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## **Mt. FUJI 100 2026 Kicks Off on April 24 with a Record 4,470 Entries**

— *Entering a New Phase with Inaugural Prize Money and New "SAKUYA" Race* —



The 14th edition of the Mt. FUJI 100 will take place over three days from Friday, April 24, to Sunday, April 26, 2026.

Traversing the mountains, forests, and towns at the foot of Mt. Fuji, the event will feature four races this year: the flagship "FUJI100mi" (approx. 165.3km), the "KAI70k" (approx. 68.6km) covering the latter half of the course, the "ASUMI40k" (approx. 38.5km), and the newly established "SAKUYA 9k / U-20 6k," an

open race based on mountain running rules.

The total number of participants across all races has reached a record high of approximately 4,470. The event welcomes around 1,430 overseas runners (approx. 32% of the total) from 46 countries and regions. With a notable surge in participation from Asian countries, the event continues to achieve remarkable growth as a premier international trail running festival.

## Key Highlights of the 2026 Event

- **Record 4,400+ Entries:** Overseas runners make up approximately 32% of the field, highlighting accelerated globalization centered on Asia.
- **Inaugural "Prize Money" System:** In its 3rd year as part of the World Trail Majors, the event introduces prize money, setting the stage for a world-class, high-level showdown.
- **Capacity Optimization for FUJI100mi & Expansion of ASUMI40k:** Enhancing both the competitive environment and the overall runner experience.
- **FUJI100mi Course Changes:** The addition of the "Fuji-Q Highland Conifer Forest" aid station and an emergency reroute due to recent natural disasters promise a new race dynamic.
- **New "SAKUYA" Race to Broaden the Trail Community:** Top athletes from road and track racing are scheduled to participate, bringing new excitement to the trails.

### ■ Record Participation and Accelerating Globalization

This year's event boasts a record-breaking 4,470 entries. Approximately 1,430 of these are overseas runners (around 32%), with a massive turnout from Asian regions including China, Hong Kong, Taiwan, South Korea, and Thailand. In its second year, the "ASUMI40k" sees overseas runners making up more than half of its participants. Notably, in the ASUMI40k women's category, Chinese female runners (155) outnumber the host nation's Japanese female runners (119)—a historic milestone for a Japanese trail running event. This perfectly illustrates the rapid maturation of the Asian trail running market and the remarkable rise of female runners, proving that the Mt. FUJI 100 has truly entered a new phase as a global event.

### ■ Introduction of Prize Money and Elevated Competitiveness

Entering its 3rd season as part of the international "World Trail Majors (WTM)" series, the event is taking a major step toward the professionalization of the sport by introducing a prize money system (totaling 3.32 million JPY, with 300,000 JPY for 1st place) for the top 5 men and women in the FUJI100mi and ASUMI40k. With both WTM ranking points and prize money on the line, we expect a fiercer pace and more intense tactical battles among the world's elite athletes. Furthermore, athletes will be closely targeting the staggering course benchmarks established in previous years (Men's FUJI100mi record of 17:48:40 set in 2025, and Women's record of 19:21:22 set in 2024), setting the stage for potential new course records.

### ■ Race Scale Optimization and the Leap of "ASUMI40k"

To alleviate trail congestion, reduce crowding at aid stations, and provide top athletes with an optimal competitive environment, the capacity for the flagship "FUJI100mi" has been optimized from 2,400 to

2,000 runners. Conversely, the "ASUMI40k" has seen a massive expansion from 200 to 1,000 runners, with its cutoff time extended to 9.5 hours, opening the doors for a wider range of runners to experience the trails of Mt. Fuji.

## ■ FUJI100mi Course Changes and New Dynamics

In this year's FUJI100mi, the course has reverted to a route that avoids the steep Mt. Ryugatake section in the early stages. In addition, the F4 aid station has been relocated to the easily accessible "Fuji-Q Highland Conifer Forest", creating an environment where spectators can easily cheer on runners (parking passes are required). Plunging into a cheering crowd at a brightly lit theme park in the middle of the night—after running nearly 100km—will undoubtedly provide runners with a massive surge of energy. Furthermore, due to a recent trail collapse, an emergency reroute has been implemented, taking runners via Ishiwari Shrine (approx. 1,400m elevation). This reduces the total distance by roughly 1.6km and the cumulative elevation gain by 152m. With fewer steep climbs and more runnable sections, the elite race is expected to be faster than ever.

