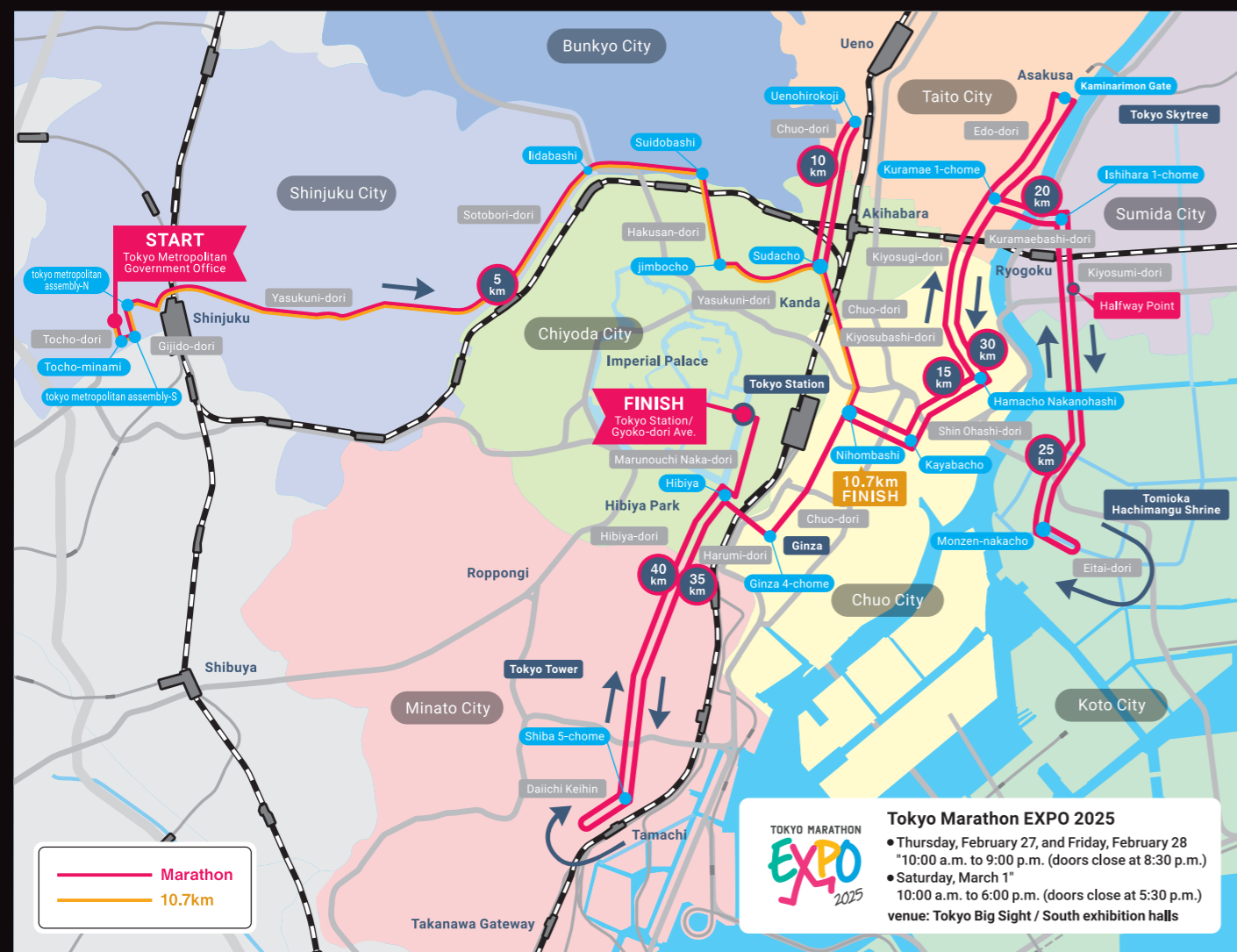


COURSE MAP



Tokyo Marathon EXPO 2025
 ● Thursday, February 27, and Friday, February 28
 "10:00 a.m. to 9:00 p.m. (doors close at 8:30 p.m.)"
 ● Saturday, March 1
 "10:00 a.m. to 6:00 p.m. (doors close at 5:30 p.m.)"
 venue: Tokyo Big Sight / South exhibition halls

