



# TOKYO MARATHON 2025 | THE DAY WE UNITE.

## RUNNER HANDBOOK

### Packet Pick-up • EXPO 2025

#### Packet Pick-up Dates

February 27 (Thu.) and February 28 (Fri.) 10:00 a.m. - 8:30 p.m.

March 1 (Sat.) 10:00 a.m. - 5:30 p.m.

**\*The registered runner must conduct Packet Pick-up in person.**

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

**【Date & Time】**March 1 (Sat.) 10:00 a.m. (JST) **【Location】**Separate Information

#### EXPO 2025 Dates

February 27 (Thu.) and February 28 (Fri.) 10:00 a.m. - 9:00 p.m. (Visitors must enter before 8:30 p.m.)

March 1 (Sat.) 10:00 a.m. - 6:00 p.m. (Visitors must enter before 5:30 p.m.)

#### Venues

Tokyo Big Sight South Exhibition Halls 3-4  
3-11-1, Ariake, Koto-ku, Tokyo

#### Access

**Rinkai Line**  
15-minute walk from Kokusai-tenjijo Station

**Yurikamome Line**  
7-minute walk from Tokyo Big Sight Station

**Limousine Bus**  
Haneda Airport ⇒ Tokyo Big Sight

More detail about the Limousine Bus,  
please scan the 2D code.



### Race Day Schedule March 2

- 7:00 am Entry into the starting area
- 8:45 am Runners must have entered the start area by this time.
- 8:59 am Start Ceremony
- 9:05 am Wheelchair Marathon START
- 9:10 am Marathon & 10.7km Race START
- 11:10 am End of 10.7km
- 11:10 am 10.7km Awards Ceremony
- 12:30 am Marathon Awards Ceremony
- 4:10 pm End of Marathon



■ Prohibited Items and Important Notices ...	P.2	■ Finish .....	P.9
■ Packet Pick-up .....	P.4	■ Information/Race Result .....	P.10
■ Start .....	P.6	■ In case the Race is Discontinued .....	P.11
■ During the Race .....	P.8	■ Various Maps .....	P.14~

## Important Notice for Runners

This photo shows a scene of runners falling right after the start of Tokyo Marathon 2024. To prevent accidents, runners are prohibited from stopping suddenly or changing their path at the start of the race. You might accidentally drop something and want to stop to retrieve it, but please DO NOT stop, as this could cause collisions with runners behind you. We also ask you never to change your path or suddenly stop on the course to take photos or respond to roadside cheering, as these actions pose the same risks. When changing your path to use restrooms or medical stations, always check your surroundings for safety and call out to other runners before changing your path.



## Prohibited Items in the Start area and Course

There are restrictions on items that can be brought into the Start area and course. Pay careful attention to the following in preparation for the event. In possession of a prohibited item, it will be confiscated or disposed of immediately. Thank you for your cooperation.

### Prohibited Items

- × Absolutely no canteens, water bottles, plastic bottles, cans, and other such containers are allowed. (Regardless of their size or whether they are opened/unopened)
  - × Hydration bags, soft bottles, etc.
  - × Poisons, explosives, fireworks, oils, items which generate hazardous gases, and other hazardous materials.
  - × Blades, flammable objects, and other dangerous objects.
  - × Box cutters, scissors, tools, long umbrellas, and other items that could be used as weapons.
  - × Selfie sticks and other cylindrical objects that are more than 30cm.
  - × Radio communication devices. [\*Excluding cell phones, PHS phones, and Wi-Fi devices.]
  - × Loudspeakers, boom boxes, musical instruments, laser pointers, reflectors, or other items that emit sound or light which, depending on their usage, may disturb other runners. Also included are items and other particulars that may interfere with event operation.
  - × Printed materials intended for distribution, flags, banners, placards, and other similar items.
- \*Products sold at Tokyo Marathon EXPO 2025 may be prohibited on Race Day. Please be careful about the size of your drink containers, among other factors.

### Food and Beverages

Only beverages that meet all of the requirements below are allowed to be brought in. Others will be disposed of.



- Drink boxes, cartons, aluminum foil pouches
  - Unopened, commercially available items
  - Size must be under 250ml or less.
  - Total capacity of 500ml or less.
- \* Food may be brought in.

### Aerosol Sprays

Aerosol cans are prohibited, unless they meet the following requirements:



- Commercially available products in unopened condition.
- Clearly classified as medical sprays and cosmetics.
- Must be under 120ml.
- Only one item per person is permitted.

## Manners

- Do not run in areas such as flowerbeds, gardens, or the median.
- Do not throw away any garments at the start and/or on the course. Please put unneeded clothes into the garment collection box, installed at the Start area.
- Please take your trash with you when you leave.
- Do not change clothes in station restrooms, inside station buildings, or in surrounding hotels and businesses.
- Japan's Minor Offense Act forbids people from relieving themselves in public spaces that do not have toilets. Runners must not engage in such behavior under any circumstances. If you are found doing so, you may not be allowed to participate in the race, as per the Tokyo Marathon race regulations.
- Please check the Competition Rules and dress appropriately for the marathon and weather conditions.
  - \*Please note that if race officials judge that your clothing is inappropriate for a sporting event, they may ask you to dispose of it even if the clothing is not specifically mentioned in the Competition Rules.
  - \*We cannot respond to individual inquiries about clothing.
- When passing other runners, mind the area around and in front of you.
- Please do not pass others right after the start of the race.

## Important Notices Regarding Start area Restriction

- There are several restricted areas near the Start area. Follow staff instructions and guidance.
- Do not camp out the night before the race around the Start Area as it may inconvenience local residents or establishments.
- Runners present in the restricted area before the time entry starts will be asked to temporarily vacate the area.
- Only runners may enter the restricted areas.
- Runners must enter through their designated entrance gate.
- Runners who forget their bibs or wristbands will not be able to participate in the race.
- Runners must participate from their designated Start Corral. Those who are discovered to have started from a different corral will be disqualified.
- Personal automobiles, chartered buses, etc. will not be allowed to access the Start area for picking up or dropping off participants.
- Before and during the marathon, do not enter the hotels, office buildings, underground arcades, or other such facilities along the course to use restrooms or to change clothing.
- Disposing of trash or garments at the start or on the course is prohibited. Please take your plastic or other cold protection gear home with you, and do not dispose of them on the course as it hinders other runners.

## Notice About the Course

- Traffic is regulated on the race course. However, please be fully alert of your surroundings as race vehicles may run on the course.
- We may allow pedestrians to cross the course depending on the flow of runners.
- Please be mindful of the 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.
- Using earphones or headphones is very dangerous as they block the sounds around you. If you choose to use them, keep the volume at a level where you can hear your surroundings, leave one ear open, or take other safety measures.

