



[ORGANIZERS]
 Nikkan Sports Holdings, Fujikawaguchiko Town, Yamanashi JAAF, R-bies Sports Foundation



17K AROUND KAWAGUCHIKO Race Guide

Official Website <https://mtfujimarathon.com/>



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Created at the foot of Mt. Fuji, made with runners from around the world



Mayor of
Fujikawaguchiko Town
Hideyuki Watanabe



Welcome to Fujikawaguchiko Town, and thank you to all the runners participating in the 14th Mt. Fuji International Marathon. On behalf of our residents, I extend my warmest greetings and heartfelt welcome.

This event traces its origins back to the Kawaguchiko Nikkan Sports Marathon, which was held 36 times beginning in 1976. Since being renamed the Mt. Fuji International Marathon in 2012, this year marks a significant milestone—the 50th overall running of the race. It is both a great honor and a joy for us to host this commemorative event.

The course winds along the shores of two beautiful lakes, Lake Kawaguchiko and Lake Sai, both part of the UNESCO World Cultural Heritage site of Mt. Fuji. The diverse and picturesque scenery along the route offers a truly unique running experience. Starting this year, the event takes place in mid-December, when the crisp winter air and clear skies provide the perfect conditions to enjoy the breathtaking view of Mt. Fuji. I hope that as you give your best effort, you will also take a moment to appreciate the beauty of the landscape around you. May this marathon fill you with the joy and inspiration of running, and may the memories you create here stay with you long after the race. We hope this experience will encourage you to return and rediscover Fujikawaguchiko Town in the years to come.

Our town welcomes many visitors from around the world throughout the year. Last year, runners from 55 countries participated in this marathon, with over 60 percent coming from overseas. This remarkable diversity is a source of great pride for us and reflects the growing international recognition of the Mt. Fuji International Marathon.

In closing, I would like to express my deepest gratitude to all the organizers, volunteers, and everyone who has dedicated their time and effort to making this event possible. I wish for the great success of this marathon and for every runner to safely reach the finish line with a performance that exceeds their personal goals.

Nikkan Sports Holdings
CEO
Makoto Takada



Thank you for participating in the Mt. Fuji International Marathon 2025, marking the 14th edition of this event under its current name. On behalf of the organizers, I extend a warm welcome to all runners. The Mt. Fuji International Marathon traces its roots back to the Kawaguchiko Nikkan Sports Marathon, which was held 36 times before being renamed in 2012.

This year represents a remarkable milestone, the 50th overall edition of the event. Unlike urban marathons, it has sought to become “the world’s top resort and entertainment marathon,” combining the extraordinary scenery of Mt. Fuji with a unique entertainment experience. Over the past half century, it has been loved by runners from across Japan and around the world. Many participants return year after year, drawn to the breathtaking course that winds around Mt. Fuji and the scenic Lake Kawaguchiko and Lake Sai. I sincerely hope that this year’s marathon will be both a new challenge and an inspiring experience, paving the way for the next 50 years.

The event offers a full marathon, the approximately 17 km Lake Kawaguchiko One-Lap Course, and the Charity Fun Run. Thanks to the enthusiasm of runners and the organizers’ thorough preparations, all categories reached capacity on the very first day of registration. We are deeply grateful for this incredible response and remain committed to putting runners first, ensuring a safe and enjoyable race for all.

On the day before the marathon, a Welcome Walking event will also be held, giving non-runners the opportunity to explore Fujikawaguchiko Town and its beautiful surroundings.

Finally, I would like to express my heartfelt thanks to Fujikawaguchiko Town, the Yamanashi Athletics Association, the Fujiyoshida Police, the Fujikawaguchiko Fire Department, all sponsors, and cooperating organizations for their unwavering support and dedication over the past 50 years.

Yamanashi Athletics
Association
Chairman
Eiichi Noguchi



I am very pleased that Mt. Fuji International Marathon will once again be held here in the Fuji Hokuroku region this year. I would like to express my sincere gratitude to everyone who has offered their support and cooperation, and I warmly welcome all runners from Japan and abroad. Welcome to Yamanashi Prefecture.

This event began as the Kawaguchiko Nikkan Sports Marathon and was later renamed the Mt. Fuji International Marathon. This year marks a memorable milestone – the 50th overall edition. The event features a variety of courses designed to suit different runners: the Full Marathon Course (42.195 km), officially certified by the Japan Association of Athletics Federations; the Lake Kawaguchiko One-Lap Course (approximately 17 km) offering beautiful lakeside scenery; and the Charity Fun Run (approximately 11 km) open to participants aged 12 and older. I hope that all runners will enjoy the natural beauty of the early winter foothills of Mt. Fuji while giving their best effort on the course.

The Fuji Hokuroku area, where the course is set, welcomes many visitors from around the world as an international tourist destination. This year’s race also includes many overseas participants, making it a truly international event. I hope it will provide a wonderful opportunity for runners to connect and share the joy of running across borders. In addition, for every participant in the Charity Fun Run, 223 yen is donated to the Mt. Fuji Environmental Conservation Fund. Through your participation, I hope you will take this opportunity to appreciate the beauty of Mt. Fuji, a World Cultural Heritage Site, and its two constituent lakes, while deepening your awareness of the importance of nature and environmental conservation.

In closing, I would like to once again express my sincere appreciation to Fujikawaguchiko Town, to all related organizations, and to everyone whose efforts make this event possible.

