



# TOKYO 2023

## LEGACY HALF

### RUNNER HANDBOOK

#### → SCHEDULE ←

## Tokyo Legacy Half Marathon 2023 Packet Pick-up

See P.4 - P.6 for details

### Dates

October 13 (Fri.) 11:00 a.m. - 8:30 p.m.

October 14 (Sat.) 10:00 a.m. - 7:30 p.m.

\* During the registration period, please ensure that the runner themselves completes the Packet pick-up.

\*Details on packet pick-up time and location for wheelchair marathon participants will be explained separately.

[Location] B2 floor, Japan National Stadium

\*Further information about entering the stadium will be given separately.

[Date & Time] October 14 (Sat.) 9:00am - 1:00pm

### Venue

Japan National Stadium

10-1, Kasumigaoka-machi, Shinjuku, Tokyo

Runner Entrance : B and D GATE

JR Sobu Line:

5-minute walk from Sendagaya Station or Shinanomachi Station

Subway Oedo Line:

10 minutes walk from Kokuritsu-kyogijyo Station (Exit A2)

\*The walk time will differ depending on your gate.

We advise you to come to the venues early on day.

## Tokyo Legacy Half Marathon EXPO 2023

### Dates

October 13 (Fri.) 11:00 a.m. - 9:00 p.m. (Visitors must enter before 8:30 p.m.)

October 14 (Sat.) 10:00 a.m. - 8:00 p.m. (Visitors must enter before 7:30 p.m.)

\*Free Admission

\*Refer to our official website for more information.

<https://legacyhalf.tokyo/en/event/expo/index.html>



### Venue

Japan National Stadium

10-1, Kasumigaoka-machi, Shinjuku, Tokyo

Visitor Entrance: A GATE

## Tokyo Legacy Half Marathon 2023 (Race Day: October 15)

### Dates

October 15 (Sun.)

7:00 a.m. Entrance gates and general spectator stands open.

7:45 a.m. Wheelchair START

8:30 a.m. Half Marathon start block open.

9:00 a.m. Wheelchair race Finish

9:15 a.m. Half Marathon entrance gates close.

9:30 a.m. Runners must have entered the start area by this time.

9:50 a.m. Half Marathon START

12:40 p.m. Half Marathon Finish.

### Venue

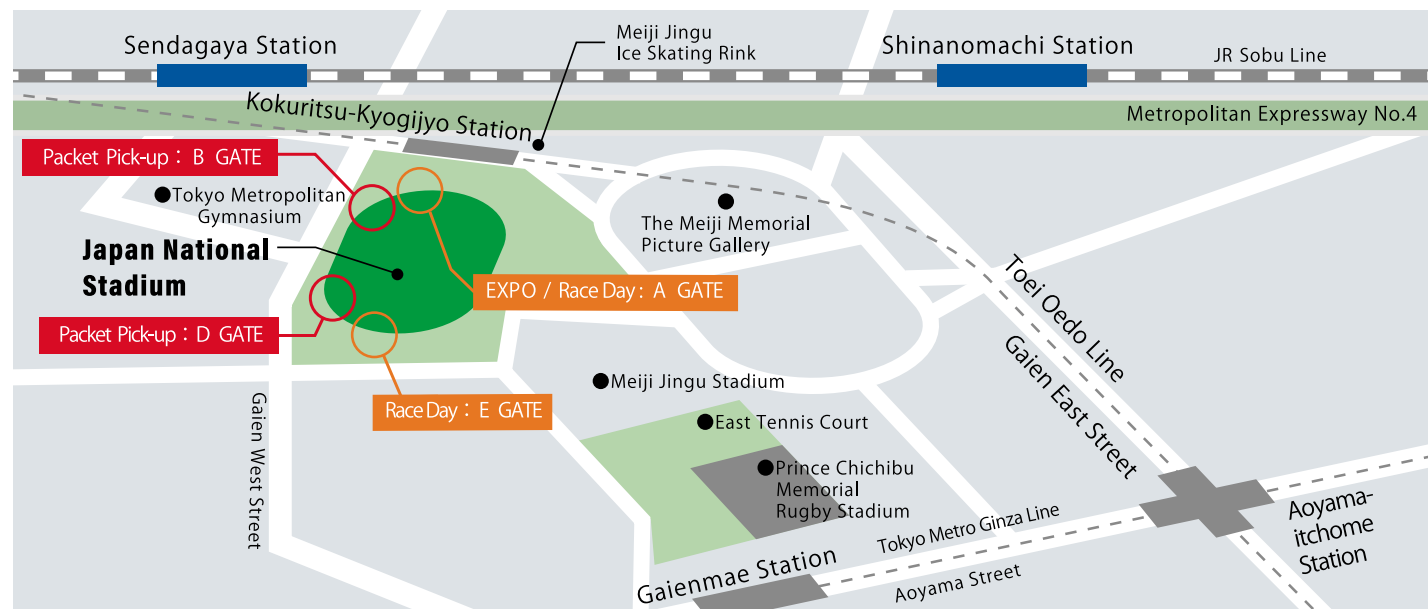
Japan National Stadium

10-1, Kasumigaoka-machi, Shinjuku, Tokyo

Runner Entrance: B and D GATE

\*The walk time will differ depending on your gate.

We recommend you to come to the venue with plenty of time to spare.



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## → Rules and Guidelines for Prohibited Items in the Japan National Stadium and the Course ←



### Handling rules of Spray Cans

Spray cans are prohibited. However, spray cans may be brought in ONLY on the condition that all of the following requirements are met:

- Commercially available products that are unopened. However, only products that are clearly classified as pharmaceuticals or cosmetics.
- Items with a single content of 120 mL or less and up to one unit



### Food and beverages

You cannot purchase beverages inside the Japan National Stadium.

**You are allowed to bring in plastic bottles and water bottle.**

You can bring PET bottles and water bottles. (Bottles and cans are not allowed; they cannot be transferred.)

There are no special restrictions regarding food.



### Other prohibitions

- Poisons, explosives, gunpowder, oils, items that may generate toxic gases, and other hazardous materials.
- Knives, flammables, and other potentially hazardous props.
- Items that may be used as deadly weapons, such as cutter knives, scissors, tools, long umbrellas, etc.

## → Important Notices ←

- Please refrain from arriving before 7:00 a.m. when the venue opens.
- Please avoid camping out around the Japan National Stadium the night before the race, as it may cause inconvenience to local residents and businesses.
- Personal automobiles, chartered buses, etc. will not be allowed to access the venue for picking up or dropping off participants
- Bibs and timing chips will not be distributed on the race day.  
**Runners who do not wear their bib or timing chip will be disqualified.**

## Medical aid

- First aid will be provided for injuries or illness that occur during the race. In certain cases, financial compensation may be provided for injuries sustained during the race. Please contact the Tokyo Marathon Foundation ([daihyo@tokyo42195.org](mailto:daihyo@tokyo42195.org)) after the race for further information.
- Non-prescription medications (such as digestive aids, cold remedies, pain relief patches, etc.) will not be provided at the Medical Stations. Additionally, topical pain relief sprays will not be available.

## Race disqualification and cancellation

- Runners may be disqualified by race officials if they are found in violation of the rules.
- Runners will be removed from the race if the race official or a doctor determines it unsafe to continue the race.

## Race Regulations

The event organizer will not permit the participation in the event who is in violation of the event regulations, laws/regulations, or public order and morals, as well as the prohibitions specified in the following examples 1 through 12. If any of these are applicable to the participant, the event organizer will not allow the participant to join the race or prevent the participant from continuing the race, even after the start of the event.

