



Mt.FUJI 100

EMOTIONAL DISCOVERY



The 13th Mt.FUJI 100 2025 RACER INFORMATION

RACE DATES : Fri. April 25 - Sun. April 27, 2025

RACE LOCATION : The Mt. Fuji area (Fuji City and Fujinomiya City of Shizuoka Prefecture and Narusawa Village, Fujikawaguchiko Town, Fujiyoshida City, Oshino Village and Yamanakako Village of Yamanashi Prefecture)

MAIN ORGANIZER : The Mt. FUJI100 Race Committee (General Incorporated Association Fuji Hakone Izu Trail Support, Mt.FUJI100 Joint Venture (Regionport LLC, and Sotoe Co., Ltd., R-bies Co.,Ltd.)

CO-ORGANIZERS : Fuji City, Fujinomiya City, Minobu Town, Narusawa Village, Fujikawaguchiko Town, Fujiyoshida City, Oshino Village, Yamanakako Village, Gotemba City, and Susono City

Thank you for entering the Mt. FUJI100, the largest trail running race in Japan held around the magnificent Mt. Fuji. This racer information provides some very important information about the race. Please read through this package very carefully before the race.

The race uses WEB smart check-in system. Racers need to present their smartphone screens showing registration information or a printout of a QR code at the racer check-in.

TIME SCHEDULE

FUJI 100mi

Fri.Apr.25	8:00-14:00	Racer check-in, bib pick-up, Luggage and Drop Bag check-in	Wood Straight of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)
		Luggage and Drop Bag check-in	Gymnasium of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)
	14:30-16:30	Luggage and Drop Bag check-in	Fujisan Kodomo no Kuni(a.k.a Children's World), (Fuji City, Shizuoka)

* You need to make a reservation in advance for luggage check-in (fee required).
* Luggage check-in are accepted up to one hour before the time of each wave start.

Fri.Apr.25	16:30	Opening Ceremony	Fujisan Kodomo no Kuni(a.k.a Children's World), (Fuji City, Shizuoka)
	17:00	Start of the first wave	
	17:15	Start of the second wave	
	17:30	Start of the third wave	
	17:45	Start of the fourth wave	
Sun.Apr.27	14:00-15:00	Awards Ceremony	FUJISAN NO MEISUI Stadium of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)
	14:30	Race Cutoff Time	
	15:30	End of luggage and Drop Bag pick-up	Gymnasium of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)

KAI 70k

Fri.Apr.25	8:00-18:00	Racer check-in, bib pick-up	Wood Straight of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)
		Luggage check-in*	Gymnasium of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)
Sat.Apr.26	8:00-12:30	Racer check-in, bib pick-up	Wood Straight of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)
		Luggage check-in*	Gymnasium of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)

* Luggage check-in are accepted up to one hour before the time.

Sat.Apr.26	13:00	Opening Ceremony	FUJISAN NO MEISUI Stadium of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)
	13:30	Start	
Sun.Apr.27	10:30	Race Cutoff Time	
	12:00-13:00	Awards Ceremony	
	15:30	Baggage Returns End	

ASUMI 40k

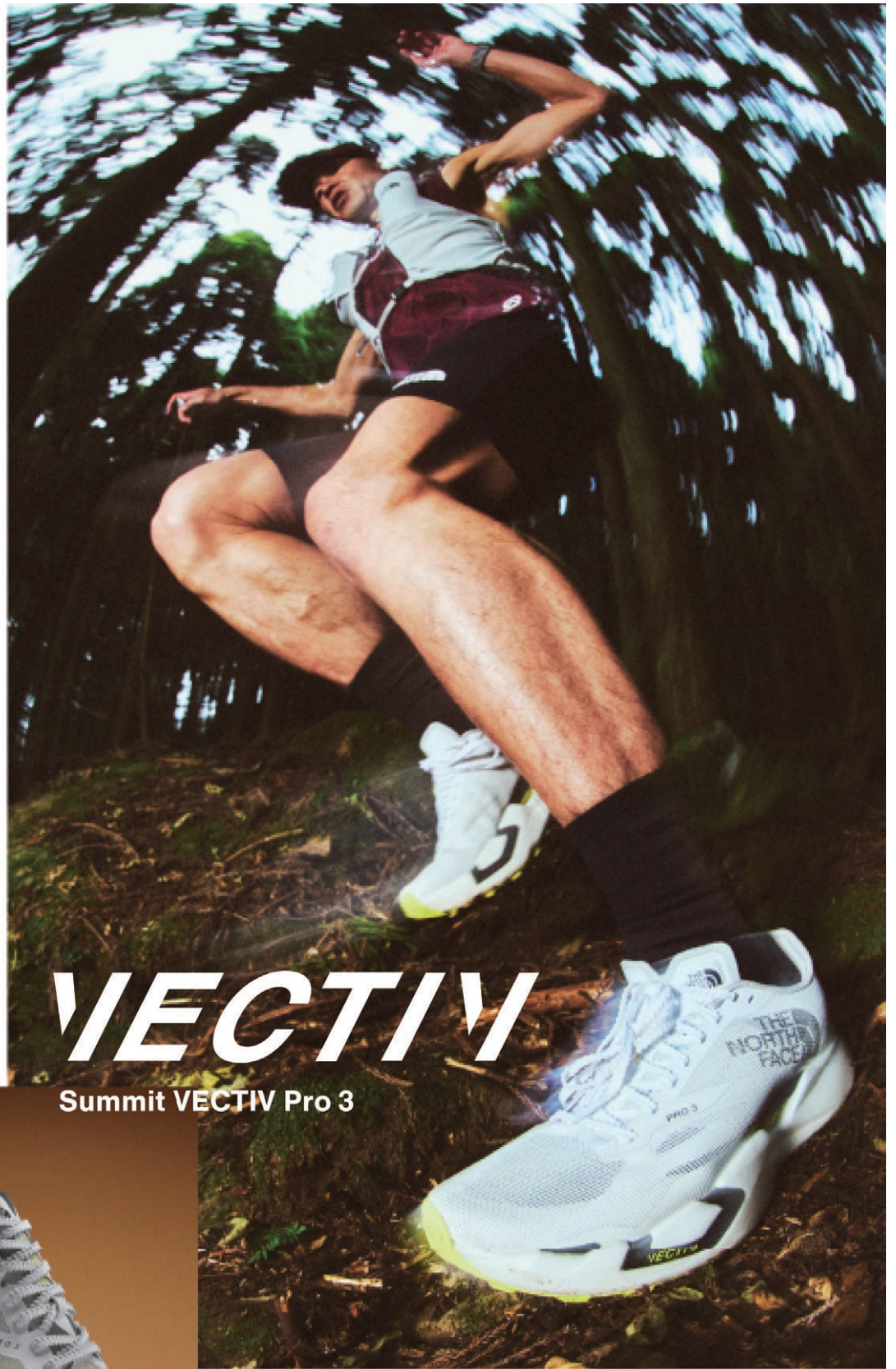
Fri.Apr.25	8:00-18:00	Racer check-in, bib pick-up, Luggage and Drop Bag check-in	Wood Straight of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)
Sat.Apr.26	8:00-11:00	Racer check-in, bib pick-up	Wood Straight of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)
		Luggage check-in*	Wood Straight of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)

* Luggage check-in are accepted up to one hour before the start time.

