



# TOKYO LEGACY HALF 2024

## RUNNER HANDBOOK

### SCHEDULE

#### Tokyo Legacy Half Marathon 2024 Packet Pick-up

See P.2 - P.4 for details

##### ■ Dates

October 18 (Fri.) 11:00 a.m. - 8:30 p.m.

October 19 (Sat.) 10:00 a.m. - 7:30 p.m.

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

##### [For wheelchair category participants]

Further information about entering the stadium will be given separately. See below for the wheelchair category's Packet Pick-up location and open hours.

[Location] B2 floor, Japan National Stadium

[Date & Time] October 19 (Sat.) 9:00 a.m. - 1:00 p.m.

#### Tokyo Legacy Half Marathon EXPO 2024

##### ■ Dates

October 18 (Fri.) 2024 11:00 a.m. - 9:00 p.m.  
(Visitors must enter before 8:30 p.m.)

October 19 (Sat.) 2024 10:00 a.m. - 8:00 p.m.  
(Visitors must enter before 7:30 p.m.)

\*Free Admission

\*Refer to our official website for more information.  
<https://legacyhalf.tokyo/en/event/expo/index.html>



#### Tokyo Legacy Half Marathon 2024 (Race Day: October 20)

Details from page 4

##### ■ 開催日

October 20 (Sun.)

6:30 a.m. Entrance gates and general spectator stands open.

6:40 a.m. Entry into the starting area

7:30 a.m. Half Marathon entrance gates close.

7:45 a.m. Runners must have entered the start area by this time.

8:00 a.m. Wheelchair START

8:05 a.m. Half Marathon START

9:40 a.m. End of Wheelchair

11:05 a.m. End of Half Marathon

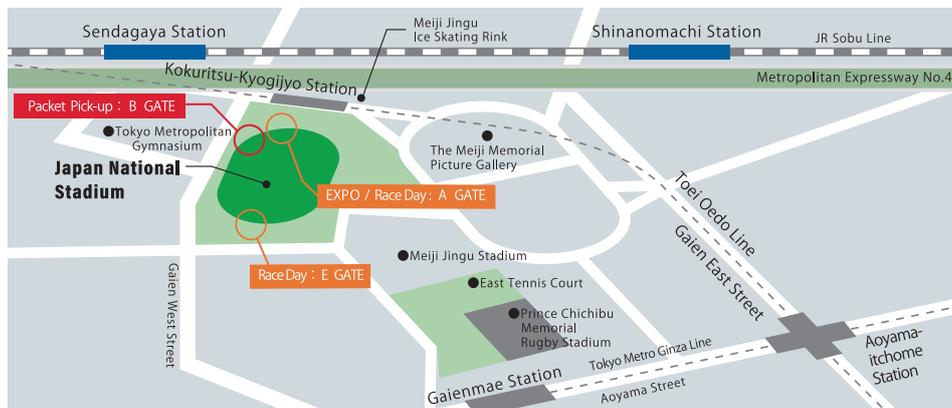
##### ■ Venue

Japan National Stadium

10-1, Kasumigaoka-machi, Shinjuku, Tokyo

JR Sobu Line: 15-minute walk from Sendagaya Station or Shinanomachi Station  
Subway Oedo Line: 10-minute walk from Kokuritsu-kyogijyo Station (Exit A2)

\*The walk time will differ depending on your gate. We advise you to come to the venues early on the day.



### Important Notices

- Refrain from arriving before 6:30 a.m.
- Do not camp out the night before the race around the Japan National Stadium as it may inconvenience for local residents or establishments.
- Hazardous items, such as knives, and flammables, such as firecrackers and fireworks, are prohibited to bring in the Japan National Stadium.

- Personal automobiles, chartered buses, etc. will not be allowed to access the venue for picking up or dropping off participants
- Bib and timing chips will not be issued on the race day.  
**Runners who do not wear their bib or timing chip will be disqualified.**

### Noto Peninsula Earthquake Disaster Relief



For this year's race, we collected contributions of 500 yen at participant registration to aid the victims of the Noto Peninsula earthquake. A total of 2,595,000 yen has been sent as a donation to the affected areas' Donation Distribution Committee through the Japanese Red Cross Society. Runners who made a contribution have a "#能登のために" mark on their bib. Thank you to all who have supported the cause and made contributions.

# Packet Pick-up

## Packet Pick-up Preparations

### ■ Confirming E-Ticket Access

An email was sent to you regarding e-tickets on Friday, September 25.  
Please confirm in advance that you can access the e-ticket via the URL in the e-mail with your **smartphone**.  
Before coming to the venue, check your Bib Confirmation desk number on "Packet Pick-up," shown on your e-ticket home screen.  
You can also access the e-ticket from your Sports Entry My Page (<https://www.sportsentry.ne.jp/mypage>).



