

Participation Guide



2022. 11.27 sun

Thank you for your interest in the 11st Mt. Fuji International Marathon.

Please read it thoroughly.

We are looking forward to your participation.

Please print out the "Health Check Sheet" on page 12 of this guide, fill it out, and bring it to the race venue.

Official homepage https://mtfujimarathon.com/english/

ORGANIZERS The Nikkan Sports News, Fuji Kawaguchiko machi, Yamanashi JAAF, R-bies Sports Foundation CO-SPONSORED Japan Intellectual Disability Athletics Federations

COVID-19 Countermeasure

Precautions prior to the race

- Participants and their family members or those living in the same household as racers should take precautionary measures to prevent COVID infection on a daily basis.
- O Participants will not be allowed to run in the race if any of the following conditions are met within two weeks before the date of the race.
 - Fever that exceeds normal temperature (above 37.5°C)
 - Abnormal body condition (e.g. cold-like symptoms such as coughing and sore throat, fatigue (lethargy), shortness of breath, difficulty breathing, loss of taste or smell, muscle or body aches, nausea or vomiting, etc.)
 - Being in close contact with a person who has been tested positive for COVID-19.
 - Someone who is close to a racer such as a family member living with the racer or colleagues is suspected of COVID-19 or showing above symptoms.
 - For participants living in Japan: A state of emergency has been declared, or cross-prefectural travel restriction is in place in the area of residence.
 - For participants living outside of Japan: The country/region in which they reside is included in the areas subject to entry restriction to Japan as announced by the Japanese government.

- Within two weeks prior to the race, a racer has traveled to a country or region to which the Japanese government has imposed entry restrictions or is requiring an observation (quarantine) period upon returning from the country or region. Or, Participants has been in close contact with a person who has visited such country or region within two weeks prior to the race.
- O No refunds will be given if participants withdraws from the race.

Precautions during the race

- Participants are required wear a mask at the following locations during the race.
 - At the start area while waiting in line before the start time
 - Race venue after the finish
 - * Wearing a face mask is not required during the race other than the above areas.
- O Please do not spit, cough out phlegm, or blow a nose rocket during the race.
- O Cheering and talking in loud voice or physical contacts such as high-fiving and hand shaking are prohibited.

Time Schedule

November 26 (Saturday)

- 1:00 pm ①first/second term, race-day runner registration (until 7:00 pm)
 - ②Participation prize reception(full marathon, charty fun run) (Funatsuhama Hirahama Venue) (until 7:00 pm)

4:00 pm Runners welcoming ceremony

(Funatsuhama Hirahama Venue)

Starting this year, the race adopts RUN PASSPORT smart check-in system. Racers only need to present their smart-phone screens upon checking-in on the day of the race. Please install RUN PASSPORT app (free to install). The race organizer will distribute real-time information using the bulletin board function during the race.







iOS

S Android

*To install the app, search "RUN PASSPORT"on Google Play or App Store.

November 27 (Sunday)

- 7:00 am Venue Open *Submit health check sheet. *If the temperature is 37.5°C or higher, you will not be allowed to run.
 - ①Race-day runner registration (until 8:00 am)
 - ②Baggage drop-off opens (until 8:45 am full marathon, 9:00 am charity fun run)
 - *Times are strictly observed.
 - ③Participation prize reception (Full marahon, charity fun run) (Funatsuhama Hirahama Venue) (until 4:00 pm)
- 8:15 am Traffic restrictions begin
- 8:40 am Opening ceremony (Full marathon)
- 9:00 am Start (Full marathon)

 Opening ceremony (Charity fun run)
- 9:20 am Start (Charity fun run)
- **12:45 am Awards ceremony** (Funatsuhama Hirahama Venue)
- 3:00 pm Race end (Full marathon cutoff time 6 hours)
- 4:00 pm Baggage pick-up closes

Please help us bring a safety pin to attach the BIB

The Mt. Fuji International Marathon to protect the environment around Mt. Fuji with the goal of not generating unnecessary garbage. Safety pins to fasten the athlete bibs (number card) are not enclosed, so please bring them with you. If you don't have one, don't worry, we have one at the venue.

Confirmation and Preparation

Runner registration

- * One the race day. If you lost or forgotten your BIB card or the timing chip, we will reissue the one at "BIB Card/Chip information Center" for a fee.
- BIB card: 1,000 Yen, timing chip: 1,000 Yen, BIB card and timing chip: 2,000 Yen. The BIB Card/Chip information Center is located in the full marathon main event spaces (Funatsuhama Hirahama) on both Nov 26 and 27.
- For first and second term runners, BIB cards and timing chips will be handed out on Nov 26th at the venue.