Marathon Pace Chart										
	START	5km	10km	15km	20km	25km	30km	35km	40km	FINISH
First wheelchair	9:05	9:14	9:24	9:33	9:43	9:52	10:02	10:12	10:21	10:25
Last wheelchair	9:05	9:20	9:35	9:51	10:06	10:22	10:37	10:52	11:08	11:15
First runner	9:10	9:24	9:38	9:53	10:07	10:22	10:36	10:51	11:05	11:12
Last runner	9:40	10:25	11:02	11:50	12:36	13:22	14:06	14:48	15:42	16:10

Television and Radio Broadcast		
Nippon TV	Terrestrial Broadcast and Nationwide	9:00 a.m. to 11:50 a.m. Tokyo Metro Sports Special Tokyo Marathon 2025
Nippon TV	Terrestrial Broadcast and Kanto local	4:25 p.m. to 5:25 p.m. Tokyo Marathon 2025 x Sunday PUSH Sports collab SP
NTV NEWS24(CS Nippon)		9:00 a.m. to 4:30 p.m. Live Broadcast of All Wheelchair and Full Marathon Finishers
*Live streaming also scheduled to be available on TV Ver.		
Radio Nippon		8:45 a.m. to 11:35 a.m. Radio Nippon Sports Special Tokyo Marathon 2025 Live Commentary

● Traffic will be restricted for a certain period on the race day. We appreciate your cooperation on this. [TOKYO MARATHON 2025 Road Closures](#)

Marunouchi Naka-dori Ave. Underpass Guide

Note: Some routes will only be available on the day of the marathon.
 Please follow the instructions of site staff.

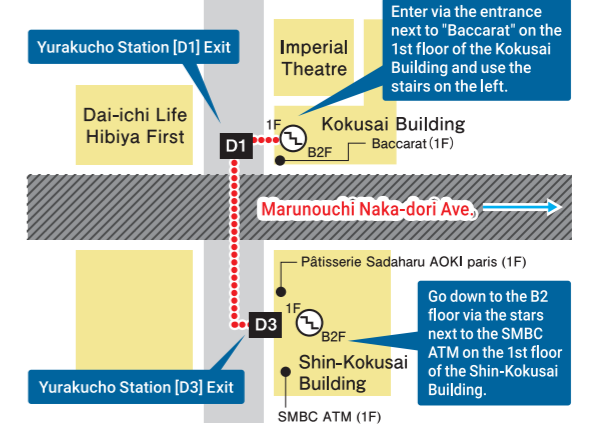
It will not be possible to cross Marunouchi Naka-dori Ave. or Gyoko-dori Ave. (in some areas) on the day of the marathon (Sunday, March 2).
 Please use the convenient underground passages.

Escalator Stairs No-crossing area Underpass route Marathon course

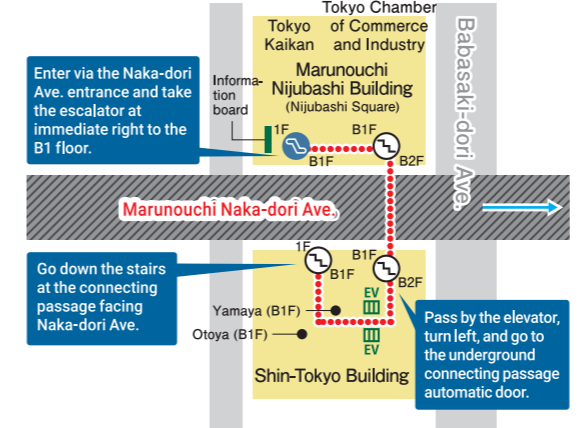
A Yurakucho Denki Building ↔ The Peninsula Tokyo area
 Use the Hibiya Station subway connecting passage.



