

**Saturday, October 26, 2024**

**@Yoshimashita Kogen Midori-no-Mura**

(8405-24 Tashiro, Mifune-cho, Kamimashiki-gun, Kumamoto Prefecture)

**Hosted by: Mifune Town**

**Supported by: Mifune Municipal Board of Education,  
Mifune Municipal Athletic Association,  
AigoYoshimuda Nonprofit Corporation**

Thank you for participating in the 6th Mifune Jurassic Trail. The Yoshimuda Highlands, which is a part of the course of this event, is a highland area at the foot of the southern outer rim of Aso, which was selected as one of the "100 Best Grassland Villages to Leave to the Future".

Mifune-town is also the site where the first fossil of a carnivorous dinosaur tooth was excavated in Japan. We hope you will enjoy the magnificent nature of Mifune-town.

● **Venue Map**

Please use parking lots ①~③.





## ● ACCESS

**Yoshimuta Plateau, Mifune-town  
(8405-24 Tashiro, Mifune-town, Kamimashiki-gun, Kumamoto Prefecture)**

▼GoogleMAP

<https://maps.app.goo.gl/4o6sT6oiNhEfG9Mj6>

Please come by private car or taxi. \*There is no public transportation or shuttle bus service.

Approx. 7 km (10 min.) from the Uenoyoshimuta IC of the Kyushu Chuo Expressway

\*between Kashima interchange and Uenoyoshimuta interchange is free of charge.

【map】





## ● Timetable

time	Contents
7:30~	athlete's registration
8:15~8:40	Opening Ceremony
8:45	3km start
9:30	20km start
10:30	Fossil excavation (1st group) start
11:10	Outward trip Aid station (6.6km point) Checkpoint time limit
11:30	Fossil excavation experience (2nd group), BBQ registration start
12:30	Jizo Pass (12.3km point) Checkpoint time limit
12:50	Return trip Aid station (14.3km point) Checkpoint time limit
14:10	20km Finish time limit
15:00	BBQ ends

## ● Athlete Registration

- Participants will receive a number, participation prizes (a towel, 500 yen food coupon, invitation to Dinosaur Museum, discount coupon for Mifune Terrace Baths), T-shirts (only for those who purchased them in advance).

Please check your bib number on the start list and line up in the appropriate line.

※Please note that we will not be sending you your bib numbers in advance as we originally announced.

- Those who do not run on the day of the race may only receive the participation prize. Please give the staff your bib number and name.
- Participation prizes will not be sent at a later date.

## ● What to bring

Although we will not check your belongings before the race, you can be stopped from continuing the race if we find you not having the things you need during the race.

### ▼ things you must bring

- Water (1 liter or more)
- Course Map \*The course map can be downloaded from the website and is also available in the race instructions.
- Your keep cup \*To conserve resources, paper cups will not be provided.
- Your Phone (In case of emergency, please call the headquarters phone number on your bib)

### ▼ things you are recommended to bring

- something to eat during the race (energy gels, salt candy, etc.)
- First aid kit (plaster, tape, poison remover, Vaseline, etc.)
- Hat and gloves

## ● How to wear the bib numbers

- Wear the number horizontally on the front of your body.
- The number has an IC tag for measurement. If the number is worn incorrectly, the measurement may not be accurate.
- Safety pins are not included in the package to conserve resources. Please bring something to attach your number to your clothes such as bib belts and safety pins.

### 着用例



ウェアの胸部 / 腹部  
取り付ける



ゼッケンベルト



パンツに取り付ける



小さく折りたたむ





### ● Start time

Time	Distance	Bib color	Bib No.
8:45	3km	yellow	701~
9:30	20km	purple	1~
	20km First-aid runner	red	601~

### ● Course Information

- Marker course tapes(white, see photo) will be placed at approximately 100m intervals for the 20km course and 50m intervals for the 3km course.
- Multiple tapes will be placed at intersections and where you could be lost, and course directions will be provided by arrow signs and race officials. Please be aware of your surroundings to avoid missing the marks.
- **If you cannot find the course tape for more than 5 minutes, you may be on the wrong course. Please go back the way you came soon as possible.**

コーステープ実物写真



### ● Aid Stations and Gate Times (20km course only)

- Aid stations (AS) will be set up at 6.6km (out) and 14.3km (return) on the 20km course.
- Refreshments (local specialties, etc.), water and sports drinks will be available at the aid stations.
- **Paper cups will not be provided at the AS. Please bring your own cups and bottles.**
- checkpoint times are set at the AS(outward and return) and Jizo Pass. participants who do not arrive at the time or cannot leave the AS will be disqualified there.

### ● Measurement and Awards

- Since the measurement will be done with the IC tag attached to the bib number, please do not take it off till the end of the race. IC tags and numbers do not need to be returned after the race.
- The top three finishers in each category will receive a certificate and additional prizes.
- **Certificates will be available for download from the website. Click on your name on the page saying "Result" on the event home page to download your certificate. They will not be printed or distributed at the venue .**



## ● DNF

- **You can quit the race only at aid stations(AS). If you are not confident that you will be able to finish the race or to reach the next aid station when you arrive at an aid station, please do withdraw from the race since cars cannot get in to the course..**
- If you want to withdraw, please notify the aid station staff. If you do not report it, a search team may be sent to find you as a missing person.
- If you are unable to walk on the course due to injury or illness, please inform a staff member nearby or call race headquarters and follow their instructions.

## ● First Aid System

- Nurses and AEDs are available at the main venue and aid stations. If you are injured or feel unwell during the race, please come to the aid stations.
- If you get first aid, you will be disqualified from the race there.
- For the 20km course, runners wearing red numbers are “first-aid runners” with medical qualifications. If a runner is unable to run on his/her own on the course, the first aid runner has to cooperate with the race headquarters and give priority to rescue.

## ● Personal Accident Insurance

- Injuries caused by falls, heat stroke, hypothermia, acute heart disease, etc. during the event will be compensated for within the scope of the accident insurance policy purchased by the organizer.  
Amount of compensation] Death and permanent disability: 2 million yen, hospitalization per day: 2,500 yen, and outpatient visit per day: 1,500 yen.
- Medical examinations for pre-existing medical conditions and search and rescue expenses in the event are not covered by the policy. Since search and rescue expenses can be expensive, individual mountain insurance enrollment is strongly recommended for daily trail runners and climbers.

## ● Decision to Cancel the Tournament

- The event may be cancelled, curtailed or the content changed if weather warnings such as heavy rain or storms, or landslide warnings are issued around the venue, or if a disaster such as an earthquake or volcanic eruption occurs.
- Please do not make inquiries by phone as the situation will be announced on the event website as needed.

### ▼Website

<https://local-gain.com/mifune-trail/>

### 【 Inquiries about the event】

Mifune Jurassic Trail Tournament Secretariat

株式会社LocalGain

[info@local-gain.com](mailto:info@local-gain.com)

※ Please mention “Mifune Jurassic Trail”  
when making inquiries.