



Mt.FUJI International Marathon 2024

RACE DAY
11/24
SUN!!

Presented By **SPORTS DEPO**

[ORGANIZERS]

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



◆◆ Around KAWAGUCHIKO (Approximately 17km) Race Guide ◆◆

Thank you for your interest in the 13th Mt. Fuji International Marathon. Please read this document thoroughly. We are looking forward to your participation.

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



Mayor of
Fujikawaguchiko-machi
Hideyuki Watanabe



Nikkan Sports Newspaper
CEO
Makoto Takada



Yamanashi Athletics
Association
Chairman
Eiichi Noguchi



To all runners participating in the 13th Mt. Fuji International Marathon, welcome to Fujikawaguchiko-machi. On behalf of our citizens, I extend my heartfelt welcome to you all.

Most of this event's course takes place along the shores of a lake, which is part of a World Cultural Heritage site, offering runners a variety of beautiful scenery. In this ideal season, with the autumn foliage still lingering, I hope you will fully enjoy the stunning views as you give your all in the race. I also hope that the joy and exhilaration of running will leave a lasting impression on your hearts, encouraging you to visit our town again whenever the opportunity arises.

Our town regularly welcomes many tourists from abroad, and this year's event has received entries from 55 countries, with over 60% of participants coming from overseas. This is quite unique compared to other races, and I am delighted to see the high recognition that this event has garnered internationally.

In closing, I would like to express my deepest gratitude to all the organizers and volunteers whose generous support has made this event possible. I wish all runners great success, a safe completion, and that you exceed your personal goals with outstanding times. With that, I conclude my welcome address.

Thank you for participating in the 13th Mt. Fuji International Marathon. On behalf of the organizers, I extend a warm welcome to you all. The Mt. Fuji International Marathon began in 2012, transitioning from the Kawaguchiko Nikkan Sports Marathon, which had a 36-year history, into a new event. Unlike urban marathons, this marathon set out to become the "world's premier marathon," blending the stunning landscapes and entertainment of this international tourist destination.

Once again this year, the course will take you around Lake Kawaguchiko and Lake Saiko, both of which are part of a World Heritage site, offering participants a breathtaking experience. In the past, staff from the Berlin Marathon have praised this course as "the most beautiful in the world," and it enjoys immense popularity among overseas runners. The combined grandeur of Lake Kawaguchiko, Lake Saiko, and Mt. Fuji will provide a magnificent backdrop for your race. Please enjoy the incredible scenery to your heart's content.

We've designed this event to offer various categories: the full marathon, the 17 km loop around Lake Kawaguchiko, and a charity fun run, so that all types of runners may participate. This year, all categories reached capacity within about a month of registration opening, a testament to the event's growing popularity. We deeply appreciate your enthusiasm and support, and we will continue to prioritize the athletes' needs, ensuring a safe and secure event. On the day before the race, we will also be hosting a Welcome Walk, offering participants a chance to enjoy the best of Fujikawaguchiko-machi and make the most of their stay here.

In closing, I would like to express my sincere gratitude to the local community of Fujikawaguchiko-machi, the Yamanashi Track and Field Association for supervising this competition, the Fujiyoshida Police Department for managing local traffic, the Fujikawaguchiko Fire Department for their emergency preparations, our sponsors, cooperating organizations, and of course, to all the runners taking part. Thank you, and I wish you all a fantastic race experience.

I am truly delighted that the Mt. Fuji International Marathon is once again being held this year in the northern foothills of Mt. Fuji. I would like to express my deepest gratitude to everyone who has offered their support and cooperation, and to extend a warm welcome to all the runners participating, from both Japan and abroad. The majestic Mt. Fuji, along with the stunning landscapes of Lake Kawaguchiko and Lake Saiko, will greet you all during this event.

