

哈尔滨银行2023哈尔滨马拉松

官方手册

OFFICIAL HANDBOOK

认证单位

中国田径协会

主办单位

黑龙江省体育局
哈尔滨市人民政府

承办单位

哈尔滨市体育局
哈尔滨马迭尔文化旅游投资集团有限公司

运营单位

哈尔滨城投体育发展有限公司

马拉松借记卡 跑马人的专属

哈尔滨银行
HarbinBank
借记卡 Debit Card

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MONTH/YEAR

VALID THRU 88/88

UnionPay
银联

哈尔滨银行马拉松主题借记卡

九大优惠政策

- ① 免开卡工本费
- ② 免换卡工本费
- ③ 免账户管理费
- ④ 免惠金盾工本费
- ⑤ 免跨行ATM存现手续费
- ⑥ 免跨行ATM取现手续费
- ⑦ 免500元以上动账提醒短信服务费
- ⑧ 免当月前5笔境内跨行ATM转账手续费
- ⑨ 免收手机银行、个人网银跨行转账手续费



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哈尔滨马迭尔文化旅游投资集团

HARBIN MADIEER CULTURAL TOURISM INVESTMENT GROUP CO., LTD

哈尔滨马迭尔文旅投资集团是哈尔滨市国资委出资设立的国有独资公司，作为全市文旅产业发展投融资平台和战略合作平台，肩负着全市冰雪经济和文旅资源资产集聚、资本放大、品质提升、产业升级的使命任务。

立足当前，面向未来，集团将聚焦主责主业，强化使命担当，全面提升马迭尔“老字号”品牌影响力，培育壮大“太阳岛”“冰雪大世界”“亚布力”“雪博会”“哈马”等一系列文旅、食品品牌；积极培育壮大冰雪旅游、创意设计、宾馆餐饮、食品加工、体育赛事等核心产业，形成完整的文旅产业链；奋力打造冰雪经济、创意设计新引擎，为哈尔滨市“冰雪文化之都”和“创意设计之都”建设提供载体支撑，着力打造世界冰雪旅游旗舰和休闲旅游标杆。

HARBIN MADIEER CULTURE & TOURISM INVESTMENT GROUP IS A WHOLLY STATE-OWNED COMPANY FUNDED BY HARBIN STATE-OWNED ASSETS SUPERVISION AND ADMINISTRATION COMMISSION. AS THE INVESTMENT AND FINANCING PLATFORM FOR THE DEVELOPMENT OF THE CITY'S CULTURE AND TOURISM INDUSTRY AND A PLATFORM FOR STRATEGIC COOPERATION, THE GROUP IS RESPONSIBLE FOR THE MISSION OF AGGLOMERATION OF THE CITY'S SNOW AND ICE ECONOMY AND CULTURE AND TOURISM RESOURCES, CAPITAL ENLARGEMENT, QUALITY ENHANCEMENT, AND INDUSTRIAL UPGRADING.

BASED ON THE PRESENT AND FACING THE FUTURE, THE GROUP WILL FOCUS ON THE MAIN RESPONSIBILITY AND MAIN BUSINESS, STRENGTHEN THE MISSION AND BEAR THE RESPONSIBILITY, COMPREHENSIVELY ENHANCE THE INFLUENCE OF MADIEER'S "OLD" BRAND, CULTIVATE AND GROW "SUN ISLAND," "ICE AND SNOW WORLD," "YABULI," "SNOW EXPO," "HAMA" AND A SERIES OF CULTURAL TOURISM AND FOOD BRANDS; ACTIVELY CULTIVATE AND GROW ICE AND SNOW TOURISM, CREATIVE DESIGN, HOTELS, RESTAURANTS, FOOD PROCESSING, SPORTS EVENTS, AND SO ON. THE FORMATION OF A COMPLETE CULTURAL AND TOURISM INDUSTRY CHAIN; STRIVE TO CREATE A NEW ENGINE OF ICE AND SNOW ECONOMY, CREATIVE DESIGN, FOR THE CITY OF HARBIN "ICE AND SNOW CULTURE CAPITAL" AND "CREATIVE DESIGN CAPITAL" CONSTRUCTION TO PROVIDE SUPPORT FOR THE CARRIER AND STRIVE TO CREATE THE WORLD'S FLAGSHIP ICE AND SNOW TOURISM AND LEISURE TOURISM BENCHMARK.



MADIEER



MADIEER





马迭尔文旅投资集团

MADIEER CULTURE TOURISM INVESTMENT GROUP



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主办单位

认证单位 | 中国田径协会

主办单位 | 黑龙江省体育局 哈尔滨市人民政府

承办单位 | 哈尔滨市体育局 哈尔滨马迭尔文化旅游投资集团有限公司

运营单位 | 哈尔滨城投体育发展有限公司

哈尔滨银行2023哈尔滨马拉松介绍

哈尔滨银行2023哈尔滨马拉松将于8月27日（星期日）鸣枪开赛。

哈尔滨马拉松创办于2016年，先后获得中国田协授予的“金牌赛事”和世界田联授予的“精英标牌赛事”荣誉称号，赛事服务、竞赛水平、赛道补给、赛道氛围等方面均受到广泛赞誉，已成为东北地区独具魅力的马拉松赛事。

本届哈马设有马拉松、半程马拉松、迷你跑三个项目，每个项目各1万人，赛事总规模达3万人，无论是赛事标准还是赛事格局都有新提升。

今年，哈马起点由防洪纪念塔移至更能展示哈尔滨音乐文化底蕴的哈尔滨音乐长廊，马拉松终点设在太阳岛太阳石广场，半程马拉松终点设在市政府广场，迷你跑终点设在群力音乐主题广场。

这是一场跨越松花江、串起哈尔滨城市地标的赛事，也是一场展现“奥运冠军之城”哈尔滨、“音乐之城”哈尔滨、“活力之城”哈尔滨风采的盛会。期待广大跑友在新的哈马赛道上跑出新成绩、跑出新活力、跑出新风尚！

竞赛日期

2023年8月27日（星期日）

起点（全部项目）

友谊西路（哈尔滨音乐公园音乐长廊）

马拉松终点

太阳大道（太阳岛太阳石广场）

半程马拉松终点

市政府广场

迷你跑终点

群力音乐主题广场（哈尔滨音乐博物馆群力馆）

ORGANIZER

CERTIFICATION UNIT: CHINESE ATHLETIC ASSOCIATION

ORGANIZERS: HEILONGJIANG SPORT BUREAU, HARBIN MUNICIPAL PEOPLE'S GOVERNMENT

SPONSORS: HARBIN SPORTS BUREAU, HARBIN MADIEER CULTURAL TOURISM INVESTMENT GROUP CO., LTD

OPERATING UNIT: HARBIN URBAN CONSTRUCTION INVESTMENT SPORTS DEVELOPMENT CO., LTD

HARBIN BANK 2023 HARBIN MARATHON INTRODUCTION

THE HARBIN BANK 2023 HARBIN MARATHON WILL KICK OFF ON SUNDAY, AUGUST 27.

FOUNDED IN 2016, HARBIN MARATHON HAS WON THE HONORARY TITLE OF "GOLD MEDAL EVENT" AWARDED BY THE CHINESE ATHLETICS ASSOCIATION AND "ELITE SIGN EVENT" AWARDED BY THE WORLD ATHLETICS FEDERATION. THE SERVICE, COMPETITION LEVEL, TRACK SUPPLY, TRACK ATMOSPHERE AND OTHER ASPECTS HAVE BEEN WIDELY PRAISED, AND HAS BECOME A UNIQUE AND CHARMING MARATHON EVENT IN NORTHEAST CHINA.

THIS YEAR'S HARBIN MARATHON HAS THREE EVENTS, MARATHON, HALF MARATHON AND MINI RUN, EACH OF WHICH HAS 10,000 PEOPLE, AND THE TOTAL SCALE OF THE EVENT HAS REACHED 30,000 PEOPLE. BOTH THE EVENT STANDARD AND THE EVENT PATTERN HAVE BEEN IMPROVED.

THIS YEAR, THE STARTING POINT OF HAMA WAS MOVED FROM THE FLOOD CONTROL MEMORIAL TOWER TO THE HARBIN MUSIC CORRIDOR, WHICH CAN BETTER DISPLAY THE CULTURAL HERITAGE OF HARBIN MUSIC. THE MARATHON FINISH LINE WAS SET AT SUN STONE SQUARE ON SUN ISLAND, THE HALF MARATHON FINISH LINE WAS SET AT THE MUNICIPAL GOVERNMENT SQUARE, AND THE MINI RUN FINISH LINE WAS SET AT QUNLI MUSIC THEME SQUARE.

THIS IS A RACE ACROSS THE SONGHUA RIVER, LINKING THE CITY LANDMARKS OF HARBIN, AND A GRAND EVENT TO SHOW THE STYLE OF "THE CITY OF OLYMPIC CHAMPIONS" HARBIN, "THE CITY OF MUSIC" HARBIN AND "THE CITY OF VITALITY" HARBIN. LOOK FORWARD TO THE MAJORITY OF RUNNERS IN THE NEW HAMA RACETRACK TO RUN NEW RESULTS, RUN NEW VITALITY, RUN NEW FASHION!

RACE TIME

AUGUST 27, 2023(SUNDAY)

STARTING POINT (ALL PROJECTS)

YOUYI WEST ROAD (HARBIN MUSIC PARK MUSIC CORRIDOR)

MARATHON FINISH

SUN AVENUE (SUN STONE SQUARE, SUN ISLAND)

HALF MARATHON FINISH

CITY HALL SQUARE

MINI MARATHON FINISH

QUNLI MUSIC THEME SQUARE
(QUNLI HALL OF HARBIN MUSIC MUSEUM)

组委会成员名单

哈尔滨银行2023哈尔滨马拉松组委会

- 主任** | 张起翔 中共哈尔滨市委副书记、市政府市长
王永石 中共黑龙江省委委员、省体育局党组书记
- 执行主任** | 张起翔(兼)
- 副主任** | 蒋传海 中共哈尔滨市委常委、市政府副市长
兰 峰 中共哈尔滨市委常委、市委宣传部长
张海华 哈尔滨市人民政府副市长
谭乐伟 哈尔滨市人民政府副市长
尹喜峰 哈尔滨市人民政府副市长、市公安局局长
方政辉 哈尔滨市人民政府党组成员、一级巡视员
董晓冬 黑龙江省体育局副局长
- 执行副主任** | 蒋传海(兼)
张海华(兼)
- 秘书长** | 柯云楠 哈尔滨市人民政府副秘书长
赵竹帛 哈尔滨市体育局局长
孔庆滨 哈尔滨马迭尔文化旅游投资集团有限公司党委书记、董事长
邓新权 哈尔滨银行股份有限公司董事长
- 副秘书长** | 李志宇 黑龙江省田径水上运动管理中心主任
杨金凤 市纪委监委驻市哈尔滨市体育局纪检组组长
童申玉 哈尔滨市体育局副局长
景晓峰 哈尔滨市体育局一级调研员
房耀文 哈尔滨市体育局一级调研员
佟丽敏 哈尔滨马迭尔文化旅游投资集团有限公司党委委员、副总经理

委 员

刘建龙 中共哈尔滨市委办公厅副主任
刘敏泓 中共哈尔滨市委组织部副部长
杨忠萍 中共哈尔滨市委宣传部副部长
周传龙 中共哈尔滨市委政法委员会副书记
周 阳 中共哈尔滨市委网络安全和信息化委员会办公室副主任
李余东 中共哈尔滨市直属机关工作委员会副书记
范爱秋 中共哈尔滨市直属机关工作委员会二级巡视员
潘洪发 哈尔滨市信访局副局长
吴耀辉 哈尔滨市人民政府办公厅副主任
吴 琼 哈尔滨市政府督学
王 军 哈尔滨市工业和信息化局二级巡视员
姜晓瀛 哈尔滨市公安局副局长
梁振海 哈尔滨市生态环境局总工程师
龚英杰 哈尔滨市住房和城乡建设局副局长
钟国伟 哈尔滨市交通运输局副局长
刘鸿雁 哈尔滨市河湖长制办公室专职副主任
李继明 哈尔滨市农业农村局副局长
刘 明 哈尔滨市商务局副局长
李 韧 哈尔滨市文化广电和旅游局副局长
杨 超 哈尔滨市卫生健康委员会副主任
臧建国 哈尔滨市应急管理局副局长
王 宁 哈尔滨市人民政府外事办公室副主任
郝东凯 哈尔滨市人民政府国有资产监督管理委员会副主任
孙 刚 哈尔滨市市场监督管理局副局长
孔雪辉 哈尔滨市企业和投资服务局副局长
陈方晖 哈尔滨市金融服务局副局长
刘佩瑶 哈尔滨市城市管理局副局长
丛肖南 哈尔滨老年大学党组副书记
曲成军 哈尔滨市气象局副局长
李 丹 哈尔滨广播电视台副台长
孙 伟 哈尔滨日报社副总编
徐向阳 哈尔滨海事局副局长
甘利军 哈尔滨市工商业联合会副主席
杨爱国 哈尔滨市总工会常务副主席

委 员

徐 翎 中国共产主义青年团哈尔滨市委员会副书记
杨雪英 哈尔滨市妇女联合会副主席
杜 仲 哈尔滨市残疾人联合会一级调研员
孟铁锋 哈尔滨市红十字会秘书长
徐 航 哈尔滨市国家安全局十四支队政委
国世超 哈尔滨警备区政治工作处干事
李 巍 哈尔滨市道里区人民政府副区长
王振宇 哈尔滨市道外区人民政府副区长
张均光 哈尔滨市南岗区人民政府副区长
王宇虹 哈尔滨市香坊区委常委、统战部部长
戈 刚 哈尔滨市平房区人民政府副区长
王 佳 哈尔滨市松北区区委常委、宣传部部长
宋子民 哈尔滨市阿城区人民政府副区长
杨添水 哈尔滨市双城区人民政府副区长
马铁军 哈尔滨市呼兰区文化体育广电旅游局副局长
张培良 中国铁路哈尔滨局集团有限公司副总经理、工会主席
刘景义 中国民用航空黑龙江安全监管局党委副书记
李倩竹 黑龙江省机场管理集团有限公司办公室主任
刘建新 中国民用航空东北地区空中交通管理局黑龙江分局综合业务部部长
唐晓博 国网黑龙江省电力有限公司哈尔滨供电公司副总经理
王教军 黑龙江省工信厅哈尔滨无线电管理处副处长
何 鑫 黑龙江省哈尔滨新区公证处主任
董立彪 哈尔滨元申广电网络有限公司总工程师
赵经涛 哈尔滨太阳岛集团有限公司副总经理
范国荣 哈尔滨地铁集团有限公司副总经理
王 刚 哈尔滨建设发展集团有限责任公司党委副书记
万晓光 哈尔滨交通集团有限公司副总经理
韩 刚 哈尔滨银行股份有限公司副行长
颜景琪 哈尔滨供水集团有限责任公司副总经理
张照利 哈尔滨排水集团有限责任公司副总工程师
李 岩 哈尔滨市消防救援支队副支队长
吴尽晖 哈尔滨市公安局交通警察支队副支队长
曹阿平 中国电信集团有限公司哈尔滨分公司副总经理
张喜波 中国移动通信集团黑龙江有限公司哈尔滨分公司副总经理
欧艺利 中国联通哈尔滨市分公司副总经理

ORGANIZING COMMITTEE LIST OF MEMBERS

HARBIN BANK 2023 HARBIN MARATHON ORGANIZING COMMITTEE

DIRECTOR

QIXIANG ZHANG: DEPUTY PARTY SECRETARY OF HARBIN COMMITTEE OF THE CPC、MAYOR OF HARBIN GOVERNMENT
YONGSHI WANG: MEMBER OF HEILONGJIANG COMMITTEE OF THE CPC、BUREAU PARTY SECRETARY OF PROVINCIAL SPORTS

EXECUTIVE DIRECTOR

QIXIANG ZHANG (HOLD POSTS CONCURRENTLY AS EXECUTIVE DIRECTOR)

DEPUTY DIRECTOR

CHUANHAI JIANG: STANDING COMMITTEE OF HARBIN COMMITTEE OF THE CPC、DEPUTY MAYOR OF HARBIN GOVERNMENT
FENG LAN: STANDING COMMITTEE OF HARBIN COMMITTEE OF THE CPC、DIRECTOR OF PUBLICITY DEPARTMENT
HAIHUA ZHANG: DEPUTY MAYOR OF HARBIN MUNICIPAL PEOPLE'S GOVERNMENT
LEWEI TAN: DEPUTY MAYOR OF HARBIN MUNICIPAL PEOPLE'S GOVERNMENT
XIFENG YIN: DEPUTY MAYOR OF HARBIN MUNICIPAL PEOPLE'S GOVERNMENT MUNICIPAL PUBLIC SECURITY BUREAU DIRECTOR
ZHENGHUI FANG: MEMBER OF HARBIN MUNICIPAL PEOPLE'S GOVERNMENT LEADING PARTY LEVEL I BUREAU RANK OFFICIAL
XIAODONG DONG: DEPUTY DIRECTOR OF HEILONGJIANG SPORTS BUREAU

EXECUTIVE DEPUTY DIRECTOR

CHUANHAI JIANG (HOLD POSTS CONCURRENTLY AS EXECUTIVE DEPUTY DIRECTOR)
HAIHUA ZHANG (HOLD POSTS CONCURRENTLY AS EXECUTIVE DEPUTY DIRECTOR)

SECRETARY GENERAL

YUNNAN KE: DEPUTY SECRETARY-GENERAL OF HARBIN MUNICIPAL PEOPLE'S GOVERNMENT
ZHUBO ZHAO: DIRECTOR OF HARBIN SPORTS BUREAU
QINGBIN KONG: PARTY SECRETARY AND CHAIRMAN OF HARBIN MADIEER CULTURAL TOURISM INVESTMENT GROUP CO., LTD
XINQUAN DENG: CHAIRMAN OF HARBIN BANK CO., LTD.

DEPUTY SECRETARY GENERAL

ZHIYU LI: DIRECTOR OF HEILONGJIANG ATHLETICS AND AQUATICS MANAGEMENT CENTER
JINFENG YANG: LEADER OF DISCIPLINARY INSPECTION TEAM OF MUNICIPAL COMMISSION FOR DISCIPLINE INSPECTION AND SUPERVISION IN HARBIN SPORTS BUREAU
SHENYU TONG: DEPUTY DIRECTOR OF HARBIN SPORTS BUREAU
XIAOFENG JING: LEVEL I RESEARCHER OF HARBIN SPORTS BUREAU
YAOWEN FANG: LEVEL I RESEARCHER OF HARBIN SPORTS BUREAU
LIMIN TONG: PARTY COMMITTEE MEMBER AND DEPUTY GENERAL MANAGER OF HARBIN MADIEER CULTURAL TOURISM INVESTMENT GROUP CO., LTD

MEMBER

JIANLONG LIU: VICE DIRECTOR OF GENERAL OFFICE OF HARBIN MUNICIPAL COMMITTEE OF THE COMMUNIST PARTY OF CHINA

MINHONG LIU: DEPUTY MINISTER OF ORGANIZATION DEPARTMENT OF HARBIN MUNICIPAL COMMITTEE OF THE COMMUNIST PARTY OF CHINA

ZHONGPING YANG: DEPUTY MINISTER OF COMMUNICATION DEPARTMENT OF HARBIN MUNICIPAL COMMITTEE OF THE COMMUNIST PARTY OF CHINA

CHUANLONG ZHOU: DEPUTY PARTY SECRETARY OF COMMITTEE OF POLITICAL AND LEGISLATIVE AFFAIRS OF HARBIN MUNICIPAL COMMITTEE OF THE COMMUNIST PARTY OF CHINA

YANG ZHOU: VICE DIRECTOR OF NETWORK SECURITY AND INFORMATIZATION COMMITTEE OFFICE OF HARBIN MUNICIPAL COMMITTEE OF THE COMMUNIST PARTY OF CHINA

YUDONG LI: DEPUTY PARTY SECRETARY OF WORK COMMITTEE OF DEPARTMENTS UNDER THE HARBIN CPC

AIQIU FAN: LEVEL II BUREAU RANK OFFICIAL OF WORK COMMITTEE OF DEPARTMENTS UNDER THE HARBIN CPC

HONGFA PAN: DEPUTY DIRECTOR OF HARBIN LETTERS AND COMPLAINTS BUREAU

YAOHUI WU: VICE DIRECTOR OF GENERAL OFFICE OF HARBIN MUNICIPAL PEOPLE'S GOVERNMENT

QIONG WU: HARBIN MUNICIPAL GOVERNMENT INSPECTOR

JUN WANG: LEVEL II BUREAU RANK OFFICIAL OF HARBIN INDUSTRY AND INFORMATION TECHNOLOGY BUREAU

XIAOYING JIANG: DEPUTY DIRECTOR OF HARBIN PUBLIC SECURITY BUREAU

ZHENHAI LIANG: CHIEF ENGINEER OF HARBIN ECOLOGICAL ENVIRONMENT BUREAU

YINGJIE GONG: DEPUTY DIRECTOR OF HARBIN HOUSING AND URBAN-RURAL DEVELOPMENT BUREAU

GUOWEI ZHONG: DEPUTY DIRECTOR OF HARBIN TRANSPORTATION BUREAU

HONGYAN LIU: FULL-TIME DEPUTY DIRECTOR OF HARBIN RIVER AND LAKE CHIEF SYSTEM OFFICE

JIMING LI: DEPUTY DIRECTOR OF HARBIN AGRICULTURE AND RURAL BUREAU

MING LIU: DEPUTY DIRECTOR OF HARBIN MUNICIPAL BUREAU OF COMMERCE

REN LI: DEPUTY DIRECTOR OF HARBIN CULTURE, RADIO, TELEVISION AND TOURISM BUREAU

CHAO YANG: DEPUTY DIRECTOR OF HARBIN MUNICIPAL HEALTH COMMISSION

JIANGUO ZANG: DEPUTY DIRECTOR OF HARBIN EMERGENCY MANAGEMENT BUREAU

NING WANG: DEPUTY DIRECTOR, FOREIGN AFFAIRS OFFICE, HARBIN MUNICIPAL PEOPLE'S GOVERNMENT

DONGKAI HAO: DEPUTY DIRECTOR OF STATE-OWNED ASSETS SUPERVISION AND ADMINISTRATION COMMISSION OF HARBIN MUNICIPAL PEOPLE'S GOVERNMENT

GANG SUN: DEPUTY DIRECTOR OF HARBIN MARKET SUPERVISION ADMINISTRATION

XUEHUI KONG: DEPUTY DIRECTOR OF HARBIN ENTERPRISE AND INVESTMENT SERVICE BUREAU

FANGHUI CHEN: DEPUTY DIRECTOR OF HARBIN FINANCIAL SERVICES BUREAU

PEIYAO LIU: DEPUTY DIRECTOR OF HARBIN URBAN MANAGEMENT BUREAU

XIAONAN CONG: DEPUTY SECRETARY OF THE PARTY GROUP OF HARBIN UNIVERSITY FOR THE ELDERLY

CHENGJUN QU: DEPUTY DIRECTOR OF HARBIN METEOROLOGICAL BUREAU

DAN LI: DEPUTY DIRECTOR OF HARBIN RADIO AND TELEVISION STATION

WEI SUN: DEPUTY EDITOR-IN-CHIEF OF HARBIN DAILY

XIANGYANG XU: DEPUTY DIRECTOR OF HARBIN MARITIME SAFETY ADMINISTRATION

LIJUN GAN: VICE CHAIRMAN OF HARBIN FEDERATION OF INDUSTRY AND COMMERCE

AIGUO YANG: EXECUTIVE VICE CHAIRMAN OF HARBIN FEDERATION OF TRADE UNIONS

LING XU: DEPUTY SECRETARY OF THE HARBIN MUNICIPAL COMMITTEE OF THE COMMUNIST YOUTH LEAGUE OF CHINA

XUEYING YANG: VICE PRESIDENT OF HARBIN WOMEN'S FEDERATION

ZHONG DU: LEVEL I RESEARCHER OF HARBIN DISABLED PERSONS' FEDERATION

TIEFENG MENG: SECRETARY GENERAL OF HARBIN RED CROSS SOCIETY

HANG XU: POLITICAL COMMISSAR OF THE 14TH DETACHMENT OF HARBIN NATIONAL SECURITY BUREAU

SHICHAO GUO: SECRETARY OF THE POLITICAL WORK OFFICE OF THE HARBIN GARRISON DISTRICT

WEI LI: DEPUTY DISTRICT MAYOR OF THE PEOPLE'S GOVERNMENT OF DAOLI DISTRICT, HARBIN

ZHENYU WANG: DEPUTY DISTRICT MAYOR OF THE PEOPLE'S GOVERNMENT OF DAOWAI DISTRICT, HARBIN

JUNGUANG ZHANG: DEPUTY DISTRICT MAYOR OF THE PEOPLE'S GOVERNMENT OF NANGANG DISTRICT, HARBIN

YUHONG WANG: MEMBER OF THE STANDING COMMITTEE OF THE XIANGFANG DISTRICT COMMITTEE OF HARBIN CITY, MINISTER OF THE UNITED FRONT WORK DEPARTMENT

GANG GE: DEPUTY DISTRICT MAYOR OF THE PEOPLE'S GOVERNMENT OF PINGFANG DISTRICT, HARBIN

JIA WANG: MEMBER OF THE STANDING COMMITTEE OF THE SONGBEI DISTRICT COMMITTEE OF HARBIN CITY, DIRECTOR OF THE PROPAGANDA DEPARTMENT

ZIMIN SONG: DEPUTY DISTRICT MAYOR OF THE PEOPLE'S GOVERNMENT OF ACHENG DISTRICT, HARBIN

TIANSHUI YANG: DEPUTY DISTRICT MAYOR OF THE PEOPLE'S GOVERNMENT OF SHUANGCHENG DISTRICT, HARBIN

TIEJUN MA: DEPUTY DIRECTOR OF CULTURE, SPORTS, RADIO, FILM AND TOURISM BUREAU OF HULAN DISTRICT, HARBIN

PEILIANG ZHANG: DEPUTY GENERAL MANAGER AND CHAIRMAN OF THE LABOR UNION OF CHINA RAILWAY HARBIN BUREAU GROUP CO., LTD.

JINGYI LIU: DEPUTY SECRETARY OF THE PARTY COMMITTEE OF CHINA CIVIL AVIATION HEILONGJIANG SAFETY SUPERVISION BUREAU

QIANZHU LI: OFFICE DIRECTOR OF HEILONGJIANG AIRPORT MANAGEMENT GROUP CO., LTD.

JIANXIN LIU: DIRECTOR OF THE GENERAL BUSINESS DEPARTMENT OF THE HEILONGJIANG BRANCH OF THE NORTHEAST REGIONAL AIR TRAFFIC ADMINISTRATION BUREAU OF CIVIL AVIATION OF CHINA

XIAOBO TANG: DEPUTY GENERAL MANAGER OF HARBIN POWER SUPPLY COMPANY, STATE GRID HEILONGJIANG ELECTRIC POWER CO., LTD.

JIAOJUN WANG: DEPUTY DIRECTOR OF HARBIN RADIO MANAGEMENT DEPARTMENT OF HEILONGJIANG PROVINCIAL DEPARTMENT OF INDUSTRY AND INFORMATION TECHNOLOGY

XIN HE: DIRECTOR OF THE NOTARY OFFICE OF HARBIN NEW DISTRICT, HEILONGJIANG PROVINCE

LIBIAO DONG: CHIEF ENGINEER OF HARBIN YUANSHEN RADIO AND TELEVISION NETWORK CO., LTD.

JINGTAO ZHAO: DEPUTY GENERAL MANAGER OF HARBIN SUN ISLAND GROUP CO., LTD.

GUORONG FAN: DEPUTY GENERAL MANAGER OF HARBIN METRO GROUP CO., LTD.

GANG WANG: DEPUTY SECRETARY OF THE PARTY COMMITTEE OF HARBIN CONSTRUCTION AND DEVELOPMENT GROUP CO., LTD.

XIAO GUANG WAN: DEPUTY GENERAL MANAGER OF HARBIN TRANSPORTATION GROUP CO., LTD.

GANG HAN: VICE PRESIDENT OF HARBIN BANK CO., LTD.

JINGQI YAN: DEPUTY GENERAL MANAGER OF HARBIN WATER SUPPLY GROUP CO., LTD.

ZHAOLI ZHANG: DEPUTY CHIEF ENGINEER OF HARBIN DRAINAGE GROUP CO., LTD.

YAN LI: DEPUTY CHIEF OF HARBIN FIRE RESCUE DETACHMENT

JINHUI WU: DEPUTY CHIEF OF TRAFFIC POLICE DETACHMENT OF HARBIN PUBLIC SECURITY BUREAU

APING CAO: DEPUTY GENERAL MANAGER OF HARBIN BRANCH OF CHINA TELECOM GROUP CO., LTD.

XIBO ZHANG: DEPUTY GENERAL MANAGER OF HARBIN BRANCH OF CHINA MOBILE COMMUNICATIONS GROUP HEILONGJIANG CO., LTD.

