

# The 1st NIKKO 100km Ultramarathon

## Participants' Guide

Thank you very much for choosing The 1st NIKKO 100km Ultramarathon from among the many races out there.

"The run on World Heritages" you have never experienced is waiting for you! Nikko Ultramarathon runners will run through the mountains and forest which succeed it Japanese-style religion space since the ancient times. Famous cedar tree-lined street also is a superb view. "Seeing is believing." It's "true" ultramarathon.

We're all expecting you.

### ◆ Race Schedule

• Saturday, July 1<sup>st</sup> – The Day Before the Race

Time	Event	Location
13:00	Check-in	<p style="text-align: center;">Imaichi Motion Park</p> <p>*Two participant briefing sessions will provide the same information.</p>
14:00	Briefing session #1 (Japanese)	
17:00	Briefing session #2 (Japanese)	
18:00	Check-in closes	

• Sunday, July 2<sup>nd</sup> – Race Day

Time	Start Group	Event	Location
2:00		The venue open	<p style="text-align: center;">Imaichi Motion Park</p>
2:30	100	100km race check-in	
4:00	100	100km race check-in close	
4:15	100	100km race Opening ceremony	
4:30	100	100km race start	
	62.195	62.195km race check-in	
5:30	62.195	62.195km race check-in close	
5:45	62.195	62.195km race Opening ceremony	
6:00	62.195	62.195km race start	

### ◆Cut-off points

• 100 km Cut-off points

time	Distance	Point	Place
4:30	0km	Start point	Imaichi Motion Park
7:15	19.9km	Cut-off point #1	Uma-gaeshi Public toilet
9:15	33.7km	Cut-off point #2	Nikko Nature Museum
11:45	51.0km	Cut-off point #3	TOBU BUS Nikko Sales Office
15:00	74.6km	Cut-off point #4	Fujiwara Motion Park
17:00	89.6km	Cut-off point #5	Hyakusyo-ya
18:30	100km	Finish point #6	Imaichi Motion Park

• 62.195 km Cut-off points

time	Distance	Point	Place
6:00	0km	Start point	Imaichi Motion Park
8:00	13.3km	Cut-off point #1	TOBU BUS Nikko Sales Office
11:30	36.9km	Cut-off point #2	Fujiwara Motion Park
14:00	51.9km	Cut-off point #3	Hyakusyo-ya
15:30	62.195km	Finish point #4	Imaichi Motion 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 this 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.

### • Nikko Special Ticket (日光おたのしみ券)

Participants of the 1st NIKKO 100km Ultramarathon will be able to use special free or discount tickets when you go to tourist spots listed on the ticket

## ◆ 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, June 30, 21:00
2. Saturday, July 1, 16:30

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

<https://www.facebook.com/nikko.ultra/>

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	Sunshine hours
July 2, 2016	24.1°C	20.2°C	0.0 mm	2.1 m/s	0.0h
July 2, 2015	23.1°C	17.2°C	0.0 mm	2.5 m/s	0.0h
July 2, 2014	26.0°C	17.2°C	11.0 mm	2.4 m/s	5.0h

### ◆ Early Entry

Participants who entered during the Early Entry period (1<sup>st</sup> period is by Jan.19, 2<sup>nd</sup> period is by Jan.26, or 3<sup>rd</sup> period Feb2) 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

#### **Nikko 100km Ultramarathon Office**

##### • Race weekend

(Saturday, July 1, 10:00a.m.-8:00p.m. – Sunday, July 2, 2:30a.m.-9:00p.m.):

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

##### • Other times:

tel: +81 (0) 120-846-024 (weekdays 10:00 – 17:30)

e-mail: [nikko@r-wellness.com](mailto:nikko@r-wellness.com)

\*From June 29, please contact us by telephone only. (not by e-mail)

## ◆ The Day Before the Race

### 1. Check-In

Date: Saturday, July 1, 13:00 – 18:00

Venue: Imaichi Motion Park Physical Sports Center

Please be sure to read and sign the Agreement printed on the number card exchange card before submitting it. When you pick up your bib number be sure to confirm your name and the start time.