Sat.Apr.26	11:30	Opening Ceremony	FUJISAN NO MEISUI Stadium of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)
	12:00	Start	
	18:00-19:00	Awards Ceremony	
	19:00	Race Cutoff Time	
	20:00	Baggage Returns End	

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GUIDELINES FOR RACE CANCELLATION, SUSPENSION, OR EVENT AND RACE COURSE CHANGES

If the race organizer determines that initiating or continuing the race is impossible due to the following reasons, the organizer will either modify race details or cancel the event. There will be no postponement of the race.

1. When a weather warning is issued.
2. When it is deemed impossible to ensure the safety of racers and staff due to landslides, falling rocks, or other dangerous conditions on the course.
3. In case of a disaster, such as when an earthquake warning (e.g. Tokai earthquake warning) is issued near the race area.
4. When the natural environment is damaged due to the passage of racers in rough weather.
5. When the race organizer recognizes the necessity of cancelling the race for any other reasons.
6. If the race organizer decides to cancel the race, the announcement will be made on the official race webpage at least eight hours before the start time of FUJI, KAI, and ASUMI races. If the race is canceled after it has started, information will be posted on the webpage, and a text message will also be sent to the registered phone number of each racer.

Information about the racer check-in (Bib pick-up and gear check)

FUJI100mi : 8:00-14:00 Friday, April 25
 KAI70k : 8:00-18:00 Friday, April 25 & 8:00-12:30 Saturday, April 26
 ASUMI 40k : 8:00-18:00 Friday, April 25 & 8:00-11:00 Saturday, April 26

- Required items at the racer check-in
- ① Bib pick-up ticket (by showing a QR code on your smartphone or on paper *Scheduled to be emailed around April 10) ② Photo ID

DIRECTIONS TO THE CHECK-IN VENUE

Fuji Hokuroku Park
 5000 Kamiyoshida Tateishi, Fujiyoshida City,
 Yamanashi Prefecture 403-0005



◀ Google Map

① FUJI 100mi

Fuji Hokuroku Park Wood Straight
 8:00-14:00 Friday, April 25

② KAI 70k

Fuji Hokuroku Park Wood Straight
 8:00-18:00 Friday, April 25 &
 8:00-12:30 Saturday, April 26

③ ASUMI 40k

Fuji Hokuroku Park Wood Straight
 8:00-18:00 Friday, April 25 &
 8:00-11:00 Saturday, April 26

FINISH / START AREA MAP (Fri)

FUJI 100mi KAI 70k ASUMI 40k



山梨県 富士北麓公園

FUJI HOKUROKU PARK

- W.C
トイレ
- CHANGING ROOM
男子更衣室
- CHANGING ROOM
女子更衣室
- 受付/必携品チェック
Bib pick-up & Gear check
- DROP BAG
ドロップバッグ
- BAGGAGE
手荷物預け/返却
- INFORMATION
インフォメーション
- FOOD/DRINKS
食事
- PARKING ●
大会関係者駐車場
- BUS STOP
バス乗降所
- DROP OFF/PICK UP
タクシー・送迎車乗降所
- FUJI 100mi COURSE
FUJI 100mi コース
- KAI 70k COURSE
KAI 70k コース
- ASUMI 40k COURSE
ASUMI 40k コース
- RUNNER WALKING PATH
選手歩行経路

* Please see page 7 for directions to Fuji Hokuroku Park.
 • The main parking lot of Fuji Hokuroku Park will be closed. Please ensure you make a reservation and purchase a parking pass in advance and park your car at a designated parking lot.

EXPO

8:00-18:00 Friday, April 25

9:00-18:00 Saturday, April 26 *Some stores are open at night

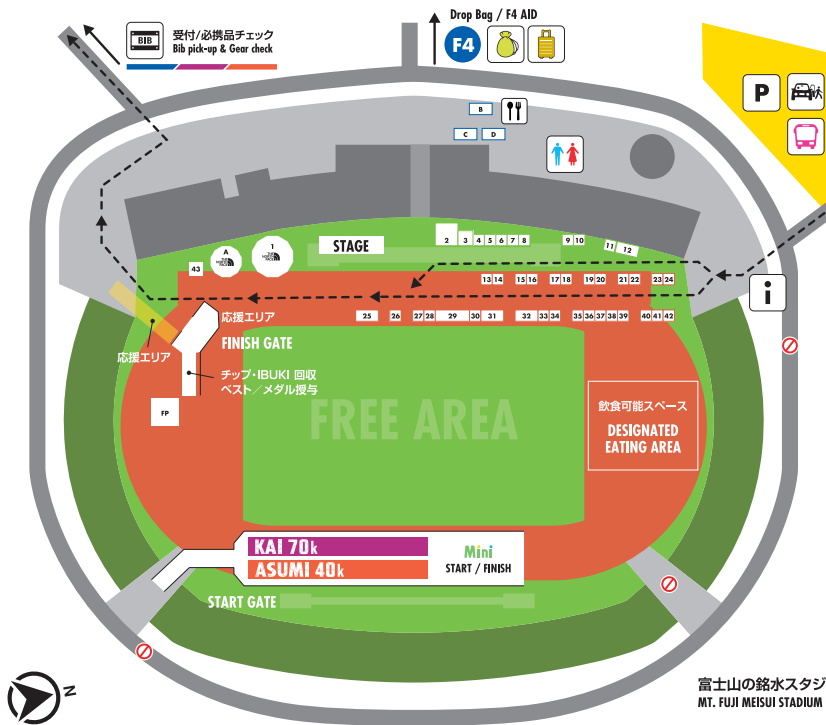
9:00-14:00 Sunday, April 27

FINISH / START AREA MAP (Fri)

FUJI 100mi **KAI 70k** **ASUMI 40k**

山梨県 富士北麓公園

FUJI HOKUROKU PARK


 富士山の銘水スタジアム
 MT. FUJI MEISUI STADIUM

MF25 EXPO

4/
 25(Fri) 8:00-18:00
 26(Sat) 9:00-18:00
 27(Sun) 9:00-14:00

「Mt.FUJI100 EXPO」
トレイルランニングの魅力発見

EXPO		
1 THE NORTH FACE SHOP	18 BUFF	36 パワースポーツ
2 aminoVITAL®	19 PAAGOWORKS	37 ESS
3 NIKKE AXIO®	20 New-HALE	38 ざかいや
4 PERTEX	21 PETZL	39 OS1st
5 PRIMALOFT	22 United Sports Brands	40 FENIX
6 WA.CLOTH	23 GONTEX	41 Maurten
7 東レインテナーショナル株式会社	24 COROS	42 NITECORE
8 光電子 KODENSHI	25 VECTIV	43 TNF 泥染めWS
9 POLYGIENE	26 GORE-TEX	FOOD/DRINKS
10 Shokz	27 モリタパレル株式会社	A THE NORTH FACE CAFE
11 御殿場市	28 島田商事株式会社	B Café クルン
12 社団法人富士箱根伊豆トレイルサポート	29 HOKA	C HORAANA (PIZZA)
13 メダリスト	30 rig footwear	D カレーと雑草 2f
14 MANABAR	31 NNormal	SERVICE/Others
15 Reboot Style	32 adidas TERREX	FP FINISHERS PORTRAITS
16 R×L	33 LA SPORTIVA	T TOILET
17 FAVSOL	34 MERRELL	I INFORMATION
	35 SIDAS	BUS STOP

 Mt. FUJI 100

EXPO Booth

You can check the details on the official website.

There will also be official merchandise stores and food stalls on race days.