## Important Notice Regarding Finishing the Race

- There are several restricted areas near the Finish Area. Follow staff instructions and guidance.
- Personal automobiles, chartered buses, etc. will not be allowed to access the Finish Area for picking up or dropping off participants.
- Please avoid changing clothes in public places such as on train station premises or in station or commercial facility restrooms.

## Important notices about your bib

- Do not remove your timing chip until you finish the race. If it comes off before starting the race, visit the Start area Information Desk.
- Do not remove your timing chip until you finish the race. If it comes off before starting the race, visit the Start area Information Desk.
- Be sure to wear the side with the timing chip on the front. If you wear this side on your back, we may be unable to measure your time.
- When putting on a jacket in the event of rain or other situations, please wear your bib over your jacket to keep your bib visible.

## Notice Regarding Baggage Check-In

- Runners who did not purchase the charged baggage check-in at the time of entry cannot check in their baggage.
- Please be sure to put your baggage in the official baggage check-in bag you received at the packet pick-up. We cannot accept luggage other than what's contained inside the official baggage deposit bag.
- No spare bag is available if you forget your bag on Race Day.
- Your baggage must not contain smartphones and other valuables, breakables, or items that are prohibited from being brought in, as described on p. 2.
- You can check in and pick up your baggage only at designated locations. Baggage check-in and retrieval areas are located outdoors. Your baggage may get wet if it rains.
- Once you check your baggage in, you cannot retrieve it.
- The organizer will not be held liable for any loss, damage, or any other incident that may occur to baggage checked in during Tokyo Marathon 2025.

## Please Allow Emergency Vehicles to Pass

- In the event of an accident, fire, or other emergency during the race, emergency vehicles may drive through the course. In such cases, please follow the instructions of the course staff 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.

## Medical Aid

- First aid will be provided for injuries or illness that occur during the race. In some cases, financial compensation may be provided for injuries taking place during the race. Contact the Tokyo Marathon Foundation (daihyo@tokyo42195.org) after the race.

\*Financial compensation is not medical fee (treatment fee) insurance.

- Nonprescription medicines (digestive medicines, cold medicines, analgesic patches, etc.) will not be available at the Medical Stations. Topical pain relief spray will also be unavailable.
- Please note that if runner is transported to a hospital, payment of any medical fees and other expenses will be the responsibility of the runner.

## Race Etiquette

The following 1 to 11 are according to the Tokyo Marathon race regulations, public laws/orders, and requested mannerism. Violation of these rules will result in disqualification from the race, even if after the start of the race.

1. Clothing or accessories that pose danger to other runners, such as items that could injure other participants or cause them to fall down, or that cover the entire face.  
(Examples)
  - Clothing that includes a sword, pole, armor, or rivets; clothing or costumes that may injure other participants by coming into contact with them, etc.
  - Carrying a long or large object such as a banner or flag in your hands or on your back.
  - Items likely to make you trip, such as a long skirt or kimono.
  - Items or behavior likely to block the path of other participants, such as multiple participants lining together.
2. Clothing not suitable for a sporting event, or that makes other runners or spectators feel uncomfortable.  
(Examples)
  - Being naked or wearing underwear or costumes that give the impression that you are naked or nearly naked.
3. Items or clothing intended as advertisement or promotion of political or religious views.
4. Items or clothing intended to promote or advertise individual names or specific regions or groups that are not recognized by the organizers.  
(Examples)
  - Wearing clothing printed with "xxxx Shopping Mall", etc.
5. Using items that could be mistaken by other runners as the starting signal or cause confusion during the event (device with powerful flash and lights, whistles, horns, fireworks, or other items that generate explosive sounds, etc.) or device that generates loud noises that may distract other participants.
6. Behavior that may cause delays at the start line, finish line, or on the course, such as dancing, performing, playing musical instruments, or suddenly stopping.
7. Soliciting donations or signatures.
8. Preventing pedestrians from crossing the course when they are allowed to do so.
9. Obstructing the race by refusing to follow the orders of race officials.
10. Participation in the race by non-registered runners (except for accompanying runners approved by the organizer)  
(Examples)
  - Participating while having a child on your back or pushing a stroller
  - Participating while being accompanied by your guide dog or pet.
11. Changing clothes or relieving yourself in locations other than those arranged by Tokyo Marathon 2025.
12. Occurrence or affairs other than these listed in numbers 1-11 that are determined to be inappropriate for the event by the organizer.

● Time required for Packet Pick-up: Around 30 minutes

\*You may experience long wait times shortly after the start of entry, or depending on the level of congestion. We recommend arriving early.

- Only the runner will go in and pick up the packet at the packet pick up area. All the companions need to wait at the Meeting Area.

## Packet Pick-up Preparations

● Checking your Bib Confirmation

At Runner Verification and the Bib Pick-up Desk, you will be asked to show your Bib Confirmation. To show it, please use your smartphone or other devices, print out the Bib Confirmation and bring it with you. The Bib Confirmation features information such as the Pick-up Desk number. For smartphones or other devices, please come to the venue after making sure that you can show the confirmation.

Bib Confirmation



● Show your Bib Confirmation through one of the following methods:

- ① Scan the 2D code shown on the right
- ② Use the URL in the email you received on February 7 (Fri).
- ③ Use the Bib Confirmation section in My Entry

● Preparing your Photo ID

For your runner verification, please be sure to bring your Photo ID (Copies are not accepted). Please refer to below regarding the identification documents you need to bring.

\*Other: If your entry information has changed, please update it in on your My Entry page. Some sections cannot be changed.

\*Those who had their guide runner application approved are required to come to the venue with that guide runner. Guide runners must also verify their identities. Please be sure they bring their Photo ID.

## Approved Identification Documents

- Driver's license
- Driving history certificate
- Passport

### Official Partners



#### Tokyo Metro Co., Ltd.

Tokyo Metro will be supporting the Tokyo Marathon again this year !

On the day of the event our employees will be positioned at each station along the course in accordance with the scale of the event, and we will also offer other forms of support such as Tokyo Metro Group employee participating as volunteers, taking appropriate measures as we greet the people who gather in Tokyo.

## Packet Pick-up Procedures

### ① Runner Verification and Bib Confirmation Area

1. Please show your Bib Confirmation and Photo ID to staff at your designated desk.
2. When you complete your runner verification process, you will be asked to put on your wristband. **Please do not remove it until you finish the race on Race Day.** We appreciate your understanding and cooperation.
3. Please make sure that the number and name on your bib are correct.
4. Please pick up your Bib Number packet and other handouts.

**【What you will receive】** Bib, wristband (put it on)

\* baggage sticker (only for those who signed up)

\* We will not hand out the EXPO Special Bag and official program. We recommended to bring your own bag.

