

AID STATION(FOOD & DRINK)

* Kanzuri Ramen will be served from 5:30 am.

	Banff	Kumasaka (110km only)	Akaike (100mile only)	APA (100mile only)	Shizen-no-ie (100mile only)	Ikenotaira (100mile only)	Kurohime	Sasagamine	West Trailhead Water Station	Ohashi	Togakushi	Iizuna Forest Entrance Water Station
Water	●	●	●	●	●	●	●	●	●	●	●	●
Coke	●	●	●	●	●	●	●	●		●	●	●
Sparkling Water								●			●	
Hypotonic drink	●	●	●	●	●	●		●		●	●	
Water with Palatinose							●					
Barley Tea		●	●	●	●	●	●	●		●	●	
Coffee				●							Mach coffee	
Milk Tea												●
Calpico		●			●							●
Apple Juice										●		
Hot Water	●	●	●	●	●	●	●	●		●	●	●
Clear Soup								●				
Dashi Soup												●
Miso Soup			●	●								
Cold Miso Soup							●					
Organic miso soup from Patagonia Provisions										●		
Onion Soup					●							
Kanzuri Ramen						● *						
Soba											●	
Sweet Red Bean Paste filling Buns	●	●		●	●		●				●	
Custard filling Buns	●	●		●	●		●				●	
Chocolate filling Busn	●	●		●	●		●				●	
Onsen Manju(steamed buns with asweet red bean filling)						●		●				
Kozuku Manju(steamed buns with asweet red bean filling)							●					
Monaka(Crispy Wafers with a sweet red bean filling)			●									
Cheese Manju			●									
Zunda Sweet Edamame Paste filling Buns)							●					
Dried Tomatos	●				●					●		
Sushi Rice Ball			●	●	●	●	●			●		
Pickled Nozawana			●							●		
Curry and Rice								●				
Rice Porridge											●	
Banana	●	●	●	●	●	●	●	●		●	●	
Orange					●		●	●			●	
Apple										●		
Pineapple			●	●		●	●	●				
Grape	●				●							
Tomato		●										
Salt	●	●	●	●	●	●	●	●		●	●	
Dried Ume	●			●			●			●		
Rice Crackers and Peanuts					●		●					
Chips	●	●	●	●		●		●		●	●	
Medalist Energy Gel with Caffeine			●									
MAGMA				●							●	
Keep on mile(Amazake made from pesticide-free rice)						●						
Palatinose WARABEAT!!(Warabi Mochi-flavored Energy Gel – inspired by a traditional Japanese dessert)							●		●			
MANA ENERGY LIQUID								●				
Tofu		●										
Rest Area	Banff	Kumasaka (110km only)	Akaike (100mile only)	APA (100mile only)	Shizen-no-ie (100mile only)	Ikenotaira (100mile only)	Kurohime	Sasagamine	West Trailhead Water Station	Ohashi	Togakushi	Iizuna Forest Entrance Water Station
Support Allowed	★			★	★	★	★	★			★	
Cutoff Time				4:00	7:30		13:00(100mile) 14:00(110km)	17:00			0:00	