



JAPAN



JAPAN TRAIL RUN

XTERRA JAPAN 2024 Nenouekogen Athlete Guide

We have compiled an athlete guide containing information about changes, important points to note, and frequently asked questions regarding the race. Please read the information below before participating.

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① Race Schedule and Registration

● Event schedule

2024/5/17 (Fri) DAY1

13:00-16:00 Receive race kit (all categories)
Trial run of the course (trial run of the trail run is not allowed)

2024/5/18 (Sat) DAY2

5:30 Gates open

6:00-8:00 Receive race kit (Full distance, Long distance, Duathlon)

6:00-10:00 Receive race kit (Kids, Light, Light duathlon)

6:00-16:00 Receive race kit (Trail run, Half marathon 32K, Trail run 16K, 6K, 3K)

6:00-8:30 Transition open (Full distance, Long distance, Duathlon)
Trial run of the course, Trial swim (Trial run of the trail run is not allowed.)

6:00-10:15 Transition Open (Kids, Lite, Lite Duathlon)

8:00-8:15 Race Briefing (Full Distance, Long Distance, Duathlon)

9:00 Race Start (Full Distance, Long Distance)

9:15 Race Start (Duathlon)

10:15-10:30 Race Briefing (Kids, Lite, Lite Duathlon)

10:45 Swim Cut-off (Full Distance, Long Distance)

11:00 Race Start (Kids, Lite)

11:10 Race Start (Lite Duathlon)

12:00 Swim Cut-off (Kids, Lite)

16:00 MTB Time Limit (all categories)
***For Long Distance, you must complete 4 laps by 14:00 to proceed to the final round.**

16:30 Awards Ceremony
(Awards will be given to categories whose rankings have been finalized at this point. Awards will be given to categories whose rankings have not been finalized after they are finalized.)

17:00 Course close (All categories except Long distance)
Long distance run cutoff
***If you do not complete one lap by 17:00, you will not be able to proceed to the final round.**

18:00 Course closes (Long distance)

2024/5/19 (Sun) DAY3

5:00 Gates open

5:00-6:15 Receive race kit (Trail run half marathon 32K, Trail run 16K)

5:00-7:15 Receive race kit (Trail run 6K, 3K)

6:15-6:30 Race briefing (Trail run half marathon 32K, Trail run 16K)

6:30 Race start (Trail run half marathon 32K, Trail run 16K)

7:15-7:30 Race briefing (Trail run 6K, 3K)

7:30 Race start (Trail run 6K, 3K)

9:30 Time limit (Trail run 6K, 3K)

9:45 Time limit (Trail run 16K)
Trail run half marathon cutoff
***If you do not complete one lap by 9:45, you will not be able to proceed to the final round.**

13:00 Time limit (Trail run half marathon)

*The award ceremony will be held in order as soon as the award recipients have been confirmed.

<Notes>

*The schedule is subject to change depending on weather and course conditions.

Please be sure to attend the race briefing as there may be sudden changes on the day.

*The award ceremony will be held on Saturday, May 18th and Sunday, May 19th.

There will be no parties on either day, so please purchase food and drink from the food and drink booths.

●About event cancellation and schedule change due to bad weather

If the event is cancelled or rescheduled due to bad weather, etc., we will announce it on our official social media accounts (Facebook, Instagram, X) at 5am on the day of the event.

●Race site entry time

Friday, May 17th: No restrictions

Saturday, May 18th: Gates open at 5:30

Sunday, May 19th: Gates open at 5:00

***The gates will open early in the morning. Please adjust your arrival time so as not to cause inconvenience to local residents. Also, please refrain from lining up near the entrance to the venue before the gates open.**

●Venue registration and receipt of race kit

Registration is available on the day for all events.

However, the closing time for registration varies depending on the event, so please check in within the registration hours.

(Please refer to the race schedule for registration times.)

② Race

●Race briefing

The course may change depending on weather, etc.

Please be sure to attend the pre-race briefing.

●Regarding lap checks during the race

You are responsible for managing your laps during the race.

Staff cannot tell you about your laps.

●Transition area

The transition areas will not be numbered.

Plenty of space will be reserved, so please be considerate to others when using the area.

Setting up equipment is not permitted the day before the race or outside of transition opening hours.

●Check point

For the Full Distance, Long Distance and Duathlon,

passage checks will be conducted at the First Observation Deck for both the bike and run.

*To make it easier to check your bib number, please keep your head up when the bike passes, and keep your bib number forward when passing the run.

●Aid stations

Aid stations will be set up in two locations:

- Near the transition area

- On the course, near the water fountains.

Water, sports drinks, and snacks (transition area only) will be provided.

Please bring everything you need so that you have enough energy.

●Course inspection and Swim course inspection

•Please be sure to check in and receive your race kit before the course test run.

•There will be no traffic restrictions on May 17th.

If you are going on a test run, please give priority to hikers and general traffic.

<Times available for course test run/swim test run>

Saturday, May 17th 13:00-16:00 (course test run only)

Sunday, May 18th 6:00-8:30

*Trail run test runs will not be available on any of the days. (Triathlon run test runs will be available.)

●Swim skip

If you wish to participate in the swim skip due to poor health or other reasons, please do not force yourself and consult with the race headquarters.

XTERRA does not offer swim skips, so we will consider changing you to another category.

- Body marking

Body marking will be carried out on the day of the race. Please get body marked as early as possible before the race.

- [Trail Run] About Equipment

Runners of the Trail Run Half Marathon 32K and Trail Run 16K must bring the following equipment with them when they start the race. Please note that there will be no checks on personal belongings.

