



Mt.FUJI 100

EMOTIONAL DISCOVERY



The 12th Mt.FUJI 100 2024 RACER INFORMATION

RACE DATES : Fri. April 26 - Sun. April 27, 2024

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.

Starting this year, the race adopts 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

FUJI100mi

*Racer check-in is available only on Apr. 24 and 25, not on the day of the race.

Wed.Apr.24	13:00-20:00 Racer check-in, bib pick-up, luggage and Drop Bag check-in	Gymnasium of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)
Thu.Apr.25	9:00-20:00 Racer check-in and bib pick-up	Gymnasium of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)
	9:00-21:30 Luggage and Drop Bag check-in* 19:00-21:30 Luggage and Drop Bag check-in*	Fujisan Parking & Fuji-Q Highland Conifer Forest, (Fujiyoshida City, Yamanashi)

* Please pick up your bib during the time period indicated on your bib pick-up ticket.

* 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.

Thu.Apr.25	21:30-23:30 Luggage and Drop Bag check-in	Fujisan Kodomo no Kuni (a.k.a Children's World), (Fuji City, Shizuoka)
	23:30 Opening Ceremony	

* At the starting venue in Kodomo no Kuni, Drop Bag check-in will close one hour before the start time of each wave.

Fri.Apr.26	0:00 Start of the first wave	Fujisan Kodomo no Kuni, (Fuji City, Shizuoka)
	0:10 Start of the second wave	
	0:20 Start of the third wave	
	0:30 Start of the fourth wave	
Sat.Apr.27	18:00-19:00 Awards Ceremony	FUJISAN NO MEISUI Stadium of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)
	21:00 Race Cutoff Time	
	22:00 End of luggage and Drop Bag pick-up	Gymnasium of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)

KAI70k

*Racer check-in is available only on the day before the race.

Fri.Apr.26	13:00-20:00 Racer check-in and bib pick-up	Wood Straight of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)
	13:00-23:00 Luggage check-in*	Gymnasium of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)

* 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 start time.

Fri.Apr.26	23:30 Opening Ceremony	
Sat.Apr.27	0:00 Start	FUJISAN NO MEISUI Stadium of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)
	17:00-18:00 Awards Ceremony	
	21:00 Race Cutoff Time 22:00 Baggage Returns End	Gymnasium of Fuji Hokuroku Park, (Fujiyoshida City, Yamanashi)

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 may be 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 each FUJI or KAI race. 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 and bib pick-up

FUJI100mi : 13:00-20:00 Wednesday, April 24 & 9:00-20:00 Thursday, April 25
 KAI70k : 13:00-20:00 Friday, 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 FUJI100mi

Gymnasium of Fuji Hokuroku Park
 13:00-20:00 Wednesday, April 24
 & 9:00-20:00 Thursday, April 25

② KAI70k

Fuji Hokuroku Park
 Wood Straight
 13:00-20:00 Friday, April 26

● EXPO

13:00-20:00 Wednesday, April 24
 9:00-20:00 Thursday, April 25
 13:00-20:00 Friday, April 26

FINISH AREA MAP FUJI 100mi KAI 70k

山梨県 富士北麓公園 Fuji Hokuroku Park



* Please see page 4 for directions to Fuji Hokuroku Park.

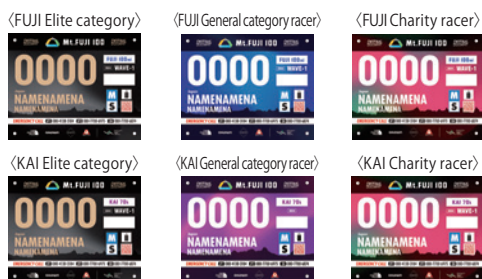
- The main parking lot of Fuji Hokuroku Park is open to racers only on Wednesday, April 24.
- The main parking lot of Fuji Hokuroku Park will be closed from Thursday, April 25th to Saturday, April 27th. Please ensure you make a reservation and purchase a parking pass in advance and park your car at a designated parking lot.