The Mt. Fuji International Marathon evolved from the historic Kawaguchiko Nikkan Sports Marathon. We offer a range of courses, including the Japan Association of Athletic Federations-certified full marathon (42.195 km), the scenic loop around Lake Kawaguchiko (17km), renowned for its autumn foliage, and the Charity Fun Run, open to participants aged 12 and over (approximately 10.5 km). These varied courses allow runners of all levels to challenge themselves, whether it's aiming for completion or breaking personal records. I hope that every runner will enjoy the natural beauty of the northern foothills of Mt. Fuji in late autumn while working up a refreshing sweat.

Mt. Fuji, which celebrated the 10th anniversary of its World Cultural Heritage designation last year, continues to attract a large number of international visitors. This year's event has received numerous entries from abroad, making it a truly international event. I look forward to seeing this race serve as an opportunity for meaningful international exchange among runners. Additionally, for each participant in the Charity Fun Run, 223 yen will be donated to the Mt. Fuji Environmental Conservation Fund. I hope that through this event, runners will not only experience the splendor of Mt. Fuji and the two lakes that are part of this heritage, but also reflect on the importance of environmental conservation and the preservation of these landscapes.

In closing, I would like to once again express my sincere gratitude to Fujikawaguchiko-machi and the many organizations and individuals whose dedicated efforts have made this event possible.

Time Schedule

November 23 (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 Welcom Ceremony**
(Funatsuhama Hirahama Venue)
- 7:00 pm **Runner Registration(END)**

November 24 (Sunday)

- 7:00 am **Venue Open**
 - ① Race-day runner registration (until 10:00 am)
 - ② Baggage drop-off opens (until 10:00 am)

※Times are strictly observed.
- 8:15 am **Traffic restrictions begin**
- 10:15 am **Opening ceremony**
- 10:30 am **Start** (Funatsuhama Hirahama Venue)
- 1:15 pm **Awards ceremony** (Funatsuhama Hirahama Venue)
- 1:30 pm **Race end**
- 4:00 pm **Baggage pick-up closes**
After Ceremony
- 6:00 pm **Venue closes**
- 6:30 pm **Shuttle bus to the parking lot closes**

Please bring your own safety pins!

The Mt. Fuji International Marathon aims to keep the environment around Mt. Fuji free of garbage. We ask for your cooperation in bringing safety pins for athlete bibs (number cards). If you have forgotten your safety pin, please pick up a spare pin at the registration desk or help desk.

Confirmation and Preparation

Runner registration

* On the race day, if you lose or forget your BIB card or the timing chip, we will re-issue 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 23 and 24.

Contact

Information on the Race

Mt. Fuji International Marathon Organizer

Until November 22

info-english@mtfujimarathon.com

November 23 1:00 pm - 7:00 pm
November 24 6:00 am - 4:00 pm

TEL.080-4138-3184

For details, please see the Mt.Fuji International Marathon official Website

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



Process of participating in Around KAWAGUCHIKO

November 18th (Monday) to 22nd (Friday)

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

7:00 pm-9:00 pm (BIB and Participation prize pick up)

※11:00 am-9:00 pm (Only November 22nd)

November 23rd

(Sat)

Funatsuhama
Hirahama
Parking Lot

12:00 am-7:00 pm

Runner Registration

(BIB and Participation prize pick up)

November 24th

(Sun)

Funatsuhama
Hirahama
Parking Lot

5:00 am
Parking lot open

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

8:30-10:00 am

Runner registration

(BIB and Participation prize pick up)

8:30 am Baggage drop-off open (until 10:15 am)

10:30 am Start

1:30 pm Race end

4:00 pm After Ceremony

6:30 pm Shuttle bus to the parking lot closes

6:30 pm Venue closes

Access (KAWAGUCHIKO Station to Race Venue)



