

わざわ高知で走ろう

Event GUIDE

高知龍馬マラソン 2023



高知で走れる 高知であえる



Saturday, 18 February

10:00-20:00 Runners Check-in at Kochi Chuo Park (1-11-27 Obiyamachi, Kochi)



Sunday, 19 February

6:30-8:15 Baggage Drop
at Kochi Prefectural office(1-2-20 Marunouchi, Kochi) and Josei Park (1-8 Marunouchi, Kochi)

7:30-8:30 Assembling at the Start Pens

8:35-8:45 Moving to the Starting Point by the Start Pen

8:45-8:55 Opening Ceremony

9:00 1st waveStart

9:10 2nd wave Start

13:00 Awards Ceremony at Haruno Athletic Stadium

16:00 Closing the Event

<https://www.ryoma-marathon.jp>



●Please participate only if you have received three doses of a COVID-19 vaccine or tested negative for COVID-19. ●Check your temperature on the morning of the marathon (if your temperature is over 37.5 degrees Celsius, or if you feel unwell, please refrain from participating.) ●Please wear a mask to the venue.



Runners Check-in ~Start

Runners Check-in Time & Place

10:00-20:00 on Saturday, 18 February at the Help Desk in Kochi Chuo Park (1-11 Obiyamachi, Kochi)

*Registration will not be accepted on the day of the event.

*Please be advised that runners check-in is available only during these times.
Runners will not be allowed to check in after 20:00 on Saturday, 18 February.

Things to Bring for Runners Check-in

● Exchange sheet

*Please fill in the physical condition management check sheet on the front page.

*Please read the pledge on the back page, too.

Check-in Procedure for Runners

● Please bring your number card voucher such as a

printed the copy or screen on your smart phone to the following venue.

Saturday, 18 February: 10:00 - 20:00 at the Help Desk in Kochi Chuo Park

*Please make sure to fill in your emergency contact on the back side of your race bib.

● Runners will collect the race bib, the gear bag for baggage drop, the programme, and the participation prize.

● The runners chip and the gear bag sticker will be enclosed in the gear bag.

● Runners are not allowed to participate in the race without the race bib and the runners chip. Please make sure to bring them with you on the race day.

● Please return your runners chip to the help desk if you cannot participate in the race.

START

9:00 on Sunday, 18 February

at the intersection in front of the tram stop of the Kochi Prefectural Office

First wave, blocks S/A/B/C/D/E: 9:00 AM start

Second wave, blocks F/G: 9:10 AM start

Closure

Time limit is 7 hours. The event will be closed at 16:00 at Haruno Athletic Stadium.

Race Bib

● A race bib will be provided to each runner. You must pin your race bib to the front of your shirt with the safety pins provided. Your race bib must be viewable.

● Your name and category are printed on your race bib. Please make sure that it is your own bib when you will collect. It is prohibited for another person to race under your name or for you to race under another person's name.

● The letter beside the bib number indicates your start pen. Please wait at the appropriate start pen.

● If runners wear raincoat or some other rainwear, please make sure we can see your race bib clearly.

Please come to the help desk in Kochi Chuo Park on Saturday, 18 February to receive the race bib for an escort runner.

Runners Chip (Time Measurement Device)

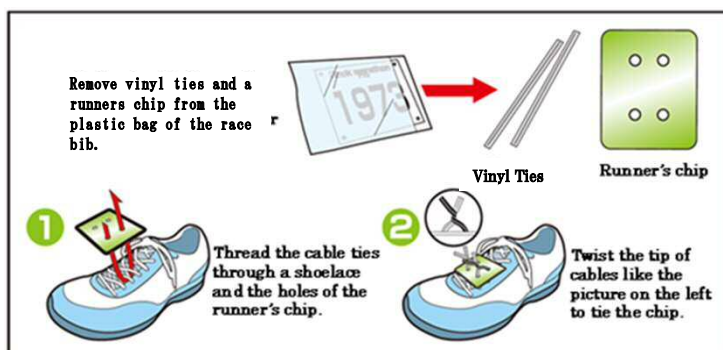
● Your time will be recorded by the runners chip.

● Please be sure to tie the runners chip on your shoes by the time you will assemble at the start pen. Otherwise, your time will not be recorded.

