

■ CHALLENGE FUJI 5LAKES ULTRAMARATHON aid station list 2018

aid number	cut-off point	bathroom	dispensary	Location	division			isotonic drink	hot drink	carbonated drink	pickled ume	salt tablet	fruit	food	my cup my bottle
					118km	100km	71km								
Start		●	●	Fujihokuroku Park	0	0	0	●	●		●		raisin banana	●	●
1				Near Fuji Pine's Park	4.9	4.9	4.9	●				●			
2		●		In front of School of Nursing[outbound]	8.2	8.2		●		●	●				
3		●		Lake Yamanaka Myojin Intersection	13.8	13.8					●		banana		
4	①	●	●	Yamanaka Parking Area	17.4	17.4			●	●	●			rice ball miso soup	
5		●		Misaki Camping Site	22.3	22.3		●				●	raisin		●
6		●		Restaurant Yakitori Fuji	28.2	28.2			●		●			bread	
7		●		Oshino Onsen	32.1	32.1				●		●	orange banana grape		
8		●		In front of School of Nursing[inbound]	34.1	34.1		●		●	●				
9	②			Upper Fujihokuroku Park	38.7	38.7	9.8				●				
10		●		Lake Kawaguchi Stellar Theater[outbound]	43.1	43.1	14.2	●	●	●	●		raisin orange banana	bread	
11		●		Tourist Federation of Fujikawaguchiko town	47.8	47.8	18.9	●				●		"Kurotama" famous confection in Kosyu	
12				Sasuga Pharmacy	51.6	51.6	22.7			●	●		grape tomato	grape tomato	
13	③	●	●	Ashiwada Branch Office[outbound]	56.4	56.4	27.5	●	●		●			"Yochabare" aid*	●
14		●		Lodge Jukaiso	60.5	60.5	31.6	●		●		●		"Uiro"	
15		●		Lake Sai Wild Bird's Park[outbound]	63	63	34.1	●	●		●		raisin orange banana	"Udon of Yoshida"	
16		●		Lake Shoji Restaurant Akaike	67.4	67.4	38.5					●		"Castella of Bunmei-do"	
17		●		Junction of Route139	71.7	71.7	42.8	●		●		●			
18	④	●		Lake Motosu Prefectural Parking Area[outbound]	75			●		●	●		banana	bread	●
19		●		Lake Motosu Nakanokura Tunnel Parking Area	79							●			
20		●		Koan Camping Site Parking Area	82.6						●		raisin		
21		●		Motosu Prefectural Parking Area[inbound]	86.8			●		●	●		banana	bread	●
22	⑤	●	●	Old Shoji Elementary School	90.5	72.2	43.3					●	banana	rice ball	●
23		●		Lay-by near Akaike Bridge	92.9	74.6	45.7			●		●			
24		●		Lake Sai Wild Bird's Park[inbound]	96	77.7	48.8	●	●		●		raisin orange banana	"Udon of Yoshida"	
25	⑥	●	●	Lake Sai Community Office	98.9	80.6	51.7				●			"Share aid"*	
26		●	●	Ashiwada Brunch Office[inbound]	103.9	85.6	56.7	●	●		●			"Yochabare" aid*	
27		●		Lake Kawaguchi Amusement Parking Area	107.8	89.5	60.6			●	●			"Rice gruel of kewpie"	
28	⑦	●		Lake Kawaguchi Stellar Theater[inbound]	113.1	94.8	65.9	●	●	●	●		raisin orange banana	bread	
29		●		Lake Kawaguchi Field Center	116.7	98.4	69.5					●			
Finish	⑧	●	●	Fujihokuroku Park	118.3	100	71.1	●	●		●		raisin banana	miso soup with pork and vegetables	

\* Permanent toilets are being borrowed for the race, so please try to keep them as clean as you can. Toilets can be very crowded, so before the start of the race please use them as early as possible.

\* Aid station locations and provisions are subject to change without notice.

\* "Yochabare" aid is mean "come on" aid station in Kosyu idiom. There are indigenous products.

\* "Share aid" is indigenous products from the venue of another ultramarathon which is "ULTRAMARATHON WORLD HERITAGE SERIES".