



Kyoto Tango Okoku Mahoroba Kaido Municipalization 10th Anniversary International Friendship Pre-Event
2014 History Road Tango 100 km Ultramarathon 14th Running

Information for Entrants

Thank you again for signing up for the 2014 History Road Tango 100 km Ultramarathon, the event's 14th running. Please read these race instructions carefully so that you will be fully prepared.

We look forward to welcoming all of our ultra runners here to Tango and to seeing you run.

◎ Be sure to read the "Start Times" and "Race Rules and Notices" sections.

This race is conducted in compliance with local traffic regulations. Please obey traffic signals and authorities. Participants who do not follow instructions for any reason will be forced to stop running.

◎ Anti-inflammatory spray will not be provided. Please bring the amount you require.

Race Schedule

■ Saturday, Sept. 13

11 : 00~18 : 30	Runner check-in and packet pickup - all divisions (in the Amity Tango venue)
15 : 30~	Opening ceremonies (event stage)
16 : 00~	Race orientation session (event stage) ※There will be only one orientation session.
16 : 20~16 : 30	On-stage event

■ Sunday, Sept. 14 ※Please see the race schedule below.

Start Times · Time Limits · Cutoff Times

Start Times

	Start Time	Time Limit	Start Point
100 km Division	4 : 3 0	14 hours	Amity Tango
60 km Division	9 : 0 0	9 hours 30 minutes	Kumihama Canoe Warehouse

Cutoff Times

	1 st Checkpoint	2 nd Checkpoint	3 rd Checkpoint	4 th Checkpoint	5 th Checkpoint
100km Division (total time)	8 : 4 2 4 hours 12 minutes	1 2 : 2 1 7 hours 51 minutes	1 4 : 5 0 10 hours 20 minutes	1 6 : 4 1 12 hours 11 minutes	1 8 : 3 0 14 hours
Location	former Kumihama Rinkai School site	Yasaka Government Office	Ikari Kogen Administrative Office	Tango Government Office	Amity Tango
Distance	30km	55.7km (100 km) 34.1km (60 km)	73.5km	87.2km (100 km) 47.0km (60 km)	Finish Point
60km Division (total time)	—	1 4 : 2 5 5 hours 25 minutes	—	1 6 : 4 1 7 hours 41 minutes	1 8 : 3 0 9 hours 30 minutes

· Even if participants reach a checkpoint under the cutoff time, they will be disqualified if they do not start running within 10 minutes after the checkpoint's barrier closure.

· After the closure of a checkpoint barrier, give your front number card to a member of the race staff. Your Runners Chip will be collected in the finish area. ■ If race officials determine that a participant will clearly not reach a checkpoint before the cutoff time, the participant will be required to stop even if the cutoff point and time have not yet been reached. Continuing to run on the course after barrier closure is not allowed. ■ Race organizers accept no responsibility for any accidents that may occur if participants choose to ignore race rules.



※Use one chip on your left foot and one on your right foot.

• Official time measurements will be taken with the Runners Chip, a small, 5 g transmitter chip. Along with your number cards and safety pins, at check-in you will receive two Runners Chips along with twist-ties to be used to attach them to your shoes. One chip is usually used in road races, but due to the harsh conditions of use in ultras and trail races two will be used. Please attach one to your left shoe and one to your right shoe for a total of two. The second chip is not a spare.

• In both the 100 km and 60 km divisions you will receive four number cards. Attach one to the front of your jersey and one to back, and use the remaining two for your change of clothes. If you change clothes at a designated changing point, do not forget to attach your Runners Chips and number cards.

• Due to conditions at timing points, timing may take place at different locations and distance marks than planned.

※ Runners Chips will be collected in the finish area, so please do not forget to return them. If they are lost or not returned, you will be charged for the cost of replacing them.

© Update Service (Real-time splits)

Participants' progress and split times can be followed by computer or mobile phone using the following service. Advance registration of an e-mail address is not required. Simply enter the following URL or read the QR code with your phone's camera.

