

KOBE MARATHON 2023



Kobe Marathon 2023 Participation Guide

感謝と友情 Thanks & Friendship

"Thank You, With This City"

Over the past 10 years, the Kobe Marathon, which began with the theme of "Thanks & Friendship," has accumulated "thanks" from runners, volunteers, and everyone who supports the event.

Celebrating the 11th time this year, "Thank you, with this city," with the catchphrase, 20,000 runners will run through the city of Kobe, which has undergone reconstruction and is advancing to a new stage.

From the start to the finish, citizen runners will work with top runners to create a race in which individual runners continue to take on challenges regardless of competition level or age, and to support the challenges of all participating runners.

Event Schedule

Runner Check-In

Friday, November 17	1:00 pm – 8:00 pm (latest time for admission)	Runner Check-In (Kobe International Exhibition Hall No. 1 Building, 1st Floor) Kobe Marathon EXPO 2023 (Kobe International Exhibition Hall No. 1 and 2 Buildings, 1st Floor)
Saturday, November 18	10:00 am – 7:00 pm (latest time for admission)	

Kobe Marathon 2023

Sunday, November 19	7:00 am – 8:30 am	Baggage Check	West Block: Kobe East Park *See pages 5–7 for details. East Block: Minato no Mori Park (Kobe Earthquake Recovery Memorial Park)
	8:45 am	Opening Ceremony	In front of Kobe City Hall, Flower Road (Starting Point)
	7:45 am – 8:45 am	Wave 1 Runner Lineup	
	9:00 am	Wave 1 Start	
	7:45 am – 9:05 am	Wave 2 Runner Lineup	
	9:15 am	Wave 2 Start	
	1:00 pm	Awards Ceremony	Civic Square (In case of bad weather: Kobe International Conference Center 4F Lobby)
	4:00 pm	Finish	Port Island (Civic Square Vicinity)

Runner Check-In (1 Day/2 Days Before Race)

Check-In Times

Friday, November 17, 1:00 pm – 8:00 pm (latest time for admission)

Saturday, November 18, 10:00 am – 7:00 pm (latest time for admission)

Venue 1st Floor, No. 1 Building, Kobe International Exhibition Hall
Address: 6-11-1 Minatojima Nakamachi, Chuo-ku, Kobe

Access Get off at Port Liner Shimin Hiroba Station

*No check-ins will be conducted on race day.

*No check-ins can be conducted after the above times, and even delays due to public transportation will not be exempted, so please allow plenty of time to arrive.

Be sure to use public transportation to come to the venue.
There is no parking for cars, motorcycles, or bicycles.



What to Bring on Race Day

● Identification Documents (Originals)

■ Only one form of ID if using the following: *Only photo ID is accepted

- Driver's license • Driving History Certificate • Passport
- Individual Number Card (My Number Card) *Individual Number Notification Cards not accepted
- Basic Resident Registration Card • Special Permanent Resident Certificate • Residence Card
- Physical Disability Handbook • Rehabilitation Handbook • Mental Disability Handbook

■ Two forms of ID (A+B)

A (Photo ID) • Student ID • Certificate of ID issued by an organization (Employee ID, etc.)
• TASPO Card • Credit Card

B (Issued by a Public Institution)

- Health Insurance Card • Nursing Care Insurance Card • National Pension Booklet
- Certificate of Residence • Basic Resident Registration Card/Notification Cards

● Athlete Bib Voucher *Please write the necessary information on it beforehand.

Check-In Procedure



- You will be asked to confirm your identity when you check-in, so please bring one of the above to do so. Accompanying runners must also check-in on the above dates.
- Check-in cannot be performed by a representative with a letter of authorization, etc.



List of Items to Pick Up at Check-In

1 Athlete Bibs

• Charity Athlete Bibs (Only for Applicants)



Front Back

- Upon receipt, check that there are no mistakes in the way your name is printed.
- Using the included safety pins, attach the athlete bib to your clothing where it will be visible, by the day before the race. Runners without their bibs attached may be **disqualified**. Please be aware that athlete bibs **cannot be reissued**.
- **Please fill in the emergency contact details on the back of your athlete bib.**
- Participants who applied for charity athlete bibs should attach them at 2 locations—chest and back. Please ensure the athlete bib with the timing chip is attached to the front.
- Printed information such as your nickname cannot be changed.
- Must be presented when checking and claiming your baggage.

2 Sticker for Baggage Check Bag



Height 100 mm x width 160 mm

- Please affix to the center of your baggage check bag by the day before the race.

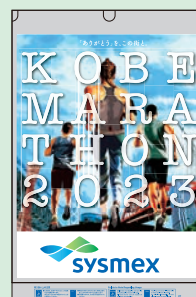
3 Timing Chip



Be sure to fill in the required information on the back of your athlete bib. **This information is required in case family members or others need to be contacted in an emergency.**

- Do not remove the timing chip from your athlete bib.
- Timing chips will be collected after you finish. If not returned, you will be charged **the actual replacement cost (¥2,000)**.
- If you forget to return your chip and return it at a later date, please mail it to following: **Kobe Marathon Timing Chip Return 152-8532 (No address necessary)**
- Your chip will be collected even if you cannot finish (drop out, etc.) or if you do not start. Please follow instructions of staff.

4 Baggage Check Bag



Width 50 cm x height 70 cm, bottom gusset 5 cm

- Baggage checked at the starting area will be returned at the finish area. Please present your athlete bib.
- Fasten the drawstring securely so baggage inside does not spill out.
- Items that do not fit in the baggage check bag **cannot be checked. Please don't place long umbrellas in the baggage check bag.** If the weather is rainy, please bring a folding umbrella or raincoat, etc.
- Things such as **valuables** and hazardous items **cannot be checked**. Please be aware that we will not bear any responsibility if valuables are lost during the race.

5 Participation Prizes: Sports Bag, Sunflower Gloves



- Sports Bag
Made from 100% recycled material to promote sustainability (Asics, Kobe Marathon Commemorative Design)
- Sunflower gloves will be used during the opening ceremony on race day. Please cooperate by wearing them.
- Please do not discard your sunflower gloves on the course, as they will become **litter** and a nuisance for other runners and supporters.

6 Event Program



- This program contains a wide range of information about the race.



Important!!



Measures for Rain



Improving Manners

Kobe Marathon EXPO 2023

Experience **2** Days of Wonder in Kobe & Hyogo

Immersed yourself in Kobe before you run!
2 days of eating, experiencing, and spectating
This year's food area features a delicious line up from
Hyogo Gokoku World!



