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)

Start Time: 6:30 Vheelchair Class T54 (Women) Start Time: 6:40 isual Impairment Class T12 (Men/Women) Start Time: 6:50

Upper Limb Amputa Class T46 (Men)





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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/



Paralympic Marathon PR leaflet (Japanese) https://www.2020games.metro.tokyo.lg.jp/taikaijyunbi/ kanren/para_marathon_pr/index.html

Official website of the Tokyo Organising Committee 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/

notices/tra-paralympic-marathon



The kumi-ichimatsumon 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

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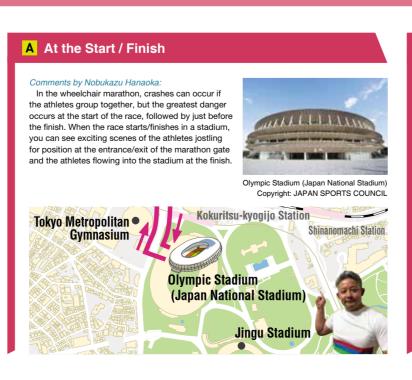
harmony.

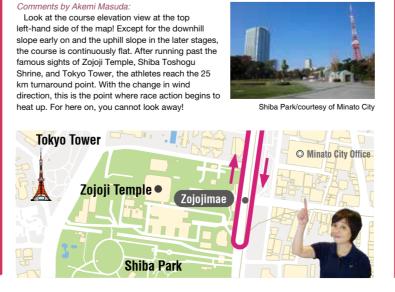






President Janan Para Athletics Tokyo Paralymnic Sunnort Amhassador





B Around Shiba Park

C Around Nijubashi Bridge 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.

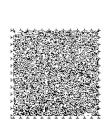


D An upward slope from the 37 km mark

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







On September 5 (Sun.), the final day of the Tokyo 2020 Paralympics, the athletes will set off from the Olympic Stadium (Japan National Stadium) on the 42.195 km marathon course and along the route pass by some of Tokyo's most appealing and famous landmarks symbolizing Japanese culture and history.

Wheelchair Class T54 (Men/Women)

This marathon race became an official Paralympic event at the 1984 Summe Paralympics held in New York (USA) / Stoke Mandeville (UK). Using competition wheelchairs called racing wheelchairs, athletes with lower limb impairments will race at powerful speeds averaging 30 km per hour but reaching as fast as 50 km per hour going down slopes. Watch out for the athletes' various strategies, including tactics of running in groups from the start and carefully timing their spurts.



Visual Impairment Class T12 (Men/Women)

This marathon race became an official Paralympic event at the 1988 Summer Paralympics held in Seoul, ROK. Totally visually impaired runners pair up with guide runners to run the race together, while profoundly visually impaired runners choose to run either independently or with a guide runner. As they are racing, each athlete and their guide runner hold onto the ends of a rope called a tether (commonly known as kizuna in Japanese) that keeps them together A highlight of this race is seeing the teamwork between the athletes and their guide runners.



©Photo Kishimoto

Upper Limb Amputation/Upper Limb Deficiency Class T46 (Men)

Since becoming an official Paralympic event at the 1996 Paralympic Games in Atlanta, USA, this marathon race has been held at every Paralympic Games, except for the 2004 Summer Paralympics in Athens, Greece. This is a race for athletes with an upper limb amputation or upper limb functional impairment. Each runner uses ingenious techniques to maintain balance and grab water bottles and sponges as they race by.



These runners race alongside vision impaired

athletes to convey information to them, such as

the course conditions and direction in which

and leg motion, and feelings to those of the

are an essential presence, becoming the

finish line. Up to two guide runners may be

registered per athlete (alternating part-way

through the race), but at the Paralympics, if

athlete wins a medal, the guide runner also

they are running. Matching their breathing, arm

athlete they are accompanying, guide runners

athlete's perfect partner and guiding them to the

there is only one guide runner registered and the

Guide Runners

receives a medal.

Racing Wheelchairs

This competition wheelchair was developed for high-speed racing. R&D is being carried out to produce racers that are highly durable yet lightweight and fast using new materials, such as carbon and magnesium. Athletes customize their racing wheelchairs through repeated trial-and-error during daily training so that the two become one, doing battle in competition as partners.



Tomoki SUZUKI

Born in 1994 in Chiba Prefecture, Japan, Tomoki Suzuki sustained spinal cord injuries in a traffic accident at eight months of age. He competes in both track and marathon events. Taking advantage of his characteristic sprinting strength, he placed third in the wheelchair division at the 2019 World Para Athletics

Championships, becoming the first athlete selected to represent Japan at the Tokyo 2020

Paralympic Games in athletics. He won the Tokyo Marathon 2020 in a time of 1:21:52, which was a new meet record. His favorite motto is "Create your own future.