- 1 Dressed in clothing or wearing a gear that may be dangerous, hurtful or cause other runners to fall; and/or running with the whole part of the face covered.
- 2 Dressed inappropriately for a sports event or in clothing that is unpleasant to other participants or spectators.
- 3 Clothing for the purpose of political or religious assertions or propaganda, as well as advertising.
- 4 Clothing for the purpose of promoting or advertising an individual name, a specific region or an organization that the event organizer does not acknowledge.
- 5 Use of articles that could cause other participants to mistakenly recognize as a starting signal and cause confusion to the race management, or use of a device with strong sound volume that may disturb others.
- 6 Acts that causes a delay to the start of the event, such as, dancing, performance, playing instruments, standing near the start or finish lines, or in the streets along the course.
- 7 Soliciting monetary contributions, signatures, etc.
- 8 Preventing pedestrians from crossing the course or obstructing the passage of emergency vehicles at certain points, when and where they are allowed to do so.
- 9 Obstructing the race by failing to follow the instructions by the race officials and referees.
- 10 Bringing a guide runner not approved by the event organizer. Also, guide/support animal is not allowed.
- 11 Changing clothes in undesignated locations and/or urinating or defecating at places other than toilet facilities.
- 12 Occurrence of affair other than those listed in numbers 1 through 11 that the event organizer determine inappropriate for the event.

## Handling of personal information

The organizers acknowledge the importance of personal information. We comply with applicable laws and regulations regarding the protection of personal information and handle this information as outlined in our privacy policy. For more information, please refer to our official website.

<https://www.marathon.tokyo/en/privacy/>



## Manners

- Do not discard any clothing items at the start area or on the course.
- Please take home any trash that you have brought with you.
- Do not change clothes in station restrooms or inside station buildings.
- Please do not enter or exit hotels, commercial facilities, using the restrooms around the course before the start or during the competition is prohibited.
- We strongly prohibited urinate anywhere other than in designated restroom.

\*please refer to p.19 of the Runner Handbook for the location of the restroom.

# Packet Pick-up

## → Packet Pick-up Preparations ←

### Confirming Electronic Ticket Access

An email was sent to you regarding electronic tickets on Friday, September 15. Please confirm in advance that you can access the electronic ticket via the URL in the e-mail with your smartphone. You can also access the e-ticket from your Sports Entry My Page (<https://www.sportsentry.ne.jp/mypage/login/e>).

If you cannot access the ticket, contact Tokyo Legacy Half Marathon Entry Desk. For contact information of Entry Desk, please refer to P.18 of this Runner Handbook.



### Entrance gate confirmation

Packet Pick-up entrance gates vary by the runner. Please confirm your entrance gate and contact desk number under the "Packet Pick-up" section of your electronic ticket TOP screen before you come to the venue.

## → What To Bring for Packet Pick-up ←

- **Your smartphone (You will use it when entering the venue, when picking up your bib, and in other situations)**

\*Screenshots (screencaptures, etc.) and printouts will not be accepted.

- **Photo ID (Copies are not accepted)**

### The photo ID mentioned above includes the following

- Driver's license
- Driving history certificate
- Passport

# Packet Pick-up

## Packet Pick-up Procedures

You will be entering from B or D GATE. Please check gate that you are entering.  
Please confirm from the "Packet Pick-up" section on the TOP screen of your electronic ticket.

\*The Packet Pick-up location and time are different for wheelchair race participants. Please check the email we sent on Friday, September 15.

① You can access your e-ticket using the URL provided in the email sent on September 15.

\*You can also access the ticket by tapping "Click here for Electronic-ticket" on your Sports Entry My Page.

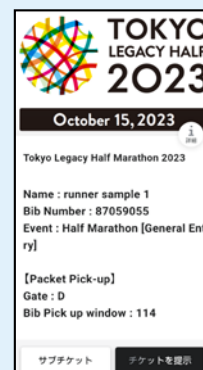
② You can see information relating to "Runner Information," "Packet Pick-up," and "On the Race Day" items from your top screen.

\*Congestion is expected during the following hours. We advise that you arrive at the venue well ahead of time.

October 13 (Fri), 2023 Hours: 11:00 a.m. - 2:00 p.m.

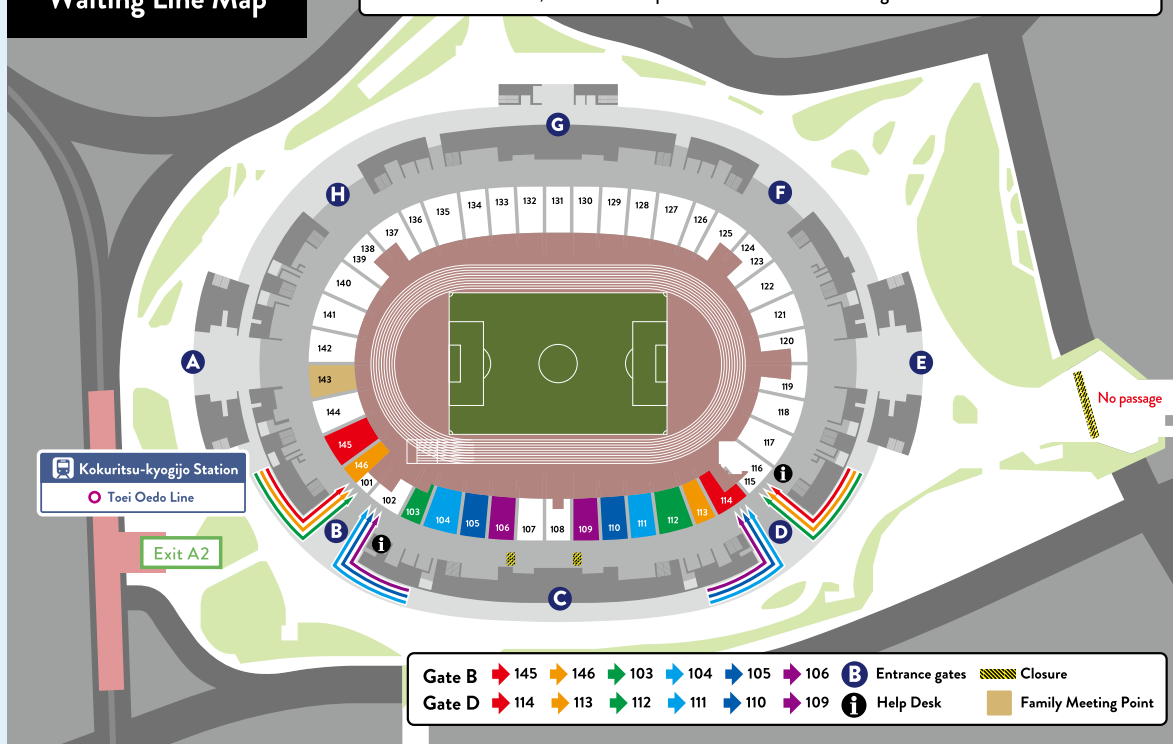
October 14 (Sat), 2023 Hours: 10:00 a.m. - 1:00 p.m.

Electronic Ticket  
home screen



### Runner Reception Waiting Line Map

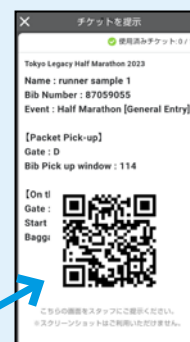
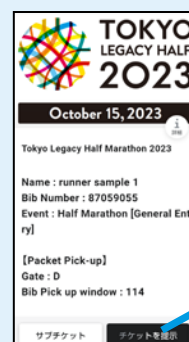
Please confirm the "Entrance Gate" and "Athlete Bib Exchange Window" listed in the "Runner Reception" of the electronic ticket, and then line up and enter the venue according to the chart below.