- Venue** Kobe International Exhibition Hall (Port Liner Shimin Hiroba Station)
- Date/time** November 17 (Fri) 1:00 pm – 8:00 pm
November 18 (Sat) 10:00 am – 7:00 pm

An enjoyable 2 days in Kobe for all to enjoy, runners and spectators alike, including stage events and booths set up by companies supporting the Kobe Marathon. Sponsor booths will be selling a range of wonderful products. Don't miss the limited-edition products only available here! The food area will feature Hyogo Gokoku World's "umaimon yokocho", a place you can eat Hyogo's delicacies to your heart's content. Check out the website for details.

- EXPO 2023** <http://kobe-marathon.net/2023/race/event-info/expo> (Japanese only)
- Food Area** <https://kobe-marathon.net/2023/race/event-info/gourmetinfo> (Japanese only)



Other Events

November 19 (Sun) 12:00 pm – 4:00 pm

Shimin Hiroba will host a variety of food trucks with over 20 stores on offer, such as pizza, kushikatsu, hotdogs and more! The popular "ROSYOKI" and ".donuts" will also be there. You can also enjoy Juchheim's Baumkuchen, freshly baked by their AI robot THEO. The day is topped off with live entertainment on the stage such as JAZZ and dances.



Finish Park <https://kobe-marathon.net/2023/race/event-info/finish> (Japanese only)



Runner Support Events

Support events for runners will be held in 14 areas in the city on the marathon day.

***Kobe Marathon EXPO 2023 venue, Finish Park, and support events are open to all, including those who are not runners. Family and friends are also welcome. (Free entry)**

Starting Area Guide Map

Before starting the race

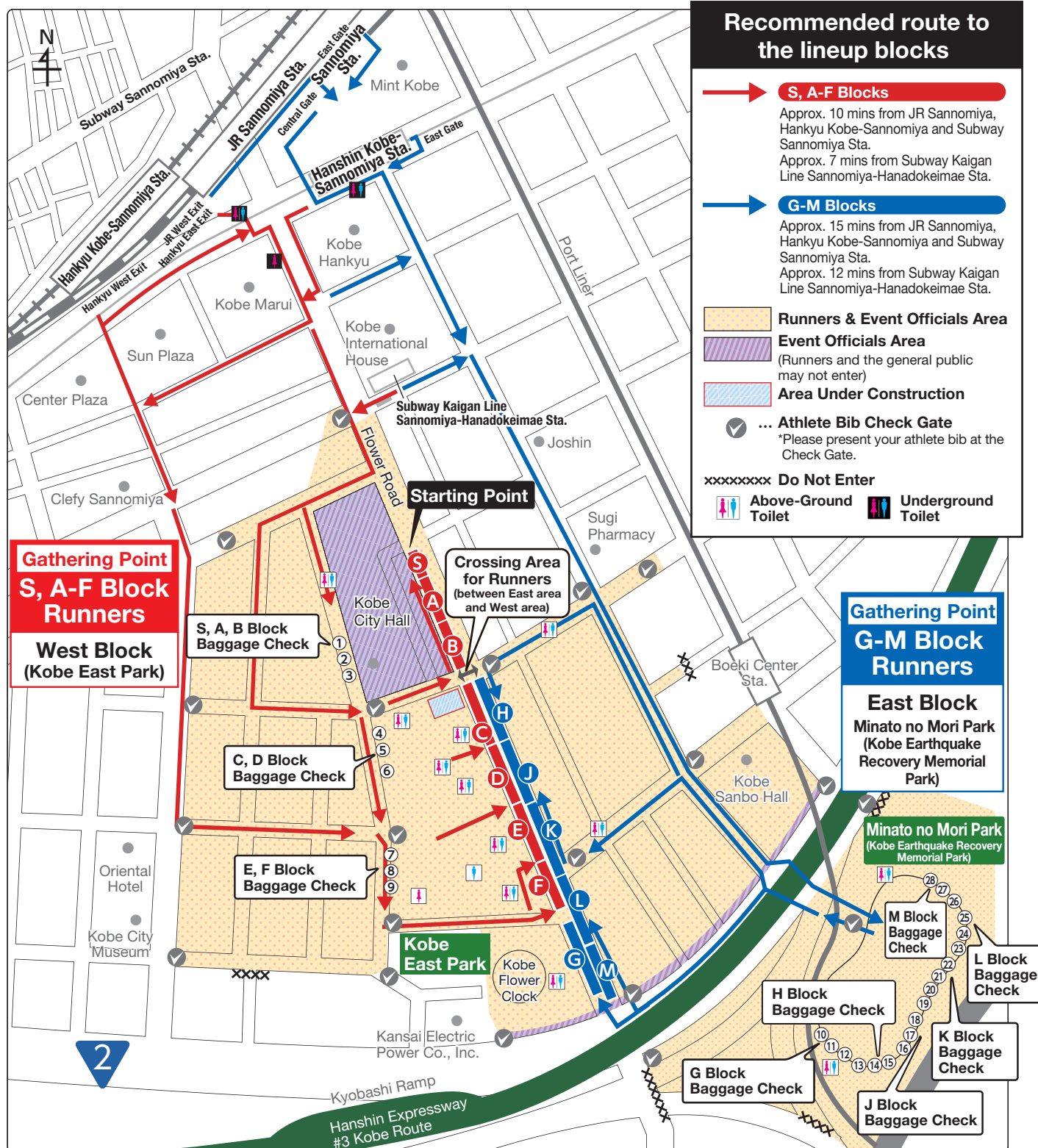
- 1 Arrival**
- 2 Change & Baggage Check**
- 3 Block Lineup, Start**

Changing rooms are provided inside the venue, so please refrain from changing in areas such as stores or toilets located on the route to the venue.

Please check your baggage in the truck with the number printed on your athlete bib or the sticker on your baggage check bag.

Line up in the block according to the number on your athlete bib.

- CHECK!**
- Please check your baggage in the truck with the number printed on your athlete bib or the sticker on your baggage check bag.
 - Congestion is expected, so please check your baggage early and line up in your start block at the designated time.
 - S, A-F Block runners are in Wave 1, G-M Block runners are in Wave 2.

