

Yokohama North Dock Run 2026 Participant Guide

Date: Saturday, November 7, 2026

Venue: U.S. Army Yokohama North Dock

Organizer: Yokohama North Dock Run Organizing Committee

■ **Event Secretariat**

TEL: 042-595-8632 (weekdays only, 11:00–16:00)
E-mail: info@yndrun.com
Address: c/o BeeAssist Co., Ltd.
4-10-10 Fujimi-cho, Tachikawa-shi, Tokyo 190-0013

■ **Race-day emergency contact: 03-5774-5329 (7:00–16:00)**

* After check-in opens, the line may be busy and calls may be hard to get through.

Event Outline

■ Event Yokohama North Dock Run 2026

■ Date Saturday, November 7, 2026 (held rain or shine)
* In the event of a natural disaster or emergency, the organizer will decide whether to hold the event.

■ Venue U.S. Army Yokohama North Dock (Mizuho-cho, Kanagawa-ku, Yokohama, Kanagawa)

■ Organizer Yokohama North Dock Run Organizing Committee

■ Supported by Kanagawa Prefecture
City of Yokohama,
Sports, Culture and Dynamic City Development Bureau
Yokohama Sports Association
Yokohama Chamber of Commerce and Industry, Northern Branch

■ Races & Times

Race	Distance	Entry / Check-in	Start	Time limit
Half Marathon	5.275 km × 4 laps	8:20–9:50	10:20	150 min
10K	5 km × 2 laps	9:50–11:20	12:30	90 min
5K	5 km × 1 lap	9:50–11:20	12:35	60 min

* All races start and finish at the same location.

■ Schedule

08:20 Venue opens
09:30 Opening ceremony (Half Marathon)*
10:20 Half Marathon start
11:30 Opening ceremony (10K / 5K)*
12:15 Half Marathon cutoff
12:30 10K start
12:35 5K start
12:50 Half Marathon ends
13:35 5K ends
14:00 10K ends
14:30 Venue closes

*Opening ceremonies are optional.

* The start may be delayed depending on congestion at the base entrance. We apologize for any inconvenience and appreciate your understanding.

■ Divisions & Awards

Divisions Half Marathon: by gender and age group
10K / 5K: by gender

Awards All races: top 3 overall, men and women
Half Marathon only: also 1st place in each age group

■ Participation Gift



Original face towel
Handed out with your bib at check-in.

Access

■ Venue

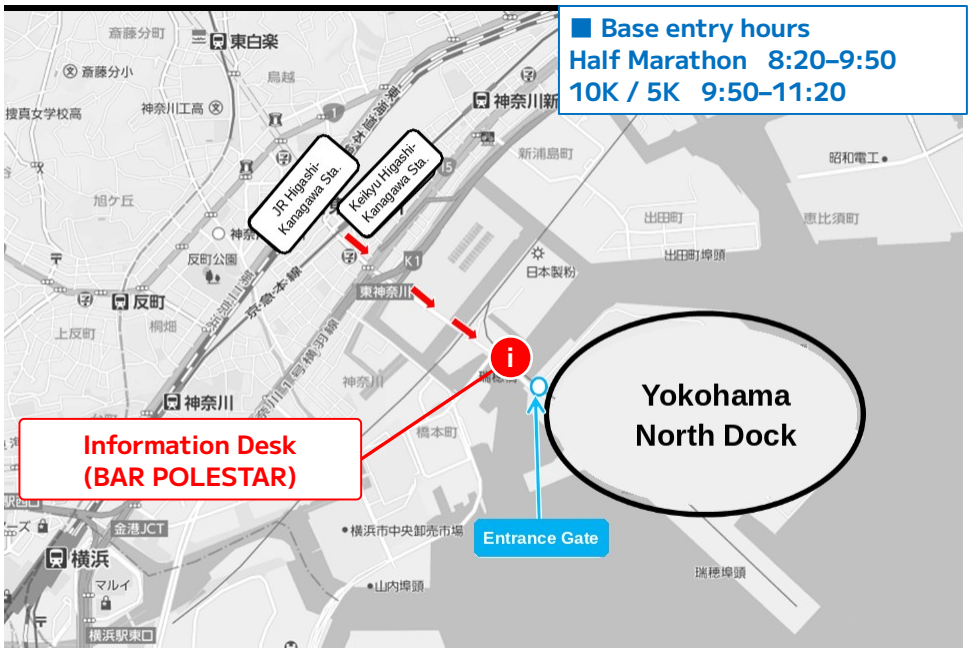
U.S. Army Yokohama North Dock
Mizuho-cho, Kanagawa-ku, Yokohama, Kanagawa 221-0034

■ Getting There

14-min walk from Higashi-Kanagawa Station (JR Yokohama Line)
13-min walk from Keikyu Higashi-Kanagawa Station (Keikyu Line)

■ Please Note

- There is no parking for participants' cars or bicycles. Please use public transportation.
- Vehicles may not enter the area around the base. Drop-off and pick-up by private car or taxi are prohibited.



