

The 4th Hida Takayama Ultra-Marathon Participants' Guide

Thank you very much for choosing the Hida Takayama Ultra-Marathon from among the many races out there. The Hida Takayama Ultra-Marathon course runs through the streets of old towns alive with tradition and through the Hida Mountains in the northern Japan Alps, a tough course offering both beautiful scenery and challenging elevation changes. All those who take on that challenge are sure to be rewarded with plenty of excitement and a special sense of achievement as they experience for themselves the essence of the ultra-marathon. Come and leave your own footprints in the soil of Takayama !

Participants in past years have loved the local hospitality and ease of access. This year as well we will put on the race in a spirit of hospitality so that all participants can get the most out of their experience. The race staff and residents of Takayama sincerely look forward to welcoming everyone to our town and race.

◆Race Schedule

Saturday, June 6th, 2015 – The Day Before the Race

Time	Event	Location
13:00	check-in opens	Main Arena at Hida Takayama Big Arena
17:00	check-in closes	

Sunday, June 7th, 2015 – Race Day

Time	Division	Event	Location
3:00		Shuttle bus service starts	Shuttle bus station
3:30		Changing rooms open Baggage check opens (until 5:00)	Hida Takayama Big Arena
4:30		Opening ceremony	
4:45	100 km wave ①	Race Starts	
5:00	100 km wave ②	Race Starts	
5:15	71 km	Race Starts	
8:00	100 km wave ①	Cutoff point #1	Michino-eki Hida Asahi-mura Aid Station (21.8 km)
8:15	100 km wave ②		
8:40	71 km		
10:40	100 km wave ①	Cutoff point #2	Hida Takayama Ski Resort Aid Station (39.2 km)
10:55	100 km wave ②		
11:30	71 km		
12:45	100 km wave ①	Cutoff point #3	Nyukawa Branch Aid Station (57.2 km)
13:00	100 km wave ②		
14:10	71 km		
15:05	100 km wave ①	Cutoff point #4 for 100 km race	Kokufu B&G Kaiyo Center (74.1 km)
15:20	100 km wave ②		
16:15	71 km	71 km race cutoff	Hida Takayama Big Arena
18:45	100 km wave ①	100 km race cutoff	
19:00	100 km wave ②		

◆Race Cancellation

The final decision on whether the race will go forward as scheduled will be posted on the official race website at 9:00 p.m. on Saturday, June 6. Please be sure to check the website:

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

◆Check-In On the Day Before the Race

1. Check-In

venue: Hida Takayama Big Arena

date: Saturday, June 6, 1:00 p.m. – 5:00 p.m.

Please come to Hida Takayama Big Arena to check in at Information counter. You must bring official government-issued ID. There is no race-day check-in. When you pick up your bib number be sure to confirm your name and the start time.

2. Pre-Race Briefings about the latest Information and Course Tips (non-mandatory, Japanese Only)

1st session: 2:00 p.m. – 3:00 p.m., 2nd session: 4:00 p.m. – 5:00 p.m. on Saturday, June 6

3. Shuttle Bus Service

Shuttle busses will run from Takayama Station to the check-in venue at Hida Takayama Big Arena from 12:00 p.m. to 5:30 p.m.

4. Vendors

At the athlete check-in venue, locally-produced goods, race sponsor products and official race merchandise will be on sale.

◆Before the Start on Race Day

1. Start

The start order depends on the division. Please check your division's start time and line up at the start point 10 minutes in advance. The 100 km division will feature a two-wave start, so be sure to confirm which wave you will be in and start in that wave.

Division	Start Time	Bib Numbers' Color
100 km wave ①	4:45 a.m.	white
100 km wave ②	5:00 a.m.	green
71 km	5:15 a.m.	pink

2. Baggage Storage

Baggage may be stored at the Hida Takayama Big Arena. Please be careful not to mix up the bag you want stored with your on-the-course change of clothes baggage.

3. Drop Bags

Participants in both the 71 km and 100 km division may use one designated bag for a single change of clothes on the course, to be delivered to the Takayama Ski Resort (39.2km) for the 71 km division and the Nyukawa Branch(57.2km) for the 100 km division. Drop bags will be available at the check-in venue. Be sure to fill in all necessary information on the bag the day before the race. See the sample completed bag at the athlete check-in venue.

