



ULTRA-TRAIL Mt.FUJI



ULTRA-TRAIL Mt. FUJI 2023 RACER INFORMATION

RACE DATES : Fri. April 21 - Sun. April 23, 2023

RACE LOCATION : The Mt. Fuji area (Fuji City and Fujinomiya City of Shizuoka Prefecture and Minobu Town, Narusawa Village, Fujikawaguchiko Town, Fujiyoshida City, Oshino Village and Yamanakako Village of Yamanashi Prefecture)

MAIN ORGANIZER : The ULTRA-TRAIL Mt. FUJI Race Committee (NPO Fuji Trail Runners Club and Mt. Fuji Consortium)

CO-ORGANIZERS : Fuji City, Fujinomiya City, Minobu Town, Narusawa Village, Fujikawaguchiko Town, Fujiyoshida City, Oshino Village, Yamanakako Village, Gotemba City, and Susono City

! Be sure to submit the written pledge.

Thank you for entering the Ultra-Trail Mt. FUJI, the largest trail running race in Japan held around the magnificent Mt. Fuji.

This racer information package contains some very important information about the race. Please read through this package very carefully before the race.

Starting this year, the race adopts WEB smart check-in system. Racers need to present their smartphone screens showing registration information or a printout of a QR code at the racer check-in the day before the race.

TIME SCHEDULE

FUJI		Location
THU. Apr. 20	13:00-18:00 Racer check-in	Fuji-Q Highland Conifer Forest
FRI. Apr. 21	12:00-14:15 Drop Bag drop off, Baggage check*	Fujisan Kodomo no Kuni
	14:00 Opening Ceremony	
	14:30 Start of the first wave	
	14:45 Start of the second wave	
	15:00 Start of the third wave	
SUN. Apr. 23	11:00 ~ Awards Ceremony & Closing Ceremony	Fuji-Q Highland Conifer Forest
	11:30 Race Cutoff Time	

* Baggage and drop bags are accepted up to one hour before the time of each wave start.

* Baggage and drop bags are also accepted at Fuji-Q Highland Conifer Forest (the finish venue) from 9:00 to 12:00, April 21.

KAI		Location
FRI. Apr. 21	13:00-18:00 Racer check-in	Fuji-Q Highland Conifer Forest
SAT. Apr. 22	9:00-10:00 Baggage check (fee and prior application required)	Fuji-Q Highland Conifer Forest
	10:30 Opening Ceremony	
	11:00 Start	
SUN. Apr. 23	7:00 Race Cutoff Time	Fuji-Q Highland Conifer Forest
	9:00 ~ Awards Ceremony	

IN THE CASE OF RACE CANCELLATION

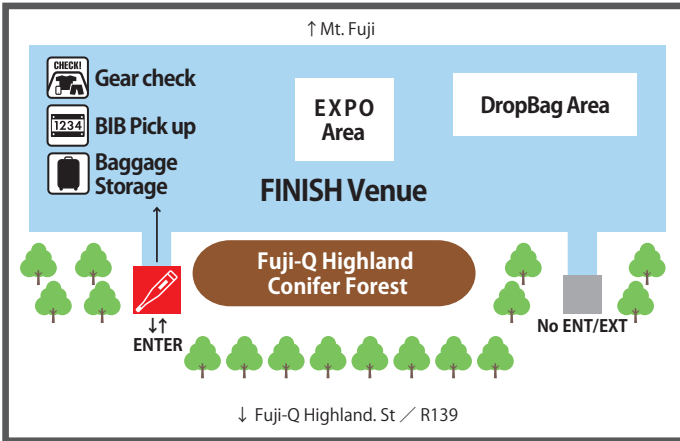
The race may be cancelled or the course may be changed/shortened under the following circumstances:

1. When a weather warning is issued.
2. When it is deemed impossible to ensure the safety of racers and staff due to landslides, falling rocks, or other dangerous conditions on the course.
3. In case of a disaster, such as when an earthquake warning (e.g. Tokai earthquake warning) is issued near the race area.
4. When the natural environment may be damaged due to the passage of racers in rough weather.
5. When the race organizer recognizes the necessity of cancelling the race for any other reasons.
6. If the race organizer decides to cancel the race, the announcement will be made on the official race webpage by six in the morning of April 21. If the race is to be cancelled after it has started, a text message will also be sent to a registered phone number of each racer.


**Information about the racer check-in the day before the race
(bib pick-up and equipment check)**

FUJI: Thursday, April 20 only
KAI: Friday, April 21 only

- Required items at the racer check-in
- ① Number card ticket (by showing your QR code on your smartphone or on paper)
- ② Photo ID
- ③ Pledge and Physical Condition Check Sheet


