

MINATO City Half Marathon 2024

Authorized Race by the Japan Association of Athletics Federations

Official Race Program *Excerpt

Introduction



SEIKE Ai

Welcome to Minato City. Thank you for participating in the "MINATO City Half Marathon 2024", which runs through the heart of Tokyo. We would like to extend a heartfelt welcome to all runners and others taking part in the event. I hope this is a great day for you all. Enjoy your run!

Minato City Marathon Secretariat Honorary Chairperson
Mayor of Minato City



IKEDA Tomohiko

We are very happy to be able to hold the "MINATO City Half Marathon" again this year, welcoming many runners from all over the country. We ask for the continued understanding and cooperation of all runners, businesses within and outside of the city, and local residents in order to make this event even more attractive.

Minato City Marathon Secretariat Chairperson
The Tokyo Chamber of Commerce and Industry Minato Chapter Advisor/Honorary Chairperson

Guest Runners

We will introduce messages and profiles from the guest runners who will be running with you.

Half Marathon



WATANABE Yuta
Actor/Talent



MICHIBATA Karen
Model/Talent



KOBAYASHI Yoshihisa
Talent



TAKADA Yuji
Deaflympian



TAKADA Chiaki
Paralympian

Event Information

Minato City Shiba Park Area

•Cheering Performance

Seven groups will enliven the runners with energetic performances!



•RUN RUN Lottery

Lottery for runners of all events! Gather around with your lottery tickets!

*See flyer for details.



•Guest Runner Talk Show

Talk show with the 5 guest runners! You may be able to hear stories you wouldn't normally get to!



•Message Board

Write down your thoughts and experiences from participating and fill up the message board!



Zoji Area

•Japanese Drum Performance

You will surely be energized by the powerful performance!



•Sponsors Booths

Many elaborate booths will be exhibited!
Exhibit time 8:45 - 13:00



•Acupuncture Care Station

Patch acupuncture for tired runners (free)
Installation time - 13:00



•Photo Spots

Take a commemorative photo at the Finish Gate monuments!
Installation time - 13:00



Metropolitan Shiba Park Area

•Cheering Performance

The collaboration of Bon Odori dancing and Japanese drums will encourage the runners!



Tokyo Tower Area

•Noppon Greeting

The Noppon Brothers will welcome you at Tokyo Tower!



Enjoy the Local Food Trucks from Minato City's Partner Municipalities!

Food trucks will be set up in Minato City Shiba Park! Eat up after the race or in between cheering on the racers.

