

第5回 飛騨高山ウルトラマラソン

The 5th 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 11th – The Day Before the Race

Time	Event	Location
12:00	Short-term parking opens Shuttle bus service begins	Short-term parking area (see the parking info) Shuttle bus stop (see the race venue map)
13:00	Check-in	Hida Takayama Big Arena (main arena)
14:00	Briefing session #1 (Japanese)	Hida Takayama Big Arena (main arena)
15:00	Briefing session #2 (English)	Hida Takayama Big Arena (main arena)
16:00	Briefing session #3 (Japanese)	Hida Takayama Big Arena (main arena)
17:00	Check-in closes	Hida Takayama Big Arena (main arena)
17:30	Short-term parking closes Shuttle bus service ends	Short-term parking area (see the parking info) Shuttle bus stop (see the race venue map)

Sunday, June 12th – Race Day

Time	Start Group	Event	Location
3:00		Race-day parking lots open Shuttle bus service begins	Race-day parking lots (see the parking info) shuttle bus stop (see the race venue map)
3:30		Changing rooms open Baggage check opens (until 5:00)	Hida Takayama Big Arena
4:30		Opening ceremony	
4:45	①	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	Cut-off point #4 for 100 km race	Kokufu B&G Kaiyo Center (74.1 km)
15:20	②		
16:15	③	71 km race cutoff	Hida Takayama Big Arena
18:45	①	100 km race cutoff	Hida Takayama Big Arena
19:00	②		
20:00		Race-day parking lots close Shuttle bus service ends	Race-day parking lots (see the parking info) shuttle bus stop (see the race venue map)

◆ Changes From Last Year's Race and New Features This Year

1. Aid Station Changes

To improve safety on the course, the following aid station locations have been changed.

• Aid Station #20

old: JA Hida Agri (100 km division: 82.8 km, 71 km division: 68.3 km)

new: in front of Green Pharmacy (100 km division: 82.8 km, 71 km division: 68.3 km)

• Aid Station #24

old: Nakamura Denki (100 km division: 97.5 km)

new: Yokamachi vacant lot (100 km division: 96.0 km)

*Please see the aid station list for further details.

2. Special Plans for the 5th Anniversary Race

To celebrate the race's 5th anniversary you'll be able to enjoy the local Hida Takayama specialty, Hida beef, at the aid station on each course. Participants running the Hida Takayama Ultramarathon for the fifth-straight year will receive a premium t-shirt and other special commemorative goods.

3. Special Benefits for Race Participants

Participants in the 5th Hida Takayama Ultramarathon will receive exclusive discount tickets for local hot springs and coupons for free Hida milk at local public baths. Tickets and coupons must be used during the specified time period.

*Please see pp. 34-35 on the official race program for more information.

Tickets and coupons are included with the booklet, the official race program that you will receive at check-in.

◆ Race Cancellation

Natural disasters or other unforeseen circumstances may result in the race being cancelled, interrupted or in the course being changed. Information on the race's status will be posted at 21:00 on Saturday, June 11 on the race website and Facebook page:

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

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

◆ Race Weekend Weather Over the Last Three Years

Race Edition	Date	Avg. Temp.	Max. Temp.	Min. Temp.	Precip.	Avg. Wind
4 th	June 7, 2015	17.6°C	25.0°C	10.7°C	0.0 mm	2.2 m/s
3 rd	June 8, 2014	20.5°C	28.6°C	16.7°C	2.0 mm	1.6 m/s
2 nd	June 9, 2013	19.8°C	29.4°C	12.4°C	0.0 mm	1.7 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. 18, 2015.

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

◆ Contact Information

1. Race-Related Inquiries

Hida Takayama Ultramarathon Race Office

- Race weekend (Saturday, June 11 – Monday, June 13):

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 9 please contact us by telephone. E-mails on or after that date will not receive a response.)

2. Tourist Information

HIDA TAKAYAMA City Sightseeing website

<http://www.hida.jp/english/>

◆ Check-In the Day Before the Race

1. Check-In

date: Saturday, June 11, 13:00 – 17:00

venue: Hida Takayama Big Arena main arena

*There is no race-day check-in.

Please come to the general information desk. You will receive your bib number and participation goods. When you pick up your bib number be sure to confirm your name and the start time.

2. Pre-Race Briefings

• Saturday, June 11

1st session (Japanese): 14:00 – 15:00

2nd session (English): 15:00 – 16:00

3rd 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 and Shuttle Bus Service (June 11)

Parking will be available on-site for participants. Absolutely no overnight parking is allowed. Please be aware that the number of parking spaces is limited, so if possible please make use of public transportation. Do not park illegally anywhere. Shuttle busses will run from Takayama Station to the check-in venue at Hida Takayama Big Arena.

*Please see the separate parking information section for details.

4. 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.

5. Other

During the race please dispose of garbage in the designated trash receptacles or take it back with you. Please do not litter in the race venue or on the course.

◆ Before the Start on Race Day

1. Parking and Shuttle Bus Service (June 12)

Parking areas will be open from 3:00 to 20:00. Illegal parking and sleeping in cars are strictly prohibited. Shuttle busses will run from Takayama Station and Parking Lot A (Sukyo Mahikari Takumigaoka) to the start venue (Hida Takayama Big Arena).

*Please see the separate parking information section for details.

2. Baggage Storage

• Race Venue Baggage Storage

Please attached the baggage tag included with your bib number. Valuables may not be stored.