### ■ Preparations for Packet Pick-up Day

#### ① Entrance (Enter through B Gate)

Tap "Show ticket" on the bottom of your home screen.  
A 2D code will appear. Hold it over the entrance gate tablet.

\*You will be using your home screen at each desk. Please leave your screen unlocked and accessible.

#### Entrance Hours

October 18 (Fri.) **11:00 a.m. - 8:30 p.m.**

October 19 (Sat.) **10:00 a.m. - 7:30 p.m.**

\*Congestion is expected for a while after we start letting people enter. Please come ahead of time.

\*Only runners are allowed to enter. Accompanying persons are to enter from A Gate and wait at the front meeting area.



#### ② Runner Verification and Bib Confirmation Area

Return to your home screen. Please show your "Runner Information" and your photo ID. (See p.3 on photo IDs)

#### Items distributed

Bib Number packet

Official baggage bag and Baggage sticker

Expo Bag

\*90cm (Length) ,70cm (Width)

\*Charity Runner T-shirts(only Charity Runner).

#### ③ BibTag (Timing Equipment) confirmation

- ① Hold your bib number over the device on the table.  
This process will check that the BibTag on your bib works properly.
- 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 number, contact staff.
- ③ Those who need safety pins, there is a pin distribution space at the end of the Bib Tag confirmation area. Feel free to take your own.

\*See p.4 on how to put on your bib.

\*We are preparing our best to acquire your race records, but please be advised that we do not guarantee this to be 100% successful, as various external or environmental factors may interfere.

# Packet Pick-up

## Required Photo ID

Please remember to bring one of the photo IDs listed below with you to the packet pick-up. Without a valid photo ID, you may not be able to receive your runner packet.

Driver's license

Driving history certificate

Passport

## Charity Runners

### ■ Packet Pick-up

Be sure to receive your charity T-shirt as well as your bib number packet.



\*We will provide you with one shirt, in your requested size. Please be advised that you cannot exchange the size of your shirt.

\*After you finish the race, we will offer you two wristbands for entering the charity runner meet area. For information on how to use them, please refer to an email that we will send on Tuesday, September 24.

**For information on charity runners:**

[https://www.runwithheart.jp/feature/tlh2024charity-runner\\_information\\_en](https://www.runwithheart.jp/feature/tlh2024charity-runner_information_en)



### ■ Information on the race day

#### Charity Lounge

There is a charity lounge on the 3rd floor exclusively for charity runners. Eligible participants are welcome here—we have a dedicated changing area, restrooms, and spectator stands where charity runners can relax and rest. Also available after the race is a space to interact with charity organizations and a Runner's Service area (with refreshments, etc.).

Open 6:30 a.m.–12:15 p.m.

To enter, please show your bib.

\*To access the 3rd floor, enter from Gate E and follow the guide of staff.

#### Charity Runner Meeting Area

We will arrange a charity runner meet area after the race. Feel free to use it to meet with your family and friends.

#### Charity Runner Baggage Check-in

The special baggage check-in for charity runners is at the Charity Lounge (3rd floor). **Be advised that you cannot check in your baggage on the 4th floor as general runners do.**

For information on charity runners, be sure to refer to an email that we will send on Tuesday, September 24.

# Start

## 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 (1–8) apply to you, please use carefully judge to determine whether you participate

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

## Things to Bring on the Race Day

- ① Bib
- ② Official baggage bag and baggage sticker (Only for those who purchased baggage check-in at the time of entry)
- ③ cellular telephone · Public transportation IC card (Recommended)

\*Please note that people who have forgotten ① will not be allowed to participate.

\*Please participate in the race by carrying your cell phone and train pass or IC card if possible, as a means to communicate and collect information in the event of an emergency.

\*In case the event is cancelled or other emergencies occur, please make sure you can contact your family and friends by phone or via social media.

## Bib Identification and Recognition

front

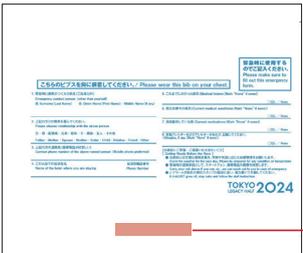


Entrance Gate ————  
\*You can enter from the designated gate only.

Start Corral ————

Baggage Area ————

Back



BibTag

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

### ■ Important notices about your bib

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.

