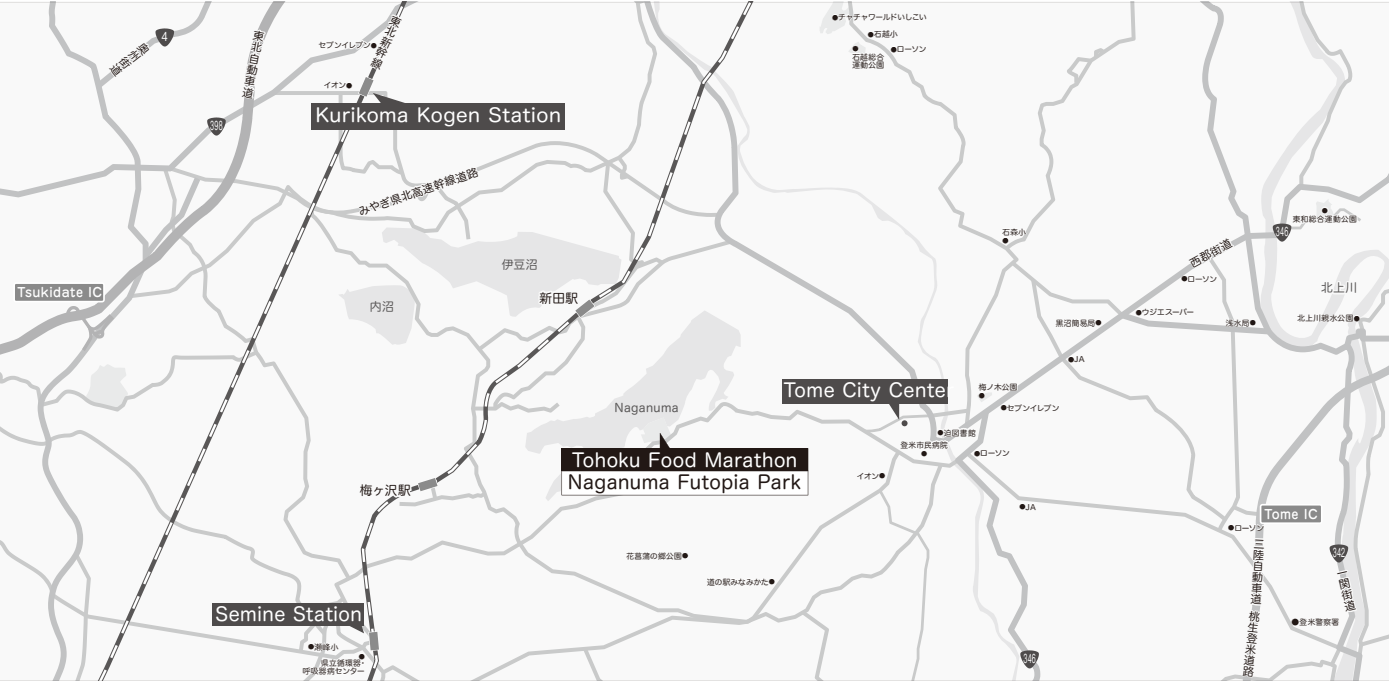
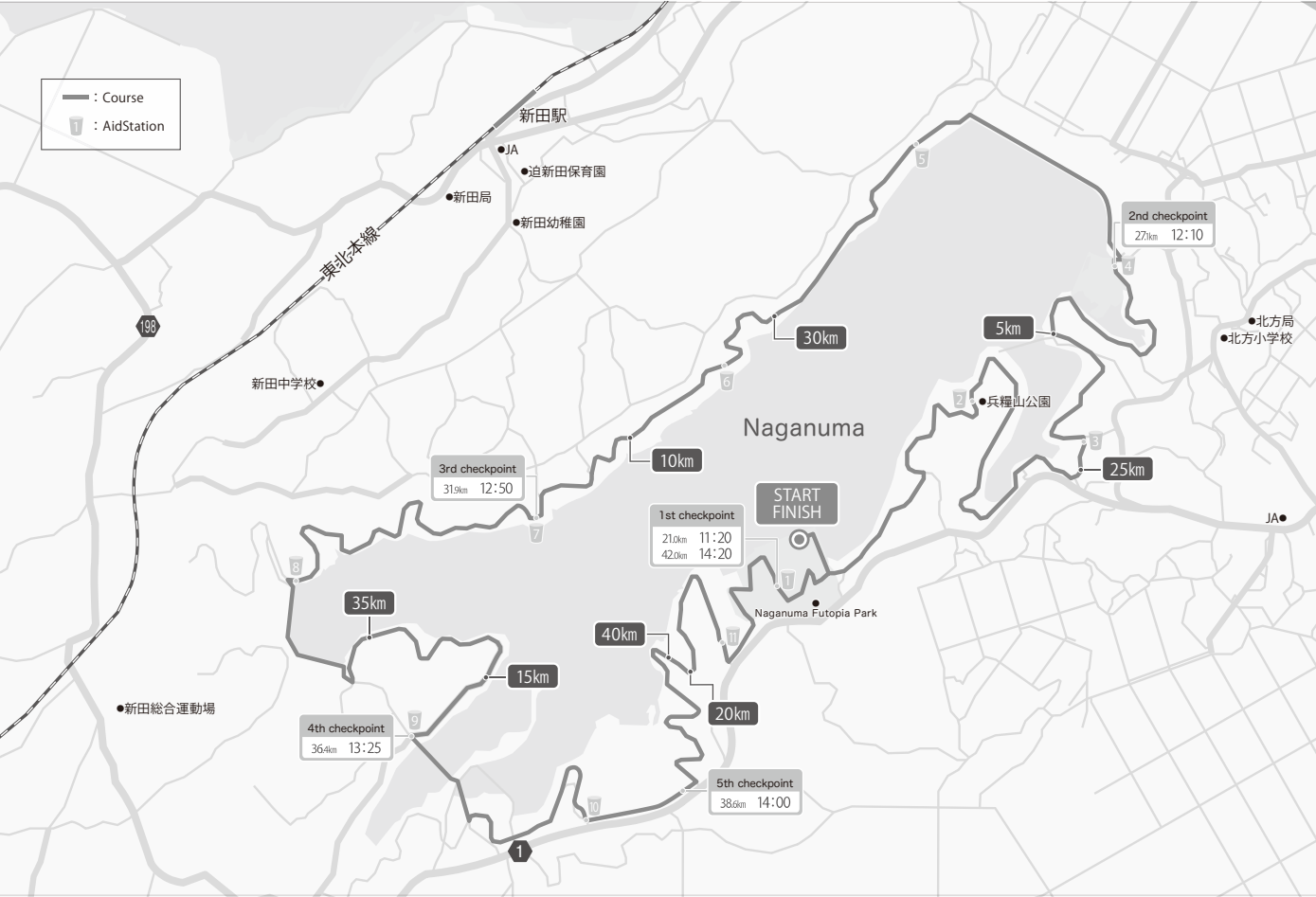


