

第22回

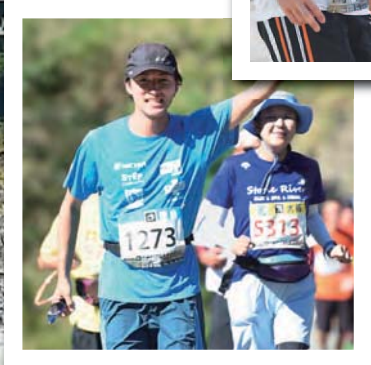
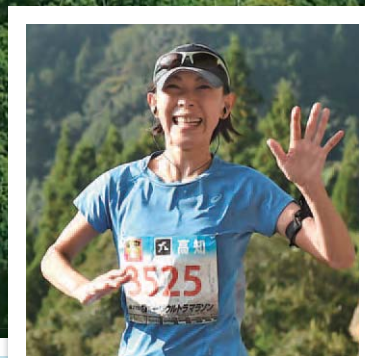
四万十川ウルトラマラソン 大会ガイド

四万十川の自然と清流を守る



22nd RIVER SHIMANTO ULTRA MARATHON TOURNAMENT GUIDE

人生と似てるってこういうことだったんだ



Tournament schedule

10/15(sat) 100km division

- 11:00 ~ Reception desk for runner's check-in
(Location / Shimanto Citizen Sports Center)
Be aware that the reception desk is only open the day before the race.
The runner's check-in will be closed at 18:00.
(It is required to be punctual.)
- 17:00 ~ 18:00 Pre-party for Marathon (Venue / New Royal Hotel Shimanto)
The party is only for runners.

10/16(sun) 100km division

- 5:00 Opening ceremony and notification about the competition of the 100km division
- 5:30 100km race start (Starting line / In front of Warabioka Junior High School)
- 16:30 Award ceremony of 100km division overall finishers by gender.
(Venue / Kochi Prefectural Nakamura Junior High School and High School Secondary Athletic Field)
- 19:30 Closing time of the event
(Finish line / Kochi Prefectural Nakamura Junior High School and High School Secondary Athletic Field)

Runner's check-in

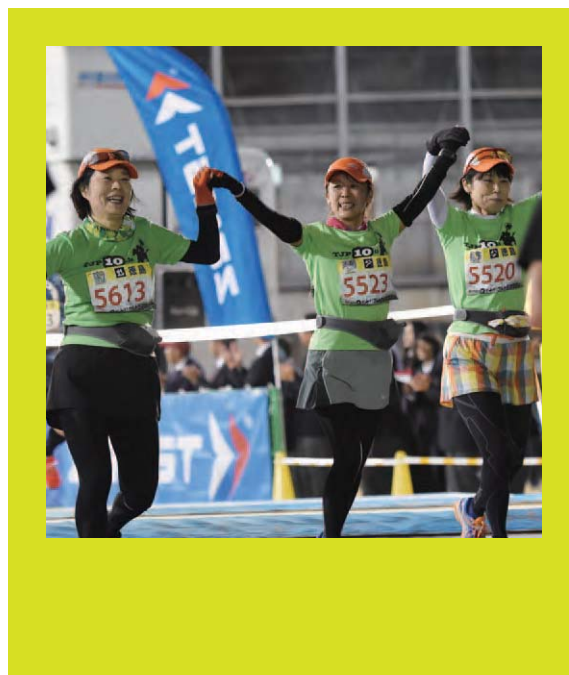
100km: October 15 (Sat), 2016
11:00 ~ 18:00
Shimanto Citizen Sports Center
※No check-in on race day.

Start

100km: 5:30
In front of the Warabioka Junior High School

Finish

19:30
Kochi Prefectural Nakamura Junior High School
and High School Secondary Athletic Field



How to check-in

Runners from outside of Japan should check in and pick up their number card and runner's chips at the Help Desk inside the Shimanto Citizen Sports Center.

If you finish the race ...

All runners who finish the race within the time limit will receive a medal and certificate at the finish venue on race day.

Race updates

On the day of the race, the elapsed times and finishing times can be checked from smartphones and PCs every 20 minutes at the below websites.

Smartphone:http://update.runnet.jp/m_2016shimanto/

PC:<http://update.runnet.jp/2016shimanto/>

ランナーズアップデート



About clothing

In case of rainy weather and also to avoid getting cold, it is recommended to prepare a long-sleeve shirt and a large transparent plastic bag.

