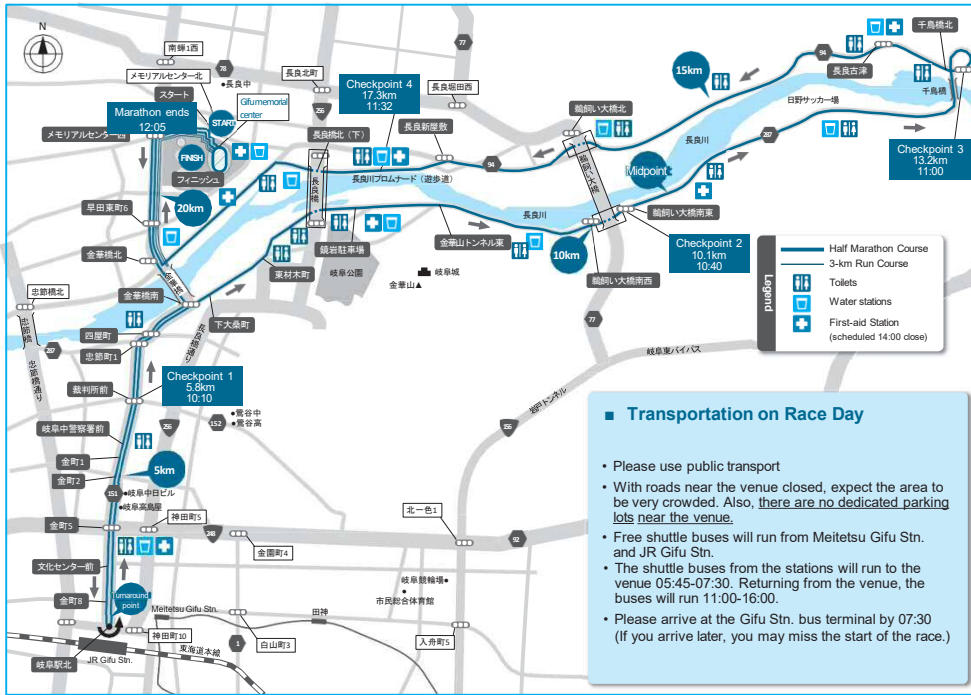


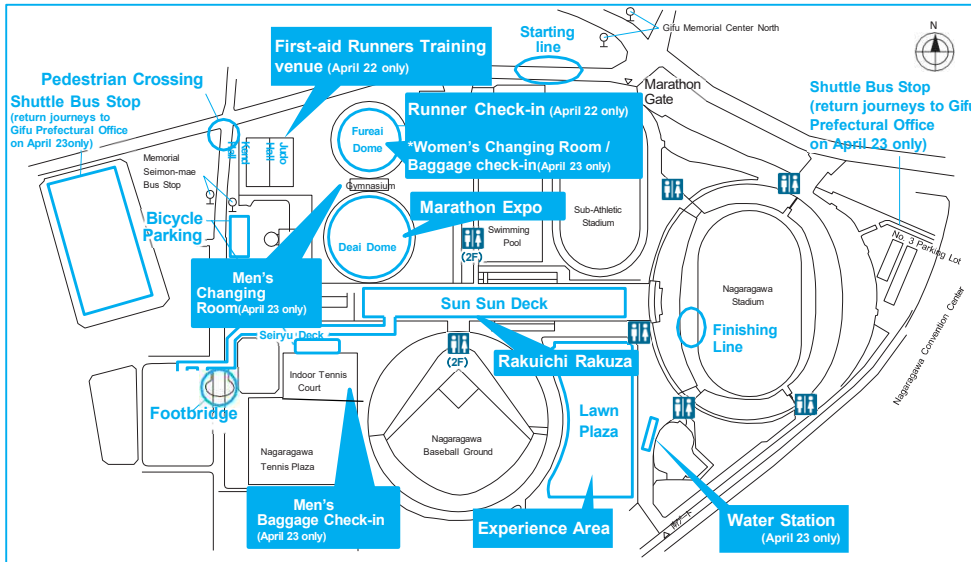
## Course Map



### Transportation on Race Day

- Please use public transport
- With roads near the venue closed, expect the area to be very crowded. Also, there are no dedicated parking lots near the venue.
- Free shuttle buses will run from Meitetsu Gifu Stn. and JR Gifu Stn.
- The shuttle buses from the stations will run to the venue 05:45-07:30. Returning from the venue, the buses will run 11:00-16:00.
- Please arrive at the Gifu Stn. bus terminal by 07:30 (If you arrive later, you may miss the start of the race.)

