Course Map **Course maps current as of April 11, 2016 but subject to change without notice. 木無山 Course Outline Fujikawaguchiko Town Nishikatsura Town 富士河口湖町 Fuji 5 Lakes Division (118 km) 西桂町 河口湖 猿回し劇場 Lake Kawaguchi Monkey Theater Fuji 4 Lakes Division (100 km) 金峰山 Fuji 3 Lakes Division (71 km) Ahiwada First-Aid Station ☑ 足和田救護所 河口湖 都留市 Tsuru City 妙本寺 **Lake Shoii** 河口湖 IC Lake Sai Bat Cave 西湖 コウモリ穴 Checkpoint #7 ake Kawaguchi Stellar Theate (inbound) 富士山駅 ●北麓駐車場 「Jokuroku Parking Area 台 西湖救護所 Checkpoint #5 Old Shoji Elementary School *Not a cut-off point for the Fuji 5 Lakes Division. Kawaguchiko Park 富士吉田 IC 鳴沢氷穴 Narusawa Ice Cave 1 旧精進小学校救護所 Old Shoji Elementary School First-Aid Station 本栖湖 Oshino Village Checkpoint #4 Motosu Prefectural Parking Area 忍野村 Narusawa Village (outbound) ∛Not a cut-off point for the Fuji 4 Lakes or Fuji 3 Lakes Divisions. 鳴沢村 Lake Yamanaka Hananomiyako Park 山中湖 花の都公園 富士本栖湖リゾート 大室山 Checkpoint #2 Upper Fujihokuroku Parl Yamanakako Village 富士北麓公園救護所 長池親水公園 Nagaiike Shinsui Par Fujihokuroku Park First-aid Station START&FINISH Fujihokuroku Park Lake Yamanaka 山中湖 北富士 演習場 富士スバルライン Kita-Fuji Training Grounds Fuji-Subaru Line 徳富蘇峰館 Tokutomi Soho Museum - Fuji 5 Lakes Division (118 km) — Fuji 4 Lakes Division (100 km) — Fuji 3 Lakes Division (71 km) ■Elevation Profile ★ 山中湖駐車場救護所 maximum elevation point: 1058 m, near Fujihokuroku Park race venue site Lake Yamanaka Parking Area First-aid Station 1050 1000 900 Course Notes 850 ●The course includes steps and narrow sections in several areas. Please take extra care as you run. 800 •Roads remain open to traffic during the race. Please be aware of car traffic when crossing the road and at traffic lights and always obey the regulations of the Road Traffic Act. 0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100 105 110 115 (km) Running with portable music players is dangerous, so please do not use them.

26th CHALLENGE FUJI 5LAKES