



# SHINETSU FIVE MOUNTAINS TRAIL 2023 -Patagonia CUP- RACE INFORMATION PACKAGE **100mile category**

Dear Race Participants (100mile category)

Thank you for registering for the Shinetsu Five Mountains Trail Race 2023.  
The race is coming up soon and we hope that you're well prepared. Please read this race information package carefully before the race.  
We look forward to seeing you at the start line!

## 100mile Racers Schedule

9/16 (Sat)	9:30~14:00	Gear check (Racers only) Race Check-In (Racers and Pacers)	Restaurant Towasanku Madarao Kogen Restaurant Heidi <a href="#">MAP</a>
	11:00~17:30	Napping room(free)	Madarao Kogen Hotel
	11:00-11:30	Race Briefing	Restaurant Heidi
	16:00~18:00	Luggage & Drop Bag drop off	Madarao Kogen Hotel P1 <a href="#">MAP</a>
	18:30	100mile Race start	Restaurant Heidi
9/17 (Sun)	5:00	Race cutoff #1	APA Resort <a href="#">MAP</a>
	7:30	Race cutoff #2	Shizen-no-ie <a href="#">MAP</a>
	14:00	Race cutoff #3	Kurohime <a href="#">MAP</a>
	17:00	Race cutoff #4	Sasagamine <a href="#">MAP</a>
	23:30	Race cutoff #5	Togakushi <a href="#">MAP</a>
9/18 (Mon)	3:30	Finish line cutoff	Iizuna Resort Plaza Aurora <a href="#">MAP</a>
	11:00~13:00	Awards ceremony	Myoko Akakura Gymnasium <a href="#">MAP</a>

## 100mile Pacers Schedule

9/16 (Sat)	9:30~14:00	Race Check-In (pacers)	Madarao Kougen Restaurant Heidi <a href="#">MAP</a>
	18:30	100mile Race start	Restaurant Heidi
	18:30~4:00	Napping room(free)	Madarao Kogen Hotel
9/17 (Sun)	4:20	Pacer Bus *Stops by convenience store.	(Direct Bus)(Via Akakura onsen tourism association <a href="#">MAP</a> ) From Madarao Kougen Hotel to Kurohime Rising Sun Hotel
	5:00~14:00	Pacer Check-In & baggage check (receptionist on that day)	Kurohime <a href="#">MAP</a>
	5:00~14:00	Waiting Area for Pacers	Pacer Waiting Area in Kurohime Rising Sun Hotel <a href="#">MAP</a>



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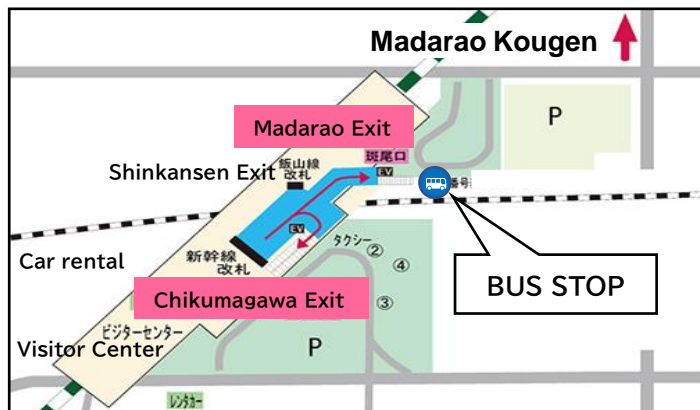
## DIRECTIONS TO RACE START LINE & FINISH

■ Sat, Sept 16

JR Iiyama Station ~ Madarao Kogen Restaurant Heidi

Free Shuttle Bus departure location

You have about 30 minutes to go shopping at supermarket or convenience store near the station before your bus takes off.



The free shuttle bus service is available from the JR Iiyama train station. Please exit from the Madarao Exit to get to the bus departure area.

