

東北風土マラソン Tohoku Food Marathon 2025

Marathon Participation Guide

Date: April 20, 2025 (Sunday)

Thank you for registering for the Tohoku Fudo Marathon 2025. We are looking forward to seeing you at the event. Below are the details and schedule for the day.

**This guide has been translated into English from the original Japanese using the Chat GPT.*

■ Event Schedule

- 8:00 AM: Venue opens (T-shirt exchange begins)
- 8:20 AM: Opening ceremony
- 8:30 AM: Full marathon starts (full marathon runners can start until 9:00AM)
- 9:00 AM: Half marathon starts (half marathon runners can start at any time until 11:30AM)
- 11:30 AM: Last start for the half marathon
- 12:00 PM: KIDS Smile Run starts
- 1:00 PM: ASICS Tomorrow Run starts
- 2:30 PM: Closing ceremony (tentative)
- 3:00 PM: Event ends (final time limit for both full and half marathon)

■ About Timing

- Timing will be measured using the QR code on your number card (bibs). **Make sure it gets scanned at both the start and finish.** Incorrect or unscanned codes may result in no timing recorded.

■ Number Card (bibs)

- For the overseas runners, **you can pick up your number card (bibs) at the Help Desk on the race day.** This includes your QR code for timing and also serves as your T-shirt voucher.

■ Start Times

- The full marathon runners can start from 8:30 to 9:00 AM. The half marathon starts are scheduled from 9:00 to 11:30 AM in the time slot you selected during registration. For the half marathon, you can start outside your allocated time slot, but no starts will be allowed after 11:30 AM. In any case, please be aware that the race will be closed at 3:00 PM.

■ T-shirt Exchange

- If you ordered a T-shirt, you can pick up at the event venue from 8:00 AM to 2:00 PM.

■ Awards

- Awards will be given during the closing ceremony for the top 3 male and female finishers of the full and half marathon as well as the Best Costume Award winners.

■ Race Records

- After the finish, a race certificate including your finish time will be issued. (For the ASICS Tomorrow Run, only a completion certificate without time record will be issued.)
- All certificates will be issued online via a contactless system. Please check your certificate using the following URL:
- **URL:** <https://mypublisher.jp/25tfm>
Please note that it may take approximately 30 minutes after finishing for your certificate to become available, so kindly check after some time has passed.

■ Changing Rooms and Baggage Storage

- Outdoor changing tents and a baggage storage area will be provided at the venue. Please note that we are not responsible for lost or damaged items.

■ Access to the Venue: Shuttle Bus

- Shuttle buses from Kurikoma Kogen Station (JR Tohoku Shinkansen), Semine Station (JR Tohoku Main Line), and Tome City Hall will be operating to and from the venue. Priority may be given to runners in case of overcrowding.

<Shuttle Schedule (tentative)>

- From Kurikoma Kogen Station: 7:40, 8:00, 8:35, 9:20, 10:05 AM (around 30 min to the venue)
- From Semine Station: 7:40, 7:55, 8:15, 8:35, 9:20, 9:40 AM (around 15 min to the venue)
- From Tome City Hall: every 20 min from 8:00 AM to 3:00 PM (around 10 min to the venue)

■ Parking

- Parking is available only for those who have applied in advance. A parking permit will be sent in e-mail to those who have registered for parking.

*****IMPORTANT*****

Drunk driving is strictly prohibited. Drivers are strongly urged to refrain from drinking at the Tohoku Sake Festival.

■ In case of Rain

- The event will proceed even in the rain, though some services may be altered or canceled. Any decisions to cancel the event due to extreme weather condition will be announced on the official website by 6:00 AM on the day of the event.

■ Best Costume Award

- There is a Best Costume Award, encouraging runners to participate in creative costumes. Please ensure your costume does not cause inconvenience to other runners or violate public decency. Theme for this year is "The Sea."
- To be eligible for the Best Costume Award, you must register on the day of the event. Please be sure to visit the **SDGs Booth** at the venue to enter (registration for the Best Costume Award is open from **8:10 AM to 11:00 AM**). The winner will be selected by the event organizers and announced during the **closing ceremony**.

■ Manners

- Please dispose of your trash properly at the venue and aid stations. Cooperation in separating waste is appreciated.

■ Temporary Toilets

- Temporary toilets will be available at the main venue and most of the aid stations. However, the number of toilets is limited, and congestion is expected, especially just before the race starts. We recommend using restrooms at train stations or convenience stores before arriving at the venue.

■ Warming Up & Cooling Down

- Please be sure to properly warm up (stretch or do light exercises) before your race, and cool down afterward.

■ Body Maintenance

- A body maintenance massage booth by the Lomiswedish massage team will be available near the finish area at the main venue.
Open from 10:00 AM to 2:30 PM | JPY 1,500 for 15 minutes
We encourage you to take advantage of this service!

■ Photos & Videos During the Event

- Photos and videos taken during the event may be used for promotional purposes on our website, future flyers, posters, magazines, or other media.
Thank you for your understanding in advance.

■ FestivalsManners

- The **Tome Food Festival** and **Tohoku Sake Festival** will be held at the same venue. Enjoy local gourmet dishes, tastings from sake breweries and wineries mainly from Tohoku region!

■ Health Check

- This event is a fun run designed for all participants to enjoy running safely. Please review your physical condition using the checklist below and participate only if you feel well enough.

Please note that the organizers will not be held responsible for any illnesses, lost items, or accidents during the event, except for providing first aid. We appreciate your understanding and ask that you take part with full attention to your health.

~ Before the Event ~

Please consult your doctor before participating if any of the following apply to you:

- You have been diagnosed with or are currently being treated for a heart condition.
- You have ever experienced a sudden loss of consciousness.
- A close relative has passed away suddenly due to a heart attack.
- You have not had a health check-up in over a year.

You are also encouraged to consult your doctor if any of the following apply:

- You have high blood pressure.
- You have high blood sugar.
- Your cholesterol or triglyceride levels are high.
- You are a smoker.

~ On the Day of the Event ~

Please check the following before the race:

- Your body temperature is normal, and you do not feel feverish.
- You do not have cold-like symptoms (such as mild fever, headache, sore throat, cough, or runny nose).
- You had enough sleep the night before and are not feeling fatigued.
- You have eaten properly and hydrated before the race.
- You have no chest or back discomfort or pain, and no palpitations or shortness of breath.
- You do not have stomach pain, diarrhea, or nausea.
- You have a clear plan for how you will pace yourself during the race.

For more detailed information and any updates, please visit our official website and follow us on social media. Or, you can e-mail us at info@tohokumarathon.com.