

# XTRERRA®

## JAPAN NENOUEKOGEN

### Course map

# XTRERRA®

## TRAIL RUN

**Bike 12K**  
Long Distance 5 Laps  
Full Distance 2 Laps  
Duathlon 2Laps

**Bike 5K**  
Light 2Laps  
Light Duathlon 2Laps

**Trail Run 16K**  
Trail Run 16K 1Lap  
Trail Run Half Marathon 32K 2Laps

**Run 8.5K**  
Long Distance 2Laps  
Full Distance 1Lap  
Duathlon 1Lap

**Run 1K**  
Duathlon 1st Run 2Laps  
Light Duathlon 1st Run 1Lap  
Light 4Laps  
Light Duathlon 4Laps  
Kids 2Laps

**Trail Run 3K**  
Trail Run 3K 1Lap  
Trail Run 6K 2Laps

根の上高原

根の上湖  
Nenukeko Lake

Start/Finish (スタート/フィニッシュ)

Check Point (チェックポイント)

Water Station (ウォーターステーション)

WC (トイレ)

First Aid (救急)

Medical Center (医療センター)

Registration (エントリー)

Baggage (荷物)

Food/Drink (食料/飲み物)

Information (情報)

Security (警備)

Staff (スタッフ)

Volunteer (ボランティア)

Photography (写真撮影)

First Aid (救急)

Medical Center (医療センター)

Registration (エントリー)

Baggage (荷物)

Food/Drink (食料/飲み物)

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Volunteer (ボランティア)

Photography (写真撮影)

**Bike Kids 1K**  
Kids 4Laps

Arrows, Cautions, Course tape

**BIKE** (Blue arrow)

**RUN** (Red arrow)

**TRAIL RUN** (Orange arrow)

**STOP** (Red arrow with 'STOP')

**SLOW DOWN** (Yellow arrow with 'SLOW DOWN')

**DANGER** (Red arrow with 'DANGER')

**CROSSING** (Yellow arrow with 'CROSSING')

**START** (Blue arrow with 'START')

**FINISH** (Red arrow with 'FINISH')

**CHECK POINT** (Orange arrow with 'CHECK POINT')

**WATER STATION** (Blue arrow with 'WATER STATION')

**WC** (Blue arrow with 'WC')

**First Aid** (Red arrow with 'First Aid')

**Medical Center** (Red arrow with 'Medical Center')

**Registration** (Red arrow with 'Registration')

**Baggage** (Red arrow with 'Baggage')

**Food/Drink** (Red arrow with 'Food/Drink')

**Information** (Red arrow with 'Information')

**Security** (Red arrow with 'Security')

**Staff** (Red arrow with 'Staff')

**Volunteer** (Red arrow with 'Volunteer')

**Photography** (Red arrow with 'Photography')