YILI OU: DEPUTY GENERAL MANAGER OF CHINA UNICOM HARBIN BRANCH

竞赛规程

一、认证单位

中国田径协会

二、主办单位

黑龙江省体育局、哈尔滨市人民政府

三、承办单位

哈尔滨市体育局、哈尔滨马迭尔文化旅游投资集团有限公司

四、运营单位

哈尔滨城投体育发展有限公司

五、比赛时间和地点

2023年8月27日（星期日）上午7:30至13:45，哈尔滨市

六、比赛项目及规模

（一）马拉松（42.195公里）10000人

（二）半程马拉松（21.0975公里）10000人

（三）迷你跑（约5公里）10000人

共计30000人参赛。

七、起点和终点

起点（全部项目）：友谊西路（哈尔滨音乐公园音乐长廊）。

马拉松终点：太阳大道（太阳岛太阳石广场）。

半程马拉松终点：市政府广场。

迷你跑终点：群力音乐主题广场（哈尔滨音乐博物馆群力馆）。

八、比赛线路

（一）马拉松线路

（起点）哈尔滨音乐公园音乐长廊→友谊西路→（左转）朗江路→（右转）群力大道→（右转）阳明滩大桥→（右转折返）祥安南大街→（右转）创新一路→（右转）科技一街→（左转）世茂大道→（左转）科技二街→（右转）创新一路→（左转）科技四街→（右转）滨水大道→（左转折返）滨水大道→（左转）剧院二路→（右转）滨水大道→（右转）松北大道→（右转）冰峰路→（左转）松花江公路大桥U型回转道→（左转）太阳大道→（右转折返）太阳大道→（终点）太阳岛太阳石广场

（二）半程马拉松线路

（起点）哈尔滨音乐公园音乐长廊→友谊西路→（左转）朗江路→（右转）群力大道→（右转）阳明滩大桥→（右转折返）祥安南大街→（右转）创新一路→（右转）科技一街→（左转）世茂大道→（左转）科技二街→（左转）滨水大道→（左转）天翔街→（右转折返）天翔街→（左转）世纪大道→（终点）市政府广场

（三）迷你跑线路

（起点）哈尔滨音乐公园音乐长廊→友谊西路→（右转）阳明滩大道→（右转）哈尔滨银行普惠路→（终点）哈尔滨音乐博物馆群力馆
赛道以中国田协委派丈量员丈量后公布的为准。

九、报名办法

（一）预报名时间：2023年7月6日10:00至2023年7月12日24:00；报名者经过预报名成功后，方可参与抽签。

（二）抽签结果公布时间：2023年7月27日14:00。报名者中签后须在规定的时间内缴纳报名费，过期未成功缴费者则中签资格作废，名额仅限本人参赛，不允许转让；组委会在公布中签资格时将同时启动候补中签。

（三）报名费用：

1.中国籍（含港澳台）选手	2.外籍选手
马拉松项目150元/人	马拉松项目320元/人（或50USD/人）
半程马拉松项目120元/人	半程马拉松项目260元/人（或40USD/人）
迷你跑项目80元/人	迷你跑项目160元/人（或25USD/人）

经组委会确认获得参赛资格的选手（报名成功），不可更改参赛项目。如因个人原因无法参赛，赛后可邮寄到付参赛包，报名费不予退还。

（四）报名办法详见《哈尔滨银行2023哈尔滨马拉松报名须知》。

十、参加办法

（一）参赛选手年龄要求

- 1.参加马拉松比赛选手限20周岁以上（2003年12月31日前出生）。
- 2.参加半程马拉松比赛选手限16周岁以上（2007年12月31日前出生）。
- 3.参加迷你跑比赛选手不限制年龄。

报名特别要求：16周岁以下（2007年12月31日后出生）及65周岁以上（1958年12月31日前出生）的比赛选手须征得监护人或法定代理人或直系亲属同意并签署免责声明后方可报名参赛；参赛时需要有监护人或法定代理人或直系亲属陪同参赛。

（二）参赛选手身体状况要求

马拉松比赛是一项高强度长距离的竞技运动，也是一项高风险的竞技项目，对参赛者身体状况有较高的要求，参赛者应身体健康，有经常性参加跑步锻炼或训练的基础，参赛者应根据自己的身体状况和能力，选择合适项目参赛，并确认参赛声明中的有关条款。

组委会强烈建议参赛者在赛前一个月内进行必要的身体检查，以确定能否适合参加高强度的运动比赛，体检项目主要包括但不限于：血压、心率、心脑血管、心肺肝肾功能等。因个人身体及其他个人原因导致的人身损害和财产损失，由参赛选手本人承担责任。

有以下疾病患者和身体状况者不宜参加本次比赛：

- 1.先天性心脏病和风湿性心脏病患者。
- 2.高血压和心脑血管疾病患者。
- 3.心肌炎和其他心脏病患者。
- 4.冠状动脉病患者和严重心律不齐者。
- 5.血糖过高或过低的糖尿病患者。
- 6.妊娠期孕妇。

- 7.比赛日前两周以内患过感冒者。
- 8.比赛前一晚饮酒或睡眠不足者。
- 9.患有感染性疾病未痊愈者。
- 10.感染新冠病毒或有发热、干咳、乏力、嗅觉味觉减退、鼻塞、流涕、咽痛、结膜炎、肌痛和腹泻等症状之一，而未就诊排除新冠病毒感染者。
- 11.新型冠状病毒感染康复后30天内者，或尚处于感染新冠康复期的未痊愈者或新冠病毒感染后，身体不适宜剧烈运动者。
- 12.其他不适合运动的疾病患者。

（三）疫情防控要求

组委会将根据疫情形势和属地要求动态调整。

十一、竞赛办法

（一）按照中国田径协会审定的《田径竞赛规则2018-2019》及世界田联最新修订内容、《中国田径协会路跑管理文件汇编》（2023版）和《哈尔滨银行2023哈尔滨马拉松竞赛规程》执行。

（二）参赛选手必须将组委会统一发放的内含感应计时芯片的号码布正确佩戴在胸前显著位置。凡未按规定佩戴号码布、折叠或遮挡号码布，组委会有权取消其比赛成绩；未按规定佩戴芯片，导致计时点未记录成绩者，将取消比赛成绩。

（三）参赛选手须佩戴本人号码布和计时芯片，在赛前120分钟内到指定区域进行检录，并按报名成绩（以报名选手在中国马拉松信息平台上2023年7月1日前公布的最好成绩作为依据）从快到慢进入指定区域集结，赛前10分钟停止检录。

（四）按照组委会邀请参赛选手出发区、马拉松A区、马拉松B区、半程马拉松C区、半程马拉松D区、迷你跑E区、迷你跑F区进行比赛分区。组委会在每个分区前设置检录地毯，参赛选手不得越区起跑，但前区可到后区起跑。在比赛发令后，参赛选手先通过所在分区检录地毯后，再通过起点计时地毯的成绩方可有效。

（五）采用分枪发令起跑。第一枪7:30，马拉松项目参赛选手出发；第二枪7:45，半程马拉松和迷你跑项目参赛选手出发。如果参赛选手无效起跑，不会被叫停，但裁判将取消其参赛资格。

（六）组委会为马拉松、半程马拉松项目的参赛选手提供一次性感应芯片计时服务，参赛选手必须统一佩戴一次性感应计时芯片，如因参赛选手本人未能正确佩戴计时芯片导致无法记录成绩，组委会不承担责任。

（七）比赛现场为马拉松、半程马拉松项目的参赛选手提供存取衣服务。存衣袋上必须粘贴与本人的参赛号码相一致的小号码布，于比赛当天7:15前存在起点相应的存衣车上。赛后凭大号码布于各终点关门时间后的1个小时内到终点对应的存衣车领取。如超过领取时间没有领取的，请在赛后5天内到组委会指定地点领取，过时组委会将按无人领取处理（如需邮寄，产生的费用由选手本人承担）。请勿将贵重物品（如有效证件、手机、现金、手表、各种钥匙、其他电子产品等）、易燃易爆和违禁物品存放在包内，如发生损坏、遗失或安全事故，责任由参赛选手承担。迷你跑项目不提供存取衣服务。

（八）补给站

组委会在赛道沿途设置有饮水、饮料、能量补给站点。自备饮料根据特邀参赛选手的需求设置。

序列	公里数	饮水/用水	饮料/饮水	能量补给	自备饮料
01	5KM		✓		✓
02	7.5KM	✓		✓	
03	10KM		✓		✓
04	12.5KM	✓		✓	
05	15KM		✓		✓
06	17.5KM	✓		✓	
07	20KM		✓		✓
08	22.5KM	✓		✓	
09	25KM		✓		✓
10	27.5KM	✓		✓	
11	30KM		✓		✓
12	32.5KM	✓		✓	
13	35KM		✓		✓
14	37.5KM	✓		✓	
15	40KM		✓		✓

说明：以上补给站点仅供参考，以现场实际设置为准。组委会将依据比赛日天气状况，在赛道增加喷淋设施及补液盐。

（九）关门距离和时间

为确保参赛者比赛安全、顺利，比赛期间比赛路线各段设关门时间（以第一枪起跑枪声时间计算），限时进行交通封闭。起跑至关门时间到后，各路段恢复正常交通。在规定的关门时间内，未跑完对应距离的参赛选手必须立即停止比赛，退出赛道，以免发生危险。退出的参赛选手可乘坐组委会提供的收容车到相应项目的终点。

关门时间按自然时间计算：

位 置	关门时间
5公里	8:30
10公里	9:10
15公里	9:50
20公里	10:30
25公里	11:10
30公里	11:55
35公里	12:40
40公里	13:25
迷你跑终点	9:30
半程马拉松终点	10:45
马拉松终点	13:45

注：如发生特殊情况时，组委会有权决定提前关门，参赛选手需服从组委会统一安排。

（十）领取竞赛物品

- 1.赛前三天参赛选手本人需根据哈尔滨银行2023哈尔滨马拉松官网公告要求，在规定时间内携带本人报名时使用的有效证件前往指定地点领取参赛号码布、感应计时芯片等竞赛物品，不允许代领。
- 2.领取竞赛物品时参赛选手须全部满足组委会制定的参赛要求，组委会有权依据疫情防控要求动态调整赛事疫情防控政策和措施。
- 3.赛事组委会有权对不符合参赛资格的选手不予发放竞赛物品，并不予退还报名费。

（十一）计时办法

- 1.组委会为所有参加马拉松和半程马拉松的参赛选手提供感应计时服务，迷你跑参赛选手不提供计时服务。
- 2.组委会将在起点（含马拉松选手集结区前、半程马拉松选手集结区前）、每5公里点、21.0975公里点、折返点和终点（马拉松终点、半程马拉松终点）设有计时感应带(区)。选手在跑进过程中，必须通过所有的地面计时感应带(区)，如缺少任何一个计时点的记录，或两个计时芯片在感应带的的成绩误差小于0.1秒将取消该选手的比赛成绩。
- 3.组委会赛后将为马拉松和半程马拉松参赛选手同时提供枪声计时和净计时成绩。

4.计时芯片为一次性计时芯片，不收取押金，将在赛前与号码布同时发放。

(十二) 本次比赛禁止轮椅竞速运动员参赛。

(十三) 本次比赛按照有关规定对参赛选手进行兴奋剂检查。

(十四) 有关竞赛的其他具体要求和安排，请查阅赛事《官方手册》。

十二、奖励办法

(一) 奖项设置

1.马拉松名次奖（美元）

马拉松男、女第一至第八名选手分别获得如下表所列的奖金。马拉松项目前八名以枪声成绩为准，其他以净计时成绩为准。

男子		女子	
名次	奖金（美元）	名次	奖金（美元）
一	15000	一	15000
二	7500	二	7500
三	5000	三	5000
四	2500	四	2500
五	2000	五	2000
六	1500	六	1500
七	1000	七	1000
八	500	八	500

2.半程马拉松名次奖（人民币）

半程马拉松男、女第一至第八名选手分别获得如下表所列的奖金。半程马拉松项目以净计时成绩为准。

男子		女子	
名次	奖金（美元）	名次	奖金（美元）
一	10000	一	10000
二	8000	二	8000
三	6000	三	6000
四	5000	四	5000
五	4000	五	4000
六	3000	六	3000
七	2000	七	2000
八	1000	八	1000

3.迷你跑项目不计取成绩和名次。

(二) 其他事项

1.马拉松及半程马拉松项目所有获奖选手的成绩将在赛事官方网站公示10个工作日，公示无异议并确认无兴奋剂问题后再行发放奖金。如发现兴奋剂检查有问题者，取消该名次和奖金，后面名次不递增。

2.上述所有奖金将按照《中华人民共和国个人所得税法》，征收20%个人所得税。中国籍选手获上述奖励均发等值的人民币（以比赛当日的汇率为准）。

3.组委会为在关门时间内完赛的马拉松和半程马拉松参赛选手发放完赛奖牌，完赛成绩证书在赛事官方网站提供下载，成绩证书下载时效为90天。

4.参赛选手如若对成绩有异议，请在赛事结束后的5个工作日内向组委会申诉，并提供真实有效的证据。

5.半程马拉松和马拉松项目男女前三名获奖选手均须参加现场颁奖，并按要求穿戴领奖装备。

十三、处罚办法

组委会将在起点、分段计时点、折返点和终点等处设置比赛录像，记录比赛全过程。在比赛期间的违规行为，由组委会依据竞赛规则和竞赛规程进行处罚。如发现以下情况，将予以处罚：

(一) 参赛选手出现冒名顶替（替跑）参赛、弄虚作假以谋求赛事名次及奖金等情况的，一名参赛选手同时携带两枚以上（包括两枚）芯片参加比赛的（两个传感器在计时点的成绩误差小于0.1秒），私自转让和伪造号码布参赛的，多人交替接力跑的，组委会将进行处罚，并报请中国田径协会予以追加处罚：

1.由赛事总管取消所有相关违规者在哈尔滨银行2023哈尔滨马拉松中取得的比赛成绩和名次及对应的奖励；

2.终身禁止所有相关违规者参加哈尔滨马拉松。

(二) 在比赛期间出现下列问题之一，由组委会视情节轻重分别给予参赛选手取消哈尔滨银行2023哈尔滨马拉松比赛资格及成绩、暂停比赛、禁赛1至2年及终身禁赛等处罚，严重者报请中国田径协会予以追加处罚：

1.以虚假年龄报名的；

2.隐瞒身体疾病的；

3.未按要求穿着比赛服装和佩戴号码布或赛事手环的；

4.不按规定的起跑顺序在指定起跑区前面起跑的；

5.起点不按规定时间出发抢跑的；

6.运动员的教练员、经纪人乘任何车辆进入赛道的；

7.没有沿规定路线跑完比赛，绕近道或途中插入、乘坐交通工具后进入赛道的；

8.比赛中采用挤人、推人、撞人、绊人等犯规行为的；

9.在终点不按规定要求重复通过终点领取纪念品的；

10.未跑完全程私自通过终点领取纪念品的；

- 11.不服从赛事工作人员和裁判指挥的；
- 12.比赛期间谩骂、打架、滋事的；
- 13.长期逗留导致选手所在区域滋生安全隐患的；
- 14.其他违反比赛规定的行为；
- 15.世界田联竞赛规则144.3(a)的处罚条例；
- 16.世界田联竞赛规则163.15(c)关于补给站以外补给品的处罚条例；
- 17.世界田联竞赛规则240.6关于无效出发的处罚条例；
- 18.此项未列出条目由中国田径协会和世界田联根据技术规则管控。

(三) 凡利用虚假信息获取参赛资格者、报名后转让参赛资格或将号码布转给他人者、替跑者和无参赛资格者，在比赛期间发生的一切后果责任自负。

十四、医疗救护

(一) 组委会在起点、赛道沿途及终点设立固定医疗站。医疗点前50米有明显的标识；沿参赛选手的跑进路线，有急救车跟随；赛事组委会将在固定医疗点、补给站点安排志愿者和工作人员，协助医疗救护、维护比赛秩序，参赛选手有问题可以随时求助。

(二) 组委会在赛道沿途设立移动AED医疗救援服务。

(三) 组委会在赛道沿途设置急救志愿者，协助医疗救护、维护比赛秩序，参赛选手可随时向他们请求帮助。

(四) 在比赛中若选手丧失意识，则自动委托组委会的急救人员采取一切手段进行急救，包括但不限于CPR心肺复苏，AED体外除颤，租用车辆或航空器进行快速转运。由此产生的法律责任以及伴随的费用，均由选手本人承担，参与施救的组委会急救人员不承担任何法律和经济方面的责任。

(五) 为保障参赛选手的生命安全，经组委会授权的赛事裁判、急救人员和工作人员对明显不能继续进行比赛的参赛选手，有权终止其比赛。

十五、参赛保险

(一) 组委会为所有参赛选手和工作人员购买比赛期间的人身意外伤害保险，若由于参赛选手报名信息填写不全或不真实造成无法购买保险或者保险无效的，责任由参赛选手自负。

(二) 组委会购买的保险为意外伤害险。但由于自身疾病、身体原因所引起的不良后果，不属于意外伤害保险，例如，中暑、昏厥等情况不在组委会购买的人身意外伤害保险范围。请认真评估自身身体状况，审慎报名参赛。

(三) 组委会在比赛期间提供免费现场急救性质的医务治疗，经组委会确认的参赛选手在医院救治等发生的相关费用，由参赛选手与院方结算后向保险人申请索赔，保险人在保单责任范围及限额内赔偿。

(四) 参赛选手在比赛过程中因服用兴奋剂或其它违禁药品，造成人身伤害或死亡的，责任由参赛选手自负。

十六、技术代表、比赛监督和裁判员

由世界田联、中国田径协会、黑龙江省田径协会、哈尔滨市体育局及赛事组委会负责选派。

十七、自甘风险

《民法典》中的“自甘风险”条款在《民法典》中确立了文体活动中的“自甘风险”条款，其第一千一百七十六条规定：自愿参加具有一定危险的文体活动，因其他参加者的行为受到损害的，受害人不得请求其他参加者承担侵权责任，但是其他参加者有对损害的发生有故意或者重大过失的除外；活动组织者的责任适用安全保障责任的规定。

十八、联系方式及地址

组委会地址：哈尔滨市松北区创新三路67号

联系电话：0451-51160366

工作时间：周一至周五9:00至11:30,13:30至17:00

官方邮箱：hrbmlsbm@163.com

官方网站：www.hrb-marathon.cn

十九、本竞赛规程解释权属于哈尔滨马拉松组委会，未尽事宜，另行通知。

赛事日程

日期	时间	活动内容	地点
2023年8月24日	10:00-19:00	马拉松博览会开幕式 参赛物品发放	太阳岛风景区 (太阳石广场)
2023年8月25日	10:00-19:00	马拉松博览会 参赛物品发放	
2023年8月26日	09:00-21:00	马拉松博览会 参赛物品发放	
2023年8月25日	09:00-21:00	特邀参赛选手报到	官方接待酒店
2023年8月26日	09:00-11:00	联席会议	
	16:00-18:00	技术会议	
	13:00-18:00	现场彩排	
2023年8月27日	05:30-07:15	参赛选手存衣	友谊西路 (哈尔滨音乐公园)
	05:30-07:15	参赛选手检录	
	07:20	起跑仪式	
	07:30	鸣枪仪式 马拉松参赛选手起跑	
	07:45	半程马拉松参赛手 和迷你跑起跑	
	10:00-10:30	颁奖仪式	太阳岛风景区(太阳石广场)

HARBIN BANK 2023 HARBIN MARATHON

COMPETITION REGULATIONS

1. CERTIFICATION UNIT

CHINESE ATHLETIC ASSOCIATION

2. ORGANIZER

SPORTS BUREAU OF HEILONGJIANG PROVINCE, HARBIN MUNICIPAL PEOPLE'S GOVERNMENT

3. ORGANIZERS

HARBIN SPORTS BUREAU AND HARBIN MADIEER CULTURAL TOURISM INVESTMENT GROUP CO., LTD

4. OPERATION UNIT

HARBIN CITY TOU SPORTS DEVELOPMENT CO., LTD.

5. TIME AND PLACE OF COMPETITION

7:30 AM TO 13:45 AM, SUNDAY, AUGUST 27, 2023, HARBIN 6.

6. EVENT AND SCALE

(1) MARATHON (42.195KM) 10000 PEOPLE

(2) HALF MARATHON (21.0975KM) 10000 PEOPLE

(3) MINI RUN (ABOUT 5KM) 10000 PEOPLE

A TOTAL OF 30,000 PARTICIPANTS TOOK PART.

7. START AND FINISH

STARTING POINT (ALL PROJECTS): YOUYI WEST ROAD (HARBIN MUSIC PARK MUSIC CORRIDOR).

MARATHON FINISH: SUN AVENUE (SUN STONE SQUARE, SUN ISLAND).

HALF MARATHON FINISH: CITY HALL SQUARE.

MINI MARATHON FINISH: QUNLI MUSIC THEME SQUARE (QUNLI HALL OF HARBIN MUSIC MUSEUM).

8. RACE ROUTE

(1) MARATHON ROUTE

(STARTING POINT) HARBIN MUSIC PARK MUSIC CORRIDOR → YOUYI WEST ROAD →(TURN LEFT) LANGJIANG ROAD →(TURN RIGHT) QUNLI AVENUE →(TURN RIGHT) YANGMINGTAN BRIDGE →(TURN RIGHT AND TURN BACK) XIANGANAN STREET →(TURN RIGHT) CHUANGXIN FIRST STREET →(TURN RIGHT) KEJI FIRST STREET →(TURN LEFT) SHIMAO AVENUE →(TURN LEFT) KEJI SECOND STREET →(TURN RIGHT) CHUANGXIN FIRST STREET →(TURN LEFT) KEJI FOURTH STREET →(TURN RIGHT) BINSHUI AVENUE →(TURN LEFT AND TURN BACK) BINSHUI AVENUE →(TURN LEFT) THEATER 2 ROAD →(TURN RIGHT) BINSHUI AVENUE →(TURN RIGHT) SONGBEI ROAD →(TURN RIGHT) BINGFENG ROAD →(TURN LEFT) SONGHUAJIANG HIGHWAY BRIDGE U-SHAPED TURNWAY →(TURN LEFT) TAIYANG AVENUE →(TURN RIGHT AND TURN BACK) TAIYANG AVENUE →(END POINT) SUN ISLAND SUN STONE PLAZA

(2) HALF-MARATHON ROUTE

(STARTING POINT) HARBIN MUSIC PARK MUSIC CORRIDOR → YOUYI WEST ROAD →(TURN LEFT) LANGJIANG ROAD →(TURN RIGHT) QUNLI AVENUE →(TURN RIGHT) YANGMINGTAN BRIDGE →(TURN RIGHT AND TURN BACK) XIANGANNAN STREET →(TURN RIGHT TURN) CHUANGXIN FIRST STREET →(TURN RIGHT) KEJI FIRST STREET →(TURN LEFT) SHIMAO AVENUE →(TURN LEFT) KEJI SECOND STREET →(TURN LEFT) BINSHUI AVENUE →(TURN LEFT) TIANXIANG STREET →(TURN RIGHT AND TURN BACK)TIANXIANG STREET →(TURN LEFT) SHIJI AVENUE →(END POINT) CITY HALL SQUARE

(3) MINI RUNNING LINE

(STARTING POINT) HARBIN MUSIC PARK MUSIC CORRIDOR → YOUYI WEST ROAD → (TURN RIGHT) YANGMINGTAN AVENUE
→ (TURN RIGHT) HARBIN BANK PUHUI ROAD → (END) HARBIN MUSIC MUSEUM QUNLI

9. REGISTRATION METHOD

(1) PRE-REGISTRATION TIME: 10:00 ON JULY 6, 2023 TO 24:00 ON JULY 12, 2023; THE APPLICANTS CAN PARTICIPATE IN THE DRAW ONLY AFTER THE PRE-REGISTRATION IS SUCCESSFUL.

(2) ANNOUNCEMENT OF THE RESULT OF THE DRAW: 14:00, JULY 27, 2023. APPLICANTS MUST PAY THE REGISTRATION FEE WITHIN THE SPECIFIED TIME AFTER WINNING THE LOTTERY. THOSE WHO FAIL TO PAY THE FEE AFTER THE EXPIRATION WILL BE DISQUALIFIED. THE QUOTA IS LIMITED TO THEIR OWN PARTICIPATION AND IS NOT ALLOWED TO BE TRANSFERRED; THE ORGANIZING COMMITTEE WILL LAUNCH THE CANDIDATE CANDIDATE AT THE SAME TIME WHEN THE QUALIFICATION IS ANNOUNCED.

(3) REGISTRATION FEE:

1. CHINESE NATIONALS

(INCLUDING HONG KONG, MACAO, AND TAIWAN)

RMB 150 / PERSON FOR MARATHON.

HALF MARATHON EVENT 120 YUAN/PERSON.

MINI RUN EVENT 80 YUAN/PERSON.

2 FOREIGN RUNNERS

MARATHON EVENT 320 YUAN/PERSON (OR 50USD/ PERSON).

HALF MARATHON EVENT 260 YUAN/PERSON (OR 40USD/ PERSON).

MINI RUN EVENT 160 YUAN/PERSON (OR 25USD/ PERSON).

PARTICIPANTS WHO HAVE BEEN CONFIRMED BY THE ORGANIZING COMMITTEE TO PARTICIPATE IN THE RACE (REGISTERED SUCCESSFULLY) CANNOT CHANGE THE EVENT. IF THE PARTICIPANT IS UNABLE TO PARTICIPATE DUE TO PERSONAL REASONS, HE/SHE CAN MAIL THE PACKAGE AFTER THE RACE. THE REGISTRATION FEE IS NON-REFUNDABLE.

(4) PLEASE REFER TO THE "HARBIN BANK 2023 HARBIN MARATHON REGISTRATION INSTRUCTIONS" FOR THE REGISTRATION METHOD.

10. PARTICIPATION MEASURES

(1) AGE REQUIREMENTS FOR PARTICIPANTS

1. PARTICIPANTS IN THE MARATHON MUST BE OVER 20 YEARS OLD (BORN BEFORE DECEMBER 31, 2003).

2. PARTICIPANTS OF HALF MARATHON SHOULD BE AT LEAST 16 YEARS OLD (BORN BEFORE DECEMBER 31, 2007).

3. THERE IS NO AGE LIMIT FOR PARTICIPANTS IN MINI MARATHON.

SPECIAL REGISTRATION REQUIREMENTS: PARTICIPANTS UNDER THE AGE OF 16 (BORN AFTER DECEMBER 31, 2007) AND OVER THE AGE OF 65 (BORN BEFORE DECEMBER 31, 1958) MUST OBTAIN THE CONSENT OF THEIR GUARDIAN OR LEGAL REPRESENTATIVE OR IMMEDIATE FAMILY MEMBERS AND SIGN THE DISCLAIMER. A GUARDIAN OR LEGAL REPRESENTATIVE OR IMMEDIATE FAMILY MEMBER IS REQUIRED TO ACCOMPANY THE CONTESTANT.

(2) PHYSICAL CONDITION REQUIREMENTS OF PARTICIPANTS

MARATHON IS A HIGH-INTENSITY LONG-DISTANCE COMPETITIVE SPORT AND A HIGH-RISK COMPETITIVE EVENT, WHICH HAS HIGH REQUIREMENTS ON THE PHYSICAL CONDITION OF PARTICIPANTS. PARTICIPANTS SHOULD BE IN GOOD HEALTH AND HAVE THE BASIS TO REGULARLY PARTICIPATE IN RUNNING EXERCISE OR TRAINING. PARTICIPANTS SHOULD CHOOSE THE APPROPRIATE EVENT ACCORDING TO THEIR PHYSICAL CONDITION AND ABILITY AND CONFIRM THE RELEVANT TERMS IN THE COMPETITION DECLARATION.

THE ORGANIZING COMMITTEE STRONGLY RECOMMENDS PARTICIPANTS TO HAVE THE NECESSARY PHYSICAL EXAMINATION WITHIN ONE MONTH BEFORE THE RACE TO DETERMINE WHETHER THEY ARE FIT TO PARTICIPATE IN THE HIGH-INTENSITY SPORTS COMPETITION. THE PHYSICAL EXAMINATION ITEMS MAINLY INCLUDE BUT ARE NOT LIMITED TO BLOOD PRESSURE, HEART RATE, CARDIOVASCULAR AND CEREBROVASCULAR, CARDIOPULMONARY, LIVER AND KIDNEY FUNCTION, ETC. ALL PARTICIPANTS SHALL BEAR THE RESPONSIBILITY FOR PERSONAL DAMAGE AND PROPERTY LOSS CAUSED BY PERSONAL HEALTH AND OTHER PERSONAL REASONS.

PATIENTS WITH THE FOLLOWING DISEASES AND PHYSICAL CONDITIONS ARE NOT ELIGIBLE TO PARTICIPATE IN THIS COMPETITION:

1. CONGENITAL HEART DISEASE AND RHEUMATIC HEART DISEASE.
2. PATIENTS WITH HYPERTENSION AND CARDIOVASCULAR DISEASES.
3. PATIENTS WITH MYOCARDITIS AND OTHER HEART DISEASES.
4. PATIENTS WITH CORONARY ARTERY DISEASE AND SEVERE ARRHYTHMIAS.
5. DIABETICS WITH HIGH OR LOW BLOOD SUGAR.
6. PREGNANT WOMEN DURING PREGNANCY.

7. ANYONE WHO HAS HAD A COLD WITHIN TWO WEEKS BEFORE THE RACE.
8. PEOPLE WHO HAVE DRUNK ALCOHOL OR HAD INSUFFICIENT SLEEP THE NIGHT BEFORE THE RACE.
9. THOSE WHO HAVE NOT RECOVERED FROM INFECTIOUS DISEASES.
10. PEOPLE INFECTED WITH COVID-19 OR WHO HAVE ANY OF THE SYMPTOMS, SUCH AS FEVER, DRY COUGH, FATIGUE, LOSS OF SMELL AND TASTE, NASAL CONGESTION, RUNNY NOSE, SORE THROAT, CONJUNCTIVITIS, MYALGIA AND DIARRHEA, BUT DO NOT SEEK MEDICAL TREATMENT ARE EXCLUDED FROM COVID-19.
11. PEOPLE WHO ARE NOT FIT FOR VIGOROUS EXERCISE WITHIN 30 DAYS AFTER RECOVERY FROM THE NOVEL CORONAVIRUS INFECTION, OR WHO ARE STILL IN THE RECOVERY PERIOD FROM THE NOVEL CORONAVIRUS INFECTION, OR WHO ARE NOT FIT FOR VIGOROUS EXERCISE AFTER THE NOVEL CORONAVIRUS INFECTION.
12. PATIENTS WITH OTHER DISEASES NOT SUITABLE FOR EXERCISE.

(3) REQUIREMENTS FOR EPIDEMIC PREVENTION AND CONTROL

THE ORGANIZING COMMITTEE WILL MAKE DYNAMIC ADJUSTMENTS ACCORDING TO THE EPIDEMIC SITUATION AND THE REQUIREMENTS OF THE TERRITORY.

11、COMPETITION METHODS

(A) IN ACCORDANCE WITH THE CHINESE ATHLETIC ASSOCIATION APPROVED THE "RULES OF ATHLETICS COMPETITION 2018-2019" AND THE LATEST REVISION OF THE WORLD ATHLETICS FEDERATION, THE CHINESE ATHLETIC ASSOCIATION ROAD RUNNING MANAGEMENT DOCUMENTS (2023 EDITION) AND THE HARBIN BANK 2023 HARBIN MARATHON COMPETITION REGULATIONS.

(2) PARTICIPANTS MUST WEAR THE BIB CONTAINING THE SENSOR TIMING CHIP ISSUED BY THE ORGANIZING COMMITTEE IN A PROMINENT POSITION ON THEIR CHEST. ANY PARTICIPANT WHO FAILS TO WEAR, FOLD, OR COVER HIS/HER NUMBER BIB ACCORDING TO REGULATIONS WILL BE DISQUALIFIED BY THE ORGANIZING COMMITTEE; THOSE WHO DO NOT WEAR THE CHIP ACCORDING TO THE REGULATIONS, RESULTING IN NO SCORE RECORDED AT THE TIMING POINT, WILL BE CANCELLED.

(3) PARTICIPANTS SHALL WEAR THEIR OWN BIBS AND TIMING CHIPS AND GO TO THE DESIGNATED AREA FOR RECORDING WITHIN 120 MINUTES BEFORE THE RACE AND GATHER IN THE DESIGNATED AREA FROM FAST TO SLOW ACCORDING TO THE REGISTERED RESULTS (BASED ON THE BEST RESULTS ANNOUNCED BY THE REGISTERED RUNNERS ON THE CHINA MARATHON INFORMATION PLATFORM BEFORE JULY 1, 2023), AND STOP RECORDING 10 MINUTES BEFORE THE RACE.

(4) THE RACE SHALL BE DIVIDED ACCORDING TO THE STARTING AREA INVITED BY THE ORGANIZING COMMITTEE, MARATHON A ZONE, MARATHON B ZONE, HALF MARATHON C ZONE, HALF MARATHON D ZONE, MINI RUN E ZONE AND MINI RUN F ZONE. THE ORGANIZING COMMITTEE WILL SET UP A RECORDING CARPET IN FRONT OF EACH ZONE. PARTICIPANTS ARE NOT ALLOWED TO CROSS THE STARTING ZONE BUT CAN START FROM THE FRONT ZONE TO THE BACK ZONE. AFTER THE START OF THE RACE, THE RUNNERS MUST FIRST PASS THE CARPETS IN THEIR RESPECTIVE ZONES AND THEN PASS THE STARTING POINT TO COUNT THE RESULTS OF THE CARPETS.

(5) THE STARTING POINT OF THE RACE SHALL BE THE SPLIT GUN. THE MARATHON PARTICIPANTS WILL START AT 7:30 IN THE FIRST SHOT; THE SECOND SHOT STARTS AT 7:45 FOR THE HALF MARATHON AND MINI RUN. IF THE RUNNER DOES NOT START, HE OR SHE WILL NOT BE STOPPED, BUT THE JUDGE WILL DISQUALIFY HIM OR HER.

(6) THE ORGANIZING COMMITTEE WILL PROVIDE ONE-TIME SENSOR CHIP TIMING SERVICE FOR THE MARATHON AND HALF MARATHON PARTICIPANTS. ALL PARTICIPANTS MUST WEAR ONE-TIME SENSOR CHIP TIMING SERVICE. IF THE PARTICIPANT FAILS TO WEAR THE TIMING CHIP CORRECTLY, THE ORGANIZING COMMITTEE WILL NOT BE HELD RESPONSIBLE.

(7) CLOTHES STORAGE SERVICE WILL BE PROVIDED FOR PARTICIPANTS OF MARATHON AND HALF MARATHON EVENTS. THE CLOTHES BAG MUST BE AFFIXED WITH A SMALL BIB MATCHING WITH THE PARTICIPANT'S RACE NUMBER, AND THE CLOTHES STORAGE CAR CORRESPONDING TO THE STARTING POINT WILL BE AVAILABLE BEFORE 7:15 ON THE RACE DAY. THE LARGE BIB SHOULD BE COLLECTED AT THE CORRESPONDING CAR WITHIN 1 HOUR AFTER THE CLOSING TIME OF EACH FINISH LINE. IF YOU DO NOT COLLECT THE CLOTHES AFTER THE TIME, PLEASE GO TO THE PLACE DESIGNATED BY THE ORGANIZING COMMITTEE WITHIN 5 DAYS AFTER THE RACE, THE ORGANIZING COMMITTEE WILL TREAT IT AS NO CLAIM (IF IT NEEDS TO BE MAILED, THE COST WILL BE BORNE BY THE RUNNERS THEMSELVES). PLEASE DO NOT STORE VALUABLES (SUCH AS VALID DOCUMENTS, MOBILE PHONES, CASH, WATCHES, VARIOUS KEYS, OTHER ELECTRONIC PRODUCTS, ETC.), INFLAMMABLE AND EXPLOSIVE ITEMS AND PROHIBITED ITEMS IN THE BAG. IN CASE OF DAMAGE, LOSS OR SAFETY ACCIDENT, THE RESPONSIBILITY SHALL BE BORNE BY THE PARTICIPANT. THE MINI RUN EVENT DOES NOT PROVIDE ACCESS TO THE BAG.

(8) SUPPLY STATIONS

THE ORGANIZING COMMITTEE WILL SET UP DRINKING WATER, BEVERAGE AND ENERGY SUPPLY STATIONS ALONG THE TRACK. BRING YOUR OWN DRINKS ACCORDING TO THE NEEDS OF THE SPECIALLY INVITED PARTICIPANTS.

SERIAL NUMBER	NUMBER OF KILOMETERS	DRINKING/WATER	DRINKS/WATER	ENERGY SUPPLY	BRING YOUR OWN DRINKS
01	5KM		✓		✓
02	7.5KM	✓		✓	
03	10KM		✓		✓
04	12.5KM	✓		✓	
05	15KM		✓		✓
06	17.5KM	✓		✓	
07	20KM		✓		✓
08	22.5KM	✓		✓	
09	25KM		✓		✓
10	27.5KM	✓		✓	
11	30KM		✓		✓
12	32.5KM	✓		✓	
13	35KM		✓		✓
14	37.5KM	✓		✓	
15	40KM		✓		✓

NOTE: THE ABOVE SUPPLY STATION IS FOR REFERENCE ONLY, SUBJECT TO THE ACTUAL SETTING ON SITE. THE ORGANIZING COMMITTEE WILL ADD SPRINKLING FACILITIES AND REHYDRATION SALTS ON THE TRACK ACCORDING TO THE WEATHER CONDITIONS ON THE RACE DAY.