Baggage storage location: main arena

Baggage drop-off times: 3:30 – 5:00

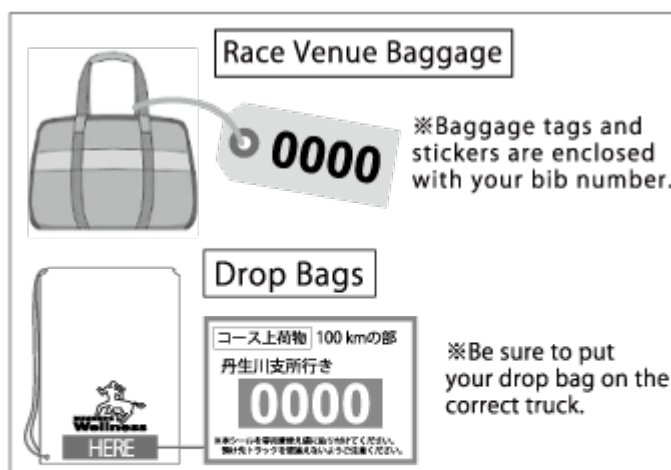
• Drop Bags

Participants can have baggage delivered to a specified aid station on the course. You will receive a drop bag when you check in for the race. Attach the baggage sticker enclosed with your bib number and deposit it at the correct truck on race morning. Be sure to tie the drop bag firmly shut. Once you have deposited your drop bag you will not be able to take it back out. Please do not pack breakable items, bottles or other items which may leak liquids. Organizers accept no responsibility for damage.

Drop bag deposit location: Trucks in front of the main arena

Drop bag deposit times: 3:30 – 5:00

On the course it is your responsibility to put your drop bag back onto the trucks to have them transported to the finish.



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

3. Start

Each division starts at a different time. Please check your division's start time and line up at the start point 15 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.	green
71 km	5:15 a.m.	pink

4. Change Rooms

Men's and women's change rooms will be on the 1st floor of Hida Takayama Big Arena in the sub-arena.

5. Toilets

Toilets in the Hida Takayama Big Arena are located in the lobby on the 1st floor and on the 2nd floor (women only) as well as in the four corners of the main arena on the 2nd floor. Permanent and temporary toilets are also located outside the arena. Please allow ample time for waiting in line.

*See the race venue map for more information.

6. Other

- When using any facilities at the venue or on the course, please show civic mindedness and good sportsmanship by keeping them clean.
- Entry fees will not be refunded if you withdraw from the race.
- Anti-inflammatory sprays and cold sprays will not be available. Please be sure to prepare your own if you need these or other kinds of runner care.

◆ During the Race

1. 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 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.

3. 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.
- Each participant will receive two tags. Be sure to attach one to each foot.
- An online service(Japanese only) will be provided for runners(family and friends) to check runners' records at time checkpoints by inputting the number card number or name of a runner. For further details, please ask Information desk.

4. Toilets

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

5. 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. If you are not feeling well or sustain an injury please tell a staff member at the earliest opportunity.

6. Aid Stations

Please see the aid station list for details. To reduce waste and promote resource conservation each participant will be limited to using two cups per aid station. There are also three trash receptacles in place after each aid station. Please be responsible in throwing your used cups in the trash so that everyone can have a pleasant race experience. 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.

7. Dropping Out

If you are forced to drop out, go to any aid station or race staff member and give them your front bib number. We will transport any runners who drop out back to the finish venue by shuttle bus along with any runners who do not clear the cutoff points. Please return your timing chips after returning to the finish area. 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. If you are picked up by a patrol vehicle you may be transferred to one of the shuttle busses before returning to the finish. Shuttle busses depart from each cutoff point. If you drop out or are cut off early in the race please note that you may have to wait a considerable amount of time before being taken to the finish.

8. Other

- 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.

◆ 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 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 award ceremony will take place approximately 30 minutes after the award winners have been confirmed. The top 10 finishers in each age group will be announced on the race website at a later date and the top 3 will be mailed letters of commendation.

4. Shuttle Bus Service for Participants (June 12)

Shuttle busses will run from the finish area to Takayama Station and the designated parking areas.

*Please see the separate parking information section for more information.

5. 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. COD home delivery of baggage is available in the baggage storage area for those in a hurry.

6. 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.

*Please see pp. 34-35 on the official race program for further details.



7. 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

◆ Additional Information

1. Escort Runners

Please contact the race office in advance to receive the escort runner registration form. Registered escort runners will receive an escort runner bib at pre-race registration. If either party becomes unavailable to run it will be counted as a withdrawal. You may not use an alternate escort runner. If an escort runs without registering, in addition to both parties being disqualified the escort runner will not be covered by race insurance.

2. 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

3. Personal Information

Race organizers retain rights to distribute race video, photos, articles, results, etc. to the media. Winners' names, hometown, prefecture or country of residence, age, profession or other personal details may be published in the media.

4. Valuables

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

5. Ultra-Poetry

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.

6. Supporter Safety

Due to the safety and guidance policies of local police, supporters are not allowed to accompany or cheer for runners by car or bicycle or by running on the course. Our ability to hold this event in the future depends upon you respecting this restriction. The race accepts no liability or responsibility for any accidents that may occur when people ignore this rule.

7. Other Information

- 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. 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.

- Firearms are strictly prohibited at the race venue. Please do not use firearms in the parking areas or on the course.

- Sleeping in cars or tents is prohibited at this event. Please be aware of the health risks and help us to stage a safe race.

- False declarations of age or gender on the application, bib number transferring and participation by anyone other than the person on the application are prohibited. In any of these cases the runner's registration will be cancelled and they will not be covered by event insurance.

- After the March 31, 2016 cancellation refund deadline, entry fees will not be refunded for any reason.

- Inquiries regarding lost or forgotten items should be made to the race organizers' office. Items will be kept by organizers for one month following the race date, after which point they will be discarded. Perishable items will be discarded immediately.