

2016 Hida Takayama Ultramarathon Aid Station List

No.	Distance		Location ※1	Cut-off time (start group order)			water	Pocari Sweat	chondroitin	dried salt plums	fruit	bread	rice cakes	sports products	toilets ※2	changing of clothes	medical
	100km	71km		①	②	③											
Start	0.0	0.0	Hida Takayama Big Arena	4:45	5:00	5:15	●	●	●	●					perm.		
1	5.9	5.9	Takayama Shinyokinko Sanpukuji Branch				●	●	●						temp.		
2	10.5	10.5	Shioya Community Center				●	●	●						temp.		
3	16.7	16.7	Bijo Kogen				●	●	●	●				●	perm.		
4	21.8	21.8	Michino-eki Hida Asahi Village	8:00	8:15	8:40	●	●	●	●	●	●	●	●	perm.		●
5	25.2	25.2	Kamiaoya Community Center				●	●	●						perm.		
6	29.5	29.5	Kakureha Campground				●	●	●	●				●	perm.		
7	33.0	33.0	Dayoshi Forest Way Ridge				●	●	●						temp.		
8	39.2	39.2	Hida Takayama Ski Resort	10:40	10:55	11:30	●	●	●	●	●	●	●	●	perm.	71km division	●
9	44.8	44.8	Prefectural Road vacant lot				●	●	●						temp.		
10	49.5	49.5	Iwataki Community Center				●	●	●	●				●	temp.		
11	52.4	52.4	Agricultural Service Road vacant lot (Orano Danchi)				●	●	●						temp.		
12	57.2	57.2	Nyukawa Branch	12:45	13:00	14:10	●	●	●	●	●	●	●	●	perm.	100km division	●
13		61.7	Nibari Community Center				●	●	●					◎	temp.		
14	61.9		Senkoji				●	●	●	●					perm.		
15	65.8		End of Shimogashiwa Forest Way				●	●	●					●	temp.		
16	69.2		Miyaji Community Center				●	●	●						perm.		
17	74.1		Kokufu B&G Marine Center	15:05	15:20		●	●	●	●	●	●	●	●	perm.		●
18	77.9		Murayama Community Center				●	●	●						temp.		
19		65.8	Shimokiri Community Center				●	●	●					●	temp.		
20	82.8	68.3	In front of Green Pharmacy				●	●	●	●	●				temp.		
21	87.4		Yokamachi Fresh Vegetables Sales Office				●	●	●					●	temp.		
22	91.0		Vacant lot near Mechatronics Takayama Mega Solar Park				●	●	●						temp.		
23	93.3		Public Records Office				●	●	●	●	●			◎ ※3	temp.		
24	96.0		Yokamachi vacant lot				●	●							temp.		
finish	100.0	71.0	Hida Takayama Big Arena	18:45	19:00	16:15	●	●						for sale	perm.		●

※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.

※3 ◎ mark indicates an aid station at which grilled Hida beef will be available.