BUS DEPARTURE TIME: 8:50

Iiyama Station [MAP](#)

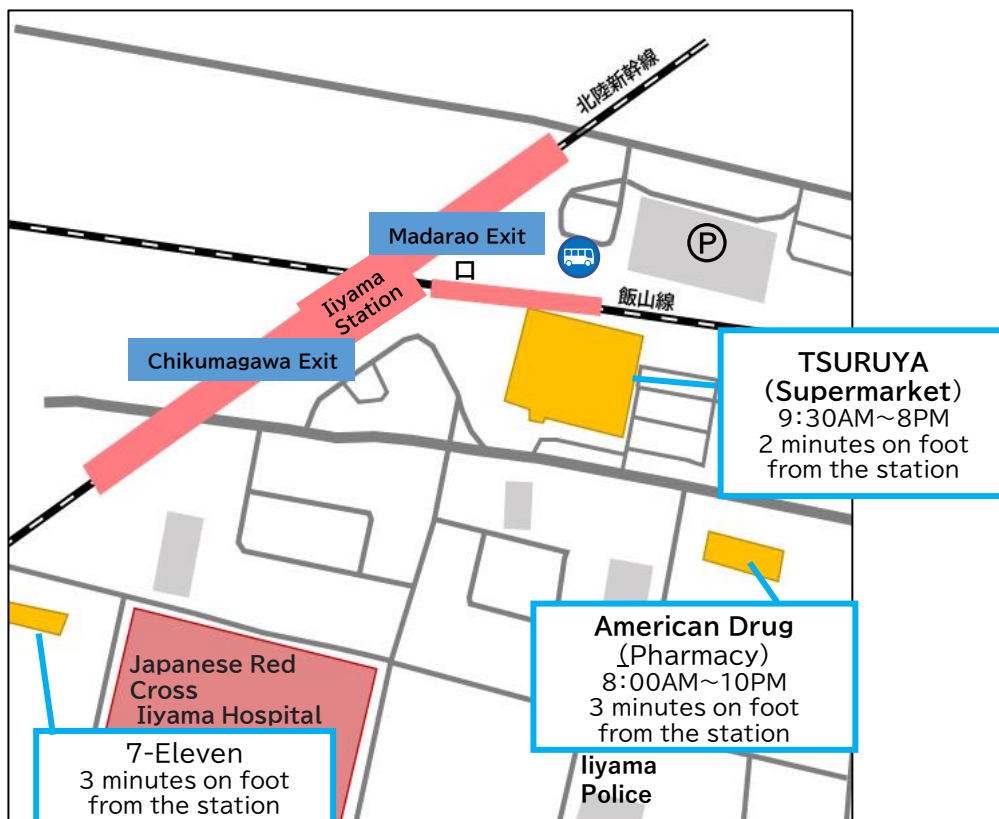
American Drug [MAP](#)

Bus Stop [MAP](#)

TSURUYA [MAP](#)

Seven-Eleven [MAP](#)