Access to the EXPO Venue (Fuji Hokuroku Park)

There is no parking lot for racers at Fuji Hokuroku Park. Please use the designated racer parking lot (paid parking) that you have reserved for parking during the race.

Fuji Hokuroku Park Parking Lot No. 2 is mainly for race organizers, and the number of parking spaces available to general visitors is limited. Please note that the number of parking spaces available will vary depending on the situation on each day. If Fuji Hokuroku Park Parking Lot No. 2 is full, please use the Fuji-Q Highland visitor parking lot (paid) and take a "race shuttle bus" to get to the venue.

In addition, there will be a boarding area at Fuji Hokuroku Park Parking Lot No. 2, so please use this area for taxi drop-offs or picking up racers. (*Temporary stopping only, parking not allowed.)

To reduce the burden on the environment, please help by using public transportation as much as possible.

*Tickets for the race shuttle bus can be purchased on the day.

*For details on access, please see page 7.



GOING FURTHER,
TOGETHER



FROM THE RACER CHECK-IN TO THE START

- ① Check-in: Check the email sent to you around April 10 and present the QR code on the bib pick-up ticket at the check-in desk. You must show your photo ID as well.
- ② Get ready: Use a restroom before the start.
- ③ Luggage and Drop Bag check-in
*Luggage check-in at start venue (Fee and prior reservation required.)
- ④ Line up at the start area: Be sure to be at the start area by 15 minutes before the start.

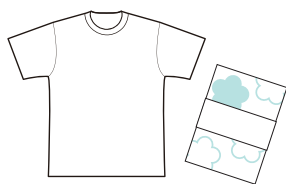
ITEMS TO BE GIVEN TO YOU AT RACER CHECK-IN



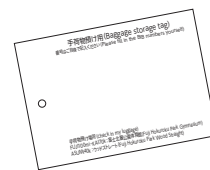
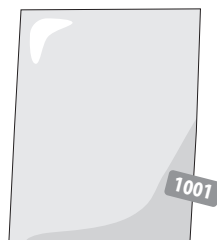
- * Attach one race bib to the front side of your upper body and one on your back with safety pins or a bib belt. Make sure the bib is fully visible at all times and not hidden behind your clothing.
- * Do not put the race bib on your lower body or fold it to make it smaller.
- * Do not remove the IC tag from the race bib. You have to return the IC tag after the race.
- * Racers must provide their own safety pins. (Some pins are available at the check-in counter.)
- * Items handed out at the race venue cannot be mailed on a later date. Persons other than registered racers can only pick up a participation gift on behalf of a racer.

Race bib (2 racer bibs per racer)

SIZE : 90cm×100cm (90L)



SIZE : 50cm×70cm



Participation prize

* FUJI, KAI : T-shirt
ASUMI : Japanese Towel

Drop Bag & sticker

* One bag per racer (FUJI only)

Plastic bag for baggage storage & sticker Start Venue (Fujisan Kodomo-no-Kuni)

* One bag per racer (fee and application required)

Fuji Hokuroku Park Gymnasium Baggage storage tag

*One per person (FUJI, KAI, ASUMI)
Please fill in the BIB numbers yourself

LUGGAGE STORAGE

FUJI 100mi Luggage check-in will be available at the gymnasium of Fuji Hokuroku Park from 8:00 to 14:00 on Friday, April 25.

* For FUJI100mi racers, luggage check-in will additionally be available at the start venue at Kodomo no Kuni from 14:30 to 16:30 on April 25.

KAI 70k Please check in your luggage at the gymnasium of Fuji Hokuroku Park from 8:00 to 18:00 on Friday, April 25, from 8:00 to 12:30 on Saturday, April 26.

ASUMI 40k Please check in your luggage at the wood straight of Fuji Hokuroku Park from 8:00 to 11:00 Saturday, April 26.

1. Once you check in your luggage, you will not have access to it until you finish the race.
2. Affix the luggage sticker with your race number printed on it onto a plastic bag in a visible location. Securely seal the plastic bag to prevent any contents from spilling out. (One bag is provided per racer.)
*Only for those who leave their luggage at the FUJI100mi start venue. (Fee and advance application required.)
3. Please refrain from placing any valuable items in the luggage you check in.
4. When picking up your luggage, staff will verify your bib number. Therefore, please remember to bring your bib with you when retrieving your luggage.
5. The luggage pick-up area is located in the gymnasium of Fuji Hokuroku Park. Please ensure that you retrieve your luggage by 15:30 on Sunday, April 27.

DROP BAGS (FUJI100mi only)

1. One Drop Bag is given to each racer. Drop Bags will be transported to F4 Fuji Hokuroku Park Aid Station.
 2. During the race, at the F4 Fuji Hokuroku Park Aid Station, racers can pick up the Drop Bag they checked in at the start.
 3. Remember to affix the sticker to the Drop Bag. Before checking it in, make sure to securely close the Drop Bag to prevent any contents from falling out.
 4. At the F4 Fuji Hokuroku Park Aid Station, racers can put unnecessary items in the Drop Bag and leave it to the staff.
 5. Drop Bags will be returned to racers at Finish Fuji Hokuroku Park after finishing the race.
- * In addition to the start venue at Kodomo no Kuni, racers can also check in their Drop Bags at the gymnasium of Fuji Hokuroku Park from 8:00 to 14:00 on Friday, April 25.

Mt. FUJI100 Race Venue Circulation Bus

◆Bus route

No.2 parking of Fuji Hokuroku Park → Mt.Fuji Station → Kawaguchiko Station → Fuji Resort Hotel → Fuji-Q Highland Highway Bus Stop → No.2 parking of Fuji Hokuroku Park

*Only the first bus on Friday, April 25th will depart from Fujisan Station.

*The reverse route will be operated from 18:00 on Friday, April 25, from 20:30 on Saturday, April 26, and from 14:00 on April 27.

◆Race Shuttle Bus Fare

3-day Pass 2,700 yen (including tax and additional processing fee required)

One day Pass 1,100 yen (including tax and additional processing fee required)

*When boarding, please show your ticket on your smartphone to the driver.

◆Bus schedule

*For details on purchasing and timetables, please check here. It is also possible to purchase on the day.

*There is no all-night bus service.



* Bus stop & Route (Google maps)



*Bus Schedule



DATE	First bus	Last bus
Fri. Apr. 25	7:30 Departing from Mt. Fuji Station	19:45 Departing from Fuji Hokuroku Park
Sat. Apr. 26	5:30 Departing from Fuji Hokuroku Park	22:30 Departing from Fuji Hokuroku Park
Sun. Apr. 27	5:30 Departing from Fuji Hokuroku Park	16:00 Departing from Fuji Hokuroku Park

ACCESS (Racer parking ※Fee and prior reservation required)

Paid parking lot ①

Fujisan Parking

(former name : Fuji Hokuroku Parking)



Paid parking lot ②

Fuji-Q Highland Conifer Forest Parking

* Please be aware that the special parking lot is distinct from the regular Fuji-Q Highland Parking Lot. Refer to your parking permit for details.



If you reserve a parking lot, be sure to bring the parking permit that is mailed to you in advance and show it to the parking staff at the entrance of the parking lot.

There is a free shuttle bus service from the parking lot to Fuji Hokuroku Park (the finish venue) on the schedule below.

Sleeping in the car, or camping, or tailgating in the parking lot are not allowed.

