

## Event details

**Name:** Tokushima Marathon 2025

**Hosted by:** Tokushima Prefecture, Tokushima City, JAAF Tokushima, Tokushima Prefectural Board of Education, Tokushima Municipal Board of Education, Tokushima Para-Sports Association, THE TOKUSHIMA SHIMBUN

**Organizer:** Tokushima Marathon Executive Committee

**Special support:** Tokushima Medical Association, Tokushima Nursing Association, Japanese Red Cross Tokushima Branch, Tokushima Fire Department, Myozai Fire Department, Itano Toubu Fire Department, Itano Seibu Fire Department, Tokushima Central Area Union, Tokushima Council of Japanese Firefighters and Ambulance Workers, MLIT Tokushima Office of River and National Highway, NEXCO West Japan Shikoku Branch, Tokushima Expressway Office

**Sponsors:** Work Staff, Otsuka Pharmaceutical, Otsuka Pharmaceutical Factory, Taiho Pharmaceutical, Otsuka Warehouse, Otsuka Chemical, Otsuka Foods, City Housing, Telecomedia, Axas, Sasakura Sports, Kyoei, The Awa Bank, The Tokushima Taisho Bank, Tokushima Bunri University, Daiwa Securities, Shikoku University, Nippon Telegraph and Telephone West Corporation, Japan Airlines, Shikoku Railway Company, Il Rosa, Tokushima Seifun, Nets Tokushima, Excellent Care System (No particular order)

### Date and time

Race begins at 9:00 am on 3/23/2025 (Sunday)

(Race duration: 7 hours from the first starting pistol. Wave 1: 9:00 am, Wave 2: 9:10 am.) Marathon (42.195 km)

### Events

Registration, General, Blind Marathon

### Course

Tokushima Prefectural Government Office (Near the Kachidoki Bridge on National Route 55) ~ Yoshinogawa Ohashi Bridge ~ Yoshino River North Bank ~ Saijo Ohashi Bridge ~ Yoshino River South Bank ~ West Side of Jonouchi Secondary School ~ Work Staff Athletic Stadium (Tokushima City Athletic Stadium)

Tokushima Marathon course (Officially approved by JAAF and WA/AIMS)

### Race Regulations

Governed by the 2024 JAAF Technical Rules and this race's regulations

### Awards

Overall: top 10 men/women, General: first-place man/woman, Age divisions (5-year increments): top three men/women

(The first- to third-place overall finishers and the first-place in Blind Marathon men/women general division finishers will be in the award ceremony the day of the event. Other certificates and awards will be sent at a later date.)

### Race Executive Office

1-1 Bandai-cho, Tokushima-shi 770-8570

Tokushima Marathon Executive Committee Office

Tel: 088-621-2150

- **Name** okushima Marathon 2025 Challenge Run
- **Hosted by** Tokushima Prefecture, Tokushima City, Tokushima Prefectural Board of Education, Tokushima Municipal Board of Education, Tokushima Para-Sports Association, THE TOKUSHIMA SHIMBUN
- **Special Sponsor** Kyoei Group
- **Support** IL Rosa, Shikoku Shikishima Bread
- **Date** 3/23/2025 (Sunday)
- **Event** Challenge Run (13km, 3km, 1.5km)  
※ No measurements will be taken

### Challenge Run (13km)

- 12:00 pm West Side of Hotel Sunroute Tokushima near Tokushima Station.
- 12:30 pm 13km Runner Shuttle Bus Departure
- 13:00 pm Change clothes at Ishii Town Public Hall (Aihata Annex)
- 14:00 pm Start of the Challenge Run (13km)
- 16:00 pm Competition Ends

**Course** Rokujo Ohashi Bridge South End (Near Marathon 5th Checkpoint)~West Side of Jonouchi Secondary School~Work Staff Athletics Stadium (Tokushima City Athletics Stadium)

※ Runners participating in the Challenge Run (13km) must gather at the designated meeting point on P8 (Event Area Map) by 12:30 pm and board this bus. The bus will take you to the start area near the Aihata Annex.

※ Your baggage will be kept at Aihata Annex after you change into your clothes and will be returned to you at the finish venue (Workstaff Athletics Stadium).

