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**NAGOYA WOMEN'S
MARATHON 2025**



名古屋ウィメンズマラソン 2025

2025.3.9 SUN

RACE GUIDE FOR PARTICIPANTS (Race Regulations)

SCHEDULE	2	COURSE	10
NUMBER PICKUP	4	FINISH	13
START	7	OTHERS	15

SCHEDULE OF THE RACE

Number Pickup (Vantelin Dome Nagoya)

March 7 (Fri) 12:00 ~ 20:30

March 8 (Sat) 10:00 ~ 19:30

- * Number Pickup Registration available only within the mentioned hours.
- * Participants must check-in in person. (No substitutions are accepted).
- * Number Pickup Registration can NOT be made on the race day without any exception.

Necessary Documents for Number Pickup:

Athlete Bib Voucher (QR code) and Valid Passport

VALID PASSPORT is required for Number Pickup

※ A printed copy or screenshot of your passport is acceptable

Race Day

March 9 (Sun)

START from Vantelin Dome Nagoya

07:10 Baggage Drop-off begins (by 08:40)

*Set the recommended aligned time for each block.

08:45 Line up in the start block

Opening Ceremony

09:10 Start of the Race

13:00 Awards Ceremony

16:10 End of the Race

TV Broadcast

Tokai Television Broadcasting Co., Ltd.

- Tokai TV, Fuji TV Group Nationwide Net Mar.9 (Sun) 09:00~11:50
- Tokai Area Local Mar.9 (Sun) 13:25~14:25

Marathon EXPO (Vantelin Dome Nagoya)

March 7 (Fri) 12:00 ~ 20:00

March 8 (Sat) 10:00 ~ 20:00

March 9 (Sun) 9:00 ~ 17:30

*Free Admission

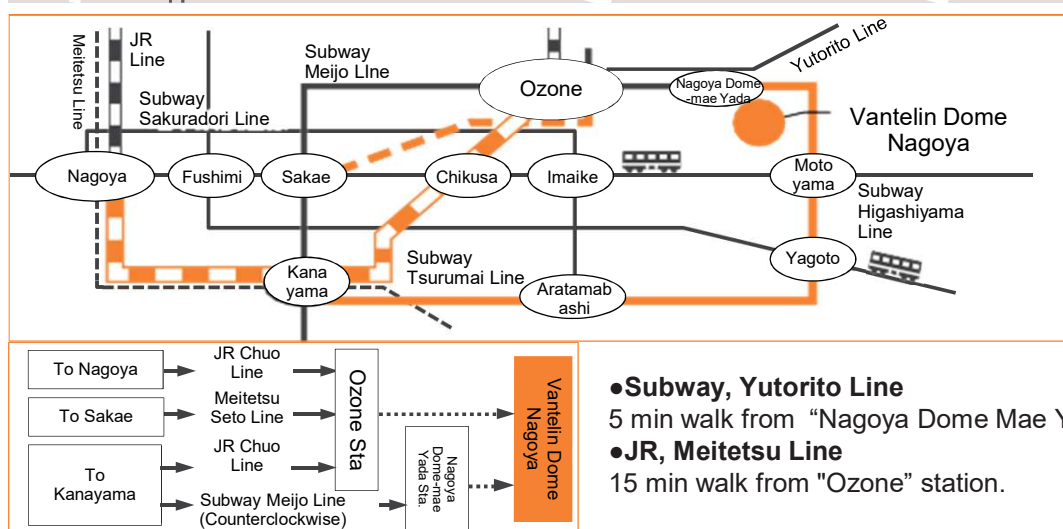
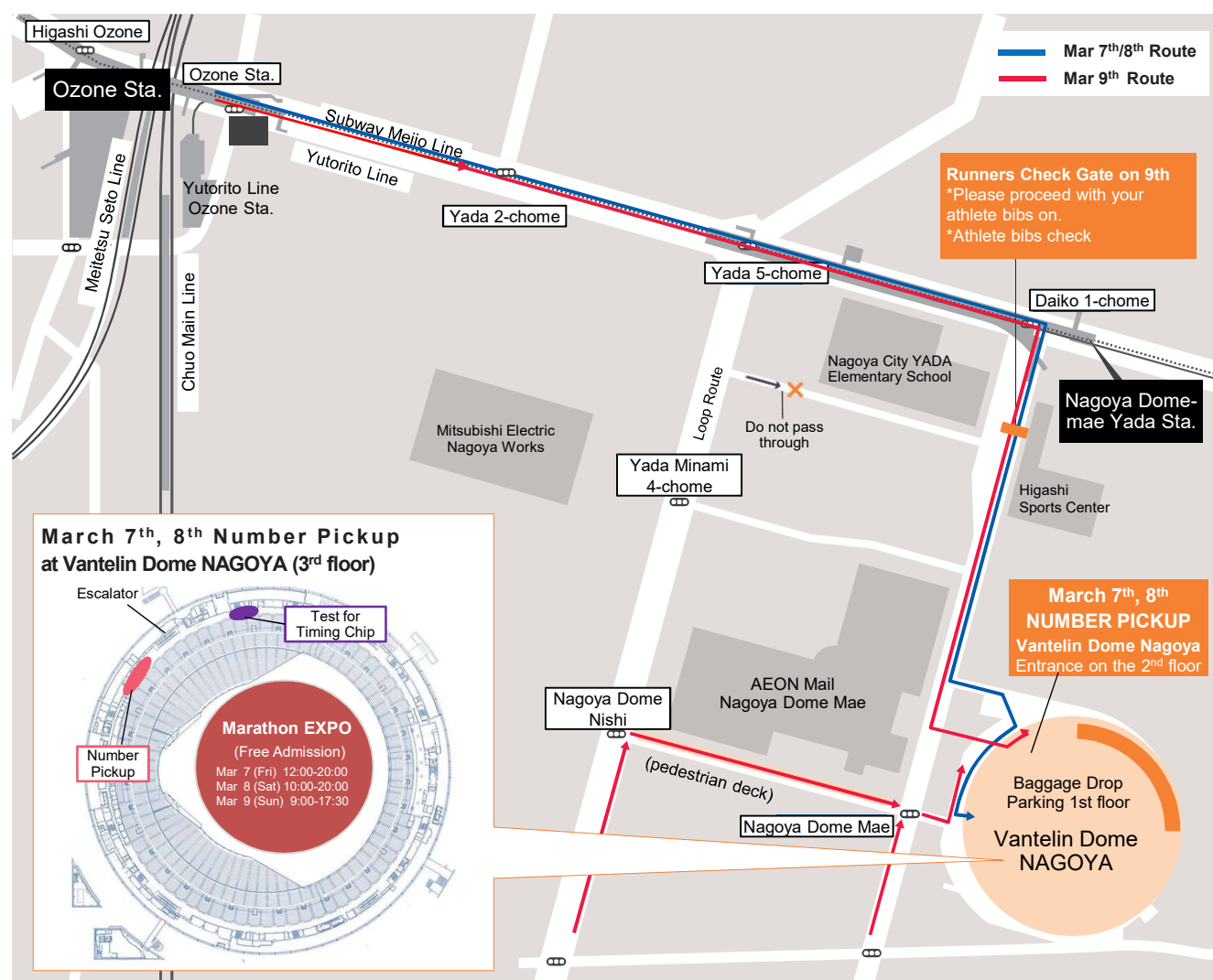
*The last admission is 20 minutes before closing on each day.