■ AccessMap



■ CourseMap



Tohoku Food Marathon & Festival 2015 Executive Committee

E-mail: [hello@tohokufestival.com](mailto:hello@tohokufestival.com) HP: <http://tohokumarathon.com/en/>  
Facebook: <https://www.facebook.com/saketohoku> Twitter: @tohokufestival

# Tohoku Food Marathon 2015

Date: Sunday, April 26, 2015.  
Place: Naganuma Futopia Park

■ Entry Information

	Full-Marathon	Half-Marathon	ASICS Tomorrow Running		
			3km	2km	1km
Time limit	6hours	3hours	30min	20min	10min
Fee	JPY7,500	JPY5,500	free		
Runners	1,500	1,000	500		
Qualification	those who are over fifteen years old and can complete the whole distance.		junior-high school and high-school student	from 4th to 6th grade of elementary school student	from 1st to 3rd grade of elementary school student

※parents can run with their children as to asics tomorrow run 1km.

■ Registration (Bib and T-shirts pickup)

25/4/2015 Sat. 10:00~15:00  
26/4/2015 Sun. 6:30~7:30  
Place: Naganuma Futopia Park  
At the Registration desk, you will be able to pick up your bib, T-shirt, and Event Pamphlet etc.

■ Schedule on the race day

6:30 Registration opens  
7:30 Opening Ceremony  
8:00 Start of Full-Marathon  
8:20 Start of Half-Marathon  
8:35 Start of ASICS Tomorrow Running 3km  
8:36 Start of ASICS Tomorrow Running 2km  
8:37 Start of ASICS Tomorrow Running 1km  
15:00 Closing Ceremony of Tohoku Food Marathon

■ Official Record

After a goal, you will be able pick up the official record which indicates your finish time. We can issue the record only on the race day, so please do not forget to receive it at the counter.

■ Award

We will award the top three men and women of each race.  
In addition, we will provide the Best-Costume Award for those who wear and perform the best one (please note that the theme of this year is “Carnivales”).  
We will also provide some Lucky Award as well based on the bib number, and will announce it on the race day.

■ Changing Space

There is an outside changing space for you (men and women separately) to change your cloths and get ready. Please note in advance that the space is limit and may be crowded.

■ Luggage Store Service

You can leave your small luggage (one for each runner) at the Luggage Store Service near the Registration Desk at Naganuma Futopia Park. Please collect your hand luggage in one. We cannot hold responsible for loss of valuable items, damage of hand luggage, so please do manage them by yourself. Please collect back your luggage until 14:30 on the race day.