### Challenge Run (3km, 1.5km)

- 6:00 am Changing Rooms Open (Tokushima Grandvrio Hotel, 1st Floor)
- 7:30 am Baggage Drop-off Starts (until 8:30 am)
- 8:15 am Runner Line-up Begins
- 8:40 am Runner Line-up Complete & Block Closure
- 8:45 am Starting Ceremony (Starting Point on the West Side of the Tokushima Prefectural Office)
- 9:00 am Marathon (Wave 1) Start
- 9:10 am Marathon (Wave 2) Start
- 9:15 am Challenge Run (1.5km, 3km) Start
- 10:15 am Competition Ends

**Course** In front of the Tokushima Prefectural Government Office (Near Route 55, Kachidoki Bridge)~Tokushima Honcho Intersection~Tokushima Castle Ruins~Washinomon Gate (Tokushima Central Park)~In front of Uchimachi Elementary School, Tokushima City ※Checkpoint Closure (Washinomon Gate) at 9:45 am

## Marathon

### Start area (near Tokushima Prefectural Government Office)

- 6:00 am Changing rooms open
- 7:30 am Gear check opens (until 8:30 am)
- 8:00 am Runner lineup begins
- 8:40 am Runner lineup ends, blocks close
- 8:45 am Starting ceremony
- 9:00 am Wave 1 starts
- 9:10 am Wave 2 starts

### Finish area (Work Staff Athletic Stadium)

- 1:00 pm Award ceremony
- 4:00 pm Competition Ends



This is an MCC-participating race.

The MCC (Marathon Challenge Cup) is a project that supports all runners who take on full marathons. (Host: R-Bies Sports Foundation)

Please check MCC's home page for more details.  
<https://www.marathon-cc.com/>



## Requests from the Executive Office

**If you feel unwell before the race begins, please prioritize your health and do not join the race. Also, please do the following before you run.**

- Self-check on the Tokushima Marathon website
- Consult with your physician (if you have a history of serious illness or are feeling unwell)

**Please do the following to prepare for a potential accident.**

- Health insurance card (original or copy)
- Write your name and emergency contact information on the back of your bib

**If you feel unwell during the race or notice someone who looks unwell, please call out to the nearest race official.**

**Ambulances may drive through the course.**

**Please adhere to instructions from officials, including to temporarily stop running.**

- \*First aid staff will not apply ice or give massages outside of treating injuries or illnesses.
- \*The first-aid tents and health team do not have cold spray.



Advice for Beginner Runners, including a self-check, is available here

## Let's all mind our manners!

**No cutting into another starting block!** Please line up in your designated block.

**Use the bathrooms!** Relieving yourself anywhere else is strictly forbidden.

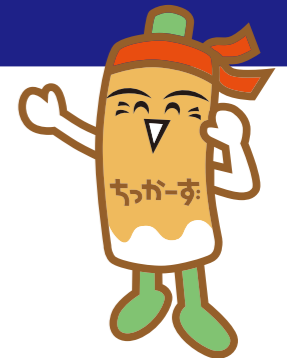
**No littering!** Please dispose of your garbage properly.

**Don't get greedy with the food!**

There are runners behind you, so please take only one item at each station.

**Don't disturb others around you when warming up!**

You may not warm up in nearby store parking lots or close to lines.



## About Staff Identification

Many staff members and volunteers are involved in the management of the Tokushima Marathon. Each staff member will be wearing the following clothing on the course. Please let us know if you need anything.



Staff Leader



Volunteer Staff



Public Health Nurse



Emergency Support Runner



Medical Staff at Aid Stations



Administrative Staff for Medical Support



AED Mobile Team (Leader & Sub-Leader)



AED Mobile Team (Staff)

**Race cancellation notifications**

An announcement will be made after 5:30 am the day of the race on the official home page.

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



An announcement will also be made on Shikoku Broadcasting Radio (1269 KHz).

# Race Rules and Regulations

<This race will be held in accordance with the 2024 JAAF Technical Rules, as well as the following>



## Start Marathon

- Please gather at the starting point at the Tokushima Prefectural Government Office. Runners should allow ample time for transportation. Check your belongings at the gear check located in the southbound lane of National Route 55, and line up in your block. (There are toilets at the Prefectural Government Office and several other places. You can confirm their location on the map in this guidebook.)
- Assembly areas are divided into seven blocks based on the color and letter on your bib. Be sure to assemble and line up with the block that matches your bib's color and letter. \*Blocks are set up for both registered and general runners in order of running ability based on previous marathon results and expected completion time. The SS and S blocks are for pre-registered athletes.
- The marathon in this event will have a wave start (staggered start). Wave one consists of the SS-C blocks, and wave two consists of the D-E blocks. If a wave two runner starts with wave one, they will be disqualified. Please be sure to stick to your own block and wave.
- The marathon will start with the first wave at 9:00 and the second wave at 9:10, marked by the starter's signal, but please remain in your blocks after you assemble at 8:40 am and proceed to the starting point. There will be roughly 8,000 runners in the starting area, so please move in an orderly fashion to prevent falls and other accidents. Runners in wave two will wait behind the start line until the starting pistol at 9:10 am. Also, starting after the police motorcycle in the back of the race is not allowed. (Please adhere to race officials' instructions and broadcasted announcements.)
- If the chief official determines that continuing the race would be dangerous due to such circumstances as a player falling at the start of the race, we will inform you through an announcement over the speaker system. In this event, please stop immediately and adhere to the officials' instructions.