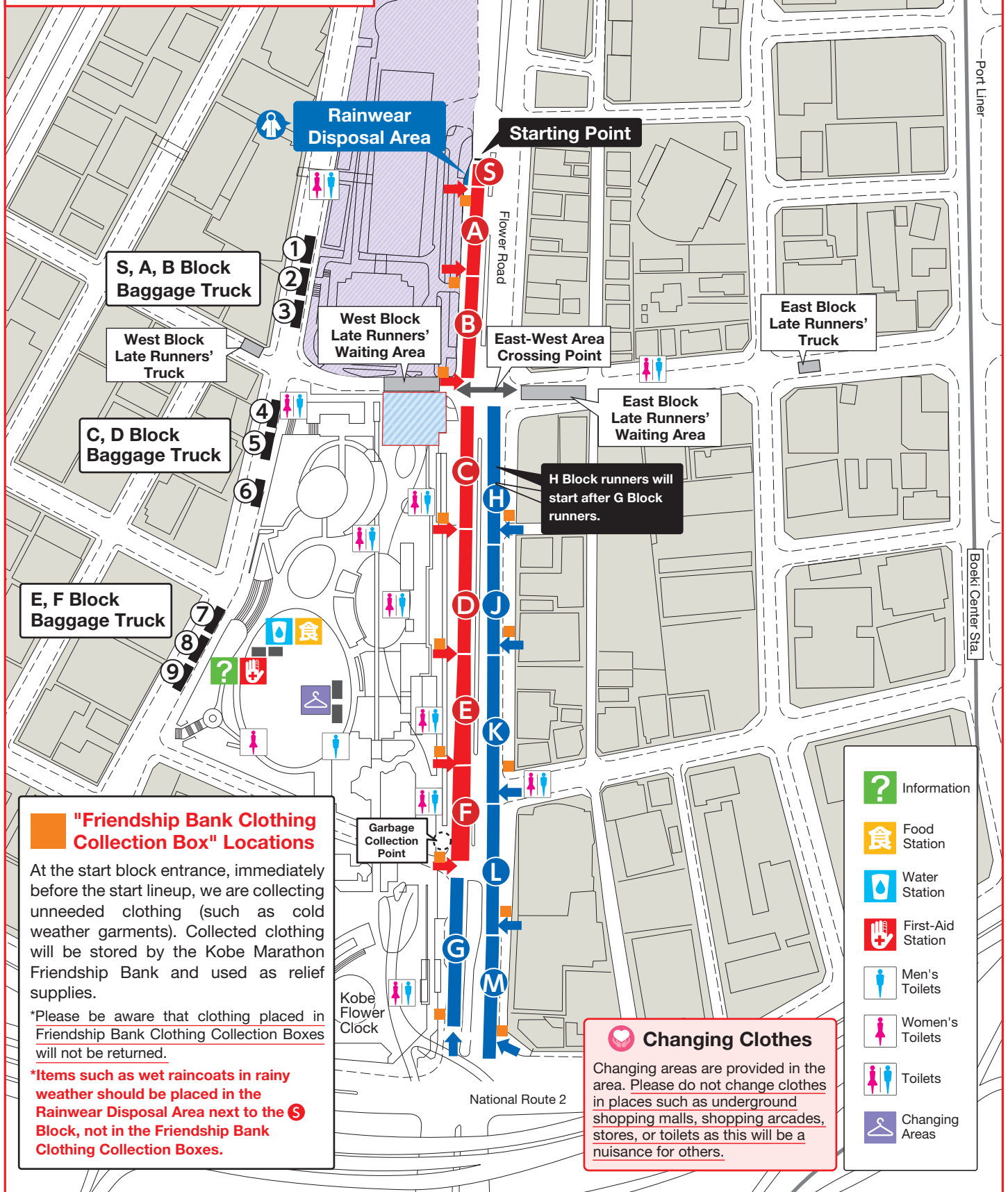


Starting Area Runner Service Area ①

Event Officials Area (Runners and the general public may not enter) Area Under Construction S, A-F Wave 1 G-M Wave 2

S, A - F Block Runners

West Block (Kobe East Park)



"Friendship Bank Clothing Collection Box" Locations

At the start block entrance, immediately before the start lineup, we are collecting unneeded clothing (such as cold weather garments). Collected clothing will be stored by the Kobe Marathon Friendship Bank and used as relief supplies.

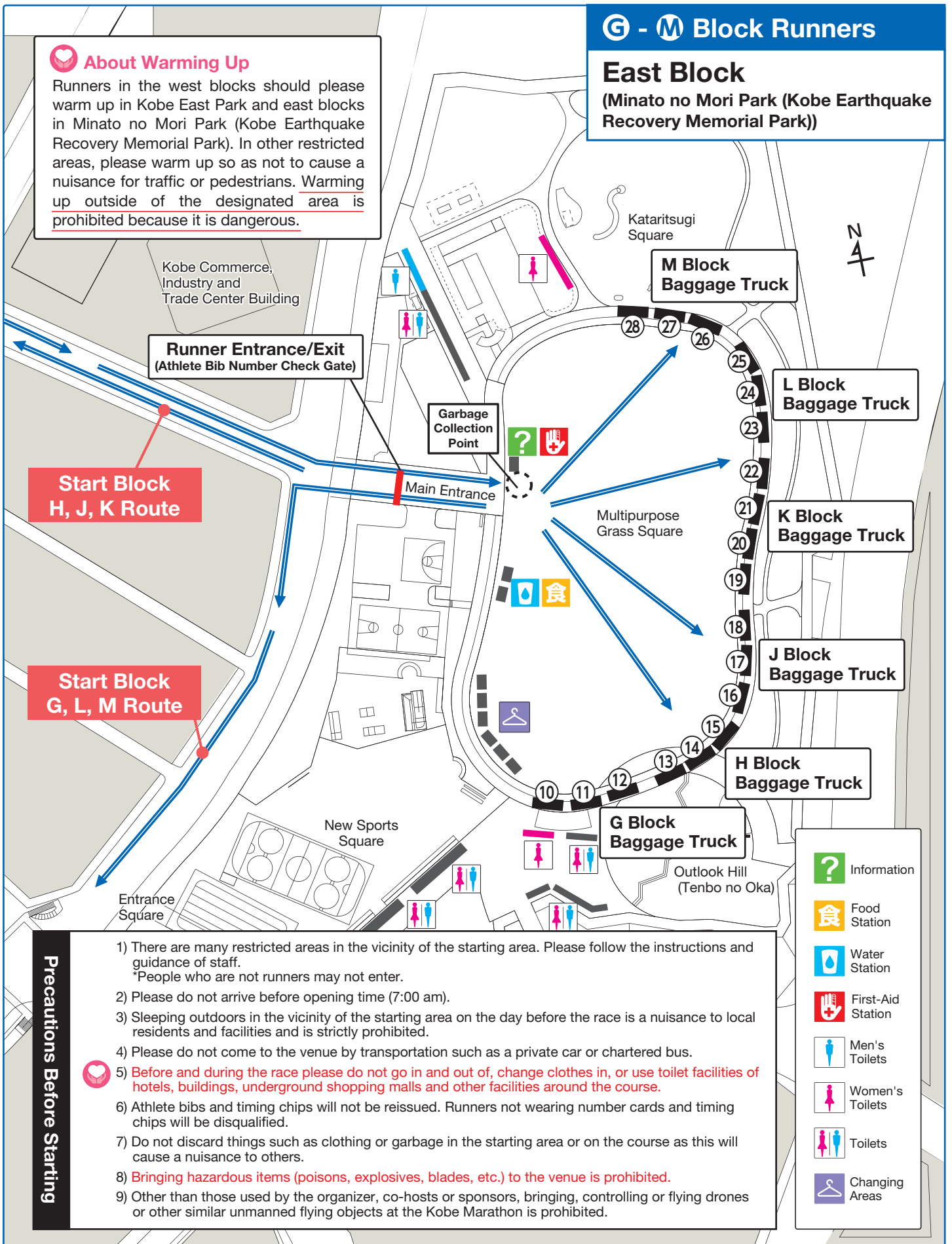
*Please be aware that clothing placed in Friendship Bank Clothing Collection Boxes will not be returned.