#### Our commitment to sustainability

##### Discontinuation of safety pin provision

The Tokyo Marathon does not include safety pins in your bib number packet. Please use commercially available bib fasteners. If you wish to use safety pins but do not have any, they are available at the timing chip check table. Feel free to take them with you.



### Charity Runners

**Please be sure that you pick up your charity T-shirt along with your runner packet.**

After receiving bib and runner packet, please stop by the charity T-shirt pick-up desk.

\*A shirt will be provided to you in your requested size. Please be advised that you cannot exchange the size of your shirt.



**Tokyo Marathon 2025 Charity (booths of Run with Heart charity organizations)**

The EXPO venue features booths from each charity organization. They will hand out souvenirs and other items. Feel free to stop by.

**【Location】** Tokyo Big Sight South Exhibition Hall 1

### For those who purchased goods via My Entry

If you purchased a Signature T-Shirt, Singlet or a Bib Magnet via My Entry, please be sure to stop by the pick-up desk after receiving your bib.

### ② Checking Your Timing Tag

1. Hold the chip that was included in your bib packet over the mat. \*Do not remove the time chip from the bib.
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 bib number, contact staff.

\*See "Start" (p. 6) on how to put on your bib.

\*Our staff will do their best to acquire accurate race records. Please be advised that there may be errors due to external and environmental interference. We cannot guarantee 100% accuracy.

### ③ After packet pick-up, head to the EXPO

For more on the Tokyo Marathon EXPO 2025 visit our website:  
<https://www.marathon.tokyo/events/expo/>



#### Official Partners



**STARTS CORPORATION INC.**

**【Starts Group】**

a Comprehensive Life and Culture Corporation.

Starts is an official partner of the Tokyo Marathon from its first edition in 2007

## 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 apply to you, please use careful judgement to determine whether you participate.

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

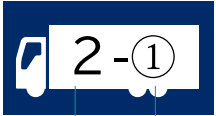
## Things to Bring on Race Day

- Bib (with timing tag)
- Wristband
- Smartphone and Public transportation IC card (For race discontinuation and other emergencies)
- Official baggage check-in bag and sticker (only for runners who purchased the charged baggage check-in at the time of entry)

## Pre-start Preparations

- Please be sure to check the back of your bib and fill out all of the required information in the fields.
- Wear your bib on your chest in a position where it can be easily seen.  
Please come to the entrance gate on the race day with your bib on. We will check your bib at the entrance gate.
- Weather may suddenly change on the race day. Be prepared for any weather and temperature.
- Please check how to access the entrance gate before arriving.


\*The Tokyo Metropolitan Government Building—the Start area—has a double-layered structure around it with mixed first- and second-floor areas. If this is your first time visiting, check the area in advance, including your route from the station.



Baggage Truck Number    basket number

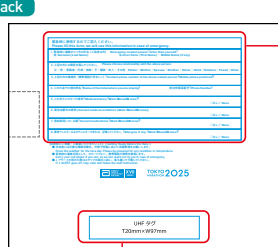
Please check your baggage into the truck marked with your designated number. Retrieve your baggage from the same truck after you finish your race.

**front**




Start Corral: B  
Start gate: 1  
Baggage Truck Number (only those who opted in advance): 2-1

**Back**



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

Timing tag



Where to wear your bib

### About Charity Runner's bib



Information on Charity Runner

Official charity program's name (Only charity runner's bib are listed)

### Official Partners



Pacing through the past, present and future of Tokyo in one day:  
priceless

#### Mastercard

"Priceless" experiences await you at the Mastercard booth @ Tokyo Marathon EXPO 2025 designed to elevate the excitement of the Tokyo Marathon. Additional exclusive benefits are curated for Mastercard cardholders. Click [here](#) to learn more.

## Schedule until the start of the race

### ① Entry

7 : 00 am Entry into the starting area

8 : 45 a.m. Entrance Gates close

#### Baggage Check-in \*Only for runners who purchased the charged baggage check-in at the time of entry

Please check your baggage into your designated truck marked on your bib. Attach the baggage sticker to the prescribed location of your official baggage bag. Tie the bag's mouth tightly to keep the content inside.

#### Example of baggage



Official baggage bag  
540mm (length) x 480mm (width)



Baggage sticker

### ② Runner Verification and Security Check

We will check that you are wearing the wristband that was handed out at Packet Pick-up. After that, security will check your belongings. \*If you have any prohibited items with you, they will be confiscated or disposed of on the spot. (Plastic bottles are not allowed.)

\*For more on prohibited items, please see p.2

### ③ Start

8 : 55 a.m. Line up at the Start Corral

\*Temporary restrooms will be crowded. Please enter with plenty of time to spare.

\*We have a "universal changing room" are available at the Citizen's Plaza. If you wish to use this room, ask our staff to guide you.

9 : 05 a.m. Wheelchair Marathon START

9 : 10 a.m. Marathon & 10.7km Race START

#### Our commitment to sustainability

##### Installation of clothing collection boxes

Unwanted clothing and winter wear is collected around the Start area for chemical recycling, thermal recycling, and reuse recycling.

##### Universal Design (UD) for communications

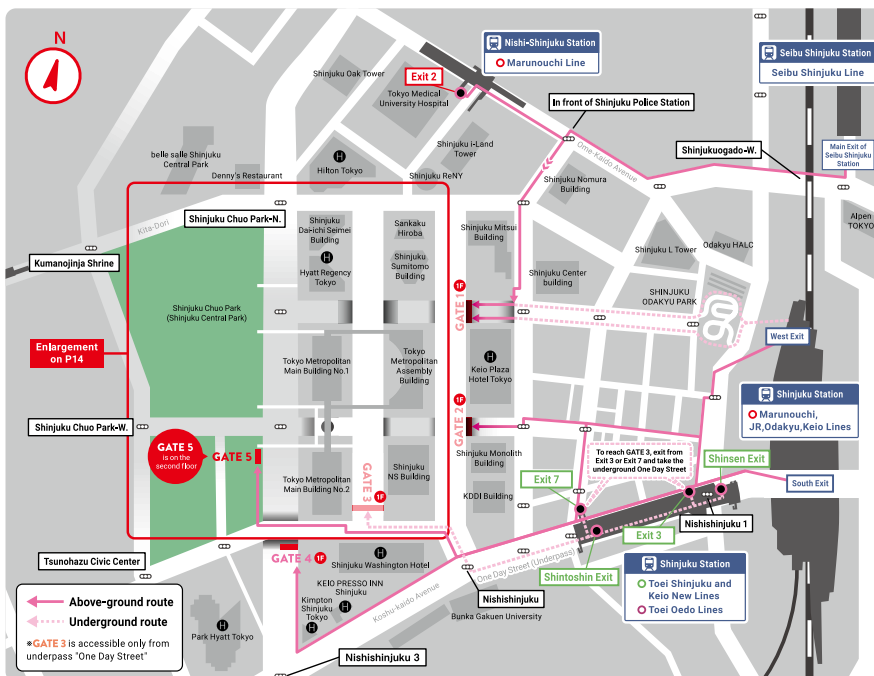
announcements in multiple languages, will be used. In addition, to accommodate communication in various situations, such as between people with hearing and visual impairments and in multiple languages, we recommend the use of the "UD Talk" app for volunteer activities.