## ■ Supermarkets and convenience stores near JR Iiyama Station







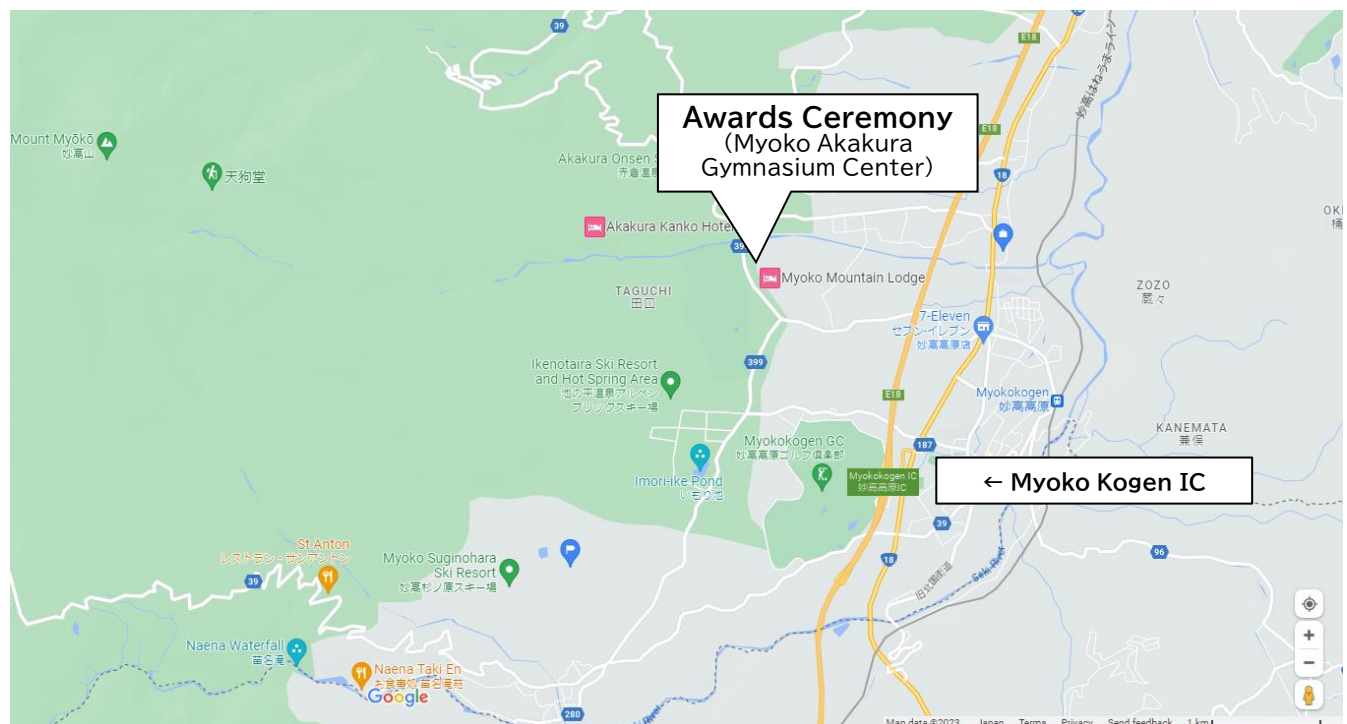
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## ■Racer Check-in/Welcome Party

(Madarao Kogen Restaurant Heidi, Madarao Kogen, Iiyama, Nagano)



## ■Awards Ceremony (Myoko Akakura Gymnasium Center, 1516 Futamata, Ooaza, Myoko)



### [By Car] IC: Toyota Iiyama Interchange

From Tokyo	Kanetsu Highway→Jouetsu Highway	2hrs50min	→ IC →	Madarao Kougen
	Chuo Highway→Nagano Highway→Jouetsu Highway	3hrs30min		
From Osaka	Meishin Highway→Chuo Highway→Nagan Highway→Jouetsu Highway	5hrs30min		
	Meishin Highway→Hokuriku Highway→Jouetsu Highway	6hrs20min		

### [By Public Transportation (Train)] 飯山= Iiyama

From Tokyo	Hokuriku Shinkansen	1 hr40 min	Iiyama Station	Free shuttle bus provided by race. (30 min.)	→ Madarao Kougen
From Osaka	Exp. Thunderbird → Hokuriku Shk.	4 hrs			



# SHINETSU FIVE MOUNTAINS TRAIL 2023 -Patagonia CUP- RACE INFORMATION PACKAGE **100mile category**

## ■ Preparation of mandatory gear

Make sure to carry all the mandatory gear at all time during the race. Refer to next page for details of the mandatory gear for your preparation.

This is a race in the mountains. In addition to the mandatory gear, carry any other item required to protect yourself considering factors such as your physical fitness and weather.

## ■ COVID-19 measures

As Japan has changed COVID-19 classification to Class 5, we have removed the operation policy for COVID-19 infection prevention for this event. We however request racers to individually give considerations for prevention of not only COVID-19 but also for other infectious diseases.

## **Gear Check (100mile Racer Only)** Location: Towasanku

The following 3 items from the mandatory gear list will be checked:

- ❑ Mobile phone
- ❑ Rainwear – both jacket and pants must be of breathable waterproof material and seam sealed along the stitches.
- ❑ 2 lights (smartphone lights are not acceptable) and spare batteries for both lights.  
Portable chargers (mobile batteries) are not acceptable.
- Race staff will be checking each of these items so please have them ready for inspection beforehand.
- **Please complete your mandatory gear check before racer check-in.**

## **MANDATORY GEAR**

Both racers and pacers must carry items 1) – 11) throughout the race.

