



第1回 富士山7タイムラン

2024
9.15^{SUN}

第78回富士登山競走山頂コース出場資格獲得大会

種目：富士山クライムラン 12km

START Fuji Hokuroku Park (Mt. Fuji's Meisui Stadium)

FINISH Mt. Fuji 5th Station (Yoshida Route)



Participation Information

Venue Fuji Hokuroku Park

Tournament Schedule

The day before Race Day: Saturday, September 14, 2024

- 12:30 Parking lot Open
- 13:00 Runner check-in, baggage drop off to the finish and baggage drop off at the venue opened
- 18:00 Runner check-in, baggage drop off to the finish and baggage drop off at the venue closed
- 18:30 Parking lot closed

Race Day: Sunday, September 15, 2024

- 6:00 Parking lot open
- 6:30 Runner check-in, baggage drop off to the finish and baggage drop off at the venue opened
- Registration closes 30 minutes before the start of each wave.
- The closing time for baggage drop-off for the finish varies depending on the starting wave.
- Please check on P2.
- 9:00 Wave 1 starts. Waves 2 to 20 will start at 3 minute intervals.
- 12:12 Cut off time (7.4km Umagaeshi)
- 12:57 Cut off time (at FINISH)
- 13:00 Awards Ceremony

website <https://mtfujiclimbrun.com/>



Notification of whether the tournament will be held

This event will be held rain or shine. If the event is cancelled due to bad weather or natural disasters that make it impossible to hold the event on the day, we will announce this on the event website at 5am will announce this on the event website at 5am.

Race inquiries

Mt. Fuji Climb Run Competition Office (Weekdays 10:00-17:00)

E-mail : mtfujiclimbrun@runners.co.jp

Inquiries before and on the day of the event

September 14th (Sat) 10:00-19:00 Sunday, September 15th 6:00-16:00

TEL:080-7700-6180

* Please refrain from contacting us unless it is an emergency.



Before the start

Runner Check-in

Checkin-Time

Please be sure to complete the check-in process during the following times on the day before or on the day of the event.

● **The day before race day: Saturday, September 14, 2024 13:00~18:00**

● **Race day: Sunday, September 15, 2024 6:30~each wave start time before 30minutes**

*The closing time for reception and the closing time for baggage drop-off to the finish are different. Please also check the "Luggage Drop-off to the finish" section at the bottom.

Location

Fuji Hokuroku Park, Fujisan no Meisui Stadium (inside the athletics stadium)

How to check-in

- ① Click on the URL in the email you received.
- ② Print out the participation ticket (QR code) on your smartphone and save it (you can also print it out on paper)
- ③ Just show your smartphone participation ticket at the reception desk at the tournament venue

*Information emails are scheduled to be sent out in early September.
The sender is "RUN PASSPORT WEB (send@runpassport.jp)".

Items provided at reception

- Athlete bib set
(1 athlete bib, safety pin, vinyl ties (2 pieces))
 - sticker for luggage bound for the finish
 - Plastic bags for luggage to the finish
 - Participation prize: Hoodie
- ※Size cannot be changed.



Luggage storage for the finish

Luggage storage time

● **The day before race day: Saturday, September 14, 2024 13:00~18:00**

● **Race day: Sunday, September 15, 2024 6:30~**

Luggage storage end time

WAVE1 ~ 7 → **8:20**

WAVE8 ~14→ **8:40**

WAVE15~20→ **9:00**

Athlete Bibs ①-②⑩ will be your own wave.

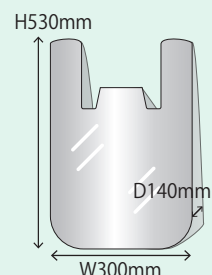
Location

**Fuji Hokuroku Park, in front of the entrance to Mt. Fuji's Meisui Stadium
(in front of the athletics stadium)**

Luggage that can be stored

Please put your necessary items in the plastic bag for the finish provided at the reception desk, attach the sticker for the bag for the finish, and check it in. We cannot accept any items other than the designated plastic bags.

- ※The size of the plastic bag for luggage to the 5th Station is 530mm long x 300mm wide x 530mm deep x 140mm.
- ※Please pack only the bare minimum of luggage for your trip to the 5th Station, such as a windbreaker or other cold weather clothing and food for after the finish.
- ※The finish is at an altitude of about 2,300m, and the weather and temperature are expected to be different from the starting point, so we recommend that you leave your cold weather clothing with you. If you are not using the baggage storage for the finish, please bring your cold weather clothing with you.





Baggage storage at the venue

Luggage storage time

- The day before race day: Saturday, September 14, 2024 13:00~18:00
- Tournament day: Sunday, September 15, 2024 6:30~9:30

Return Time Until 15:30 on Sunday, September 15, 2024

Place Fuji Hokuroku Park, in front of the gym entrance (indoors)

Baggage storage at the venue

Please write your athlete bib number clearly on the luggage tag you will be given at the baggage check-in counter at the venue, and attach the tag to your luggage before checking it in. When returning your baggage, we will check your athlete bib and luggage tag. Valuables cannot be stored, so please keep them with you.

※Luggage stored at the venue baggage locker will not be transported to the fifth station. Please be careful not to make a mistake when storing your luggage.