(9) CLOSING DISTANCE AND TIME

IN ORDER TO ENSURE THE SAFETY AND SUCCESS OF THE RACE, CLOSING TIME (CALCULATED FROM THE TIME OF THE FIRST STARTING GUN) WILL BE SET FOR EACH SECTION OF THE RACE ROUTE DURING THE RACE, AND TRAFFIC CLOSURE WILL BE CONDUCTED FOR A LIMITED TIME. AFTER THE START TO THE CLOSING TIME, ALL SECTIONS OF THE RACE WILL RESUME NORMAL TRAFFIC. WITHIN THE PRESCRIBED CLOSING TIME, RUNNERS WHO HAVE NOT COMPLETED THE CORRESPONDING DISTANCE MUST IMMEDIATELY STOP THE RACE AND EXIT THE TRACK TO AVOID DANGER. THE PARTICIPANTS WHO QUIT CAN TAKE THE SHELTER CAR PROVIDED BY THE ORGANIZING COMMITTEE TO THE END OF THE CORRESPONDING EVENT.

THE CLOSING TIME IS CALCULATED ACCORDING TO THE NATURAL TIME:

LOCATION	CLOSING TIME
5KM	8:30
10KM	9:10
15 KM	9:50
20 KM	10:30
25KM	11:10
30KM	11:55
35 KM	12:40
40 KM	13:25
MINI RUN FINISH	9:30
HALF MARATHON FINISH	10:45
MARATHON FINISH	13:45

NOTE: IN CASE OF SPECIAL CIRCUMSTANCES, THE ORGANIZING COMMITTEE HAS THE RIGHT TO DECIDE TO CLOSE THE DOOR EARLY, AND THE PARTICIPANTS MUST OBEY THE UNIFIED ARRANGEMENT OF THE ORGANIZING COMMITTEE.

(10) COLLECT THE COMPETITION ITEMS

1. THREE DAYS BEFORE THE RACE, PARTICIPANTS SHALL, ACCORDING TO THE REQUIREMENTS OF THE OFFICIAL WEBSITE OF HARBIN 2023 HARBIN MARATHON, BRING THE VALID DOCUMENTS USED IN THE REGISTRATION TO THE DESIGNATED PLACE WITHIN THE SPECIFIED TIME TO COLLECT THE RACE BIB, SENSOR TIMING CHIP AND OTHER RACE ITEMS. THEY ARE NOT ALLOWED TO COLLECT THEM ON BEHALF OF THE PARTICIPANTS.
2. ALL PARTICIPANTS MUST MEET THE ENTRY REQUIREMENTS FORMULATED BY THE ORGANIZING COMMITTEE WHEN COLLECTING THE ITEMS. THE ORGANIZING COMMITTEE HAS THE RIGHT TO DYNAMICALLY ADJUST THE EPIDEMIC PREVENTION AND CONTROL POLICIES AND MEASURES OF THE EVENT ACCORDING TO THE EPIDEMIC PREVENTION AND CONTROL REQUIREMENTS.
3. THE ORGANIZING COMMITTEE HAS THE RIGHT NOT TO DISTRIBUTE THE COMPETITION MATERIALS AND NOT TO REFUND THE REGISTRATION FEE TO THE PLAYERS WHO DO NOT MEET THE QUALIFICATION.

(11) TIMING METHOD

1. THE ORGANIZING COMMITTEE WILL PROVIDE INDUCTION TIMING SERVICE FOR ALL PARTICIPANTS OF MARATHON AND HALF MARATHON, AND NO TIMING SERVICE WILL BE PROVIDED FOR MINI RACE PARTICIPANTS.
2. THE ORGANIZING COMMITTEE WILL PROVIDE TIMING SENSOR BELTS (ZONES) AT THE STARTING POINT (INCLUDING THE ASSEMBLY AREA FOR MARATHON RUNNERS AND THE ASSEMBLY AREA FOR HALF MARATHON RUNNERS), EVERY 5KM POINT, 21.0975KM POINT, RETURN POINT AND FINISH POINT (MARATHON FINISH POINT AND HALF MARATHON FINISH POINT). IN THE PROCESS OF RUNNING, RUNNERS MUST PASS ALL THE GROUND TIMING SENSOR BELTS (ZONES). IF THE RECORD OF ANY TIMING POINT IS MISSING, OR THE RESULT ERROR OF TWO TIMING CHIPS IN THE SENSOR BELT IS LESS THAN 0.1 SECONDS, THE RACE RESULT OF THE CONTESTANT WILL BE CANCELLED.
3. THE ORGANIZING COMMITTEE WILL PROVIDE THE SHOT TIMING AND NET TIMING RESULTS FOR THE MARATHON AND HALF MARATHON PARTICIPANTS AFTER THE RACE.

4. THE TIMING CHIP IS A ONE-TIME TIMING CHIP, NO DEPOSIT WILL BE CHARGED, AND WILL BE ISSUED TOGETHER WITH THE BIB BEFORE THE RACE.

(12) WHEELCHAIR RACERS ARE NOT ALLOWED TO PARTICIPATE IN THIS COMPETITION.

(13) DOPING CONTROL SHALL BE CARRIED OUT ON THE COMPETITORS IN ACCORDANCE WITH RELEVANT REGULATIONS.

(14) FOR OTHER SPECIFIC REQUIREMENTS AND ARRANGEMENTS OF THE COMPETITION, PLEASE REFER TO THE OFFICIAL MANUAL OF THE COMPETITION.

12. REWARD METHOD

(1) AWARD SETTING

1. MARATHON PLACING PRIZE (USD)

THE FIRST TO EIGHTH RUNNERS OF THE MALE AND FEMALE MARATHONS WILL RECEIVE THE PRIZE MONEY LISTED IN THE TABLE BELOW. THE TOP EIGHT FINISHERS IN THE MARATHON ARE BASED ON GUNSHOTS, AND THE OTHERS ARE BASED ON NET TIME SCORES.

MEN		WOMEN	
STANDINGS	PRIZE MONEY (USD)	STANDINGS	PRIZE MONEY (USD)
ONE	15000	ONE	15000
TWO	7500	TWO	7500
THREE	5000	THREE	5000
FOUR	2500	FOUR	2500
FIVE	2000	FIVE	2000
SIX	1500	SIX	1500
SEVEN	1000	SEVEN	1000
EIGHT	500	EIGHT	500

2. HALF MARATHON PLACING PRIZE (RMB)

THE MEN'S AND WOMEN'S 1ST TO 8TH HALF MARATHON RUNNERS WILL RECEIVE THE PRIZE MONEY LISTED IN THE TABLE BELOW. THE HALF MARATHON EVENT IS BASED ON THE NET TIME RESULT.

MEN		WOMEN	
STANDINGS	PRIZE MONEY (YUAN)	STANDINGS	PRIZE MONEY (YUAN)
ONE	10000	ONE	10000
TWO	8000	TWO	8000
THREE	6000	THREE	6000
FOUR	5000	FOUR	5000
FIVE	4000	FIVE	4000
SIX	3000	SIX	3000
SEVEN	2000	SEVEN	2000
EIGHT	1000	EIGHT	1000

3 MINI RUN EVENTS DO NOT COUNT RESULTS OR PLACES.

(2) OTHER MATTERS

1. THE RESULTS OF ALL WINNERS OF MARATHON AND HALF MARATHON WILL BE PUBLISHED ON THE OFFICIAL WEBSITE OF THE EVENT FOR 10 WORKING DAYS, AND THE BONUS WILL BE PAID AFTER THERE IS NO OBJECTION AND NO DOPING PROBLEM IS CONFIRMED. IF IT IS FOUND THAT THERE IS NO DOPING CONTROL PROBLEM, THE RANKING AND BONUS WILL BE CANCELLED, AND THE SUBSEQUENT RANKING WILL NOT INCREASE.

2. ALL THE ABOVE BONUSES WILL BE SUBJECT TO 20% INDIVIDUAL INCOME TAX IN ACCORDANCE WITH THE INDIVIDUAL INCOME TAX LAW OF THE PEOPLE'S REPUBLIC OF CHINA. CHINESE PLAYERS WILL BE AWARDED THE EQUIVALENT AMOUNT OF RMB (BASED ON THE EXCHANGE RATE ON THE DAY OF THE COMPETITION).

3. THE ORGANIZING COMMITTEE WILL ISSUE MEDALS TO THE MARATHON AND HALF MARATHON PARTICIPANTS WHO FINISH THE RACE WITHIN THE CLOSING TIME. THE CERTIFICATE OF FINISH CAN BE DOWNLOADED ON THE OFFICIAL WEBSITE OF THE RACE.

4. IF YOU HAVE ANY OBJECTION TO THE RESULT, PLEASE APPEAL TO THE ORGANIZING COMMITTEE WITHIN 5 WORKING DAYS AFTER THE END OF THE RACE, AND PROVIDE REAL AND VALID EVIDENCE.

5. THE TOP THREE MALE AND FEMALE WINNERS OF HALF MARATHON AND MARATHON MUST PARTICIPATE IN THE AWARD PRESENTATION, AND WEAR THE AWARD RECEIVING EQUIPMENT AS REQUIRED.

13. PUNISHMENT MEASURES

THE ORGANIZING COMMITTEE WILL SET UP VIDEO OF THE RACE AT THE STARTING POINT, STAGE TIMING POINT, RETURN POINT AND FINISH POINT TO RECORD THE WHOLE PROCESS OF THE RACE. ANY VIOLATION DURING THE COMPETITION SHALL BE PUNISHED BY THE ORGANIZING COMMITTEE ACCORDING TO THE COMPETITION RULES AND REGULATIONS. ANY OF THE FOLLOWING WILL BE PUNISHED:

(1) WHERE A PARTICIPANT TAKES PART IN AN IMPOST (ALTERNATE RUNNING), USES FRAUD TO SEEK THE EVENT RANKING AND PRIZE MONEY, WHERE A PARTICIPANT CARRIES MORE THAN TWO (INCLUDING TWO) CHIPS TO PARTICIPATE IN THE RACE (THE SCORE ERROR OF THE TWO SENSORS AT THE TIMING POINT IS LESS THAN 0.1 SECONDS), PRIVATELY TRANSFERS OR FORGES THE NUMBER BIB TO PARTICIPATE, OR MULTIPLE RUNNERS ALTERNATE RELAY, THE ORGANIZING COMMITTEE WILL PUNISH AND REPORT TO THE CHINESE ATHLETIC ASSOCIATION FOR ADDITIONAL PUNISHMENT:

1. THE EVENT MANAGER WILL CANCEL THE RESULTS AND RANKING OF THE VIOLATORS IN THE 2023 HARBIN MARATHON AND THE CORRESPONDING REWARDS.

2. ALL RELEVANT VIOLATORS WILL BE BANNED FROM PARTICIPATING IN HARBIN MARATHON FOR LIFE.

(2) IF ANY OF THE FOLLOWING PROBLEMS OCCUR DURING THE COMPETITION, THE ORGANIZING COMMITTEE SHALL, DEPENDING ON THE SERIOUSNESS OF THE CIRCUMSTANCES, GIVE THE PARTICIPANTS PENALTIES SUCH AS DISQUALIFICATION AND RESULTS OF THE 2023 HARBIN MARATHON, SUSPENSION OF THE COMPETITION, SUSPENSION OF 1 TO 2 YEARS AND LIFE BAN, ETC. IN SERIOUS CASES, THE PARTICIPANTS SHALL BE REPORTED TO THE CHINESE ATHLETICS ASSOCIATION FOR ADDITIONAL PUNISHMENT:

1. PARTICIPANTS WHO REGISTER UNDER FALSE AGE;

2. CONCEALING A PHYSICAL ILLNESS;

3. FAILING TO WEAR RACE CLOTHING AND BIB NUMBER OR RACE BRACELET AS REQUIRED;

4. NOT STARTING IN THE PRESCRIBED STARTING ORDER IN FRONT OF THE DESIGNATED STARTING AREA;

5. THE STARTING POINT DOES NOT START AT THE PRESCRIBED TIME;

6. THE ATHLETE'S COACH OR AGENT ENTERS THE TRACK BY ANY VEHICLE;

7. THOSE WHO ENTER THE RACE TRACK AFTER NOT RUNNING ALONG THE PRESCRIBED ROUTE, TAKING A SHORTCUT OR INSERTING OR TAKING A MEANS OF TRANSPORTATION ON THE WAY;

8. COMMITTING VIOLATIONS SUCH AS CROWDING, PUSHING, BUMPING, TRIPPING, ETC.;

9. FAILING TO PASS THROUGH THE FINISH LINE REPEATEDLY ACCORDING TO THE REGULATIONS TO GET THE SOUVENIR;

10. PASSING THROUGH THE FINISH LINE WITHOUT FINISHING THE WHOLE RACE TO COLLECT THE SOUVENIR;

11. DISOBEYING THE COMMAND OF RACE STAFF AND JUDGES;
 12. VERBALLY ABUSING, FIGHTING OR CAUSING TROUBLE DURING THE MATCH;
 13. LONG-TERM STAY LEADS TO SAFETY HAZARDS IN THE CONTESTANT'S AREA;
 14. OTHER ACTS IN VIOLATION OF COMPETITION REGULATIONS;
 15. THE PENALTY REGULATIONS OF WADA COMPETITION RULE 144.3(A);
 16. RULES 163.15(C) OF THE WORLD ASSOCIATION OF ATHLETICS FEDERATIONS GOVERNING THE PUNISHMENT OF SUPPLIES OUTSIDE THE SUPPLY DEPOT;
 17. RULES 240.6 OF THE WORLD ASSOCIATION OF ATHLETICS FEDERATIONS CONCERNING PENALTIES FOR INVALID STARTS;
 18. THIS UNLISTED ENTRY IS GOVERNED BY THE CHINESE ATHLETICS ASSOCIATION AND THE WORLD ASSOCIATION OF ATHLETICS IN ACCORDANCE WITH THE TECHNICAL REGULATIONS.
- (3) THOSE WHO USE FALSE INFORMATION TO OBTAIN THE ENTRY QUALIFICATION, TRANSFER THE ENTRY QUALIFICATION OR TRANSFER THE BIB NUMBER TO OTHERS AFTER REGISTRATION, ALTERNATE RUNNERS AND NON-QUALIFIED RUNNERS SHALL BE RESPONSIBLE FOR ALL CONSEQUENCES THAT OCCUR DURING THE COMPETITION.

14. MEDICAL AID

- (1) THE ORGANIZING COMMITTEE WILL SET UP FIXED MEDICAL STATIONS AT THE STARTING POINT, ALONG THE COURSE AND AT THE FINISH. THERE WILL BE CLEAR SIGNS 50 METERS BEFORE THE MEDICAL STATION; FOLLOW THE RUNNERS INTO THE ROUTE, FOLLOWED BY EMERGENCY VEHICLES; THE ORGANIZING COMMITTEE WILL ARRANGE VOLUNTEERS AND STAFF AT FIXED MEDICAL POINTS AND SUPPLY STATIONS TO ASSIST IN MEDICAL RESCUE AND MAINTAIN THE ORDER OF THE RACE. COMPETITORS CAN ASK FOR HELP AT ANY TIME IF THEY HAVE ANY PROBLEMS.
- (2) THE ORGANIZING COMMITTEE WILL SET UP MOBILE AED MEDICAL RESCUE SERVICE ALONG THE COURSE.
- (3) THE ORGANIZING COMMITTEE WILL SET UP FIRST AID VOLUNTEERS ALONG THE TRACK TO ASSIST IN MEDICAL RESCUE AND MAINTAIN THE RACE ORDER. PARTICIPANTS CAN ASK THEM FOR HELP AT ANY TIME.
- (4) IF A PARTICIPANT LOSES CONSCIOUSNESS DURING THE RACE, THE FIRST AID PERSONNEL OF THE ORGANIZING COMMITTEE WILL BE AUTOMATICALLY ENTRUSTED TO TAKE ALL MEANS FOR FIRST AID, INCLUDING BUT NOT LIMITED TO CPR AND CARDIOPULMONARY RESUSCITATION, AED EXTERNAL DEFIBRILLATION, AND RENTING A VEHICLE OR AIRCRAFT FOR QUICK TRANSPORT. THE RESULTING LEGAL LIABILITY AND ACCOMPANYING EXPENSES SHALL BE BORNE BY THE CONTESTANTS THEMSELVES, AND THE ORGANIZING COMMITTEE'S FIRST AID PERSONNEL SHALL NOT BEAR ANY LEGAL AND ECONOMIC RESPONSIBILITIES.
- (5) IN ORDER TO PROTECT THE LIFE SAFETY OF COMPETITORS, THE EVENT REFEREE, FIRST AID PERSONNEL AND STAFF AUTHORIZED BY THE ORGANIZING COMMITTEE HAVE THE RIGHT TO TERMINATE THE COMPETITION OF ANY PARTICIPANT WHO IS OBVIOUSLY UNABLE TO CONTINUE THE COMPETITION.

15. PARTICIPATING INSURANCE

- (1) THE ORGANIZING COMMITTEE WILL PURCHASE PERSONAL ACCIDENT INSURANCE FOR ALL PARTICIPANTS AND STAFF DURING THE COMPETITION. IF THE INSURANCE CANNOT BE PURCHASED OR IS INVALID DUE TO INCOMPLETE OR UNTRUE REGISTRATION INFORMATION OF PARTICIPANTS, THE RESPONSIBILITY SHALL BE BORNE BY THE PARTICIPANTS THEMSELVES.
- (2) THE INSURANCE PURCHASED BY THE ORGANIZING COMMITTEE IS PERSONAL ACCIDENT INSURANCE. HOWEVER, THE ADVERSE CONSEQUENCES CAUSED BY THEIR OWN DISEASES AND PHYSICAL REASONS DO NOT BELONG TO THE ACCIDENT INSURANCE. FOR EXAMPLE, HEAT STROKE, FAINTING AND OTHER SITUATIONS ARE NOT COVERED BY THE PERSONAL ACCIDENT INSURANCE PURCHASED BY THE ORGANIZING COMMITTEE. PLEASE CAREFULLY EVALUATE YOUR OWN PHYSICAL CONDITION AND REGISTER CAREFULLY.
- (3) THE ORGANIZING COMMITTEE SHALL PROVIDE FREE ON-SITE FIRST-AID MEDICAL TREATMENT DURING THE COMPETITION. THE COMPETITORS SHALL SETTLE WITH THE HOSPITAL AND APPLY FOR COMPENSATION FROM THE INSURER FOR THE RELATED EXPENSES INCURRED BY THE CONTESTANTS CONFIRMED BY THE ORGANIZING COMMITTEE. THE INSURER SHALL MAKE COMPENSATION WITHIN THE SCOPE AND LIMIT OF THE INSURANCE POLICY.
- (4) IF A PARTICIPANT CAUSES PERSONAL INJURY OR DEATH DUE TO TAKING STIMULANTS OR OTHER PROHIBITED DRUGS DURING THE COMPETITION, THE RESPONSIBILITY SHALL BE BORNE BY THE PARTICIPANT HIMSELF.

16. TECHNICAL REPRESENTATIVES, COMPETITION SUPERVISORS AND REFEREES

SELECTED BY WADA, CHINESE ATHLETICS ASSOCIATION, HEILONGJIANG ATHLETICS ASSOCIATION, HARBIN SPORTS BUREAU AND THE EVENT ORGANIZING COMMITTEE.

17. TAKE RISKS AT YOUR OWN RISK

THE "SELF-INDUCED RISK" PROVISION IN THE CIVIL CODE ESTABLISHES THE "SELF-INDUCED RISK" PROVISION IN CULTURAL AND SPORTS ACTIVITIES IN THE CIVIL CODE, WHOSE ARTICLE 1176 STIPULATES THAT: IF A PERSON WHO VOLUNTARILY PARTICIPATES IN A CULTURAL OR SPORTS ACTIVITY THAT INVOLVES A CERTAIN DEGREE OF DANGER SUFFERS DAMAGE DUE TO THE ACTS OF OTHER PARTICIPANTS. THE VICTIM MAY NOT HOLD THE OTHER PARTICIPANTS LIABLE IN TORT UNLESS THE OTHER PARTICIPANTS ARE INTENTIONALLY OR GROSSLY NEGLIGENT IN THE OCCURRENCE OF THE DAMAGE; THE LIABILITY OF THE ACTIVITY ORGANIZER IS GOVERNED BY THE PROVISIONS ON THE RESPONSIBILITY FOR SAFETY AND SECURITY.

18. CONTACT INFORMATION AND ADDRESS

ORGANIZING COMMITTEE ADDRESS: NO. 67, INNOVATION 3 ROAD, SONGBEI DISTRICT, HARBIN CITY

CONTACT NUMBER: 0451-51160366

WORKING HOURS: MONDAY TO FRIDAY 9AM TO 11.30AM,13:30 TO 17:00

OFFICIAL EMAIL: HRBMLSBM@163.COM

OFFICIAL WEBSITE: WWW.HRB-MARATHON.CN

19. THE RIGHT OF INTERPRETATION OF THESE RULES BELONGS TO HARBIN MARATHON ORGANIZING COMMITTEE. MATTERS NOT COVERED HEREIN WILL BE FURTHER NOTIFIED.

SCHEDULE

DATE	TIME	ACTUVITIES	LOCATION
8.24.2023	10:00-19:00	MARATHON EXPO OPENING CEREMONY DISTRIBUTION OF PARTICIPATION ITEMS	THE SUN ISLAND SCENIC AREA (SUNSTONE SQUARE)
8.25.2023	10:00-19:00	MARATHON EXPO DISTRIBUTION OF PARTICIPATION ITEMS	
8.26.2023	09:00-21:00	MARATHON EXPO DISTRIBUTION OF PARTICIPATION ITEMS	
8.25.2023	09:00-21:00	INVITED PARTICIPANTS CHECK-IN	OFFICIAL HOST HOTEL
8.26.2023	09:00-11:00	JOINT CONFERENCE	
	16:00-18:00	TECHNICAL CONFERENCE	
	13:00-18:00	ON-THE-SPOT REHEARSAL	YOUYI WEST ROAD
8.27.2023	05:30-07:15	CLOTHES STORAGE FOR CONTESTANTS	YOUYI WEST ROAD (HARBIN MUSIC PARK)
	05:30-07:15	PARTICIPANTS CHECK-IN	
	07:20	STARTING CEREMONY	
	07:30	GUN CEREMONY MARATHON RUNNERS START	
	07:45	HALF MARATHON RUNNERS AND MINI RUN START	
	10:00-10:30	AWARDS CEREMONY	

温馨提示

(一) 号码布

- 1、号码布的号码与颜色代表参赛选手所报名参加的比赛项目。
只有正确佩戴号码布的选手才允许进入相应竞赛项目的起跑区。



2、号码布佩戴方法与要求

- (1)比赛期间，参赛选手须佩戴大会统一提供的本次比赛号码布参赛。参加马拉松、半程马拉松项目的选手，每人发放1块带有计时芯片的号码布和1张小号码布。选手须将带有计时芯片的号码布佩戴在比赛服的胸前，将小号码布固定在参赛包上明显的位置。参加迷你跑项目的选手，每人发放一块号码布，佩戴在比赛服的胸前。
- (2)佩戴号码布必须依其原样，不得以任何形式剪裁、折叠或遮挡。不按规定佩戴号码布的，将被取消比赛资格。不得将号码布转让和借给他人使用，因转让或借给他人而发生的一切问题和事故，由原号码布持有者负责。
- (3)当参赛者领到号码布后，必须在号码布上用防水笔认真填写自己的姓名、电话、血型、药物过敏史及紧急联系人姓名及电话。以便在比赛过程中发生意外时，大会及救护人员能够及时与您的家属和亲友取得联系。

(二) 计时办法

- 1、组委会为所有参加马拉松(42.195公里)、半程马拉松(21.0975公里)的参赛选手提供感应计时服务迷你跑提供计时服务。
- 2、马拉松前八名获奖选手的成绩以枪声成绩录取，第九名(含)以后，以净计时成绩录取。
- 3、半程马拉松以净计时成绩录取。

4、组委会将在起点(含马拉松选手A/B集结区前、半程马拉松选手C/D集结区前)、每5公里点、21.0975公里点、折返点和终点(马拉松终点、半程马拉松终点)设有计时感应带(区)。选手在跑进过程中,必须通过所有的地面计时感应带(区),如缺少任何一个计时点的记录,或两个计时芯片在感应带的成绩误差小于0.1秒将取消该选手的比赛成绩。

5、组委会赛后将为选手同时提供枪声计时和净计时成绩。

6、计时芯片为一次性计时芯片,不收取押金,将在赛前与号码布同时发放。

(三) 如何到达集结区

1、比赛检录:2023年8月27日上午05:30至07:15按竞赛项目和分区分别进行检录,参赛选手必须同时佩戴组委会提供的号码布和参赛手环,以便裁判和工作人员辨认。同时参赛选手需要通过人脸识别进入相应的集结区,参赛选手的人脸信息在装备发放现场(太阳岛风景区太阳石广场)进行人证核验时同步现场采集。

2、集结及安检地点(安检时间是5:30至7:15)

选手	检录位置
马拉松	景江东路与群力第一大道北侧交口
半程马拉松	上江街与群力第一大道西北侧交口
迷你跑	河鼓街与友谊路北侧交口

3、起跑顺序

按马拉松(特邀运动员、A区、B区)、半程马拉松(C区、D区)、迷你跑(E区、F区)项目的先后顺序排列,各项目方阵,间隔15米。

4、交通提示

建议参赛选手绿色出行,乘坐公共交通到达起点区域,参赛选手可凭号码布在全市区域内免费乘坐地铁。

赛事当日全市地铁提前至05:00运行,组委会在地铁2号线人民广场站和地铁3号线体育公园站安排有赛前接驳车。接驳车将从05:00至07:00循环往返,分别停靠马拉松、半程马拉松、迷你跑安检区附近。

如确实有停车需求,需在起点及终点交通管控区域以外远端公共停车场有序停放。特别提醒:赛事期间起点及各终点区域将进行临时交通管控(以公安部门公布的赛事交通管控信息为准);另外,经实地踏查,交通管控区以外的停车位十分有限,且距离起终点区域较远,请务必遵照赛事组委会工作人员疏导和交警的指挥,避免造成交通拥堵。

(四) 收容车

1、马拉松、半程马拉松项目比赛时有收容车跟随。

2、在比赛路段“关门”时仍未完成比赛、比赛时因体力不佳等原因放弃比赛和因犯规被取消比赛资格者必须乘坐收容车。

3、上车后,由负责收容的裁判员对选手号码布进行登记。

注意：关门时间后如不上收容车且不离开赛道，由收容车裁判员拍下选手号码布并且上交
给收容车主裁判，收容车主裁判上报给赛事总管进行处罚。

（五）赛后如何离开

1、迷你跑参赛选手可自行离开。

建议参赛选手经过终点区域后，往东前行至上江街附近离开，现场设置有部分共享单车可供免费骑行。

2、半程马拉松参赛选手可凭号码布免费乘坐接驳车至地铁站离开。

接驳车将从终点区域至地铁2号线世茂大道站循环往返。同时从终点区域还将有固定时间点(09:30至11:30期间，每隔半小时1班)发往哈尔滨火车站、哈尔滨西火车站、哈尔滨机场的接驳车，参赛选手凭号码布免费乘坐；现场设置有部分共享单车可供免费骑行。如需自行离开，可沿着天元街步行往北前行至世茂大道附近。

3、马拉松参赛选手可凭号码布免费乘坐地铁和接驳车离开。

终点区域附近20米有地铁2号线太阳岛站。同时从终点区域还将有固定时间点(10:30至14:00期间，每隔1小时1班)发往哈尔滨火车站、哈尔滨西火车站、哈尔滨机场的接驳车，参赛选手凭号码布免费乘坐；现场设置有部分共享单车可供免费骑行。参赛选手也可以选择付费乘坐接驳船和观光索道至防洪纪念塔附近离开，或者从终点步行至松北大道沿线自行离开。

4、赛事当日参赛选手凭号码布可在全市范围内免费乘坐地铁。

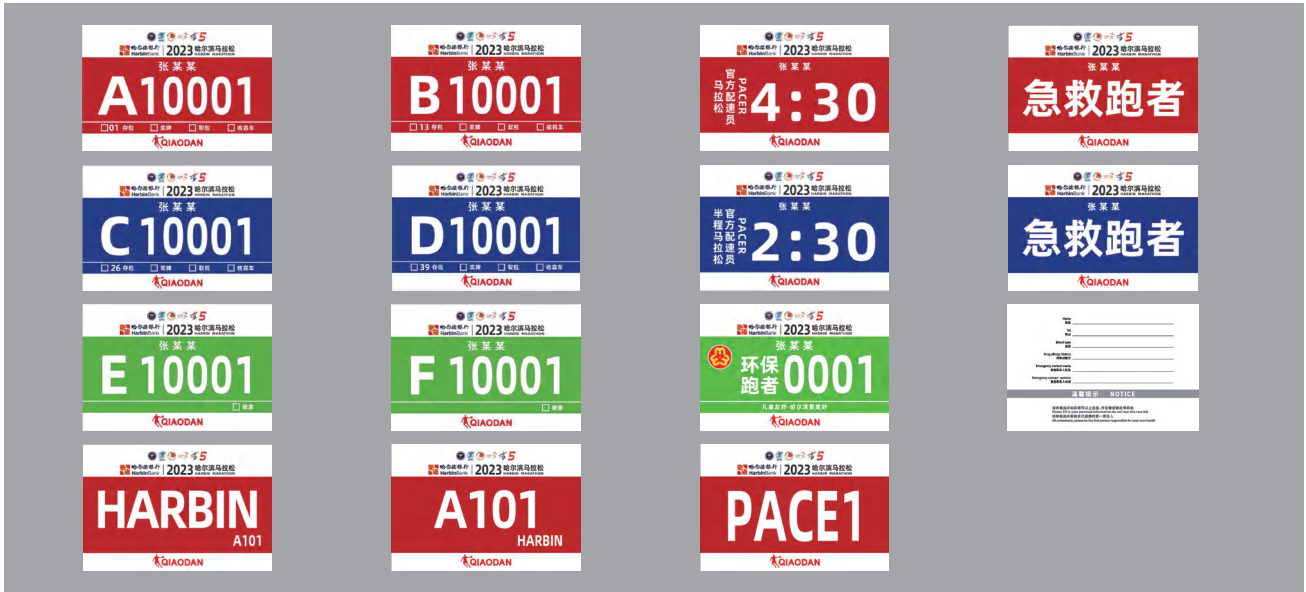
（六）竞赛物品

物品名称	号码布	计时芯片	参赛T恤	参赛包	参赛手环	官方手册
马拉松	✓	✓	✓	✓	✓	电子版
半程马拉松	✓	✓	✓	✓	✓	电子版
迷你跑	✓		✓	✓	✓	电子版

WARM TIPS

(1) NUMBER BIB

1. THE NUMBER AND COLOR OF THE NUMBER BIB REPRESENT THE COMPETITION ENROLLED BY THE COMPETITORS. ONLY PLAYERS CORRECTLY WEARING NUMBER BIB ARE ALLOWED TO ENTER THE STARTING AREA OF THE CORRESPONDING COMPETITION EVENTS.



2、NUMBER CLOTH WEARING METHODS AND REQUIREMENTS

(1) DURING THE COMPETITION, THE COMPETITORS MUST WEAR THE UNIFORM NUMBER BIB PROVIDED BY THE COMMITTEE. PARTICIPANTS IN THE MARATHON AND HALF MARATHON EVENTS WILL EACH ISSUE A NUMBER BIB WITH A TIMER CHIP AND A SMALL NUMBER BIB. PLAYERS SHOULD WEAR A NUMBER BIB WITH A TIMING CHIP ON THE UNIFORM'S CHEST AND FIX THE SMALL NUMBER BIB IN AN OBVIOUS POSITION ON THE BAG. EACH PARTICIPANT IN THE MINI MARATHON WILL BE GIVEN A NUMBER BIB, WHICH WILL BE WORN ON THE CHEST OF THE UNIFORM.

(2) THE NUMBER BIB MUST BE WORN AS IT IS AND MUST NOT BE CUT, FOLDED, OR COVERED IN ANY FORM. THOSE NOT WEARING THE NUMBER BIB ACCORDING TO THE REGULATIONS WILL BE DISQUALIFIED. NO NUMBER BIB MAY BE TRANSFERRED OR LENT TO ANOTHER PERSON FOR USE. THE HOLDER OF THE ORIGINAL NUMBER BIB SHALL BE RESPONSIBLE FOR ALL PROBLEMS AND ACCIDENTS ARISING FROM THE TRANSFER OR LOAN TO ANOTHER PERSON.

(3) WHEN PARTICIPANTS RECEIVE THEIR NUMBER BIB, THEY MUST CAREFULLY FILL IN THEIR NAME, PHONE NUMBER, BLOOD TYPE, DRUG ALLERGY HISTORY, AND EMERGENCY CONTACT NAME AND PHONE NUMBER ON THE NUMBER BIBS WITH A WATERPROOF PEN. IN CASE OF ACCIDENTS DURING THE COMPETITION, THE CONFERENCE AND AMBULANCE PERSONNEL CAN CONTACT YOUR FAMILY MEMBERS AND RELATIVES IN TIME.