FROM THE RACER CHECK-IN TO THE START There is no racer check-in on the day of the race

Please pick up your bib during the time period indicated on your bib pick-up ticket.

- 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.
*There will be no gear checks at this race. There will be unannounced checks on the course.
- ② Get ready: Use a restroom before the start.
- ③ Luggage and Drop Bag check-in
Baggage Luggage check-in (fee and application 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.)

Race bib (2 racer bibs per racer)



Race T-shirt

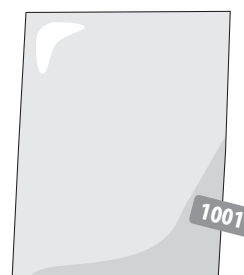
Size : 50cm x 70cm



Drop Bag & sticker

* One bag per racer (FUJI only)

Size : 90cm x 100cm (90liter)



Plastic bag for baggage storage & sticker

* One bag per racer (fee and application required)

LUGGAGE STORAGE

* Prior reservation and fee required.

FUJI100mi Luggage check-in will be available at the gymnasium of Fuji Hokuroku Park from 13:00 to 20:00 on Wednesday, April 24, and from 9:00 to 21:30 on Thursday, April 25. If you take the Access Bus from the parking lots to the starting venue at Kodomo no Kuni, you can also check in your luggage at Fujisan Parking and Fuji-Q Highland Conifer Forest Parking from 19:00 to 21:30 on April 25.

* For FUJI100mi racers, luggage check-in will additionally be available at the start venue at Kodomo no Kuni from 21:30 to 23:30 on April 25.

KAI70k Please check in your luggage at the gymnasium of Fuji Hokuroku Park from 13:00 to 23:00 on Friday, 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.)
3. Please refrain from placing any valuable items in the luggage you check in.
4. If your luggage does not fit inside the provided plastic bag, we will issue you a luggage tag at the venue.
5. When picking up your luggage, staff will verify your bib number. Therefore, please remember to bring your bib with you when retrieving your luggage.
6. The luggage pick-up area is located in the gymnasium of Fuji Hokuroku Park. Please ensure that you retrieve your luggage by 22:00 on Saturday, 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 F4 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 13:00 to 20:00 on Wednesday, April 24th, 9:00 to 21:30 on Thursday, April 25th. at the Fujisan parking and the Fuji-Q Highland Conifer Forest parking lot from 19:00 to 21:30 on Thursday, April 25th, before the start.

Mt. FUJI100 Race Venue Circulation Bus

◆ Bus route

Main parking of Fuji Hokuroku Park → Mt. Fuji Station → Kawaguchiko Station → Fuji Resort Hotel → Fuji-Q Highland Highway Bus Stop → Main parking of Fuji Hokuroku Park

*The last bus to depart on Wednesday, April 24, and Thursday, April 25, will follow a different route. (Main parking of Fuji Hokuroku Park)

*Fuji-Q Highland Highway Bus Station → Fuji Resort Hotel → Kawaguchiko Station → Mt. Fuji Station

* Bus stop & Route (Google maps)



◆ Race Shuttle Bus Fare

One day Pass 500 yen (including tax and additional processing fee required)

* Purchase a one-day pass for each day during the race period from April 24 to 27.

* Please present the one-day pass on your smartphone to the bus driver when boarding the bus.

◆ Bus schedule

*You can buy bus passes on the day you board the bus. Please scan this QR code for details on purchasing bus passes and the timetable.

*There is no all-night bus service.



DATE	First bus	Last bus
Wed. Apr. 24	11:30 Departing from Mt. Fuji Station	21:30 Departing from Fuji Hokuroku Park
Thu. Apr. 25	7:30 Departing from Mt. Fuji Station	21:00 Departing from Fuji Hokuroku Park
Fri. Apr. 26	11:15 Departing from Mt. Fuji Station	21:00 Departing from Fuji Hokuroku Park
Sat. Apr. 27	6:00 Departing from Fuji Hokuroku Park	21:30 Departing from Fuji Hokuroku Park

ACCESS (Racer & Supporter parking ※Fee and prior reservation required)

Paid parking lot ①

Fujisan Parking

(former name : Fuji Hokuroku Parking)



Paid parking lot ②

Fuji-Q Highland Special Parking Lot

* 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.