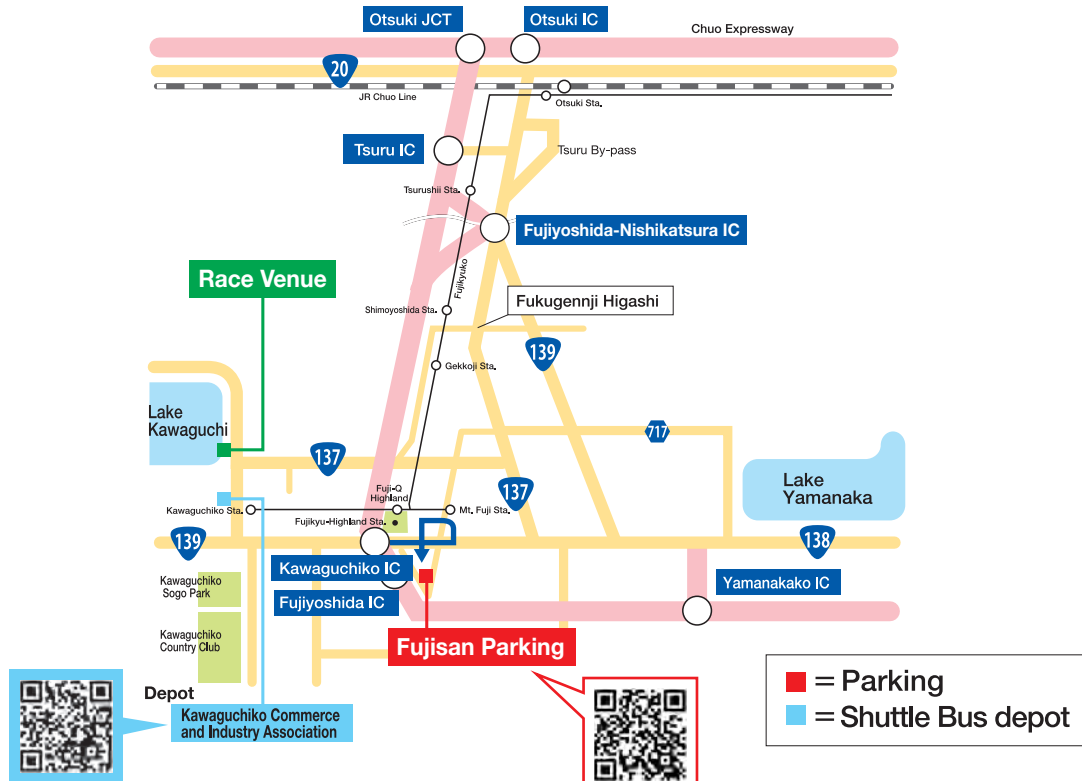
<Race Venue Access &Map>



For RUNNET GLOBAL entry only

Parking/Shuttle Bus Information

Parking lot can only be used by those who applied in advance. If you didn't request a parking space, please use public transportation.



Fujisan Parking

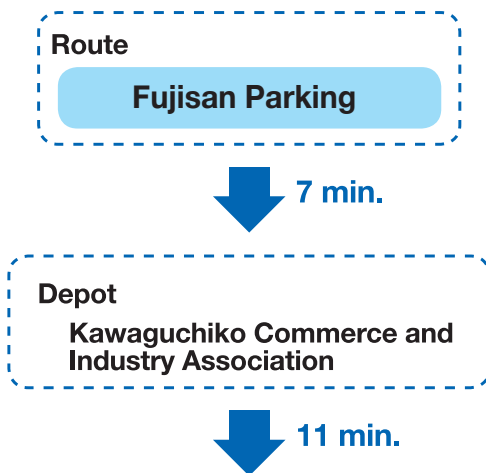
5597-84 Kamiyoshida, Kenmarubi, Fujiyoshida-shi, Yamanashi, 403-0005

- * 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: 12:30-6:30 pm



***Please board early on Sunday, November 24, as the number of buses will be reduced after 4:00 p.m.**

Illegally parked cars will be towed. Please be careful.

