

RACE RULES for 14K

Competition Details & Equipment

No.

CONTENTS

- 1 The race follows a time trial format on a designated mountain course. (Rankings are determined based on the shortest completion time.)
All race participants (including those in the pair category) are required to carry a mobile phone and a bear bell as mandatory gear.

The following items are recommended. Please carry them as needed based on your own judgment:
[Drinks, energy food, rainwear (top and bottom), light (checked to ensure it turns on), survival sheet, first aid kit (gauze, disinfectant, bandages, etc.), portable toilet, warm clothing, gloves, whistle, compass, mountain map], etc.
- 2

NOTE: Please note that there will be no aid stations along the course. It is strongly recommended that you carry your own water and energy food.
NOTE: During the race, staff may randomly *check for mandatory gear. Thank you for your understanding.*
- 3 Trekking Poles: Use is prohibited to protect the natural environment.
- 4 Arrow displays are placed at key points along the course. Staff are also positioned at difficult areas, so please follow their instructions.
- 5 Wear your race bib without folding it front or back so that the sponsor logos and all other printed information remain visible at all times. Modification or cutting of the bib is also prohibited.
- 6 Running while using earphones or any devices that cover your ears is prohibited, as it is extremely dangerous and may prevent you from hearing surrounding sounds in case of an emergency. (Hearing aids are excluded. Bone conduction headphones that do not cover the ears are permitted; however, please keep the volume low.)

No.**CONTENTS**

- 7 Support from individuals other than race staff (such as pacing or providing food) is prohibited.
- 8 Running is prohibited in designated no-running zones within the Special Protection Area and Class I Special Zone of the national park. Please walk through these sections. Failure to comply and running in these restricted areas will result in disqualification.
- 9 In the pair race, both participants must run within visible distance of each other at all times. Additionally, both participants must finish together. If only one participant finishes, it will not be considered a valid completion.
- 10 Please make sure you fully understand the disqualification rules before participating in the race.

Disqualification Criteria**No.****CONTENTS**

- 1 Failure to comply with competition rules or mandatory gear requirements
- 2 Littering during the race
- 3 Providing false information during registration
- 4 Violating environmental protection rules
- 5 Disregarding priority for general hikers and making reckless passes or overtakes

Important Notes**No.****CONTENTS**

- 1 Be sure to bring your health insurance card on the day of the race.
- 2 If the weather deteriorates during the race or course conditions worsen, the organizer may decide to change the course or cancel the race.

No.

CONTENTS

In principle, the race organizers will not provide first aid for injuries sustained during the race. Please take personal responsibility and use your own first aid supplies. The following insurance coverage applies to all registered participants.

Insurance

<Insurance Coverage Contracted by the Organizer>

Death / Permanent Disability: ¥5,000,000

Hospitalization (per day): ¥3,000

Outpatient Treatment (per day): ¥2,000

The insurance provided by the organizer covers the items listed above.

If you wish to obtain additional sports accident insurance, please contact your local insurance provider and arrange it individually.

If you need to make a claim using this insurance due to an injury during the race, please contact the race office within one month after the race.

3

Regarding Insurance Claims for Injuries During the race

Please contact us by email within two weeks after the race.

(Be sure to include the race name, your full name, bib number, and the mailing address for the accident certificate.) We will send you an "accident certificate" by postal mail.

Please fill out the necessary information and mail it back to Power Sports.

After that, please wait to be contacted by the insurance company.

In the meantime, please keep all receipts from any medical treatment you receive.

As claims are submitted at the end of each month, it may take approximately 1 to 2 months for the insurance company to contact you, depending on the timing of the submission.

No.**CONTENTS**

- 4 If a participant is deemed unable to continue the race, staff may stop the participant from continuing the competition.
- 5 For non-race belongings, please follow the staff's instructions and use the designated area. However, valuables and fragile items must be managed by each individual. The organizer is not responsible for loss.
- 6 Timing will be measured using a timing tag. The tag will be collected after finishing or retiring from the race, so please be sure to return it. Even if you do not start the race on the day of the event, you must return the tag. In case of loss or damage, the actual cost (4,000 yen) will be charged.
- 7 Penalty time may be added to the finish time depending on the nature of the violation.
- 8 Please fully understand that the course is not exclusively reserved for the race and is also used by vehicles, general users, and hikers. Do not obstruct their passage. Especially when overtaking on mountain trails, do so by walking, not running, and only in a safe location.
- 9 Athletes who retire or are disqualified must stop at a checkpoint or aid station and complete the final retirement procedure.
- 10 Athletes aged 55 and over must undergo a medical checkup within one year prior to the race. Submission of the medical certificate on the race day is not required, but you may be asked to submit it later depending on the circumstances.

Application Terms & Conditions**No.****CONTENTS**

- 1 Changes to your registration details or cancellations after application due to personal reasons are not allowed. Refunds for overpayments or duplicate payments will also not be issued.
- 2 False declarations of age or gender, as well as participation by anyone other than the registered applicant (unauthorized participation), are strictly prohibited. If such violations are discovered, the registration will be disqualified.

No.**CONTENTS**

No refunds will be given in the event of cancellation due to earthquakes, storms, floods, snowfall, incidents, or accidents.

<Cancellation Criteria Due to Heavy Rain>

- 3 In addition to considering heavy rain warnings, rainfall thresholds (hourly rainfall of 20mm, 3-hour rainfall of 50mm, and cumulative rainfall of 100mm), and continuous rainfall conditions will also be taken into account. Starting one week prior to the event, we will monitor the issuance of heavy rain warnings, rainfall data, and weather forecasts, and make a final decision based on a comprehensive assessment of all available information.
- 4 The rights to use images, photographs, articles, records, and other media related to participation in the event on television, newspapers, magazines, the internet, and other platforms belong to the event organizers.
- 5 The handling of personal information of event applicants will be in accordance with the organizer's terms and conditions stated separately.
- 6 I will carry all the mandatory gear required by the event. I understand that failure to comply may result in disqualification.
- 7 In addition to the above application terms and conditions, I will comply with the event regulations separately established by the organizer. In the case of any discrepancies, the event regulations will take precedence.