Contact

Information on the race

Fujisan Marathon organizer

To November 25

info-english@mtfujimarathon.com

November 26 1:00 pm - 7:00 pm November 27 6:00 am - 4:00 pm

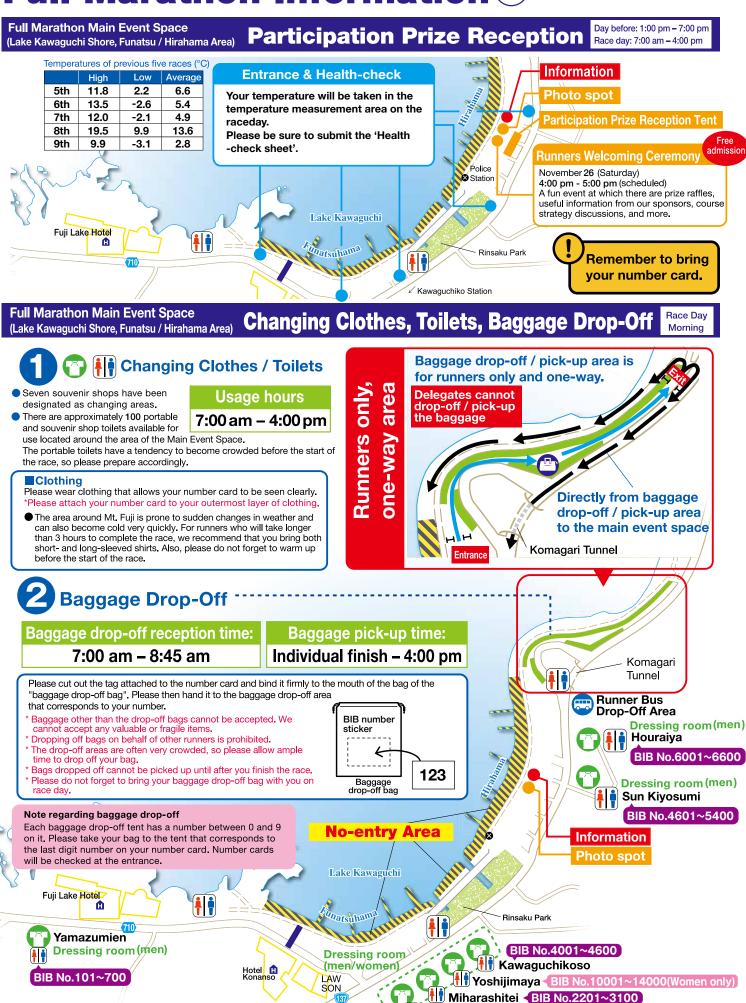
TEL.0555-72-4911

For details, please see the Fujisan Marathon official Website

https://mtfujimarathon.com/english/



Full Marathon Information ①



Kawaguchiko Station

∰ Funatsuya <mark>BIB No.701~2200</mark>

Full Marathon Information 2

Full Marathon Main Event Space (Lake Kawaguchi Shore, Funatsu / Hirahama Area)

Start

Race day, 9:00 am

Start Lineup Area: Hirahama, Funatsuhama

Please line up in the block (alphabet) designated on your number card by 8:45 am.









🚃 Runner Bus Drop-Off Area

Each start block is closed at 8:30 am. If you do not come in time, you have to start from the tail end.

Start point

No-entry Area

Instagrammable spot

Cold-weather clothing collection box

Fuji Lake Hotel From Kawaguchiko Station

Lake Kawaguchi

Rinsaku

Medical office

Cold-weather clothing collection

Information

- Throw-away clothing to avoid the cold such as sweaters and jackets can be worn until start time while linining up at each block.
- Please either leave these beforehand at collection areas, or at designated collection areas after the start signal.
- Collected clothing will be reused and will not be returned.
- Please dispose of throw-away ponchos in trashbins, not in clothing collection areas.

Collection boxes are also available at about 2km points on the course

Preparing for the Full Marathon

7:00 am - 8:45 am

Changing clothes Baggage drop-off

By 8:30 am

Go to your start block

■ Number Card

- JAAF-registered runners and medical workers will receive two number cards, one each for the front and back. All other runners will receive one number card. Please attach your number
- to a place that can be seen by event staff. Please confirm that the name and number on your card are accurate.