## ■ The Inaugural "SAKUYA" Race and Diverse Participation

On Sunday, April 26, the final day of the event, the new "SAKUYA 9k / U-20 6k" race will be held to broaden the gateway to trail running. Featuring forest roads and gentle trails rather than steep mountain paths, this course is the perfect stage for runners to utilize speed developed on the track and road. Hibiki Yoshida, renowned as the "Mountain God" for his overwhelming dominance on the uphill stages of the Hakone Ekiden, is scheduled to compete. By inviting current top road and track runners to challenge the off-road terrain, the event aims to bridge the gap between track/field and trail running, expanding sports culture as a whole.

## Athletes to Watch

### ■ FUJI100mi

In the men's race, **Guomin DENG** (CHN), the 2024 champion and 2025 runner-up, returns aiming to reclaim his title. He faces a formidable Chinese contingent including 2023 champion **Jiaju ZHAO**(CHN) and the 2024 2nd place finisher **Guidu QIN**(CHN). From the West, **Chris MYERS**(USA), the runner-up at last year's Western States 100, makes his highly anticipated Japanese debut. The Japanese defense is led by **Yuya KAWASAKI**(JPN), who boasts two past podium finishes, alongside 2022 champion **Hirokazu NISHIMURA**(JPN) and 100-mile veteran **Masatoshi OBARA**(JPN).

In the women's race, the 2025 WTM Series Champion and recent HK100 course record holder, **Sunmaya BUDHA** (NEP), makes her first trip to Japan as the heavy favorite. She will face fierce competition from Chinese elite **Ying LI**(CHN) and North American 100-mile standout **Alyssa Amos CLARK**(USA). The Japanese effort will be spearheaded by **Arika ITO**(JPN), who finished 3rd here last year and recently won the TransJeju 100M.

### ■ ASUMI40k

With an expanded field and prize money on the line, the men's ASUMI40k welcomes **Ruy UEDA**(JPN), the 2019 Skyrunner World Series Champion, making his first appearance at this event. International challengers include 2024 APTRC Short Trail Gold Medalist **John Ray ONIFA**(PHI) and the rapidly rising

**Ruqin WANG**(CHN). Japanese contenders also include last year's runner-up **Koken OGASAWARA**(JPN) and Fuji Mountain Race legend **Toru MIYAHARA**(JPN).

The women's ASUMI40k features an all-star Japanese lineup, including 7-time Fuji Mountain Race champion and last year's runner-up **Yuri YOSHIZUMI**(JPN), Tarawera 100k 3rd place finisher **Honoka AKIYAMA**(JPN), and 5-time Hasetune CUP champion & APTRC Short Gold Medalist **Takako TAKAMURA**(JPN). International elites **Kaili FAN**(CHN) and HK100-Half winner **Ram Maya BUDHA**(NEP) join the fray, guaranteeing a fiercely competitive race.

### ■ KAI70k

The men's race will likely be driven by Chinese podium regular **Fujun HE**(CHN) and **Tracen KNOPP**(USA), who recently placed 3rd at the high-speed Black Canyon 100K. The Japanese contingent includes **Hiroki KAI**(JPN), who achieved a historic 10th place at last year's Western States and finished 2nd at the 2023 KAI, alongside mid-distance specialist **Sei KOGA**(JPN).

The women's race features North American mid-distance powerhouses **Klaire RHODES**(USA) and **Tara FRAGA**(USA). Additionally, last year's FUJI100mi women's champion, **Manyee CHEUNG**(HKG), will drop down in distance to challenge the KAI70k this year. They will battle against Japanese elites like **Miho TSUBOI**(JPN), who has dominated domestic ultra-distance races recently.

*Note: The participating athletes list is subject to change without notice.*

## Mt. FUJI 100 2026 Event Outline

■ **DATES:**Friday, April 24, 2026 – Sunday, April 26, 2026 (3 days)

### ■ Race Categories

#### ① FUJI100mi

- Distance: Approx. 165.3.0km / Cumulative altitude gain: +6,461m
- Start: Fujisan Kodomo-no-Kuni (Fuji City, Shizuoka Prefecture)
- Finish: Fuji Hokuroku Park / Fujisan GX Stadium (Fujiyoshida City, Yamanashi Prefecture)
- Race start time: Friday, April 24 (Wave start, 500 racers per wave)  
17:00 / 17:15 / 17:30 / 17:45
- Final cutoff time: 14:30, Sunday, April 26 (\*44 hours and 30 minutes cutoff)
- Number of racers: 2,000 (including priority, general, donation-based, and elite entries)
- Support crews: 500

