



# 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



## ◆◆◆◆◆ Charity Fun Run (Approximately 10.5km) 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 8:30 am)
  - ② Baggage drop-off opens (until 8:30 am)

※Times are strictly observed.
- 8:15 am **Traffic restrictions begin**
- 9:10 am **Opening ceremony**
- 9:20 am **Start** (Oike Park)
- 12:20 pm **Race end**
- 1:00 pm **Baggage pick-up closes** (Oike Park)
- 4:00 pm **After Ceremony** (Funatsuhama Hirahama Venue)
- 6:30 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](mailto: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 Charity Fun Run

**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)

Oike Park  
Parking Lot

**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**

**4:00 pm After Ceremony**

**6:30 pm Shuttle bus to the parking lot closes**

**6:30 pm Venue closes**

**November 24th**

(Sun)

Funatsuhama  
Hirahama  
Parking Lot

# Access (KAWAGUCHIKO Station to Race Venue)



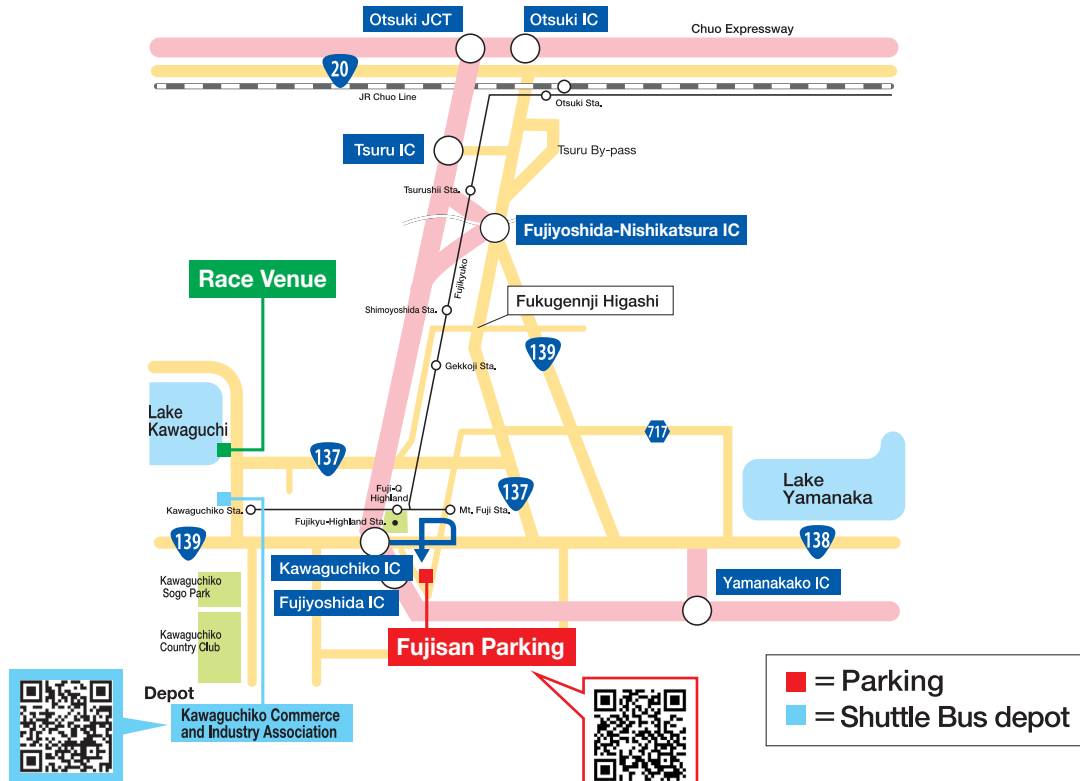
## <Race Venue Access & Map>



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

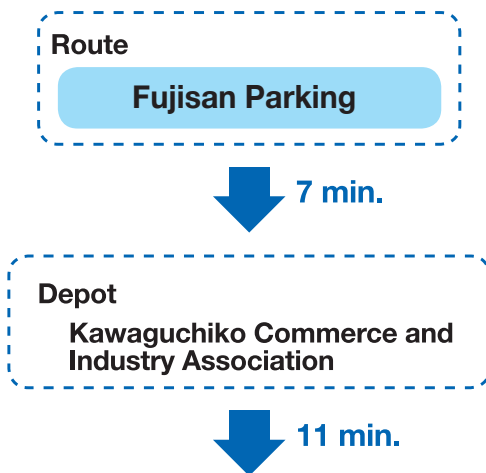
5597-84 Kamiyoshida, Kenmarubi, Fujiyoshida-shi, Yamanashi, 403-0005

- \* 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.**

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".

# Runner registration & EXPO Map (November 23)(Funatsuhama Hirahama Venue)



Baggage drop-off



EXPO Area



Marché



Participation Prize Reception



BIB pick up



Dressing/ Restroom



Toilet



First Aid

**EXPO**

**SPORTS DEPO**

**PIECLEX**  
A Murata Company

**フジパン** **amino VITAL**

**ATHLETE COLA** **ALL SPORTS community**

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

GATE A

Funatsuhama

Police sta.

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 24th

137

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.

## 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 (Nov24) 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](http://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



YouTube



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!





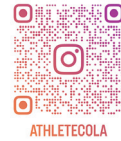
パルチン  
Palatinose  
天然由来の糖

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.



ATHLETECOLA



**Mt.FUJI** International  
Marathon

## OFFICIAL GOODS

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

### T-SHIRTS



¥ 4,500 (税込)  
Kids ¥ 2,500 (税込)



¥ 4,500 (税込)  
Kids ¥ 2,500 (税込)



¥ 4,500 (税込)  
Kids ¥ 2,500 (税込)



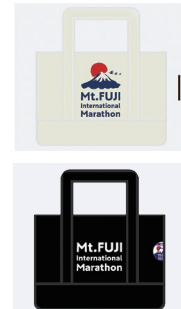
¥ 4,500 (税込)  
Kids ¥ 2,500 (税込)

### TOWEL



¥ 1,500 (税込)  
35cm x 100cm

### TOTE BAG



¥ 3,500 (税込)  
50cm x 35cm x 16cm

Use the hashtags #Fujisan Marathon and  
#fujii42 to spread the word about the  
Mt. Fuji International Marathon!  
Let's get it trending!



X  
@fujii42195



Facebook  
@mtfujimarathon



Instagram  
fujisan\_marathon

Search

# 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.