## ① Packet pick-up venue entry instructions

Tap "Show ticket" on the bottom right of your top screen. The 2D code will appear. Hold it over the entrance gate tablet.

\*You will be using your top screen at each desk. Please leave your screen unlocked and accessible.



# Packet Pick-up

## ② Runner Verification and Bib Confirmation Area \*Receiving your Charity Runner T-shirts (only Charity Runner).

- ① Return to your top screen. Please show your "Runner Information" and your photo ID. (See p.4 on photo IDs)
- ② Once you are verified as a runner, staff will check your sub-ticket and provide your bib number packet and official baggage bag, among other items. Charity runners will receive a charity T-shirt as well.

Bib Number packet	Official baggage bag	Other items
<ul style="list-style-type: none"><li>· Your Bib (These are equipped with BibTags [Timing chips] on the top and bottom of the reverse side)</li><li>· Baggage sticker</li></ul>	<ul style="list-style-type: none"><li>800mm (Length)</li><li>650mm (Width)</li><li>0.03mm (Thickness)</li><li>45ℓ (Capacity)</li></ul>	<ul style="list-style-type: none"><li>· Expo Bag</li><li>· Charity Runner T-shirts (only Charity Runner).</li><li>· Participants prize (Towel) SIZE: 340mm (Length) x 1200mm (Width)</li></ul>



\*[Safety pins] Safety pins are **not included** in your bib number packet. If you need them, please pick up at the BibTag [Timing chips] confirmation table.

## ③ BibTag (Timing chips) confirmation

- ① Hold your bib number packet over the terminal on the table.  
This process will check that the BibTag on your bib works properly.
- ② If it is working properly, the laptop on the desk will show your name and number.  
If the laptop does not show your name and number,  
or if it displays another individual's name and number, Please inform the staff.

\*The method of wearing the athlete bib is explained in the 'Start' section (Page 7). Please refer to it.

\*Safety pins are not included in your bib number packet. Please pick up at the BibTag [Timing chips] confirmation table if needed.

\*We are making every effort to ensure accurate your time, but various external and environmental factors can influence the results, and we cannot guarantee 100% accuracy in record keeping. Please understand this in advance.

## ④ End of packet pick-up process, head to EXPO venue

For more on the Tokyo Legacy Half Marathon EXPO 2023 visit our website:  
<https://legacyhalf.tokyo/en/event/expo/index.html>



\*We have arranged a family meeting point at a stand near the EXPO venue entrance (A GATE).  
Please use this space to meet with acquaintances and family members.

\*Our commitment to sustainability

As part of our commitment to sustainability, the Tokyo Legacy Half Marathon does not include safety pins in your bib number packet. "Race Number Snap," with which you can easily attach and detach your Bib, are available for purchase at the ASICS booth in the Expo venue. We encourage you to buy one. Please be advised that there is a limit to the number of available.

# Start

## → Final Go / No-Go Announcement of Tokyo Marathon 2023 ←

The Final Go / No-Go decision on the race will be made on the following dates in the format described below.

- Official decision date & time: October 15, 2023 (Sun) at 4:00 a.m. (JST)
- Announcement method: Posted on our official website. (<https://legacyhalf.tokyo/en/index.html>)



## → Pre-start Medical Checklist ←

For a safe race experience, check your physical condition on the race day before you start running.  
If any of the following items (1–8) apply to you, please use carefully judge to determine whether you participate

- |  |  |
|--|--|
| <input type="checkbox"/> 1. I have a fever or feel feverish.                         | <input type="checkbox"/> 5. I have symptoms of a cold (slight fever, headache, sore throat, cough, runny nose).            |
| <input type="checkbox"/> 2. I have not been able to shake off my fatigue.            | <input type="checkbox"/> 6. I feel discomfort and/or pain in my chest and/or back. I feel palpitations and breathlessness. |
| <input type="checkbox"/> 3. I could not get enough sleep last night.                 | <input type="checkbox"/> 7. I am experiencing abdominal pain and diarrhea. I am feeling nauseous.                          |
| <input type="checkbox"/> 4. I could not eat or drink water properly before the race. | <input type="checkbox"/> 8. I don't have a clear strategy for my race.   |

## → Things to Bring on the Race Day ←

- 1 Bib
- 2 Smartphone
- 3 Official baggage bag and baggage sticker (only for runners who purchased the charged baggage check-in at the time of entry)
- 4 Public transportation IC cards or money (Recommended)

\*Please note that people who have forgotten 1 and 2 will not be allowed to participate.

## → Bib Identification and Recognition ←

**Entrance Gate**  
\*You can enter from the designated gate only.

**Start Corral**

**Baggage Area**

**Front**



**Back**



**BibTag**

Be sure to fill out all necessary informations on the back.

## → Important notices about your bib

Wear your bib on your chest in a position where it can be easily seen.  
Please come to the entrance gate on the day of the race with your bib on.

- \* Athletes registered with the Japan Association of Athletics Federations must wear one bib on their chest and one on their back.
- \* Be sure to wear the side with the BibTag on the front. If you wear this side on your back, we may be unable to measure your time.
- \* Store your bib in a way that prevents any shock or strong pressure from being applied to the BibTag. Do not place it near smartphones, TVs, computer monitors, and other devices that emit radio waves.
- \* Do not cover the bib with your hand or arm when passing through measurement points (finish and other locations). This action may prevent us from measuring your time and could interfere with video record confirmations.
- \* When putting on a jacket in the event of rain or other situations, please wear your bib over your jacket to make sure that your Bib are visible.
- \* It is not unusual for the timing chip number to be different from your bib number.
- \* Your BibTag will not be collected after the race.
- \* To ensure accurate measurements, please do not modify your bib.





# Start

## Schedule until the start of the race

### ① Entry 7:00 a.m.–9:15 a.m.(JST) (A or E GATE)

Please enter from your designated entrance gate (see p. 9), described on your bib.

\*Please come to the entrance gate with your bib on.

\*You cannot enter from gates other than your designated one. Congestion is expected on the race day. We advise that you arrive well ahead of time. If you do not enter in time, you cannot participate the race.

\*Different entry approaches apply for wheelchair race participants. Please refer to your information material.

\*After entering, you can watch the start of the Marathon Grand Championship(MGC) at the spectator stands for runners on the 4th floor.

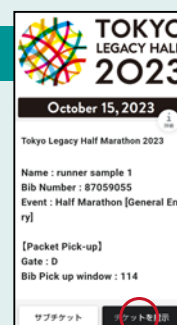
### ② Runner verification with e-ticket (A or E GATE)

① Tap “Show ticket” on the bottom right of your top screen. The 2D code will appear. Hold it over the entrance gate tablet.

② You will be verified by showing your 2D code.

#### [Caution]

Your 2D code may not appear if you keep your e-ticket top screen connecting after Packet Pick-up. If this occurs, reload your page. The 2D code will only appear for runners who have picked up their packets. Runners who have not picked up their packets cannot participate in the race.



### ③ Security check (A or E GATE)

Our security staff will check the items that you are bringing in.

\*Items with restricted entry, such as long umbrellas, will be confiscated or disposed of on-site. For more details, please refer to page 2.

