

SHIGAKOGEN 100

●Registration

Registration will take place at Ichinose, the start and finish venue, on the day before and on the day of the race.

Please present your bib number at registration desk.

*100km runners will be subject to an equipment check.

■100km July 5th(Fri) 15:00-19:00

*There will be NO registration on the race date, July 6th.

■ 55km July 6th (Sat) 5:00-6:30

*Registration is also available on the day before, July 5th.

■ 21km July 6th (Sat) 7:30-9:30

*Registration is also available on the day before, July 5th.

●Luggage storage is available at the White Hotel near the venue.

● Changing areas

Changing tents will be available at the start and finish areas(separated areas for men and women).

● Bathing after the race

Athletes can use the baths at each facility for 500 yen per person. (See attached sheet)

*Those staying in SHIGAKOGEN hotels on Saturday may bathe at your hotel. Please be sure to wash off any mud before entering the building.

●Food truck booth

As meals cannot be provided at hotels during late night hours, please use the food trucks at the venues after the race. They will be open until the next

morning.

<Notes>

Open camping is prohibited within the national park. Wild animals may appear, so camping in tents or cars is not permitted in Shiga Kogen.

Also, it gets quite cold in Shiga Kogen at this time of year, so be sure to bring warm clothing.

●Time Measurement

A timing chip (attached to your bib) will be used. They will be collected after you reach the finish line, so please be sure to return them.

*100km runners will be given two bibs; wear the one with the timing chip on your front and the other on your back (such as a backpack).

*If you lose your timing chip, you will be required to pay the actual cost (2,000 yen).

●Mandatory Equipment

- Bibs
- The mobile phone(The smartphone number registered at the time of entry)
- Water and food
- Light and spare battery (two lights are acceptable) *100km only
- Cup
- Survival blanket
- Hooded rainwear/pants (fully waterproofed with seam tape)
- First aid kit (bandages, disinfectant, etc.)
- Portable toilet(must carry used ones with you to the next aid station)

*For the 100km race, mandatory equipment are checked at registration(If you are missing some of above, you will be disqualified).

●Recommended Equipment

- Bear bell
- Gloves
- Warm clothing
- Poison remover

* Shiga Kogen is at a high altitude and it gets cold in the mornings and evenings, so be sure to bring warm clothing.

●Aid Stations

Please refer to the detailed course maps for the location of each Aid station. Also refer to the attached list for the information of the food provided at Aid station.

●Deposit Bags

Only 100km runners can leave their deposit bags at ICHINOSE Aid Station (3A/6A, 300m from start/finish area); they are accepted only between 4:00am-4:20am.

*When 6A ICHINOSE is closed(at approximately 12:30am on July 6th), any remaining deposit bags will be moved to the start and finish area.

*Please keep food and any smelly items sealed as wild monkeys may steal them; we recommend you using a cooler box. Do not leave expensive or

valuable items.

●Course Signs

There are plastic arrow signs at every fork in the trail, so please follow them. Also, blue tape printed “KITASHINANO TRAIL FEAKS” is installed as a course marker. Flashlights (blinking red) are also installed in night sections.

●About Withdrawing

Withdrawal is only permitted at aid stations. If you have to withdraw for any reasons, please inform the nearest staff and follow their instructions.

●In Case of Emergency

If you are injured and unable to move during the race, please call the race headquarters (080-2245-9100) and ask other runners to inform the nearest staff about your situation.

●Earphone

To ensure a quick response in the event of an emergency, earphones are prohibited during the race. However, bone conduction earphones that do not cover the ears are OK.

●Consideration for General Hikers

there will be many hikers at SHIGAKOGEN on the race date, so be sure to call out when passing them so as not to frighten them.

●Nature Conservation

The course is set within a national park. Please do not damage or trample the vegetation along the course.

Please also be careful not to damage trails or boardwalks.

●Using Poles

You may use the poles during the race, but please make sure to always wear the caps. Also, please use them safely so as not to hit the runners behind you.