



GARMIN RUN JAPAN 2026

Date : Jan 31, 2026 (Sat) Feb 1, 2026 (Sun)

Venue : Ajinomoto Studium (Chofu, Tokyo)

Reception start : 8:00 AM Opening : 9:40 AM

Wave start. The event organizer designated each runner to each wave based on your submitted time.

Ensure to finish check-in at least 1 hour before starting time of each WAVE.

※ Approximate finish time submitted when you register to this event is in parentheses.

※ The following starting time is scheduled but it may be changed depending on the situation. (No cancellation for rain.)

1/31 SAT 5K · RELAY

Starting Time for 5K

- 10:00 WAVE 1 (within 60min.)
- 10:30 WAVE 2 (within 40min.)
- 11:00 WAVE 3 (within 20min.)
- 11:30 WAVE 4 (within 15 min.)
- 12:15 Award Ceremony

Starting Time for Relay

- 13:00 Start
- 13:30-13:55 Talk Show
- 17:25 Finish
- 17:30 Award Ceremony

2/1 SUN 10K

Starting Time for 10K

- 10:00 WAVE 1 (within 120 min.)
- 11:00 WAVE 2 (within 80 min.)
- 12:00 WAVE 3 (within 70 min.)
- 13:00 WAVE 4 (within 60 min.)
- 13:00-13:20 Talk Show
- 14:00 WAVE 5 (within 55 min.)
- 15:00 WAVE 6 (within 50 min.)
- 16:00 WAVE 7 (within 45 min.)
- 17:00 Award Ceremony

Hosted by **GARMIN**

Inquiry : Please contact to event.promotion@runners.co.jp if you have any questions.

Date **2026.**

Venue

(376-3 Nishi-machi, Chofu, Tokyo)

1.31^{Sat} 2.1^{Sun} Ajinomoto Studium

Competition Rule for 10K/5K

The number card is printed depending on your starting WAVE. Please confirm which WAVE you will start and its starting time.



10K WAVE1 / WAVE5
5K WAVE1



10K WAVE2 / WAVE6
5K WAVE2



10K WAVE3 / WAVE7
5K WAVE3



10K WAVE4

About WAVE start

The starting time is designated depends on your expected finish time. The number card is designed depending on your starting WAVE, please make sure you will start from your starting area.

※ If you start from wrong WAVE, the time may not be recorded accurately.

About the Timing

Your time is recorded with the tag on your number card. Please run with your number card on. For relay participants, the timing tag is on the relay sash.

About the Course

Please follow the rules below:

- No unsafe overtaking. When you pass other runners, please say something.
- No spitting.
- Please talk to the staff when you want to DNF.

Wear Code ※except Relay participants

Your corporation for running in Garmin Original T-shirts that you will receive on the race day will be highly appreciated.

Memorial Awards

You will receive them with the number card when you check-in. Your corporation to run with GARMIN ORIGINAL T-shirts on will be highly appreciated.

For all participants of 10K/5K

Original T-Shirts



10km

5km

For all finishers of 10K/5K

Finishers within the time limit will receive the Finishers Medal.



10km

5km



For all participants of Relay Marathon

Original Towel & Relay Sash

※ One Relay Sash for one team.

Competition Rule for Forerunner 265 Relay Marathon

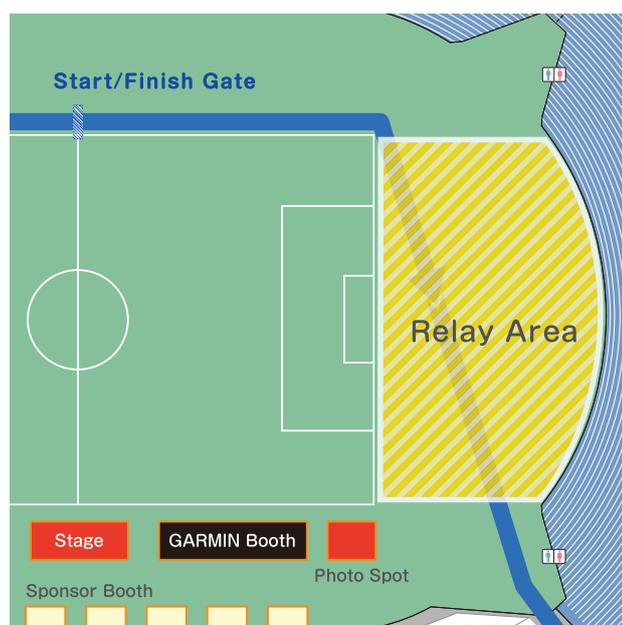
This is the challenge how many laps you can run within 4 hours 25 minutes. One runner must run at least 1 lap and pass the relay sash to the next. (you can decide how many laps one runner should run and their order.) Passing relay sash must be in the relay zone. In case the time limit passed, please keep running/walking on to the finish course. The lap after time limit will not be counted. Even if the number of the lap is same, the team started last lap earlier will be ranked higher.



About Starting & Relay

- Only first runner is allowed to get in the start zone.
- Please be careful to pass other runners as it will be crowded.
- The relay area is divided by the club team.

Relay Area



Stamp Rally

You can join the raffle if you collect stamps at the booth and other spots. You may win the special prizes, such as GARMIN products and other items for running from sponsors.



About Photo-Shoot

- Please be considerate to others when you take photos.
- Please be careful to other runners being in frame when you take/post the photos or movies. Please refrain from posting the individually identifiable movie of other runners on the internet.
- Please do not use equipment's (tripod, stepladder, selfie-bar, big lightening equipment) that may hinder the event operation. You may be rejected to get enter the venue if you have any.