No photos of the base exterior without U.S. military permission.



Base Entry and Check-in

■ What to Bring (runners and companions)

1. Participation notice (postcard): your base entry pass and bib pickup voucher
2. The photo ID you registered at entry (one of the following)
   - **Passport**
   - **My Number Card + a copy of your resident record (juminhyo) showing your registered domicile (honseki)**
   - **Driver's license**

   * **A My Number driver's license or smartphone My Number Card also requires a copy of the juminhyo showing your honseki.**

   * **Without your photo ID, you will not be admitted for any reason.**



Participation notice (postcard) sample

▲ For non-Japanese nationals and U.S. military personnel

- **Non-Japanese nationals:** please bring your passport or residence card.
- **Nationalities other than U.S. or Japanese:** as the venue is a U.S. military base, you must check with the Event Secretariat (info@yndrun.com) in advance whether your nationality is permitted to enter. This applies to all visitors, both runners and companions.
- **U.S. military personnel and affiliates:** please use the ID you normally use to enter the base. Race bibs are handed out at the tents on the lawn.

■ From Base Entry to Check-in

1. At the entrance gate, show your participation notice and photo ID to the military police for identity verification. Companions must enter together with their runner.
2. Go through the bag check. Bottles and glass, flammables, knives, drones, bicycles and similar items are not allowed.
3. Proceed to the lawn and show your participation notice at the reception tent to receive your race bib and participation gift. If your entry includes a T-shirt, show your participation notice at the T-shirt pickup tent.
4. Put on your race bib and wait in the waiting area (lawn) until your start.

* If the entrance gate is congested, Half Marathon runners will be given priority, even after 9:50.

■ Companions

- Only companions registered at the time of entry may enter. No additions or changes are possible.
- This race is not an "open base" event. Only runners and companions who applied in advance may enter. Thank you for your understanding.

■ On the Base

- Some areas on the base are off limits or closed to photography. If U.S. military personnel give you instructions, please follow them promptly.

Information Desk & Venue Events

Race Information Desk (BAR POLESTAR)

On race day, the race information desk will be at BAR POLESTAR, at the foot of Mizuho Bridge just before the entrance gate.

View the location on Google Maps
(or scan the QR code)



■ What the Information Desk Can Help With

1. **If you have not received your participation notice**
   Tell us your name, race and entry number, and we will give you your participation notice.
   Entry number search: https://timesync.jp/search-player/pia-running/261107/

2. **Additional sales of the official charity Dry Mesh Hooded Pullover**
   Due to popular demand, more charity hoodies will be on sale.
   * Each size is available only while supplies last.
   * See page 9 for the item and the beneficiary, NPO pena.