Fuji-Q Highland Conifer Forest

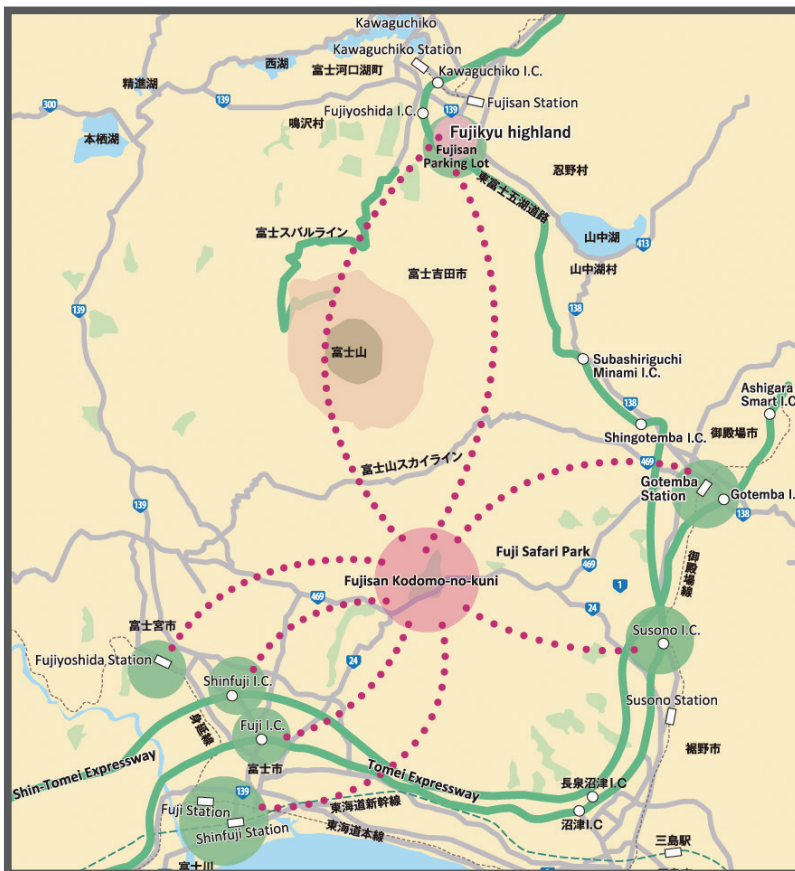
(5-6-1 Shinnishihara, Fujiyoshida City, Yamanashi)

- Racer check - in (FUJI):
Thursday, April 20 13:00~18:00
- Racer check - in (KAI):
Friday, April 21 13:00~18:00
- Access: See page 4.



(Google map)

★ **Baggage (fee and prior application required) and drop bags can be checked in from 9:00 to 12:00, Friday, April 21 (available only to FUJI racers).**


**DIRECTIONS TO THE START VENUE
IN FUJISAN KODOMO-NO-KUNI**


- Shin-Tomei Highway "Shin-Fuji IC" or Tomei Highway "Fuji IC" or "Susono IC" → Fujisan Kodomo-no-Kuni Front entrance parking lot
- From the Shin-Tomei Highway "ShinFuji IC" Take route #24 and then #469. Continue in the direction of "Fuji Safari Park" for 30 minutes.
- From the Tomei Highway "Susono IC" take route #469. Continue in the direction of "Fuji Safari Park" for 15 minutes.

[Cautions]

- * If you leave your car in Fujisan Kodomo-no-Kuni and need to return to pick up your car after reaching the finish line at Fuji-Q Highland, you must make a reservation for the bus that will be going back to Fujisan Kodomo-no-Kuni. (Buses depart on Apr. 21-23 from Fuji-Q Highland Conifer Forest.)
- * A special parking permit is required to park a car at Fujisan Kodomo-no-Kuni. One parking permit is issued to each racer. Be sure to download it from the official race website, print it out, and display it on a dashboard.
- * **Please see our website for access to start area, or Kodomo-no-Kuni.**

<http://www.ultratrailmtfuji.com/en/access/>




MAP OF THE START VENUE
(Fujisan Kodomo-no-Kuni)


- * You are not allowed to spend the night inside a car in the parking lot. The parking lot is available only during the race days. Enter the parking lot when it opens at 9:00, Friday, April 21.
- * Please show your number card (bib) when entering the park. If you forget to bring your bib, 830 yen is required to re-issue it.
- * The business hour of Fujisan Kodomo-no-Kuni is from 9:00 to 17:00. When you return there to pick up your car, please do so during this time period.

DIRECTION TO THE FINISH VENUE at Fuji-Q Highland Conifer Forest

* There is no public transportation to Fujisan Kodomo-no-Kuni.
* It is about 25-minute walk (approximately 1.6 km) from the Fujikyū Highland Station to the finish venue.

Paid parking lot ①
Fujisan Parking
(former name: Fuji Hokuroku Parking)
(Fee and prior reservation required)

Paid parking lot ③
Fuji-Q Highland Special Parking Lot
(Fee and prior reservation required)

Racer check-in and Finish Venue
Fuji-Q Highland Conifer Forest

Fujisan Parking
(15 minutes walk from the venue)
* Parking lot applicants only (charged)

Access to Fuji Hokuroku Park

Paid parking lot ②

Fujisan Hokuroku Park (Fee and prior reservation required)

Parking period

11:00, Thursday, April 20 to 14:00, Sunday, April 23

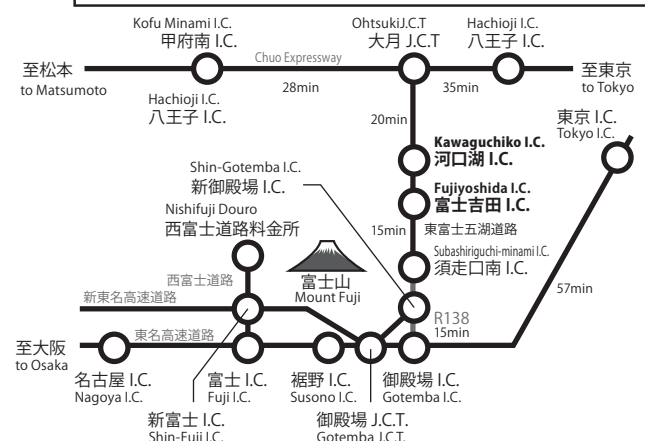
If you reserve a parking lot at Fujisan Hokuroku Park, be sure to bring the parking permit that is mailed to you in advance and show it to the parking staff at the entrance of the parking lot. Then place the parking permit on the dashboard so that it can be seen from the outside.

There is a free shuttle bus service from the parking lot to Fuji-Q Highland Conifer Forest (the finish venue) on the schedule below. Sleeping in the car or camping in the parking lot are not allowed.