Time Schedule

Venue : Funatsuhama Hirahama Main Venue

December 13 (Saturday)

- 12:00 pm – 7:00 pm Runner registration
(BIB and participation prize pick-up)
- 2:00 pm Runners Welcome Ceremony
- 7:00 pm Runner registration closes

December 14 (Sunday)

- 7:00 am Venue Open
① Race-day runner registration (until 10:00 am)
② Baggage drop-off opens (until 10:00 am)
*Times are strictly observed.
- 8:15 am Traffic restrictions begin
- 10:10 am Opening Ceremony
- 10:30 am Around KAWAGUCHIKO Start
- 1:15 pm Awards Ceremony
- 1:30 pm Race closes
- 4:00 pm Baggage pick-up closes
- 4:30 pm Venue closes
Shuttle bus to the parking lot closes

Please bring your own safety pins!

The Mt. Fuji International Marathon aims to keep the environment around Mt. Fuji free of garbage. We ask for your cooperation in bringing safety pins for BIB cards. If you forget to bring safety pins, spare pins will be available at the registration desk or information center.

Contact

Information on the Race

Mt. Fuji International Marathon Organizer

Until December 12

info-english@mtfujimarathon.com

December 13 11:00 am - 7:00 pm
December 14 6:00 am - 4:30 pm

TEL. **080-4138-3184**

For details, please see the Mt. Fuji International Marathon Official Website

<https://mtfujimarathon.com/>



Confirmation and Preparation

Runner Registration

* If you lose or forget your BIB card (timing tag included) on race day, a replacement can be issued at the "BIB Card/Timing Tag Information Center" for a fee.

Reissue fee: 1,000 yen

The BIB Card/Timing Tag Information Center is located in the main venue (Funatsuhama Hirahama) on December 13 and 14.

Process of participating in the Around KAWAGUCHIKO

December 8th (Monday) to 12th (Friday)

Pre-registration at Alpen TOKYO (Shinjuku-ku, Tokyo)

5:00 pm-9:00 pm (BIB and Participation prize pick up)

※11:00 am-9:00 pm (On December 11th and 12th)

December 13th

(Sat)

Funatsuhama
Hirahama
Parking Lot

12:00 pm-7:00 pm

Runner Registration

(BIB and Participation prize pick up)

December 14th

(Sun)

Funatsuhama
Hirahama
Parking Lot

5:00 am Parking lot open

6:00 am Shuttle bus service begins from the parking lot to the venue

8:30-10:00 am

Runner registration

(BIB and Participation prize pick up)

8:30-10:00 am **Baggage drop-off**

10:15 am **Start area lineup starts**

10:30 am **Around KAWAGUCHIKO race start**

1:30 pm **Race end** (Around KAWAGUCHIKO cut-off time)

4:00 pm **Baggage pick-up & Marche closes**

4:30 pm **Shuttle bus to parking lots closes**
Venue closes

Access (KAWAGUCHIKO Station to Race Venue)





<Race Venue Access & Map>





For "RUN JAPAN" entry only

Parking/Shuttle Bus Information

All Run Japan entrants have parking included. Please use one of the designated parking lots below.

[December 14 (Sunday)] Full marathon and charity fun run (11km) only	Parking Map	Bus departure and arrival points between each parking lot and the venue
① Oishi Park Parking Lot 2525-11 Oishi, Fujikawaguchiko-machi, Minamitsuru-gun, Yamanashi Prefecture, 401-0305 https://maps.app.goo.gl/e7Kb8zJ9NYt9q4pD8		

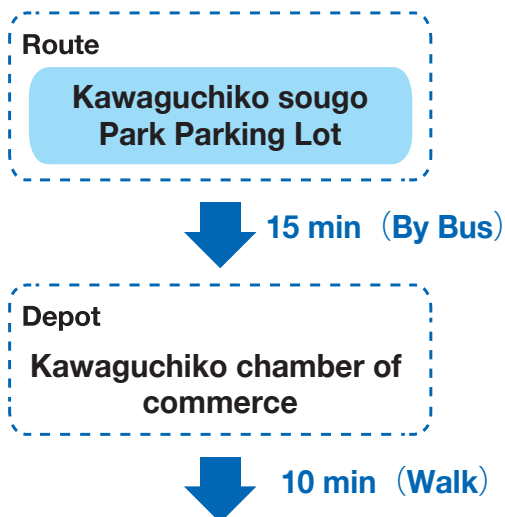
[December 14 (Sunday)] Around KAWAGUCHIKO (17km) only	Parking Map	Bus departure and arrival points between each parking lot and the venue
② Kawaguchikosougo Park Parking Lot 5552 Fujikawaguchiko-machi, Minamitsuru-gun, Yamanashi Prefecture, 401-0301 https://maps.app.goo.gl/UfyRJghKeo5MDxcf6		

[December 13th (Saturday)] BIB Pick-up and Welcome Walking	Parking Map	Bus departure and arrival points between each parking lot and the venue
Kawaguchiko Rowing Course Parking Lot 3131-2 Kawaguchi, Fujikawaguchiko-machi, Minamitsuru-gun, Yamanashi Prefecture, 401-0304 https://maps.app.goo.gl/kwPQT2zx7HnRd8MA7		
Shinnyoen Kawaguchiko Parking Lot 659-5 Kawaguchi, Fujikawaguchiko-machi, Minamitsuru-gun, Yamanashi Prefecture, 401-0304 https://maps.app.goo.gl/ymWDNvK77Lr3SGur8		

Parking (Gates open: 5:00 am)

Operation of Shuttle Bus

To the venue: 6:00-9:30 am
From the venue: 12:30-4:30 pm



Illegally parked cars will be towed. Please be careful.

