

# CHALLENGE FUJI 5LAKES ULTRAMARATHON

## Participants' Guide

Thank you very much for choosing 28<sup>th</sup> CHALLENGE FUJI 5LAKES ULTRAMARATHON from among the many races out there.

Enjoy running around Fuji 5 Lakes with the view Mt. Fuji and cherry blossoms, one of the most popular iconic landscape of Japan.

We're all expecting you.

### ◆ Race Schedule

• Saturday, April 21<sup>st</sup> – The previous day

Time	Event	Location
1:00 p.m.	Reception Open	Fuji-hokuroku Park
5:00 p.m.	Reception Closes	※participants from foreign countries ONLY.
5:00 p.m.	The eve of festival Open	Sylvans of restaurant
7:00 p.m.	The eve of festival Closes	*prior booking essential at Fuji-kyu travel

\* There will be official goods shop at the eve of festival in Sylvans.

• Sunday, April 22<sup>nd</sup> – Race Day

Time	Group	Event	Location
1:30 a.m.	118km	Parking open (118km)	
2:30 a.m.	100km/71km	Parking open (100km/71km)	
	All runners	The venue open	Fuji-hokuroku Park gym (富士北麓公園体育館)
		Exchanging prize for participation start ( to 7:30 p.m.)	
Only eligible person	Exchanging Early entry goods		
4:00 a.m.	FUJI 5LAKES 118km	118km start	Fuji-hokuroku Park athletics track field (富士北麓公園 陸上競技場)
4:30 a.m.	FUJI 4LAKES 100km①	100km① start	
4:45 a.m.	FUJI 4LAKES 100km②	100km② start	
5:00 a.m.	FUJI 4LAKES 100km③	100km③ start	
7:00 a.m.	FUJI 4LAKES 71 km	71km start	

◆ Cut-off points

• FUJI 5LAKES 118 km Cut-off points

time	Distance	Point	Place
4:00 a.m.	0km	Start point	Fuji-hokuroku Park
6:15 a.m.	17.4km	Cut-off point #1	Lake Yamanaka Parking Area
8:45 a.m.	38.7km	Cut-off point #2	Upper Fuji-hokuroku Park
11:00 a.m.	56.4km	Cut-off point #3	Ashiwada Branch Office
1:30 p.m.	75.0km	Cut-off point #4	Lake Motosu Prefectural Parking Area
—	—	Cut-off point #5	—
4:25 p.m.	98.9km	Cut-off point #6	Lake Sai Community Office
6:15 p.m.	113.1km	Cut-off point #7	Lake Kawaguchi Stellar Theate
7:00 p.m.	118.3km	Finish point	Fuji-hokuroku Park

• FUJI 4LAKES 100 km① Cut-off points

time	Distance	Point	Place
4:30 a.m.	0km	Start point	Fuji-hokuroku Park
6:45 a.m.	17.4km	Cut-off point #1	Lake Yamanaka Parking Area
9:15 a.m.	38.7km	Cut-off point #2	Upper Fuji-hokuroku Park
11:30 a.m.	56.4km	Cut-off point #3	Ashiwada Branch Office
—	—	Cut-off point #4	—
2:00 p.m.	72.2km	Cut-off point #5	Old Shoji Elementary School
3:30 p.m.	80.6km	Cut-off point #6	Lake Sai Community Office
5:45 p.m.	94.8km	Cut-off point #7	Lake Kawaguchi Stellar Theater
6:30 p.m.	100km	Finish point	Fuji-hokuroku Park

• FUJI 4LAKES 100 km② Cut-off points

time	Distance	Point	Place
4:45 a.m.	0km	Start point	Fuji-hokuroku Park
7:00 a.m.	17.4km	Cut-off point #1	Lake Yamanaka Parking Area
9:30 a.m.	38.7km	Cut-off point #2	Upper Fuji-hokuroku Park
11:45 a.m.	56.4km	Cut-off point #3	Ashiwada Branch Office
	—	Cut-off point #4	—
2:15 p.m.	72.2km	Cut-off point #5	Old Shoji Elementary School
3:45 p.m.	80.6km	Cut-off point #6	Lake Sai Community Office
6:00 p.m.	94.8km	Cut-off point #7	Lake Kawaguchi Stellar Theater
6:45 p.m.	100km	Finish point	Fuji-hokuroku Park

