

For All Participants

Thank you for participating in the 43rd Sapporo International Ski Marathon. Please make sure to read the following information and precautions.

1. Access to Shirahatayama Main Venue

Please come to the venue **by the transportation you chose upon registration.**

- ① **For those using a parking lot**
- Shirahatayama Open Stadium parking lot
 - Shinei zoen temporary parking lot
 - Note Fukushima temporary parking lot

→ Place a parking permit on the dashboard and follow the instructions by attendants at the parking lot. Refer to the shuttle bus time table on the right. The bus will depart from temporary parking lots.

- ② **For those using a shuttle bus from Oyachi subway station**

Please refer to the time table below.

- ③ **Others (using a taxi, a family car)** Follow the instructions by attendants.

<Shinei zoen · Note Fukushima>

Car Park	From	Venue
Venue	To	Car Park
mins	hrs	mins
30	50	6
10	30	7
10	30	8
		9
30		10
00	30	11
00	30	12
		13
		14
		15
		16
		17

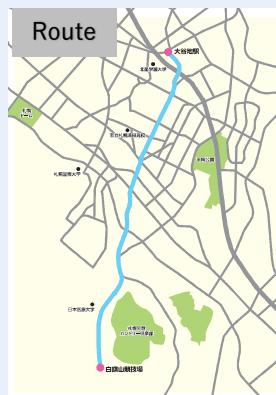
■ Race day (Feb.5th,Sun.) Bus Time table

Subway
【Tozai line Oyachi sta.】
< No.1 stop >



Shirahatayama
Venue

Oyachi sta.	From	Venue
Venue	To	Oyachi sta.
mins	hrs	mins
45		6
15	45	7
		8
		9
30		10
00	30	11
		12
		13
		14
		15
	00	30
		17



Subway
【Toho Line Fukuzumi sta.】
< No.5 stop >



Shirahatayama
Venue

Fukuzumi sta.	From	Venue
Venue	To	Fukuzumi sta.
mins	hrs	mins
45		6
05	25	45
		7
		8
		9
30		10
00	30	11
		12
		13
		14
		15
	00	30
		17



■ Trial Run (Feb.3rd,4th) Bus Time table 【 Trial Run 9:00~15:00】

※On the 3rd,4th, you can park your own car

Subway
【Tozai line Oyachi sta.】
< No.1 stop >



Shirahatayama
Venue

Oyachi sta.	From	Venue
Venue	To	Oyachi sta.
mins	hrs	mins
6		7
30		8
		9
00		10
		11
30		12
		13
		14
		15
		16
		17

Subway
【Toho Line Fukuzumi sta.】
< No.5 stop >



Shirahatayama
Venue

Fukuzumi sta.	From	Venue
Venue	To	Fukuzumi sta.
mins	hrs	mins
6		7
30		8
		9
00		10
		11
30		12
		13
		14
		15
		16
		17

2. Participation procedures

- At the General Reception ① Submit the Health check sheet, Pick up your Bib
② Receive your Transponder ③ Receive a race program and Amino vital sample. Please move to a changing room or Baggage check



3. About the lineup order at the start point

You are kindly requested to move to your position early to be in time for the start. If you are late for your assigned start time, an officer may give you instructions to suspend your racing for safety reasons. We may not be able to time you correctly.



4. Baggage Check

We will set up a Fee-based Baggage Check(¥200/bag). Valuables are unacceptable.

○Acceptable items

Bags, Clothes in a rucksack(a change of clothes), Ski bags etc.

✕Unacceptable items

Valuables (cash, gold notes, gift certificates etc.), Jewelry (watches, accessories), Dangerous substances (drugs, chemicals etc.)

※Valuables should be taken care of by yourself. The organizers are not responsible for loss or theft outside of the Baggage Check section.