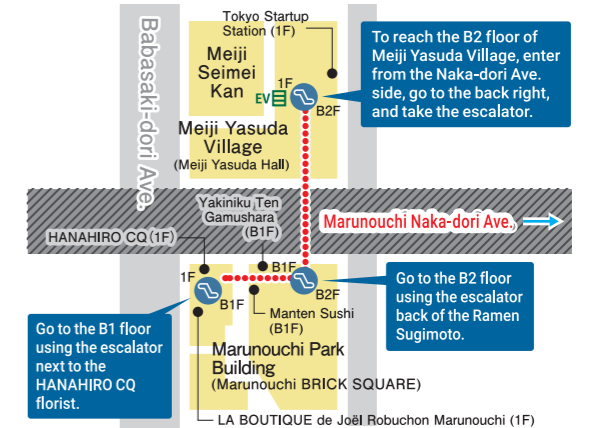
B Kokusai Building ↔ Shin-Kokusai Building
 Use the Yurakucho Station subway connecting passage.



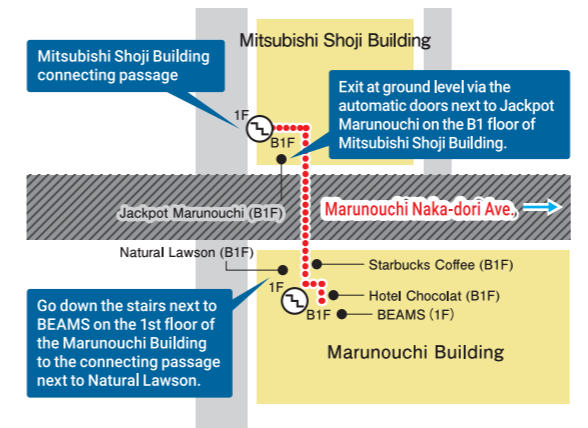
C Shin-Tokyo Building ↔ Nijubashi Square
 New route opened in 2018!



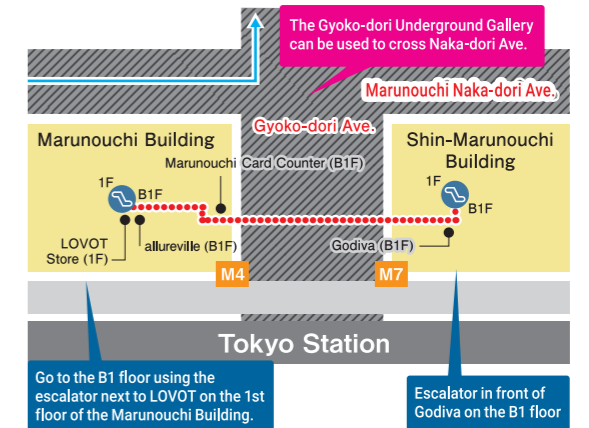
D Marunouchi BRICK SQUARE ↔ Meiji Yasuda Village
 The connecting passage is on the B2 floor!
 Make sure not to go to the wrong floor!



E Marunouchi Building ↔ Mitsubishi Shoji Building
 The shortest route via the B1 floor



F Marunouchi Building ↔ Shin-Marunouchi Building
 Use the escalators for easy access.



Abbott World Marathon Majors

What's Abbott World Marathon Majors?
 The Abbott World Marathon Majors (AbbottWMM) are a grand slam of marathons, made up of the seven most famous major marathons in the world (the Tokyo, Boston, London, Sydney, Berlin, Chicago, and New York City marathons). From this year's series, the Sydney Marathon is also being added to the AbbottWMM, making it one of the world's most famous marathon series. It was launched in 2006 to further the development of marathons, foster awareness among competitors, and promote greater interest in elite races among running fans (Tokyo has been a member of the AbbottWMM since the 2013 marathon). The AbbottWMM series is the world's largest marathon series. It converts results from the above seven marathons, Olympic/Paralympic marathons, and World Athletics Championships/World Para Athletics Championships marathons into points, and runners compete for the highest point scores. The five athletes with the highest total scores at the end of the year-long series cycle receive monetary prizes (both marathon and wheelchair marathon winners in the men's and women's categories win 50,000 dollars).



