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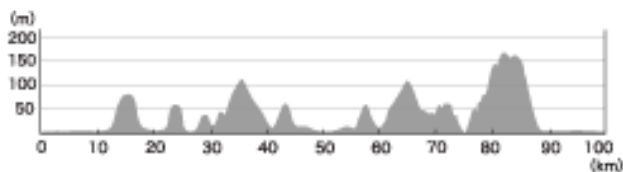
沖縄100Kウルトラマラソン

17 December 2023

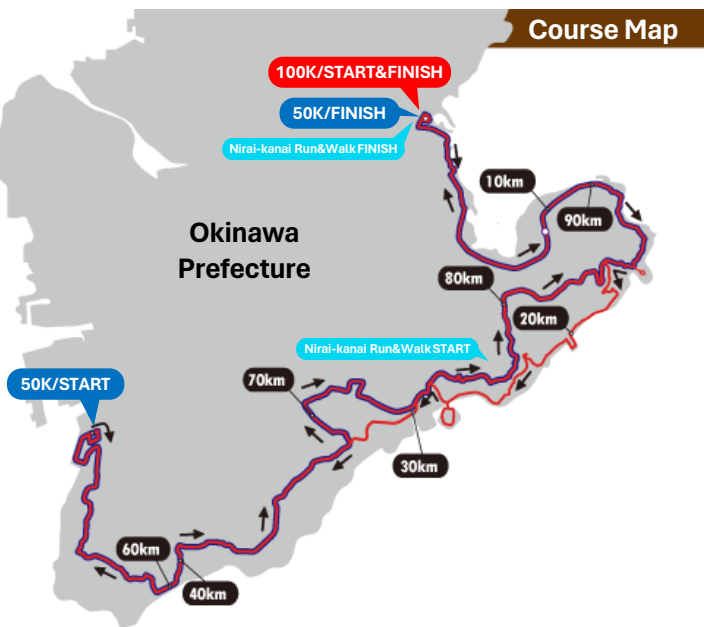


Thank you for applying to the "6th Okinawa 100K Ultra Marathon."
 Before the departure, please thoroughly read this participation guide.
 We look forward to welcoming all of you!!

The elevation profile of the 100km and 50km courses



Course Map



Access to the venue

- **Free Shuttle from Naha City**
 Please refer to the shuttle information on page 5 for details.
 ※Runners who have applied through RUNNET GLOBAL can ride for free!
- **Private Car, Rental Car**
 For those coming by car, please use the **Yonabaru Marina parking lot (fee: 300 yen)**. It is approximately 10 km from central Naha City, and the drive takes about 40 minutes.
- **Public Transportation**
 There is NO public transportation operating before the start.
 In other cases, please use a taxi.

【Sponsorship】





For 100KM RUNNERS



Check-in

16 DEC

- Check-in Time : 10:00~19:00
- Venue : Ryukyu Shimpo Head Office Building 1F

17 DEC

- Check-in Time : 4:00~4:45
- Venue : Yonakohama Park

Items Provided with Check-in

- 2 sets of race bibs (please feel free to write your goals or messages on the back)
- 2 runner's chips (timing tags)
- 1 bag for the rest station
- 1 number seal (for attaching to the rest station bag)
- 1 baggage tag (with number imprint)
- 8 safety pins
- Participation award T-shirt

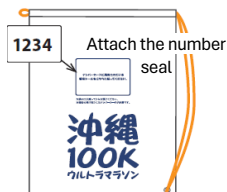
※For Image purposes only



Race bibs (front)



Race bibs (Back)



Rest Station Bag
W400mm × H600mm

Event Day Schedule (17 Dec)

- 3:15 AM Shuttle Bus Departures from Okinawa Prefectural Office “Kenmin Hiroba” → Yonakohama Park
- 4:00AM All Shuttle Buses Arrive at Yonakohama Park
Venue Opens / Check-in Begins / Baggage Check Opens
- 4:45 AM Bag Check-in for Rest Stations Closes
Assembly for 100km Race Begins / Check-in for 100km Race Closes
- 5:00 AM Start of 100km Race
- 3:00 PM Award Ceremony for 100km Race (Scheduled)
- 4:00 PM Okinawan Folk Music Stage (Scheduled)
- 7:00 PM Time Limit for All Events

On the Event Day - Morning until Start

● The local sunrise is around **7:10 AM** (approximately 2 hours and 10 minutes after the start), and the local sunset is around **5:40 PM** (approximately 12 hours and 40 minutes after the start).