Around KAWAGUCHIKO venue and starting point

Check the traffic information here for the race day (Dec 14(Sun))!

★ iHighway Nakanihon <http://ihighway.jp/>

★ Official Homepage <https://mtfujimarathon.com/>

Main Venue Map (Funatsuhama Hirahama)

-  Start
-  Finish
-  Baggage drop-off
-  EXPO Area
-  Marché
-  Participation Prize Reception
-  BIB pick up
-  Award Reception Stage & Welcome Walking Start
-  Dressing/Restroom
-  Toilet
-  First Aid

EXPO

SPORTS DEPO

PIECLEX
A Murata Company

HUAWEI WATCH

フジパン

amino
VITAL



Mt.Fuji International Marathon Official Shop
BRING Running wear to recycling tent

No Entry Area

Award Reception Stage
Welcome ceremony
& Welcome Walking
Start & Finish
(Dec 13)

Lake KAWAGUCHIKO

Hirahama

Information
(Nursing Room & Powder Room)

Start Area &
Finisher's service
Area

←

To Charity Fun Run
Start & Finish venue
Approx. 10 minutes

Dressing room
"Yamazumi-en"

Funatsu hama

Rinsaku Park

GATE 3
Venue entrance/exit 3

GATE 2
Venue entrance/exit 2

Viewing (cheering) Area


LAWSON

GATE 1
Venue entrance/exit 1
*Closed from 8:30
to 16:00 on the 14th

←

To Kawaguchiko
Station

<Venue Map (Google Map)>



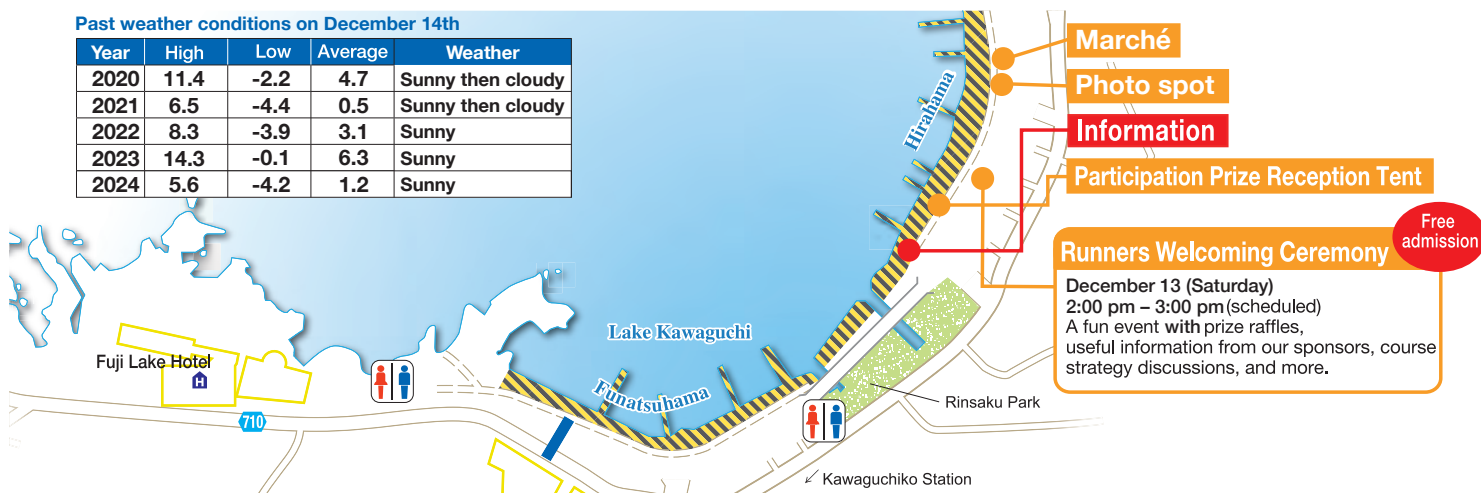
Runner Bus
Drop-Off
Area

*Runners who
withdraw from
the race and
board buses
will be dropped
off here.

Komagari
Tunnel

Past weather conditions on December 14th

Year	High	Low	Average	Weather
2020	11.4	-2.2	4.7	Sunny then cloudy
2021	6.5	-4.4	0.5	Sunny then cloudy
2022	8.3	-3.9	3.1	Sunny
2023	14.3	-0.1	6.3	Sunny
2024	5.6	-4.2	1.2	Sunny



1 Changing Clothes / Toilets

Usage hours

7:00 am - 4:00 pm

- Seven souvenir shops have been designated as changing areas.
- There are approximately 100 portable and souvenir shop toilets available for use located around the area of the Main Venue. The portable toilets have a tendency to become crowded before the start of the race, so please prepare accordingly.

Baggage Drop-off / Pick-up

For runners only and one-way.

You must have your BIB number to drop off / pick up your baggage.



Baggage tents are numbered 0 to 9. Please use the tent that matches the last digit of your BIB number.

