



Mt. FUJI International Marathon 2023

RACE DAY
11/26
SUN!!

Presented By **SPORTS DEPO**

[ORGANIZERS]

The Nikkan Sports News, Fuji Kawaguchiko machi , Yamanashi JAAF, R bies Sports Foundation



◆◆◆◆◆ Charity Fun Run (Approximately 11km) Race Guide ◆◆◆◆◆

Thank you for your interest in the 12nd Mt. Fuji International Marathon. Please read it thoroughly. We are looking forward to your participation.

Official Web site <https://mtfujimarathon.com/english/>



Mayor of
Fujikawaguchiko Town
Kikuo Watanabe



Nikkan Sports Newspaper
CEO
Makoto Takada



Yamanashi Athletics
Association
Chairman
Eiichi Noguchi



Hello, Participants of Mt. FUJI International Marathon 2023. Welcome to Fujikawaguchi-ko Town. On behalf of our citizens, I would like to extend a heartfelt welcome to all of you.

In May of this year, Japan's Ministry of Health, Labour and Welfare downgraded the classification of COVID-19 to "Category 5 Infectious Diseases." I want to express my heartfelt gratitude to all the runners, cooperating organizations, many volunteers, and staff involved in the event to be able to organize this event at this time, as there are signs of regional economic revival. This event is only possible with all of you and your understanding and cooperation.

This year, not only is the 20th anniversary of Fujikawaguchiko Town's establishment as a town, but also the 10th anniversary of Mt. Fuji being registered as a World Cultural Heritage Site. To mark this memorable milestone, our town held a drone show for the first time in Yamanashi Prefecture using 400 drones in June. Starting with this as a turning point, the town's residents and tourism parties are working together on events such as the town-famous herb festival and Kawaguchiko Lake Festival, as well as various sports competitions, including the Mt. FUJI Marathon, which we hope will serve as a stepping stone to tourism recovery since the downfall due to COVID-19.

The Mt. FUJI Marathon has received great acclaim from runners in Japan and overseas. However, this time, we have taken a new approach and created a new course around Lake Kawaguchiko so that even more marathon fans can enjoy it. We are working to create an event in which it is easy for anyone to participate.

This fall's Mt. FUJI Marathon is in the perfect season, with the leaves from autumn remaining. We hope the beautiful scenery and joy and excitement of running will be etched in the hearts of runners, and you will take every opportunity to visit our town.

In closing, I wish all the runners participating in the Mt. FUJI International Marathon 2023 a successful completion.

Thank you for participating in the Mt. FUJI International Marathon 2023. I want to extend a warm welcome on behalf of all the organizers. In 2012, the Kawaguchiko Nikkan Sports Marathon, which celebrated its 36th history, changed its name to the Mt. FUJI International Marathon. We started with a new goal of being "the world's best resort entertainment marathon," with outstanding scenery and entertainment and becoming a tourist destination internationally, different from urban marathons. Runners are welcomed again this year with a course around Lake Kawaguchiko and Lake Saiko, a part of the World Heritage Site. In the past, the Mt. FUJI International Marathon was named "the world's most beautiful course" by the Berlin Marathon staff. Together Mt. Fuji, Lake Kawaguchiko, and Lake Saiko show a magnificent view, popular with overseas runners. Please enjoy the majestic scenery to your heart's content.

This year's event has received entries from many overseas runners, and the pre-COVID-19 spirit has returned! We will continue putting athletes first and devote ourselves to creating a safe and secure tournament. In addition to the Full Marathon and Charity Fun Run, a new 29km lap course around Lake Kawaguchiko was established this year to encourage participants to choose the Mt. FUJI Marathon from among the many available marathons. We have scheduled a Welcome Walk the day before the marathon to ensure all participants have the best day in Fujikawaguchiko Town.

Last but not least, I would like to thank the town of Fujikawaguchiko for their thorough preparation and cooperation in hosting this event, the Yamanashi Athletics Association for directing the event, the Fujiyoshida Police Station for their guidance on traffic supervision, and the Fujikawaguchiko fire department for emergency care. In addition, I would like to extend my sincere gratitude to the sponsoring companies and organizations for their support and a big thank you to all the participating runners.

This early winter, the "Mt. Fuji Marathon" can be held once again at the northern foot of Mt. Fuji. Thank you for your support and cooperation.

This 12nd Marathon will begin with a change from the traditional Kawaguchiko Nikkan Sports Marathon. The Full Marathon (42.195km) overlooks the majestic mountain body of Mt. Fuji, a World Cultural Heritage site. It circles Lake Kawaguchiko and Lake Saiko, which are constituent assets of the mountain, and is certified by the Japan Association of Athletics Federations.