■ Toilet

There are temporary toilets at Naganuma Furopia Park and at each aid station. Please note that the number of toilets is limited and they may be crowded.

■ Distance Sign during the race

There will be distance signs in every 2km.

■ Check-point

There will be some Check-points during the race. If you can not pass each of them until the determined time as follows, you will not be able to continue from there and may need to retire from the race (due to traffic regulations).

■ Retire

To retire from the race, go to the closest aid station and ask the staff. Then take the shuttle bus from the closest bus station to the Naganuma Futopia Park. Likewise, if you can not pass the checkpoint within the determined time, take the shuttle bus from the aid station. When you retire, hand back your chip to staff.

■ Shuttle Bus

There will be shuttle bus service as below:  
[25/4/2015 Sat.]

	Time taken	To Naganuma Futopia Park	From Naganuma Futopia Park
Kurikoma Kogen Station	30min	12:15/13:15/14:15/ 15:15/16:15/17:15	12:00/13:00/14:00/ 15:00/16:00/17:00
Semine Station	20min	13:30/14:40/15:40/ 16:00	14:00/15:10/16:30/ 17:30
Tome City Center	15 min	12:00/13:00/14:00/ 15:00/16:00/17:00	12:30/13:30/14:30/ 15:30/16:30/17:30

[26/4/2015 Sun.]

	Time taken	To Naganuma Futopia Park	From Naganuma Futopia Park
Kurikoma Kogen Station	30min	7:10	12:00/13:00/14:00/ 15:00/16:00/17:00
Semine Station	20min	7:05	12:00/13:00/14:00/ 14:45/15:50/16:50
Tome City Center	15 min	5:30~in turn ※if it is crowded, runners have priority.	12:00~in turn every 1 hour

※An advanced reservation is needed to use a parking lot.

■ Parking Lot

A parking lot can be used only by those who have booked the lot in advance. Parking permit with an information of parking lot will be sent if you have already booked the parking lot. Please read the guidance carefully and place your permit at the front of your car.  
※Tohoku Sake Festival is held at the same site, but drivers must not drink alcohol.  
※You need to use a parking lot. It is prohibited parking cars on road near the site and a course.

■ Weather Condition

We will hold the race even with rain although a part of services may be cancelled or changed. Part of race course may be changed as well. If the race is ever cancelled due to unlikely events such as natural disaster or earthquake etc., we will post the information on the web site (<http://tohokumarathon.com/en>) or Facebook (<https://www.facebook.com/saketohoku>). Please note that we will not be able to pay back an entry fee even if this event is cancelled.

■ Costumes

We will provide Best-Costume Award to honor runners who dressed up the best ([http://tohokumarathon.com/20150329\\_2/](http://tohokumarathon.com/20150329_2/)). You can of course dress up as you like, but the executive committee reserves the right to ask you to change the cloth if we judge that the costume is immoral or a nuisance to others at the site or on courses.

■ Manners

Please use the garbage box at Eco Station on the site. Please also follow the rule separating can, plastic etc.

■ Health Check

Please take the best care of yourself. To protect you from heatstroke, take the water frequently at aid stations. If you feel bad even slightly, please cease the race.

■ Warm-up

Please do a warm-up and a stretch before running.

■ Photos and Movies

We may use the photographs and movies that we take during the event for our web site, leaflets for the next event, posters, magazines, etc.

■ Day-care Service

There will be a day-care service center at the main site (only on 26/4/2015 Sun, 7:00~15:00). The fee per child is JPY1,000 per hour. An advance reservation is preferred. If you want to make use of a day-care service, please send an e-mail to [hello@tohokufestival.com](mailto:hello@tohokufestival.com) stating your name, a phone number, the time of the usage of a day-care service.

■ Body Maintenance Service

There will be body maintenance service booth by local professional team at the main site. The fee is JPY1,500 per 15min. Also, during the period of 20/4/2015 Mon. to 29/4/2015 Wed, the team will offer the body maintenance service at selected hotels between 9:00-21:00 (Hotel Route-in Tome and Business Hotel Takekawa). To make a reservation, call to +81-(0)90-1494-5222.

■ Tome Food Festival

Tome Food Festival is held at the same site. You will be able to enjoy the variety of local food, selected not only from local Tome area, but also from all over Tohoku region!

■ Tohoku Sake Festival

Tohoku Sake Festival is held at the same site. You will be able to taste the variety of Sake, selected from several premier sites in Tohoku. Please kindly note that drinking right after the race may be risky. Please also note that the drivers must not drink at all (Japanese regulation is very strict on this).

■ Other Events

You will also be able to join the Tohoku Food Tourism and enjoy the region on 25/4/2015 Sat. Please kindly check the e-mail information for details.