XTERRA JAPAN Trail Run 2023 Marunuma Athlete Guide

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●COVID19 measures

More than three years have passed since the outbreak of COVID19. The government decided to lower the classification of the new coronavirus infection law to "Level 5", the same as seasonal influenza, from May 8. Since the measures against infectious diseases will be greatly changed, we will take measures according to the social situation.

∗Please submit the "Health Check Sheet" when registering on the race site.

●Mask wearing rules

We don't ask you to wear a mask. Please use it appropriately according to your physical condition and circumstances.

●Race site entry time

July 1st (Saturday) No limit

July 2nd (Sun) AM 6:00

∗Gates open early in the morning. Please adjust the time and come to the race site as it will be a nuisance to the surroundings. Please do not line up near the entrance of the race site before the gates open.

●Parking lot

・If you are participating in the race, please follow the guide staff and park in the athlete parking lot KANKOSO.

[Caution when using the parking lot]

＊It is prohibited to reserve a place by placing.

＊Prohibition of using tents and tarps in the parking lot.

＊Fire is strictly prohibited in the parking lot.

＊Do not stay in the car while parked in the parking lot.

〇Prohibition of sleeping in the car at the race site

It is prohibited to stay in the car except for the venue parking lot, the area

around the venue, and the dedicated space for staying in the car.

●Event schedule

2023/7/1(Sat)

・13:30-16:00 Receive race kit (all categories)

（7/2 Pick-up of the race kit on the day of the race.）

2023/7/2(Sun)

・6:00 Parking lot open

・6:00-7:00 Trail run Full marathon registration

・6:00-8:30 Trail run Half marathon registration

・6:00-9:30 Trail run Short registration

・7:30 Trail run Full marathon start

・9:00 Trail run Half marathon start

・10:00 Trail run Short start

・12:30 Trail run Full marathon cut-off

（If you do not complete 1st lap by 12:30, you will not be able to advance

to the final lap）

・13:00 Trail run Short time limit

・15:00 Trail run Half marathon time limit

・ 17:30 Trail run full marathon time limit

・Award Ceremony（It will be held as soon as the ranking of the awardees is

decided）

＊Schedule is subject to change due to weather and course conditions.

＊Make sure to attend the race briefing held at the starting point 15

minutes before the start of each category.

●About event cancellation and schedule change due to bad weather

If the event is canceled or the schedule is changed due to bad weather,

etc., information will be announced on the official Facebook page, official

Twitter, and official Instagram at 5:00 am on the day of the event.

●Required equipment

・Bear bell, emergency seat, headlight

・Sufficient water

・Sufficient supplementary food

・First aid kit（adhesive plasters, bandages, disinfectants, pain relievers,

etc.）

●Wear trail running shoes

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

●Race briefing

Please be sure to attend the pre-race briefing. The course may change due to the weather.

●First aid

If you are injured or feel unwell, please come to the medical tent at the reception.

●Aid stations

Trail run half marathon and trail run full marathon will be checked at the aid station.

When passing through the checkpoint, please put the bib on the front side so that it is easy to check.

●Check point

Full distance, long distance, duathlon, and aquathlon categories will be checked at checkpoints for both bikes and runs.

Contact us any question:

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