## During the Race Marathon•Challenge Run (13 km)

- Adhere to the instructions of the on-site officials at all times.
- Straying from the course will result in disqualification. Also, please stay within the areas along the course marked with cones or other signs.
- Runners may not wear or display anything resembling an advertisement at the start area, finish area, or anywhere along the course that exceeds the size prescribed in the JAAF technical rules. This includes designs of product names, company names, and trademarks. In particular, you may be asked to remove items containing a particular individual or company's name, content that infringes on individual rights, and other similar content. Costumes that disturb other runners are also prohibited.
- Runners who fail to pass a checkpoint by its closing time or who, despite passing checkpoint 7, are unable to finish by 4:00 pm should promptly stop running and adhere to officials' instructions. The checkpoint closing times (passable times) for the Challenge Run (13 km) are the same as those after the start.

Checkpoint	Checkpoint 1	Checkpoint 2	Checkpoint 3	Checkpoint 4	Checkpoint 5	Checkpoint 6	Checkpoint 7
Distance	4.8km	11.0km	16.9km	24.4km	29.2km	35.2km	38.9km
Closing Time	10:15 am	11:10 am	12:05 pm	13:15 pm	13:55 pm	14:45 pm	15:20 pm

The Challenge Run (13 km) will start after the closure of the 5th checkpoint. [13 km Start: Near the 5th checkpoint]

- If an official determines a runner is incapable of continuing the marathon, they may instruct said runner to retire. Please adhere to officials' instructions. (This also applies to runners who officials determine are clearly unable to finish within the time limit before a checkpoint.)
- Do NOT throw objects such as paper cups or bananas onto the course, as it is extremely dangerous and may cause accidents. (Please use garbage cans located along the course.) Also, we do not allow personal drinks.
- Regardless of the weather, be sure to stay well-hydrated and avoid dehydration.
- If you begin to feel unwell, please promptly stop running and contact an official.
- Runners may not receive assistance in any form from anyone other than those who have been given permission. Registered runners (JAAF registrants) should exercise particular caution. Please also note the regulations on the sole thickness of running shoes.
- Approximately 3.5 km from the start, at the northern end of the Yoshinogawa Ohashi Bridge, there is a sharp left turn where the course narrows. Also, there is a turnaround roughly 23 km into the course. Please exercise caution while running, and be careful of your distance from other runners.
- In emergencies such as earthquakes, fires, accidents, or other incidents, emergency vehicles may enter the course. Runners should promptly cease running and adhere to officials' instructions.
- The Challenge Run (13 km) starts during the full marathon race. Please pay attention to the speed and movements of the runners ahead of you immediately after the start.

## Disqualification Marathon

- Runners who violate the JAAF Technical Rules or fail to adhere to officials' instructions will be disqualified. Also, we do not allow substitute entries. Upon disqualification, we will collect your bib and timing chip.
- Registered athletes (affiliated with the Japan Association of Athletics Federations) should note the following:
  1. Thickness of competition shoes
  2. Trademark rules under JAAF competition regulations
  3. Disqualification for receiving outside assistance
- General participants are also subject to disqualification for infractions such as obstruction or unsportsmanlike conduct.

## Athlete Bibs and Recording Marathon

- Time recording will be conducted using timing chips.
- Event records and rankings will be based on the gross time, measured from the starting signal of each wave. Official JAAF records will also be based on the gross time starting from the signal.
- Please securely attach your bib to either your chest or back area with a safety pin or other similar item.
- Runners not wearing bibs will not be considered participants in this race. (Such runners will be removed by officials.)
- If you are wearing coats or other clothing to keep warm, please attach the bib to your outermost layer of clothing so it can be seen.
- Be sure to fill out all the necessary information on the back of your bib.
- Timing chips will be collected after the race at the finish area. Please return them to the designated area.
- A report of unofficial individual times will be posted to the web the day of the race (No paper-based publication available). They will also be posted at the finish area.
- Registered runners who need an official certificate from JAAF Tokushima can request one by bringing the fee to the official certificate request station between 12:00 and 4:30 pm.

