

Osaka Marathon 2025

Health Checklist

To participate in this event and to ensure a safe race, please check your physical condition before the start on race day.

◇ If any of the following items (1 - 8) apply, please either withdraw from the race or approach the race with caution.

- 1 Fever or heat sensation.
 - 2 Lingering fatigue.
 - 3 Poor sleep last night.
 - 4 Inadequate pre-race meal or fluid intake.
 - 5 Cold symptoms
(low fever, headache, sore throat, cough, runny nose).
 - 6 Chest/back discomfort/pain, palpitations, or shortness of breath.

 - 7 Abdominal pain, diarrhea, or nausea.
 - 8 Unsettled race travel arrangements.
- ★ **When you receive your race number at reception, please write your emergency contact details and telephone number on the back of your race number.**
- ◇ **During the race**
Make sure you stay hydrated during the race.
If you feel any abnormality in your physical condition, have the courage to stop the race early.

The final sprint is a dangerous type of running that can put a sudden strain on the heart, so finish the race with some margin.

(Medical Committee of the Japan Athletics Federation)