

# FOR ALL PARTICIPANTS

Thank you for participating in the 46th 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 Fukushikai temporary parking lot

→ Please show the parking permission ticket to the security guard, and then please follow the instruction.

Please check the below right timetable from the temporary parking area to Shirahatayama main venue.

The parking permission is non-assignability.

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

Please refer to the time table bellow.

<Shinei zoen · Note Fukushikai>

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

### ■ Race day (Feb.1st,Sun.) Bus Time table

Subway [Tozai line Oyachi sta.] <No.1 stop>		From	Venue
		Oyachi sta.	
Venue	To	Oyachi sta.	
mins	hrs	mins	
45	6		
15	7		
00	8		
00	9		
10			
11			
12	00		
13	00		
14	00		
15	00		
16			

Subway [Toho Line Fukuzumi sta.] <No.5 stop>		From	Venue
		Venue	To
Venue	To	Fukuzumi sta.	
mins	hrs	mins	
45	6		
05	25	7	
00	30	8	
00	9		
10			
11			
12	00		
13	00		
14	00		
15	00		
16			

### ■ Trial Run (Jan.30<sup>th</sup> ,Fri.Jan.31<sup>st</sup> ,Sat.) Bus Time table 【Trial Run 10:00～15:00】

※Jan.30<sup>th</sup> ,Fri and Jan.31<sup>st</sup> ,Sat.you can park your own car

Subway [Tozai line Oyachi sta.] <No.1 stop>		From	Venue
		Venue	To
Venue	To	Oyachi sta.	
mins	hrs	mins	
6			
7			
8			
30	9		
45	10		
45	11		
45	12		
13	30		
14			
15	30		
16			
17			

Subway [Toho Line Fukuzumi sta.] <No.5 stop>		From	Venue
		Venue	To
Venue	To	Fukuzumi sta.	
mins	hrs	mins	
6			
7			
8			
30	9		
45	10		
45	11		
45	12		
13	30		
14			
15	30		
16			
17			

**③ Others (using a taxi, a family car)**

Follow the instructions by attendants.

## 2. WELCOME PARTY AND MASTER MEETING

Please join the Welcome Party and Master Meeting !

Jan.31<sup>st</sup> , Saturday 14:00～15:00

At Shirahatayama Open Stadium (Layout No.16 Main Tent Upper Floor/ Award Ceremony Space)

Free of charge (1drink/person)