Necessary Items

- **Timing Chip**
- The included timing chip will be used to record your time during the race
- Running without your chip or losing it during the race will result in you being unable to receive a certificate of completion. Runners who have lost or forgotten their number card or timing chip on race day are instructed to receive replacements at the lost number card/chip information area at a cost of ¥1,500. This is located at the reception headquarters inside the participation prize reception tent on both November 26 and 27.

8:45 am

Start blocks close

*If you are unable to get to your start block on time, you will begin the race from the end of the lineup.

8:45 am

Opening ceremony

9:00 am

Start

■Competition Rules

- (1) The competition rules adhere to the 2022 Japan Association of Athletics Federations' regulations and this event's regulations.
- (2) As a rule, runners are to run on the left side of the road (on the right in some sections).
- (3) Runners who do not reach a checkpoint before the cut-off time must retire from the race. Checkpoint times are listed under "Checkpoint Times" on p.7
- (4) The time limit for the race is six hours from the starting signal ("gun time") at which time the race is cut off.
- (5) If the referee determines that a competitor is unable to continue the race or if a runner interferes with another competitor (by running backwards or irregularly, etc.), that competitor may be disqualified from the race.
- (6) The official record of the event is the time from the starting signal.
- (7) Running alongside another runner to set a pace is prohibited, except for approved individuals accompanying a person with an impediment. It is also prohibited to run alongside a vehicle.

Important

- (1) Please manage your physical condition on the day before the race. If during the race your condition deteriorates, please have the courage to quit the race. Also, if you notice a runner having trouble, please tell the nearest official.
- (2) The organizer takes no responsibility whatsoever for illness or injury, loss, or other accidents, except for first-aid treatment.
- (3) No special drinks (drinks prepared for specific individuals) can be left at the water stations.
- (4) The organizer takes no responsibility for any trouble that occurs due to drinking fluids or consuming foods outside of designated water
- (5) If using a portable music player or the like, please listen at a volume at which you can still hear the instructions of staff.
- (6) It is dangerous to stop suddenly during the race to take photos or for other reasons. Please be aware of the runners around you and enjoy the race.
- (7) You will be disqualified if you are found to have used toilets other than those designated during the race.
- (8) Please be sure to wear a mask exept during the





Water & Food

Station	Front of Yamanashi Chuo Bank	Fuji Omuro Sengenjinjya Parking	Hoto Labo.	Front of Tozawa Campsite	Front of Nagahama Fishing Club	Front of townhouse branch office	Front of Kangakuen Campsite	Saiko Iyashi no sato	Front of Saiko CC	Bunkado tunnel	Oku Kawaguchiko Marine
Distance	5.6 km	9km	13.1 km	16.5km	21.4 km	21.9 km	24.9km	28 km	30.3 km	34.3 km	35.9 km
Water	Sports drink only	Water Sports drink	Water Sports drink	Water Sports drink	Water Sports drink	Water only	Water Sports drink	Water Sports drink	Water Sports drink	Water only	Water Sports drink
Food		Bananas Chocolate etc.	Bananas Chocolate etc.	Energy jelly	Bananas etc.		Bananas Chocolate etc.	フジパン Bread	Energy jelly		Bananas Chocolate etc.

*Quantities are limited

^{*}Food selection on race day is subject to change.

^{*}All water stations are equipped with trach cans; please properly dispose of your trash in the trash cans there.

^{*}There is no reception for special drinks at this event.







Distance Markers

Distance markers are located in 1 km intervals from start to finish.

Timing Points

Timing mats are placed every 5 km and at the halfway point as a means of recording runners' times. They are placed so that you will pass over them naturally as you run the designated course. Failure to pass over the mats may result in failure to record your time and lead to disqualification. Those who drop out before finishing are asked to exit the course without passing the finishing area (goal line).

Toilets

There are portable toilets as well as private toilets in the venue area. Please use your best manners when using the toilets.

Time Limit

6 hours (until 3:00 pm)

*In order to prevent accidents, runners are prohibited from running on the course after the end of the race. Race time will not be extended in accordance with any runner's net time (time that compensates for the difference between the start time and the time which the runner crosses the starting line).

*The time limit is set based on the gross time (time from the firing of the starting gun).

Checkpoint Times

In order to prevent risk and ensure the safety of runners, checkpoints are located at the locations listed above.