## Venue Guide Map (April 22 & 23)



### Gifu Marathon Inquiries

- **Runner call center**  
TEL:0570-666801 (weealdays10:00-17:00)  
22 April 10:00-20:00 / 23 April: 6:00-17:00
- **Traffic Regulation Inquiry Desk**  
TEL:0570-077717 (weealdays10:00-17:00)  
22 April 10:00-17:00 / 23 April: 6:00-13:00

## 2023 Takahashi Naoko Cup

# Gifu Half Marathon

# Participation Guide



## 2023 Schedule

### Saturday, April 22

Pre-Race Day

#### Runner check-in at the Gifu Memorial Center

- 10:00-20:00 Fureai Dome  
Runner check-in

#### Pre-race day events at the Gifu Memorial Center

- 10:00-18:00 Deai Dome, Sun Sun Deck, Lawn Plaza and other venue

Marathon Expo, Rakuichi Rakuza, Kitchen car area  
As well as event and sales booths, there are numerous booths where you can experience Gifu Prefecture's food, tradition and tourist attractions.

#### Experience area

Hands-on events such as FC Gifu

- 13:10-14:30 Nagaragawa Stadium

Naoko Takahashi Running Meet

Naoko Takahashi and guests present a running event.

### Sunday, April 23

Race Day

#### Half Marathon, starting and finishing at Gifu Memorial Center

- 09:00 Half Marathon Start (Wave 1)
- 09:10 Half Marathon Start (Wave 2)
- 09:25 3-km Run start
- 10:40 3-km Run awards ceremony
- 11:00 Half Marathon awards ceremony
- 12:05 Gifu Marathon ends

#### Race day events at Gifu Memorial Center

- 08:00-15:30 Deai Dome, Sun Sun Deck, Lawn Plaza and other venue

Marathon Expo, Rakuichi Rakuza, Kitchen car area  
Experience area

- 13:30 Deai Dome

#### Charity Auction

Naoko Takahashi and other like-minded athletes put up items for auction.

## Runner Check-in

### Runner Check-in and Race Bib Exchange

- **Check-in April 22 (Sat.) 10:00-20:00**

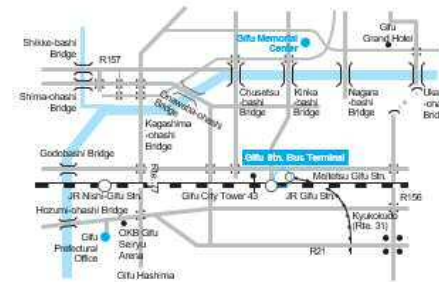
\*There will be no registration outside of these hours.

- Please use the shuttle bus that will run between Gifu Station and the venue.

- **Check-In Venue**

**Gifu Memorial Center/Fureai Dome** (see venue map)

Address: 2675-28 Nagara Fukumitsu Ohno, Gifu City



#### Access

- About 20 minutes by bus from JR Gifu Stn. or Meitetsu Gifu Stn.
- From JR Gifu Stn. North Exit, board a bus on the City Loop Line (Bus Platform 11) and get off at Gifu Memorial Center North; walk 1 min.
- From JR Gifu Stn. North Exit, board a bus on the Mitahora Line (Bus Platform 10), cross the Kinokashiki Bridge and get off at Memorial Seimon-mae bus stop; walk 1 min.

#### Required for Check-In

race bib exchange ticket / pledge form

**Race Bib exchange ticket/pledge form will be handed over at the reception venue.**

Please come to the "Overseas Entry check-in Desk" in the reception venue on 22 April.  
We will give you a Race Bib exchange ticket/pledge form.  
After completing the pledge, please receive the athlete bibs exchange certificate, participation award, and T-shirt.

## Race Numbered Bibs

### Race Bibs

- If you are not registered with the JAAF you will receive one bib (for your chest; plus 4 safety pins)
- \*Numbered bibs start with a letter (A-K) that indicates your starting block. Please check before the start of the race.
- \*Please fill in the required fields on the back of the race bib. (See points listed below.)