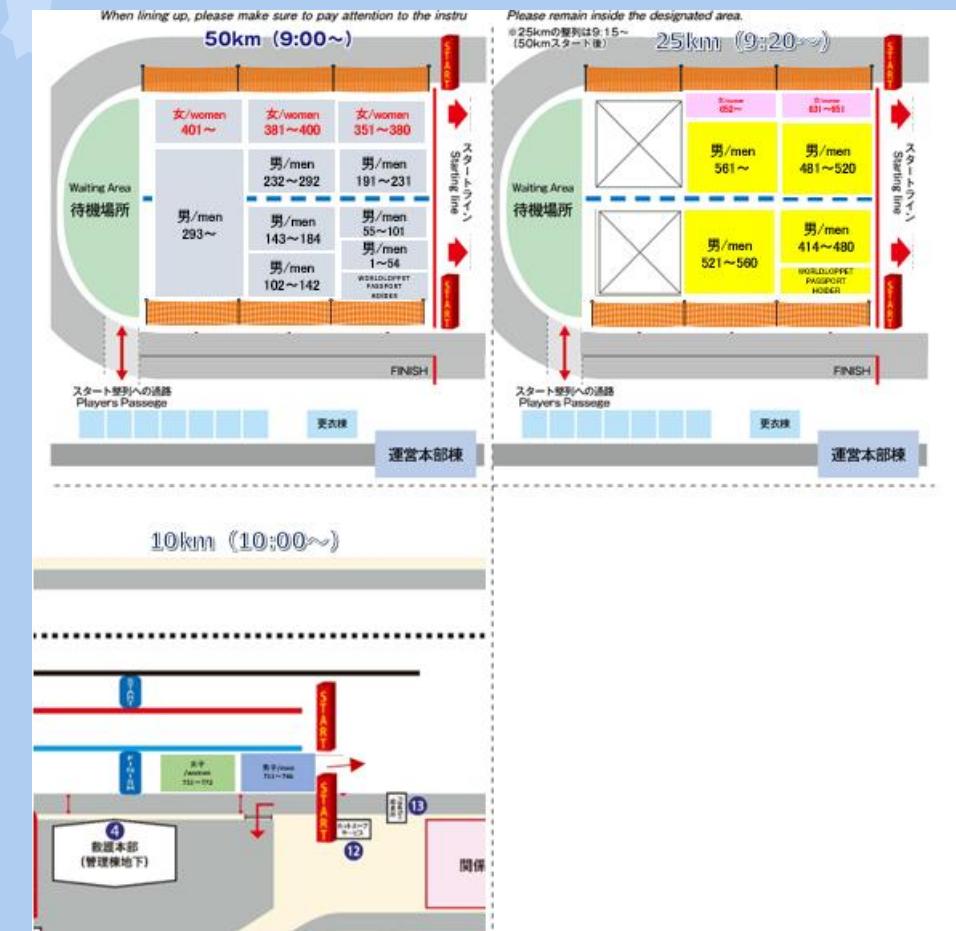
## 3. PARTICIPATION PROCEDURES

After you arrive at the venue, please show your Bib Exchange Ticket at the General Information Desk, then receive your Bib and Transponder. Please prepare for the race by using the Changing room and Baggage Check.



## 4. 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.



## 5. BAGGAGE CHECK

We will set up a Fee-based Baggage Check(¥500/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.

## 6. REFRESHMENTS

	Sports jelly drink	Water	Shiroi Koibito	Banana	Cheese	Maple Bread	Amino Vital ®PRO
8km Point	●	●	●	●			
10km Point	●	●	●	●	●	●	
FINISH	●	●	●	●			●

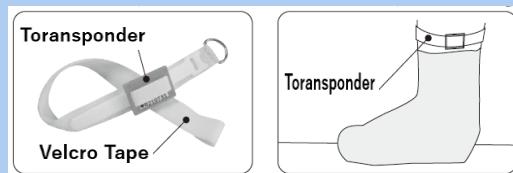
## 7. TIME RECORD KEEPING (※ 50KM • 25KM • 10KM)

In the event of 50km and 25km and 10km, 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.

