



OKHOTSK ABASHIRI MARATHON 2019 September 29

The Abashiri Marathon makes you excited.
-fantastic scenery, impressive course, comfortable "omotenashi"-



7 The Okhotsk Abashiri marathon has a 6 1/2 hour limit.

In the first half of the marathon course is rather hard with up-and-down. The time limit has been extended by 30 minutes from last year, there would be much chances to complete finish.

Check Point	Opening Duration
14.4km	2hours,20minutes
29km	4hours,25minutes
35km	5hours,20minutes
42.195km	6hours,30minutes

2 Aid Station – Enjoy fluids and various food.

Fluids and various local food will be available at official aid stations every 2.5km beginning at 5 km. Most of them are set by a Local university students. (Tokyo University of Agriculture).

3 FINISHER Medal is made by Abashiri prison with its branding mark.

They' re made of Japanese pagoda tree and each is the only one in the world. Original Finisher medals are for FULL MARATHON FINISHERS ONLY, not entrants.



4 Pace Setter supports by level.

There is pace Setter by target time. It is a competition that aims at achieving the target time. Every 30 minutes after the target time 3 hours

5 100 National Running Competition.

Okhotsk Abashiri marathon has been chosen one of 100 National Running Competition in 2015,2016 and 2017.



Entry

JSS JTB スポーツステーション
SPORTS STATION

JTB Sports Station

<https://jtb sports.jp/>

RUNNET
GLOBAL

RUNNET GLOBAL

<https://runnetglobal.com/>

Participation application acceptance period
1 Apr. 2019 ~ 25 Aug. 2019

Registration: Echo Center 2000 (Kita-2, Nishi-3, Abashiri-shi, Hokkaido)

You can get it at the reception desk on Sep.28

- ① Official Race Program
- ② Race Pack including number bibs, a runner's chip, four safety pins, plastic tie, envelop for chips
- ③ Participation award for Marathon.
※ Sports towel for 3km&5km to be distributed after goal.
- ④ Dedicated plastic bag (Marathon)
- ⑤ 2 Luggage Tags(5km&3km)

Day
before
the Race

Final Preparation &
Opening Ceremony(16:00~)

Race
Day

Please gather at the starting area wearing
your number bibs and runner's chip.
Shuttle bus is available from 06:30.

START!!

Marathon 08:45
5km 09:50
3km 10:00

*Registration is not accepted on race day

*Fee for re-issuing race pack is JPY1,000

Shuttle Bus Schedule

Bound for Abashiri Prison Starting Point

Abashiri City Area ↓ Starting Point 6:30~8:15	Marathon Parking Lot ↓ Starting Point 6:30~8:00	Lake Area Hotels ↓ Starting Point
Abashiri Bus Terminal →JR Abashiri Station →Starting Point	Parking Lot →Starting Point	Departure time of the shuttle bus, please check at the hotel.

Oomagarikohan-enchi Line

for Abashiri City Area 12:30~16:55	for Marathon Parking Lot 12:00分~16:50	for Lakeside Area 12:30~16:00
Finish Area →JR Abashiri Station →Abashiri Bus Terminal	Finish Area →Parking Lot for Marathon Runners	Finish Area →Abashiri Kanko Hotel →Abashiri Koso →Hokutenooka

Race Number Pick Up

Date: Saturday, September 28th, 2019

Time: 13:00~17:00

Place: Echo Center 2000

*1,100m(18-min on foot) from JR Abashiri Station

Opening Ceremony

Date: Saturday, September 28th, 2019

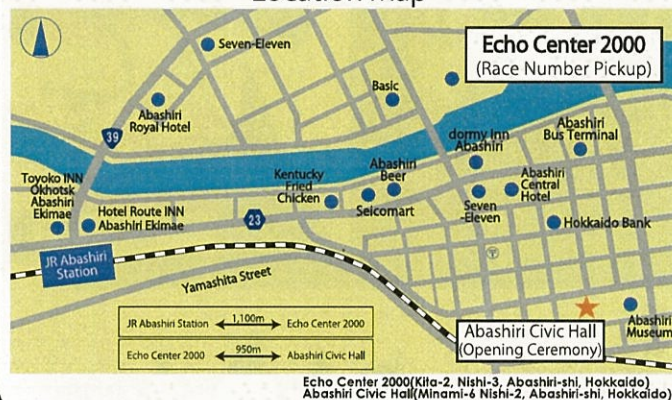
Time: 16:00~

Place: Abashiri Civic Hall

*950m(15-min on foot) from Echo Center 2000

Enjoy professional running information and lucky drawings.

Location Map

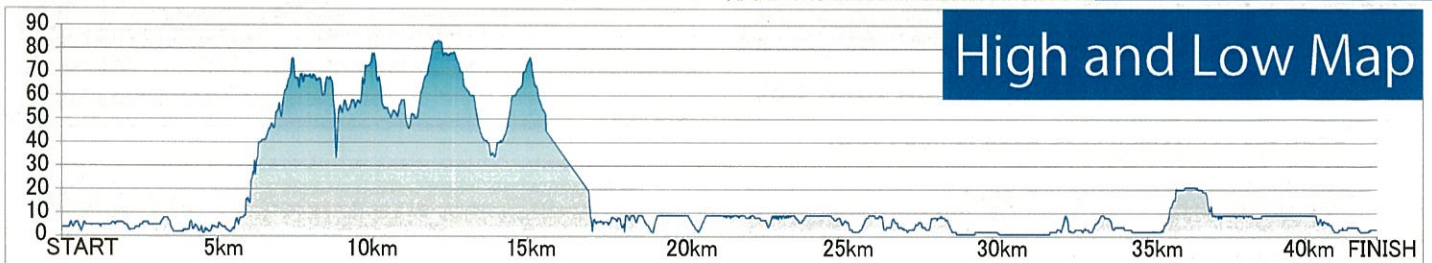


Dressing Tip

Year	Weather	Highest Temp. (°C)	Lowest Temp. (°C)	Rainfall Amount (mm)
2018	Sunny	18.1 °C	10.6 °C	-
2017	Sunny/Cloudy	18.5 °C	5.1 °C	-
2016	Sunny/Cloudy	16.7 °C	13.2 °C	-
2015	Sunny/Rain	16.5 °C	10.6 °C	22.0mm
2014	Sunny/Cloudy	18.3 °C	10.4 °C	-
2013	Cloudy/Sunny	21.8 °C	11.8 °C	-
2012	Cloudy	20.0 °C	13.8 °C	0.5mm
2011	Sunny/Cloudy	22.1 °C	12.4 °C	-
2010	Sunny	19.0 °C	12.7 °C	-
2009	Sunny	20.8 °C	14.1 °C	-

Weather in Abashiri Area is Mostly stable at the end of September. However, make sure to dress warm for occasional chilly conditions.

Marathon Course Map



Recharge your batteries at the Genki Aid Station.

Crab Soup This special crab soup is prepared by the crab shop in Abashiri.

Fresh Milk Freshly Delivered from local deli farms

Shijimi Clam Soup Nutritious soup of freshwater clam from Abashiri Lake.

Potato Dumpling Potato dumpling is made of mashed potatoes
Pumpkin Dumpling with potato starch. So is pumpkin dumpling.

Fried Fish Cake Main ingredient is fish caught at the Abashiri shore.
 High in protein, vitamins and minerals.