



RACE RULES

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Race Format

The race follows a time trial format on a predetermined mountain course. (Rankings are determined based on the shortest completion time.)

Checkpoints & Cut Off Time

There are checkpoints along the course (three for 100 miles, two for 100K) with cut-off times. Participants exceeding the cut-off time must stop racing and descend according to staff instructions. (From the checkpoint, participants will be transported by car to the finish line. *Due to the mountainous region, there may be a waiting time of approximately one hour.*)

After Cut Off Time Procedures

Refer to the course map for checkpoint locations and cut-off times. After exceeding the cut-off time, participants must depart within 15 minutes.

Mandatory Equipment

Participants must carry the following mandatory equipment: [At least 500ml of drink, energy food, rainwear (top and bottom), a functioning light, survival sheet, first aid kit, mobile phone, portable cup, bear bell, taping tape (80cm x 3cm or larger), portable toilet, cold-weather clothing, gloves, whistle, compass, mountain map]

Equipment Check

Mandatory equipment may be checked by staff during the race.

Trekking Poles Usage

Trekking poles are permitted. Please use protective caps and be considerate of those around you.

Course Guidance

Arrow displays and tapes are placed at key points along the course. Staff are also positioned at difficult areas, so please follow their instructions.

Race Bib Usage

Race bibs must be worn visibly without folding. Modifications or cutting are prohibited.

Earphone Usage

Ear-covering devices are prohibited as they may hinder hearing in emergencies. (*Hearing aids are allowed; bone conduction headphones are permitted but use with caution.*)



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External Assistance	Support from individuals other than race staff (such as pacing or providing food) is prohibited.
Disqualification Criteria	Disqualification occurs for equipment/rule violations, littering, false registration, environmental violations, reckless overtaking.
Health Insurance Card	Participants must bring their health insurance card on race day.
Incident Management	Only first aid will be provided and organizers do not take further responsibility.
Insurance	Organizer-provided insurance: Death/permanent disability ¥5,000,000, Hospitalization ¥3,000/day, Outpatient care ¥2,000/day.
Timing Tags	Timing tags must be returned after finishing or withdrawing. In case of loss or damage, a fee of 4,000 yen will be charged.
Course Rules	Priority is given to general climbers (hikers). When overtaking, walk with verbal notice.
Retirement Procedures	Participants who withdraw must report to race headquarters at finish point for final withdrawal processing.