

For All Participants

Thank you for participating in the 44th 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 Fukushimai 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 below.

<Shinei zoen・Note Fukushimai>

Car Park	From	Venue
Venue	To	Car Park
mins	hrs	mins
	6	
00 15 30 45	7	
00 15 30	8	
	9	
30	10	
00 30	11	
00 30	12	00 30
	13	00 30
	14	00 30
	15	00 30
	16	00 30
	17	

■Race day (Feb.2nd,Sun.) Bus Time table

Subway [Tozai line Oyachi sta.] <No.1 stop>	Oyachi sta.	From	Venue	Subway [Toho Line Fukuzumi sta.] <No.5 stop>	Fukuzumi sta.	From	Venue
	Venue	To	Oyachi sta.		Venue	To	Fukuzumi sta.
	mins	hrs	mins		mins	hrs	mins
	45	6			45	6	
	15 45	7			05 25 45	7	
	00	8			00	8	
		9				9	
	30	10			30	10	
	00 30	11			00 30	11	
		12	00 30			12	00
		13	30			13	00 30
		14	00			14	30
		15	00			15	00
		16	00			16	00
		17				17	

■Trial Run (Jan.31st, Fri.Feb.1st, Sat.) Bus Time table 【 Trial Run 10:00~15:00】

※Jan.31st, Fri and Feb.1st, Sat. you can park your own car

Subway [Tozai line Oyachi sta.] <No.1 stop>	Oyachi sta.	From	Venue	Subway [Toho Line Fukuzumi sta.] <No.5 stop>	Fukuzumi sta.	From	Venue
	Venue	To	Oyachi sta.		Venue	To	Fukuzumi sta.
	mins	hrs	mins		mins	hrs	mins
		6				6	
		7				7	
		8				8	
	30	9			30	9	
	45	10			45	10	
		11				11	
	45	12			45	12	
		13	30			13	30
		14				14	
		15	30			15	30
		16				16	
		17				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 !

Feb.1st, Saturday 14:00~15:00

At Shirahatayama Open Stadium (Layout No.18 Main Tent Upper Floor/ Award Ceremony Space)

Free of charge (1drink/person)

3. Participation procedures

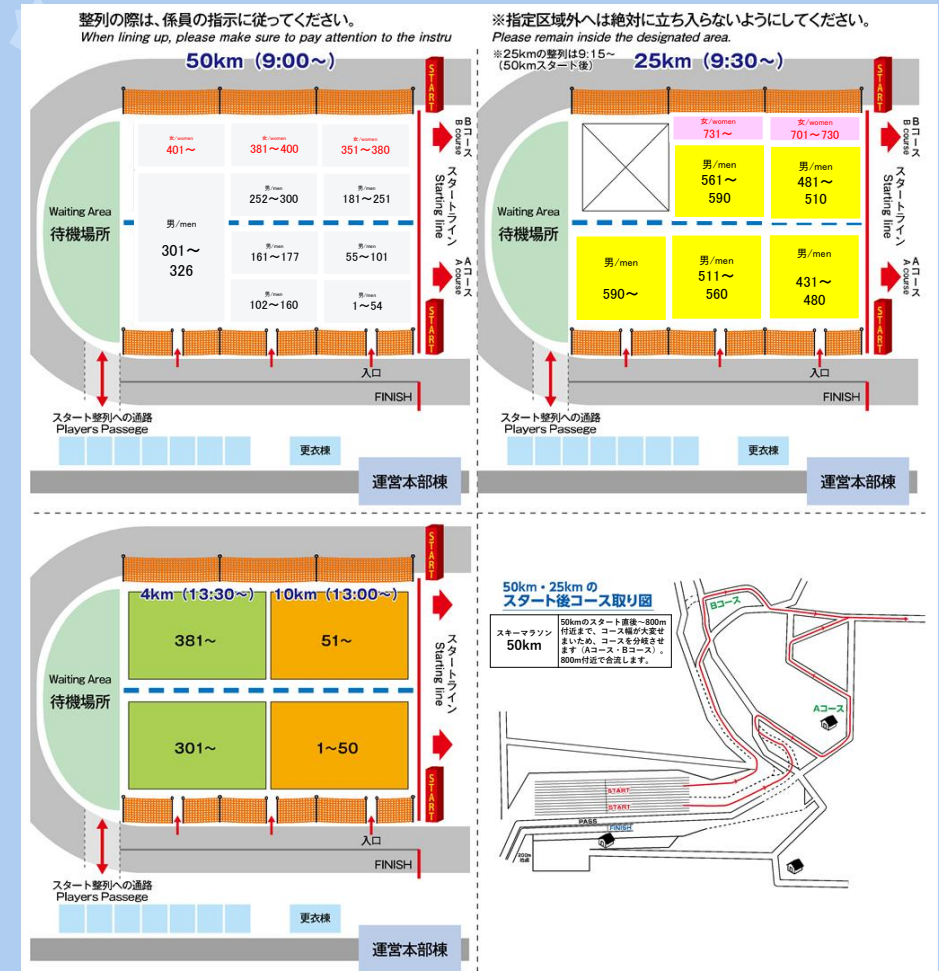
After you arrive at the venue, please show your Bib Exchange Ticket at the General Information Desk, then receive your Bib and Transponder.