▲ No entry with a forgotten or expired photo ID

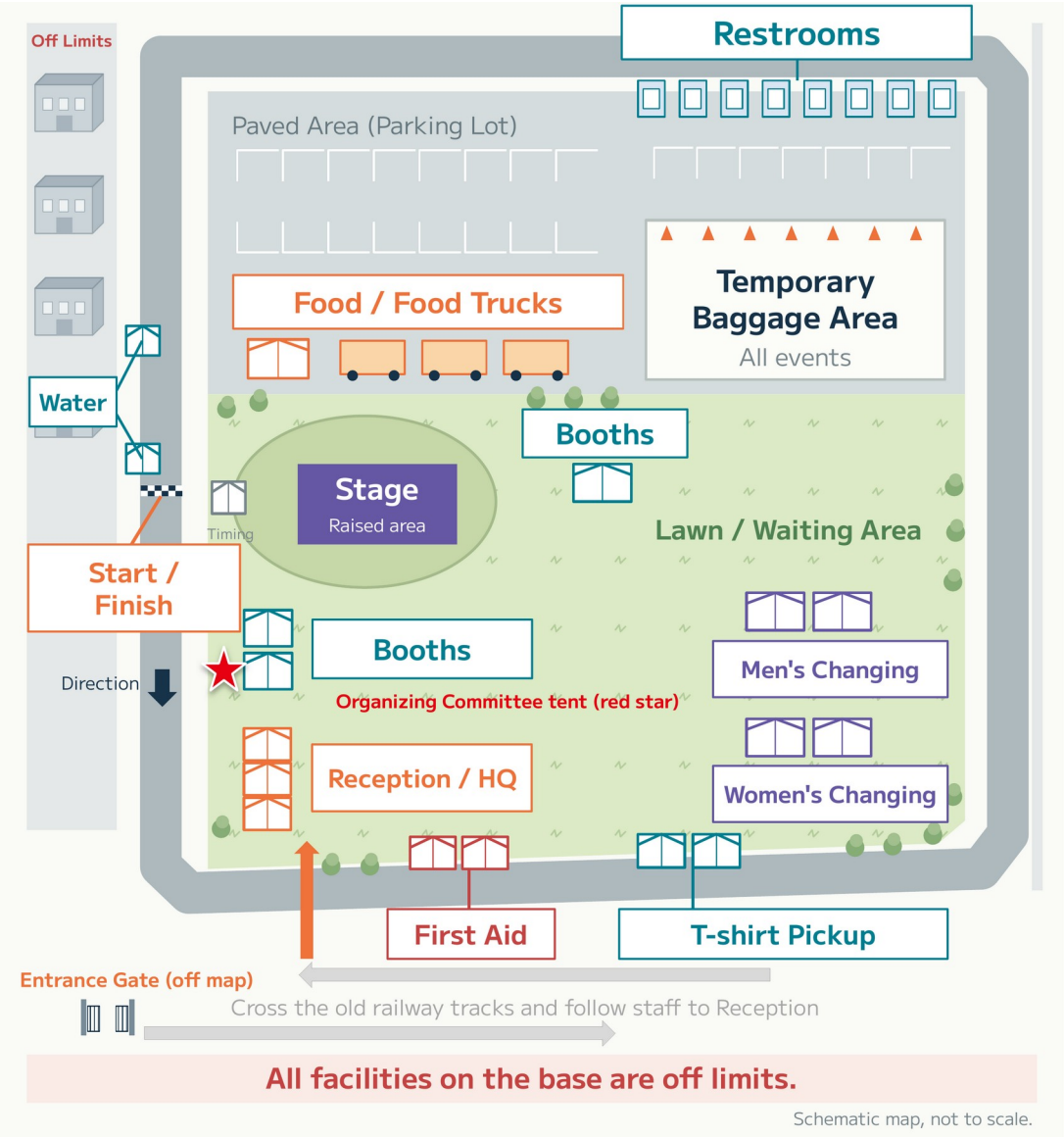
If you forget your photo ID or it has expired, you will not be allowed onto the base for any reason.
No exceptions will be made for forgotten IDs.

* This applies to both runners and companions. Before leaving home, make sure you have the photo ID you registered at entry and that it has not expired.