With its beautiful scenery, the Full Marathon and Charity Fun Run, (approximately 11 km) for those aged 12 and over, have received high praise and entries from all over Japan. This year, we have also created a new 29km course that goes "Around KAWAGUCHIKO". Since Mt. Fuji was registered as a World Heritage Site, the event has become even more popular, becoming one of the most popular marathons with runners from around the world.

We hope that by participating in the competition, you will experience the beauty of Mt. Fuji and its surroundings and raise awareness of nature and landscape conservation. Furthermore, I hope that every one of you will achieve your goals, such as finishing the race and breaking your records.

It has been 10 years since Mt. Fuji was registered as a World Cultural Heritage Site. At the event, each participant in the charity fun run will donate 223 yen to the Mt. Fuji Environmental Conservation Activities Fund. By participating in the race, runners also have the opportunity to experience the world-class sacred mountain and the charm of the two constituent lakes, and to once again raise their awareness of nature conservation and landscape conservation.

I would appreciate it if you could do that too. In closing, I would like to express my sincere gratitude to all related organizations and people involved, including Fujikawaguchiko Town, for their tremendous efforts.

Time Schedule

November 25 (Saturday)

- 12:00 am Runner registration (BIB and Participation prize pick up) (until 7:00 pm)
(Funatsuhama Hirahama Venue)
- 2:00 pm **Sonic Welcome Walking Start**
(Funatsuhama Hirahama Venue)
- 3:00 pm **Runners welcoming ceremony**
(Funatsuhama Hirahama Venue)
- 7:00 pm **Runner registration(END)**

November 26 (Sunday)

- 7:00 am **Venue Open** (Oike Park Start Venue)
 - ① Race-day runner registration (until 8:30 am)
 - ② Baggage drop-off opens (until 8:30 am full marathon)
*Times are strictly observed.
- 8:15 am **Traffic restrictions begin**
- 9:05 am **Opening ceremony** (Oike Park)
- 9:20 am **Start** (Funatsuhama Hirahama Venue)
- 12:20 am **Race end**
- 2:00 pm **Baggage pick-up closes**
- 4:30 pm **Shuttle bus to the parking lot closes**
(Funatsuhama Hirahama Venue)
- 5:00 pm **Venue closes** (Funatsuhama Hirahama Venue)

Please help us reuse 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. If runners no longer need their safety pins after a run, please return them to the recycling box. We will be reusing safety pins.

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 25 and 26.

Contact

Information on the race

Fujisan Marathon organizer

To November 24

info-english@mtfujimarathon.com

November 25 1:00 pm - 7:00 pm
November 26 6:00 am - 4:00 pm

TEL.0555-72-4911

For details, please see the Fujisan International Marathon official Website

<https://mtfujimarathon.com/english/>



Process of participating in Charity Fun Run

November 23rd (Thursday) to 24th (Friday)

Pre-registration (Alpen TOKYO (Shinjuku ku, Tokyo))

11:00 am-9:00 pm (BIB and Participation prize pick up)

***Only for RUNNET GLOBAL entry runners and participants for Tour Package C.**

November 25th

(Sat)

Funatsuhama
Hirahama
Parking Lot

**12:00 am-7:00 pm
Runner registration**

(BIB and Participation prize pick up)
(Funatsuhama Hirahama Venue)

**5:00 am
Parking lot open**

**6:00 am
Shuttle bus service begins from the parking lot
to the venue**

**7:00-8:30 am
Runner registration**

(BIB and Participation prize pick up)
(Oike Park)

7:00 am Baggage drop-off open (until 8:45 am)

9:20 am Start

12:20 am Race end

4:30 pm Shuttle bus to the parking lot closes
(Funatsuhama Hirahama Venue)

5:00 pm Venue closes
(Funatsuhama Hirahama Venue)

November 26th

(Sun)

Funatsuhama
Hirahama
Parking Lot

Access (KAWAGUCHIKO Station to Race Venue)



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



Fujisan Parking

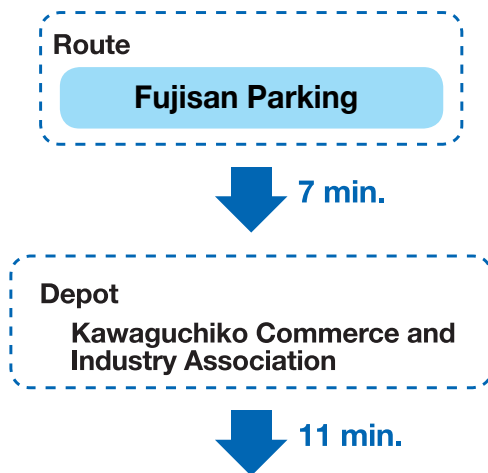
5597-84 Kamiyoshida, Kenmarubi, Fujiyoshida-shi, Yamanashi, 403-0005

- * 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: 12:30-4:30 am



Full marathon starting point

Illegally parked cars will be towed. Please be careful.

