

# Guidelines for Muraoka Double Full Ultra Marathon

Name : Muraoka Double Full Ultra Marathon  
 Date : The last Sunday in September  
 Distance : 100Km/88Km/66Km/44Km (by gender)  
 Organizers: Muraoka Double Full Ultra Marathon  
 Committee



## 【How to enjoy our marathon】

### 1 Mountains as high as 1,000 meters

Muraoka is surrounded by mountains as high as 1,000 meters: Mt. Hachibuse (1,221high), Mt. Sobugadake (1,074 high), and so on. You enjoy running in such mountains. The vertical drop is 470 meters in the 44 k marathon, 900 meters in the others. You may have a tough time. But we always think about what to do for you to enjoy running!

### 2 More food than you can eat at the stations

We serve many kinds of food for you: sport drinks, water, ice, bananas, oranges, pears, grapes, soft adzuki-bean jelly, pudding, chocolate, thin wheat noodles, rice balls, *amazake*, and so on. You can use nutrition support for individuals. Please don't eat too much!

### 3 Our support and encouragement

Muraoka has a small population( less than 7,000 people) and aging villages. But all of us, from the elderly to children want to cheer runners! We encourage you, and you encourage us, too. We are looking forward to seeing you.



Distance	Time(Time Limit)	Entry Fee	Participant Limit	Height Difference
100 K	5 a.m.~7 p.m.(14Hs)	14,000 yen	800 people	900 meters
88 K	5 a.m.~7 p.m.(14Hs)	12,000 yen	300 people	
66 K	8 a.m.~7 p.m.(11Hs)	10,000 yen	300 people	
44 K	10 a.m.~7 p.m.(9Hs)	6,000 yen	600 people	600 meters

- 1 The application will close when it reaches full capacity.
- 2 We have water stations and toilets.
- 3 Entry fee includes the participation award, the accident insurance, and some drinks and foods at water stations and the goal. No meals are served at the welcome festival.

- 4 Age is limited to 18 years or older. You aren't allowed to participate if you are in a wheelchair.
- 5 Awards are presented up to the top six runners in each category and is separated by gender. All participants get the participation award, and finishers get the towel.
- 6 There are time checkpoints throughout the course. Entrants who fail to pass a checkpoint before the cut-time will be disqualified. Entrants will be directed to board a rescue vehicle by staff members in the event of disqualification.

Time Limit \ Distance	10:00	12:30	14:00	15:00	17:30
100 K	37.1 K	51.5 K	64.9 K	73.3 K	91.2 K
88 K	30.1 K	39.5 K	52.9 K	61.3 K	79.2 K
66 K	8.1K	17.5 K	30.9 K	39.3 K	57.2 K
44 K					35.2 K

<Others>

- 1 You cannot cancel your application or change the course after you apply.
- 2 If you are a blind runner and need an escort runner, please tell us in advance. Escort runners have free entry and their time is not counted.
- 3 We will cancel the marathon or change the course in such cases that we have dangerous weather conditions which cause natural disasters.
- 4 If you are injured or have accidents during the race, we will not take responsibility except for the insurance.
- 5 We are not responsible for accidents in the parking lot.
- 6 You are not allowed to drive to Yamada nor Fukuoka by car.
- 7 To keep the runners safe, supporters and leaders cannot drive nor cheer in the course. They should go on the bus to cheer.
- 8 In addition to the above statement, participants are requested to follow the organizers' instructions on any and all matters concerning the event. If you violate these rules, you will be disqualified and will need to leave the race.



## 【Schedule】

### 1 September 29 (Saturday), in 2018

13:00~16:00 Runner Check-in at Muraoka Gym the day before

16:00~17:00 Welcome Festival at Muraoka Gym

### 2 September 30 ( Sunday), in 2018

3:30~ 4:30 Last entry for the 100K/88K races at Muraoka J.H.S.

5:00 Start for the 100K/88K races at Muraoka Elementary school

5:30~ 6:15 Last entry for the 66K race at Muraoka J.H.S.

8:00 Start for the 66K race in Fukuoka

7:30~ 8:30 Last entry for the 44K race at Muraoka Gym

10:00 Start for the 44K race in Yamada

19:00 Finish at Muraoka Elementary school



## 【Run Photo】

In 4 or 5 days after this marathon, you can get your certification with your favorite photo from the website. You can select one photo for it. Please register yourself in advance (<http://runnet.jp>). It's free.