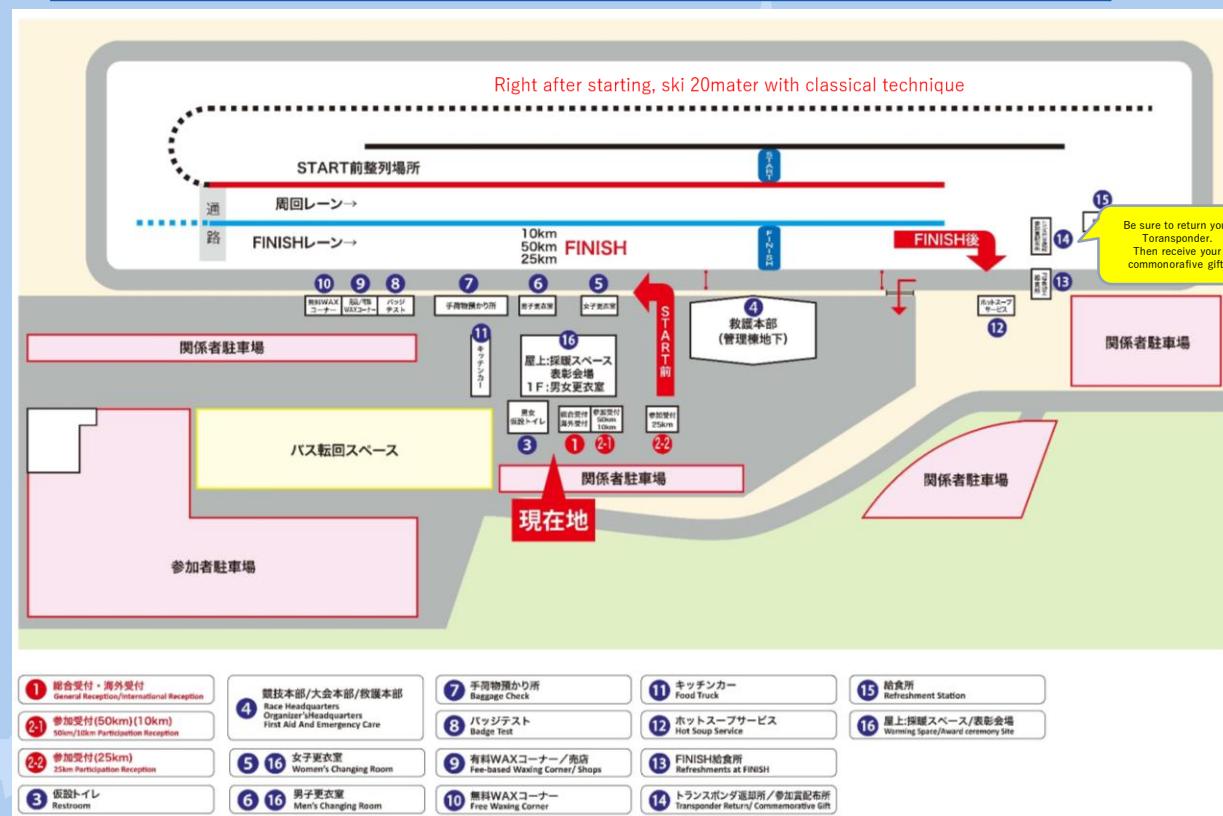
### ■Free technique

• 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.



## 8. VENUE LAYOUT



## 9. FEE BASE WAXING SERVICE

Registration time: Jan.31<sup>st</sup>, Saturday 9:00-15:00

Location: Ski Waxing Tents at Shirahatayama Open stadium

Wax and Fee: Race Paraffin-8000 JPY, Paraffin-5,000 JPY

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

Available for the first 100 pairs of skis at each tent.

Pick-up: Feb.1<sup>st</sup>, Sunday 7:30-10:00 at the same tent on your registration.

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

## 10. 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



## 11. DIGITAL RECORD CERTIFICATE/RESULTS

\* Issuance of Digital Record Certificate

A Digital Record Certificate will be issued for all participants by downloading it themselves from the official website, available on February 4th, Wednesday, and after.



## 12. WORLDLOPPET PASSPORTS

Worldloppet is the international federation of long-distance cross-country skiing races. The Sapporo International Ski Marathon belonged to Worldloppet in 1986 as a representative of Japan. Now, it consists of 20 countries and their own races. When you finish 10 races among 20 races, you are certified as a "Worldloppet Master". Each race sells a "Passport" which is common among Worldloppet races. Each race organizer has their unique stamp and they stamp the Passport to prove you are a finisher.

Details are here. <https://www.sapporo-sport.jp/ski/worldloppet/>

## 13. FOR THE SAFETY OF THE RACE

### 【Time Limit】

\* 50kmRace = The time limits are as follows:

Participants must pass the 20 km point within 2 hours 30 minutes (150 minutes) after the start.

Participants must pass the 30 km point within 3 hours 30 minutes (210 minutes) after the start.

Participants must finish the race within 5 hours (300 minutes) after the start.

\* 25kmRace = The time limits are as follows:

Participants must pass the 10 km point within 1 hours 30 minutes (90 minutes) after the start.

Participants must finish the race within 3 hours 30 minutes (210 minutes) after the start.

\* 10kmRace = The time limits are as follows:

Participants must pass the 5 km point within 1 hours 30 minutes (90 minutes) after the start.

Participants must finish the race within 3 hours (180 minutes) after the start.

**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 (9:00~17:00)

\* On the race day +81-080-1888-9778 (7:00~)