Check the traffic information here for the race day (Nov 26(Sun))!

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

Please follow "@fuji42195".

Map



Start



Finish



Baggage drop-off



EXPO Area



Participation Prize reception



BIB pick up



Dressing/Restroom





First Aid


EXPO


SPORTS DEPO

HUAWEI WATCH









Mt. Fuji International Marathon Official Shop
BRING Running wear recycling tent

No entry Area

Award reception stage
Welcome ceremony
& Welcome Walking
Start & Finish
(Nov.25)

Komagari tunnel

Runner Bus Drop-Off Area

*Runners who withdraw from the race and board buses will be dropped off here.

Lake KAWAGUCHIKO

Hirahama

Venue entrance/exit A

*Closed from 8:00 to 16:00 on the 26th

To Charity Fun Run Start & Finish venue

Dressing room "Yamazumi-en"

Start Area & Finisher's service Area

Funatsu hama

Rinsaku park

police sta.

Information

GATE D

Venue entrance/exit D

GATE C

Venue entrance/exit C

GATE B

Venue entrance/exit B

*Closed from 8:30 to 16:00 on the 26th

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To Kawaguchiko Station

Charity Fun Run Start/Finish (Oike Park)

Water & Food

Station	Front of Yamanashi Chuo Bank	Fuji Omuro Sengenjinjya Parking
Distance	5km	8.5km
Water	Sports drink only	Water Sports drink
Food		Bananas Yamanashi specialty Products フジパン Bread

*Quantities are limited

*Food selection on race day is subject to change.

*All water stations are equipped with trash 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

Only finish time (gross time) will be measured.

There is no ranking.

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

3 hours (until 12:20 am)

*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).

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.



Race Day (Nov26) 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 Mt.Fuji International Marathon (24h) (as of November 2023)

Regularly-scheduled trains	Dep. Tokyo 4:59 → Dep. Takao 6:14 → Arr. at Otsuki 6:51 / Dep. Otsuki 7:03 → Arr. at Kawaguchiko 7:58
	Dep. Tokyo 5:59 → Dep. Takao 6:42 → Arr. at Otsuki 7:19 / Dep. Otsuki 7:24 → Arr. at Kawaguchiko 8:19

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 timetables", 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	Departure Sta. / Time (24h)	Arrival Sta. / Time (24h)	Seating
	Rapid Fujikaiyu No.89	Shinjuku 5:21	Kawaguchiko 7:15	Reserved seating in all cars

Returning train timetable (24h)

Train Name	Departure Station/Time
Fujisan View Express No.4	Kawaguchiko 1:13 pm
Local	Kawaguchiko 1:28 pm
Rapid Fujisan No.14	Kawaguchiko 2:01 pm
Local	Kawaguchiko 2:19 pm
Rapid Fujikaiyu No.36	Kawaguchiko 3:03 pm
Local	Kawaguchiko 3:20 pm
Rapid Fujikaiyu No.88	Kawaguchiko 3:50 pm
Rapid Fujikaiyu No.78	Kawaguchiko 4:25 pm
Rapid Fujikaiyu No.44	Kawaguchiko 4:51 pm
Local	Kawaguchiko 5:03 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.

[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.

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 nationwide (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.

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.



How to download the record certificate

After finishing, access the QR code
 You can download by entering your BIB number.



Get essential items for runners at the Sports Depot booth!

“Sports Depo” is waiting for runners with a wide selection of essential items for marathons.

At the “Sports Depo” booth, we have everything you need before running, such as taping, socks, and caps.

We also have a wide variety of cold weather items such as run gloves, neck covers, and windbreakers, so you can take precautions against the cold before heading out!

Why not come and check it out?

Additionally, we also have the “Amino Vital® Marathon Completion Set,” which is essential for runners.

Get your favorite items and make the Mt. Fuji Marathon the best race!