(2) TIMING METHOD

1、THE ORGANIZING COMMITTEE PROVIDES INDUCTION TIMING SERVICE FOR ALL PARTICIPANTS IN MARATHONS(42.195 KM) AND HALF MARATHONS(21.0975 KM). TIMING IS PROVIDED FOR THE MINI RUN.

2、THE FIRST EIGHT MARATHON WINNERS WERE ADMITTED BY SHOOTING. RUNNERS FROM 9TH PLACE ONWARDS WILL BE ACCEPTED ON A NET-TIMED SCORE.

3、HALF MARATHON IS ADMITTED WITH A NET TIME SCORE.

4、 THE ORGANIZING COMMITTEE WILL HAVE A TIME SENSING BELT AT THE STARTING POINT (INCLUDING THE MARATHONERS'ASSEMBLY A/B AREA AND THE HALF MARATHONERS'ASSEMBLY C/D AREA),EVERY 5 KM POINT,21.0975 KM POINT, THE TURNING POINT, AND THE ENDPOINT (THE MARATHON ENDPOINT, THE HALF MARATHON ENDPOINT).IN THE COURSE OF RUNNING,A COMPETITOR MUST PASS ALL THE GROUND TIME SENSING BANDS (ZONES),SUCH AS THE LACK OF ANY TIMEPOINT RECORD OR THE RESULTING ERROR OF TWO TIME CHIPS IN THE SENSING BAND IS LESS THAN 0.1 SECONDS,WHICH WILL CANCEL THE COMPETITOR'S PERFORMANCE.

5、 THE ORGANIZING COMMITTEE WILL PROVIDE THE SHOOTING TIME AND NET TIME RESULTS FOR THE COMPETITORS AFTER THE COMPETITION.

6、 TIMING CHIP IS A ONE-TIME TIMER CHIP. NO DEPOSIT WILL BE COLLECTED. IT WILL BE ISSUED WITH THE NUMBER BIB BEFORE THE COMPETITION.

(3) HOW TO GET TO THE ASSEMBLY AREA

1、 COMPETITION CHECK-IN:05:30 TO 07:15 A.M. ON AUGUST 27,2023,ACCORDING TO COMPETITION EVENTS AND DIVISIONS RESPECTIVELY.PARTICIPANTS MUST WEAR BOTH NUMBER BIBS AND PARTICIPATION BRACELETS PROVIDED BY THE ORGANIZING COMMITTEE FOR IDENTIFICATION BY JUDGES AND STAFF.AT THE SAME TIME,PARTICIPANTS NEED TO ENTER THE CORRESPONDING ASSEMBLY AREA THROUGH FACE RECOGNITION,AND THE FACE INFORMATION OF THE PARTICIPANTS WILL BE COLLECTED SYNCHRONOUSLY ON-SITE WHEN THE EQUIPMENT IS ISSUED AT THE SITE (SUNSTONE SQUARE,SUN ISLAND SCENIC AREA) FOR THE VERIFICATION OF THE PERSON'S IDENTITY CARD.

2、 GATHERING AND SECURITY INSPECTION SITES(SEcurity INSPECTION TIME IS 5:30 TO 7:15)

PLAYER	CHECKING LOCATION
MARATHON	NORTH INTERSECTION OF JINGJIANG EAST ROAD AND QUNLI FIRST AVENUE
HALF MARATHON	NORTHWEST INTERSECTION OF SHANGJIANG STREET AND QUNLI FIRST AVENUE
MINI MARATHON	NORTH INTERSECTION OF HEGU STREET AND YOUYI ROAD

3、 RUNNING SEQUENCE

ACCORDING TO THE SEQUENCE OF MARATHON (INVITED ATHLETES,ZONE A,ZONE B),HALF MARATHON (ZONE C,ZONE D),MINI MARATHON(ZONE E,ZONE F),EACH PROJECT SQUARE ARRAY,15 METERS APART.

4、 TRAFFIC TIPS

PARTICIPANTS ARE ADVISED TO TRAVEL GREEN AND TAKE PUBLIC TRANSPORTATION TO REACH THE STARTING AREA.PARTICIPANTS CAN TAKE FREE RIDES ON THE SUBWAY WITHIN THE CITY AREA BY PRESENTING THEIR NUMBER BIBS.

ON THE DAY OF THE RACE,THE CITY'S SUBWAY WILL RUN AHEAD OF SCHEDULE UNTIL 05:00,AND THE ORGANIZING COMMITTEE HAS ARRANGED PRE-RACE SHUTTLE BUSES AT PEOPLE'S SQUARE STATION ON SUBWAY LINE 2 AND SPORTS PARK STATION ON SUBWAY LINE 3.THE SHUTTLE BUSES WILL CIRCULATE FROM 05:00 TO 07:00,STOPPING NEAR THE SECURITY CHECK AREAS FOR THE MARATHON,HALF MARATHON,AND MINI RUN,RESPECTIVELY.

IF YOU DO HAVE PARKING NEEDS,YOU NEED TO PARK IN AN ORDERLY MANNER IN THE PUBLIC PARKING LOT AT THE FAR END OF THE RACE,OUTSIDE THE TRAFFIC CONTROL AREA OF THE STARTING POINT AND THE FINISH LINE.SPECIAL REMINDER: TEMPORARY TRAFFIC CONTROL WILL BE CARRIED OUT AT THE STARTING AND FINISHING AREAS DURING THE RACE (SUBJECT TO THE TRAFFIC CONTROL INFORMATION ANNOUNCED BY THE PUBLIC SECURITY DEPARTMENT);IN ADDITION, AFTER THE FIELD INVESTIGATION,THE PARKING SPACES OUTSIDE THE TRAFFIC CONTROL AREA ARE VERY LIMITED AND FAR AWAY FROM THE STARTING AND FINISHING AREAS,SO PLEASE BE SURE TO COMPLY WITH THE STAFF OF THE ORGANIZING COMMITTEE OF THE RACE AND THE INSTRUCTIONS OF THE TRAFFIC POLICE TO AVOID CAUSING TRAFFIC CONGESTION.

(4) HOSPICE CARS

1、 IN THE MARATHON AND HALF MARATHON EVENTS,THERE ARE SHELTER CARS TO FOLLOW.

2、 THOSE WHO FAIL TO COMPLETE THE RACE AT THE CLOSING TIME OF THE RACE SECTION, ABANDON THE RACE DUE TO POOR PHYSICAL STRENGTH AT THE TIME OF THE RACE,AND WHO ARE DISQUALIFIED DUE TO FOULS MUST TAKE THE SHELTER CAR.

3、 AFTER BOARDING,THE REFEREE IN CHARGE OF RECEPTION SHALL REGISTER THE PLAYER'S NUMBER CLOTH.

NOTE:IF THE CAR DOES NOT LEAVE THE TRACK AFTER CLOSING TIME,THE REFEREE OF THE CAR WILL TAKE THE NUMBER CLOTH OF THE PLAYER AND HAND IT TO THE REFEREE OF THE CAR OWNER.THE REFEREE OF THE CAR OWNER WILL REPORT IT TO THE RACE MANAGER FOR PUNISHMENT.

(5) HOW TO LEAVE AFTER THE GAME

1、MINI-RUN PARTICIPANTS CAN LEAVE ON THEIR OWN.

IT IS RECOMMENDED THAT AFTER PASSING THE FINISH AREA, PARTICIPANTS SHOULD GO EASTWARD AND LEAVE NEAR SHANGJIANG STREET,WHERE SOME SHARED BICYCLES ARE AVAILABLE FOR FREE RIDING.

2、HALF MARATHON PARTICIPANTS CAN TAKE A FREE SHUTTLE BUS TO THE SUBWAY STATION WITH THEIR NUMBER BIBS. THE SHUTTLE BUS WILL CIRCULATE FROM THE FINISH AREA TO THE SHIMAO AVENUE STATION ON METRO LINE 2. AT THE SAME TIME, FROM THE FINISH AREA WILL ALSO HAVE A FIXED TIME (09:30 TO 11:30 PERIOD,EVERY HALF AN HOUR A CLASS) TO HARBIN RAILWAY STATION, HARBIN WEST RAILWAY STATION,HARBIN AIRPORT SHUTTLE BUS,PARTICIPANTS WITH A NUMBER BIB TO TAKE A FREE RIDE; THE SITE SET UP PART OF THE SHARED BICYCLE CAN BE RIDDEN FOR FREE.IF YOU NEED TO LEAVE ON YOUR OWN,YOU CAN WALK NORTH ALONG TIANYUAN STREET TO THE VICINITY OF SHIMAO AVENUE.

3、MARATHON PARTICIPANTS CAN LEAVE BY SUBWAY AND SHUTTLE BUS FOR FREE WITH THEIR NUMBER BIBS.

A SUBWAY LINE 2 SUN ISLAND STATION IS 20 METERS AWAY FROM THE FINISH AREA.AT THE SAME TIME,FROM THE FINISH AREA WILL ALSO HAVE A FIXED TIME (10:30 TO 14:00 PERIOD, EVERY 1 HOUR 1 CLASS) TO HARBIN RAILWAY STATION,HARBIN WEST RAILWAY STATION,HARBIN AIRPORT SHUTTLE BUS,PARTICIPANTS WITH A NUMBER BIB TO TAKE A FREE RIDE;THE SITE SET UP PART OF THE SHARED BICYCLE CAN BE RIDDEN FOR FREE.PARTICIPANTS CAN ALSO CHOOSE TO PAY TO TAKE THE BARGE AND SIGHTSEEING ROPEWAY TO THE FLOOD MEMORIAL TOWER NEAR THE DEPARTURE OR FROM THE END OF THE WALK TO SONGBEI AVENUE ALONG THE DEPARTURE.

4、ON THE EVENT DAY,PARTICIPANTS WITH THEIR NUMBER BIBS CAN TAKE THE SUBWAY WITHIN THE CITY FOR FREE.

(6) COMPETITION ITEMS

NAME OF GOODS	NUMBER BIB	TIMING CHIP	T-SHIRT	COMPETITION PACKAGE	PARTICIPATION BRACELET	OFFICIAL HANDBOOK
MARATHON	✓	✓	✓	✓	✓	ELECTRONIC VERSION
HALF MARATHON	✓	✓	✓	✓	✓	ELECTRONIC VERSION
MINI MARATHON	✓		✓	✓	✓	ELECTRONIC VERSION

风险提示

马拉松比赛是一项高强度长距离的竞技运动，也是一项高风险的竞技项目，对参赛者身体状况有较高的要求，参赛者应身体健康，有经常性参加跑步锻炼或训练的基础，参赛者应根据自己的身体状况和能力，审慎评估，选择合适项目参赛，并确认赛事《哈尔滨银行2023哈尔滨马拉松参赛声明》中的有关条款。

参赛选手可根据自己的身体状况和能力，从马拉松（42.195公里）、半程马拉松（21.0975公里）、迷你跑（约5公里）三个参赛项目中挑选一项进行报名。如果您没有充分知悉该项运动存在的风险，组委会不建议您报名参赛。请确认您已经充分了解参加马拉松赛事及活动存在的风险，并且您具备完成所报参加项目的能力，且已经阅读并同意赛事《哈尔滨银行2023哈尔滨马拉松报名须知》全部内容。

组委会特别提醒和要求报名参赛的选手，务必充分了解以下全部内容：

一、禁止报名参赛的情况

组委会强烈建议参赛者在赛前一个月内进行必要的身体检查，以确定能否适合参加高强度的运动比赛。有以下身体状况者禁止报名参加比赛，否则自行承担任何一切后果及法律责任：

- 1.先天性心脏病和风湿性心脏病患者。
- 2.高血压和心脑血管疾病患者。
- 3.心肌炎和其他心脏病患者。
- 4.冠状动脉病患者和严重心律不齐者。
- 5.血糖过高或过低的糖尿病患者。
- 6.妊娠期孕妇。
- 7.比赛日前两周以内患过感冒者。
- 8.比赛前一晚饮酒或睡眠不足者。
- 9.患有感染性疾病未痊愈者。
- 10.感染新冠病毒或有发热、干咳、乏力、嗅觉味觉减退、鼻塞、流涕、咽痛、结膜炎、肌痛和腹泻等症状之一，而未就诊排除新冠病毒感染者。
- 11.新型冠状病毒感染康复后30天内者，或尚处于感染新冠康复期的未痊愈者或新冠病毒感染后，身体不适宜剧烈运动者。
- 12.其他不适合运动的疾病患者。

二、参赛可能存在的风险

(一) 在突发状况下，自愿接受组委会安排的任何医疗救护。在比赛中，若选手丧失意识，则自动委托组委会的急救人员采取一切手段进行急救，包括但不限于CPR心肺复苏，AED体外除颤，租用车辆或航空器进行快速转运。由此产生的法律责任以及伴随的费用，均由选手本人承担，概不追究参与施救的组委会急救人员的任何法律和经济方面的责任。

(二) 经组委会确认获得参赛资格的选手（报名成功），不可更改参赛项目。如因个人原因无法参赛，参赛包不予发放，报名费不予退还。

(三) 组委会购买的保险为人身意外伤害险。但由于自身疾病、身体原因所引起的不良后果，不属于意外伤害保险，例如，中暑、昏厥等情况不在组委会购买的人身意外伤害保险范围。因此，请跑友审慎报名参赛。

(四) 参赛者有以下状况在比赛中面临的风险：

因赛前15日内患感冒造成在比赛中危及生命安全的；因体力透支造成意识模糊和神志不清导致危及生命安全的；因高温中暑造成的晕厥导致危及生命安全的；因睡眠不足及空腹造成在比赛中身体器官衰竭而危及生命安全的；因自己身体其他疾病在比赛中造成危及生命安全的。

三、赛中注意事项

(一) 当我们大约跑到10-20分钟时都会出现第一次“难受”阶段，叫做“第一次极限状态”，这是人体中正常的现象。处置方法非常简单，放慢跑速调节呼吸或行走2-3分钟即可。当“难受”劲过去再跑，就会感到舒服了。

(二) 通常没有马拉松训练的人跑到30-35公里左右会遇到人体中的“运动性生理极限”状态，包括肌肉痛、关节痛，极强的疲劳感，包括有放弃的心理产生等。如果有这种现象和状态最好是放弃比赛，“咬牙”可能会导致生命危险。

(三) 比赛当天的早餐应适量，并以清淡为主，避免比赛时出现低血糖；出发前感到口渴应喝少量的水，不必多喝；每到一个饮水站时补水不超过200毫升。

(四) 每一个跑马拉松的人最好自己跑自己的，切勿与他人攀比，配速上可以参照官方配速员。

(五) 比赛鸣枪时，为了自己及他人安全，保持冷静，避免拥挤碰撞；起跑或途中鞋带松落时，由路中间慢跑到路边，逐渐减速，停下重系。

(六) 途中出现腹痛，应放慢速度，改为步行，同时做深呼吸；途中头晕目眩，应立即停止跑步，慢慢走上一段，如果情况好转再跑；途中出现膝关节或踝关节疼痛，应立即放慢速度，改跑为走，如果还痛，请及时退赛。

(七) 当您即将到达终点时，请谨慎加速；通过终点后，应至少慢走5分钟再休息，并注意防风保暖，适当补充碳水化合物。

(八) 随时审慎评估自己的身体状况，马拉松运动具有一定的危险性，甚至有可能导致猝死的。

四、赛事医疗保障建议

(一) 赛前体检：建议所有参赛选手在比赛前通过二级以上医疗机构进行体检，包括心电图检查、心脏彩超检查等，以确认身体状况能够适应参赛项目。

(二) 合理饮食和补水：比赛前几天应注意合理膳食，不要过度饮食或暴饮暴食。比赛当天要保持足够的水分摄入，饮水间隔应均匀，避免长时间不喝水。

(三) 慢跑热身和拉伸：慢跑热身有助于增加肌肉温度，提高心率，预防受伤。比赛前进行适当的肌肉拉伸可以有效缓解肌肉紧张和疲劳。

(四) 注意安全：比赛中需特别注意安全。如出现身体不适、头晕、呕吐等情况，应立即停止比赛并就医。

(五) 比赛后恢复：比赛后要适当的放松和恢复，包括轻度运动、按摩等。同时，要注意足够的睡眠和营养补给，帮助身体恢复和修复。

以上建议仅供参考，如有特殊情况及健康问题等，请在参赛前咨询专业医生的意见。

五、特别提醒及倡议

组委会特别提醒所有参赛选手，在比赛中因个人原因导致的人身伤害和财产损失，一切责任由参赛选手个人自行承担。组委会建议所有参赛选手在赛前一个月内，通过二级以上医疗机构进行全面的身体体检（含心电图检查、心脏彩超检查），并结合体检报告，审慎评估，自身身体状况和能力水平。遵守比赛规则，注意医学建议和安全提示，确保自身安全和健康。在比赛过程中，如出现任何身体不适或疲劳等状况，应立即停止比赛并就医。

组委会强烈倡议参赛选手要做自己健康的第一责任人。

RISK TIPS

MARATHON IS A HIGH-INTENSITY LONG-DISTANCE COMPETITIVE SPORT AND A HIGH-RISK COMPETITIVE EVENT, WHICH HAS HIGH REQUIREMENTS ON THE PHYSICAL CONDITION OF PARTICIPANTS. PARTICIPANTS SHOULD BE IN GOOD HEALTH AND HAVE THE BASIS OF REGULAR RUNNING EXERCISE OR TRAINING. PARTICIPANTS SHOULD CAREFULLY EVALUATE AND CHOOSE THE RIGHT EVENT ACCORDING TO THEIR PHYSICAL CONDITION AND ABILITY. AND CONFIRM THE RELEVANT PROVISIONS OF THE "HARBIN BANK 2023 HARBIN MARATHON PARTICIPATION STATEMENT" OF THE EVENT.

ACCORDING TO THEIR PHYSICAL CONDITION AND ABILITY, PARTICIPANTS CAN CHOOSE ONE OF THE THREE PARTICIPATING EVENTS OF MARATHON (42.195KM), HALF MARATHON (21.0975KM) AND MINI RUN (ABOUT 5KM) TO REGISTER. IF YOU ARE NOT FULLY AWARE OF THE RISKS OF THIS SPORT, THE ORGANIZING COMMITTEE DOES NOT RECOMMEND YOU REGISTER FOR THE RACE. PLEASE CONFIRM THAT YOU HAVE FULLY UNDERSTOOD THE RISKS OF PARTICIPATING IN THE MARATHON AND ACTIVITIES, AND THAT YOU CAN COMPLETE THE PROGRAM, AND THAT YOU HAVE READ AND AGREED TO THE "HARBIN BANK 2023 HARBIN MARATHON REGISTRATION INSTRUCTIONS".

THE ORGANIZING COMMITTEE SPECIALLY REMINDS AND REQUIRES THE RUNNERS TO FULLY UNDERSTAND THE FOLLOWING:

1. THE SITUATION OF PROHIBITED REGISTRATION

THE ORGANIZING COMMITTEE STRONGLY RECOMMENDS THAT PARTICIPANTS HAVE THE NECESSARY PHYSICAL EXAMINATION WITHIN ONE MONTH BEFORE THE COMPETITION TO DETERMINE WHETHER THEY ARE FIT FOR HIGH-INTENSITY SPORTS COMPETITIONS. ANYONE WITH THE FOLLOWING PHYSICAL CONDITIONS IS PROHIBITED FROM REGISTERING FOR THE COMPETITION, OTHERWISE HE/SHE SHALL BEAR ALL CONSEQUENCES AND LEGAL RESPONSIBILITIES:

- (1) CONGENITAL HEART DISEASE AND RHEUMATIC HEART DISEASE.
- (2) PATIENTS WITH HYPERTENSION AND CARDIOVASCULAR AND CEREBROVASCULAR DISEASES.
- (3) PATIENTS WITH MYOCARDITIS AND OTHER HEART DISEASES.
- (4) PATIENTS WITH CORONARY ARTERY DISEASE AND SEVERE ARRHYTHMIA.
- (5) DIABETIC PATIENTS WITH HIGH OR LOW BLOOD SUGAR.
- (6) PREGNANT WOMEN DURING PREGNANCY.
- (7) ANYONE WHO HAS CAUGHT A COLD WITHIN TWO WEEKS BEFORE THE COMPETITION DAY.
- (8) DRINKING ALCOHOL OR NOT GETTING ENOUGH SLEEP THE NIGHT BEFORE THE RACE.
- (9) THOSE WHO HAVE NOT RECOVERED FROM INFECTIOUS DISEASES.
- (10) THOSE WHO ARE INFECTED WITH COVID-19 OR HAVE ANY OF THE SYMPTOMS, SUCH AS FEVER, DRY COUGH, FATIGUE, LOSS OF SMELL AND TASTE, NASAL CONGESTION, RUNNY NOSE, SORE THROAT, CONJUNCTIVITIS, MYALGIA AND DIARRHEA, BUT DO NOT SEEK MEDICAL TREATMENT ARE EXCLUDED FROM COVID-19.
- (11) PEOPLE WHO ARE NOT FIT FOR VIGOROUS EXERCISE WITHIN 30 DAYS AFTER RECOVERY FROM THE NOVEL CORONAVIRUS INFECTION, OR THOSE WHO ARE STILL IN THE RECOVERY PERIOD FROM THE NOVEL CORONAVIRUS INFECTION OR WHO ARE NOT FIT FOR VIGOROUS EXERCISE AFTER THE NOVEL CORONAVIRUS INFECTION.
- (12) PATIENTS WITH OTHER DISEASES NOT SUITABLE FOR EXERCISE.

2. POSSIBLE RISKS OF PARTICIPATING IN SPORTS

- (1) IN CASE OF EMERGENCY, VOLUNTARILY ACCEPT ANY MEDICAL AID ARRANGED BY THE ORGANIZING COMMITTEE. DURING THE COMPETITION, IF THE CONTESTANT LOSES CONSCIOUSNESS, THE FIRST AID PERSONNEL OF THE ORGANIZING COMMITTEE WILL BE AUTOMATICALLY ENTRUSTED TO TAKE ALL MEANS FOR FIRST AID, INCLUDING BUT NOT LIMITED TO CPR, AED EXTERNAL DEFIBRILLATION, RENTING A VEHICLE OR AIRCRAFT FOR RAPID TRANSPORT. THE RESULTING LEGAL LIABILITY AND ACCOMPANYING EXPENSES SHALL BE BORNE BY THE CONTESTANTS THEMSELVES, AND NO LEGAL OR ECONOMIC LIABILITY SHALL BE PURSUED AGAINST THE ORGANIZING COMMITTEE FIRST AID PERSONNEL WHO PARTICIPATE IN THE RESCUE.

(2) ANY PARTICIPANT WHO HAS BEEN CONFIRMED BY THE ORGANIZING COMMITTEE TO BE QUALIFIED (REGISTERED SUCCESSFULLY) MAY NOT CHANGE THE EVENT. IF THE PARTICIPANT IS UNABLE TO PARTICIPATE DUE TO PERSONAL REASONS, THE RACE PACKAGE WILL NOT BE ISSUED AND THE REGISTRATION FEE WILL NOT BE REFUNDED.

(3) THE INSURANCE PURCHASED BY THE ORGANIZING COMMITTEE IS PERSONAL ACCIDENT INSURANCE. HOWEVER, THE ADVERSE CONSEQUENCES CAUSED BY THEIR OWN DISEASES AND PHYSICAL REASONS DO NOT BELONG TO THE ACCIDENT INSURANCE. FOR EXAMPLE, HEAT STROKE, FAINTING AND OTHER SITUATIONS ARE NOT COVERED BY THE PERSONAL ACCIDENT INSURANCE PURCHASED BY THE ORGANIZING COMMITTEE. THEREFORE, PLEASE SIGN UP FOR THE RACE CAREFULLY.

(4) THE RISKS FACED BY RUNNERS IN THE RACE UNDER THE FOLLOWING CONDITIONS:

ENDANGERING LIFE AND SAFETY IN THE COMPETITION DUE TO CATCHING A COLD WITHIN 15 DAYS BEFORE THE COMPETITION; ENDANGERING LIFE SAFETY DUE TO CONFUSION AND CONFUSION CAUSED BY PHYSICAL OVERDRAFT; SYNCOPE CAUSED BY HEATSTROKE DUE TO HIGH TEMPERATURE, RESULTING IN ENDANGERING LIFE SAFETY; LIFE THREATENING DUE TO THE FAILURE OF BODY ORGANS IN THE COMPETITION DUE TO LACK OF SLEEP AND AN EMPTY STOMACH; ENDANGERING LIFE SAFETY IN THE COMPETITION DUE TO OTHER DISEASES OF ONE'S OWN BODY.

III. PRECAUTIONS DURING THE COMPETITION

(A) WHEN WE RUN ABOUT 10-20 MINUTES WILL APPEAR THE FIRST "UNCOMFORTABLE" STAGE, CALLED THE "FIRST LIMIT STATE", WHICH IS A NORMAL PHENOMENON IN THE HUMAN BODY. THE TREATMENT METHOD IS VERY SIMPLE, SLOW DOWN THE RUNNING SPEED TO REGULATE BREATHING OR WALK FOR 2-3 MINUTES. WHEN THE "PAIN" IS OVER, YOU CAN RUN AGAIN AND FEEL MORE COMFORTABLE.

(2) USUALLY PEOPLE WHO DO NOT HAVE MARATHON TRAINING RUN TO ABOUT 30-35 KILOMETERS WILL ENCOUNTER THE "PHYSICAL LIMIT" STATE IN THE HUMAN BODY, INCLUDING MUSCLE PAIN, JOINT PAIN, EXTREMELY STRONG FATIGUE, INCLUDING THE PSYCHOLOGICAL PRODUCTION OF GIVING UP. IF THERE IS SUCH A PHENOMENON AND THE STATE IS BEST TO GIVE UP THE RACE, "CLENCHING" MAY LEAD TO LIFE DANGER.

(3) BREAKFAST ON THE DAY OF THE RACE SHOULD BE APPROPRIATE, AND MAINLY LIGHT, TO AVOID HYPOGLYCEMIA DURING THE RACE; FEEL THIRSTY BEFORE DEPARTURE SHOULD DRINK A SMALL AMOUNT OF WATER, DO NOT DRINK MORE; DO NOT DRINK MORE THAN 200 ML OF WATER AT EACH DRINKING STATION.

(4) EVERY MARATHON RUNNER IS BEST TO RUN THEIR OWN, DO NOT COMPARE WITH OTHERS, THE PACE CAN REFER TO THE OFFICIAL PACE.

(5) WHEN SHOOTING IN THE RACE, FOR THE SAFETY OF YOURSELF AND OTHERS, KEEP CALM AND AVOID CROWDING AND COLLISION; WHEN THE SHOELACE IS LOOSE AT THE START OR DURING THE RACE, JOG FROM THE MIDDLE OF THE ROAD TO THE SIDE OF THE ROAD, GRADUALLY SLOW DOWN, STOP AND RE-TIE.

(6) WHEN ABDOMINAL PAIN OCCURS ON THE WAY, YOU SHOULD SLOW DOWN AND WALK WHILE TAKING DEEP BREATHS; IF YOU FEEL DIZZY ON THE WAY, YOU SHOULD STOP RUNNING IMMEDIATELY AND WALK SLOWLY FOR A WHILE. IF THE SITUATION IMPROVES, YOU SHOULD RUN AGAIN. KNEE OR ANKLE PAIN OCCURS ON THE WAY, SHOULD IMMEDIATELY SLOW DOWN, RUN TO WALK, IF THE PAIN IS STILL, PLEASE WITHDRAW IN TIME.

7. WHEN YOU ARE ABOUT TO REACH THE FINISH LINE, PLEASE SPEED UP CAREFULLY; AFTER PASSING THE FINISH LINE, YOU SHOULD WALK SLOWLY FOR AT LEAST 5 MINUTES BEFORE RESTING, AND PAY ATTENTION TO WIND PROTECTION AND WARMTH, AND APPROPRIATE SUPPLEMENT OF CARBOHYDRATES.

(8) CAREFULLY ASSESS YOUR PHYSICAL CONDITION AT ANY TIME, MARATHON EXERCISE HAS A CERTAIN RISK, AND MAY EVEN LEAD TO SUDDEN DEATH.

IV. SUGGESTIONS FOR MEDICAL SECURITY DURING THE EVENT

(1) PRE-COMPETITION PHYSICAL EXAMINATION: IT IS RECOMMENDED THAT ALL PARTICIPANTS HAVE PHYSICAL EXAMINATION THROUGH SECONDARY OR ABOVE MEDICAL INSTITUTIONS BEFORE THE COMPETITION, INCLUDING ELECTROCARDIOGRAM EXAMINATION, HEART COLOR ULTRASOUND EXAMINATION, ETC., TO CONFIRM THAT THEIR PHYSICAL CONDITION CAN ADAPT TO THE COMPETITION.

(2) REASONABLE DIET AND HYDRATION: A FEW DAYS BEFORE THE COMPETITION SHOULD PAY ATTENTION TO A REASONABLE DIET, DO NOT OVEREAT OR OVEREAT. ON THE DAY OF THE RACE, YOU SHOULD KEEP ENOUGH WATER INTAKE, DRINK WATER AT EVEN INTERVALS, AND AVOID GOING WITHOUT WATER FOR A LONG TIME.

3. JOGGING WARM-UP AND STRETCHING: JOGGING WARM-UP HELPS TO INCREASE MUSCLE TEMPERATURE, RAISE HEART RATE AND PREVENT INJURY. PROPER MUSCLE STRETCHING BEFORE THE RACE CAN EFFECTIVELY RELIEVE MUSCLE TENSION AND FATIGUE.

(4) PAY ATTENTION TO SAFETY: SPECIAL ATTENTION SHOULD BE PAID TO SAFETY DURING THE COMPETITION. IF YOU FEEL UNWELL, DIZZY, VOMITING, ETC., YOU SHOULD STOP THE RACE IMMEDIATELY AND SEEK MEDICAL ATTENTION.

(5) RECOVERY AFTER THE RACE: PROPER RELAXATION AND RECOVERY SHOULD BE CARRIED OUT AFTER THE RACE, INCLUDING LIGHT EXERCISE, MASSAGE, ETC. AT THE SAME TIME, PAY ATTENTION TO ENOUGH SLEEP AND NUTRITION SUPPLIES TO HELP THE BODY RECOVER AND REPAIR.

THE ABOVE ADVICE IS FOR REFERENCE ONLY, IF YOU HAVE SPECIAL CONDITIONS AND HEALTH PROBLEMS, PLEASE CONSULT A PROFESSIONAL DOCTOR BEFORE THE COMPETITION.

5. SPECIAL REMINDER AND INITIATIVE

THE ORGANIZING COMMITTEE REMINDS ALL PARTICIPANTS THAT ALL PERSONAL INJURIES AND PROPERTY LOSSES CAUSED BY PERSONAL REASONS DURING THE COMPETITION SHALL BE BORNE BY THE PARTICIPANTS THEMSELVES. THE ORGANIZING COMMITTEE RECOMMENDS THAT ALL PARTICIPANTS HAVE A COMPREHENSIVE PHYSICAL EXAMINATION (INCLUDING ELECTROCARDIOGRAM EXAMINATION AND HEART COLOR ULTRASOUND EXAMINATION) THROUGH SECONDARY MEDICAL INSTITUTIONS WITHIN ONE MONTH BEFORE THE COMPETITION, AND CAREFULLY EVALUATE THEIR PHYSICAL CONDITION AND ABILITY LEVEL BASED ON THE MEDICAL EXAMINATION REPORT. FOLLOW THE RULES OF THE COMPETITION, PAY ATTENTION TO MEDICAL ADVICE AND SAFETY TIPS TO ENSURE THEIR OWN SAFETY AND HEALTH. IF YOU EXPERIENCE ANY PHYSICAL DISCOMFORT OR FATIGUE DURING THE RACE, STOP THE RACE IMMEDIATELY AND SEEK MEDICAL ATTENTION.

THE ORGANIZING COMMITTEE STRONGLY RECOMMENDS THAT THE PARTICIPANTS SHOULD BE THE FIRST RESPONSIBLE PERSON FOR THEIR OWN HEALTH.