#### • . Items to Receive at Check-in

At the corresponding number card exchange desk you will receive the following:

- a. Two bib numbers, timing chips, safety pins, baggage sticker (only 100km), baggage tag
- b. Drop bag (only 100km)
- c. Participant's t-shirt
- d. Early Entry\*

\*Limited to participants who paid their entry fees: 1<sup>st</sup> period is by Jan. 9, 2<sup>nd</sup> period is by Jan. 26, or 3<sup>rd</sup> period Feb 2.

#### • 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 exchange cards will be reissued at the General Information desk for a 200 yen fee. There will be a 1000 yen fee for reissuing bib numbers and a 500 yen fee for reissuing timing chips.
- 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 number while running. Participants will be disqualified if their guide runner's bib number cannot be seen.

## 2. Pre-Race Briefings

Date: Saturday, July 1

1<sup>st</sup> session (Japanese): 14:00    2<sup>nd</sup> session (Japanese): 17:00

Venue: Imaichi Motion Park Stage

At the briefings we will give you all the latest information and course tips to help you finish your race the next day, so please be sure to attend in order to have the smoothest race possible. Two sessions will present the same information.

## ◆ Shuttle Bus Service

### 1. Check-in: Saturday, July 1

- From TOBU Imaichi station to the race venue Imaichi Park (round trip)  
1:15p.m. – 5:45p.m. (Time required for 8 minutes)
- From JR Imaichi station to the race venue Imaichi Park (round trip)  
1:50p.m. – 17:45p.m (Time required for 10 minutes)

### 2. Before the start: Sunday, July 2

- From 100km 1<sup>st</sup> parking to the race venue Imaichi Park (one way)  
2:00a.m. – 3:20a.m. (Time required for 15 minutes)
- From 100km 2<sup>nd</sup> parking to the race venue Imaichi Park (one way)  
2:30a.m. – 3:50a.m (Time required for 10 minutes)
- From 62.195km parking to the race venue Imaichi Park (one way)  
4:00a.m. – 5:30a.m (Time required for 10 minutes)

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

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

### 3. After the Finish: Sunday, July 2

- A-route  
The venue – 62.195km parking – JR Imaichi sta. –TOBU Imaichi sta. –100km 2<sup>nd</sup> parking –100km 1<sup>st</sup> parking – The Venue
- B-route  
The venue – 62.195km parking –100km 2<sup>nd</sup> parking –100km 1<sup>st</sup> parking – The Venue
- C-route  
The venue –TOBU Imaichi sta. – JR Imaichi sta. –100km 2<sup>nd</sup> parking –100km 1<sup>st</sup> parking – The Venue
- D-route  
The venue –100km 2<sup>nd</sup> parking –100km 1<sup>st</sup> parking – The Venue
- E-route  
The venue –TOBU Imaichi sta. – JR Imaichi sta – The Venue

\*Departs every 30 minutes from 9:00a.m. to 16:30p.m.( excluding 12:30)

\*Departs every 15 minutes from 9:00a.m. to 16:30p.m.( excluding 12:30)

\* Departure time will be incorrect depending on time.

## ◆ 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.

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 number and timing chip to your fresh clothes.

Do not cut or fold bib numbers. If your bib number is not visible, race staff will stop you to check your number.

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

### 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 General Information desk for any questions regarding timing chips.

### 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           |
| <input type="checkbox"/> watch              | <input type="checkbox"/> bandages        | <input type="checkbox"/> running shoes |
| <input type="checkbox"/> My Cup / My Bottle | <input type="checkbox"/> running clothes | <input type="checkbox"/> other         |



## 5. Participant Parking

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

## 6. Shuttle Bus Service

Please check page 7.

## 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, Sports Center, 2:30a.m.

Baggage that will not be used during the race may be stored in the Sports Center. 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.



- Drop Bags Deposit, outside of Sports Center, 2:30a.m.

Participants (only 100km) 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 truck on race morning no later than 15 minutes before the start of your race.



- Baggage Pickup

Stored baggage and drop bags can be picked up at the Sports Center.

**\*Important Details Concerning Drop Bags**

- No bags other than the official drop bag may be used.
- 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.