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



←QR code for use with camera-equipped phones.

※Circumstances may prevent transmission of live splits.

Aid Stations and Rest Stations

- Aid stations (drinks) and rest stations (food and drinks) are located every 3 to 7 km.
- A total of 27 aid stations are planned for the 100 km division, with 16 planned for the 60 km division.
- Ultra senryu and haiku poems may be posted at rest stations. See the race website for more information.
- Food and drink are available at each start point.

※ Please see the complete course map for more details on aid stations.

Change rooms and baggage storage during the race

Pre-race change rooms

Division	Sex	Change Room Location
100km Division	M	Amino Sports Center 1 st Floor Judo Room
	F	Amino Sports Center 2 nd Floor Kendo Room
60km Division	M	Kumihama Auditorium (opens at 6:30 a.m.)
	F	Kumihama Auditorium (opens at 6:30 a.m.)

※There are no participant waiting rooms.

Changing facilities on the course

	Place name	100 km Division	60 km Division
①	Yasaka Gov' t Office	55.7 km point	34.1 km point
②	Ikari Kogen Admin Office	73.5 km point	—

Transition bags

100 km participants will receive two bags, while 60 km participants will receive one.

Dropping Off Change-of-Clothing Bags

• If you want to change your clothes during the run, put them in the transition bags you receive at check-in (2 for 100 km division, 1 for 60 km division) and deposit your bags in the baggage trucks before the start. Please check the destination of the truck. Once you have deposited your bag it is not possible to retrieve it.

※ If you leave a bag, please write your own bib number on it in magic marker with large, clear, easy-to-read numerals.

※ Only the specified transition bags will be accepted. Do not overfill the bags and be sure to tie their opening shut.

• Baggage trucks will be parked next to the Amino Sports Center for the 100 km division and in front of the Kumihama Canoe Warehouse for the 60 km division.

Changing facilities on the course

Division	Parking locations of baggage trucks for changing facilities on the course	Baggage deposit times (on race morning, 9/14)	Destination ①	Destination ②
100 km	next to Amino Sports Center	3:00~4:10	55.7 km (Yasaka Gov't Office)	73.7 km (Ikari Kogen Admin Office)
60 km	next to Amino Sports Center	3:00~7:45	34.1 km (Yasaka Gov't Office)	
	in front of Kumihama Canoe Warehouse	7:30~8:30	34.1 km (Yasaka Gov't Office)	

Baggage dropoff for post-race bags

• 100 km division → Please drop off your bag in the gymnasium located next to Amity Tango by the start point. (also available to 60 km division participants)

• 60 km division → Please drop your bag in the truck headed from the start point (Kumihama Canoe Warehouse) to the finish area (Amity Tango).

Division	Dropoff point for post-race baggage	Baggage deposit times (race morning, 9/14)
100 km	Amino Sports Center	3:00~4:10
60 km	Amino Sports Center	3:00~7:45
	Kumihama Canoe Warehouse (baggage truck)	7:30~8:30

※60 km participants can drop off their change-of-clothing bags and bags for post-race clothes at either the Amino Sports Center (finish area) or Kumihama Canoe Warehouse (start point). Be sure to double-check the baggage deposit times.

Baggage storage areas

- Baggage storage areas are located in the Amino Sports Center. They are open from 3:00 to 19:00.
- **Valuables will not be accepted for storage**/Bottles and other breakables may not be stored.
- After the race be sure to come to pick up your own baggage. (Raw items will be disposed of the same day.)
- Baggage left at rest stations with changing facilities will not be returned to the finish line before the return time set for that station. Please see the following table for the approximate time of return.
- If you have more than one bag, please attach them together with string or something similar.