● If you drop out or cancel the race, please make sure to return the runners chip to the event staff.

● Measuring points are at the starting point, the halfway point, the finishing point, and every 5 kilometres points.

HOW TO ATTACH THE RUNNERS CHIP



RACE BIB





Changing Room

To prevent the spread of COVID-19, no changing rooms will be installed in the starting area. Please come to the venue in runner's wear.

Baggage Drop (6:30 - 8:15)

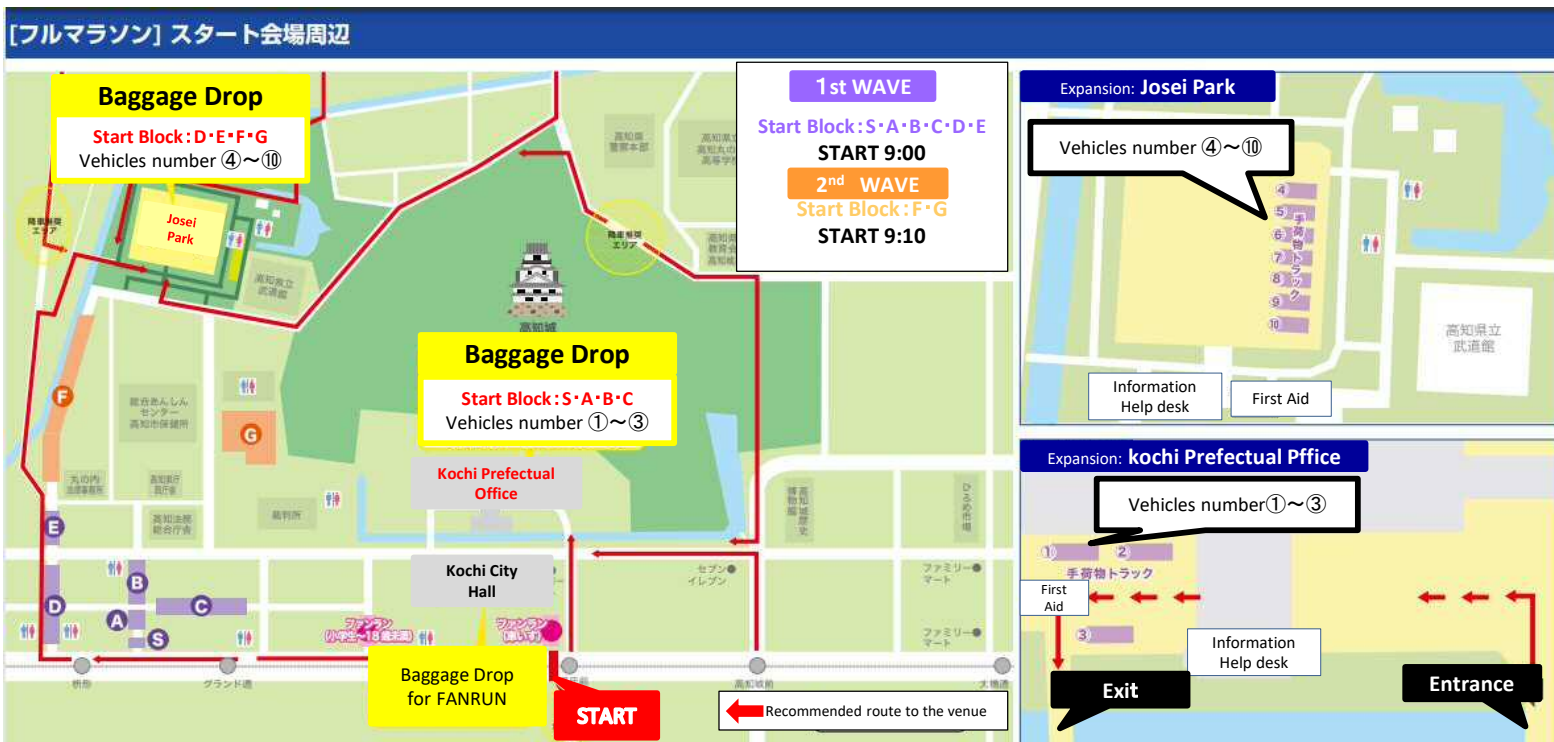
*Baggage drop areas are provided at two venues. (Josei Park and Kochi Prefectural Office)