• FUJI 4LAKES 100 km③ Cut-off points

time	Distance	Point	Place
5:00 a.m.	0km	Start point	Fuji-hokuroku Park
7:15 a.m.	17.4km	Cut-off point #1	Lake Yamanaka Parking Area
9:45 a.m.	38.7km	Cut-off point #2	Upper Fuji-hokuroku Park
12:00 p.m.	56.4km	Cut-off point #3	Ashiwada Branch Office
—	—	Cut-off point #4	—
2:30 p.m.	72.2km	Cut-off point #5	Old Shoji Elementary School
4:00 p.m.	80.6km	Cut-off point #6	Lake Sai Community Office
6:15 p.m.	94.8km	Cut-off point #7	Lake Kawaguchi Stellar Theater
7:00 p.m.	100km	Finish point	Fuji-hokuroku Park

• FUJI 3LAKES 71 km Cut-off points

time	Distance	Point	Place
7:00 a.m.	0km	Start point	Fuji-hokuroku Park
		Cut-off point #1	
8:20 a.m.	9.8km	Cut-off point #2	Upper Fuji-hokuroku Park
10:45 a.m.	27.5km	Cut-off point #3	Ashiwada Branch Office
		Cut-off point #4	
1:30 p.m.	43.3km	Cut-off point #5	Old Shoji Elementary School
3:00 p.m.	51.7km	Cut-off point #6	Lake Sai Community Office
5:05 p.m.	65.9km	Cut-off point #7	Lake Kawaguchi Stellar Theater
6:00 p.m.	71.1km	Finish point	Fuji-hokuroku Park

◆ **Special Benefits for Participants**

• My Cup / My Bottle

As part of the ULTRAMARATHON WORLD HERITAGE SERIES, we are making every effort to hold an environmentally-friendly event.

My Cup is an environmentally-conscious activity to reduce the large amount of garbage, while My Bottle contributes to participants' safety by encouraging frequent hydration. These efforts also reduce the demands on volunteers and help to make our race an event loved by the local community.

Beginning last year we will offer special drinks to participants who use My Cup / My Bottle at target aid stations. See aid-station-list for more information on aid stations offering special drinks.

◆ **Race Cancellation**

Information on whether the race will go ahead as scheduled will be posted on the official website and Facebook page at the following times:

1. Friday, April 20, 9:00 p.m.
2. Saturday, April 21, 5:00 p.m.

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

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



Please note that additional notices may be posted at other times in response to extreme weather or other circumstances.

◆ **Weather Over the Last Three Years**

Date	Max. Temp.	Min. Temp.	Precip.	Avg. Wind
April 23, 2017	16.6°C	4.2°C	0.0 mm	2.3 m/s
April 24, 2016	16.6°C	9.0°C	0.0 mm	2.1 m/s
April 19, 2015	18.0°C	0.8°C	0.0 mm	1.5 m/s

◆ **Early Entry**

Participants who entered first 1,000 applicants by November 9, 2017 will be able to receive a limited edition goods, it's not for sale. You will get at race check-in.

## ◆ Contact Information

### • Race-Related Inquiries

#### **CHALLENGE FUJI 5 LAKES ULTRAMARATHON Office**

##### • Race weekend

(Saturday, April 21, 10:00a.m.-8:00p.m. – Sunday, April 22, 2:30a.m.-8:00p.m.):

tel: +81 (0) 90-4000-9066

##### • Other times:

tel: +81 (0) 463-70-6660 (weekdays 10:00 a.m. – 5:30 p.m.)

Inquiry form:

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

\*From April 20, please contact us by telephone only. (not by e-mail)



## ◆ Venue

Fuji-hokuroku Park (富士北麓公園)

5000 Kami-Yoshida Tateishi, Fuji-Yoshida-Shi, Yamanashi-Ken, 403-0005, JAPAN

(〒403-0005 山梨県富士吉田市上吉田立石 5000)

## ◆ Access to the venue

Car : take about 10 minutes from Fuji-yoshida IC (富士吉田 IC) on Higashi-Fujigoko road (東富士五湖道路).

Train & Taxi : take 15 minutes by taxi from Fujisan station (富士山駅) of Fujikyu Railway(富士急行線).

\* Get things arranged the way of your transportation to go to your hotels and the venue on the race day and previous day.

