



JAPAN



JAPAN TRAIL RUN

XTERRA JAPAN 2024 Marunuma Athlete Guide

We have compiled an athlete guide containing information about changes, important points to note, and frequently asked questions regarding the race. Please read the information below before participating.

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① Race Schedule and Registration

● Event schedule

2024/8/23 (Fri) DAY1

13:00-16:00 Receive race kit (all categories)

Trial run of the course (trial run of the trail run is not allowed)

2024/8/24 (Sat) DAY2

5:30 Gates open

6:00-8:00 Receive race kit (Full distance, Long distance, Duathlon)

6:00-10:00 Receive race kit (Kids, Light, Light duathlon)

6:00-16:00 Receive race kit (Trail run Half marathon 30K, Trail run 15K, 6K, 3K)

6:00-8:30 Transition open (Full distance, Long distance, Duathlon)

Trial run of the course, Trial swim

(Trial run of the trail run is not allowed.)

6:00-10:15 Transition Open (Kids, Lite, Lite Duathlon)

8:00-8:15 Race Briefing (Full Distance, Long Distance, Duathlon)

9:00 Race Start (Full Distance, Long Distance)

9:00 Race Start (MTB 25K, 45K) (Rolling start at 30 second intervals)

9:15 Race Start (Duathlon)

10:15-10:30 Race Briefing (Kids, Lite, Lite Duathlon)

10:45 Swim Cut-off (Full Distance, Long Distance)

11:00 Race Start (Kids, Lite)

11:10 Race Start (Lite Duathlon)

12:00 Swim Cut-off (Kids, Lite)

16:00 MTB Time Limit (all categories)

***For Long Distance and MTB45K, you must complete 4 laps by 14:00 to proceed to the final round.**

16:30 Awards Ceremony

(Awards will be given to categories whose rankings have been finalized at this point. Awards will be given to categories whose rankings have not been finalized after they are finalized.)

17:00 Course close (All categories except Long distance)

Long distance run cutoff

***If you do not complete one lap by 17:00, you will not be able to proceed to the final round.**

18:00 Course closes (Long distance)

2024/8/25 (Sun) DAY3

- 5:00 Gates open
- 5:00-6:15 Receive race kit (Trail run half marathon 30K, Trail run 15K)
- 5:00-7:15 Receive race kit (Trail run 6K, 3K)
- 6:15-6:30 Race briefing (Trail run half marathon 30K, Trail run 15K)
- 6:30 Race start (Trail run half marathon 30K, Trail run 15K)
- 7:15-7:30 Race briefing (Trail run 6K, 3K)
- 7:30 Race start (Trail run 6K, 3K)
- 9:30 Time limit (Trail run 6K, 3K)
- 9:45 Time limit (Trail run 15K)
- Trail run half marathon cutoff
- *If you do not complete one lap by 9:45, you will not be able to proceed to the final round.**
- 13:00 Time limit (Trail run half marathon 30K)
- *The award ceremony will be held in order as soon as the award recipients have been confirmed.

<Notes>

- *The schedule is subject to change depending on weather and course conditions. Please be sure to attend the race briefing as there may be sudden changes on the day.
- *The award ceremony will be held on August 24th(Sat) and August 25th(Sun). There will be no parties on either day, so please purchase food and drink from the food and drink booths.

● About event cancellation and schedule change due to bad weather

If the event is cancelled or rescheduled due to bad weather, etc., we will announce it on our official social media accounts (Facebook, X, Instagram) at 5am on the day of the event.

● Race site entry time

August 23rd(Fri) : No restrictions

August 24th(Sat) : Gates open at 5:30

August 25th(Sun) : Gates open at 5:00

*The gates will open early in the morning. Please adjust your arrival time so as not to cause inconvenience to local residents. Also, please refrain from lining up near the entrance to the venue before the gates open.

*The road from National Route 120 towards Kankoso is the race course. Please drive extremely slowly.

● Venue registration and receipt of race kit

Registration is available on the day for all events. However, the closing time for registration varies depending on the event, so please check in within the registration hours. (Please refer to the race schedule for registration times.)

② Race

● Race briefing

The course may change depending on weather, etc. Please be sure to attend the pre-race briefing.

● Regarding lap checks during the race

You are responsible for managing your laps during the race.
Staff cannot tell you about your laps.