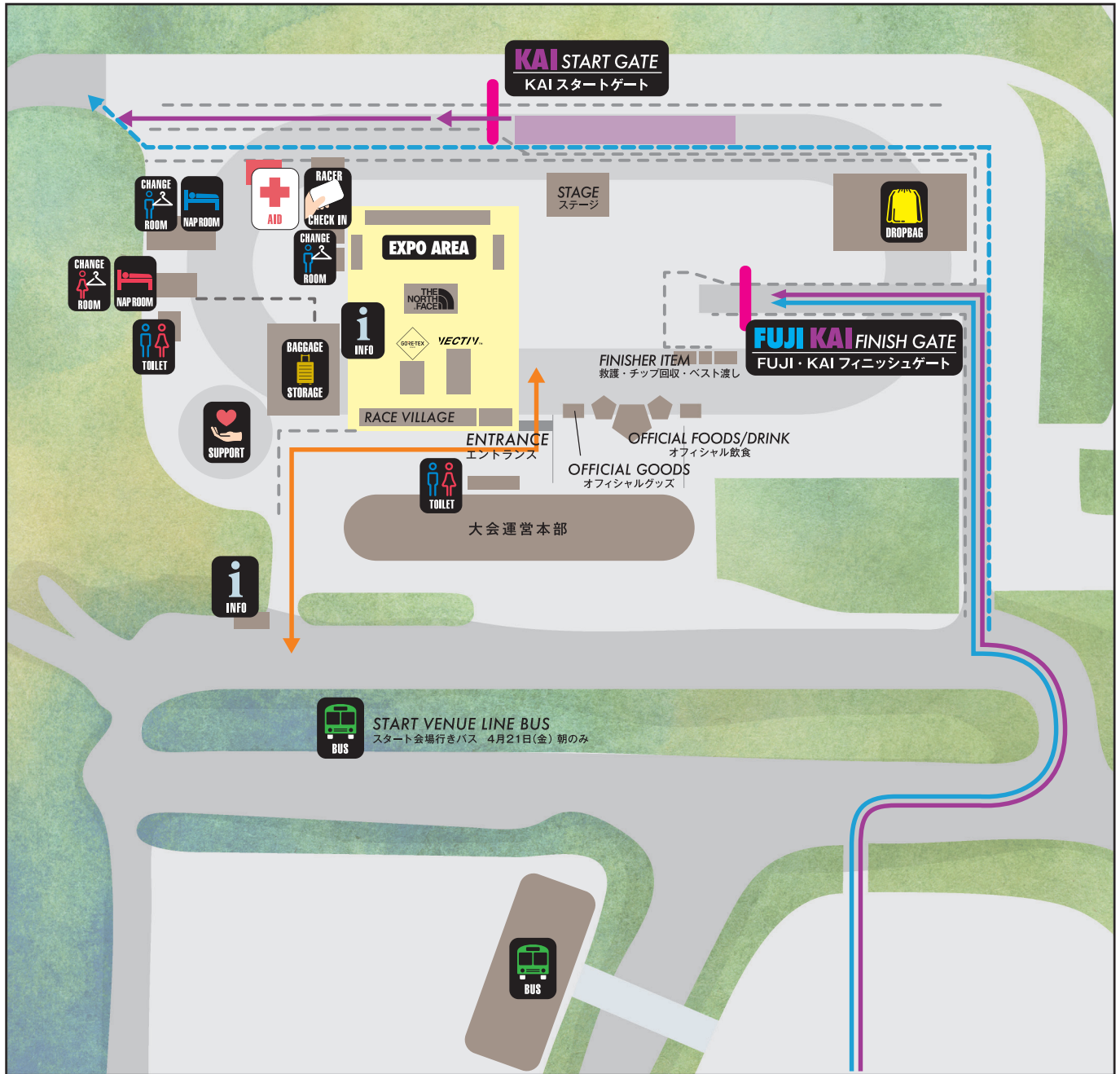
Date	From Fuji Hokuroku Park Parking Lot	From Fuji-Q Highland Conifer Forest
	First bus	Last bus
Thu. April 20	12:00	19:00
Fri. April 21	9:00	19:00
Sat. April 22	7:00	22:00
Sun. April 23	7:00	14:00

* The bus is running every 30 minutes on April 20 and 21 and every hour on April 22 and 23.

[By Car] Directions to the Kawaguchiko Interchange (IC) and Fujiyoshida IC



FINISH VENUE (FUJI-Q HIGHLAND CONIFER FOREST)



FUJI FINISHER FUJI フィニッシャー	TOUR BUS リタイアバス ツアーバス	TOILET トイレ	DROP BAG ドロップバッグ	CHANGE ROOM (MEN) 男子更衣室
KAI START KAI ランナー	CHANGE ROOM (WOMEN) 女子更衣室	INFORMATION インフォメーション	BAGGAGE STORAGE 手荷物預かり所	NAP ROOM 仮眠所
GENERAL WALKING PATH 一般歩行区間				
KAI スタート待機場所				

* You will not be allowed to stay and sleep in your car at the Parking Lot before or after the race. Also, according to the national park regulations set out by the Ministry of the Environment, camping and/or setting up tents within non-designated camp sites around Kawaguchiko is prohibited.

* About lodging
There are no rest or sleeping areas available at the finish line at Fuji-Q Highland Conifer Forest. We highly recommend that you book yourself a place to stay for the entire race period in case you are unable to complete the race and need to drop out early.

* There is no free shuttle bus from the Kawaguchiko Station.

