

INWA World Cup Nordic Walking Half Marathon Nagano 2023

(Event Overview)

What is Nordic Half Marathon?

Nordic Walking originated in Nordic, an easy and effective fitness sport for anyone. In this event, we aim to complete 21 km of Nordic Walking.

- 【Point 1】 The course is a rich variety of trails, lakeside, and roads. It is a 21 km course based on the JNFA certified course located in Reisenji Lake, Iizuna Town.
- 【Point 2】 There are hot springs at the start and finish line. You don't have to worry about getting into a car after sweating.
- 【Point 3】 Lunch pack. After completing the course, enjoying a delicious bento box!
- 【Point 4】 You will receive an original participation prize (tote bag).

Organizer	INWA World Cup Nordic Walking Half Marathon Nagano Executive Committee NPO Japan Nordic Fitness Association (JNFA)
Co-organizer	International Nordic Walking Federation (INWA), Iizuna Town, Iizuna Town Tourist Association, Iizuna Town Chamber of Commerce, Shinshu Nordic Walking Association (SNW)
Supported by	Embassy of Finland, Nagano Ski Association, Iizuna Town Board of Education, Iizuna Town Sports Association
Cooperation	Kokuto Co., Ltd., ALP SKI TEAM
Sponsorship	Captain Stag Co., Ltd., Kurohime Wakanyaku Co., Ltd., St.Cousair Co., Ltd., Hokuriku Coca-Cola Bottling Co., Ltd., Super Sports Xebio Nagano Minamitakada Store, Lapin Nordic Sports Tomiki Tsukemono Co., Ltd., Yamada Farm, Tsuchikura Jyuku Co., Ltd., Karakida Seifun Co., Ltd., Shinano Farm Co., Ltd., Seven-Eleven Shinshu Mure Store, Ittosha Co., Ltd., Tokai Nichido Partners EAST Nagano, Iizuna Higashi Kogen Kankokaiatsu Co., Ltd., Iizuna Town Furusato Shinko Public Corporation, Marutoku Farm, Shinano Iryou Co., Ltd., Togakushi Matsumoto Seimen Co., Ltd., Milk Shop Kanai, Iwatani Nagano Co., Ltd., Takahashi Sukesaku Shuzoten Co., Ltd., Nagatomo Trading Maruzen Food Industry Co., Ltd., Hot Yoga LAVA
Event Date	September 24, 2023 (Sun)
Location	Reisenji Lake and its surroundings in Iizuna Town, Kamiminochi-gun, Nagano
Course	Shinshu Reisenji Lake Nordic Walking Course, Reisenji Lake Green Zone Divided into 4 courses: 21km, 12.5km, 8km, and 5.5km
Schedule	Registration 8:00-8:50 (Tengu-no-Yakata and Reisenji Lake Green Space)

Opening ceremony start time 21km: 9:30am
12.5km: 9:35am
8km: 9:40am
5.5km: 9:45am

Award ceremony anytime

Closing ceremony 2:00pm (including a fun lottery)

Events 【World Cup event】 Nordic Half Marathon 21km
 【Exhibition events】 Nordic Marathon 12.5km, 8km, 5.5km

Time limit Participants must pass the 15km mark by 12:30pm (3 hours)

Capacity Limited to 400 participants

Entry fee ¥5,500 (including participation prize, lunch box, bath ticket, and consumption tax)
 *Note that an additional ¥500 is required for those who wish to rent a pole.

Application for participation

Please fill out the necessary information on the application form on the flyer, enclose the participation fee, and apply by either “GENKIN KAKITOME” (registered mail for the purpose of sending money, confirm detail at near post office) or apply in person. In the case of a bank transfer, please mail the application form by postal service aside of the transfer. If the application forms run out, please make a copy. Alternatively, you can apply through the website “E-Moshicom”.

Application deadline

August 31, 2023 (Thu) (postmark valid on the day)

Inquiries and applications

Event office: Iizuna Higashi Kogen Kankokaihatu Co., Ltd.,
(contact: Nagashima or Ishikawa)

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Official website: <http://nordicmarathon.info/nagano/>