Estimated return times for baggage left at changing facilities on the course

Km point/place name	Relevant participants	Baggage truck departure time	Baggage return time (estimated)
① 55.7 km (Yasaka Gov't Office)	those who pass checkpoint by 9:30	9:45	around 10:30
	those who pass by 10:45	11:00	around 11:45
	those who pass by 12:21 or drop out by 12:45	13:00	around 13:45
	those who pass by 14:25 or drop out by 14:25	14:45	around 15:30
② 73.7 km (Ikari Kogen Admin Office)	those who pass by 10:30	10:45	around 12:00
	those who pass by 11:30	11:45	around 13:00
	those who pass by 13:30	13:45	around 15:00
	those who pass by 14:50 or drop out by 14:50	15:30	around 16:45

※ For participants who drop out, be sure to give your front number card to a member of the race staff and tell them whether you have baggage ahead at either changing location ① or ②.

Return of clothing taken off during the race

- Participants in the 100 km division can drop off clothes they were wearing at the start at the Kumihama Sankaikan at 16.6 km. This is planned to coincide with when participants will begin to get warm from running and from the sunrise around 5:30 a.m.
- Write your number on the bags provided in the changing tents and drop your bag in the official storage area for finish line-bound baggage. It will be returned to the luggage storage area in Amino Sports Center.

IMPORTANT: Compliance with Traffic Regulations on the Course

- As a general rule, run on the left-hand side. If there is a sidewalk, run on it. In sections where you must run on the right-hand side, follow the directions of traffic officials.
- **Be sure to run in compliance with all road traffic laws.**
- **At intersections with traffic signals, be sure to obey the traffic signal lights.**
- At some points on this race's course participants must cross the national highway without a traffic signal. At these points, be sure to strictly follow race officials' instructions. Failure to follow instructions for any reason will result in disqualification. Crossing the road diagonally will also result in disqualification except when directed.

※ Be sure to take sufficient note of the following point where you must cross traffic. Marks in parenthesis indicate 60 km division.

- ① 29.8 km (8.1 km) 100 m past former Kumihama Rinkai School site: Cross diagonally.
- ② 55.7 km (34.1 km) Yasaka Gov't Office rest area entrance: Cross from left to right.
- ③ 55.8 km (34.2 km) Yasaka Gov't Office rest area exit: Proceed on the right, cross horizontally where you enter the flow of traffic on the national highway, cross the bridge on the right-hand side, then cross from right to left in the crosswalk. This takes up around 150 m.

For safety always follow
officials' directions!!

- ④ 92.1 km (52.1 km) old Mitsu Road entrance: Cross the national highway horizontally from left to right.

■ If you are running with a guide runner, be sure to prepare a guide rope to hold during the run.

※ Failure to follow any of the above instructions for any reason will result in disqualification. Ignoring traffic signals affects the future of this race and will be dealt with strictly.

If you are not feeling well

- If you are not feeling well, no matter how slightly, before the race, please withdraw and do not run. If you choose to withdraw, be sure to talk to a race official first and do not simply leave on your own. Mobile phone # / e-mail: tango@r-wellness.com
- Ambulances will only assist those in need of emergency treatment.
- If you do not feel well during the race, consult one of the health nurses on duty in rest stations.
- Health nurses are on duty in seven rest stations along the course: Kumihama Sankaikan, former Kumihama Rinkai School site, Asamogawa fishing port, Yasaka Gov't Office, Ikari Kogen Admin Office, Tango Gov't Office, former Mitsu Elementary School

Dropping out during the race

- If you drop out during the race or are stopped by barrier closures, be sure to consult with race officials at any aid station, rest station or timing station. At that time, remove your front number card and hand it to the race official along with your Runners Chip.
- Participants who drop out or are stopped will be returned from aid stations and rest stations to the main race grounds (Amity Tango) by race officials on patrol in official race vehicles. There is a possibility that it may be necessary to transfer from one vehicle to another along the way.
- Sweeper busses will depart from each station to the main race venue (Amity Tango). They will run as soon as they are full, even before barrier closing. Busses will run once during the race and once after barrier closing time.
- Please note that it may be necessary for participants who drop out early in the race to wait for an extended

period of time depending upon the availability and operation of busses.