### Important Points

- Be sure to read the race bib exchange ticket/pledge form and fill out the pledge column and emergency contact column. The runner must fill in these items themselves and sign it.
- Please make sure to come to the registration desk the day before the event. No proxy registration will be accepted
- If you lose or forget your number bib exchange ticket/pledge form and do not bring it to the check-in, you may go to the overseas entry check-in area.
- It is strictly forbidden to give your numbered bib to another person, or to counterfeit it. If you do so and it is discovered, you will no longer be able to enter future races.
- Entry fees will not be refunded if you do not run on the day of the race.

## The Start

### Important Points

\*About the provision of snacks  
snacks will be salted candy at the 6th water station, and strawberries will be provided after the goal.

#### Wave Start (Half Marathon)

To lessen overcrowding on the course, runners start in two waves based on pace.

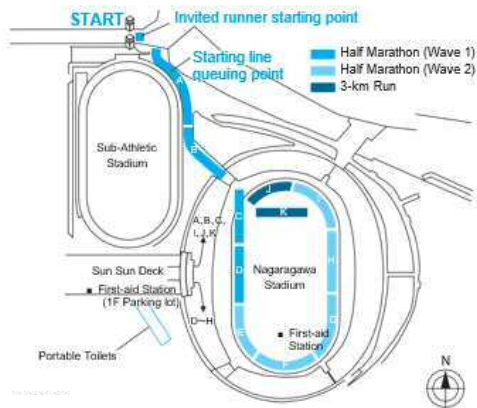
- The first wave starts at 09:00 and the second wave at 09:10.
- Your official time (gross time) is measured from the starting gun.

#### Starting Blocks

- To ensure a smooth start, we have arranged starting blocks based on reported finish times. On your numbered bib, the letter before your number indicates your starting block. A-D start in Wave 1, and E-I start in Wave 2. Please refer to the diagram below for the starting block locations. On the day of the race there will be signboards at the venue to provide directions, as well as staff to help you find your starting block. To ensure a safe, smooth start, please observe running etiquette, and line up in your designated starting block.

\*Any Wave 2 runner found starting in Wave 1 will be disqualified.

- Staff will stop guiding runners to the starting blocks at 08:40. Runners who do not line up by 08:40 must start at the back (the end of the I Block in the second wave). In such case, your total time will be measured from your designated wave. For the 3-km Run, if you do not pass the starting line 5 minutes ahead of time at 09:20, you will not be allowed to run.



### Start Rules

- Please wear a mask until we begin.
- At the start, follow the announcements and wait until the person in front of you moves.
- Do not throw away your garbage, take it home, and do not throw away your mask or clothes.

### Caution

- Camping out at the starting venue the night before the race is not allowed.
- Before or during the race, please do not enter any buildings or commercial facilities in the vicinity of the venue or along the course to use toilets.
- Please allow extra time to get to the venue. Before the start of the race the toilets and baggage check-in area will be very crowded, so please finish your preparations early.

### Race Rules and Cautions

- The race will be run in accordance with the rules of the Japan Association of Athletics Federations (JAAF) and the race organizer.
- It is strictly prohibited to have another person run in your place.
- In the event of an accident during the race, only first-aid treatment will be provided. Compensation for any accident or illness incurred during the event is provided as covered by the race organizer's insurance.
- Your numbered bib or timer chip cannot be reissued. Runners who do not wear their numbered bib or timer chip will be disqualified.
- Regardless of the weather, please drink during the race to prevent dehydration and wear a cap.
- During the event, if a state of emergency arises, such as an accident or fire, the passage of emergency vehicles takes priority on the course. Runners may be required to stop or get out of the way, so we request your cooperation.

### During the Race

#### Clothing

- Please run with your race number visible.

#### Guidelines on Costumes and Props

Note: The following behavior or costumes (1-11) are prohibited, based on violations of race rules, laws, or public standards of decency. If the organizers determine that any of the following apply, you will not be allowed to join the race, and may be stopped after the start of the race. Be aware that no protests on the matter will be heard.

