



苏州银行  
BANK OF SUZHOU

2023 苏州马拉松  
SUZHOU 2023 MARATHON

# 参赛指南

PARTICIPANT OFFICIAL GUIDE



# SU ZHOU MARATHON





# 苏州市概况

苏州东临上海，南接浙江，西拥太湖，北依长江，是国家历史文化名城和风景旅游城市，国家高新技术产业基地，长江三角洲重要的中心城市之一。总面积8657.3平方公里，其中河流、湖泊、滩涂面积占全市土地面积的36.6%，拥有太湖四分之三以上的水域，常住人口1284.8万人，下辖吴江、吴中、相城、姑苏、虎丘（苏州高新区）5个区及苏州工业园区，代管张家港、常熟、太仓、昆山4个县级市，全市共有51个镇、46个街道。

苏州是一座人文之城，古城已有2500多年历史，仍坐落在春秋时期的原址上，9座古典园林被列入世界文化遗产名录，昆曲等7项被列入联合国非物质文化遗产代表作名录。

苏州是一座开放之城，拥有14个国家级开发区，吴江被纳入长三角生态绿色一体化发展示范区，昆山、太仓、相城、苏州工业园区被纳入虹桥国际开放枢纽北向拓展带，获批设立江苏自贸区苏州片区、中日（苏州）地方发展合作示范区、昆山深化两岸产业合作试验区等，156家世界500强跨国公司在苏州投资设立440多个项目。

苏州是一座创新之城，国家高新技术企业超1.1万家，苏州两院院士达140多人，全市人才总量335万人、其中高层次人才32万人。

苏州是一座产业之城，工业企业超16万家、规上工业企业超1.2万家，涵盖35个工业大类、167个中类和491个小类，规上工业总产值超4万亿元，集聚了中科院纳米所、国家第三代半导体技术创新中心、国家先进功能纤维创新中心、长三角先进材料研究院等一大批重大创新载体，恒力、沙钢、盛虹入围世界500强。

苏州是一座宜居之城，城乡公共服务支出占比79.2%，村均集体可支配收入1127万元，人均期望寿命84.04岁，建成首个国家生态园林城市群、首批国家生态文明建设示范市，实现全国文明城市“五连冠”“满堂红”。





## Overview of Suzhou

Suzhou shares its borders with Shanghai to the east, Zhejiang Province to the south, Taihu Lake to the west, and the Yangtze River to the north. It has been designated as a national historical and cultural city, a scenic tourist destination, a national high-tech industry base, and one of the key central cities in the Yangtze River Delta region. The city covers a total area of 8,657.3 square kilometers, with the river, lake, and tidal flat areas accounting for 36.6% of its land area. More than three-quarters of the water area of Taihu Lake is occupied by the city. The permanent population of the city is 12.848 million people. Suzhou is comprised of five districts - Wujiang, Wuzhong, Xiangcheng, Gusu, and Huqiu (Suzhou High-tech Zone), as well as Suzhou Industrial Park, and also manages four county-level cities: Zhangjiagang, Changshu, Taicang, and Kunshan. The city has a total of 51 towns and 46 sub-districts within its jurisdiction.

Suzhou is a city rich in cultural heritage, with its old town dating back over 2500 years and still standing on the original site from the Spring and Autumn Period. Nine classical gardens have been listed as World Cultural Heritage sites, and seven items such as Kunqu Opera have been listed as representative works of UNESCO's intangible cultural heritage.

Suzhou is a city of openness with 14 national-level development zones. Among them, Wujiang District has been included in the demonstration area for the integrated ecological green development of the Yangtze River Delta region, while Kunshan, Taicang, Xiangcheng, and Suzhou Industrial Park have been incorporated into the northward expansion zone of the Shanghai Hongqiao International Opening-up Hub. Jiangsu Pilot Free Trade Zone Suzhou Subzone, China-Japan (Suzhou) Regional Development Cooperation Demonstration Zone, and Kunshan Cross-Strait Industrial Cooperation Pilot Zone have been approved and established. Moreover, 156 multinational corporations from the Fortune Global 500 list have invested in Suzhou with over 440 projects set up in the city.

Suzhou is a city of innovation with more than 11,000 national high-tech enterprises, over 140 academicians of the Chinese Academy of Sciences and the Chinese Academy of Engineering, and a total of 3.35 million talents, including 320,000 high-level talents.

Suzhou is a city of industry, with over 160,000 industrial enterprises, of which over 12,000 are enterprises above a designated size. These enterprises cover 35 industrial divisions, 167 groups and 491 classes. The total industrial output value of enterprises above a designated size exceeds 4 trillion yuan. Suzhou has gathered a large number of major innovation carriers, such as the Chinese Academy of Sciences Suzhou Institute of Nano-Tech and Nano-Bionics, the National Third-Generation Semiconductor Technology Innovation Center, the National Advanced Functional Fiber Innovation Center, and the Yangtze Delta Advanced Materials Research Institute. Enterprises, such as Hengli, Shagang, and Shenghong, have been listed in the Fortune Global 500.

Suzhou is a highly livable city, with 79.2% expenditures allocated to public service in urban and rural areas. The average collective disposable income per village is 11.27 million yuan, and the average life expectancy is 84.04 years. It has also built the first national ecological garden city cluster and was among the first batch of national demonstration cities for ecological civilization construction. Suzhou has won the National Civilized City Award five times in a row, with all four of its county-level cities also being recognized.





赛事组委会

Event Organizing Committee

主任 Director:	吴庆文	市委副书记、市长
	Wu Qingwen	Deputy Secretary of the CPC Suzhou Municipal Committee and Mayor of Suzhou
	副主任 Vice Directors:	市委常委、宣传部部长
	金洁	Member of the Standing Committee and Director of Publicity Department of the CPC Suzhou Municipal Committee
	周达清	副市长
秘书长 Secretaries General:	Zhou Daqing	Deputy Mayor of Suzhou
	施嘉泓	副市长
	Shi Jiahong	Deputy Mayor of Suzhou
	季晶	副市长
	Ji Jing	Deputy Mayor of Suzhou
执行秘书长 Executive Secretary-General:	张剑	市政府机关党组成员、二级巡视员
	Zhang Jian	Member of the Party Leadership Group of the Municipal Government of Suzhou and Level II Bureau Rank Official
	张焱	市政府副秘书长
	Zhang Yan	Deputy Secretary General of the Municipal Government of Suzhou
	谢飞	市政府副秘书长
委员 Members:	Xie Fei	Deputy Secretary General of the Municipal Government of Suzhou
	阙明清	市体育局局长
	Que Mingqing	Director of the Suzhou Municipal Bureau of Sports
	陈艳青	市体育局副局长
	Chen Yanqing	Deputy Director of the Suzhou Municipal Bureau of Sports
	刘纯	市委宣传部副部长
	Liu Chun	Deputy Director of Publicity Department of the CPC Suzhou Municipal Committee
	宋翼	市委网信办副主任
	Song Yi	Deputy Director of the Cyberspace Affairs Office of the CPC Suzhou Municipal Committee
	汤晶	市大数据局副局长
	Tang Jing	Deputy Director of the Suzhou Municipal Big Data Bureau
	魏杰	市公安局副局长
	Wei Jie	Deputy Director of the Suzhou Municipal Public Security Bureau
	王晋	市住建局副局长
	Wang Jin	Deputy Director of the Suzhou Municipal Housing and Construction Bureau
	华益明	市园林绿化局副局长
	Hua Yiming	Deputy Director of the Suzhou Municipal Landscape and Greening Bureau
	虞杰	市城管局副局长
	Yu Jie	Deputy Director of the Suzhou Municipal Urban Management Bureau
	周建华	市交通局副局长
	Zhou Jianhua	Deputy Director of the Suzhou Municipal Transportation Bureau
	张飞	市商务局副局长
	Zhang Fei	Deputy Director of the Suzhou Municipal Commerce Bureau
	徐红霞	市文广旅局副局长
	Xu Hongxia	Deputy Director of the Suzhou Municipal Culture, Radio, Television and Tourism Bureau
	谢兴潜	市卫生健康委副主任
	Xie Xingqian	Deputy Director of the Suzhou Municipal Health Commission
	蔡建璞	市应急局副局长
	Cai Jianpu	Deputy Director of the Suzhou Municipal Emergency Management Bureau
	林振兴	市市场监管局副局长
	Lin Zhenxing	Deputy Director of the Suzhou Municipal Market Supervision Bureau
	葛惠龙	市统计局三级调研员
	Ge Huilong	Level III Division Rank Official of the Suzhou Municipal Statistics Bureau
	王超	团市委副书记
	Wang Chao	Deputy Secretary of Suzhou Municipal Committee of Communist Youth League of China
	张波	苏州日报报业集团党委委员、副总编辑
	Zhang Bo	Member of the Party Committee and Deputy Editor-in-Chief of the Suzhou Daily News Group
	王晓雄	市广电总台党委委员、副台长
	Wang Xiaoxiong	Member of the Party Committee and Deputy Director of the Radio and Television Station of Suzhou
	钱曙杰	苏州轨道交通集团副总经理
	Qian Shujie	Deputy General Manager of Suzhou Rail Transit Group
	朱洪亮	苏州公交集团副总经理
	Zhu Hongliang	Deputy General Manager of Suzhou Public Transport Group
	朱焱	市气象局副局长
	Zhu Yan	Deputy Director of the Suzhou Municipal Meteorological Bureau
	鞠非	苏州供电公司副总经理
	Ju Fei	Deputy General Manager of Suzhou Power Supply Company
	潘杨	电信苏州分公司副总经理
	Pan Yang	Deputy General Manager of Suzhou Telecom Company
	卢晓炯	移动苏州分公司副总经理
	Lu Xiaojiong	Deputy General Manager of Suzhou Mobile Company
	戴永康	联通苏州分公司副总经理
	Dai Yongkang	Deputy General Manager of Suzhou Unicom Company
	李继业	姑苏区副区长
	Li Jiye	Deputy Chief of Gusu District
	朱江	苏州工业园区党工委委员、管委会副主任、宣传和统战部部长
	Zhu Jiang	Member of the Party Work Committee, Deputy Director of the Administrative Committee, Director of Publicity and United Front Work Department of Suzhou Industrial Park
	肖建杰	虎丘区委常委、副区长
	Xiao Jianjie	Member of the Standing Committee and Deputy District Mayor of Huqiu
	张宝祥	市消防救援支队一级督导员
	Zhang Baoxiang	First-Level Supervisor of the Fire Brigade Detachment of Suzhou



