

Racer check-in

- **The consent form** included with this document **is required at check-in**. Please have each participant **sign and submit the form** themselves.
- Confirmation of the mandatory equipments **for the 40K participants** will be conducted simultaneously **at the racer check-in**. Please make sure you have **all three of the required items** (described in the Important Notes section) with you **when you check in**. **40K**

Check-in / Start time / Time limit

	check-in period	start time	deadline (time limit)
60K solo/pair relay	2:30 - 3:30 AM	4:00 AM	6:00 PM (14 hours)
40K solo/pair	5:45 - 6:45 AM	7:00 AM	6:00 PM (11 hours)
15K solo	7:45 - 8:45 AM	9:00 AM	12:00 PM (3 hours)

- There are four checkpoints along the course. If you do not leave a checkpoint by its closing time, you will be disqualified.

Parking information

- The parking lot for participants is more than 250 meters away from the venue. Please allow enough time to walk to the venue. For more information about the location, please check the event website. The parking lot is an unpaved, mowed area.
- **Overnight stays in or around vehicles in the parking lot are prohibited due to the possibility of accidents by brown bears.**
- We are not responsible for any accidents or thefts that occur in the lot.

Important Notes for the Race

- If you don't follow the rules, you could be disqualified or punished. There will be a short meeting before the start, but **please read the rules on the official website first**.
- The race course, checkpoint locations, aid station locations, and time limits are detailed on the enclosed map and website.
- Aid stations do not provide cups. **Please bring your own cup for water**.
- The distance between aid stations is relatively long. There are no aid stations in mountainous areas that require a high level of physical exertion. **Please ensure you have sufficient water before departing from each aid station**.
- Significant temperature changes may occur due to weather conditions. Sweating or getting wet from rain combined with strong winds as the sun sets, especially in mountainous areas, can lead to hypothermia. **Participants in the 40K and 60K courses must have equipment that can adapt to temperature changes and adverse weather conditions.** **40K 60K**
- **Participants in the 40K and 60K races, whether competing solo or in pairs/relay teams, must bring the mandatory equipments we specified (check the official website for details).** The race staff will visually confirm that all participants have these three items: **a rain jacket with sufficient performance capabilities, an adequate supply of beverage, and a bear bell**. Failure to bring these items will result in disqualification. **40K 60K**
- For **the 40K participants**, checks will be conducted **at racer check-in**. **40K**
- For **the 60K participants**, checks will be conducted **at the 15 km mark at Aid Station A1 during the race**. **60K**
- The only mandatory equipment for **the 15K participants** is **a bear bell and at least 500 mL of beverage**. 15K runners will only undergo random item checks; there will be no checks for all runners. Please note that **there are no aid stations on the 15K course**. **15K**