- Runners who remain on the course after the checkpoint closing times are asked to either board the bus at the next checkpoint or the collection bus at the end of the runners' line. Runners who board the bus will be let off at the runner bus drop-off area (see p.8) located at the Full Marathon Main Event Space.
- Even before the checkpoint closing time, if you have been deemed clearly unable to proceed to the next checkpoint by judges or medical staff, you will be directed to withdraw from the race.
- The number cards of runners unable to pass through the checkpoints will be collected. Please follow the instructions of the judges. You will be allowed to take your timing chip home with you.

Dropping Out

If you wish to withdraw from the race, please raise your hand and notify nearby staff.

Traffic restrictions will be lifted for parts of the course in accordance with the of each checkpoint and a collection bus will be put into operation. If this bus catches up to you, you will be considered withdrawn (disqualified) from the race. At that time, please board the bus immediately.

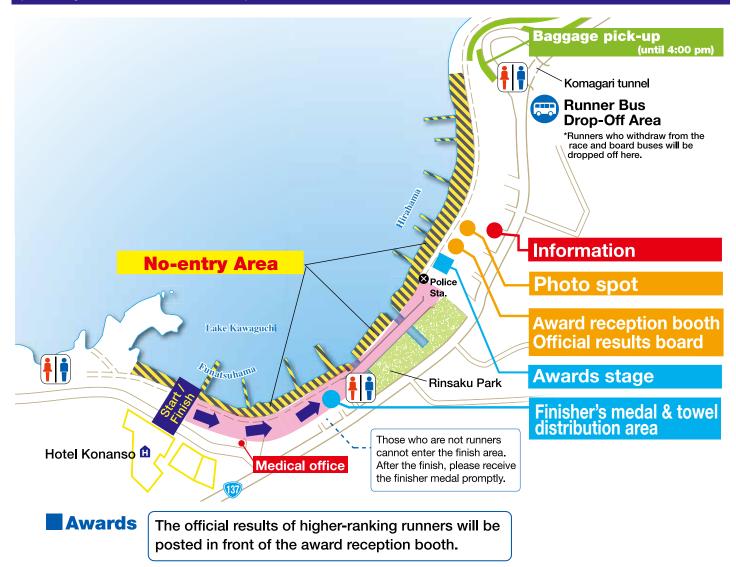
Full Marathon Information 3

Full Marathon Main Event Space (Lake Kawaguchi Shore, Funatsu / Hirahama Area)

After Finish

Race day

Finish (until 4:00 pm)



Location: Lake Kawaguchi Shore Hirahama Stage

Information for Award Recipients

	Category	Ceremony Time						
	Runners Registered with the JAAF							
Men	1st - 6th place	12:45 pm 1:00 pm						
Womeı	n 1st – 6th place							
General Runners								
Men	1st - 6th place	12:45 pm						
Wome	n 1st – 6th place	1:00 pm						

^{*}Please report to the award reception booth 10 minutes before the start of the ceremony.

Information Regarding Age Class Awards

The 1st – 6th place male and female finishers in each age class will be presented with a certificate and a prize. Please report to the award reception booth next to the Hirahama Stage during the time listed below.

*There will be no ceremony.

*The 1st place finishers in each age group will have a commemorative photo taken at the "Award reception booth"

Award/Prize Reception Time 12:30 pm - 4:00 pm

*Recorded finishing time will be from the firing of the starting gun (gross time)

-Age class is now categorized for every five years!

<Men>

Male marathon under 24, 5-year steps from 25, 70 or above

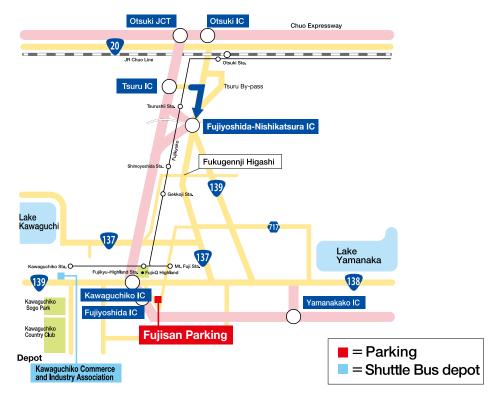
<Women>

Female marathon under 24, 5-year steps from 25, 70 or above

^{*}The ceremony will begin even if all the award recipients are not present. In that event, the awards, etc. will be given to the recipient after the conclusion of the ceremony or shipped to the recipient at a later date.

For advance registrants only Parking/Shuttle Bus Information

Parking lot can only be used by those who applied in advance. If you are not requested a parking space, please use public transportation.



