



7th Edition KIRISHIMA EBINO KOUGEN EXTREME TRAIL 2019 RACE INFORMATION

Thank you for registering for the 7th edition of the KIRISHIMA EBINO KOUGEN EXTREME TRAIL RACE. The race is coming up soon and we hope that you're well-prepared!

◆ RACE SCHEDULE

Date	Time	Event	Location
Sat. July 20	13:00 – 17:00	Racer check-in (must be completed the day before the race)	Ebino Kougen-sou Hotel
	17:00 – 18:30	Racer briefing, pre-race party	Ebino Kougen Picnic Area
	18:30 – 20:00	Racer check-in (must be completed the day before the race)	Ebino Kougen-sou Hotel
Sun. Jul 21	4:00 – 4:30	Gear check, luggage storage (long course)	Ebino Kougen Picnic Area
	4:30	Opening ceremony (long course)	
	5:00	Race start (long course)	
	5:00 – 5:30	Gear check, luggage storage (short course)	
	5:30	Opening ceremony (short course)	
	6:00	Race start (short course)	
	14:00	Finish cut-off time (short course)	
	19:00	Finish cut-off time (long course)	

◆ DIRECTIONS TO THE RACE

Kyushu Highway From Ebino IC take prefectural road 30. About 20km, 40 minutes.

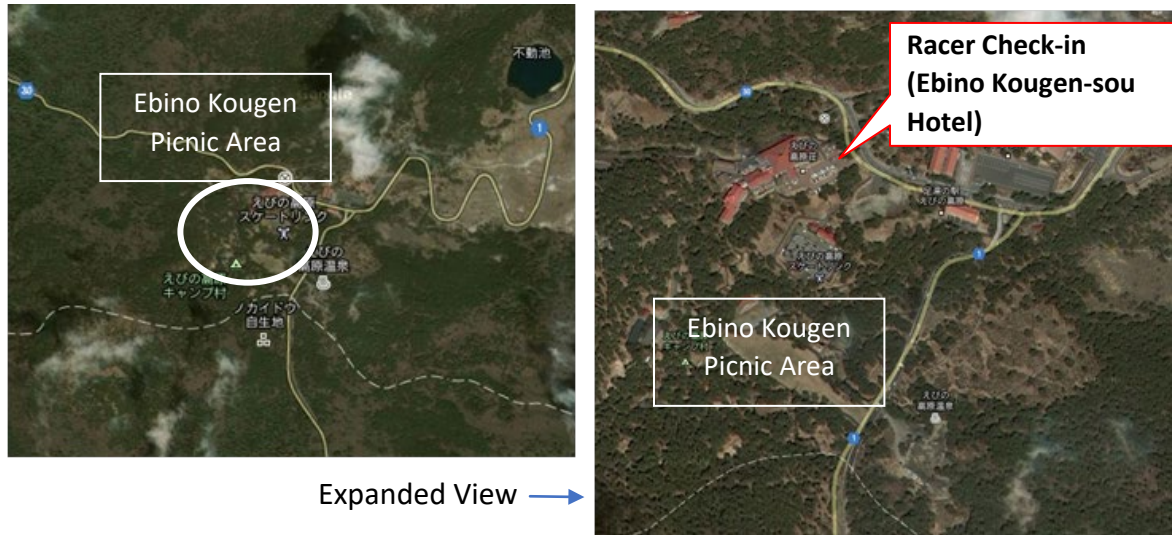
Miyazaki Highway From Kobayashi IC take Miyamakirishima Road to prefectural road 30.
About 25km, 35 minutes.

Kyushu Highway From Mizobe Kagoshima Airport IC take prefectural road 56 → road 504 →
road 223 –road 1. Approx 35km, 60 minutes

◆ RACE VENUE (CAR PARKING)

If you are staying at the Ebino Kougen-sou Hotel, as hotel guests, you can park your car in the hotel parking lot. The hotel is located a few hundred meters from the Ebino Kougen Picnic Area (starting area).

If you are staying elsewhere, please refer to this section for parking lot directions.



If you come by car and pre-purchased a parking pass, you can park at the Race Parking Lots (see expanded view). Remember to bring your parking pass with you to show parking lot staff.

Note: Parking lot passes are SOLD OUT and are no longer available for purchase.

◆ PUBLIC PARKING LOTS

If you did not buy a parking pass but plan to come by car, you can use the public parking lots below and take shuttle buses that run between the parking lots and race venue.

- 1) Kirishima Onsen Public Parking (Kirishima City)
- 2) Green Park Ebino (Ebino City)

See the race website for details and reservations for the shuttle buses between the race start area and the parking lots.

Note: In order to be on time for the start of the long course, you must park your cars and get on the shuttle buses by **4am at the latest**. The same applies to the short course. The roads near the race venue and parking lots will be very crowded so make sure to arrive early. Car pooling is recommended.