\*Be sure to wear the BibTag on the front. If you wear it on your back, we may be unable to measure your time.

\*Store your bib in a way that prevents any shock or strong pressure from being applied to the BibTag. Do not place it near smartphones, TVs, computer monitors, and other devices that emit radio waves.

\*Do not cover the bib with your hand or arm when passing through measurement points (finish and other locations). This action may prevent us from measuring your time and could interfere with video record confirmations.

\*When putting on a jacket in the event of rain or other situations, please wear your bib over your jacket to make your bib visible.

\*Your BibTag number and bib may have different numbers, but this is not an error.

\*Your BibTag will not be collected.

\*To ensure accurate measurements, please do not modify your bib.



# Start

## Schedule until the start of the race

### ① Entry 6:30 a.m.–7:30 a.m. (Gates A and E)

- Please enter from your designated entrance gate, described on your bib.
- \*Please come to the entrance gate with your bib on.
- \*You cannot enter from gates other than your designated one. Congestion is expected on the race day. We advise that you arrive well ahead of time. If you do not enter in time, you cannot participate.

### ② Baggage check-in (4th floor)

Your baggage area is designated. Please confirm the baggage area number provided on your bib, and check in your baggage. Attach your baggage sticker to an easily recognizable location.

- \*No restrooms are available in the starting area. Make sure you use the one on the 4th floor (concourse) before entering the starting area.
- \*Please make sure you use the official baggage bag handed out at Packet Pick-up.
- \*Please tie and close the official baggage bag before checking it in.
- \*The baggage check-in for charity runners is on the 3rd floor. (See p.3.)
- \*Guide runners, please check in both your partnering athlete's baggage and your baggage together.
- \*When checking in your baggage, please do not put any valuables or breakables inside.



### ③ Enter designated starting area (to 7:45 am)

The starting area is designated. Please check and enter your designated starting area.

- By 7:45 am Enter your designated starting area
- 8:00 am Wheelchair Half Marathon START
- 8:05 am Half Marathon START

**[Caution]** You are not allowed to stand still for photos when starting your race. Please leave the stadium promptly.

On the race day we will provide a SoundUD-based service that can display multilingual subtitles for pre-start announcements. The announcements made at the starting venue will be linked in real time and appear on the smartphones of participants at the venue, with the content translated into multiple languages. Subtitles and other information displayed are generated automatically from audio and may contain errors.

●Click here for subtitle URL  
<https://go.soundud.com/q/ihlBAfXE3fB4pSVV>



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



# Race Precautions

## ■ Clothing

- Please make sure that your bib is clearly visible. (Refer to P.4)

## ■ Restroom

- There will be restroom signs along the course. Please use the designated toilet facilities. (Refer to P.7)

## ■ 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.
- There are 6 aid stations located along the course. (Refer to P.7)
- Make sure to dispose of all garbage from the aid stations to the garbage cans.
- The Organizer will not be held responsible for fluids or food taken outside of the provided aid stations.
- Paper cups will be collected separately. Please place them in designated garbage cans.

## ■ Medical Stations

- Medical stations will be located in the Japan National Stadium, along the course. (Refer to P.7)

## ■ Pace-setters

Pace-setters will run as per the set times below.

<Set time>

1 hours and 20 minutes/1 hours and 25 minutes/1 hours and 30 minutes  
: based on the gross time

1 hours and 35 minutes/1 hours and 40 minutes/1 hour 45 minutes/2 hours/2 hours and 15 minutes/2 hours and 30 minutes  
: based on the net time

\*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.

## ■ Rules of Manners

**The event organizer will not permit the participation in the event who is in violation of the event regulations, laws/regulations, or public order and morals, as well as the prohibitions specified in the following examples 1 through 12.**

- 1 Dressed in clothing or wearing a gear that may be dangerous, hurtful or cause other runners to fall; and/or running with the whole part of the face covered.
- 2 Dressed inappropriately for a sports event or in clothing that is unpleasant to other participants or spectators.
- 3 Clothing for the purpose of political or religious assertions or propaganda, as well as advertising.
- 4 Clothing for the purpose of promoting or advertising an individual name, a specific region or an organization that the event organizer does not acknowledge.
- 5 Use of articles that could cause other participants to mistakenly recognize as a starting signal and cause confusion to the race management, or use of a devices with strong sound volume that may disturb others.
- 6 Acts that causes a delay to the start of the event, such as, dancing, performance, playing instruments, standing near the start or finish lines, or in the streets along the course.
- 7 Soliciting monetary contributions, signatures, etc.
- 8 Preventing pedestrians from crossing the course or obstructing the passage of emergency vehicles at certain points, when and where they are allowed to do so.
- 9 Obstructing the race by failing to follow the instructions by the race officials and referees.
- 10 Bringing a guide runner not approved by the event organizer. Also, guide / support animal is not allowed.
- 11 Changing clothes in undesignated locations and/or urinating or defecating at places other than toilet facilities.
- 12 Occurrence of affair other than those listed in numbers 1 through 11 that the event organizer determine inappropriate for the event.