Paid parking lot ①② Parking period business hours	FUJI 100mi Racer	KAI 70k Racer	ASUMI 40k Racer
	8:00-14:30 Friday, April 25 0:00-23:59 Saturday, April 26 0:00-16:00 Sunday, April 27	8:00-19:00 Friday, April 25 0:00-23:59 Saturday, April 26 0:00-16:00 Sunday, April 27	8:00-19:00 Friday, April 25 8:00-21:00 Saturday, April 26

FREE PARKING LOT SHUTTLE BUS

The racer parking permit fee includes the Parking Lot Shuttle Bus fare. With a valid racer parking permit, both permit holders and their accompanying passengers can use the shuttle bus.

◆Bus route

No.2 parking of Fuji Hokuroku Park → Fujisan Parking → Fuji-Q Highland Conifer Forest Parking

→ No.2 parking of Fuji Hokuroku Park

*Please check the timetable shuttle bus here.



◆Bus schedule

DATE	First bus	Last bus
Fri. Apr. 25	8:00 Departing from Fuji-Q Highland Conifer Forest or Fujisan Parking	19:00 Departing from the parking lot of Fuji Hokuroku Park
Sat. Apr. 26	6:00 Departing from Fuji-Q Highland Conifer Forest or Fujisan Parking	All night service
Sun. Apr. 27	All night service	16:00 Departing from the parking lot of Fuji Hokuroku Park

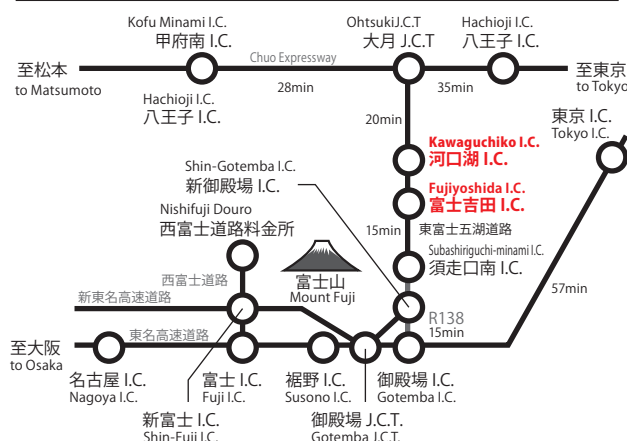
*No nighttime service. One bus departs approximately every 15-30 minutes.

*All night service. One bus departs approximately every 15-30 minutes. After 9:00 p.m., one bus departs every hour.

*Until 6:00 a.m., one bus departs every hour. After that, one bus departs approximately every 15-30 minutes.

[By Car]

Directions to the Kawaguchiko Interchange (IC) and Fujiyoshida IC



Fuji Hokuroku Park (FUJI100mi FINISH VENUE / KAI70k • ASUMI40k START & FINISH VENUE)

FINISH / START AREA MAP (Sat-Sun)

FUJI 100mi KAI 70k ASUMI 40k



山梨県 富士北麓公園

FUJI HOKUROKU PARK

- W.C. トイレ
- CHANGING ROOM 男子更衣室
- CHANGING ROOM 女子更衣室
- 受付/必携品チェック Bib pick-up & Gear check
- DROP BAG ドロップバッグ
- BAGGAGE 手荷物預け/返却
- INFORMATION インフォメーション
- FOOD/DRINKS 食事
- PARKING 大会関係者駐車場
- BUS STOP バス乗降所
- DROP OFF/PICK UP タクシー送迎乗降所
- FUJI 100mi COURSE FUJI 100mi コース
- KAI 70k COURSE KAI 70k コース
- ASUMI 40k COURSE ASUMI 40k コース
- RUNNER WALKING PATH 選手歩行経路

- * There is no racer parking lot at Fuji Hokuroku Park, the finish venue. Please park in a designated racer parking lot (for which a fee applies) that you have reserved for the race period.
- * You will not be allowed to stay and sleep in your car at the Parking Lot before or after the race. Also, according to the national park regulations set out by the Ministry of the Environment, camping and/or setting up tents within non-designated camp sites around the venue is prohibited.
- * About lodging
The finish venue at Fuji Hokuroku Park offers a temporary resting area in the gymnasium, but there is no designated napping area. We strongly advise booking accommodations for the entire race period in case you are unable to complete the race and need to withdraw early due to illness or injury.
- * Mt.FUJI100 Race Venue Circulation Bus (fee/application required) will be operating. The bus pass can be purchased at the venue. Please see page 7 for detail.

Access (Paid parking for supporters)

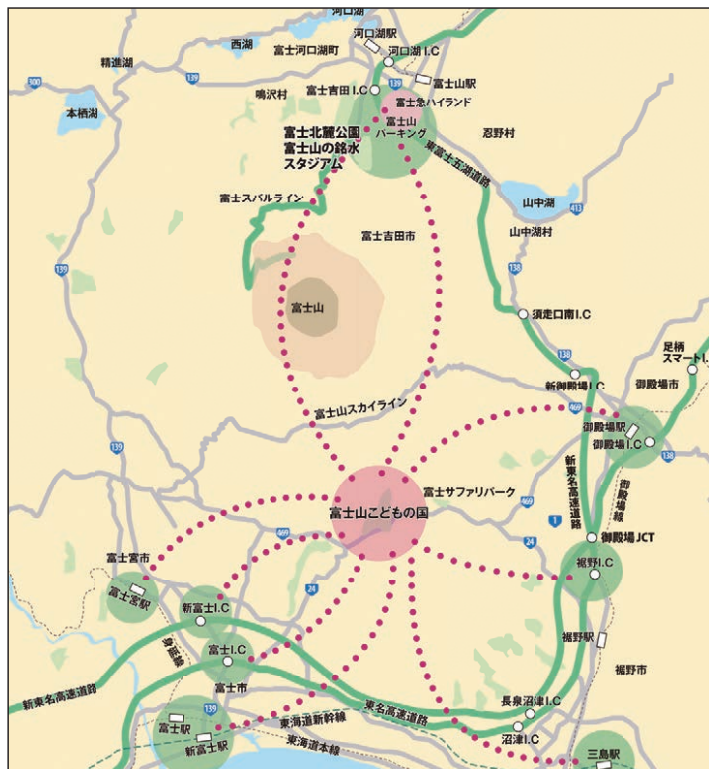
- Parking lot
- ① F2 FUMOTO
Parking lot available: April 25(Fri.) 20:00-26(Sat.)06:00
 - ② F3 SHŌJIKO
Parking lot available: April 25(Fri.) 22:00-26(Sat.)12:10
 - ③ F4 FUJI HOKUROKU PARK GYMNASIUM
Fuji Hokuroku Park No.2 Parking Lot (5000 Tateishi, Kamiyoshida, Fujiyoshida City, Yamanashi Prefecture)
※F4 aid parking lot available: April 26(Sat.) 0:00-16:00
 - ④ F6/K1 YAMANAKAKO KIRARA
Parking lot available: April 26(Sat.) 03:00-27(Sun.)02:40

※Cars are not allowed at aid stations that do not allow personal support (F1 FUJINOMIYA, F5 OSHINO, F7 NIJYUMAGARI, F8 FUJIYOSHIDA) and cheering is not allowed.