## 【Call for Medical Runners】

We need some medical runners among registered ones, who work at hospital now with a doctor's, nurse's or ELST's license. They are required to wear another vest. We are going to give them regional goodies after the race.



## 【How to enter】

### \*Advance applications\*

We have already sent the sheet to people on our list.

**Two Conditions :** 1. People who have applied more than ten times.

2. People who applied for our marathon at least once for the last three years (2015, 2016, or 2017).

**Application Periods : April 9 - April 20 in 2018”**

- 1 Please fill in the blanks on transfer paper for the participant fee and pay it at the post office by the deadline. You should pay the charge for it. Please keep the copy.
- 2 If you can't finish entering by 20<sup>th</sup> April, you have to enter online.

### \*Standard applications: Online (RUNNET <http://runnet.jp>)\*

**Application Periods : May 7, 22:00- May 31, in 2018”**

- 1 Please access the above URL by a computer or a smartphone and apply with the instructions.
- 2 You can choose how to pay the fee: by credit card, from banks, from convenience stores or so on.
- 3 You need to pay a service charge to enter. It costs 5.15% of the participation fee.
- 4 You need to register yourself as a member in the RUNNET. It's free.

## 【Application Articles】

Before sending an application, please agree to the following article.

- 1 Once an application has been accepted, the contents of the application cannot be changed, the application cannot be cancelled. Any over paid or double-paid fees will not be refunded.
- 2 The organizer decides whether the courses of the race will change or whether the race will be cancelled or not because of the dangerous weather, earthquakes, wind and flood damage, accidents or disasters and so on. In such cases, they decide whether they refund entry fees or how and how much they refund.
- 3 I am careful of my health care to keep in good health, and I am expected to train sufficiently. I am responsible for being wounded or feeling sick, for any accidents, and for any lost possessions.
- 4 I will observe the organizers' instructions to stop the race if they judge that it's difficult to keep going. And I will observe their instructions for the security and so on.
- 5 During the event ( including on the course ), I accept the organizers' first-aid treatment for accidents or injuries. They have no responsibility for it.
- 6 I will not bring the organizers to account nor sue them for any accidents, lost, injuries and so on during the event ( including on the course).
- 7 I accept that the organizers will compensate only for accidents, injuries and so on during the event, if it is within the coverage of the insurance for which they have contracted.
- 8 My family, curator ( if I am a minor ), or a member of my team ( if an ambassador enters ) is aware and accepts my entry.
- 9 I will not give false information about myself ( my age, sex, etc. ) nor have substitute runners. If found

to have engaged in such acts, I'll follow the organizers' decision ; I will be disqualified, I will not be able to apply for this marathon in the future and so on.

10 I will accept that the organizers or approved third parties may publish video footage, photographs, articles or personal information ( my name, age, sex, record of the marathon, pictures and etc.) through media including promotional materials such as marathon programs and posters, as well as newspapers, television, magazines, the internet, brochures and etc. for organizational and promotional purposes. The organizers have the right of publication and usage.

11 I'll observe the below articles on handling of personal information.

12 I'll observe the above articles and other ones the organizers made.

## 【Handling of Personal Information】

The organizers are aware of the importance of personal information, and will handle all personal information based on policies on protecting personal information drawn up by the organizers in adherence to the Act on the Protection of Personal Information and other related laws.

Personal information is used for the purpose of improving services for marathon entrants, such as the provision of race guides, notifications of records, notification of related information, provision of services from marathon sponsors, supporters and related organizations, the publication of records ( rankings etc. ), and surveys.

And in some cases, the organizers or entrusted organizations will contact applicants to confirm their application details.



## 【Accommodation and Bus Services】

### [A] Accommodation

We offer tourist homes or *ryokan*.

#### \*List

(In Hachikita-Kogen)

☆Aoitori, Rojji Asahi, Ebsuya, Kadoya, Sakae, SASAYA,

Tenku-no-yado Sara, Tomiya, Nakaya, Nishimuraya, Rojji Noma, Hisaya, Hinode-so, ☆Masenryo,  
Matsuya, Miharashiya, Mukobatake, Sakamotoya, Yonagoya, Wasabiya, Uzukanomori,

(In Ojira)

Oonarusano, Fujino, ☆Mikarta Paresu, Mikatakogen-shizennoie, Nakamuraso



1 You can stay only one-night at the places with ☆-mark.

2 Breakfast is served at 3 a.m. for participants of the 100K, 88K races, and at 5 a.m. for participants of the 66K and 44 K races on the day.