2 Baggage Drop-Off

Baggage drop-off reception time:

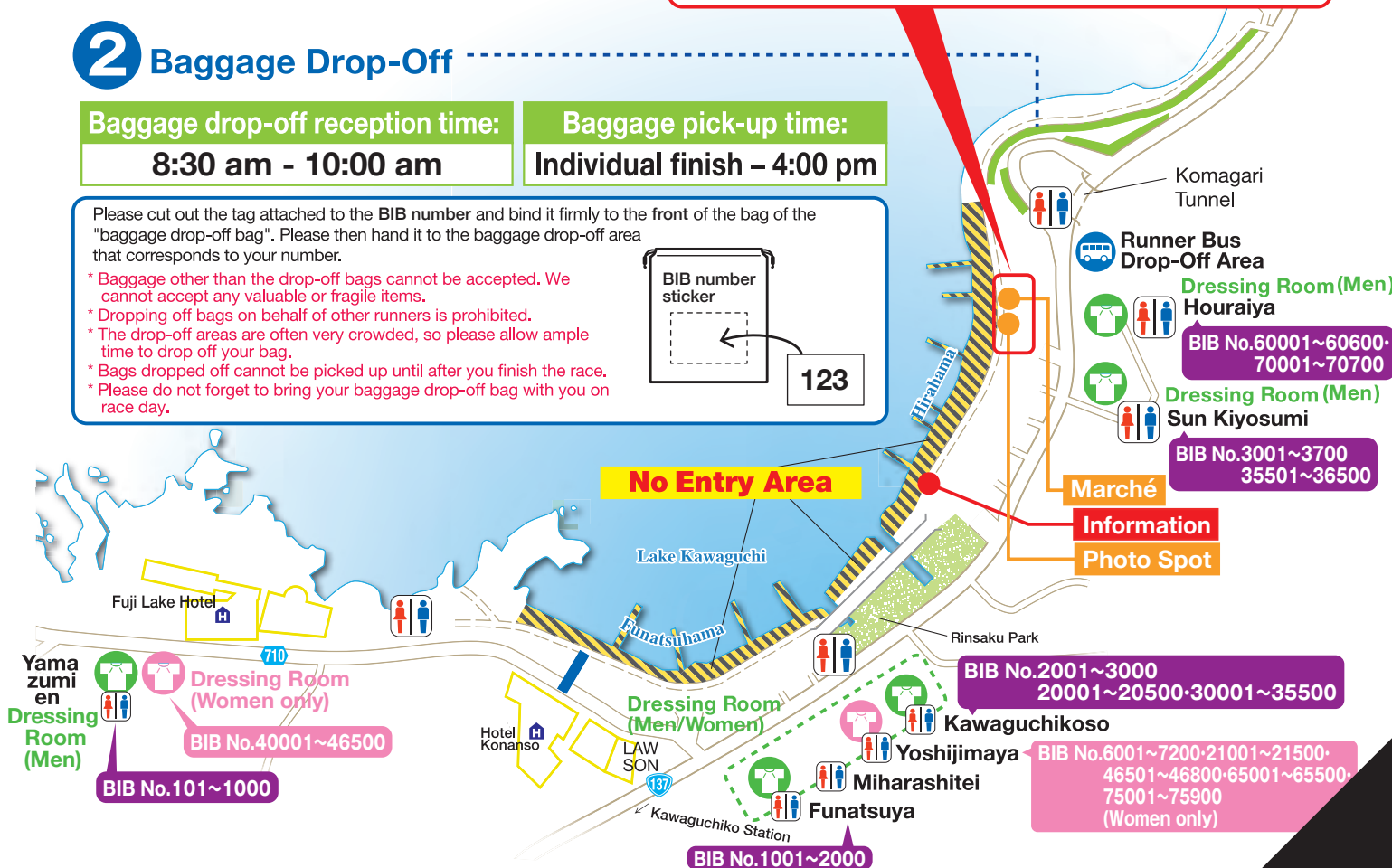
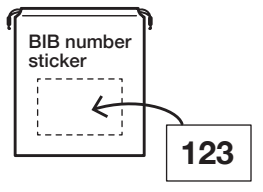
8:30 am - 10:00 am

Baggage pick-up time:

Individual finish - 4:00 pm

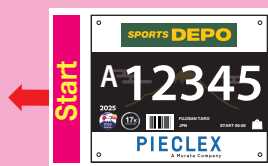
Please cut out the tag attached to the BIB number and bind it firmly to the front of the bag of the "baggage drop-off bag". Please then hand it to the baggage drop-off area that corresponds to your number.

- * Baggage other than the drop-off bags cannot be accepted. We cannot accept any valuable or fragile items.
- * Dropping off bags on behalf of other runners is prohibited.
- * The drop-off areas are often very crowded, so please allow ample time to drop off your bag.
- * Bags dropped off cannot be picked up until after you finish the race.
- * Please do not forget to bring your baggage drop-off bag with you on race day.



Start Lineup Area: Hirahama, Funatsuhama

Please line up in the block (alphabet) designated on your BIB card by 10:15 am.



Necessary Items

■ BIB Card

- JAAF-registered runners and medical workers will receive two BIBs, one each for the front and the back. All other runners will receive one BIB. Please attach your BIB to a place that can be seen by event staffs.
- Check that your name and BIB number are correct.