### ④ Change clothes (4th floor) \*If you are a charity runner, please use the 3rd floor. See p.14 for details.

Please follow the guide of staff to proceed to the changing area. You are not allowed to change clothes outside the changing area.

\*We have a “universal changing room” and “Universal Restrooms” available. If you wish to use this, ask our staff.

### ⑤ Baggage check-in (4th floor)

Your baggage area is designated. Please confirm the baggage area number provided on your bib, and check-in your baggage. Attach your baggage sticker to an easily recognizable location.

\*No restrooms are available in the starting area. Make sure you use the one on the 4th floor (concourse) before entering the starting area.

\*Please make sure you use the official baggage bag handed out at Packet Pick-up.

\*Please tie and close the official baggage bag before checking it in.

\*The baggage check-in for charity runners is also on the 4th floor.



### ⑥ Enter designated starting corrals (from 8:30 a.m.(JST))

If you are assigned to corrals A, B, C, D, and E, please use the gate C GATE side stairs to head to the starting area. Those of you assigned to corrals F, G, H, J, K, and L are to use the G GATE stairs to head to the starting area. Please enter by following instructions provided on guide signs and our staffs. For details, see the map on p. 9. Be sure to participate from your designated corral. The cut-off time for your entry to the starting corrals is 9:30 a.m.(JST)

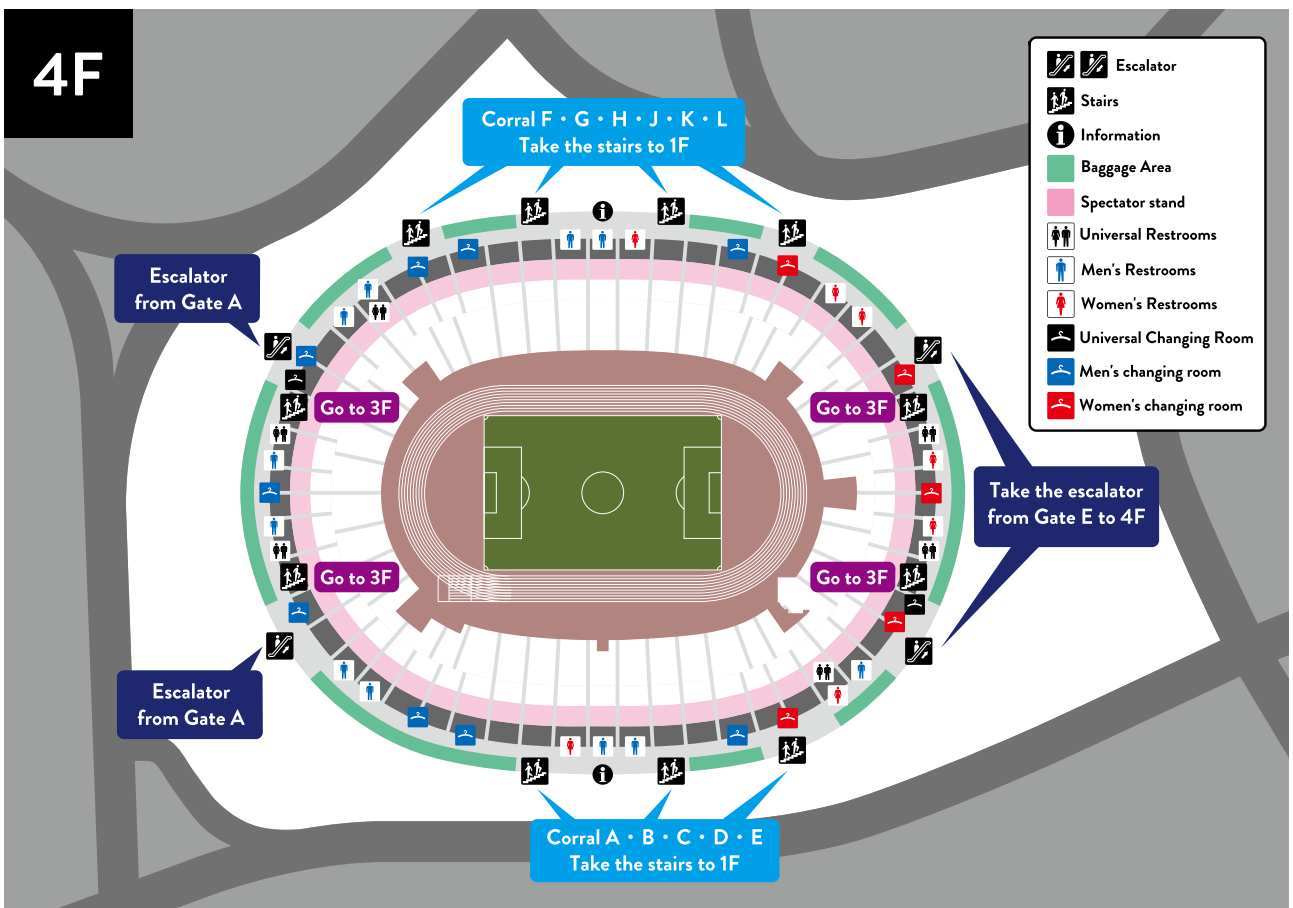
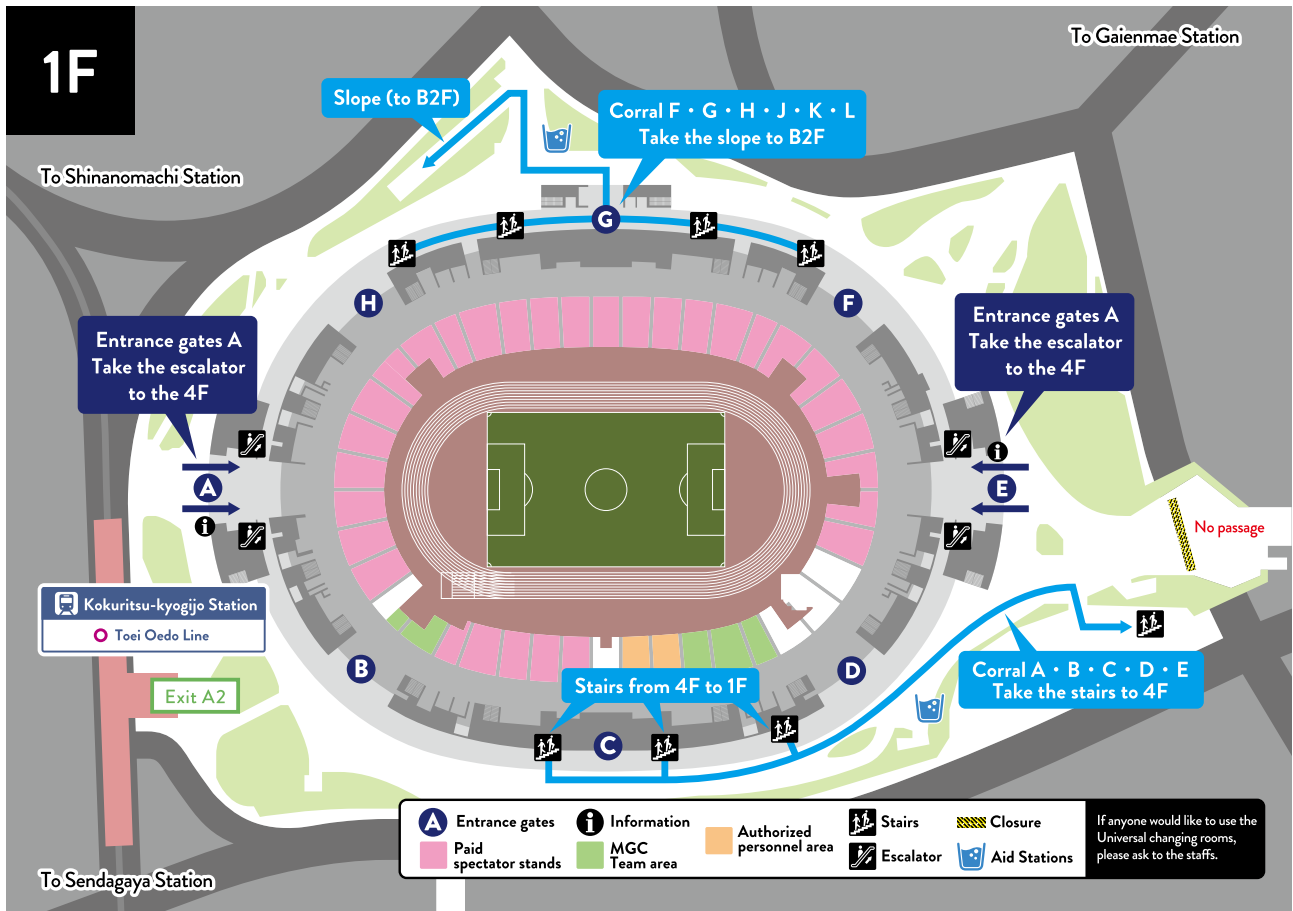
\*Do not throw away any garments at the start and/or on the course.

