



## JAPAN TRAIL RUN

### XTERRA JAPAN Trail Run 2023 Nenouekogen

Qualifying race of XTERRA Trail Run World Championship 2023

Race/Event Category/ Distance/ age requirement/ Time limit/ Capacity:

2023/8/6(Sun)

Race/Event	Distance	age requirement	Time limit	Capacity
Trail run short	5km	10 years old and above	3 hours	100
Trail run half marathon	25km	15 years old or older	6 hours	200
Trail run full marathon	50km	15 years old or older	10 hours	200

\*Competition distance may vary slightly depending on course maintenance conditions and weather conditions.

\*Healthy men and women who have participated in trail running or similar competitions. Or those who have the physical strength to finish the race.

\*If you have a handicap, please contact the secretariat.

\* As a general rule, 15 years old or older. Trail running Short can be entered from the age of 10.

Event schedule:

2023/8/5(Sat)

•13:30-16:00 Receive the race kit the day before

2023/8/6(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

•12:00 Trail run half marathon cutoff

(unless one lap is completed by 12:00, you cannot advance to the final lap)

•13:00 Trail run short time limit

•15:00 Trail run half marathon time limit

•15:30 Trail run full marathon cut-off

(If you do not complete 3 laps by 15:30, you will not be able to advance to the final lap)

• 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.

Application period:

2023/4/1 to 2023/7/15

\* Recruitment will end as soon as each capacity is reached, and the period may change.

Entry fee:

2023/8/6(Sun)

Race/Event	Entry fee
Trail run short	6,000 JPY
Trail run half marathon	9,000 JPY
Trail run full marathon	16,000 JPY

Application note:

\* A system reception fee will be added at the time of entry according to the rules of the entry system.

\*Please submit the "Participation Pledge" and "Health Check Sheet" when you receive the race kit.

\*Cancellation after payment is not accepted for any reason. (Including cancellation due to organizer's convenience)

\*Do not accept registrations on the day of the event.

Basic rule:

It is a special place where you cannot run without permission. Love and cherish nature.

Do not disturb the nature of the course, regardless of whether it is training or a race.

During training and races, ride so as not to disturb hikers.

Be careful about injuries and accidents during training and racing. Participate at your own risk.

Competition rules:

Comply with all laws and regulations and follow the rules of the competition and the instructions of the officials. In addition, in the event of injury or death due to some kind of accident during the competition (including during the holding of incidental events), I, my relatives, etc. will not hold any responsibility to the organizer and related parties. Furthermore, the management of personal belongings etc. during the competition (including during the holding of incidental events) is the responsibility of the participant.

I agree that my portrait, name, address, age, competition history, etc. will be used in all advertisements related to the Games, as well as news and information media, and accompanying printed materials and videos produced by the organizers and governing sports organizations. •We consent to commercial use by information media. If the participant is under the age of 18, please apply with the consent of the parent or guardian.

Cancellation after application for personal reasons is not possible. Please note that the participation fee cannot be refunded in the event of reduction or cancellation due to natural disasters, incidents, accidents, etc.

Substitutions of players are not permitted.

Compete safely in accordance with the Tournament Guidebook and Rulebook.

Mandatory equipment:

- Bear bell, emergency seat, headlight
- Sufficient hydration (there are 2 aid stations in the 12.5km lap)
- Sufficient food (There are 2 aid stations in the 12.5km lap)
- First aid kit (adhesive plasters, bandages, antiseptic solutions, pain relievers, etc.)

#### About the course:

A new course will be added to the course that combines the bike course and run course of XTERRA JAPAN (off-road triathlon). It is a course that runs along the lakeside from the starting point of Lake Marunuma (altitude 1450m), runs up to an altitude of 2,000m to the peak, then downhill for several kilometers, passes through Marunuma Kogen Pension Village and returns along the lakeshore. The half marathon will be 1 or 2 laps, and the full marathon will be 2 or 4 laps. There are short courses from Lake Marunuma to Sawanobori. XTERRA JAPAN Marunuma's course is one of the toughest courses in his XTERRA World Series. It is a hard course that adds a part that runs up to an altitude of 2000m. The short course will be the run course of XTERRA JAPAN (off-road triathlon). Official course information will be announced about two months before the race.

\*The course is located in a national park and there are sections where entry is prohibited without permission, so no trial runs or training are allowed except on the day of the race.

#### Awarded:

Trail running short: 1st to 3rd overall men's and women's

Trail run half marathon: 1st place overall for men and women

Trail run full marathon: 1st place overall for men and women

Trail run half marathon: 1st to 3rd place in 5-year increments for men and women

Trail running full marathon: 1st to 3rd place in 5-year increments for men and women

#### WORLD CHAMPIONSHIP SLOTS:

One slot in each five-year group of male and female will be awarded a slot in the 2024 XTERRA World Championship. (\* Participation fees for the World Championships, travel expenses, etc. will be borne by each athlete.) The award ceremony will be held at the award party after the race. If you are absent from the award ceremony, it will not be awarded and will be rolled down to the next player.

Trail run half marathon

Division	Male (58 total)	Female (58 total)
15 - 19	2	2
20 - 24	4	4
25 - 29	4	4
30 - 34	6	6
35 - 39	6	6
40 - 44	6	6
45 - 49	6	6
50 - 54	6	6
55 - 59	4	4
60 - 64	4	4
65 - 69	4	4
70 - 74	2	2
75 - 79	2	2
80+	2	2

Trail run full marathon

Division	Male (58 total)	Female (58 total)
15 - 19	2	2
20 - 24	4	4
25 - 29	4	4
30 - 34	6	6
35 - 39	6	6
40 - 44	6	6
45 - 49	6	6
50 - 54	6	6
55 - 59	4	4
60 - 64	4	4
65 - 69	4	4
70 - 74	2	2
75 - 79	2	2
80+	2	2

Information & Registration:  
XTERRA JAPAN Official web  
<http://www.xterrajapan.com/>

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