## ◆ Check-In

Date: Saturday, April 21, 1:00 p.m. – 5:00 p.m.

Sunday, April 22, 2:30 a.m. – 30 minutes before each race Start time

Venue: Fuji-hokuroku Park gym (富士北麓公園体育館)

\*Participants from foreign countries ONLY.

Please come to the information desk in the venue and show your information in the Race Information e-mail and your ID card (copy accepted)

### • Items to Receive at Check-in

At the information desk you will receive the following:

- a. Two bib numbers, timing chips, safety pins, baggage stickers, baggage tag
- b. Drop bag (118km is two bags, 100km and 71km are one bag)
- c. Participant's t-shirt
- d. Early Entry goods\*

\*Limited to participants who paid their entry fees by November 9, 2017.

### • Important Details for Participant Check-In

- a. No bib numbers will be given to any person on behalf of a participant, so be sure to pick up your number yourself.
- b. Lost or forgotten bib number will be reissued bib numbers by 1000 JPY and timing chips by 500 JPY.
- c. For participants requiring guide runners, bib numbers for up to two guides will be issued. Please tell the information desk in advance to receive the guide runner registration form. There is no additional entry fee for guide runners.

Guide runners must run with the participant only in a “one pair, two runners” configuration. If either runner becomes unable to continue the participant will be counted as having withdrawn from the race. Guide runners must wear their guide runner bib while running. Participants will be disqualified if their guide runner's bib cannot be seen.

### ◆ Parking on the race day

You need the Parking certificate card if you come to the venue by car.

Please come to the information desk on Saturday April 21st if you apply parking when you entry the race.

Please ask the information desk staff if you want to know your parking area.

※The opening time of parking areas are FUJI 5LAKES 118km 1:30a.m. , FUJI 4LAKES 100km and FUJI 3LAKES 71km 2:30a.m..

### ◆ Shuttle Bus Service

#### 1. Before the start: Sunday, April 22

- From FUJI 4LAKES 100km parking to the race venue(one way)  
2:30a.m. – 5:00a.m. (Time required for 10-20 minutes)
- From FUJI 3LAKES 71km parking to the race venue(one way)  
2:30a.m. – 7:00a.m (Time required for 10-20 minutes)

\*Parking can only be used by applicant who said at entry.

\* Everyone can use Shuttle Bus Service from the parking to the venue.

\*We don't have the shuttle bus from some station.

#### 3. After the Finish: Sunday, April 22

- From the race venue to FUJI 4LAKES 100km parking (one way)  
9:00a.m. – 7:45 p.m. (Time required for 10-20 minutes)
- From the race venue to FUJI 3LAKES 71km parking (one way)  
9:00a.m. – 7:45 p.m. (Time required for 10-20 minutes)

- From the venue to inn and station

The venue – Designated inn in Fujiyoshida city –Fujikyu high land Spa – Fujisan sta. of Fuji-Kyuko Line – Kawaguchiko sta. of Fuji-Kyuko Line – Designated inn in Kawaguchi-ko Onsen – The Venue



## ◆ Before the Start

### 1. Clothing

On race day the temperature difference between early morning and afternoon may be extreme, and the weather may change suddenly. Please take measures to be ready to adequately deal with cold or rain.

#### 1-1. fancy dress(Kaso 仮装)

If organizers believe that you are harassing or otherwise bothering other participants or anyone else, you may be disqualified and made to stop running. No objections to such a decision will be accepted. Please participate in this event in a spirit of fun and enjoyment.

### 2. Bib Numbers

Attach one bib number to the front of your shirt or jacket and one to the back where they will be clearly visible during the race. When you will change clothes during the race do not forget to also transfer your bib numbers and timing chips to your fresh clothes.

Do not cut or fold bib numbers. If your bib number is not visible, race staff will disrupt your run.

In the evening near the end of the race it will grow dark. Please attach the enclosed reflective sticker to your bib number and pay attention to vehicular traffic as you run.

\*Refer [Picture 1]

### 3. Timing Chips

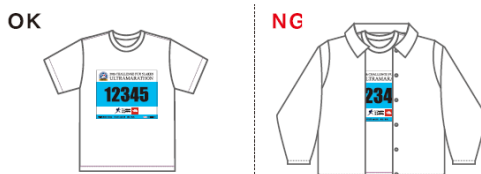
Attach both of your timing chips securely, one on each shoe. If they are not attached properly your time and place will not be recorded, so be certain to double-check them before starting the race.