Marathon EXPO is an event to support runners of the "Nagoya Women's Marathon" and "Nagoya City Marathon" and to enliven the races. We look forward to serving as a base for receiving participants, Including Number Pickup, as well as providing a stage and exhibition booths for non-runners to enjoy.



* photos in 2024

ACCESS MAP - Vantelin Dome Nagoya



- The route to the Dome is subject to change. Please follow the guidance on the day of the event to the Dome.
- On the race day, heavy congestion is anticipated at "Nagoya Dome-mae Yada" station. We ask for your cooperation in getting off at "Ozone" station, JR Chuo Line and Meitetsu Seto Line.
- On the race day, subway Meijo Line (clockwise) is expected to be very crowded. We recommend that you take Meijo Line (counterclockwise) from Kanayama, JR Chuo Line from Nagoya, and Meitetsu Seto Line from Sakae instead.
- There is no parking lot available. Please be sure to use public transportations when coming to the Dome.
- Pick-up/Drop-off by private cars, chartered buses, or taxis is prohibited.

ADVANCE PREPARATIONS: Issuing Athlete Bib Voucher (QR code)

*Issuance starts from 10:00 on March 1 (Japan Time)

STEP 1

Open the page from the URL below / received by email or QR code.
Enter email address and your date of birth and login.

https://www.sports-web.jp/reception_runner/



Smartphone

English

Email Address

Date of Birth

PC

STEP 2

Register the name, phone number, and relationship of your emergency contact person, and agree to the pledge and proceed.

Name of person who can be contacted in case of emergency – Phone number- Relationship to participant

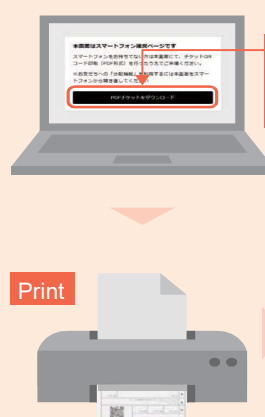
Please read The Pledge carefully and click "Agree to the pledge and Next"
*Actual page of The Pledge will be in English

STEP 3

Present the QR code (Athlete Bib Voucher) at the registration desk at the Vantelin Dome Nagoya

• The screen where the QR code is displayed

• Print the screen with the QR Code as PDF



Click the "Download PDF Ticket" button at the bottom of the screen to view the PDF

Print

or

NUMBER PICKUP PROCEDURES

1 Check your Athlete Bib Voucher (QR code)



2 Check your ID



Please have your Athlete Bib Voucher and passport ready when you come to the registration desk corresponding to your number printed on the voucher.

3 Pick up your athlete bib, official race program, and a bag for baggage drop



※Please make sure you have the correct athlete bib when you receive it.

4 Test your Timing Chip

Date and Time

March 7 (Fri) 12:00 ~ 20:30

March 8 (Sat) 10:00 ~ 19:30

* Participants must check-in in person. (No substitutions are accepted)

* No Number Pickup registration will be accepted on the race day.

* Number Pickup registration will be conducted during the above hours without exceptions.

Give yourself plenty of time and be prepared for delays in public transportation.

Place

Vantelin Dome Nagoya

1-1-1 Daiko-minami, Higashi-ku, Nagoya, Aichi

Number Pickup registration is on the 2nd, 3rd floor of the Dome. Enter the Dome from Gate No.1, on the 2nd floor which is connected to the pedestrian deck, and follow the instructions.

* Companion is not allowed to enter the 3rd floor.

Necessary Documents for Number Pickup

Smartphone or other electronic device that confirms your Athlete Bib Voucher (QR code), or a printed copy.

☐ Athlete Bib Voucher (QR code)

☐ A Valid PASSPORT

※ A printed copy or screenshot of your passport is acceptable.

Only the runner herself may pickup the number.

Collect Items upon Number Pickup



You will receive these items in a bag along with your participation prize.

• Athlete Bib



• Sticker for Baggage Drop Bag



• Safety pins



• Official Race Program



• Bag for Baggage Drop



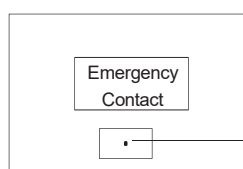
Please attach the sticker to the baggage drop bag

Athlete Bib

• Number of Athlete Bib (1 for chest with 4 safety pins)



Front side



Reverse side

*Please make sure to fill out the emergency contact number on the reverse side of your athlete bib. The information is used only in case of emergency in order to contact your family, etc.

*A timing chip is attached to your athlete bib. Please do not remove it and do not place it near the electronic devices like TV that emits electromagnetic waves.

*Athlete bibs cannot be re-issued. Losing or forgetting it on the race day would result in disqualification of your entry.

IMPORTANT NOTES

*Please read and approve The Pledge on the Athlete Bib Voucher before participating in the event.

*Bring your Athlete Bib Voucher for Number Pickup. If you are unable to present your Athlete Bib Voucher at the Number Pickup registration desk due to loss or misplacement, it will be reissued. Please inquire with the staff at the entrance of the Dome, you will be guided to Voucher Support Counter.

*It is strictly prohibited to transfer the athlete bib to someone else and/or make a fake bib, etc.

