

東北風土マラソン Tohoku Food Marathon 2026

Marathon Participation Guide

Date: April 19, 2026 (Sunday)

Thank you for registering for the Tohoku Food Marathon 2026. We are looking forward to seeing you at the event. Below are the details and schedule for the day.

■ Event Schedule

- 7:30 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 11:00AM)
- 11:00 AM: Last start for the half marathon
- 11:30 AM: ASICS Tomorrow Run (Parent-child Run) starts
- 12:30 PM: KIDS Smile Run starts (invitation-only run for persons with disabilities)
- 1:00 PM: 5km Run starts
- 2:30 PM: Closing ceremony (tentative)
- 3:00 PM: Event ends (final time limit for both full and half marathon)

■ Your Bibs Pickup

- For the overseas runners currently living outside of Japan, **you can pick up your number card (bibs) at the Help Desk on the race day.**

■ Start Times

- **Full Marathon:** The Full Marathon officially starts at 8:30AM, and runners may start anytime until 9:00AM. However, the time limit (**6.5 hours**) and checkpoint cut-off times are calculated based on an 8:30AM start, so please keep this in mind. The final time limit is **3:00PM**. If you start after 9:00AM, please speak to a staff member at the starting area.
- **Half Marathon:** The Half Marathon starts between **9:00AM and 11:00AM**, with runners starting sequentially within the **30-minute start slot** selected in advance. Your assigned start slot is printed on your bib, so please come to the starting area once you are ready. You may also start outside your originally selected start slot if necessary – for instance, due to transportation issues or a change in plans. In that case, simply come to the starting area at your preferred time. Please note, however, that **you may not start after 11:00AM**.
- **Parent-Child Run / 5km Run:** The ASICS Tomorrow Run (Parent-Child Run) starts at 11:30AM, and the 5km Run starts at 1:00PM. Announcements will also be made at the main venue, so please gather before the start time. Please make sure to cross the timing mat at

the start line under the inflatable start arch. If you do not cross the timing mat, your time will not be recorded. (Please note: the Parent-Child Run is not timed.)

■ About Timing

- Timing will be recorded using the **IC chip attached to your bib**. Please read the instructions on the back and make sure to wear the bib on the **front of your chest**. The bib and IC chip do **not** need to be returned after the race.

■ T-shirt Exchange

- If you ordered a T-shirt, you can pick up at the event venue from 7:30 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 marathon, half marathon, 5km Run as well as the Best Costume Award winners.

■ Finisher Certificate / Results

- A PDF finisher certificate with your time will be available online approximately 30 minutes after you finish. (For the Parent-Child Run, the finisher certificate will not include a time.) Please download your certificate from the following URL:
- **URL: <https://mypublisher.jp/26tfm>**
Please note that the download deadline will be 3 months after the race, July 19, 2026.

■ 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**.

■ If You Retire from the Race

- If you need to stop the race, please go to the nearest aid station and inform the staff that you wish to retire. From the aid station, please proceed to the nearest bus pick-up point and take the bus back to the main venue.

■ 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: 7:10, 7:40, 8:00, 8:35, 9:20, 10:05AM (around 30 min to the venue)
- From Semine Station: 7:55, 8:05, 8:20, 9:25, 9:40AM (around 15 min to the venue)
- From Tome City Hall: every 15-20 min from 8:00AM to 3:00PM (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 **"80's."**
- 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 12:30PM**). 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 public facilities before arriving at the venue, if possible.

■ 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 10:00AM to 2:30PM | JPY 1,500 for 15 minutes, JPY 3,000 for 30 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.

■ **Festivals on the Same Venue**

- 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!

■ **Gifts/Souvenirs for Volunteers**

- Would you like to thank the volunteers supporting the event with a small gift from your hometown/home country? The organizing team will make sure your gift is delivered to the volunteers.
- If you would like to contribute, please bring your gift/souvenir with a short message to the **T-shirt pick-up tent before your race starts**. Please avoid fresh food or sweets with a short shelf life. Items that volunteers can easily eat during their shifts are especially appreciated. Thank you very much for your support!

■ **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.