#### ② KAI70k

- Distance: Approx. 68.6km / Cumulative altitude gain: +2,921m
- Start / Finish: Fuji Hokuroku Park / Fujisan GX Stadium (Fujiyoshida City, Yamanashi Prefecture)
- Race start time: 14:00, Saturday, April 25

- Final cutoff time: 11:00, Sunday, April 26 (\*21 hours cutoff)
- Number of racers: 1,000 (including general, donation-based, and elite entries)

### ③ ASUMI40k

- Distance: Approx. 38.5km / Cumulative altitude gain: +1,481m
- Start / Finish: Fuji Hokuroku Park / Fujisan GX Stadium (Fujiyoshida City, Yamanashi Prefecture)
- Race start time: 12:00, Saturday, April 25
- Final cutoff time: 21:30, Saturday, April 25 (\*9 hours and 30 minutes cutoff)
- Number of racers: 1,000 (including general, donation-based, and elite entries)

### ④ SAKUYA 9k / U-20 6k (Open Race)

- Distance: 8.6km / U-20 5.7km
- Start / Finish: Fuji Hokuroku Park / Fujisan GX Stadium (Fujiyoshida City, Yamanashi Prefecture)
- Race start time: Sunday, April 26 (9k at 9:00 / U-20 6k at 9:15)
- Number of racers: 200 (including general and elite entries)

## ■ Organizer: Mt.FUJI100 Race Committee

<Member Organizations>

General Incorporated Association Fuji Hakone Izu Trail Support

Mt.FUJI100 Joint Venture (Sotoe Co., Regionport LLC, R-bies Co., Ltd.)

■ **Co-sponsored by:** Fuji City, Fujinomiya City, Minobu Town, Narusawa Village, Fujikawaguchiko Town, Fujiyoshida City, Oshino Village, Yamanakako Village, Gotemba City, Susono City

■ **Supervisor:** Mt.FUJI100 Joint Venture (Sotoe Co., Regionport LLC, R-bies Co., Ltd.)

■ **Environment Partner:** NPO Fuji Trail Runners Club

■ **Special Partner:** THE NORTH FACE

■ **Platinum Partner:** Goldwin, aminoVITAL®

■ **Supported by:** Japan Sports Agency, Japan Tourism Agency, Shizuoka Prefecture, Yamanashi Prefecture, Doshi Village, Yamanashi Nichinichi Shimbun, Yamanashi Broadcasting System, Television Yamanashi, FM Fuji, The Shizuoka Shimbun, Shizuoka Broadcasting System, Shizuoka Telecasting, Shizuoka Asahi Television, Shizuoka Daiichi Television, K-MIX

■ **Honorary Race Committee:** Mayors of the 10 municipalities comprising the Executive Committee

■ **Race President:** Tsuyoshi KABURAKI (Representative Director, General Inc. Assoc. Fuji Hakone Izu Trail Support / Professional trail runner)

■ **Vice President of the Race:** Koichiro HORIUCHI (President, Fuji Kyuko Co., Ltd.)

■ **Race Producer:** Ricka FUKUDA (Medical doctor / President of Japan Trail Running Association)

■ **Co-representatives:**

Tatsuo CHIBA (Representative Director, Sotoe Co., Ltd.)

Yoshihiro TAJIKA (Representative, Region Port, LLC)

Yu KUROSAKI (Representative Director, R-bies Co., Ltd.)

■ **Advisors:**

Shin MURAKOSHI (Professor, Faculty of Education, Shizuoka University)

Masumi NAKAO (Representative Director of NPO Discover Rias)

Tsutomu MIURA (Chairman of NPO Fuji Trail Runners Club)

# Mt. FUJI 100 2026 Press Schedule

A press conference to introduce promising runners will be held on Friday, April 24, at 11:00, followed by a press briefing at 12:00. Award ceremonies for KAI and FUJI are scheduled for Sunday, April 26.

## ■ Friday, April 24

08:00- Press Center Opens [\*1 Fuji Hokuroku Park Press Center]  
08:00-18:00 Mt.FUJI100 EXPO [\*2 Fuji Hokuroku Park Stadium]  
08:00-16:30 Press Registration [\*4 Fuji Hokuroku Park Information]  
11:00-12:00 Press Conference (Japanese / English) [\*3 Fuji Hokuroku Park Special Stage]  
12:00-13:00 Press Briefing (Japanese / English) [\*1 Fuji Hokuroku Park Press Center]  
11:00-16:30 Press Registration (FUJI Start Area) [Fujisan Kodomo-no-Kuni Information]  
16:30 FUJI Opening Ceremony (Japanese / English) [Fujisan Kodomo-no-Kuni]  
17:00-17:45 FUJI Wave Start [Fujisan Kodomo-no-Kuni]