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# 赛事基本信息

## Overall Information



### (一) 技术认证单位

Technical Verification

中国田径协会

Chinese Athletics Association

### (二) 主办单位

Hosted by

苏州市人民政府

Suzhou Municipal People's Government

### (三) 承办单位

Organized by

苏州市体育局

Suzhou Municipal Bureau of Sports

### (四) 比赛时间及地点

Event Day and Location

1. 比赛时间：2023 年 3 月 26 日（星期日）7:30
2. 比赛起点：国宾路 / 金鸡湖大道
3. 马拉松 / 半程马拉松终点：苏州奥林匹克体育中心
4. 家庭跑终点：东方之门东侧城市广场

1. Time: 7:30 on March 26, 2023 (Sunday)
2. Start line: Guobin Road/Jinjihu Avenue
3. Finish line of the full/half marathon: Suzhou Olympic Sports Centre
4. Finish line of the family run: City Life Plaza, East of Gate of the Orient

### (五) 比赛项目及规模

Event and Scale:

1. 马拉松（42.195 公里）：10000 人（含 200 名公益名额）
2. 半程马拉松（21.0975 公里）：10000 人
3. 家庭跑（4.2 公里）：5000 人（1600 组家庭）

1. Full marathon (42.195 km): 10,000 runners (including 200 charity entries)
2. Half marathon (21.0975 km): 10,000 runners
3. Family run (4.2 km): 5,000 runners (1,600 families)

### (六) 比赛组别

Competition Category

男子马拉松、女子马拉松、男子半程马拉松、女子半程马拉松、家庭跑

Men's Full Marathon, Women's Full Marathon, Men's Half Marathon, Women's Half Marathon, Family Run



(一) 比赛按照中国田径协会最新审定的田径竞赛规则、中国路跑及相关赛事办赛指南和本届马拉松竞赛规程执行。

All these races should follow the Athletics Competition Rules newly approved by the Chinese Athletics Association (CAA) as well as the Competition Regulations of this event.

(二) 比赛检录

Security Check and Corral Loading

比赛日当天上午 5:30-7:15，选手进行安检及检录，所有参赛选手须正确佩戴号码布及手环安检入场，两者缺一不可。

Security check and corral loading will be performed at 5:30 AM-7:15 AM on the race day. All participants are required to wear their number bibs and wristbands at the same time to enter the start area.

(三) 集结办法

Corrals

1. 本次赛事将按报名参赛选手在中国马拉松信息平台上 2019 年 1 月 1 日（含）至 2023 年 1 月 1 日（含）期间举办的认证级别为“A 类赛事”的马拉松项目或半程马拉松项目的最好成绩作为混合分区依据。
2. 按照马拉松 / 半程马拉松选手（按个人最好成绩混合分区站位）、家庭跑选手顺序排列集结，各分区间隔 10 米。
3. 组委会在每个分区前都设置了计时毯，选手先通过所在分区的检录地毯，再通过起点计时毯的成绩方为有效。
4. 所有选手不允许后区进入前区检录起跑，前区可进入后区检录起跑，如违反则取消该选手成绩和排名，并追加禁赛一年的处罚。

1. The event will use a corral start, based on participants' best ever results recorded on www.runchina.org.cn for "Class-A" full/half marathons held between January 1, 2019 and January 1, 2023.
2. The full/half marathon runners (lined up by corral based on their best ever results) and family run participants will be arranged in sequence with a 10-meter distance between two neighboring corrals.
3. The Organizing Committee has placed a timing mat at the front of each corral. The participant's start will only be considered valid if they pass through first the mat when entering their assigned corral and then the timing mat at the start line.
4. Participants may move to a later corral if they know they don't have the ability to run the race at their intended pace. However, they may not move to an earlier corral. If they violate this rule, their results and rankings will be canceled, and they will be imposed a one-year ban from the race.

(四) 发令：采用一枪发令同时起跑的办法。

Start: the race will start upon a single shot of the starting pistol.

(五) 为保证参赛选手比赛安全、顺利，比赛期间各路段距离设关门时间，分时、分路段对社会交通进行临时管控。到达关门时间后，对应公里点的计时毯停止工作，对应路段恢复社会交通。参赛选手在规定的关门时间内，未跑完对应路段距离的须立即停止比赛，退出赛道，以免发生危险。退出赛道的选手可到路线沿途就近的收容站搭乘收容车前往终点取衣。

To ensure a safe and smooth race, a cut-off time will be set for each section of the race course, and temporary traffic control will be in place for each individual section within the upper limit of its cut-off time. All closed sections will reopen for traffic and the related timing mat will cease working after the cut-off time ends. If a participant is unable to finish a section before the specified cut-off time, he/she must quit the race and leave the course immediately for safety reason. They may take the event vehicle at the nearest sweep bus stop to the finish line for gear claim.

项目 Race	公里点位 KM Point	关门时间 Cut-off Time
马拉松 Full Marathon	5 km	8:30
	10 km	9:10
	15 km	9:50
	20 km	10:30
	21.0975 km	10:40
	25 km	11:10
	30 km	11:55
	35 km	12:40
	40 km	13:25
	42.195 km	13:40
半程马拉松 Half Marathon	5 km	8:30
	10 km	9:10
	15 km	9:50
	20 km	10:30
	21.0975 km	10:40
家庭跑 Family Run	4.2 km	9:00

(六) 计时办法

Timekeeping

1. 本次比赛对马拉松项目和半程马拉松项目采用传感系统计时（净计时），家庭跑项目不计时。
2. 各项目参赛选手必须按要求正确佩戴感应芯片。在各项目起点、每 5 公里点、折返点和终点设有计时毯，各项目参赛选手在跑进过程中必须逐一通过地面的计时毯，如缺少任何一个计时点的成绩，将取消该参赛选手的比赛成绩并不予排名。
3. 计时芯片（一次性）将在赛前与号码布等参赛物资同时发放，赛后不回收。
4. 获奖选手均使用枪声计时成绩排名。

1. Both full and half marathon are timed by the sensor system (net timing), and the family run is not timed.
2. Runners in all races must correctly wear sensor chips as required. Timing mats will be placed at the start line, every 5KM point, turning point, and the finish line. A participant must go through each timing mat during the race, and result will not be qualified for final ranking if any timing mat's result is missed.
3. The timing chip (disposable) will be distributed together with the number bib and other materials before the race, and is not required to be returned after the competition.
4. The winning athletes are ranked by the gun time.

(七) 医疗救护

Medical Services

1. 为保障参赛选手的生命安全，经组委会授权的赛事裁判、急救跑者、救援人员、医疗志愿者、医疗站医护人员及其他相关工作人员对明显不能继续进行比赛的选手，有权终止其比赛。因该选手不听从建议，坚持参赛或拒绝配合救治所产生的一切后果及责任，由该选手个人承担。
2. 组委会在起点、终点及赛道沿途设有固定医疗站、救护车和移动 AED 医疗救援保障服务。
3. 组委会在赛道沿途设置紧急救援人员、医疗志愿者，协助医疗救护和维护比赛秩序，选手可向他们寻求服务。
4. 赛时，如选手丧失意识，则自动委托组委会的医护人员和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、租用车辆或航空工具进行快速转运，所产生的法律责任及相关费用，均由选手本人承担，概不追究参与施救的医护人员、急救人员、组委会工作人员及主办方的法律及经济方面的责任。

1. To ensure the safety of all participants, authorized representatives by the Organizing Committee, including referees, first aid runners, rescue personnel, medical volunteers, and medical station staff and other related personnel, have the right to terminate the participation of any participants who are clearly unable to continue the race. If the participant insists on continuing with the race and refuses to cooperate, he/she shall bear all consequences and responsibilities arising therefrom on his/her own.
2. The Organizing Committee has set up medical stations, ambulances and mobile AED medical services at the start/ finish line and alongside the course.
3. The Organizing Committee will arrange emergency personnel and volunteers along the course to provide medical assistance and maintain the race order. Participants can ask them for help at any time.
4. If a participant loses consciousness during the race, the organizing committee's medical staff and emergency personnel are authorized take all necessary measures to provide medical assistance, including but not limited to CPR, AED, and renting vehicles or aircraft for rapid transportation. Any legal responsibility and related expenses incurred shall be borne by the participant, and the medical staff, emergency personnel, organizing committee, and sponsors shall not be held legally or financially responsible for their rescue actions.





# 赛事当天流程

Schedule on Event Day



3月26日  
Mar 26







苏州银行  
BANK OF SUZHOU

2023 苏州马拉松  
SUZHOU 2023 MARATHON



## 路线图 Course Map



### 马拉松 (42.195公里)

国宾路/金鸡湖大道 (起点) → 金鸡湖大道 → 星杭街 → 葑谊街 → 杨枝塘路 → 南門路 → 盘門路 → 盘胥路 → 三香路 → 狮山路 → 狮山路 (折返) → 滨河路 → 何山路 → 枫桥路 → 上塘街 → 閻胥路 → 干将西路 → 干将东路 → 鹅颈湾 → 凤凰街 → 干将东路 → 苏州大道西 → 星明街 → 苏惠路 → 星港街 → 现代大道 → 金塔路 → 苏州大道东 → 星塘街 → 苏州奥体中心体育场 (终点)

### Full Marathon (42.195 km)

Guobin Road/Jinji Lake Avenue (start line) → Jinji Lake Avenue → Xinghang Street → Fengyi Street → Yangzhitang Road → Nanmen Road → Panmen Road → Panxu Road → Sanxiang Road → Shishan Road → Shishan Road (turning around) → Binhe Road → Heshan Road → Fengqiao Road → Shangtang Street → Changxu Road → Ganjiang West Road → Ganjiang East Road → E'jing Bay → Fenghuang Street → Ganjiang East Road → Suzhou Avenue West → Xingming Street → Suhui Road → Xinggang Street → Xiandai Avenue → Jinju Road → Suzhou Avenue East → Xingtang Street → Stadium of Suzhou Olympic Sports Centre (finish line)

### 半程马拉松 (21.0975公里)

国宾路/金鸡湖大道 (起点) → 金鸡湖大道 → 星杭街 → 苏州大道西 → 星明街 → 苏惠路 → 星港街 → 现代大道 → 金塔路 → 苏州大道东 → 万盛街 (折返) → 苏州大道东 → 星塘街 → 苏州奥体中心体育场 (终点)

### Half Marathon (21.0975 km)

Guobin Road/Jinji Lake Avenue (start line) → Jinji Lake Avenue → Xinghang Street → Suzhou Avenue West → Xingming Street → Suhui Road → Xinggang Street → Xiandai Avenue → Jinju Road → Suzhou Avenue East → Wansheng Street (turning around) → Suzhou Avenue East → Xingtang Street → Stadium of Suzhou Olympic Sports Centre (finish line)

### 家庭跑 (4.2公里)

国宾路/金鸡湖大道 (起点) → 金鸡湖大道 → 星州街 → 芙蓉街 → 环金鸡湖步道 → 东方之门东侧城市广场 (终点)

### Family Run (4.2 km)

Guobin Road/Jinji Lake Avenue (start line) → Jinji Lake Avenue → Xingzhou Street → Furong Street → Jinji Lake Loop Trail → City Life Plaza, East of Gate of the Orient (finish line)





苏州银行  
BANK OF SUZHOU

2023 苏州马拉松  
SUZHOU 2023 MARATHON

# 选手入场指引图

Participants Entry Map



## 注意事项:

- 入场周边无停车位置, 请所有选手乘坐轨道交通5号线, 在华莲站下车入场;
- 赛事当天早上08:00前金湖站、李公堤南站临时封闭。

## Notes:

- There is no parking near the event location. Runners are recommended to take Rail Transit Line 5 to Hualian Station and then enter the event location.
- Jinhu and Ligongdi South Stations will be temporarily closed before 8:00 a.m. on the day of the event.