Paid parking lot ①② Parking period business hours

8:00-21:30 Thursday, April 25 From
11:30 Friday, April 26 to
23:00 Saturday, April 27.

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.

Then place the parking permit on the dashboard so that it can be seen from the outside.

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

* The main parking lot of Fuji Hokuroku Park will be available on 12:00- 21:00 Wednesday, April 24 and 8:00-21:30 Thursday, April 25.

FREE PARKING LOT SHUTTLE BUS

◆ Bus route

Main parking of Fuji Hokuroku Park → Fujisan Parking → Fuji-Q Highland Conifer Forest Parking → Main parking of Fuji Hokuroku Park

*Please note that buses departing throughout the day on Thursday, April 25, and from noon to 17:40 on Friday, April 26, will run between Fujisan Parking or the Fuji-Q Highland Conifer Forest Parking.

◆ Bus schedule

*No bus service on Wednesday, April 24.

*Please check the timetable shuttle bus here.



DATE	First bus	Last bus
Wed. Apr. 24	No service (Please use the main parking lot of Fuji Hokuroku Park.)	
Thu. Apr. 25	8:30 Departing from Fuji-Q Highland Conifer Forest or Fujisan Parking	21:00 Departing from the parking lot of Fuji Hokuroku Park

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

Fri. Apr. 26	12:00 Departing from the parking lot of Fuji Hokuroku Park	All night service
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*All night service. One service approximately every 15-30 minutes. After 9:00 p.m., there is one bus per hour.

Sat. Apr. 27	All night service	22:20 Departing from the parking lot of Fuji Hokuroku Park
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[By Car]

Directions to the Kawaguchiko Interchange (IC) and Fujiyoshida IC



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


* 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.

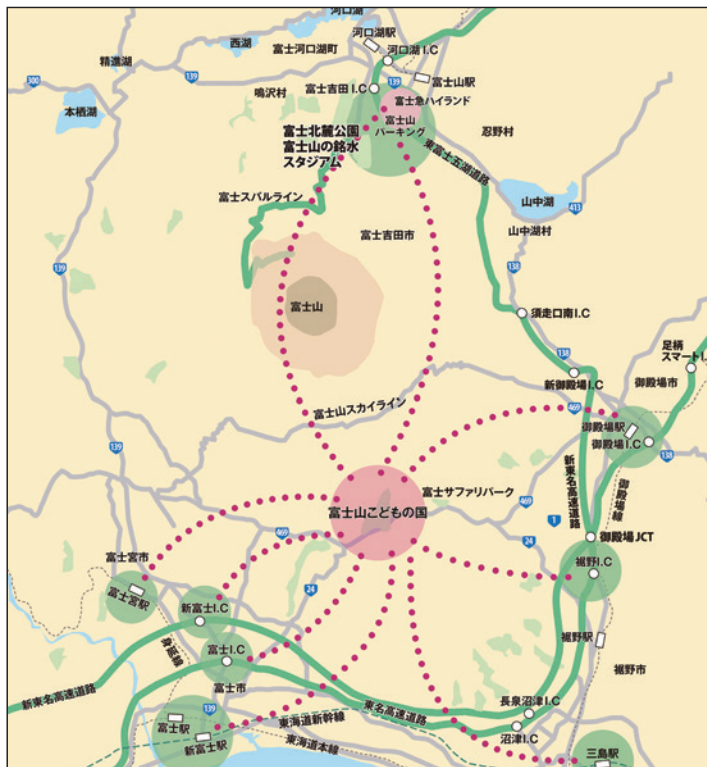
* About lodging

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 (500 yen per day) will be operating. The bus pass can be purchased at the venue. Please see page 4 for detail.

