

## 24th Japan Mountain Endurance Race Hasegawa Tsuneo Cup (HASETSUNE CUP)

### *To all participants:*

Thank you for your participation in the 24th Japan Mountain Endurance Race (HASETSUNE CUP).

This brochure provides the participants with information to help preparing for the race. Please read it thoroughly.

The course of the race is very rough and lengthy consisting of a series of peaks in Okutama area, with the altitude of 1,000 meters to 1,500 meters. You need to put up with numerous steep ascents and descents at day and night, and challenge your own limits.

Each entrant must complete the entire course under his/her own strength, and may not accept aid or assistance in any form from anyone. To this end, you must carry all equipment including clothes, foods, and beverages by yourself and may not be supported by anyone except at the 2nd check point, where you will be receiving 1.5L water aid.

It is important for each entrant to recognize the potential physical and mental stresses which may occur during the race. Adequate physical and mental conditioning prior to the race is necessary. Much of the trail is remote and inaccessible by motor vehicle. Accordingly, there is no assurance that you will get adequate medical assistance in time should you become sick, incapacitated or injured. You must be well-prepared and always have your own safety in mind to enjoy the rich nature of Okutama mountainous area and to complete the race.

#### **【Schedule】**

Date of the race: October 9th (Sun) – October 10th (Mon), 2016

#### **October 9th (Sun)**

\*Reception Desk: Open between 10:00-12:00 at Itsukaichi Kaikan in Akiruno City, Tokyo  
(Itsukaichi Kaikan is located within a ten minute walk from Musashi Itsukaichi Station)

\*Opening Ceremony: 12:30

\*Start: 13:00

#### **October 10th (Mon)**

\*Award Ceremony: 9:00 in the square next to Itsukaichi Kaikan

\*Race Finish: 13:00

#### **【Inquiry and Contact】**

Race Administration Office: Tel 03-3350-6032, E-mail: [jimukyoku@hasetsune.com](mailto:jimukyoku@hasetsune.com)

#### **【Notice】**

Make sure to bring the envelop we sent to you and the brochure in the envelop to the reception.

## 1. For your safety

Runners should understand the risks associated with participation in the race. Adequate physical conditioning and the state of good health are absolutely necessary to keep your safety during the race. Each runner, especially a middle aged runner, is encouraged to have a medical checkup prior to the race.

## 2. Parking

There is a toll parking lot in front of Musashi Itsukaichi Station.

\*Total numbers of cars to be parked: 153

\*Parking fee: 600 yen per day

\*Open: 24 hours

There is another temporary toll parking lot at Kamichou near Odawabashi Bridge.

\*Total numbers of cars to be parked: approximately 130

\*Open: at 8:00 on Oct 9th

\*It is not allowed to make your car leave the lot before 8:00 on Oct 10th as the lot is located in a residential district.

Idling parking and use of fire in the lots are strictly prohibited.

## 3. About the course

Some points of the course are rough, therefore tapes/ropes are placed at dangerous points to call your attention. You need to be careful to pass through these points. In addition, caution is also necessary during nighttime running or when your concentration is decreased due to exhaustion.

At the branch points where runners may get lost, directional arrow signs are placed as route guides. We recommend you to trial-run the course to check the course.

You should especially be careful of the following points.

\*steep slope before Sayaguchi Toge to Kazahari Toge

\*rocky areas up to Ohtake San

\*rocky areas of sharp downslope from Ohtake San to Ohtake Sanso

<Course markings>

\*Directional arrow signs are placed at intersections and branch points.

\*Distance displays are posted to show the distance from the start.

5k, 10k, 15k, 20k, 25k, 30k, 35k, 40k, 45k, 50k, 55k, 60k, 65k, 70k,

Different signs are also posted to remind you the remaining distance to the goal such as "5k Left"

and "2k Left"

\*Tapes are set up to avoid wrong directions

\*Red flashing lamps are set up after Iriyama Toge for nighttime running

\*Color cones are placed at the start, finish and the 2nd check point to guide the course

In addition, there are signs for the following points.

\*Three water places and one water supply station

\*Three check points and two preliminary check points (Notice: There is a time limit at each check point.)