哈尔滨银行2023哈尔滨马拉松

参 赛 声 明

请所有参赛选手报名之前务必认真、仔细阅读《哈尔滨银行2023哈尔滨马拉松竞赛规程》及《哈尔滨银行2023哈尔滨马拉松报名须知》等相关文件，在您提交报名信息后即被默认为您已阅读、理解并同意遵守以上文件的一切内容并签署及提交参赛声明。

作为参赛选手，我本人、我的监护人、管理人、法定代理人以及任何可能代表我提起赔偿请求或诉讼的人做出以下声明：

1.我坚决遵守中华人民共和国各项法律法规及国际条约。

2.我坚决遵守公共秩序和社会公德，不损害公共利益。

3.我自愿参加哈尔滨银行2023哈尔滨马拉松及一切赛事相关活动（以下统称“比赛”）并按照规则提供真实有效的信息，并确认我本人具有参加本赛事相应的民事行为能力 and 民事责任能力，且已获得监护人的同意。

4.我确认全面理解并同意遵守组委会及协办机构（以下统称“组办方”）所制订的各项规程、规则、规定、要求及采取的措施，并将服从及配合实施组办方关于疫情防控的工作安排。

5.我了解组办方依据中华人民共和国相关法律、法规（包括但不限于《民法典》、《网络安全法》、《个人信息保护法》）的要求通过本人选择的报名渠道合法、合理、合规地收集本人参加哈尔滨银行2023哈尔滨马拉松所需的相关报名信息，并同意在本人授权的前提下，组办方可向其合作伙伴按照最小化原则分享所收集的报名信息以做比赛相关活动或推广使用。

6.我本人对比赛的内容、要求、强度和风险有充分认识和理解。我已知悉参加此项比赛对健康状况有特殊要求以及存在的不安全因素，同时对参加比赛可能存在的各种风险和意外已作出审慎的评估；我承诺已通过正规国家认证的医疗机构进行体检，并结合检查报告进行自我评估，确认自己的身体状况和精神状况能够适应马拉松运动，并符合参加比赛的各项要求，我承诺已为参加比赛做好全部准备。

7.我确认已认真阅读了组办方就选手参加本次比赛可能发生的一切风险（包括但不限于因本次运动所可能产生的人身伤亡风险或任何形式的损失）的提示，并在此明确同意将自行承担参加比赛所可能存在的风险和 responsibility。

8.我确认本人清楚自身的身体条件，完全能够安全完成比赛。我承诺在参加此次比赛中所发生的人身伤害、局部或永久性伤残、死亡、医疗或住院费用、财产损失、任何形式的盗窃或财产损失等事项，由我自己承担全部责任，组办方对此不承担任何形式的赔偿并确认不会就比赛中发生或引发的自身意外、死亡或任何形式的损失向组办方提出赔偿或追究责任。我承诺在比赛中若发生任何风险，包括但不限于伤痛、身体损害、不可逆转的永久性身体损伤、后遗症、意外、责任以及事件伴随的经济损失，均由本人自己承担，与比赛组办方无关。我承诺在比赛中，若由于本人的行为构成第三方的损失或对第三方承担责任，均由本人承担，与比赛组办方无关。

9.我授权比赛的组办方、赞助商、合作伙伴及指定媒体无偿使用本人的肖像、姓名、声音、视频和其他个人资料等用于哈尔滨银行2023哈尔滨马拉松的宣传与推广。

10.我将向组办方提供身份证件用于核实本人身份及参赛资格，保证提交的身份证件和文件资料真实有效，并承担因提供不实信息所产生的全部责任，且已知悉组办方有权拒绝提供参赛资格，并不予退返报名费。

11.我承诺以本人的名义报名参赛，不将报名后获得的参赛资格及号码布以任何方式转让给他人，并承担因转让参赛资格及号码布所出现的全部责任与后果。

12.我承诺将听从组办方工作人员指挥，遵守比赛纪律，保障比赛的顺利进行。

13.我承诺按照组办方规定的方式寄存个人物品，未按规定寄存造成的损失由本人承担。

14.我承诺本人身体健康状况符合比赛健康要求，并承诺本人在感染新冠病毒或有发热、干咳、乏力、嗅觉味觉减退、鼻塞、流涕、咽痛、结膜炎、肌痛和腹泻等症状之一，而未就诊排除新冠病毒感染时，或尚处于感染新冠康复期的未痊愈期时自愿放弃参赛。

15.我同意在比赛前和比赛期间不得损害、更改及遮盖比赛官方号码布；我承诺正确佩戴号码布、芯片及比赛手环等；我承诺按照参赛要求穿着比赛参赛服装，承诺不穿着带有政治或宗教主张口号、图案、标语的服装服饰参赛，并同意组办方发现该项违规后有权取消本人的参赛资格。

16.我同意在比赛结束后90天内通过比赛官方网站，获取马拉松和半程马拉松项目的电子成绩证书。

17.我将严格遵守比赛安检和检录进场制度，不携带任何危险品进入赛场，维护自身或他人的人身和财产安全；保证按规定进入指定区域检录。我保证规范自身的言行举止，爱护比赛公共设施，维护比赛良好环境，不做任何可能影响或危害比赛秩序、自身或他人人身和财产安全的危险行为。

18.我承诺将不随地大小便，不随地乱扔垃圾。起跑前配合组委会工作人员及志愿者，将手中废弃物放入垃圾袋中，废弃口罩放入指定位置，保障比赛路线干净卫生，共同维护优美的赛道环境。

19.我同意在参赛过程中遵守裁判、医疗人员和安保人员的要求，在关门时间内（以第一枪起跑枪声时间计算）未完成比赛、身体不适及赛道出现突发状况时主动退出比赛，并承担因本人坚持比赛所产生的全部责任与后果。

20.我同意在比赛过程中因服用兴奋剂或其他违禁药品，造成人身伤害或死亡的，由此产生的一切全部法律责任及后果（包括但不限于医疗救治费用、误工损失、伤残赔偿或补偿、死亡赔偿金等）均由本人自行承担。

21.我同意接受组办方在比赛期间提供的现场急救性质的医务治疗，但在医院救治等发生的相关费用由我自理。我同意在比赛中，若本人丧失意识，则自动委托组办方的急救人员采取一切手段进行急救，包括但不限于CPR心肺复苏，AED体外除颤，租用车辆或航空器进行快速转运。并保证由此产生的法律责任以及伴随的费用，均由本人承担，概不追究参与施救的急救人员或组办方的任何法律和经济方面的责任。

22.我同意组办方以我为被保险人投保了人身意外险，我确认已知悉并同意保险合同的相关内容。

23.我已经清楚地了解和认识比赛存在的风险，包括已知的、可以预见和不能预见到的风险，这些风险可能导致本人人身或财产上的损失，或第三方人身或财产损失。这些风险包括但不限于：交通事故；天气改变或自然灾害等引发的风险；湿热带来的危险，包括中暑、晕厥等；自身身体状况或伴随着比赛本身的生理反应可能引发的风险；动物或昆虫可能对人体造成的侵害；其他可能面临的危险或意外和事故等。

鉴于比赛具有一定竞技风险性，凡是18周岁以下及65周岁以上的参赛选手均需由其监护人、法定代理人、直系亲属在本《参赛声明》签署页签字，以示参赛选手的监护人、法定代理人、直系亲属认可其参赛并自行承担参加哈尔滨银行2023哈尔滨马拉松所可能存在的风险和 responsibility。凡是16周岁以下（2007年12月31日后出生）及65周岁以上（1958年12月31日前出生）参赛选手必须由监护人或法定代理人签名同意，并且在至少一名监护人或法定代理人或直系亲属陪同方下可参赛。

本人及本人的监护人、法定代理人、直系亲属已全面理解和同意以上内容，保证本人参赛身份、年龄等全部信息资料的真实性，此文件由本人及本人的监护人、法定代理人、直系亲属亲自签署。不得冒名代签，否则本人、本人的监护人、法定代理人、直系亲属将承担由此引起的全部法律及赔偿责任。

HARBIN BANK 2023 HARBIN MARATHON

PARTICIPATION STATEMENT

PLEASE READ THE HARBIN BANK 2023 HARBIN MARATHON COMPETITION REGULATIONS AND THE HARBIN BANK 2023 HARBIN MARATHON REGISTRATION INSTRUCTIONS CAREFULLY AND CAREFULLY BEFORE YOU REGISTER.

AS A PARTICIPANT, I, MY GUARDIAN, ADMINISTRATOR, LEGAL REPRESENTATIVE, AND ANY PERSON WHO MAY FILE A CLAIM OR LAWSUIT ON MY BEHALF MAKE THE FOLLOWING DECLARATION:

1. I FIRMLY ABIDE BY THE LAWS AND REGULATIONS OF THE PEOPLE'S REPUBLIC OF CHINA AND INTERNATIONAL TREATIES.
2. I FIRMLY ABIDE BY PUBLIC ORDER AND SOCIAL MORALITY AND DO NOT HARM PUBLIC INTERESTS.
3. I VOLUNTARILY PARTICIPATE IN THE HARBIN BANK 2023 HARBIN MARATHON AND ALL RACE-RELATED ACTIVITIES (HEREINAFTER COLLECTIVELY REFERRED TO AS THE "RACE") AND PROVIDE TRUE AND VALID INFORMATION IN ACCORDANCE WITH THE RULES, AND CONFIRM THAT I HAVE THE CORRESPONDING CIVIL CAPACITY AND CIVIL LIABILITY CAPACITY TO PARTICIPATE IN THE RACE, AND HAVE OBTAINED THE CONSENT OF MY GUARDIAN.
4. I CONFIRM THAT I FULLY UNDERSTAND AND AGREE TO COMPLY WITH THE RULES, REGULATIONS, REQUIREMENTS, AND MEASURES SET BY THE ORGANIZING COMMITTEE AND THE CO-ORGANIZERS (HEREINAFTER COLLECTIVELY REFERRED TO AS THE "ORGANIZERS") AND THAT I WILL OBEY AND COOPERATE WITH THE ORGANIZERS IN THE IMPLEMENTATION OF THE WORK ARRANGEMENTS OF THE ORGANIZERS REGARDING EPIDEMIC PREVENTION AND CONTROL.
5. I UNDERSTAND THAT THE ORGANIZER COLLECTS THE REGISTRATION INFORMATION REQUIRED FOR MY PARTICIPATION IN THE HARBIN BANK 2023 HARBIN MARATHON LEGALLY, REASONABLY, AND COMPLIANTLY THROUGH THE REGISTRATION CHANNEL OF MY CHOICE IN ACCORDANCE WITH THE RELEVANT LAWS AND REGULATIONS OF THE PEOPLE'S REPUBLIC OF CHINA (INCLUDING BUT NOT LIMITED TO THE CIVIL CODE, THE NETWORK SECURITY LAW, AND THE PERSONAL INFORMATION PROTECTION LAW), AND I AGREE THAT THE ORGANIZER MAY SHARE THE COLLECTED REGISTRATION INFORMATION WITH ITS PARTNERS UNDER THE PREMISE OF MY AUTHORIZATION. I AGREE THAT THE ORGANIZER MAY SHARE THE COLLECTED REGISTRATION INFORMATION WITH ITS PARTNERS IN ACCORDANCE WITH THE PRINCIPLE OF MINIMIZATION FOR THE PURPOSE OF RACE-RELATED ACTIVITIES OR PROMOTION.
6. I AM FULLY AWARE OF THE CONTENT, REQUIREMENTS, INTENSITY, AND RISKS OF THE RACE. I AM AWARE OF THE SPECIAL HEALTH REQUIREMENTS AND UNSAFE FACTORS FOR PARTICIPATION IN THIS RACE AND HAVE MADE A PRUDENT ASSESSMENT OF THE POSSIBLE RISKS AND ACCIDENTS ASSOCIATED WITH PARTICIPATION IN THE RACE; I UNDERTAKE TO HAVE UNDERGONE A MEDICAL EXAMINATION BY A REGULAR STATE-CERTIFIED MEDICAL INSTITUTION AND TO CONDUCT A SELF-ASSESSMENT IN CONJUNCTION WITH THE EXAMINATION REPORT TO CONFIRM THAT I AM PHYSICALLY AND MENTALLY FIT FOR THE MARATHON AND THAT I MEET ALL THE REQUIREMENTS FOR PARTICIPATION IN THE RACE. I PROMISE THAT I AM FULLY PREPARED TO PARTICIPATE IN THE RACE.
7. I CONFIRM THAT I HAVE CAREFULLY READ THE ORGANIZER'S ADVICE ON ALL THE RISKS THAT MAY OCCUR TO RUNNERS PARTICIPATING IN THIS RACE (INCLUDING BUT NOT LIMITED TO THE RISK OF PERSONAL INJURY OR LOSS OF ANY KIND THAT MAY ARISE FROM THIS SPORT) AND HEREBY EXPRESSLY AGREE THAT I WILL BEAR THE RISKS AND RESPONSIBILITIES THAT MAY EXIST IN PARTICIPATING IN THE RACE.
8. I CONFIRM THAT I AM AWARE OF MY PHYSICAL CONDITION AND AM FULLY CAPABLE OF COMPLETING THE RACE SAFELY. I UNDERTAKE TO TAKE FULL RESPONSIBILITY FOR ANY PERSONAL INJURY, PARTIAL OR PERMANENT DISABILITY, DEATH, MEDICAL OR HOSPITAL EXPENSES, DAMAGE TO PROPERTY, THEFT OF ANY KIND, OR LOSS OF PROPERTY THAT MAY OCCUR DURING MY PARTICIPATION IN THE RACE WITHOUT ANY FORM OF COMPENSATION FROM THE ORGANIZER, AND CONFIRM THAT I WILL NOT SEEK COMPENSATION OR LIABILITY FROM THE ORGANIZER FOR MY OWN ACCIDENT, DEATH OR LOSS OF ANY KIND THAT MAY OCCUR OR BE CAUSED DURING THE RACE. I UNDERTAKE THAT I SHALL BEAR ANY RISK, INCLUDING BUT NOT LIMITED TO INJURY, PHYSICAL DAMAGE, IRREVERSIBLE, PERMANENT PHYSICAL DAMAGE, SEQUELAE, ACCIDENT, LIABILITY, AND FINANCIAL LOSS INCIDENTAL TO THE EVENT, IN THE EVENT OF THE COMPETITION, AND SHALL NOT BE RESPONSIBLE FOR THE ORGANIZERS OF THE COMPETITION. I UNDERTAKE THAT I SHALL BE RESPONSIBLE FOR ANY LOSS OR LIABILITY TO THIRD PARTIES ARISING FROM MY ACTIONS DURING THE COMPETITION, IRRESPECTIVE OF THE COMPETITION ORGANIZERS.
9. I AUTHORIZE THE RACE ORGANIZERS, SPONSORS, PARTNERS, AND DESIGNATED MEDIA TO USE MY PORTRAIT, NAME, VOICE, VIDEO, AND OTHER PERSONAL INFORMATION FOR THE PUBLICITY AND PROMOTION OF THE HARBIN BANK 2023 HARBIN MARATHON WITHOUT COMPENSATION.
10. I WILL PROVIDE IDENTITY DOCUMENTS TO THE ORGANIZER FOR VERIFICATION OF MY IDENTITY AND ELIGIBILITY TO PARTICIPATE IN THE RACE, GUARANTEE THAT THE IDENTITY DOCUMENTS AND DOCUMENTATION SUBMITTED ARE TRUE AND VALID, AND ASSUME FULL RESPONSIBILITY FOR ANY INACCURATE INFORMATION PROVIDED AND I AM AWARE THAT THE ORGANIZER HAS THE RIGHT TO REFUSE TO PROVIDE ELIGIBILITY AND NOT TO REFUND THE REGISTRATION FEE.
11. I PROMISE TO REGISTER IN MY OWN NAME AND NOT TO TRANSFER THE QUALIFICATION AND NUMBER BIB OBTAINED AFTER REGISTRATION TO OTHERS IN ANY WAY AND TO ASSUME ALL RESPONSIBILITIES AND CONSEQUENCES ARISING FROM THE TRANSFER OF THE QUALIFICATION AND NUMBER BIB.

12. I PROMISE TO LISTEN TO THE ORGANIZER'S STAFF, ABIDE BY THE DISCIPLINE OF THE RACE, AND ENSURE THE SMOOTH RUNNING OF THE RACE.

13. I PROMISE TO STORE MY PERSONAL BELONGINGS IN THE WAY SPECIFIED BY THE ORGANIZER, AND I WILL BEAR ANY LOSS CAUSED BY NOT STORING THEM ACCORDING TO THE REGULATIONS.

14. I PROMISE THAT MY HEALTH CONDITION MEETS THE HEALTH REQUIREMENTS OF THE COMPETITION, AND I PROMISE TO VOLUNTARILY GIVE UP THE COMPETITION IF I HAVE BEEN INFECTED WITH THE NEW CROWN VIRUS OR HAVE ONE OF THE SYMPTOMS SUCH AS FEVER, DRY COUGH, WEAKNESS, LOSS OF SMELL AND TASTE, NASAL CONGESTION, RUNNY NOSE, SORE THROAT, CONJUNCTIVITIS, MYALGIA, AND DIARRHEA, ETC., AND HAVE NOT BEEN CONSULTED TO EXCLUDE THE NEW CROWN VIRUS INFECTION, OR IF I AM STILL IN THE RECOVERY PERIOD OF THE NEW CROWN INFECTION AND HAVE NOT RECOVERED.

15. I AGREE NOT TO DAMAGE, CHANGE OR COVER THE OFFICIAL NUMBER BIB BEFORE AND DURING THE RACE; I PROMISE TO WEAR THE CORRECT NUMBER BIB, CHIP, AND RACE BRACELET; I PROMISE TO WEAR THE RACE CLOTHING IN ACCORDANCE WITH THE REQUIREMENTS OF THE RACE, AND I PROMISE NOT TO WEAR CLOTHING WITH POLITICAL OR RELIGIOUS SLOGANS, PATTERNS OR SLOGANS, AND I AGREE THAT THE ORGANIZER HAS THE RIGHT TO DISQUALIFY ME FROM THE RACE IF THE ORGANIZER FINDS THE VIOLATION.

16. I AGREE TO OBTAIN THE ELECTRONIC RESULTS CERTIFICATES FOR THE MARATHON AND HALF MARATHON EVENTS THROUGH THE OFFICIAL WEBSITE OF THE RACE WITHIN 90 DAYS AFTER THE COMPLETION OF THE RACE.

17. I WILL STRICTLY COMPLY WITH THE RACE SECURITY AND CHECK-IN SYSTEM, NOT TO BRING ANY DANGEROUS GOODS INTO THE RACE COURSE, MAINTAIN THE SAFETY OF THEIR OWN OR OTHER PEOPLE'S PERSONAL AND PROPERTY, AND ENSURE THAT THE DESIGNATED AREA CHECK-IN ACCORDING TO THE REGULATIONS. I PROMISE TO REGULATE MY OWN WORDS AND ACTIONS, CARE FOR THE PUBLIC FACILITIES OF THE COMPETITION, MAINTAIN A GOOD ENVIRONMENT FOR THE COMPETITION, AND NOT DO ANY DANGEROUS ACTS THAT MAY AFFECT OR ENDANGER THE ORDER OF THE COMPETITION, MY OWN PERSONAL AND PROPERTY SAFETY, OR THAT OF OTHERS.

18. I PROMISE NOT TO URINATE OR DEFECATE ANYWHERE AND NOT TO LITTER ANYWHERE. I WILL COOPERATE WITH THE STAFF AND VOLUNTEERS OF THE ORGANIZING COMMITTEE BEFORE THE START, PUT THE WASTE IN THE GARBAGE BAGS, AND PUT THE WASTE MASKS IN THE DESIGNATED PLACES TO ENSURE THE CLEANLINESS OF THE RACE ROUTE AND MAINTAIN A BEAUTIFUL TRACK ENVIRONMENT TOGETHER.

19. I AGREE TO COMPLY WITH THE REQUIREMENTS OF THE JUDGES, MEDICAL STAFF, AND SECURITY PERSONNEL DURING THE RACE AND TO WITHDRAW FROM THE RACE VOLUNTARILY IF I DO NOT FINISH THE RACE WITHIN THE CLOSING TIME (CALCULATED BY THE TIME OF THE FIRST GUN), IF I AM NOT FEELING WELL OR IF THERE IS AN UNEXPECTED SITUATION ON THE COURSE, AND TO ASSUME ALL RESPONSIBILITIES AND CONSEQUENCES ARISING FROM MY INSISTENCE ON THE RACE.

20. I AGREE TO BEAR ALL LEGAL RESPONSIBILITIES AND CONSEQUENCES (INCLUDING BUT NOT LIMITED TO MEDICAL TREATMENT COSTS, LOSS OF WORK, DISABILITY COMPENSATION OR COMPENSATION, DEATH COMPENSATION, ETC.) ARISING FROM PERSONAL INJURY OR DEATH CAUSED BY DOPING OR OTHER PROHIBITED DRUGS DURING THE RACE.

21. I AGREE TO RECEIVE ON-SITE FIRST AID MEDICAL TREATMENT PROVIDED BY THE ORGANIZER DURING THE COMPETITION, BUT I SHALL BE RESPONSIBLE FOR ANY EXPENSES INCURRED IN-HOSPITAL TREATMENT. I AGREE THAT IF I LOSE CONSCIOUSNESS DURING THE RACE, I WILL AUTOMATICALLY ENTRUST THE ORGANIZER'S FIRST AID PERSONNEL TO PROVIDE FIRST AID BY ALL MEANS, INCLUDING BUT NOT LIMITED TO CPR, AED EXTERNAL DEFIBRILLATION, HIRED VEHICLES, OR AIRCRAFT FOR RAPID TRANSFER. I ALSO GUARANTEE THAT I WILL BEAR THE LEGAL RESPONSIBILITY AND ACCOMPANYING COSTS ARISING THEREFROM AND WILL NOT HOLD THE FIRST-AID PERSONNEL INVOLVED IN THE RESCUE OR THE ORGANIZER RESPONSIBLE FOR ANY LEGAL AND ECONOMIC ASPECTS.

22. I AGREE THAT THE ORGANIZER HAS TAKEN OUT PERSONAL ACCIDENT INSURANCE WITH ME AS THE INSURED PERSON, AND I CONFIRM THAT I AM AWARE OF AND AGREE TO THE RELEVANT CONTENTS OF THE INSURANCE CONTRACT.

23. I HAVE A CLEAR UNDERSTANDING AND APPRECIATION OF THE RISKS OF THE COMPETITION, INCLUDING KNOWN, FORESEEABLE, AND UNFORESEEABLE RISKS, WHICH MAY RESULT IN DAMAGE TO MY PERSON OR PROPERTY OR DAMAGE TO THE PERSON OR PROPERTY OF THIRD PARTIES. THESE RISKS INCLUDE BUT ARE NOT LIMITED TO TRAFFIC ACCIDENTS; RISKS ARISING FROM WEATHER CHANGES OR NATURAL DISASTERS, ETC.; RISKS ARISING FROM HUMIDITY AND HEAT, INCLUDING HEAT STROKE, FAINTING, ETC.; RISKS THAT MAY ARISE FROM ONE'S OWN PHYSICAL CONDITION OR PHYSIOLOGICAL REACTIONS ACCOMPANYING THE COMPETITION ITSELF; POSSIBLE INFRINGEMENT OF THE HUMAN BODY BY ANIMALS OR INSECTS; OTHER DANGERS OR ACCIDENTS AND INCIDENTS THAT ONE MAY FACE, ETC.

IN VIEW OF THE RISKY NATURE OF THE RACE, ALL PARTICIPANTS UNDER 18 YEARS OF AGE AND OVER 65 YEARS OF AGE ARE REQUIRED TO HAVE THEIR GUARDIANS, LEGAL REPRESENTATIVES, AND IMMEDIATE FAMILY MEMBERS SIGN ON THE SIGNATURE PAGE OF THIS DECLARATION OF PARTICIPATION TO SHOW THAT THEIR GUARDIANS, LEGAL REPRESENTATIVES, AND IMMEDIATE FAMILY MEMBERS APPROVE THEIR PARTICIPATION AND ASSUME THE RISKS AND RESPONSIBILITIES THAT MAY EXIST FOR PARTICIPATING IN THE HARBIN BANK 2023 HARBIN MARATHON. ALL PARTICIPANTS UNDER 16 YEARS OF AGE (BORN AFTER DECEMBER 31, 2007) AND OVER 65 YEARS OF AGE (BORN BEFORE DECEMBER 31, 1958) MUST HAVE THEIR GUARDIANS OR LEGAL REPRESENTATIVES SIGN THEIR CONSENT AND BE ACCOMPANIED BY AT LEAST ONE GUARDIAN OR LEGAL REPRESENTATIVE OR IMMEDIATE FAMILY MEMBER BEFORE THEY CAN PARTICIPATE.

I AND MY GUARDIANS, LEGAL REPRESENTATIVES, AND IMMEDIATE FAMILY MEMBERS HAVE FULLY UNDERSTOOD AND AGREED TO THE ABOVE CONTENT. TO ENSURE THE AUTHENTICITY OF MY PARTICIPATION IDENTITY, AGE, AND OTHER INFORMATION, THIS DOCUMENT IS SIGNED BY ME AND MY GUARDIANS, LEGAL REPRESENTATIVES, AND IMMEDIATE FAMILY MEMBERS IN PERSON. THIS DOCUMENT SHALL BE SIGNED BY ME AND MY GUARDIAN, LEGAL REPRESENTATIVE, AND IMMEDIATE FAMILY MEMBERS.

2023哈尔滨马拉松裁判岗位设置

序列	岗位 (位置)	技术官员 (国派)	技术官员 (省派)	裁判长 主裁判	裁判员
1	比赛监督	水涛(中国田协)	张疆(黑龙江省田径协会)		
2	技术代表	吕季东	熊健		
3	技术官员	林松 岳宝铎 张玉旺 王凯	朱立新 吕颖 杨立华 姜长有		
4	兴奋剂检查官	陈小康、卫小淇、温洪波 李吉扬			
5	仲裁	郭俊清、房耀文、李志宇			
6	赛事总管			房英杰(国际级裁判员)	
7	赛事总管助理			孙华义(国家级裁判员) 罗春林(国家级裁判员)	
8	发令员			李北玉(国家级裁判员)	
9	检录长			冯韶文(国家级裁判员)	
10	集结区(安检口)			魏遵军(国家级裁判员) 李智广 杜吉香	王文冉、肖明城 程帅天、李晨晖 丁晓洋、董蕾
11	检录区前提示指引管理			解卫国 马春芳 赵晓虎(国家级裁判员) 郭传福 张蕊 董向莹	刘慧宁、胡舰周 刘崇鑫、李赵冬 韩怀远、姜涛 刘思涵、全威 陈信宏、苗嘉 刘思妍、张显峰
12	龙门架下方管理/精英运动员检录			吕洪军	郭林、刘绍扬 朱瑛南
13	马拉松检录			宋巍 韩大维	李吉洋、郝怡文 姜凌峰、李文凯
14	半程马拉松检录			佟雁鹏 赵立明	庞博文、付兴鹏 李宛毓、高晴
15	迷你跑检录			刘金祥 夏添	官嘉君、刘佳 王方昊、边高宾
16	分区指挥			高阳(国家级裁判员)	王仕博、沃云广
17	马拉松分区AB区			王律 单向春	潘玉柱、赫帅
18	半程马拉松分区CD区			高杨 王睿	韩帅、温昊昱
19	迷你跑分区EF区			贾会丰 刘艳秋	谢天阔、樊忠萍
20	马拉松终点			靖文(国家级裁判员)	刘卜明、杨洋 于明赫、叶志超 边巴益西
21	半程马拉松终点			庄茂花	孙秀英、李昊 陈思宇、赵娥 刘灿
22	迷你跑终点			范连军	刘洋、孙东佳 张帅
23	马拉松手计时			李雪艳(国家级裁判员)	张中扬、崔艳来 董伟鹏、范广利
24	半程马拉松手计时			张元锋(国家级裁判员)	卢娟、李宇 刘力源

25	半程马拉松引导车（男）			刘睿瑞	
26	半程马拉松引导车（女）			杨秋梅	
27	马拉松引导车（男）			殷亮	
28	马拉松引导车（女）			于溪淼	
29	马拉松终点车辆驶出口管理			秦大伟	
30	半程马拉松终点车辆驶出口管理			齐骥	
31	外场裁判长			杨丽华（国家级裁判员）（兼）	
32	检查主裁判			王东阳	张玉丹、蒋鑫 王镜尧、叶桐 麻楚玥、任芮葶 王旭、李永琪 张哲翊、艾和鑫 张海瑞、秦瑞 崔昌顺、王秀菊 崔文昊、王志成 唐春博、荣彬辰 潘硕、陈明俊 杨义鹏、赵仔奇 于克楠、王龙强 刘博、李博 王璇、单警慧 刘浩、郭家良 王博、张安楠 陶鑫帝、姚荫博 王渤崑、王浩宇 刘鹏博、张浩鑫 李东、王可佳 周子寒、白金奇
33	饮用水/饮料/补给站/主管			关富余（国家级裁判员）	
34	自备饮料			李青松	刘航
35	4公里（迷你）			陈亦梁（国家级裁判员） 许长勇（国家级裁判员） 王贵 常孝国 王泽冬 张宝帅	廖春、吴启鹏
36	5公里				白继刚、高上
37	7.5公里				罗晓光、彭彭
38	10公里				王金双、张君
39	12.5公里				杨毅、张欣
40	15公里				孔庆磊、尹国强
41	17.5公里				宋时佳、曹志新
42	20公里				郭高远、鲍思宇
43	20公里（半程马拉松）				周成军
44	22.5公里				汪楠
45	25公里				于晶波
46	27.5公里				张存智
47	30公里				李刚
48	32.5公里				王殿欣
49	35公里				杨富
50	37.5公里				王丹丹
51	40公里				赵健
52	马拉松终点水站/补给站			白庆泽	
53	半程马拉松终点水站/补给站			孙迪	
54	迷你跑终点水站/补给站			崔健	
55	起点饮水站			解沃特 周柏仓	
56	临时物质补给车			祁兵、王怀茹	
57	半程20公里+23公里喷淋站			彭延光	
58	36公里喷淋站				
59	39公里喷淋站				
60	41公里喷淋站				

61	马拉松赛后控制中心			周济	李鹏飞、江洋 郭君杰
62	半程马拉松赛后控制中心			王丽杰（国家级裁判员）	马 龙、郭 彤 张天雪
63	半程获奖运动员转运			周凯	曹 薇
64	收容车负责人			白文涛	陈岩（国家级裁判员） 肖文慧、孙东已 万欣翘、任 丽 卢佳乐、赵 爽 周 凯、缠 鹏 李佳鑫
65	裁判车辆调度负责人			袁秀秀	
66	全半程/迷你跑分流点			王立新	马启忠、刘春宇 王明闯、冷晓晓 巴桑次仁
67	全/半程马拉松分流点			邢锡锋	褚长毅、单向春 张佳慧、王 涵 徐荣淦
68	迷你转弯进公园管理			陈 猛	张世斌
69	裁判物资物料管理负责人			杜 深	刘 璐
70	马拉松竞赛秘书			何术娟	
71	半程马拉松竞赛秘书			董晓琪	
72	马拉松存取衣管理			范海瑛	何倩男、孙嫦岳 代玉坤、王雪莹 姚春宇、于赫瑶 苏 铎、高 琪 金厚华、刘福泽 刘成宇、王健菲
73	马拉松更衣车管理				陈铁峰
74	半程马拉松存取衣管理			任 杰	周秀芬、李文博 孙红凯、王宏宇 朱云鹏、曹友议 刘万雨、孙吉双 王宇涵、杨泽旭 吕为路、张 骏 李静宇
75	半程马拉松更衣车管理				
76	马拉松终点完赛包发放			赵益墨	张雪峰、褚宏宇 李斌鑫、孙百宁 李孟哲、王鑫雨 周生权、孔庆颖
77	半程马拉松终点完赛包发放			闫 雷	董鑫平、柳宗祥 孙 岩、朱乘祥 何鹏球、丁可鑫 吕亚慧、朱素娟
78	迷你跑终点完赛包发放			王安洪	杨 文、李 雪 翟羽琦、冯家宝 胡常雪、孙玉玺 刘 琪、冯昱博
79	指示牌管理			孙华义（国家级裁判员）（兼）	
80	马拉松赛后引导/疏散			谷金艳	李婉婷、盖文博
81	马拉松终点休息放松区			李 冰	秦 瀚
82	半程马拉松赛后引导/疏散			韩春涛	葛 铮
83	半程马拉松终点休息放松区				石婧妍
84	迷你跑赛后引导/疏散			李福祥 朱玉龙	周利民、杨光慧
85	兴奋剂检查秩序管理			由赛后控制中心裁判员	

LIST OF ELITE ATHLETES/HARBIN

NAME	GENDER	NATIONALITY	MARATHON PB
DADI YAMI GEMEDA	M	ETHIOPIA	2:05:41
ABRARAW MISGANAW TELEGNE	M	ETHIOPIA	2:06:39
MESFIN TESHOME BEKELE	M	ETHIOPIA	2:09:24
BENARD KIPROTICH TOO	M	KENYA	2:09:42
RICHARD ROP ROP	M	KENYA	2:10:46
FIKRU FEYISA HABTE	M	ETHIOPIA	2:11:02
SEBOKA NEGUSSE ERRE	M	ETHIOPIA	2:09:14
ABRAHA HANS MARSHA	M	ETHIOPIA	
SENTAYEHU ASSEFA GELETA	M	ETHIOPIA	
TILAHUN AMSALU BEYENE	M	ETHIOPIA	
NAOMY CHEPKORIR TUEI	F	KENYA	2:27:37
FEYNE GUDETO GEMEDA	F	ETHIOPIA	2:27:51
JEMILA WORTESA SHURE	F	ETHIOPIA	2:28:01
REBECCA JEPCHIRCHIR KORIR	F	KENYA	2:28:14
KORE TAMIRU GELAYE	F	ETHIOPIA	2:30:10
ASNAKECH GIRMA YAMI	F	ETHIOPIA	2:41:35