## Disclaimers, Special Notes Marathon•Challenge Run (13 km)

- The host bears no responsibility for any accidents during the race outside of what is covered in the host's insurance and emergency care. Runners who take part in this race do so at their own discretion and risk.
- The host bears no responsibility for any accidents, theft, loss, or damage that occur in the parking lot or locker rooms.

## About Pace Setters

In the Tokushima Marathon, pace setters will support participants in achieving their goals. Take advantage of the pace setters and aim to break your personal record!

	Pace	Runner	Starting Position
Wave 1	3 hours:	Keita Shitara, Yuta Shitara	Behind SS Block
	3 hours 30 minutes:	Support Runners Council	Behind A Block
	4 hours:	Support Runners Council	Behind B Block
Wave 2	5 hours:	Support Runners Council	In the middle of D Block
	6 hours:	Support Runners Council	In front of E Block
	6 hours 30 minutes:	Support Runners Council	In the middle of E Block
	6 hours 45 minutes:	Support Runners Council	In the middle of E Block



### Temporary parking lot (Free) \*Only available on race day

\*Spaces are limited, so we ask that runners please carpool or take public transportation.

- 5:00 am - 6:30 pm** Okinosu Marine Terminal Event Space (2-14 Higashi-Okinosu, Tokushima City) Approx. 400 parking spaces
- Marinepia Okinosu Multipurpose Space (2-23 Higashi-Okinosu, Tokushima City) Approx. 200 parking spaces
- Aeon Mall Tokushima - Parking Lot 2 (2-12 Yamato-cho, Tokushima City) Approx. 700 parking spaces



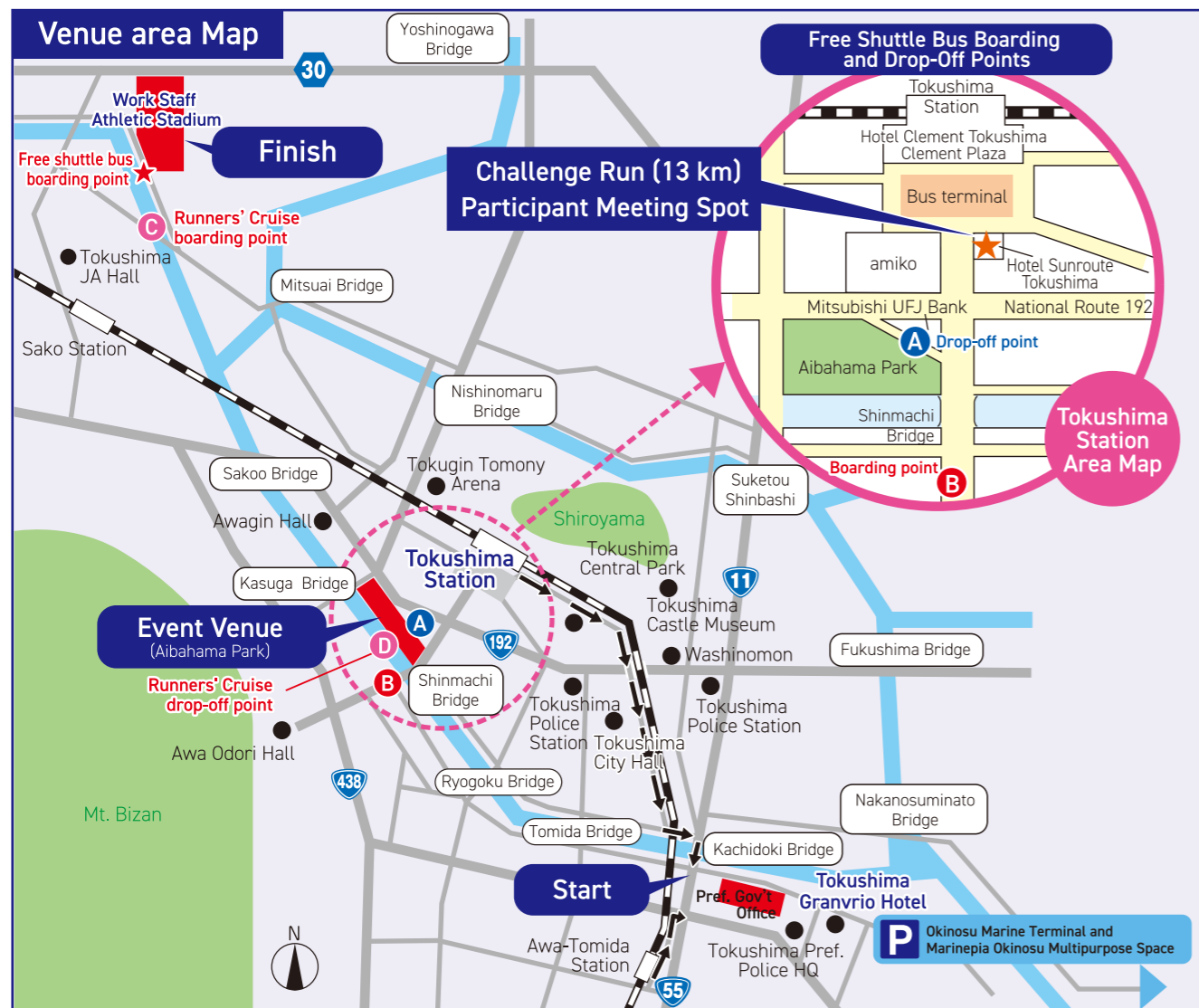
※ There is no bus service from AEON Mall Tokushima's second parking lot to the starting venue.