*Items such as wet raincoats in rainy weather should be placed in the Rainwear Disposal Area next to the S Block, not in the Friendship Bank Clothing Collection Boxes.

Changing Clothes
Changing areas are provided in the area. Please do not change clothes in places such as underground shopping malls, shopping arcades, stores, or toilets as this will be a nuisance for others.

- Information
- Food Station
- Water Station
- First-Aid Station
- Men's Toilets
- Women's Toilets
- Toilets
- Changing Areas

Starting Area Runner Service Area ②



On Race Day

Schedule

- 7:00 am **Baggage Check opens (until 8:30 am)**
- 7:45 am **Runner lineup behind allocated start blocks begins**
- 8:45 am **Opening Ceremony**
 During the ceremony, there will be a silent prayer, a greeting from the organizer, then while everyone is singing Shiawase Hakoberu Youni ("To Bring Happiness"), a song that supported the road to recovery from the Great Hanshin Awaji Earthquake, all 20,000 runners will raise their hands in time while wearing "sunflower gloves," to create a sunflower of "Thanks and Friendship," brimming with smiling faces!
- 8:45 am **Wave 1 Runner Lineup complete**
- 9:00 am **Wave 1 Start**
- 9:05 am **Wave 2 Runner Lineup complete**
- 9:15 am **Wave 2 Start**



Runners in Wave 2 G, H, J, K, L, M will start after Wave 1 S, A, B, C, D, E, F runners.

Items to Bring (Please see the checklist on page 14)

- Athlete bibs (please fill in the required information on the back)
- Baggage check bag (do not forget to affix the baggage check bag sticker)
- Sunflower gloves
- Emergency transportation money (about ¥1,000 is recommended)
- Health insurance card, etc.
- Light food (energy jellies, replenishment for salt, sugar, minerals, etc.)
- Physical care measures: petroleum jelly, adhesive bandages, etc.
- Measures for protection against rain/cold: rainwear, cold weather garments, gloves, arm warmers, etc.

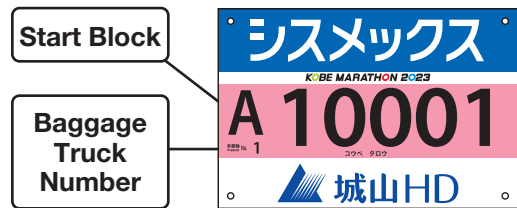
Changing Areas

- Changing areas are provided in both the east and west blocks.
- **Please do not change clothes in places such as underground shopping malls, shopping arcades, stores, or toilets. Please change in advance at your lodging, or in one of the designated changing areas, and observe all rules and etiquette.**

Baggage Check

7:00 am – 8:30 am

- Please check your baggage in the truck with the number printed on your athlete bib or the sticker on your baggage check bag. **Baggage cannot be checked after the above time is passed.**
- After checking your baggage, it cannot be retrieved. Your baggage truck number and start block are displayed on your athlete bib.



Runner Lineup

Wave 1 7:45 am – 8:45 am (S, A, B, C, D, E, F Blocks)

Wave 2 7:45 am – 9:05 am (G, H, J, K, L, M Blocks)

Place: Designated block (S–M Block) indicated on the athlete bib (see page 5-7)

- Cut-off time for admission to S, A, B, C, D, E, F Blocks is 8:45 am, G, H, J, K, L, M Blocks is 9:05 am. Please allow yourself plenty of time to go to your block.
- **If Wave 2 runners start with Wave 1, they will be disqualified.**
- Guide routes vary depending on the block. Please follow the directions on guidance signs and instructions from staff.
- Runners who do not arrive in time for lineup must start from the very back of Wave 2.
- **Runners cannot run once their individual starting points have closed.**
- Congestion is expected, particularly if the weather is rainy, so please give yourself plenty of time and set out early.
- If it rains, you will not be able to bring your umbrella to the start blocks. Please refer to page 15, "Precautions for Rainy Weather."
- Please do not queue jump at the Start Blocks.

Health Check

- A **Health Checklist** is posted on the Kobe Marathon website. **All participants should check** it before check-in time.
 - At check-in, a **Pre-Start Checklist** will be distributed. Please check the contents. If you are not feeling well, **please withdraw from the race and do not make an unreasonable attempt to run.**
 - If your physical condition seems abnormal during the race, do not force yourself. Please have the courage to drop out of the race. Marathons can sometimes be a dangerous sport.
- *If you need to be treated at a medical institution, it will be at your own expense. Be sure to carry your health insurance card with you.
 *For the sake of themselves and other participants, people infected with, or who have just recovered from, influenza or other contagious diseases should not participate in the race.

During the Race ①

Clothing

- Please wear clothing that ensures that your athlete bib is visible.
- Clothes or costumes violating public order and morals or inappropriate for sporting events are not acceptable. (For example: Clothing that may compromise personal safety, clothing or items that may harm or make others uncomfortable, items that assert political or religious views, clothing worn for the purpose of advertising, etc., or clothing using trademarks or designs without permission)
- Japan Association of Athletics Federations athletes are prohibited to wear costumes.

Roads and Distance Markers

- Traffic restrictions are in place on the course, however in some locations runners will be running against or with traffic. Also, in some cases race vehicles may drive with runners, so please exercise sufficient caution.
- Distance markers are placed every 1 km and at the halfway point. Starting 5 km from the finish line, markers are set up indicating the remaining distance.

Pace Setters (Pace Runners)

Pace setters will run on the course for those aiming to set the following record times. Pace setters are wearing bibs and balloons.

