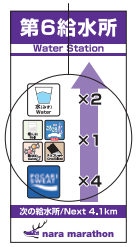


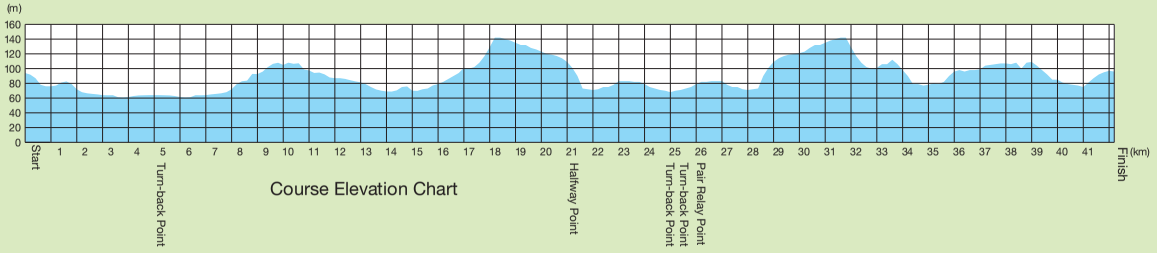
Closing Point



Water Station

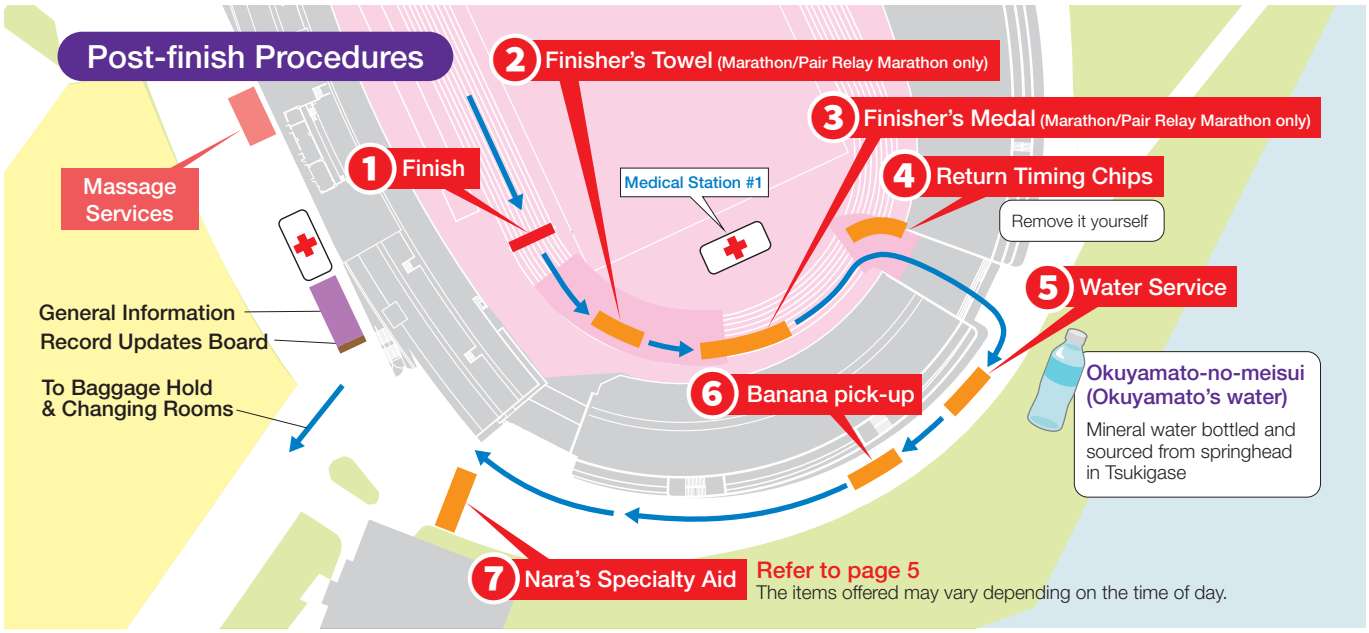
This shows the items to be distributed and the number of tables.