\*Toilets (11 locations)

#### **4. At the reception**

You need to present the envelop that was sent to you by the race administration office, and the evidence of your mountain rescue insurance (e.g. membership card) at the reception. Race bib (race number) and IC chips (tags) will be individually handed to you. The race bib must be attached on the front of your body where it will be visible at all times. Folding the bib is strictly prohibited. The tags must be attached to your shoes during the race.

All participants are requested to attend the opening ceremony at 12:30 on 9th of October where rules and important notices of the race will be announced. The award ceremony is scheduled at 9:00 on 10th of October in the square next to Itsukaichi Kaikan.

#### **5. At the start**

At the start, we will put up several signboards which indicate finish time categories such as “10 Hours”, “11 Hours”, “12 Hours”, “14 Hours”, “15 Hours”, “16 Hours and the Above” and “Invited Runners”. You are requested to stand behind the signboard of your expected finish time.

There are many runners on the course, and the trail will be quite congested after the start.

You should avoid running in parallel with other runners as there are many narrow paths on the course.

#### **6. Traffic control**

Temporary traffic control is imposed for 15 minutes for the safe crossing of Hinohara Kaido which is a main street near the start. You are expected to cross the street within 15 minutes after the start. Runners who cross the street after 15 minutes from the start are requested to follow traffic lights and take sidewalks without obstructing pedestrians.

#### **7. Use of trekking poles**

You may use trekking poles, but only after passing the 1st check point, “Sengen Toge”.

You should keep your poles attached to your backpack until you reach the 1st check point.

#### **8. Check points and time limit**

\*Iniyama Toge: Preliminary check point. Time limit, 16:00 Oct 9th

\*Daigomaru: Preliminary check point. Time limit, 19:00 Oct 9th

\*Sengen Toge: First check point. Time limit, 22:00 Oct 9th

\*Tsukiyomi Daini Chushajou: Second check point. Time limit, 4:00 Oct 10th

\*Nagao Daira: Third check point. Time limit, 10:00 Oct 10th

\*Itsukaichi Kaikan: Finish. Time limit, 13:00 Oct 10th

Your time is recorded at the 1st, 2nd, 3rd check points and at the finish by the tags on your shoes. You are requested to stop temporarily and follow the instructions of the staff at each check point for accurate recordings.

## **9. IC chips (tags)**

This is a chip-timed race. Tags should be attached to your right and left shoes before the start. For accurate recordings of your time, the tags should be attached within 30 centimeters from the ground. Make sure you attach your own tags properly, otherwise your time is not measured correctly. In case your shoes have no shoe laces and you need ankle straps, ask for them at the reception desk. Do not lose the tags. The tags must be returned at the finish after you complete the race or when you drop out of the race. You will need to pay for them if you lose them.

## **10. Drop out**

If you drop out of the race, you need to inform the official and follow his/her instruction. You should not get off the course or go down the mountains without giving notice to the official. Keep your body warm after dropout.

## **11. Descending routes for retired racers.**

There are designated routes as follows to descend from the course. Follow the instructions of the official when you take the route after dropout.

\*Iriyama Toge → Bonboni Rindo

\*Daigomaru → Wada Toge

\*Sengen Toge → Kamikawanoni

\*Saibara Toge → Kazuma

\*Sayaguchi Toge → Tomin no Mori

\*Tsukiyomi Daini Chushajou

\*Ohdawa

\*Mitakesan-Nagaodaira → Yousawa

You must return your tags to the official when dropping out of the race.

## **12. Nighttime running**

Red flashing lamps are placed on the course during the night to guide the course. You need to keep your attention to stay on the course during nighttime running.

## **13. In case you miss the course**

If you do not see any course displays, red flashing lamps or other sign posts, you may lose your way. In this case, go back until where you last saw a trail marker and try to find the right direction.

## **14. Toilet**

There are 11 toilets on the course as follows. A sign is posted to indicate the location.