Target Time	Start Times	Finish Time	Balloon Color	Bibs Color
3 hrs 00 min	Wave 1: 9:00 am	12:00 pm	Gold	Pink
3 hrs 15 min		12:15 pm		
3 hrs 30 min		12:30 pm		
3 hrs 45 min		12:45 pm		
4 hrs 00 min	Wave 2: 9:15 am	1:00 pm	Silver	Black
4 hrs 00 min		1:15 pm		
4 hrs 30 min		1:45 pm		
5 hrs 00 min		2:15 pm		
5 hrs 30 min		2:45 pm		
Completion Time Limit	30 km: 1:50 pm	4:00 pm	Pink	Pink



*Photo is from the 9th marathon

- *Pace setters start the race at the starting gun for each wave and run to the finish for the target record. This is only a guide and is not a guarantee of finishing at the exact set time.
- *Completion Time Limit Runners will join the race from 30 km to support runners in the rear. We plan to have Completion Time Limit Runners serve as guides for finishing the race within the time limit.

Checkpoints

Checkpoint closing (see page 11) will be carried out for traffic, security and race operation purposes. Runners cannot continue the race after checkpoints are closed. Runners remaining on the course after checkpoint closing should please follow the instructions of judges and staff and take a pickup bus from the next checkpoint location or the pickup bus at the very back. Also, in the event that a doctor or judge determines it is not possible for you to continue in the race, you may be instructed to drop out of the race. Please follow those instructions.

Dropping Out

When dropping out of the race at a point that is not a checkpoint, inform judges or staff on the course that you will be dropping out, **take a pickup bus** using one of the following methods, and proceed to the finish area (Port Island Civic Square vicinity).

- 1) Go to the nearest checkpoint location/first-aid station and board a pickup bus.
- 2) Board a pickup bus at the very back.

First-Aid Stations

- First-aid stations are provided on the course (14 locations) and at the start (2 locations) and finish (2 locations). (see page 11-12)
- Doctors and nurses are on standby at first-aid stations, so participants feeling unwell should please report to a first-aid station.
- **All first-aid stations operate on a system emphasizing first aid. Emergency treatment will be provided only for injuries or sicknesses sustained during the race. Treatment beyond that will not be provided. We cannot be responsible for any injury or sickness sustained during the race, so please take sufficient care of yourself.**

*First-aid stations are not stocked with household medicines (gastrointestinal medicine, cold medicine, compresses, etc.) or **cold sprays**.

Toilets

Toilets are provided at various locations along the course (public toilets and portable toilets). They are indicated with signs on the course, so please be sure to use designated locations.

***Do not use toilets in shops and other facilities along the roadside.**

Course Staff

- This race is operated by many staff and volunteers. On the course, staff are wearing different colored uniforms to indicate their various roles, as indicated below. If you need anything, please speak to a staff member.
- Be sure to say "thank you" to volunteers for helping support this event.



Judges
(Hyogo Athletics Association)

First-aid

Volunteer

Water/food supply
volunteer

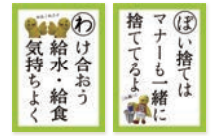
Event officials
(at intersections)

Event officials, etc.

During the Race ②

Water/Food Stations

- Some menu items are provided with a limited distribution time and quantity.
- At water stations, tables closer to the course will be more crowded. Please try to take items from tables as far from the course as possible.
- Flags at each water station show the total number of tables and the table number.
- Some food will be individually wrapped. Please make sure you dispose of the wrapper in the garbage bins.
- Volunteers with garbage bags are stationed at the end of the water stations. Please put paper cups and other waste in the bags and do not discard them on the course.



Water Station	Distance (km)	Location	Sports Drink	Water	Food
1	5.1	Left & Right	●	●	
2	7.3	Left		●	
3	9.6	Right		●	
4	10.8	Right	●	●	Bananas, rice crackers, chocolate snacks, cookies
5	13.6	Right		●	
6	17.6	Right	●	●	
7	20.3	Right		●	
8	23.6	Right	●	●	Bananas, chocolate bread, shiomi manju, Japanese traditional confectionery, western confectionery, salt tablets

Water Station	Distance (km)	Location	Sports Drink	Water	Food
9	26.8	Right		●	
10	29.9	Right	●	●	Castella, Japanese traditional confectionery, dried fruit, chocolate bread, rice crackers, salt tablets
11	32.8	Right		●	
12	35.2	Right	●	●	● Chikuwa, mandarin oranges
13	36.9	Left	●	●	● Chocolate bread, shio-konbu, rice crackers, salt tablets
14	39.5	Left		●	● Rice crackers, salt tablets

*Organizers will not be responsible for any water or food supplied from places other than the water stations listed above.

*In some cases food menu items may change at each location.

Water/Food Menu

Item	Product Name	Sponsor	
Sports drink	AMINO SAURUS Water	Tominaga Boeki	
Water	Kobe Kyoryuchi Uraraka Natural Mineral Water 2L PET	Tominaga Boeki	
Banana	Caribbean Queen (from Costa Rica)	Aiss Corporation	
Chocolate bread	Usukawa (thin-crust) chocolate bread	Yamazaki Baking	
Salt tablets	Salt Charge Tablets	Kabaya Foods	
Rice cracker	Bonchi age	BonChi Co., Ltd.	
Castella (sponge cake)	+CASTELLA	Kagotani	
Dried fruit		Nankinmachi Shopping District Promotion Association	

Item	Product Name	Sponsor	
Cookies	Cookies with apple flavored chocolate filling	World One	
Shio-konbu (salted kelp)	Fujicco Shio Konbu	Fujicco	
Chikuwa (tubular fish paste stick)	Chinpira	Kanetetsu Delica Foods	
Mandarin orange		Kobe City Central Wholesale Market Management Council	
Chocolate snack	Kobe Strawberry Truffle	Frantz	
Western confectionery		Hyogo Confectionery Association	
Japanese traditional confectionery		Hyogo Prefecture Sweets Industry Association (Hyogo Sweets Plaza)	

Post-finish

Item	Product Name	Sponsor	
Cheese	QBB Baby Cheese (Iron)	Rokko Butter	
Boiled egg		Kagotani	

Cooperation with Regard to Emergency Service Vehicles

- If an emergency such as an accident or fire occurs during the race, emergency service vehicles and other emergency responders may use the course. In such a situation, **please follow the instructions of staff on the course and give the emergency service vehicles the right of way.**
- Green traffic cones have been set up in the emergency service vehicle traffic lane. **We ask for your cooperation in staying out of the emergency service vehicle traffic lane.** In some narrow parts of the course, there is no separate emergency service vehicle traffic lane.

In some cases, we may ask runners to stop for emergency service vehicles to pass, so we ask for your cooperation.

Please note that finishing times will not be amended due to stoppages.