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

※10km・4km: only at Finish point

	アミノバイタル®GOLD2000(コールド) Sports drink (cold)		白い恋人 Shiroi Koibito		バナナ※ Banana
	アミノバイタル®GOLD2000(ホット) Sports drink (hot)		美冬 Millefeuille		チーズ Cheese

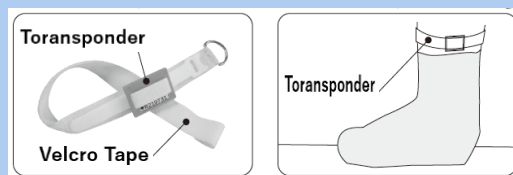
7. Time Record-keeping (※ 50km・25km)

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.



8. Venue Layout

Right after starting, ski 20mater with classical technique

<Sub Event Venue> 13:30~15:00 Sit-ski Experience

Line up area before starting

Loop lane → 10km FINISH
4km FINISH

FINISH Lane → 50km FINISH
25km FINISH

START前

FINISH後

Be sure to return your Transponder. Then receive your commemorative gift.

1 総合受付・海外受付 General Reception/International Reception	4 競技本部/大会本部/救護本部 Race Headquarters Organizer's Headquarters First Aid And Emergency Care	7 荷物預かり所 Baggage Check	11 無料WAXコーナー Free Waxing Corner	15 FINISH給食所 Refreshments at FINISH
2-1 参加受付(50km)(10km/4km) 50km/10km/4km Participation Reception	5 18 女子更衣室 Women's Changing Room	8 バッジテスト Badge Test	12 スノシュー体験 Snowshoe Trial	16 トランスポンダ返却所/参加賞配布所 Transponder Return/ Commemorative Gift
2-2 参加受付(25km) 25km Participation Reception	6 18 男子更衣室 Men's Changing Room	9 歩くスキー貸出所 Cross-country Ski Rental Service	13 キッチンカー Food Truck	17 給食所 Refreshment Station
3 仮設トイレ Restroom	10 有料WAXコーナー/売店 Fee-based Waxing Corner/ Shops	14 ホットスープサービス Hot Soup Service	18 屋上探検スペース/表彰会場 Warming Space/Award ceremony Site	

9. Fee-base Waxing service

Registration time: Feb.1st, Saturday 10:00-15:00

Location: Ski Waxing Tents at Shirahatayama Open stadium

Wax and Fee: Race Paraffin-7000 JPY, Paraffin-3,000 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.2th, 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.

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 5th, 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

【Health Check】

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】

* 30km = The time limit for passing the 20km point is 3 hours (180 minutes) after the start.

* 20km = The time limit for passing the 10km point is 2.5 hours (150 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 (7:00~17:00)

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