

3rd

HIDA TAKAYAMA ULTRA MARATHON

第3回飛騨高山ウルトラマラソン 【Participants' Guide】

For Runners

Thank you so much for choosing Hida Takayama Ultra Marathon among numerous races out there.

Hida Takayama Ultra Marathon course runs through old towns with traditional Japanese architectures and the Hida Mountains (northern part of Japan Alps), where you can enjoy beautiful natural scenery, and it's also characterized by the hard course with a lot of elevation changes.

We are certain that everyone who takes on this challenge will be rewarded with sense of achievement, excitement and “what ultra-marathon running is all about.” Let's enjoy running in the Hida Takayama!

The race has been highly evaluated by participants of previous events for both software side (warm hospitality of local people and well-organized race management) and also hardware side (availability of accommodation and convenient access).

With “hospitality” as our motto, we have been working hard so that you will be able to enjoy our race as much. On behalf of all the race staffs and Takayama-city residents, we would like to welcome you to the race.

Event Schedule

【June 7th (SAT)】

Time	Event	Location
13:00	Runner Check-in and Packet Pick up	Takayama City Cultural Hall Lobby
16:00	Race Orientation Seminar (Overseas racers)	Takayama City Cultural Hall Large Hall (~ 17:00)
17:00	Runner Check-in closes.	

【June 8th (SUN)】

Time	Event	Location	Start Group
3:00	Race-day parking lots open.	Race-Day Parking AorBorC (*Attached sheet: Parking lot information Reference)	
3:30	Changing rooms become available for runners. Bag check starts. (~5:00)	Takayama City Hall	
4:30	Opening Ceremony		
4:45	Race starts. (100km)		①
5:00	Race starts. (100km)		②
5:15	Race Starts. (72km)		③
7:45			①
8:00	Cut-off Point #1	Asahi Aid Station (19.3km)	②
8:15			③
10:30			①
10:45	Cut-off Point #2	Hida Takayama Ski Resort Aid Station (36.9km)	②
11:00			③
12:30			①
12:45	Cut-off Point #3	Nyukawa Branch Aid Station (54.6km)	②
13:30			③
16:15	72km Race completes.	Fukushi-no Sato (Kokufu-cho)	
16:15	Cut-off Point #4 (for 100km runners only)	Nyukawa Branch Aid Station (82.7km)	①
16:30			②
18:45			①
19:00	100km Race completes.	Fukushi-no Sato (Kokufu-cho)	②

※ Start Groups: 100km→①・② 72km→③

Decision to Hold/Cancel the Event

In events of inclement weather, accident, disease outbreak, etc., the race organizer reserves the right to cancel the race or alter the course, and entry fee will not be refunded. The final decision to hold or cancel the event will be posted on the race website (<http://www.r-wellness.com/takayama/2014/>) after 21:00 on June 7th (Saturday).

Notable Changes from the Last Year's Event

- The closing time of the 3rd cut-off point (at Nyukawa Branch Aid Station) for 100km runners has been moved up for 30 minutes. For details, please refer to the course map on Page 6.
- The aid station No. 12-b has been changed from Urita Community Center to Mingei Museum Takumino Yakata. For details, please refer to the list of aid stations on Page 5.
- The repair work for the stone stairways of Senkoji Temple has been completed, and the section has been back to the course.
- As a perk for those who purchased the official eco-bottles, special drinks will be provided at designated aid stations. For details, please refer to the list of aid stations on Page 5. The race's official goods will be available for purchase at the race venue on June 7th and 8th.
- As a new measure starting from this year, runners who have doctor, nurse, health nurse or emergency medical technician license are asked for their cooperation to take part in the race's medical emergency response framework. For details, please refer to the race's website.

Runner Check-in (available only on June 7th)

① Runner Check-in (Packet Pick-up)

Please make sure to check in at Takayama-city Cultural Hall between 13:00~17:00 on the day before the race (June 7th). At runner check-in, you will need to present "Number Pick-up Card," which is enclosed with this guide. Runners who fail to check in during the above-specified timeframe will be regarded to have cancelled their participation. Please note that there's no race-day check-in available.