#### [Caution]

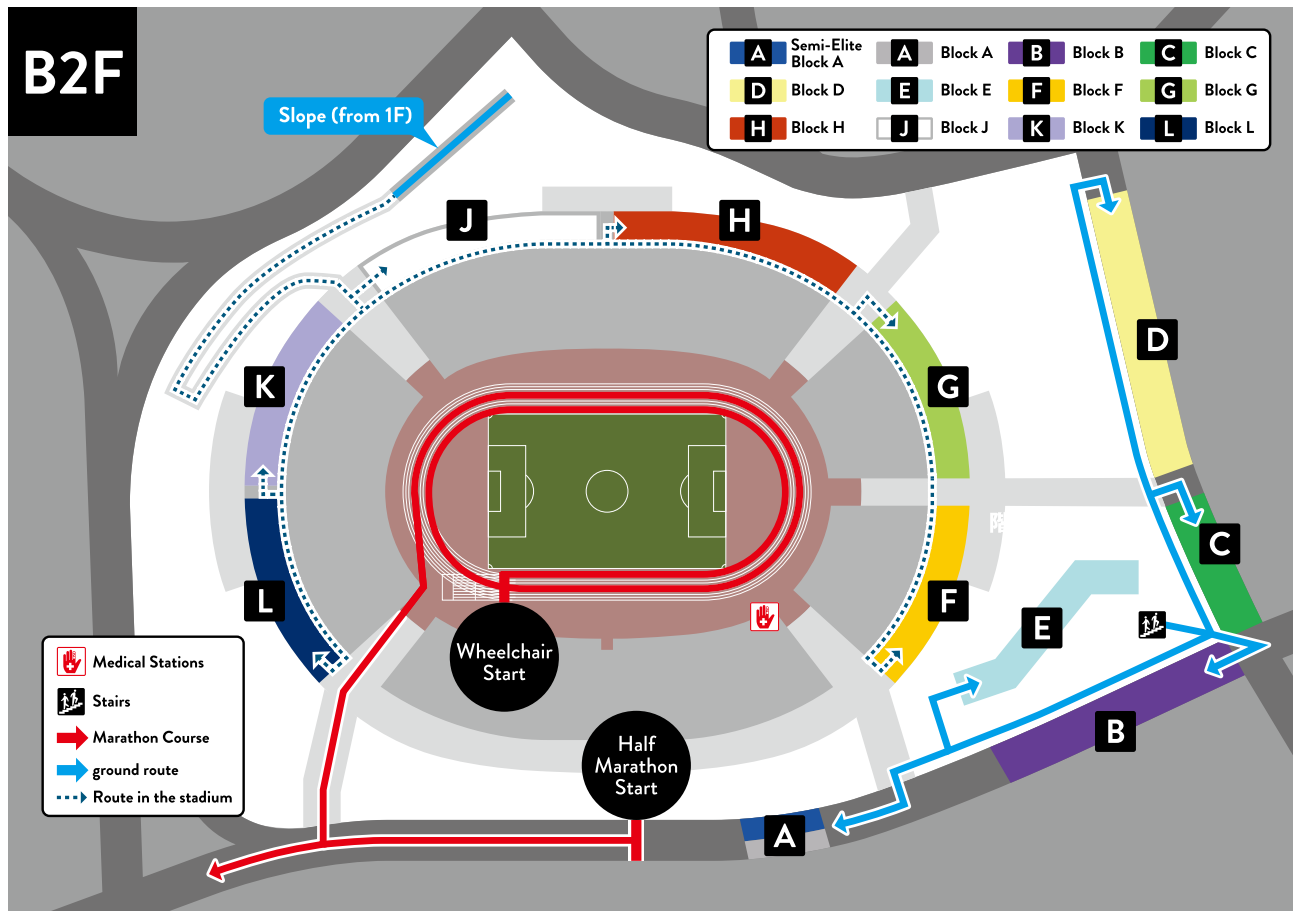
You are not allowed to stop and take photos when starting your race. Please keep running promptly.



# Start



# Start



# Course

[Go to P.19 for Course Overview Map](#)

## Clothing

- Please make sure that your bib is clearly visible. (Refer to P.7)

## Distance Markers

- Every 1 km up to 21 km
- 3km to go, 2km to go, 1km to go

## Restroom

- There will be restroom signs along the course. Please use the designated toilet facilities. (Refer to pages 19)

## Aid stations

- To prevent congestion, aid station tables will be assigned according to the last digit of your bib number. Please make sure to take aids from designated table.
- There are 6 aid stations located along the course. (Refer to pages 19)
- Make sure to dispose of all garbage from the aid stations to the garbage cans.
- The Organizer will not be held responsible for fluids or food taken outside of the provided aid stations.



## Medical Stations

- Medical stations will be located one in the Japan National Stadium, and one along the course. (Refer to P.19)

## Pace-setters

TEAM ONE TOKYO members will support runners as pacemakers with the following target times.

- Set time  
1 hours and 20 minutes/1 hours and 30 minutes/1 hour 45 minutes /2 hours/2 hours and 15 minutes/ 2 hours and 30 minutes
- Pace-setters are intended solely as pace guides and do not guarantee finishing at the exact target time.

## Cut-Off Checkpoint

- Due to traffic, security and operational reasons, there will be cut-off checkpoints. (Refer to P.19)
- Please follow the instructions of the race officials and head to the Japan National Stadium on the sweep bus.

## Dropping Out

- Please notify a race official if you decide to withdraw from the race, and then board the sweep bus or proceed to the nearest checkpoint.

## Cautions: During the race

- Traffic is regulated on the race course, but Please be fully alert of your surroundings as race vehicles may run on the course.
- We may allow pedestrians to cross the course.
- please be cautious of pedestrians and other foot traffic when you leave the course to use toilet facilities and/or for other reasons. Pedestrians have the right of way on sidewalks. Be very careful not to collide with them.
- For your safety, please do not run off the course.