\*Imakuma Jinja \*Sengen Toge \*Mitohsan Hinangoya \*Tsukiyomi Daini Chushajou  
\*Gozenyama Hinangoya \*Ohdawa Chushajou \*Ohtake Sanso \*Nagaodaira \*Mitake Jinja  
\*Hinode Yama \*Konpira Jinja

## 15. Equipment

Your safety will depend upon the quality of what you put in your pack. You should carry foods, at least 2 liters of water, rainwear, torches along with spare batteries, and outfits for cold weather. Batteries should be alkali or lithium, not manganese. Lack of the equipment or ill equipment condition may cause an accident. You need to figure out what to bring with you.

## 16. Water supply

Each runner should carry more than 2 liter of water at the start. Water supply station is located at Tsukiyomi Daini Chushajou which is a 42km point from the start, and maximum of 1.5L of water or sport drink is provided there. You should drink steadily from the beginning of the race as you can dehydrate very quickly when making long and steep ascents.

There are three other places as follows where you may get natural water.

- \*200 meters after Ohtake Sanso
- \*Upper part of Ayahironotaki (1.5km before Mitake San)
- \*Mitake Jinja

Any assistance from your supporters, team members or other runners is forbidden. You will be disqualified when receiving it.

## 17. Mountain climbers and hikers

The course of the race is part of public mountain trails and within the National Park where many climbers and hikers also enjoy on the race days. In particular, there will be many hikers and visitors in the areas near Ohtake San, Mitake San, and Hinode Yama which are the latter parts of the course. You should keep it in mind to have good manners and call them before you pass and wait until they make way for you. You are also expected not to use a bear-avoiding bell in residential districts in the last part of the course and places where many people are gathered.

## 18. Shelters (Hinangoya) on the course

There are two shelters on the course, Mitohsan Hinangoya and Gozenyama Hinangoya (200 meters away from the course). Arbors stand at Sengen Toge, Hinodeyama and upper part of Ayahironotaki

## 19. Accident during the race

If an accident happens, please inform the official or a field marshal (\*) nearby. When you do not see any official or the marshal, ask another runner to contact the official. (\* Field marshal: see Item 33) When you stop running due to an accident, do your best to keep yourself warm and rest until the field marshal gets to you. Keep your torches on during the night to show your whereabouts.

If you drop out of the race, you must inform the official of your decision to drop out. You should not get off the course or go down the mountains without giving notice to the official.

## **20. Anteroom**

For male runners, the gymnasiums of Itsukaichi Elementary School and Itsukaichi Middle School are available as anterooms

Female runners, invited runners, runners with Adventure Green Medal, and the field marshals can use rooms on the 2<sup>nd</sup> floor of Itsukaichi Chiiki Kouryu Center for the same purpose.

Please prepare blankets and sleeping bags for yourself if you need them.

Rooms and places other than the designated areas should be kept out. Use of fire is strictly forbidden in the anterooms and the venue.

## **21. Valuables**

We do not keep your valuables.

## **22. Conservation of nature**

The vast natural forests extended in the western part of Tokyo are precious properties of the citizens. In order to protect the beautiful nature, you should not enter any places other than the course. You are not allowed to wear spike shoes which may destruct the vegetation and damage the timing mats.

## **23. Environmental beautification**

Please respect the natural beauty of the trail. Dropping any litter anywhere on the course is strictly prohibited. Runners leaving behind any litter will be subject to disqualification.

Smoking is not permitted at the venue. It is only allowed in the designated area in front of Itsukaichi Chiiki Kouryu Center.

We ask for your cooperation in taking your garbage home with you.

## **24. Training on the course**

Sign post will not be placed on the course until one week before the race. You need to have enough information on the course when entering into the mountains for training. You should also take adequate equipment such as torches, water, clothes and gears to protect against rain and cold. Submit your schedule and route in advance to the police box in front of Musashi Itsukaichi Station.

## **25. Places suitable for cheering**

\*Sengen Toge: One hour walk from Kamikawanori Tozanguchi. Parking is not allowed. There is an arbor at Sengen Toge.

\*Sayaguchi Toge: 30 minute walk from Tomin no Mori. Parking is not allowed.

\*Mitake San (Nagao Daira): 20 minute walk from the terminal station of Mitake San Cable Car. There are a number of Japanese inns in the area for your overnight stay.

## **26. Restriction on cheering**

The last part of the course passes residential districts. Loud cheering in the districts, particularly during the night and early in the morning, is not allowed.

