

December 4, 2022

Instructions for All Participants

FIT For Charity Run 2022 is made possible through the cooperation of many organisations, including the National Stadium, Yotsuya Police Station, Yotsuya Fire Station and others. The event aims to support charities and is designed for all participants to enjoy on the day. Any accidents, injuries or claims may jeopardise future FIT events. All participants need to follow the instructions of event staff (wearing green jackets) and volunteers (wearing orange jackets). This will be held in a public space so we ask for your support and understanding in maintaining the goodwill of the many local organisations that have made it possible for us to hold this year's event.

Course / Program

Please bring these maps and documents to the Event to understand the location accordingly.

Event Venue (National Stadium) & Course Map

Date: Sunday, December 18, 2022 (rain or shine)

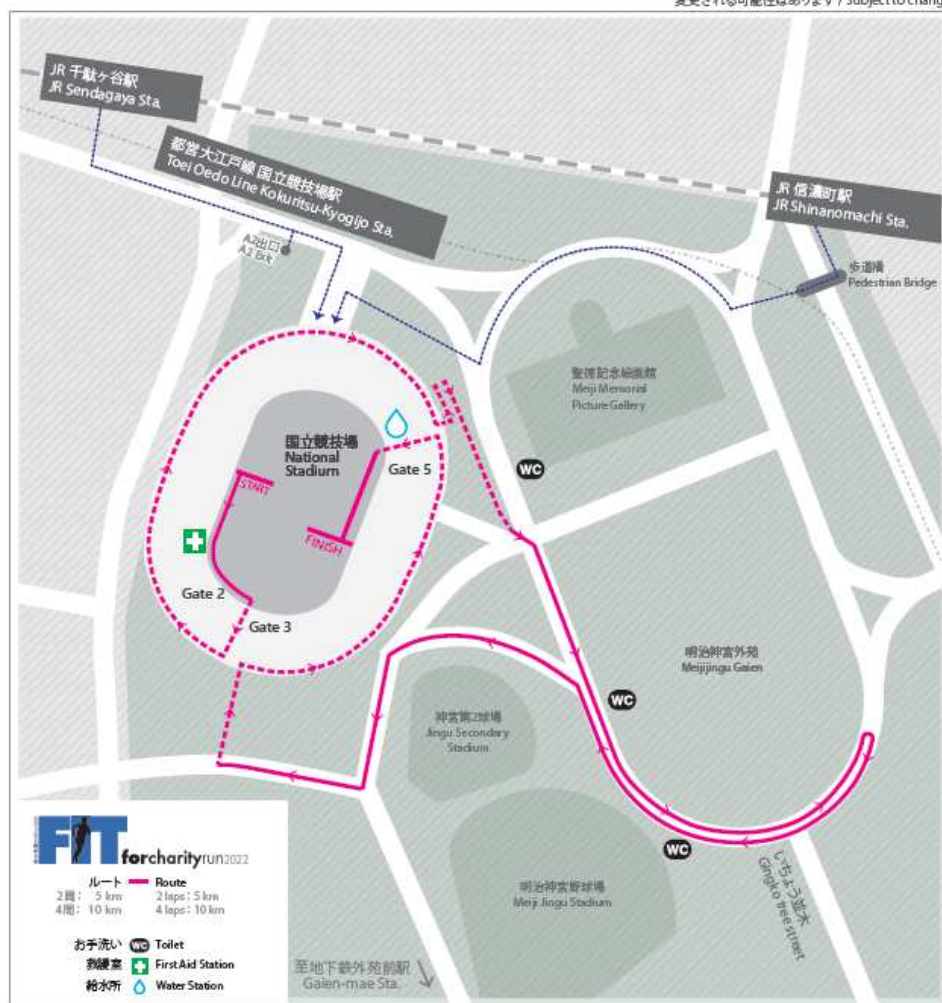
Location: Japan National Stadium (enter from Gate A: Sendagaya Gate) see blue lines in map

JR Sobu Line 5-min. walk from Sendagaya Station/Shinanomachi Station

Toei Oedo Line 1-min. walk from Kokuritsu-Kyogijyo Station (Exit A2)

Tokyo Metro Ginza Line 9-min. walk from Gaizenmae Station (Exit 3)

変更される可能性があります / Subject to change



Event Timeline

Event	Move to Start Line	Start Time	Course / Location
10k Run	9:15	9:45	4 x National Stadium – Gaien Ring Road
5k Run	10:30	11:00	2 x National Stadium – Gaien Ring Road
Intercompany Relay	11:30	12:00 Heats 12:35 Finals	National Stadium 4x100m
Walk	12:00	12:20	2 x Stadium Track
Raffle winner announcement		12:30	
Kids Run	12:35	12:50	Stadium Track 20-50m (~elementary*): Main Stand 100m (Jnr. High): Back Stand *Elementary upper grades can join 100m
Announcement of total donations, Closing		13:30	

Please be mindful of cars as some roads will be open to traffic. Please also be careful of bicycles
Award ceremony for the top three runners of each race will be held immediately after those runners finish at the Podium area. Please see Stadium Map [Po].

Venue and Access

- Motor vehicle and bicycle parking will not be provided. Please use public transportation.
- Stadium is open 8:45-14:00. Please do not arrive earlier than 8:45am. Enter from Gate A: Sendagaya Gate
- Runner/walker registration is not necessary on the day of the event. Please come to the starting area at your race's designated time. Please see Course Map.

