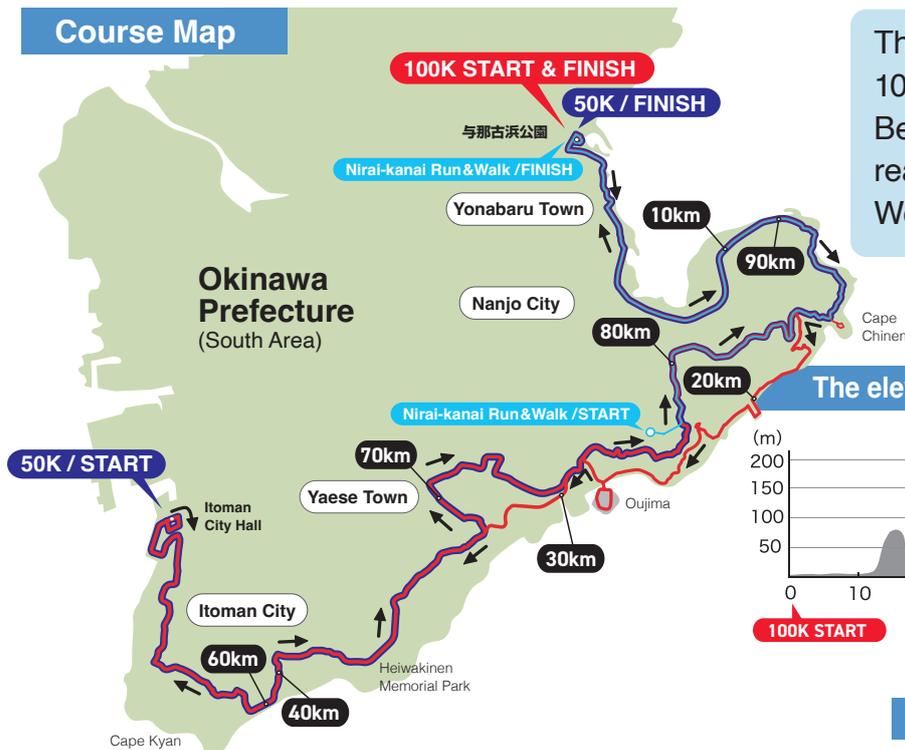


# Okinawa 100K Ultra Marathon

15 December 2024

## Participation Guide

### Course Map

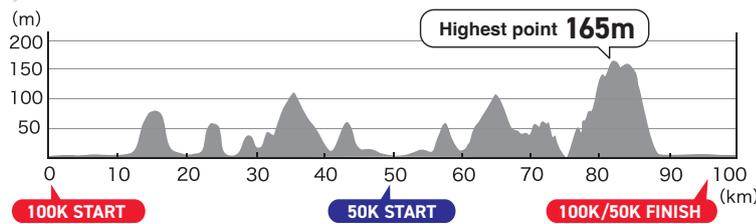


Thank you for applying to the "7th Okinawa 100K Ultra Marathon."

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



### Race certificate service

The race certificate will be available as a web certificate.

Please access the designated site via the QR code, enter your bib number, and download it.

<https://runnet.jp/record/userRaceTopShowAction.do?raceId=359834>



image

\*The web certificate will be available after the event.

### Access to the venue

#### ●Free Shuttle from Naha City

Please refer to the shuttle information on page 6 for details. \*Runners who have applied through RUN JAPAN (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

14 Dec

**Check-in Time / 10:00-18:00**  
Venue / Ryukyu Shimpo Head Office Building 1F

15 Dec

Race Day

**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 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 (2 set)
- 1 water cup
- T-shirt (Purchaser only)



Race bibs (Front)



Race bibs (Back)



Rest Station Bag  
W400mm x H600mm

### Race Day Schedule (15 Dec)

- 3:15 AM Shuttle Bus Departures** from Okinawa Prefectural Office "Kenmin Hiroba" → Yonakohama Park
- 4:00 AM 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 Race 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).

At registration, you will be given two sets of race bibs. Attach one to the front and one to the back. The remaining two race bibs should be attached to your change of clothes.

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).

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 (Itoman city hall).

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 timing tags. Attach it to your shoe accordingly.