- \* Depending on the conditions, additional items may be added to the mandatory gear list to ensure racer safety.
- There might be mandatory gear check during the race for both 100mile and 110km.
  - 1) Racer number and timing chip given to you at racer check-in.
  - 2) Water and food
  - 3) Mobile phone (you must be able to receive SMS text mails).
    - \* You must keep the phone turned on during the race (until Sept 18, 5:30) so that the race organizer is able to contact you to confirm your safety.
  - 4) First aid kit (band aids, insect bite ointment, regular medicine, etc.)
  - 5) Cup \* cups will not be provided at the aid stations.
  - 6) Poison remover
  - 7) Survival blanket
  - 8) Rainwear - both jacket and pants
    - \* Must be waterproof and breathable, seams must be seam sealed and the jacket must have a hood).
    - The rainwear must be in reasonable condition without notable damage/wear & tear.
  - 9) Long sleeve base layer shirt (in addition to the one you are wearing during the race)
  - 10) Two lights - with extra batteries for both. (The lights must be bright enough to continue racing in the dark. Smartphone lights are not acceptable).
    - \* Portable chargers are not acceptable.
  - 11) 2 or more non-woven masks

The above items are mandatory, but this does not mean that this is all that you'll need. The gear that you'll need for the race will change depending on your own physical requirements, weather, etc. The Shinetsu Five Mountains Trail race takes place in the mountains. Please ensure that you have sufficient gear to protect yourself.



# SHINETSU FIVE MOUNTAINS TRAIL 2023 -Patagonia CUP- RACE INFORMATION PACKAGE **100mile category**

## **Racer Check-in**

Please complete your mandatory gear check before racer check-in.

You will not be able to proceed to racer check-in until you complete the gear check.

***You must hand in your signed Racer Check-in form and Race Waiver form when checking in.***

At the time of reception, please print, fill out, and submit the Reception Sheet and waiver Form and by yourself at the reception desk.

- Pacers can check in on 9/17 (Sun) at Kurohime Aid Station.

## **Items Given to you at Racer Check-in**

- 2 Race bibs(2 race bibs of which 1 will have a timing chip attached)
- 2Drop Bags
- Baggage tag (for baggage to be transported to the finish line)
- Race pamphlet
- Participation Prize (For both racers and pacers)
  - Patagonia T-shirt(Capilene Cool Daily)
  - Zunda Dango(Racers will receive them after the gear check in front of Towasanku and pacers will receive them during check-in)
  - Colantotte magnetic necklace (racers only)
  - MAGMA Athlete Barley

\*Please note there is no Zunda Dango available for pacers who check-in on the race day.

- Course maps (color) will be provided at racer check-in. This map can also be used by spectators and supporters following the race.

## **Sponsor Booths · Food Booths**

- There will be a sponsor booth and food booth beside the starting area near Restaurant Heidi.

9/16 (Sat) 10:00 – 17:00

Location: In front of the Restaurant Heidi

Food Booths : Pizza, Coffee, Takoyaki, etc.

## **Seven Eleven Food Truck**

9/16 (Sat) 10:00 – 19:30

Location: In front of the Restaurant Heidi

## **Welcome Party**

The welcome party is dinner for the 110 km runners staying at Madarao Kogen resort the night before the race. 100mile racers and pacers cannot enter the dinner.



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## **Free Nap room /Rest Areas** Location: Madarao Kogen Hotel

To use Free Nap room, you need to go to Information Counter next to the racer check-in area to get a Nap room ticket.

- **Pacers can use this free Nap room after 100mile racers start their race at 18:30. Use of the room is limited to racers until 18:30 due to the space limitation.**
- As the space is limited, please be mindful and refrain from taking up too much space and share the space with others. If you have your own vehicles, consider using your vehicle for rest and nap.
- Facilities: Shared space in large (tatami) room  
This is a unisex space in principle (There is a women-only nap room in Madarao Kogen Hotel).
- We ask for your cooperation in being quiet as possible inside the standby/rest areas as racers will be trying to get rest/sleep.
- No blankets or bedding provided (nor will there be any rentals). If you need a blanket, please bring your own sleeping bag or blanket.
- Please take your trash home.
- Dressing area adjacent to communal bath in Madarao Kogen Hotel is available for changing but the use of the bath is chargeable.
- Inform Madarao Kogen Hotel reception that you are participating in Shinetsu Five Mountains to use the bath at a discounted price of 400 JPY per person for the following time windows:
  - Sep-16 (SAT): Until 18:00
  - Sep-17 (SUN): 12:00 to 22:00 \*The bath will be available only to hotel guests after 22:00.
- Eating and drinking is prohibited in Free Nap room. Please use the waiting space in Shirakaba or your vehicles.