Changing Room

Place Fuji Hokuroku Park, Fujisan no Meisui Stadium (inside the athletics stadium)

*Please note that the showers in the changing rooms cannot be used.

Toilets (before the start)

- Place
- Fuji Hokuroku Park Outside the Fujisan Meisui Stadium
 - Fuji Hokuroku Park Gymnasium
 - Fuji Hokuroku Park Large Parking Lot

Runner's chip (measuring chip)

STEP 1

Vinyl ties

The enclosed vinyl tie
After threading the shoelaces,
Pass it through the hole in the loop

STEP 2

The enclosed vinyl tie
After threading the shoelaces,
Pass it through the hole in the loop

The runner's chip is included in the athlete bib set. Please read the instruction manual carefully and attach it to your shoes. It does not matter whether you attach it to the left or right shoe. The chip will be collected at the finish of the 5th station. (Those who retire during the race will not be able to start.)

Please return the items at the venue (Fuji Hokuroku Park).



About the Start

! Please check your starting wave in advance on your participation ticket

Please line up at the starting point 10 minutes before your starting wave time. Please check the table below for the starting times for each wave.

WAVE1 9:00

WAVE2 9:03

WAVE3 9:06

WAVE4 9:09

WAVE5 9:12

WAVE6 9:15

WAVE7 9:18

WAVE8 9:21

WAVE9 9:24

WAVE10 9:27

WAVE11 9:30

WAVE12 9:33

WAVE13 9:36

WAVE14 9:39

WAVE15 9:42

WAVE16 9:45

WAVE17 9:48

WAVE18 9:51

WAVE19 9:54

WAVE20 9:57

IN Race

Water supply

They will be installed in three locations: Umagaeshi, the third station, and the finish.

Toilets (on the course)

There are temporary toilets at Umagaeshi 7.4km

Check Point

12:12 Cut off time (7.4km Umagaeshi)

12:57 Cut off time(at FINISH)

※If you have passed the first checkpoint and are still on the course after the finish checkpoint, please make your way to the finish on your own.

Competition Rule

The use of assistive devices (walking sticks, canes, etc.) is prohibited in this event.

A finisher will be someone who reaches the finish line within the time limit. However, if the race is cancelled due to bad weather or other reasons, a separate decision will be made.



After the finish

How to descend from the finish line (5th station)

A shuttle bus will operate from the Fuji Subaru Line 5th Station. From the finish line (Yoshidaguchi 5th Station, Satogoyashita) to the Fuji Subaru Line 5th Station shuttle bus boarding point will be a walk of approximately 2.4km

Toilet (after finishing)

Please use the public toilets at the Fuji Subaru Line 5th Station.

Changing Room

Runners can use Fujikyu Unjokaku (indoors).

MAP→



Certificate

A record certificate can be issued online immediately after completing the race.



RUNNER SERVICE

After you descend the mountain, we will provide you with "Yoshida Udon".

* Please show your athlete bib.

Place

Fuji Hokuroku Park, Fujisan no Meisui Stadium

Course Map

Please scan this QR code to view the course map from Fuji Hokuroku Park (Mt. Fuji's Meisui Stadium) to FINISH(Mt. Fuji 5th Station (Yoshida Route))





Access to Fuji Hokuroku Park(Fujisan no Meisui Stadium)

Map(Google Map)



Free shuttle bus / Race day 9/15 (Sun)

Outbound

Fujisan Station → Fuji Hokuroku Park (Start and Check-in venue)

[Outbound] Departure time from Mt. Fuji Station

→7:30 / 8:00 / 8:30

※Please note that if you take the 8:30 bus, you will not make it to the start wave of the first half of the tour.

Fuji Five Lakes seien Parking

→ Fuji Hokuroku Park (Start and Check-in Venue)

[Outbound] Fuji Five Lakes Seien Parking Departure time →6:30 / 7:00 / 7:30 / 8:00

Citizen Watch Manufacturing Parking Co.Ltd.

→ Fuji Hokuroku Park (Start and Check-in Venue)

[Outbound] Citizen Watch Manufacturing Parking Co.Ltd. Departure time

→ Operating in sequence

Finish (5th Station) → Fuji Hokuroku Park (Start and Check-in Venue)

Operating in sequence

Return

Fuji Hokuroku Park

→Citizen Watch Manufacturing Parking Co.Ltd.→Fujisan Station

[Return] Fuji Hokuroku Park Departure time

→12:00 / 12:30 / 13:00 / 13:30 / 14:00 / 14:30 / 15:00 / 15:30

Fuji Hokuroku Park (Start and Check-in Venue)

→Fuji Five Lakes seien Parking

[Return] Fuji Hokuroku Park Departure time

→ Between 12:00 and 15:30, operating sequence→12:00 ~ 15:30

*All shuttle buses are available for athletes only.Supporters etc. will not be allowed to ride. When you board the shuttle bus, we will check your athlete bib.

*We may ask you to show your participation mail for registration when you board the bus at Mt. Fuji Station before reception. Mt. Fuji Station before Race check-in.

*The free shuttle bus will not be operating on Saturday, September 14th, the day before race day



Venue Guide



Detailed map of the starting area