There are no parking spaces near the start and finish (Work Staff Athletic Stadium) areas. Please park at the above parking areas and use the free shuttle bus (race day only) or other public transportation.

### Free shuttle bus \*Only operates on race day

To the start area Hours Operates from 5:30 am to 7:40 am (last departure: 7:40 am)

The road around the temporary parking lot is very busy, so please come early.  
There is no bus service from AEON Mall Tokushima's second parking lot to the starting venue.



### Start Area Map No transport by personal vehicles near the area. Please use public transportation or the free shuttle bus.

- Unisex bathroom
- Men's bathroom
- Women's bathroom
- Gear check
- First aid tent
- Water
- Free shuttle bus drop-off
- General information center
  - 3/22 (Saturday) 10:00 am - 6:00 pm Aibahama Park
  - 3/23 (Sunday) 6:00 am - 8:00 am Inside the Tokushima Prefectural Government Office
- Health consultation blood pressure check
  - Hours: 7:30 am - 8:20 am
  - In front of the entrance to the Tokushima Prefectural Government Building
- Locker rooms
  - Men: Hours: 6:00 am - 8:00 am Tokushima Grandvrio Hotel 1F
  - Women: Hours: 6:00 am - 8:00 am Tokushima Grandvrio Hotel 1F

\*Please take care of your own valuables.

#### Starting block lineup point

SS	athlete bibs: white	Wave 1 (SS-S-A-B-C) (Starting pistol at 9:00 am)
S	athlete bibs: purple	
A	athlete bibs: green	
B	athlete bibs: yellow	Wave 2 (D-E) (Starting pistol at 9:10 am)
C	athlete bibs: gold	
D	athlete bibs: orange	
E	athlete bibs: pink	

\*The layout of the area may be changed in some circumstances.

### Start Area

#### Schedule

- 6:00 am - Locker rooms open
- 7:30 am - Gear check opens (until 8:30 am)
- 8:00 am - Runner lineup begins (until 8:40 am)
- 8:45 am - Starting ceremony
- 9:00 am - Marathon Wave 1 starts
- 9:10 am - Marathon Wave 2 starts

#### Gear Check

**Baggage truck ① ~ ⑮**  
7:30 am - 8:30 am

- You will not be able to check your gear after the above time.
- Put all of your belongings into the gear bag passed out to you in advance, and hand it to the baggage truck with the number displayed on your bib. You cannot take out belongings once you have checked them.

\*Only items in gear bags will be accepted  
\*Please take care of your own valuables.

#### Starting block lineup

**8:00 am - 8:40 am**

- Be sure to line up with the block that is written on your bib.
- If you don't line up in time, you must start at the back of your assigned wave. Please allow for extra time while on the move.
- If you don't make it by the start time, you cannot run in the marathon.

#### Cautions

- There are many restricted areas near the start area. Please adhere to officials' instructions and guidance.
- Since this race features a wave start, runners in wave two who start with wave one will be disqualified.

#### re: Wearing Athlete Bibs

Please wear the athlete bibs for the Tokushima Marathon 2025 in both the front and back as shown in the figure on the right.

Front

Back

**Water station**  
Salt (tablets), crystal sugar, bananas, bread, etc.

**Amenities**  
Amenities include local Tokushima food and popular products, as well as physical therapy.  
\*Amenities provided at the race may change. Also, please understand that quantities are limited.