## **100mile Racers Only**

Free nap room	Open Hours	Applies To	Means of Transport
Madarao Kogen Hotel 1F Fuyo·Chikuma 2F Kids Room	11:00~ 17:30	100mile racers using public transport Those using the women-only room	Madarao Kogen Free Loop Shuttle Bus

## **100mile Pacers Only**

Free Standby/Rest Areas	Open Hours	Applies To	Means of Transport
Madarao Kogen Hotel 1F Fuyo·Chikuma	18:30~ next day 4:00	Pacers for 100mile racers	Privately owned car or Madarao Kogen Free Shuttle Bus

## **Waiting Area** Location: Madarao Kogen Hotel Restaurant Shirakaba [MAP](#)

9/16 (Sat) 10:00 – 18:30

There is no space for lying down but chairs and tables are available for resting, eating or drinking. This space is available to racers, pacers, and supporters.

## **Pacer Waiting Area** Location: Kurohime Rising Sun Hotel [MAP](#)

9/17(Sun) 5:00~14:00

Use Trail Search or directly communicate with your racer to check your racer's ETA.



Trail Search



# SHINETSU FIVE MOUNTAINS TRAIL 2023 -Patagonia CUP- RACE INFORMATION PACKAGE **100mile category**

## **Baggage check / Drop Bags**

**Important: The race is not responsible for your valuables. Please carry your valuables with you and do not leave them in your luggage and drop bags.**

You can check-in your baggage such as Boston bag, drop bag, or deposit bag before your race and pick them up at the Finish Area.

### ■ Baggage Check-in & baggage check

9/16(Sat) 16:00~18:00

Location: Madarao Kougen Hotel in front of Parking Lot 1 [MAP](#)

- There will be separate lanes by racer bib number.
- Please make sure you check-in your bag/drop bags to the correct truck.

Racers can check-in drop bag and baggage bound for the finish-area while pacers can check-in baggage bound for the finish-area. Pacers can check-in baggage at Kurohime aid station also on Sep-17 (SUN).

If you are driving to the venue, park your vehicle at Parking Lot 2 or 3, go to the baggage check-in area in Parking Lot 1 to check-in your drop bag or baggage, and take a shuttle bus to Restaurant Heidi.

You can also run 1.4km of mostly downhill road to the baggage check-in area as warm up. Please watch out for traffic if you do so.

### ■ Pacers' baggage check-in on the race day (baggage and deposit bag)

9/17(Sun) 5:00~14:00

Location: Kurohime Aid Station [MAP](#)

2022

### ■ BAGGAGE/SUITCASES – transported to the Finish Area

#### Luggage tag

Please attach the luggage tag given to you at racer check-in. Only one item per person can be checked in. If you have more than one piece of luggage, please tie all the pieces together with string or rope so that they stay together and check it in as one combined item. Use your own bag and attach a luggage tag.

### ■ How to check-in drop bag

Please use the **light green** and **dark blue** drop bags given to you at racer check-in. (The drop bag given to you at check-in will be a **dark blue** bag. Please check that there is a **light green** bag inside the **dark blue** bag.) Be sure to check indication on the truck to ensure your bag will be transported to the right destination.

Racers can pick up their drop bags at APA Resort aid station and the Kurohime Aid Stations. You can also leave any unneeded items(except for Mandatory gear)inside your drop bag and pick them up after the race.

**DARK BLUE DROP BAG:** transported to APA Resort aid station (cutoff point #1)  
Bag Size: Width 35cm x Height 50cm x Depth 10cm

**LIGHT GREEN DROP BAG:** transported to Kurohime aid station (cutoff point #3)  
Bag Size: Width 35cm x Height 50cm x Depth 10cm



### How to check-in pacer deposit bag

Use a black bag provided at the pacer check-in as your deposit bag.

You can put your clothes worn while waiting at Kurohime Aid station and/or anything you are not taking to the course and receive this bag at the Finish Area.