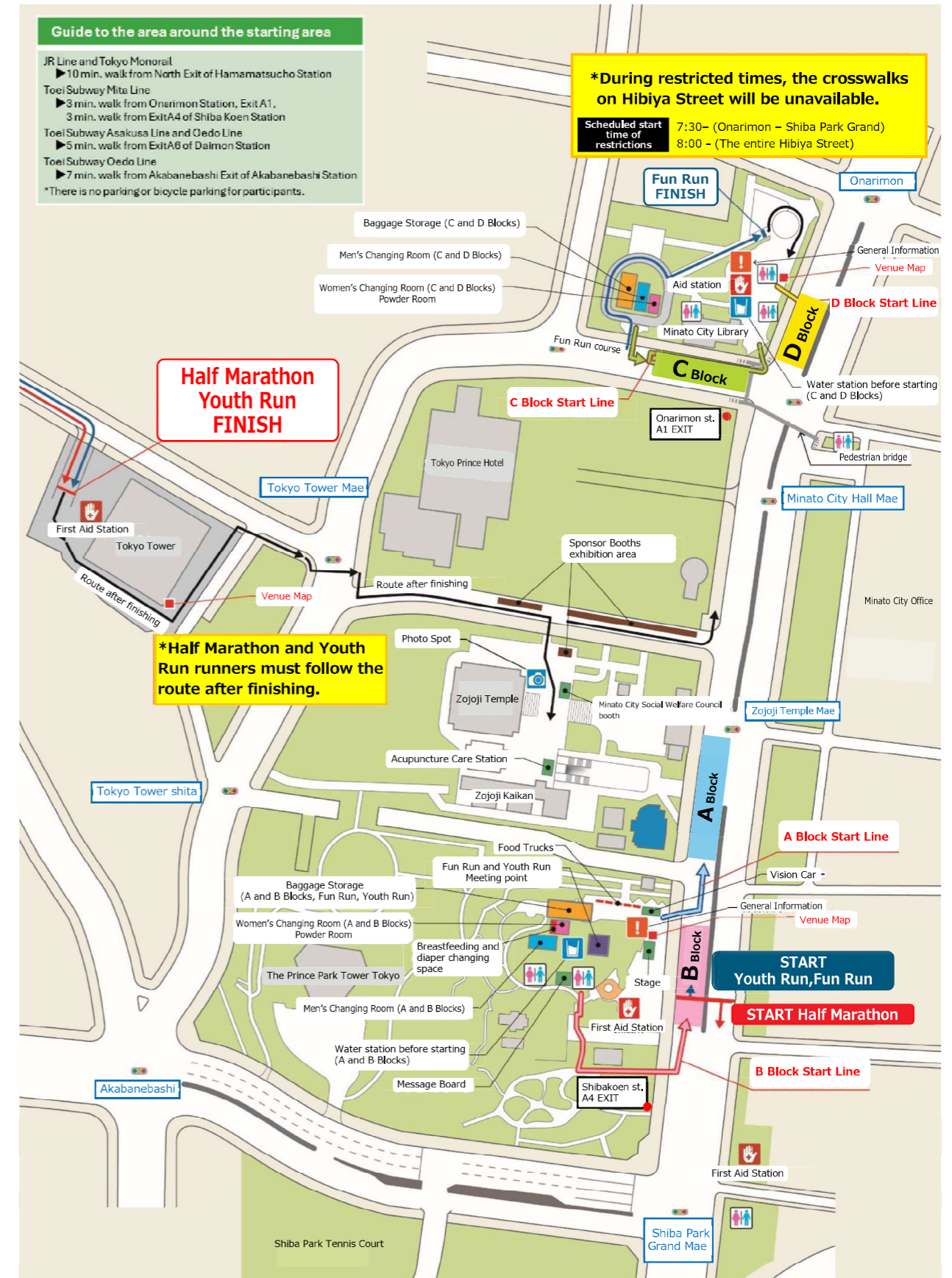
Sales time -13:00



Venue Guide

The location of the baggage storage and changing rooms for the C and D blocks has been changed to Shiba Park No. 4. The start standby locations for each block have been changed for this year's race.

Block diagram of baggage storage, changing rooms, and waiting areas



*The layout of the venue may change on the day of the race.

*When crossing Hibiya Street, please use the subway entrance or pedestrian bridge.

Flow of the day ① Half Marathon Before the start

Flow to the start

7:00 Check in your baggage	7:35 Start lining up at the waiting area	8:10 Start moving to the starting point	8:40 Start (wave start)
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Changing Rooms <7:00 - 13:00>

*The locations differ depending on the starting block.

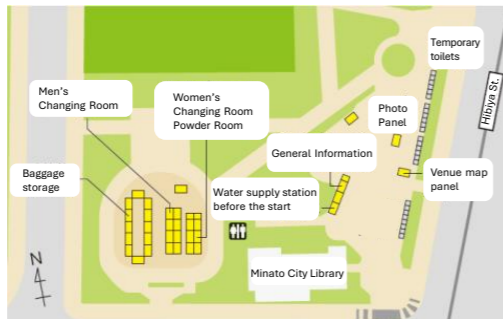
[A and B Blocks]

Minato City Shiba Park
(separate for men and women)



[C and D Blocks]

Tokyo Metropolitan Shiba Park No. 4
(separate for men and women)



There are powder rooms (for woman runners) next to the women's changing rooms.

*The starting blocks are designated by the letters A to D written on the athlete bibs.



Baggage Storage <7:00 - 13:00>

*The locations differ depending on the starting block.

[A and B Blocks]

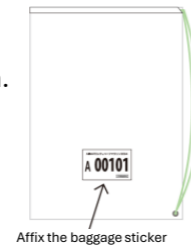
Minato City Shiba Park

[C and D Blocks]

Tokyo Metropolitan Shiba Park No. 4

Affix the enclosed baggage sticker to the bag for storage, place your belongings in said bag, and deposit it in the designated area.

