

Course Change due to Damaged Suspension Bridge by Nishino Power Station

The suspension bridge at Nishino Power Station near Sasagamine Aid on the SFMT course was damaged by the heavy snow fall last winter, and the reconstruction effort is expected to continue beyond 2025. After careful course investigation, consideration, and arrangements with concerned parties, it has been decided to partially change SFMT course as follows:

- In Madarao area, the uphill to the Mt. Madarao peak will start from the trailhead of Mt. Madarao which is 6.9Km from the start instead of the trailhead of Mt. Arasebara above the Madarao-no yu which is 14.2Km from the start which was used in 2024.
 - From the start to the top of Chair Lift 5 (1.4Km) is a dirt access road which is wide enough for two people. From there to the trailhead to Wakuibayashi logging road (3.3Km) is mostly single-way dirt logging road. From there to the trailhead to Mt. Madarao (2.2Km) is a dirt logging road wide enough for two people. Those aiming to get a place in the race or best time should pass others on these two-way logging roads.
 - There is an 800-meter steep hike on mostly one-way trails from the trailhead to Mt. Madarao, and congestion is expected around the trailhead and on the steep hill.
 - ✧ **There is an open space at the trailhead. Wait in line in case of congestion.**
 - ✧ **Hike on the right side on the steep hill and pass from the left side!!!**
 - Several staff members will be positioned at the trailhead and on the steep hill for smooth operation. Your cooperation would be appreciated.
 - Cut-off time at the following points will change due to this course change. Cut-off time at other points remains the same.

100mile

- ✧ Cut-off #1 APA Resort: 4:00 on Sep-14 (formerly 5:00 on Sep-14)
- ✧ Cut-off #2 Shizen-no-ie: 6:30 on Sep-14 (formerly 7:30 on Sep-14)
- ✧ Cut-off #3 Kurohime: 13:00 on Sep-14 (formerly 14:00 on Sep-14)

110Km

- ✧ Cut-off #1 Kurohime: 14:00 on Sep-1 (formerly 15:00 on Sep-1)

- You will reach Sasagamine Aid from Hyosawa Shelter Hut via Yumemidaira to detour the suspension bridge of Nishino Power Station.
- Outbound leg
The west trailhead to Mt. Kurohime (WS, 102.5Km for 100mile and 51.2Km for 110Km from the start)→Hyosawa Shelter Hut (105.7Km for 100mile and 54.5Km for 110Km from the start)→Yumemidaira (via Yumemidaira marshland)→Otomiko dam→Shimizuga-ike pond→Sasagamine Aid (113.4Km for

100mile and 62.1Km for 110Km from the start)

*Yumemidaira is a beautiful one-way trail in the deep forest and Shimizugaike-pond is a wide two-way trail with scenic views of Mt. Mitahara and Sasagamine ranch.

- Inbound leg

Sasagamine Aid→Sasagamine Campground→Otomiko Dam→Yumemidaira (via inari shrine)→Hyowawa Shelter Hut (120.2Km for 100mile and 68.9Km for 110Km from the start)→the west trailhead to Mt. Kurohime (WS, 123.4Km for 100mile and 72.1Km for 110Km from the start *Similar distance with 2024)

- ✧ You will use a different train in the Yumemidaira area on your inbound leg which is a one-way trail in picturesque deep forest which was used up until 2023. **Make sure to turn right at the top of a long stairway after Otomiko Dam.**
- ✧ Your route is different between outbound and inbound after Otomiko Dam as well as between Hyosawa Shelter Hut and the west trailhead to Mt. Kurohime (WS) with a wide trail width.
- Due to this course change, the distance between Kurohime Aid and the finish will be extended by about 8.5Km. 100mil pacers should take note. Conversely, the distance between Sasagamine Aid and the finish will be shortened by about 1.8Km.