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.
<https://mtfuj100.com/en/access/access/>



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 Fujisan Kodomo-no-Kuni

Fujisan kodomo-no-Kuni Parking Business Hours

From 21:00, Thursday, April 25 to 1:00 Friday, April 26.

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
 COURSE コース
 DUMNER WALKING PATH ランナー歩行経路
 SUPPORTER WALKING PATH 応援・サポーター歩行経路

- * 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 21:00, Thursday, April 25.
- * After the finish, there will be no access bus from the finish venue to the Fujisan Kodomo-no-Kuni.

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

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. 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.
7. 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.
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.

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

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.

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 Chip 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:

080-7700-6975

* Available from 0:00, Friday, April 26, 2024

090-4138-3184 (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 10.
- *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.

● 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.

<https://mtfuji100.com/en/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	25.3km		26日 I N 5:00
F2	FUMOTO	FUJINOMIYA CITY	52.5km		26日 I N 12:20 OUT 12:30
F3	SHOJIKO	FUJIKAWAGUCHIKO TOWN	70.7km		26日 I N 19:00 OUT 19:10
F4	Fuji Hokuroku Park	FUJIYOHIDA CITY	97.4km		26日 I N 23:45 OUT 23:55
F5	OSHINO	OSHINO VILLAGE	113km		27日 I N 4:30 OUT 4:40
F6	YAMANAKAKO KIRARA	YAMANAKAKO VILLAGE	122.5km		27日 I N 9:30 OUT 9:40
F7	NIJU-MAGARI	OSHINO VILLAGE	136km		27日 OUT 13:00
F8	FUJIYOSHIDA	FUJIYOSHIDA CITY	147.8km		27日 I N 17:00 OUT 17:10
FINISH	FUJISAN NO MEISUI Stadium (Fuji Hokuroku Park)	FUJIYOSHIDA CITY	166.6km		27日 I N 21:00

KAI70k	Aid Station	Location	Distance	Official aid / Service	Cutoff
START	FUJISAN NO MEISUI Stadium (Fuji Hokuroku Park)	FUJIYOSHIDA CITY	0km		
K1	OSHINO	OSHINO VILLAGE	15.8km		27日 I N 4:30 OUT 4:40
K2	YAMANAKAKO KIRARA	YAMANAKAKO VILLAGE	25.3km		27日 I N 9:30 OUT 9:40
K3	NIJU-MAGARI	OSHINO VILLAGE	38.8km		27日 OUT 13:00
K4	FUJIYOSHIDA	FUJIYOSHIDA CITY	50.6km		27日 I N 17:00 OUT 17:10
FINISH	FUJISAN NO MEISUI Stadium (Fuji Hokuroku Park)	FUJIYOSHIDA CITY	69.4km		27日 I N 21:00

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)

	FUJI START KODOMO-NO- KUNI	F1 FUJINOMIYA	F2 FUMOTO	F3 SHOJIKO	F4 FUJI HOKUROKU PARK GYMNASIUM	KAI START	F5/K1 OSHINO	F6/K2 YAMANAKAKO KIRARA	F7/K3 NIJU MAGARI	F8/K4 FUJIYOSHIDA	FUJI & KAI FINISH
Local Hospitality Menu			FUJINOMIYA YAKISOBA (Fried Noodles)& DAIFUKU MOCHI		Soup pasta			Pork & Vegetable Miso Soup		YOSHIDA UDON (Noodles Soup)	
Salty candy		●	●								
Strawberry milk candy					●		●				
Ramune candy									●		
Chocolate		●		●	●		●		●	●	
Fruit candy								●			
Rice crackers			●		●			●			
Salty Yokan (sweet bean jelly)								●			
Potato chips				●			●		●	●	
Banana		●	●	●	●		●	●	●	●	
Orange				●				●		●	
Donut				●	●		●		●		
aminoVITAL® GOLD											●
aminoVITAL® aminoShot® Perfect Energy	●		●			●	●		●		
aminoVITAL® aminoShot®	●			●		●		●		●	
Bread		●	●	●	●		●	●	●		
Rice ball (Onigiri)								●			
ENERGY BAR (MANA BAR)			●								
Mineral Gel (MEDALIST)								●	●		
Miso soup							●		●		
Coffee		●	●	●	●		●	●	●	●	
Hot tea		●	●	●	●		●	●	●		
Hot green tea								●		●	
aminoVITAL® BCAA Charge Water / aminoVITAL® Citric Acid Charge Water		●	●	●	●		●	●	●	●	●
Cola		●	●	●	●		●	●	●	●	
Water & Hot water		●	●	●	●		●	●	●	●	