SPORTS DEPO

<https://store.alpen-group.jp/>



Recommended for cold weather running gloves



Recommended for protection against the cold Windbreaker



Amino Vital® Marathon Completion Set

Only for RUNNET GLOBAL entry runners and participants for Tour Package C.

Pre-registration will be held from November 23rd (Thursday) to 24th (Friday) at Alpen TOKYO (Shinjuku ku, Tokyo), the flagship sports store of the Alpen Group.

We will provide hospitality by setting up a base in Shinjuku, which is also the gateway to the event venue, Lake Fuji Kawaguchi, for participants from overseas.



Alpen TOKYO
(Shinjuku-ku, Tokyo)

HUAWEI WATCH

HUAWEI Japan announced the “HUAWEI WATCH GT 4”, a new running watch with a gorgeous new design and powerful performance, And we're honored to have Sir Mo Farah as our ambassador.

You'll be able to experience this amazing new product at HUAWEI's booth at the exhibition from November 25th through November 26th(Marathon opening day)!

In addition, HUAWEI S-TAG will also be featured in the exhibition.

This is a Professional motion sensor that can be worn on the body to help users get 13 running posture indicators.



HUAWEI



専門的なランニングモニタリング
HUAWEI WATCH GT 4 | HUAWEI S-TAG



“Fujipan” supports the runners of the Mt. Fuji International Marathon!

"Black Koppe" will be distributed as aid during the full marathon and fun run courses.

For energy supply
"Black Koppe"

黒コッペ

Fujipan's
best selling
bread

Birth Around 1960
(Reprint released in 2004)

Delicious brown sugar from Okinawa
The perfect balance of soft dough and cream



521 kcal per piece of bread



“Fujipan” official X



“Amino Vital®” supports the Mt. Fuji International Marathon!

We offer the “Amino Vital® Series” including “Amino Vital® Pro”, an amino acid that supports race day conditions, before the start and after the race!

Additionally, to support runners during the race, special sales will be held at the booth the day before and on the day of the race.



From the All Sports Community Notice of photo sales service on the day!

ALL SPORTS
community

From the start to the finish of the 12th Mt. Fuji International Marathon.

A professional photographer from the all-sports community will take pictures of you running!

Photos can be viewed and purchased online at a later date.

If you would like to receive an email notification
of photo release after the race, click here!
URL: <https://allsports.jp/event/01262683.html>





パルチン
Palatinose
天然由来の糖

Coke for sports?
This is the **new normal** for athletes

The birth of Athlete Cola!



A cola suitable for endurance sports
Contains palatinose for efficient sugar intake, and
Endurance type that is gentle on the body and made
with naturally derived ingredients
It's cola. Please come visit our booth.



Speaking of taping, it's Pro Fit!
We will support your completion!

At Pro Fit Booth, we are offering a free taping service to
suit your concerns! Taping will support your anxious body during the latter
half of the race. If you are interested, please stop by our booth.



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



X
@fuji42195



Facebook
@mtfujimathon



Instagram
fujisan_marathon

Search

Self check sheet for physical condition

(No obligation to submit)



Please note that those with a body temperature of 37.5°C or higher on the day of the event will not be able to participate.

If any of the following items apply to you, please let us know whether you can participate in the tournament or not. Please consult your physician.

- Have been diagnosed with heart disease (myocardial infarction, angina pectoris, cardiomyopathy, valvular disease, arrhythmia, etc.)
- Have you ever suddenly lost consciousness?
- I have a blood relative who died suddenly from what is called "heart paralysis."
- You have not had a health checkup for over a year.

The following items are risk factors that increase the risk of myocardial infarction and angina pectoris.

If there are any applicable items, please consult your doctor to stabilize your condition before participating in the race.

- High blood pressure (hypertension)
- High blood sugar level (diabetes)
- High cholesterol and triglycerides (hyperlipidemia)
- Smoking cigarettes

■ Just before the race Self-check items

Please check the following items. If you can't check everything, please pace Dropping, or the dead weight of the lace itself is required.

Self-management is essential to avoid trouble.

If you feel unwell, please stop by a first aid station, speak to the first aid staff, or take the necessary precautions. Please be mindful of abstaining.

- My body temperature in the morning was normal.
- I had breakfast before 6 a.m.
- I hydrated 30 minutes to 1 hour before the start.
- I did not drink alcohol the day before.
- I got enough sleep the night before.
- I have a strong desire to run.
- I don't have diarrhea.
- I don't have a headache.
- No joint pain
- I did a thorough warm-up and stretching.