Tsubasa KINA



Photograph courtesy of Japan Para Athletics

Wheelchair Class

Born in 1990 in Okinawa Prefecture, Japan, Tsubasa Kina became wheelchair-bound after sustaining injuries in an accident during basketball training when she was 19 years of age. She took up the wheelchair marathon in 2013, competing in her first full marathon in 2016 and setting a women's national record at the 2019 Oita International Wheelchair Marathon (1:35:50). As of June 2021, she is ranked fourth in the world.



Wakako TSUCHIDA Wheelchair Class

Born in 1974 in Tokyo, Japan, Wakako Tsuchida became wheelchair-bound after sustaining injuries in a traffic accident when she was a second-year high school student

She took up sports as part of physical therapy and competed in the ice sledge race at the 1994 Paralympic Winter Games in Lillehammer, Norway. At the 1998 Paralympic Winter Games in Nagano, Japan, she won four medals. In 1999, she switched to athletics, winning a gold medal

in the 5.000 meters and a silver medal in the marathon at the 2004 Summer Paralympics in Athens, Greece. She is Japan's first gold medalist at both the Summer and Winter Paralympic Games. The Tokyo 2020 Paralympic Marathon will mark Wakako's eighth Paralympics competition, counting both Summer and Winter Games. Sh is a "Mama Athlete" who masterfully balances competing in sports and child-raising.



Yutaka KUMAGAI Visual Impairment Class

Born in 1987 in Akita Prefecture, Japan, Yutaka Kumagai has congenital aniridia, a condition that impairs the eyes' ability to adjust to light and causes reduced vision

He began athletics in junior high school and competed in ekiden road relays while at university. He guit competing for a while but returned after changing jobs in 2017. With ample amounts of training, he won numerous

championships and set a new Asian record time (2:25:11) at the Fukuoka International Open Marathon Championship 2019. Sometimes running around 1,300 km in a month, he is an athlete with physical strength and endurance.



Tadashi HORIKOSHI Visual Impairment Class

Tadashi Horikoshi was born in 1988 in Nagano Prefecture, Japan. Congenital retinoblastoma resulted in the removal of his right eye in infancy (ocular prosthesis inserted) and low vision in his left eye (round 0.03). He competed in middle and long distance events at the 2008 Summer Paralympics in Beijing, China, and the 2012 Summer Paralympics in London, UK. Subsequently, he switched to

fourth at the 2016 Summe Paralympics in Rio de Janeiro, Brazil. He won the 2020 Hofu Yomiuri Marathon in a time of 2:22:28, which established a new Asian record. He also competes in championships for sighted runners as a runner on a company sports team. His nickname is Hoorii

Shinya WADA

take up competing in earnest

at the age of 28 years. He is

Japan's top vision impaired

runner in the T11 Class (severe

visual impairment). Utilizing his

dual abilities in track and the

marathon, he also competed in

the 2016 Summer Paralympics

in Rio de Janeiro, Brazil. In the

best of 2:32:11 at the Fukuoka

International Open Marathon Championship. His favorite

motto is "Onwards."

same year, he set a personal

Born in 1977 in Osaka Prefecture, Japan, Shinya Wada was

diagnosed with retinitis pigmentosa when he was in high school,

losing his vision completely while at university. He continued his

worked full time at a Braille library. During this time, he began

studies using Braille and went on to graduate school, after which he

participating in training sessions with a running team, leading him to

marathon running, placing



©Shota OUCHI/Photo Kishimot

Visual Impairment Class

Yumiko FUJII

has opened the way for those

who have followed. After not

finishing at the 2016 Summer

Janeiro, Brazil, she vowed to

Her favorite motto is "Never

Paralympics in Rio de

make a comeback.

give up!'

Visual Impairment Class

Mihoko NISHIJIMA Visual Impairment Class

Born in 1955 in Fukui Prefecture, Japan, Mihoko Nishijima has low

husband, she began running marathons at the age of 44 years and

took on her first full marathon at the age of 46. At the age of 48, she

set a personal best (3:11:33) in the Osaka Women's Marathon. As a

vision impaired female marathon runner, she is also a pioneer who

vision with visual acuity of 0.02 in both eyes. Influenced by her

Born in 1964 in Shiga Prefecture, Japan, Yumiko FUJII took up running when she joined her junior high school's athletics club. Beginning with middle-distance running, she gradually increased her running distance to eventually take up the marathon. She started out as a citizen runner, initially wanting simply to enjoy running, but in her late 40s, she competed in an international meet for the first time

Subsequently, she steadily improved her running time, breaking her personal best by more than 4 minutes when she placed second at the 2020 Hofu Yomiuri Marathon in a time of 3:09:48. While savoring the joy of running, she will turn all the gratitude she feels for everyone's support into energy as she takes on the marathon race



Record the winning time!