FROM THE RACER CHECK-IN TO THE START There is no racer check-in on the day of the race

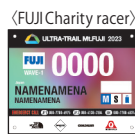
Day before the race (April 20)

- ① **Check-in:** Check the email sent to you prior to the race and show it at the check-in desk. Also, print and fill out the Pledge and Health Management Pledge and submit them at the check-in desk. You must show your photo ID as well.
- ② **Gear check:** Be sure to have your gears checked. You cannot proceed to the next step if you do not have required gears listed on pages 9 and 10. The total weight of your backpack, including at least 1 liter of water, must weigh 2 kilogram or more at the time you start the race.

Race day (April 21)

- ③ **Get ready:** Use a restroom before the start.
- ④ **Drop Bag check-in**
Baggage check-in (fee and application required): Once you check in your bag, you cannot receive it until you finish the race.
* Deadline of the baggage check-in is one hour prior to each wave start.
- ⑤ **Line up at the start area:** Be sure to be at the start area by 15 minutes before the start.

ITEMS TO BE GIVEN TO YOU AT RACER CHECK-IN



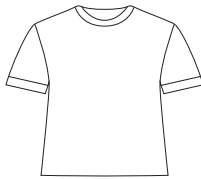
* Attach one race bib to the front side of your upper body and one on your back with safety pins or a bib belt. Make sure the bib is fully visible at all times and not hidden behind your clothing.

* Do not put the race bib on your lower body or fold it to make it smaller.

* Do not remove the IC tag from the race bib. You have to return the IC tag after the race.

* Racers must provide their own safety pins. (Some pins are available at the check-in counter.)

Race bib (2 racer bibs per racer)



Race T-shirt

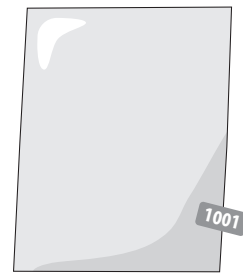
Size : 50cm x 70cm



Drop Bag & sticker (FUJI only)

* One bag per racer

Size : 90cm x 100cm (90liter)



Plastic bag for baggage storage & sticker (fee and application required)

* One bag per racer

BAGGAGE STORAGE

FUJI

Fri, April 21 12:00 - 14:15: Please give your baggage to the staff at a baggage truck at Fujisan Kodomo-no-Kuni. The truck will carry the baggage to the finish venue.

* Deadline of the baggage check-in is one hour prior to each wave start. The baggage pick-up area will be at the finish venue (Fuji-Q Highland Conifer Forest).

* Baggage check-in requires fee and application in advance.

You can also check in your baggage from 9:00 to 12:00, Friday, April 21 at the finish venue (Fuji-Q Highland Conifer Forest).

KAI

Sat, April 22 9:00 - 10:00: Please give your Baggage to a staff of Baggage strage at Fuji-Q Highland.

1. Paste the baggage sticker with your race number printed on it on a plastic bag where visible. Tightly close the plastic bag to prevent any contents from falling out. (One bag per racer)

2. Do not check-in any valuables. The race will not be held responsible for any valuables.

You must show your racer number card in order to pick up your bag. Make sure you have your racer number when picking up your bag. Luggage tag will be given on the race day if luggage cannot be put inside a plastic bag.

3. Baggage deposit will be charged. Pre-registration required.

4. DropBag can also be deposited at Fuji-Q Highland Conifer Forest (finish venue) from 9:00 to 12:00 on Friday, April 21st.

* Baggage check-in requires fee and application prior to the race.

DROP BAGS (FUJI only)

1. One Drop Bag is given to each racer. Drop Bags will be transported to F5 Fuji-Q Highland Aid Station.
2. During the race, at the F5 Fuji-Q Highland Aid Station, racers can pick up the Drop Bag they checked in at the start.
3. Do not forget to paste the sticker on the Drop Bag. Before giving it to the staff, close the Drop Bag tightly so that none of the contents would fall out of the bag.
4. At the F5 Fuji-Q Highland Aid Station, racers can put unnecessary items in the Drop Bag and leave it to the staff.
5. Racers pick up their Drop Bags at F5 Fuji-Q Highland after finishing the race.

* Racers can also check in their Drop Bags from 9:00 to 12:00, Friday, April 21 at the finish venue (Fuji-Q Highland Conifer Forest).

 **GENERAL RULES**

1. In order to participate in this race, you must fully understand and agree to the following conditions and responsibilities.
2. You are required to abide by the municipal regulations and Japanese laws and are expected to conduct yourself in a responsible manner at all times during the race.
3. The FUJI is a race that requires racers to run through mountainous terrain both during the day and at night. While the race organizer will try its best to minimize unforeseen risks, it is ultimately your responsibility to avoid any dangers and to ensure your own safety during the race. As such, you are expected to have the technical skills, knowledge, equipment, physical endurance, and self-management skills to deal with any issues that may arise during this type of race including severe weather conditions (e.g. low temperatures, strong winds, rain and snow). Your actions and any outcomes that may result are your responsibility. In the outdoors environment, racers are usually the first to come across other racers in an accident. All racers are expected to help each other and ensure safety during the race.
4. The race course will be marked with marking tapes and signs. However, you are responsible for finding and following these course markings on your own and for staying on the race course. You are also responsible for finding your own way back using the course maps provided if you end up straying off the race course. If you find yourself off the race course, do not call the race headquarters' emergency number unless it is really an emergency. That call may prevent someone else from making a truly necessary call.
5. You are responsible for checking the official updates provided by the race organizer both before and during the race. Please follow the instructions provided.
6. You must always respect the environment and other people with whom we share the trails.
7. The race organizer will prepare the race course, equipment and where necessary, place staff along the course in order to properly execute the race. The organizer will also provide emergency and medical support during the race.
8. All aid stations will have an emergency medical tent where there will be a doctor and nurse on standby to provide medical assistance. Please note that only emergency first-aid can be provided at these tents.

