

Changes From Last Year's Race

Cut-Off Points
Refreshment Stations
First-Aid Stations

- 1st Cut-Off Point, 4th Refreshment Station, First-Aid Station
【Bugakuso Campsite】▶【Lake Yamanaka Parking Area】
- 3rd Cut-Off Point, 13th Refreshment Station (outbound),
26th Refreshment Station (return trip), First-Aid Station
【Nishiyama Elementary and J.H.S.】▶【Ashiwada Branch Office】

※For details, please see "Cut-Off Points" on p.4, "Course Map" and "Cut-Off Points and Refreshment Stations".

Race Cancellation

The final decision on whether the race is to be held as scheduled will be posted on the official race website at 9:00 p.m. on Saturday, April 23.

In the event of natural disasters race organizers reserve the right to cancel the race or change the course. If the race is cancelled due to an earthquake, wind or flood damage, storm, or any other incident or accident not listed herein, entry fees will not be refunded.

Pre-Race Party

Date and time : 5:00 p.m. – 7:00 p.m., Saturday, April 23

Location : Fujizakura Highland Beer restaurant Sylvans

Price : 4000 yen (all you can eat and drink)

Dinner party tickets must be purchased in advance.

Please contact Mr. Funakubo at Fujikyū Travel Agency.

TEL: +81-555-21-1052

※Friends and family can also take part.



Pre-Race Health and Fitness

●If you plan to take part in this event, please ensure that you take adequate care of your health and fitness prior to the race, including getting sufficient sleep and limiting alcohol consumption. Please also consult with your doctor for a pre-race health checkup.

●Please be aware that you may be at a greater risk of cardiac arrest if even one of the following applies to you:

- ◇high blood pressure ◇hyperglycemia ◇hyperlipidemia
- ◇nicotine addiction ◇obesity (BMI of 25 or higher)

Latest Information for Participants

Please check the latest information on the official website.

Race-day Weather Conditions in the Past Three Years

Race Edition	Date	Precip.	Avg. Temp.	Max. Temp.	Min. Temp.	Avg. Wind
25th	Apr. 19, 2015	0.0mm	9.9°C	18.0°C	0.8°C	1.5m/s
24th	Apr. 20, 2014	1.0mm	3.9°C	5.8°C	1.3°C	1.4m/s
23th	Apr. 21, 2013	3.0mm	3.6°C	7.6°C	1.0°C	2.6m/s

Baggage

Race Venue Baggage Storage (Fujihokuroku Park Gymnasium Main Arena)

Baggage not used during the race may be stored in the gymnasium. Valuables are the responsibility of the participant. Race organizers accept no responsibility in the event of loss or theft.

How to Check In Baggage

- 1 Remove the baggage tag enclosed in your bib number bag.
- 2 Attach the tag to the baggage you want to store. Be sure to attach it firmly so that it does not come off.
- 3 Bring your bag and drop it off at the baggage storage area.

How to Pick Up Stored Baggage

- 1 After the race, show your bib number at the baggage storage area.
- 2 A race staff member will match your bib number and baggage tag before returning your baggage.

※Baggage cannot be returned without a matching bib number, so be careful not to lose your bib number during or after the race.

Drop Bag Service

(In front of Fujihokuroku Park Gymnasium)

At the refreshment stations listed below we offer a drop bag service for runners who want to have a mid-race change of clothes. Please put your drop bag items in the "Luggage Bag". Drop bags will be transported by truck, so please do not include fragile items. Organizers are not responsible for damage.

How to Check In Drop Bags

- 1 Affix the "Luggage Seal" enclosed in your bib number bag to the "Luggage Bag." Please refer to the diagram at right.
- 2 On race day, bring your drop bag to the front of the Fujihokuroku Park Gymnasium.
- 3 For the Fuji 5 Lakes Division (118 km) two drop bag service locations, A and B, are available. For the Fuji 4 Lakes Division (100 km) and Fuji 3 Lakes Division (71 km) drop bag service is only available at location A.
- 4 Drop bags cannot be taken back out from the check in location, so please be sure you do not need anything from them prior to checking them in.

※Please make sure that you check your drop bag in at the check in point for the correct drop bag service destination.

Refreshment Station Name	Ashiwada Branch Office (outbound)	Lake Motosu Prefectural Parking Area
Symbol	A	B
Elapsed distance	Fuji 5 Lakes Division (118 km)	56.2km
	Fuji 4 Lakes Division (100 km)	56.2km
	Fuji 3 Lakes Division (71 km)	27.5km
Drop bag string and seal color	Blue	Red

How to Pick Up Drop Bags on the Course

- 1 Pick up deposited drop bags at the above refreshment stations.
- 2 Deposit your used clothing and other items at the return location.