Water station name	
First aid tents name	
Sports drinks	Water
Bathroom	Distance
Salt	Crystal sugar
Amenities	Bananas
Spray	Handa Somen Noodles

- First aid tents**  
Doctors, nurses, etc. are standing by.
- Health team**  
Public health nurses are available for health consultations and first aid.  
\*First aid tents and the health team do not administer therapies like icing or massages outside of treating injuries or illnesses.  
\*Cold spray is not available.
- AED**  
In addition to first aid tents and health teams, we also have a mobile AED team and medical vehicles.

Cheer on the runners via smartphone

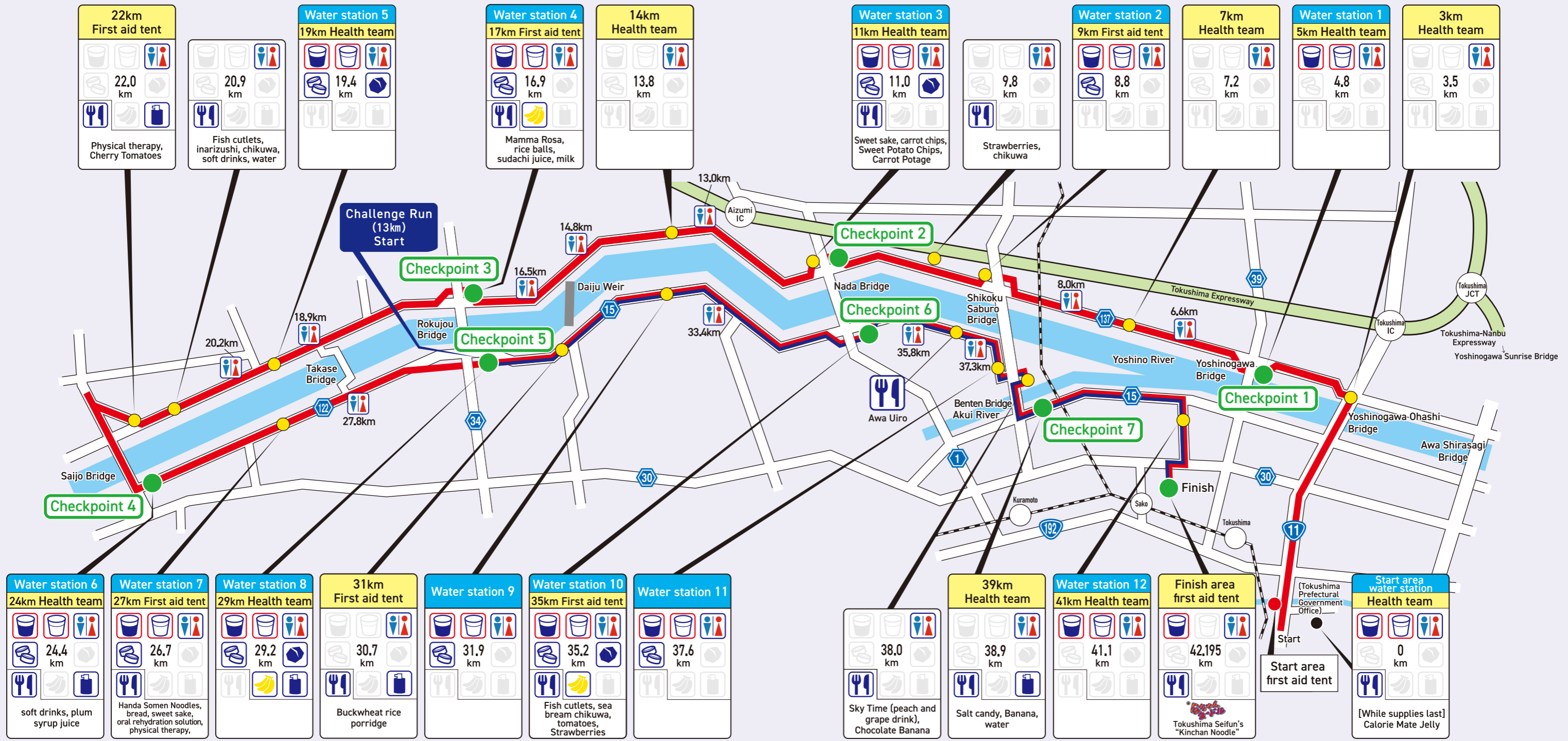
Ouen Navi details



See your favorite runner's location!  
Send messages and pictures!  
<https://runnet.jp/smpapp/ouennavi/>



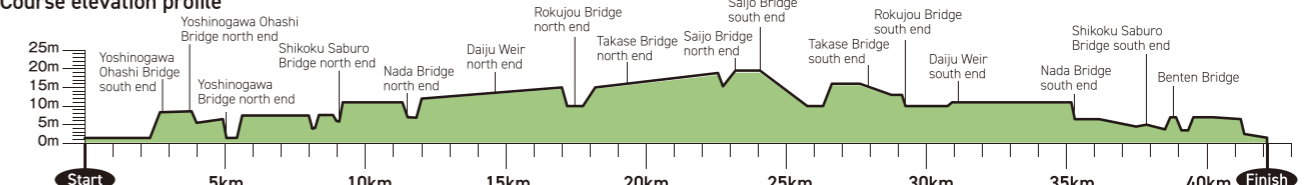
Do not discard garbage on the road or in rivers. Please use a garbage can.