Kenritsu Fuji Hokuroku Parking

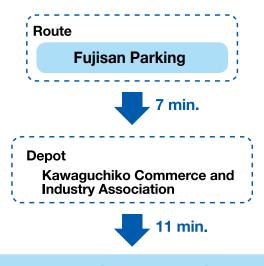
5597-84 Kamiyoshida, Kenmarubi, Fujiyoshida-shi, Yamanashi, 403-0005

- * Shuttle bus to the venue will be operated at any time from each parking lot except Kawaguchiko Minami JHS.
- * Please come to the venue on foot from Kawaguchiko Minami JHS.

Parking (Gates open: 5:00 am)

Operation of shuttle bus

To the venue: 6:00-7:45 am From the venue: 12:30-3:30 pm



Illegally parked cars will be towed. Please be careful.

Full marathon starting point

Check the traffic information here for the race day (Nov 27 (Sun))!

- ★iHighway Nakanihon http://ihighway.jp/
- ★Official homepage http://fujisan-marathon.jp/
- ★ Twitter Fujisan Marathon organizer @fuji42195 https://twitter.com/fuji42195

Please follow "@fuji42195".

Charity Fun Run Start / Finish (Oike Park)





Time Schedule							
November 26 (Saturday)							
1:00 pm – 7:00 pm	Participation prize reception (Funatsuhama-Hirahama / Main Event Space) First and second term entry runner registration						
3:00 pm	Runners welcoming ceremony (Funatsuhama-Hirahama / Main Event Space)						
November 27 (Sunday)							
7:00 am – 8:00 am	Runner registration (Funatsuhama-Hirahama / Main Event Space)						
7:00 am – 4:00 pm	Participation prize reception (Ohike park)						
7:00 am – 9:00 am	Baggage drop-off (Charity Fun Run Start / Finish Ohike park)						
9:00 am	Runner assemble, charity fun run opening ceremony (Charity Fun Run Start / Finish Ohike park)						
9:20 am	Charity Fun Run start!						
3:00 pm	Race ends						
3:00 pm	Raffle draw						
3:00 pm	Baggage pick-up closes						

Notes

- The charity fun run is an untimed race with no awards given for its completion. Please run this race at your own pace while enjoying the majestic scenery of Mt. Fuji and the shores of Lake Kawaguchi.
- A portion of your entry fee for the charity fun run will be donated to activities that assist in the cleaning, maintenance, and beautification of the Mt. Fuji area.



Race Day (Nov 27) Train Timetable Information (excerpt)

Approx. 65-min via JR Chuo Line Limited Express from Shinkuju to Otsuki Sta. At Otsuki, transfer to the Fuji Kyuko Line Limited Express, approx. 45-min to Kawaguchiko Sta. Get off at Kawaguchiko Sta. 10-min walk to marathon event area from Kawaguchiko Sta.

Accessible from central Tokyo via JR East, transferring to the Fuji Kyuko Line.

Train timetable for coming to the Fujisan Marathon (24h) (as of September 2022)

Regularlyscheduled trains Dep. Tokyo 4:39 → Dep. Takao 6:02 → Arr. at Otsuki 6:38 / Dep. Otsuki 7:03 → Arr. at Kawaguchiko 7:58

Dep. Tokyo 4:58 → Dep. Takao 6:14 → Arr. at Otsuki 6:51 / Dep. Otsuki 7:02 → Arr. at Kawaguchiko 7:58

Dep. Tokyo 5:18 \rightarrow Dep. Takao 6:30 \rightarrow Arr. at Otsuki 7:06 / Dep. Otsuki 7:25 \rightarrow Arr. at Kawaguchiko 8:18

Dep. Tokyo 5:32 \rightarrow Dep. Takao 6:42 \rightarrow Arr. at Otsuki 7:19 / Dep. Otsuki 7:25 \rightarrow Arr. at Kawaguchiko 8:18

JR East and Fuji Kyuko will operate special train services connecting the Shinjuku/Tama area with Kawaguchiko for the 7-th Fujisan Marathon. For more information, please consult "JR train imetables", ask station staff at JR East train stations, or call Fuji Kyuko Mt. Fuji Sta. (TEL: 0555-22-7133)

Additional trains scheduled for Fujisan Marathon

Train Name
Rapid Fujikaiyu No.89

Departure Sta. / Time (27h)

Shinjuku 5:21

Arrival Sta. / Time (27h)

Kawaguchiko 7:17

Seating
Reserved seating in all cars

Returning train timetable (24h)