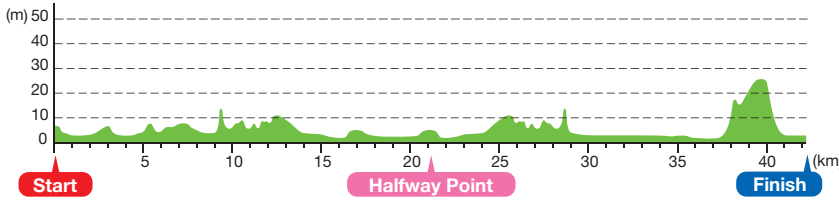
- Depending on the runner situation, pedestrians may be allowed to cross the course. In such cases, we ask that you follow instructions of staff and cooperate.



We ask for your cooperation when emergency service vehicles pass.

Course Guide

Course Elevation Map



Checkpoint Location	Distance (km)	Closing Time	Interval Pace
1 Otabi Park	3.8	10:00	9 min 13 sec/km
2 Tenjinbashi-higashizume	9.0	10:44	8 min 28 sec/km
3 Sumaura-koen Station	11.3	11:03	8 min 16 sec/km
4 Maiko Park	17.6	11:57	8 min 34 sec/km
5 Maiko Station	20.3	12:20	8 min 31 sec/km
6 Tarumi Sewage Treatment Plant	23.4	12:49	9 min 21 sec/km
7 Sumaura-koen Station	26.8	13:19	8 min 49 sec/km
8 Suma Kaihin Park	29.0	13:41	10 min 00 sec/km
9 Wadamisaki Station	34.1	14:31	9 min 48 sec/km
10 Minato Elementary School	36.8	15:00	10 min 44 sec/km
11 Port Island West Ramp	41.0	15:46	10 min 57 sec/km

*Interval pace figures are based on a 9:25 start.

- First-Aid Station
- Water Station
- Food Station
- Toilet

Turning Point

Muten Kurasushi Nishimaiko Branch
Starbucks Coffee
Kobe Nishimaiko Branch



Turning Point (detailed map)



The turning point is in the car park of Kurasushi Nishimaiko Branch and Starbucks Coffee Kobe Nishimaiko Branch. Beware of the step.

First-Aid Station	Distance (km)
1 Kobe East Park	0.0
2 Minato no Mori Park	0.0
3 Otabi Park	3.8
4 Tenjinbashi-higashizume	9.0
5 Sumaura-koen Station	11.3
6 Gyoson Hiroba	16.0
7 Maiko Park	17.6
8 Muten Kurasushi	19.0
9 Maiko Station	20.3

First-Aid Station	Distance (km)
10 Tarumi Sewage Treatment Plant	23.4
11 Shioya Pump Station	24.7
12 Suma Kaihin Park	29.0
13 Agro Garden	31.8
14 Wadamisaki Station	34.1
15 Minato Elementary School	36.9
16 Port Island West Ramp	41.0
17 Finish Gate	42.2
18 Kobe International Exhibition Hall	42.2



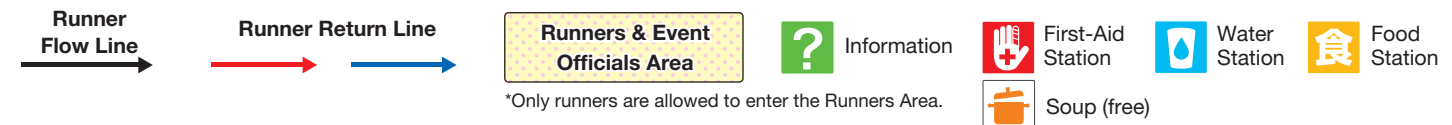
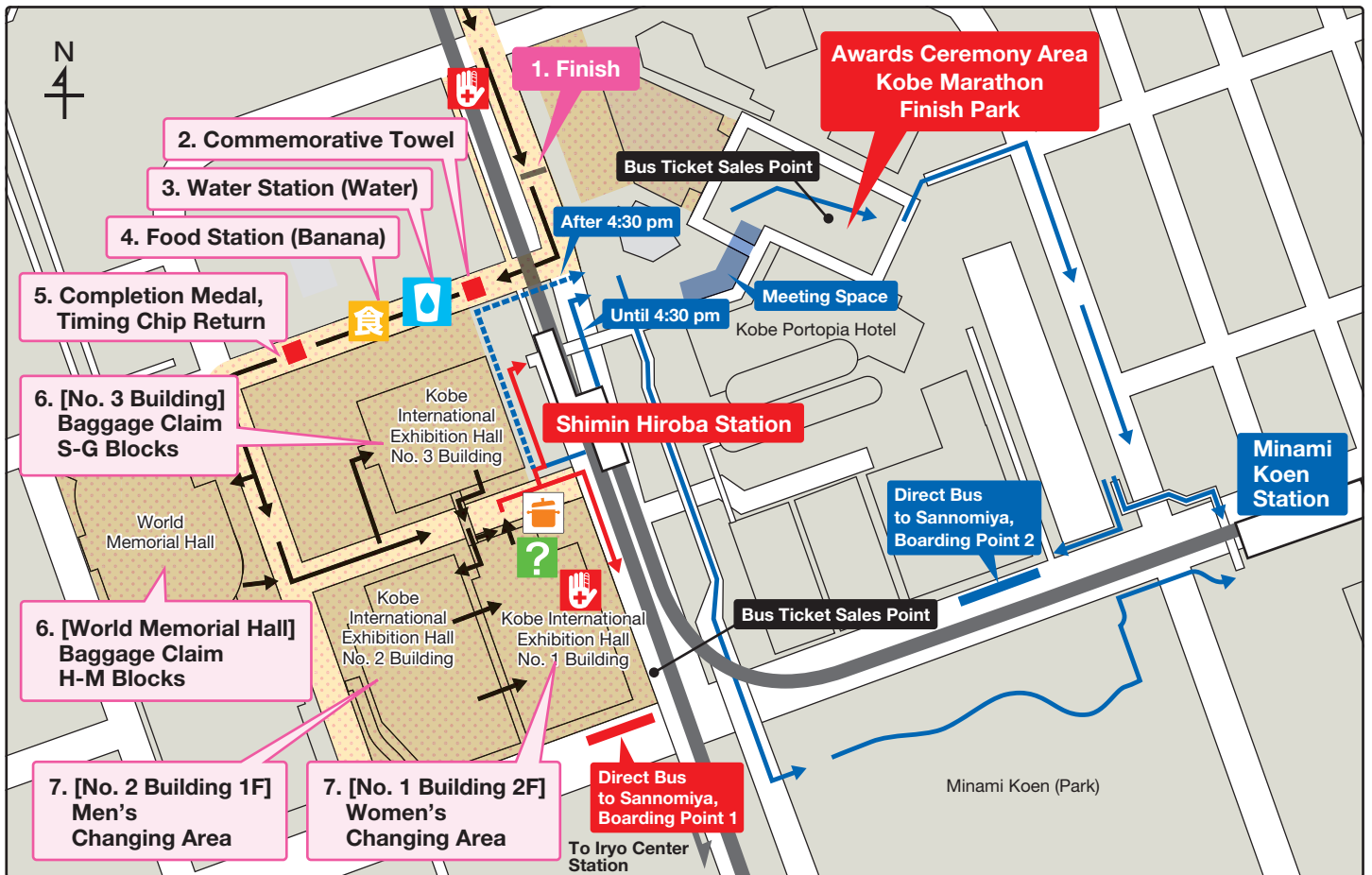
Finish
(near Civic Square)