- A parking ticket is required for parking. Supporter parking tickets are available only to those who apply for them at the time of supporter entry (supporter parking tickets will be attached when supporter registration is completed).
- No camping or overnight stay in a car in the parking lot is allowed.
- Parking on the streets around Fuji Hokuroku Park is prohibited. Please be sure to purchase a parking ticket and park in the designated parking lot.
- Only vehicles with a parking permit can be parked in and out of the parking lot during the available parking hours of the race.
- Supporter parking permits will be handed out at the racers registration area. (For those who reside in Japan, the tickets will be mailed to you in advance.)
- Please note that parking permits cannot be reissued if lost or forgotten on the day of the race.

Fujisan Kodomo-no-Kuni, a.k.a Children's World (FUJI100mi START VENUE)

*** There is no public transportation, either by bus or train.**



- Exit at Shin-Tomei Highway "Shin-Fuji IC" or Tomei Highway "Fuji IC" or "Susono IC" → Fujisan Kodomo-no-Kuni Front entrance parking lot.
- From the Shin-Tomei Highway "Shin-fuji IC" take prefectural route #24 and then national route #469. Continue in the direction of "Fuji Safari Park" for about 30 minutes.
- From the Tomei Highway "Susono IC" take national route #469. Continue in the direction of "Fuji Safari Park" for about 15 minutes.

[Cautions]

- * Racers cannot leave their cars at Fujisan Kodomo no Kuni and start the race. Please note that after the finish, there will be no Access Bus from the finish area returning to Fujisan Kodomo-no-Kuni. Racers who are not using the Access Bus should arrange for their supporters, friends, or family members to give them a lift to the start area and then depart after the race begins.
- * A special parking permit is required to park a car at Fujisan Kodomo-no-Kuni. One parking permit is issued to each racer. Be sure to download it from the official race website, print it out, and display it on a dashboard.

* Please see our website for access to start area, or Kodomo-no-Kuni.



MAP OF THE START VENUE (Fujisan Kodomo-no-Kuni)

START AREA MAP FUJI 100mi

静岡県 富士山こどもの国
MT.FUJI CHILDREN'S WORLD



- W.C トイレ
- FIRST AID 救護
- BUS バス乗降所
- DROP BAG ドロップバッグ
- INFORMATION インフォメーション
- PARKING 駐車場
- NO ENTRY 侵入禁止 5:00pm-
- FUJI 100mi COURSE FUJI 100mi コース
- RUNNER WALKING PATH ランナー歩行経路
- SUPPORTER WALKING PATH 応援・サポーター歩行経路

Fujisan kodomo-no-Kuni Parking Business Hours
From 11:00 to 18:00, Friday, April 25.



- * You are not allowed to spend the night inside a car in the parking lot. The parking lot is available only during the race days. Enter the parking lot when it opens at 11:00, Friday, April 25.
- * There will be no Access Bus from the finish venue to the Fujisan Kodomo-no-Kuni.

安全登山に欠かせない、アミノ酸。



登山前・中に※

山頂・登山後に※



for コンディショニング



for エネルギー補給



for リカバー

詳細はこちら



amino
VITAL
アミノバイタル

※ おすすめの摂取タイミングです

GENERAL RULES

1. In order to participate in this race, you must fully understand and agree to the following conditions and responsibilities.
2. You are required to abide by the municipal regulations and Japanese laws and are expected to conduct yourself in a responsible manner at all times during the race.
3. The FUJI100mi is a race that requires racers to run through mountainous terrain both during the day and at night. While the race organizer will try its best to minimize unforeseen risks, it is ultimately your responsibility to avoid any dangers and to ensure your own safety during the race. As such, you are expected to have the technical skills, knowledge, equipment, physical endurance, and self-management skills to deal with any issues that may arise during this type of race including severe weather conditions (e.g. low temperatures, strong winds, rain and snow). Your actions and any outcomes that may result are your responsibility. In the outdoors environment, racers are usually the first to come across other racers in an accident. All racers are expected to help each other and ensure safety during the race.
4. The race course will be marked with marking tapes and signs. However, you are responsible for finding and following these course markings on your own and for staying on the race course. You are also responsible for finding your own way back using the course maps provided if you end up straying off the race course. If you find yourself off the race course, do not call the race 'headquarters' emergency number unless it is really an emergency. That call may prevent someone else from making a truly necessary call.
5. You are responsible for checking the official updates provided by the race organizer both before and during the race. Please follow the instructions provided.
6. You must always respect the environment and other people with whom we share the trails.
7. The race organizer will prepare the race course, equipment and where necessary, place staff along the course in order to properly execute the race. The organizer will also provide emergency and medical support during the race.
8. All aid stations will have an emergency medical tent where there will be a doctor and nurse on standby to provide medical assistance. Please note that only emergency first-aid can be provided at these tents.

RACE RULES & REGULATIONS

RACER RESPONSIBILITIES & CONDITIONS

If you do not abide by these rules, you may be immediately disqualified or have a penalty of 1, 3 or 6 hours added to your race time. Participation in future races may also be denied.

ENVIRONMENTAL PROTECTION RULES

We agree with the main objectives of the Green Charter* of the International Trail Running Association (ITRA) and set the following rules for nature conservation.

1. The use of trekking poles is prohibited on the entire race course. Picking up and using tree branches as trekking poles is also not allowed.
2. Sleeping along the course is prohibited. This is because it will have a large impact on the environment and may also mistakenly lead others to think that you are in distress and require emergency medical assistance.
3. You must stay on the trail at all times. Do not step off the trail to shortcut corners. There will also be several "no passing" sections in environmentally restricted areas where you will not be allowed to pass other racers.
4. Picking up or damaging plants, animals, fungi and rocks found along the race course as well as within the overall race area are prohibited.
5. NEVER throw garbage along the course.
6. The Mt. FUJI100 race aims to minimize garbage and carbon dioxide emissions. To achieve this, the organizer is reducing the use of printed materials and disposable items whenever possible.
7. Please use the toilets located at each aid station. Also, please carry and use a portable/disposable toilet and use it if you are unable to wait. Do not throw away toilet paper along the trails. Please remember to take all toilet paper and waste with you.
8. During the race, even there may be no problems in terms of racer safety, if the trails are determined not to be able to withstand the use of many racers at once, a walking section may be set up, the course may be changed or the race may be cancelled.
9. Please wash the soles of your shoes to clean off any dirt, seeds, or vegetation before the start of the race. This is to prevent the spread of invasive species and non-native seeds and to prevent vegetation from urban areas from being carried up into the environmentally sensitive mountain regions. The race staff will provide brushes. Follow their instructions and use these brushes to remove dirt and seeds from the soles of your shoes.
10. We will establish a "Code of Conduct and Considerations" for the sustainable operation of the race in consideration of the natural environment, and conduct environmental monitoring surveys on the course before and after the race to assess the impact on the trails.

CONSIDERATION FOR OTHERS

1. If during the race, you encounter another racer/staff member who is injured or sick and unable to move on their own, please give priority to assisting that person and immediately call the race headquarters for emergency assistance. The emergency telephone number is printed on your race bib. Before calling the race headquarters, please check the bib number of the person in distress and tell it to the emergency staff who answer your call. If the bib number cannot be found or when assisting a non-racer, please check the person's gender and color of the clothes. This helps the race organizer to smoothly handle the situation.
2. If you come across a runner who is lying down or hunched over along the course, please check to see if they are alright. If the person requires emergency assistance, please give priority to helping that person by calling race headquarters for assistance.
3. The race course is not on private property owned by the race and will not be closed off to the general public. The trails must be shared with the general public (e.g. hikers) at all times. There will be "no passing sections" set up along the race course where you will be prohibited from passing other racers and hikers. In areas where passing is allowed, please do so in a safe place where the trail is wide enough. Please be considerate and slow down or walk when passing other people. Remember to call out to the person to let your presence be known. The same rule applies to courses in urban areas. Stay on sidewalks whenever there is a sidewalk.
4. Please be careful not to damage property located along the race course.
5. Parts of the race course passes through privately-owned lands that are normally closed off. When you are in these special sections, please make sure you stay within the designated race area.
6. The course also passes through residential areas. Please do not make loud noises or sounds when passing through these areas. Also put away your bear bells and prevent them from ringing when passing through "no-bear bells" sections.