### Collection of baggage, drop bag, and deposit bag

Location : Parking at the Finish Area

9/17(Sun) 16:00~9/18(Mon)4:30

Items not collected will be handed at the award ceremony venue.





# SHINETSU FIVE MOUNTAINS TRAIL 2023 -Patagonia CUP- RACE INFORMATION PACKAGE **100mile category**

## Race Bibs & Time Measurement

- You will be given a race bib at racer check-in.  
(2 race bibs of which 1 will have a timing chip attached)
- Your time will be measured by the timing chip.
- Event staff will visually check your bib with timing chip. Attach one on the front of your upper body and the other on your backpack (back of your upper body) and ensure they are easily visible without clothes or gear covering the bibs.
- DO NOT fold the race bibs. Staff will be checking race bibs.
- After reaching the finish line, **you must return the race chip**. If the race chip is not returned, you will be charged a fee of JPY 2200 as compensation.
- Racers who dropped out the race and pacers whose racers did not reach Kurohime Cutoff Point in time must return the race chip to the dropping out desk.



## Race Cutoff Points & Times

• There will be 5 cutoff points as follows:

Cutoff Point #1 – APA Resort	9/17 5:00
Cutoff Point #2 – Shizen-no-ie	9/17 7:30
Cutoff Point #3 – Kurohime	9/17 14:00
Cutoff Point #4 – Sasagamine	9/17 17:00
Cutoff Point #5 – Togakushi	9/17 23:30

**The cutoff times = time entered into the aid station. You must leave the aid station within 15 minutes of the cutoff time or you will be disqualified.**

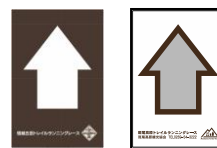
## Racer Marker & Signs

There will be racer markers and signs at all intersections.

If you come across an intersection which is not marked, this probably means that you've taken the wrong route and have strayed from the racecourse. If so, please turn around and go back.

The arrows are photo reflective and shine when light is shone on with a headlight.

Red lamps will be mounted to guiding signs in the areas of night-time run.



## Dropping out of the race

Notify staff at nearby aid station if you like to drop out of the race.

If you have no choice but to drop out of the race in the middle of the course due to injury or poor physical conditions, notify staff close by.

If you are unable to move on your own, contact Race HQ (HQ phone number is on race bib) and follow instructions from the HQ. You must return one bib with the timing chip to staff.

\*This is crucial in confirming your safety and if you fail to do this, there might be a case where your application for this event will be denied in the future, and you are charged for the search activity cost.

If you lose your timing chip, you will be charged to pay for the actual cost of the chip. If your mobile phone is out of reception, inform and ask racers behind you to contact staff for you.

Do not push beyond your limit, have courage to drop out, and make decision early.

## First Aid Team

We have setup a first aid team consisting of doctors and nurses for safe event operation.

- Each aid station and the finish area will have a first aid team with 1 to 3 doctor(s) and/or nurse(s).
- There will be multiple mobile first-aid teams to provide first aid treatment on the course during the event.
- Carry medicine or any other medical item you personally require.
- While we provide first aid treatment for accidents, injuries, and/or poor physical conditions during the race, we are not responsible for any other treatment or activities. Please pay close attention to your own health and safety.



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## **Insurance**

The race provides the following insurance coverage:

- Hospital Treatment: JPY 2,000 (per day)
- Hospitalization: JPY 5,000 (per day)
- Death & disability: JPY 5,000,000 Please enroll in your own insurance plan if you require more coverage.

*For runners coming from overseas and do not live in Japan, we highly recommend enrolling in a travel insurance plan that will provide you with adequate coverage for the duration of your trip as medical/emergency rescue fees can be extremely expensive in Japan. The above race insurance is meant to be used in conjunction with Japanese medical insurance and may not be sufficient for foreigners who are not covered under the Japanese health insurance system.*

## **Race Headquarters Contact Information**

080-6953-1997

9/16 (Sat) 8:00 – 9/18 (Mon) 15:00

## **Dangerous Animals**

There are wild animals living in the mountains in this region. Carrying a bear bell is recommended. There are also bees/wasps so please bring a hat and whatever else you may need to protect yourself.