Participants in the 100 km race are recommended to change clothes at the Rest Station. Whether it rains or shines, you had better bring a cap.

Your face must be clearly visible. Clothing that covers your face enough that you cannot be identified is not accepted at the race.

Award ceremony

Place: Kochi Prefectural Nakamura Junior High School and High School Secondary Athletic Field
Time : 16:30

Awards for overall category

100km division : Top 8 finishers overall by gender

Awards by generation

100km division : Top 3 by gender

(A by-generation awards ceremony will not be held on race day.

A commemorative gift and certificate will be mailed to the winners later.)



Baggage area

You can leave your baggage at the venue where the opening ceremony will be held. Your baggage will be sent to the rest station (61.5km point on the 100km marathon course) or the finish venue.

Please affix a label you were provided the day before when registering in the designated place on your baggage and hand it to our staff at the reception desk.

You cannot leave baggage that is not directly related to the race as a general rule. Baggage transport services to your accommodation are no longer available.



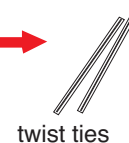
Runner's chips

Runner's chips will be used in this event to record each runner's results.

Please attach a runner's chip to the laces of both of your shoes with the provided twist ties.

If you participate without the chip, we cannot record your time and you will be disqualified. If you are changing your shoes at the Rest Station, please be sure to re-attach the runner's chips, too.

Take out the runner's chip and twist ties, which are enclosed with the number card.



twist ties

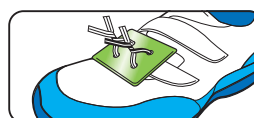
runner's chip



- ① Pull a twist tie first through your shoelace, then through the hole on the runner's chip.



- ② Secure the runner's chip by twisting the end of the tie as shown in the figure below.



In case of Velcro shoes, please attach the runner's chips to the belt of your shoes.

Course map

A water supply station will be located every 2.5km and it will also have sports drinks every 5km.
Foods, such as bananas, rice balls, sponge cakes, breads, and salt, will be available every 20km.



Water supply station / Food station

Sports drinks, cola, and bananas will be prepared every 5km and water will be prepared every 2.5km beginning at a point 5km from the starting line.

Bananas, candies, and umeboshi (pickled plum) are going to be offered as a supporting meal.

There will also be bread and rice balls to supplement meals.

Please note that muscle antiphlogistic balm spray will not be provided anywhere on the course.

Cutoff points, time limits

The following cutoff points and time limits are provided as a part of race management. However, the course, cutoff points, and time limits may change in the event of Shimanto River flooding or other disaster.

100km Division

【Cutoff points 1】 36.6km point 5hours 25minutes →10 : 55

【Cutoff points 2】 56.5km point 8hours 24minutes →13 : 54

【Cutoff points 3】 61.4km point 8hours 53minutes →14 : 23

【Cutoff points 4】 71.0km point 10hours 7minutes →15 : 37

【Cutoff points 5】 79.5km point 11hours 12minutes →16 : 42

【Cutoff points 6】 86.9km point 12hours 18minutes →17 : 48

【Cutoff points 7】 93.9km point 13hours 16minutes →18 : 46

Notes and requests

The race is going to be held even in the event of rain.

However, depending on weather conditions, if the organizer considers that it is dangerous, the course may be changed or the event may be cancelled. In that case, the entry fee will not be refunded.

Except for some intervals, traffic control will not be conducted as a general rule. Please be sure to run on the left side of the road during the race. It should be noted that those who do not follow the instructions of the tournament staff will be disqualified.

You are advised to bring your health insurance card. Please let the organizer know about accidents that occurred during the race, regardless of the severity. Unless reported, insurance may not pay. In such case, you will bear all medical expenses resulting from the accident, but you may receive a solatium later depending on the benefits offered by the insurance that the organizer contracts.

Any runner who transfers his number card to another person or is involved in proxy racing will be disqualified. It is also prohibited to modify your number card.

All movies, photography articles, and TV recordings of the tournament and the rights to post them in newspapers, magazines or on the internet belong to the organizer.

Due to the narrow course, passing vehicles during the race may be a danger and inconvenience to the runners, as well as affect the passage of official and emergency vehicles. Therefore, it is prohibited to run, bicycle or drive alongside runners and cheer while alongside them. It is also prohibited to aid runners on the course. If a race official discovers any of these acts, the runner will be subject to disqualification. We appreciate your cooperation for the safety of the runners and smooth management of the event.

Please be sure to separate any cups, sponges and other trash you have used during the race and dispose of your waste in the marked trash boxes.