Refer to the instructions enclosed with your bib number for more information on how to correctly attach your timing chips.

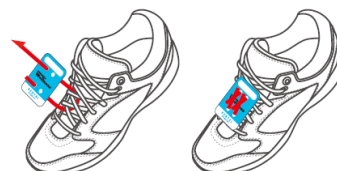
Please visit the Information desk for any questions regarding timing chips.

\*Refer [Picture 2]

[Picture 1]



[Picture 2]



#### 4. Participant Checklist

- |                                       |   |   |
|---------------------------------------|---|---|
| <input type="checkbox"/> race program | <input type="checkbox"/> light            | <input type="checkbox"/> bib numbers        |
| <input type="checkbox"/> gloves       | <input type="checkbox"/> timing chips     | <input type="checkbox"/> hat, cap           |
| <input type="checkbox"/> watch        | <input type="checkbox"/> adhesive plaster | <input type="checkbox"/> My Cup / My Bottle |
| <input type="checkbox"/> Drop Bags    | <input type="checkbox"/>                  |   |

#### 5. Participant Parking

Parking can only be used by applicant in advance. Please check your Parking certificate.

#### 6. Shuttle Bus Service

Please check page 8.

#### 7. Changing Rooms

There are men's and women's change rooms and toilets at outside. Please allow ample time for waiting in line.

#### 9. Baggage Storage

- Baggage Storage Area, Fuji-hokuroku Park gym main arena, 2:30a.m.

Baggage that will not be used during the race may be stored in Fuji-hokuroku Park gym main arena. Please attach the baggage tag included with your bib number.

Valuables, fragile items, plants, animals and perishables may not be stored.

Organizers accept no liability in the event of loss or damage.

\*Please put at the appointed place.

\*The staff may arrange the baggage in numerical sequence.



- Drop Bags Deposit, outside of Fuji-hokuroku Park gym, 2:30a.m.

Participants can have baggage delivered to a specified aid station on the course. Attach the baggage sticker with your bib number to the drop bag you will receive when you check in for the race. Deposit it at the correct basket in front of truck on the race morning no later than 15 minutes before the start of your race.

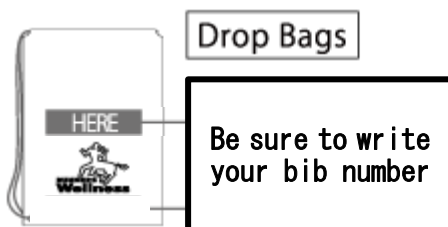


	Ashiwada branch	Lake Motosu pefecture parking area
FUJI 5LAKES 118km	56.4km	75.0km
FUJI 4LAKES 100km		
FUJI 3LAKES 71km		
Color of tie and sticker	Blue	Red

- Wear take off point, cut-off point #1 Lake Motosu pefecture parking area 17.4km

\*only FUJI 5LAKES 118km and FUJI 4LAKES 100km

You can keep your clothes was wearing from start at cut-off point #1 Lake Motosu pefecture parking area 17.4km. Staff give you drop bag for wear take off at that place. Keep your drop bag same place.



- Baggage Pickup

Stored baggage, drop bags and taking off drop bag can be picked up at Fuji-hokuroku Park gym.

**\*Important Details Concerning Drop Bags**

- No bags other than the official drop bag may be used. We don't have spare bags if you forgot or lost.
- Destination of drop bags is different by each division.
- Be sure to put together into a whole. You cannot deposit your bags more than one.
- Because bags will be transported by vehicle, do not put any fragile items in them.
- Be sure to tie the drop bag firmly shut so that nothing falls out.
- Once you have deposited your drop bag you will not be able to take it back out, even if you have accidentally put your timing chips in your drop bag.
- Valuables, fragile items, plants, animals and perishables may not be stored. Organizers accept no liability in the event of loss or damage.
- Baggage replacement is after 5:30 p.m. for DNF runner. Depending on traffic conditions, return may be delay.

**10. Start**

Each division starts at a different time. Please check your division's start time and line up at the start point 10 minutes in advance. Please be sure to check the start time printed on your bib number.