Venue Events

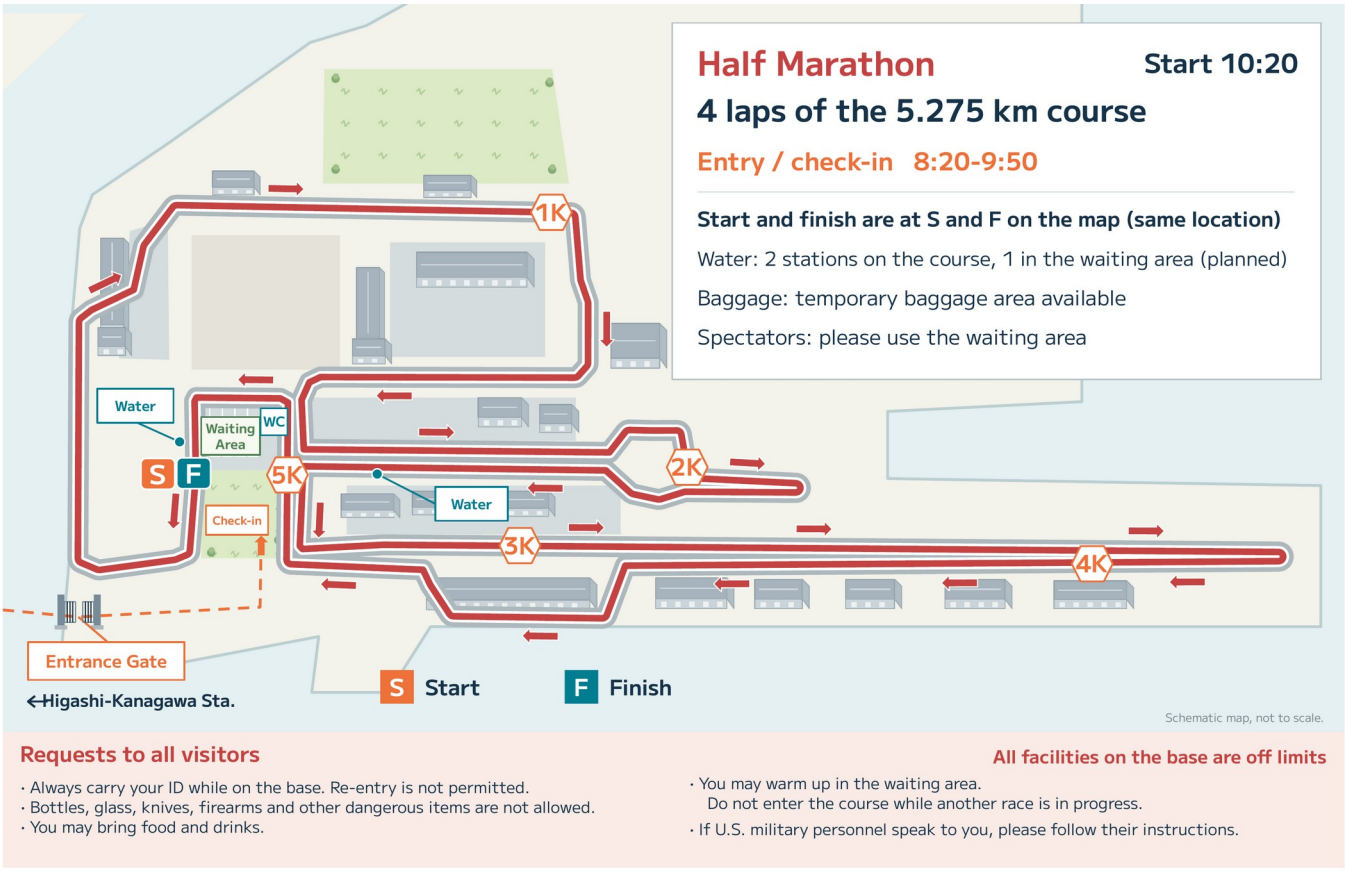
- Opening ceremonies: 9:30 (Half Marathon), 11:30 (10K / 5K)
  * National anthem sung by soprano Airi Nakano
  * After the Half Marathon opening ceremony, there will be a family run for little babies (babies born small) and their parents.
- Sponsor booths: product sampling
- Kanagawa Prefecture booth: VR hockey and more
- Food trucks and food booths
- Prize drawing (Organizing Committee tent): see page 10.

Venue Map & Facilities



- **Changing rooms:** Separate tents for men and women. No showers or lockers. Please give priority to runners in earlier races and share the space.
- **Temporary baggage area:** No lockers or cloakroom, and valuables cannot be kept. The organizer is not responsible for any damage, loss or theft of belongings.
- **Restrooms:** Crowded before the start. Please be considerate of others.
- **Food & drink:** You may bring your own. There are no convenience stores on the base. Food booths and food trucks close when sold out. Please take all trash home.
- **Waiting area:** Picnic sheets and tarps may be set up on the lawn. There is no shelter from rain, so please bring your own rain gear.
- **Photography:** Souvenir photos in the waiting area are fine. When posting on social media, make sure other people cannot be identified.
  Photographing areas off the course without permission, the base exterior, facilities or moving vehicles, photographing U.S. military personnel without permission, and taking photos while running (including selfies and body cameras) are all prohibited.

Half Marathon Course Map



Requests to all visitors

- Always carry your ID while on the base. Re-entry is not permitted.
- Bottles, glass, knives, firearms and other dangerous items are not allowed.
- You may bring food and drinks.

