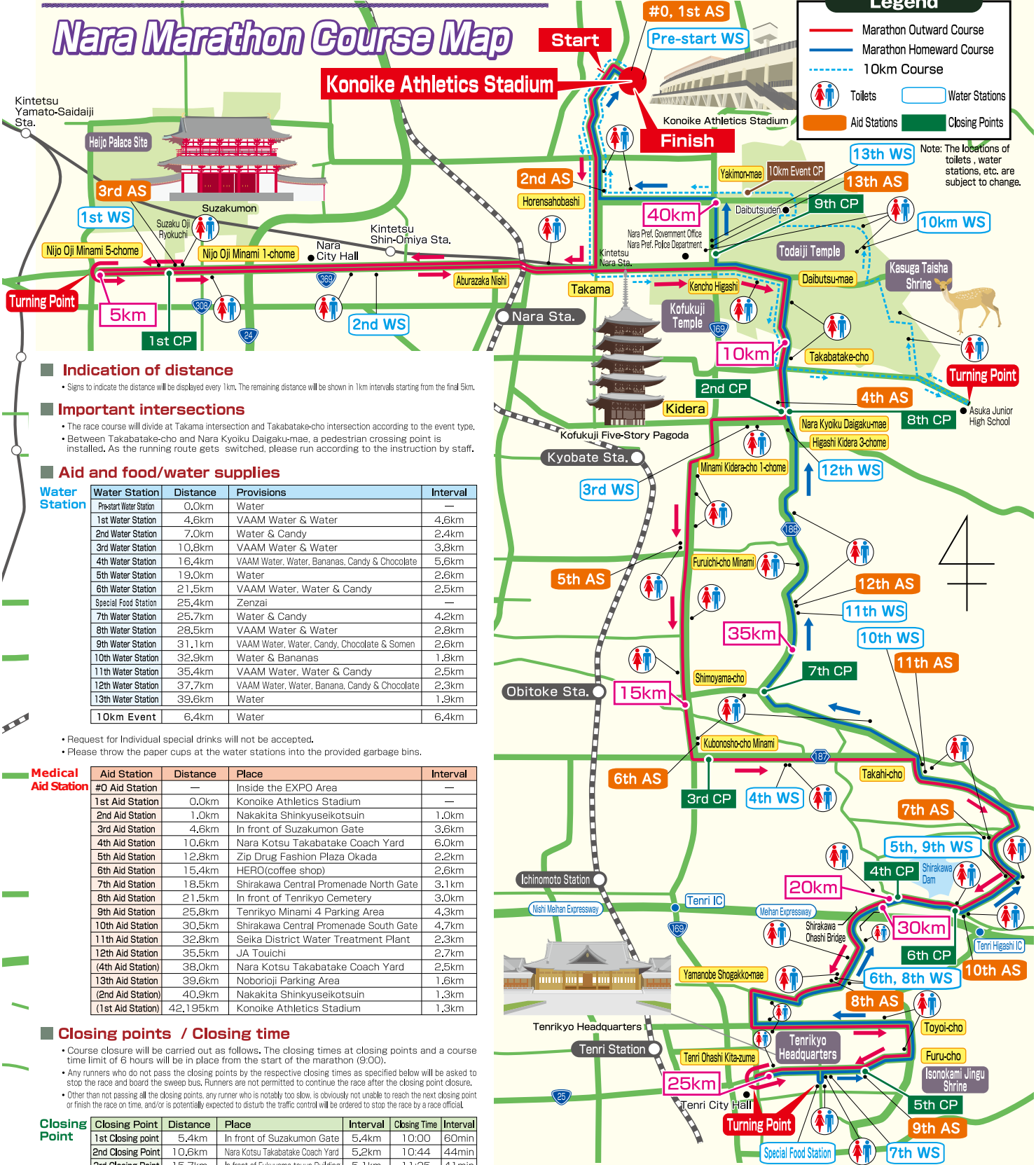


Nara Marathon Course Map

Legend

- Marathon Outward Course
- Marathon Homeward Course
- 10km Course
- Toilets
- Water Stations
- Aid Stations
- Closing Points

Note: The locations of toilets, water stations, etc. are subject to change.



Indication of distance

• Signs to indicate the distance will be displayed every 1km. The remaining distance will be shown in 1km intervals starting from the final 5km.

Important intersections

• The race course will divide at Takama intersection and Takabatake-cho intersection according to the event type.
 • Between Takabatake-cho and Nara Kyokui Daigaku-mae, a pedestrian crossing point is installed. As the running route gets switched, please run according to the instruction by staff.

Aid and food/water supplies

Water Station	Distance	Provisions	Interval
Prestart Water Station	0.0km	Water	—
1st Water Station	4.6km	VAAM Water & Water	4.6km
2nd Water Station	7.0km	Water & Candy	2.4km
3rd Water Station	10.8km	VAAM Water & Water	3.8km
4th Water Station	16.4km	VAAM Water, Water, Bananas, Candy & Chocolate	5.6km
5th Water Station	19.0km	Water	2.6km
6th Water Station	21.5km	VAAM Water, Water & Candy	2.5km
Special Food Station	25.4km	Zenzai	—
7th Water Station	25.7km	Water & Candy	4.2km
8th Water Station	28.5km	VAAM Water & Water	2.8km
9th Water Station	31.1km	VAAM Water, Water, Candy, Chocolate & Somen	2.6km
10th Water Station	32.9km	Water & Bananas	1.8km
11th Water Station	35.4km	VAAM Water, Water & Candy	2.5km
12th Water Station	37.7km	VAAM Water, Water, Banana, Candy & Chocolate	2.3km
13th Water Station	39.6km	Water	1.9km
10km Event	6.4km	Water	6.4km

• Request for individual special drinks will not be accepted.
 • Please throw the paper cups at the water stations into the provided garbage bins.