官方配速员

马拉松300



马拉松330



马拉松400





虞春晖
稳定配速带你轻松PB

马拉松430



张帆
让更多人养成运动的习惯



刘长春
跟住我，别掉队，梦想就在前方



王卓
激情马拉松！畅饮哈尔滨！



谢劲松
为我的第二故乡代言，我们一起安全完赛。



贾会松
跟着我，带你又稳又嗨的跑完全程。



张磊
快乐奔跑，无伤到老！



黄雨薇
生活不止有眼前的苟且，还有发不完的发，和跑不完的马拉松！

马拉松500



阿永捷
逐梦哈马，跑向健康。



陈红秀
跑在风里，是热爱的开始，跑在哈尔滨，快乐的归宿



刘洋
跑过最美的风景，了解哈马一座城。




唐卓夫
匀速是王道，一起快乐完赛。



徐万良
团结拼搏 快乐奔跑！



杨立凯
奔跑与快乐同行、健康与责任同在！



朱景江
金牌哈马不缺席，赛道留下我足迹，轻松稳健带你跑。

马拉松530



马拉松600



马拉松615





曹龙春
带上身体和灵魂，在这嗨夏的哈马快乐奔跑！



齐昭
嗨夏风情，只为哈马，跟着我，带你安全完赛



杨彩侠
帮扶跑友 稳定配速 安全完赛 一起跑 慢慢爱

半程马拉松145



汪大玉
一个人可以跑的很快，一群人可以跑的很远，我想带你跑的又快又远！



王晨
跟着我，美美到终点~



李鑫宇
荟萃精彩文化，感受体育魅力

半程马拉松200



王蓉
带你领略哈马激情。



李红娜
奔跑哈马，一路有你。



邹梦宇
懒人不懈，为爱奔跑

半程马拉松215



丁宇
爱跑步爱生活！



崔杰舒
跑起来就会有风



陈旭
哈马有我，悦跑江城。



刘晓东
跟着我的脚步，带你享受赛道，成功PB



王翠丽
长长的路 慢慢的跑！用自己的方式传递正能量！




谢臻
陪伴跑友，温情哈马。

半程马拉松230



衣翎赫
享受赛道 安全完赛



李诗涵
用最美的姿态，跑最好的比赛，跟上我，你一定行！



隋春雨
路远莫惆怅，体育人跑步前进！



王井芳
马拉松终点，是安全回家。



王一鸣
冰城学子，重回哈马，庆祝亚冬申办成功！



丁洁
跟我一起哈马，跟我一起嗨皮！

半程马拉松245



王金明
跟我一起快乐奔跑，尽情享受比赛的快乐



田一禾
跟上这只小兔兔，带你安全完赛



孙铁柱
我愿意 我负责



夏红英
准时准点，奋楫笃行！



杨春元
岁月静好，一起奔跑



张普
乘风破浪，山海相见。与你一起，快乐奔跑！

半程马拉松315



倪绍帅
奔跑路上：一路有你，随遇而安



刘莹
汗水一路发光，生命充满力量



许文佳
不是很厉害，但是很热爱！



薛璐璐
一个人跑的再快都没有一群人跑的快乐！



赵晶
帮助更多的人爱上跑步 一起安全完赛



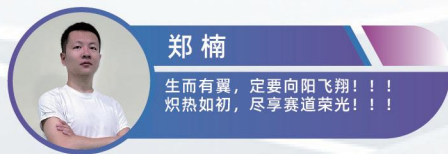
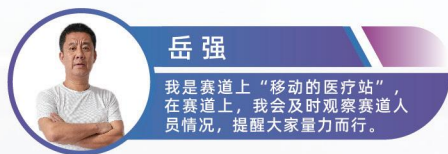
栾泉
将陪伴和向上的信心传递给所有人，不止步，善始终。

急救跑者

马拉松330



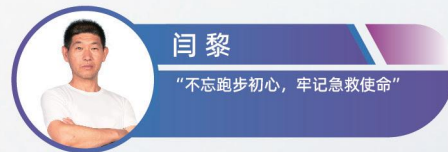
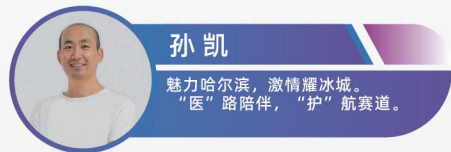
马拉松400



马拉松430



马拉松500





杨帆
热爱马拉松，守护马拉松。做赛道上的医疗救护，为赛道保驾护航，让每一位跑者都安全完赛。



殷玉鹏
魅力冰城，赛道等你，保驾护航，安全完赛！



张恩花
“医”路守护，“医”路热跑，“医”路护航，“医”路同行，“医”起跑，更安全，更精彩！



赵晓东
激情哈马，安全有我。

马拉松530



张强
守护赛道跑者安全，助力跑者安全完赛。



李君波
扬急救之帆，为生命护航。



李雪
你肆意奔跑，我保驾护航。



刘晶
快乐奔跑，一路守护，你我相依，安全完赛。



刘壮雄
在你身边，在你左右。



潘宇
跑者仁心、赛道安心。



宋立辉
用我所学所知，护你一路周全！



王浩然
“医”路护航是我的责任。哈马的赛道，你们尽情跑，我为你们守护。



魏晶
尊重生命，“医”路相伴，悦马冰城，为爱奔跑！



闫顺晓
为热爱而跑，为健康而跑！一路守护，安全完赛！



张辉
不求PB，不追司马，无伤跑天涯。



杨林
一路有我相伴，护你安全完赛！



张尉
少说多做，默默奉献，完善自己，善待他人。




郑党英
带你安全完赛。

马拉松600



包鑫
用所学知识，为您保驾护航。



黄巍
我愿“医”路同行，让每位选手都能安全完赛。



吕兴利
安全完赛！带你回家。



马 臣
魅力冰城、激情哈马、医路有我、畅快奔跑!



马 心 拯
不忘初心，快乐奔跑！一路相伴，安全守护。



申 勇 莉
哈马跟着我，慢慢跑，安全完赛就是成功!



王 书 强
赛道有你，守护有我，不忘初心，安全回家。



魏 晏
跑者宣言：激情哈马燃动冰城，健康平安幸福完赛!



许 争
快乐奔跑，拥抱健康，一路陪伴，安全到达!



杨 荣 彪
42.195的赛道上，我为你保驾护航。



张 春 来
我是急救跑者，我为你们一路护航，希望你们安全回家。




邹 成 龙
成绩不重要，安全完赛。

马拉松615



部 建 香
赛道守护，医路有我！放心，带你安全完赛!



董 素 芳
快乐奔跑，安全完赛，救在身边，哈马有我为你保驾护航!



国 威
跑步宣言：哈马赛道，温暖陪伴，全程守护，“救”在身边!



梁 艳 茹
激情“哈”马，医路有“尔”；松江之“滨”，最美“冰城”。



刘 加 丰
安全保障，守护健康!



冉 冬 卉
益路为你，安全完赛!



王 飞
急救跑者，安全护驾，健康跑马，使命必达!



王 美 娜
我们是为了生命而来参赛，无论前方遇到任何困难，我们将为你一路保驾护航。



王 荣
一心向前，同行致远!



叶 玉 生
热爱生命，安全完赛，一起畅饮哈啤。




张 秀 芬
一路同行，伴你精彩!


半程马拉松145



董 立 文
激情哈马，医路有我!



黄 伟
前行没有终点，请用无限的激情和汗水来迎接更好的自己，加油!



李 月 雷
我们不是为了胜利而跑的，跑步是为了健康，不是为了炫耀，不是为了追求时尚。



刘锋
哈马有我在，助你放心飞。



鲁兴友
个人成绩是小事，跑者安全是大事。



王凯莹
心存敬畏，跑得更远。一路相伴，为你护航！



王忻
不辞青山，相随与共。



魏亦鸣
跟随我的脚步带你抵达终点！



杨恩忠
激情哈马，我来为您护航。



苏江勇
乐于助人，护航哈马。跑过山海，跑出精彩。

半程马拉松200



施红
不与他人比高低，宁做生命守护者。



史宗达
爱上跑步，爱上跑马。做急救跑者，不为荣誉，只为一路守护！



隋建辉
快乐跑马，安全完赛。



孙博
在哈马21.095KM的赛道上，为广大跑友们保驾护航，护送每一位身边跑者都能安全完赛！



王晓波
哈马半程，激情飞扬，安全保障，有我随行。



王欣茹
我不酷，坚持下来才最酷，“医”路为你保驾护航。



武晓华
燃烧梦想释放激情，美丽的冰城哈尔滨，我们在一起！



夏滨
守护赛道跑者安全，助力跑者安全完赛。



徐双琦
努力呀，奋斗呀！坚持不懈终究会到达！




吴桐
跑出风格，跑向健康，安全完赛，医路有我。

半程马拉松215



李清燕
健康运动，安全至上。跨越大半个中国为哈马而来，助力跑者顺利PB。



杜娜
用跑马的方式记忆城市，去寻找自己，也许我未必是光芒万丈的，却始终温暖有光的。



段东辰
夏风吹拂，把爱留给跑步。哈马追逐，把爱留给冰城！



范丽华
我为哈马赛道跑友保驾护航。哈马五周年，年年相约不见不散。



高亚茹
尽己所能，帮助他人，服务跑友安全同行。



刘思为
荣耀在身，责任在肩，哈马赛道，保障大家，安全完赛。



杨斌
快乐奔跑，安全完赛，以我专业，守护赛道。



杨饶
健康跑步，安全完赛，我来守护。



周吉福
享受赛道，安全完赛。




周卫洁
为健康助跑，向快乐出发！

半程马拉松230



曹上飞
坚持奔跑的人，不会被脚下的坎坷阻拦。



曾广春
陪你一起飞翔，伴你平安着陆。安全完赛比PB更重要！



崔振宇
赛道守护，医路同行。



关跃平
为了跑步不求配速和PB，爱心救助需要帮助的人，为了所有比赛者保驾护航。



李可新
哈马平安赛道，哈皮健康奔跑。



李志强
我在马拉松的赛场上，不为个人成绩为目的，只以扶救他人为己任。



刘洁
坚决遵守比赛规则，尽职尽责做好赛道医生需要的工作，做好赛道服务。



秦珊珊
努力奔跑，才能与幸运不期而遇。




于宝健
不与他人比高低，宁做生命守护者。




于洋
急生命之所急，救健康之所想！


半程马拉松245



蔡荣超
急救先锋保障同行健康跑马快乐哈马。



陈鹏
科学跑马，健康生活。安全交给我，你只管去PB。



陈旭
让我为您保驾护航，让我们一起扬帆起航！



寇妍
你安心跑步，我用心守护，我一定不负众望！



李月
快乐奔跑，安全完赛，安全高于一切。



孙新清
跑出精彩，医路相伴。



王强
哈马之路，有我守护，赛道救助，默默关注。愿我环视的目光注意到身边每一位可爱的跑者。



徐燕萍
路在脚下，心向远方，安全完赛，平安到家。



袁志涛
沉着冷静，守护生命，你的健康，我的期盼！



赵昌文
跑享美丽赛道，为你保驾护航。



赵杰
让我们相约在美丽的哈尔滨马拉松赛道上吧！一起加油，安全完赛！

半程马拉松315



董凤娟
跑步使生命充满活力，人生因体育勃发生机！



高阳
开心奔跑，安全完赛。



李鑫
用爱温暖您的脚步，用心守护您的安全！



李永峰
我跑步，我健康，我快乐。



刘博
守护跑者生命安全是我的光荣使命！



娄昊
有我医路相伴，助你一马当先！



宋羿
羿往无前，所向披靡。



杨玥
你只管全力奔跑，我为您保驾护航。



于晓梅
哈马的起点音乐长廊，比赛的路上扬帆启航，你静心跑步，我半程守护。



张晨
跑者宣言：敬畏生命、救死扶伤，甘于奉献、大爱无疆。



赵鹏
哈尔滨马拉松，脚下很轻松！



朱广智
与大家一起健康、快乐、长久的跑下去，以跑者之名，共赴赛道，不负热爱！

线路图/起(终)点布局图

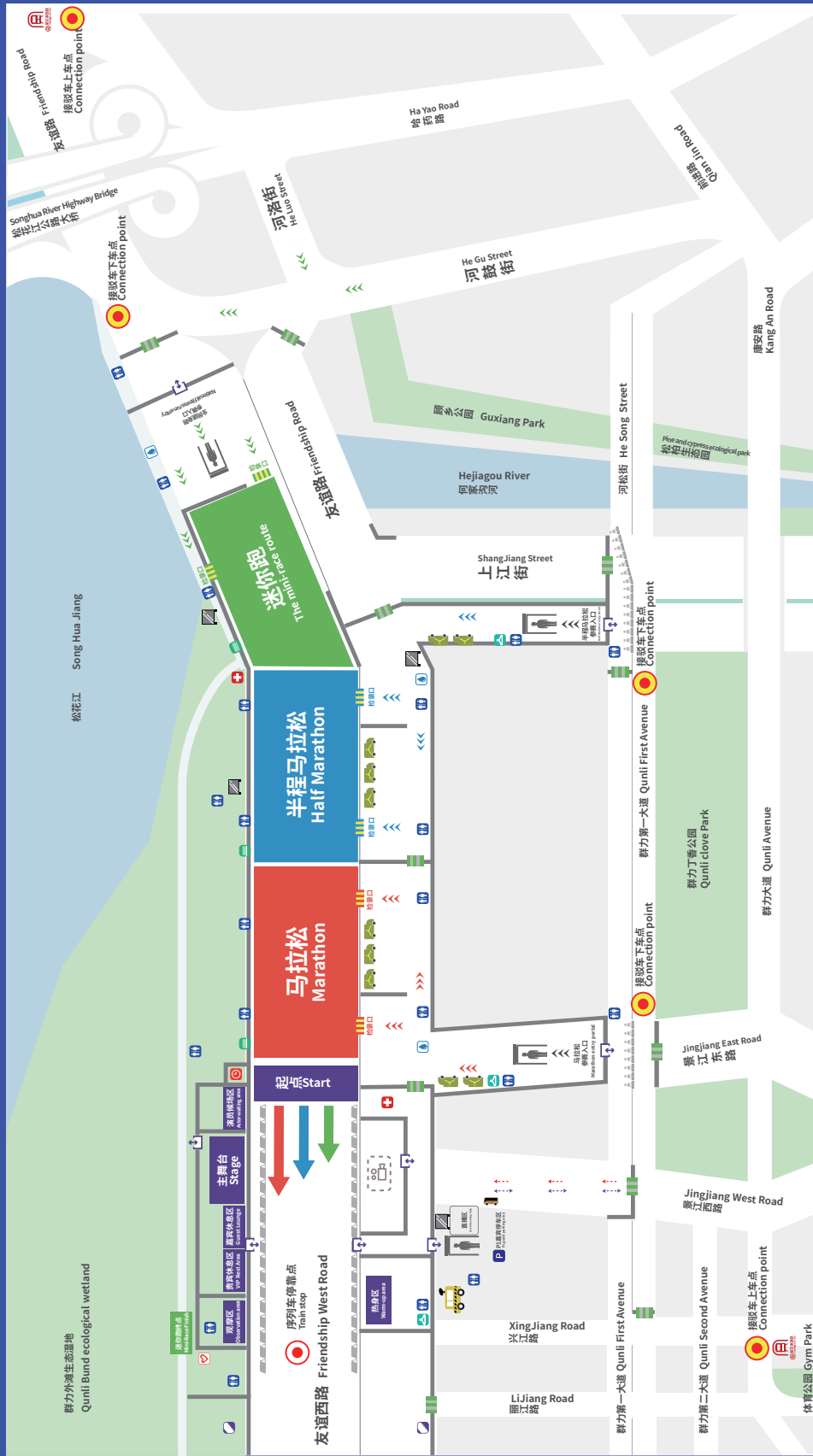
哈尔滨银行 HarbinBank
2023 哈尔滨马拉松 HARBIN MARATHON



比赛路线图 COURSE MAP



起点布局图 START AREA LAYOUT



- 图例**
- 运动员出发路线 Route to Start
 - 饮用水 Water Station
 - 领操台 Leading console
 - 运动后出发路线 Route to Start
 - 运动员动线 Athletes moving line
 - 医疗站 medical station
 - 序列车停靠点 Train stop
 - 检查口 Checkpoint
 - 计时点 Timing Point
 - 连接点 Connection point
 - 车辆运行动线 Vehicle traffic line
 - 存取车 Car storage car
 - 转运车 Transfer vehicle
 - 应急出口 Emergency exit
 - 更衣区 Dressing area
 - 地铁站 Subway entrance
 - 出入口 Entrance and exit
 - LED大屏 LED Screen
 - 厕所 Toilet
 - 安检口 Security Gate
 - 志愿者大本营 Volunteer base
 - 停车区 Parking area
 - 地下通道 Underground Passage
 - 摄影摄像区 Camera area
 - 保障区 Security zone
 - 铁马 Isolation facilities
 - 广告展示板 Advertising display board
 - 隔离锥 Isolation cone

MARATHON TERMINAL LAYOUT

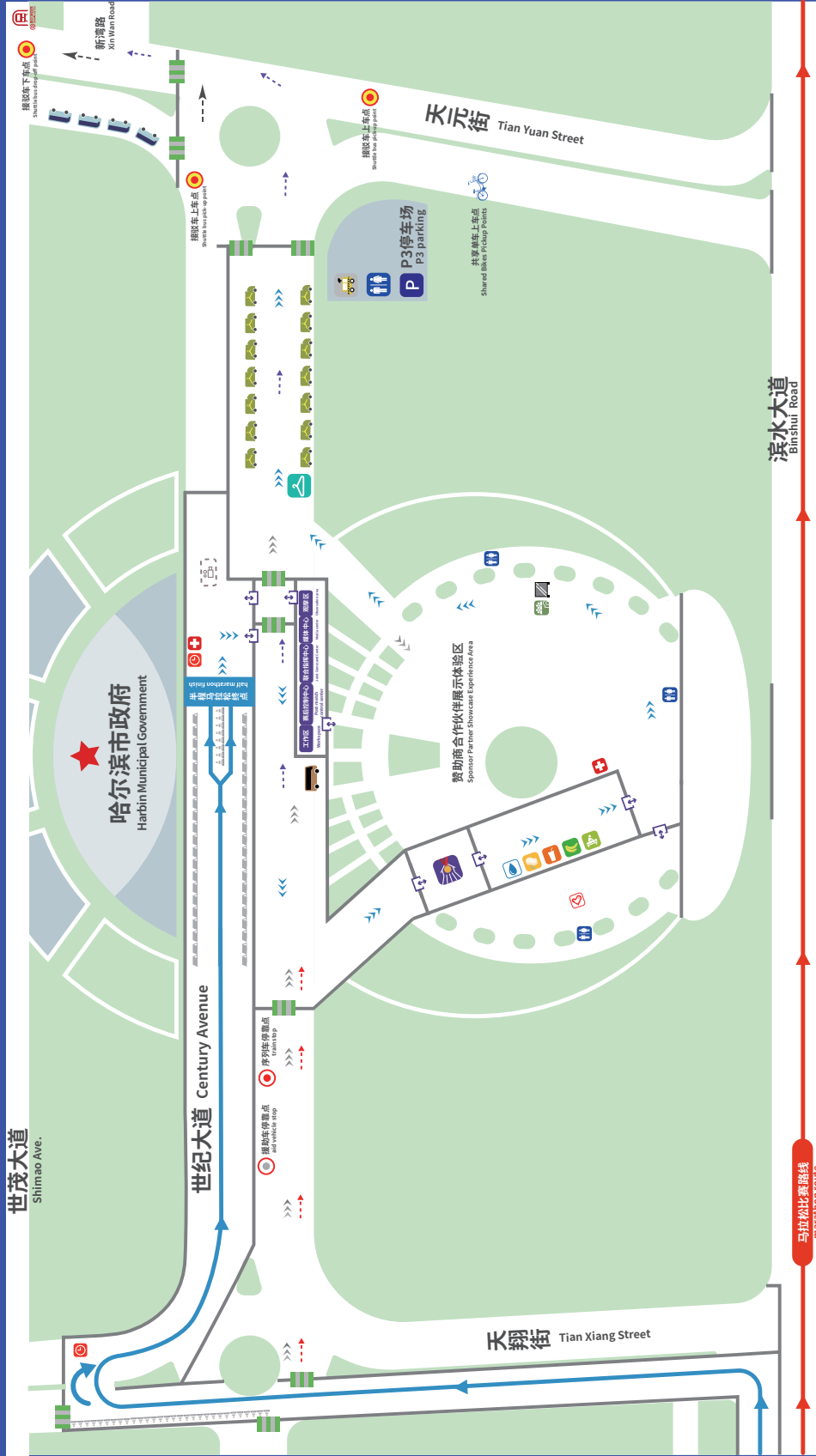
马拉松终点布局图



松花江 Song Hua Jiang

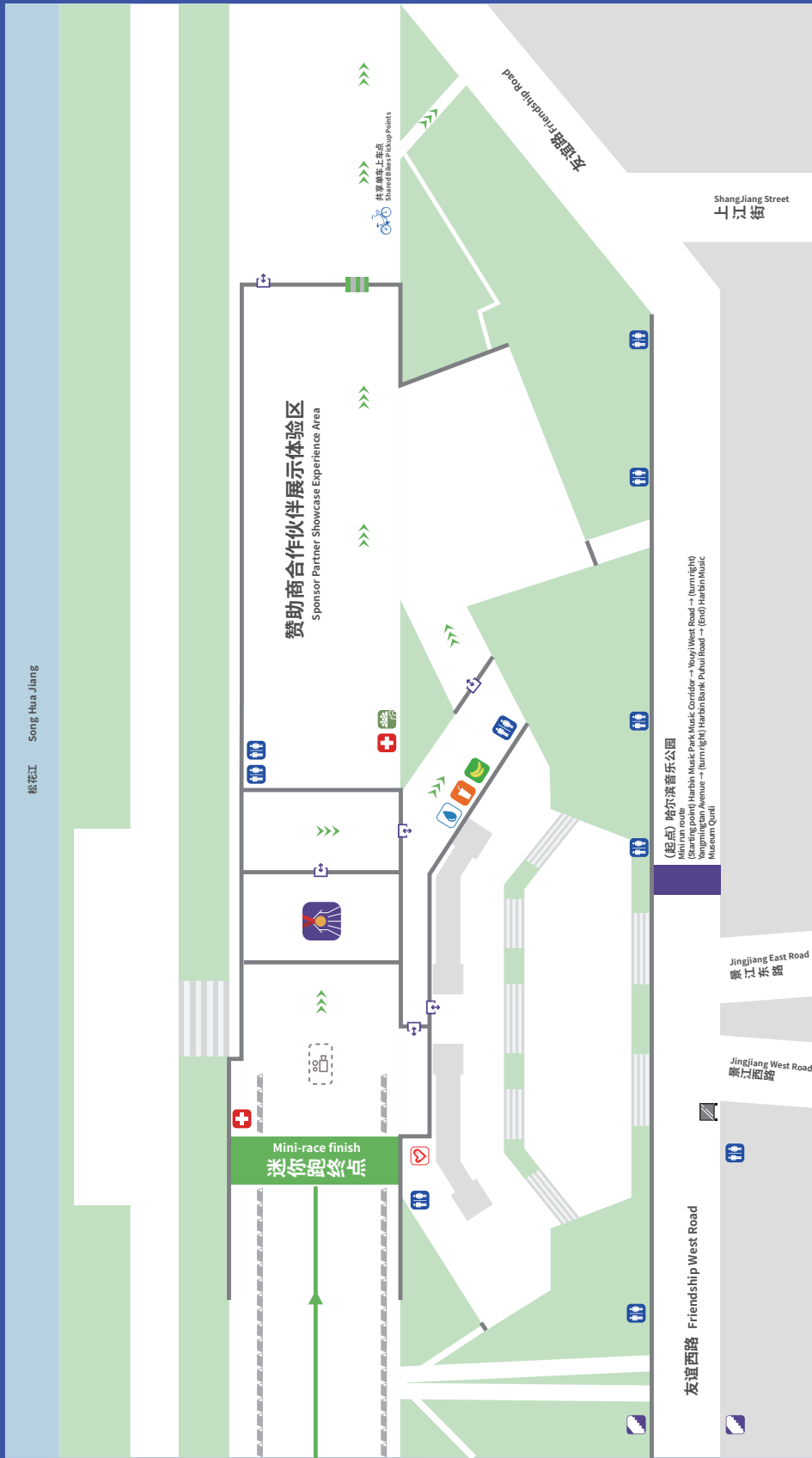
- 图例**
- 马拉松比赛路线 (Marathon route)
 - 饮水站 (Water station)
 - 存衣车 (Clothes storage car)
 - 赛后运动员动线 (Athlete movement route after the game)
 - 食品站 (Refreshment station)
 - 摆渡车 (Shuttle bus)
 - 未完赛运动员动线 (Unfinished athlete movement route)
 - 饮料站 (Beverage station)
 - 转运车 (Transfer vehicle)
 - 车辆运行动线 (Vehicle traffic line)
 - 海绵 (Sponge)
 - 直播区 (Live Streaming Area)
 - 媒体中心 (Media Center)
 - 应急活口 (Emergency exit)
 - 医疗站 (Medical station)
 - 序列车停靠点 (Train stop)
 - 出入口 (Entrance and exit)
 - 计时点 (Timing Point)
 - 连接点 (Connection point)
 - 广告展示板 (Advertising display board)
 - 隔离设施 (Isolation facilities)
 - 铁马 (Isolation facilities)
 - 广告展示板 (Advertising display board)
 - 更衣区 (Dressing area)
 - 地铁入口 (Subway entrance)
 - 摄影摄像区 (Photography and Videography Area)
 - 赛后恢复中心 (Post game recovery center)
 - LED大屏 (LED-Screen)
 - 候车区 (Waiting area)
 - 卫生间 (Toilet)
 - 志愿者大本营 (Volunteer base)
 - 摄影摄像区 (Camera area)
 - 安保区 (Security zone)
 - 停车场 (Parking area)
 - 船舶码头 (Ship terminal)

半程马拉松终点布局图 HALF MARATHON TERMINAL LAYOUT



- 图例**
- 半程马拉松比赛路线 Half marathon route
 - 饮水站 Water Station
 - 存衣车 Clothes storage car
 - 赛后运动员动线 After race athlete route
 - 食品站 Refreshment Station
 - 接驳车 Shuttle bus
 - 未带运动员动线 Unfinished athlete movement line
 - 饮料站 Beverage Station
 - 转运车 Transfer vehicle
 - 车辆运行动线 Vehicle traffic line
 - 海绵 Sponge
 - 援助车停靠点 Aid vehicle stop
 - 应急活口 Temporary Support
 - 医疗站 Medical Center
 - 序列车停靠点 Train stop
 - 出入口 Entrance and exit
 - 计时点 Timing Point
 - 接驳点 Connection point
 - 铁马 Isolation facilities
 - 更衣区 Dressing area
 - 地铁口 Subway entrance
 - 广告展示板 Advertising display/board
 - 竞赛物品发放区 Race finish items distribution area
 - 志愿者大本营 Volunteer base
 - 隔离锥 Isolation cone
 - 合影区 Photo area
 - 厕所 Toilet
 - 赛后恢复中心 Post-race recovery center
 - LED大屏 LED Screen
 - 停车区 Parking area
 - 摄影摄像区 Camera area
 - 保障区 Security zone

迷你跑终点布局图 MINI RUN LAYOUT



图例

- 迷你跑比赛路线 The mini-race route
- 饮水站 Water Station
- 赛后运动员动线 After moving after the game
- 饮料站 Beverage Station
- 应急出口 Emergency Report
- 食品站 Refreshment Station
- 出入口 Entrance and exit
- 医疗站 Medical Station
- 铁马 Isolation facilities
- 厕所 Toilet
- 广告展示板 Advertising display board
- 志愿者大本营 Volunteer base
- LED大屏 LED Screen
- 摄影摄像区 Camera area
- 合影区 Photo area
- 竞赛物品存放区 Distribution area of finished materials

中国田径协会路跑赛事参赛指引

“参赛指引”是指参赛者参加路跑比赛必须了解的事项，包括报名须知、赛前准备、比赛当日、赛后恢复和参赛守则等五个部分。目的是希望参赛者尽可能减少不必要的失误，发挥自己的训练水平，安全顺利完赛，取得理想成绩。

一、报名须知

（一）阅读竞赛规程

竞赛规程是组委会举办比赛的纲领性文件，主要包括赛事名称、主办单位、承办单位、协办单位、举办时间、举办地点、竞赛项目、比赛路线、竞赛办法、参赛办法、奖励办法等，以及赛事组织方的特殊要求。竞赛规程一般会在赛事官方网站上提前公布，使参赛者根据规程合理安排训练，积极做好参赛准备。

（二）评估健康状况

路跑比赛是一项不断挑战自身极限，具有一定风险的运动项目。如果运动不当，可能造成不同程度的身体损伤，甚至危及生命。因此，路跑赛事参赛者应身体健康，而且要有经常参加跑步锻炼或训练的基础。参赛者应在有资质的正规医疗机构进行体检，并结合体检报告评估自己的身体状况，确认是否可以参加路跑比赛及活动。

有以下疾病或状况者不宜参加路跑比赛：

先天性心脏病和风湿性心脏病患者；

高血压和脑血管疾病患者；

心肌炎和其它心脏病患者；

冠状动脉病患者和严重心律不齐者；

血糖过高或过低的糖尿病患者；

比赛日前两周以内患过感冒者；

赛前一晚大量饮用烈性酒或睡眠不足者；

孕妇；

其他不适合运动的疾病患者。

（三）评估能力状况

参加路跑比赛的参赛者应根据自身状况、训练时间长短、训练负荷的适应程度以及个人健康状况选择适宜的参赛项目。

通常，经过6个月以上的系统训练，每周3-6次训练，一次最大跑量以目标速度或高于目标速度持续完成32-35公里而无重大不良身体不适者，可以选择参加全程马拉松比赛；

经过3-6个月的系统训练，每周3-5次训练，一次最大跑量以目标速度或高于目标速度持续跑完成15公里以上而无重大不良身体不适者，可以选择半程马拉松比赛；

经过 2-3 月的系统训练，每周 3-4 次训练，一次可持续跑达到 5 公里以上的，可以参加 10 公里比赛。

从安全角度考虑，参加路跑比赛应该是一个循序渐进的身体运动能力、心理承受能力的发展过程。参赛者应该遵循循序渐进的运动训练原则，在参赛选择上应注意由短到长（距离）、由慢到快（速度）。先从参加 5 公里、10 公里跑比赛开始，有 10 公里比赛经历后，才能报名参加半程马拉松，半程马拉松完赛后并经长距离跑训练，才能报名参加全程马拉松项目。

二、赛前准备

（一）阅读赛事手册

参赛手册是组委会提供给参赛运动员的官方重要信息提示，通常放在参赛包内一并发放（也可网上公布）。参赛手册包含运动员参加比赛的许多重要信息，例如各项目检录集结区位置、检录时间、关门时限、比赛当日交通信息、比赛路线、饮料用水位置、起终点位置、赛后成绩查询等等。参赛者通过赛事手册了解检录时间、存包处、取包处、出发集结区域，到达比赛地点的交通路线、用时等信息。参赛者应通过提示了解比赛当日的天气情况（气温 5-15 度比较适合路跑比赛），如太冷，应穿长衣长裤；如过热，除穿背心短裤外，还要做好降温准备。参赛者应根据自己住所离赛道起点的距离、路途用时及比赛时间等确定起床、洗漱、早餐时间，不要太早或太晚。如果条件允许，参赛者在赛前应勘察比赛路线，或在比赛路线上进行适应性训练，主要了解路线是否平坦，上下坡情况，合理安排体力分配。

（二）调节心态

赛前一天应保证充足睡眠，防止赛前过度兴奋，消耗精力，影响第二天的比赛成绩。自行合理安排叫醒（叫醒电话、闹钟、手机等），不遗留任何影响睡眠的心理负担。通常赛事级别越高，心理压力越大，关键时刻能否保持良好心态至关重要。

（三）参赛物品

赛前一周应该考虑比赛时需要使用的物品，最好列出清单，按照清单准备比赛物品，避免遗漏。

1. 芯片：按要求佩戴，以保证成绩有效。
2. 服装：为支持赛事的持续发展，建议穿着组委会发放的赛事服装，也可以选择宽松、舒适、透气、吸汗、自己惯用的服装。天热时可选择背心短裤，天冷时可增加长衣裤。
3. 号码布：比赛前一天固定在参赛服装上，避免第二天早上手忙脚乱。
4. 跑鞋：跑步最重要的装备。应选择轻便、透气、耐磨的跑鞋。舒适的跑鞋不仅能提高跑步效果，还能缓冲脚着地时的冲击力，起到保护作用，防止脚掌疼、脚跟疼、脚打泡、指甲脱落等损伤。比赛跑鞋最好在训练中多次试穿磨合，穿新鞋参加比赛容易造成脚部磨损。
5. 袜子：应选择柔软、吸汗、透气、接缝平滑、弹性好的纯棉袜，跑动时不会出现滑脱、团缩等现象。袜子应在训练中试穿几次，穿新袜子比赛也可能导致脚部磨损。
6. 帽子：天气炎热时帽子可以起到防晒作用。帽檐可以挡住汗水、雨水或降温浇水，防止水流进眼睛里，避免频繁擦拭眼睛。
7. 防晒：高温天气比赛时涂抹防晒霜，防止晒伤。
8. 存衣包：存衣包内放赛后更换的衣物、毛巾、鞋以及轻便的食品饮料。存衣包外必须