Runner Check-In EXPO
Kobe International Exhibition Hall

Course Guide

A	Around Start-2 km	There is a series of 90° curves . Please run carefully.
B	Around 5.1 km	There is the first water station. Hydrate well!
C	Around 6 km-9 km	The narrowest portion in the entire Kobe Marathon course. There is also a series of curves, so proceed with caution.
D	Around 9.6 km	Replenish fluids as much and often as possible.
E	Around 10.8km	Snack stations (bananas, chocolates, bonchi age, and cookies) Get those calories in early to ensure a strong finish!
F	Around 10 km-27 km	This part of the course runs along the seaside. Winds can be strong along the sea, so please be careful. Outward and inward routes are side-by-side . The course width is narrow, so please be careful.
G	Around 15.5 km	The course goes from seaside into a fishing harbor. There are ups and downs here so please do your best!
H	Around 36.9 km	There are water and food supply points. After this, a steep climb awaits. Get plenty of energy, water, and salt and take on the challenge! (Be careful not to take too much.)
I	Around 37 km	The steep climb starts from here. The course rises 10 m in 150 m making it the most difficult part of the Kobe Marathon . After making it past here, it is only a little farther to the goal.
J	Around 37 km-39 km	After climbing to the top of the slope, you are on top of the bridge. Wind is strong on top of the bridge , so please be careful.

Finish Area Map (Near Shimin Hiroba Sta., Port Island)



Process Race End Time: 4:00 pm

1. Finish
2. Commemorative Towel
3. Water Station (Water)
4. Food Station (Banana)
5. Completion Medal, Timing Chip Return
6. Baggage Claim
7. Changing

*Please claim your baggage by 4:30 pm.

Precautions for after the race

- After finishing, please follow the instructions of staff and proceed slowly.
- When claiming baggage checked at the starting area, please show your athlete bib.
- Be sure to return your timing chip. If you forget to return your chip and return it at a later date, please mail as follows.
Timing chip return address:
Kobe Marathon Timing Chip Return 152-8532 (No address necessary. It will be delivered with only the postal code)
- There are parts of the race area which non-runners cannot enter.
- If you go to the first-aid station after finishing, don't forget to pick up your finisher's towel and medal.
- "Complimentary Water/Food" consists of only water and a banana after finishing. If you need items such as sports drinks please prepare them on your own.

Post-Finish Access *If there are crowds, entry to the station may be restricted.



There are no parking areas. Drop-offs and pick-ups by private vehicles or chartered buses, and parking in nearby facilities, is strictly prohibited.

Records and Awards

Official Records

The official record is the time from the starting gun of each wave until finish (gross time).
 *Time required from crossing the start line until finishing (net time) is measured as a reference record.

Awards

- 1) General (gross time): Men and women 1st through 8th place
- 2) Kobe Marathon Japan Top Eight (gross time): Men and women 1st through 8th place currently residing in Japan (irrespective of nationality)
- 3) Age group (net time): Men and women 1st through 8th place (five-year increments)
 *Excluding Kobe Marathon Japan Top Eight award recipients.
- 4) Kobe Marathon Consecutive Award Recipient: For those awarded for three consecutive years from the 9th Kobe Marathon
 *Receiving multiple awards from combinations of 1), 2), and 3) is allowed.
 *Runners who have already received an award in this category previously are not eligible.
- 5) Kobe Marathon Last Spurt Challenge [A challenge for time record-breaking runners]
 Awarded to 3 men and 3 women who ran the final 7.195 km from the 35 km point the fastest.
 *Excluding General (Men and women 1st through 8th place) and Kobe Marathon Japan Top Eight
 *For recognized time record-breaking runners (Men: 2 hours 45 minutes or less, Women: 3 hours 30 minutes or less)

Ouen Navi *Japanese only

Using a smartphone, tablet, or a computer, this service enables runners to be tracked via their athlete bibs number or passport name. An icon appears on the map estimating where the runner is through their recorded data. A convenient service for family and friends to support their runner.

- *Records are shown for every 5 km point, and are updates intended for use as reference times.
- *The positioning information of the Ouen Navi is an estimate calculated from the recorded data, and does not provide an accurate representation of the runner's actual position. Moreover, the runner's icon will not appear until they have passed the first 5 km point.
- *The website will open on November 18, the day before the marathon.

WEB <https://v2.ouennavi.jp/teaser/?eid=00000000321495>



Runner Tracking Web Completion Certificate *Japanese only

Using a smartphone, tablet, or computer, finishers can download a PDF of their finishing time from RUNNET on the day of the marathon (November 19). Runners can search for their times using the number on their athlete bibs or passport name. This service is available for one week from the day of the marathon (until Monday, November 27). RUNNET finishing times are approximate; please access the website below for your official finishing time and Web Completion Certificate.

Details will be posted on the marathon website around mid-December. Please check this on your own.
 Web Completion Certificates can be issued from PCs and smartphones for approx. two years after the end of the race.
 *Instructions on how to download the app will be announced on the Kobe Marathon website.

P C <https://runnet.jp/record/userRaceTopShowAction.do?raceId=321495>

Other Precautions

- Please be aware that on race day, runners may be instructed not to run on the basis of a judge's decision.
- Running while using portable music players may make it difficult to hear emergency service vehicle announcements or broadcasts, so please do not use them.
- Please be aware that things such as names, voices, photographs, and moving pictures of participating athletes may be used in media or on the Internet and that all reporting relating to the race will be conducted without remuneration.
- Please exercise good manners when taking photos.
- Please observe etiquette and be considerate to all participants taking part in the event.
 *Do not discard items such as paper cups on the road. They can be dangerous to other runners—visually-impaired runners in particular.
- If the race is canceled for reasons that are not the organizers' responsibility, there will be no refunds of participation fees, etc.
- **Other than those used by the organizer, co-hosts or sponsors, bringing, controlling or flying drones or other similar unmanned flying objects at the Kobe Marathon is prohibited.**
 *If you find a suspicious item, never touch, smell, or move it.
 *We recommend carrying about ¥1,000 to cover transportation costs if taking a train is required due to an emergency.