Your gear bag which will be left at the baggage drop area on the race day, is delivered to the finish venue (Male:Haruno Athletic Stadium / Female:The 5th Parking). There are vehicles on the baggage drop area in Josei Park and Kochi Prefectural Office. Each vehicle has the number from 1 to 10 on it. Your vehicle number for baggage drop is shown as the number (1 or 2 digits) under the letter of the start pen on your race bib. Runners are to pack all your stuff in the gear bag and put the provided gear bag sticker on the specified space of the white-side of the gear bag. Then please take your gear bag to the vehicle which corresponds with the number on your race bib.

*Please also see the below picture of the map.

★Note★

- Runners must use the official gear bag provided. No other bag or suitcase will be accepted at the baggage drop.
 - Valuables are not accepted. Please take care of them by yourself.
 - Please do not bring items which do not fit in or are bigger than the gear bag.
 - Please also do not put breakable or fragile items into your gear bag.
- *We do not take any responsibility for loss or damage.



Start Pen

Assembling at the Start Pens: 7:30 - 8:30

Opening Ceremony: 8:45 - 8:55

- The entrance of each start pen is located at the rearmost area of each pen.
- Runners will move to the starting point by the start pen at 8:35.
- If the runner does not reach his/her own start pen in time, he/she must start from the last pen (Pen G).
- Please make sure to assemble and start at the appropriate pen for security reasons.
- Please note that the runner might not be able to participate in the race in case he/she will be late for arriving at the start pen remarkably.

Help Desk

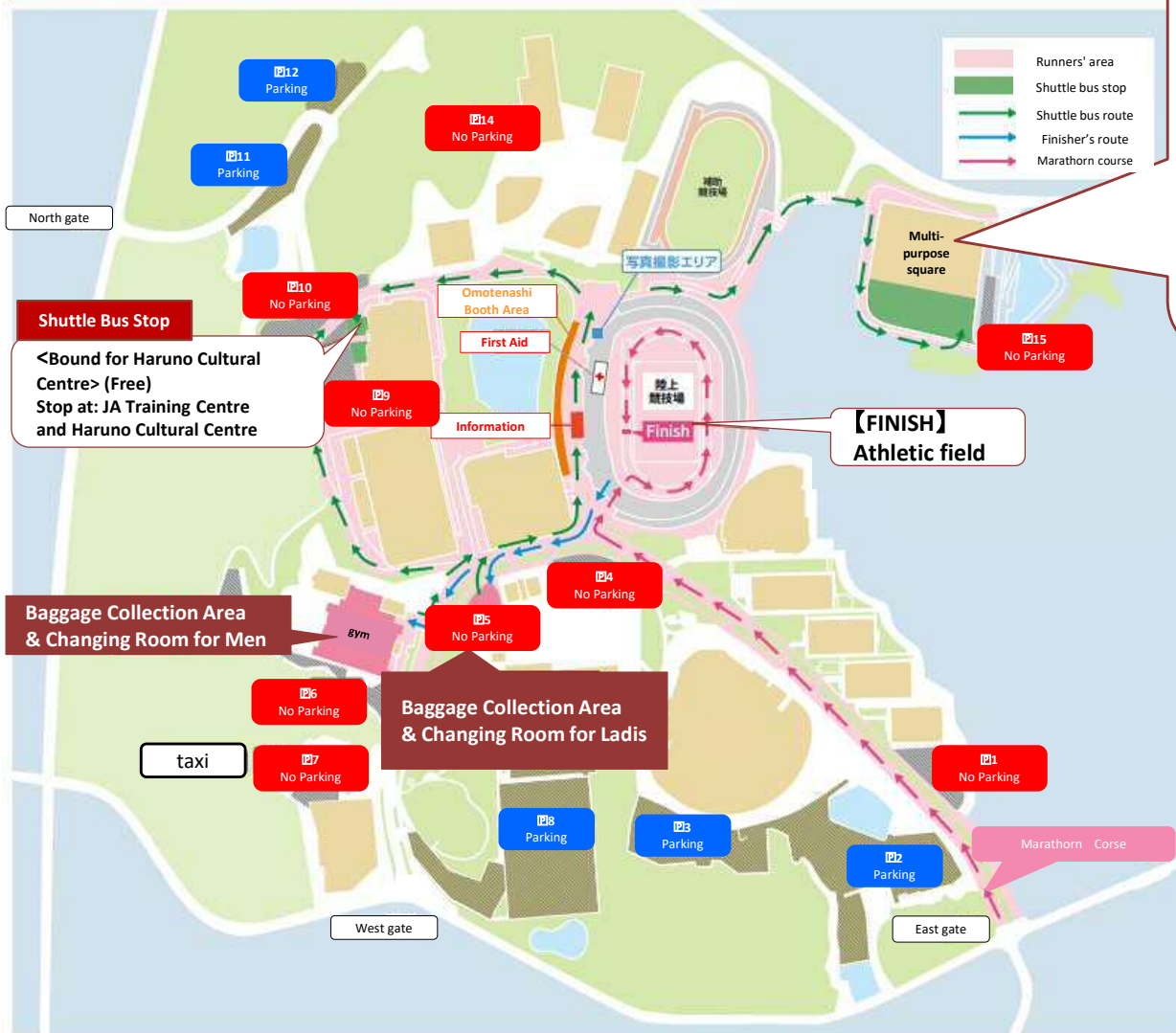
The desk will handle lost athlete bibs (number cards), runners chips, and so on.