**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	Opening ceremony	Start Time	Bib Number Color
100 km	4:15a.m.	4:30 a.m.	white
62.195 km	5:45a.m.	6:00 a.m.	green

\* We do not regulate traffic for 62.196km start. Please run on the sidewalk.

## ◆ During the Race

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

- Distance marks are placed every 5 km and, 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 marshals at all times.
- Except for a few sections of the course 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 Nikko 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 numbers and take one of the official vehicles back to the race 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 all five cut-off points 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.

\*There is Massage and Taping service “Nikko Rehabilitation network station” at 21 aid station.

#### 6. Toilets

Portable toilets have been placed at each aid station, and additional public toilets are also available for use. Relieving yourself anywhere other than toilets 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 "Nikko" and "Ultramarathon." Strips of paper are available at each cutoff point and aid station, so please use them to write your masterpieces. One person can write as many poems as they like.

#### 8. 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 yen per chip.

### 3. Award Ceremony

- Awards will be presented to the top 3 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.

### 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 7.

## ◆ 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 marshals 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.



2017 Nikko 100km Ultramarathon Aid Station List

No.	Distance		Location ※1	Cut-off time (start group order)		w a t e r	i s o t o n i c  d r i n k i n g	d r i e d s a l t p l u m s	f r u i t	f o o d	s p e c i a l t y  p r o d u c t s	M y B o u t t l e	t o i l e t s  ※2	c h a n g e s o f
	100 km	62.195 km		100 km	62.195 km									
Start	0.0	0.0	Imaichi Motion Park	4:30	6:00	○	○	○	banana	○	○	○	○	
1	2.8	2.8	Imaichi-Juku Ichien agora			○							○	
2	6.6	6.6	Miyama teahouse			○	○						○	
3	9.0	9.0	Nikko board of trade Nikko office			○		○					○	
4	12.6		Eating facility YMARAKU			○	○		banana					
5	15.9		Seiryu Shrine			○				bread		○	○	
6	19.9		Uma-gaeshi Public toilet	7:15		○	○	○			○		○	
7	25.1		Kurokami-Daira observation deck			○			banana				○	
8	27.3		Akechi-Daira parking			○	○						○	
9	30.2		Chuzen-Ji Temple Rest house			○		○					○	
10	32.4		Nikko Futara-san Shrine			○	○						○	
11	33.7		Nikko Nature Museum	9:15		○			raisins	somen	○	○	○	
12	38.2		Kenga-mine crest			○	○	○					○	
13	40.4		GS Vacan lot in front of Masumura car observation deck			○			pineapple				○	
14	43.6		Seiryu Gym			○	○		banana	udon			○	
15	46.9		Nikko Welfare health Center			○		○					○	
16	51.0	13.3	TOBU BUS Nikko Sales Office	11:45	8:00	○	○		banana		○	○	○	100km division
17	55.7	18.0	Prefectural Imaichi Special Support school			○			orange				○	
18	61.6	23.9	Toyoka Sports Park			○	○	○		bread			○	
19	66.7	29.0	EDO WONDERLAND Nikko Edomura			○								
20	70.8	33.1	Kinugawa Hotel Mikazuki private parking			○	○		banana				○	
21	74.6	36.9	Fujiwara Motion Park	15:00	11:30	○		○	raisins		○	○	○	
22	76.3	38.6	TOBU World Square			○	○							
23	82.3	44.6	Vacant land beyond Tamari-duke Honpo			○			pineapple				○	
24	85.6	47.9	Todoroki elementary school			○	○	○	banana				○	
25	88.3	50.6	Hot spring recreation center Katakuri no Yu			○			orange	somen		○	○	
26	89.6	51.9	Hyakusyo-ya	17:00	14:00	○	○		raisins		○		○	
27	95.0	57.2	Omuro elementary school			○		○					○	
28	97.5	59.7	Drinking place Kashiwa parking			○	○						○	
finish	100.0	62.195	Imaichi Motion Park	18:30	15:30	○	○	○	raisins	○	○	○	○	

※1 Aid station locations and provisions are subject to change without notice.

※2 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.