■ Timing Chip

- The Timing chip is attached to the back of the BIB and should not be removed.
- * Running without your chip or losing it during the race will result in you being unable to receive a certificate of completion.
- * Runners who have lost or forgotten their BIB card or timing chip on race day are instructed to receive replacements at the lost number card/chip information area at a cost of 1,000 yen. This is located at the reception headquarters inside the participation prize reception tent on both December 13 and 14.

Clothing

Please wear clothing that allows your number card to be seen clearly.

***Please attach your number card to your outermost layer of clothing.**

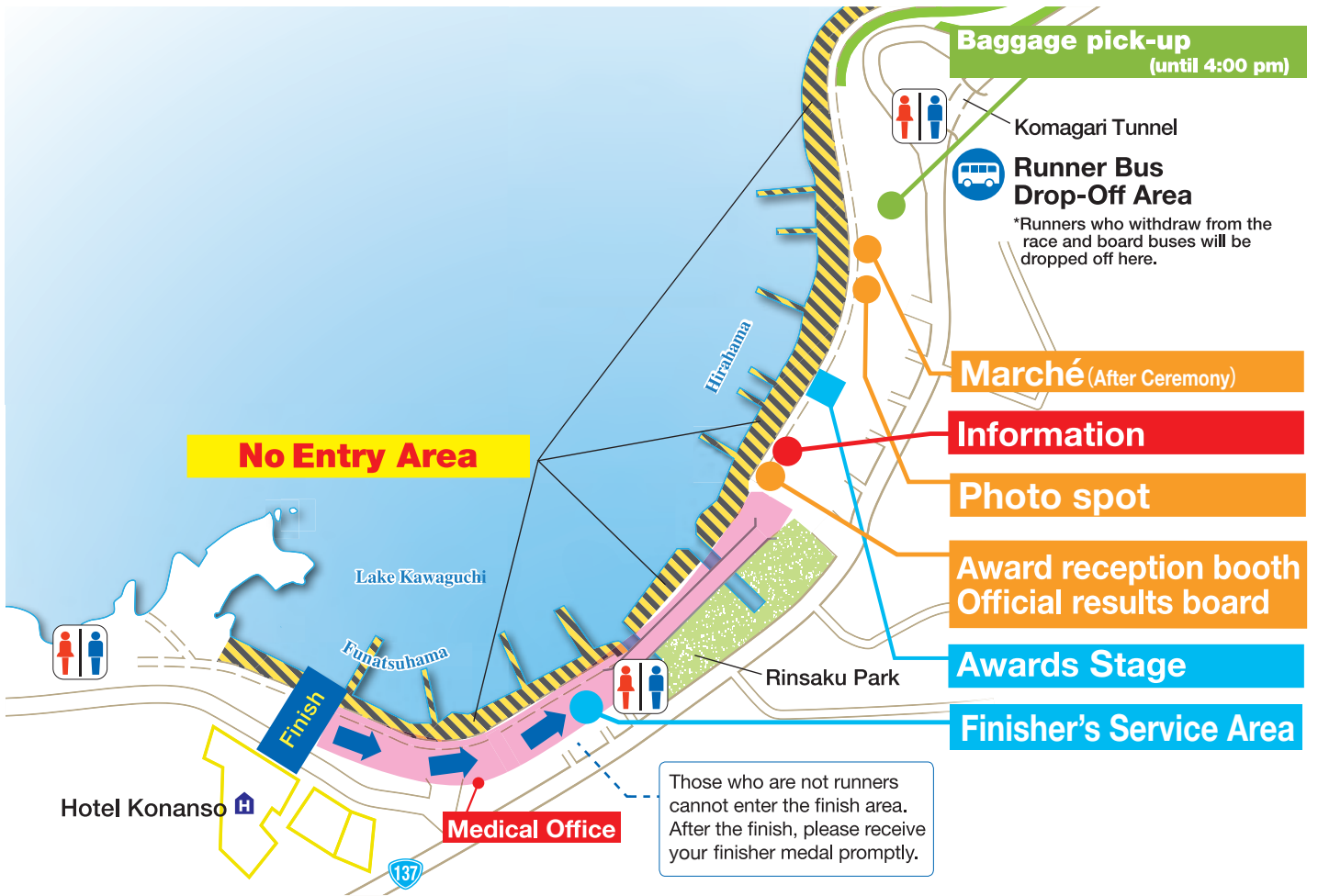
- The area around Mt. Fuji is prone to sudden changes in weather and can also become cold very quickly. For runners who will take longer than 3 hours to complete the race, we recommend that you bring both short- and long-sleeved shirts. Also, please do not forget to warm up before the start of the race.

■ Competition Rules

- (1) The competition rules adhere to the 2025 Japan Association of Athletics Federations' regulations and this event's regulations.
- (2) As a rule, runners are to run on the left side of the road (on the right in some sections).
- (3) Runners who do not reach a checkpoint before the cut-off time must retire from the race. Checkpoint times are listed under "Checkpoint Times" on p.10.
- (4) The time limit for the race is six hours from the starting signal ("gun time") at which time the race is cut off.
- (5) If the referee determines that a competitor is unable to continue the race or if a runner interferes with another competitor (by running backwards or irregularly, etc.), that competitor may be disqualified from the race.
- (6) The official record of the event is the time from the starting signal.
- (7) Running alongside another runner to set a pace is prohibited, except for approved individuals accompanying a person with an impediment. It is also prohibited to run alongside a vehicle.