Division	Bib Number Color	Array time	Opening ceremony	Start Time	Start time limit
FUJI 5LAKES 118km	blue	3:45 a.m.	3:50 a.m.	4:00 a.m.	4:15 a.m.
FUJI 4LAKES 100km①	white	4:15 a.m.	4:20 a.m.	4:30 a.m.	5:15 a.m.
FUJI 4LAKES 100km②	yellow	4:30 a.m.	4:35 a.m.	4:45 a.m.	
FUJI 4LAKES 100km③	pink	4:45 a.m.	4:50 a.m.	5:00 a.m.	
FUJI 3LAKES 71km	green	6:45 a.m.	6:50 a.m.	7:00 a.m.	7:15 a.m.

\* Staff washes out you if you do not start by start time limit.

\*Only FUJI 4LAKES 100km uses wave start. Start block was decided by declared finish time. You cannot change the block.

## ◆ During the Race

### 1. Distance Marks and Safety on the Course.

- Distance marks are placed every 2.5 km and 42.195km, in the final 5 km, every 1 km. Please note that for safety reasons distance marks may not be placed at the exact position of that distance.
- During the race runners are expected to run on the left-hand side as a general rule. Follow the directions of course staff at all times.
- The traffic is not restricted on the course. Always be careful of cars when crossing the roads or going through traffic signals. Ignoring signals or failing to look right and left when crossing may cause accidents. Be sure to always observe traffic laws.

### 2. Timing

Timing chips will be used for official timing, with splits taken roughly every 10 km. Please be aware that due to safety concerns the exact location of the timing mats may be slightly before or after the actual distance mark.

Live updates are scheduled to be available at the following URL or by using the QR code below beginning the day before the race. Please note that live updates will only be available from locations with stable transmission.

\*Japanese site only

<http://runnet.jp/record/>



### 3. Aid Stations

- Please see the aid station list on “aid-station-list” for details.
- We encourage you to take part in the My Cup / My Bottle program.
- Please be responsible in throwing your used cups in the trash so that everyone can have a pleasant race experience. There is also a maximum of 10 trash receptacles in place after each aid station. If you haven’t finished your drink when you pass the last one carries the cup until the next aid station. Help protect the beauty of the Fuji 5LAKES environment.
- Organizers accept no liability for food or drink consumed outside the official aid stations.
- Alcohol consumption before or during the race is dangerous. Please refrain from consuming it.

#### 4. Cut-off Points and Dropping Out

- Cut-off points will be employed in this race. Once a cut-off point has been closed you do not continue running. Even if you reach a cut-off point in time you will be disqualified if you do not continue running within 10 minutes of the cut-off point closing. Race staff may also tell you to stop running at any time if it is clear that you cannot reach the next cut-off point before it closes, or if they judge that it is not possible for you to continue.
- Vehicles will be available to pick up runners from each cut-off point. If you drop out of the race, walk to the next cut-off point. If this is not possible, board a vehicle at an aid station or the sweeper bus behind the last runner. These will take you to a cut-off point.
- Participants who drop out should remove their bib number attached to the front of your shirt and get into the official vehicles back to the race venue. Please show removed your bib number when you pick up your baggage in the venue. Upon arriving at the race venue, return your timing chips in the chip collection area.
- Please note that if you drop out early in the race you may need to wait for a vehicle for a considerable amount of time.

#### 5. Injuries, Accidents and Rescue

- Medical staff will be waiting at five cut-off points and the venue as well as the finish area, and additional medical staff will be on patrol along the course.
- Medical areas are primarily geared toward life-saving measures and will only provide first aid for injuries sustained during the race. No other treatment will be given. Organizers accept no liability for injury or illness.
- Medical areas do not provide common household medicines (stomach relief, cold medicine, poultices, etc.) and likewise do not provide cold spray, anti-inflammatories or the like.

#### 6. Bathroom

Public bathroom have been placed at each aid station, and additional public bathroom are also available for use. Relieving yourself anywhere other than bathroom is strictly prohibited. Participants will be disqualified for violating this rule.

#### 7. Senryu (Japanese traditional poem)

In addition to participants' feelings about the race, we are asking participants to write senryu and haiku poems on the themes of "Fuji 5LAKES" and "Ultramarathon." Strips of paper are available at each cut-off point and the venue, so please use them to write your masterpieces. One person can write as many poems as they like.

#### 8. Cheering for runner on the course

This race does not regulate traffic. Put a veto on escort, support and cheer by bike, car etc. Staff washes out runner if someone does that for that runner.