Full marathon starting point

Check the traffic information here for the race day (Nov 24 (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**
(Full Marathon & Around KAWAGUCHIKO)
-  **Finish**
-  **Baggage drop-off**
-  **EXPO Area**
-  **Marché**
-  **Participation Prize Reception**
-  **BIB pick up**
-  **Dressing/Restroom**
-  **Toilet**
-  **First Aid**

EXPO





A Murata Company









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

Award Reception Stage
Welcome ceremony
& Sonic Welcome
Walking Start & Finish
(Nov.23)

No entry Area

One way

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 24th

To Charity Fun Run Start & Finish venue

Dressing room "Yamazumi-en"

Start Area & Finisher's service Area

Funatsu hama

Police sta.

Information

D

Venue entrance/exit D

C

Venue entrance/exit C

B

Venue entrance/exit B

*Closed from 8:30 to 16:00 on the 24th

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To Kawaguchiko Station

Temperatures of previous five races (°C)

	High	Low	Average
8th	19.5	9.9	13.6
9th	9.9	-3.1	2.8
10th	Race canceled		
11th	14.6	2.3	7.5
12th	14.2	1.6	5.3



Runners Welcoming Ceremony Free admission

November 23 (Saturday)
3:00 pm - 4:00 pm (scheduled)

A fun event with prize raffles, useful information from our sponsors, course strategy discussions, and more.

1 Changing Clothes / Toilets

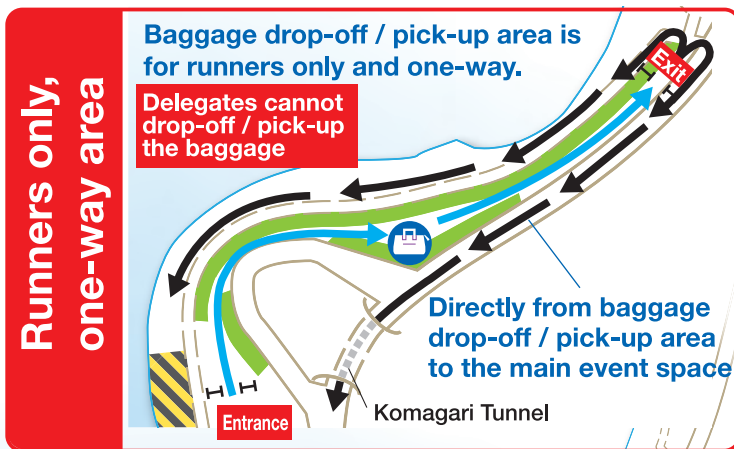
- Seven souvenir shops have been designated as changing areas.
- There are approximately 100 portable and souvenir shop toilets available for use located around the area of the Main Event Space. The portable toilets have a tendency to become crowded before the start of the race, so please prepare accordingly.

Usage hours
7:00 am - 4:00 pm

■ Clothing

Please wear clothing that allows your number card to be seen clearly.
*Please attach your number card to your outermost layer of clothing.

- The area around Mt. Fuji is prone to sudden changes in weather and can also become cold very quickly. For runners who will take longer than 3 hours to complete the race, we recommend that you bring both short- and long-sleeved shirts. Also, please do not forget to warm up before the start of the race.



