

100km ウルトマラソン

International Friendship Race Historical Road Tango 100km Ultramarathon 2015

Participants' Guide

Thank you for signing up for the International Friendship Race Historical Road Tango 100km Ultramarathon. Please read there race instructions carefully so that you will be fully prepared.

Rule of Tango Ultramarathon

1. Please keep the traffic rules

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.

2. Let us make Tango Ultramarathon as a race with good runner' s manner.

Do not throw away trash on the course. Be sure to put any trash in the trash bins at aid stations.

Weather Information For The Past 3 Years

Event	Race Date	Maximum Temperature	Minimum Temperature	Average Wind Velocity	Hours of Sunlight	Weather
14th	Sep. 14, 2014	24. 2°C	18. 6°C	1. 9m	9. 4h	clear
13th	Sep. 15, 2013	27. 7°C	20. 5°C	5. 1m	5. 1h	rain
12th	Sep. 16, 2012	32. 1°C	23. 5°C	1. 5m	1. 5h	clear

Race Cancellation

The final decision on whether the race will go forward as scheduled will be posted on the official race website and official Facebook page at 9:00 p.m. on Saturday, Sep. 19. Please be sure to check them.

Saturday, Sep.19 9:00 p.m.

●Official Website

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

●Official Facebook

<https://www.facebook.com/tango100km>

Health Check

In order to be well prepared for the race, please stay in good shape.

ex) to sleep well, avoid too much drinking

We recommend you to take medical check before you participate the race.

If you are not feeling well 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.

Check - In

1. Check - In

● **Date: Saturday, Sep. 19**
Time: 11:00 am – 6:30 pm
Venue: Amity Tango

● **Date: Sunday, Sep. 20**
Time: 3:10 am – 4:10 am
Venue: Amity Tango

● **Date: Sunday, Sep. 20**
Time: 7:30 am – 8:30 am
Venue: Kumihama Beach Park(60km)

Please come to the venue to check in at Information counter. You must bring official government-issued ID. When you pick up your bib number be sure to confirm your name and the start time.

2. Shuttle Bus Service (Sep. 19)

Shuttle busses will run from Amino Station to the Check-in venue at Amity Tango.

*See 【Shuttle Bus Schedule】 for details

3. Pre - Race Briefings

Date: Saturday, Sep. 19

Time: ① 1:30 pm (Japanese Session)

② 4:30 pm (Japanese Session)

③ 5:15 pm (English Session)

Venue: Amity Tango

The latest Information and course Tips (non-mandatory) will be provided in the Pre- race briefings. (Contents of all 3 briefings are the same.)

Before the Start on Race Day

1. Baggage Storage

Baggage may be stored at the Amity Tango. The plastic bag (clear) will be provided at check-in counter. Please put the number seal on your plastic bag. Please be careful not to mix up the bag you want stored with your on-the-course change of clothes baggage.

《 100km division 》

Location: Amity Tango

Time : 3 : 00 am - 4 : 10 am

Baggage return: Amity Tango

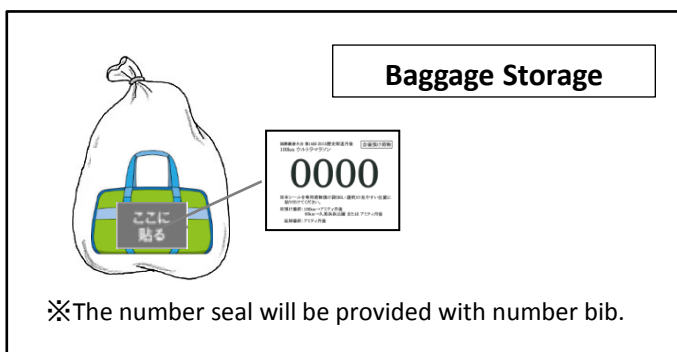
《 60km division 》

Location: Amity Tango or Kumihama Beach Park

Time: 3 : 00 am - 7 : 45 am(Amity Tango)

7 : 30 - 8 : 30 am(Kumihama Beach Park)

Baggage return: Amity Tango



2. Drop Bags

If you want to change your clothes during the run, put them in the designated 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.

《 100km division 》

Location: Amity Tango

Time : 3 : 00 am - 4 : 10 am

Destination: 56.0km Yasaka Community Center
73.8km Ikari Plateau Admini Office

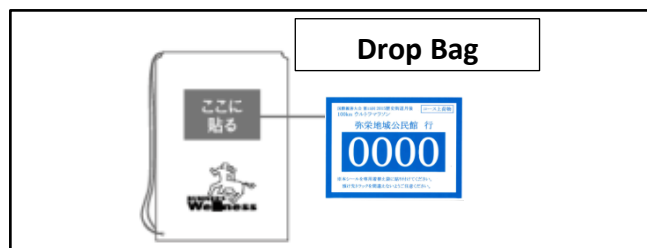
《 60km division 》

Location: Amity Tango or Kumihama Beach Park

Time: 3 : 00 am - 7 : 45 am(Amity Tango)

7 : 30 - 8 : 30 am(Kumihama Beach Park)

Destination: 34.5km Yasaka Community Center



3.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. Your start time is written on your number bib, so be sure to confirm which wave you will be in and start in that wave.

4.Toilets

Toilets will be available at the start venue. It will be the peak time before the start, so please allow enough time for preparing everything.

Division	Start Time	Start Venue	Bib Numbers' Color
100km①	4:30 am	Amity Tango	white
100km②	4:45 am	Amity Tango	green
60km	9:00 am	Kumihama Seaside Park	pink

5.Others

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

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. 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 bib.

3. Timing

Runners chip will be used for official timing, with splits taken roughly every 10 km.

Each participant will receive two chips. Be sure to attach one to your left shoe and one to your right shoe. The second chip is not a spare

4. 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. 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 baggage storage area in Amity Tango.

5.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.

6.Aid Stations

Please see the table for details. In order to ensure that everyone can enjoy a pleasant race, please be responsible in throwing your used cups in the trash.

7. 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.

8. Dropping Out

If you are forced to drop out, go to any aid station or race staff member. 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. 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.

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. Official results will be posted on the race website within two weeks after the race.

2. Runners Chip Return

Please return your runners chips to the chip return corner in the finish area after finishing. Those who drop out can return where the shuttle bus arrived at. 500 yen will be charged for lost or unreturned chips.

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

Baggage and drop bags will be returned to the finish area at 3:00 am – 7:00 pm. Please show your number bib when you receive your baggage.

The last arrival of trucks from the changing point

- From Yasaka Community Center: around 3:30 pm
- From Ikari Plateau Admini Office: around 5:00 pm

If you drop out, your drop bags will return on the last truck. Arrival of baggage back at the finish area may be delayed depending on road and traffic conditions. COD home delivery of baggage is available in the baggage storage area for those in a hurry. (in Japan only)

5. Shuttle Bus Service

Shuttle busses from the finish area at Amity Tango to Amino Station will run from 0:35 pm to 8:00 pm.

*See 【Shuttle Bus Schedule】 for details

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. 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.

4. 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.

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

• About the Race

Tango Ultramarathon Office

Email: tango@r-wellness.com (until Sep.17)

TEL: 090-4000-9066 (Sep.19 – 20 only)

• About Accommodation

TOBU TOP TOURS

Email: sportsdesk@tobutoptours.co.jp

• About Sightseeing

Kyotango City Tourism Association

TEL:0772-62-6300(8:30 am- 5:15 pm weekday)