Course Elevation Chart

Finish



Time Records

WEB Finisher's Certificate

❶ Search for 'Nara Marathon 2026' using the QR code at the bottom right (https://runnet.jp/record/), and on the race day, select the red icon 'Race Results (Live)', and from the next day onward, select the pink icon 'Certificate of Results'

❷ Enter your athlete bib number and select your name.

❸ Select the template, then download (or print).

For those who wish to receive the printed certificate, it will be available for 500 yen (including shipping). Please apply at the General Information tent (accepting applications only on the day of the event). It will be mailed to you later.

Record Updates Board

The times of top runners will be updated on the Record Updates Board.

Return of Timing Chips

Please ensure you return your timing chip at the end of the race!

- Runners who withdraw or who are picked up by a sweep bus during the race must return their timing chip to a member of staff.
- If you do not run on the race day even though you registered, please return the timing chip to the "Help Desk."
- If you forgot to return your timing chip, please send it to the address below, ensuring it arrives by Dec 26.

*Please note that failure to return it will result in a fee.

Address
1-31-9, Hara-machi, Meguro Ward, Tokyo, 152-8553, Japan
Timing Chip Office

Awards

Award Recipients

The awards will be based on rankings determined by the time taken from crossing the start line to finishing (Net Time).

Marathon

① Top 8 Male and Female Runners
② Top 3 Runners from each Age Category
Note: Age groups for each category are based on runners' age on race day.

World Heritage 10K

① Top 8 Male and Female Runners
② Top 3 Runners from each age Category
Note: Age groups for each category are based on runners' ages on race day.

Special Award

Nara Pride Award (Marathon&10K Overall)
Note: Prizes will be sent later to the runners selected by each municipality. In the case of a tie, a lottery will be held. (Shipment is limited to residents in Japan.)
The details, eligible persons and extra prizes will be announced on site or the website prior to the event day. The details are subject to change.

Awards Ceremony

11:00···World Heritage 10K 13:00···Marathon
EXPO Event Stage

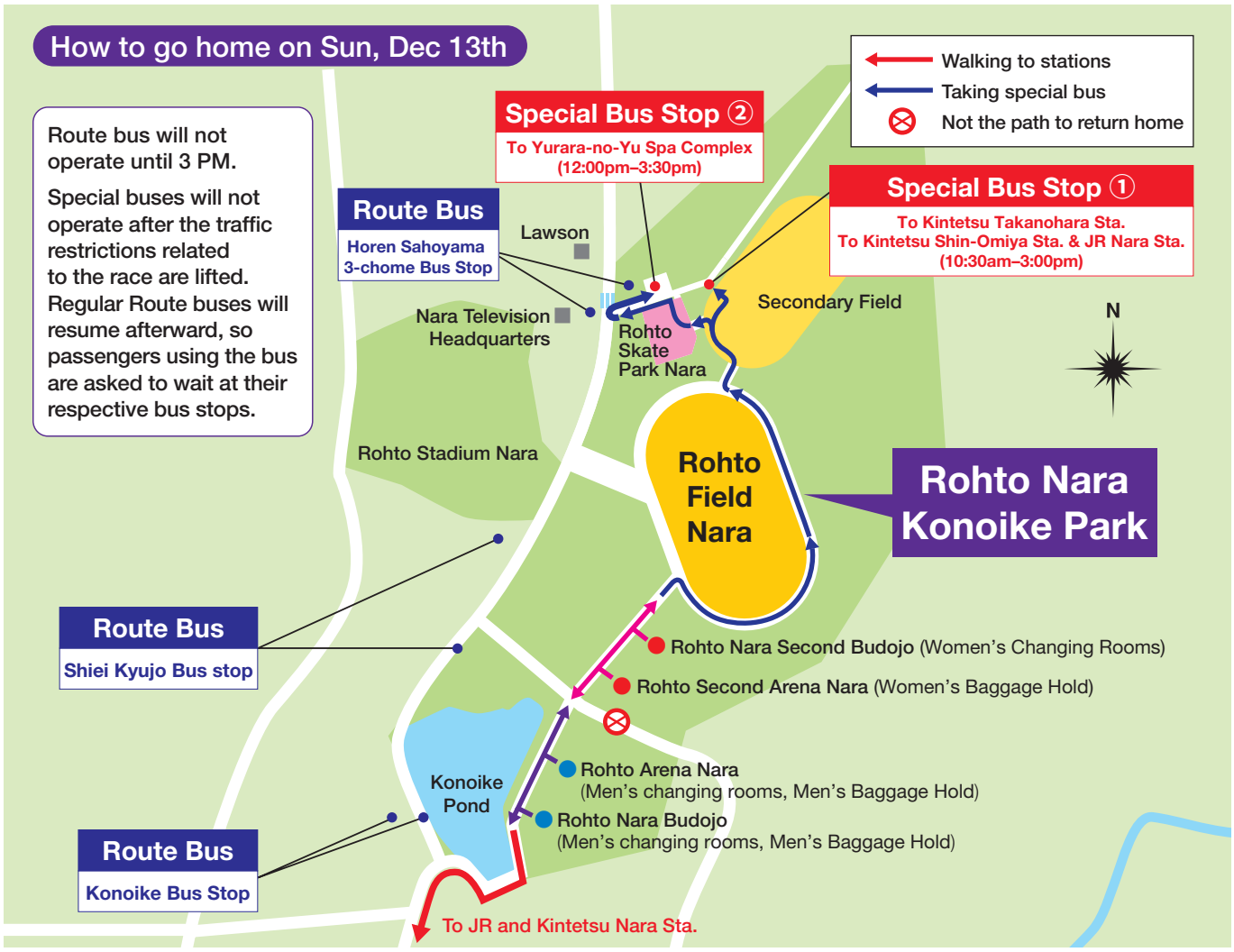
■ The awards ceremony will take place after the finish. Runners who finish in the top 1–8 positions for both men and women should check their net time rankings on the results board in front of the stadium and attend the awards ceremony.
Note: There will be no awards ceremony for the age category winners, who will receive a certificate by mail at a later date. There will be no awards for the Pair Relay Marathon