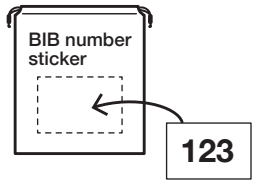
2 Baggage Drop-Off

Baggage drop-off reception time:
8:45 am - 10:15 am

Baggage pick-up time:
Individual finish - 4:00 pm

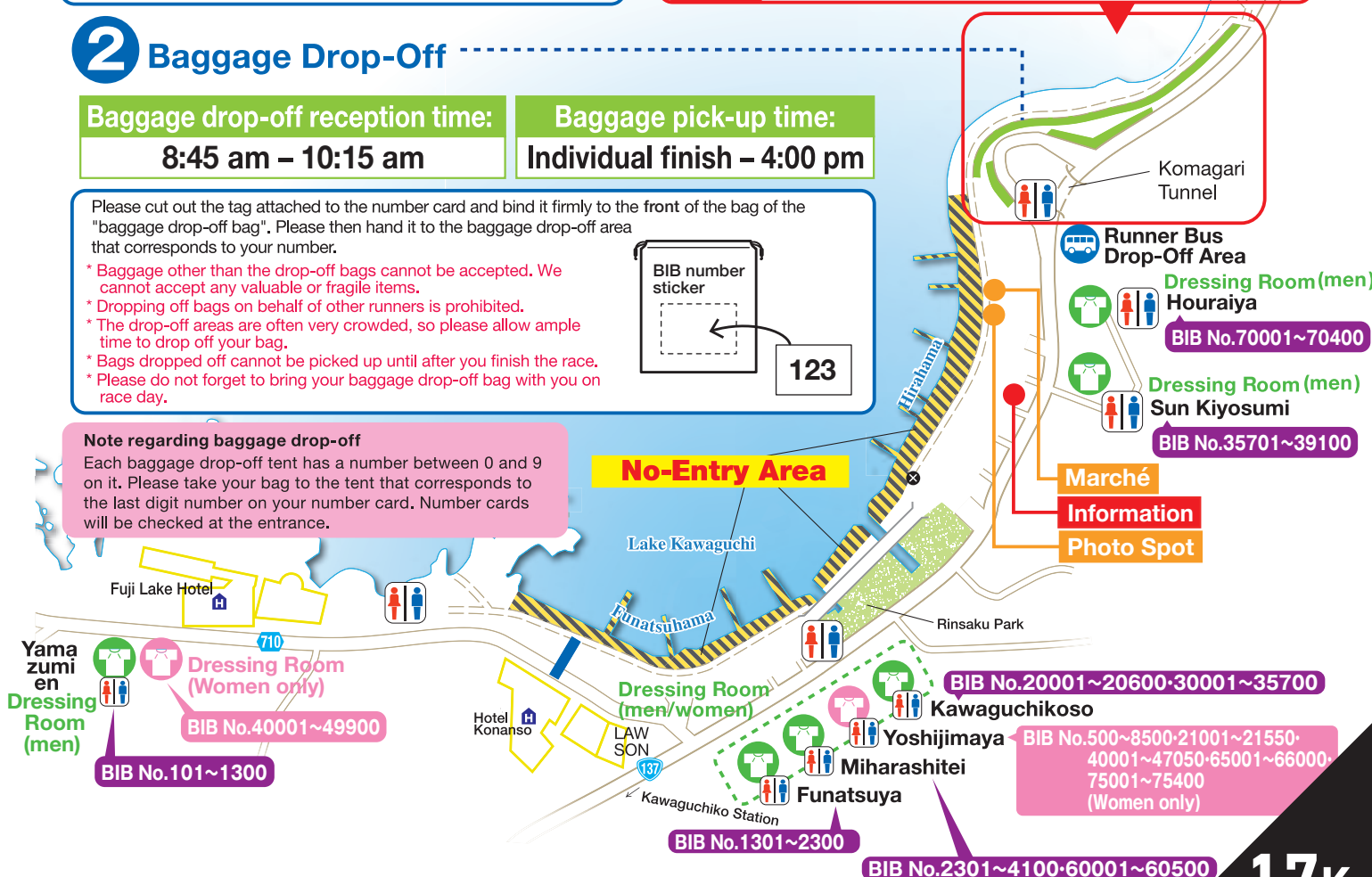
Please cut out the tag attached to the number card and bind it firmly to the front of the bag of the "baggage drop-off bag". Please then hand it to the baggage drop-off area that corresponds to your number.

- * Baggage other than the drop-off bags cannot be accepted. We cannot accept any valuable or fragile items.
- * Dropping off bags on behalf of other runners is prohibited.
- * The drop-off areas are often very crowded, so please allow ample time to drop off your bag.
- * Bags dropped off cannot be picked up until after you finish the race.
- * Please do not forget to bring your baggage drop-off bag with you on race day.