■ Important

- (1) Please manage your physical condition on the day before the race. If during the race your condition deteriorates, please have the courage to quit the race. Also, if you notice a runner having trouble, please tell the nearest official.
- (2) The organizer takes no responsibility whatsoever for illness or injury, loss, or other accidents, except for first-aid treatment.
- (3) No special drinks (drinks prepared for specific individuals) can be left at the water stations.
- (4) The organizer takes no responsibility for any trouble that occurs due to drinking fluids or consuming foods outside of designated water stations.
- (5) If using a portable music player or the like, please listen at a volume at which you can still hear the instructions of staff.
- (6) It is dangerous to stop suddenly during the race to take photos or for other reasons. Please be aware of the runners around you and enjoy the race.
- (7) You will be disqualified if you are found to have used toilets other than those designated during the race.
- (8) Please be sure to wear a mask except during the race.



Awards

The official results of higher-ranking runners will be posted in front of the award reception booth.

Location: Lake Kawaguchi Shore Hirahama Stage

Information for Award Recipients *No Age Class Awards for Around KAWAGUCHIKO Race

Category	Ceremony Time
Men 1st – 6th place	1:15 pm
Women 1st – 6th place	

*Please come to the award reception booth 10 minutes before the start of the ceremony.

*The ceremony will begin even if all the award recipients are not present. The awards, will be given to the recipient after the conclusion of the ceremony or shipped to the recipient at a later date.

Runner Tracking and Result Card (Runners Update Service) (Japanese language only)

This service, available on the official event website (PC/smartphone/mobile phone) allows you to search by name or number to follow a runner's progress, with updates in 10 km point.

* This is for tracking purposes and is not an official record.

This service allows supporters to follow participants' progress.

PC/Smartphone

1 Result Service Personal record search service "OuenNavi" *App and PC version



2 Result service *List of runners at each 5km point and finish & Web Result Card

*Please search with your BIB number (do not include your name)



Race Day (Dec 14) Train Timetable Information (excerpt)

Approx. 65-min via JR Chuo Line Limited Express from Shinkuju to Otsuki Sta.
 At Otsuki, transfer to the Fuji Kyuko Line Limited Express, approx. 45-min to Kawaguchiko Sta.
 Get off at Kawaguchiko Sta. 10-min walk to marathon event area from Kawaguchiko Sta.

Accessible from central Tokyo via JR East, transferring to the Fuji Kyuko Line.

Train timetable for coming to Mt. Fuji International Marathon (14th) (as of December 2025)

Regularly-scheduled trains	Dep. Tokyo 4:59 → Dep. Takao 6:14 → Arr. at Otsuki 6:51 / Dep. Otsuki 7:03 → Arr. at Kawaguchiko 7:58
	Dep. Tokyo 5:29 → Dep. Shinjuku 5:44 → Dep. Takao 6:43 → Arr. Otsuki 7:19 / Dep. Otsuki 7:24 → Arr. Kawaguchiko 8:19 <small>※ This train schedule leaves little time before the full marathon and charity fun run start. Registration will be available until the start time, but we recommend using this train if you have already completed bib pick up in advance.</small>

JR East and Fuji Kyuko will operate special train services connecting the Shinjuku/Tama area with Kawaguchiko for the 14th Mt. Fuji International Marathon. For more information, please consult "JR train timetables", ask station staff at JR East train stations, or call the Fuji Kyuko Call Center (TEL: 0555-73-8181) [Reception hours] 8:00 -18:00.

Additional trains scheduled for Mt. Fuji International Marathon	Train Name	Departure Sta. / Time (24h)	Arrival Sta. / Time (24h)	Seating
	Fujisan Marathon Limited Express (Temporary Limited Express Fuji Kaiyu No. 89)	Shinjuku 5:21	Kawaguchiko 7:15	Reserved seating in all cars

Returning train timetable (14th)

Train Name	Destination	Time
Local	Otsuki	12:57 pm
Local	Otsuki	1:31 pm
Limited Express Fuji Kaiyu No. 32	Shinjuku	2:10 pm
Fujisan Limited Express No. 4	Otsuki	2:26 pm
Local	Otsuki	2:40 pm
Limited Express Fuji Kaiyu No. 36	Shinjuku	3:00 pm
Fuji View Limited Express No. 14	Otsuki	3:09 pm
Local	Otsuki	3:25 pm
Fujisan Marathon Limited Express (Temporary Limited Express Fuji Kaiyu No. 88)	Shinjuku	3:38 pm
Local	Otsuki	3:56 pm
Temporary Limited Express Fuji Kaiyu 78	Shinjuku	4:14 pm
Local	Otsuki	4:27 pm
Limited Express Fuji Kaiyu No. 44	Shinjuku	4:48 pm
Local	Otsuki	5:02 pm
Local	Otsuki	5:22 pm
Limited Express Fuji Kaiyu No. 48	Shinjuku	5:38 pm
Local	Otsuki	5:56 pm
Local	Otsuki	6:27 pm

* Riding the "Express Train" requires the purchase of a limited express ticket in addition to the standard passenger ticket (except between Kawaguchiko and Mt. Fuji Sta.).
 * The "Fuji Tozan Densha" is all-reserved seating; reservation required. All sections require an additional ¥200 (adults/children) seating ticket. In the event that it is fully booked, you will be unable to purchase a ticket to board this train. Thank you for your understanding.