Train Name	Departure Station/Time				
Fujisan View Express No.4	Kawaguchiko 1:11 pm				
Local	Kawaguchiko 1:28 pm				
Rapid Fujisan No.14	Kawaguchiko 2:00 pm				
Local	Kawaguchiko 2:20 pm				
Rapid Fujikaiyu No.36	Kawaguchiko 3:03 pm				
Local	Kawaguchiko 3:21 pm				
Rapid Fujikaiyu No.92	Kawaguchiko 3:57 pm				
Local	Kawaguchiko 4:19 pm				
Rapid Fujikaiyu No.44	Kawaguchiko 4:51 pm				
Local	Kawaguchiko 5:08 pm				
Rapid Fujikaiyu No.48	Kawaguchiko 5:36 pm				

- * Riding the "Express Train" requires the purchase of a limited express ticket in addition to the standard passenger ticket. (except between Kawaguchiko and Mt. Fuji Sta.)
- * The "Fuji Tozan Densha" is all-reserved seating; reservation required. All sections require an additional ¥200 (adults/ children) seating ticket. In the event that it is fully booked, you will be unable to purchase a ticket to board this train. Thank you for your understanding.

Reserved seating tickets can be purchased from 10:00 am on the day one month prior to the boarding date at JR station ticket offices, major travel companies, "reserved seating ticket vending machines", or the "Eki-net" website.

All seats are reserved for Limited Express Fujisan Marathon.

"Eki-net" is useful for reservations!

Pre-reservation for Shinkansen and limited express train reserved seating tickets on JR lines nation-wide (with some exceptions) is possible via "Eki-net" one month and one week prior to the boarding date. (free registration: www.eki-net.com)

* Even in the event of pre-reservation, the actual sale date of the tickets is one month prior to the boarding date at 10:00 am. Tickets may not be available in the event of full booking, etc.

[Notes]

- Train delays on race day may make it unable for you to make your predetermined transfer.
- In the event that the race is cancelled and train services are still operational, there will be a cancellation fee predetermined by JR charged when refunding the cost of your reserved seating ticket. Thank you for your understanding.
- Significant timetable delays may occur due to operation status, etc. on race day. Please note that this may cause you to miss the start of the race.

Runner Tracking (Runners Update Service) (Japanese language only)

This service, available on the official event website (PC/smartphone/mobile phone) allows you to search by name or number to follow a runner's progress, with updates in 5 km intervals and at the halfway point.

* This time is for tracking purposes and is not an official record.

This service allows supporters to follow participants' progress.

PC/Smartphone

1 Support Navi

2 First- and last-place time information can be found here:

https://mtfujimarathon.com/english



* This service is only available on PCs and smartphones.

Health condition check sheet regarding COVID-19

- * Please start filling out this form two weeks before the race and submit this at the designated place according to the instructions of the race organizer during the racer registration on the day before the race.
- * False declarations will not be accepted.
- * If not applicable, put **✓**; if applicable, put a "○". (Enter measured temperature in Celsius and to the first decimal place. e.g. 36.5°C)

check sheet		19-Nov	20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov	27-Nov (raceday)
1	I have a sore throat.									
2	I am coughing.									
3	I have phlegm and it sometimes gets caught in my throat.									
4	I have runny nose or nasal congestion (except for allergies).									
5	I have headache.									
6	I have fatigue or tiredness.									
7	I fever or chills.									
8	I have shortness of breath or difficulty breathing.									
9	I have loss of taste (I cannot feel taste).									
10	I have loss of smell (I cannot smell anything).									
11	Body temperature	°C	°C	°C	°C	℃	°C	°C	°C	$^{\circ}$
12	Medication (any medication, including antipyretic lam taking (drugs, that alleviates above conditions)									

The purpose of this check sheet is to check the health of individual racers participating in the Mt.Fuji International marathon in order to prevent the spread of COVID-19 at the Mt.Fuji International marathon.

The personal information provided in this check sheet will be kept under strict control and will only be used for the purpose of identifying the health condition of the racers, making decisions on whether or not to allow a specific racer to participate in the race, and for making necessary

The Mt.Fuji International marathon race organizer will not provide personal information obtained through this check sheet to any third party without the consent of a racer concerned, except in cases permitted by laws and regulations including the Act on the Protection of Personal

However, the racer organizer may provide the personal information to the public health office to the extent necessary in the event that a COVID-19 infection or possible infection is discovered in the Mt.Fuji International marathon.

 \square I agree to the collection, use, and provision of personal information.

Use the hashtags #Fujisan Marathon and #fuji42 to spread the word about the **Fujisan Marathon!** Let's get it trending!





