

FINAL Instruction

HITACHI SEASIDE MARATHON 2024

10:00 A.M. Start on NOV.17

<https://hitachi-marathon.jp>

Notification regarding whether or not the event will be held. If the event is cancelled due to inclement weather or a disaster, an announcement will be made on the official website. No announcement will be made if the event is held.

CONTACT

Hitachi Seaside Marathon Official
marathon@city.hitachi.lg.jp

Sponsors

HITACHI

Inspire the Next

Date of the event

November 17, (Sunday) 2024

Venue

Hitachi Municipal Athletic Park, START & FINISH
15min from JR Hitachi sta.



Events

Marathon

Race Schedule

November 17 (Sun.)

- 07:00 Door open at Hitachi Municipal Athletic Park
- 08:50 Last bus will depart from JR Hitachi Sta.to Hitachi Municipal Athletic Park,START & FINISH
- 09:00 Time to get to the starting line
- 10:00 Start of Marathon
- 16:00 Race finish
- 17:10 Last bus will leave at Hitachi Municipal Athletic Park to JR HITACHI Sta.

Access

- 1 To get to the Start venue from various locations, first go to **JR Hitachi Station**. And from Hitachi Station, **a shuttle bus service is available exclusively for participants.**

JR-EAST

<https://www.jreast.co.jp/multi/en/>

Take a JR JYOBAN line to **JR HITACHI Sta.**

Check the train schedule for Hitachi Station from major stations as follows.

Time table from TOKYO area,North bound

Shinagawa	Tokyo	Abiko	Tsuchiura	Koyama	Mito	Hitachi
			5:48	→	6:46	7:16
					7:03	7:33
5:46	5:55	→		→	7:17	7:38
					7:19	7:49
				5:57	7:27	7:55
6:06	6:15	→		→	7:36	7:59
			6:37	→	7:40	8:11
		6:26	7:00	→	7:47	8:31
6:45	6:53		7:42	→	8:11	8:34

The train that will arrive at HITACHI at 07:38 and 07:59 is highly recommended. And these trains are express train. Advance seat reservations are required.

Time table from MIYAGI pref.South bound

Iwaki	Takahagi	Hitachi
6:33	7:18	7:33
7:03	→	7:44
	7:42	7:57
7:12	7:56	8:10
	8:10	8:21
	8:17	8:32
7:45	8:28	8:43

- 2 **Shuttle BUS** for participants to Start venue from JR HITACHI Sta.
07:00AM~08:50AM *Be careful not to miss out!

- 3 **TAXI / CABS**

There are not enough cabs in front of Hitachi Station, so it is recommended to use the shuttle bus for participants.

Race bibs pick up

Your race bib will be given to you on race day. we will notice you your race number by E-mail till the end of October. Upon arrival at STRAT venue, please head to the reception desk. Let us know your name and race number that was shown in the email we sent. You will receive your race bib and our original T-shirts!

Changing rooms

07:00~16:45

Male and female rooms are available, close to start venue.

Baggage Storage



Baggage storage is available upon advanced registration. Please fill in the number on the tag that is attached to your race bibs packet. No valuables will be accepted.

How to get to START LINE



There is a designated area to wait for the start. Please check the letters A,B,C,D,before the number of your race bib. You will know the area where you will wait for your start.

*Time to assemble

09:00~09:50

Time Limits , Cut off time

The gate will be closed at the following points. After the gate closes, please stop the race and follow the instructions of the judges. Full Marathon [6 hours,16:00]

Cut off time	Point	Closing time
1st cut off point	4.5km	1 hour (11:00AM)
2nd cut off point	12.5km	2 hour (12:00PM)
3rd cut off point	17km	2 hour 40 minute (12:40PM)
4th cut off point	22km	3 hour 15 minute (1:15PM)
5th cut off point	28.3km	4 hour 10 minute (2:10PM)
6th cut off point	36.3km	5 hour 15 minute (3:15PM)
7th cut off point	38.1km	5 hour 30 minute (5:30PM)
8th cut off point	Finish	6 hour (4:00PM)

Due to considerations pertaining to traffic, security, and event operations, the following runners be asked to retire and board a bus when deemed necessary by a referee.

Race Pacers

Expected finish time	Number of Pacers
3 hours	5
3 hours 30 minutes	5
4 hours	5
4 hours 30 minutes	4
5 hours	5
5 hours 30 minutes	6
6 hours	2

Retirement on the way to Finish

Please report to the staff on the course and walk to the nearest cut off point. You can catch the bus to the finish.

Race timing

Runners will be measured using a runner's chip in this race. The runner's chip will be used in this race to record and measure the time. Lap times will be measured at every 5km point, and the results will be reflected on the Web Finisher's Certificate. Please be sure to wear the runner's chip on your shoes.