If you plan to change shoes at the rest station, transfer the timing tag to the new shoes.

**Do not overlap two timing tags on one foot; this will prevent accurate recording. Ensure that one timing tag is attached to each foot.**

Before the start, we will distribute handheld lights (limited quantity) to those who wish to have them. After the start, please use your own headlamp or handheld light until it gets light. 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 | 26.9 km | 8:50  |
| Cut-off Point 2 | 41.3 km | 10:50 |
| Cut-off Point 3 | 50.0 km | 12:00 |
| Cut-off Point 4 | 59.5 km | 13:30 |
| Cut-off Point 5 | 68.2 km | 14:40 |
| Cut-off Point 6 | 81.5 km | 16:35 |
| Cut-off Point 7 | 86.0 km | 17:05 |
| Cut-off Point 8 | 91.9 km | 17:55 |
| Cut-off Point 9 | 100 km  | 19:00 |



## For 50km RUNNERS



### Check-in

**14 Dec**

**Check-in Time / 10:00-18:00**  
Venue / Ryukyu Shimpo Head Office Building 1F

**15 Dec**

Race Day

**Check-in Time / 9:00-10:30**  
Venue / Itoman City Hall

### Items Provided with Check-in

- 1 race bib (Front side only)
- 1 timing tag
- Baggage tag (with number imprint)
- 4 safety pins (For race bib)
- 1 water cup
- T-shirt (Purchaser only)



Race bib

### Race Day Schedule (15 Dec)

- 9:00 AM Shuttle Bus Departures** from Okinawa Prefectural Office “Kenmin Hiroba” → Itoman City Hall
- 9:30 AM 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 City Hall), 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 City Hall, 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 City Hall at 9:00(FREE). The journey to Itoman City Hall 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.

| CUT-OFF POINT   | KM      | TIME  |
|-----------------|---------|-------|
| Cut-off Point 4 | 59.5 km | 13:30 |
| Cut-off Point 5 | 68.2 km | 14:40 |
| Cut-off Point 6 | 81.5 km | 16:35 |
| Cut-off Point 7 | 86.0 km | 17:05 |
| Cut-off Point 8 | 91.9 km | 17:55 |
| Cut-off Point 9 | 100 km  | 19:00 |

### After FINISH

After finishing the race, please return the timing tag (1 piece) and receive the completion medal.

**Please note that there is no shuttle bus back to Itoman City Hall after finishing the race.**

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

Don't forget to pick up the T-shirt you have purchased 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

**14 Dec**

**Check-in Time / 10:00-18:00**  
Venue / Ryukyu Shimpo Head Office Building 1F

**15 Dec**

Race Day

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

### Items Provided with Check-in

- 1 race bib (Front side only)
- 1 timing tag
- Baggage tag (with number imprint)
- 4 safety pins (For race bib)
- 1 water cup
- T-shirt (Purchaser only)



Race bib

### Race Day Schedule (15 Dec)

- 10:00 AM Shuttle Bus Departures** from Okinawa Prefectural Office “Kenmin Hiroba” → Gusuku Road Park (Arriving around at 10:30AM)  
**Venue Opens / Check-in Begins / Baggage Check Opens**
- 11:30 AM 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**
- 4:00 PM Okinawan Folk Music Stage** (Scheduled)
- 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 min.

#### 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.

| CUT-OFF POINT   | KM      | TIME  |
|-----------------|---------|-------|
| Cut-off Point 6 | 81.5 km | 16:35 |
| Cut-off Point 7 | 86.0 km | 17:05 |
| Cut-off Point 8 | 91.9 km | 17:55 |
| Cut-off Point 9 | 100 km  | 19:00 |

### After FINISH

After finishing the race, please return the timing tag (1 piece) and receive the completion medal.

**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 the T-shirt you have purchased 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.