## **Race/Runner Updates**

You can track the progress of racers on a website called “Trail Search”. This website can be accessed using a PC and/or smartphone.

Tracking points for the 100mile race will be at the following 11 locations:

TRAIL SEARCH <https://www.runner-search.jp/timing/top/index/sfmt100/>

You can view passing information in real time using racer's name or bib number.



Trail Search

## **Bath/Shower**

There is a communal bath facility “[Mure Onsen Tengu-no Yakata](#)” located 2.5km away or a 5-min drive from the finish area. A shuttle bus will be running hourly between the facility and the finish area. The facility is open 10:00 to 21:00 with sauna, lounge area, and restaurant, and entrance fee is 600JPY per adult.

\*Please make sure to Yukata clean your shoes, body, and clothes at a wash area in the finish area before entering the facility.

Those in the accommodation-requiring class can use a bath and hot water for your instant food at your accommodation in midnight.

## **Awards Ceremony**

9/18 (Mon) 11:00 – 13:00

Location : Akakura Gymnasium, Myoko [MAP](#)

- The awards ceremony is open to all participants and supporters.
- There will be no paper/plastic cups at the awards ceremony in consideration of the environment. All racers, pacers and supporters must bring their own cups.
- Bamboo Grass Sushi, Zunda Dango, Sandwiches, Fruit and Drinks will be served.
- There will be a ceremony for top 10 finishers of each class and presenting of finisher's buckle to 100mile finishers. Remember to bring one of your bibs as the finisher buckle will be given in exchange for the bib.
- Baggage and drop bags that were not picked up at the finish area can be collected at the ceremony venue.
- There will be sales of local specialty.



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## **Assistance Points**

Assistance can provide support only in specific areas within the aid station.

- Outdoors assistance areas: you may stake out a spot beforehand; okay to use small stoves
- Outdoors assistance areas with tents: you may not stake out a spot beforehand; use of small stove prohibited.
- Indoors assistance areas with tents: you may not stake out a space beforehand; use of small stove prohibited.

Limited space available at Assistance Points. Please be cooperative and be considerate of others.

In order to maintain fairness among racers, the following actions are prohibited:

***If your supporter(s) do not follow the above rules and ignore warnings, you (the racer) will be disqualified.***

Assistant point (assistant area) has a free parking available for everyone except for Banff. Follow signs and park in line. Note that the Organizer will not be responsible for any incident in the parking areas including accidents and/or theft.

- Supporters may not park along the road.
- For Banff, park at Restaurant Heidi's parking (500m away, a 7-min walk).
- For Sasagamine Green House, park at the large parking area closer to the road (280m away, approx. a 4-min walk). Do not park at another parking in front of Green House as it's reserved for restaurant patrons.

## **Notes for supporters**

- There is no bus arranged for supporters at the moment. Please use public transport or your own vehicle for transport during the race.
- While there is no limit to the number of people allowed in the assistant points, the space is limited and please be mindful and share the space with others and refrain from taking up too much space or time. Please also be mindful with solo racers.
- Pets are not allowed in National Myoko Youth Outdoor Learning Center (100mile).
- Supporters may not enter the aid station and support the racer.  
Supporters may not provide support in areas outside of the Assistance Points.
- Supporters may not enter the aid station to bring food or drinks on behalf of a racer.  
Beverages brought-in by supporters however can be provided to racers in the assistant area. Alcohol beverage is prohibited.



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## Transports during the event

### ■ Public transport

#### [Bus Schedule](#)

Stopping by at convenience stores

This schedule does not account for the time for stopping by at convenience store (approx. 10 min). Prepare in advance as the convenience store might run low on products.

#### [Area Map](#)

### ■ Own vehicles

There are free parking areas at the start area, the finish area, departure area for pacers' bus, the award ceremony venue, and each assistant point available for anyone. Van-dwelling and camping at night is however prohibited for safety and hygiene (toilets not available) reasons.

Follow signs in the parking and park in line. The Organizer will not be responsible for any incident in the parking areas including accidents and/or theft.