Finish Area Baggage Return

- 1 After the race, please show your bib number at the baggage return area.
 - 2 Your stored baggage will be returned.
- ※Baggage return for runners who drop out of the race will begin at 5:30 p.m. Baggage return may be delayed depending on traffic conditions. For those in a hurry, arrangements for C.O.D. baggage delivery service at a later date can be made in the baggage return area.

Clothing Drop Off Service

This is a service at the 1st Cut-Off Point at the Lake Yamanaka Parking Area (16.9 km) that lets runners drop off clothing they were wearing at the start of the race. ※This service is not available for the Fuji 3 Lakes Division (71 km).

How to Use the Clothing Drop Off Service

- 1 At the refreshment station find the clothing drop off corner.
- 2 Get a white string luggage bag from race staff.
- 3 Put the clothes that you want to drop off into the bag, write your race number on the bag and leave it with race staff.

Finish Area Baggage Return

- 1 After the race, please show your bib number at the baggage return area.

Prize for Participation

Finishers will receive finishers towels at finish area once you have turned in your timing chips.

If you drop out, please go to the drop out tent in the parking area or Information Desk. There you will receive a commemorative towel once you have turned in your timing chips.

Early T-Shirt

You will receive an Early T-shirts at Information Desk when you check-in.

Eligibility: Participants who applied by Saturday, Nov. 7, 2015.

※Please note that it is not possible to change the t-shirt size.

Start Block Times

Be certain to attach your bib number and runners tag timing chips. Because it will still be dark at the start of the race please come equipped with headlamp or flashlight.

▼Each division and starting block features separate start time.

Please consult the table below for your start time.

Division	Start Time	Gender	Bib Number	Bib Number Color
Fuji 5 Lakes Division (118 km)	4:00~	Men	0001~1051	Red
		Women	2001~2126	
Fuji 4 Lakes Division (100 km) ①	4:30~	Men	3001~3459	Blue
		Women	3501~3537	
Fuji 4 Lakes Division (100 km) ②	4:45~	Men	4001~4518	Purple
		Women	5001~5094	
Fuji 4 Lakes Division (100 km) ③	5:00~	Men	6001~6646	Green
		Women	7001~7157	
Fuji 3 Lakes Division (71 km)	7:00~	Men	8001~8835	Yellow
		Women	9001~9319	

Fuji 4 Lakes Division (100 km) Start Blocks

●This division will feature start blocks with different start times. Be certain to confirm your own start block and start time and to arrive and start at the correct time.

●If you start in the incorrect block you cannot be properly timed and you will be disqualified. ※No changes can be made to your start block assignment.

Pre-Race Start Lineup Times

Please arrive at the start point according to your own division and start block beginning at the times listed in the timetable below.

Location Fujihokuroku Park Athletics Field

Division	Fuji 5Lakes Division (118 km)	Fuji 4Lakes Division (100 km)	Fuji 3Lakes Division (71 km)
Lineup time	3:45~	①4:15~ ②4:30~ ③4:45~	6:45~

Official Website

<http://www.r-wellness.com/fuji5>

Challenge Fuji 5 Lakes

Qsearch

Official Facebook
Japanese only

<https://www.facebook.com/fuji5.lakes>

First-Aid Treatment During the Race

Race Venue Fujihokuroku Park Gymnasium
Fujihokuroku Park Athletics Field

Course Lake Yamanaka Parking Area / Ashiwada Branch Office
Old Shoji Elementary School / Saiko Community Center

- First-Aid Stations are in place at the race venue and on the course. Mobile AED teams will also be travelling around the course.
- If you begin to feel unwell mentally or physically during the race, please drop out before pushing yourself too far.
- If you find any participant who doesn't look well, please contact the race office at the phone number printed on your bib number, 0555-21-2870, before calling emergency services at 119. However, if you are in an emergency situation please call 119 immediately.
- First-aid stations on the course will provide emergency first-aid services but will not provide massage, cooling sprays, analgesic pads, taping or other services geared only toward helping runners continue.

Toilets

Toilets are available at all refreshment stations. Permanent toilets are also available at numerous other locations along the course, so public urination or excretion is strictly prohibited. Please refer to "Cut-Off Points and Refreshment Stations" for more information on toilet locations.