 **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. The Main Parking of Fuji Hokuroku Park will be open only on Wednesday, April 24, and Thursday, April 25. Additionally, please be aware that there will be no shuttle bus circulating the parking lots. 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: 18:00, Saturday, April 27 Location: Fuji Hokuroku Park FUJISAN NO MEISUI Stadium (Fujiyoshida City, Yamanashi)

<Awards ceremony (KAI70k)>

Date and time: 17:00, Saturday, April 27 Location: Fuji Hokuroku Park FUJISAN NO MEISUI Stadium (Fujiyoshida City, Yamanashi)

<Awards (for both FUJI100mi and KAI70k)>

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

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

<Age Group Awards (for both FUJI100mi and KAI70k)> *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) Men's: 1st - 3rd place Women's: 1st - 3rd place

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

Masters Category (50-59 years old) Men's: 1st-3rd place Women's: 1st - 3rd place

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

Legend Award (60 years old or older) Men's and Women's: 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.

* 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.

* 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=000000000338673>

Available: From 22:00, Thu. Apr. 25 to 23:59, Sun. Apr. 28


LEADER BOARD

https://leaderboard.runnet.jp/?tri=02524_20240426_01

Available: From 22:00, Thu. Apr. 25 to 23:59, Sun. Apr. 28



VECTIV™

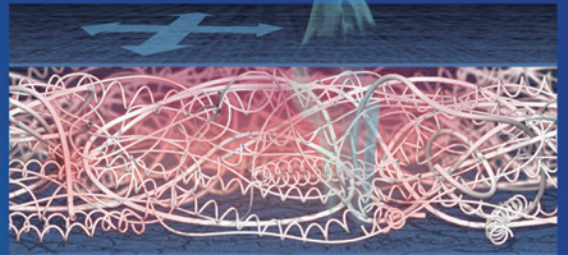


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**BUILT FOR
PURPOSE**

NIKKE AXIO® PRO

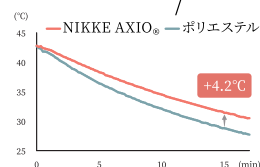
NIKKE AXIO® PROはあなたのパフォーマンスを最大化するウールアクティブウェアです。

「スポーツをハイパフォーマンスに楽しむ」ことを目的として、人と地球にやさしいウールと合成繊維のメリットを掛け合わせた着心地が良い高機能製品を作りました。

汗冷え防止

衣服内をドライに保ち汗冷えを防ぐ

NIKKEAXIO®の汗冷え実験



吸汗速乾

素早く汗を吸いベタつかない

素早く汗を吸いベタつかない

吸水性10秒以下が「効果あり」の目安
吸水速度=1秒未満
※JISL1907滴下法

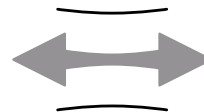
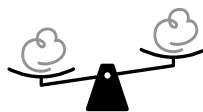
速乾性60分以下が「効果あり」の目安
乾燥速度=30分(水分率30%)
※ISO 17617-2014A法



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CORPORATE



NIKKE AXIO
SERIES

創業1896年、ニッケグループは地球にやさしい天然素材である「ウール」の総合メーカーとして生まれました。

私たちはより安心安全で持続可能な未来に向けて地球環境の保護・保全に取り組んでいます。

衣料繊維事業では、サーキュラーエコノミー(循環経済)の考えに基づきウールを資源循環させる取り組みを展開。地球環境の保全と経済成長の両立が可能であると証明し、社会の持続可能性を追求する活動を行っています。