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SUZHOU 2023 MARATHON

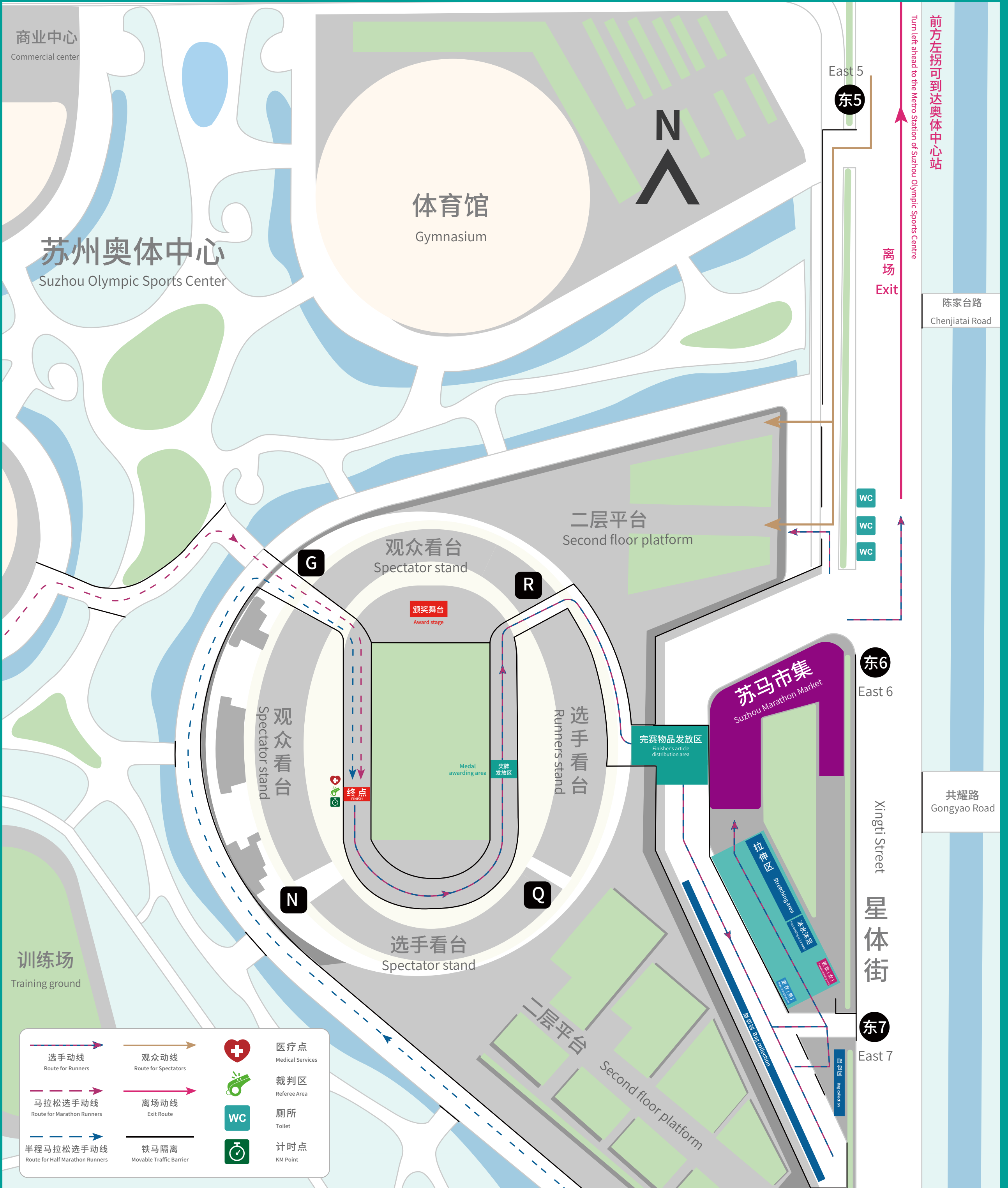
# 起点区域示意图

Start Area Map



## 终点区域示意图

Finish Area Map







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2023苏州马拉松  
SUZHOU 2023 MARATHON

家庭跑终点区域示意图

Family Run Finish Area Map



饮料、饮水、用水、能量补给站

Drink, Water, Sponge, and Energy Supply Stations

(一) 马拉松

Full Marathon

公里点 KM Point	饮料 / 饮水站 Drink & Water	饮水 / 用水站 Water & Sponge	能量补给站 Energy Supply
2.5 km	✓		
5 km		✓	
7.5 km	✓		✓
10 km		✓	✓
12 km	✓		
14 km		✓	✓
16 km	✓		✓
18 km		✓	✓
20 km	✓		✓
22 km	✓	✓	✓
24 km	✓	✓	✓
26 km	✓	✓	✓
28 km	✓	✓	✓
30 km	✓	✓	✓
32 km	✓	✓	✓
34 km	✓	✓	✓
36 km	✓	✓	✓
38 km	✓	✓	✓
40 km	✓	✓	✓

(二) 半程马拉松

Half Marathon

公里点 KM Point	饮料 / 饮水站 Drink & Water	饮水 / 用水站 Water & Sponge	能量补给站 Energy Supply
2.5 km	✓		
5 km	✓	✓	
7.5 km	✓	✓	✓
10 km	✓	✓	✓
12 km	✓	✓	✓
14 km	✓	✓	✓
16 km	✓	✓	✓
18 km	✓	✓	✓
20 km	✓	✓	✓

(三) 家庭跑

Family Run

公里点 KM Point	饮料 / 饮水站 Drink & Water	饮水 / 用水站 Water & Sponge	能量补给站 Energy Supply
2.5 km	✓		✓



比赛日当天上午 5:30-7:15，选手进行安检及检录，所有参赛选手须正确佩戴号码布及手环安检入场，两者缺一不可。

Security check and corral loading will be performed at 5:30 AM-7:15 AM on the race day. All participants are required to wear their number bibs and wristbands at the same time to enter the start area.

(一) 检录信息

Corral Loading

比赛设置 2 个安检入口，3 月 26 日上午 05:30 开始安检、入场。请参赛选手尽量提前到达，避开安检高峰期，以免在入场口造成人员拥堵和积压现象。所有选手应提前准备好需安检物品，快速通过安检区。

重要提示：

- 1. 集结时间：5:30-7:30
- 2. 凭本人参赛号码布及手环安检入场。
- 3. 号码布佩戴胸前（请勿折叠或覆盖），手环佩戴于手腕处（摘除或剪断无效）。如未正确佩戴号码布及手环，裁判有权拒绝该选手入场。

The race will have two security checkpoints. Participants may undergo the security check and enter the corrals from 5:30 am on March 26. Arriving early is recommended to avoid peak times during security checks and possible congestion at the entrance. All participants should prepare their items for security check in advance and avoid crowding in the security area.

Important Reminder:

- 1. Corral Loading Period: 5:30-7:30 am
- 2. Participants need to show their own race number bib and wristband upon entering.
- 3. The bib must be worn on the chest (without folding or covering it), and the wristband must be worn on the wrist (an unattached or cut-off wristband will be deemed invalid). Failure to wear the bib and wristband as required may result in the referee refusing entry to the participant.

(二) 集结

Corral Loading

集结区 Corrals	分区说明 Corral Instruction	参赛选手 Participants	备注 Note
A	马拉松成绩：03:42:00 以内 Qualifying Times for Full Marathon<03:42:00	号码布以 A 为首的马拉松 / 半程马拉松选手 Full/half marathon participants with bib numbers starting with A.	本次赛事将按报名参赛选手在中国马拉松信息平台上 2019
	半程马拉松成绩：01:51:00 以内 Qualifying Times for Half Marathon<01:51:00		
B	马拉松成绩：03:42:00-04:30:00 以内 03:42:00≤Qualifying Times for Full Marathon<04:30:00	号码布以 B 为首的马拉松 / 半程马拉松选手 Full/half marathon participants with bib numbers starting with B.	年 1 月 1 日（含）至 2023 年 1 月 1 日（含）期间举办的认证级别
	半程马拉松成绩：01:51:00-02:15:00 以内 01:51:00≤Qualifying Times for Half Marathon<02:15:00		
C	马拉松成绩：04:30:00-06:15:00 以内 04:30:00≤Qualifying Times for Full Marathon<06:15:00	号码布以 C 为首的马拉松 / 半程马拉松选手 Full/half marathon participants with bib numbers starting with C.	为 “A 类赛事” 的马拉松项目或半程马拉松项目的最好成绩作为混合分区依据。
	半程马拉松成绩：02:15:00-02:50:00 以内 02:15:00≤Qualifying Times for Half Marathon<02:50:00		
	赞助商渠道 Sponsored Runners		
D	半程马拉松成绩：02:50:00 及以后 02:50:00≤Qualifying Times for Half Marathon	号码布以 D 为首的马拉松 / 半程马拉松选手 Full/half marathon participants with bib numbers starting with D.	The event will use a corral start, based on participants' best ever results recorded on www.runchina.org.cn for "Class-A" full/half marathons held between January 1, 2019 and January 1, 2023.
	未参加过中国马拉松信息平台上 2019 年 1 月 1 日（含）至 2023 年 1 月 1 日（含）期间举办的认证级别为 “A 类赛事” 的马拉松项目或半程马拉松项目 Not having participated in any full or half marathon events certified as "Class-A Races" held between January 1, 2019 (inclusive) and January 1, 2023 (inclusive) on the China Marathon Information Platform (www.runchina.org.cn).		
M	家庭跑选手 Family run participants	号码布以 M 为首的家庭跑选手 Family run participants with bib numbers starting with M.	家庭跑选手 Family run participants