RACE RULES & REGULATIONS **RACER RESPONSIBILITIES & CONDITIONS**

This section outlines the rules and regulations put forth by the race. Please read through this section carefully. If you do not abide by these rules, you may be immediately disqualified or have a penalty of 1, 3 or 6 hours added to your race time. Participation in future races may also be denied.

 **ENVIRONMENTAL PROTECTION RULES**

1. The use of trekking poles is prohibited on the UTMF course. Picking up and using tree branches as trekking poles is also not allowed.
2. Sleeping along the course is prohibited. This is because it will have a large impact on the environment and may also mistakenly lead others to think that you require emergency medical assistance.
3. You must stay on the trail at all times. Do not step off the trail to shortcut corners. There will also be several "no passing" sections in environmentally restricted areas where you will not be allowed to pass each other.
4. Picking up or damaging plants, animals, fungi and rocks found along the race course as well as within the overall race area are prohibited.
5. Do not throw garbage along the course.
6. Please use the toilets located at each aid station. Also, please carry and use a portable/disposable toilet and use it if you are unable to wait. Do not throw away toilet paper along the trails. All toilet paper must be carried out with you.
7. Please wash the soles of your shoes to clean off any dirt/seeds/vegetation before the start of the race. This is to prevent the spread of invasive species/non-native seeds and to prevent vegetation from urban areas from being carried up into the environmentally sensitive mountain regions.
8. During the race, even there may be no problems in terms of racer safety, if the trails are determined not to be able to withstand the use of many racers at once, a walking section may be implemented, the course may be changed or the race may be cancelled.

 **CONSIDERATION FOR OTHERS**

1. If during the race, you encounter another racer/staff member who is injured or sick and unable to move on their own, please give priority to assisting that person and immediately call the race headquarters for emergency assistance. The emergency telephone number is printed on your race bib. Before calling the race headquarters, please check the bib number of the racer and tell it to the emergency staff who answer your call. If the bib number cannot be found or when assisting a non-racer, please check the person's gender and color of the clothes. This helps the race organizer to smoothly handle the situation.
2. If you come across a runner who is lying down or hunched over along the course, please check to see if they are alright. If the person requires emergency assistance, please give priority to helping that person by calling race headquarters for assistance.
3. The race course is not on private property owned by the race and will not be closed off to the general public. The trails must be shared with the general public (e.g. hikers) at all times. There will be "no passing sections" set up along the race course where you will be prohibited from passing other both racers and hikers. In areas where passing is allowed, please do so in a safe place where the trail is wide. Please be considerate and slow down and walk when passing other people. Remember to call out to the person to let your presence be known. The same rule applies to courses in urban areas. Stay on sidewalks whenever there is a sidewalk.
4. Please be careful not to damage property located along the race course.
5. Parts of the race course passes through privately-owned land that are normally prohibited from entry. When you are in these special sections, please make sure you stay within the boundaries specified by the race.
6. The course also passes through residential areas. Please do not make loud noises or sounds when passing through these areas. Also put away your bear bells and prevent them from ringing when passing through "no-bear bells" sections.
7. Please keep as much physical distance between you and other people as possible to prevent the spread of COVID-19. In areas such as forest paths and roads where you can keep enough physical distance from other racers, we encourage you to run alongside or even diagonally behind other racers to avoid being exposed to the breath of racers running ahead.
8. Please do not spit, cough out phlegm, or blow a nose rocket during the race to prevent the spread of COVID-19.

 **AUTHORITY GIVEN TO EMERGENCY & MEDICAL STAFF**

Doctors and rescue staff have the authority to stop a runner from continuing the race if he/she believes a racer is unfit to safely continue. If you are told to stop by a race physician or rescuer, you will be required to follow the instruction. In such case, your race bib may be marked to show that you have dropped out of the race/disqualified.

 **IC CHIPS & TIME MEASUREMENT**

1. Runners are kept track of using IC chips and sensor mats. The race will be tracking racer times, number of racers out on the course as well as whether or not you've entered/left aid stations and checkpoints.
2. You must always have an IC chip attached to each of your shoes (both the right foot and left foot).
3. **Please return your IC chips in the IC Chip Return Box at the finish venue.**
4. If you are disqualified or decide to drop out of the race, please return your IC chips at the aid station.

 **CUTOFF TIMES & TIME MEASUREMENT**

1. There will be two separate cutoff times at each aid station - one at the entrance and one at the exit. (This is a safety measure put in place to ensure racers coming into the aid station close to the entrance cutoff time have sufficient time to replenish their food/drink supplies before heading out on the course again.) You will not be allowed to continue the race if you don't make either of these cutoff times.
2. You can re-enter an aid station after leaving but please notify race staff and use the dedicated pathway to go back in. Once you re-enter, you must leave the aid station before the exit cutoff time in order to continue racing.
3. Cutoff times may be changed due to weather and course conditions. Changes will be announced on the official bulletin boards at the aid stations and a text message will be sent via SMS etc. to the phone number you've provided.

 **RACE COURSE MARKERS AND SIGNS**

1. Permission has been obtained from the appropriate land owners and property managers to put up temporary signs and marking tapes. The race course will be marked using marking tapes and signs. Marking tapes will be placed every 100m (approximately) along the course and extra markings will be placed in sections where it may be easy to get lost. If you do not see a marking tape after proceeding for over 200m, it means you've gone off course. Please turn back and return to the race course.
2. The race organization will be putting forth its best effort to minimize any unforeseen risks along the course. Dangerous areas will be marked with signs and ropes in order to reduce risk. Please follow all instructions provided. Where deemed necessary, staff and security guards will also be positioned along the course to ensure racer safety and direct the flow of traffic.
3. There will be staff and security guards standing along the course to help direct the way, however it is your responsibility to follow the course markers and signs to stay on the correct route.
4. There will be a "no-passing" section as well as other sections with specific rules/conditions. Please abide by these rules.
5. Once the race starts, any information that needs to be communicated to the racers will be posted up on the official bulletin board at the aid stations and water stations. Important information will also be sent to you via SMS text message to the phone number you've provided to the race. It is the racer's responsibility to check the official bulletin boards at the aid and water stations as well as your SMS messages.

