

Guidelines for Mikata Zankoku Marathon

Entrance Requirements List

■ Date & Time

2018, June 10th Sunday (The second Sunday in June)

Start time: 9:00 a.m. (No postponement for rain)



■ Place

Playground of Ojiro Junior High School (goal)

■ Distance

24km circular course of Ojiro (the number of the runners admitted is 3,000)

[Checkpoints and Time Limits]

The 5th water station (about 7km): 1 hour and 10 minutes

The 7th water station (about 11km): 2 hours and 10 minutes

The goal (24km): 4 hours

	Men		Women
Group1	High school student~29 years old	Group6	High school student~29 years old
Group2	30~39 years old	Group7	30~39 years old
Group3	40~49 years old	Group8	40~49 years old
Group4	50~59 years old	Group9	50~59 years old
Group5	Over 60 years old	Group10	Over 60 years old

Team Competition : The total time of four runners irrespective of age or sex.

■ COURSE

13 water stations, shower and temporary toilets are available.

■ SCHEDULE

A number card and other details are sent beforehand, so the reception is not required.

9 th General guide	14:00~16:30	Front door of Ojiro Elementary School
Welcome party	17:00~18:30	Ojiro Dome
10 th General guide	7:00~8:30	Front door of Ojiro Elementary School
Opening ceremony	8:50~8:55	Ojiro dome
Start	9:00~	Ojiro Dome
Goal	At any time	Playground of Ojiro Junior High School
Awards ceremony	At any time	Playground of Ojiro Junior High School

■ Awards and recognition

- * In each category, we will give recognition to the first six finishers.
- * We will give a record certificate to the runners who finish within the time limit.
- * In the team competition, if your team doesn't win, you have a chance to win a prize in a raffle. Winners of the raffle will be announced by 1 p.m., when your all teammates finish. (Please check at the reception or on the homepage.)
- * We have a recognition for costumes and lot of special awards.

■ ENTRY FEE

3,800 yen (Once you pay the entry fee, it will not be refunded.)

We will give original T-shirts to all the participants.

(We cannot give them to runners who don't apply, such as escort runners.)



■ HOW TO APPLY

- * Please fill in the payment handling form and pay the entry fee at the post office.

When you sign up in a group, it is possible to apply using the cash registration by enclosing a copy of the payment handling form.

Application period :

2018 February 20th (Tuesday) – March 20th (Tuesday) (Postmark deadline)

- * The following ways are also available.

[RUNTES] <http://runnet.jp>

Application period : 2018 February 20th (Tuesday) – April 6th (Friday)

[SPORTS ENTRY] www.sportsentry.ne.jp

Application period : 2018 February 20th (Tuesday) – April 6th (Friday)

TEL 0570-550-846 FAX 0120-37-8434 (Weekdays 10 a.m.~ 5:30 p.m.)

- * The applications will close when it reaches full capacity.
- * When you sign up for the team competition, the representative should apply in a different application form. FAX is available any time.

Deadline : 2018 April 6th (Friday)

[Handling of Personal Information]

The organizers are aware of the importance of personal information, and will handle all personal information based on policies on protecting personal information drawn up by the organizers in adherence to the Act on the Protection of Personal Information and other related laws.

Personal information is used for the purpose of improving services for marathon entrants, such as the provision of race guides, notifications of records, notification of related information, provision of services from marathon sponsors, supporters and related organizations, the publication of records (rankings etc.), and surveys.

And in some cases, the organizers or entrusted organizations will contact applicants to confirm their application details.

■ OTHER INFORMATION

* We will send you a number card and a measurement chip before the race. On the day of the race, please have them on when you come to the start point.

* There are food sections. (Light meal, Drink, Specialty goods) You will get a drink and have cold noodles and tomatoes.

* The organizer does not take any responsibilities for accidents during the race and trip.

* We are entitled to the videos, photos, articles taken at this event and the record of the race in television, newspapers, magazines and the Internet.



[Application Articles]

Before sending an application, please agree to the following article.

- 1 Once an application has been accepted, the contents of the application cannot be changed, the application cannot be cancelled. Any over paid or double-paid fees will not be refunded.
- 2 The organizer decides whether the courses of the race will change or whether the race will be cancelled or not because of the dangerous weather, earthquakes, wind and flood damage, accidents or disasters and so on. In such cases, they decide whether they refund entry fees or how and how much they refund.

3 I am careful of my health care to keep in good health, and I am expected to train sufficiently. I am responsible for being wounded or feeling sick, for any accidents, and for any lost possessions.

4 I will observe the organizers' instructions to stop the race if they judge that it's difficult to keep going.

And I will observe their instructions for the security and so on.

5 During the event (including on the course), I accept the organizers' first-aid treatment for accidents or injuries. They have no responsibility for it.

6 I will not bring the organizers to account nor sue them for any accidents, lost, injuries and so on during the event (including on the course).

7 I accept that the organizers will compensate only for accidents, injuries and so on during the event, if it is within the coverage of the insurance for which they have contracted.