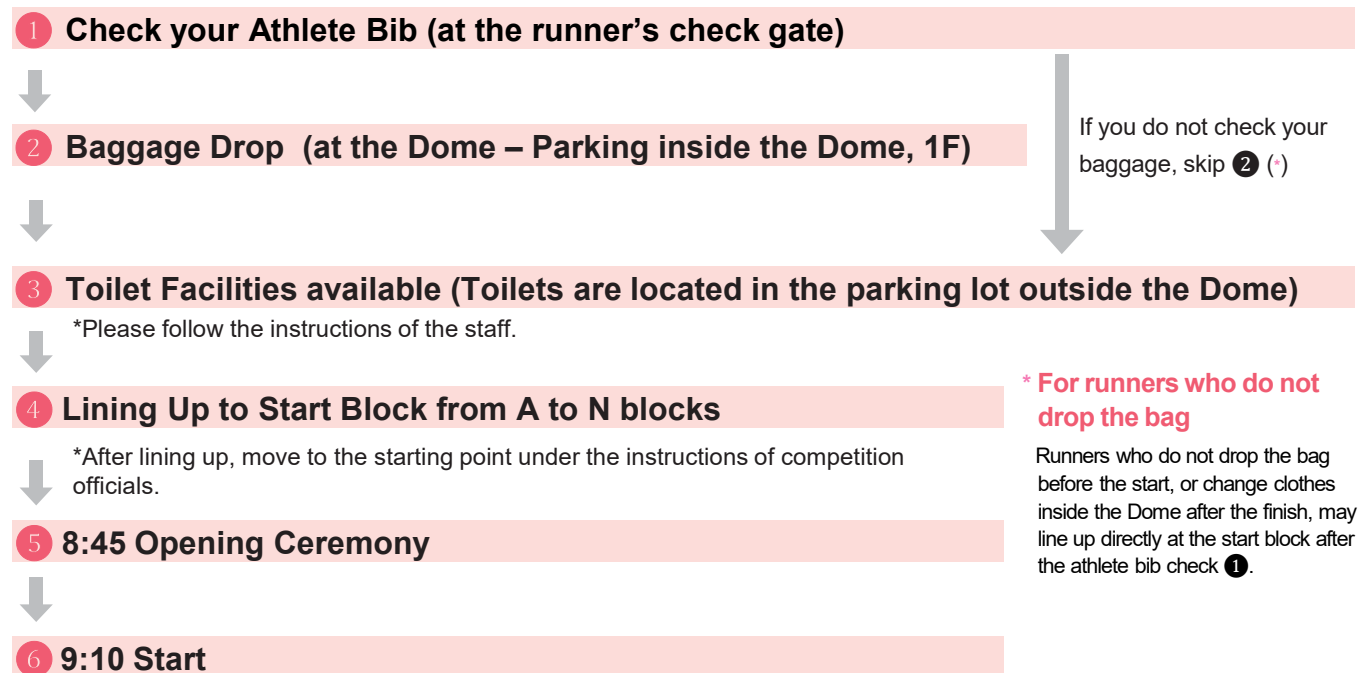
When such action is found, you will be suspended and may not be able to participate in future races.

*Entry fee is not refundable even you decide not to run on the race day.

WHAT TO BRING

- **Athlete Bib** ※Attached to your chest
- **Bag for Baggage Drop** ※Place the sticker onto the bag. * Not required if you do not check baggage
- **Items that you may need to complete the marathon**

PROCEDURE TO START



Start Venue

Vantelin Dome Nagoya (Start line is set near Nagoya Dome Mae intersection)

Schedule

6:30 Open the Runners Check gate
 7:10 Open the Vantelin Dome Nagoya (Baggage drop by 8:40)
 8:45 Complete line up in the start block
 Opening Ceremony (incl. singing the national anthem)
 9:10 Start

Toilet Facilities

Please use the portable toilets set up in the premises of Vantelin Dome Nagoya

Changing Room before the Start

Changing rooms will NOT be provided prior to the start of the race.
 Please come to the race wearing the running clothes.

Recommended Time for Baggage Drop

In order to reduce congestion, the recommended time for baggage drop will be set for each block.
 We ask for your cooperation in arriving at the venue within the set time.

A•B•D•E•H•I - Block=7:10~7:40 C•F•J•L•M - Block=7:30~8:00

G•K•N - Block=8:00~8:30

BAGGAGE DROP

Time 7:10~8:40

Place Vantelin Dome Nagoya – Parking on the 1st floor

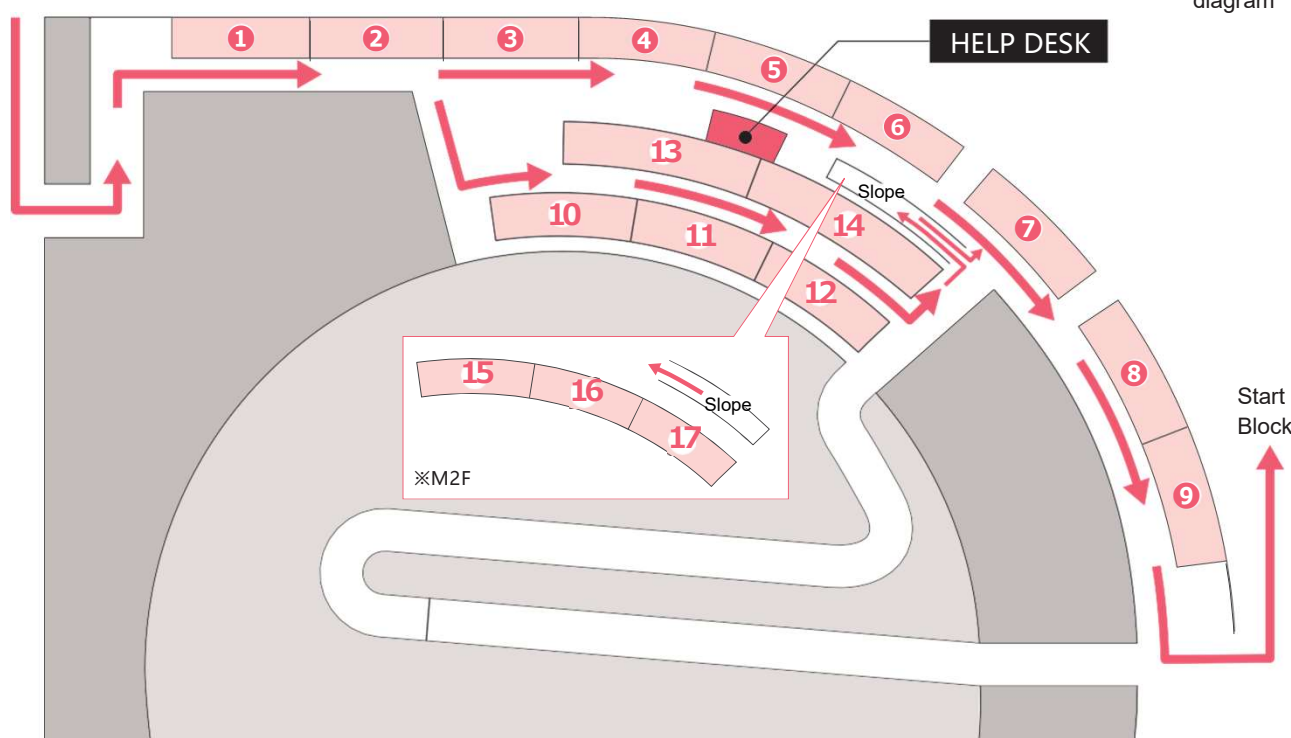
Recommended Time for Baggage Drop

- A•B•D•E•H•I –Block 7:10~7:40
- C•F•J•L•M –Block 7:30~8:00
- G•K•N -Block 8:00~8:30

