

# 第6回 飛騨高山ウルトラマラソン

## The 6<sup>th</sup> Hida Takayama Ultramarathon Participants' Guide

Thank you very much for choosing the Hida Takayama Ultramarathon from among the many races out there. The Hida Takayama Ultramarathon 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 ultramarathon. We put on a race with a strong spirit of hospitality that lets every participant savor the emotional impact of reaching the finish line after all the hard day-to-day training it took to get there. The race staff and residents of Takayama sincerely look forward to welcoming everyone to our town and race.

### ◆ Race Schedule

Saturday, June 10<sup>th</sup> – The Day Before the Race

Time	Event	Location
12:00	Temporary parking opens Shuttle bus service begins	Temporary parking area / Shuttle bus stop (see attachment)
13:00	Check-in	Hida Takayama Big Arena (main arena) *All three participant briefing sessions will provide the same information.
14:00	Briefing session #1 (Japanese)	
15:00	Briefing session #2 (English)	
16:00	Briefing session #3 (Japanese)	
17:00	Check-in closes	
17:30	Temporary parking closes Shuttle bus service ends	Temporary parking area / Shuttle bus stop (see attachment)

Sunday, June 11<sup>th</sup> – Race Day

Time	Start Group	Event	Location
3:00		Race-day parking lots open Shuttle bus service begins	Race-day parking lots / Shuttle bus stop (see attachment)
3:30		Changing rooms open Baggage check opens (until 5:00)	Hida Takayama Big Arena
4:30		Opening ceremony	
4:45	100	100 km race start, wave ①	
5:00	②	100 km race start, wave ②	
5:15	③	71 km race start ③	
8:00	①	Cut-off point #1	Michino-eki Hida Asahi-mura Aid Station (21.8 km)
8:15	②		
8:40	③		
10:40	①	Cut-off point #2	Hida Takayama Ski Resort Aid Station (39.2 km)
10:55	②		
11:30	③		
12:45	①	Cut-off point #3	Nyukawa Branch Aid Station (57.2 km)
13:00	②		
14:10	③		
15:05	①	100km race cut-off point #4	Kokufu B&G Kaiyo Center (74.1 km)
15:20	②		
16:15	③	71 km race final cut-off	Hida Takayama Big Arena
17:45	100	New	Archives Library (93.3 km)
18:00	②	100 km race cut-off point #5	
18:45	100	100 km race final cut-off	Hida Takayama Big Arena
19:00	②		
20:00		Race-day parking lots close Shuttle bus service ends	Race-day parking lots / Shuttle bus stop (see attachment)

◆ Special Features This Year

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 p.10 for more information on aid stations offering special drinks.

5-Year Special Recognition

Participants who have taken part for five consecutive years will be presented with special commemorative goods. These will be available to participants running this year who took part in either the 1<sup>st</sup> through 5<sup>th</sup> editions or 2<sup>nd</sup> through 5<sup>th</sup> editions.

Special Benefits for Participants ①

Participants in the 6<sup>th</sup> Hida Takayama Ultramarathon will receive exclusive discount tickets (enclosed) that can be used to receive discounts at local hot springs, as well as Hida milk service coupons (enclosed) for use at public baths. Please be sure to use them while they are valid. See pp.32-33 for more information.

Special Benefits for Participants ②

Participants will receive special discounts when shopping at a variety of merchants in Takayama's shopping streets and outdoor markets. For more information, see the "List of Merchants Accepting Hospitality Discount Tickets" attachment.

◆ Changes From Last Year's Race and Important Notes

New Cut-off Point

The 100 km race features a new cut-off point. Cut-off point #5 is located at aid station #23 near the Archives Library at 93.3 km. Cut-off times are 17:45 for wave 1 and 18:00 for wave 2.

### Cheering and Support on the Course

The majority of the course consists of narrow roads. For safety reasons, all support, cheering or accompaniment on the course by bicycle, motorcycle, car or other means is prohibited. Any runner found to be received such aid will be immediately disqualified and made to stop running. Our ability to continue to stage this race in the future depends upon your cooperation.