② Number Cards

Upon receiving your number cards (4 cards), please make sure to verify your name and start time. During the race, please put the number on your chest and back so that they will be visible at all time during the race. Use the other 2 for cloths you will change into during the race.

③ Health/Medical Check Sheet

This check sheet is for you to self-evaluate your condition before participating in the race for your own safety. Please make sure to fill it out.

④ Race Orientation Seminar

The race orientation meeting will be held 2 times (14:00~15:00 and 16:00~17:00) on the day before the race (June 7th). What will be explained in these 2 meetings are the same. To ensure safe and smooth race, and more importantly for your own guidance to finish the race, please by all means attend one of these meetings. The meeting will cover the latest information and useful tips for the race.

⑤ Sales Booths

At the runner check-in venue, local specialties, race sponsors' merchandizes, the race's official goods, etc. will be available for purchase at sales booths.

Race Day – Before the Start

① Decision Not to Run

If you have doubt in your health condition at all, please make wise decision not to run the race.

② Parking

There will be a limited number of race-day parking spaces available. There is no shuttle bus service from the parking to the start area (Takayama City Hall), so runners are asked to walk there. The parking area will become available for runners from 3:00AM of the race morning. Please do not park before the designated time (for example to sleep in a car). Parking on the street is also prohibited. Participants staying at hotels within about 1km radius are recommended to walk to the event site. June is “Environment Awareness Month.” For those who can, please use public transportations to come to the Hida Takayama to protect the natural environment.

③ Change Rooms

The change rooms for male runners will be meeting rooms located on basement, 2nd and 3rd floors of the city hall building. The change room for female runners will be on the 2nd floor of the health-care center building, which is located right next to the city hall building. Male runners are not allowed in the health-care center building.

④ Toilets

Toilets are available on each floor of above-listed buildings and also outside. Female runners will have access to toilets inside the city hall building as well.

⑤ Transportation of Checked Items

Runners will be provided with 2 designated change-cloths bags. One will be transported to cloth-change point (Hida Takayama ski resort for 72km runners, Nyukawa Branch for 100km runners), and the other one will be transported to the finish area (Fukushi no sato). Please make sure to write all the necessary information on these bags before the race. (You can see sample bags at the runner check-in desk.) Please load these bags on the designated truck by yourself between 3:30 ~5:30 on the race day. As for items to be transported to the mid-course aid station, only designated bags will be accepted. As for items to be transported to the finish area, items that don't fit in the designated bag (large bag, etc.) should be securely attached to the designated bag. Please note that runners are not allowed to leave their belongings at the start area.

⑥ Start Time

Please note that start times vary depending on the race category. Please make sure to be at the designated start area at least 10 minutes before your start time. Starting from last year, the race has introduced the wave start system.

During the Race

① Running on the Course

Please follow instructions by race officials on the course. Excluding the city center right after the start and sections near Bijo Kogen and Nyukawa Branch, there will be no traffic control in place for this event. Please make sure to abide by the road traffic rules. Runners must run on sidewalk whenever possible. As for sections where there is no sidewalk, runners have to run on the left side of the street in principle. Runners who fail to follow above-listed rules and race official's instructions will be dealt with strictly, as it will affect whether or not the race will be allowed to continue in the future.

② Toilets

Toilets will be available at each aid station. Also, there are 5 public toilets in the city center section right after the start (~2km). **Under any circumstances, public excretion is prohibited.** Those who violate this rule may be removed from the race. When using a toilet, please make sure to keep it clean. Your public manner and sportsmanship will be much appreciated.

③ Changing Cloths

Mid-course change-cloths point will be located at Hida Takayama Ski Resort for 72km runners and Nyukawa Branch for 100km runners. Please note that **100km runners will pass Nyukawa branch twice, but checked cloths will only be available when passing it for the first time.** Drinks/foods and toilets will be available for both times.