● Click here for more on SoundUD:  
<https://soundud.org/>

● Click here for subtitle URL  
<https://go.soundud.com/q/6q0FwnaHsLledhyL>  
\*The site is scheduled to open on Race Day.



## Start area entrance gate map / the Pre-Race Information Tent



During the EXPO, Information Tent will be set-up near the Start Area in Shinjuku.

Staff will be available to assist with any questions you may have such as confirming the location of the start line, entrance gate and baggage check-in. Please feel free to stop by.  
Date and Time : February 27(Thu.)- March 1 (Sat.) 10:30 a.m. - 5:00 p.m.

Location: Shinjuku Start Area in front of the Tokyo Metropolitan Government Buildings (Tomim Hiroba (Citizen's Plaza))



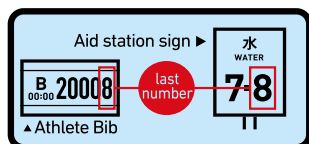
※Go to pg 14 for Start area map

## Restroom

- Signs will indicate the location on the course. Do not relieve yourself anywhere other than the toilet.

## 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.



- here are 15 aid stations located along the course. (Refer to pages 15)
- Personal drinks station is available only for elite athletes.
- The Organizer will not be held responsible for fluids or food taken outside of the provided aid stations.
- Make sure to dispose of all trash from the aid stations to the trash cans. The trash cans provided at aid stations are only for trash from the stations. Please cooperate by correctly separating your trash.

### Our commitment to sustainability

We will recycle paper cups that runners used at the aid stations.

The cups are treated and processed as raw material for recycled paper, and are transformed into toilet paper for use at the race.



## Medical Stations

- Medical stations and medical offices will be located in the Start area Area, along the course, and in the Finish Area. (Refer to pages 15)

## Cut-Off Checkpoint

- The course features nine cut-off checkpoints.
- Due to traffic, security and operational reasons, there will be cut-off checkpoints. Please refer to pg.15 for cutoff times and locations. Please follow the instructions of the race officials and head to the Finish Area on the sweep bus, or return home from the nearest station.

\*If you checked in your baggage, be sure to board the sweep bus and head to the Finish Area.

- Race officials may cut off the runners, even outside of the check-points, if they determine that the runner may not reach the finish in time.

## Dropping Out

- Please notify that you are withdrawing from the race to one of the race officials, and proceed to the nearest checkpoint.
- Please remove the barcode on your bib when withdrawing, and hand it to the race official.

## Pace-setters

Pace-setters (wearing a flag) will run as per the set times below. Pace-setters will be stationed at the front end of the following block.

the set times	criterion	Start Corral
2 hour and 50 minutes	gross time	B
3 hour and 00 minutes	gross time	C
3 hour and 10 minutes	gross time	C
3 hour and 20 minutes	gross time	D
3 hour and 30 minutes	gross time	D・E
3 hour and 40 minutes	net time	E
3 hour and 50 minutes	net time	F
4 hour and 00 minutes	net time	F・H
4 hour and 15 minutes	net time	G
4 hour and 30 minutes	net time	H
4 hour and 45 minutes	net time	J
5 hour and 00 minutes	net time	K
5 hour and 30 minutes	net time	L
Sweeper	gross time	end of a line

\*The record for pace-setters from 2 hours and 50 minutes to 3 hours and 45 minutes will be based on the gross time, ranging from the start gun until when the pace-setters finish the race.

\*The record for pace-setters from 4 hours to 5 hours and 30 minutes will be based on the net time, ranging from when they cross the start line until they finish the race. Race results will be recorded based on the gross time from the starting gun until the pace-setter finishes the race. The set time is only a guideline. They are not guaranteed to finish at a set target time.

\*Sweepers will pace themselves to pass through each checkpoint right before the cutoff time to support as many runners possible in completing the race.

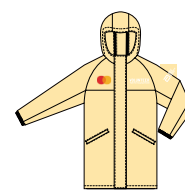
## Staff Identification



Race officials



Volunteer Leader



Aid Station volunteers



Medical team



Aid Station volunteers



Aid Station volunteers (sports drinks)

## Official Partners



### ASICS Japan Corp.

We look forward to seeing you at the ASICS booth at the Tokyo Marathon EXPO!

