

ENGLISH

第25回



四万十川

四万十川の自然と清流を守ろう

ウルトラマラソン

大会ガイド

自分の知らない自分を探す旅

25th RIVER SHIMANTO ULTRA MARATHON TOURNAMENT GUIDE

Tournament schedule

10/19(sat) 100km division

- 11:00 ~ Reception desk for runner's check-in
(Venue / 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.

10/20(sun) 100km division

- 5:00 Opening ceremony
- 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 19 (Sat), 2019

11:00 ~ 18:00

Shimanto Citizen Sports Center

※No check-in on race day.

Start

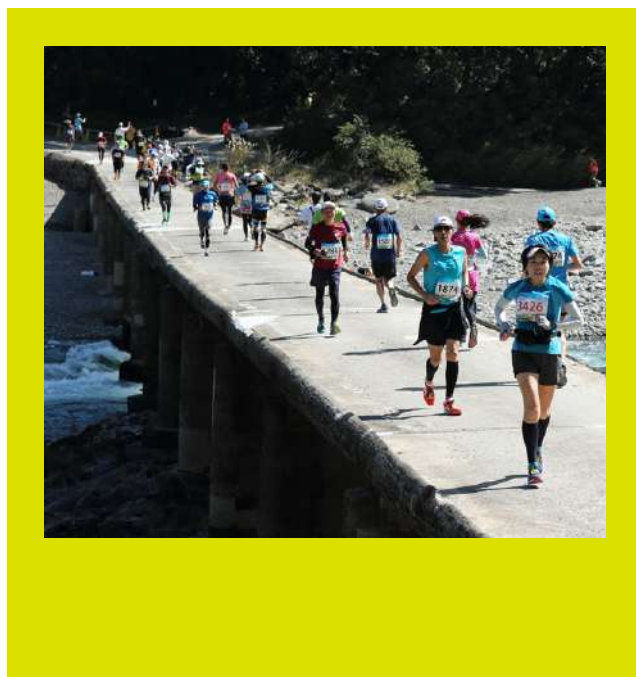
100km: 5:30

In front of 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 km at the below websites.

Smartphone:http://update.runnet.jp/m_2019shimanto/

PC:<http://update.runnet.jp/2019shimanto/>

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 should bring a cap.

Your face must be clearly visible. Clothing that covers your face enough that you cannot be identified is not accepted during 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.)

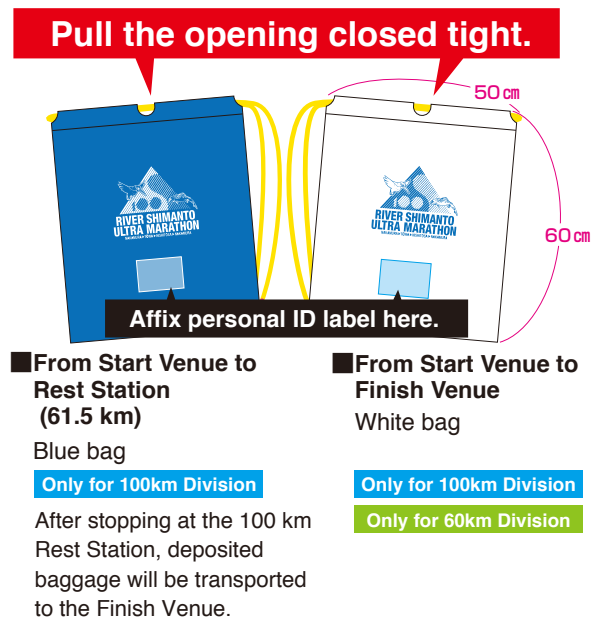


Baggage area

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.



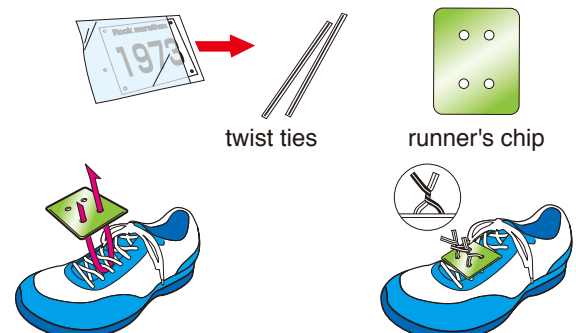
Runner's chips

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.