- To reduce congestion in the baggage drop area, we ask for your cooperation in coming at the recommended time.
- Please drop your bag at the counter numbered printed on the sticker for baggage drop bag.
- Bag can be picked up at the same counter after the race.
- Be sure to place the sticker received upon Number Pickup registration onto your baggage drop bag.
- You cannot pick up your bag before the end of the race.
- Any oversized items such as long umbrellas and suitcases are not accepted (folding umbrellas may be accepted)
- One bag per person (tie another bag to baggage drop bag is also prohibited).
- Valuables, fragile items, living matters, and dangerous items cannot be accepted. Please keep your valuables by yourself. The organizers are not responsible for lost items or valuables.

Parking inside the Dome (1F) Baggage Drop Counters

→ Runners flow diagram



*Vantelin Dome Nagoya Parking Space will be used for Baggage Drop area.
Please follow the signs and staff to drop your bag.



Sticker for baggage drop Bag

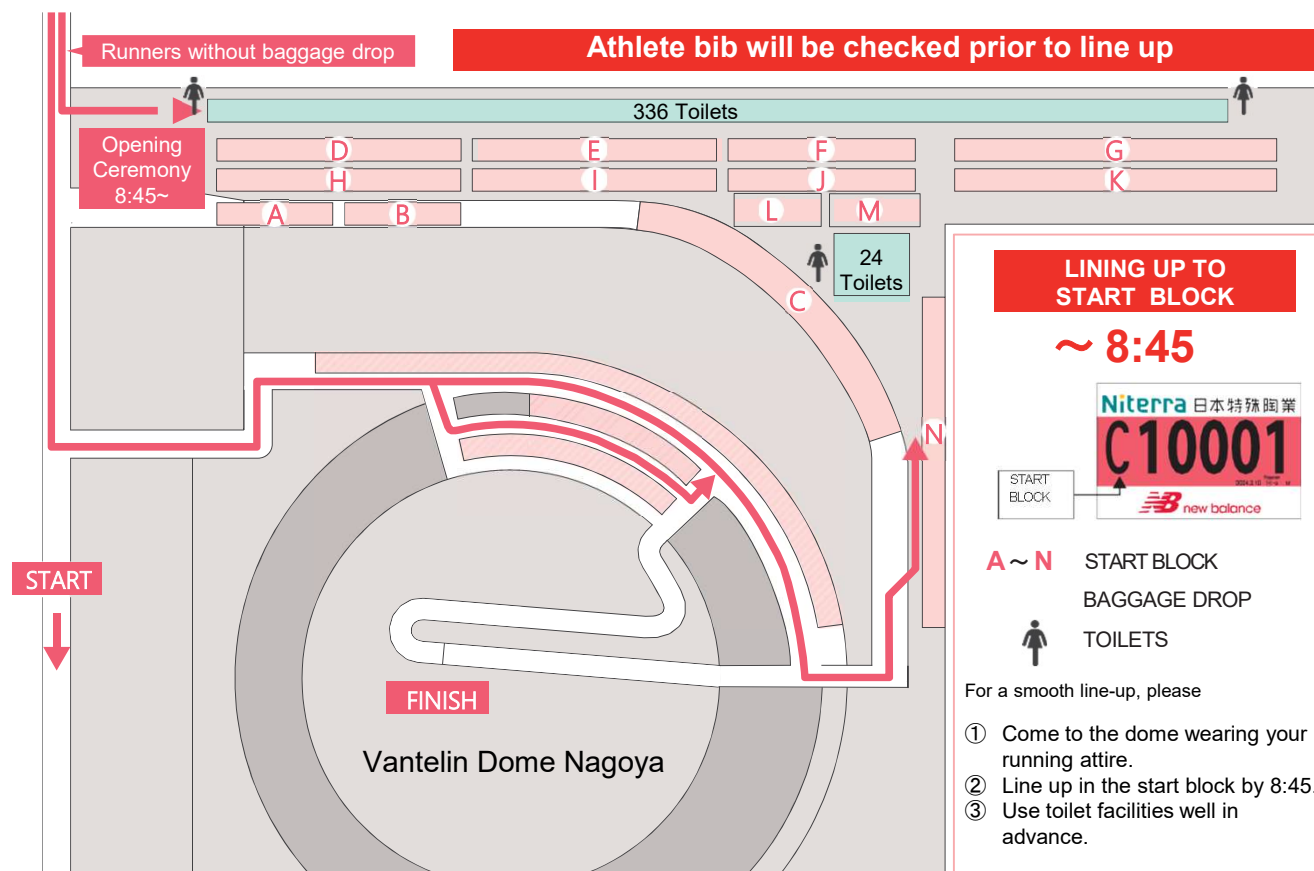
Please hand over your bag to the volunteers at the counter, of which number corresponds to the number on your sticker.

Baggage Drop Hours

7:10 ~ 8:40

In order to avoid congestion toward the end of drop hours, please try to drop off your bag early. Give yourself plenty of time before lining up at the start block.

START BLOCK



Important!!!

- There are various restricted areas around the start area. Please observe instructions and directions given by race staff members.
- Only the registered runners are permitted to enter the start area and the surrounding streets.
- Pick-up/Drop-off by private cars, chartered buses, or taxis is prohibited.
- Do not trespass or use toilets facilities of buildings and commercial establishments near the start area and along the race course before or during the race.
- There is no parking space available. Please be sure to use public transportations when coming to the Dome.
- There is no warm up space.

