

# The 5th HIROSAKI 24-hour Run Championship

## *Race Information*

### **Organizer**

Specified Non-Profit Corporation Sports Aid Japan

### **Co-organizer**

Hirosaki City

### **Purpose**

- To promote and popularize 24-hour races
- To contribute to the development of the host region

### **Events**

24-Hour Run: Women, Men

**Note:** The 2026 IAU 24H Asia and Oceania Championships will be held concurrently.

### **Date**

May 23-24, 2026

### **Venu**

Hirosaki City Sports Park  
2-3 Toyoda, Hirosaki City, Aomori 036-8101, Japan

### **Eligibility**

- Minimum age: 20 years on race day
- Healthy and capable of self-managing their training and condition

### **Course**

The course consists of Hirosaki City Sports Park Athletic Stadium and an outer loop, 1.25 km per lap, mostly flat throughout.

## **Personal Supporter (Handler) Eligibility**

Each eligible runner may register one personal supporter. Personal supporters are allowed to provide assistance only to the runner they are registered with and within designated areas.

A runner may register a personal supporter if they meet any of the following criteria:

1. 24-hour race personal best (official record only):
  - Men: 240 km or more
  - Women: 210 km or more
2. Personal best since May 2023 (including unofficial records):
  - 24-hour race: Men 220 km or more, Women 200 km or more
  - 48-hour race: Men 330 km or more, Women 290 km or more
3. 100 km ultramarathon personal best since May 2023 (including unofficial records):
  - Men: within 7 hours 30 minutes
  - Women: within 9 hours
4. Other exceptional long-distance achievements recognized by the organizer (please contact the race office in advance).

### **Notes:**

- For operational reasons, the total number of personal supporters is limited to 30. If more than 30 runners request a personal supporter, the organizer will select personal supporters based on the runners' achievements.
- Runners approved to have a personal supporter must pay a separate personal supporter fee of JPY 2,500 (details will be provided by April 28).

## **Official Aid Station**

One official aid station will be set up on the course. It will provide food and drinks at all times.

*To reduce waste, runners and personal supporters are requested to bring their own drinking containers (personal cup).*

## **Timing**

Timing will be conducted automatically. The number of laps and other relevant information can be checked on monitors installed near the start/finish area.

## **Awards**

Top 3 men and top 3 women.

## **Certificates**

Issued online.

*The results of all participants will be published later on the official Sports Aid Japan website.*

## **Participation Gift**

Local specialty food products (tentative).

## **Event fee**

JPY 22,000

**Note:** The personal supporter fee is not included in the entry fee.

## **Entry Limit**

120 participants

## **How to Enter**

Registration is available only through Sports Entry.

<https://www.sportsentry.ne.jp>

*Please note that registration will close once the field is full.*

## **Entry period**

December 23, 2025 – April 23, 2026

*All dates and times are shown in Japan Standard Time.*

## **Event schedule**

### **Friday, May 22**

10:00–12:00      Registration

### **Saturday, May 23**

10:00–11:00      Registration

11:30              Opening Ceremony & Race Briefing

12:00              Start

### **Sunday, May 24**

12:00              Finish

*All dates and times are shown in Japan Standard Time.*

## **Race Rules**

### **1. Bib Number Visibility**

During the race, all participants must wear their assigned bib numbers on both the front and back, and they must always be clearly visible. Personal supporters (handlers) must follow the same rule. When wearing jackets or rain gear, ensure that the bib remains clearly visible at all times.

### **2. Running Etiquette**

During the race, runners must keep a safe distance from other participants. In particular, do not provide prolonged pacing or pull assistance to any specific runner.

### **3. No External Assistance**

During the race, runners may not receive any competitive assistance from others, including pacing, running alongside, or provision of food and drinks.

### **4. Narrow Sections**

The course is narrow at stadium entrances, exits, and turnaround points. Running side by side is prohibited in these areas. In other sections, runners should avoid running side by side whenever possible to allow smooth overtaking.

### **5. Leaving the Course**

Runners must remain within the race course, aid stations, athlete lounge, and race headquarters, except when using the toilet. Any departure from the course for personal reasons (e.g., shopping) must be through designated exits and under the direction of race staff. The same rule applies when rejoining the race.

### **6. Purchasing Food/Drinks**

During the race, runners and/or personal supporters may leave the venue to purchase food or drinks themselves from stores, restaurants, or vending machines. They may not request third parties to purchase items on their behalf. Supplies should generally be prepared before the start. Planned or repeated provision of items from third parties may result in warnings, penalties, or disqualification.

### **7. Consumption Restrictions**

Food and drinks may only be consumed at aid stations, in athlete room, or on the outer running course. Carrying food or drinks into the stadium for consumption is not allowed. Bottles with secure caps may be carried into the stadium, but consuming them inside is prohibited.

### **8. Prohibition of Third-Party Aid**

Any provision of food or drinks by third parties, also referred to as unofficial or private aid stations, is strictly prohibited.

### **9. Withdrawal / Retiring from Race**

Runners or their personal supporters must report retirements to the race office. Timing chips must be returned upon withdrawal.

#### **10. Race Cancellation for Safety**

If race officials or medical staff determine that continuing the race would endanger a runner due to extreme fatigue or other reasons, the race may be stopped for that participant.