Access Tokyo Metro For Tourists

Use this app to search for routes!



EVENTS

Tokyo Marathon runner support event **TOKYO CHEER 2025**

On the day of the Tokyo Marathon 2025, the event will be enlivened by dance, music, and traditional performing arts under the theme of "CHEER" from all 20 venues including along the course!!



TOKYO MARATHON 2025 FINISH AREA MAP

OPEN

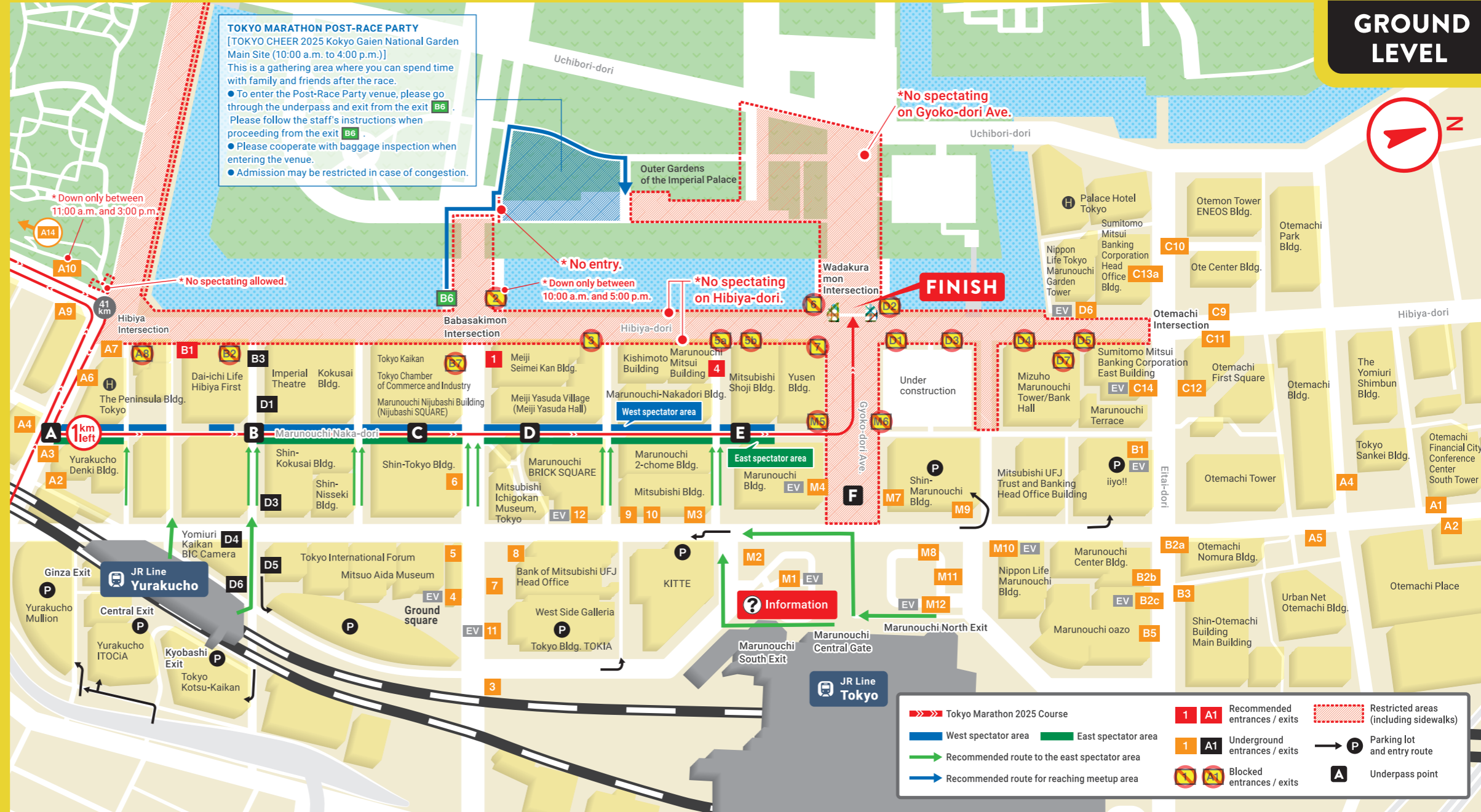
Requests regarding cheering and viewing in and around the finish area