 **DROPPING OUT OF THE RACE**

1. If you feel that you can no longer continue and decide to drop out of the race, you must tell timekeepers at an aid station and tell them that you are dropping out. ***As a rule, racers cannot drop out of the race at F3 Motosuko and F8/K3 Nijumagari.**
2. Dropping out along the race course: You may only drop out of the race along the race course if it is an emergency and/or you are injured and cannot move on your own. In such a case, please contact the emergency race headquarters immediately for assistance and follow their instructions.
3. Stay on the course: If you cannot move on your own and cannot call the emergency race headquarters, be sure to stay on the course (or within a clearly visible distance from the course).
The chance that sweepers or other racers will find you will drastically increase as long as you stay on the course. Staying on the course will be your last resort to protect your safety.

RACE HEADQUARTERS
Please contact this Emergency Contact Number in case of an emergency:
080-7700-6975 (Rescue Headquarters)
If dialing from an overseas number: +81-80-7700-6975
* Available from 14:30, Friday, April 21, 2023
090-4138-3184 (Medical Aid Headquarters: When you need medical aid)
090-7700-6180 (Race Headquarters: For other inquiries)

* The emergency telephone number is printed on your race bib.

 **GEAR & EQUIPMENT**

1. The weight of your equipment must be a minimum of 2kg at the start of the race and upon leaving each aid station. Your equipment must weigh a minimum of 1kg at all times along the race course.
2. There will be an equipment check during the race. If you do not have your mandatory equipment, you will be disqualified from the race.
3. It is your own responsibility to decide whether your mandatory clothing/gear provides adequate warmth and rain protection during the race. Please make sure that you know how to use all of your equipment before the race. The race organizer will regard clothing/gear selected and registered by racers as the mandatory equipment of the racer.
4. In addition to having the gears, make sure you know how to use them.
*** This year, NO blanket will be provided at the rest areas and medical aid stations to prevent the spread of COVID-19 infection. Be sure to have necessary gears to keep yourself warm.**

MANDATORY EQUIPMENT

1. Detailed course map: You must print out the "Detailed Course Map" from the race website. (*1)
2. Mobile phone reachable by the number registered upon racer entry. Save the emergency phone number for race headquarters on your phone (the phone number will be written on your race bib). Turn on the phone number display function and make sure your phone is fully charged before the race. Please ensure you can receive SMS text messages on your phone as emergency information will be sent to you via SMS during the race.

3. Personal cup for hot/cold drinks at aid stations (minimum 150cc size). Paper cups will not be provided at the aid stations.
4. Water - You must carry a minimum of 1L of water at the start line and upon leaving each aid station.
5. Food
6. Two lights with replacement batteries for both lights. Remember that battery dies more quickly in cold temperatures.
7. Flashing reflector light - Put this light on your backpack during the race so that cars will be able to see you at night.
8. Survival blanket (minimum size of 130cm x 200cm) or emergency bivvy.
9. Whistle
10. Adhesive elastic tape/band (minimum length of 80cm x 3cm) (*2)
11. Portable/disposable toilet (*3)
12. Waterproof rain jacket with hood & rain pants (both made of waterproof and breathable membrane such as Gore-Tex or something similar; seams must be seam-sealed)
13. Warm fleece or long sleeve shirt. No cotton shirts are allowed. (*4)
14. Warm pants or tights that go down to your ankles. Or the combination of tights that cover your knees plus long socks that cover your knees. No cotton pants, tights, or socks are allowed. (*5)
15. Warm gloves/mittens and warm hat that covers your ears (*6)
16. Two face masks that cover the nose and mouth to reduce the spread of droplets. When using cloth masks, they must be at least double-layered. No urethane masks are allowed.
17. First aid kit (such as band aids, disinfectant, etc.)
18. Overseas travel/accident insurance policy. No photocopies are allowed. (*7)
19. Two IC chips and two bibs which are handed out to you.
20. Backpack to carry all your mandatory equipment and other items recommended on page 10.

*1 Course maps downloaded onto your smartphone will not be accepted as mandatory gear. This is because smartphones can run out of batteries, not get a signal, etc. thus preventing you from being able to use the maps during an emergency. You must print out and carry with you all the Detailed Course Maps and make sure you waterproof them (e.g. put it in a clear plastic bag).

Starting this year, the organizer only allow maps of which location numbers remain clearly visible under race conditions.

*Recommended size for one piece of map is A4 (210 × 297 millimeters or 8.27 × 11.69 inches) or larger.

- *2 Bring strong tape that can be used during emergencies such as injuries (e.g. broken bones) as well as emergency repairs (e.g. broken equipment).
- *3 If you use yours during the race, replacements are available at the aid stations.
- *4 Warm clothing for the upper body means mid-layer clothing such as fleece jackets, wool sweaters and light-weight down jackets that create a layer of warm air between you and the fabric. A thin underwear is not allowed.
- *5 Warm clothing for the lower body means, A. Full-length pants that go down to your ankles. B. Full-length tights that go down to your ankles. C. Short-length tights combined with long-length socks so that your leg is essentially completely covered.
- *6 Wool or polyester knit hat that provides warmth.
- *7 For runners coming from overseas and do not live in Japan, it is strongly recommended that you obtain adequate travel insurance coverage for the duration of your stay as medical/emergency rescue fees can be extremely expensive in Japan.
- * The mandatory equipment list provided here is only the minimum. You will be running in harsh conditions for two days and one night so please make sure that you are well-prepared to manage your own safety and well-being and bring additional gear you need to protect yourself.
- * We will strive to dispatch a rescue team to reach a runner who needs assistance due to extreme fatigue or injury on the course within 3 hours. However, it may take much more time if we receive several rescue requests all at once, or if you've strayed off the race course or if the weather conditions are bad. In such cases, it could take more than 6 hours to reach you. Given this, please bring enough clothing and equipment with you to protect yourself from the cold wind and rain for more than 6 hours.