Please be sure to pass through the finish gate at the finish line. Runner's chip must be attached correctly.

<Certificate>



STEP 1

Put a tag wit yellow ties on your shoes.



Twist Ties

STEP 2

Be careful to lose it during run.



Foods and drinks

Point	Offerings
4.5km	water,sport drink,
7km	water,sport drink,electrolyte tablets
10km	water,sport drink,
12.5km	water,sport drink,electrolyte tablets,fruit jelly
17km	water,sport drink,electrolyte tablets
20km	water,sport drink,dried plums,chocolate
22km	water,sport drink,sweet Manju
25km	water,sport drink,coke
28.3km	water,sport drink,dried Natto beans,rusk,whitebait roll
30.4km	water,sport drink,electrolyte tablets
34km	water,sport drink,coke
36.3km	water,sport drink,amino vital jelly,(secret!)
39.6km	water,sport drink,electrolyte tablets

Awards

■ General category

1st to 8th place for men and women

■ Age categories

1st to 3rd place in each age category

[Men] under 39, 40 to 49, 50 to 59, over 60

[Women] under 39, 40 to 49, over 50

■ Special Awards

The following special awards are being prepared. We will announce them on the day.

1. Award in honor of the oldest
2. Award for Coming from the Farthest.
3. Lucky lottery
4. The first in Ibaraki Pref. resident.
5. The first in Hitachi City resident.

Runner's Update service

On the day of the race, you will be able to check your finishing time on the "Runner's Update" on the PC and smartphone sites.

*Records are preliminary and are for reference only.



"OUEN Navi"

The location information is predicted based on the runner's number and name and displayed on a map using an application on the cheering party's PC or smartphone.

Cheering navi" will be available only for the full marathon.



Race day goods



Finishers' medal



Original towel

Shuttle BUS for JR HITACHI Sta. after Finish

Shuttle Buses to JR HITACHI sta. are available from finish between 14:00 ~ 17:10

Agreement to when you participate in HITACHI SEASIDE MARATHON

The organizer will provide participants with sports accident insurance (on the day of the event only).

1. The organizers will provide sports accident insurance (on the day of the event only) for all participants. The organizer will not be liable for any accidents during the competition except for first aid and within the coverage of the sports accident insurance. The organizer will not be liable for any accidents during the competition except for first aid and within the coverage of the sports accident insurance. The organizer will not be liable for any accidents during the event except for first aid and compensation by the sports accident insurance.
2. No registration will be held on the day of the event. Athlete Bibs, Runner's Chips, etc. will be mailed to you in late October, so please do not forget to bring them with you. Please do not forget to bring them with you.
3. Please use the baggage deposit area (inside the Ikenokawa Sakura Arena) for your baggage. Please use the baggage storage area (located in the Ikenokawa Sakura Arena). We will not be responsible for any accidents or loss of baggage in your personal storage. The organizers will not be responsible for any accidents or loss of baggage in personal storage.
4. Please do not leave valuables at the baggage deposit area. Do not leave valuables in the baggage deposit area. The organizer is not responsible for any accidents or loss of valuables in your personal custody. The organizers will not be held responsible for any accidents that may occur in personal storage.
5. participants must follow the instructions of the police, race officials and staff.
6. participants are responsible for their own health and should undergo a medical checkup, etc. prior to participation. Participants with basic medical conditions and the elderly are not eligible to participate in the event. Participants with underlying medical conditions or who are elderly should be aware of the high risk of serious illness. Please be aware that people with underlying medical conditions and the elderly are at high risk of serious illness and make a careful decision on participation.
7. participants who are not in good physical condition are requested to withdraw from the event.
8. those who selected "parking requested" at the time of registration will receive a parking ticket. If you chose "Parking" when you registered, please do not forget to bring your parking ticket with you. Please do not forget to bring it with you.
9. Please note that there are no wheelchair or visually impaired sections. If you have a disability that makes it difficult for you to run alone, you may be accompanied by a runner (free of charge). For safety reasons, wheelchairs, etc. are not permitted in the race. For safety reasons, wheelchairs are not allowed.
10. Please use the restroom before the race, and please be courteous and respectful.
11. Participants who do not arrive on time for the start time will not be allowed to start the race.
12. Participants who do not arrive on time for the start time will not be allowed to start the race. Please line up in the area block (indicated on the athlete's bib) in the order of the time declared at the time of entry at the starting point.
13. Participants are free to wear earphones, but please be aware of your surroundings and
14. You are free to wear any costume you like, but please dress in a way that allows you to run safely. Please dress in a manner that will allow you to run safely.