● Transition area

The transition areas are not numbered, but areas are designated by starting time. Please check the instructions in the transition area and set up accordingly. Setting up equipment is not permitted the day before the race or outside of transition opening hours.

● Check point

For the Full Distance, Long Distance and Duathlon, MTB 25K·MTB 45K passage checks will be conducted on the course. This will be explained during the race briefing, so please be sure to check it out.

*To make it easier to check your bib number, please keep your head up when the bike passes, and keep your bib number forward when passing the run.

*Please note that if you do not pass the checkpoints, your score will not be posted.

● Aid stations

Aid stations will be set up in two locations:

- near the transition area
- on the MTB course, near the entrance to the jeep road.

Water, sports drinks, and snacks (transition area only) will be provided.

Please bring everything you need to ensure you have enough energy.

● Course inspection and Swim course inspection

·Please be sure to check in and receive your race kit before the course test run.

·There will be no traffic restrictions on August 23rd(Fri).

If you are going on a test run, please give priority to hikers and general traffic.

·Swim trial will not be available on August 23rd(Fri).

<Times available for course test run/swim test run>

August 24th(Sat) 06:00-08:30

*Trail run test runs will not be available on any of the days. (Triathlon run test runs will be available.)

<Notes for the practice swim>

The swimming venue for this event is located at an altitude of 1,450m, so the water

temperature is low and breathing may be more difficult than usual. Please do a practice swim and get your body used to the water of Marunuma before participating in the race. Also, be sure to wear a swim cap during the practice swim.

● Swim skip

If you wish to participate in the swim skip due to poor health or other reasons, please do not force yourself and consult with the race headquarters.

XTERRA does not offer swim skips, so we will consider changing you to another category.

● Body marking

Body marking will be carried out on the day of the race. Please get body marked as early as possible before the race.

● [Trail Run] About Equipment

Runners of the Trail Run Half Marathon 30K and Trail Run 15K must bring the following equipment with them when they start the race. Please note that there will be no checks on personal belongings.

- Bear bell
- Emergency sheet
- Headlamp
- Sufficient food and fluids
- First aid (bandages, bandages, disinfectant, painkillers, etc.)
- Smartphone (mobile phone)

● [Trail Run] About Shoes

Because there are areas with exposed bamboo forests and rocks, it is prohibited to run barefoot or in shoes that expose bare feet such as sandals.

● [Trail Run] About the use of walking poles

The use of walking poles is permitted, but please refrain from using them when there are a lot of runners, such as immediately after the start.

③ Race venues, etc.

● Parking lot and prohibition of sleeping in the car

The parking lot at the venue (Marunuma Kankoso) will be open to the public free of charge.

As parking spaces are limited, we ask for your cooperation in carpooling.

[Parking lot precautions]

*Do not reserve a spot for friends by placing chairs, air pumps, etc.

*Do not set up tents or tarps in the parking lot.

*Open flames are strictly prohibited in the parking lot.

[No overnight stays in cars]

You cannot overnight stay in your car in the parking lot.

We have received a request to "no overnight stays in cars" to prevent accidents and trouble.

You cannot overnight stay in your car on the grounds of Marunuma, Kankoso, Marunuma Kogen Ski Resort, Pension Village, in vacant lots, on the side of the road, etc.

● Bicycle storage at the venue

Bicycle storage racks (outdoors) will be set up before reception.

Please make sure to lock the bicycle securely and manage it yourself.

Please also take any removable accessories with you when you leave the venue.

*The organizers and Kanko-so offer no guarantee in the event of theft or other problems.

● First aid tent

Paramedics will be stationed in the medical tent at all times.

If you are injured or feeling unwell, please come to the medical tent.

● Washing your bike

Washing bikes or doing laundry on Marunuma Lake or the asphalt around the venue is prohibited. You may remove mud on the grass or dirt, but you cannot wash bikes or do laundry with detergents.

In addition, you cannot wash bikes or do laundry using water from Marunuma Lake or the surrounding lakes, or water from the toilets.

If you would like to wash your car, please use the paid bike wash facilities that will be provided.

Please cooperate in keeping the area around Marunuma Lake clean.

● Information

If you have any inquiries, please contact the XTERRA JAPAN Management Office.

infoxterrajapan@gmail.com