Lining up to Start Block

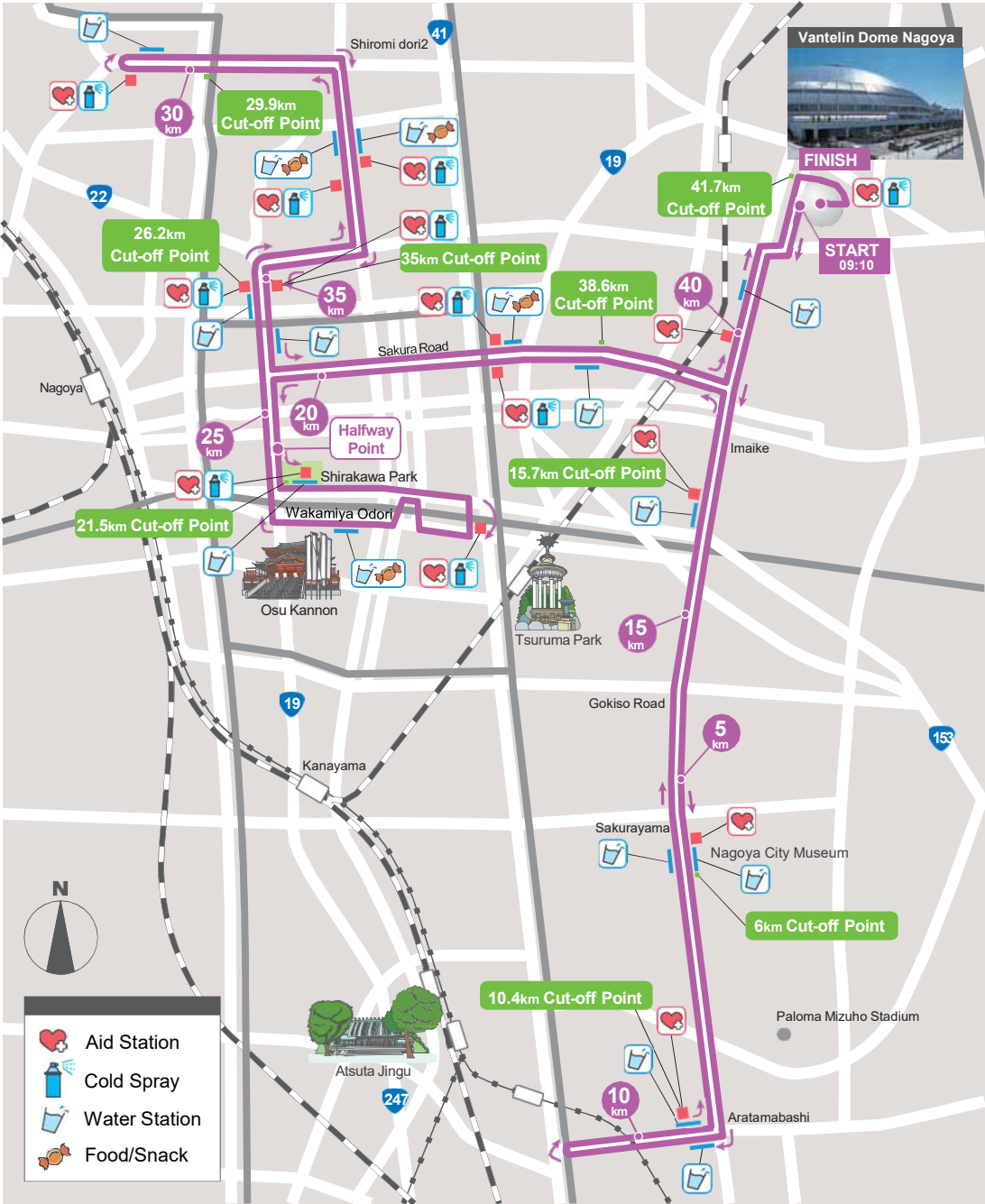
Time by 08:45 **Place** Designated block printed on the athlete bibs (A-N)

- Start blocks are allocated based on the declared finishing time for smooth start of the race. An alphabet printed before the number on your athlete bibs corresponds to your start block. Please refer to the Start Area Guide Map for location of the start block. On the race day please observe the sign boards as well as the instructions of staff members. Please line up in the designated start block with good manners in order to ensure smooth and safe start of the race.
- **Runners must complete lining up in the start block by 08:45. Any runners who are not in the designated start block in time for this deadline will be requested to start after the last block. Those who are not at the start line at 09:10 (start time) will be disqualified.**

Important Notes of the Race

- The race is organized in accordance with rules and regulations of the Japan Association of Athletics Federations and with the regulation of the Marathon Festival Nagoya - Aichi.
- Substitute runner on behalf of a registered runner is strictly prohibited.
- The organizers will provide only first-aid treatment for any accident during the race. In case of accident or injury during the race, compensation shall not exceed the limit of insurance covered by the organizers.
- Athlete Bib and Timing Chip will not be re-issued. Runners who fail to attach the Athlete Bib and Timing Chip will be disqualified from the race.
- Regardless of the weather condition of the race day, try to drink water often in order to avoid dehydration.

COURSE MAP



Foods/Snacks



Nagoya rice crackers



Sweet red bean bread



Miso Caramel



Uirou
(Nagoya sweet specialty)



Shrimp crackers



Fruit agar jelly

Station	Water	Sports Drink	Foods / Snacks
5.0km	○	○	
7.5km	○	○	
10.0km	○	○	
12.5km	○	○	
15.0km	○	○	
17.5km	○	○	
20.0km	○	○	
22.5km	○	○	Nagoya rice crackers, Chocolates, Salt tablets

Station	Water	Sports Drink	Foods / Snacks
25.0km	○	○	
27.5km	○	○	Sweet red bean bread, Miso caramel, Chocolates, Salt tablets
30.0km	○	○	
32.5km	○	○	Uirou, Shrimp crackers, Chocolates, Salt tablets
35.0km	○	○	
37.5km	○	○	Fruit agar jelly, Chocolates, Salt tablets
40.0km	○	○	

(Contents are subject to change.)

(Subject to change without notice.)

*In each water supply station, as the table in front of the course gets crowded, please take it from the table at the back as much as possible.
*The organizer does not take any responsibility for water supply and food supply other than the above-mentioned water supply and feeding station.
*In rainy weather, it may be difficult to provide food in a sufficient way, so please prepare yourself for the minimum necessary items.

PRECAUTIONS

Clothes

- **Athlete bibs must be kept visible during the race.**
*Do not wear outer clothes on top of the running shirt, where the athlete bib is attached.
- Please do not wear clothes that are offensive to public order and morals.
You are not allowed to wear any inappropriate costumes.

Guidelines for participants' attire while running in Nagoya Women's Marathon

Upon entry to the race participants are requested to comply and agree with the following guidelines. The event organizer does not permit any participant to run in a costume that is in violation of the event rules, other laws and regulations, or public order and morals, as well as the prohibitions specified in the following examples 1 to 11.