We appreciate your cooperation in making it possible for the runners to run in the pristine scenery of 'the unspoiled river, the Shimanto River' forever.

Please refrain from wearing earphones or similar devices that may obstruct hearing during the race, as it is very dangerous not to hear outside sounds.

Bus route

Circuit bus stop

- 1 Yasunami Sports Park Bus Rotary
- 2 In front of New Royal Hotel Shimanto
- 3 In front of Nakamura Prince Hotel
- 4 In front of Hotel Crown Hills Nakamura
- 5 Tosa Kuroshio Railway Nakamura Station
- 6 In front of Shikoku Electric Power Co., Inc.
- 7 Embankment of the north side of Prefectural Nakamura Junior High School and High School

Circuit bus

October 15th (Sat) 12:00 to 19:30

4 buses will follow the route of 1 → 2 → 3 → 4 → 5 → 6. (About 30 minutes per loop)

October 15th (Saturday) 12:00

There will be 2 buses to the reception venue (Sports Park Yasunami) from Nakamura Station. (1 time only)

October 16th (Sunday) 13:30 to 20:30

4 buses follow the route of 7 → 2 → 3 → 4 → 5 → 6 → 1. (About 35 minutes per loop)

October 17th (Mon) 6:00 to 13:10

4 buses will follow the route of 1 → 2 → 3 → 4 → 5 → 6. (About 30 minutes per loop)

※The number of buses depends on the time of day.

Shuttle buses bound for the start venue of the 100km race

October 16th (Sunday) This bus departs between 3:30 and 4:30

2 → 3 → 4 → 5 → Straight to 100km start venue from 6. (About 20 or 30 minutes one way). Note that you will arrive at 6 by way of 1.

