

The 4th HIROSAKI 24-hour / 48-hour / 6-day Run Championship and 100-kilometer ultramarathon

Race Information

Organizer

Specified Non-Profit Corporation Sports Aid Japan

Co-organizer

Hirosaki City

Purpose

- The promotion and popularization of ultramarathons, such as 24-hour runs (races where the distance run within 24 hours is competed) and 100 km runs, where amateur runners from our country can perform well in the world.
- Contribution to the development of the region that serves as the venue.

Events

24-Hour Run: Women, Men

48-Hour Run: Women, Men

6-Day Run: Women, Men

100 km Ultramarathon: Women, Men

Note

- Facilities for rest and sleep (used by 3-4 people per room) are provided for the 6-Day Run participants.

Date

6-Day Run: May 23-29,2025

48-Hour Run: May 23-25,2025

24-Hour Run: May 24-25,2025

100 km Ultramarathon: May 24,2025

Eligibility

Those who fulfill the following conditions, and whose participation is approved by the organizer:

- 1) Must be at least 20 years of age on the race day.
- 2) Healthy men and women who can manage themselves.

Course

Hirosaki City Sports Park Athletic Stadium + Outer Running Course / 1 lap 1.25 km (almost flat on the whole surface)

(You will run) 80 laps for the 100 km run.

Handler (Support Crew)

The participants of the 24-Hour Run, 48-Hour Run, or 6-Day Run who meet one of the following criteria can register one handler (exclusive supporter): The handler will support only the registered athlete in the designated area.

1) 24-Hour Race Personal Best

- Men: 230 km or more (certified only)
- Women: 200 km or more (certified only)

2) Best Record Since May 2020

- 24-Hour Race
 - Men: 200km or more (certified or non-certified)
 - Women: 180 km or more (certified or non-certified)
- 48-Hour Race
 - Men: 320 km or more (certified or non-certified)
 - Women: 285 km or more (certified or non-certified)

3) 100 km Ultramarathon Best Record Since May 2020

- Men: 8 hours or less (certified or non-certified)
- Women: 9 hours 30 minutes or less (certified or non-certified)

4) Other Exceptional Achievements

The participants who have exceptional achievements in ultra-long-distance running, as recognized by the organizer, may also be eligible. (contact the race secretariat in advance)

Notes

- The number of handlers is limited to 65. If there are more than 65 applicants, the organizer will select handlers based on their achievements.
- Handlers are allowed to use the facilities provided by the organizer and consume food and drinks, just like the participants.

Official Aid Station

- One station will be located on the course. You can eat and drink at any time.
- The participants of the 24-Hour Run, 48-Hour Run, or 6-Day Run: Please bring your own dedicated drink container (my cup) to reduce waste.

Timing

- Automatic measurement
- Laps and other information can be checked on monitors near the start/finish line

Awards

The top 3 male and female in each category

Finisher's Certificate

Issued on the day of the event (the records of all participants will be published on the Sports Aid Japan official website at a later date)

Participation prizes

Local specialties (planned)

Event fee

24-Hour Run / 20,000 JPY (with handler 22,000 JPY)

48-Hour Run / 29,000 JPY (with handler 32,000 JPY)

6-Day Run / 65,000 JPY (with handler 80,000 JPY)

100 km Ultramarathon / 13,000 JPY

Notes

- Handler Approval: Approval for handlers will be given at a later date. Please pay the event fee for the participant's only at the time of entry.
- 6-Day Run event fee: Payment instructions will be sent after your entry is accepted.

Field Size

24-Hour Run: 120 runners

48-Hour Run: 40 runners

6-Day Run: 40 runners

100 km Ultramarathon: 80 runners

How to Enter

- 24-Hour Run/ 48-Hour Run/ 100 km Ultramarathon:
Register Online (only at sports Entry): <https://www.sportsentry.ne.jp/event/t/98811> (Japanese only)
- 6-Day Run
Register Online (only at the Sports Aid Japan website entry form):
<https://sportsaid-japan.org/NEW/entry> (Japanese only)

Entry period (JST)

12:10 pm, December 26, 2024 - 5:00 pm, April 22, 2025

Note

All races will close once the quota is reached.

Event of schedule (JST)

- 6-Day Run
 - 9:10 am - 11:10 am, May 23rd / Registration
 - 11:20 am / Opening Ceremony and Race Briefing
 - 12:00 pm / Start
 - 12:00 pm, May 29th / Finish
- 48-Hour Run
 - 10:10 am - 11:10 am, May 23rd / Registration
 - 11:20 am / Opening Ceremony and Race Briefing
 - 12:00 pm / Start
 - 12:00 pm, May 25th / Finish
- 100 km Ultramarathon
 - 3:00 pm, May 23rd – 4:10 am, May 24th / Registration
 - 4:20 am / Opening Ceremony and Race Briefing
 - 5:00 am / Start
 - 6:00 pm / Finish
 - * Cut-off Times: 13 hours
- 24-Hour Run
 - 10:00 am- 11:00 am, May 24th / Registration
 - 11:10 am / Opening Ceremony and Race Briefing
 - 12:00 pm / Start
 - 12:00 pm, May 25th / Finish

Venue

Hirosaki City Sports Park Athletic Stadium
2-3 Toyoda, Hirosaki City, Aomori Prefecture, JAPAN

Access

- By Train
 - From JR Ou Main Line Hirosaki Station:
 - Take the Konan Railway Konan Line to “Undokoen-mae” Station.
 - 2-minute walk from the station.
- By Car
 - From Tohoku Expressway Owani-Hirosaki IC:
 - 8 km away.
 - Free parking is available.