Checkpoint:

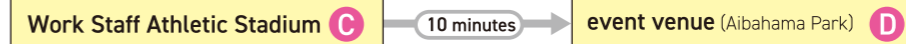
Checkpoint	Checkpoint 1	Checkpoint 2	Checkpoint 3	Checkpoint 4	Checkpoint 5	Checkpoint 6	Checkpoint 7	Finish
Distance	4.8km	11.0km	16.9km	24.4km	29.2km	35.2km	38.9km	—
Closing Time (Elapsed time)	10:15 am (1:15)	11:10 am (2:15)	12:05 pm (3:15)	13:15 pm (4:15)	13:55 pm (4:55)	14:45 pm (5:45)	15:20 pm (6:20)	16:00 pm (7:00)

Course elevation profile





### Runners' Cruise (free) \*3/23 Hours Operates between 12:00 pm and 5:00 pm

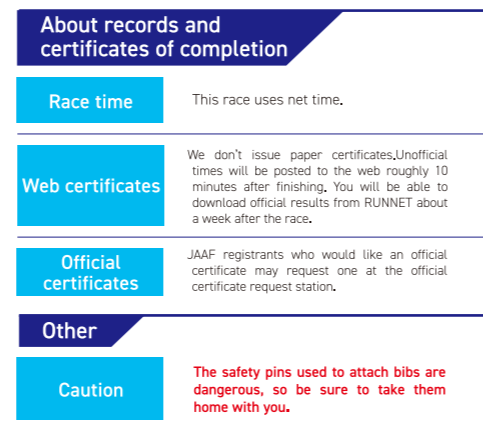
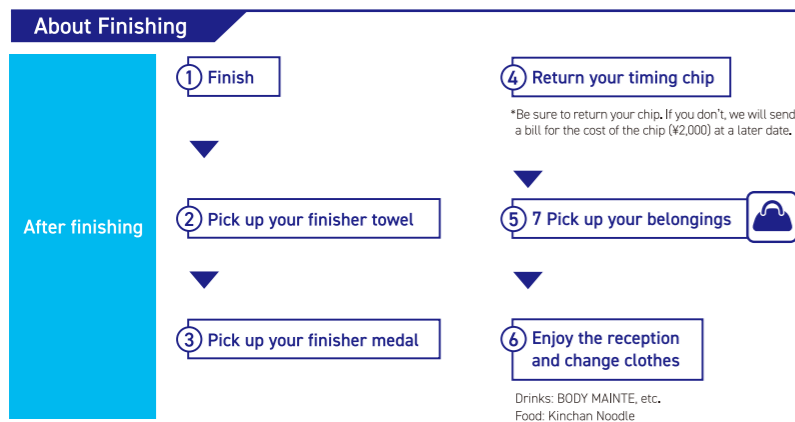
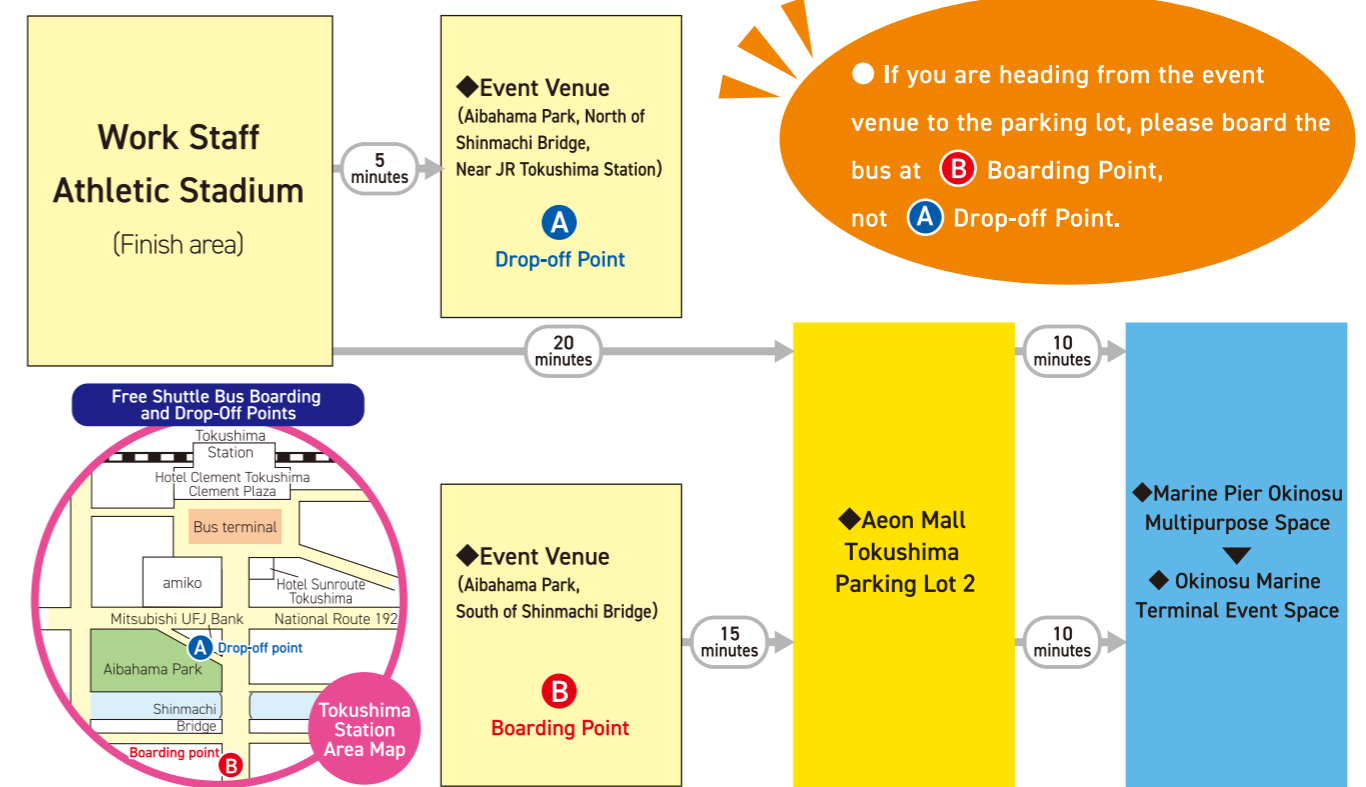