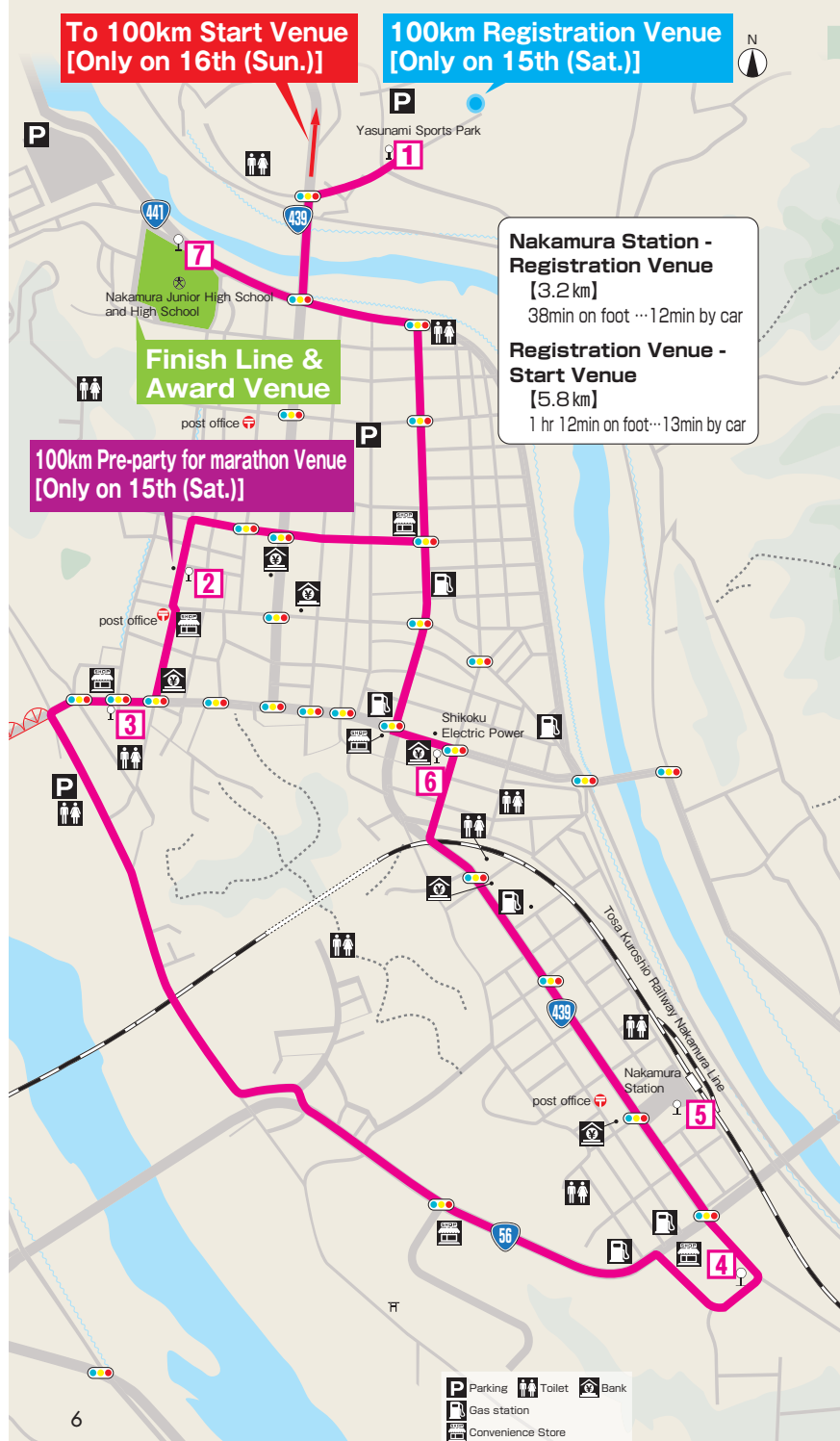
Free circuit bus

During the tournament, in order to transport participants to each of the competition facilities and dormitories in Shimanto City, a free Shimanto circuit bus will be run from bus stop 1 to 7.

※This circuit bus is also open to supporters.

Free shuttle buses bound for the start venue of 100km race

Circuit buses to the start venue from each stop 1 to 6 will be operated early in the morning on race day. Please refer to the attached sheet for a detailed bus route map. Since the circuit bus has a limited capacity, those not participating in the race should refrain from using it.



About the PRE-PARTY for MARATHON

100km Pre-party for marathon

Date and time: October 15th (Sat)

From 17:00 to 18:00

Place: New Royal Hotel Shimanto

The reception staff will give you an admission ticket to the Pre-party for marathon when checking-in. Please fill in the form and bring it to the party reception. Masako Chiba will be in attendance as a special guest.

※The party is only for the participants of the 100km.



Special Guest: **Masako Chiba**

Marathon runner and sports commentator

After finishing 5th in the women's 10,000 m race at the 1996 Atlanta Olympics, Chiba posted brilliant results as a long-distance runner including Bronze Medals in each the women's 10,000 m race at the 1997 Athens World Championships in Athletics and the women's marathon at the 2003 Paris World Championships in Athletics. She launched the 'Best Smile Running Club' in 2010 through which she helps train runners and promote running.

Souvenir sales

The local specialties and memorabilia will be sold at the reception venue. Also, at the finish venue, you can purchase local products, foods and drinks. With so much emotion invested in finishing the race, you'll want to buy a few souvenirs. They make for good memories!

Privacy Policy

The organizers recognize the importance of personal information and promise to handle personal information in compliance with the Personal Information Protection Law and other related laws and regulations, and in line with the organizers' personal information protection policy.

For the purpose of improving participant services and experience, personal information may be used for the race announcements, programs, foldable newspaper inserts, record notifications, notices of related information, the guide for the next race, the provision of services from tournament sponsors, cooperating parties, and other related organizations, and the announcement of race record such as rankings.

In addition, personal information may be used by the organizers or their contractors to confirm matters concerning application content.

Event venue guide map

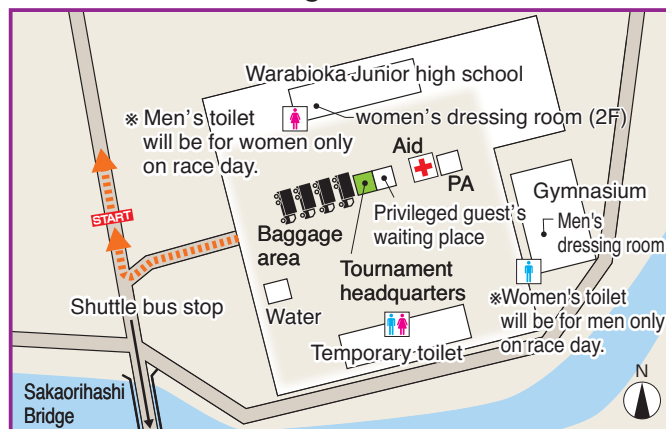
100km reception for runner's check-in on the day before the race

Shimanto Citizen Sports Center



100km start venue

Warabioka Junior High School



Finish venue

Prefectural Nakamura Junior High School and High School