## Please Allow Emergency Vehicles to Pass

- In case of an accident, fire, or other emergencies during the race, emergency vehicles may drive through the course. In such cases, please follow the instructions of the race officials and allow the emergency vehicles to pass by.
- Runners may be asked to stop. Your cooperation will be greatly appreciated in allowing the emergency vehicle(s) to pass by.

## Staff Identification

Race officials



Medical team



Volunteer Leader



Aid Station volunteers



Other volunteers



# Finish

## After the Race Finished

### ① Runner service

We will provide the finisher medal and beverages.  
Please do not stop moving to taking photos after finishing your race.

### ② Baggage Pick-up (4th floor)

Please follow the guide of staff to proceed to the 4th floor. Pick-up your baggage from where you checked it in. Confirm the baggage area number provided on your bib.

### ③ Change clothes (4th floor) \*If you are a charity runner, please use the 3rd floor. See p.14 for details.

You are not allowed to change clothes outside the changing area. We also ask you to take your trash home.  
\*We have a "universal changing room", "Universal Restrooms" available. If you wish to use this room, ask our staff.

### ④ EXIT the stadium by 2:00 p.m.(JST)

Please exit the stadium using the escalator or the stairs from the 4th floor. If you wish to watch the race, please go to the spectator stands on the 4th floor after you finish. See P.15 for details.

## Results

### Official results

Race results will be recorded as the gross time from the gun start and net time from crossing the start line. You can see your unofficial race result from here:

[https://sporoku.jp/result/mgctlh\\_20231015?locale=en](https://sporoku.jp/result/mgctlh_20231015?locale=en)



\*The site is scheduled to open on race day.

\*You will receive your Finisher Certificate by email after the race (in late November), or you will be able to find it on the "My Page" of the SPORTS ENTRY website.

### Race Result claim

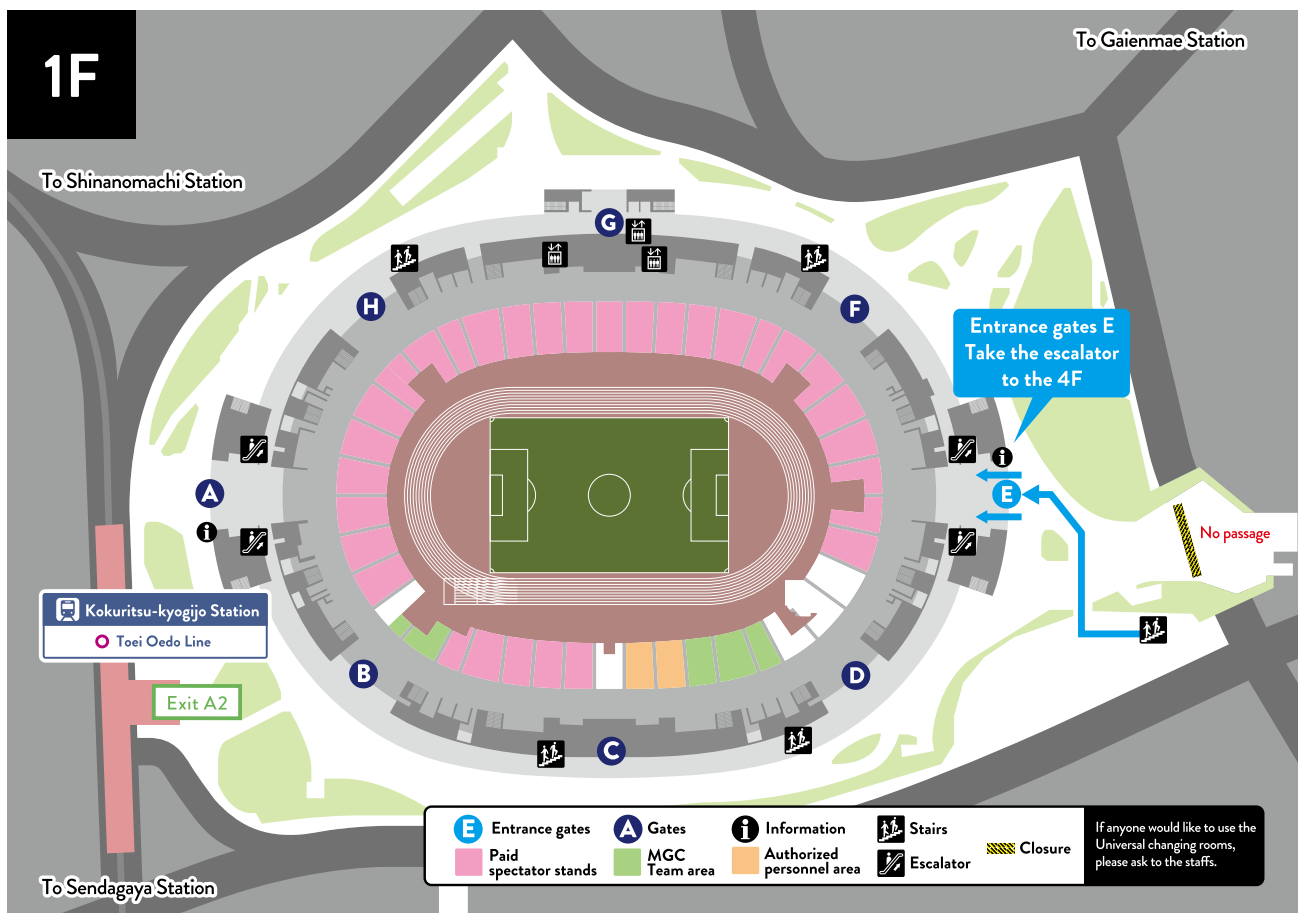
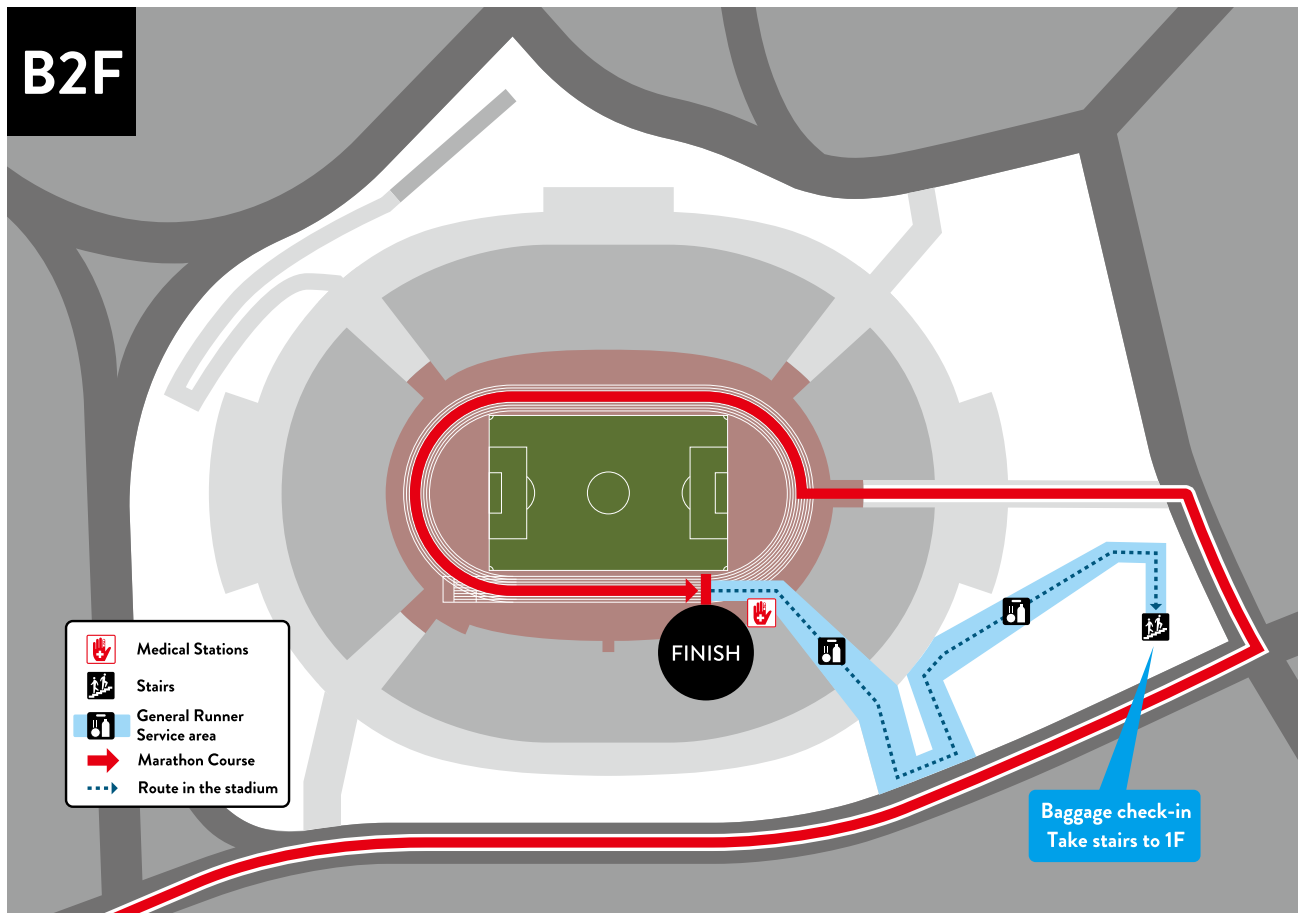
If your race result is inadequate, please enter necessary information in the inquiry form below by noon on Wednesday, October 18 (JST).