STRONGLY RECOMMENDED EQUIPMENT

The mandatory equipment list is not necessarily enough for all racers. What you need differs depending on a racer's skill, physical level, weather during the race, etc. It is up to you to determine what is necessary for you and it is your responsibility to bring additional gear that you will need to safely complete the race. Make sure you've tested all of your gear under sub-zero conditions up in the mountains, in heavy rain and over long runs so that you know for sure whether your gear is sufficient to protect you. The following is a list of strongly recommended equipment.

● STRONGLY RECOMMENDED EQUIPMENT

1. Trail running shoes
 2. Compass
 3. Bear bell (*1)
 4. Change of clothes
 5. Sunblock
 6. Vaseline
 7. Pen (writing utensil)
 8. Cash
 9. Disinfecting wipes, alcohol spray, etc.
- *1 There will be "no bear bell" signs posted before you enter residential areas. You must put away your bear bell (stop your bear bell from ringing) when running through residential and town areas both during the day and at night.

OTHER RULES AND PROHIBITED ACTIONS

1. Be sure to abide by rules provided in the ULTRA-TRAIL Mt. FUJI 2023 Operation Policy on the Prevention of COVID-19.
2. The only type of earphones allowed during race is the type that lets you hear your surroundings.
3. Cheating is prohibited, this includes using vehicles, using substitute runners, and violating laws and rules.

RACE ORGANIZATION RESPONSIBILITIES AND DUTIES

The race organizer is responsible for any non-deliberate damage by race participants to property along the race course (e.g. plants and animals, objects, trails, etc.).

AID STATIONS & SUPPORTER RULES

(* Contents are subject to change for the prevention of the spread of COVID-19 infection.)

1. Be sure to disinfect your hands and fingers when entering an aid station. It is recommended to wear a mask when you talk to someone in close proximity (within two meters).
2. Try to keep distance from others as much as possible.
3. KAI runners are not allowed to use personal support or rest areas.
4. NO blanket will be provided at rest areas and medical aid stations to prevent the spread of COVID-19.
5. Rest areas are set up inside outdoor tents at aid stations other than F4 Shojiko and F6 Oshino. One runner is allowed to stay in the rest area for up to one hour. The number of person in the tent may be limited to prevent overcrowding. Be sure to follow instructions of the staff.
6. FUJI runners can receive personal support at F2 Fumoto, F4 Kawaguchiko, F5 Fuji-Q Highland, and F7 Yamanakako Aid Stations. For detailed rules, please refer to "Supporter Rules" on the official race website.

* Please refer to the webpage below for the ULTRA-TRAIL Mt. FUJI 2023 Operation Policy on the Prevention of COVID-19, and Rules and Regulations.

<http://www.ultratrailmtfuji.com/en/supporters/rules/>



AID STATIONS & REST AREAS

* There will be water, sports drinks, coke, bananas, candies, chocolate and bread available at the aid stations.
 * Each aid station will be serving local specialties on top of the food aid drinks noted above. Please see the chart for details.

FUJI	Aid Station	Location	Distance	Official aid / Service	Cutoff
START	KODOMO-NO-KUNI	FUJI CITY	0km		
F1	FUJINOMIYA	FUJINOMIYA CITY	23.8km		4/21 I N 20:20 OUT 20:30
F2	FUMOTO	FUJINOMIYA CITY	51.0km		4/22 I N 4:50 OUT 5:00
F3	MOTOSUKO	MINOBU TOWN	61.3km		4/22 I N 8:50 OUT 9:00
F4	SHOJIKO	FUJIKAWAGUCHIKO TOWN	73.1km		4/22 I N 13:20 OUT 13:30
F5	FUJI-Q HIGHLAND	FUJIKAWAGUCHIKO TOWN, FUJIYOHIDA CITY	96.4km		4/22 I N 14:20 OUT 14:30
F6	OSHINO	OSHINO VILLAGE	112.4km		4/22 I N 19:50 OUT 20:00
F7	YAMANAKAKO	YAMANAKAKO VILLAGE	124.7km		4/22 I N 22:50 OUT 23:00
F8	NIJU-MAGARI	OSHINO VILLAGE	138.2km		4/23 OUT 3:30
F9	FUJIYOSHIDA	FUJIYOSHIDA CITY	150.0km		4/23 I N 6:50 OUT 7:00
FINISH	FUJI-Q HIGHLAND Conifer Forest	FUJIKAWAGUCHIKO TOWN, FUJIYOHIDA CITY	164.7km		4/23 I N 11:30

KAI	Aid Station	Location	Distance	Official aid / Service	Cutoff
START	FUJI-Q HIGHLAND	FUJIKAWAGUCHIKO TOWN, FUJIYOHIDA CITY	0km		
K1	OSHINO	OSHINO VILLAGE	16.1km		
K2	YAMANAKAKO	YAMANAKAKO VILLAGE	28.4km		4/22 I N 18:20 OUT 18:30
K3	NIJU-MAGARI	OSHINO VILLAGE	41.9km		
K4	FUJIYOSHIDA	FUJIYOSHIDA CITY	53.7km		4/23 I N 1:50 OUT 2:00
FINISH	FUJI-Q HIGHLAND Conifer Forest	FUJIKAWAGUCHIKO TOWN, FUJIYOHIDA CITY	68.4km		4/23 I N 7:30

Icons

* You will not be able to exit or return to the aid station after the cut-off time. * There will be toilets at all aid stations.
 * There will be entry cut-off times and exit cut-off times at each aid station. Racers who don't make the cut-off times can still use the aid stations.
 * Only water can be provided for large volume drink containers such as hydration bags. We appreciate your cooperation.

