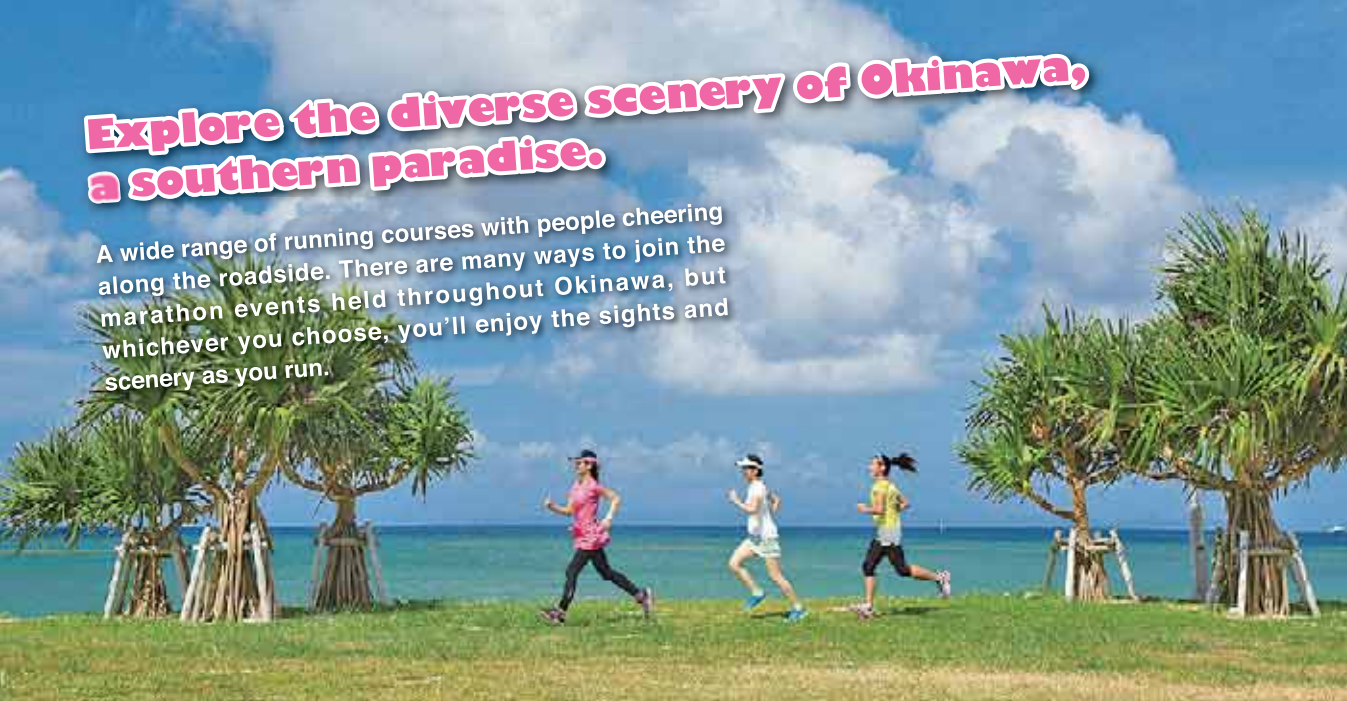


## Explore the diverse scenery of Okinawa, a southern paradise.

A wide range of running courses with people cheering along the roadside. There are many ways to join the marathon events held throughout Okinawa, but whichever you choose, you'll enjoy the sights and scenery as you run.



1

Why marathon races in Okinawa are so popular

**Run along the ocean and over bridges with breathtaking views – courses like you've never experienced before.**

The deep blue sea, the bright and colorful flowers, bridges with amazing views. Okinawa has a wide range of scenic running courses where you can run with a refreshing sea breeze along the coast or up and down mountainous roads.

Each race in Okinawa has its own character: in the Okinawa Marathon, runners race along streets that combine Okinawan and U.S. culture, while in the Iheya Moonlight Marathon, runners race under the romantic stars and moonlight. The number of entries is increasing year by year not only from Japan but also from other countries. These unique running courses of Okinawa are tempting to all runners.



2

Why marathon races in Okinawa are so popular

**The novelties and cheering reflecting Okinawan culture**

The cheering along the roads has a festive mood with the *eisa*, an Okinawa folk dance, *paranku*, a tambourine-like instrument, and live performances. The aid stations hand out brown sugar, *sata andagi*, an Okinawa donut, and Okinawa soba (noodles). The cheering by the kind local people helps keep the runners going. The freebies for runners such as T-shirts and the medals for finishers are also something to look forward to. Marathon races in Okinawa feature original awards such as special Awamori bottles and a box of local specialties as well as colorful Ryukyu glass medals to remind you of your run in Okinawa.



3

Why marathon races in Okinawa are so popular

**Meet the locals at the friendship party and post-race party**

Marathon races in Okinawa don't finish at the finish line! You can watch traditional performances, eat local food, and drink Awamori, an alcoholic drink unique to Okinawa, while meeting the locals during the post-race party. The warm welcome awaiting you at the friendship and post-race parties are one of the reasons why runners keep coming back year after year. You'll dance the *Kachashi* together with the locals and make friends. After the race, why not relax and savor the slow life of Okinawa? Take time to appreciate the island, and you'll feel reinvigorated the next day.