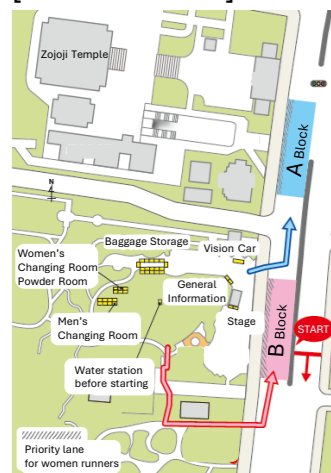
*Products provided by supporting companies will be distributed. (Please show your athlete bib.)



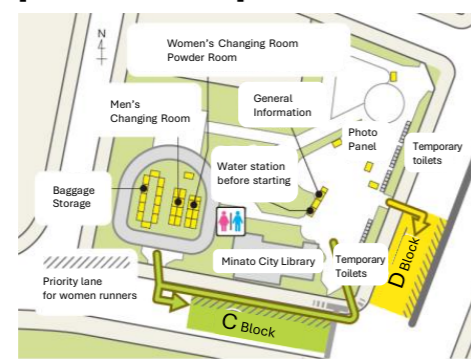
Affix the baggage sticker

Lining up at the Waiting Area <7:35 - 8:10>

[A and B Blocks]



[C and D Blocks]



*The "start points" and "waiting areas" are different.
*The route to the waiting area is different for each block. Please follow the instructions of the staff.

- Line up at the waiting area will begin at 7:35. Please assemble at the waiting area that corresponds to your bib number for the start.
- Please line up at the waiting area by 8:10. If you are unable to arrive by 8:10, you may be forced to start from the back.
- D Block will start at 8:49. If you do not make it in time for the start, you may not be able to participate.
- This race will have priority lanes for women runners. When lining up at the waiting area, please cooperate so that women are on the left and men are on the right when facing the front.

Flow of the day ② Half Marathon After the start

About the Checkpoints

Distance point	Checkpoint	Place	Closing times
5.1 km	1st	In front of the Jikei University Hospital	9:28
7.4 km	2nd	Shin-ichinohashi Turnaround point	9:44
13.1 km	3rd	East side of Shiba Park intersection	10:25
17.4 km	4th	West side of Shiba Park intersection	10:55
20.0 km	5th	In front of the Jikei University Hospital	11:14

If you are unable to pass through the checkpoint in time, please follow the instructions of the event staff and discontinue the race immediately. Also, even if you have not yet reached the checkpoint, you may be asked to discontinue the race if it is clear that you will not make it in time for the checkpoint's closing time.

About Toilets

Distance Point	Place	Quantity
START	Minato City Shiba Park A and B Blocks Venue	40 units
START	Tokyo Metropolitan Shiba Park No. 4 C and D Blocks Venue	48 units
0.2 km/13.2 km	Tokyo Metropolitan Shiba Park No.15 Shiba Park Grand Mae Intersection	8 units
4.8km/19.7km	Coin Park Nishi-Shimbashi 2-chome 4	7 units
7.4km	Nisshin World Delicatessen Shin-Ichinobashi to Akabanebashi	3 units

Please use the temporary toilets provided by the event organizer. You cannot use convenience store toilets. Toilets on the course are marked by the sign shown below.