## ■ Cut-Off Checkpoint

- Due to traffic, security and operational reasons, there will be cut-off checkpoints. (Refer to P.7)
- Please follow the instructions of the race officials and head to the Japan National Stadium on the sweep bus.

## ■ Other volunteers

- Do not throw away any garments at the start and/or on the course.
- Please take your trash with you.
- Do not change clothes in station restrooms or inside station buildings.
- Please do not enter or leave hotels or commercial facilities near the course or use restrooms before the start or during the competition.
- When passing other runners, mind the area around and in front of you.

## ■ Dropping Out

- Please notify that you are withdrawing from the race to one of the race officials, and proceed to the nearest checkpoint. We will hand out race participant towels when you get off the sweep bus.

## ■ Precautions During the Race

- 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.
- In the event of an accident, fire, or other emergencies 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.

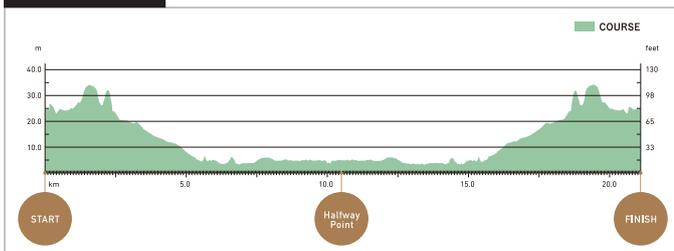
# Course Overview Map

Course Map



Japan National Stadium (Start) – Tomihisacho – Suidobashi – Jinbocho – Kanda – Nihonbashi(First turning point) – Kanda – Jinbocho – Hitotsubashigashi(Second turning point) – Jinbocho – Suidobashi – Tomihisacho – Japan National Stadium (Finish)

ELEVATION MAP



Cut off time and points

km location	location	Closing time
8.5km	The crossing of Sudacho	9:30
11.5km	The crossing of Sudacho	9:53
15.3km	The crossing of Iidabashi	10:22
19.1km	The crossing of Yotsuya-Yonchōme	10:50

Cut off time and points(wheelchair)

km location	location	Closing time
11.5km	The crossing of Sudacho	8:55
19.1km	The crossing of Yotsuya-Yonchōme	9:31

Aid station

Station name	Water	Sports drinks	Sponge
5.9km	○	○	
9.4km	○	○	
12.9km	○		○
14.7km	○	○	
18.1km	○	○	○
19.3km	○		

Medical Station

km location	location	Station name
9.1km	In front of former Imagawa Junior High School	Kanda Medical Station
13.5km	Shueisha	Jinbocho Medical Station
16.8km	The crossing of Ichigaya-Mituke	Ichigaya-Mituke Medical Station

## Staff Identification



# Finish

## After the Race Finished

### ① Runner's service

Runner's service is scheduled to include a finisher medal, Race participant towel, water. For safety reasons, please do not stop for photos after finishing your race.

### ② Baggage pick up (4th floor)

Please follow the guide of staff to proceed to the 4th floor. Retrieve your baggage from where you checked it in. Confirm the baggage area number provided on your bib.

\*The baggage pick up for charity runners is on the 3rd floor. (See p.3)

### ③ Change clothes (4th floor)

You are not allowed to change clothes outside the changing area. We also ask you to take your trash home.