Photograph courtesy of The Fukui Shimbun Company

Misato MICHISHITA Visual Impairment Class

Born in 1977 in Yamaguchi Prefecture, Japan, Misato Michishita developed corneal dystrophy in grade 4 of elementary school, losing the sight in her right eye in year two of middle school and

subsequently sustaining diminished vision in her left eye as well. After initially competing in middle distance races in Japan, she switched to marathon running in her 30s. Just 144 cm tall, she used

a pitch running method that takes advantage of her petite physique to win a silver medal at the 2016 Summer Paralympics in Rio de Janeiro, Brazil, In 2020, she broke her own world record twice, achieving the remarkable time of 2:54:13. Her nickname is Micchan



Tsutomu NAGATA

Upper Limb Amputation/Upper Limb Deficiency Class

Born in 1984 in Niigata Prefecture, Japan, Tsutomu Nagata sustained serious damage to his right arm in a work accident when he was 26 years old.

In 2020, he underwent the necessary disability classification for competing in the Tokyo

Paralympics, and in 2021, he finished the 76th Lake Biwa Mainichi Marathon in a new Asian record time of 2:25:23. He describes himself as the "Most Persistent Man in Japan."



Column on the Seven Cities along the Marathon Route



Chiyoda City

Of the entire marathon course, 9.46 km passes through Chiyoda City. In particular, the Jinbocho Intersection is a spot through which the race passes three times—in the early, middle, and late stages—and where you can fully experience the thrill of the marathon event, with the runners changing order and making tactical moves. Furthermore, the route passes by numerous sites that can be said to be Tokyo landmarks, such as Jinbocho's streets packed with second-hand bookstores, Kokyo Gaien National Garden, and Nijubashi Bridge, so why not experience the white-hot emotion and excitement of the race as well as the appeal of Chiyoda City?!



Chuo City

Near Nihonbashi Bridge, which even today serves as the point from which all distances from Tokyo to the outer-lying cities are measured, the athletes will pass through the Nihonbashi Intersections a total of three times, at the 10 km. 20 km, and 28 km marks. Here you can cheer on the runners while enjoying the history-rich scenery. In addition, the central street passing through the internationally renowned Ginza shopping district-home to numerous department stores, as well as high-end domestic and foreign boutiques-provides clear views, and the sight of the athletes running through this streetscape is sure to leave a lasting impression.



Photograph courtesy of Chuo City

Minato City

With the aim of fostering an atmosphere supportive of the Tokyo 2020 Olympics and Paralympics, as well as realize a community inclusive society through sports in which many people, from children to the elderly, can participate regardless of nationality or presence/absence of impairment, Minato City established the Minato City Half Marathon in December 2018. This event starts from Shiba Park and finishes at Tokyo Tower, following a highly appealing route in-between. For details, please see the Minato City



Photograph courtesy of Minato City

Shinjuku City

In Shinjuku City, the marathon course passes through Kagurazaka, a history-rich area dating back to the Edo period (1603-1868). In the middle of Kagurazaka-dori Street, which intersects with Sotobori-dori Avenue, stands Zenkoku-ji Temple, which is dedicated to the god Bishamonten. One of Kagurazaka's most representative spots, the temple is believed to bestow wealth, good fortune, and good luck in competition. Moreover, the stone paving and elegant buildings give you a taste of gorgeous world of the geisha. Kagurazaka-odori, in which geisha entertainers present their daily training to the public, was the first Community Cultural Property to be designated by Shinjuku City.



Bunkyo City

The huge, highly visible white dome near Suidobashi Station is used as a venue for baseball games and other sporting events, as well as concerts and other cultural activities. Together with the Bunkyo Civic Center, the dome generates festivity as a city landmark. The surrounding area has many commercial and recreation facilities that can be enjoyed by people of all



Photograph courtesy of Tokyo Dome Corporation

Taito City

In Taito City, the marathon route will pass through the Asakusabashi, Kuramae, and Asakusa districts. The highlight will be seeing the runners pass through Asakusa, a sightseeing spot that is popular both throughout Japan and overseas. The sight of the runners racing past the huge red lantern at the impressive Asakusa Kaminarimon Gate will be a moment that could rarely be



Tokyo is the first city in history to host the Summer Paralympics twice. But did you know that Shibuya City is the only place to actually be hosting the Paralympics for the second time? The Tokyo 1964 Paralympic games were held at seven venues. All sporting venues, the venues for the opening and closing ceremonies, and even the athletes' village were located in Shibuya City. At the Tokyo 2020 Paralympics, Shibuya City will be the stage for not only Table Tennis and Athletics-which were also held in Shibuya City in 1964-but also Wheelchair Rugby, Badminton, and the Marathon.



Wheelchair Class T54 (Women) Visual Impairment Class T12 Upper Limb Amputation/Upper Limb Deficiency Class T46 Record the name of the athlete you are cheering for! Name of Athlete Predicted Time Recorded Time