

Karuizawa Half Marathon 2025 Participants' Guide

Thank you for applying to enter our Karuizawa Half Marathon! Please read this guide in detail, take good care of your health, and attend the marathon in the best condition.

Race schedule

May 18, 2025

- 7:00 AM -- Baggage drop-off (~ 8:10 AM)
- 8:10 AM -- Opening ceremony (on stage)
- 8:35 AM -- Half Marathon – Line up to the starting block
- 9:00 AM -- Half Marathon – Start (First Wave)
- 9:10 AM -- Half Marathon – Start (Second Wave)
- 9:20 AM -- Family Pair – Line up to the starting block
- 9:30 AM -- Family Pair – Start

Thank you for your support.

- ① Please refrain from any actions that could harm the beautiful scenery of Karuizawa Town, such as littering or public urination. Additionally, please adhere to traffic rules and etiquette, including strictly avoiding illegal parking.
- ② We kindly ask participants to refrain from wearing costumes or carrying items unnecessary for the race. If instructed by referees or staff, please promptly follow their directions.

Event summary

Event Name: Karuizawa Half Marathon 2025

Categories: Half Marathon (21.0975 km), Family Pair Run (2.1 km)

Organizers: Karuizawa Town, Karuizawa Tourism Association, Wakaba Festival Executive Committee, Shinano Mainichi Shimbun

Start & Finish Venue: Karuizawa Prince Hotel Ski Resort Parking Lot (8-minute walk from Karuizawa Station South Exit)

Date: Sunday, May 18, 2025 (Rain or shine)

Time Limit: Half Marathon – 2 hours 45 minutes, Family Pair Run – 20 minutes

Entry Fee (tax included):

- Half Marathon – 9,000 JPY
- Family Pair Run – 4,500 JPY (1 elementary school child) / 5,500 JPY (2 elementary school children)

Race precautions

1. Athlete Bibs and Timing Chips

- ① Securely attach the timing chip to your shoelaces to ensure it does not come off.
- ② The timing chip will be collected after you finish the race. If you retire from the race, please return it at the designated collection checkpoint.

2. Start

- ① 9:00 AM – The race starts from the start/finish line at the Karuizawa Prince Hotel Ski Resort parking lot.
- ② Half marathon participants must line up in their designated start blocks ("A–G") as indicated on their athlete bibs.
- ③ Please line up in your start block between 8:35 AM and 8:50 AM. You may not join the race from any point along the course.
- ④ The half marathon will have a two-wave start:
First wave (A–C): Starts at 9:00 AM
Second wave (D–G): Starts at 9:10 AM
- ⑤ The Family Pair Division will start after the half marathon, at 9:30 AM.
- ⑥ There will be no designated warm-up area.
- ⑦ If you miss the start block cutoff time, follow the staff's instructions and start from a later block.

3. While Running

- ① Traffic regulations will be in place on the course; however, certain sections will have two-way traffic with vehicles. Additionally, official race vehicles will be present, so please exercise caution.
- ② Please note that there is an unpaved section of approximately 300m at the 16.5km mark.
- ③ In case of emergencies, rescue vehicles may enter the course.
- ④ Distance markers will be placed every 1km, as well as at the halfway point.
- ⑤ Note that the weather may be subject to change. You are responsible for preparing for the rain.

Participant Obligations and Precautions

Participants must agree to terms ① to ⑩ before participating.

- ① If the event is canceled or reduced due to reasons beyond the organizer's control, such as disasters, incidents, accidents, or epidemics, the organizer will consider measures based on

the costs incurred up to the point of the cancellation or reduction decision.