The Nara Marathon is a member of Marathon Challenge Cup (MCC).

Its runners have awarded as follows.
❶ A "MCC Special Record Certificate" will be issued to male runners who achieve a sub-3-hour marathon and female runners who achieve a sub-3.5-hour marathon.
❷ A "MCC Special Record Certificate" will also be issued to those who achieve a personal best, complete their first full marathon, or achieve a personal best for the year.
*Both ① and ② are download systems and support Japanese.

Please see the MCC official website for more details.
https://www.marathon-cc.com/

Going Home



Bus (From Venue)

Sat, Dec 12th

Route Bus

- **For JR Nara Station** Fare: 250 yen
  Shiei Kyujo or Konoike (Southbound)
  → Kintetsu Nara Sta. → JR Nara Sta.
- **For Kintetsu Takanohara Sta.** Fare: 450 yen
  From Horensahoyama 3-chome (northbound)
  → Kintetsu Takanohara Sta.

Buses are useful for people returning home by Kintetsu and JR railways.

Sun, Dec 13th

Special Bus ① (10:30am to 3:00pm) *Operated every few minutes
Especially in the afternoon, the temporary bus stop is expected to be very crowded. Please be aware of this in advance.

- **For JR Nara Station** Fare: 250 yen
  Special bus stop ① → Kintetsu Shin-Omiya Sta. → JR Nara Sta.
- **For Kintetsu Takanohara Sta.** Fare: 250 yen
  Special Bus Stop ① → Kintetsu Takanohara Sta.
  *Free buses run only for the morning. After 3 pm normal fares will apply.

Special Bus ② (12:00pm to 3:30pm)

- **For Yurara-no-Yu Spa** Fare: free
  Special Bus Stop ②
  → Yurara-no-Yu Spa ,Nara Branch/Oshikuma Branch

Route Bus (After 3:00 pm)
***Same as Sat, Dec 12th** after the lifting of traffic restrictions

Other Important Notes

(1) Participant's personal information 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 or 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.

Events



Mega event showcasing the beauty of Nara!

Nara Marathon 2026 EXPO (Sat, Dec 12th & Sun, Dec 13th)

The "Nara Marathon 2026 EXPO" will be held over two days, on December 12th and 13th, as an event for everyone. The mega EXPO features local specialties and gourmet foods as well as sports equipment for sale. There will also be various event on stage such as music performances and talk shows. Please come and join us!