- Bear bell
- Emergency sheet
- Headlamp
- Sufficient food and fluids
- First aid (bandages, bandages, disinfectant, painkillers, etc.)
- Smartphone (mobile phone)

- [Trail Run] About Shoes

Because there are areas with exposed bamboo forests and rocks, it is prohibited to run barefoot or in shoes that expose bare feet such as sandals.

- [Trail Run] About the use of walking poles

Using of walking poles is permitted, but please refrain from using them when there are a lot of runners, such as immediately after the start.

③ Race venues, etc.

- Parking lot and prohibition of sleeping in the car

[Participating in a race, picking up a race kit, or just taking a test run]

Please follow the guidance staff and park in Parking Lot 2 or Parking Lot 3.

[Staff, volunteers, organizers, and tournament officials]

Please inform the guidance staff and park in the organizers' parking lot.

[Parking lot precautions]

*Do not reserve a spot for friends by placing chairs, air pumps, etc.

*Do not set up tents or tarps in the parking lot.

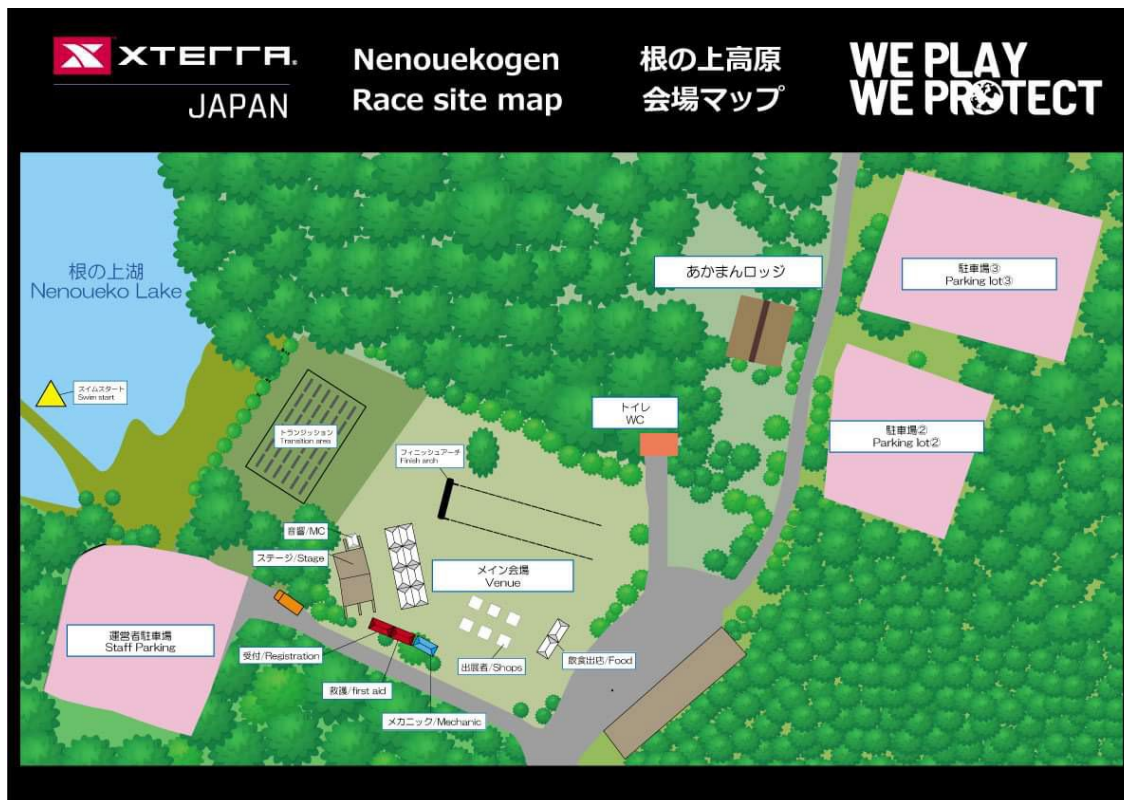
*Open flames are strictly prohibited in the parking lot.

[No overnight stays in cars]

You cannot overnight stay in your car in the parking lot.

We have received a request to "no overnight stays in cars" to prevent accidents and trouble.

Overnight stays in cars are prohibited except in the venue parking lot, around the venue, and in designated spaces for overnight stays in cars.



- Bike storage at the race site

Bikes will not be allowed to be parked in the transition area or at the competition venue.

- First aid tent

Paramedics will be stationed in the medical tent at all times.

If you are injured or feeling unwell, please come to the medical tent.

- Washing your bike

Washing your bike at Nenoue Lake or on the asphalt is prohibited.

You may remove mud on the grass or dirt, but you cannot wash or do laundry with detergents.

In addition, you cannot wash your bike or do laundry using water from Nenoue Lake, the surrounding lakes, or toilets.

If you would like to wash your car, please use the paid bike wash facilities that will be provided.

Please cooperate in beautifying the environment around Nenoue Highlands.

- Restrooms

On Saturday, May 18th and Sunday, May 19th, the restrooms at Nenoue Highlands will be open as follows:

Restrooms at Nenoue Highlands → Men only

Temporary toilets at Nenoue Highlands → Women only

Temporary toilets at the Second Observatory → Unisex

Temporary toilets at the aid station → Unisex

***The restrooms at Akamanma Lodge are for use by anyone other than guests staying at the lodge.**

- Information

If you have any inquiries, please contact the XTERRA JAPAN Management Office.

infoxterrajapan@gmail.com