If any of these is applicable to a participant, the event organizer may not allow the participant to join the race or may keep the participant from continuing to run even after the race has already started. When applying for entry, it is understood that participants have agreed that objections to these rules shall not be accepted.

- (1) Dressed in clothing or wearing gear that may be dangerous to other runners as it may hurt them or cause a fall.
Running with the whole part of the face covered.

Examples:

- Dressed in clothing that may hurt other runners due to body contact such as those with swords or sticks attached, armored clothing, riveted clothing, full-body / animal suit, etc.
- Carrying or shouldering bulky items longer than 30 cm such as a banner or a flag.
- Long skirts or kimono that may cause a fall.
- Running in tandem or in a manner that may be obstructive to other runners.

- (2) Dressed inappropriately for a sports event or in clothing that is unpleasant to other runners or spectators.

Examples:

- Being naked or wearing underwear that appears nearly naked.
- Costumes that suggest nudity.

- (3) Clothing for the purpose of political or religious assertions or propaganda, as well as advertising.

Examples:

- Dressed with a sash showing the name of a political party or in clothes with political and religious assertions printed on them.
- Costumes that imitate a politician or religious leader, and products.

- (4) Clothing for the purpose of promoting or advertising an individual name, a specified region or an organization that the event organizer does not acknowledge.

- (5) Use of articles that could cause other runners to mistakenly recognize as a starting signal and cause confusion to the management of the race (such as lighting equipment that produces bright or flashing lights, whistles or horns, and fireworks that produces blasting or explosive sounds) or devices with a strong volume of sound that could disturb other runners.

- (6) Acts that cause a delay to the race such as dancing, performing, playing instruments, or standing near the start or finish lines, or in the streets along the course.

- (7) Soliciting monetary contributions, signatures, etc.

- (8) Preventing emergency vehicle and pedestrians from crossing the course at certain points, when and where they are allowed to do so.

- (9) Dressed in clothing that may cause difficulty in anti-terrorism measures.

- (10) Dressed in clothing that may cause difficulty in use of AED (Automated External Defibrillator) and medical equipment.

- (11) Occurrence of issues other than those provided in numbers 1 to 10 that the event organizer judges inappropriate to the race.

Running Course & Distance Display

- Traffic will be controlled throughout the running course. However, official cars and emergency vehicles might drive on or cut across the course. Please be careful and follow the race referees/staff members who may instruct a route change or to stop running.
- Distance is displayed at every 1km and at the halfway point. From the last 5km, remaining distance is displayed at each kilometer left.

Catching up with Runners of Nagoya City Marathon

- Runners of Nagoya City Marathon (start at 10:20) are expected to catch up with the last runners of Nagoya Women's Marathon around 7.5km. From there up to 21.0975km (finishing point for half marathon), runners of Women's Marathon and City Marathon (including male runners) are to run side by side.

Cut-Off

Due to traffic and security reasons as well as race operational purposes, cut-off points are set on the course as below.

Runners who do not reach the point by closing time are not allowed to continue the race. Please move to sidewalk and get on a pickup bus at the next cut-off point or the very last pickup bus behind the last runner on the course. Follow the instruction of race referees/staffs. When a referee judges that a runner is incapable of continuing the race, such runner is ordered to stop the race and to follow the referee's instruction.

Cut-off Point	Distance	Closing Time
Start	0km	9:40
Nagoya City Museum	6.0km	10:30
Myoon-dori 4 Intersection	10.4km	11:55
Ookute Intersection	15.7km	12:35
Wakamiya-kita Intersection	21.5km	12:52
Marunouchi Junior Highschool	26.2km	13:37
Chichibu-dori Intersection	29.9km	14:11
Chunichi Shimbun	35.0km	14:59
Sakura-dori-kurumamichi Intersection	38.6km	15:32
Nagoya Dome Parking Entrance	41.7km	16:05
Finish	42.195km	16:10

Aid Stations

- Aid stations will be placed in 13 stations on the course and 3 stations at the Vantelin Dome Nagoya.
- Doctor and nurses are standing by, runners who do not feel well are asked to report to the station.
- These stations are operated for emergency medical care purpose. For any injury during the race, only first-aid treatment shall be offered. The organizers are not held liable for any further medical treatment.
- Disposable face masks will be distributed when using the first-aid stations, so please cooperate in wearing them.
- * Non-prescription medicines (digestive medicine, cold remedy, anti-inflammatory analgesic plaster, etc) are NOT available at the first aid stations. Treatment using air-spray (cold spray) is not provided either.
- * Cold spray bottles will be placed at aid stations between 18km and 37km. Please help yourself, as the organizer is not responsible for assisting with treatment.
- * Be sure to fill out the reverse side of the athlete bib for emergency contact.
- * In case you need to receive treatment at medical institutions during the race, the cost is to be borne by yourself. Bring a copy of your health insurance card.

AID STATION	ACTUAL	LOCATION
5km	5.5km	Nagoya City University
10km	10.4km	NTT docomo Artama Shop – parking lot
16km	15.7km	Chikusa Community Center
18km	18.7km	Lexus Takaoka Parking Lot
Shirakawa	21.2km	Shirakawa Park
23km	22.8km	Wakamiya O-dori Park
26km	26.2km	Marunouchi Junior High School
28km	27.8km	Meijo Park – Kitazono Parking
30km	30.6km	Nissei Parking
33km	33.2km	Aichi Gakuin University
35km	35.0km	Head office of Chunichi Shimbun
37km	37.5km	Takaoka Fukushi Kaikan Hall
40km	39.8km	Uchiyama Community Center
Finish	-	3 places in Nagoya Dome

Toilet Facilities

Portable toilets are set up throughout the course. Please be sure to use these designated toilets, of which signs are placed on the course.

Drop-Out

In case you need to drop out at any point other than cut-off points, please report yourself to referees/staff members on the course and take one of the following two methods to come back to the finishing point (Vantelin Dome Nagoya).

- Go to the nearest cut-off point and get on a pickup bus.
- Get on the last pickup bus behind the last runner on the course.

PROCEDURE AFTER FINISH

1 Finish

↓ To avoid congestion at the finish area , please proceed without stopping.