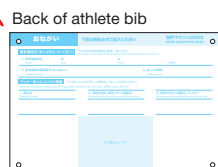
Checklist of Things to Bring on Race Day

● Necessary Items

- Athlete bib (please fill in the required information on the back)
- Baggage check bag (Do not forget to affix the baggage check bag sticker)
- Sunflower gloves
- Emergency transportation money (about ¥1,000 is recommended)

- Health insurance card, etc.
- Light food (energy jellies, replenishment for salt, sugar, minerals, etc.)
- Physical care measures: Items such as petroleum jelly, adhesive bandages, etc.
- Measures for protection against rain/cold: Rainwear, cold weather garments, gloves, arm warmers, etc.

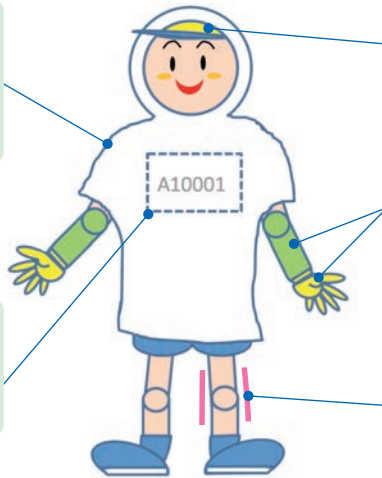
Be sure to fill out the required items on the back.



Precautions for Rainy Weather

Clothing

Poncho-type rainwear is recommended over coat-type rainwear due to ease of running and better ventilation.



A cap is also effective for avoiding rain. Choose one that is highly water repellent and breathable.

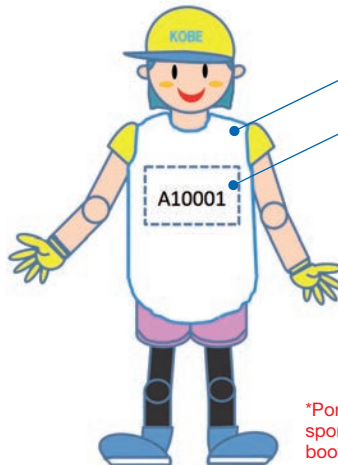
You may become chilled if your arms get wet, so it may be beneficial to wear arm warmers or gloves to keep your extremities warm. It is said that gloves have the heat-retention effect equal to that of a layer of clothing.

During the race, please wear a transparent poncho, etc. and be sure your athlete bib is visible.

Another useful tip is rubbing oil or petroleum jelly on exposed skin such as your legs. This creates an oil film that works to repel water.



There is a wide variety of clothing for rainy days on the market. Please choose items with high water repellence and superior heat retention.



If you forget to bring a raincoat or clothing for rainy days, cutting holes in a household garbage bag allows it to be worn as a makeshift raincoat (be sure that the bag does not cover the numbers on your athlete bib). This type of cover is easy to prepare and convenient.

*Ponchos are on sale at the official sponsor Asics store and the Asics booth in the Kobe Marathon EXPO.

Do not discard rainwear on the course after removing it. Please put it in designated Rainwear Disposal Areas (see page 5), or garbage bins along the course.

Course Condition

- Things such as white lines and manhole covers are particularly slippery in rainy weather. Try to avoid them as much as possible.
- When it rains, pools of water will form in some places. If your shoes get wet in pools of water, it may cause things like swollen feet and painful toes, so please be careful.
- Suddenly accelerating or changing directions can cause falls in places where the road is narrow and when turning corners. Please be careful.

Water/Food

- Because your body is wet from rain, you may get the mistaken impression that you have enough water, so it is easy to become dehydrated. Regardless of weather conditions, make a point of staying hydrated. However, be careful about drinking too much water.
- When sweating your body loses salt and minerals along with water. Take in food and replenish salt and minerals in a planned way.

Changing Clothes

- When your body is wet from rain, your body loses heat more quickly than usual due to heat vaporization. After the race, wipe your wet body with a towel and change your clothes as soon as possible.

● Marathon weather data from previous five years (from Japan Meteorological Agency observation data)

Year		Weather Condition	Temperature (°C)	Wind (m/s)	Wind direction
Nov. 20, 2016	Start (9:00)	Cloudy	19.5	0.1	East-southeasterly
	Finish (15:00)	Cloudy	20.5	0.1	South-southwesterly
Nov. 19, 2017	Start (9:00)	Sunny	10.5	0.7	North-northeasterly
	Finish (15:00)	Sunny	11.5	3.4	North-northeasterly
Nov. 18, 2018	Start (9:00)	Sunny	14.5	0.4	Easterly
	Finish (15:00)	Cloudy	18.0	0.3	Easterly
Nov. 17, 2019	Start (9:00)	Sunny	16.5	0.3	South-southeasterly
	Finish (15:00)	Sunny	19.0	0.1	East-northeasterly
Nov. 20, 2022	Start (9:00)	Cloudy	16.5	0.2	North-northwesterly
	Finish (15:00)	Cloudy	17.5	0.6	West-southwesterly

*Factors such as temperature will vary depending on the weather on race day, so please take measures on your own against rain, heat and cold.

Let's make this marathon the one with the world's most well-mannered runners!



At the Kobe Marathon, we aim to have the world's best running manners. We want to attract runners who can run together while sharing a feeling of joy. Therefore, at the Kobe Marathon, we have launched a "Five Rules of Etiquette for the Kobe Marathon" campaign with the goal of improving manners. Each participant should abide by these rules and everyone should work together to make this the "World's Best Race!"

Kobe Marathon Better Manners Brigade
The Better Manners Brigade will be active around the starting area.



The track and field team of Mikage High School helped in the previous marathon, and we thank them for their support. Kobe Municipal Fukiai High School's track and field team will be helping in the event this year.

Five Rules of Etiquette for the Kobe Marathon



Kobe Marathon's original "Five Rules of Etiquette Cards"

Kobe Marathon Latest Information

What to do if...

I wasn't able to check in on November 17 or 18, but I want participation prizes!

Contact details (Friday to event day)

jtbss@jtb.com

Weekdays (except for Sat, Sun, and holidays)
10:00 am – 5:00 pm

Except for:

(November 17 (Fri) 10:00 am – 8:30 pm)
(November 18 (Sat) 10:00 am – 7:30 pm)
(November 19 (Sun) 5:00 am – 5:00 pm)

Please contact us by Monday, December 25.
We will send participation prizes at a later date
(Payment on delivery).

Final Decision Regarding Holding Event

An announcement regarding whether or not the event will be held in cases such as a disaster or bad weather will be made at the following date and by the following method.

Announcement date and time:
November 19, 2023 (Sun) 5:00 am
Announcement method:
Kobe Marathon website

Marathon Website

<https://kobe-marathon.net/2023/global/>