#### \*Room Rates

¥8,000 per a person (two people in one room)

¥7,700 per a person (sharing a room)

Please share a room with your friend because we don't offer enough rooms and pay the room rates to your *ryokan*.

\*Medication: Hachikita *Kankokyokai*, Hachikita Tourism Association will be arranging accommodation for runners competing in Muraoka Double Full Ultra marathon and supporters. Please pick up one among the above *ryokan*. Please book a hotel except for ones on the list by yourself.

#### \* Information

1 All rooms are Japanese-style.

2 If you stay with your child, please ask the room rates for a child from the staff at tourist home or *ryokan*.

3 If your *ryokan* has *onsen*, a hot spring, You have to pay another 150 yen for taking a bath.

#### \*How to book

1 Please fill in the blanks on “宿泊・マラソンバス申込書”, the form to book *ryokan* or bus, and fax or mail it to “ハチ北観光協会”, Hachikita Tourism Association. You can get the form on our website.

2 The deadline is August 31, in 2018.

3 Please apply this as soon as possible in case we have no rooms. Bookings will close once capacity has been reached.

Hachikita Tourism Association

Address: 〒667-1344 兵庫県美方郡香美町村岡区大笹

TEL : 0796(96)0732 FAX : 0796(96)0341

If you need other help, please call Kami Tourism Association, 0796(36)1234.



## [B] Bus Services

### \*How to book

- 1 If you take our bus from Osaka station or from Himeji station, please book it.
- 2 Please fill in the blanks on “宿泊・マラソンバス申込書”, the form to book *ryokan or bus*, and fax or mail it to “ハチ北観光協会”, Hachikita Tourism Association. You can get the form on our website.
- 3 The deadline is August 15 in 2018.
- 4 Please apply as soon as possible in case we have no vacant seats. Booking will close once capacity has been reached.

Hachikita Tourism Association

Address: 〒667-1344 兵庫県美方郡香美町村岡区大笹

TEL : 0796(96)0732

FAX : 0796(96)0341

If you need other help, please call Kami Tourism Association, 0796(36)1234.



### \*Our Services(Zentan Bus for the runners)

#### ○ September 29 (Saturday), 2018

Shin-Osaka Station (around 11:00) → Muraoka Gym (around 14:00)

Himeji Station (around 12:00) → Muraoka Gym (around 14:00)

#### ○ September 30 (Sunday), 2018

Finish point (around 19:00) → Shin-Osaka Station (around 22:00)

Finish point (around 19:30) → Shin-Osaka Station (around 22:30)

Finish point (around 19:30) → Himeji Station (around 21:45)

If you stay at tourist home or *ryokan*, we are going to drive you there from finish point by shuttle bus.

#### ○ October 1 (Monday), in 2018

Hachi-kita Station (around 10:00) → Shin-Osaka Station (around 13:00)

Hachi-kita Station (around 10:00) → Himeji Station (around 12:00)

### \*The Fare

- 1 It costs ¥3,500 each way between Shin-Osaka station and Muraoka.
- 2 It costs ¥3,100 each way between Himeji station and Muraoka.

After you apply for the bus service, the Zentan Bus Company will contact you. If you cancel it after your application, you have to pay the cancellation charge.

ハチ北観光協会, Hachikita Tourism Association

Address: 〒667-1344 兵庫県美方郡加茂町村岡区大笹

TEL : 0796-96-0732

FAX : 0796-96-0341



## 【Access】

### \*By car

You drive to Fukusaki in Chugoku expressway or to Kasuga in Maizuru-Wakasa expressway, and to Yoka on Bantan expressway and Kitakinki-Toyoka Road. Then you go in a parallel direction to Sekinomiya, or Tottori on Route 9.

### \*By train

You come to Yoka station by train and take a bus to Muraoka “Tonomachi” bus stop.

### \*By bus (Scheduled service)

( Zentan Bus Company: 0796-32-2921/0796-92-0137 or <http://www.zentanbus.co.jp>)

They have two bus services to Muraoka( “Tonomachi” bus stop); one leaves Hankyu-Sanbangai in Osaka, and the other leaves Sannomiya in Kobe.

### \*In our bus (Zentan Bus)

There are bus services from Himeji and Shin-Osaka.