It is your responsibility to drop off your drop bag at the truck in front of the main arena from 3:30-5:30 a.m. on race day. No bags other than the designated bag will be accepted for baggage to be transported to the change points.

4. Shuttle Bus Service

Shuttle busses will run from Takayama Station to the start venue at Hida Takayama Big Arena from 3:00 a.m. to 8:00 p.m.

5. Change Rooms

Men's change rooms will be on the 1st floor of Hida Takayama Big Arena. Women's change rooms will be on the 2nd floor.

◆During the Race

1. Race Rule

Follow the directions of course marshals and observe traffic laws in crossing intersections and railroad crossings. Violations will be dealt with strictly as organizers' ability to continue to put on the race depends upon participants following traffic laws.

2. Bib Numbers

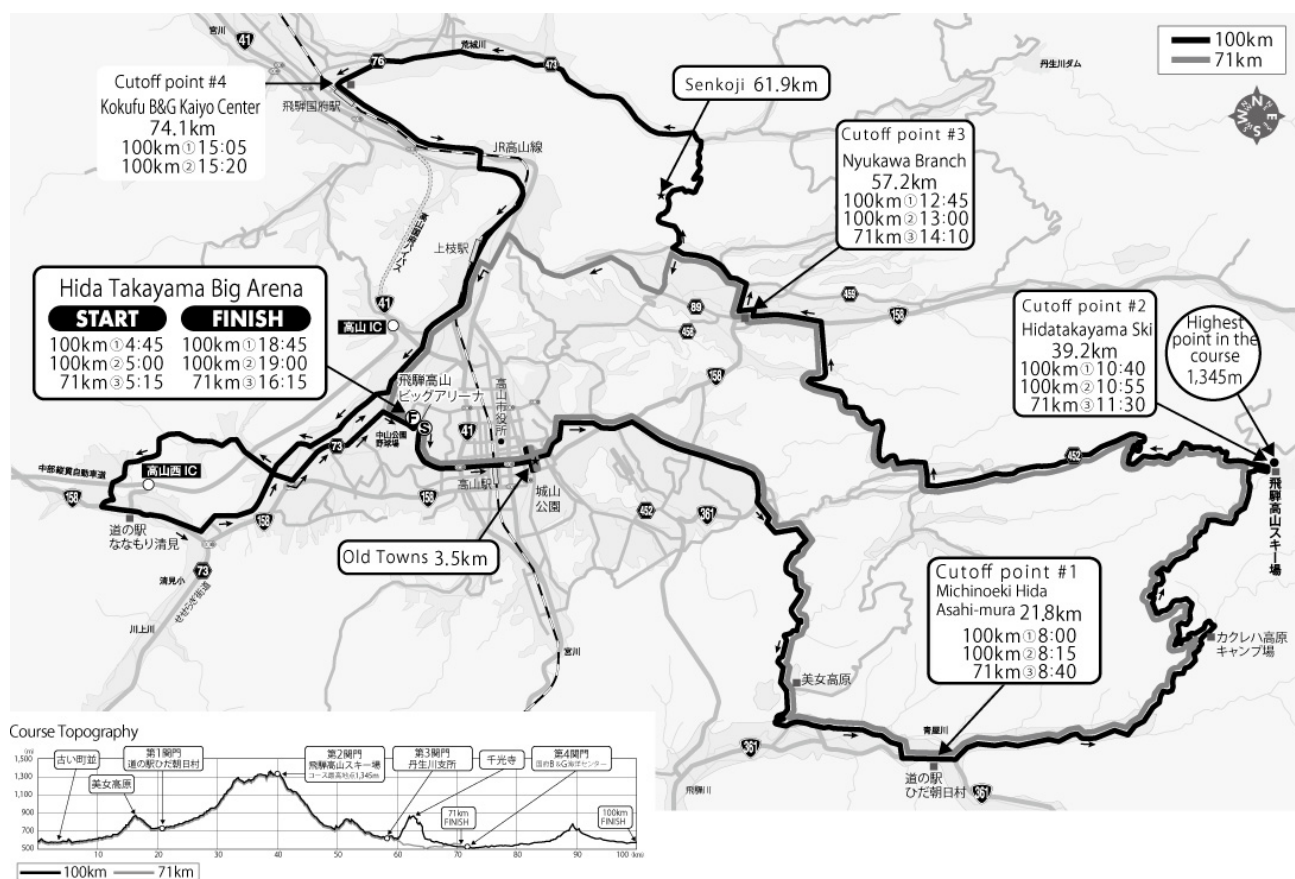
Attach one bib number to the front of your shirt or jacket and one to the back where they will be easily visible during the race.