Details are in the Digital Guidebook.
★ Nara Marathon 2026 EXPO····· Digital Guidebook P.18

Tap the image ▲

Runners, save each other's lives!

Nara Marathon Emergency Resuscitation Workshop (CPR)
Sat, Dec 12th

In order to ensure a safe event where people can take part without having to worry, we will be holding a course on emergency resuscitation for runners. Why not join in and "help support the lives of other runners" here at Nara Marathon?

★ Emergency Resuscitation Workshop tent in Rohto Konoike Park (See page 6)
★ Fee: Free ★ Hours: 11:00am to 4:00pm
*Workshop times are subject to change depending on the number of participants. Please see the information board on race day.



An original badge will be given to participants as a certificate of participation.
Put it on during your run!



Only for early birds!!

Early Bird Events
Sun, Dec 13th

Early bird events are to be held again this year for runners who come to the site early in the morning!
*Event times and contents are subject to change.





❶ Giveaway of Nara Marathon Logo Face Sticker (First 2000 runners)
★ Time/ 7:00am–
★ Place/ At Baggage & Changing Area

❷ Commemorative photo sessions with Sento-kun & Erina Matsui.
★ Time/ 7:00– 7:30am ★ Place/ At EXPO site

Nara Marathon 2026 FAQ

Q1 Is it possible to have someone complete the runner check-in for me?

A As a general rule, we ask that the runner themselves check in, but a proxy can also check in. Please show your Participant Verification Code issued in accordance with the "Notice on Issuance of Athlete Bib Voucher" to your proxy and have them present it at the check-in desk. You can also bring multiple vouchers at once. When issuing your voucher, be sure to register someone who can be contacted on the day of the race as an emergency contact.
Note: Regardless of who completes the check-in, SUBSTITUTE PARTICIPATION IN THE RACE IS NOT ALLOWED. The emergency contact is defined as a person who may be contacted by telephone in case of an emergency, 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 Before the event, please contact the Entry Center. On Sat, the 12th, please show the email screen of the 'Information About Your Athlete Bib Voucher' at the reception help desk. For those who do not have a smartphone, tablet, or computer, a printed copy will be provided on-site for a printing fee of 200 yen.

Q3 How are the starting blocks determined?

A The starting position is assigned based on the expected time provided at the time of application. For group entries with friends or family entries, each person's block is assigned according to their respective expected times. Moving to a rear (slower) block is possible, but moving to a front (faster) block is not allowed.

Q4 Can I drop out of the race?

A Yes. Please inform the nearest staff or volunteer. Staff wearing red apparel are medical/support staff. If you withdraw from the race or reach the cut-off time for the next checkpoint, please move to the next checkpoint or the finish area either by the sweep bus following the last runner or on foot.

Q5 Do you issue finisher's certificates on race day?

A There will be no paper certificates issued on the day of the event. Only a web certificate will be provided. A printed certificate will be sent by mail for a fee for those who wish to receive. It can be applied at the General Information desk (accepted only on the day of the event).

Q6 What size is the luggage bag to be checked in?

A Only one 45L transparent plastic bag per person will be accepted for storage. We cannot accept valuables, confidential equipment, living organisms, or fragile items. These bags are distributed at the runner check-in desk. Please attach the "Baggage Bag Sticker" included with your athlete bib packet and deposit your bag.

Q7 I have chosen to withdraw from the race. Can I receive the entry prize at least?

A At Runner Check-in, please present the QR code on your athlete bib exchange voucher to receive your participation gift (proxy check-in is also permitted).

Q8 If I am unable to participate in the event or forget to return my timing chip after the race, what should I do with the timing chip?

A Please send it by standard mail to the Nara Marathon Organizing Committee (See page 14.)

Inquiries about the Nara Marathon

Nara Marathon Organizing Committee Office
TEL: 0742-81-8752
Opening Hours: 9:00–17:00 (except Saturdays, Sundays & Holidays)
Note: Open during the Event.
Address: 757 Horencho, Nara City, Nara Prefecture 630-8113, Japan

Entry Center
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 5:15am on Sun, Dec 13th, 2026)
050-3496-9947