AUTHORITY GIVEN TO EMERGENCY & MEDICAL STAFF

1. Doctors and rescue staff have the authority to stop a runner from continuing the race if he/she believes a racer is unfit to safely continue. Instructed to stop by a race physician or rescuer, you must return your IC chip to a staff member. They may mark your bib to indicate that you have withdrawn from the race.
2. **The organizers reserve the right to stop the race and place racers in their vehicles if they are running before a cut-off point after the cut-off time (including the finish time) has elapsed. Racers must follow the instructions of the organizer.**

IC CHIPS

1. Runners are kept track of using IC chips and sensor mats on the ground. The race organizer will be tracking racer times, number of racers out on the course as well as whether or not you've entered/left aid stations and checkpoints.
2. You must always have an IC chip attached to each of your shoes (both the right foot and left foot).
3. Do not wear two IC chips by stacking them on top of each other.
4. **Please return your IC chips in the IC Clip Return Box at the finish venue.**
5. If you are disqualified or decide to drop out of the race, please return your IC chips at the aid station.

CUTOFF TIMES & TIME MEASUREMENT

1. There will be two separate cutoff times at each aid station - one at the entrance and one at the exit. (This is a safety measure put in place to ensure racers coming into the aid station close to the entrance cutoff time have sufficient time to replenish their food/drink supplies before heading out on the course again.) You will not be allowed to continue the race if you don't make either of these cutoff times.
2. You can re-enter an aid station after leaving but please notify race staff and use the dedicated pathway to go back in. Once you re-enter, you must leave the aid station before the exit cutoff time in order to continue racing.
3. Cutoff times may be changed due to weather and course conditions. Changes will be announced on the official bulletin boards at the aid stations, and a text message will be sent via SMS etc. to the phone number you've provided.

RACE COURSE GUIDES, MARKERS AND SIGNS

1. Permission has been obtained from the appropriate land owners and property managers to put up temporary signs and marking tapes. The race course will be marked using marking tapes and signs. Marking tapes will be placed approximately every 100 m along the course and extra markings will be placed in sections where it may be easy to get lost. If you do not see a marking tape after proceeding for over 200m, it means you've gone off course. Please turn back and return to the race course.
2. The race organizer will be putting forth its best effort to minimize any unforeseen risks along the course. Dangerous areas will be marked with signs and ropes in order to reduce risk. Please follow all instructions provided. Where deemed necessary, staff and security guards will also be positioned along the course to ensure racer safety and direct the flow of traffic.
3. There will be staff and security guards standing along the course to help direct the way, however it is your responsibility to follow the course markers and signs to stay on the correct route.
4. There will be a "no-passing" section as well as other sections with specific rules/conditions. Please abide by these rules.
5. Once the race starts, any necessary information for racers will be posted on the official bulletin board at the aid stations. Important updates will also be sent to you via SMS text message to the phone number you provided to the race. It is the racer's responsibility to check the official bulletin boards at the aid, as well as your SMS messages.


WITHDRAWING FROM THE RACE

1. If you feel that you can no longer continue and decide to withdraw from the race, you must tell aid station staff that you are dropping out. ***As a rule, racers cannot withdraw from the race at F7/K3 Nijyumagari.**
2. Withdrawing on the race course: You may only withdraw from the race along the race course if it is an emergency and/or you are injured and cannot move on your own. In such a case, please contact the emergency race headquarters immediately for assistance and follow their instructions.
3. Stay on the course: If you cannot move on your own and cannot call the emergency rescue headquarters, be sure to stay on the course (or within a clearly visible distance from the course).
The chance that sweepers or other racers will find you will drastically increase as long as you stay on the course. Staying on the course will be your last resort to protect your safety.

RESCUE HEADQUARTERS
 Please contact this Emergency Contact Number in case of an emergency:
080-7700-6874
 * Available from 17:00, Friday, April 25, 2025
 080-4138-3184 (Medical Aid Headquarters: When you need medical aid)
 090-7700-6180 (Race Headquarters: For other inquiries)

* The emergency telephone numbers are printed on your race bib.


GEAR & EQUIPMENT

1. The total of your equipment must be a minimum of 2kg at the start of the race and upon leaving each aid station. Also, your equipment must weigh a minimum of 1kg in total at all times along the race course.
2. There will be an equipment check during the race. If you do not have your mandatory equipment, you will be disqualified from the race on the spot.
3. It is your own responsibility to decide whether your mandatory clothing/gear provides adequate warmth and rain protection during the race. Please make sure that you know how to use all of your equipment before the race. The race organizer will regard clothing/gear selected and registered by racers as the mandatory equipment of the racer.
4. In addition to having the gears, make sure you know how to use them.

MANDATORY EQUIPMENT

1. Course map for your reference of the race course when needed. (*1)
2. Mobile phone reachable by the number you registered upon racer entry. Save the emergency phone numbers for race headquarters and rescue headquarters in your phone (the phone number will be written on your race bib). Turn on the phone number display function and make sure your phone is fully charged before the race. Please ensure you can receive SMS text messages on your phone as emergency information will be sent to you via SMS during the race.
3. Cups (minimum size: 150 cc). Paper cups will not be provided at the aid stations.
4. Water - You must carry a minimum of 1L of water at the start line and upon leaving each aid station.
5. Food
6. Two lights with replacement batteries for both lights. Remember that battery dies more quickly in cold temperatures.
7. Flashing reflector light (red or orange light recommended) - Put this light on your backpack during the race so that cars will be able to see you at night.
8. Survival blanket (minimum size of 130cm x 200cm) or emergency bivvy.
9. Whistle
10. Adhesive elastic tape/band (minimum length of 80cm x 3cm) (*2)
11. Portable/disposable toilet (*3)
12. Waterproof rain jacket with hood & rain pants (both made of waterproof and breathable membrane such as Gore-Tex or something similar; seams must be seam-sealed)
13. Warm fleece or long sleeve shirt. No cotton shirts are allowed. (*4)
14. Warm pants or tights that go down to your ankles. Or the combination of tights that cover your knees plus long socks that cover your knees. No cotton pants, tights, or socks are allowed.
15. Warm gloves/mittens and warm hat that covers your ears (*5)
16. First aid kit (such as band aids, disinfectant, etc.)
17. Two IC chips and two bibs which are handed out to you.
18. Backpack to carry all your mandatory equipment and other items recommended on page 14.