There are some cars to cheer runner recently. That is so dangerous and danger for neighborhood. This race endangered by the action. Tell your family and friends that.

#### 9. Found article and lost item

Tell the staff if you find someone's items on the course or in the venue. Ultramarathon office keeps found article for 1 month. Nobody tell about that we discard after the term. If there are some foods, we discard sanitarily soon.

Someone bring near the police some found article. We recommend ask the police if you lost something on the course.

#### 10. Other

- In areas with few houses you may encounter wild animals. In the event that this happens please do not do anything to disturb or agitate them.
- During emergencies such as an accident or fire emergency vehicles may pass by on the course. In this situation please follow the instructions of race staff and give right of way to the emergency vehicles.
- Please keep the race venue and other public facilities along the course clean and use them in a spirit of good public manners and sportsmanship.

## ◆ After the Finish

### 1. Finisher's Medal and Finish Certificate

- Those who finish within the time limit will receive a finisher's medal and finish certificate. We cannot accept requests for them to be sent later, please be sure to pick yours up immediately after finishing.
- Only the finish time will be printed on the finisher's certificate. Official results and splits will be posted on the race website within one month after the race.

### 2. Timing Chip Return

- Please return your timing chips to the chip return corner after arriving in the finish area. Runners who drop out should return their chips after arriving back at the race venue. Runners who lose or do not return their chips will be charged 500 JPY per chip.

### 3. Award Ceremony

- Awards will be presented to the top 6 male and female finishers in each division. The top 3 finishers will receive their awards on stage.
- Age group awards will be announced on the race website at a later date, and letters of commendation will be sent by mail(only Japan).

### 4. Baggage Return

- Arrival of baggage back at the finish area may be delayed depending on road and traffic conditions. We thank you for your understanding should this be the case. C.O.D. home delivery of baggage is available in the baggage storage area for those in a hurry.

### 5. Shuttle Bus Service

Please check page 8.



## ◆ Race Rules and Additional Information

- This race is held in accordance with JAAF rules of competition.
- Please note in advance that neither the course nor event are JAAF-certified.
- During the race runners are expected to run on the left-hand side as a general rule. Always obey traffic regulations when running follow the directions of course staff at all times.
- In the event of inclement weather, natural disasters and similar situations, the race may be cancelled or the course may be changed. Please note that entry fees will not be refunded should this occur.
- Regardless of whether an entrant participates in the race or not, entry fees and expenses associated with participation will not be refunded for any reason.
- Please notify race organizers if your address has changed since the time of application.
- After entering the race be sure to train sufficiently. Participation in the race is at the participant's own risk.
- If you are not feeling well before the race, be reasonable and do not force yourself to start. If you feel begin to feel unwell during the race have the courage to drop out before it gets worse.
- Entry fees include enrollment in race insurance as determined by the race organizers.
- In the event of death, injury or accident during the race there is the possibility that some money may be paid out. Please contact organizers following the race for more information.
- Please carry your trash with you. Trash receptacles at aid stations are divided by trash type, so please use the appropriate one.
- The race venue and the entire course are non-smoking areas.
- Actions or distribution of materials of a political, religious or commercial advertising nature are prohibited.
- To avoid disturbing neighboring residents and businesses, illegal parking and sleeping outdoors are prohibited.
- Running with portable music players creates safety problems by interfering with runners' ability to hear sirens and emergency announcements as well as the runners around them. Please refrain from wearing headphones or listening to music while running.
- Relieving oneself outdoors is strictly prohibited. Always use temporary or permanent toilet facilities along the course.

### ◆ Personal Information

1. Race organizers and co-owners will handle participants' personal information in accordance with laws concerning personal information protection and all related laws and regulations. Personal information will only be used for program development and preparation, publication of race results, the official race website and other necessary race management and communication purposes.
2. This race will be broadcast on TV and streamed on the Internet.
3. Race video, photos, articles, individual results and the like may be supplied to third parties approved by race organizers and co-organizers for advertisement and promotional materials and purposes such as race programs and posters, and may appear in media such as TV, radio, newspapers, magazines or the Internet.
4. Images of the race may not be used by third parties (including distributing images and videos on the Internet) without the permission of the race organizers and co-organizers. If you wish to use such images, please contact the race organizers.