**Muraoka Double Full Ultra Marathon**  
**Application for Accommodation and Bus services**

Please fill in the blanks, and mail or fax this to Hachikita a Tourism Association.

Due NLT : Bus services . . . . . August 15 in 2018

Only Accommodation . . . August 31 in 2018

1	<i>Furigana</i> (Japanese phonetic characters)	Age	Sex	Race	Tel /Fax		Bus Route
		Name(Representative)		M	100K / 88K	Home	
	Address		F	66K / 44K	FAX		D / E / F
				others	Cell phone		G

  

2	<i>Furigana</i> (Japanese phonetic characters)	Age	Sex	Race	Tel /Fax		Bus Route
		Name		M	100K / 88K	Home	
	Address		F	66K / 44K	FAX		D / E / F
				others	Cell phone		G

Accommodation	Date	September 29 in 2018 (Sat.) / September 30 in 2018 (Sun.)
	Room Type	<input type="checkbox"/> A shared room: Please write the guest names except for you (            ) (            ) (            )
		<input type="checkbox"/> A room for two people: Please write the guest name except for you (            )

Bus Route for The Entrants	September 29 ( Sat.)		
	<input type="checkbox"/> A	Shin-Osaka Station	Around 11:00 ➡ Muraoka Gym.    Around 14:00
	<input type="checkbox"/> B	Himeji Station	Around 12:00 ➡ Muraoka Gym.    Around 14:00
	September 30 ( Sun.)		
	<input type="checkbox"/> C	Finish Point	Around 19:00 ➡ Shin-Osaka Station    Around 22:00
	<input type="checkbox"/> D	Finish Point	Around 19:30 ➡ Shin-Osaka Station    Around 22:30
	<input type="checkbox"/> E	Finish Point	Around 19:30 ➡ Himeji Station    Around 21:45
October 1 ( Mon.)			
<input type="checkbox"/> F	Hachikita Bus Stop	Around 10:00 ➡ Shin-Osaka Station    Around 13:00	
<input type="checkbox"/> G	Hachikita Bus Stop	Around 10:00 ➡ Himeji Station    Around 12:00	

## 英語研究部 ( English Club at Muraoka S. H. S. )

### 村岡ダブルフルマラソン感想 ( ボランティアスタッフ )

私たち村高生は、毎年村岡ダブルフルマラソンのボランティアスタッフとして全員が参加しています。多くの方々に私たちの活動を知って頂き、また村岡ダブルフルマラソンに参加してもらえればと思っています。平成29年度は外国の方も参加して下さいだったので、私たちの感想だけではなく英語バージョンの大会要項を作成しました。

We are members of the English club at Muraoka S.H.S. and we made an English version of Muraoka Double Full Ultra Marathon. If you want to make an inquiry about it, please email to [s156078@hyogo-c.ed.jp](mailto:s156078@hyogo-c.ed.jp) ( Minako Miyake, advisor of the English club )

私は放送の係でした。放送係は全員で6人です。仕事は2つあり、私たちはトランシーバーを使い選手の通過を伝える係と会場で放送する係に分かれました。私は放送するのが好きなので、この係に決まった時から当日がとても楽しみでした。

最初はまだ会場に人が少なく、緊張しながらも落ち着いて放送できました。しかし時間が経過するにつれて人が増え、仕事も忙しくなってきました。続々とゴールした選手の方から私たちスタッフに向けて掛けられた「ありがとう」「ただいま」の声でとても幸せな気持ちになり、「最後まで頑張ってゴールしてください」「お疲れ様でした」という想いを込めて、一生懸命放送しました。自分の声を会場の一人一人の選手に届けることが出来て嬉しく思います。

来年のダブルフルマラソンでも、私の声援でランナーを笑顔にしたいです。

I was part of the broadcasting staff for the Muraoka Double Full Marathon. There were six S.H.S students in total for the broadcasting staff. We divided into two groups for the work: one was to transmit information relating to which runner passed the water stations, and the other was to broadcast who finished the goal. I like broadcasting. So I had been looking forward to the marathon since I knew I would be one of the broadcasting members.

During the first half of the marathon, the number of people at the grounds was very small. Though I was so nervous, I was able to announce calmly. As time went by, more and more people came. Many runners thanked us for our hard work, so I felt very happy. I announced earnestly for them. I was glad that my voice reached out to each of them.

Next year I also hope to make runners happy with my announcements.

