

AID STATION (FOOD & DRINK)

※1 Kanzuri Ramen will be served from 7:00 am.

| | ARASEBARA Water Station | Banff | Kumasaka (110km only) | Akaike (100mile only) | APA (100mile only) | Shizen-noo-ie (100mile only) | Ikenotaira (100mile only) | Kurohime | Sasagamine | West Trailhead Water Station | Ohashi | Togakushi | Iizuna Forest Entrance Water Station |
|---|-------------------------|-------|-----------------------|-----------------------|--------------------|------------------------------|---------------------------|--------------------------------|------------|------------------------------|--------|-----------|--------------------------------------|
| Water | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● | ● |
| Coke | | ● | ● | ● | ● | ● | ● | ● | ● | | ● | ● | ● |
| Hypotonic drink | | ● | ● | ● | ● | ● | ● | ● | ● | | ● | ● | |
| Barley Tea | | | ● | | ● | ● | ● | ● | ● | | ● | ● | |
| Green Tea | | | | | | | | | | | | | ● |
| Coffee | | | | | ● | | | | | | | ● | |
| Milk Tea | | | | | | | | | | | | | ● |
| Apple Juice | | | | | | | | | | | ● | | |
| Sparkling Water | | | ● | | | | | ● | | | | | |
| Hot Water | | ● | ● | ● | ● | ● | ● | ● | ● | | ● | ● | ● |
| Clear Soup | | | | | | | | | ● | | | | |
| Dashi Broth | | | | | | | | | | | | | ● |
| Miso Soup | | | | ● | ● | | | | | | | | |
| Cold Miso Soup | | | | | | | | ● | | | | | |
| SOUP | | | | | | | | | | | ● | | |
| Tomato Soup | | | | | | ● | | | | | | | |
| Kanzuri Ramen *1 | | | | | | | ● | | | | | | |
| Soba | | | | | | | | | | | | ● | |
| Sweet Red Bean Paste filling Buns | | ● | ● | | ● | ● | | | | | | ● | |
| Custard filling Buns | | ● | ● | | ● | ● | | | | | | ● | |
| Chocolate filling Buns | | ● | ● | | ● | ● | | | | | | ● | |
| Onsen Manju (steamed buns with a sweet red bean filling) | | | | | | | ● | | ● | | | | |
| Kozuku Manju (steamed buns with a sweet red bean filling) | | | | | | | | ● | | | | | |
| Monaka (Crispy wafers with a sweet read bean filling) | | | | ● | | | | | | | | | |
| Cheese Manju | | | | ● | | | | | | | | | |
| Zunda Sweet Edamame Paste Filling Buns | | | | | | | | ● | | | | | |
| MANABAR (ENERGY BAR) | | | | | | | | | ● | | | | |
| Dried Tomatos | | ● | | | | ● | | | | | | | |
| Rice Ball | | | | ● | ● | | ● | ● | | | ● | | |
| Curry and rice | | | | | | | | | ● | | | | |
| Rice Porridge | | | | | | | | | | | | ● | |
| Banana | | ● | ● | ● | ● | ● | ● | ● | ● | | ● | ● | |
| Orange | | | | | | ● | | ● | | | | | |
| Apple | | | | | | | | | | | ● | | |
| Strawberry | | | | | ● | | | | ● | | | | |
| Pineapple | | | | ● | ● | | ● | ● | ● | | | ● | |
| Grape | | ● | | | | ● | | | | | | | |
| Tomato | | | ● | | | | | | | | | | |
| Salt | | ● | ● | ● | ● | ● | ● | ● | ● | | ● | ● | |
| Pickled Nozawana | | | | ● | | | | | | | ● | | |
| Pickled Eggplant | | | | | ● | | | ● | | | | | |
| Dried Sour Plum | | ● | | | | | | | ● | | | | |
| Rice crackers with roasted peanuts | | | | | ● | | | ● | | | | ● | |
| Chips | | ● | | ● | | | ● | | ● | | | | |
| Fried Pasta Snack | | | ● | | | ● | | | | | ● | | |
| Mineral Gel | | | ● | | | | ● | | | | | | |
| HOKA FLY GEL (energy gel) | | ● | | | | ● | | | | | | | |
| MAGMA(Recovery Supplement) | | | | | | | | ● | | ● | | | |
| Tofu | | | ● | | | | | | | | | | |
| Support Allowed | | ★ | | | ★ | ★ | ★ | ★ | ★ | | | ★ | |
| Rest Area | ARASEBARA Water Station | Banff | Kumasaka (110km only) | Akaike (100mile only) | APA (100mile only) | Shizen-noo-ie (100mile only) | Ikenotaira (100mile only) | Kurohime | Sasagamine | West Trailhead Water Station | Ohashi | Togakushi | Iizuna Forest Entrance Water Station |
| Cutoff Time | | | | | 5:00 | 7:30 | | 14:00(100mile) 15:00(110km) | 17:00 | | | 0:00 | |