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.

Two runner's chips are provided per person. Attach one to each foot.

Course map



Hagechinkabashi Bridge



Rest Station
(Canoe House, 61.5 km)



Kayouhashi Bridge

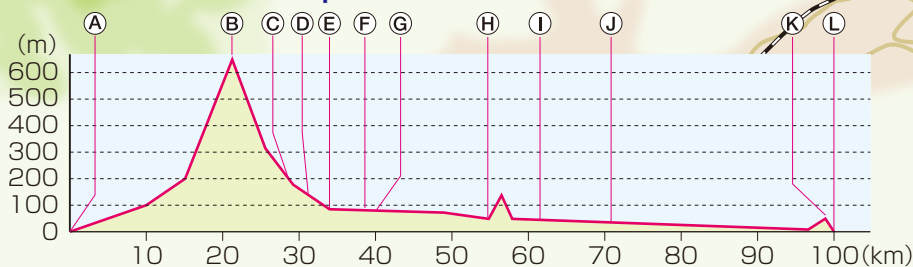


- Water supply station (water)
- Water supply station (sports drink)
- Food station (bananas, etc.)
- 100km cutoff point



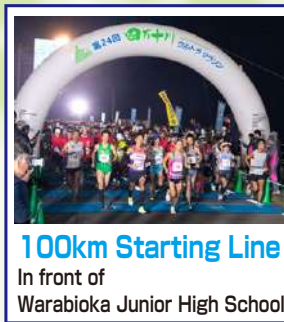
Japan's last unspoiled river!
Magnificent view of the Shimanto River!

Course Elevation Map



CAUTION [Course Changes]
Iwamachichinkabashi Bridge is closed to all traffic, therefore the course runs along Nat. Rt. 441 and turns around at Kayouhashi Bridge.

CAUTION [Course Changes]
Because the road is blocked by landslide debris, the course follows a temporary road that was built on the opposite bank.



100km Starting Line
In front of Warabioka Junior High School



Finish Line
Nakamura Junior High School and High School

Control Gates / Water Stations / Food Service Stations / Toilets

Aid stations (Distance from starting line)	Water	Snacks	Food	ZAMST	amino VITAL®	Temporary toilet	Permanent toilet	Time limits (Clock time)
2.4						○		
4.8	W / I / C					○	7.4km	
8.3	W					○	○	
9.3						○	○	
10.5	W / I / C					○	○	
12.7	W					○		
15.7	W / I / C	○				○		
17.5	W					○		
21.3	W / I / C	○	○			○		
22.9	W					○		
25.0	W / I / C	○				○		
27.4	W					○		
29.9	W / I / C	○				○		
32.9	W					○		
36.6	W / I / C	○				○		1st gate 5 hr 25 min (at 10:55)
39.3	W						○	
41.8	W / I / C	○	○			○		
44.5	W						44.0km	
48.2	W / I / C	○					46.7km	
49.9	W					○(Western style)		
53.6	W / I / C	○				55.2km	○	
56.5	W					○(Western style)		2nd gate 8 hr 24 min (at 13:54)
58.5	W / I / C	○					○	
59.9	W					○(Western style)		
61.5 Rest Station	W / I / C	○	○		○	○(Western style)	○	3rd gate 61.4 km 8 hr 53 min (at 14:23)
65.3	W					67.2km	○	
68.6	W					○(Western style)	71.3km	
71.3	W / I / C	○	○				○	4th gate 10 hr 10 min (at 15:40)
73.3	W						○	
75.1	W / I / C	○	○			○(Western style)		
77.6	W						76.4km	
79.5	W / I / C	○	○		○		○	5th gate 11 hr 12 min (at 16:42)
82.6	W					○(Western style)	○	
85.2	W / I / C	○	○	○		○(Western style)	84.6km	6th gate 12 hr 18 min (at 17:48)
87.0	W						○	
89.0	W / I / C					○(Western style)		
90.9	W / I / C	○					○	
93.2	W					○(Western style)		
95.3	W / I / C	○				○(Western style)	96.0km	7th gate 13 hr 16 min (at 18:46)
97.2	W					○(Western style)		
100							○	14 hr 00 min (at 19:30)

* W: Water; I: Isotonic drink; C: Coke

*10 temporary toilets are added.