OFFICIAL AID (FOOD & DRINK)

	F1 FUJINOMIYA	F2 FUMOTO	F3 MOTOSUKO	F4 SHOJIKO	F5 Fuji-Q Highland	F6/K1 OSHINO	F7/K2 YAMANAKAKOKIRARA	F8/K3 NIJUMAGARI	F9/K4 FUJIYOSHIDA
Local Hospitality Menu		FUJINOMIYA YAKISOBA (Fried Noodles)& DAIFUKU MOCHI	MANJU (a bun with bean-jam filling)	Rice porridge			Pork Miso Soup (Yamanakako Village)		YOSHIDA UDON (Noodles Soup)
WATER	●	●	●	●	●	●	●	●	●
HOT WATER	●	●	●	●	●	●	●	●	●
MEDALIST (citric acid hydrate)	●	●	●	●	●	●	●	●	●
COCA COLA	●	●	●	●	●	●	●	●	●
KONA-AME GEL (energy gel)		●		●			●		
ENERGY BAR MANA BAR		●							
STRAWBERRY MILK CANDY					●		●		●
SALT CANDY	●			●		●		●	
CHOCOLATE	●			●		●		●	●
YOKAN (sweet bean jelly)					●		●		●
CHEESE OKAKI					●		●		●
RICE CRACKER				●		●		●	
BANANA	●	●	●	●	●	●	●	●	●
MANDARIN ORANGE				●			●		●
DONUT	●	●	●	●	●	●	●	●	●
BREAD					●			●	
RICE BALL				●			●		●
COFFEE	●	●	●	●	●	●	●	●	●
HOT TEA	●	●	●	●	●	●	●	●	●

 **SHUTTLE BUS FOR RACERS**

No buses will be operating for the spectators and supporters in the UTMF2023.

 **PARKING**

1. When you drive to the finish area at Fuji-Q Highland, be sure to park your car at the designated parking lot for race participants (reservation required), or Fuji-Q Highland Parking Lot (2,000 yen per day, one day ending at 00:00). NEVER park your car illegally in streets or someone's properties around Fuji-Q Highland.
2. A special parking permit is required to park a car at Fujisan Kodomo-no-Kuni. Each racer can download one parking permit from the official race website in advance. Print it out and display it on the dashboard of a car.

It is up to volunteers, racers, and spectators, in addition to the race organizer to practice good manners and follow rules to make this race a great race. The race organizer is making every effort to make sure that the ULTRA-TRAIL Mt. FUJI will be a race that everyone can be proud of in the global stage. Please make sure that you never cause any trouble or inconvenience to local residents and facilities.

 **AWARDS****<Awards ceremony (FUJI)>**

Date and time: 11:00, Sunday, April 23 Location: Fuji-Q Highland Conifer Forest (Fujiyoshida City, Yamanashi)

<Awards ceremony (KAI)>

Date and time: 8:00, Sunday, April 23 Location: Fuji-Q Highland Conifer Forest (Fujiyoshida City, Yamanashi)

<Awards (for both FUJI and KAI)>

Men's overall winners: 1st to 10th places

Women's overall winners: 1st to 10th places

<Age Group Awards (for both FUJI and KAI)> *Age as of race day

New Hero Award (Male and female racers with outstanding performance, 29 years old or younger)

Veterans Category (40-49 years old) Men's: 1st - 3rd place Women's: 1st - 3rd place

* Overall award winners will be excluded from age group category awards.

Masters Category (50-59 years old) Men's: 1st - 3rd place Women's: 1st - 3rd place

* Overall award winners will be excluded from age group category awards.

Legend Award (60 years old or older) Men's and Women's: 1st - 3rd place

* Overall award winners will be excluded from age group category awards.

 **SPECIAL RULES**

1. There will be a railroad crossing on the course about 1.7 km before the finish line (next to Fujikyū Highland Station of the Fujikyū Line). Please be sure to stop when you hear the warning sound of the course staff and the level crossing alarm. The time you spend waiting for the train to cross will be added to your race time.
2. This year, there will be no line where the final places are determined before the actual finish line as we did in 2022. The final places are determined based on the time a runner passes the finish line (net/chip time).

 **FINISHERS PRIZE AND RACE TIMES & RANKINGS****<FINISHERS PRIZE>**

All racers who finish the race will receive a Finisher prize.

<RACE TIMES & RANKINGS>

A finisher's certificate with a provisional race time will be available for downloading after finishing the race.

* Race times will not be posted at the race venue. Please check your race time or your friend's time on Ouen Navi or the leaderboard system. Please note that **the expected arrival time on Ouen Navi is calculated based only on distance, and altitude gains are not taken into account.**

Race times will be constantly updated on the official race website for tracking.

* Items handed out at the race venue cannot be mailed on a later date. Persons other than registered racers can only pick up a participation gift on behalf of a racer.

* All official race results including total times and times at check points will be posted on the official race website on a later date. Race Result Certificates with finalized places will also be available for downloading.

RESULT SERVICE

https://runnet.jp/ouen_navi/ultratrailmtfuji2023.php

OPEN : April 21st (FRI) noon to April 30th (SUN) 23:59

LEADER BOARD

https://leaderboard.runnet.jp/?tri=02524_20230421_01

OPEN : April 21st (FRI) noon to April 30th (SUN) 23:59