#### **11. Rule Violations and Disqualification**

Participants who repeatedly violate race rules or fail to follow the instructions of the organizer may be disqualified. If a personal supporter repeatedly violates the rules, the associated runner will be disqualified.

### **Notes on the IAU 24H Asia & Oceania Championships**

The IAU 24H Asia & Oceania Championships will be held concurrently with this race. This race is an official international competition with national teams and individual athletes representing their countries. General participants are expected to exercise consideration for the representatives, such as avoiding running on the inside lane, so as not to impede their progress.

### **Access**

- From Aomori Airport:  
Take the direct airport bus operated by Konan Bus to Hirosaki Bus Terminal (approx. 55 minutes, JPY 1,400). From Hirosaki Bus Terminal, walk about 5 minutes to Hirosaki Station, then take the Konan Railway Konan Line to Undoken-mae Station (approx. 5 minutes, JPY 270). From Undoken-mae Station, it is about a 2-minute walk to Hirosaki Sports Park.
- From JR Hirosaki Station:  
Take the Konan Railway Konan Line to Undoken-mae Station (approx. 5 minutes, JPY 270), then walk about 2 minutes to the venue.
- By Car:  
From Owani-Hirosaki IC on the Tohoku Expressway, about 8 km. Free parking is available.

### **Contact Information**

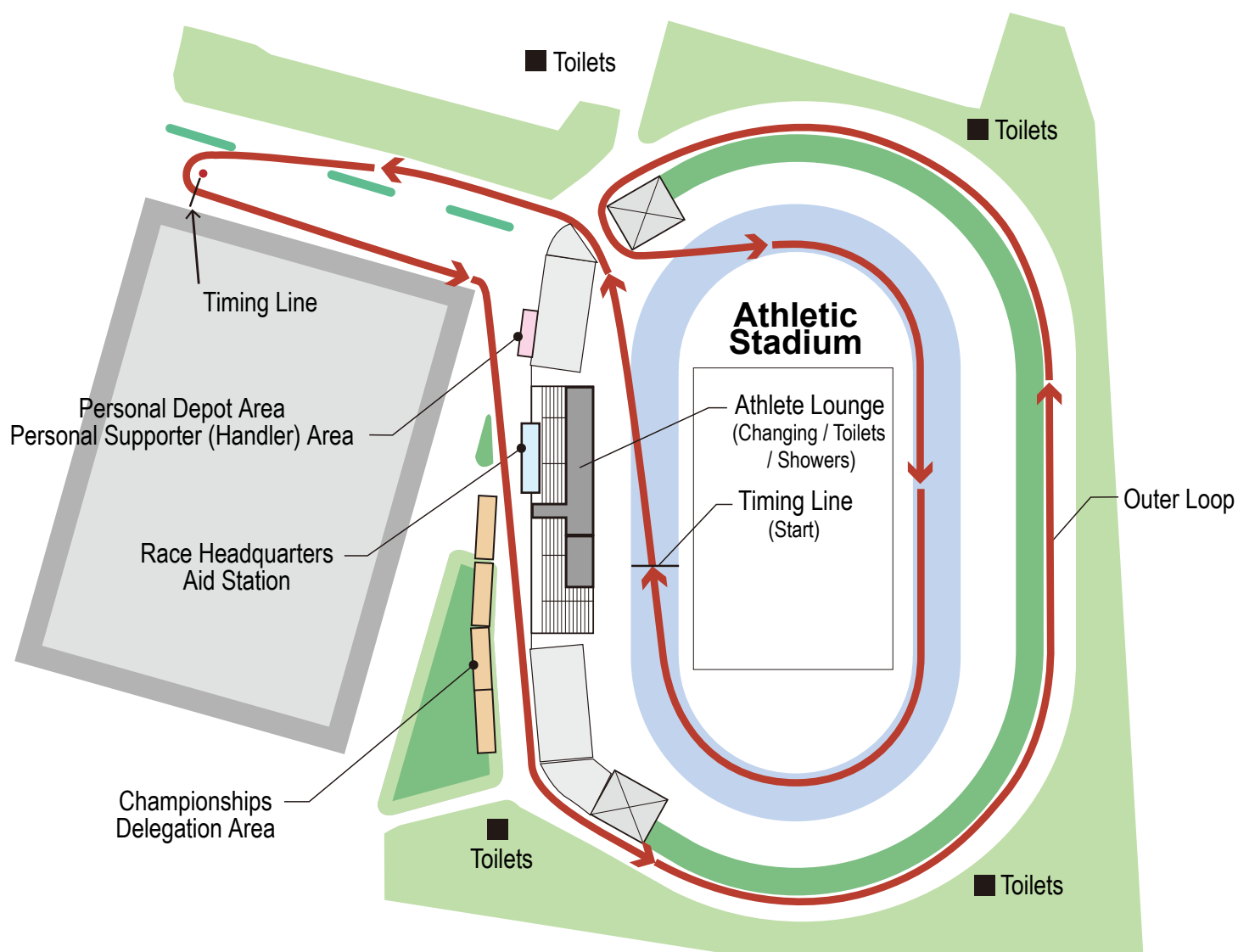
#### **NPO Sports Aid Japan**

Address: 1221 Asuwa, Moroyama-machi, Iruma-gun, Saitama 350-0455, Japan

E-mail: [info@sportsaid-japan.org](mailto:info@sportsaid-japan.org)

Website: <https://sportsaid-japan.org>

## Course Map



## Venue Map