附上自己的号码布和姓名，以便赛后领取。

9. 补给：多数赛事组委会会在赛时提供饮用水、功能饮料、食品等，组委会未提供的，如盐丸、补液盐、能量胶等，跑者可根据自身需求，自己携带。

10. 凡士林：全程马拉松参赛者在跑步过程中双腿双手摆动频次较高，建议在容易摩擦的部位（如大腿内侧、腹股沟和腋下）涂抹凡士林保护皮肤，防止摩擦过度。

11. 多功能手表：用于了解和掌握跑步速度及心率，及时调整体力分配。

12. 腰包：用于存放参赛必备的小物品。

13. 魔术头巾：高温天气可以擦汗、低温天气可以御寒。

（四）饮食策略

赛前早餐不宜油腻、过饱，应适当摄入碳水化合物，如面条、面包、米饭、馒头等主食，以保证身体充足的糖原储备。同时适量蔬菜水果，搭配适量的蛋白质，帮助身体补充维生素，有助于消化系统保证胃肠道运作顺畅，减少过多的油脂摄取。

（五）评估实力

根据前期的训练及赛前状况情况，恰如其分地评估自己的实力，有利于提高信心，合理分配体力、制订配速计划，发挥自己的最佳训练水平。

（六）制定配速

根据自己的赛前训练水平制定成绩目标，围绕目标合理分配体力，尽量保持均匀配速。根据不同的参赛目标，选择不同的体力分配，确保在组委会规定的关门时间内顺利完成。

（七）预防伤病

平时训练前要认真做好准备活动。针对容易受伤的部位，活动时间要相应拉长。加强自我保护，一旦训练中某部位有疼痛感，应立即停止训练或变换训练内容，避免伤势加重。

尽可能选择质地较软的路面进行赛前强度训练（路面的硬度：水泥路面 > 沥青路面 > 塑胶道 > 土道）。训练后要及时擦净汗渍，更换衣服，避免身体受凉引起感冒。注意饮食卫生，尽量减少生冷食品的摄入，避免腹泻。

三、比赛当日

注重赛中速度控制和能量补充。

（一）早餐

临赛前 2 个小时用餐，吃清淡易消化的食物，不要吃得过饱。避免食用平时没有吃过的食品或饮品，以及生冷食物，以防比赛中肠胃不适。

（二）热身

临赛前 30-50 分开始做准备活动，可先进行慢跑，有助于体温、心率升高。然后进行髋、膝、踝各关节和躯干的转动以及各种下肢肌肉的拉伸，最后做几次短距离的加速跑，使机体进入临赛状态，适应即将开始的剧烈运动。

（三）起点

至少提前 1 小时到达比赛区域，检录、存包、如厕排空（到达起点前完成）后，进入规定的出发区域等待起跑。起跑等待期间继续进行轻微活动，保持身体的热度。同时，检查鞋带是否系紧，装备是否齐全。

（四）起跑

鸣枪出发时，人多拥挤，注意保持冷静，不必争先恐后，蜂拥向前，避免被碰撞挤倒。如果出现个人（鞋被踩脱等）意外情况需要处理，不能下蹲停跑，而应随着人群继续往前跑，在人流相对较少的赛道边缘寻找合适位置处理。

（五）途中

马拉松比赛首要原则是采取匀速跑，前 2-3 公里不要跑得太快，低于目标速度 10 至 15 秒，或以 70%-80% 的强度跑进即可。应按照自己的节奏和计划，可以选择跟随“官兔”或速度相当的参赛者进行跟跑，有利于节省体力，控制速度。

（六）上下坡

在比赛中遇到上下坡时，注意调整身体重心，尤其是躯干的倾斜角度。上坡时，身体稍前倾，适当缩小步长，加快步频，加快摆臂，采用前脚掌着地，同时配合呼吸节奏。下坡时，身体稍后倾，通过脚跟滚动到脚前掌着地，适当增加步长，降低步频，合理控制跑速。

（七）补给

组委会在赛事路线沿途设置用水站 / 饮水站 / 补给站，参赛者根据天气情况选择用水或饮水，或者两者都取用，饮水量要依气候情况而定，天热饮水多些，每次饮量不要过多；15 公里后可根据自身情况食用组委会提供的食品补给，如香蕉、面包、番茄等。如果带有盐丸、能量棒或能量胶，可在比赛中分次食用，及时补充运动中所需的多元糖、电解质。通常，盐丸和能量胶每隔 8-10 公里服用一次。

（八）终点前

快到终点时应避免提速冲刺，要根据自身状况匀速通过终点，否则会发生运动伤害，甚至危及生命。

（九）异常情况处理

1. 不适：若出现呼吸困难、心跳加速、头晕恶心、腿软发沉等现象，这就是运动生理学上所指的运动“极点”（半程马拉松的极点一般在 15-18 公里，全程马拉松的极点在 30-35 公里左右）。它是由于内脏器官的活动不适应运动器官活动而引起的一种正常的生理现象。跑者可以适当减慢跑速，有意识加大呼吸深度，减少呼吸次数，或行走 2—3 分钟，使得大脑皮层工作正常起来，上述各种难受的感觉就会随之消失，从而迎来正常运动机能，运动生理学上叫“第二次呼吸”。
2. 腹痛：应放慢速度，同时采用深呼吸、按压疼痛部位或弯腰跑等方法进行调整。
3. 关节痛：出现膝关节或踝关节疼痛时，应放慢跑步速度。
4. 抽筋：疼痛感不严重的抽筋出现时，可以自己按照肌肉抽筋的反方向拉伸，按摩和揉搓抽筋部位，一旦有所缓解可以继续比赛。如果情况严重，需要在其他人员的帮助下完成拉伸，缓解后可以继续参赛。
5. 其他异常情况：应减速退到赛道旁，先进行自我调整，如果症状未减轻甚至加重，可向现场医务人员或组委会寻求帮助。如果出现眼前发黑、头晕、恶心、憋气、出冷汗等症状，应立即请求帮助。
6. 高海拔：在高海拔地区参加比赛时，由于高原空气稀薄，高强度运动非常容易造成人体缺氧。为预防高原反应，马拉松全程配速通常应该比平原慢 5-10 秒/公里。另外，高海拔的地区的紫外线强烈，应注意防护。
7. 极端天气：赛前应及时查看天气预报，做好极端天气防护准备。如遇赛事当天极度高

温或低温，应及时终止比赛，并向组委会求助，紧急情况可向公安、消防等部门寻求帮助。

（十）终点

即将到达终点时，根据身体状况匀速通过，量力而行。到达终点后不可避免的会出现身体极度疲劳，肌肉酸痛，浑身乏力等现象，此时：

1. 不要骤停，蹲坐或躺下休息，应向前继续慢跑或慢走，让心率逐渐恢复正常水平。稍作调整后进行全身拉伸放松，有利于加快恢复。
2. 不要立即饮用冷饮，应补充常温的矿泉水或饮料，避免冷饮引起胃肠痉挛、腹痛等疾病。
3. 领取存衣包，换上干衣服，注意保暖，以免着凉感冒。
4. 领取奖品或纪念品、成绩证书（或住地自行下载）。
5. 利用组委会提供的现场赛后恢复服务进行按摩放松。
6. 可食用组委会提供的香蕉、牛奶、面包等食品进行体力恢复。

四、赛后恢复

（一）冷敷：将腿在冷水中浸泡 5-10 分钟，再用温水浸泡 5-10 分钟或用冷热水交替冲淋。

（二）补给：赛后补充运动饮料，吃易消化的碳水化合物和蛋白质补充体能。

参赛者在路跑比赛后，不要急于恢复正常训练节奏，应该安排大约一周的休整时间。休整期间，参赛者可以进行慢跑及下肢和躯干等部位的肌肉牵拉，包括按摩，促进身体机能恢复。赛后的恢复训练要循序渐进，逐渐增加运动量。

五、参赛守则

（一）不得以虚假年龄或虚假身份报名。

（二）按要求佩戴号码布。

（三）不得有替跑、蹭跑等违规行为，包括但不限于伪造号码布、佩戴他人号码布和感应计时芯片等违规参赛行为。

（四）不得携带两枚或两枚以上感应计时芯片参赛。

（五）按规定的起跑顺序在报名项目的起跑点起跑。

（六）应按照规定时间出发起跑。

（七）不得绕近道或途中插入赛道。

（八）赛时服从工作人员指挥。

（九）在丢弃废品前，确保周围选手不受影响。

（十）使用赛道起、终点及沿途卫生间，严禁随地便溺。

（十一）赛道上不要挤、推、撞、绊。

（十二）进入水站补给站应放缓步伐，大众选手不得拿取红色桌布放置的专业选手饮料饮用。

（十三）若想停止比赛，应减速并移步至赛道边缘，避免影响其他选手。

（十四）未完成比赛不得领取完赛物品，完赛后不得反复通过终点领取。

（十五）不得在赛道内吸烟，应维护赛道环境卫生，共同创造绿色、健康、无烟的马拉松比赛环境。

（十六）遵守规则、规程，尊重对手、尊重裁判，讲究礼仪、文明参赛。

六、参赛者若违反比赛规则及比赛规程将面临被取消参赛资格或比赛成绩的处罚，情节严重的甚至会受到禁赛的处罚。

七、本指引由中国田径协会负责解释和修改。

THE "PARTICIPATION GUIDELINES" REFERS TO THE MATTERS THAT PARTICIPANTS MUST UNDERSTAND WHEN TAKING PART IN ROAD RUNNING RACES, INCLUDING FIVE PARTS: REGISTRATION, PRE-RACE PREPARATION, RACE DAY, POST-RACE RECOVERY, AND THE RULES OF PARTICIPATION. THE AIM IS TO MINIMIZE UNNECESSARY MISTAKES, GIVE FULL PLAY TO THEIR TRAINING LEVEL, FINISH THE RACE SAFELY AND SMOOTHLY, AND ACHIEVE SATISFACTORY RESULTS.

I. NOTES FOR REGISTRATION

(I) READ THE COMPETITION REGULATIONS

THE COMPETITION REGULATIONS ARE THE PROGRAMMATIC DOCUMENTS FOR THE ORGANIZING COMMITTEE TO HOLD THE COMPETITION, WHICH MAINLY INCLUDE THE NAME OF THE EVENT, ORGANIZER, CONTRACTOR, CO-ORGANIZER, HOLDING TIME, HOLDING PLACE, COMPETITION ITEMS, COMPETITION ROUTE, COMPETITION METHODS, PARTICIPATION METHODS, REWARD METHODS, ETC., AS WELL AS THE SPECIAL REQUIREMENTS OF THE EVENT ORGANIZER. THE COMPETITION REGULATIONS ARE USUALLY ANNOUNCED IN ADVANCE ON THE EVENT'S OFFICIAL WEBSITE SO THAT PARTICIPANTS CAN REASONABLY ARRANGE THEIR TRAINING ACCORDING TO THE REGULATIONS AND ACTIVELY PREPARE FOR THE COMPETITION.

(II) ASSESSMENT OF HEALTH STATUS

ROAD RUNNING RACE IS A SPORT THAT CONSTANTLY CHALLENGES ONE'S LIMITS AND CARRIES A CERTAIN DEGREE OF RISK. IF THE EXERCISE IS NOT DONE PROPERLY, IT MAY CAUSE DIFFERENT DEGREES OF PHYSICAL INJURIES OR EVEN ENDANGER LIVES. THEREFORE, PARTICIPANTS OF ROAD RUNNING RACES SHOULD BE IN GOOD HEALTH AND HAVE A BASIS FOR REGULAR RUNNING EXERCISE OR TRAINING. PARTICIPANTS SHOULD UNDERGO A MEDICAL CHECK-UP AT A QUALIFIED AND REGULAR MEDICAL INSTITUTION AND EVALUATE THEIR PHYSICAL CONDITION WITH THE MEDICAL REPORT TO CONFIRM WHETHER THEY CAN PARTICIPATE IN ROAD RUNNING COMPETITIONS AND ACTIVITIES.

PEOPLE WITH THE FOLLOWING DISEASES OR CONDITIONS SHOULD NOT PARTICIPATE IN ROAD RACES:

PEOPLE WITH CONGENITAL HEART DISEASE AND RHEUMATIC HEART DISEASE;

PATIENTS WITH HYPERTENSION AND CEREBROVASCULAR DISEASES;

PATIENTS WITH MYOCARDITIS AND OTHER HEART DISEASES;

PATIENTS WITH CORONARY ARTERY DISEASE AND SEVERE CARDIAC ARRHYTHMIAS;

PATIENTS WITH DIABETES WHOSE BLOOD SUGAR IS TOO HIGH OR TOO LOW;

THOSE WHO HAVE HAD A COLD WITHIN TWO WEEKS BEFORE THE RACE DAY;

THOSE WHO HAVE CONSUMED LARGE QUANTITIES OF STRONG ALCOHOL THE NIGHT BEFORE THE RACE OR THOSE WHO HAVE NOT HAD ENOUGH SLEEP;

PREGNANT WOMEN;

PEOPLE WITH OTHER DISEASES THAT ARE NOT SUITABLE FOR EXERCISE.

(III) ASSESSMENT OF ABILITY

PARTICIPANTS IN ROAD RUNNING COMPETITIONS SHOULD CHOOSE SUITABLE EVENTS ACCORDING TO THEIR OWN CONDITIONS, DURATION OF TRAINING, DEGREE OF ADAPTATION TO THE TRAINING LOAD, AND PERSONAL HEALTH CONDITIONS. USUALLY, AFTER MORE THAN SIX MONTHS OF SYSTEMATIC TRAINING, WITH 3-6 TRAINING SESSIONS PER WEEK, THOSE WHO HAVE COMPLETED 32-35 KILOMETERS AT OR ABOVE THE TARGET SPEED IN A SINGLE MAXIMAL RUN WITHOUT MAJOR DISCOMFORT CAN CHOOSE TO PARTICIPATE IN A FULL MARATHON RACE;

AFTER 3-6 MONTHS OF SYSTEMATIC TRAINING, 3-5 TIMES A WEEK TRAINING, A MAXIMUM RUN AT OR ABOVE THE TARGET SPEED TO COMPLETE MORE THAN 15 KILOMETERS WITHOUT MAJOR ADVERSE PHYSICAL DISCOMFORT, YOU CAN CHOOSE TO HALF-MARATHON RACE;

AFTER 2-3 MONTHS OF SYSTEMATIC TRAINING, THOSE WHO CAN SUSTAINABLY RUN MORE THAN 5KM AT A TIME WITH 3-4 TRAINING SESSIONS PER WEEK CAN PARTICIPATE IN 10KM RACES.

FROM A SAFETY POINT OF VIEW, PARTICIPATION IN ROAD RUNNING COMPETITIONS SHOULD BE A GRADUAL PROCESS OF DEVELOPMENT OF PHYSICAL ATHLETIC ABILITY AND MENTAL ENDURANCE. PARTICIPANTS SHOULD FOLLOW THE PRINCIPLE OF PROGRESSIVE SPORTS TRAINING AND PAY ATTENTION TO THE SELECTION OF PARTICIPANTS FROM SHORT TO LONG (DISTANCE) AND FROM SLOW TO FAST (SPEED). PARTICIPANTS SHOULD START WITH 5KM OR 10KM RUNNING, AND ONLY AFTER 10KM RUNNING EXPERIENCE CAN THEY REGISTER FOR A HALF MARATHON, AND ONLY AFTER THE HALF MARATHON AND LONG-DISTANCE RUNNING TRAINING CAN THEY REGISTER FOR A FULL MARATHON.

II. PRE-RACE PREPARATION

(I) READING THE EVENT HANDBOOK

THE HANDBOOK IS THE OFFICIAL AND IMPORTANT INFORMATION PROVIDED BY THE ORGANIZING COMMITTEE TO THE PARTICIPATING ATHLETES, WHICH IS USUALLY INCLUDED IN THE RACE PACKAGES AND DISTRIBUTED TOGETHER (OR CAN BE PUBLISHED ONLINE). THE HANDBOOK CONTAINS MANY IMPORTANT INFORMATION FOR ATHLETES TO PARTICIPATE IN THE RACE, SUCH AS THE LOCATION OF THE CHECK-IN AND ASSEMBLY AREA FOR EACH EVENT, CHECK-IN TIME, CLOSING TIME LIMIT, TRANSPORTATION INFORMATION ON THE RACE DAY, RACE ROUTE, LOCATION OF DRINKS AND WATER, START AND FINISH LOCATIONS, AND RESULTS INQUIRY AFTER THE RACE, AND SO ON. PARTICIPANTS SHOULD KNOW THE CHECK-IN TIME, BAG STORAGE, BAG PICK-UP, STARTING ASSEMBLY AREA, TRANSPORTATION ROUTE TO THE RACE VENUE, TIME TAKEN, ETC., THROUGH THE RACE BROCHURE. THROUGH THE HINTS, PARTICIPANTS SHOULD KNOW THE WEATHER CONDITIONS ON THE RACE DAY (5-15 DEGREES CELSIUS IS MORE SUITABLE FOR ROAD RUNNING). IF IT IS TOO COLD, THEY SHOULD WEAR LONG CLOTHES AND PANTS; IF IT IS TOO HOT, THEY SHOULD WEAR UNDERSHIRTS AND SHORTS AND ALSO BE PREPARED TO COOL DOWN. PARTICIPANTS SHOULD DETERMINE THE TIME TO WAKE UP, WASH UP AND HAVE BREAKFAST ACCORDING TO THE DISTANCE FROM THE STARTING POINT OF THE RACE COURSE, THE TIME SPENT ON THE ROAD, AND THE TIME OF THE RACE, AND SHOULD NOT BE TOO EARLY OR TOO LATE. IF CONDITIONS PERMIT, PARTICIPANTS SHOULD SURVEY THE RACE ROUTE BEFORE THE RACE OR CARRY OUT ACCLIMATIZATION TRAINING ON THE RACE ROUTE, MAINLY TO UNDERSTAND WHETHER THE ROUTE IS FLAT, UP AND DOWNHILL, AND RATIONALLY ARRANGE THE DISTRIBUTION OF PHYSICAL STRENGTH.

(II) ADJUSTMENT OF MINDSET

ADEQUATE SLEEP SHOULD BE ENSURED ONE DAY BEFORE THE RACE TO PREVENT OVER-EXCITEMENT BEFORE THE RACE, WHICH WILL CONSUME ENERGY AND AFFECT THE RACE RESULTS OF THE NEXT DAY. MAKE REASONABLE ARRANGEMENTS FOR WAKE-UP CALLS (WAKE-UP CALLS, ALARM CLOCKS, CELL PHONES, ETC.) ON YOUR OWN WITHOUT LEAVING ANY PSYCHOLOGICAL BURDEN THAT MAY AFFECT YOUR SLEEP. USUALLY, THE HIGHER THE LEVEL OF THE TOURNAMENT, THE HIGHER THE PSYCHOLOGICAL PRESSURE, AND WHETHER YOU CAN MAINTAIN A GOOD STATE OF MIND AT CRITICAL MOMENTS IS CRUCIAL.

(III) RACE ITEMS

THE WEEK BEFORE THE RACE, YOU SHOULD CONSIDER THE ITEMS YOU NEED TO USE DURING THE RACE; IT IS BETTER TO MAKE A LIST AND PREPARE THE RACE ITEMS ACCORDING TO THE LIST TO AVOID OMISSION.

1. CHIP: WEAR IT AS REQUIRED TO ENSURE THE VALIDITY OF THE RESULTS.
2. CLOTHING: IN ORDER TO SUPPORT THE CONTINUOUS DEVELOPMENT OF THE RACE, IT IS RECOMMENDED TO WEAR THE RACE CLOTHING ISSUED BY THE ORGANIZING COMMITTEE, OR YOU CAN CHOOSE LOOSE, COMFORTABLE, BREATHABLE, SWEAT-ABSORBENT, AND YOUR USUAL CLOTHING. TANK TOPS AND SHORTS CAN BE CHOSEN WHEN IT IS HOT, AND LONG PANTS CAN BE ADDED WHEN IT IS COLD.
3. BIB NUMBER: FIXED ON THE CLOTHING THE DAY BEFORE THE RACE TO ENSURE EVERYTHING RUNS SMOOTHLY THE NEXT MORNING.
4. RUNNING SHOES: THE MOST IMPORTANT EQUIPMENT FOR RUNNING. YOU SHOULD CHOOSE LIGHTWEIGHT, BREATHABLE, AND WEARABLE RUNNING SHOES. COMFORTABLE RUNNING SHOES NOT ONLY IMPROVE THE RUNNING EFFECT BUT ALSO BUFFER THE IMPACT OF THE FOOT ON THE GROUND AND PLAY A PROTECTIVE ROLE IN PREVENTING FOOT PAIN, HEEL PAIN, FOOT BLISTERS, NAIL LOSS, AND OTHER INJURIES. IT IS BEST TO TRY ON RUNNING SHOES SEVERAL TIMES IN TRAINING TO BREAK THEM IN. WEARING NEW SHOES FOR A RACE WILL LIKELY CAUSE FOOTWEAR AND TEAR.
5. SOCKS: SOFT, SWEAT-ABSORBENT, BREATHABLE, SMOOTH SEAMS AND ELASTIC COTTON SOCKS SHOULD BE CHOSEN SO THAT THEY WILL NOT SLIP OFF OR SHRINK WHEN RUNNING. SOCKS SHOULD BE TRIED ON A FEW TIMES DURING TRAINING. RACING IN NEW SOCKS MAY ALSO CAUSE WEAR AND TEAR ON THE FEET.
6. HATS: HATS PROVIDE SUN PROTECTION IN HOT WEATHER. THE BRIM OF THE HAT KEEPS SWEAT, RAIN, OR COOLING WATER OUT OF YOUR EYES AND PREVENTS WATER FROM GETTING IN YOUR EYES AND AVOIDING FREQUENT WIPING OF YOUR EYES.
7. SUNSCREEN: APPLY SUNSCREEN WHEN COMPETING IN HOT WEATHER TO PREVENT SUNBURN.
8. CLOTHES STORAGE BAG: INSIDE THE BAG, YOU WILL FIND A CHANGE OF CLOTHES, TOWEL, SHOES, AND LIGHT FOOD AND DRINKS FOR AFTER THE RACE. YOU MUST ATTACH YOUR NUMBER, BIB, AND NAME ON THE OUTSIDE OF THE BAG FOR COLLECTION AFTER THE RACE.

9. SUPPLIES: THE ORGANIZING COMMITTEE OF MOST RACES WILL PROVIDE DRINKING WATER, FUNCTIONAL DRINKS, AND FOOD DURING THE RACE. FOR THOSE THAT ARE NOT PROVIDED BY THE ORGANIZING COMMITTEE, SUCH AS SALT PILLS, REHYDRATION SALTS, AND ENERGY GELS, RUNNERS CAN BRING THEIR OWN ACCORDING TO THEIR OWN NEEDS.
10. VASELINE: FULL MARATHON RUNNERS SWING THEIR LEGS AND HANDS MORE FREQUENTLY DURING THE RUNNING PROCESS; IT IS RECOMMENDED TO APPLY VASELINE ON THE PARTS THAT ARE PRONE TO FRICTION (E.G., INNER THIGHS, GROIN, AND ARMPITS) TO PROTECT THE SKIN AND PREVENT EXCESSIVE FRICTION.
11. MULTI-FUNCTION WATCH: USED TO UNDERSTAND AND GRASP THE RUNNING SPEED AND HEART RATE AND ADJUST THE DISTRIBUTION OF PHYSICAL STRENGTH IN TIME.
12. WAISTBAND: USED TO STORE SMALL ITEMS NECESSARY FOR PARTICIPATION.
13. MAGIC TURBAN: FOR WIPING OFF SWEAT IN HOT WEATHER AND KEEPING OUT THE COLD IN COLD WEATHER.

(IV) DIETARY STRATEGIES

BREAKFAST BEFORE THE RACE SHOULD NOT BE GREASY AND OVERFULL AND SHOULD BE THE APPROPRIATE INTAKE OF CARBOHYDRATES, SUCH AS NOODLES, BREAD, RICE, STEAMED BREAD, AND OTHER STAPLE FOODS, TO ENSURE THAT THE BODY HAS SUFFICIENT GLYCOGEN RESERVES. AT THE SAME TIME, A MODERATE AMOUNT OF VEGETABLES AND FRUITS, WITH THE APPROPRIATE AMOUNT OF PROTEIN, HELP THE BODY TO SUPPLEMENT VITAMINS, HELP THE DIGESTIVE SYSTEM TO ENSURE THE SMOOTH OPERATION OF THE GASTROINTESTINAL TRACT, AND REDUCE THE EXCESSIVE INTAKE OF FATS AND OILS.

(V) EVALUATION OF STRENGTH

ACCORDING TO THE PRELIMINARY TRAINING AND PRE-RACE CONDITION, ASSESSING YOUR STRENGTH APPROPRIATELY IS CONDUCIVE TO IMPROVING YOUR CONFIDENCE, REASONABLY DISTRIBUTING YOUR PHYSICAL STRENGTH, FORMULATING A PACING PLAN, AND GIVING FULL PLAY TO YOUR BEST TRAINING LEVEL.

(VI) SETTING THE PACE

SET PERFORMANCE TARGETS ACCORDING TO YOUR PRE-RACE TRAINING LEVEL, REASONABLY ALLOCATE PHYSICAL STRENGTH AROUND THE TARGETS AND TRY TO MAINTAIN AN EVEN PACE. ACCORDING TO DIFFERENT GOALS, CHOOSE DIFFERENT ALLOCATIONS OF PHYSICAL STRENGTH TO ENSURE A SMOOTH FINISH WITHIN THE CLOSING TIME SPECIFIED BY THE ORGANIZING COMMITTEE.

(VII) INJURY PREVENTION

PREPARATORY ACTIVITIES SHOULD BE DONE CAREFULLY BEFORE THE USUAL TRAINING. FOR PARTS THAT ARE PRONE TO INJURY, THE ACTIVITY TIME SHOULD BE LENGTHENED ACCORDINGLY. STRENGTHEN SELF-PROTECTION. ONCE THE TRAINING OF A PART OF THE PAIN IS COMPLETED, THEY SHOULD IMMEDIATELY STOP TRAINING OR CHANGE THE TRAINING CONTENT TO AVOID AGGRAVATION OF THE INJURY.

CHOOSE A SOFTER SURFACE FOR PRE-RACE STRENGTH TRAINING AS MUCH AS POSSIBLE (HARDNESS OF ROAD SURFACE: CONCRETE > ASPHALT > PLASTIC TRACK > DIRT TRACK). AFTER TRAINING, WIPE OFF SWEAT AND CHANGE CLOTHES IN TIME TO AVOID CATCHING A COLD. PAY ATTENTION TO FOOD HYGIENE AND MINIMIZE THE INTAKE OF COLD FOOD TO AVOID DIARRHEA.

III. RACE DAY

FOCUS ON SPEED CONTROL AND ENERGY REPLENISHMENT DURING THE RACE.

(I) BREAKFAST

EAT 2 HOURS BEFORE THE RACE. EAT LIGHT AND EASY-TO-DIGEST FOOD, DO NOT EAT TOO MUCH. AVOID EATING FOOD OR DRINKS THAT YOU HAVE NOT EATEN BEFORE, AS WELL AS RAW AND COLD FOOD, IN ORDER TO PREVENT GASTROINTESTINAL DISCOMFORT DURING THE RACE.

(II) WARM-UP

30-50 MINUTES BEFORE THE RACE, START TO DO PREPARATORY ACTIVITIES; YOU CAN FIRST JOG, WHICH WILL HELP THE BODY TEMPERATURE AND HEART RATE RISE. THEN THE ROTATION OF THE HIP, KNEE, ANKLE JOINTS, AND TORSO, AS WELL AS A VARIETY OF LOWER LIMB MUSCLE STRETCHING, AND FINALLY, A FEW SHORT-DISTANCE ACCELERATED RUNNING SO THAT THE BODY ENTERS THE STATE OF THE RACE TO ADAPT TO THE UPCOMING START OF THE STRENUOUS EXERCISE.

(III) STARTING POINT

ARRIVE AT THE RACE AREA AT LEAST 1 HOUR IN ADVANCE. AFTER CHECKING THE REGISTRATION, STORING THE BAG, AND GOING TO THE TOILET (DONE BEFORE ARRIVING AT THE STARTING POINT), ENTER THE DESIGNATED STARTING AREA AND WAIT FOR THE START. WHILE WAITING FOR THE START, CONTINUE TO DO LIGHT ACTIVITIES TO KEEP YOUR BODY WARM. AT THE SAME TIME, CHECK THAT YOUR SHOES ARE TIGHTLY TIED AND THAT YOUR EQUIPMENT IS COMPLETE.

(IV) STARTING

WHEN THE GUN STARTS, THERE ARE MANY PEOPLE CROWDED; PAY ATTENTION TO KEEP CALM, DO NOT HAVE TO SCRAMBLE FOR THE FIRST, AND SWARM FORWARD TO AVOID BEING BUMPED AND SQUEEZED DOWN. IF THERE IS ANY PERSONAL ACCIDENT (SHOES BEING STEPPED OFF, ETC.) THAT NEEDS TO BE DEALT WITH, YOU SHOULD NOT SQUAT DOWN AND STOP RUNNING BUT SHOULD CONTINUE TO RUN FORWARD WITH THE CROWD AND LOOK FOR A SUITABLE POSITION TO DEAL WITH IT AT THE EDGE OF THE TRACK WHERE THERE ARE RELATIVELY FEWER PEOPLE.

(V) ON THE WAY

THE FIRST PRINCIPLE OF THE MARATHON IS TO RUN AT AN EVEN SPEED; THE FIRST 2-3 KILOMETERS SHOULD NOT RUN TOO FAST, 10-15 SECONDS BELOW THE TARGET SPEED, OR 70%-80% OF THE INTENSITY OF THE RUN CAN BE. ACCORDING TO YOUR OWN RHYTHM AND PLAN, YOU CAN CHOOSE TO FOLLOW THE "OFFICIAL RABBIT" OR PARTICIPANTS WITH COMPARABLE SPEEDS TO FOLLOW, WHICH IS CONDUCIVE TO SAVING ENERGY AND CONTROLLING SPEED.

(VI) UPHILL AND DOWNHILL

WHEN ENCOUNTERING UPHILL AND DOWNHILL IN A RACE, PAY ATTENTION TO ADJUSTING THE CENTER OF GRAVITY OF THE BODY, ESPECIALLY THE TILT ANGLE OF THE TORSO. WHEN GOING UPHILL, LEAN FORWARD SLIGHTLY, REDUCE THE STRIDE LENGTH APPROPRIATELY, ACCELERATE THE STRIDE FREQUENCY, SPEED UP THE SWINGING ARM, AND ADOPT THE FOREFOOT LANDING WHILE MATCHING THE BREATHING RHYTHM. WHEN GOING DOWNHILL, LEAN BACK A LITTLE, ROLL THROUGH THE HEEL TO LAND ON THE FOREFOOT, INCREASE THE STRIDE LENGTH APPROPRIATELY, REDUCE THE STRIDE FREQUENCY, AND CONTROL THE RUNNING SPEED REASONABLY.

(VII) RESUPPLY

THE ORGANIZING COMMITTEE WILL SET UP WATER/DRINKING/REPLENISHMENT STATIONS ALONG THE ROUTE OF THE RACE. PARTICIPANTS CAN CHOOSE TO USE WATER OR DRINK WATER OR BOTH ACCORDING TO THE WEATHER CONDITIONS; THE AMOUNT OF WATER TO BE CONSUMED SHOULD DEPEND ON THE WEATHER CONDITIONS; DRINK MORE WATER WHEN IT IS HOT AND DON'T DRINK TOO MUCH AT A TIME; AFTER 15KM, YOU CAN CONSUME FOOD PROVIDED BY THE ORGANIZING COMMITTEE ACCORDING TO YOUR OWN SITUATION, SUCH AS BANANAS, BREAD, TOMATOES, ETC. IF YOU HAVE SALT PILLS, ENERGY BARS, OR ENERGY GELS, YOU CAN CONSUME THEM SEVERAL TIMES DURING THE RACE. IF YOU HAVE SALT PILLS, ENERGY BARS, OR ENERGY GELS, YOU CAN CONSUME THEM DURING THE RACE TO REPLENISH THE MULTIPLE SUGARS AND ELECTROLYTES NEEDED DURING THE EXERCISE. NORMALLY, SALT PILLS AND ENERGY GELS SHOULD BE TAKEN EVERY 8-10 KILOMETERS.

(VIII) BEFORE THE FINISH LINE

WHEN YOU ARE APPROACHING THE FINISH LINE, YOU SHOULD AVOID SPEED SPRINTING AND PASS THE FINISH LINE AT AN EVEN SPEED ACCORDING TO YOUR OWN CONDITION. OTHERWISE, SPORTS INJURIES WILL OCCUR AND EVEN ENDANGER YOUR LIFE.