- *1 Starting from the 2024 race, you can download map data to your mobile phone. However, ensure that you can refer to the map while speaking with the race headquarters in case of an emergency.
 - *2 Bring strong tape that can be used during emergencies such as injuries (e.g. broken bones) as well as emergency repairs (e.g. broken equipment).
 - *3 If you run out of portable/disposable toilets during the race, replacements are available at the aid stations.
 - *4 Warm clothing for the upper body means mid-layer clothing such as fleece jackets, wool sweaters and light-weight down jackets that create a layer of warm air between you and the fabric. A thin underwear is not allowed.
 - *5 Wool or polyester knit hat that provides warmth.
- * The mandatory equipment list provided here is only the minimum. You will be running in harsh conditions for two days and one nights so please make sure that you are well-prepared to manage protect your own safety and well-being and bring additional gear you need to protect yourself.
- * We will strive to dispatch a rescue team to reach a runner who needs assistance due to extreme fatigue or injury on the course within 3 hours. However, it may take much more time if we receive several rescue requests all at once, or if you've strayed off the race course or if the weather conditions are bad. In such cases, it could take more than 6 hours to reach you. Given this, please bring enough clothing and equipment with you to protect yourself from the cold wind and freezing rain for more than 6 hours.

●STRONGLY RECOMMENDED EQUIPMENT

The mandatory equipment list is not necessarily enough for all racers. What you need differs depending on a racer's skill, physical level, weather during the race, etc. It is up to you to determine what is necessary for you and it is your responsibility to bring additional gear that you will need to safely complete the race. Make sure you've tested all of your gear under sub-zero conditions up in the mountains, in heavy rain and over long runs so that you know for sure whether your gear is sufficient to protect you. The following is a list of strongly recommended equipment.

1. Trail running shoes
2. Compass
3. Bear bell (*1)
4. Change of clothes
5. Cash

- *1 The sound of bear bells is bothersome to residents, whether it is day or night. There will be "no bear bell" signs posted before you enter residential areas. You must put away your bear bell (stop your bear bell from ringing).

OTHER RULES AND PROHIBITED ACTIONS

1. The only type of earphones allowed during race is the type that lets you hear your surroundings.
2. Cheating is prohibited, this includes using vehicles, using substitute runners, and violating laws and rules.

RACE ORGANIZER'S RESPONSIBILITIES AND DUTIES

The race organizer is responsible for any non-deliberate damage by race participants to property along the race course (e.g. plants and animals, objects, trails, etc.).

AID STATIONS & SUPPORTER RULES

1. KAI runners are not allowed to receive personal support or use rest areas.
2. Nap stations are set up inside gymnasiums at aid stations F3 Shojiko, F4 Fuji Hokuroku Park, F5 Oshino. When nap stations are crowded, the aid station staff may temporarily regulate the number of users. Please adhere to their instructions.
3. FUJI100mi racers may receive personal support at F2 Fumoto, F3 Shojiko, F4 Fuji Hokuroku Park, and F6 Yamanakako Aid Stations. For detailed rules regarding personal support, please consult the instructions regarding supporters on the official race website.

* Please refer to the webpage below for rules and precautions regarding the race.

<http://www.mtfuji100.com/racers/rules/>



AID STATIONS & REST AREAS

FUJI100mi	Aid Station	Location	Distance	Official aid / Service	Cutoff
START	KODOMO-NO-KUNI	FUJI CITY	0km		
F1	FUJINOMIYA	FUJINOMIYA CITY	25.4km		Apr.25 I N 22:30
F2	FUMOTO	FUJINOMIYA CITY	52.6km		Apr.26 I N 5:50 OUT 6:00
F3	SHOJIKO	FUJIKAWAGUCHIKO TOWN	70.6km		Apr.26 I N 12:00 OUT 12:10
F4	Gymnasium of Fuji Hokuroku Park	FUJIYOHIDA CITY	97.6km		Apr.26 I N 16:45 OUT 16:55
F5	OSHINO	OSHINO VILLAGE	113.4km		Apr.26 I N 21:30 OUT 21:40
F6	YAMANAKAKO KIRARA	YAMANAKAKO VILLAGE	122.9km		Apr.27 I N 2:30 OUT 2:40
F7	NIJU-MAGARI	OSHINO VILLAGE	137.5km		Apr.27 OUT 6:00
F8	FUJIYOSHIDA	FUJIYOSHIDA CITY	149.2km		Apr.27 I N 10:00 OUT 10:10
FINISH	FUJISAN NO MEISUI Stadium (Fuji Hokuroku Park)	FUJIYOSHIDA CITY	168.0km		Apr.27 I N 14:30

KAI70k	Aid Station	Location	Distance	Official aid / Service	Cutoff
START	FUJISAN NO MEISUI Stadium (Fuji Hokuroku Park)	FUJIYOSHIDA CITY	0km		
K1	OSHINO	OSHINO VILLAGE	15.7km		Apr.26 I N 18:00 OUT 18:10
K2	YAMANAKAKO KIRARA	YAMANAKAKO VILLAGE	25.2km		Apr.26 I N 23:00 OUT 23:10
K3	NIJU-MAGARI	OSHINO VILLAGE	39.8km		Apr.27 OUT 2:30
K4	FUJIYOSHIDA	FUJIYOSHIDA CITY	51.5km		Apr.27 I N 6:30 OUT 6:40
FINISH	FUJISAN NO MEISUI Stadium (Fuji Hokuroku Park)	FUJIYOSHIDA CITY	70.2km		Apr.27 I N 10:30

ASUMI 40k	Aid Station	Location	Distance	Official aid / Service	Cutoff
START	FUJISAN NO MEISUI Stadium (Fuji Hokuroku Park)	FUJIYOSHIDA CITY	0km		
A1	FUJIYOSHIDA	FUJIYOSHIDA CITY	21.5km		Apr.26 I N 15:00 OUT 15:10
FINISH	FUJISAN NO MEISUI Stadium (Fuji Hokuroku Park)	FUJIYOSHIDA CITY	40.2km		Apr.26 I N 19:00

Icons



- * You will not be able to exit or return to the aid station after the cut-off time. * There will be toilets at all aid stations.
- * There will be entry cut-off times and exit cut-off times at each aid station. Racers who don't make the cut-off times can still use the aid stations.
- * Only water can be provided for large volume drink containers such as hydration bags. We appreciate your cooperation.

OFFICIAL AID (FOOD & DRINK)

参加案内表記	FUJI START KODOMO-NO-KUNI	F1 FUJINOMIYA	F2 FUMOTO	F3 SHOJIKO	F4 FUJIIHOKUROKUPARK GYMNASIUM	KAI & ASUMI START	F5/K1 OSHINO	F6/K2 YAMANAKAKO KIRARA	F7/K3 NIYUMAGARI	F8/K4/A1 FUJIYOSHIDA	FUJI & KAI & ASUMI FINISH
Local Hospitality Menu			FUJINOMIYA YAKISOBA (Fried Noodles)&	Country soup				Pork & Vegetable Miso Soup		YOSHIDA UDON (Noodles Soup)	
Salty candy		•									
Strawberry milk candy					•						
Ramune candy									•	•	
Chocolate		•		•	•		•		•	•	
Rice crackers			•		•		•	•	•	•	
Salty Yokan (sweet bean jelly)							•	•			
Potato chips				•			•	•	•	•	
Banana		•		•			•	•	•	•	
Orange				•			•	•	•	•	
Donut				•	•						
aminoVITAL® PRO	•					•					
aminoVITAL® GOLD											•
aminoVITAL® aminoShot® Perfect Energy®		•		•							
aminoVITAL® aminoShot®					•					•	
aminoVITAL® Perfect Energy®	•					•	•		•		
Bread		•	•		•		•		•		
Rice ball (Onigiri)								•			
ENERGY BAR (MANA BAR)			•								
Miso soup							•		•		
Coffee		•	•	•	•		•	•	•	•	
Hot tea		•	•	•	•				•		
Hot green tea							•	•		•	
Barley tea		•	•	•	•		•		•		
aminoVITAL® BCAA Charge Water / aminoVITAL® Citric Acid Charge Water		•	•	•	•		•	•	•	•	•
Cola		•	•	•	•		•	•	•	•	
Water & Hot water		•	•	•	•		•	•	•	•	

Emergency Call

If you are **unable to move on your own** on the course due to injury or physical condition, please make an emergency call as follows.