## Aid Station Information

| Aid Station | Orange Juice | Sports Drink | Coke | Jasmine Tea | Brown sugar salt Manju | Dried Plum | Brown sugar | Okinawa Soba | Sweet potato | Rice Ball | Chocolate | Salt Tablet | Bread | Fruit              | Soup   | Pineapple | Okinawa's doughnuts |
|-------------|--------------|--------------|------|-------------|------------------------|------------|-------------|--------------|--------------|-----------|-----------|-------------|-------|--------------------|--------|-----------|---------------------|
| START       |              | ●            |      |             |                        |            |             |              |              |           |           |             |       | Banana             |        |           |                     |
| ① 7.5km     |              |              |      |             |                        |            |             |              |              |           |           |             |       |                    |        |           |                     |
| ② 10.8km    |              | ●            |      | ●           |                        |            |             |              |              |           |           |             | Cake  | Mandarin           |        |           |                     |
| ③ 12.4km    |              |              |      |             |                        |            |             |              |              |           |           |             |       |                    |        |           |                     |
| ④ 15.3km    |              | ●            | ●    | ●           |                        | ●          |             |              |              | Salt      | ●         |             |       |                    |        | ●         |                     |
| ⑤ 18.0km    |              |              |      |             |                        |            | ●           |              |              |           |           |             |       |                    |        |           |                     |
| ⑥ 20.7km    |              | ●            |      |             |                        |            |             |              |              |           |           |             | ●     | Banana<br>Mandarin |        |           | ●                   |
| ⑦ 22.6km    | ●            |              |      | ●           |                        |            |             |              |              |           |           | ●           |       |                    |        |           |                     |
| ⑧ 24.2km    |              | ●            |      |             |                        |            | ●           |              |              |           |           |             |       |                    |        |           |                     |
| ⑨ 26.9km    |              |              | ●    | ●           | ●                      | ●          |             | ●            |              | Pork/Egg  |           |             | Cake  |                    | Mozuku | ●         |                     |
| ⑩ 30.5km    |              | ●            |      |             |                        |            |             |              |              |           |           |             |       |                    |        |           |                     |
| ⑪ 33.0km    |              |              |      | ●           |                        |            |             |              |              | Salt      |           |             |       | Banana             |        |           |                     |
| ⑫ 35.5km    |              | ●            |      |             |                        |            | ●           |              |              |           |           |             |       |                    |        |           |                     |
| ⑬ 37.0km    |              |              | ●    | ●           |                        |            |             |              |              |           |           |             | Cake  | Mandarin           |        |           |                     |
| ⑭ 39.4km    |              | ●            |      |             |                        |            | ●           |              |              |           |           |             |       |                    |        |           |                     |
| ⑮ 43.3km    |              |              |      |             |                        |            |             |              |              | Salt      | ●         | ●           | ●     |                    |        |           |                     |
| ⑯ 44.4km    |              | ●            |      | ●           |                        |            | ●           |              |              |           |           |             |       |                    |        |           |                     |
| ⑰ 47.6km    |              |              |      |             |                        |            |             |              |              |           |           |             |       |                    |        |           |                     |
| ⑱ 50.0km    |              |              | ●    | ●           |                        |            |             |              |              | Pork/Egg  |           |             |       | Banana<br>Mandarin |        | ●         | ●                   |
| ⑲ 52.9km    |              |              |      |             |                        |            | ●           |              |              |           |           |             |       |                    |        |           |                     |
| ⑳ 56.8km    | ●            | ●            |      | ●           |                        |            |             |              |              |           |           | ●           | ●     |                    |        |           |                     |
| ㉑ 59.8km    |              |              |      |             |                        |            | ●           |              |              |           |           |             |       |                    |        |           |                     |
| ㉒ 61.8km    |              | ●            |      | ●           |                        |            |             |              |              |           |           |             | Cake  |                    |        |           |                     |
| ㉓ 64.9km    |              |              |      |             |                        |            |             |              |              |           |           |             |       |                    |        |           |                     |
| ㉔ 68.2km    |              |              | ●    | ●           |                        |            |             |              | ●            | Salt      |           |             |       | Mandarin           | Mozuku |           | ●                   |
| ㉕ 70.9km    |              |              |      |             |                        |            |             |              |              |           |           | ●           |       |                    |        |           |                     |
| ㉖ 74.3km    |              | ●            |      | ●           |                        |            | ●           |              |              |           |           |             |       |                    |        |           |                     |
| ㉗ 77.1km    |              |              | ●    |             |                        | ●          |             |              |              |           |           |             | ●     |                    |        |           |                     |
| ㉘ 79.4km    |              | ●            |      |             |                        |            |             |              |              |           |           |             |       |                    |        |           |                     |
| ㉙ 81.5km    |              | ●            |      | ●           | ●                      |            |             |              |              | Pork/Egg  |           |             |       |                    |        | ●         | ●                   |
| ㉚ 86.0km    |              | ●            | ●    |             |                        |            | ●           |              |              |           | ●         |             |       | Banana             | Mozuku |           |                     |
| ㉛ 89.8km    | ●            | ●            |      | ●           |                        |            |             |              |              |           |           |             |       |                    |        |           |                     |
| ㉜ 91.9km    |              | ●            |      | ●           |                        |            |             | ●            |              | Salt      |           |             | ●     | Mandarin           |        |           |                     |
| ㉝ 95.1km    |              | ●            | ●    |             |                        | ●          | ●           |              |              |           |           |             |       |                    |        |           |                     |
| ㉞ 97.7km    |              | ●            |      | ●           |                        |            |             |              |              |           |           |             |       |                    |        |           |                     |
| FINISH      |              | ●            |      |             |                        |            |             | ●            |              |           |           |             |       | Banana             |        |           |                     |