- If you are stopped by barrier closure you will be riding in one of the patrolling official race vehicles from the point you have reached. Please give your front number card and Runners Chip to the race official before you get out of the vehicle.

Rules and Special Observations during the race

- ① Supporters are not allowed to accompany or pace participants on foot, by bicycle, by motorcycle or by car, and moving along the course to cheer is also forbidden.
- ② In the case of blind runners or similar situations, only guides or escort runners registered in advance will be permitted. Registration of multiple guides or escorts is not allowed.
- ③ Participants take part at their own risk, and the organizer shall not be held liable for any illness, injuries, traffic accidents or loss of personal luggage or belongings that occur during the race.
- ④ In case of accident or injury during the race, organizers have taken out sports accident insurance so be sure to report to race headquarters. First aid and emergency treatment will be the organizers' responsibility, but any further treatment will be the participant's obligation. The sports injury insurance includes the following: Death/disability: 1 million yen, Hospitalization for injury: 3,000 yen/day, Outpatient treatment for injury: 1,500 yen/day
※ Be sure to bring a copy of your health insurance card to the race.
- ⑤ In the event of bad weather, natural disasters, accidents, epidemics and the like, the course may be changed or the race may be cancelled. In such cases race entry fees will not be refunded. In situations other than those above, organizers retain the right to cancel the race at their discretion.
- ⑥ TV, newspaper, magazine and Internet rights for all videos, photos, articles and recordings of the race are retained by race organizers.
- ⑦ Participants who falsely declare their age or gender and anyone running in place of a registered participant will not be allowed to run. In such cases, the participant will be disqualified.
- ⑧ As it may be rainy at the start, bring a rain jacket or other waterproof gear.
- ⑨ Toilets are located at each rest station. Please do not under any circumstances relieve yourself in or around the fields along the course.
- ⑩ Please throw trash in the trash cans provided. If you drink from paper cups or bottles or consume jellies or energy gels as you run, please carry the trash to the next aid station and deposit it in a trash can. Please do not throw trash in fields or on local private property.
- ⑪ Fires may not be lit on race venue grounds, in parking lots or in streets.
- ⑫ With regard to items left behind after the race, fresh foods and other organic items will be disposed of immediately. Other items will be stored at the race office for one month following the race. In the case of lost or forgotten items, please contact the race office within one month of the race.
- ⑬ Transfer of your number card to another person is strictly prohibited under any circumstances. Discovery of such transfers will result in disqualification.
- ⑭ If race officials determine that the race can not continue, the race may be stopped.

Day before and race day access to race venue grounds and start point

By car

- Park in one of the participant-only parking lots (Parking lot A = Amino Ground、Parking lot B = Amino Minami Elementary School、Parking lot C = Amino Junior High School) and either take a shuttle bus or walk to the race venue at Amity Tango. It is roughly a 15-minute walk from parking lot A, B or C.
- 60 km division participants should park in participant-only parking lot A, B or C and take an official race shuttle bus to the 60 km start point. Parking is also available at the start point (Kumihama Canoe Warehouse) but is very limited.
- To set your car navigation system, please enter the phone numbers below.

Amity Tango

〒629-3101 Kyoto-fu Tango-shi Amino-cho Amino 367

TEL. 0772-72-5261

Kumihama Canoe Warehouse (near Welfare Center)

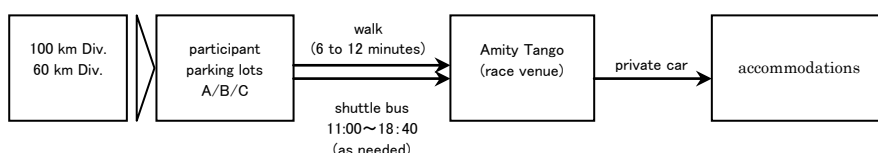
〒629-3422 Kyoto-fu Tango-shi Kumihama-cho 3137-3