Reserved seating tickets can be purchased from 10:00 am on the day one month prior to the boarding date at JR station ticket offices, major travel companies, "reserved seating ticket vending machines", or the "Eki-net" website.

All seats are reserved for Limited Express Fujisan Marathon. "Eki-net" is useful for reservations!

Pre-reservation for Shinkansen and limited express train reserved seating tickets on JR lines nationwide (with some exceptions) is possible via "Eki-net" one month and one week prior to the boarding date. (free registration: www.eki-net.com)

* Even in the event of pre-reservation, the actual sale date of the tickets is one month prior to the boarding date at 10:00 am. Tickets may not be available in the event of full booking, etc.

[Notes]

- Train delays on race day may make it unable for you to make your predetermined transfer.
- In the event that the race is cancelled and train services are still operational, there will be a cancellation fee predetermined by charged when refunding the cost of your reserved seating ticket. Thank you for your understanding.
- **Significant timetable delays may occur due to operation status, etc. on race day. Please note that this may cause you to miss the start of the race.**

Use #MtFujiInternationalMarathon to share your experience and spread the word! Let's get it trending!



Instagram
@fujisan_marathon



X
@fuji42195



Facebook
@mtfujimarathon



Get essential items for runners at the Sports booth!

“Sports Depo” has wide selection of essential items for marathons.

At the “Sports Depo” booth, we have everything you need before running, such as taping, socks, and caps.

We also have a wide variety of cold weather items such as run gloves, neck covers, and Recommended skeleton jackets, so you can take precautions against the cold before heading out!

Why not come and check it out?

Additionally, we also have the “Amino Vital® Marathon Completion Set,” which is essential for runners.

Get your favorite items and make the Mt. Fuji International Marathon the best race!



<https://store.alpen-group.jp/>



Recommended for cold weather running gloves



Recommended for protection against the cold windbreaker



Amino Vital® Marathon Completion Set

Only for Run Japan entry runners

Pre-registration will be held from December 8th (Monday) to 12th (Friday) at Alpen TOKYO (Shinjuku ku, Tokyo), the flagship sports store of the Alpen Group.

We will provide hospitality by setting up a base in Shinjuku, which is also the gateway to the event venue, Lake Kawaguchiko, for participants from overseas.



Alpen TOKYO (Shinjuku-ku, Tokyo)

PIECLEX

A Murata Company



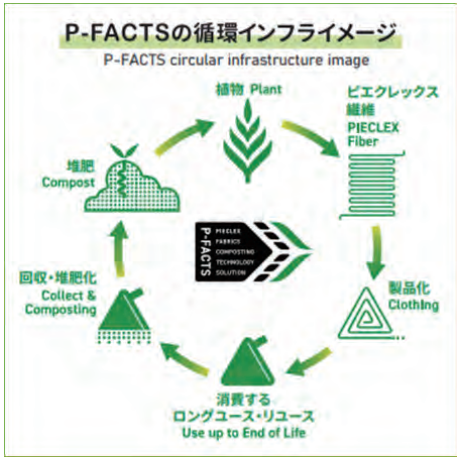
As a 100% subsidiary of Murata Manufacturing, PIECLEX Co., Ltd. is promoting innovation through its electric fiber "PIECLEX" under the corporate vision of "Changing the World with Electric Fibers."

Currently, PIECLEX, in order to realize a sustainable society, is working with lots of textile-related companies to implement the circular infrastructure "P-FACTS" in local communities. PIECLEX, who allows consumers to easily contribute to the environment by simply pick up and put on P-FACTS-certified products, is decided to contribute to society through creation of new values, which shall bring us to a future society that is friendly to the earth and people.

We'll be providing a "PIECLEX Mag-chan Mt. Fuji Edition" to all participants in this event.



This year's race will offer a special prize to all participants.





HUAWEI



HUAWEI
WATCH GT 6 Pro

The HUAWEI WATCH GT 6 series smartwatch, which will also have a booth at the Mt. Fuji International Marathon is especially recommended for runners.

- ① HUAWEI's strongest battery ever—up to 21 days on normal use or 40 hours of continuous GPS use!
- ② Maximum brightness of 3000 nits for clear viewing even in bright outdoor conditions
- ③ High GPS accuracy capturing signals from 6 satellites
- ④ Running form analysis including left/right foot balance and ground contact time!



[Official Webpage]



[Check on Amazon]

フジパン

For energy supply
"Black Koppe"

黒コッペ

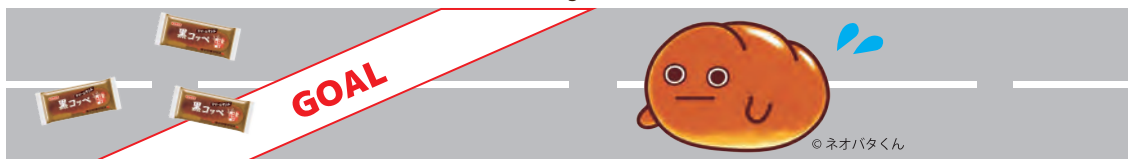
Delicious brown sugar from Okinawa
The perfect balance of soft dough and cream



521 kcal per piece of bread



“Fujipan” supports
the runners of the Mt. Fuji International Marathon!