POST RACE

A short trip around Okinawa

## Must-do on the islands

FOOD



**Power up with Okinawan food!**

Don't miss Okinawa soba (noodles), one of the most popular foods in Okinawa. The local people tend to have their own favorite restaurant, but they also love to try new ones. Okinawa noodles are a nutritious mix of amino acids and carbohydrates, so are ideal for carbo-loading before the race. And after the race, why not treat yourself to a steak? American culture has had a strong influence on Okinawa, and so you'll find steak houses all over the place with delicious Ishigaki and Motobu beef.

RELAXATION



**Luxurious body care with facials and natural hot spas**

Relaxation facilities can be found all over Okinawa. After the race, why not reward your tired body with resort-style beauty treatment, a hot spa overlooking the ocean, or deep seawater spa? Cool your muscles with a long gentle massage. Apply cosmetics made from Okinawan ingredients such as shell ginger, hibiscus, and Okinawa *kucha* clay on your sunburnt skin. Choose your favorite form of healing and slowly refresh your body and soul.

EVENTS



**Keep your eyes open for seasonal festivities to make your trip even more memorable!**

Having come all the way to Okinawa, it's worth enjoying things other than just running race. There are many festivals in Okinawa: the first cherry blossom festivals in Japan are held in Okinawa during the marathon season of January and February. Up till May, there are Okinawa Flower Carnivals all over the prefecture. There are also many family events such as whale-watching and bull-fighting. Check out what's on beforehand and make your trip to Okinawa even more fun.

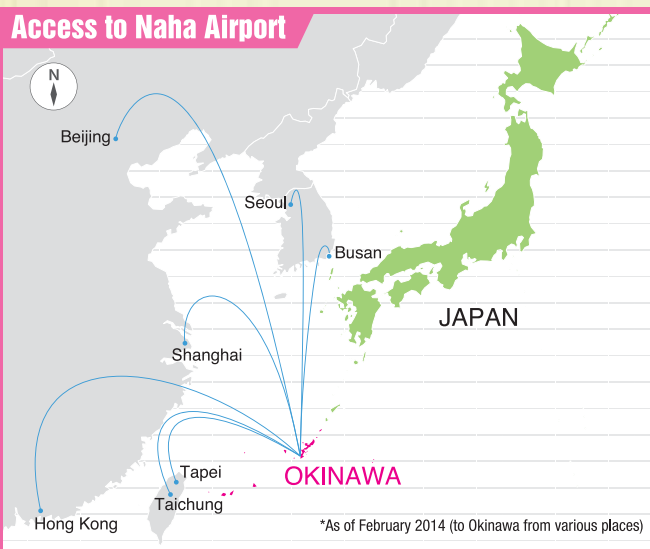
DRIVE



**Drive like a local!**

Many runners enjoy driving before and after the race. It's a great way to sightsee as you can go anywhere you want without worrying about the time. One of the most popular drives among the local people is visiting the farmers' markets, where you can feel the atmosphere of Okinawa as a southern island with interesting island vegetables, fresh fruit, and colorful fish. Okinawa also has many trendy cafes with beautiful scenery and sweets made from local ingredients. There are so many ways to enjoy a coffee or tea in Okinawa.

Access to Naha Airport



Website with Okinawa sightseeing information

The Okinawa Story

The Okinawa Story Search

<http://www.okinawastory.jp/en/>

Okinawa Convention & Visitors Bureau

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(Okinawa Industrial Support Center 2F)  
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E-mail: [sports@ocvb.or.jp](mailto:sports@ocvb.or.jp)

\*The map on the front page is not to scale.

MARATHON ISLANDS OKINAWA



Cheering



Beautiful scenery



Hospitality



Friendship



Mother nature

Sports Islands OKINAWA



Try running all  
**30**  
races!

**START**

Whether you're a beginner or elite runner, Okinawa has a wide range of running races from autumn to spring, including major marathons, community-based half marathons, and short distance runs.

Fight!

Let's run among the fresh young green leaves.

Let's look at the beautiful landscape while running.

Feeling good! Run to the finish line!

**GOAL**

Interacting with the locals is part of the fun of traveling.

The scenery from Niraï Kanai Bridge is fantastic.

Try the sata andagi!

The ones in pink are full marathons.

It feels so good to run by the sea.

The views of Okinawa make running great fun.

The ones in blue are half marathons.

Try to find unique shisa, the Okinawa lion, on the rooftops and in front of gates.

Yeah!

Let's eat some ice cream as a treat.

The cheering and hospitality was great!

Yoo Hoo!

Yaeyama Islands

Miyako Islands

Remote islands around Okinawa main island

Northern area of Okinawa main island

Central area of Okinawa main island

Southern area of Okinawa main island

\*The race data is as of January 2014.  
\*The time limit for each event is shown in brackets.  
\*Time required: shows the travel time from Naha Airport to the main event area.  
\* The number of runners is that of the previous race.  
\*The islands are grouped into four regions: Main Land, Islands surrounding the main land, Miyako, and Ishigaki.

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