About water supply stations

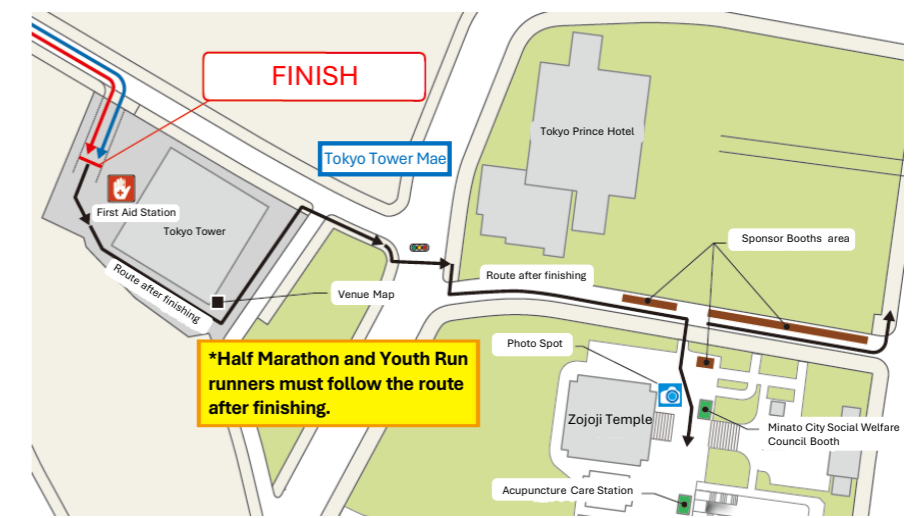
Distance Point	Water Station	Place	Drink type	
			Sport drink	Water
START	Before starting	Minato City Shiba Park	○	○
		Tokyo Metropolitan Shiba Park No. 4	○	○
4.4 km	1st	In front of "Komoro Soba" on Karasumori Street	○	○
7.6 km	2nd	In front of Shintomi hardware store		○
10.9 km	3rd	In front of Nishi-Shimbashi 1-chome Building	○	○
13.9 km	4th	In front of Dai-Ichi Keihin/Azabu Ramen		○
16.7 km	5th	In front of the NEC head office building	○	○
19.3km	6th	In front of "Komoro Soba" on Karasumori Street	○	○
FINISH	After finishing	Tokyo Tower	○	

About First Aid Stations

Distance Point	First Aid Station	Place
START	Start	Minato City Shiba Park
5.1 km	1st	On the grounds of the Jikei University Hospital
7.4 km	2nd	Nisshin World Delicatessen parking lot
13.1 km	3rd	Tokyo Metropolitan Shiba Park No.15
17.4 km	4th	Minato City Shiba Park
20.0 km	5th	On the grounds of the Jikei University Hospital
FINISH	Finish	Tokyo Tower

Flow of the day ③ Half Marathon After the finish

After finishing, please follow the instructions of the staff and proceed towards Zojoji Temple.



About the Sponsor Booths (Road North of Zojoji Temple)

[Exhibit time] 8:45 - 13:00

Sponsors will be setting up booths and providing services for runners, so please come along.

About the Awards (Minato City Shiba Park Stage)

JAAF registered division, general division (gross time)
Men and Women 1st to 3rd place

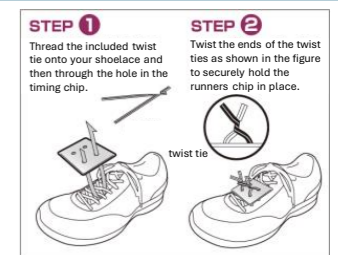
Award ceremony start time . . . 10:45

- *Award-winners should gather at the side of the Minato City Shiba Park Stage by 10:30.
- *Certificates of commendation, etc. will be sent to other award winners at a later date.
- *For details on the award divisions, please see the official website.

Notes/Pacesetters

About Record Truckers

- The Half Marathon and Youth Run will be timed using trucking chips.
- On the day of the race, please make sure to attach the trucking chip to your shoes (see image on the right).
- Please be sure to cross the mats at the start point, on the course, and at the finish point.



*If the tracking chip is not attached to the shoe (if you hold it in your hand or put it in your pocket, etc.), your time will not be recorded and you will be disqualified.
*If you have any questions regarding how to attach the tracking chip, please visit a General Information booth.

There is no need to return the trucking chip after you finish.

About Wearing Athlete Bibs

Each runner in the Half Marathon, Fun Run, and Youth Run will be given two athlete bibs. Please wear the athlete bibs on both your chest and back (where they are visible).

*You will need your athlete bib to participate in the RUN RUN Lottery to be held at Shiba Park on the day of the event. Please be careful not to lose it even after the competition is over.

About Pacesetters

This race has pacesetters. They will be wearing the clothing and flag shown on the below.

The pacesetters will start from the back of D Block. They will run with the other runners to help them complete the course in 2 hours and 30 minutes.



*Images are for illustration purposes.