- Wearing a costume or carrying a prop that is considered dangerous to other runners, a mask that covers your entire face, or any action that could injure other runners or possibly cause them to fall
- Any costume that is offensive or objectionable to other runners or spectators, or deemed unacceptable by sports organizations
- Clothing for the purpose of political or religious assertions or propaganda, or advertising
- Clothing for the purpose of promoting or advertising the name of a person, a particular region, or organization that is not permitted by the race organizer
- Use of an article that could cause other runners to mistake it as the starting signal or cause confusion in race management or devices that generate a loud sound that could disturb other runners

- Acts that cause a delay to the race such as dancing, performing, playing instruments, or standing near the starting or finish lines, or in the streets along the course
- Soliciting monetary contributions, signatures, etc.
- Preventing an emergency vehicle or pedestrians from crossing the course at certain points, when and where they are allowed to do so
- Clothing that makes counterterrorism measures difficult
- Clothing that makes it difficult to use an AED (Automated External Defibrillator) or medical equipment
- Any issues other than those covered in numbers 1 to 10 that the event organizer judges inappropriate for the race

#### Course and Distance Signboards

- Distances are marked every 1 km and at the midpoint. With 3 km left to go, the remaining distance is posted every 1 km.

#### Checkpoints/Cut-Off Times

We will close the course at the following points for reasons related to traffic or security, or race management. Once the course is closed, you will not be allowed to complete the race. Any runners remaining on the course after it is closed should board the sweeper bus at the next course checkpoint or get on the last sweeper bus, following the instructions of race officials and staff. Also, if a race official decides that it is impossible for the runner to continue, we may instruct you to quit the race; please follow these instructions. In places where there are sidewalks, please get off the road and onto the sidewalk immediately.

#### Half Marathon

Checkpoint	Cut-off schedule
5.8 km (crossing in front of Gifu District Court)	10:10
10.1 km (Ukai-ohashi Bridge southeast crossing)	10:40
13.2 km (Chidori-bashi Bridge north crossing)	11:00
17.3 km (Gifu Grand Hotel parking lot)	11:32
Finish (Nagaragawa Stadium)	12:05

#### 3-km Run

Finish (Nagaragawa Stadium)	09:50
-----------------------------	-------

#### Water and Snacks Stations

Within the marathon venue and along the course there are 10 stations with water and snacks.

\*To prevent dehydration, please drink water before, during, and after the race.

Distance	Locations	Water	Sports drink	Snacks
4.7km	In front of Gifu City Culture Center	○	○	
8.0km	In front of Kagamiwa Spring	○		
9.9km	In front of Koen Bowl	○	○	
12.0km	East of Hino Soccer Stadium	○	○	
13.8km	Close to Nagarafurutsu Crossing	○	○	
16.0km	Below Ukai-ohashi Bridge	○	○	Candy
17.3km	In front of the Gifu Grand Hotel Parking Lot	○	○	
18.3km	In front of Nagaragawa Park	○		
19.5km	In front of Kinka-bashi Bridge police box	○	○	
Finishing line	Nagaragawa Stadium	○	○	Strawberries

#### About hydration

During marathon, you need to replenish water and sodium

Be sure to drink sports drinks during the race. Also, if the temperature and humidity are high, drop the race base and be sure to drink a sports drink.

#### About race paces

A sudden base-up during a race is a very dangerous act.

Especially at the end of the race, doing the last hard will put more strain on the heart that has been straining for a long time.

First-time marathon runners may start accelerating in the last kilometer of the race. This is a very dangerous practice, so keep a steady base and allow plenty of time to complete. Also, stopping after the finish will put a strain on your heart, so don't do it. After you're done running, keep walking as much as you can to keep your heart rate down. Drink plenty of water and keep a safe race base in mind.

#### Toilets

- There are toilets along the course in several locations (both public and portable toilets). Signs will indicate where they are, so please use these designated locations. Please refer to the course map on the last page for toilet locations.

#### Medical Aid

To support the health of runners, there are eight first-aid stations at the venue and along the course with rescue staff and an AED, as well as first-aid runners running the race who have received emergency training.

#### First-aid Runners

If a heart attack occurs during a race, life-saving measures need to be taken as quickly as possible. Often, life or death depends on how quickly medical aid can be given, and how quickly an ambulance or staff with an AED can be summoned. The first-aid runner system trains some runners in emergency first aid, and helps to support runners' health by raising awareness. The system also promotes runners helping one another, not only for heart-related matters.

\*No household medicines (gastrointestinal medicine, cold medicine, poultices, etc.) are available at first-aid stations. No spray treatment is available, either. Please bring such items yourself.