● In December, Okinawa may experience significant temperature variations, and daytime temperatures can be high. Please check the day's temperature and prepare for the possibility of warmth (e.g., wear a cap and stay hydrated).

● Participants in the 100km category will receive 2 sets of number cards. Please attach one each to your chest and back. The remaining two cards should be pre-attached to a change of clothes in the rest station bag.

● Attach the number seal to the rest station bag beforehand. Pack items like a change of clothes for the latter part of the race in this bag. You can retrieve the items placed in this bag at the turnaround point (Itoyan Minami Elementary School).

● Securely tie the drawstring of the bag and deposit it in the rest station bag check-in area. Items that do not fit in the bag cannot be accepted.

● Items not used during the race can be stored at the start venue, Yonakohama Park. If you wish to store items, please bring them to the baggage check with a baggage tag (with number imprint).

● Check the attachment diagram in the number card for instructions on wearing the runner's chip. Attach it to your shoe accordingly.

● If you plan to change shoes at the rest station, transfer the runner's chip to the new shoes.

● **Do not overlap two runner's chips on one foot; this will prevent accurate recording. Ensure that one chip is attached to each foot.**

Before the start, we will distribute handheld lights to those who wish to have them.

After the start and until it gets bright, please use the distributed handheld lights. The used handheld lights will be collected at the 9th water station.

For participants expecting to take more than 12 hours, we recommend bringing a headlight (sunrise is around 7:10 AM, and sunset is around 5:40 PM).

During the RACE

● After the start, we will generally follow traffic signals and run on the sidewalks. In areas where there are no sidewalks or in extremely narrow sections, we will run on the road, but please make sure to stay on the left side of the road and avoid any unsafe maneuvers.

● Please cross at green signals at intersections. Additionally, at general vehicle entry and exit points, there may be instances where runners are asked to stop based on the situation. In both cases, please always follow the instructions of the staff.

● Cut-off Point

CUT-OFF POINT	KM	TIME
Cut-off Point 1	26.9km	8:50
Cut-off Point 2	41.3km	10:50
Cut-off Point 3	51.2km	12:10
Cut-off Point 4	59.5km	13:30
Cut-off Point 5	68.2km	14:40
Cut-off Point 6	81.5km	16:35
Cut-off Point 7	86.0km	17:05
Cut-off Point 8	91.9km	17:55
Cut-off Point 9	100km	19:00



For 50KM RUNNERS



The assembly point for the 50km category has been changed from Itoman City Hall to **Itoman Minami Elementary School** (approximately 250 meters south).

Check-in

16 DEC

- Check-in Time : 10:00~19:00
- Venue : Ryukyu Shimpo Head Office Building 1F

17 DEC

- Check-in Time : 9:00~10:30
- Venue : **Itoman Minami Elementary School**

Items Provided with Registration

- 1 number card (front side only)
- 1 runner's chip (timing tag)
- Baggage tag (with number imprint)
- 4 safety pins (for number card)
- Participation award T-shirt

Event Day Schedule (17 Dec)

- 8:30 AM Shuttle Bus Departures from Okinawa Prefectural Office "Kenmin Hiroba" → Itoman Minami Elementary School
- 9:00AM All Shuttle Buses Arrive at 50km Start venue
Venue Opens / Check-in Begins / Baggage Check Opens
- 10:45 AM Assembly for 50km Race
- 11:00 AM Start of 50km Race
- 3:00 PM Award Ceremony for 50km Race (Scheduled)
- 4:00 PM Okinawan Folk Music Stage (Scheduled)
- 7:00 PM Time Limit for All Events

Caution

At the start venue (Itoman Minami Elementary School), we will handle the baggage bound for the finish venue (Yonakohama Park). Please attach the baggage tag provided at the check-in to your belongings and deposit them at the baggage check tent.

For those taking the shuttle bus from Yonakohama Park(finish & main venue) to Itoman Minami Elementary School, please deposit your belongings at the baggage check tent at Yonakohama Park.

Access to the Venue

● Shuttle Bus

A free shuttle bus will be operated from Yonakohama Park to Itoman Minami Elementary School at 9:00(FREE). The journey to Itoman Minami Elementary School takes approximately 40 minutes.