(IX) HANDLING OF ABNORMAL SITUATIONS

1. DISCOMFORT: IF THERE IS DIFFICULTY IN BREATHING, RAPID HEARTBEAT, DIZZINESS, NAUSEA, LEG WEAKNESS AND HEAVINESS, AND OTHER PHENOMENA, THIS IS THE EXERCISE PHYSIOLOGY REFERRED TO AS THE EXERCISE "POLE" (THE POLE OF THE HALF-MARATHON IS GENERALLY IN THE 15-18 KILOMETERS AND THE POLE OF THE FULL MARATHON IN THE 30-35 KILOMETERS OR SO). IT IS A NORMAL PHYSIOLOGICAL PHENOMENON CAUSED BY THE ACTIVITIES OF INTERNAL ORGANS NOT ADAPTING TO THE ACTIVITIES OF SPORTS ORGANS. RUNNERS CAN APPROPRIATELY SLOW DOWN THEIR RUNNING SPEED, CONSCIOUSLY INCREASE THE DEPTH OF BREATHING, REDUCE THE NUMBER OF BREATHS, OR WALK FOR 2-3 MINUTES SO THAT THE CEREBRAL CORTEX WORK NORMALLY, AND THE ABOVE DIFFICULT FEELING WILL DISAPPEAR, THUS USHERING IN THE NORMAL EXERCISE FUNCTION, EXERCISE PHYSIOLOGY CALLED "SECOND BREATH."
2. ABDOMINAL PAIN: YOU SHOULD SLOW DOWN THE SPEED AND, AT THE SAME TIME, USE DEEP BREATHING, PRESS ON THE PAINFUL AREA, OR BEND OVER TO RUN TO MAKE ADJUSTMENTS.
3. JOINT PAIN: WHEN KNEE OR ANKLE PAIN OCCURS, YOU SHOULD SLOW DOWN YOUR RUNNING SPEED.
4. CRAMP: WHEN A CRAMP OCCURS WITH LITTLE PAIN, YOU CAN STRETCH YOURSELF IN THE OPPOSITE DIRECTION OF THE MUSCLE CRAMP, MASSAGE AND RUB THE CRAMPED AREA, AND CONTINUE THE RACE ONCE THERE IS SOME RELIEF. IF THE SITUATION IS SERIOUS, IT IS NECESSARY TO COMPLETE THE STRETCHING WITH THE HELP OF OTHER PEOPLE, AND YOU CAN CONTINUE TO PARTICIPATE IN THE RACE AFTER RELIEF.
5. OTHER ABNORMALITIES: YOU SHOULD SLOW DOWN AND RETREAT TO THE SIDE OF THE TRACK, MAKE SELF-ADJUSTMENTS FIRST, AND IF YOUR SYMPTOMS ARE NOT ALLEVIATED OR EVEN WORSENERED, YOU MAY SEEK HELP FROM THE ON-SITE MEDICAL PERSONNEL OR THE ORGANIZING COMMITTEE. IF SYMPTOMS SUCH AS BLACKNESS, DIZZINESS, NAUSEA, BREATH-HOLDING, AND COLD SWEAT APPEAR, YOU SHOULD ASK FOR HELP IMMEDIATELY.
6. HIGH ALTITUDE: WHEN PARTICIPATING IN A RACE AT HIGH ALTITUDE, DUE TO THE THIN PLATEAU AIR, HIGH-INTENSITY EXERCISE IS VERY EASY TO CAUSE OXYGEN DEFICIENCY IN THE HUMAN BODY. IN ORDER TO PREVENT PLATEAU REACTION, THE PACE OF THE MARATHON SHOULD BE 5-10 SECONDS/KILOMETER SLOWER THAN THAT OF THE PLAINS. IN ADDITION, HIGH-ALTITUDE AREAS HAVE STRONG ULTRAVIOLET RAYS AND SHOULD BE PROTECTED.
7. EXTREME WEATHER: CHECK THE WEATHER FORECAST BEFORE THE RACE AND BE PREPARED FOR EXTREME WEATHER. IN CASE OF EXTREME

HIGH OR LOW TEMPERATURES ON THE DAY OF THE RACE, THE RACE SHOULD BE TERMINATED IN TIME, ASSISTANCE SHOULD BE SOUGHT FROM THE ORGANIZING COMMITTEE, AND IN CASE OF EMERGENCIES, ASSISTANCE CAN BE SOUGHT FROM PUBLIC SECURITY AND FIRE FIGHTING DEPARTMENTS.

(X) FINISH LINE

WHEN YOU ARE ABOUT TO REACH THE FINISH LINE, PASS AT AN EVEN SPEED ACCORDING TO YOUR PHYSICAL CONDITION AND WALK ACCORDING TO YOUR STRENGTH. AFTER REACHING THE FINISH LINE, THERE WILL INEVITABLY BE EXTREME FATIGUE, MUSCLE PAIN, WEAKNESS, ETC. AT THIS TIME:

1. DO NOT STOP ABRUPTLY, SQUATTING OR LYING DOWN TO REST, SHOULD BE FORWARD TO CONTINUE JOGGING OR JOGGING SO THAT THE HEART RATE GRADUALLY RETURNS TO NORMAL LEVELS.

STRETCHING AND RELAXING THE WHOLE BODY AFTER A LITTLE ADJUSTMENT IS CONDUCIVE TO SPEEDING UP THE RECOVERY.

2. DO NOT DRINK COLD BEVERAGES IMMEDIATELY, BUT REPLENISH MINERAL WATER OR BEVERAGES AT ROOM TEMPERATURE TO AVOID GASTROINTESTINAL CRAMPS, ABDOMINAL PAIN, AND OTHER DISEASES CAUSED BY COLD BEVERAGES.

3. RECEIVE A CLOTHES STORAGE BAG, CHANGE INTO DRY CLOTHES, AND PAY ATTENTION TO KEEPING WARM TO AVOID CATCHING A COLD.

4. RECEIVE PRIZES OR SOUVENIRS, CERTIFICATES OF ACHIEVEMENT (OR DOWNLOAD THEM ON YOUR OWN AT YOUR PLACE OF RESIDENCE).

5. TAKE ADVANTAGE OF THE ON-SITE POST-RACE RECOVERY SERVICE PROVIDED BY THE ORGANIZING COMMITTEE FOR MASSAGE AND RELAXATION.

6. MAY CONSUME FOOD SUCH AS BANANAS, MILK, AND BREAD PROVIDED BY THE ORGANIZING COMMITTEE FOR PHYSICAL RECOVERY.

IV. POST-COMPETITION RECOVERY

(I) COLD COMPRESS: SOAK THE LEG IN COLD WATER FOR 5-10 MINUTES, THEN SOAK IT IN WARM WATER FOR 5-10 MINUTES OR ALTERNATELY RINSE IT WITH HOT AND COLD WATER.

(II) REPLENISHMENT: REPLENISH SPORTS DRINKS AFTER THE RACE AND EAT EASILY DIGESTIBLE CARBOHYDRATES AND PROTEINS TO REPLENISH PHYSICAL ENERGY.

PARTICIPANTS SHOULD NOT RUSH TO RESUME NORMAL TRAINING RHYTHM AFTER A ROAD RACE BUT SHOULD ARRANGE A REST PERIOD OF ABOUT ONE WEEK. DURING THE RECUPERATION PERIOD, PARTICIPANTS CAN ENGAGE IN JOGGING AND MUSCLE PULLING IN THE LOWER LIMBS AND TORSO, INCLUDING MASSAGE, TO PROMOTE THE RECOVERY OF BODY FUNCTIONS. POST-RACE RECOVERY TRAINING SHOULD BE GRADUAL AND PROGRESSIVE, WITH A GRADUAL INCREASE IN THE AMOUNT OF EXERCISE.

V. PARTICIPATION CODE

(I) DO NOT ENTER UNDER FALSE AGE OR FALSE IDENTITY.

(II) WEAR NUMBER BIBS AS REQUIRED.

(III) NO ILLEGAL BEHAVIOR SUCH AS SUBSTITUTE RUNNING OR DABBLING, INCLUDING BUT NOT LIMITED TO FORGING NUMBER BIBS, WEARING OTHER PEOPLE'S NUMBER BIBS AND INDUCTIVE TIMING CHIPS, AND OTHER ILLEGAL BEHAVIORS.

(IV) DO NOT BRING TWO OR MORE INDUCTIVE TIMING CHIPS TO THE RACE.

(V) STARTING AT THE STARTING POINT OF THE REGISTERED EVENTS ACCORDING TO THE PRESCRIBED STARTING ORDER.

(VI) THE START SHALL BE MADE AT THE TIME SPECIFIED.

(VII) NO SHORTCUTS OR INSERTIONS INTO THE RACE TRACK ARE ALLOWED.

(VIII) OBEY THE INSTRUCTIONS OF THE STAFF DURING THE RACE.

(IX) ENSURE THAT THE SURROUNDING RUNNERS ARE NOT AFFECTED BEFORE DISCARDING WASTE.

(X) USE THE RESTROOMS AT THE START AND FINISH OF THE RACE COURSE AND ALONG THE ROUTE, AND NO OPEN DEFECATION IS ALLOWED.

(XI) DO NOT CROWD, PUSH, BUMP, OR TRIP ON THE TRACK.

(XII) THE PACE SHOULD BE SLOWED DOWN WHEN ENTERING THE WATER REFILL STATIONS. POPULAR RUNNERS ARE NOT ALLOWED TO TAKE THE DRINKS OF PROFESSIONAL RUNNERS PLACED ON THE RED TABLECLOTHS FOR DRINKING.

(XIII) IF YOU WANT TO STOP THE RACE, YOU SHOULD SLOW DOWN AND MOVE TO THE EDGE OF THE TRACK TO AVOID AFFECTING OTHER RUNNERS.

(XIV) RUNNERS WHO HAVE NOT FINISHED THE RACE MAY NOT COLLECT THE FINISHER'S ITEMS, AND RUNNERS WHO HAVE FINISHED THE RACE MAY NOT REPEATEDLY PASS THROUGH THE FINISH LINE TO COLLECT THE FINISHER'S ITEMS.

(XV) DO NOT SMOKE ON THE TRACK. MAINTAIN THE ENVIRONMENTAL HYGIENE OF THE TRACK AND WORK TOGETHER TO CREATE A GREEN, HEALTHY, AND SMOKE-FREE ENVIRONMENT FOR THE MARATHON.

(XVI) COMPLY WITH THE RULES AND REGULATIONS, RESPECT THE OPPONENTS AND REFEREES, AND BE COURTEOUS AND CIVILIZED.

VI. PARTICIPANTS WHO VIOLATE THE RULES AND REGULATIONS OF THE COMPETITION WILL FACE THE PENALTY OF BEING DISQUALIFIED OR THE RESULTS OF THE COMPETITION, AND IN SERIOUS CASES, THEY MAY EVEN BE BANNED FROM THE COMPETITION.

VII. THE CHINA ASSOCIATION OF ATHLETICS FEDERATIONS (CAAF) SHALL INTERPRET AND MODIFY THIS GUIDELINE.



中国田径协会

中国田径协会(CHINESE ATHLETICS ASSOCIATION, 缩写为: CAA) 简称中国田协, 是由中华人民共和国各级田径协会、从事田径运动及与之相关体育产业的企事业单位、社会组织, 以及热心、支持和从事田径运动及相关工作的个人自愿结成的全国性、行业性、非营利性社会组织; 是中华全国体育总会的团体会员, 是中国奥林匹克委员会(简称中国奥委会)承认的管辖田径运动的全国性运动协会; 是世界田联、亚田联及相应国际和地区田径组织承认的代表中国参加国际田径活动的唯一合法组织。

中国田径协会宗旨是坚定不移地走中国特色社会主义发展道路, 坚持党对本会工作的统一领导, 围绕中心, 服务大局, 与时俱进, 改革创新。在党的领导下团结全国田径工作者、爱好者以及关心、支持田径项目的海内外社会各界人士, 调动一切积极因素, 促进国际交流与合作, 推动中国田径运动的普及和提高, 为中国田径事业的发展积累必要的资源, 维护会员合法权益, 倡导公平竞赛, 坚决反对使用兴奋剂, 弘扬体育精神, 提高田径运动技术水平, 促进田径事业健康发展。

CHINA ASSOCIATION OF ATHLETICS (CHINESE ATHLETICS ASSOCIATION, ABBREVIATED AS: CAA) ABBREVIATED AS CHINA ASSOCIATION OF ATHLETICS (CAA), IS BY THE PEOPLE'S REPUBLIC OF CHINA AT ALL LEVELS OF TRACK AND FIELD ASSOCIATIONS, ENGAGED IN TRACK AND FIELD AND SPORTS AND SPORTS INDUSTRY RELATED TO THE ENTERPRISE AND PUBLIC INSTITUTIONS, SOCIAL ORGANIZATIONS, AS WELL AS ENTHUSIASTIC, SUPPORT AND ENGAGE IN TRACK AND FIELD AND RELATED WORK OF THE INDIVIDUAL VOLUNTARILY FORMED A NATIONAL, INDUSTRIAL AND NON-PROFIT SOCIAL ORGANIZATION; A GROUP MEMBER OF THE ALL-CHINA SPORTS FEDERATION; A NATIONAL SPORTS ASSOCIATION RECOGNIZED BY THE CHINESE OLYMPIC COMMITTEE (COC) AS HAVING JURISDICTION OVER TRACK AND FIELD; AND THE ONLY LEGAL ORGANIZATION RECOGNIZED BY THE WORLD ASSOCIATION OF ATHLETICS FEDERATIONS (WAAF), THE ASIAN ASSOCIATION OF ATHLETICS FEDERATIONS (AAAF), AND THE CORRESPONDING INTERNATIONAL AND REGIONAL TRACK AND FIELD ORGANIZATIONS AS PARTICIPATING IN INTERNATIONAL TRACK AND FIELD ACTIVITIES ON BEHALF OF CHINA.

THE PURPOSE OF THE CHINA ASSOCIATION OF ATHLETICS IS TO UNSWERVINGLY FOLLOW THE PATH OF SOCIALIST DEVELOPMENT WITH CHINESE CHARACTERISTICS, ADHERE TO THE UNIFIED LEADERSHIP OF THE PARTY OVER THE WORK OF THE ASSOCIATION, FOCUS ON THE CENTER, SERVE THE OVERALL SITUATION, KEEP PACE WITH THE TIMES, REFORM AND INNOVATE. UNDER THE LEADERSHIP OF THE PARTY, TRACK AND FIELD WORKERS, ENTHUSIASTS, AND PEOPLE FROM ALL WALKS OF LIFE AT HOME AND ABROAD WHO CARE ABOUT AND SUPPORT TRACK AND FIELD PROGRAMS. IT IS MOBILIZING ALL POSITIVE FACTORS, PROMOTING INTERNATIONAL EXCHANGES AND COOPERATION, AND PROMOTING THE POPULARIZATION AND IMPROVEMENT OF ATHLETICS IN CHINA, ACCUMULATING THE NECESSARY RESOURCES TO DEVELOP CHINA'S TRACK AND FIELD ENDEAVORS. TO SAFEGUARD MEMBERS' LEGITIMATE RIGHTS AND INTERESTS, ADVOCATE FAIR COMPETITION, RESOLUTELY OPPOSE DOPING, CARRY FORWARD THE SPIRIT OF SPORTSMANSHIP, IMPROVE THE TECHNICAL LEVEL OF TRACK AND FIELD SPORTS, AND PROMOTE THE HEALTHY DEVELOPMENT OF TRACK AND FIELD.



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哈尔滨马迭尔集团股份有限公司是在“百年老字号”马迭尔宾馆基础上，历经三次重组，于1997年成立的国有股份制企业，现已发展成为集酒店管理、特色餐饮、食品加工、旅游开发等一体的企业集团。

企业曾获“中华老字号”“国家级保护建筑”“爱国主义教育基地”“新政协筹备活动旧址”“黑龙江省非物质文化遗产”“中国十大俄式西餐品牌”等多项荣誉称号。

马迭尔集团培育的品牌——马迭尔、哈尔滨冰雪大世界、哈尔滨国际啤酒节、哈尔滨冰雪嘉年华等，现已成为具有全国影响力的IP，是哈尔滨城市旅游名片。





哈尔滨冰雪大世界

HARBIN ICE - SNOW WORLD

哈尔滨冰雪大世界股份有限公司成立于2013年11月，拥有哈尔滨冰雪大世界和哈尔滨国际啤酒节两大知名品牌。公司正全力打造四季冰雪项目，在追求冰雪建筑与艺术创意融合的同时，致力于冰雪文化推广与传播，填补哈尔滨夏季不能看大冰大雪的旅游空白，实现从一季经营向四季经营转型升级。自公司成立以来，累计接待游客千万人次，纳税总额超8亿元，带动就业人数万余人次，先后获得最有影响力冰雪旅游目的地奖、青少年最喜爱的龙江冰雪景区、龙江最佳旅游目的地、中国旅游产业投资百强企业、黑龙江文化产业十大品牌、首届黑龙江省政府质量奖等荣誉。



哈尔滨冰雪大世界

哈尔滨冰雪大世界创办于1999年，已成功举办24届，成为世界最大的冰雪主题乐园，国际知名冰雪旅游品牌，全球最佳冰雪旅游目的地。平均每届经营期近70天，接待游客超过100万人次。



中国·哈尔滨国际啤酒节

中国·哈尔滨国际啤酒节是国内三大啤酒节之一，迄今已成功举办二十一届，作为哈尔滨这座城市的一场“啤酒+时尚”的盛宴，它不仅向全世界展示着冰城夏都哈尔滨浓郁的啤酒文化，同时也展示着“中国啤酒之都”哈尔滨的灵性与豪气，魅力与激情。



四季冰雪项目

四季冰雪项目选址太阳名风景区西区，占地面积81.66万平方米，总建筑面积9.6万平方米，总投资近25亿元，计划2024年建成并投入使用，被列为省“百大项目”。

哈尔滨文化旅游资产经营有限公司

国企担当



松浦1918



文化赋能

哈尔滨文化旅游资产经营公司，是哈尔滨马迭尔文旅投资集团有限公司权属的国有独资企业，拥有哈尔滨文旅游客服务中心有限公司、哈尔滨市格拉祖诺夫音乐艺术学校 2 家权属企业。公司目前拥有索菲亚景区、老会堂音乐厅、哈尔滨市格拉祖诺夫音乐艺术学校、中央大街 120 号（原松浦洋行）四大资源发展板块，良好的历史文化积淀、热门景点的人流优势，是无可比拟的发展潜力及动力所在。

同时，公司紧紧围绕艺术推广、文化创意、旅游演艺、时尚产业、数字经济、新商业等领域中的文化元素，进行产业布局，加快文化与旅游、艺术、科技、信息、教育、生活的深度融合，力求打造具有引领效应、带动作用的示范项目，形成具有本地特色和国内国际影响力的文化品牌，担当起国有企业社会发展责任，推动人民“幸福指数”快速提高。

● 索菲亚景区



始建于1907年拜占庭风格的东正教教堂
集“建筑+音乐+艺术”的文化旅游地标



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地址
哈尔滨市道里区透笼街88号

● 老会堂音乐厅

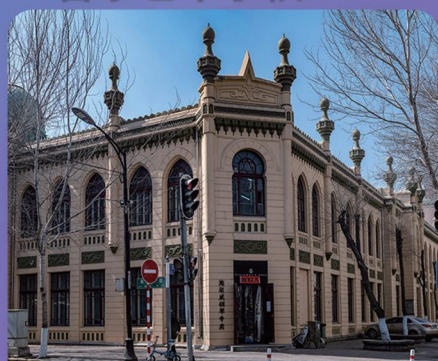


哈尔滨犹太文化历史街区
集“音乐+咖啡+书籍”的室内乐演出圣殿



售票、招商电话
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地址
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● 哈尔滨市格拉祖诺夫音乐艺术学校



百年音乐教育品牌
哈尔滨第一所高等音乐专科学校
声乐/器乐/舞蹈/合唱团/小交响乐团/文旅小记者团



招生合作电话
姜老师 18686864283
地址
哈尔滨市道里区通江街86号



哈尔滨太阳岛风景名胜区，位于哈尔滨市中部、松花江北岸；以江漫滩湿地、江湾湖沼为地貌特征；太阳岛风景区幅员辽阔，规划面积 38 平方公里，加上外围保护区（面积 50 平方公里），总面积 88 平方公里。

太阳岛气候适宜，植被丰饶，覆盖率超过 90%，生态结构完整。是国内唯一、国际罕见的城市中心江漫滩湿地景观。

冰雪文化资源更是点染出恢弘壮阔的冰雪诗史画卷。太阳岛雪博会作为哈尔滨冰雪旅游的龙头，以多项冰雪巨作重磅冲击世界吉尼斯纪录。

如今的太阳岛风景名胜区已成为哈尔滨市十大名片之首、黑龙江省文明单位标兵；太阳岛风景区综合整治（项目）荣获“中国人居环境范例奖”，2006 年太阳岛风景区获得联合国友好理事会授予的“生态示范岛屿”称号，这也是亚洲岛屿类获得的首项殊荣；同时，（2007 年 5 月）跻身国家（首批）5A 级旅游风景区之列；2008 年太阳岛风景区获得市民喜爱的“哈尔滨十佳名景”。





哈尔滨银行 HarbinBank
2023 哈尔滨马拉松
HARBIN MARATHON



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跑能公众号

跑能团队有超过10年行业经验，服务跑者过千万，服务专业赛事过千场，为中国大部分赛事提供了补给支持。
跑能团队一直坚持自主研发，致力于打造核心科技，是中国能量胶盐丸等专业运动补给品的创新开创者。



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— 哈尔滨统一企业有限公司 —

图片仅供参考，产品以实物为准

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—正宗哈尔滨红肠 始于1900—

秋林·里道斯®

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用心选材 品质如一



全国服务热线：400-666-1900

哈尔滨秋林里道斯食品有限责任公司

SF 顺丰速运 2023 哈尔滨马拉松唯一指定物流支持商



1993年，顺丰（股票代码：002352）诞生于广东顺德。

顺丰是中国第一大、全球第四大快递物流综合服务商，为客户提供国内及国际端到端一站式供应链服务。同时，依托领先的科技研发能力，致力于构建数字化供应链生态，成为全球智慧供应链的领导者。

行业领先的服务及品牌价值

经过多年潜心经营，顺丰在行业内已享有广泛的赞誉及知名度，树立了“快”、“准时”、“安全”的品牌形象，同时在多个细分赛道竞争领先，持续领跑行业。

<p>中华人民共和国国家邮政局 State Post Bureau of the People's Republic of China</p> <p>国家邮政局快递服务满意度第一</p> <p>1st 连续14年 2022快递服务总体满意度和公众满意度</p> <p>1st 连续9年 1st 连续9年 全程时限（48小时以内） 72小时准时率（90%以上）</p>	<p>FORTUNE</p> <p>《财富》世界500强及最受赞赏的中国公司</p> <p>5th 连续6年上榜 441th 首次上榜 2022最受赞赏的中国公司 2022年世界500强排行榜</p>	<p>KANTAR BRANDZ</p> <p>2022 MOST VALUABLE CHINESE BRANDS</p> <p>BrandZ最具价值中国品牌100强</p> <p>19th 连续5年上榜 2022年度BrandZ最具价值中国品牌100强排行榜 在快递企业中保持第一</p>
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<p>顺丰快运</p> <p>营收规模连续3年 中国零担快运行业第一</p>	<p>顺丰冷运</p> <p>连续4年 蝉联“中国冷链物流百强榜”第一</p>	<p>顺丰同城</p> <p>中国规模最大的独立第三方 即时配送服务平台</p>	<p>嘉里物流</p> <p>2022年度全球货代50强榜单 海运榜第九、空运榜第十二</p>
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解决方案

工业制造	消费品	家居家电	通信高科技	金融保险	电商与流通	汽车	服装鞋帽	医药健康	政企政务	公共服务	生鲜食品
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可持续发展 共建无限可能

<p>零碳未来 共赴双碳目标</p> <p>减碳目标 顺丰发布《碳目标白皮书》，2030年以前将自身碳效率提升55%，每个快件包裹的碳足迹降低70%的减碳目标。</p> <p>可持续物流 通过绿色运输、绿色转运、绿色包装等途径，实现覆盖物流生命周期的温室气体减排计划。</p> <p>推动循环经济 积极与上下游产业链合作，推动绿色包装循环使用。在社会层面推行环保理念，培养公众绿色环保意识。</p>	<p>社会关怀 共创美好生活</p> <p>社会公益慈善 顺丰打造“2+N”业务体系，以教育发展、儿童医疗救治为主赛道，同时不断开拓符合社会发展需求的新方向，面对突发重大灾害，不遗余力，倾力奉献，传递善意与爱心。</p> <p>乡村振兴 顺丰充分发挥资源优势，打造特色经济，助力乡村振兴。目前顺丰助力农产品上行服务网络已覆盖全国2,800多个县区级城市，共计服务4,000余个生鲜品种，2022年实现特色农产品运送362万吨，预计助力农户创收超千亿元。</p>	<p>人才伙伴 共建无限可能</p> <p>员工关爱与发展 坚持以人为本，以提升员工满意度为理念，追求员工与公司的共同成长。</p> <p>客户权益与保障 顺丰秉承“以客户为中心，以体验为根本”的理念，持续优化服务质量，致力于为客户提供快捷、安全、可靠、智能的物流服务。</p> <p>供应商合作共赢 顺丰坚持平等协商、互利共赢的原则，建立公平、公正的供应商管理体系，推动与供应商的合作共赢。</p>
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秋林
格瓦斯

秋林品牌始建于1900年
省级非物质文化遗产
东北畅销饮料

常喝
消化好!



捷途汽车

捷途汽车是基于奇瑞控股二十三年造车技术积累，以先进的制造实力“塑匠心源头，锤工艺品质”JETOUR捷途以先进的制造工艺与严格的质量标准成为国内汽车制造行业的典范。基于“工业4.0”和“两化融合”的规划理念，将完善打造智能·绿色·精益三大工厂，捷途汽车专注旅行+细分市场，以场景化，生态化，平台化，为产品研发理念，实现了5年累销76万+销辆，创造了新锐SUV品牌发展新速度，成为传统汽车品牌的“新势力”。

哈尔滨星智集团

哈尔滨星智集团成立于2016年6月，注册资本一千万元整，旗下主营捷途汽车，哈尔滨星智是捷途汽车全国重点经销商，是捷途品牌东北特区销冠店，哈尔滨市两大主要汽车商圈先锋路商圈和机场路商圈哈尔滨星智集团均已完成捷途汽车A+级旗舰店建设，月销量突破百台，主店位于哈尔滨市道外区先锋路18号，建筑面积5000余平方，是根据标准的省级A+级形象店建设，业务涵盖了整车销售，二手车置换汽车金融保险，汽车维修与保养等，公司目前下属合作二级网点铺设完整，下属合作经销商33家。哈尔滨星智集团现有员工75人，其中大专及以上学历员工30人以上，哈尔滨星智集团坚持以诚实守信为原则，坚持用自己的服务去打动客户；公司秉承“顾客至上 锐意进取”的经营理念，坚持“客户第一”的原则为广大客户提供优质的服务。



哈尔滨星智

0451-88661919

哈尔滨市道外区先锋路18号

哈尔滨誉恒

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哈尔滨市道里区机场路B5厅



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始于1958



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打包幸福



“月”过山海 只此幸福

2023 哈尔滨马拉松 官方支持商
HARBIN MARATHON

[The]Mid-Autumn festival
mooncakes



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中秋
Mid autumn
Festival



哈尔滨棚户区改造 投资有限责任公司

助力2023哈尔滨马拉松 圆满成功

哈尔滨棚户区改造投资有限责任公司是哈尔滨市城市建设投资集团有限公司下属子公司。主要经营棚户区改造、保障性住房建设投融资和保障性住房经营、管理。公司致力于改善居民居住条件，为我市的融资、环保、税收等方面作出了重大贡献，全面推动了哈尔滨市城市环境面貌和功能品质的整体提升。公司建成的新政家园、文政佳园、北树嘉园、东直家园四个小区，临街人潮旺铺现劲爆启幕，耀世登场，恭候垂询。



哈尔滨交通集团

HARBIN TRAFFIC GROUP

哈尔滨交通集团

哈尔滨交通集团有限公司成立于2013年5月，是集城市公共交通运营服务、公共交通保障和交通基础设施投资、建设、运营及管理于一体的国有企业集团。目前，集团运营公交线路134条，公交车辆3094台（其中纯电动公交车占比90%），线路总里程2614.9公里，占全市公交规模50%左右，2022年客运量2.11亿人次；运营哈西、道外、三棵树客运站3座，2022年累计发送旅客64.4万人次；累计发行城市通电子支付产品1736万件，拥有活跃用户493万以上，2022年日均刷卡量151万人次；经营江上公交轮渡航线3条、旅游航线5条、渡船12艘，2022年客运量11.4万人次；建设、运营、管理公交场站43座；运营巡游出租车468辆、新能源出租车100辆，此外还拥有定制出行、物流运输、车辆维保、传媒广告、充电服务、非急救转运等共计12大项业务。

目前，交通集团正在全力夯实融入构建新发展格局和推动哈尔滨市经济社会发展过程中的使命与定位，突出公共交通大发展主业，聚焦交通领域综合性产业发展，着力培育发展“交通+主业融合”“交通+客货邮融合”“交通+旅游融合”“交通+综合基建”“交通+科技”“交通+新兴能源”“交通+资产运营”“交通+融媒体”8个业务板块，以市场化新思维、新机制、新模式助推集团实现转型升级和高质量发展。



优质服务
助力“哈马”

哈尔滨地铁集团
祝2023哈尔滨马拉松
取得圆满成功

哈尔滨地铁集团有限公司（以下简称公司）成立于2008年10月，公司实行以地铁工程建设、运营为主体，以房地产开发、物业管理、经营开发为辅的多元化集团管理模式，下设建设、运营、置业、物业、城发等5家子分公司，在职员工3800余人。

地铁工程是我市迄今为止投资最大的城市基础设施项目，多年以来，公司始终以“保安全、优服务、强监管、促发展”为己任，秉承“规划好地铁、建设好地铁、经营好地铁、管理好地铁”的管理理念，全力打造“安全、准点、便捷、舒适”的地铁运营优质服务品牌。截止目前，已开通1号线一、二、三期，2号线一期，3号线一期，3号线二期（东南段），初步形成了“十字加环线”的线网骨架，运营里程达79.6公里。现阶段在建3号线二期西北环工程。

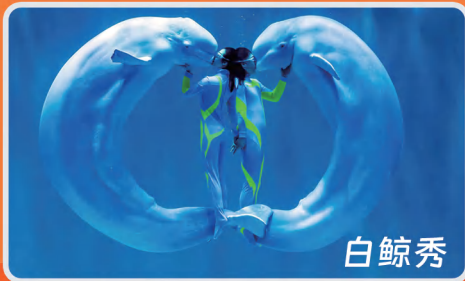
HARBIN
哈 | 尔 | 滨 | 地 | 铁
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五大场馆 六大表演



极地馆



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2023年8月27日至9月28日，凭本人号码布和本人身份证
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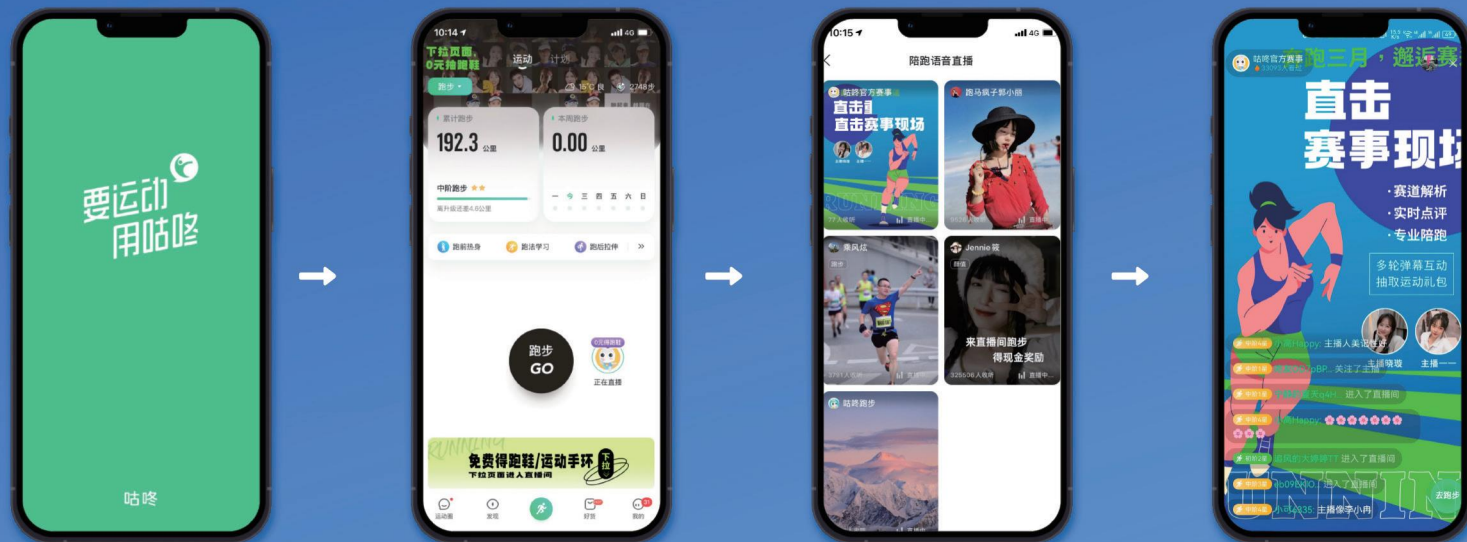
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直播时间: 8月27日 7:15-10:00

官方语音直播收听方式:



主播介绍:



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- 3.2023成都兴隆湖迎春跑
- 4.2022成都温江夜跑
- 5.2020 六盘水马拉松
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