



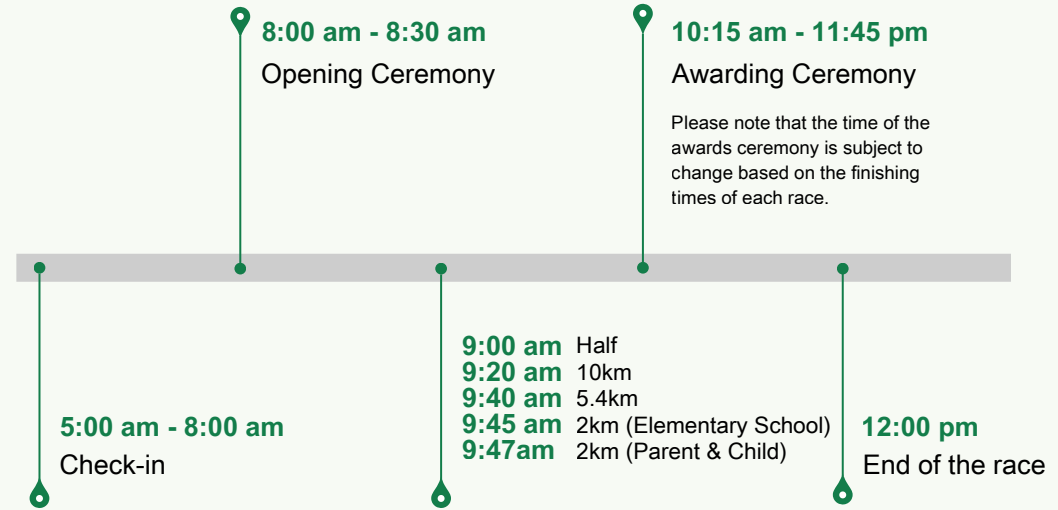
TSUMAGOI HIGHLAND CABBAGE MARATHON 18

VENUE GUIDE

Please note that the venue layout may be subject to change without prior notice.



RACE SCHEDULE



Opening Ceremony

- 1 Opening speech
- 2 Guest Introduction
- 3 Guest Runner Introduction
- 4 Race Guidelines
- 5 Athlete's Oath
- 6 Special Award
 - Oldest Male/Female Runners
 - Farthest Travelled Runners – North & South Japan

Awarding Ceremony

- 🥇 1st Award Certificate, Gold Medal, Prize, Invitation to Next Year's Event
- 🥈 2nd Award Certificate, Silver Medal, Prize
- 🥉 3rd Award Certificate, Bronze Medal, Prize
- 4th Award Certificate, Prize
- 5th Award Certificate, Prize
- 6th Award Certificate, Prize

How to Issue Your E-Certificate

An e-Certificate will be available for all finishers. After completing the race, please scan the QR code displayed near the finish area at the venue to view and download your certificate.

Accommodation & Shuttle Bus Information

Accommodation booked through Tsumagoi Village Tourism Association's official website are eligible for special discounts and access to the official shuttle bus.

If you book accommodation elsewhere, you may still use the shuttle bus by scanning the QR code on the right and completing a separate shuttle bus reservation. Please note that shuttle service is available only to/from Official Partner Accommodations.



▲ Shuttle Bus Reservation Form

EVENT INFORMATION

Date

July 5, 2026

Opening Ceremony

8:00 am

Venue

Tokai University Tsumagoi Kogen Training Center Multipurpose Ground

Parking

Palcall Tsumagoi Resort Parking

Altitude

1,200m - 1,370m

Category

Half	High School and Above (Male & Female)
10km	High School and Above (Male & Female), Couple Pair
5.4km	High School and Above (Male & Female), Middle School (Male & Female)
2km	High School and Above (Male & Female), Parent & Child Pair

Award

Male	High School & Under 29, 30-39, 40-49, 50-59, 60+, Middle School, Elementary 1st-3rd, and Elementary 4th-6th
Female	High School & Under 34, 35-49, 50+, Middle School, Elementary 1st-3rd, and Elementary 4th-6th
Couple Pair	No award for this category
Parent-Child Pair	No award for this category

Participation Prize

Original running bag and Tsumagoi Highland Cabbage

Eligibility

All participants must be in good physical condition and agree to comply with the event rules and regulations.
For the Half Marathon, runners must be able to complete the course within 3 hours.

Important Notice

- ▶ The organizer will provide accident insurance. However, in the event of an accident during the race, the organizer will only provide first aid and coverage within the scope of the insurance policy and will not be held responsible beyond that.
- ▶ If you are not feeling well on race day, please refrain from participating. If you experience any physical discomfort during the race, stop immediately and seek first aid from the following medical support vehicle.
- ▶ For safety reasons, race officials may stop participants from proceeding if necessary.
- ▶ Timing will be measured using a timing chip. If you do not wear the chip properly, your time will not be recorded, so please ensure it is correctly attached.
- ▶ Please return the timing chip to a collection box after you finish the race. If you lose or forget to return the chip, the fee may be paid at the participant's expense.
- ▶ The organizer generally proceeds rain or shine unless there are severe weather conditions that pose a risk to participants' safety. In such cases, we may need to cancel the event for the well-being of all participants.
- ▶ The organizer is not responsible for any accidents or theft in the parking area.
- ▶ The organizer is not responsible for any delays caused by public transportation or road conditions.
- ▶ Participants must follow the instructions of race officials, staff, and traffic control personnel.
- ▶ Participants in the Parent-Child Pair and Couple Pair categories must cross the finish line holding hands.
- ▶ A checkpoint will be set up near the first water station. The race will officially end at 12:00 PM, three hours after the half marathon starts. As the checkpoint will close after 12:00 PM, runners who do not pass the checkpoint before the cut-off time must stop the race and follow staff instructions.

How to Wear Your Bib Number

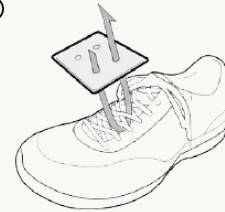
Your bib number is included in the race kit provided at check-in. Please attach it visibly to your chest using the safety pins enclosed. For Parent-Child Pair and Couple Pair participants, both individuals must wear their own bib number.



How to Wear Your Timing Chip

Your timing chip and twist tie are included in the race kit provided at check-in. Please make sure to use the timing chip enclosed in your own race kit. Failure to properly attach the chip, placing it in a pocket, or using someone else's timing chip will result in your time not being recorded.

①



②



◀ Twist tie



◀ Timing chip



If your shoes have a hook-and-loop fastener (Velcro), please secure the timing chip to the belt.

- ① After threading the enclosed twist tie through your shoelaces, pass it through the hole in the timing chip.
- ② Twist the ends of the twist tie as shown above to secure the timing chip.

Don't forget to return the timing chip!

Please remove the timing chip and return it to a collection box or hand it to the staff. Participants who wish to withdraw during the race or those who only check in but do not race must also return their chip. Failure to do so may result in a charge for the chip.

Why Cabbage?

The Cabbage Marathon is inspired by Tsumagoi Village's rich agricultural heritage. Cabbage is one of the region's most famous crops, and the village takes pride in producing some of the highest-quality cabbages in Japan. The marathon celebrates this unique local culture while offering a scenic and challenging race, surrounded by vibrant cabbage fields. Join us in running through this beautiful landscape and experience the spirit of Tsumagoi's farming community!