### ◆ 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 9, 21:00
2. Saturday, June 10, 17:00



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

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

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

### ◆ Race Weekend Weather Over the Last Three Years

Race Edition	Date	Avg. Temp.	Max. Temp.	Min. Temp.	Precip.	Avg. Wind
5 <sup>th</sup>	June 12, 2016	20.7°C	27.0°C	15.3°C	3.5 mm	1.8 m/s
4 <sup>th</sup>	June 7, 2015	17.6°C	25.0°C	10.7°C	0.0 mm	2.2 m/s
3 <sup>rd</sup>	June 8, 2014	20.5°C	28.6°C	16.7°C	2.0 mm	1.6 m/s

### ◆ Early Entry

Participants who entered during the Early Entry period will receive a limited edition Sarubobo figurine, not available for sale. These will be available at race check-in the day before the race.

\*Limited to participants who paid their entry fees by Dec. 12, 2016.

\*Please note that Sarubobo recipients cannot choose the color of their figurine.

◆ Contact Information

Race-Related Inquiries

Hida Takayama Ultramarathon Race Office

- Race weekend (Saturday, June 10 – Sunday, June 11):

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

- Other times:

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

e-mail: hida-takayama@r-wellness.com (Beginning June 8 please contact us by telephone. E-mails on or after that date will not receive a response.)

Accommodations

- |  |                          |
|--|--------------------------|
| • General Accommodations Center                  | tel: +81 (0) 577-33-1181 |
| • Guesthouse/Pension Reservation Center          | tel: +81 (0) 577-33-8501 |
| • Hida Norikura Tourism Association              | tel: +81 (0) 577-78-2345 |
| • Hida Kiyomi Tourism Association                | tel: +81 (0) 577-68-2338 |
| • Hida Shokawa Tourism Association               | tel: +81 (0) 576-92-2272 |
| • Hida Ichinomiya Tourism Association            | tel: +81 (0) 577-53-2149 |
| • Hida Kuguno Tourism Association                | tel: +81 (0) 577-52-2270 |
| • Hida Asahi Ryokan Kumiai (Hotels Association)  | tel: +81 (0) 577-56-1209 |
| • Hida Takane Tourism Association                | tel: +81 (0) 577-59-2211 |
| • Takayama City Kokufu Branch                    | tel: +81 (0) 577-72-3111 |
| • Okuhida Hot Springs General Information Center | tel: +81 (0) 578-89-2614 |
| • JTB Chubu                                      | tel: +81 (0) 52-211-6715 |

Sightseeing

- |  |                          |
|--|--------------------------|
| • Hida Takayama Tourist Information Center | tel: +81 (0) 577-32-5328 |
| • Takayama Tourism Bureau (main office)    | tel: +81 (0) 577-32-3333 |

◆ The Day Before the Race

1. Check-In

date: Saturday, June 10, 13:00 – 17:00

venue: Hida Takayama Big Arena main arena

\*There is no race-day check-in.

Please be sure to read and sign the Agreement printed on the number card exchange card before submitting it. Please also be sure to submit the health self-check form. 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:

1. Two bib numbers, timing chips, safety pins, baggage sticker, baggage tag
2. Drop bag
3. Participant's t-shirt
4. Runners card (aid station and cut-off point information, 9 cm x 5.5 cm)

◆ Important Details for Participant Check-In

1. There will be no participant check-in or bib number distribution on race day.  
Bib numbers must be picked up in person by the participant the day before the race. No bib numbers will be given to any person on behalf of a participant, so be sure to pick up your number yourself.
2. 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.
3. For participants requiring guide runners, bib numbers for up to two guides will be issued. Please contact the race office 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 runner" 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

• Saturday, June 10

1<sup>st</sup> session (Japanese): 14:00 – 15:00

2<sup>nd</sup> session (English): 15:00 – 16:00

3<sup>rd</sup> session (Japanese): 16:00 – 17:00

venue: Hida Takayama Big Arena main arena



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. All three sessions will present the same information.