COVID prevention measures

- We will measure the temperature at stadium admission; we may refuse admission to those who have a fever.
- Please wear a mask except for running events
- Spaced seating arrangement (Sponsors will be assigned more seats than the number of participants and volunteers, and there will be enough unreserved seats for other participants)

Weather

- The event will take place rain or shine. The run will only be canceled in the event of dangerous conditions (such as a typhoon, snow, and an icy road). For event status, please check FIT's official website (<http://www.fitforcharity.org>) after 7am on event day to confirm.
- The National Stadium is covered, but you may get wet in the seating area

During the Run

- **FIT is an event with the goal of having fun and supporting our community through charities. For safety, we may at times have to stop runners to allow pedestrians and other traffic to pass.**
- Please observe stop and go signals given by volunteers and event staff. **Please be aware of other runners and pedestrians, and follow the guidance given. Please do not run on any footpath/sidewalk.**
- We had close-call incidents in the past when runners ignored FIT safety measures; dangerous is not in the spirit of the event. Please be considerate and we ask participants to not run on footpaths or sidewalks.
- Runners should only overtake on the right. If you are a slower runner, please keep to the left.
- Wheelchair participants can enter the walk. Similarly, the use of strollers/buggies is only allowed in the walk. Please follow the volunteers' instructions.

Stadium Map



First Aid/Emergency

- If you are injured or feel sick during the event, be sure to rest or stop running/walking. If you require attention, please approach volunteers (orange jackets) or Medical staff (red jackets).
- The first aid station will be located near Gate 2 [Green Cross]

Volunteers & Event Staff

- This event is operated purely by volunteers from the participating companies. FIT appreciates your kind understanding and cooperation to achieve a safe, enjoyable and fun event for all participants, kids, runners/walkers, and volunteers alike.
- Please follow the volunteers' guidance. Event staff will wear green jackets, volunteers have orange jackets and medical volunteers will have red jackets.

Seating

- Sponsor firms have been assigned seats in either Sponsor Area (M) or Sponsor Area (B) according to the number of registrations. Non-sponsor participants can sit in the Free Area (Block 117 to 120) in the South Stand. **Other blocks are off limits.**

Intercompany relay race

- We appreciate your support for the intercompany relay. Slower participants in the 5km race may be asked to take a shorter route and may not be able finish on the track as Relay course preparations begin at 11.30 am.

Wheelchair Basketball

- There will be a wheelchair basketball event on the South End of the tracks. [Basketball]

Changing rooms / No cloak

- A makeshift changing room with limited space will be available. To avoid congestion, if possible, please arrive at the venue in your running gear. [CR]

- There is no cloak service, please leave your belongings in the stands. Keep all valuables with you. The FIT For Charity Run 2022 Organising Committee does not accept any responsibility for the theft, loss or damage of any personal belongings.
- There will be a complimentary stretch service near the changing room area. [Ma]

Water Station/Free Foods & Drinks

- A single-location water station will be set up near Gate 5 where runners re-enter the stadium. Dehydration can happen even in cold weather. Be sure to drink enough to stay adequately hydrated. [WS]
- Please place used paper cups in the bins at the water station or in plastic bags held by volunteers on the course.
- After you finish your run/walk complimentary refreshments will be available on the concourse as you exit the fields. [F&D]

Charity Raffle

- Raffle tickets will be on sale for the chance to win great prizes from our donor companies. Prize winners will be announced at 12:30. Raffle booth is near the stadium entrance and is open 8:45-11:30. [Ra]

T-Shirt Sales

- Last-minute entries who would like to obtain an original FIT T-shirt or anyone who wants additional T-shirts can purchase them near the stadium entrance; please see Event Venue map. T-shirts booth is open 8:45-12:30. [Ts]

This year's FIT T-shirt	1,000 yen	
FIT T-shirt for previous years	500 yen	* sizes and numbers are limited

Other items

- There will be another charity event held on the same day in front of the Kaigakan Picture Gallery and adjacent ring road using vehicles. Please do not go near the vehicles and stay on the sidewalks to arrive safely at the stadium.
- Sponsor companies will be able to hang up one, registered banner near their seating area. **Non-sponsor companies (Participant Firms) are prohibited from displaying company material anywhere at the venue.**
- Do not leave your belongings in the stadium, the course, street area and sidewalk other than on your seat in the stand.
- **It is prohibited to stop near the course. You may not block the public road for taking a photo.**
- Running under the influence of alcohol is prohibited. Drinking excessively the day before the run will increase your chances of dehydration on the day. Come healthy and well-rested, and listen to your body while running.
- **Please do not bring pets to the event.**
- **Please bring your own wristwatch to not miss you event start time.**
- Lost and found items will be kept at the Volunteer Desk. [V] After the event, please contact webmaster@fitforcharity.org.
- Please inform staff (green or orange jackets) if you see suspicious objects or persons in the area of the event.
- There are waste bins by the food and drinks stall. Please separate your rubbish and dispose of it in the correct bins. Please do not use the stadium bins and take home your rubbish. [F&D]
- There are no food stalls open on the day. Please bring your own food and drinks if required; food can only be consumed in the seating area
- **Consumption of alcohol and smoking is prohibited.** (According to the regulations of the National Stadium, smoking is prohibited within the premises, inside and outside the stadium)
- If you require hospital medical treatment due to an accident, injury or sickness that occurred during the Event, you will be able to claim through FIT's insurance. The claim form is available at the First Aid station inside FIT headquarters. If you require a form after the event, please send an email to webmaster@fitforcharity.org.
- Please also refer to FAQs on the FIT website. (http://fitforcharity.org/2022/faq_sponsors.html)