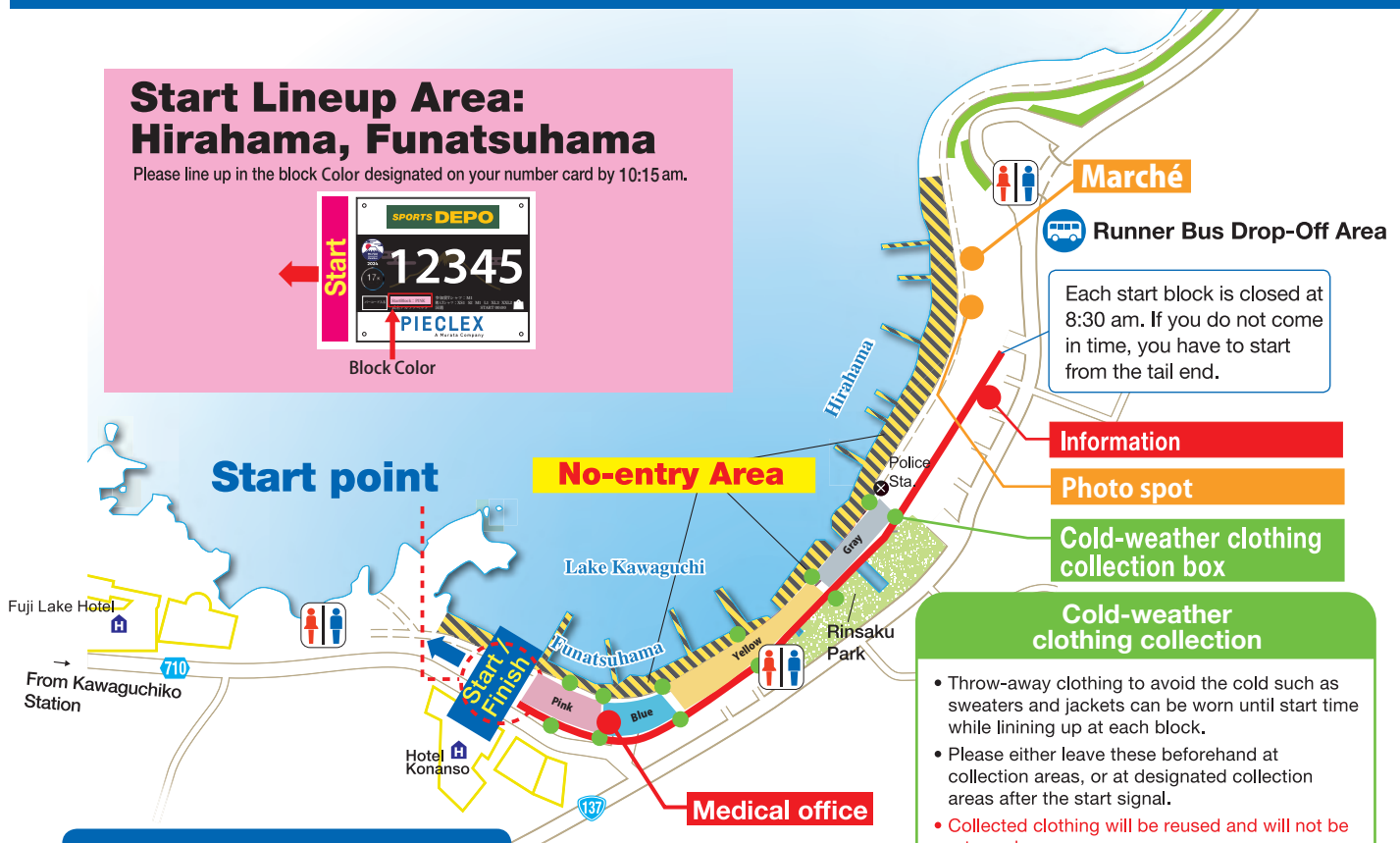
Note regarding baggage drop-off

Each baggage drop-off tent has a number between 0 and 9 on it. Please take your bag to the tent that corresponds to the last digit number on your number card. Number cards will be checked at the entrance.