# 赛事计时点

KM Point



项目 Race	位置 Location	计时点 KM Point
马拉松 Full Marathon	起点 Start Line	✓
	5 km	✓
	10 km	✓
	15 km	✓
	16.273km 折返点 16.273 km Turning Point	✓
	20 km	✓
	25 km	✓
	30 km	✓
	35 km	✓
	40 km	✓
	终点 Finish Line	✓
半程马拉松 Half Marathon	起点 Start Line	✓
	5 km	✓
	10 km	✓
	14.8976km 折返点 14.8976 km Turning Point	
	15 km	✓
	20 km	✓
	终点 Finish Line	✓





# 赛事医疗点

Medical Services



项目 Race	位置 Location	医疗点 Medical Post
马拉松 Full Marathon	起点 Start Line	✓
	2.5 km	✓
	5 km	✓
	7.5 km	✓
	10 km	✓
	12 km	✓
	14 km	✓
	16 km	✓
	18 km	✓
	20 km	✓
	22 km	✓
	24 km	✓
	26 km	✓
	28 km	✓
	30 km	✓
	32 km	✓
	34 km	✓
	36 km	✓
	38 km	✓
	40 km	✓
	终点 Finish Line	✓

项目 Race	位置 Location	医疗点 Medical Post
半程马拉松 Half Marathon	起点 Start Line	✓
	2.5 km	✓
	5 km	✓
	7.5 km	✓
	10 km	✓
	12 km	✓
	14 km	✓
	16 km	✓
	18 km	✓
	20 km	✓
家庭跑 Family Run	终点 Finish Line	✓
	起点 Start Line	✓
	2.5 km	✓
	终点 Finish Line	✓

赛事喷淋点、收容车点

Water Spray and Sweep Bus Stop

项目 Race	位置 Location	喷淋点 Water Sprays
马拉松 Full Marathon	16 km	✓
	20 km	✓
	24 km	✓
	28 km	✓
	32 km	✓
	36 km	✓
半程马拉松 Half Marathon	14 km	✓
	16 km	✓
	18 km	✓

项目 Race	位置 Location	收容车点 Sweep Bus Stop
马拉松 Full Marathon	起点 Start Line	✓
	10 km	✓
	14 km	✓
	24 km	✓
	28 km	✓
	32 km	✓
	36 km	✓
半程马拉松 Half Marathon	起点 Start Line	✓
	10 km	✓
	14 km	✓
	18 km	✓



(一) 马拉松名次奖

Full Marathon Ranking Awards

按枪声成绩分别录取男女前 3 名上台领奖，按枪声成绩分别录取男女第 4 至 8 名给予奖励，具体奖励标准见下表。（单位：元 / 人民币）

The top three male and female participants by gun time will receive their awards at the podium. The male and female participants of 4th-8th places by gun time will also receive awards. The specific award standards are shown in the following table. (unit: RMB)

马拉松男子组		马拉松女子组	
Men's Full Marathon		Women's Full Marathon	
名次 Ranking	奖金（人民币） Prize Money (RMB)	名次 Ranking	奖金（人民币） Prize Money (RMB)
1	20,000	1	20,000
2	10,000	2	10,000
3	8,000	3	8,000
4	6,000	4	6,000
5	4,000	5	4,000
6	2,000	6	2,000
7	1,500	7	1,500
8	1,000	8	1,000

(二) 半程马拉松名次奖

Half Marathon Ranking Awards

按枪声成绩分别录取男女前 3 名上台领奖，按枪声成绩分别录取男女第 4 至 8 名给予奖励，具体奖励标准见下表。（单位：元 / 人民币）

The top three male and female participants by gun time will receive their awards at the podium. The male and female participants of 4th-8th places by gun time will also receive awards. The specific award standards are shown in the following table. (unit: RMB)

半程马拉松男子组		半程马拉松女子组	
Men's Half Marathon		Women's Half Marathon	
名次 Ranking	奖金（人民币） Prize Money (RMB)	名次 Ranking	奖金（人民币） Prize Money (RMB)
1	10,000	1	10,000
2	5,000	2	5,000
3	3,000	3	3,000
4	2,000	4	2,000
5	1,500	5	1,500
6	1,000	6	1,000
7	800	7	800
8	600	8	600

(三) 破中国马拉松纪录奖

Chinese Marathon Record-Breaking Awards

马拉松男子：2:08:15 以内（不含 2:08:15）且第一名，奖励 100,000 元人民币。  
马拉松女子：2:19:39 以内（不含 2:19:39）且第一名，奖励 100,000 元人民币。  
注：中国马拉松纪录以比赛时的最新纪录为准；半程马拉松不设破中国马拉松纪录奖。

Men's Full Marathon: reward of RMB 100,000 for results within 2:08:15 (excluding 2:08:15) and the first place winner.  
Women's Full Marathon: reward of RMB 100,000 for results within 2:19:39 (excluding 2:19:39) and the first place winner.

Notes: The Chinese marathon record is subject to the latest record at the time of the race, while the Chinese marathon record-breaking award is not available for the half marathon event.

(四) 高水平成绩奖

High-Level Performance Awards

马拉松男子：2:10:00 以内（不含 2:10:00）且第一名，奖励 50,000 元人民币。  
马拉松女子：2:29:30 以内（不含 2:29:30）且第一名，奖励 50,000 元人民币。

Men's Full Marathon: cash reward of RMB 50,000 for results within 2:10:00 (excluding 2:10:00) and the first place winner.

Women's Full Marathon: cash reward of RMB 50,000 for results within 2:29:30 (excluding 2:29:30) and the first place winner.

注：破中国马拉松纪录奖与高水平成绩奖不重复发放，只发放奖金金额最高的一项；半程马拉松不设高水平成绩奖。

Notes: The Chinese marathon record-breaking award and the high-level performance award will not be given at the same time, and the winner is entitled to claim the award with the higher amount of prize money. No high-level performance prize is available for the half marathon event.

(五) 获奖选手将按照《中国田径协会路跑赛事管理办法》及《中国田径协会路跑赛事反兴奋剂工作管理办法》相关规定进行兴奋剂检查。

Winners will undergo doping tests in accordance with the relevant provisions of the Administrative Measures for Road Running Events of the Chinese Athletic Association and the Administrative Measures for Anti-Doping Work of Road Running Events of the Chinese Athletic Association.

(六) 参赛选手在规定时间内完赛将获得完赛奖牌和完赛物品。

Any participants who finish the race within the set time will receive a finisher medal and other finisher materials.

(七) 完赛选手赛后可登录官方网站进行成绩查询和证书下载。

Finishers can log on to the event's official website after the race to check results and download certificates.

(八) 按照中国的税法规定，奖金由组委会代扣 20% 的个人所得税后发放。

Prize money are subject to a 20% personal income tax in accordance with the relevant provisions of Chinese tax law.

(九) 比赛现场不发放奖金，所有获奖选手的成绩在赛事官网公示 15 个工作日，奖金于成绩公示无异议后的 60 个工作日内发放（被抽检兴奋剂的选手需等待兴奋剂检查结果公布后发放）。如公示后发现成绩有异议，经过复核后仍存在异议，则将取消该名次及奖励，成绩名次不递补。

Prize money will not be awarded on site. The results of all prize winners will be publicized on the event's official website for 15 workdays. If there is no objection against the publicized results, the prize money will be granted within 60 workdays from the date when the results are confirmed. Participants who have taken the doping test need to wait until the test results are announced. If there is any objection against the publicized results and the objection still exists after re-check of the results, the corresponding rank will be disqualified and the vacated rank will not be filled.

(十) 各获奖选手在比赛成绩公示期内须向组委会办公室提交本人有效的银行卡号及开户行信息、本人签名的身份证复印件和联系电话，并办理领奖手续。逾期未办理的，组委会将按弃权处理。

Prize winners shall submit a valid bank account number, bank information, a copy of their ID card with their signature, and contact information to the Organizing Committee office. Otherwise, they will be deemed as abstaining from collecting their prize money.



组委会将对起点、赛道的关键路段和终点进行全程录像监控，比赛期间出现以下违反比赛规定行为的，裁判员有权终止选手比赛并当场没收违规选手号码布，取消其比赛资格及比赛成绩。赛后由组委会视情节轻重分别给予违规选手取消苏州马拉松比赛成绩、一年内不准参加苏州马拉松或终身禁止参加苏州马拉松等处罚，并报请中国田径协会追加处罚：

The Organizing Committee will closely monitor the start line, key sections of the course and the finish line via a CCTV system. If a participant commits any of the following misconduct, referees have the right to terminate his/her participation, confiscate his/her number bib, disqualify him/her from the race, and cancel his/her result. After the race, the Organizing Committee will punish the participant according to the severity of violation, such as canceling his/her result for Suzhou Marathon, or imposing a two-year, or life-time ban from Suzhou Marathon, and report the participant to CAA for further punishment.

1. 以虚假年龄或虚假身份报名。

2. 佩戴他人号码布和感应计时芯片参赛。

3. 伪造号码布参赛。

4. 携带 2 枚或 2 枚以上感应计时芯片参赛 ( 包括该选手携带异性选手芯片的 )。

5. 未按规定起跑顺序在非指定区域起跑、抢跑等违反规则行为。

6. 未按照规定时间出发起跑。

7. 绕近道或中途插入赛道，不按规定路线跑完全程。

8. 赛时不服从工作人员指挥，干扰比赛秩序、聚众闹事、打架斗殴等。

9. 比赛中采用挤人、推人、撞人、绊人等犯规行为的。

10. 比赛期间谩骂、打架、滋事的。

11. 长期逗留导致选手所在区域滋生安全隐患的。

12. 以接力方式完成比赛。

13. 重复通过终点、利用非本届赛事号码布领取完赛物品。

14. 未跑完赛道私自通过终点领取完赛物品。

15. 携带宠物伴跑。

16. 其他违反赛事规定和影响社会安全的行为。
1. Sign up for the race with a false age or identity.

2. Wear a number bib or a timing chip that belongs to another participant.

3. Participate in the race with a forged number bib.

4. Wear two or more timing chips or wear another participant's timing chip (including the case that a runner carries an opposite-sex runner's timing chip).