Medical Aid Station

Aid Station	Distance	Place	Interval
#0 Aid Station	—	Inside the EXPO Area	—
1st Aid Station	0.0km	Konoike Athletics Stadium	—
2nd Aid Station	1.0km	Nakakita Shinkyuseikotsuin	1.0km
3rd Aid Station	4.6km	In front of Suzakumon Gate	3.6km
4th Aid Station	10.6km	Nara Kotsu Takabatake Coach Yard	6.0km
5th Aid Station	12.8km	Zip Drug Fashion Plaza Okada	2.2km
6th Aid Station	15.4km	HERO(coffee shop)	2.6km
7th Aid Station	18.5km	Shirakawa Central Promenade North Gate	3.1km
8th Aid Station	21.5km	In front of Tenrikyo Cemetery	3.0km
9th Aid Station	25.8km	Tenrikyo Minami 4 Parking Area	4.3km
10th Aid Station	30.5km	Shirakawa Central Promenade South Gate	4.7km
11th Aid Station	32.8km	Seika District Water Treatment Plant	2.3km
12th Aid Station	35.5km	JA Touichi	2.7km
(4th Aid Station)	38.0km	Nara Kotsu Takabatake Coach Yard	2.5km
13th Aid Station	39.6km	Noborijoi Parking Area	1.6km
(2nd Aid Station)	40.9km	Nakakita Shinkyuseikotsuin	1.3km
(1st Aid Station)	42.195km	Konoike Athletics Stadium	1.3km

Closing points / Closing time

• Course closure will be carried out as follows. The closing times at closing points and a course time limit of 6 hours will be in place from the start of the marathon (9:00).
 • Any runners who do not pass the closing points by the respective closing times as specified below will be asked to stop the race and board the sweep bus. Runners are not permitted to continue the race after the closing point closure.
 • Other than not passing all the closing points, any runner who is notably too slow, is obviously not able to reach the next closing point or finish the race on time, and/or is potentially expected to disturb the traffic control will be ordered to stop the race by a race official.

Closing Point

Closing Point	Distance	Place	Interval	Closing Time	Interval
1st Closing point	5.4km	In front of Suzakumon Gate	5.4km	10:00	60min
2nd Closing Point	10.6km	Nara Kotsu Takabatake Coach Yard	5.2km	10:44	44min
3rd Closing Point	15.7km	In front of Fukuyama tsuun Building	5.1km	11:25	41min
4th Closing Point	20.0km	Intersection at north end of Shirakawa Ohashi Bridge	4.3km	11:56	31min
5th Closing Point	25.8km	North end of Warakubashi Bridge	5.8km	12:44	48min
6th Closing Point	30.5km	Shirakawa central promenade south gate	4.7km	13:22	38min
7th Closing Point	34.4km	East of Yamamura-cho bus stop	3.9km	13:54	32min
8th Closing Point	38.0km	Nara Kotsu Takabatake Coach Yard	3.6km	14:25	31min
9th Closing Point	39.6km	Noborijoi Kanko Parking Area	1.6km	14:37	12min
10km closing point	7.5km	In front of Todaijigakuen Kindergarten	7.5km	10:35	65min

Kilometer Marker

Distance	Place	Address
5.0km	Nijo Oji Minami 5-chome	Nara-shi Nijo Oji Minami 5-Chome
10.0km	Tobihino	Nara-shi Kasugano-cho
15.0km	In front of Kubonoshicho intersection	Nara-shi Kubonoshicho-cho
20.0km	Intersection at the north end of Shirakawa Ohashi Bridge	Tenri-shi Iwaya-cho
Halfway Point	South of Tenri-shi Crematorium	Tenri-shi Toyoda-cho
25.0km	West of Tenri IC	Tenri-shi Kawaharajo-cho
30.0km	In front of intersection at the north end of Shirakawa Ohashi Bridge	Tenri-shi Iwaya-cho
35.0km	Near Yashima bus stop	Nara-shi Yashima-cho
40.0km	In front of Yakimon-mae intersection	Nara-shi Oshiage-cho
42.195km (Finish)	Konoike Athletics Stadium	Nara-shi Horensahoyama 4chome
10km Event (Finish)	Konoike Athletics Stadium	Nara-shi Horensahoyama 4chome

Signs on the course

Distance

1km through 42km every 1km, halfway point Final 5km (Remaining distance) every 1km. Shows the distance from the sign to the next toiles.

Toilet

Shows the distance from the current toilet facilities to the next toilet facilities.

Aid Station

Shows the distance from the start to the next closing point.

Closing Point

Shows the distance from the start to the next closing point.

Water Station

Items handed out at water stations are marked more clearly.