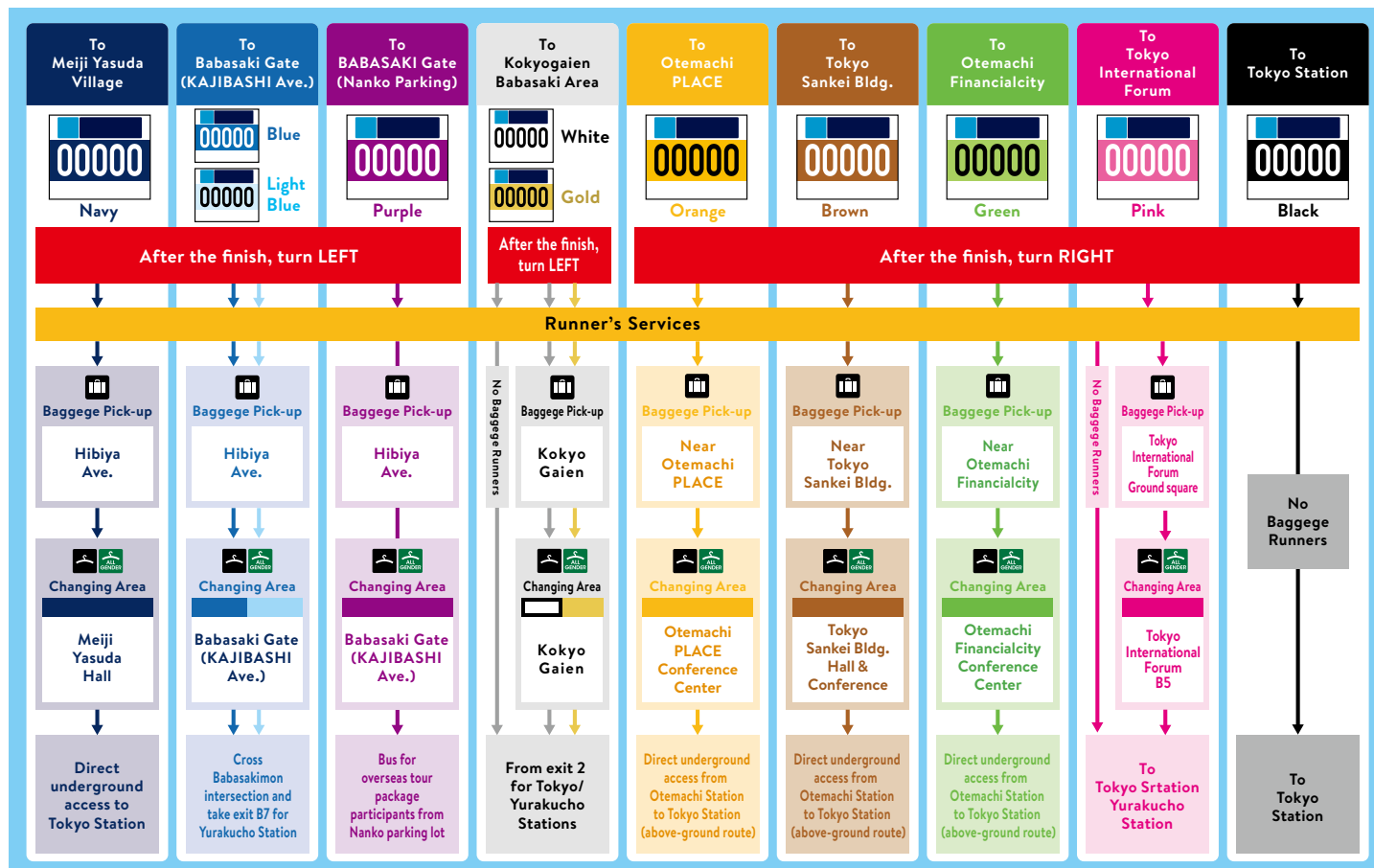
We will be selling limited edition Tokyo Marathon 2025 merchandise. Various items such as T-shirts, jackets, shoes, etc. will be on sale! The latest items will also be available at the EXPO venue! Please stop by the ASICS booth.



## Marathon Finish Areas : In front of Tokyo Station, Gyoko-dori Ave. / Otemachi / Hibiya-dori Ave

11:15 am Wheelchair Race finish times | 4:10 pm Marathon Race finish times

\*Different post-finish routes are assigned based on the color of your bib.



\*Runner's service is planned to include a finisher medals, water, sports drinks, finisher robes, etc.

\*We have a "universal changing room" available. If you wish to use this room, ask our staff to guide you.

## 10.7km finish : Nihonbashi

9:45 am Wheelchair race 10.7km finish times | 11:10 am 10.7km finish times

On the 2nd and 3rd floors of Congres Square Nihonbashi, there are universal changing rooms available for 10.7km runners and their accompanying persons. (Open 9:30-12:30) The awards ceremony will take place on the 2nd floor of Congres Square Nihonbashi.

[Address] Tokyo Tatemono Nihonbashi Bldg. 2F, 1-3-13 Nihonbashi, Chuo-ku, Tokyo 103-0027, Japan

[Access] Directly connected to Nihonbashi Station on Tokyo Metro Tozai Line, Ginza Line and Toei Asakusa Line

## To Six Star Hopeful

All Six Star Hopefuls who applied in advance and successfully complete Tokyo Marathon 2025 will become Six Star Finishers and receive a Six Star Finisher Medal in the Finish Area on the race day.

\*Applications are no longer being accepted.

More information is available in the email sent individually and at the EXPO's Abbott World Marathon Majors booth.

For inquiries, please contact: stars@wmmajors.com (English only)



Six Star Finisherメダル

## TV broadcast March 2(Sun.)

- Nippon TV (Nationwide network) 9:00 a.m. - 11:50 a.m. Tokyo Metro Sports Special: Tokyo Marathon 2025 (restricted to kanto area) 4:25 p.m.- 5:25 p.m. Tokyo Marathon 2025 × Sunday PUSH Sports collab SP
- NTV NEWS24 (CS Nippon) 9:00 a.m.-4:30 p.m. Live broadcast of all wheelchair marathon race & marathon finishers

\*Live streaming also scheduled to be available on TVer.

## Radio broadcast March 2(Sun.)

- Radio Nippon 8:45 a.m. - 11:35 a.m. Radio Nippon Sports Special : Tokyo Marathon 2025 Live coverage

## 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 computers, 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://v2.ouenavi.jp/teaser/?eid=000000000369893>

### Flash report

#### Lists the top runners and all runners' passing ranks and times

View the lap times of all runners for every 5km, allowing you to follow the race live.

<https://runnet.jp/project/tokyo2025/results/>



## 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: After finishing your race, please check your finish time on Supporter Navigation.

\*The site is scheduled to open on Race Day.

\*It may take around five minutes for the time to appear after you finish.

\*10.7km results are considered unofficial.

\*You will receive your Finisher Certificate by email after the marathon (in late March), or you will be able to find it on the "My Entry" page of the official marathon website.

\*If runners are found to have failed to pass a checkpoint, their race result will not be accepted.

### Race Result Inadequacy

**If your race result is inadequate (e.g., your finish time does not appear), please enter necessary information in the inquiry form below by noon, March 3 (Mon).**

\*We will accept applications after noon on March 3 (Mon), but your data will not be reflected in the race ranking.

< Finish time inquiry form >

[https://runnet.jp/form/pub/rbs/ftime\\_tokyo2025os](https://runnet.jp/form/pub/rbs/ftime_tokyo2025os)

Inquiry deadline : 5:00 pm March 27(Fri), 2025

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



Check here for the latest information on Tokyo Marathon 2025

Tokyo Marathon 2025 official website <https://www.marathon.tokyo/en/>

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

Tokyo Marathon 2025 Entry Desk

TEL: +81-3-6891-9417

Operation Hours:

Weekdays up to Wednesday, February 26 (Monday to Friday, excluding holidays) 10:00 a.m. - 5:00 p.m. JST

February 27( Thu.) and February 28( Fri.) 10:00 a.m. - 8:30 p.m. JST

March 1( Sat.) 10:00 a.m. - 5:30 p.m. JST

March 2( Sun.) 5:00 a.m. - 5:00 p.m. JST

## Final Go / No-Go Announcement of Tokyo Marathon 2024

The final decision on whether the race will be held or cancelled will be made on the following dates in the format described below.

- Official decision date & time: March 2, 2025( Sun) at 5:00 a.m,
- Announcement method: Posted on our official website and the Tokyo Marathon Foundation's social media accounts, etc.