TEL. 0772-82-1980

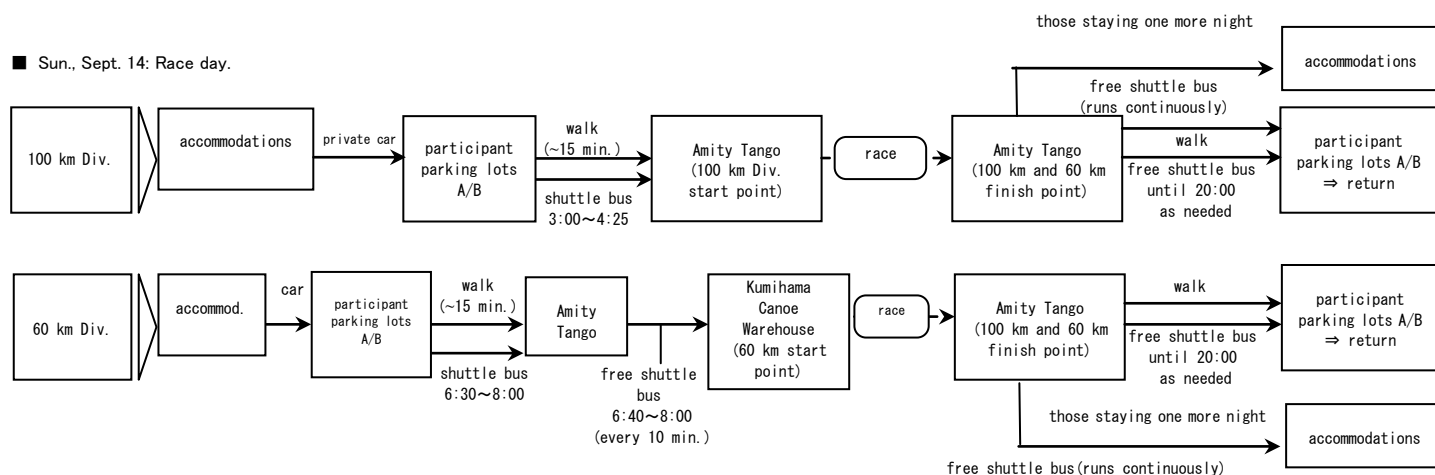
※For more information about shuttle bus operating schedule, please refer to the operating table on the back of the attached race schedule.

■ Sat., Sept. 13: The day before the race.

By car



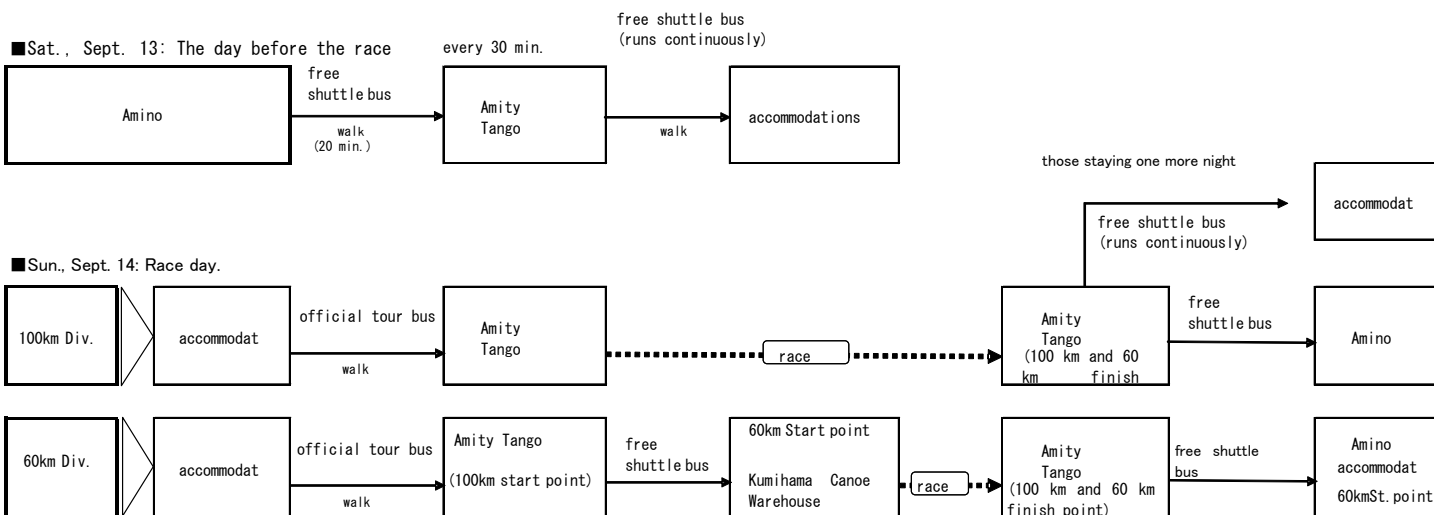
■ Sun., Sept. 14: Race day.