※Water is available at all aid stations.

※Please note that changes may occur on the day of the event.



## Venue Map / Free Shuttle

### Main Venue (Yonakohama Park)

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

**100km START** (Marine Plaza Agarihama)

**No parking available** (Marine Plaza Agarihama)

**No parking available** (Exhibitor and VIP Parking)

**No parking available** (Staff Parking)

**FINISH**

Other facilities: Race Shuttle Bus Drop-off, Naha City-bound Shuttle Bus Boarding Area, Shuttle Bus Boarding Area for Nirai Kanai RUN Start Point, Men's Restroom, Women's Restroom, Reception, Food and Beverage Booth, Baggage Check, Rest Bag Check-in, Sponsor Booth, Medical, Water Station, Event Headquarters (Information), Rest Area, Stage, Men's Changing Room, Women's Changing Room, Rest Bag Return, Men's Restroom, Rest Area, Participant Parking.

### Itoman City Hall

**50km START**

**Rest Station for 100km**

### Gusuku Road Park

**Nirai-kanai Run&Walk 22.5km START**

Other facilities: Ryukyu Golf Club, Rest Area, Restroom, Water Station, Medical, Park.

### Free return shuttle

from Okinawa Prefectural Office "Kenmin Hiroba"

**Shuttle Bus Station**

Other locations: Kencho-mae Station, The Bank of Okinawa, Kencho-Kitaguchi, Palette Kumoji, Hotel Rocore Naha, Police Station, Okinawa Prefectural Assembly, Okinawa Prefectural Office.

### Free Shuttle

Runners who have applied through **RUN JAPAN (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

| TO                | DISTINATION NAME | DEPARTURE TIME |
|-------------------|------------------|----------------|
| 100km(Main Venue) | Yonakohama Park  | 3:15 AM        |
| 50km Start        | Itoman City Hall | 9:00 AM        |
| 22.5km Start      | Gusuku Road Park | 10:00 AM       |

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



You will need your own cup at the water station



## The method of water supply will change this year. Please run with your own cup.

Protect the beautiful environment of Okinawa by reducing waste, leading to a reduction in environmental impact.

It will lead to a reduction in the number of volunteers, aiming for sustainable event management.

- You will be asked to supply water in your own cup. Cups will be given to you at the registration desk, so please make sure you carry them with you.
- Only runners aiming for a record (assuming top 10) will be served in paper cups.
- At the water station, turn the cock yourself from the jug to supply water.
- If you already have your own separate own cup or bottle, you may use that.
- We recommend that you prepare your own bottle and refill it beforehand. This has the advantage that you can supply water at your own convenience.



water cup  
image



## Contact information



**Okinawa 100K Ultra Marathon Executive Committee**  
**(R-bies Co.,Ltd Okinawa office)**

**E-mail: [okinawa@runners.co.jp](mailto:okinawa@runners.co.jp)**