● Private Cars, Rental Cars

If you have parked your car at each starting point, there is no shuttle bus back to the starting points from Yonakohama Park. Please park in a paid parking lot near Yonakohama Park and use the free shuttle bus from there.

● Public Transportation

There is no public transportation operating before the start. In other cases, please use a taxi.

During the RACE

● Cut-off Points

For the 50km category, Cut-off Points 4 to 9, which are the same as those for the 100km category, will be operated at the same closing times. Please take note of this.

After FINISH

After finishing the race, please return the runner's chip (1 piece) and receive the completion medal, completion set, and the record certificate for the day.

Please note that there is no shuttle bus back to Itoman Minami Elementary School after finishing the race.

Award ceremonies will be held for both the 100km and 50km categories.

Don't forget to pick up your participation award T-shirt and any belongings you deposited in advance.

From Yonakohama Park to Naha city, we will operate shuttle buses every 30 minutes from 3:00 PM (scheduled) until 8:00 PM. The drop-off locations are Asahibashi Station on the Yui Rail → Kencho-mae Station → and Omoromachi Station in that order.



For Nirai-kanai Run&Walk 22.5km



Check-in

16 DEC

- Check-in Time : 10:00~19:00
- Venue : Ryukyu Shimpo Head Office Building 1F

17 DEC

- Check-in Time : 10:00~11:30
- Venue : Gusuku Road Park

Items Provided with Registration

- 1 number card (front side only)
- 1 runner's chip (timing tag)
- Baggage tag (with number imprint)
- 4 safety pins (for number card)

Event Day Schedule (17 Dec)

- 9:45 AM Shuttle Bus Departures from Okinawa Prefectural Office "Kenmin Hiroba" → Gusuku Road Park (Arriving around at 10:30AM)
- 10:00AM Venue Opens / Check-in Begins / Baggage Check Opens
- 11:30AM Check-in Closes
- 11:45 AM Assembly for Nirai-kanai Run&Walk 22.5km
- 12:00 AM Start of Nirai-kanai Run&Walk 22.5km
- 7:00 PM Time Limit for All Events

Caution

At the start venue (Gusuku road Park), we will handle the baggage bound for the finish venue (Yonakohama Park). Please attach the baggage tag provided at the check-in to your belongings and deposit them at the baggage check tent.

•For those taking the shuttle bus from Yonakohama Park to Gusuku road Park, please deposit your belongings at the baggage check tent at Yonakohama Park.

Access to the Venue

●Shuttle Bus

A free shuttle bus will be operated from Yonakohama Park to Gusuku road Park at 10:00(FREE). The journey to Gusuku road Park takes approximately 20 to 25 minutes.

●Private Cars, Rental Cars

If you have parked your car at each starting point, there is no shuttle bus back to the starting points from Yonakohama Park. Please park in a paid parking lot near Yonakohama Park and use the free shuttle bus from there.

●Public Transportation

There is no public transportation operating before the start. In other cases, please use a taxi.

During the RACE

●Cut-off Points

For the 22.5km category, Cut-off Points 6 to 9, which are the same as those for the 100km category, will be operated at the same closing times. Please take note of this.

After FINISH

After finishing the race, please return the runner's chip (1 piece) and receive the completion medal, completion set, and the record certificate for the day.

Please note that there is no shuttle bus back to Gusuku Road Park after finishing the race.

There will be no awards for Nirai Kanai Run & Walk 22.5km.

Don't forget to pick up any belongings you deposited in advance.

From Yonakohama Park to Naha city, we will operate shuttle buses every 30 minutes from 3:00 PM (scheduled) until 8:00 PM. The drop-off locations are Asahibashi Station on the Yui Rail → Kencho-mae Station → and Omoromachi Station in that order.



Free Shuttle



●Runners who have applied through **Runnet Global** can ride the shuttle to the starting venue for free. Please show the shuttle voucher, as indicated in the final email, to the bus staff.



Shuttle Voucher image



※In case you have not received the email, please contact the event office in advance via email.