Black Koppe will be distributed to the first **5,000** runners
who complete the full marathon and the Around KAWAGUCHIKO.

“Amino Vital®” supports the Mt. Fuji International Marathon!

We offer the “Amino Vital® Series” including “Amino Vital® Pro”, an amino acid that supports race day conditions, before the start and after the race!

Additionally, to support runners during the race, special sales will be held at the booth the day before and on the day of the race.



From All Sports Community Notice of photo sales service on the day!



From the start to the finish of the 14th Mt. Fuji International Marathon, a professional photographer from the All Sports Community will take pictures of you running! Photos can be viewed and purchased online at a later date.

If you would like to receive an email notification of photo release after the race, scan here!





Mt.FUJI International Marathon

公式グッズ

LIMITED OFFICIAL GOODS

大会会場(フルマラソン・河口湖1周スタート会場)で前日(12/13)に販売します! ※当日(12/14)は販売しません

We will be selling items the day before the race (Dec. 13) at the event venue (Full Marathon / Around KAWAGUCHIKO start area)

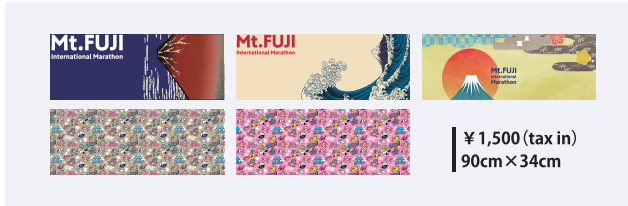
*Items will not be sold on race day (Dec. 14).

T-SHIRTS



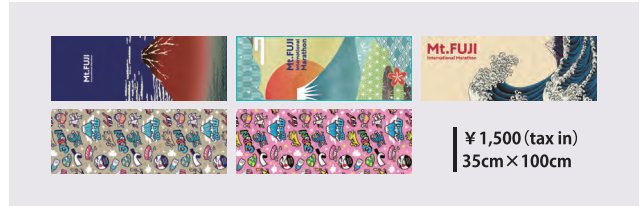
¥ 5,000 (tax in) Size: M, L

TENUGUI



¥ 1,500 (tax in)
90cm×34cm

TOWEL



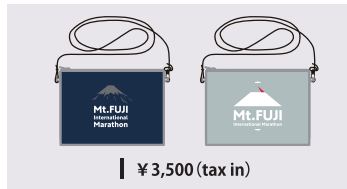
¥ 1,500 (tax in)
35cm×100cm

WIND-JACKET



¥ 12,000 (tax in) Size: L

SACOCHE



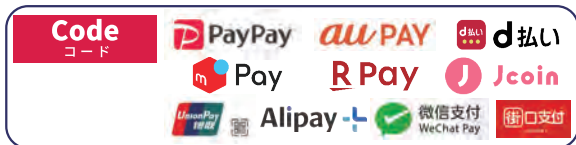
¥ 3,500 (tax in)

ORIGINAL BADGE SET



¥ 1,000 (tax in)

お支払い方法 Accepted Payment Options



在庫限りの販売となりますのでお早めに! Limited stock – get yours before it's gone!

GOOD MANNERS, GREAT RUNNERS



フィニッシュメダル・タオルは1人1個

One finisher medal and one towel per person.

每人获得一枚完赛奖牌和一条毛巾



スタート待機列への割り込み禁止

Do not cut in line at the starting area.

请勿在起点处插队



横に広がって走らない

Do not run side by side.

请勿并排跑



写真撮影の際は、後ろのランナーに気をつけて！

When taking photos, be careful of the runners behind you!

拍照时，请注意身后的参赛者！



トイレは必ず指定の場所で！

Always use the designated toilets!

请在指定区域如厕！



ごみはごみ箱に捨てる

Please throw trash in the bins.

请将垃圾扔进垃圾箱

Self-Check Sheet for Physical Condition

(No obligation to submit)

Please use this self-check sheet to determine whether you are fit to participate in the race. If any of the following apply to you, please consult your doctor to confirm whether you can safely participate.

- Have been diagnosed with heart condition (myocardial infarction, angina pectoris, cardiomyopathy, valvular disease, arrhythmia, etc.)
- Have ever experienced sudden loss of consciousness
- Have a blood relative who died suddenly from what is called “heart paralysis”
- Have not had a medical checkup in over a year

The following factors increase the risk of myocardial infarction or angina pectoris. If any apply, please consult your doctor and ensure your condition is stable before participating.

- High blood pressure (hypertension)
- High blood sugar level (diabetes)
- High cholesterol or triglycerides (hyperlipidemia)
- Smoking cigarettes

■ Just-Before-The-Race Self-Check

Please check the following before the race. If you cannot check all of them, carefully reconsider whether to participate. Proper self-management is essential to avoid trouble. If you feel unwell, stop by a first aid station and speak to the medical staff, or take appropriate precautions.

- My body temperature this morning was normal.
- I ate breakfast before 6:00 a.m.
- I hydrated 30 minutes to 1 hour before the start.
- I did not drink alcohol the day before.
- I got sufficient sleep last night.
- I feel motivated and ready to run.
- I do not have diarrhea.
- I do not have a headache.
- I do not have joint pain.
- I did a thorough warm-up and stretching.