[https://sporoku.jp/result/mgctlh\\_20231015/contact?locale=en](https://sporoku.jp/result/mgctlh_20231015/contact?locale=en)

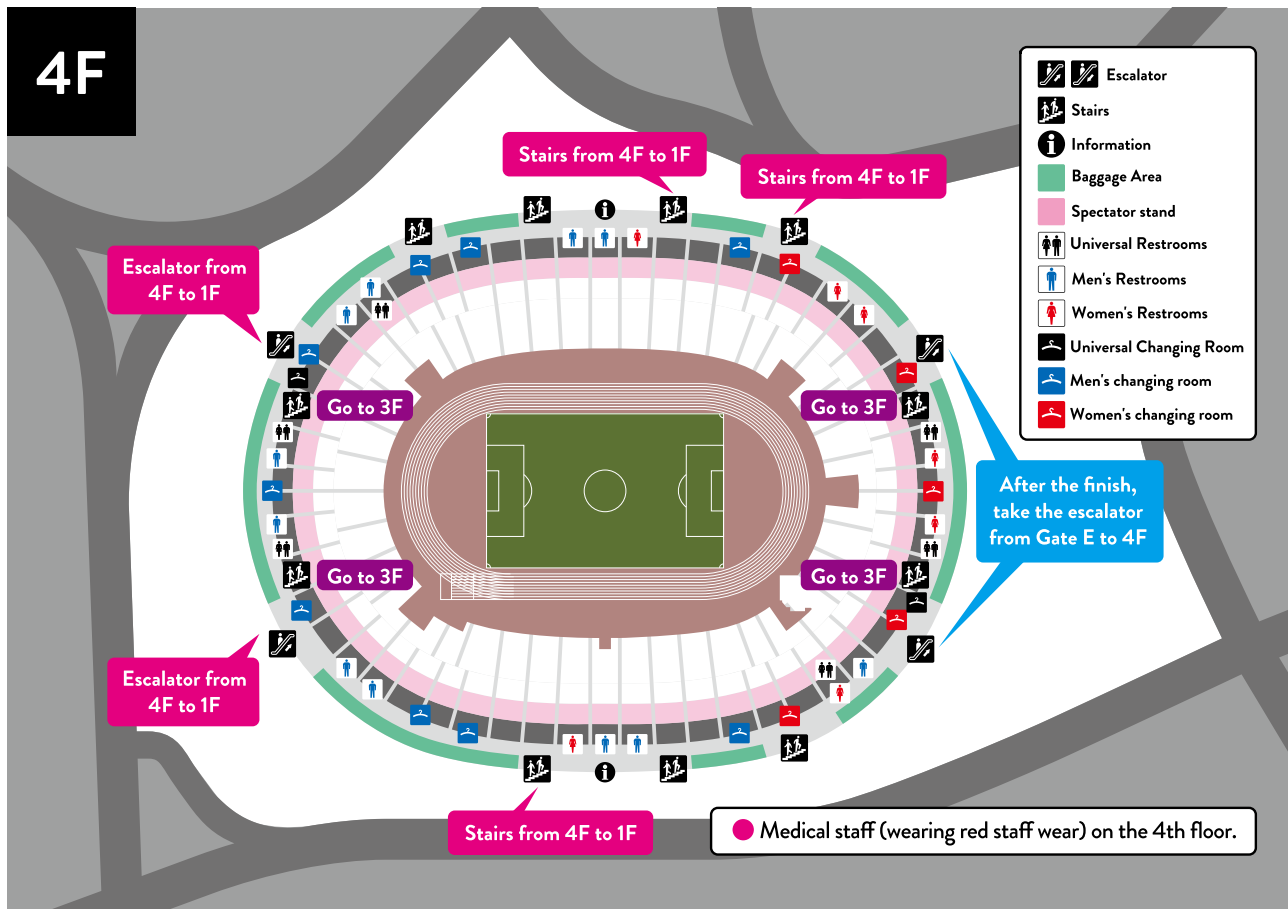


\*The site is scheduled to open on race day. Any disputes regarding results which are based on the participant's own GPS distance measurement or other sources will not be accepted.

# Finish



# Finish



## → Charity Runners ←

### Packet Pick-up

Be sure to pick-up your charity T-shirt and your bib number packet.



\*We will provide you with two Charity T-shirts both in your requested size. Please note that you cannot exchange the size of your shirt.

### Dedicated lounge for charity runners on the race day (3rd floor)

The dedicated lounge for charity runners (3rd floor) offers a changing area, a restroom, and spectator stands where you can relax and rest. Feel free to use these when changing before the race starts (before baggage check-in) and after you finish your race (after you pick-up your baggage). We also have a space for you to interact with donor organizations and offer runner's service for charity runners. Feel free to stop by.

Open 7:00 a.m.-1:45 p.m. (JST)

Bibs are required for entry. Please show your bib to enter.

\* To access the 3rd floor, enter from gate E and follow the guidance of staff.

# Spectator Stands

We have a space we call the “spectator stands for runners” on the 4th floor. After entering the venue, you can watch the Marathon Grand Championship(MGC) start. See P.9, 14 for details. Also available is a space we call “spectator stands for companions,” for family and other members to cheer on the participants. We are planning a pre-registration system for the stands, setting the seating capacity at 15,000 (runners excluded). Only one guest per runner will be allowed to enter the spectator stands as your companions.

## > Important notices <

- The spectator stands for companions will not be accessible to runners before the start of the race.
- If you wish to go to the spectator stands for companions after finishing your race, please use the stairs near 4th-floor corrals 326, 350, and 355. You will need your bib when entering the stand.
- Please do not change your clothes in the spectator stand.
- You cannot re-enter gates A and E.