◆ RACER CHECK-IN

Please bring your photo ID (e.g. passport, driver's license) for racer check-in (no photocopies allowed)

- You must check-in in person.
- If you are unable to start the race the next day, you **MUST** contact the race office to let them know that you will not be running.

◆ ITEMS GIVEN TO YOU AT RACER CHECK-IN

- Race pamphlet
- 1 race bib – you must put the race bib on the front of you where it can clearly be seen.
 - If you put the race bib on the front of your shorts/pants, it must be placed so it can be clearly seen from the front. The use of race bib belts are allowed.
 - Safety pins will be given to you only if you need them. We ask you to bring your own safety pins or race bib belts to save resources. After the race, we will collect all unneeded safety pins. Thank you for your cooperation.
- Race participation t-shirt

◆ PRE-RACE PARTY

There will be a pre-race party on Sat. July 20 after the racer briefing. This party is free for all racers. Light snacks will be served. Alcohol can be purchased. For non-racers, the party fee is JPY2000. If you wish to attend, please sign up and pay the fee at the entrance on the day of the party. We ask for your cooperation in making this payment in fairness to all the racers.

◆ GEAR LIST

These items must be carried with you but will not be checked except for Item #4 and #8.

- 1) Course map
- 2) Mobile phone (Save the phone number for race headquarters and make sure your batteries are fully charged. Make sure phone number display is turned on.)
- 3) Personal cup (there are no cups at the aid stations)
- 4) Light (e.g. headlamp) – For the long course, if you need a headlamp at the start of the race and/or expect to reach the finish line near the 19:00 cutoff time. Not necessary for short course racers.
- 5) A minimum of 1L of water - As per discussion with the medical team, this is considered mandatory gear and will be checked at the start.
- 6) Race bib give to you at check-in
- 7) Food/snacks
- 8) First aid kit (bandaids, taping, etc.)

◆ AID STATIONS & CUTOFFS

- Aid Stations (cutoff points) and cutoff times will be set up along the course as follows (see chart below).
- We will be checking whether you passed through a cutoff point by reading the IC chips on your racer bibs. Please stop and make sure your IC chip is checked as you pass through a cutoff point.
- Do not fold or bend your racer bib and make sure it's attached to the front of you.

Aid station name	Long			Short		
	Abbreviation	Distance	Cutoff Time	Abbreviation	Distance	Cutoff Time
Hizoe Fireroad	AS1	14.9km	-	AS1	14.9km	-
Kurinodake Picnic Village	AS2	27.0km	9:30	AS2	27.0km	11:00
Ebino Kougen Picnic Area	AS3	37.1km	12:00	FINISH	37.0km	14:00
Shiratori Onsen Shitayu	AS4	50.5km	15:00			
Ebino Kougen Picnic Area	FINISH	63.0km	19:00			

◆ **DROPPING OUT OF THE RACE**

If you decide to drop out of the race, you must tell race staff and take off your race bib. After you drop out, you will not be able to re-start.

<Dropping out at an aid station>

- You must tell race staff at the aid station that you will be dropping out.
- You can take the race shuttle bus back to the race start/finish area.

<Dropping out along the course>

- If you are able to move on your own, please proceed to the nearest aid station. If you are unable to move on your own, follow instructions provided by race headquarter staff.
- If you drop out along the course, it will take time to provide assistance. If you are unsure whether you can continue, we ask that you make the decision to drop out at an aid station and inform staff.

◆ **FINISHER'S CERTIFICATE**

You will be given a finisher's certificate at the finish line upon completion of the race. Overall results will be posted on the race website a few days after the race.

◆ **RACE CANCELLATIONS**

- We may make the decision to shorten and/or change the race course or cancel the race altogether if there are large earthquakes or volcanic eruptions near the race course or if there are weather warnings of heavy rains and strong wind or landslide warnings issued.
- The decision to cancel the race will be made the day before the race or on the day of the race and will be announced on the race website. Please do not contact us by telephone. If the race is stopped or cancelled during the race, you will be informed of this at the aid stations.

◆ **INSURANCE**

The race has the following insurance coverage: Death and disability – JPY 3,000,000 / Hospitalization – JPY 2,000 per day / Hospital visits – JPY 1,500 per day). If you require additional insurance, we recommend that you sign up for your own insurance policy.

◆ **OTHER**

- Trail running items will be sold at the shop booths at the race venue.
- Free onsen hotsprings are available after the race at various locations near the race venue. (You will be given a list of hotsprings at racer check-in)

RACE WEBSITE: <http://universal-field.com/event/kirishima-ebino-extr/en/>

FACEBOOK PAGE: <http://www.facebook.com/kirishima.ebino.extr>