All facilities on the base are off limits

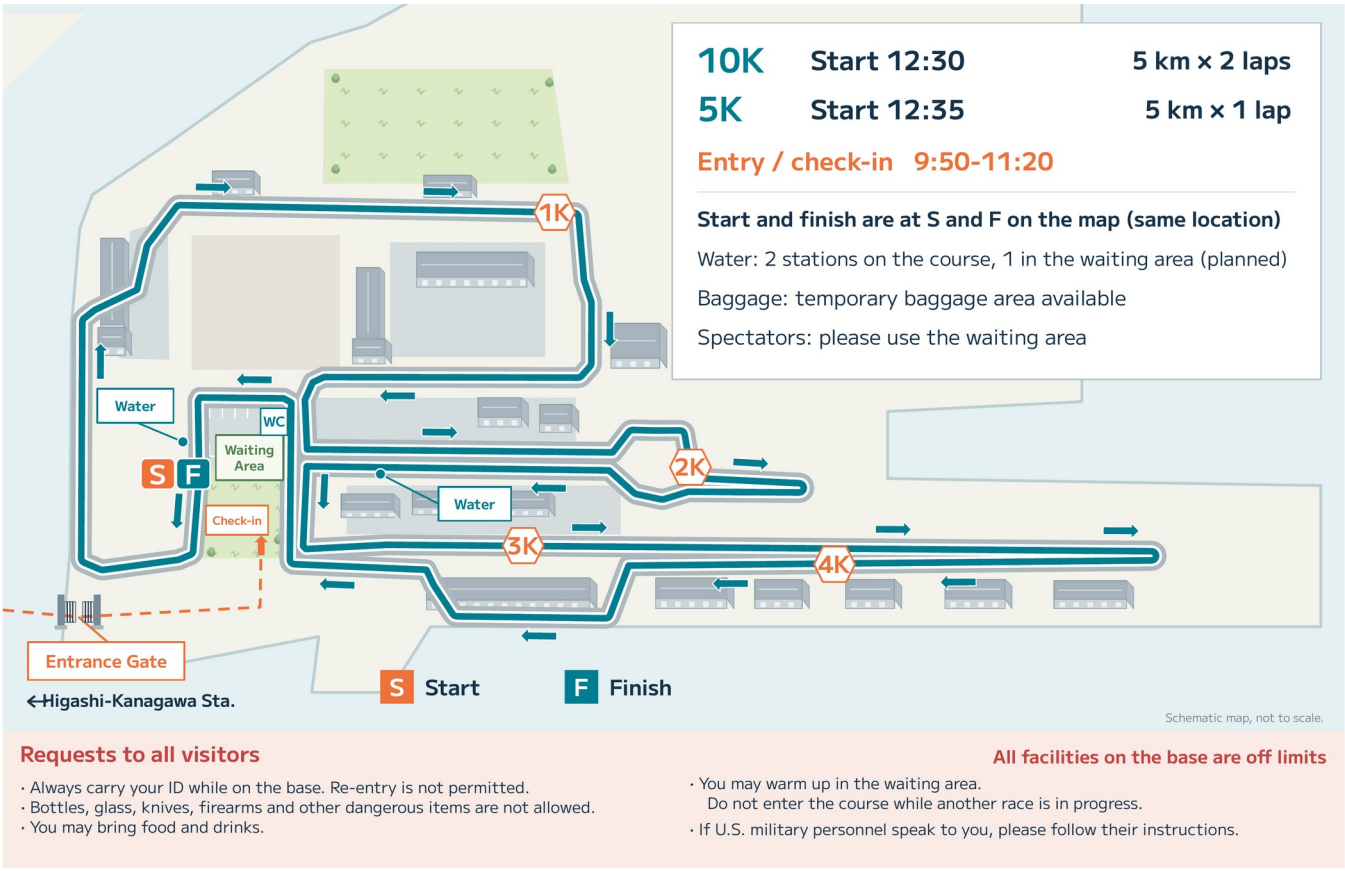
- You may warm up in the waiting area.
  Do not enter the course while another race is in progress.
- If U.S. military personnel speak to you, please follow their instructions.

[Advance Notice]

- The start may be delayed depending on congestion at the entrance gate.
- Emergency vehicles may drive on the base.
- The course may be changed on short notice at the request of the U.S. military.