## **27. Name of peaks on the course**

Please confirm some names of peaks, such as Ichimichi Yama, Sangoku Toge and Hibara Toge.

## **28. Course map**

You can buy the official course map of HASETSUNE CUP at “Art Sports” retail stores for 800 yen. For more information: Visit our website, <http://www.hassetsune.com>

## **29. Area information and accommodations around the race days**

While you are in the area, plan and enjoy your stay in Itsukaichi. Please contact Itsukaichi Office of Akiruno City Kanko Kyokai (Tourist Information Bureau). Tel: 042-596-0514

Setting up a tent at the site of the venue is prohibited. Use of fire is strictly forbidden in the venue and the anterooms

## **30. Spa and Rest house**

Not yet fixed. (Free shuttle service will be available)

## **31. Lodges for runners, their friends and families**

There are lodges, Japanese inns and guest houses in the town of Itsukaichi and its neighborhood as follows. Please call them for additional information.

(1) Itsukaichi area

\*Otsu Nature Garden, Tel 090-8508-1293

\*Honjin, Tel 042-596-0292

\*Akikawa Keikoku Rivertio, Tel 042-595-2210

\*Japanese guest house, Momonga, Tel: 042-595-3298

(2) Neighborhood of the third check point (Mitake San)

\*Nanzanso, Tel: 0428-78-8449

\*Komadori Sanso, Tel: 0428-78-8472

## **32. Body care service**

Body care service after the race is available by Ashiato & Polar Bear Trainer's Team from 22:00 October 9th to 11:00 on October 10th. Price: 1,000 yen for 10 minutes

## **33. Field marshals**

There are around 40 field marshals who will be running with you from the start, with red marshal signs attached to their backpacks. Their roles include warning against unfair activities, reporting an accident and doing first aids on the course.

### **34. Your responsibility for safe running**

All runners are responsible to run safely from the start to the finish. You should carry a mobile phone, and pre-register the race HQ phone number, 03-3350-6032.

Note: In the mountains, you might not be reachable with mobile phones.

### **35. Responsibility for emergency contact**

Any accident may occur as runners are challenging their own limits during the race. It is essential that each runner helps others in case of emergency. If you see a runner who is sick or injured, call out to him/her. In case he/she requests any help or support, call race HQ immediately to tell the location of the person and ask for further instructions.

### **36. Runners are not allowed to wear a fancy costumes or dress-up.**

### **37. Use of personal hearing devices such as headphones and earphones are prohibited.**

### **38. A tattoo should not be visible outside of your clothes. (It must be covered by your wears.)**

### **39. Pets are not allowed on the course.**

### **40. As the 24th HASETSUNE CUP is a qualifying race in Japan for IAU Trail World Championship, doping tests are being planned for the first time in a trail running race in Japan.**

#### ***For everyone who cheer up runners:***

- Areas around the venue (Itsukaichi Kaikan and Itsukaichi Chiiki Kouryu Center) and the parking lots are located in residential districts. You are requested to restrain behavior that is disturbing to the residents such as shouting in a loud voice for cheering and making a noise. On- street parking is strictly prohibited.
- As there is no parking space at the starting point of trail to Sengen Toge and Daigomaru, we request you to keep from using cars when you go to the places for cheering up runners. On-street parking may cause an obstruction to traffic of official cars and emergency vehicles, therefore driving into surrounding areas of the cheering places is not permitted.
- Okutama Syuyu Doro where the second check point (Tsukiyomi Daini Chushajou) is located opens from 9:00 to 18:00 for the period between 1st of October and 31st of March.  
Gate of Tominnomoni and kyu-Kawano toll gate are closed at other times, and all traffic are blocked and access by private cars are not allowed.

Prompt report of the race is put up on our homepage, <https://hasetusne.com>

## **【Green Festival】**

Green Festival will be held a week after the HASETSUNE CUP to clean up the course and preserve the nature of Okutama area. It is a voluntary activity in which many people are expected to participate. Please contact Administration Office, [hasetsune.com](http://hasetsune.com), for your entry.

- Date & Time: October 15th (Sat) 2016, from 9:00 to 16:00
- Venue and Reception: Kowada Chushajo