\*If you are infected with influenza or another infectious disease, or if you have just recovered from such an illness, please refrain from joining the race, both for yourself and for the sake of others.

\*If you require medical attention at a medical institution during the race, you will be responsible for the expenses.

#### Rules for First aid station

- Please wear a mask when using the first aid station. (Distributed at relief stations)

- If you have a medical history, please be sure to write it on the back of the athlete bibs.

- If the doctor determines that there is a possibility of an infectious disease, such as temperature measurement when using the first aid station, you may be sentenced to retire.

- The use of first-aid station is limited to 10 minutes at most, and if recovery is not expected, the participant will be retired.

- If you are suspected of being infected with cold symptoms such as coughing, you may be quarantined.

#### Dropping Out

- If you wish to retire from the race at a point that is not a check point, notify a race official or staff member and you will be transported to the finish area (Gifu Memorial Center) in one of the following ways.

- Go directly to a course check point and get on the sweeper bus (get off at the No.3 parking lot).

- Get on the sweeper bus that follows up from the rear.

#### Insurance

- The event secretariat has subscribed to the following insurance for general participating liners in preparation for injuries during the event.

Compensation item	Insurance amount per person/daily amount
Death/residual disability insurance amount	2,000,000yen
Hospitalization insurance amount /daily amount	1,500yen
Outpatient insurance amount /daily amount	1,000yen

In addition to injuries, we also cover diseases such as heart disease, brain disease, and heat stroke.

Click here for details

\*For details of compensation, please contact the insurance counter below.

\* Depending on the circumstances of the accident, it may not be covered by insurance. If you would like to purchase additional insurance, please contact the insurance counter below.

[Insurance contact] ASICS Playshare Co., Ltd.

Inquiry form : <https://playsure.asics.com/contact.html>

Tel:050-1744-3228/weekday 10:00-16:00

### Timekeeping and Awards

#### Time Recording

Record measurements are performed using the Bib Tag attached to the back of the athlete bibs. Observe the following precautions so that the record can be measured correctly.

#### Notes

- Wear the athlete bib with the Bib Tag on the front chest.
- Do not wear the athlete with the Bib Tag attached to their back, it will not be measured.
- Do not hide your hand or your hand's Bib Tag and number arm as you pass measurement points (finish and start/other points). Doing so may make it impossible to measure, may interfere with checking the recording in the video.
- Do not bend the Bib Tag as this will damage it and make it impossible to measure.
- Wear the athlete bibs over your jacket in rainy weather.
- Please pass without stopping after the finish.
- Bib Tag will not be collected

● Contact : Aisam Co., Ltd. Email:info@i-sam.co.jp

#### Certificate of Completion

- Every runner who completes the race will be issued a certificate of completion will be issued on the race website..

\*The certificate will be issued only to those who complete the race within the time limit; not to those who missed the cut-off time.

- Official times can be browsed later on the race website or at the Go Sports Web "My Page" (<http://www.sports-web.jp/>)

- Be aware that the certificate of completion does not list what place you came in.

#### Awards

- Awards will be given to the top eight finishers in each category by gender.

- The awards ceremony will take place after each race at Nagaragawa Stadium.

- In the half marathon, awards will be given by age group in 10 divisions, teen and 20s, 30s, 40s, 50s, and 60 and up, for men and women separately. The top three finishers in each division will be given an award, and they will receive a certificate in the mail.

### Other

#### Participation Gifts

- Half Marathon: T-shirt, drink, official program, towel (for runners who finish), etc.
- 3-km Run: drink, official program, etc.

#### Baggage Check-In: 06:30 to 14:00

- Men can use the indoor tennis courts at the Nagaragawa Tennis Plaza, and women can use the Fureai Dome.

- Participants will receive a special bag for clothing (last year: 700 mm x 750 mm) with participation gifts inside. Please put all personal items into one bag per person. A special seal is given to each runner upon check-in along with their numbered bib. Please attach it to the bag.

#### Changing Rooms: 06:30-14:00

- The Judo Hall and Gymnasium are for men and the Kendo Hall is for women.

\*Please use the designated locations for changing.

#### Announcement of Race Cancellation

Should the race be canceled due to disaster or bad weather an announcement will be made at the time set below.

- Final decision time: April 23 (Sun.) 05:00
- The announcement will be made on the race website.