- ② Changes cannot be made after application. Additionally, participation fees will not be refunded for cancellations due to personal reasons.
- ③ Half marathon participants must be able to finish within 2 hours and 45 minutes, and Family Pair participants must be able to finish within 20 minutes. Please ensure you undergo adequate training before participating.
- ④ Participants must undergo a medical check-up by a doctor in advance and confirm their health condition at their own responsibility.
- ⑤ If a judge determines that a participant is unable to continue the race, or if a participant is deemed to be obstructing others (e.g., running backward or using irregular running methods), the participant may be asked to stop running.
- ⑥ To ensure smooth event operations, participants must adhere to the checkpoint time limits. No objections regarding checkpoints or containment measures will be accepted.
- ⑦ In the event of an accident during the race, the organizer will provide first aid but will not be held responsible for any other matters. (All participants are covered by sports accident insurance, but this does not apply to hospitalizations due to medical conditions such as internal diseases.)
- ⑧ Participants must carry their health insurance card on the day of the race.
- ⑨ Substitute entries are strictly prohibited. If a substitute runner is found, their entry will be canceled. Additionally, substitute runners are not covered by insurance.
- ⑩ Participants acknowledge in advance that photos taken during the event may be used in printed materials such as event pamphlets or on the official event website. The organizer holds the rights to these images. Furthermore, the publication of participant lists and race results in newspapers, programs, and other media will also be at the discretion of the organizer.
- ⑪ The organizer recognizes the importance of personal information and strictly complies with laws and regulations related to personal information protection. The collected personal information will be handled in accordance with the organizer's privacy policy and used for the purpose of improving services for race participants, including participant notifications, record announcements, information on future events, services provided by sponsors, and rankings.
- ⑫ Participants are not allowed to wear or display any advertising materials, such as logos or trademarks representing company or product names, within the race venue (including on the course).
- ⑬ Costumes and unnecessary items unrelated to the race should be avoided. If instructed by a race official, please follow their directions promptly.
- ⑭ The organizer will provide water stations along the course.
- ⑮ Please store non-valuable baggage at the designated baggage deposit area within the

starting venue. Participants are responsible for their own valuables. The organizer and related organizations will not be responsible for theft or loss.

⑩ "Athlete bibs" will be distributed only to overseas runners at the venue on the day before the race (10:00 AM – 5:00 PM) and on the race day (7:00 AM – 8:30 AM). There will be no prior shipping of bibs.

Transportation Information

① For those using the train: The start/finish venue is an 8-minute walk from Karuizawa Station (South Exit). Heavy congestion is expected around the venue, so please use public transportation as much as possible.

② For international runners: Registration will be available on the day before and the day of the race. If you have not completed registration the day before, please arrive at the venue well in advance, aiming for between 7:00 and 7:30 AM.

③ For those coming by car: Please use paid parking lots within Karuizawa Town. There are no free parking spaces available for participants.

④ For those staying in Karuizawa: Some accommodations offer shuttle services to the venue. Please check with your accommodation for details.

⑤ On race day: Parking is not available at the Karuizawa Prince Hotel Ski Area parking lot (the start/finish area).

Medical Aid Stations

① Medical aid stations will be set up at the start/finish area and along the course. Additionally, one medical vehicle will follow at the end of the race.

② Medical aid stations (Runner Support Tents) will be set up at the four cutoff points.

③ If you are feeling unwell, please refrain from participating in the race. If you experience any physical discomfort during the race, have the courage to withdraw.

Changing Room

① Changing rooms will be available for both men and women. (Please refer to the venue map for details.)

② Shoes are not allowed inside the changing rooms. Please bring a bag for your shoes and use it accordingly.

③ Attach your athlete bib to the front of your chest.

Baggage Drop-off

- ① Baggage drop-off time: 7:00 AM – 8:10 AM, Baggage pick-up time: 9:45 AM – 12:15 PM.
- ② Please place your baggage in the "baggage bag" provided with your number card and tie it securely to protect it in case of rain.
- ③ Firmly attach the "baggage sticker" to a visible spot in the center of the "baggage bag."
- ④ Items not placed in the "baggage bag" or without a "baggage sticker" cannot be accepted.
- ⑤ "Baggage stickers" are color-coded according to the last digit of the athlete bib number. Please leave your baggage in the designated area that matches your sticker color and number.
- ⑥ Once checked in, baggage cannot be retrieved until after the race.
- ⑦ To collect your baggage, you must present your athlete bib.
- ⑧ Please minimize the amount of baggage you bring.
- ⑨ Valuables cannot be accepted. Please manage them at your own responsibility.