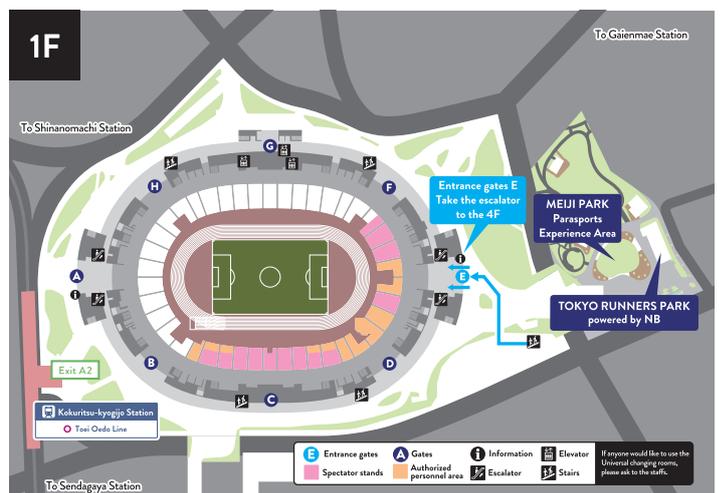
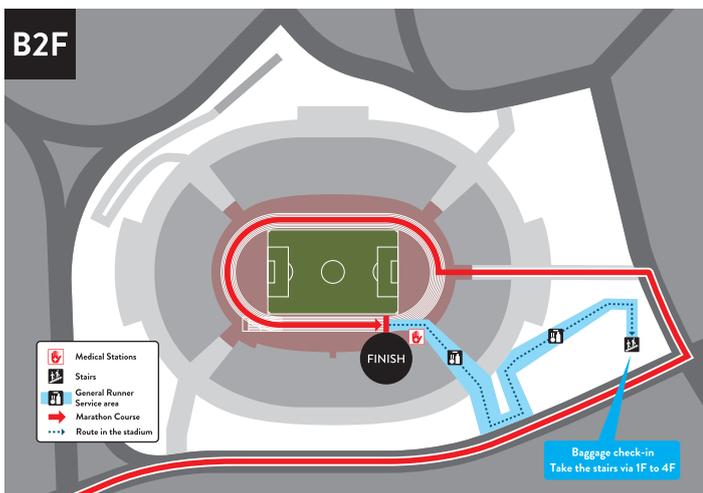
\*If you do not need to change your clothes, you can skip this step and exit the stadium.

\*We have a "universal changing room", "gender-free and barrier-free restroom" available. If you wish to use this room, ask our staff to guide you.

\*The baggage retrieval for charity runners is on the 3rd floor. (See p.3)

### ④ Exit before 12:00 p.m.

Please exit the stadium using the stairs from the 4th floor.



# Final Decision on Hosting or Cancelling the Race

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: October 3, 2024 (Sun) at 4:00 a.m.
- Announcement method: Posted on our official website and the Tokyo Marathon Foundation's social media accounts, etc.



## In case the Race is Discontinued

### ■ 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. 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.

### ■ 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 Twitter account of the Tokyo Marathon Foundation  
[https://twitter.com/TokyoMarathon\\_E](https://twitter.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, ensure to enable notifications on your smartphone.

# Information

## 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://sporoku.jp/result/legacyhalf\\_20241020?locale=en](https://sporoku.jp/result/legacyhalf_20241020?locale=en)

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



### Spectator Stands

#### Would you like to cheer for runners at the National Stadium?

There will be public spectator stands which are open to everyone. If you would like to support your family or friends at the Japan National Stadium, enter through Gate B on the 1st floor.

#### < Important Notices >

- You cannot re-enter gates A and E.
- Hazardous items, such as knives, and flammables, such as firecrackers and fireworks, are prohibited in the Japan National Stadium.

### Official results

Race results will be recorded as the gross time from the gun start and net time from crossing the start line.

[https://sporoku.jp/result/legacyhalf\\_20241020?locale=en](https://sporoku.jp/result/legacyhalf_20241020?locale=en)

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

\*You will receive your Finisher Certificate by email after the marathon (in late November) , or you will be able to find it on the "My Page" of the ASPORTS ENTRY website.



### Race Result Inadequacy

If your race result is inadequate, please enter necessary information in the inquiry form below by noon, October 23 (Wed.).

[https://sporoku.jp/result/legacyhalf\\_20241020/contact?locale=en](https://sporoku.jp/result/legacyhalf_20241020/contact?locale=en)

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

\*Any disputes regarding results which are based on the participant's own GPS distance measurement or other sources will not be accepted.

\*Be advised that inquiries received on and after October 24 will not be reflected in the official race result.



Check here for the latest information on Tokyo Legacy Half Marathon 2024



Tokyo Legacy Half Marathon 2024 official website

<https://legacyhalf.tokyo/en/index.html>

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

Sports Entry customer support center ..... Operation Hours

TEL:0120-711-951

<https://www.sportsentry.ne.jp/inquiry/en>

Weekdays up to Thursday, October 17

(Monday to Friday, excluding holidays) 10:00 a.m. - 5:00 p.m. JST

Friday, October 18 11:00 a.m. - 8:30 p.m. JST

Saturday, October 19 10:00 a.m. - 7:30 p.m. JST

Sunday, October 20 4:00 a.m. - 1:00 p.m. JST