Prep. 1

### 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 X account of the Tokyo Marathon Foundation  
[https://x.com/TokyoMarathon\\_E](https://x.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, be sure 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.

Prep. 2

### 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.
- Announcement of the cancellation will be made by the organizer through media such as audio instructions, the Tokyo Marathon App, and social channels.
- Depending on the situation, audio instructions may not be available. 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.



**KINTETSU INTERNATIONAL**

KINTETSU INTERNATIONAL (KNT) is supporting the Friendship Run, the Information desk, the day-of event, and Volunteer and more!  
We are cheering for everyone to have fun and finish the Tokyo Marathon!



**SEIKO GROUP CORPORATION**

In the window of Seiko House in Ginza 4-chome, the names of all Tokyo Marathon 2025 participants will be displayed from 2/20-3/2. Please come and find your name in the Seiko House window!

The Seiko Group has been working since the first tournament  
As an official timer  
We continue to support our runners.

**SEIKO**

**People Running for People**



**McDonald's Company (Japan), Ltd.**

We support runners who bring smiles to the world through the power of sports. McDonald's is a charity partner of Tokyo Marathon 2025.



**MIZUHO Mizuho Bank**  
Innovating today. Transforming tomorrow.

**Mizuho Bank, Ltd.**

Mizuho Bank supports the Tokyo Marathon 2025 and everyone who takes on challenges!

Mizuho Bank supports the Tokyo Marathon 2025 and everyone who takes on challenges!

**こくみん共済**  
全国労働者共済生活協同組合連合会 **coop**

**RAINBOW BATON**  
レインボー・バトン

**Kokumin Kyosai co-op (National Federation of Workers and Consumers Kyosai Cooperatives)**

We are supporting TOKYO MARATHON 2025.

ケアステーション 約25km 清澄庭園 児童公園


ご希望の方に  
**エア サロンパス**  
**ジェットα 25mL**を  
**サンプリング**いたします!!



**Hisamitsu Pharmaceutical Co., Inc.**

We will offer 25 mL samples of AIR® Salonpas® Jet α at a stall near the 25 km point in Kiyosumi Teien Children's Park. The active ingredients in this product suppress inflammation and relieve pain.

**kao**  
きれいを ところに 未来に



**Kao Corporation**

We at Kao are supporting the Tokyo Marathon with products designed to benefit runners and with volunteers from our employees. At the EXPO, visit our Kao booth, "Tsuki Sai," where we will share valuable tips and information for before and after the race. We warmly invite you to stop by!

**バスクリン**


**BATHCLIN CORPORATION**

Here's a proposal from Bathclin: "Your personal best" comes after a bath. Bathclin supports runners with bathing tips to make race day the best and recovery baths to ease fatigue after the event.



**NIHON KOHDEN CORPORATION**

Nihon Kohden will support the safety of runners with 200 AEDs and 80 volunteers!



**KOYOU RENTIA Co., Ltd.**

We are creating Rental value so that we contribute to the environment, society and economy.

アーティストとファンの架け橋となる



**Fanplus, Inc.**


Fanplus aims to be the best partner to bridge the gap between artists and fans.

Fanplusは東京マラソン2025を応援しています。




**Shimizu Octo, Inc.**

From planning to construction to operation, Shimizu Octo provides full support for your event.



**SAGAWA EXPRESS CO., LTD.**

Sagawa Express supports the event by transporting runners' luggage from the start to the finish line.



**TANAKA PRECIOUS METAL GROUP Co., Ltd.**

We support the Tokyo Marathon. We will continue to support sports to help create a prosperous society.



**QBB**

Easy Energy Boost with **Baby Cheese!**

**Rokko Butter, Co., Ltd.**

We'll be handing out QBB Baby Cheese at the finish line to help support runners recovery and health!