④ Check Points

72km course and 100km course will split at about 56km point after Nyukawa Branch. Please make sure to stay on the correct course. Note for 100km runners: You must **get your number card checked and receive marking when passing 12-C aid station at the Forest Way Vacant Lot (Daikibo Rindo Akichi).**

⑤ Timing

RS tag will be used to time your race with split times every 10km. For safety reasons, some timing devices may not be set up exactly at the exact 10K-split point. Each runner will receive 2 tags. **Please make sure to put one on each foot.** Remember to use both. There will be runner update service available so that your friends can track your progress. The runner update site can be accessed by computer and mobile phone. No pre-registration is necessary. Please access the tracking site by entering the URL provided below or by reading the QR code with your mobile phone.

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

From Mobile Phone: <http://runnet.jp/record/m/>



⑥ Aid Stations

For detailed information regarding aid stations, please refer to the below-specified table. Runners may take as many drinks as they wish, but in order to protect the environment by reducing waste, **runners are asked only to use 1 or 2 cups at each aid station. (Instead of getting new cups, get refills.)** “Hida Takayama Ultra Marathon” is characterized by its relaxed atmosphere. To make sure that the race is enjoyable for everyone involved, please toss used cups in designated trash bins.

※ Starting from this year, those who purchase the race’s official eco-bottles will receive special drinks at cut-off point aid stations.

List of Aid Stations

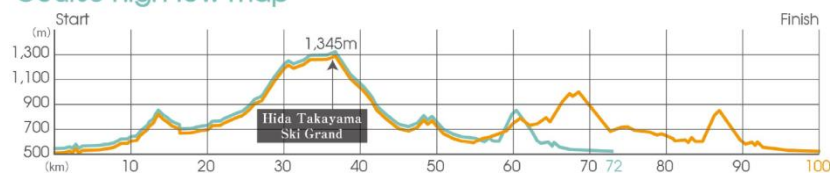
No.	Location	Water and Sports Drinks	Candies, Chocolates	Salt, Salted Plums	Fruits	Bread	Rice Balls	Noodles	Local Specialties (tentative plan)	Special Drinks ※3	Toilets ※2	Checked Change Cloths	Medical staffs	Cut-off Times (by Start Groups)		
														①	②	③
Start	Takayama City Hall	○	○	○		○			Hida's Local Sweets		□					
1	JA Hida Vacant Lot	○ water only	○	○							□					
2	Shioya Community Center	○	○	○							□					
3	Bijokogen Highland	○	○	○	○	○			1. Apple Juice 2. Tomato Juice		□					
4	Asahi	○	○	○	○	○	○	○	1. Tansy udon noodle 2. Hida's Local Sweets	○	□		○	7:45	8:00	8:15
5	Kamiaoya Community Center	○	○	○							□					
6	Kakureha Camping Site	○	○	○		○		○	1. Soba noodle 2. 1000m Spinach		□					
7	Dayoshi Forest Way Ridge	○	○	○							Port-a Johns					
8	Hida Takayama Ski Resort	○	○	○	○	○	○		1. Sweet bean soup with shiratama balls 2. Hida's locally-made pickles 3. Hida's local sweets	○	□	72km	○	10:30	10:45	11:00
9	Prefectural Road Vacant Lot	○	○	○							Port-a Johns					
10	Iwataki Community Center	○	○	○		○			Cherry blossom gaufrette		□					
11	Agriculture Service Road Vacant Lot	○	○	○							Port-a Johns					
12	Nyukawa Branch ※1	○	○	○	○	○	○		1. Tomato Sorbet 2. Hida's local sweets	○	□	100km	○	12:30	12:45	13:30
12-a	Ogaya Community Center	○	○	○							□					
12-b	Agriculture Products Processing Plant	○	○	○	○	○					Port-a Johns					
12-c	Forest Way Vacant Lot	○	○	○							Port-a Johns					
12-d	Mingei Museum Takumino Yakata	○	○	○	○	○			1. Angler fish soup 2. Cherry tomato		Port-a Johns					
12-e	Kodani Community Center	○	○	○							□					
12	Nyukawa Branch ※1	○	○	○	○	○	○		1. Tomato Sorbet 2. Hida's local sweets	○	□		○	16:15	16:30	
13	Senkoji Temple	○	○	○	○	○					□					
14	End of Shimogashiwa Forest Way	○	○	○							Port-a Johns					
15	Miyaji Community Center	○	○	○	○	○					□					
16	JA Ikunae Center	○	○	○							Port-a Johns					
Finish	Fukushi-no Sato (Kokufu-cho)	○							① Pork Soup ② Udon Noodle ③ Pickled Cucumbers		□		○	18:45	19:00	18:15