2 Receive a Baccarat tumbler and other prizes for finishers



3 Water



4 Pick up your bag

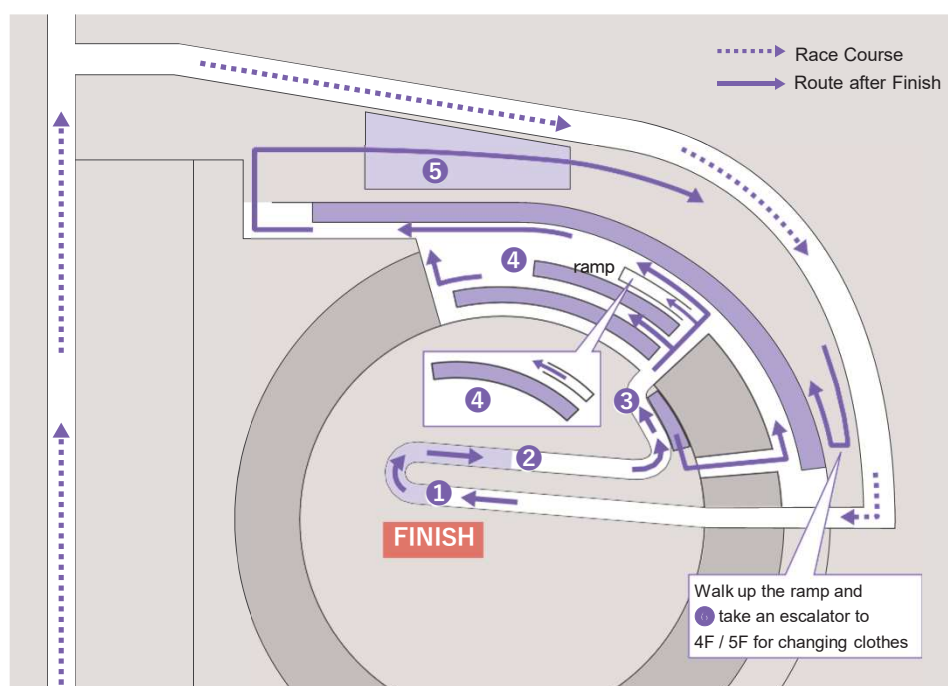


5 Refreshments



6 Change Clothes

Finish Area (Vantelin Dome Nagoya)



Baggage Pickup

- Pick up your baggage at the same place as you drop off. Please follow the instructions of staff members to proceed to the baggage drop area.
- Show your athlete bib.
- Make sure to pick up your bag by 17:00.

Changing Room

Changing room is on the 4th and 5th floor of Vantelin Dome Nagoya. Please pick up your baggage and proceed to the 4th or 5th floor according to the guidance of staff members.

RECORDS

Awards Ceremony

Venue : Vantelin Dome Nagoya - Special setup stage (scheduled to start at 13:00)

Overall : Top 8 finishers

By age : Top 3 finishers (10's 20's and age group by every 10 years from 30's)

*Overall winners are determined by gross time counted from the starting gun and the winners in each age group by net time from the start line.

*The overall winners and elite category are excluded from age group winners. Awards ceremony will be held only for the overall winners. A commendation certificate will be sent to each winner of the age group in a later date.

Time Measurement

- Timing chip is used in this race. It is attached to the athlete bib. Do NOT remove it.
- Timing chip is single-use, so it is not necessary to return to us.

Real-Time Race Tracking

- Approximate location of the runners is available on the map on the official website for PC, smartphone & tablet.
*This record is a reference time for breaking news

- https://sporoku.jp/result/nagoya_20250309

*Available from March 1st

Certificate

A certificate will be able to download on the official website in a later date (**scheduled in late March**). In addition to the official record (= gross time measured from the starting gun), net time (=measured from start line) and split time of each 5km are stated on the certificate.

*Certificate will be issued only to the runners who will have crossed the finish line within the designated time limit and NOT to the overtime finishers.

Nagoya Women's Marathon official Social media

We are constantly updating news from the past event, recommended spots in Nagoya and training methods and more!