5. Start running at a non-designated corral or jump the gun.

6. Jump the gun without following the starting order.

7. Take shortcuts to overtake other runners, or finish the race through non-specified routes.

8. Refuse to follow the guidance of the staff, disturb the race, or start a riot or fight.

9. Push, bump into, or trip up other participants during the race.

10. Insult or fight with others, or cause troubles during the race.

11. Stay in an area for a long time and pose safety risks to other runners.

12. Finish the race by relay.

13. Cross the finish line repetitively or use the number bib for another race to claim finisher materials.

14. Claim finisher materials at the finish line without finishing the race.

15. Take a pet while racing.

16. Commit other misconduct that violates the race rules or may affect social security.

其中，利用违规手段获得（包括但不限于转让、盗取、倒卖）参赛资格或使用非本届赛事号码布参赛的违规者，比赛中发生的一切后果责任自负。违规行为经组委会核实确认后，将对违规者处以苏州马拉松终身禁赛的处罚，对于情节恶劣或造成一定社会负面影响的，组委会将报请相关部门追究其法律责任。

Participants who obtain their qualifications for the race by improper means such as stealing and participants who transfer or sell their qualifications for the race or use number bibs for other events shall be held liable for any consequence arising therefrom. If the violations are confirmed to be true, the Organizing Committee will impose a life-time ban on the violators from the Suzhou Marathon. For any serious violation with certain negative social impacts, the Organizing Committee will report it to the relevant authority for legal procedure.



(一) 赛后恢复（拉伸、沐足）

Post-Race Recovery (Stretching & Foot Bath)

为了让选手有更好的参赛体验，组委会在马拉松、半程马拉松项目终点为跑者提供拉伸放松和冰水沐足服务。帮助跑者缓解疲劳，恢复体能。

In order to provide participants with a better race experience, the organizing committee offers stretching and ice foot bath services at the finish area of the full/half marathon races. These services help runners relieve fatigue and recover physical strength.

(二) 存取衣

Bag Check and Claim

1. 马拉松、半程马拉松选手在起点指定区域凭本次赛事号码布寄存个人物品，家庭跑不提供存取衣服务。选手不要将贵重物品存放在包内（如手机、有效证件、现金、信用卡、各种钥匙、平板电脑等），如发生损坏或遗失，后果由选手本人承担。起点存衣服务时间为 5:30-7:15。
2. 终点取衣服务截止时间为 14:30。超过领取时间没有领取的，可在赛后 5 个工作日内通过电子邮件、电话等方式联系赛事组委会凭相关有效证件领取。到期仍未领取的，组委会将按无人领取处理。

1. Full/half marathon runners shall deposit their personal belongings at the designated area at the start line upon presenting their number bibs. No deposit service is available for the family run participants. Participants are advised not to put valuables (including mobile phones, valid certificates, cash, keys, credit cards, and tablet PC) in the race bag. Any damage, loss, or other consequences thereby caused shall be assumed by the participants alone. Participants may deposit their race bag between 5:30 and 7:15 on the race day.
2. The deadline for bag deposit is 2:30 PM on the race day. Any participant who fails to claim his/her belongings on time on the race day may contact the Organizing Committee via e-mail or phone within five workdays, and claim their belongings upon presentation of valid ID documents. Otherwise, the belongings will be deemed unclaimed and disposed of by the Organizing Committee.

(三) 成绩查询

Results Inquiry

完赛选手可于比赛结束 24 小时后，登录官方网站 (www.suzhoucitymarathon.com) 进行成绩查询。各项目参赛选手在跑进过程中必须逐一通过地面的计时毯，如缺少任何一个计时点的成绩，将取消该参赛选手的比赛成绩并不予排名。

Finishers can log on to the official website (www.suzhoucitymarathon.com) to check their results 24 hours after the race. Participants must go through each timing mat during the race. Their race results will be canceled and they will not be ranked if any timing mat's result is missed.

(四) 证书下载

Certificates download

完赛选手可于比赛结束 24 小时后，登录官方网站 (www.suzhoucitymarathon.com) 进行证书下载。各项目参赛选手在跑进过程中必须逐一通过地面的计时毯，如缺少任何一个计时点的成绩，将取消该参赛选手的比赛成绩并不予排名，不给予成绩证书。所有报名成功的家庭跑选手，可在赛后登录官网下载纪念证书。

Finishers can log on to the official website (www.suzhoucitymarathon.com) to download their certificates 24 hours after the race. Participants must go through each timing mat during the race. Their race results will be canceled and they will not receive a certificate if any timing mat's result is missed. All Family Run participants can download a commemorative certificate by logging into the official website after the race.

(五) 照片服务

Photography Service

赛事组委会将为参赛选手提供官方摄影服务，所有参赛选手可在比赛结束 24 小时后登录赛事官网 (www.suzhoucitymarathon.com) 输入参赛号码查询照片。

The organizing committee will provide official photography services for participants. All participants can log into the official website (www.suzhoucitymarathon.com) 24 hours after the race and enter their bib number to search for photos.

温馨提示

Friendly Reminders

1. 请将参赛号码布正确佩戴于胸前，请勿折叠或覆盖，以便进行照片采集及分拣。
2. 冲过终点后，为保障选手安全，请完赛选手不要在拱门处停留，按照现场裁判引导快速通过终点区域。
3. 请完赛选手凭借参赛号码布，有序排队领取完赛物品。凭无效号码布领取的，工作人员有权拒绝发放。
4. 被收容选手乘坐组委会收容车抵达终点后，请前往取包区领取个人物品。
5. 被收容的选手不得前往终点领取完赛物品，如冒领，组委会有权按竞赛规程给予相关处罚。

1. Please wear the race bib correctly on your chest without folding or covering it to facilitate photo collection and sorting.
2. After crossing the finish line, for the safety of the participants, please do not stop at the arch and quickly pass through the finish area according to the guidance of the on-site referee.
3. Finishers should line up in order to receive their finisher materials with their race bibs. Staff members have the right to refuse distribution to those who try to collect items with invalid bibs.
4. After the sheltered participants arrive at the finish line on the organizing committee's sheltered vehicle, please go to the bag collection area to retrieve personal items.
5. Participants taking the sweep bus are not permitted to collect the finisher materials in the finish area. If caught doing so, the organizing committee reserves the right to apply penalties in accordance with the competition rules.

“苏马映像” - AI 个性化跑者视频展示

获取您与 2023 苏州马拉松的专属记忆

“Suzhou Marathon Image” - AI Personalized Runner Video Display

Get your exclusive memories with the Suzhou 2023 Marathon



苏州广电传媒集团（总台）在 2023 苏州马拉松期间，特别推出“苏马映像”—AI 个性化跑者视频展示，为每位跑者量身打造个人专属 MV。比赛期间，AI 人脸识别技术将捕捉每位选手奔跑的飒爽英姿，配上苏州城市美景片段，为每位参赛者自动剪辑生成个性化的视频。完赛后，跑者使用苏周到 APP 或微信扫描二维码，进入活动页面即可下载专属 mv，及时与朋友分享自己的“苏马”高光时刻。

For the upcoming Suzhou 2023 Marathon, Suzhou Broadcasting Media Group will introduce a new feature called "Suzhou Marathon Image" which utilizes AI technology to create personalized videos for each runner. During the race, AI facial recognition technology will capture the dynamic postures of each runner as they run and pair them with beautiful scenes of Suzhou city. This combination will be used to automatically edit and create personalized videos for each participant. Once the race is over, runners can simply scan the QR code with the “Suzhoudao”（苏周到）app or WeChat to access the event page and download their exclusive personalized videos. This allows them to easily share their highlights of the "Suzhou Marathon" with friends and family.



# 参赛物品及注意事项

## Race Materials and Notes

### (一) 参赛手环

Race wristband



参赛手环将在发包现场为选手佩戴，并作为选手入场检录和完赛物品领取的重要凭证。  
注意：如赛前检录时马拉松 / 半程马拉松选手参赛手环出现严重破损或撕毁等现象，组委会有权拒绝选手参赛。

The race wristband will be worn by the participants at the gear bag distribution site and it is important for corral loading and collection of finisher materials.

Note: If the full/half marathon wristband is found to be significantly damaged or torn during pre-race corral loading, the organizing committee reserves the right to deny entry to the participant.

### (二) 计时

Timekeeping

1. 本次比赛对马拉松项目和半程马拉松项目采用传感系统计时（净计时），家庭跑项目不计时。
2. 各项目参赛选手必须按要求正确佩戴感应芯片。在各项目起点、每 5 公里点、折返点和终点设有计时毯，各项目参赛选手在跑进过程中必须逐一通过地面的计时毯，如缺少任何一个计时点的成绩，将取消该参赛选手的比赛成绩并不予排名。
3. 计时芯片（一次性）将在赛前与号码布等参赛物资同时发放，赛后不回收。
4. 获奖选手均使用枪声计时成绩排名。

1. Both full and half marathon are timed by the sensor system (net timing), and the family run is not timed.
2. Runners in all races must correctly wear sensor chips as required. Timing mats will be placed at the start line, every 5KM point, turning point, and the finish line. A participant must go through each timing mat during the race, and result will not be qualified for final ranking if any timing mat's result is missed.
3. The timing chip (disposable) will be distributed together with the number bib and other materials before the race, and is not required to be returned after the competition.
4. The winning athletes are ranked by the gun time.

#### 温馨提示

Friendly reminder

请您在领取计时芯片后到指定地点进行芯片检测。

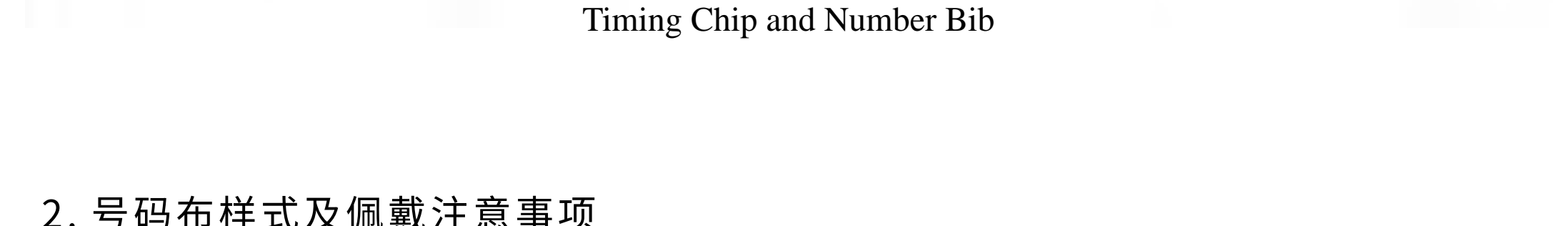
Please go to the designated location for chip testing after receiving your timing chip.

### (三) 计时芯片及号码布佩戴

Wearing of Timing Chips and Number Bibs

1. 若选手没有计时芯片或佩戴芯片的方式不正确，将没有成绩记录。若参赛者出现私自转让芯片、佩戴多个芯片、佩戴他人芯片等违规行为，将被取消比赛成绩，并根据竞赛规程处罚办法给予相应处罚。

If participants do not have a timing chip or do not wear the chip correctly, there will be no record of their results. If participants engage in violations such as privately transferring chips, wearing multiple chips, or wearing someone else's chip, their race results will be cancelled, and they will be punished according to the competition rules.