Oranges, bread and pickled ume are provided at snack service stations.

Rice balls are provided at food service stations.

ZAMST booth offers supporters and compression wears.



Please note that analgesic anti-inflammatory sprays for muscles are not provided along the marathon course.

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 compensation 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 routes

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 19 (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 19 (Sat) 12:00

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

October 20 (Sun) 13:30 to 20:30

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

October 21 (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 20 (Sun) This bus departs between 3:30 and 4:30 (2 buses, both round trip).

1 → 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.

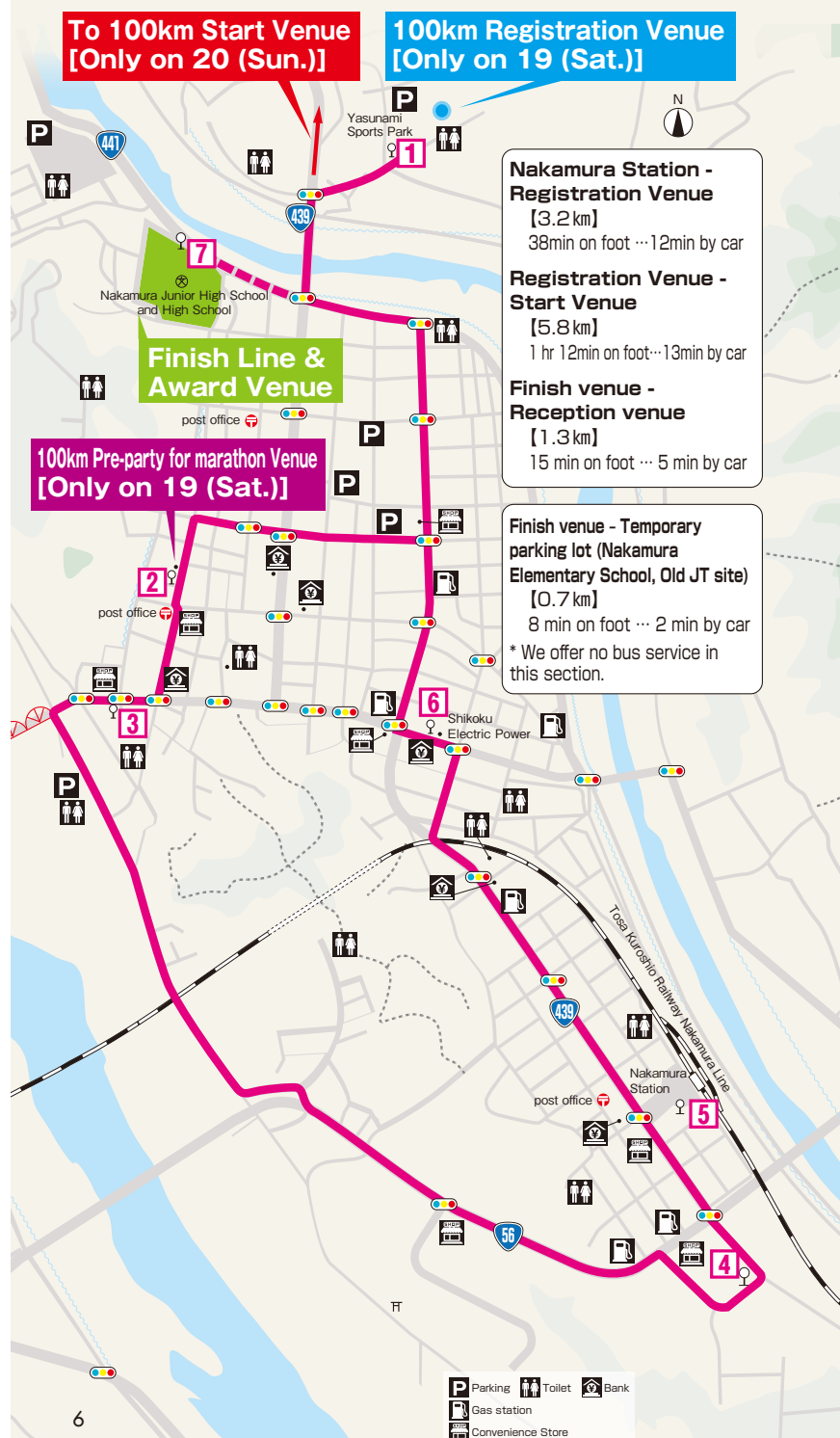
Free circuit bus

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 19 (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. M Takashi will be in attendance as a special guest.

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



Special Guest: **M Takashi**

Impressionist & Athlete Comedian

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.

25th Anniversary Event

1. Special guest

Impressionist & Athlete Comedian M Takashi has been invited as a guest and will run 60 km.

2. Coupon distribution

As a gesture of appreciation, ¥500 coupons will be distributed to runners. Coupons can be used at qualifying stores specified by the River Shimanto Ultra Marathon Executive Committee. See the flyer for details.