■ **Half Marathon** 10:20 start / time limit 150 min (ends 12:50) / cutoff 12:15

10K / 5K Course Map



[Advance Notice]

- The start may be delayed depending on congestion at the entrance gate.
- Emergency vehicles may drive on the base.
- The course may be changed on short notice at the request of the U.S. military.

■ **10K** 12:30 start / time limit 90 min (ends 14:00)
■ **5K** 12:35 start / time limit 60 min (ends 13:35)

Race Rules (All Races)

Race Bibs



Half Marathon (blue)



10K (red)



5K (green)

- Attach your bib to the front of your chest with safety pins. It may not be worn on the waist, legs or back.
- Your time is measured by the timing tag on the back of the bib. Be sure to return the timing tag after you finish.
- Scan the QR code on your bib to see the live results site and your digital finisher certificate.

Timing, Results & Awards

- Each race has a mass start with the starting gun. Official times are gun times.
- Live results: https://timesync.jp/pia-running/
- Digital finisher certificates can be downloaded from the live results site.
- Awards: all races, top 3 overall for men and women; Half Marathon, 1st place in each age group

Live results

Notes

- Warm up in the waiting area. Do not enter the course while another race is in progress.
- Do not push at the start. Line up and wait.
- Some sections are out-and-back or narrow. Watch out for other runners.
- The start may be delayed due to weather, entry conditions or safety management.
- To prevent injury, please run only in running shoes (no geta sandals, bare feet, etc.).
- If you cannot take part, there is no need to contact us. Race entries cannot be transferred.
- Costumes must stay within common sense. Costumes that are offensive, overly revealing or otherwise make other participants uncomfortable are prohibited.

Charity Goods & NPO pena

Official Charity Dry Mesh Hooded Pullover: On Sale Again!!





* Photos are for illustration only.

On race day at the Information Desk (BAR POLESTAR) outside the entrance gate

¥15,000 (tax incl.)

Sizes: S / M / L / XL

*** While supplies last**

- Bald eagle emblem on the chest and back, Japanese and U.S. flags on the shoulders, and stripes inspired by both countries on the sleeves
- 100% polyester dry mesh. Light, stretchy and easy to move in.

Part of the proceeds goes to NPO pena, supporting little babies and their families

Beneficiary organization

NPO pena

All kinds of kids, all kinds of things.

Each Story, One Future

Website Instagram

Based in Kanagawa Prefecture, pena supports little babies (low-birth-weight infants) and their families. “Pena” means “paint” in Hawaiian, expressing the wish to cherish each person’s own color (individuality) while blending in with friends and society and living together.

What pena aims for

A society where little babies (born weighing less than 2,500 g) and their families can each weave their own story and build the future together with their local communities.

Main Activities

Family meetups (in person & online)

A place for families with similar experiences to talk about pregnancy, birth, the NICU and their children’s growth. Consultations with specialists, too.

Photo exhibitions & events

Photo exhibitions raising awareness of World Prematurity Day (November 15), plus exhibitions and talks across Kanagawa Prefecture.

Little Baby Handbook

A supplement to the maternal and child health handbook, made for little babies’ growth. At pena’s proposal, Kanagawa Prefecture has distributed it since 2023.

“Breast Pumping OK” mark

A mark created with Kanagawa Prefecture to show that nursing rooms can be used for pumping breast milk. Now used nationwide and included in national guidelines.

Prize Drawing

Presented by the Race Organizing Committee

Bib Number Prize Draw!

Every runner has a chance to win great prizes!

Total prizes **250** winners

Your race bib number is your lottery number!

1 Lottery number

All runners are eligible. Your bib number is your lottery number.

2 Announcement

Winners will be announced on the official website, the official Facebook page and the board at the venue.

3 Prize pickup

On race day at the Organizing Committee tent at the venue (red star on the venue map).

Prize Lineup

Sandaime Kubota **Meal voucher (¥5,000)**	20 winners	
Torebit Personal Gym **Gym session voucher**	10 winners	
Mitsumoto Coffee **Coffee set**	20 winners	
Yogashi Nakataya **Assorted sweets** with U.S. 250th anniversary sticker	100 winners	
Tsumamasa **Veggie broth drink set**	100 winners	
5 prizes in total **250 winners!**		

* **Prizes are handed out on race day only. They will not be mailed afterward.**
* Prize pickup: Organizing Committee tent at the venue (red star on the venue map).
* Prize contents and numbers of winners are subject to change.

■ Entry number search
https://timesync.jp/search-player/pia-running/261107/