安全登山に 欠かせない アミノ酸

長時間動き続ける登山は、
カラダのコンディションが
安全面に直結するスポーツ。
登山中はもちろん、
登山の前後にもエネルギーと
アミノ酸をしっかりと補給して、
安全登山を心がけましょう。

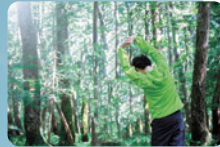
amino
VITAL

なぜ、登山にはアミノ酸？



たんぱく質のもとであるアミノ酸は、
生きるために欠かせない栄養素。
しかし、ハードな運動をすると筋肉の
タンパク質から分解されたアミノ酸が
エネルギー源として使われてしまいます。
だから、筋肉のエネルギー源となる
必須アミノ酸「BCAA」の補給が重要なのです！

アミノ酸はスピーディー！

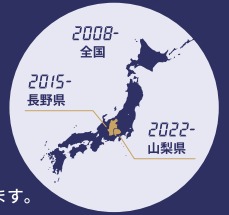


アミノ酸はたんぱく質に比べて消化吸収が
早いのが特徴。カラダへの負担が少なく
約30分で吸収できるため、
登山時の行動食に最適です。

Topic

「アミノバイタル®」は、
全国約20万人の安全登山啓発活動を
支援しています

各県の自治体・警察と連携し、長時間の登山を
安全に行うための栄養補給として、
アミノ酸の摂取を全国の登山者に推奨しています。



登山のための
コンディショニング情報
×
「アミノバイタル®」

詳細は
こちら



登山におすすめの 「アミノバイタル®」製品

目的に合わせたこまめなケアで快適登山を実現！

※おすすめの摂取タイミングです

登山前に※

登山前 登山中 山頂・登山後 1日の終わり

登山時の必需品
最後まで崩れないカラダへ



「アミノバイタル® プロ」

登るためのエネルギーチャージ



「アミノバイタル®
パーフェクトエネルギー®」
ゼリードリンク

登山中に※

登山前 登山中 山頂・登山後 1日の終わり

片手で開封、水なしですぐ飲める
高濃度ゼリー



「アミノバイタル®
アミノショット®」
「アミノバイタル®アミノショット®」
パーフェクトエネルギー®

水分と栄養素を同時に素早く吸収



「アミノバイタル®
BCAAチャージ」
ウォーター

山頂・登山後に※

登山前 登山中 山頂・登山後 1日の終わり

登山後の
リカバーに



「アミノバイタル®
GOLD」



1日の終わりに※

登山前 登山中 山頂・登山後 1日の終わり

明日のためにケアを 眠りをサポート



「アミノバイタル® GOLD」



「グリナ」

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紙から
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TRUECOTTONは、
未来へつながる地球のために、
遺伝子組み換え種子を選択しない、
安心安全なコットンです。



Official Instagram

<https://truecotton.jp/>

*各国の有機農業の基準では遺伝子組み換え種子は基本的に使用が認められておりません。

*TRUECOTTON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。

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

株式会社ファーベスト <https://firbest.co.jp/>



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御殿場滝ヶ原自衛隊陸上部 スリーピークスハヶ岳トレイル実行委員会 全国老人保健施設協会 ダイナソーベース
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フジ虎ノ門病院グループ 富士北嶺山楽会 富士山西麓観光資源”輝き”協議会 フジヤマユナイテッド
富士吉田市外二ヶ村恩賜県有財産保護組合 富士吉田杓子山パノラマトレイルラン実行委員会
富士吉田市陸上競技協会 富士吉田市立病院 ホテル鐘山苑 マウンテンスポーツ同志会
MOUNTAIN MARTIAL ARTS Mt.Fuji ランニングクラブ 山中湖温泉 紅富士の湯 山中湖交流プラザきらら
山梨赤十字病院 unite ラモンテ AC Run boys! Run girls!/RBRGTRC

【共催】



【後援】

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