TO	DESTINATION NAME	DEPARTURE TIME
100km (Main Venue)	Yonakohama Park	3:15
50km Start	Itoman Minami Elementary School	8:30
22.5km Start	Gusuku Road Park	9:45

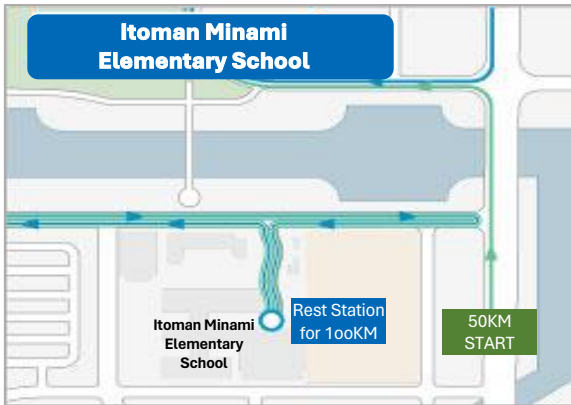
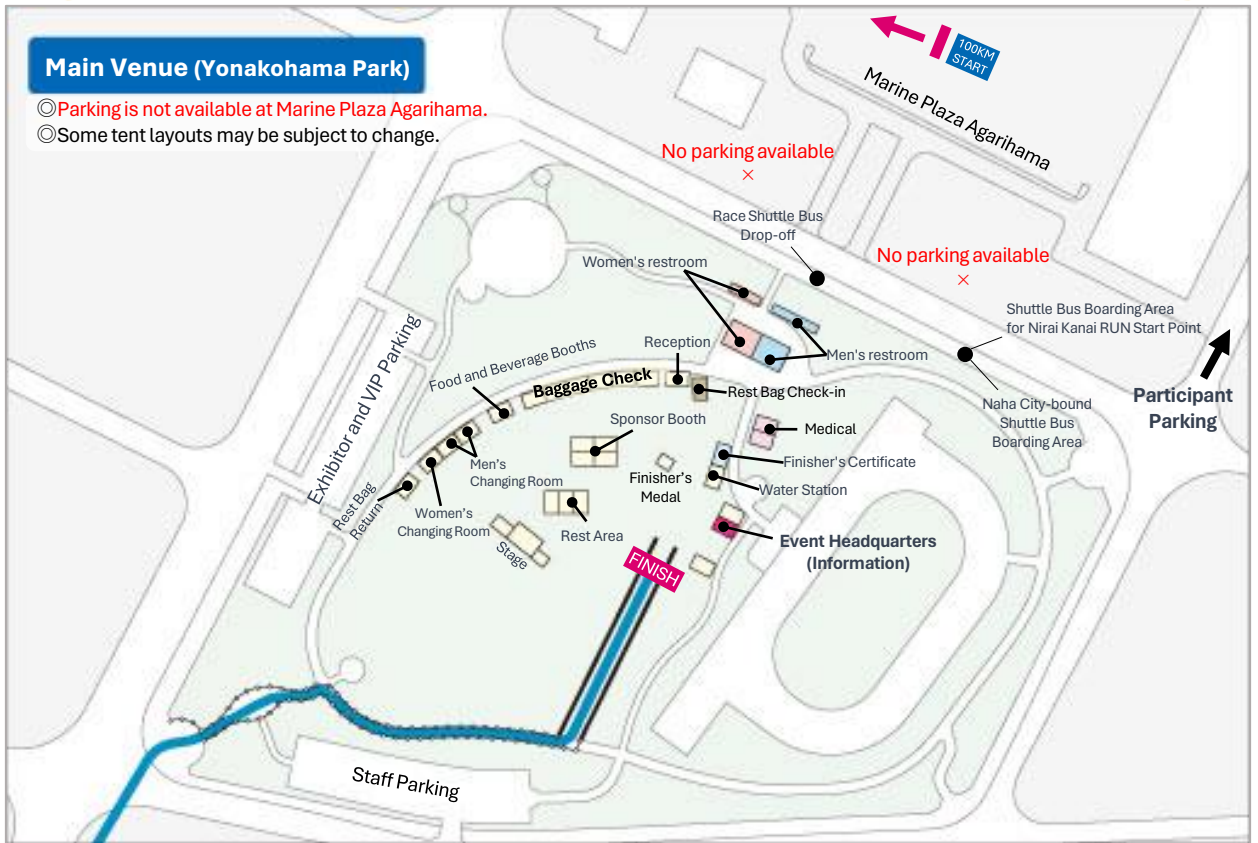


VENUE MAP



Main Venue (Yonakohama Park)

- ⊙ Parking is not available at Marine Plaza Agarihama.
- ⊙ Some tent layouts may be subject to change.



Contact information

Okinawa 100K Ultra Marathon Executive Committee
 (R-bies Co.,Ltd Okinawa office)
 E-mail: okinawa@runners.co.jp