## ■ Saturday, April 25

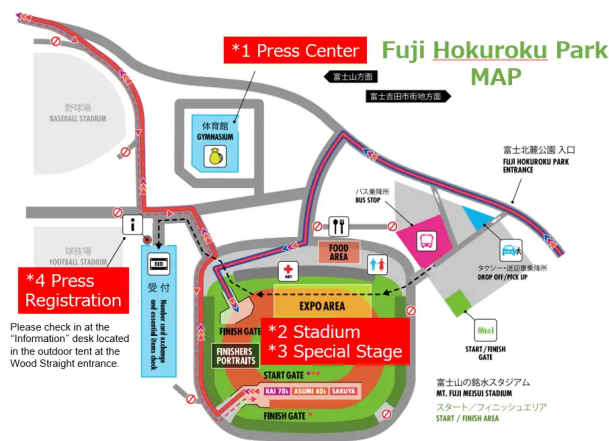
08:00-18:00 Mt.FUJI100 EXPO [\*2 Fuji Hokuroku Park Stadium]  
10:20 (Est.) FUJI First Overall Finisher Expected [\*2 Fuji Hokuroku Park Stadium]  
11:30 ASUMI Opening Ceremony (Japanese / English) [\*2 Fuji Hokuroku Park Stadium]  
12:00 ASUMI Start [\*2 Fuji Hokuroku Park Stadium]  
13:20 (Est.) FUJI First Female Finisher Expected [\*2 Fuji Hokuroku Park Stadium]  
13:30 KAI Opening Ceremony (Japanese / English) [\*2 Fuji Hokuroku Park Stadium]  
14:00 KAI Start [\*2 Fuji Hokuroku Park Stadium]  
14:55 (Est.) ASUMI First Overall Finisher Expected [\*2 Fuji Hokuroku Park Stadium]  
14:55 (Est.) ASUMI First Female Finisher Expected [\*2 Fuji Hokuroku Park Stadium]  
18:00-19:00 ASUMI Awards Ceremony (Japanese / English) [\*3 Fuji Hokuroku Park Special Stage]  
19:30 (Est.) KAI First Overall Finisher Expected [\*2 Fuji Hokuroku Park Stadium]  
21:30 (Est.) KAI First Female Finisher Expected [\*2 Fuji Hokuroku Park Stadium]  
21:30 ASUMI Final Cutoff Time [\*2 Fuji Hokuroku Park Stadium]

## ■ Sunday, April 26

08:00-14:00 Mt.FUJI100 EXPO [\*2 Fuji Hokuroku Park Stadium]  
08:45 SAKUYA Opening Ceremony (Japanese / English) [\*2 Fuji Hokuroku Park Stadium]  
09:00 SAKUYA 9k Start [\*2 Fuji Hokuroku Park Stadium]  
09:15 SAKUYA U-20 6k Start [\*2 Fuji Hokuroku Park Stadium]  
11:00 SAKUYA Awards Ceremony (Japanese) [\*3 Fuji Hokuroku Park Special Stage]  
11:00 KAI Final Cutoff Time [\*2 Fuji Hokuroku Park Stadium]  
12:00-13:00 KAI Awards Ceremony (Japanese / English) [\*3 Fuji Hokuroku Park Special Stage]  
14:00-15:00 FUJI Awards Ceremony (Japanese / English) [\*3 Fuji Hokuroku Park Special Stage]  
14:30 FUJI Final Cutoff Time [\*2 Fuji Hokuroku Park Stadium]  
14:30 Press Center Closes [\*1 Fuji Hokuroku Park Press Center]

*Location Details:*

- \*1 Fuji Hokuroku Park Press Center: Gymnasium 1st Floor Conference Room
- \*2 Fuji Hokuroku Park Stadium: Fujisan GX Stadium
- \*3 Fuji Hokuroku Park Special Stage: Special stage in Fujisan GX Stadium
- \*4 Fuji Hokuroku Park Information: In front of Fuji Wood Straight



■ **Contact Information**

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X : <https://x.com/MtFUJI100>

Instagram : <https://www.instagram.com/mt.fujj100/>

YouTube : <https://www.youtube.com/channel/UCYTG7HNLx89OeaOsknc6mTg/featured>

*For past press releases, please visit : <https://mtfujj100.com/press/>*

*For access to official race photos for press use, please contact the Secretariat above.*