\*Only runners and their families may board. You must show your bib when boarding.



Please see page 8 for information on the boarding and disembarking locations for the Runners Cruise and the bus stops for getting on and off the Free Shuttle Bus.

### To the temporary parking lot and race day event venue (near Tokushima Station) Hours 11:00 am - 6:00 pm



## About the runner roster

● Marathon Runner roster



<https://www.tokushima-marathon.jp/roster/>


● Challenge Run Runner roster



<https://www.tokushima-marathon.jp/roster/challenge-run.html>

The runner roster can be checked on the official Tokushima Marathon home page.


## Downloading your certificate from the web



### Unofficial Web Certificate (Unofficial)

When: ~10 minutes after finishing

\*Unofficial certificate downloads will end once official web certificate downloads begin.



### Web Certificate (Official)

When: ~1 week after the race ends

\*We will inform runners of when downloads for official web certificates will begin on the Tokushima Marathon home page after the race ends.

**How: Go to RUNNET to download your certificate.**

\*The download URL for certificates will be posted to the Tokushima Marathon home page.

**Download procedure**

- ① Search for your name, card number, etc.
- ② The unofficial certificate template will be displayed
- ③ Download your unofficial certificate

- ① Search for your name, card number, etc.
- ② The official certificate template will be displayed
- ③ Download your official certificate

### About special certificates

Marathon Challenge Cup certificate page

Or

RUNET My Page

**CASE 1**

- First full marathon completion certificate
- Personal best certificate
- Annual personal best certificate

Go to "My certificates"

Download

**CASE 2**

- Men's sub-3 certificate
- Women's sub-3 certificate

"Runner search"



Official Website



### What is the Castle Marathon (official name: Run the Castles of Japan Marathon)?

The Castle Marathon is a unique event where marathon and running competitions held across Japan are likened to "castles" in each region, with participants aiming to "climb the castle" (complete the race = run the castle). Runners who finish the races receive a digital "Castle Seal" that includes their completion time. As participants collect more Castle Seals, their "rank" within the event increases. Rankings are created based on the number of Castle Seals a runner holds, allowing them to compete with others nationwide. Complete races in various locations and enjoy the "Castle Marathon Series"!