### 3. Parking

Parking will be open from 12:00 to 17:30.

- The number of parking spaces is limited, so if possible please use public transportation.
- Illegal parking or stopping and sleeping in cars are strictly prohibited.

### 4. Shuttle Bus Service

Shuttle bus service will operate from 12:00 to 17:30. Shuttle busses will run between Takayama Station and the race venue, and between participant parking and the race venue. Please see the attached parking lot / shuttle bus section for further details.

### 5. Booths

At Hida Takayama Big Arena, locally-produced goods, race sponsor products and official race merchandise will be on sale at official booths. Be sure to pay them a visit.

## ◆ 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 changing 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 areas will be open from 3:00 to 20:00.

### 6. Shuttle Bus Service

Shuttle bus service will operate from 3:00 to 20:00. Shuttle busses will run between Takayama Station and the race venue, and between participant parking and the race venue. Please see the attached parking lot / shuttle bus section for further details.

### 7. Changing Rooms

Men's and women's change rooms will be on the 1<sup>st</sup> floor of Hida Takayama Big Arena in the sub-arena. Since they are likely to be crowded we recommend that you arrive dressed to run.

### 8. Toilets

Toilets in the Hida Takayama Big Arena are located in the lobby on the 1<sup>st</sup> floor and in the four corners of the main arena on the 2<sup>nd</sup> floor. Permanent and temporary toilets are also located outside the arena. Please allow ample time for waiting in line.



## 9. Baggage Storage

- Baggage Storage Area, Main Arena, 3:30~

Baggage that will not be used during the race may be stored in the gymnasium. 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, in front of Main Arena

Participants can have baggage delivered to a specified aid station on the course. Attach the baggage sticker enclosed 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.

Division	71 km	100 km
Aid Station	Hida Takayama Ski Resort	Nyukawa Branch
Distance	39.2km	57.2km
Sticker color	Red	Blue

- Baggage Pickup

Stored baggage and drop bags can be picked up at the Main Arena.

- 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. The 100 km division features a two-wave start, so be sure to check the start time printed on your bib number.

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

### ◆ 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.

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



### 3. Aid Stations

- Please see the aid station list on p.10 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 three trash receptacles in place after each aid station. If you haven't finished your drink when you pass the last one carry the cup until the next aid station. Help protect the beauty of the Takayama 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 may 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.

## 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. Other

- In addition to participants' feelings about the race, we are asking participants to write senryu and haiku poems on the themes of "Takayama" and "Ultramarathons." 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.
- For about 400 m beginning 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-file column just before this section of the course. Reckless passing in this section of the course can damage buildings and signs and cause injury to others and to the runners themselves, so please be responsible and 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.
- 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.
- June has been declared the Environment Month by the national government. Please take the environment into consideration in your plans and use public transportation as much as possible.

◆ 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 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 two weeks 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 6 male and female finishers in each division.
- The top 3 finishers will receive their awards onstage. 4<sup>th</sup>-6<sup>th</sup> place finishers may receive their awards at the tent next to the 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

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

- ◆ From Hida Takayama Ski Resort (71 km division): around 13:30

- Nyukawa Branch (100 km division): around 15:30

- 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. Baths

There are no shower facilities at the race venue, but public baths are available in the city at special discounted rates. Please show the enclosed "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. Taxis

Taxis will be available from the race venue parking area. For more information please contact the taxi services below.

- Hato Taxi tel +81 (0) 577-32-0246
- Santo Taxi tel +81 (0) 577-32-2323
- Shinko Taxi tel +81 (0) 577-32-1700
- Medics Taxi tel +81 (0) 577-36-3860
- Takayama Taxi tel +81 (0) 577-37-2599

### ◆ 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 and to complete the enclosed health self-check form. 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.