Escort Runner Registration

- Runners with disabilities that make running alone difficult may run with escorts.
- Escort runners must be registered in advance, so please contact the race organizers prior to the race:
e-mail: fuji5@r-wellness.com
- After registering, escort runner bibs will be available at Information Desk at the Fujihokuroku Park Gymnasium.
- Escort runners who run without registering will not be covered by the event's insurance.
- Escort runners found running alone will be asked to stop running in the race.
- Disabled runners may register up to two escort runners. Please choose a safe location for the exchange between the escort runners.
※ It is prohibited for both escort runners to accompany the disabled runner at the same time.

Packing Checklist

- | | |
|---|--|
| <input type="checkbox"/> contents of the race package | <input type="checkbox"/> watch |
| <input type="checkbox"/> drinks | <input type="checkbox"/> cold weather gear |
| <input type="checkbox"/> headlamp or flashlight | <input type="checkbox"/> health insurance card (photocopy) |
| <input type="checkbox"/> pocket tissues | <input type="checkbox"/> _____ |
| <input type="checkbox"/> mobile phone | <input type="checkbox"/> _____ |
| <input type="checkbox"/> hat | <input type="checkbox"/> _____ |
| <input type="checkbox"/> gloves | <input type="checkbox"/> _____ |
| <input type="checkbox"/> band-aids | <input type="checkbox"/> _____ |
| <input type="checkbox"/> running clothes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> running shoes | <input type="checkbox"/> _____ |

Dropping Out

- If you drop out, please go to the nearest cut-off checkpoint location.
- A bus will be available to return you to the race venue in the event that you drop out, but please note that depending upon traffic conditions you may be forced to wait.
- If you are not feeling well please do not push yourself too far and instead drop out before your condition worsens.
- Once returning to the Fujihokuroku Park race venue please go to the drop out tent in the parking area or Information Desk. There you will receive commemorative participation goods once you have turned in your timing chips. Please remove your timing chips in advance.

Timing

- Splits will be taken every 10 km using the runners tag timing chips. Because safety is the number one priority, please be aware that the timing mat locations may be slightly before or after each actual 10 km point.
- Each runner will receive two timing chips. Attach one to each shoe. Both are required.
- Please note that in the following cases an official time will not be recorded even if the runner finishes within the designated time limit:
 - ① The runner does not attach the bib number or timing chips properly.
 - ② The runner loses the bib number or timing chips during the race.
- Timing chips will be collected in the finish area. If you are unable to participate in the race, please return your chips. If your chips are lost or not returned you will be charged their actual cost, 500 yen.
- If you forget to return your chips on race day, please return them in the enclosed timing chip return envelope within one week after the event.

Insurance

Race organizers are enrolled in an insurance policy coveringsports injuries sustained during the event. During the race if you have an accident or sustain an injury you may be covered by the insurance policy, so please contact the organizers after the race. The insurance policy offers the following coverage:

Death or disability: 1,000,000 yen
Hospitalization: 3000 yen / day
Outpatient treatment: 1500 yen / day



Cut-Off Points

- As part of its operation this race includes multiple cut-off points.
- Runners who do not reach a cut-off point by the specified time will be forced to stop at that point.
- Runners who clear a cut-off point but remain stopped in the cut-off point area 10 minutes after it closes will be considered to have dropped out and will be required to board the bus back to the race venue.

FUJI 5LAKES 118km	Start (elapsed time)	Checkpoint #1 (2 hrs. 10 min)	Checkpoint #2 (4 hrs. 45 min)	Checkpoint #3 (7 hrs.)	Checkpoint #4 (9 hrs. 30 min)	Checkpoint #5 (12 hrs. 25 min)	Checkpoint #6 (14 hrs. 15 min)	Checkpoint #7 (15 hrs.)	Finish (15 hrs.)
point	Fujihokuroku Park	Lake Yamanaka Parking Area	Upper Fujihokuroku Park	Ashiwada Branch Office	Lake Motosu Prefectural Parking Area (outbound)		Lake Sai Community Center	Lake Kawaguchi Stellar Theater	Fujihokuroku Park
distance	0km	16.9km	38.7km	56.4km	75.0km		98.9km	113.1km	118.3km
time	4:00	6:10	8:45	11:00	13:30		16:25	18:15	19:00