Reception (Check-in)

● Date & Place

Jan 31, 2026 (Sat), Feb 1, 2026 (Sun) Open at 8 AM Pedestrian Deck Main 3 Gate, 1F of Ajinomoto Stadium

※ Proxy check-in is acceptable.

● Participation Award

Number card, participation award

● How to Check-in

- ① Click the URL in the information e-mail.
- ② Issue & save the Participation Certificate (QR code) in your mobile (printing it out is also OK).
- ③ Show that Participation Certificate at the reception desk on the event day.

Information e-mail will be distributed on Jan. 10th (Sat) and Jan 20th (Tue).

The sender is "RUN PASSPORT WEB (send@runpassport.jp)".

About On-line Certificate and Preliminary Results

Preliminary results and on-line certificate can be checked/downloaded from following QR code.



Download On-line Certificate from here



Check Preliminary results from here

Changing room

- Please be considerate to others while using the changing room as the space is limited.
- Please refrain from using the space for long time.

Baggage Drop-off

- Baggage drop-off space is in the venue.
- Please manage your valuables by yourselves.
- The event organizer is not responsible for any theft or loss.

Access

- 5 min. Walk from Tobitakyu Station, Keio Line
- 20 min. Walk from Tama Station, Seibu-Tamagawa Line

Wash room

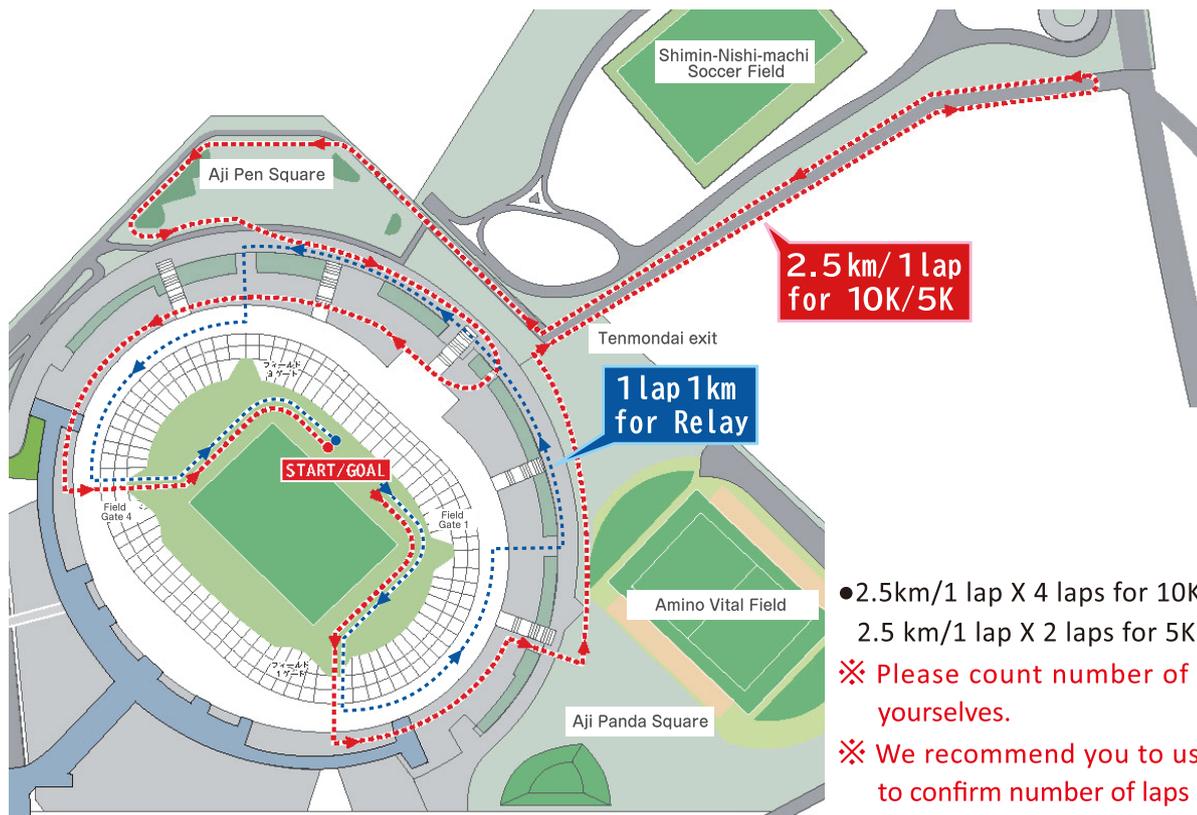
Please use toilet in the stand

❌ You cannot use the ones in the course

Map



Course



- 2.5km/1 lap X 4 laps for 10K, 2.5 km/1 lap X 2 laps for 5K

※ Please count number of your laps by yourselves.

※ We recommend you to use GPS watch to confirm number of laps and distance.

GARMIN Booth

- Touch & Try GARMIN Products
Wearable watches are displayed. Runners who is considering whether to buy or not, please come and try the actual products.
- Sales Area
GARMIN products will be on sale with special price only on the event day.

※Notes

Please be mind that we accept CREDIT Only at the sales area.



Special Event

Special Event at GARMIN RUN JAPAN 2026 by Rei Ueda

Must-join! For runners who want to utilize GARMIN better, special lecture by Rei Ueda will be held. Let's learn how to utilize GARMIN 100%, and maximize your performance at the training and race.



●Content

Thorough explanation of GARMIN's basic to advance function/ How to utilize data for running/Practical setting and share its useful function

●Capacity First 30 people

●Schedule

Jan 31, 2026 (Sat) 12:30 (once in a day)
Feb 1, 2026 (Sun) ①10:30 ②15:00

Looking forward to welcoming you.

- People who register in advance can join the event.
- The scene from the event may be on media issued by R-bies after the event.
- One person can participate to either one day only, Jan 31 or Feb 1.

Register from here.