芯片号码布

Timing Chip and Number Bib

#### 2. 号码布样式及佩戴注意事项

2. Number Bib and Instructions



女子马拉松号码布

Number Bib for Women's Full Marathon



男子马拉松号码布

Number Bib for Men's Full Marathon



女子半程马拉松号码布

Number Bib for Women's Half Marathon



男子半程马拉松号码布

Number Bib for Men's Half Marathon



家庭跑号码布

Number Bib for Family Run



号码布背面

Number Bib Back



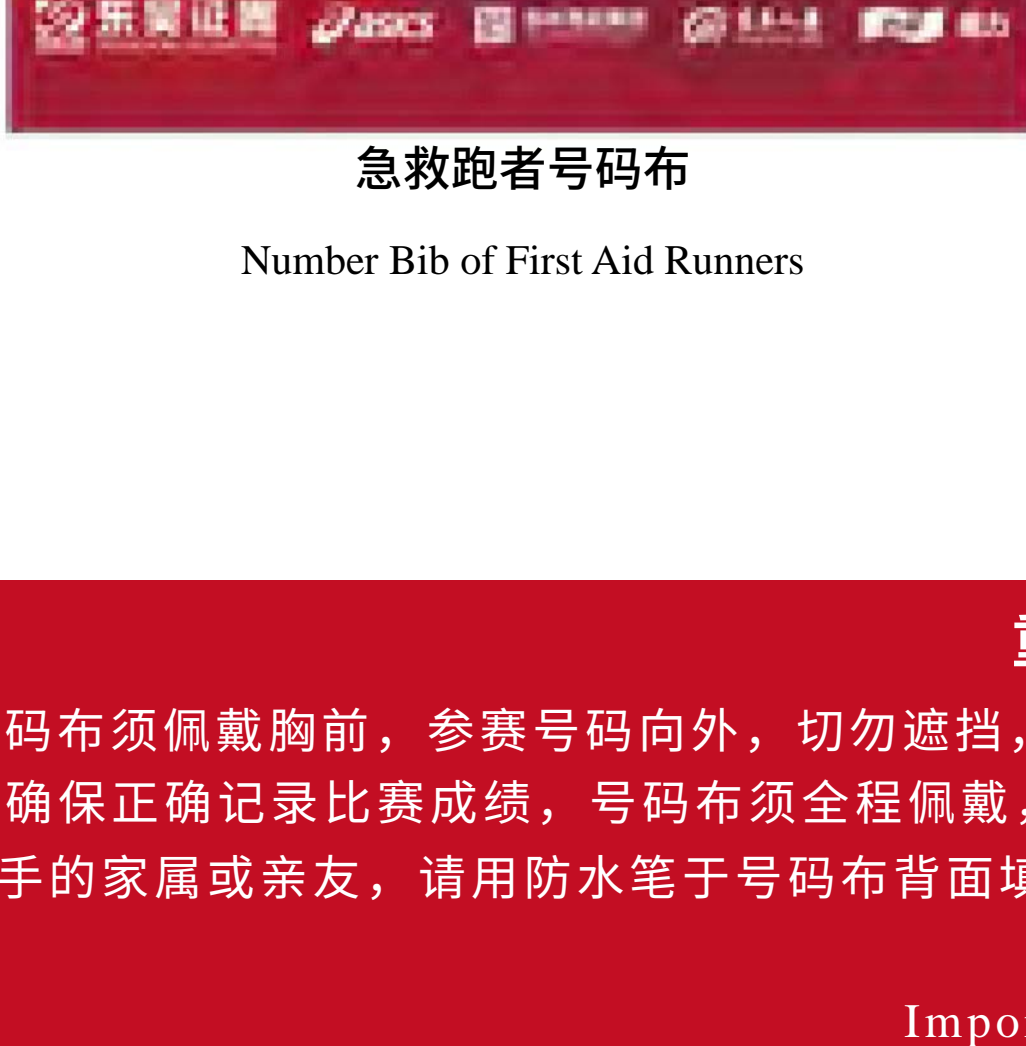
官方配速员号码布

Number Bib of Official Pacesetters



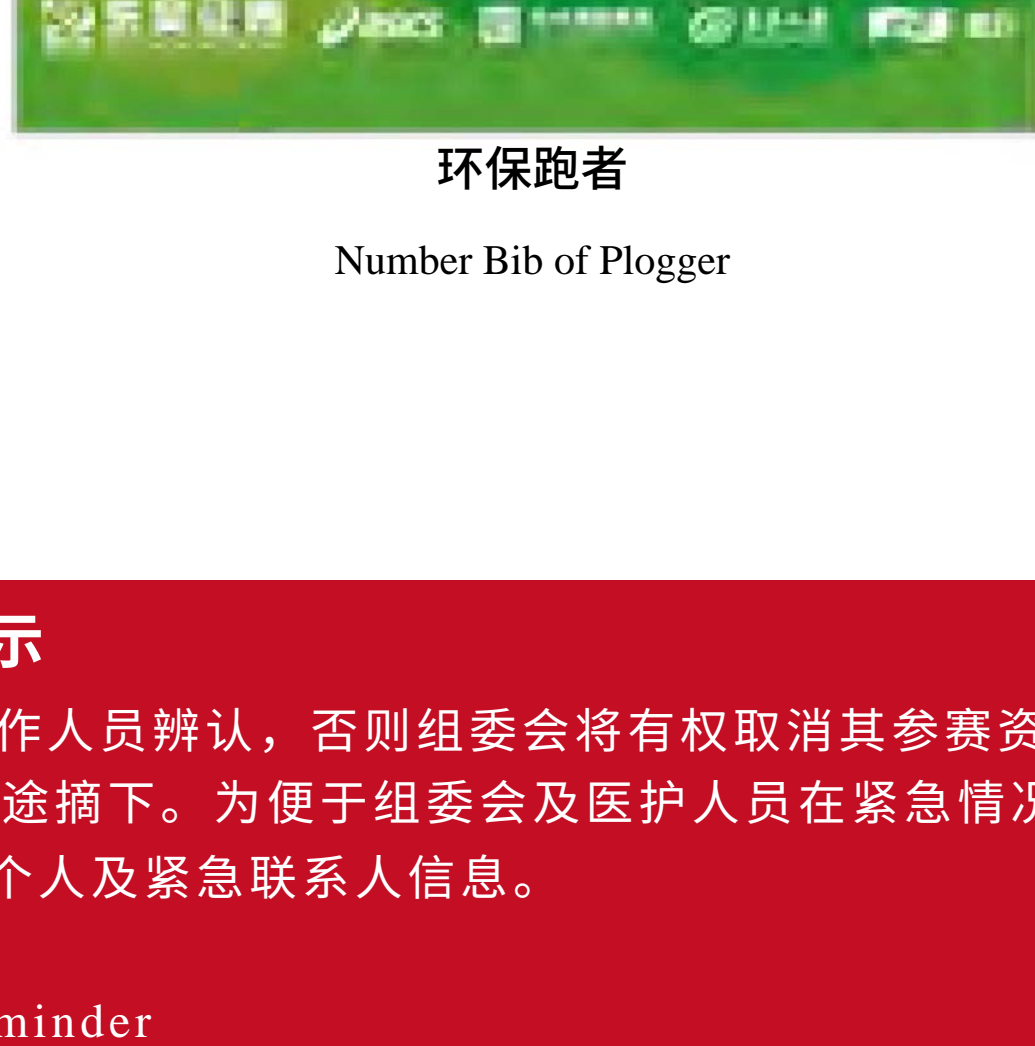
官方配速员号码布

Number Bib of Official Pacesetters



急救跑者号码布

Number Bib of First Aid Runners



环保跑者

Number Bib of Plogger

#### 重要提示

1. 号码布须佩戴胸前，参赛号码向外，切勿遮挡，以便工作人员辨认，否则组委会将有权取消其参赛资格。
2. 为确保正确记录比赛成绩，号码布须全程佩戴，不可中途摘下。为便于组委会及医护人员在紧急情况下联络选手的家属或亲友，请用防水笔于号码布背面填写完整个人及紧急联系人信息。

Important Reminder

1. The race bib must be worn on the chest with the race number facing outwards and must not be covered to facilitate identification by staff. Otherwise, the organizing committee has the right to cancel the participant's eligibility.
2. To ensure accurate recording of race results, the race bib must be worn throughout the entire race and cannot be removed halfway. To facilitate contact between the organizing committee and the family or friends of participants in emergency situations, please use a waterproof pen to fill in complete personal information and emergency contact information on the back of the race bib.

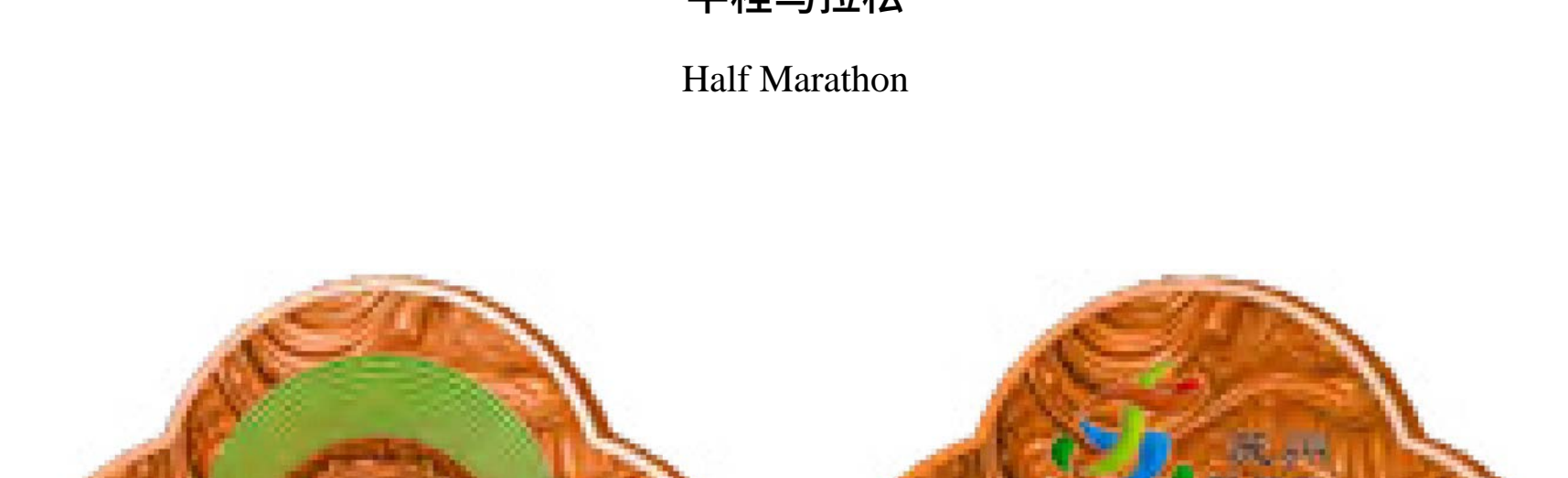
### (四) 完赛奖牌及刻字铭牌

Finisher Medal and Name Engraving Plate



马拉松

Full Marathon



半程马拉松

Half Marathon



家庭跑

Family Run



铭牌正面

Front of the plaque

铭牌背面(可激光刻字)

Back of the plaque (To be engraved)

各颜色铭牌区分：  
马拉松—金色铭牌  
银色铭牌—半程马拉松  
铜色铭牌—家庭跑  
请您核对参赛项目以及铭牌颜色，避免错拿。

Plaques are distinguished by color:  
Golden - Full Marathon  
Silver - Half Marathon  
Bronze - Family Run  
Please make sure you pick up the proper plaque that matches the race category you participate in.