Half Marathon Starting Block Lineup

Time: 8:35 AM – 8:50 AM

- ① The starting blocks are divided into A to G. Please line up at the designated block according to the letter on the left side of your athlete bib. Blocks A to C will be in the first wave, and blocks D to G will be in the second wave.
- ② Runners must be lined up at the starting blocks by 8:50 AM. Runners who arrive late will start the race from the last position (G block). Note that block changes are not allowed under any circumstances.

Restrooms

- ① Restrooms are available at the start/finish venue and various locations along the course. Signs will indicate their locations, so please use the designated restrooms.
- ② Public urination is strictly prohibited.

Water Stations

- ① There are five water stations along the course, providing water and sports drinks.
 - 1st Water Station: 4.0km
 - 2nd Water Station: 7.4km
 - 3rd Water Station: 11.2km
 - 4th Water Station: 16.8km
 - 5th Water Station: 19.9km
- ② Please dispose of used paper cups in the designated garbage bins.

Cutoff Points

① There are four cutoff points along the course. Runners who do not reach these points before the cutoff time will not be allowed to continue the race.

- First Cutoff Point – 5.0km mark: Cutoff Time: 9:55 AM
- Second Cutoff Point – 11.3km mark: Cutoff Time: 10:44 AM
- Third Cutoff Point – 16.9km mark: Cutoff Time: 11:28 AM
- Fourth Cutoff Point – 19.2km mark: Cutoff Time: 11:46 AM

② Runners who arrive at a cutoff point after the closing time, or those deemed unable to reach the next cutoff point in time by race officials, must remove their athlete bib and timing chip, stop the race, and follow the instructions of the officials.

③ Runners who retire at a cutoff point must board the designated transport bus.

Race Conclusion Procedure

A. Finish! (Time limit: 2 hours 45 minutes)



B. Finisher Awards (Only for those who finish within the time limit) c

Half Marathon: Receive a finisher towel.

Family Pair: Receive a finisher medal (elementary school participants only).



C. Collect Drinks



D. Return Timing Chip



E. Baggage Pickup (Until 12:15 PM)

Please present your athlete bib number when collecting your baggage.



F. Awards Ceremony (Stage)

Family Pair (1st to 6th place): Around 10:00 AM

Half Marathon (Top 6 male & female finishers): Around 11:00 AM

Half Marathon age-group awards (certificate & prize) will be sent by mail at a later date.



G. Event Ends (Scheduled for 1:00 PM)

Finisher Record Certificate

For both the Half Marathon and Family Pair categories, a “web-based record certificate” will be issued, which can be viewed on smartphones or computers.

This checklist is used for you to check your own condition before the race.

If you feel uncertain about your health or intend to not run the race, please come to one of the relief sites at the starting entrance.

Make this an opportunity to enjoy a fun race while taking stock of your health.

In a race, anything can happen. You might suddenly feel unwell or develop heat stroke and collapse.

Before taking part in the race, have a general physical exam and ECG and blood work done at a medical facility.

On the day of the event, use this checklist to take stock of your health and ensure you don't overdo it. If you feel unusual during the race, be brave enough to abandon it immediately.

Check your health on the day of the race before you begin in order to enjoy a safe race. If any of items 1-8 below apply, either abandon the race or seriously consider whether you should take part.

- 1 . My temperature is normal. I do not feel feverish.
- 2 . I do not feel fatigue.
- 3 . I slept well last night.
- 4 . I ate a meal and drank liquids before the race.
- 5 . I have no symptoms of a cold (light fever, headache, sore throat, cough, runny nose)
- 6 . I feel no discomfort in my chest or back. I have no palpitations or shortness of breath.
- 7 . I have no abdominal pain or diarrhea. I do not feel nauseous.
- 8 . I expect to complete the race as planned.

Race precautions

- (1) Ensure that you remain properly hydrated during the race.
- (2) If you experience discomfort, have the courage to abandon the race for your own sake.
- (3) The last spurt can put excess strain on the heart, so give yourself the leeway you need to finish.

Inquiries

Karuizawa Half Marathon Office

✉ Email: karuizawa@shinmai.co.jp

📍 For the latest information:

🌐 Official website: <https://karuizawa-marathon.com/>

COURSE MAP