只今、会場の準備中



ランナーのチップはずし



ドキドキの放送中



私は最初長楽寺で、演奏によるランナー応援とエイドの手伝いをしました。エイドでは大きな大仏に見守られながら、おはぎやお茶をランナーの方に出しました。自分から積極的に動け、ランナーの方々にも笑顔で対応できたと思います。演奏では、屋外で吹くのは初めてでした。自分たちの音が周りに響いて気持ちよく、またランナーのみなさんにも喜んでもらえて嬉しかったです。今回自分たちの演奏で人を喜ばせることが出来て、改めて「聴いている人を喜ばせる」ということが演奏者として一番大切だと再確認できました。私は高校で吹奏楽を始めたばかりですが、入部してよかったと思いました。

長楽寺のエイドを全てのランナーが通過した後、ゴールに移動し走り終わったランナーに対してアンケート調査を行いました。私は知らない人に話しかけるのは苦手で、慣れるまで大変でした。しかしたくさんの方々のランナーの方々から「高校生のボランティアが良かった」という声をいただいて、嬉しかったです。またコミュニケーション能力は将来必要とされるので、多くの方々とコミュニケーションを取れたことは私にとって役立つ経験でした。

I helped other volunteers in the neighborhood and played the clarinet at the Choraku-ji temple water station. At this temple you can see the biggest Buddha in the Tajima area. I hoped the runners would enjoy this Buddha though I knew they wouldn't be calm and composed after a few hours' running. There I handed green tea, and *ohagi* (rice cakes covered with bean jam) to the runners. This was the first time that I joined this marathon as a volunteer. I was very surprised to know how much other volunteers were looking forward to this event. They made *ohagi* for the runners and brought some vegetables they grew in their fields (tomatoes, cucumbers, and so on). These attitudes they had, "*Omotenashi*" changed my mind.

I was a member of the brass band club and played some tunes with other members in front of the temple. Most of the runners smiled at us and some of them waved their hands. Our performance seemed to cheer up many runners. It made me very happy. I found music wonderful and I realized the power of music. I felt a bond between us and the runners without any words.

Later, I did a questionnaire about this marathon. I am so shy. I was worried that I wasn't going to communicate with the runners very well. But I was moved by their words, "Thank you for your *Omotenashi*. High school volunteers gave us a good memory." I was able to talk to them. I was lucky to join this marathon as a volunteer. I want to cheer for the runners with our performance again.

荷物係



ゴールテープ係



吹奏楽部が音楽で応援



9月の中旬ごろにダブルフルウルトラランニングがありました。僕たち村高生はスタッフとして参加しました。僕はゴール地点の小学校で、ランナーにジュースを配りました。そこでは、走り終わったランナーの人たちがそれぞれ交流されていて、色々なところから「村高良かったよ」という声が聞こえてきました。こういった活動を通して多くの方たちから褒めて頂くことで、僕たちもやりがいを感じ、もっともっと頑張ろうと励まされます。来年度の活動では最高学年になるので、僕たちがしっかりとリーダーシップを取って活動したいです。そして、また色々な方に「村高、今年も良かったよ」と言われるように頑張りたいです。

We had the Muraoka Double Full Marathon in the middle of September. We participated in it as volunteers. I handed some drinks to the runners after they finished the goal. I saw many of them communicating with each other. Then I was told, "Thank you for your work. The runners were encouraged by Muraoka S.H.S. students!", which made me feel useful. It also motivated me. Next year I will be in my senior year, so I want to join in this marathon with leadership.

Together with *Izumi-kai*, the retired women's group, we served mixed rice in lunchboxes, and made *shiratama* (rice cake balls) for *oshiruko* (sweet red beans soup with rice cake balls). Every member in *Izumi-kai* was kind enough to teach us how to cook such dishes. This was a good opportunity to talk with local people.

After we ate lunch, we served *oshiruko*, and *tonjiru* (miso soup with pork and vegetables). The runners looked exhausted after they finished the marathon. So I tried to talk to them with a big smile. Each of them returned a smile and said to us, "Thanks!" Their words made me very happy.

This time we had a Russian runner. I am not good at speaking English, so I wasn't able to communicate with him very well. So I will study English hard!

This experience taught me that it is important to have a challenge with a goal. I want to join in some volunteer activities. I also want to spread such activities.

白玉団子作ってます！



ソーランで応援！ランナーも飛び入り参加