#### 温馨提示

Friendly reminder

此铭牌为姓名刻字铭牌，可与完赛奖牌进行组合，您可以在领包期间或完赛后携此铭牌至奖牌姓名刻字处进行姓名雕刻。

The plaque is for engraving your name on and can be attached to your finisher medal. You can have your name engraved when collecting your gear bag before the race or at the engraving site after the race.





# 保险

## Insurance



1. 本次比赛为所有参赛选手和工作人员提供比赛期间保险，保单以报名信息为准，信息有误导致无法投保的，比赛中发生的后果由报名者自行承担。
2. 替跑、蹭跑、倒卖以及使用非本届赛事号码布的违规者均无法获得保险资格。
3. 参赛选手因身体状况需要而继续接受的非比赛中以及非急救性质的医务治疗所产生的相关费用，均由参赛选手自行与医院结算，后与保险公司协商按程序进行理赔。

1. This race provides insurance for all participants and staff members. The policy is subject to the sign-up information. If the sign-up information is incorrect resulting in participants not being able to be insured, the participant shall be responsible for any consequences arising therefrom during the race.

2. Participants who use a substitute, sell number bibs, or use number bibs not for the current race will not be insured.

3. If a participant needs to continue to seek medical treatment that is not caused in the race or not of an emergency nature due to their physical conditions, they shall first settle the medical expenses with the hospital on their own and then negotiate with the insurance company over insurance claims.





苏州银行  
BANK OF SUZHOU

2023苏州马拉松  
SUZHOU 2023 MARATHON

# 马拉松官方配速员

Full Marathon Official Pacesetter

3:00



3:15



3:30



3:45



4:00



4:15



4:30



4:45



5:00



5:15



5:30



5:45



6:00



6:10







苏州银行  
BANK OF SUZHOU

2023苏州马拉松  
SUZHOU 2023 MARATHON

# 半程马拉松官方配速员

Half Marathon Official Pacesetter

1:30



1:45



2:00



2:15



2:30



2:45



3:00



3:10







(一) 风险提示

Warnings

马拉松是一项高负荷、高强度、长距离的竞技运动，也是一项高风险的竞技项目，对参赛选手的身体情况有较高的要求，参赛选手应身体健康，有长期参加跑步锻炼的基础，以确保能够安全完赛。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。因此参赛者应明确并了解参赛过程中存在自甘风险，组委会建议所有参赛选手通过正规医疗机构进行体检（含心电图和血压检查），并结合体检报告进行自我评估，确认自己的身体状况能够适应长跑运动，才可报名参赛。

有以下疾病或状况者不宜参加比赛：

- 1. 先天性心脏病和风湿性心脏病。
- 2. 高血压和脑血管疾病。
- 3. 心肌炎和其他心脏病。
- 4. 冠状动脉病和严重心律不齐。
- 5. 血糖过高或过低的糖尿病。
- 6. 比赛日前两周以内患感冒。
- 7. 赛前一晚大量饮用烈性酒或睡眠不足。
- 8. 孕妇。
- 9. 新型冠状病毒感染者或近期患新型冠状病毒感染后康复期不满 30 天。
- 10. 其他不适合运动的疾病。

Marathon is an intense, long-distance, and high-risk competitive sport with demanding requirements on participants' physical conditions. To ensure their completion of the race, participants must be healthy and have participated in running exercise on a regular basis. If the physical exercise is improper, it may cause varying degrees of physical damage and even be life-threatening. The Organizing Committee recommends that all participants shall carry out physical examinations (including electrocardiogram and blood test) at licensed medical facilities, and evaluate their physical conditions based on the examination reports to confirm whether they are suitable for the long-distance running.

Those with the following physical conditions are not suitable for participating in the competition:

- 1. Congenital or rheumatic heart disease.
- 2. Hypertension or cerebrovascular disease.
- 3. Myocarditis or other heart diseases.
- 4. Coronary artery disease or severe arrhythmia.
- 5. Diabetes with hyperglycemia or hypoglycemia.
- 6. Cold caught within two weeks before the race day.
- 7. Excessive alcohol use or lack of sleep at the night before the race.
- 8. Pregnancy.
- 9. COVID infection or recovery from recent COVID infection for less than 30 days.
- 10. Other diseases unfit for sports.

(二) 赛后恢复建议

Post-Race Recovery Suggestions

- 1. 拉伸：完成比赛后，建议选手不要立刻停下步伐（切勿立即坐或躺），应多进行拉伸，让身体各部位肌肉得以放松。
- 2. 补充水及能量：建议选手应立即补充身体流失的水分、电解质、碳水化合物和蛋白质。
- 3. 更衣及保暖：建议选手赛后及时更衣，并注意保暖谨防感冒或失温。
- 4. 充分休息：建议选手赛后及时休息，清淡饮食，充足睡眠。
- 5. 恢复性训练：建议选手赛后隔天进行 30 分钟以内恢复性慢跑或快走，也可选择进行低强度的交叉训练，加速血液循环，舒缓疲劳。

- 1. Stretching: After completing the race, it is recommended that participants do not immediately stop and should perform stretching exercises to relax their muscles.
- 2. Replenishing Water and Energy: Participants should immediately replenish lost fluids, electrolytes, carbohydrates, and proteins.
- 3. Changing Clothes and Staying Warm: Participants should change clothes promptly after the race and stay warm to avoid catching a cold or getting hypothermia.
- 4. Adequate Rest: It is recommended that participants rest promptly after the race, eat light meals, and get enough sleep.
- 5. Recovery Training: Participants should engage in recovery training, such as slow jogging or brisk walking for less than 30 minutes the day after the race. Low-intensity cross-training can also be used to increase blood circulation and relieve fatigue.









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风险提示：基金有风险，投资须谨慎。投资人投资前应阅读《基金合同》《招募说明书》《产品资料概要》等法律文件

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男式跑步长裤 2011C851-001

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可选祝寿金和  
长寿养老金

注：本宣传材料所述内容仅供理解保险条款所用，具体的保险责任、责任免除、给付限制、合同解除、等待期、犹豫期及其他详细内容均以正式保险合同为准。

## 产品要素解读 东吴慧享福（智享版）养老年金保险

保险期间	终身	缴费方式	月缴、趸交\3年\5年\10年\20年	基本部分	基本养老金、身故保险金
投保年龄	出生满28天—65周岁（含）	起领年龄	60\65\70\75周岁	可选部分	祝寿金、长寿养老金

### 保险责任

#### 基本部分（保证领取20年，年金领取终身）

##### 基本养老金

本合同的基本养老金保证领取期为二十年，基本养老金保证领取期自您与我们约定的基本养老金开始领取日开始计算。  
若被保险人在基本养老金开始领取日零时及之后的每个基本养老金领取日零时仍生存，我们按以下约定给付基本养老金：  
如果选择按月领取，我们按本合同基本保险金额给付基本养老金；  
如果选择按年领取，我们按本合同基本保险金额  $\times 8.5\%$  给付基本养老金。  
若被保险人在本合同约定的基本养老金保证领取期内身故，我们将一次性给付基本养老金保证领取期内尚未领取的基本养老金金额，本合同终止；若被保险人在基本养老金保证领取期后仍生存，我们将继续给付基本养老金，直至被保险人身故，本合同终止。

##### 身故保险金

若被保险人在基本养老金开始领取日零时前身故，我们按本合同已交保险费与被保险人身故当时的现金价值之较大者给付身故保险金，本合同终止。

#### 可选部分（祝寿金一次付，长寿金终身给）

##### 祝寿金

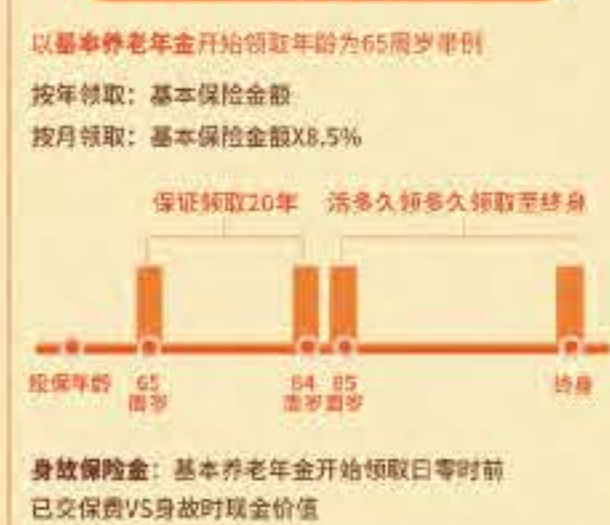
若被保险人在基本养老金保证领取期届满后的第一个保单周年日零时仍生存，我们除给付基本养老金外将额外一次性给付基本保险金额的2倍作为祝寿金。

##### 长寿养老金

若被保险人在长寿养老金开始领取日零时及之后的每个长寿养老金领取日零时仍生存，我们按以下约定给付长寿基本养老金：  
如果选择按月领取，我们按本合同基本保险金额  $\times 20\%$  给付长寿养老金；  
如果选择按年领取，我们按本合同基本保险金额  $\times 20\% \times 8.5\%$  给付长寿养老金。