3. Timing

- RS tags will be used for official timing, with splits taken roughly every 10 km.
- Each participant will receive two tags. Be sure to attach one to each foot. The second one is not a spare.

- By computer: <http://runnet.jp/record/>
- By mobile phone: <http://runnet.jp/record/m/>

Please refer the following for more information on the course, cutoff points and elevation profile.



5. Aid Stations

Please see the table below for details. In order to reduce waste and promote resource conservation, each participant will be limited to using two cups per aid station. In order to ensure that everyone can enjoy a pleasant race please be responsible in throwing your used cups in the trash.

No	Distance		Location	cutoff time (start group order)			water	Pocari Sweat	candy and chocolate	salt & dried plums	fruit	bread	rice ball	specialty products	toilets ※1	change of clothes	medical
	100km	71km		①	②	③											
Start	0.0	0.0	Hida Takayama Big Arena	4:45	5:00	5:15	●	●	●	●					●		
1	5.9	5.9	Takayama Shinyokinko Sanfukuji Branch				●			●					●		
2	10.5	10.5	Shioya Community Center				●	●		●					●		
3	16.7	16.7	Bijo Kogen				●	●	●	●	●			●	●		
4	21.8	21.8	Hida Asahi Village Station Road	8:00	8:15	8:40	●	●	●	●	●	●	●	●	●		●
5	25.2	25.2	Kamiaoya Community Center				●	●		●					●		
6	29.5	29.5	Kakureha Campground				●	●	●	●	●			●	●		
7	33.0	33.0	Dayoshi Forest Way Ridge				●	●		●					●		
8	39.2	39.2	Hida Takayama Ski Resort	10:40	10:55	11:30	●	●	●	●	●	●	●	●	●	71km div.	●
9	44.8	44.8	Prefectural Road vacant lot				●	●		●					●		
10	49.5	49.5	Iwataki Community Center				●	●	●	●	●			●	●		
11	52.4	52.4	Agricultural Service Road vacant lot (Orano Danchi)				●	●		●					●		
12	57.2	57.2	Nyukawa Branch	12:45	13:00	14:10	●	●	●	●	●	●	●	●	●	100km div.	●
13		61.7	Nibari Community Center				●	●		●					●		
14	61.9		Senkoji				●	●	●	●	●				●		
15	65.8		End of Shimogashiwa Forest Way				●	●		●					●		
16	69.0		Miyaji Community Center				●	●		●					●		
17	74.1		Kokufu B&G Marine Center	15:05	15:20		●	●	●	●	●	●	●	●	●		●
18	77.9		Murayama Community Center				●	●		●					●		
19		65.8	Shitagiri Community Center				●	●		●					●		
20	82.7	68.5	JA Hida Aguri (Aguri Takayama)				●	●	●	●	●	●			●		
21	87.2		Yokamachi Fresh Vegetables Sales Office				●	●		●				●	●		
22	91.0		Vacant lot near Mechatronics Takayama Mega Solar Park				●	●		●					●		
23	93.0		Public Records Office				●	●	●	●	●			●	●		
24	97.0		Nakamura Denki				●	●							●		
Finish	100.0	71.0	Hida Takayama Big Arena	18:45	19:00	16:15	●	●				bazaar		●	●		●

※ In the event of injury or not feeling well, please inform race staff.

※ At aid station #12 (Nyukawa Branch) there will be an Okuhida Onsen foot bath available for use.

6. Trash

Do not throw away trash on the course. Be sure to put any trash in the designated trash bins at aid stations. The number of trash bins at each aid station is limited to three, so if you pass them please carry your trash to the next aid station. Keep Takayama's beautiful alpine landscape pristine for all to enjoy.