Scan the QR code on the bib number with your smartphone.

Fill in the following

- Condition (select)
- Bib number
- Phone number
- Name

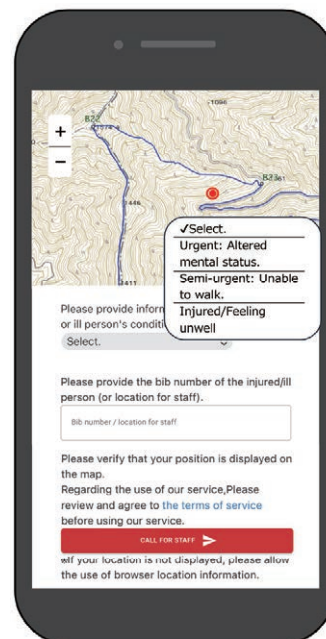
And tap on "CALL FOR STAFF"



The report and location information are relayed to headquarters, and a response is initiated.

※It may take time for staff to arrive after an emergency call.

If you are unable to make an emergency call using the QR code, please call the headquarters phone number on your number card.



 **SHUTTLE BUS FOR RACERS DURING THE RACE**

No buses will be operating for the spectators and supporters.

 **PARKING**

There is no parking lot open to the general public at the finish venue at Fuji Hokuroku Park during the race period. Please reserve a parking spot in advance and park your car there. Then, take a free bus from the parking lot.

It is up to volunteers, racers, and spectators, in addition to the race organizer to practice good manners and follow rules to make this race a great race. The race organizer is making every effort to make sure that the Mt.FUJI100 will be a race that everyone can be proud of in the global stage. Please make sure that you never cause any trouble or inconvenience to local residents and facilities.

 **AWARDS**
<Awards ceremony (FUJI100mi)>

Date and time: 14:00, Sunday, April 27 Location: Fuji Hokuroku Park FUJISAN NO MEISUI Stadium (Fujiyoshida City, Yamanashi)

<Awards ceremony (KAI70k)>

Date and time: 12:00, Sunday, April 27 Location: Fuji Hokuroku Park FUJISAN NO MEISUI Stadium (Fujiyoshida City, Yamanashi)

<Awards ceremony (ASUMI40k)>

Date and time: 18:00, Saturday, April 26 Location: Fuji Hokuroku Park FUJISAN NO MEISUI Stadium (Fujiyoshida City, Yamanashi)

<Awards (For all Category)>

Men's overall winners: 1st to 10th places
Women's overall winners: 1st to 10th places

<Age Group Awards (For all Category)> *Age as of race day

New Hero Award (Male and female racers with outstanding performance, 29 years old or younger)
Veterans Category (40-49 years old) AWARDS & RESULTS Men: 1st - 3rd place Women: 1st - 3rd place

* Overall award winners will be excluded from age group category awards.

Masters Category (50-59 years old) AWARDS & RESULTS Men: 1st- 3rd place Women: 1st - 3rd place

* Overall award winners will be excluded from age group category awards.

Legend Award (60 years old or older) AWARDS & RESULTS Men and Women: 1st -3rd place

* Overall award winners will be excluded from age group category awards.

 **SPECIAL RULES**

1. There will be a railroad crossing on the course (next to Fuji-Q Highland Station of the Fujikyū Line). Please be sure to stop when you hear the warning sound of the course staff and the level crossing alarm. The time you spend waiting for the train to cross will be added to your race time.
2. This year, the final places are determined based on the time a runner passes the finish line (gross time).

 **FINISHERS PRIZE AND RACE TIMES & RANKINGS**
<FINISHERS PRIZE>

All racers who finish the race will receive a finisher prize.

<RACE TIMES>

A finisher's certificate with a provisional race time will be available for downloading after finishing the race.

* Race times will not be posted at the race venue. Please check your race time or your friend's time on Ouen Navi or the leaderboard Result Service system. Please understand that the predicted passing times of aid stations in the Ouen Navi Result Service system are only predicted times, although the elevation difference (uphill) is calculated. Race times will be constantly updated on the official race website for tracking.

* All final and official race results including total times and times at check points will be posted on the official race website on a later date. Race Result Certificates with finalized places will also be available for downloading.

RESULT SERVICE

<https://v2.ouennavi.jp/teaser/?eid=000000000367860>

Available: From 15:00, Fri. Apr. 25 to 23:59, Sun. Apr. 27


LEADER BOARD

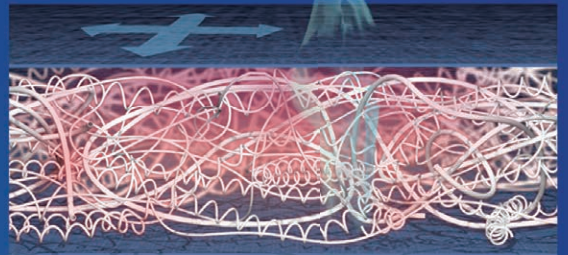
<https://runnet.jp/parts/2025/367860/result.html>

Available: From 15:00, Fri. Apr. 25



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*TRU ECOTTON の生産国であるトルコではEUの法規制に準拠する国の中でも特に厳しく遺伝子組み換え作物の栽培が規制されています。



Official Instagram



<https://truecotton.jp/>

人は万能じゃない だから繊維が生まれた

私たちは、完璧じゃない。

くじける。疲れる。涙も出れば、腹も減る。

今日のお天気のように、心や体も刻々と変わり続ける。

ロボットではない私たちが、日々、一定のパフォーマンスを
発揮するなんてそもそも不可能なことなのだろう。

光電子®は、その人自身の「体温」=「遠赤外線」から生まれるあたたかさを
じっくりと保ち、寒い冬も暑い夏も、最も快適な状態に導くことを可能にする。

体温の低下を防ぎ、人間をそばで支え続ける。それが、繊維という、

人の肌に触れ続けるプロダクトの責任だと考えるから。

あと一步、あなたが前に歩き出す力を。

光電子
KODENSHI

株式会社ファーマベスト <https://firbest.co.jp/>





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優れた水切れ性と耐久性を実現。

環境配慮型高耐久撥水ファブリック

ダントツ撥水[®]CZ 

摩擦に強い耐久性を備え、豪雨に対しても撥水性を維持。
ファッションやスポーツ、ユニフォームから
生活関連資材まで、幅広いニーズに対応できます。
また洗濯耐久性にも優れ、100回の家庭洗濯後も、
スプレー法で3級以上の撥水性を保持します。

mateReco®

小松マテレグループの
サステナブルな素材や製品の
総合ブランド「マテレコ」。

※「ダントツ撥水CZ」は「mateReco(マテレコ)」商品群のひとつで、
環境に配慮した非フッ素系撥水加工を施しています。

Art in Technology
komatsumateRe 

THANK YOU FOR YOUR SUPPORT.

【協力団体】

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