# In case the Race is Discontinued

If there is an earthquake with seismic intensity of 5 Upper or stronger in Tokyo area, the race will be canceled. The race will also discontinue based on the organizer's decision when a large-scale accident or other emergencies occur near the race course. To avoid confusion and to ensure your safety, please read the information below before you come to the event. Your cooperation in making the event safer and more secure is greatly appreciated

## ➤ Prep. 1 ➤ Your belongings during the race

Runners are strongly encouraged to carry the items below during the race.  
In case the event is cancelled or other emergencies occur, please make sure you can contact your family and friends by phone or via social media.



### Smartphone

(as a means of making contact and gathering information in an emergency)



### Public transportation IC cards or money

(as a means of transportation when you head home)

Be prepared for cold weather during emergencies by, for instance, carrying your own cold weather gear while running or having a friend or family member prepare cold weather gear or drinks, etc. for you

## ➤ Prep. 2 ➤ Collect relevant information

If you follow the official social media accounts below or download the app, you will have access to the relevant information.

Official Facebook page of the Tokyo Marathon Foundation  
<https://www.facebook.com/tokyo42195.org>



Official Twitter account of the Tokyo Marathon Foundation  
[https://twitter.com/TokyoMarathon\\_E](https://twitter.com/TokyoMarathon_E)



### Disaster Preparedness Tokyo App

You can download the app from Google Play or the Apple App Store.



#### < Google Play >

<https://play.google.com/store/apps/details?id=jp.tokyo.metro.tokyotobousaiapp>



#### < App Store >

<https://apps.apple.com/us/app/id1290558619?l=ja&ls=1>



\*To get push notifications, ensure to enable notifications on your smartphone.



Important Notice

If the Japanese Government's nationwide warning system J-Alert sends an alarm related to ballistic missile launches, follow the staff instructions. Do not panic; act calmly. It is extremely dangerous to suddenly stop or change directions on the race course, where there are many runners.

# In case the Race is Discontinued

Prep.

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## Actions to take in the event of cancellation

An earthquake (upper 5 or greater in the Japanese seismic intensity scale) or large-scale accident occur



An earthquake(upper 5 or greater in the Japanese seismic intensity scale)



Large-scale accident or other emergencies

First, take action to protect yourself

### Stop running / Standby

- Come to a slow stop while paying attention to your surroundings
- As a general rule, remain where you are until race officials provide instructions
- Emergency vehicles may drive through the course. Follow the instructions of course staff and wait at the side of the street.

### Discontinue the race

- The race will discontinue if an upper 5 or greater-level earthquake (in the Japanese seismic intensity scale) strikes Tokyo area. The race will also discontinue based on the organizer's decision when a large scale accident or other emergencies occur near the race course. Please also check the information on the social channels.

### Wait somewhere safe

- First, find somewhere safe to wait and stand by
- Confirm the safe way, and then begin to return home.
- Particularly after a major earthquake, public transportation is likely to be unavailable until safety is assured. Follow the instructions of the organizers and race officials, and stand by at a safe location.

\*For 72 hours after a large-scale earthquake, rescue, first aid, fire-fighting, and emergency transport activities may be prioritized. To prevent secondary disasters caused by aftershocks and large number of evacuees, please avoid trying to rush home and remain at a safe location.

Prep.

4

## Be extra prepared

### Prepare in advance for unexpected emergencies.

- Use the Supporter Navigation app ([https://sporoku.jp/result/mgctlh\\_20231015?locale=en](https://sporoku.jp/result/mgctlh_20231015?locale=en)) to share your real-time locations
- Decide and share a meet-up spot for emergencies in advance.



# Information

## → Website and App Services for Runners and Spectators ←

### Supporter Navigation

#### Check the times and locations of your favorite participating runners!

On race day, we will be providing a service whereby users can use their PC, smartphones, or tablets to locate a runner on the course map and check their times. Through this, families and friends can go on ahead of a runner on the course to cheer on their friend or family member.

[https://sporoku.jp/result/mgctlh\\_20231015?locale=en](https://sporoku.jp/result/mgctlh_20231015?locale=en)

\*The site is scheduled to open on race day.



### Check here for the latest information on Tokyo Legacy Half Marathon 2023

Tokyo Legacy Half Marathon 2023 official website

<https://legacyhalf.tokyo/en/index.html>



### For inquiries

\*Be sure to check the telephone number before you make a call.

Sports Entry customer support center ..... Operation Hours

**TEL:0120-711-951**

<https://www.sportsentry.ne.jp/inquiry/en>

Weekdays up to Thursday, October 12

(Monday to Friday, excluding holidays) 10:00 a.m. - 5:00 p.m. (JST)

Friday, October 13 11:00 a.m. - 8:30 p.m. (JST)

Saturday, October 14 10:00 a.m. - 7:30 p.m. (JST)

Sunday, October 15 4:00 a.m. - 1:00 p.m. (JST)

# Course Overview Map

## Cut off time and points

km location	location	Closing time
7.8km	The crossing of Sudacho	11:03
10.3km	The crossing of Sudacho	11:20
15.3km	The crossing of Iidabashi	11:54
19.1km	The crossing of Yotsuya-Yonchōme	12:20

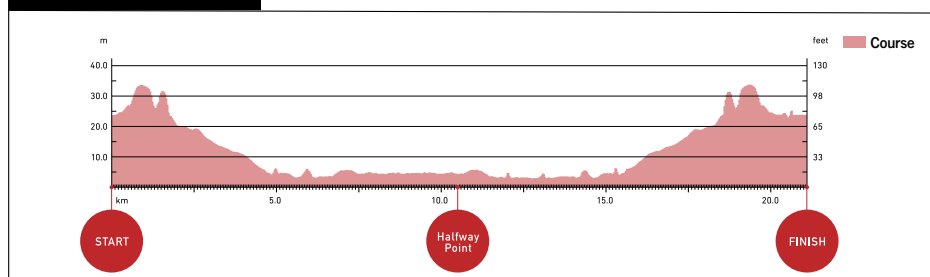
## Medical Station

km location	location	Station name
13.5km	Shueisha	Jinbocho Medical Station
16.8km	The crossing of Ichigaya-Mituke	Ichigaya-Mituke Medical Station

## Aid station

Station name	Water	Sports drinks	Sponge
5.2km	○	○	
9.5km	○	○	
13.1km	○	○	○
14.7km	○	○	
18.1km	○	○	○
19.4km	○	○	

## Course Elevation chart



## コースマップ

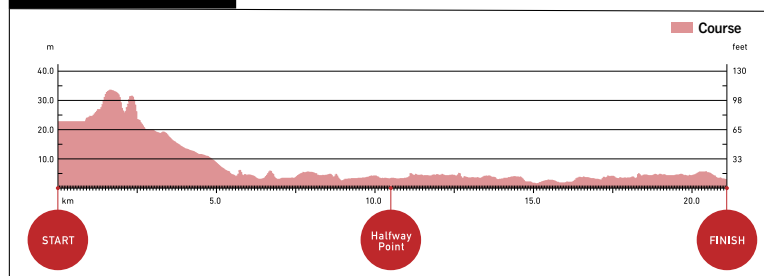


# Course Overview Map (Wheelchair)

Cut off time and point (Wheelchair)

km location	Location	Closing Time
8.5km	The crossing of Sudacho	8:20

Course Elevation chart



コースマップ