5. Refreshments

※10km・4km: only at Finish point

アミノバイタル® GOLD2000 コールド)
Sports drink (cold)

美冬
Millefeuille

羊羹
Azuki bean jelly

アミノバイタル® GOLD2000 ホット)
Sports drink (hot)

雪だるまくんチョコレート
White Chocolate

バナナ※
Banana

アミノバイタル® パーフェクトエネルギー
Jelly drink

パン
Bread

チーズ
Cheese

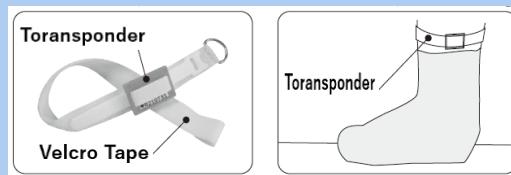
6. Time Record-keeping (※ 50km・25km)

In the event of 50km and 25km, we will use a Transponder for record keeping processing. When you pick up your bib, we will give you a Transponder. Be sure to wear it around your ankle.

■Free technique

・ Right after starting, ski with classical technique along the separate course. Skating is prohibited along the separate course.

Be sure to return your Transponder after finishing.



7. Venue Layout



- | | | |
|-------------------------------------|---|---|
| 1 General Reception | 8 Organizer's Headquarters | 15 Transponder Return/ Commemorative Gift |
| 2 Men's Changing Room | 9 Hokkaido Aruku Ski (Skiing at a walking pace) Association | 16 Refreshments at FINISH |
| 3 Warming Room/ Award Ceremony Site | 10 Cross-country Ski Rental Service | 17 Bib Pick-up/ Health Check |
| 4 Rest Room | 11 Fee-based Waxing Corner/ Shops | 18 First Aid and Emergency Care |
| 5 Baggage Check | 12 Free Waxing Corner | 19 Refreshments |
| 6 Race Headquarters | 13 Fee-based Waxing Corner | 20 Food Stands Area |
| 7 Badge Test | 14 Hot Soup Service | 21 Snowshoeing Experience |

8. Fee-base Waxing service

Registration time: Feb.4th, Saturday 10:00-15:00

Location: Ski Waxing Tents at Shirahatayama Open stadium

Wax and Fee: Race Paraffin-7000 JPY, Paraffin-4,000 JPY

Tent (Shop): MA Sports Service [Tel:+81-11-573-6000](tel:+81-11-573-6000)

Sapporo Skid [Tel: +81-11-842-2730](tel:+81-11-842-2730)

Available for the first 50 pairs of skis at each tent.

Pick-up: Feb.5th, Sunday 8:00-9:00 at the same tent on your registration.

You can choose your preferable wax between Race Paraffin and Paraffin at each tent.

9. Hot Soup Service

After finishing, you can enjoy corn cream soup to warm your exhausted cold body.

※The soup is very hot. Adults should assist young children.

Be careful not to burn yourself.

※Corn cream soup includes some ingredients which may cause allergies.

●Milk component ●Flour ●Soybean ●Chicken



10. Digital Record Certificate/Results

A Digital Record Certificate will be issued for all finishers by downloading it themselves, available on Feb.8th and after.

※A paper record certificate will not be issued on the race day.

All finishers' results will be posted on our official website after the race.

WEB完走証専用ページ



11. For the safety of the race

【Health Check Sheet】

Participants are kindly requested to submit the Health Check Sheet to participate in the race. Participants are responsible for their own health condition. Please be sure to take a medical exam and follow your doctor's instructions. Also be sure to bring your health insurance card.(A copy of your health insurance card is available.)

【Time Limit】

50km = 7 hours (420min), 25km = 4.5 hours (270min)

※50km: The time limit for passing the 25km point is 4 hours. (180min)

Be sure to perform in a good manner to prevent any trouble upon overtaking

When you overtake a skier, you should call the skier in front of you and ask him/her beforehand to move to the side in order to avoid accidental body contacts.

【Contact】

Sapporo International Ski Marathon Secretariat "Sapporo Sport Association"
<Address> 1-5 Nakajima Park Chuo-ku Sapporo (in Sapporo Nakajima Athletic Center)

<Tel>+81-11-530-5562

* On the race day 080-1888-9778 (7:00~)

*Confirmation the race will take place

[050-3665-9603] (6:00~12:00)