Start Lineup Area: Hirahama, Funatsuhama

Please line up in the block Color designated on your number card by 10:15 am.



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

Cold-weather clothing collection

- Throw-away clothing to avoid the cold such as sweaters and jackets can be worn until start time while lining 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
Around KAWAGUCHIKO**

8:30 am – 10:00 am

Change clothes
Baggage drop-off

10:15 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

By 10:15 am

Go to your start block

10:15 am

Opening Ceremony

10:30 am

Start

Necessary Items

■ 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.

■ Timing Chip

- The included timing chip will be used to record your time during the race.

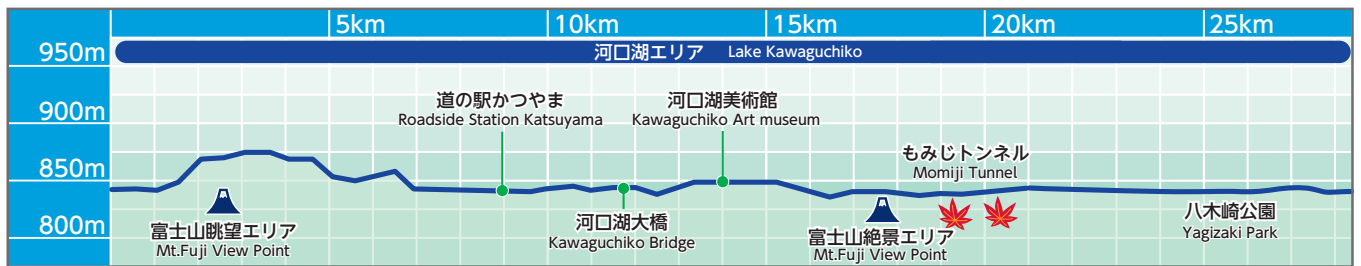
* Running without your chip or losing it during the race will result in you being unable to receive a certificate of completion.
* Runners who have lost or forgotten their number card or timing chip on race day are instructed to receive replacements at the lost number card/chip information area at a cost of ¥1,500. This is located at the reception headquarters inside the participation prize reception tent on both November 23 and 24.

■ Competition Rules

- (1) The competition rules adhere to the 2024 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.10.
- (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 stations.
- (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 except during the race.



Water & Food

Station	KAWAGUCHIKO KITA JUNIOR HIGH SCHOOL	Front of Tozawa Campsite	Front of Nagahama Fishing Club	Oku Kawaguchiko Marine	Fuji Omuro Sengenjinja Parking
Distance	3.4km	5.3km	10.3km	11.1km	14.1km
Water	Water Sports drink	Water Sports drink	Water Sports drink	Water Sports drink	Water Sports drink
Food	Chocolate etc.	Energy jelly	Yamanashi specialty Products Bananas	Yamanashi specialty Products Bananas Chocolate	Chocolate Sweets 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.

Please help us recycle water supply paper cups. Paper cups will be recycled.
We will provide a special trash can for paper cups. Please do not put other garbage in them.



Distance Markers

Distance markers are located in 1 km intervals from start to 21km.

Timing Points

Timing mats are placed 5km, 10km, 15km, 20km 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

- ① Kawaguchiko Ohashi Bridge (South)
12.1 km point 10:57 am
- ② Terazaki Fisheries Cooperative Parking Area
20.5 km point 12:03 pm
- ③ Katsuyama Roadside Station
24.5 km point 2:24 pm

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.



Awards

The official results of higher-ranking runners will be posted in front of the award reception booth.