Let's Follow
and Share



@nagoya_gowomen

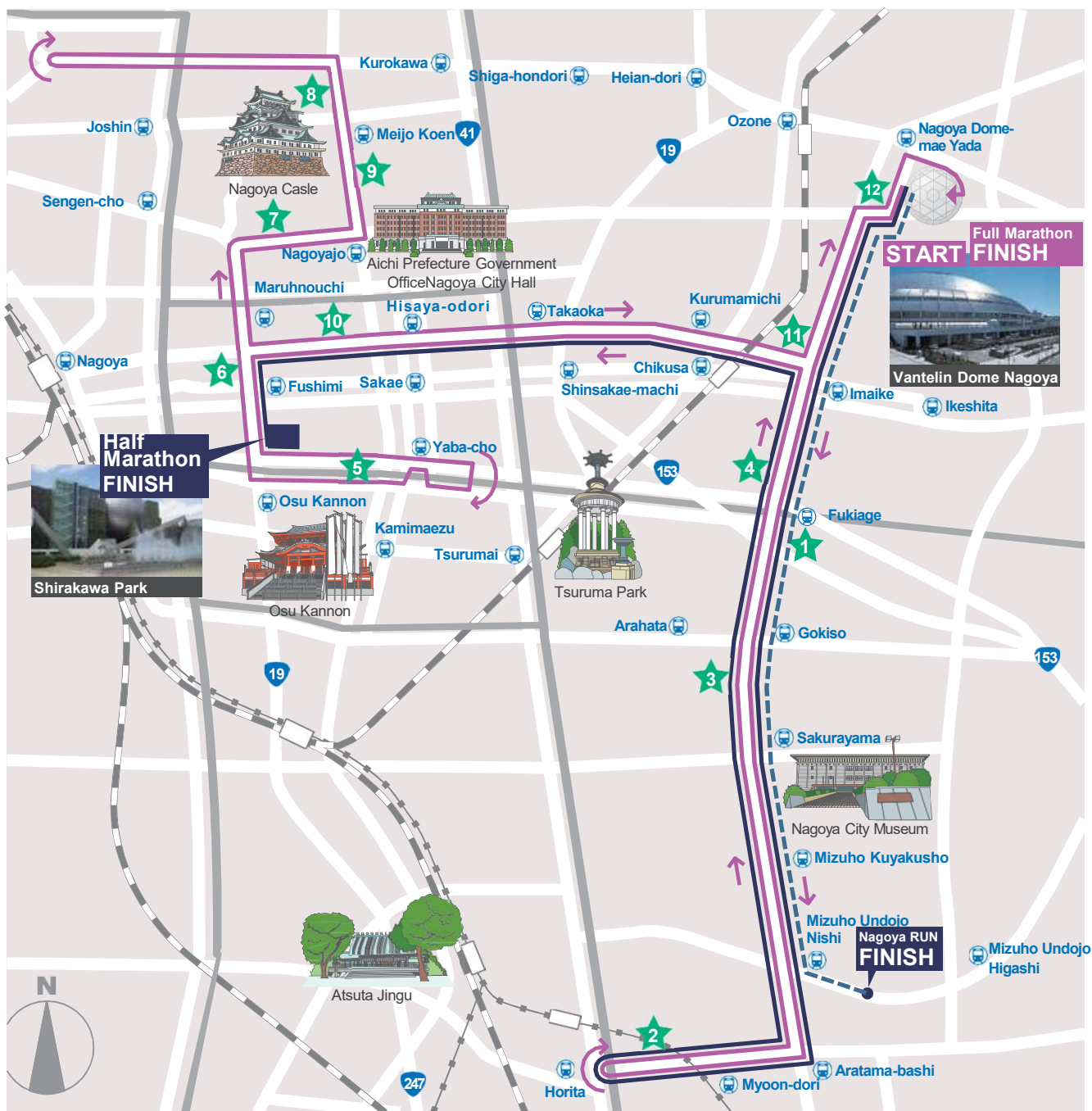


@nagoya_gowomen



Nagoya Women's Marathon

Cheering on roadside



★ Antique Market Fukiage

Time 9:35-11:10

★ Lawson Myoontori 2-chome

Time 10:00-11:55

★ au Style Gokiso

Time 10:15-12:25

★ Mobility Gate Fukiage

Time 10:20-12:40

★ Wakamiya Plaza

Time 10:50-13:15

★ Nagoya Intercity

Time 10:50-13:25

★ Nagoyajo-mae Intersection

Time 10:55-13:45

★ Shiromi Orthopedic Surgery Clinic

Time 11:00-14:00

★ Aichi Gakuin University
Meijo Koen Campus-mae

Time 11:15-14:45

★ Sampo Japan Nagoya Building

Time 11:25-15:15

★ YAMADA Web.com
Chikusa Center

Time 11:35-15:20

★ 41km cheering point

Time 11:45-15:55



*The time of the cheering event is subject to change depending on the situation on the day of the race.

PRECAUTIONS

Practicing Good Manners

As this is a sporting event, we ask that all participants observe the rules of the event and be aware of public ethics and good manners including the trial run prior to the event.
Let's all be aware of the importance of good manners and be prepared for the day of the event!

Sustainable Initiatives

This competition is committed to "Sustainable Convention Management" in support of World Athletics' (WA) "Athletics for a Better World" initiative. The WA has identified the following six key priorities for implementing its "sustainability strategy".

- ① Leadership of athletes
- ② Sustainable production and consumption
- ③ Climate change and carbon
- ④ Local environment and air pollution levels (air quality)
- ⑤ Global equality
- ⑥ Diversity, accessibility, happiness and health

Nagoya Women's Marathon will continue to strategically address these issues while aiming for further development and innovation.

We ask all runners to make a little effort in their daily activities toward "Athletics for a Better World" and to help us realize a better society by enriching their individual running lives.

For more information on WA's "Athletics for a Better World" and "Sustainable" activities, please refer to the following website.

Please visit : <https://www.worldathletics.org/athletics-better-world/sustainability>.

Injury and Illness during the Race

In the event of injury or illness as a result of participation in the race, the following compensation will be paid:

Coverage	Amount covered
Death	5,000,000 JPY
Residual Disability	5,000,000 JPY *
Hospitalization / per day	3,000 JPY **
Outpatient / per day	3,000 JPY **

*The payment rate varies depending on the residual disability grade.

**The payment covers up to 180 days from the date of the injury or illness.

For inquiries and claims, please contact the reception desk below.

NOTE:

- (1) Medical Certificate is required to confirm that you were injured during the marathon event.
 1. Insurance will not be covered if you did not get injured during the event or in case we do not receive a proper medical certificate.
 2. The injured person is responsible for document fees for obtaining medical certificates and other related documents.
 3. You may be required to provide additional documents to process the insurance payment.
- (2) Claims must be made within 6 months of the day of the marathon event by contacting the reception desk below.

【CONTACT】 ***Response begins the day after the event.

TOKAI HOSOKAIKAN Inc. TEL : 052-954-1071

(Weekday 10:00am-5:00pm/Japanese only)

PHYSICAL HEALTH CARE

Physical Condition Self-Care Checklist

Please make sure that you do not have any of the following symptoms before participating in the event.

- ☐ Fever of 37.5°C or higher
- ☐ Cold symptoms such as cough, sore throat, runny nose, etc.
- ☐ Fatigue (lethargy)
- ☐ Shortness of breath
- ☐ Heaviness and tiredness

Precautions before running the race

Before participating in the Marathon Festival Nagoya-Aichi, runners are required to complete a check your health condition. Runners are responsible for their own safety and participation in the race.

(A) If any of the following items (1-5) apply to you, please consult your family doctor carefully about whether or not you can participate in the race. Under the guidance of your family doctor, you should undergo a physical and cardiac examination.

- ☐ 1 You have been diagnosed with or are undergoing treatment for heart disease (myocardial infarction, angina pectoris, cardiomyopathy, valvar disease, arrhythmia, etc.).
- ☐ 2 Have had a sudden fainting spell (syncope)
- ☐ 3 Have ever felt abdominal pain or lightheadedness during exercise
- ☐ 4 Have a blood relative who died suddenly of so-called "heart paralysis"
- ☐ 5 Have not had a medical checkup in the past year or more

(B) The following items (6-9) are risk factors that may predispose you to myocardial infarction or angina pectoris. If any of the items apply to you, please consult your family doctor and stabilize your condition before participating in the race.

- ☐ 6 High blood pressure (hypertension)
- ☐ 7 High blood sugar (diabetes)
- ☐ 8 High LDL cholesterol or triglycerides (dyslipidemia)
- ☐ 9 You smoke cigarettes (smoker)

Family doctor is a doctor close to you who manages your health and physical condition. Please decide on a family doctor and discuss various examinations, race participation, etc. with him/her.

Source : Japan Association of Athletics Federations

FOR INQUIRIES, PLEASE CONTACT

NAGOYA WOMEN'S MARATHON Official Website:

<https://womens-marathon.nagoya/en/>

**MARATHON FESTIVAL NAGOYA – AICHI
RUNNER INQUIRIES DESK**

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FINAL DECISION ON THE RACE

Cancellation of the race due to inclement weather or natural disaster will be announced as below:

- Date and time of final announcement: March 9 (Sun) at 5:00
- Announcement method: Official website