## 产品特色优势

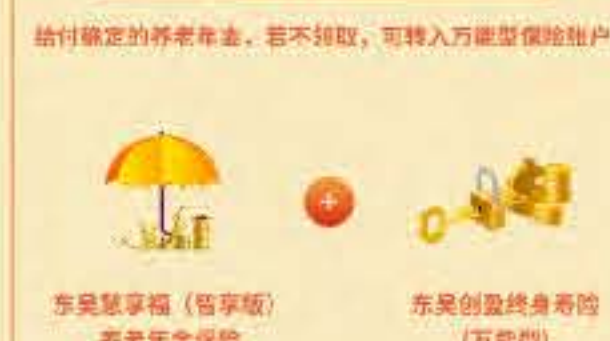
### 基本责任有保证



### 保险责任按需选



### 可搭配万能险种



### 可月交也可月领



## 投保案例演示

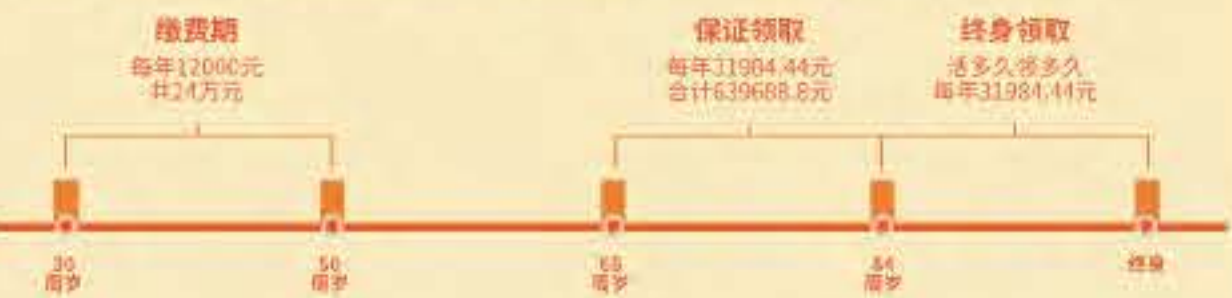
30周岁吴先生，经常关注时事，考虑到目前的老龄化状况，想在年轻有余力时提前为自己规划一份养老金，确保将来退休时这笔资金一定有且持久。

经过多方比较，选择东吴人寿慧享福（智享版）养老年金

交费年期 20年	基本保额（元） 31984.44	起领年龄 65周岁	保费（元） 12000
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吴先生可拥有的保障利益有

- 一、保证领取：65周岁后首个保单周年日开始每年可领31984.44元用于补充养老，享受生活，保证领取期为20年，合计可领639688.8元。
- 二、终身领取：保证领取期后，依然每年可领31984.44元，伴随终身。



## 养老规划五要素

- 确定性 稳定无忧 生命等长
- 安全性 本金安全 未来无忧
- 收益性 穿越未来 跑赢通胀
- 专属性 专款专用 不被挪移
- 灵活性 月领年领 随时可用



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你未必光芒万丈  
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# 公益体彩 责任先行

作为国家公益彩票，中国体育彩票在依法合规运行、履行公益金筹集使命的基础上，积极履行对国家、社会、彩票行业及购彩者等利益相关方在经济、社会、环境等方面承担的责任。遵循“牢记公信公益初心、坚持依法理性治彩、强化责任履职担当、推动创新驱动发展”的工作准则，从责任战略、责任组织、责任制度、责任参与、责任文化等多方面持续深化责任彩票工作。

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|  法律援助   |  城乡医疗救助 |  扶贫           |  残疾人救助  |  红十字事业 |
|  赈灾救灾   |  农村养老服务 |  新疆西藏等地社会公益事业 |  文化事业 |   |



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# 在苏州体验蔚来 探索城市 享多重好礼

## 到店礼

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有机会得价值约 3,000 元 7 天蔚来车辆免费使用权



## 签到礼

活动期内下载并注册蔚来 App，还可领「见面礼盲盒」  
连续签到更可得薯条杯、牛肉粒、马克杯等多重好礼



## 试驾礼

前往苏州任一蔚来门店完成首次试驾，更可得城市特饮券 1 张  
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活动时间：即日起至 3 月 31 日

\* 仅限苏州地区蔚来门店参与，活动最终解释权归蔚来苏州所有

\* 到店礼仅限 2023 年末参与过蔚来门店打卡盲盒活动的用户，每个 ID 限领取一次



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## 放松跑

电解质固体饮



## 竞速跑

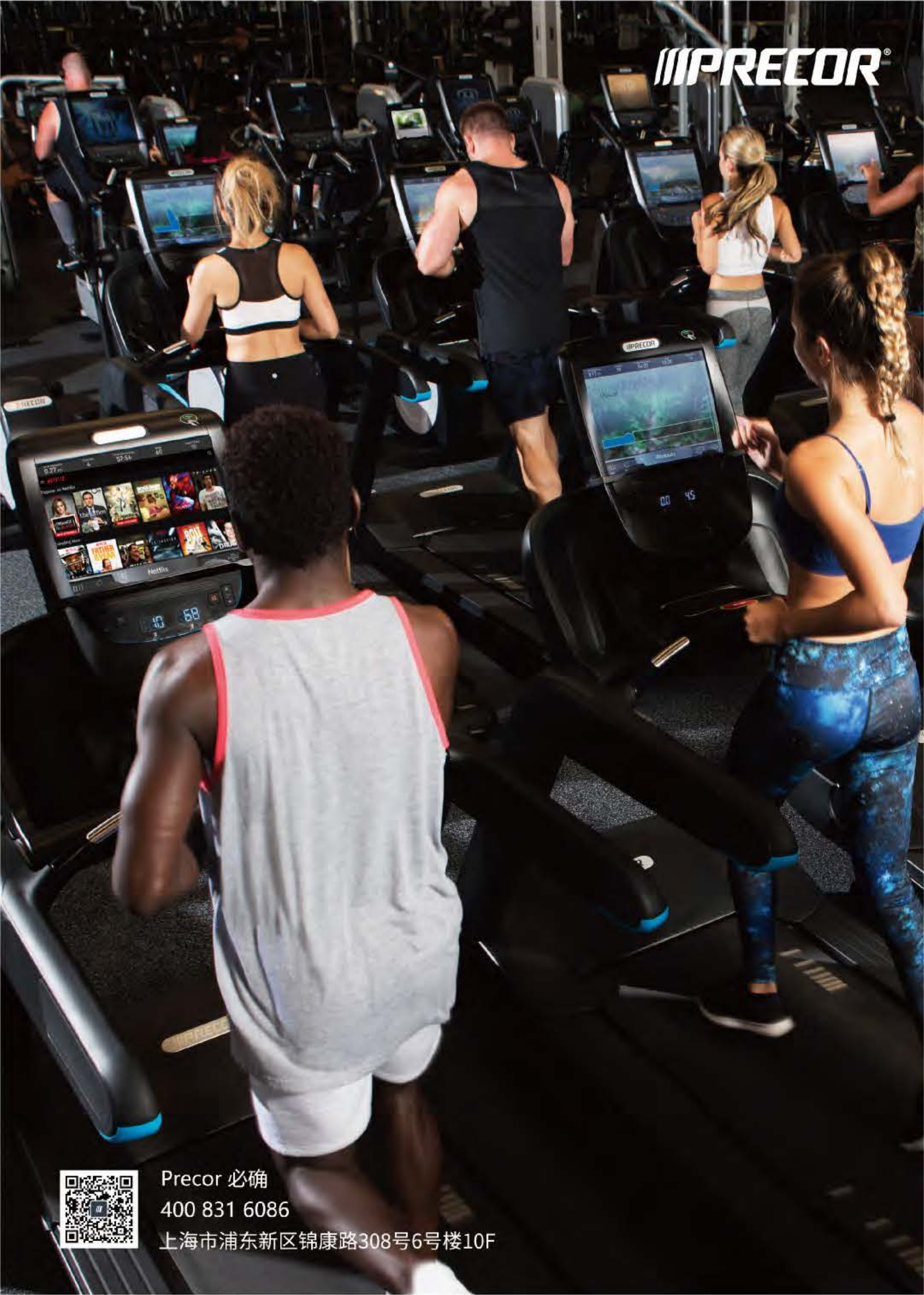
—赛速饮—



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**198**元/位 ~~288~~元/位

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# Hanting Hotels

走遍中国，始终相伴

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汉庭创始于2005年，风华正茂，是华住集团的起家品牌。

“汉”取自《诗经》中的“维天有汉”，原指银河、宇宙，也有着对汉唐盛世的骄傲。“庭”就是庭院，给人安静美好的联想。汉庭的标志源于东汉青铜器“马踏飞燕”，呈现了自由驰骋于地平线上的非凡旅程景象。

汉庭坚持经济型酒店的定位，专注服务中国人，带来好而不贵的旅居体验。走遍中国，始终相伴。



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# 文明骑行倡议书

城 市 文 明 哈 啰 同 行



为进一步倡导低碳、环保、健康的出行方式，进一步提升城市文明形象，展现市民文明风采，在此，某某市创建全国文明城市指挥部，向全市各行各业、广大市民发出如下倡议：

## 一人一车，文明骑行

严格遵守交通法规，不闯红灯、不逆行、不在机动车道骑行、不追逐打闹文明礼让行人，坚决摒弃各种不良行为。

## 骑行请全程佩戴头盔

头盔是安全骑行的生命线，为了保障您的骑行安全，骑行助力车需要全程佩戴头盔。

## 严禁16周岁以下未成年人骑行

未满16岁的未成年人不可骑行共享助力车，成年人请勿扫码借用给16岁以下的孩子骑行。违规严重者，哈啰助力车将对个人账号永久封停，并保留追究法律责任的权利。

## 文明停放，爱护车辆

骑行结束后，应按照规定将共享助力车停放在指定的停车线内，有序摆放，不乱停乱放，不占用盲道、绿地、消防通道等公共区域，不将共享单车停放在封闭式小区、办公楼、停车场、车库等封闭区域。遵守社会公德，爱护助力车，不乱贴乱画、不恶意损坏，不把共享单车私自上锁，不私藏、不据为己有。





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苏州垃圾分类



# 垃圾分类

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玻璃瓶



纸张



香蕉皮



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苏州垃圾分类



# 分类有道

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温馨提示：此次赛事设有2个“可回收物（低值塑料—雨衣等）”回收点，分别在起跑点、起跑后1公里处。

日常生活中的“低值塑料”还包括外卖餐盒、饮料杯、果蔬托盘等，他们都可以被回收利用。

此次垃圾收集池的搭建材料均由废旧塑料再生而成。

您今天的每一次分类，  
都会在未来的日子里以另一种美好的形式回馈于您。



外卖餐盒



饮料杯



果蔬托盘



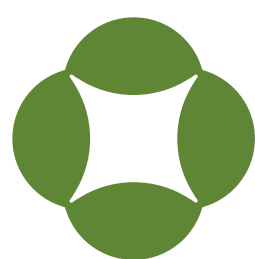
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## 技术认证：中国田径协会

Technical Verification: Chinese Athletics Association (CAA)

## 主办单位：苏州市人民政府

Host: Suzhou Municipal People's Government

## 承办单位：苏州市体育局

Organizer: Suzhou Municipal Bureau of Sports

## 赛事运营：南京善跑体育科技有限公司

Event Operator: Nanjing Xempower Sports Technology Co., Ltd.



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