While you can use your own vehicles for transfer, you must use busses provided by the Organizer for the following transfers:

- From Parking Lot 1 at Madarao Kogen Hotel (after checking-in drop bag/baggage for 100mile) to Restaurant Heidi
- Pacers' shuttle bus
- From Plaza Aurora (after finish for 100mile and 110km) to Madarao Area (to pick up your vehicles)

### **Parking Lots for 100 mile Racer**

Free parking is available during the race at the following locations (see map):  
DO NOT park on the street or park in a manner to cause obstruction to the traffic or others.

- 1) Madarao Kogen Restaurant Heidi Parking Lot (near the start line)
  - Available on 9/16 (Sat) only during racer check-in  
There are multiple areas and follow instruction from staff.
  - Do not leave your cars parked at Heidi Restaurant after checking in.
  - After completing racer check-in, go to [Madarao Kogen Hotel P1 \(Parking Lot 1\)](#) to drop off your racer/pacer drop bags and park at [P2 \(Parking Lot 2\)](#) or [P3 \(Parking Lot 3\)](#).
- 2) Madarao Kogen P2 (Parking Lot 2) and P3 (Parking Lot 3)
  - Park here after completing racer check-in.
  - After your race, take a bus bound for Madarao at the finish area, alight at Madarao Kogen Hotel, and pick up your vehicle to go to your accommodation.
- 3) [Myoko Akakura Gymnasium](#) (Awards Ceremony)
  - Please do not park in areas marked with marker cones and tape as this area will be used as a bus turnaround.
- 4) **Aid station parking lots** can only be used if it is an aid station that allows racer assistance (Assistant Point). Please do not use these parking lots if it's not an Assistant Point to avoid causing problems/complaints.  
Parking along the road is also prohibited as it can obstruct traffic.

\*Please do not park at "Kurohime" (pacer meeting point).

Pacers that come by car must park at "Madarao Kougen P2 and P3" and take the pacer shuttle bus departing at 4:20am from the Madarao Kogen Hotel.



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## 5) [Akakura onsen tourism association Parking Lot](#)

- Please do not park in areas marked with marker cones and tape as this area will be used as a bus turnaround.

## 6) **Plaza Aurora No. 5 Parking Lot, Mure Mizubasho Garden Parking Lot** [MAP](#)

- If you wish to park your vehicle at the finish area in advance, park at Mure Mizubasho-en parking near Parking Lot 5 which is located next to Iizuna Resort Plaza Aurora.
- Please do not park the first parking lot in front of Plaza Aurora because it will be used for free shuttle buses, drop-backs, luggage returns, etc.

### **Aid Stations**

There will be 9 aid stations and 3 water stations for the 100 mile race.

- There will be water, coke, sports drinks, bananas, chips at all the aid stations (except for the water stations).
- You will only be allowed to fill up your bottle/hydration bladder with water and Hypotonic drink.  
Please do not fill your bottles with the other drinks.

The following is a list of aid stations and what will be available at each one (subject to change):

[Click here.](#)

## **MAP OF SHINETSU FIVE MOUNTAINS TRAIL AREA** [Crick here..](#)

### **Some final words..**

Thank you very much for signing up for the 2023 Shinetsu Five Mountains Trail Race. This 100 mile trail running race with a cutoff time of 33 hours will be both physically and mentally challenging for most racers. The weather conditions can quickly change and can have a drastic effect your body. We (the race organizers) will have medical doctors and nurses available to prevent accidents and to help ensure your safety during the race. We would however, like to ask for the following cooperation from all the racers:

Make sure to read the race rules and notes

- Please train sufficiently for the race and come well-prepared and in good health.
- The race will be held in an area where the elevation/altitude is over 1000 meters. Temperatures may drop below 10 degrees Celsius and there can be drastic weather changes. Please bring appropriate gear/equipment for the rain and cold weather.
- The race course is in the mountains and it may take a long time for help to reach you even in an emergency. There are areas along the course where there is no mobile phone reception as well. If you do not feel well, please have the courage and sound judgment to stop early and drop out of the race.
- If race staff (doctors, nurses, officials) ask you to stop racing, please follow their instructions. If you do not, you may be disqualified from the race.

### **RACE CONTACT INFORMATION**

Shinetsu Five Mountains Trail Race – Race Headquarters

For contact in English: TEL : 080-6953-1997(9/16 8:00~9/18 15:00)

E-mail : [support@sfmt100.com](mailto:support@sfmt100.com)