7. Dropping Out

If you are forced to drop out, go to any aid station or race staff member and give them your bib number. We will transport any runners who drop out back to the start and finish venue by shuttle bus along with any runners who do not clear the cutoff points. Runners who clear cutoff points in time will not be allowed to continue if they do not start running again within ten minutes of the barrier being closed.

8. Injuries, Accidents, Rescue, etc.

Race organizers will provide emergency treatment on race day, but participants will be responsible for any subsequent treatment on their own. Please note that medical staff will be waiting at four cutoff point/aid stations as well as the finish area and that we will have additional medical staff on patrol along the course.

9. Toilets

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

10. Other

• About 3.5 km after the start runners will pass through a National Traditional Architecture Conservation Area called “Old Town.” Because the road there is very narrow and there are uncovered gutters on both sides we will significantly narrow the course to a single column just before this section of the course. Reckless passing in this area can damage buildings and signs and cause injury to other runners, so please take care to ensure this does not happen.

- 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.
- When you use any facilities, please show civic mindedness and good sportsmanship by keeping them clean.
- Should you withdraw from the race, entry fees will not be refunded.

◆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. Since we cannot accept requests to receive them later, please be sure to pick yours up immediately after finishing.

Only the finish time will be printed on the finisher's certificate. There will be no results booklet. Official results will be posted on the race website within one month after the race.

2. Tag Return

Please return your RS tag to the tag return corner in the finish area after finishing, including people who drop out. 500 yen will be charged for lost or unreturned tags.

3. Award Ceremony

Awards will be presented to the top 6 male and female finishers in each division. The award ceremony will take place approximately 30 minutes after the award winners have been confirmed.

4. Baggage Return

Drop bags will be returned to the finish area at the following times:

- From Hida Takayama Ski Resort (71 km division): around 1:00 p.m.
- Nyukawa Branch (100 km division): around 3:00 p.m.

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. COD home delivery of baggage is available in the baggage storage area for those in a hurry..(in Japan alone)

5. Baths

There are no shower facilities at the race venue, but public baths are available in the city at special discounted rates. We will distribute "Hot Spring Special Use Ticket" at the public bath facility. The dates and times of availability and entry fee depend on the bath facility.

6. Shuttle Bus Service for Participants

Shuttle busses from the finish area to Takayama Station will run from 3:00 a.m. to 8:00 p.m.

7. Taxis

Taxis will be available from the race venue parking area. For information please consult the information counter.

8. Vendors

Please enjoy locally-produced food, drink and goods sold by local residents, sponsors and officials.

◆Additional Information

1. Insurance

Participants are covered by sports accident insurance. The insurance policy covers the following:

Death/Serious injury with permanent damage = 1 million yen

Hospitalization due to injury = 3,000 yen/day, Doctor visit due to injury = 1,500 yen/visit

2. Valuables

Valuables are your own responsibility. We cannot accept them in baggage storage.

3. Supporters

Due to the safety and guidance policies of local police, supporters are not allowed to accompany or cheer for runners using cars or bicycles on the course.

4. Personal Information

Race organizers retain rights to distribute race video, photos, articles, results, etc. to the media. Please note that winners' names, town, prefecture or country of residence, age, profession, etc. may be published by the media.

5. Other

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 should occur entry fees cannot be refunded.

Please follow the instructions and directions of race personnel at all times to insure a safe and smooth race. In the event of any problems or disputes the decision of race organizers will be final.

6. Inquiries

For general information regarding the race, please contact the following:

- | | |
|-----------------------------------|---------------------------|
| • weekdays 10:00 a.m. – 5:30 p.m. | tel: +81 (0) 120-846-024 |
| • race weekend (June 6-8) | tel: +81 (0) 90-8587-8448 |

◆Access

Hida Takayama Big Arena: 600 Nakayama-machi, Takayama-shi, Gifu-ken, 506-0051

2.5 km from JR Takayama Station. 5 minutes by car from the Chubu Expressway Takayama Interchange.

※ Please refrain from making inquiries directly to the Hida Takayama Big Arena venue.

◆Additional Race Information

For the latest race news and information please visit the official race website and Facebook page.

<http://www.r-wellness.com/takayama/> Facebook: <https://www.facebook.com/hidatakayamaultra>