FUJI 4LAKES 100km①	Start (elapsed time)	Checkpoint #1 (2 hrs. 10 min)	Checkpoint #2 (4 hrs. 45 min)	Checkpoint #3 (7 hrs.)	Checkpoint #4	Checkpoint #5 (9 hrs. 30 min)	Checkpoint #6 (11 hrs.)	Checkpoint #7 (13 hrs. 15 min)	Finish (14 hrs.)
point	Fujihokuroku Park	Lake Yamanaka Parking Area	Upper Fujihokuroku Park	Ashiwada Branch Office		Old Shoji Elementary School	Lake Sai Community Center	Lake Kawaguchi Stellar Theater	Fujihokuroku Park
distance	0km	16.9km	38.7km	56.4km		72.2km	80.6km	94.8km	100km
time	4:30	6:40	9:15	11:30		14:00	15:30	17:45	18:30

FUJI 4LAKES 100km②	Start (elapsed time)	Checkpoint #1 (2 hrs. 10 min)	Checkpoint #2 (4 hrs. 45 min)	Checkpoint #3 (7 hrs.)	Checkpoint #4	Checkpoint #5 (9 hrs. 30 min)	Checkpoint #6 (11 hrs.)	Checkpoint #7 (13 hrs. 15 min)	Finish (14 hrs.)
point	Fujihokuroku Park	Lake Yamanaka Parking Area	Upper Fujihokuroku Park	Ashiwada Branch Office		Old Shoji Elementary School	Lake Sai Community Center	Lake Kawaguchi Stellar Theater	Fujihokuroku Park
distance	0km	16.9km	38.7km	56.4km		72.2km	80.6km	94.8km	100km
time	4:45	6:55	9:30	11:45		14:15	15:45	18:00	18:45

FUJI 4LAKES 100km③	Start (elapsed time)	Checkpoint #1 (2 hrs. 10 min)	Checkpoint #2 (4 hrs. 45 min)	Checkpoint #3 (7 hrs.)	Checkpoint #4	Checkpoint #5 (9 hrs. 30 min)	Checkpoint #6 (11 hrs.)	Checkpoint #7 (13 hrs. 15 min)	Finish (14 hrs.)
point	Fujihokuroku Park	Lake Yamanaka Parking Area	Upper Fujihokuroku Park	Ashiwada Branch Office		Old Shoji Elementary School	Lake Sai Community Center	Lake Kawaguchi Stellar Theater	Fujihokuroku Park
distance	0km	16.9km	38.7km	56.4km		72.2km	80.6km	94.8km	100km
time	5:00	7:10	9:45	12:00		14:30	16:00	18:15	19:00

FUJI 3LAKES 71km	Start (elapsed time)	Checkpoint #1	Checkpoint #2 (1 hrs. 20 min)	Checkpoint #3 (3 hrs. 45 min)	Checkpoint #4	Checkpoint #5 (6 hrs. 30 min)	Checkpoint #6 (8hrs.)	Checkpoint #7 (10 hrs. 05 min)	Finish (11 hrs.)
point	Fujihokuroku Park		Upper Fujihokuroku Park	Ashiwada Branch Office		Old Shoji Elementary School	Lake Sai Community Center	Lake Kawaguchi Stellar Theater	Fujihokuroku Park
distance	0km		9.8km	27.5km		43.3km	51.7km	65.9km	71.1km
time	7:00		8:20	10:45		13:30	15:00	17:05	18:00

Finishing Certificates

Finishing certificates will be available at the race venue on race day. After finishing, be certain to stop at the printout station as finishing certificates will not be sent out post-race. Finishing certificates will include only the final finishing time. Overall place and splits will be available on the official race website a few days after the race.

Awards

- Awards will be presented to the top six men and top six women in each division.
- Each award ceremony will take place roughly 30 minutes after the top six finishers in the division have been posted.
- The top six finishers in each age group will also be recognized. Age group placers will receive a certificate of recognition in the mail approximately one month after the race.
- Group trial awards will be given to the top three in each age group. Award winners will receive a certificate of recognition in the mail approximately one month after the race.

Contact Information

Please contact the following for any inquiries regarding the race in general:

■ Race weekend (Saturday, April 23 and Sunday, April 24)

TEL : 090-8587-8448

■ All other times

TEL : 0120-846-024 (10:00 a.m. – 5:30 p.m. weekdays)

FAX : 0463-70-6266

Runners Wellness Co. Ltd.

Challenge Fuji 5 Lakes Race Headquarters

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E-mail : fuji5@r-wellness.com

HP : <http://www.r-wellness.com/fuji5>

facebook : <https://www.facebook.com/fuji5.lakes>