Some movement restrictions will be placed for Hibiya-dori Ave., Marunouchi Naka-dori Ave., and Gyoko-dori Ave. in the finish area. Only runners and staff members will be allowed in these areas. We appreciate your understanding and cooperation.

- The Marunouchi Naka-dori Ave. viewing area is likely to become extremely crowded, so entry restrictions may be put in place. We appreciate your understanding.
- **It will not be possible to cross the marathon course. Please use the underground passages.**
- Hanging or attaching banners, flags, streamers, or the like to guard rails, bridges, or other roadside objects is prohibited.
- Climbing over fences or guard rails, placing ones feet on them, leaning on them, climbing on top of them, and otherwise allowing any part of ones body to extend outside the sidewalk area is dangerous. Please refrain from doing so. Cheering or filming using footstools or stepladders is also dangerous. Please refrain from doing so.
- Spectators are asked to take care not to disturb the users or customers of nearby buildings or stores.
- Please use the designated restrooms whenever possible.
- Please take your garbage home with you.
- Please inquire with site staff regarding the wheelchair marathon spectator area.
- Traffic restrictions will be placed for a long period of time on the day of the marathon (March 2). We appreciate your cooperation.

List of Nearby Facilities (Underground Entrances and Exits)

B		D4 D6
• Bic Camera		D4 D6
D		
• Dai-ichi Life Hibiya First		B1
I		
• iiyo!		B1
• Imperial Theatre		B3
K		
• Kishimoto Building		4
• Kokusai Building		B4
M		
• Marunouchi Building		M4
• Marunouchi Mitsui Building		4
• Marunouchi Naka-dori Building		4
• Marunouchi Nijubashi Building (Nijubashi Square)		B5
• Marunouchi Park Building (Marunouchi BRICK SQUARE)		12
• Marunouchi 2-chome Building		M3
• Meiji Seimei Kan		1
• Meiji Yasuda Seimei Building (Marunouchi MY PLAZA)		1
• Mitsubishi Building		9 10 M3
N		
• Nippon Life Marunouchi Building		M10
• Nippon Life Marunouchi Garden Tower		D6
• NTT Communications Otemachi Building		A2
O		
• Ote Center Building		C9
• Otemachi Financial City South Tower		A1
• Otemachi Place		A5
• Otemachi 1st Square		C11 C12
P		
• Palace Hotel Tokyo		C13b
S		
• Shin-Kokusai Building		D3
• Shin-Marunouchi Building		M7
• Shin-Nisseki Building		D3
• Shin-Tokyo Building		6
• Sumitomo Mitsui Banking Corporation Head Office Building		C13a
T		
• The Peninsula Tokyo		A7
• Tokyo International Forum		4 5 D5
• Tokyo Building TOKIA		11
• Tokyo Chamber of Commerce and Industry		B5
• Tokyo Sankei Building		A4
Y		
• Yurakucho Denki Building		A2 A3
• Yusen Building		4
• Those wishing to go to the Imperial Palace area		B6



TOKYO 2025 | **ABBOTT WORLD MARATHON MAJORS**

Inquiries regarding Tokyo Marathon 2025 traffic restrictions
<https://www.marathon.tokyo/>
 Searchable detour information is also available
Phone: 03-6705-0668

Hours
 January 14 to February 21 (other than Saturdays, Sundays, and holidays) → 10:00 a.m. to 5:00 p.m.
 February 25 to March 1 → 10:00 a.m. to 6:00 p.m.
 March 2 (Sunday, the day of the marathon) → 7:00 a.m. 8:30 p.m.