- ※ 1 At Aid Station No.12 (Nyukawa Branch), foot bath using Okuhida Hot Springs water will be available.
 ※ When you feel ill or get injured, please make sure to get medical attention as soon as possible.
 ※ Toilets are expected to have long waiting queue. Please make sure to go before the start.
 ※ 2 Marked □ are toilets that local institutes let us use. Please be extra careful to keep them clean.
 ※ 3 A special drink serves as offer of only a direction which purchased the "bottle" of official goods.

COURSE MAP



Course high-low map



⑦ Trash

Please make sure to keep the course trash-free by tossing trash in designated bins. Please note that there are only up to 3 bins set up after each aid station. If you find yourself still holding a used cup, etc. after passing these bins, please keep it with you until you get to the next available trash bin, which will be set up at the next aid station. Do not toss trash on the street. Let's keep Takayama beautiful. Thank you for your cooperation.

⑧ Retiring

If you decide to withdraw from the race, please notify one of the race officials at an aid station or on the course and return your chest number card to the staff. Retired runners will be transported to the finish area by bus (There will be designated areas to wait for this bus.). The same goes for runners who fail to pass cut-off points by designated time. Please note that runners will be disqualified even if they reach the cut-off point in time but fail to leave the aid station (cut-off point) within 10 minutes after the cut-off time.

⑨ Accidents, etc.

In events of injuries or accidents during the race, please report to the race headquarters. Treatment provided by the race organizer will be first aid only. Medical staffs are stationed at 3 cut-off points. Aid stations without medical staffs will also be visited time to time by patrolling medical staffs.

⑩ Other Important Notes

In some section where there's little human habitat, there will be chances that you encounter wild animals. If you do, please stay calm and try not to agitate them. The section between 1.0km~1.4km is called "old town" and designated as "nationally-selected preservation district for groups of historic buildings." In this section, the street is very narrow, and on both sides of the street are ditches without cover; therefore, the course will be narrowed down before this section begins. **Do not damage buildings, signboards, etc. or get yourself or other runners injured by trying to pass other runners forcibly.**

After the Finish

① Finisher's Medal/Certificate

Runners who finish within the time limit will receive the finisher's medal. Please make sure to claim yours upon finishing, as you cannot receive it afterwards. Starting from this year's race, **the finisher's certificate will be issued at the race site** and will not be sent via mail. Please make sure to receive yours at the finish area.

② Returning Timing Tags

Please return your timing tags after finishing the race (including retired runners) by putting them in a tag-return box set up in the finish area. If you lose your tags, 500 yen will be charged.

③ Award Ceremony

Overall awards will be given to Top 6 of each category (male/female, 4 categories in total). Each award ceremony will take place about 30 minutes after the 6th place finisher of the category finishes.

④ Picking up Checked Items

Bags from Hida Takayama Ski Resort (for 72km runners) are scheduled to be transported to the finish area by 13:00. Bags from Nyukawa Branch (for 100km runners) are scheduled to be transported to the finish area around 15:00. The arrival of bags may delay due to traffic situation, etc. Thank you for your understanding.

⑤ Changing Room

After picking up checked change cloths, runners may use changing room. (Male runners' changing room – Outdoor filed; Female runners' changing room – "Ikoino-ie" Community Center for the Elderly) Please note that there will be no shower facilities at the event site. (※ Information on nearby public bath facilities will be provided at the runner check-in.)