8 My family, curator (if I am a minor), or a member of my team (if an ambassador enters) is aware and accepts my entry.

9 I will not give false information about myself (my age, sex, etc.) nor have substitute runners. If found to have engaged in such acts, I'll follow the organizers' decision ; I will be disqualified, I will not be able to apply for this marathon in the future and so on.

10 I will accept that the organizers or approved third parties may publish video footage, photographs, articles or personal information (my name, age, sex, record of the marathon, pictures and etc.) through media including promotional materials such as marathon programs and posters, as well as newspapers, television, magazines, the internet, brochures and etc. for organizational and promotional purposes.

The organizers have the right of publication and usage.

11 I'll observe the below articles on handling of personal information.

12 I'll observe the above articles and other ones the organizers made.

■ **These are some common questions below.**

Q: What time does the race start?

A: (The race starts) At 9:00 a.m. on June 10th.

The starting area has been the road on the north side of Ojiro Junior High School since the 24th race. Be aware that you will have to move approximately 240 meters past the school.

Q: Can I participate in the welcome party on the evening before the date?

A: Yes. At the party, we have a concert and a talk show by Takaishi Tomoya (a singer) in order to provide a wonderful atmosphere for the runners to meet. Admission (fee) is free, so we hope many people will participate in the party.

The time and the date: June 9th Saturday 5 p.m. ~ 7 p.m.

The place : Ojiro Dome 〒667-1522 65 Saneyama, Ojiro-ku, Kami-cho

Q: Do you have parking areas, or shuttle bus services?

A: As we have increasing participants every year, parking areas become full quickly.

You should arrive at the parking spaces by 7:30 a.m., as some of them can be far from the starting area. When Gondola Station (the nearest parking area) becomes full, another parking area is Hiroi Ground (3 kilometers far from the starting area). Shuttle buses to the starting area are available. After the race, shuttle buses start at around noon from the same place where you get off.

Q: Give the information on public transportation.

A: **JR users**

Take a train bound for Toyooka, Kinosakionsen, or Tottori on Bantan-Line or Sanin-Mainline from Osaka, Kobe or Kyoto. Then get off at Yoka Station and take the Zentan bus bound for Akioka.

Bus users

- Take the Zentan bus bound for Akioka at Yoka (the Zentan Bus terminal is opposite to JR Yoka Station). A final bus bound for Akioka (Ojiro-ku) leaves at Yoka Station at 6:05 p.m.
- The express bus service is available from Osaka or Kobe. When you take an express bus, get off at Muraoka or Togeguchi (the mouth of the pass), then take a taxi or a bus bound for Akioka.

Zentan Taxi Yumura Office (TEL 0796-92-1188)

Hankyu Bus Reservation Center (Osaka Line) (TEL 06-6866-3147)

Shinki Express Bus Reservation Center (Kobe Line) (TEL 078-231-4892)

Car users

- From Osaka or Kobe, take Wakasa Maizuru Expressway to the Kasuga Interchange, then take Kita Kinki Toyooka Expressway to Yoka, Mt. Hyonosen Interchange. From Yoka, take Route 9 for Tottori, turn left at Nagaita crossing or Ojiroguchi crossing (Muraoka-ku, Kami-cho). The destination is approximately 5 kilometers ahead from there.
- From Kyoto, take Route 9 for Yoka. From Yoka, take Route 9 for Tottori, turn left at Nagaita crossing or Ojiroguchi crossing (Muraoka-ku, Kami-cho). The destination is approximately 5 kilometers ahead from there.
- From Tottori, take Route 9 for Kyoto or Toyooka, through Yumura Onsen (hotspring). Turn right at Nagaita crossing (Muraoka-ku, Kami-cho). The Destination is approximately 5 kilometers ahead from there.

Q: Marathon Buses for Participants

A: Bus services are offered by Zentan Bus Corporation. The reception desk opens at 30 minutes before the departure time. The bus leaves on schedule. Be careful not to be late. The Marathon Bus is a planned tour conducted by the Zentan Bus Corporation.

Timetable:**Previous Day: June 9th, Saturday**

Departure Time	Arrival Time	Fare
JR Shin-Osaka Station 11:00 a.m.	Ojiro Elementary School (General Information) Around 3:00 p.m.	4,000 yen
JR Kobe Station 11:00 a.m.	Ojiro Elementary School (General Information) Around 3:00 p.m.	3,800 yen

Marathon Day: June 10th, Sunday

Departure Time	Arrival Time	Fare
Ojiro Chiikikyoku (Ojiro branch Office) 3:00 p.m.	JR Shin-Osaka Station Around 7:10 p.m.	4,000 yen
Ojiro Chiikikyoku (Ojiro branch Office) 3:00 p.m.	JR Kobe Station Around 6:00 p.m.	3,800 yen

When you want to take the bus, fill in the application form and fax it to the Zentan Bus Corporation. Then, you can get details from Zentan Bus.

Zentan Bus TEL: 079-662-2136 FAX: 079-662-2132

Q: What should I do with my number card on the day of the race?

A: A number card is enclosed in the materials that are sent to all the participants in advance. Come to the starting area, wearing the number card.

Q: What should I do with the measuring microchip on the day of the race?

