

AID STATION FOOD&DRINK 2026

* Kanzuri Ramen will be served from 5:00 am.

Aid Station	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							●					
Patagonia Provisions Soup										●		
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							●					
Grape Gummy Candy		●										
Dried Tomatos	●			●						●		
Sushi Rice Ball			●	●	●	●	●			●		
Pickled Nozawana			●							●		
Curry and Rice								●				
Rice Porridge											●	
Banana	●	●	●	●	●	●	●	●		●	●	
Orange					●		●	●			●	
Apple										●		
Pineapple	●		●	●		●	●	●				
Tomato		●										
Salt	●	●	●	●	●	●	●	●		●	●	
Dried Ume	●			●			●			●		
Rice Crackers and Peanuts					●		●					
Chips	●	●	●	●		●		●		●	●	
HONEY ACTION – AGETEKO (Caffeinated Energy Gel)									●			
KAICHOSO – RELOAD Gel Base								●				
MAGMA						●					●	
Keep on mile(Amazake made from pesticide-free rice)				●								
Tofu		●										
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Support Allowed	●			●	●	●	●	●			●	
Cutoff Time				5:00	7:30		14:00(100mile) 15:00(110km)	17:00			23:30	