⑥ Shuttle Bus (for Runners)

There will be shuttle bus services from the finish area to the start area (City Hall) and the race-day parking A(located on the west side of the station). Shuttle buses will operate between noon and 20:00, approximately. Those who parked in the race-day parking B or C should get off the shuttle at the city hall.

⑦ Sales Booths

At the finish area, there will be foods/drinks and local specialties available for purchase. **Pork miso soup or soumen noodle will be available upon submission of the food ticket, which you will receive at the runner check-in**, so please make sure to put the ticket in the check bag to be transported to the finish area.

⑧ Public Bath

Runners can use public bath facilities in Takayama city at a discounted price. Please present the discount ticket, which you will receive at the runner check-in, at the reception of the public bath of your choice. Please note that applied rules, such as valid dates, discount rate and number of people which one ticket is good for, will be different from one place to another.

Notes

① Insurance

Participants are covered by a sports accident insurance. (Insurance Policy: Death/Serious injury with permanent damage = 1.0 million yen, Hospitalization due to Injury = 3,000 yen/day, Doctor visit due to injury = 1,500 yen/visit)

② Valuable Items

Please do not put any valuable items in checked bags, as the race organizer cannot be responsible for lost items.

③ Guide Runner

If you need a guide runner (for visibly impaired runners, etc.), please notify the race organizer (Runners Wellness) by the end of May. Please note that each runner will be responsible for finding his or her guide runner. For safety reasons, wheelchair is not permitted on the course.

④ Unofficial On-Course Supports

Supporting runners on course riding car, bicycle or other vehicle is prohibited by the local police as well as by the race rule.

⑤ Publicity Rights

Please note that the right to publicize the race's video footage, photos, report, record and name of top finishers (prefecture of residence) shall belong to the race organizer.

⑥ Ultra Marathon Poem/Haiku

The race organizer is calling for poem/haiku relating to Hida Takayama, ultra marathon, etc. Cards to write your poem on will also be available at aid stations and the finish area. Multiple entries by one person are allowed. We look forward to your entries!

⑦ Other

To ensure safe and smooth race, please follow the race officials' instructions. **Accidents will be handled in accordance with the race organizer's decisions.**

⑧ Accommodation

Inquiries regarding accommodation or reservation:

- | | |
|--|-----------------|
| • General Accommodation Center | TEL0577-33-1181 |
| • Guesthouse/Pension Reservation Center | TEL0577-33-8501 |
| • Okuhida Hot Springs General Information Center | TEL0578-89-2458 |
| • Hida Norikura Tourist Association | TEL0577-78-2345 |
| • Hida Asahi Ryokan Kumiai (Hotels Association) | TEL0577-56-1209 |

⑨ Inquiries regarding the race information in general:

- Race Weekend (June 7~9) TEL090-8587-8448(Event Headquarters)※mobile phone number

Perks for Participants

Participants (and their family) can enjoy special perks, including special discounts, at the finish area and participating shops in Takayama-city. For details, please refer to the list of “hospitality supporters” enclosed with this participant’s guide. The list will also be on the race brochure distributed at the runner check-in.

Access

【Day Before the Race】 (June 7 th (Saturday))	【Race Day】 (June 8 th (Sunday))
■ Runner Check-in Takayama-city Cultural Hall Showa-machi 1-188-1, Takayama-city, Gifu TEL (0577)33-8333 8-minute walk from JR Takayama Station, 10-minute drive from Takayama IC on Chubu Longitudinal Expressway	■ Start Area Takayama City Hall Hanaoka-machi 2-18, Takayama-city, Gifu TEL (0577)32-3333 About 7-minute walk from JR Takayama station ■ Finish Area Fukushi no sato (Kokufu-cho) Kokufu-cho Kisogaito 650, Takayama-city, Gifu TEL (0577)-72-4426 About 17-minute walk from JR Hida Kokufu Station

Convention information

Renewal of convention formal HP and establishment of convention formal Facebook were performed from the convention now.

Since the newest convention information etc. are published at any time, please confirm.

■convention formal HP

<http://www.r-wellness.com/takayama/2014/>



■convention formal Facebook

<https://www.facebook.com/hidatakayamaultra>