※ For 100 km division participants, on Sun., Sept. 14 it is not possible to arrive by train in time for the start. Please come the day before if travelling by train, or come by car.

By public transportation

• Between Amino Station and Amity Tango, please use the free official race shuttle bus. See the attached table for the shuttle operation schedule.



Parking

※Please see the attached sheet.

Staff will guide you to your parking spot at the race venue.

Please note that for security reasons you cannot sleep in the parking lot or in cars.



Complimentary snack vouchers

• Each participant will receive one complimentary snack voucher.

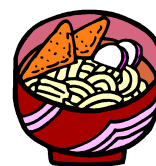
Please enjoy your choice of two snack items with your voucher.

(During restaurant opening hours on Sat., Sept. 13 and Sun., Sept. 14.)

Last year's menu included homemade frankfurter sausages, hot noodles, hurricane potatoes, popcorn, shaved ice, blueberry milk, home-baked cakes, etc.

※ The menu may change due to availability or weather conditions.

Due to limited supplies, please understand in some items run out of stock.



Post-race bath

- Free shuttle busses from Amity Tango (finish area) to Asamogawa Onsen Shizukanosato operate every year. When checking in you will receive a ticket for one free bath. Please use it to relax and loosen up your mind and body that have worked hard all day since early morning.

Shopping for food around the race venue

- Nishigaki Supermarket, Lawson, Family Mart etc. are located nearby. Please give them your patronage. Late on Saturday and early on Sunday it may be difficult to get bread, rice balls and some kinds of beverages. Ask your accommodations in advance to prepare an early breakfast (rice balls, etc.), but also come prepared with a supply of sports drink and sponge cakes or other food you are accustomed to eating.

Participation goods

T-shirt and Special Koshihikari rice (planned)

Finisher's Certificate

A finisher's certificate (with finish time only) will be issued on race day. Finishers will also receive medals. Split times will be available on the race website at the end of September.

Group Trial

This is a so-called team competition. Apply with three to ten of your friends and acquaintances on the race website by September 3. Your motivation to finish will increase even more.

For More Information

■For more information on accommodations, busses leaving from Shin-Osaka and Kyoto, and raceday busses for supporters please contact **Toptour Corp., Sports Division** TEL : 03-5348-2733 FAX: 03-5348-2731

■Pre-race and raceday website : <http://www.r-wellness.com/>

Please also visit the Kyotango-shi community site T-WAVE : <http://www.tango-wave.jp/> !

Race office: TEL : 0120(846)024 FAX : 0463(70)6266
〒259-0111 Kanagawa-ken Naka-gun Oiso-machi Koku-fu Hongo 438 **Runner's**
Wellness Corp.
E-mail : tango@r-wellness.com
Race headquarters: 090(8587)8448 (Sept. 13-15)