Location: Lake Kawaguchi Shore Hirahama Stage

Information for Award Recipients

Category	Ceremony Time
Men 1st – 6th place	1:15 pm
Women 1st – 6th place	

*Please come to the award reception booth 10 minutes before the start of the ceremony.

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

Race Day (Nov 24) 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 (24th) (as of November 2024)

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
	Musashikoganei 5:12 → Tachikawa 5:23 → Takao 5:43 → Otsuki 6:19/Otsuki 6:36 → Kawaguchiko 7:33
	Dep. Tokyo 5:29 → 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 13th Mt.Fuji International 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 Mt.Fuji International 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 (24th)

Train Name	Departure Station/Time
Local	Kawaguchiko 12:58 am
Local	Kawaguchiko 1:31 pm
Rapid Fujikaiyu No.32	Kawaguchiko 2:10 pm
Rapid Fujisan	Kawaguchiko 2:26 pm
Local	Kawaguchiko 2:40 pm
Rapid Fujikaiyu No.36	Kawaguchiko 2:55 pm
Local	Kawaguchiko 3:21 pm
Rapid Fujiview	Kawaguchiko 3:37 pm
Rapid Fujikaiyu No.88 (Fujisan Marathon)	Kawaguchiko 3:53 pm
Local	Kawaguchiko 4:02 pm
Rapid Fujikaiyu No.78	Kawaguchiko 4:22 pm
Rapid Fujikaiyu No.44	Kawaguchiko 4:45 pm
Local	Kawaguchiko 5:01 pm
Local	Kawaguchiko 5:20 pm
Rapid Fujikaiyu No.48	Kawaguchiko 5:33 pm
Local	Kawaguchiko 5:50 pm
Local	Kawaguchiko 6:14 pm
Local	Kawaguchiko 6:34 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 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.

[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 and Result Card (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 is for tracking purposes and is not an official record.

This service allows supporters to follow participants' progress.

PC/Smartphone

① Result Service



② Leader board

③ WEB Result Card



*Please search with your BIB number (do not include your name)



Get essential items for runners at the Sports Depot booth!

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

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 International 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 18th (Monday) to 22nd (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)

PIECLEX

A Murata Company



As a wholly owned subsidiary of Murata Manufacturing Co., Ltd. with the corporate vision of “changing the world with electric fibers,” PIECLEX promotes innovation through its electric fiber “PIECLEX. The company is promoting innovation through “PIECLEX,” an electric fiber made from polylactic acid derived from plants such as corn and sugarcane.

Feature 1 “Antibacterial” by electric fiber

When a person moves, the fibers of Pieklex generate a weak electric charge, which exerts an antimicrobial effect. The antibacterial effect is not caused by the application of antibacterial agents, but by the antibacterial properties of the fiber itself, making it safe to use. The effect lasts even after repeated washing.

Feature 2: Circulation infrastructure “P-FACTS”.

Pieklex not only manufactures fibers, but also proposes a recycling infrastructure that allows consumers to easily feel their contribution to the environment. This is the “P-FACTS” recycling infrastructure. Used and discarded textile products, such as clothing, are collected as resources and then decomposed into compost. The compost is then used in agriculture and forestry and returned to plants.



PIECLEX Brand Ambassador Mr. Sou Takei



This year's race will offer a special prize to all participants.

フジパン

For energy supply
"Black Koppe"

黒コッペ

521 kcal per piece of bread

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



Fujipan's
best selling
bread



フジパンが応援するマラソン
応援してます！

ぼくも入ってるよ



© ネオバタくん



**"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.

"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!



From the start to the finish of the 13th 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!





Palatinose

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.



Mt.FUJI International Marathon

OFFICIAL GOODS

Sold at Race venue the day before and the day of the race.

T-SHIRTS



TOWEL



TOTE BAG



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



@fuji42195



@mtfujimarathon



fujisan_marathon

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Self check sheet for physical condition

(No obligation to submit)

If any of the following questions 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 re-consider whether to drop out or not.

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 your health.

- 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.