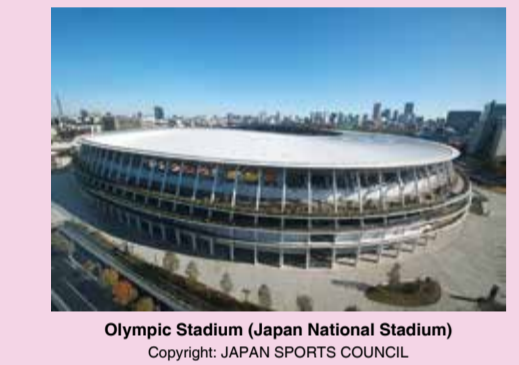


Also useful for when you're watching sports at home

Look at the map and cheer on the athletes!
Paralympic Marathon Highlights Map
 September 5, 2021 (Sun.)

Olympic Stadium (Japan National Stadium) **Start / Finish**

- Wheelchair Class T54 (Men)
Start Time: 6:30
- Wheelchair Class T54 (Women)
Start Time: 6:40
- Visual Impairment Class T12 (Men/Women)
Start Time: 6:50
- Upper Limb Amputation/Upper Limb Deficiency Class T46 (Men)
Start Time: 6:50



Information about the Tokyo 2020 Paralympic Marathon is available on the following websites. Be sure to check it out!

Information about watching the race along the roadside. Please see here for the latest information.
 (Official website of the Tokyo Organising Committee of the Olympic and Paralympic Games)
<https://olympics.com/tokyo-2020/en/paralympics/>

Official website of the Tokyo Metropolitan Government Paralympic Marathon PR leaflet (Japanese)
https://www.2020games.metro.tokyo.lg.jp/taikaiyun/bukanren/para_marathon_pr/index.html

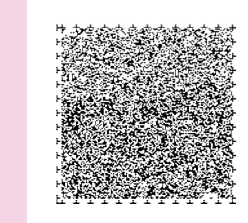
Official website of the Tokyo Organising Committee of the Olympic and Paralympic Games Introduction of events (Athletics/Marathon)
<https://olympics.com/tokyo-2020/en/paralympics/sports/athletics/>

Tokyo 2020 Olympic and Paralympic Games COVID-19 Countermeasures (Japanese)
<https://olympics.com/tokyo-2020/ja/paralympics/news/road-to-t2020>

Information about traffic regulations due to Paralympic marathon
<https://olympics.com/tokyo-2020/en/paralympics/notices/tra-paralympic-marathon>

The *kumi-himatsumon* harmonized checkered emblem of the Tokyo 2020 Paralympic Games shown on the front cover combines three differently shaped types of rectangles and represents differences among countries, cultures, and ways of thinking. Recognizing and overcoming differences to create connections, this design embodies the message of diversity and harmony.

Editor/Publisher: Coordination Section, Tokyo 2020 Paralympic Games Division, Bureau of Olympic and Paralympic Games, Tokyo 2020 Preparation
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	Wheelchair Class T54 (Men/Women)	Visual Impairment Class T12 (Men/Women)	Upper Limb Amputation/Upper Limb Deficiency Class T46 (Men)
5km	about 6:40-6:55	about 7:05-7:15	
10km	about 6:50-7:10	about 7:25-7:40	
15km	about 7:00-7:20	about 7:40-8:05	
20km	about 7:10-7:35	about 8:00-8:25	
25km	about 7:20-7:50	about 8:15-8:50	
30km	about 7:30-8:05	about 8:30-9:15	
35km	about 7:40-8:20	about 8:45-9:40	
40km	about 7:50-8:30	about 9:05-10:00	

Masuda-san and Hanaoka-san introduce their pick of race highlights!

Akemi MASUDA Sports Journalist / President, Japan Para Athletics
Nobukazu HANAOKA Paralympian / Tokyo Paralympic Support Ambassador

A At the Start / Finish

Comments by Nobukazu Hanaoka:
 In the wheelchair marathon, crashes can occur if the athletes group together, but the greatest danger occurs at the start of the race, followed by just before the finish. When the race starts/finishes in a stadium, you can see exciting scenes of the athletes jostling for position at the entrance/exit of the marathon gate and the athletes flowing into the stadium at the finish.

B Around Shiba Park

Comments by Akemi Masuda:
 Look at the course elevation view at the top left-hand side of the map! Except for the downhill slope early on and the uphill slope in the later stages, the course is continuously flat. After running past the famous sights of Zojoji Temple, Shiba Toshogu Shrine, and Tokyo Tower, the athletes reach the 25 km turnaround point. With the change in wind direction, this is the point where race action begins to heat up. For here on, you cannot look away!

C Around Nijubashi Bridge

Comments by Akemi Masuda:
 With the early morning start, most of the course will be run in the shade, but at this location, there are no buildings to block the sun's rays. (If the weather is sunny) the athletes will have to battle not only their mounting exhaustion but also the direct sunlight. Which of the athletes will be able to catapult into an advantageous position during the uphill climb from the 37 km mark—the final challenge awaiting them? Strategic maneuvering among athletes is sure to set off fireworks.

D An upward slope from the 37 km mark

Comments by Nobukazu Hanaoka:
 Having raced the first half of the marathon at speeds exceeding 40 km per hour, the Wheelchair Class athletes end their long battle only to have to face a long, gentle slope on the return trip, followed by a 150 m steep upward slope at the 40 km mark in a true face-off. Their physical and mental strength depleted, it will surely be the athlete who can control and surmount this ultimate challenge who will claim the gold medal!