- 18 February on Saturday: Kochi Chuo Park (Reception venue on the previous day)
- 19 February on Sunday: Kochi Prefectural Office, Josei Park

*Congestion is expected on the day of the marathon. Visit the desk on the day before the marathon if possible.



[フルマラソン] フィニッシュ会場周辺



Shuttle Bus Stop

Race Day (11:30-18:00)

*11:30-13:00***Every 30 minutes

*After 13:00***Every 5 minutes

<Bound for JR Kochi Station>

(Free)

Stop at: Kochi Prefectural Office, Ohashi-dori Street, Kochi Chuo Park, and JR Kochi Station

Required Time: Approximately 30 minutes

<Bound for Kochi Racecourse>

(Free)

Required Time: Approximately 15 minutes

Shuttle Bus Stop

<Bound for Haruno Cultural Centre> (Free)
Stop at: JA Training Centre and Haruno Cultural Centre

Baggage Collection Area & Changing Room for Men

Baggage Collection Area & Changing Room for Ladies

Omotenashi Booth Area

Local traditional food, Product and running items will be sold in the Omotenashi Booth Area.

Awards / Awards Ceremony

The awards ceremony will be held at the ceremony area in Haruno Athletic Stadium at 13:00. Awards winners are overall top 10 male and female finishers respectively. If you are an award winner, please come to the meeting point for winners by 12:45.

●Award winners

Male and female finishers placing 1st to 10th overall

The top three male and female finishers in each age bracket (under 29, 30-39, 40-49, 50-59, 61-69, and 70+) will be sent a certificate later.

Special Prize

Finishers who win the lottely will get Kochi's local specialities. The product will be shipped to the winner at a later date.

Runners Area

Finishers will collect:

- Finishers Towel
- Finishers Certificate
- Finishers Medal
- Drink and Snacks

*Please make sure to return the runners chip to the staffs.



Others

Final Go/No-Go Announcement

Cancellation of the race due to weather/disaster will be announced in the following time and ways.

Final Decision: 5:30 on Sunday, 19 February

● Kochi Ryoma Marathon 2023 Official Website (<https://www.ryoma-marathon.jp>)

General Information

<<Kochi Ryoma Marathon Office>>

Address: 1-7-52 Marunouchi , Kochi City, Kochi 780-0850, Japan

【By the day before the marathon】TEL: 088-823-3971 (Japanese Only)

Available Time & Date: 8:30-17:15 (JST)

【Day of the marathon】 TEL: 088-837-9050

<<JTB Sports Station>>

Address: 6F 2-1-25 Kyutaro-cho Chuo-ku, Osaka, Japan 541-0056

TEL: 06-6210-5620

Available Time: 9:30-17:30 (JST) on Weekdays

E-mail : jtbss@jtb.com