3. Commemorative clear file

A clear file for carrying the race completion certificate will be printed with an illustration drawn by manga artist/Shimanto Tourism Ambassador Junya Inoue. The theme is “Connections between Athletes and Volunteers”.

4. Pre-race attraction

To commemorate the 25th running of this race, a raffle will be held at the 100 km pre-party with guest M Takashi hosting. A raffle will also be held at the 60 km pre-party.

5. Local products to be given out along the course

Last year, local products were given out at the Nishitosa Rest Station located at the 61.5 km (21.5 km) mark, but that service will be expanded for this year's race. However, quantities are limited and will be given out on a first-come-first-served basis.

Water Station	Distance	Local product
No. 15 Water Station	41.8(1.8)km	Blue berries, Tsugani crab soup
Rest Station	61.5(21.5)km	Soft tofu, Bushukan drink, Miso soup with dried sea lettuce
No. 30 Water Station	79.5(39.5)km	Ikada yokan (sweet bean jelly)
No. 32 Water Station	85.2(45.2)km	Miso soup with dried sea lettuce
Finish	100(60)km	Bushukan drink

6. Newly designed awards

Medals, trophies and prizes have been redesigned for this year's race.

7. Additional finish line support

For this year's race, finish line support staff has been added to assist runners who complete the race in 12 - 14 hours.

Event venue guide map

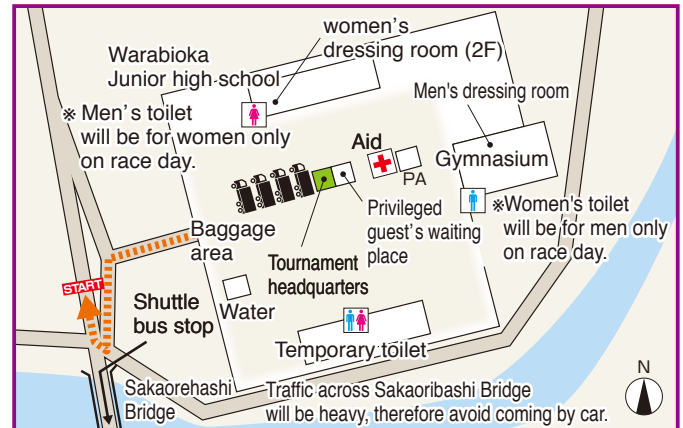
100km reception for runner's check-in on the day before the race

Shimanto Citizen Sports Center



100km start venue

Warabioka Junior High School



Finish venue

Prefectural Nakamura Junior High School and High School