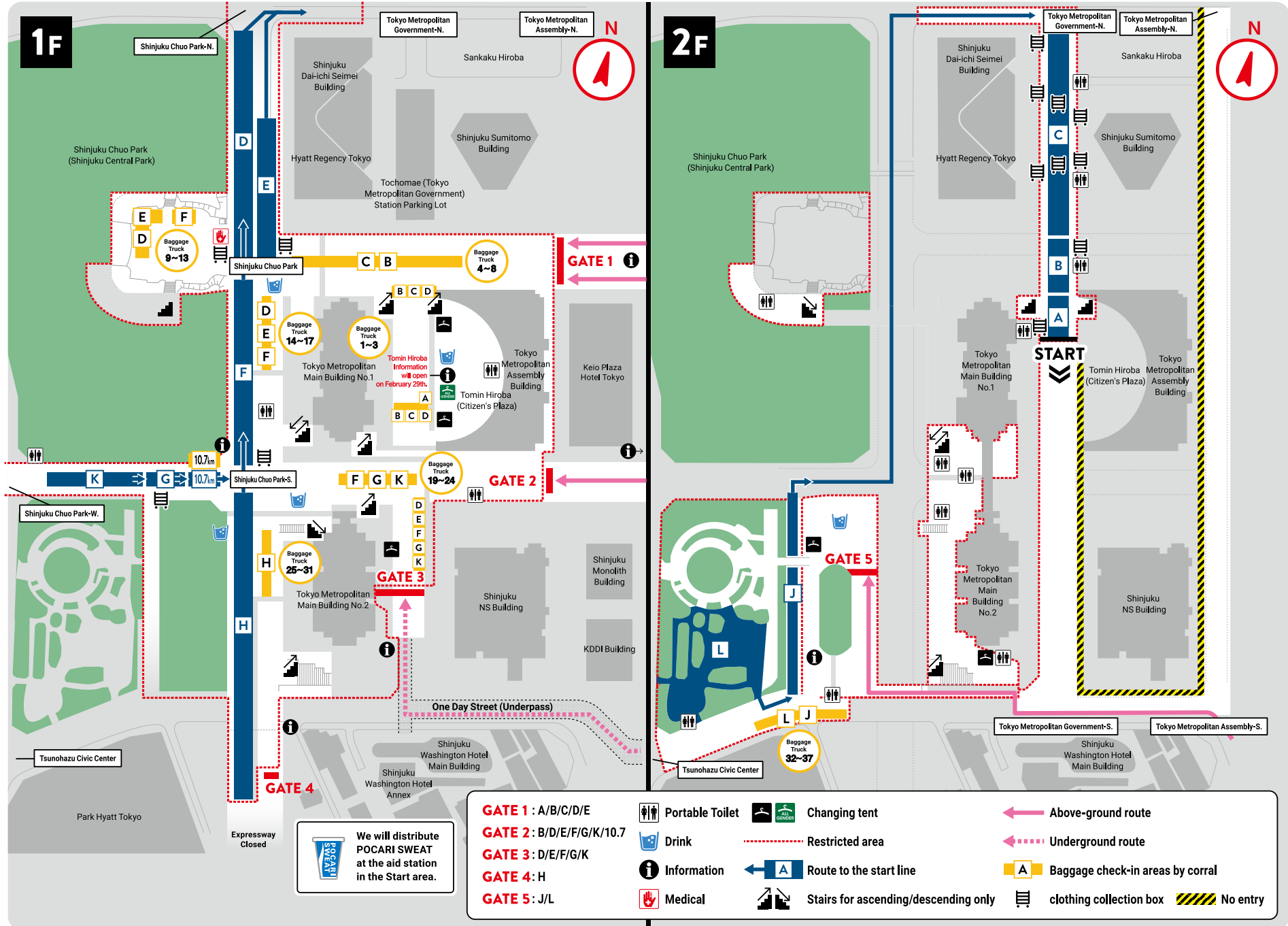
**HIBINO Corporation**



**ALL SPORTS community**

**Photocreate Co., Ltd.**

Professional photographers will capture your run in this event! Strike various poses and make great memories!



# Course Overview Map (Tokyo Metropolitan Government Building to the front of Tokyo Station / Gyoko)

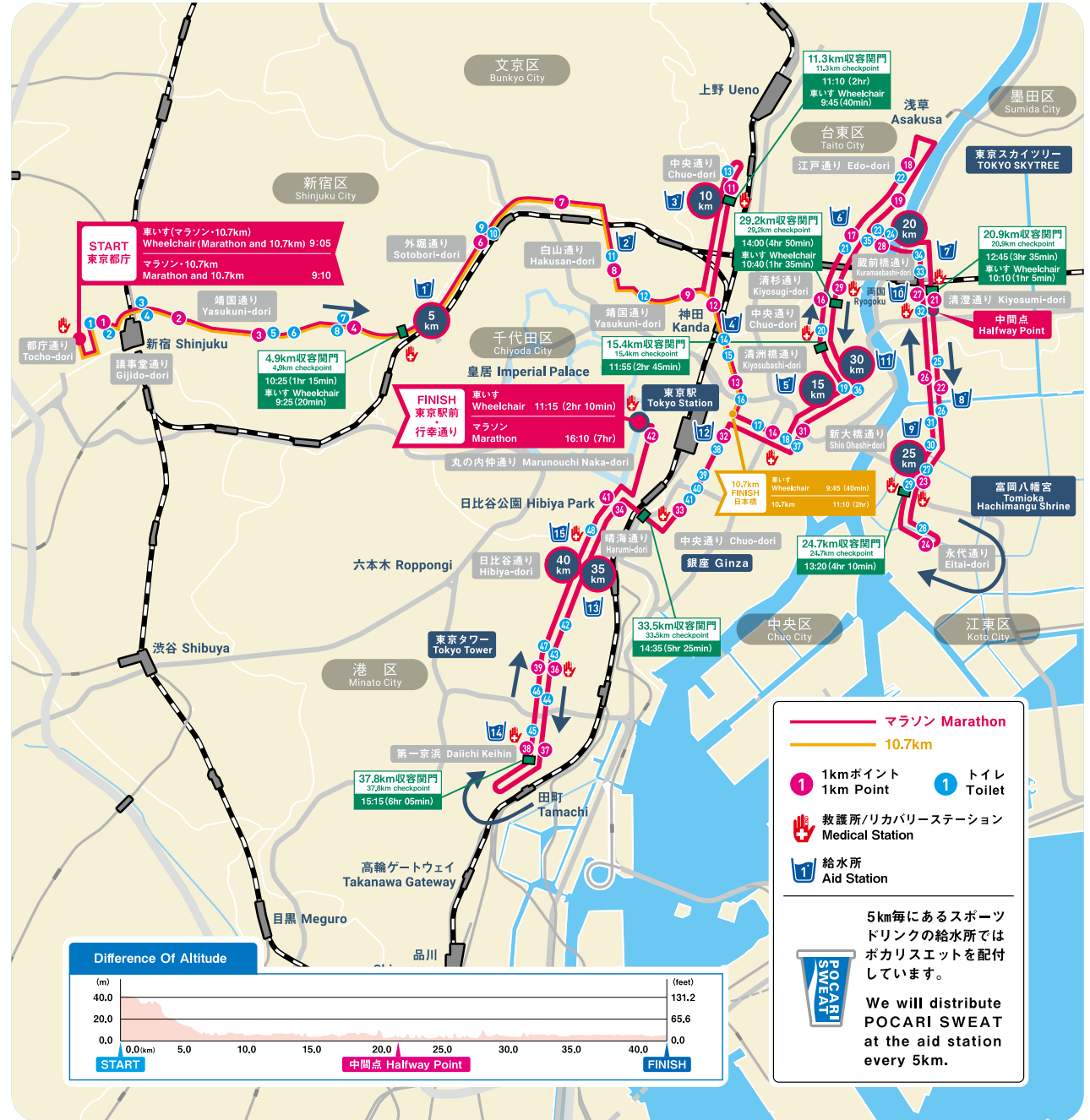
Closing time				
km location	Distance points		Closing time	
	Station name	Marathon	Wheelchair	
4.9km	The crossing of Ichigaya-Mitsuke	10:25	9:25	
11.3km	The crossing of Soto-Kanda 5-chome south	11:10	9:45	
15.4km	The crossing of Hisamatsucho	11:55	-	
20.9km	The crossing of Midori 1-chome	12:45	10:10	
24.7km	The crossing of Fukagawa 1-chome	13:20	-	
29.2km	The crossing of Asakusabashi	14:00	10:40	
33.5km	The crossing of Sukiyabashi	14:35	-	
37.8km	The crossing of Shiba 5-chome	15:15	-	
42.195km	Tokyo Station/Gyoko-dori,Ave.	16:10	11:15	

Medical Station		
Station name	km location	Location
Start Medical Station		Shinjuku central Park Water Plaza
5km Medical Station	4.9km	The crossing of Ichigaya-Mitsuke
11km Medical Station	11.3km	Akihabara UDX
15km Medical Station	15.5km	In front of Hisamatsu Elementary School
21km Medical Station	20.9km	Next to former Resona Bank Honjo Branch
23km Medical Station	23.2km	Around the crossing of Fukagawa 1-chome east
25km Medical Station	24.7km	The crossing of Fukagawa 1-chome west
27km Medical Station	27.0km	Next to Mitsubishi UFJ Bank Honjo-Chuo Branch
29km Medical Station	29.2km	The crossing of Asakusabashi
31km Medical Station	31.4km	Sakamoto-cho Park
33km Medical Station	33.5km	The crossing of Sukiyabashi
36km Medical Station	35.9km	The crossing of Minato City Office
38km Medical Station	37.9km	Tokyo Metropolitan Disabled Persons Welfare Hall
40km Medical Station	40.5km	The crossing of Uchisaiwaicho
Finish Medical Station	42.195km	Finish Area
		Marunouchi Medical Station
		Finish Area
		Babasaki Gate Medical Station
		Finish Area
		10.7km Medical Station
		CongreSquare Nihombashi