A: The measuring microchip (oblong card) is disposable. Be sure to tie it through your shoelaces, and line up at the starting area before the starting time. Don't take it off until you get to goal. We are sorry for your inconvenience, but dispose of it by yourself after you finish the race. If you lose a measuring microchip, you can buy a new one at the price of 500 yen.

Q: Are there any changing rooms?

A: There are two changing rooms: Ojiro Elementary School gym for women and Ojiro Junior High School gym for men. Take off your shoes before entering. Changing rooms and toilets are divided between women and men. In recent years, we have had complaints that there were women passing through the men's changing room. Give us your kind cooperation in order to make the meeting enjoyable, and have good manners.

Q: How is the entry made for the costume award?

A: We have a preliminary costume preview. Come to the costume award reception desk by 7:30 a.m. on the day of the race. We look forward to seeing your fantastic costumes.



Q: How is the entry made for the team competition?

A: An application form for the team competition is on the entry page. Copy the form and use it. "The team competition" is competed by the total times of the top four runners who have been registered. If you miss winning a prize, you have a chance to get a studded prize. Finish the race, enjoying the team competition. You cannot enter on the day of the competition.

Q: Is a safe deposit available?

A: We have a safe deposit at the entrance of Ojiro Elementary School. You can leave your valuables there. Put your valuables into the plastic bag with your racing number written on it and pass it to the person in charge. The safe deposit service is available 7:30 a.m. to 1:30 p.m.

Q: Do you have a general information center?

A: General information centers are at the head office and at the entrance of Ojiro Elementary School. Please see the guide map.

Q: Is smoking allowed?

A: Smoking is prohibited in the school areas.

Q: What should I do if I feel sick or exhausted during the race, and have to stop?

A: If your physical condition becomes bad, tell the course staff about your condition immediately. When you default the race, follow the instructions of the staff, and take off the racing number. (We have simple first-aid equipment at each water stations.) We will give first aid to the runners when any accident or injury occurs during the race, but

we are not responsible for the runners after the race.

Q: How many water stations do you have?

A: We have 13 water stations. (2.0kms, 3.1kms, 4.8kms, 5.8kms, 6.9kms, 8.4kms, 10.8kms, 13.3kms, 14.3kms, 16.8kms, 19.3kms, 21.4kms, 22.3kms) At each water station, we serve water, sport drinks, oranges, candies, salt and so on.



Q: Tell me about the time limit.

A:

The fifth water station	1 hour and 10 minutes	10:10 a.m.
The seventh water station	2 hours and 10 minutes	11:10 a.m.
Goal	4 hours	1:00 p.m.

Q: Tell me about the meal.

A: For the runners, we serve cool noodles, tomatoes, sport drinks and tea (free) at the goal area. You can get meals at food booths (pay). They have local specialties.

Q: Give me the details about the awards and recognition.

- A: 1. An original T-shirt is presented to all runners that finish the race within the time limit.
2. Top six runners of every category are recognized.
3. Non-winning team participants have a chance to win a raffle prize. We hope the four runners of each team enjoy and finish the race, and get a prize. Only the top six teams are recognized, because the places of all runners are not determined until all runners finish the race. Check studded prizes at HP later.

In addition to the above 3, we have an enjoyable raffle drawing. Winners are notified. Check the notice board.

Q: Can the runners preserve their own records?

A: We can make a record book of all runners (300 yen). Hand in an enclosed application form to the head office. All the runners that finish the race get the certificate at the goal area. Get it at the desk which issues it.

Q: Give the information about shuttle buses for return.

A: Shuttle bus service starts at around 12:00

A: The front of Ojiro Elementary School ⇒ (by way of) Ojiro Branch Office ⇒ Gondola Station Parking Area · Ojiron

B: The front of Ojiro Elementary School ⇒ Hiroi Ground

Q: When can I take my car out of a parking area?

A: When you park your car at Ojiro Dome area, you cannot take out of your car until 13:00 (the time limit of race). Follow the instructions of the people in charge when you return under the regulation of traffic. Take care and drive safely in order not to have any accidents.

Q: Do you have garbage cans or trash bags?

A: Please take your garbage or litter away with you respectively.
We appreciate your cooperation.



■ **Students comments**

Mikata Zankoku marathon has a lot of attractions. In this marathon, you can feel warmth of the local people because they participate as the staff of the event and support runners. The course is so hard. However, many people from children to the elderly cheer for them throughout the course.

I also support and cheer for the runners every year. For example, I give them water at the water point and call them by their last name to encourage them to run. Sometimes I get tired, but I feel comfortable when I hear many runners say “Thank you very much for your support”. I want to work more to support the runners.

I will take part in this event to make runners our top priority so that it will continue in the future.

I support the runners as a member of the Brass Band. Unlike the city marathons, in the local marathons, a lot of people from local children to the elderly are involved in the event management. You can feel the warmth from them.

Every year I play in the band at the start of the race and I see runners running with smiles. Some of them say, “Thank you and we will participate in the race again.” This year we played in the band at the closing ceremony for the first time and helped them feel proud after the race. We felt rewarding and want to practice harder to contribute to this event management.