Medical Station	
Station name	
OTEMACHI FINANCIAL CITY	
TOKYO SANKEI BUILDING	
Otemachi PLACE	
Meiji Yasuda Hall	
TOKYO INTERNATIONAL FORUM	

Aid Station												
※ Contents are subject to change												
km location	Water	Sports drinks	Pickled plum	Chocolate	Sweet Jellied azuki-bean paste	Cream filled roll	Banana	Calorie Mate JELLY	Glucose	Salty Candy	Doll shaped pancake	Sponge
1	5km	○	○									
2	7km	○										
3	10km	○	○									
4	12km	○										
5	15km	○	○									
6	17km	○										
7	20km	○	○									
8	22km	○										
9	25km	○	○									
10	27km	○										
11	30km	○	○									
12	32km	○										
13	35km	○	○									
14	38km	○										
15	40km	○	○									

●Please be sure to dispose of all trash from the aid stations in the trash cans.



**マラソン Marathon**  
10.7km

1 1kmポイント 1km Point  
1 トイレ Toilet

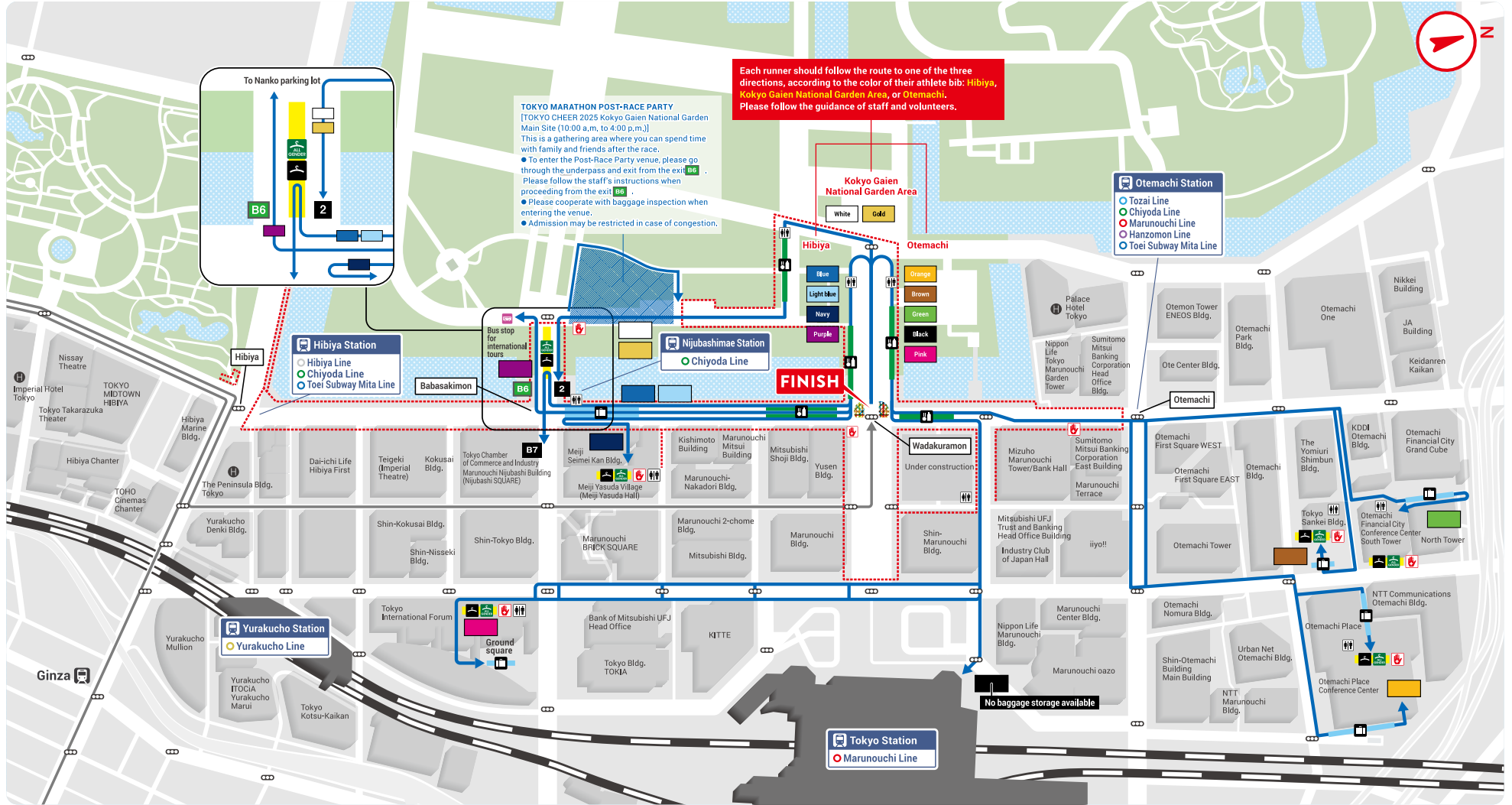
救護所/リハビリステーション  
Medical Station

1 給水所  
Aid Station

5km毎にあるスポーツドリンクの給水所ではポカリスエットを配付しています。

**POCARI SWEAT**

We will distribute POCARI SWEAT at the aid station every 5km.



**Changing area** **Baggage claim** **Restrooms**

**first-aid stations, recovery stations**

**Service area for athletes**  
 (Finisher medals, drinks, runner robes, etc.)

**Course** **Post-race route** **Restricted area**

**NOTES: Please observe good manners when participating.**

**Please do not change clothes in public places such as restrooms at train stations and commercial facilities, or inside train stations.**

**Do not dispose of garbage anywhere other than trash cans. Please take your garbage home with you.**

**Remove labels and caps from plastic bottles before putting them in the trash.**

**10.7km FINISH AREA**

**Bib Color**

Colors may be added for individual categories. A meeting space for runners' attendants will be available on the 2nd floor of Congress Square Nihonbashi.

**Changing area**  
 (For 10.7km Runners)

**Restrooms**  
 (2nd & 3rd floors of Congress Square Nihonbashi.)

**first-aid stations**  
 (For 10.7km Runners)

**Service area for athletes**  
 (Finisher medals, drinks, runner robes, etc.)

