

# Minamiaso Caldera Trail

## 南阿蘇カルデラトレイル

**Sunday, December 15, 2024**

**Venue: Kumamoto Open-Air Theater Aspecta**

(4411-9 Hisaishi, Minamiaso-mura, Aso-gun, Kumamoto)

**Organizer:**

Minamiaso Caldera Trail Executive Committee

**Co-Organizers:**

General Incorporated Association Minamiaso Tourism Bureau, ASOFieldsRunning Executive Committee

**Support:**

Minamiaso Village

**Cooperation:**

Minamiaso Farm Camp, Minamiaso Sakura Park Management Association

**Planning and Operation:**

LocalGain Co., Ltd.

### ● Introduction

Thank you very much for participating in the 9th Minamiaso Caldera Trail. The primary goal of this event is to promote and support the local community of Minamiaso Village. The inaugural event took place in January 2021, and since then, it has been held twice a year—once in summer and once in winter. We plan to continue hosting this event as an opportunity for participants to challenge themselves and connect with a diverse community of trail runners, from beginners to advanced.

We hope this event becomes a cherished tradition, enjoyed by participants for many years to come. We invite you to immerse yourself in the magnificent nature of the caldera, a landscape that beautifully transforms with the changing seasons.

### ● Schedule


| Time  | Schedule  |
|-------|---|
| 6:00  | 50km Start:<br>Time Limit: 10 hours   |
| 8:00  | Opening ceremony  |
| 8:30  | 30km start:<br>Time Limit: 7 hours 30 Minutes   |
| 8:45  | 2km start:  |
| 9:30  | 18km Start:<br>Women's, Men's, and Women's Pairs Categories<br>Time Limit: 5 Hours 30 Minutes |
| 10:30 | 18km Start Men's<br>Time Limit: 5 Hours 30 Minutes  |
| 15:00 | 18km (Women's, Men's, and Women's Pairs):<br>Final Finish Time: 3:00 PM                       |
| 16:00 | 50km / 30km / 18km (Men's):<br>Final Finish Time: 4:00 PM                                     |

\*Please arrive at the "Overseas Athletes Registration" area at least 30 minutes before the start of each competition. We will ask for your name and provide you with a number.

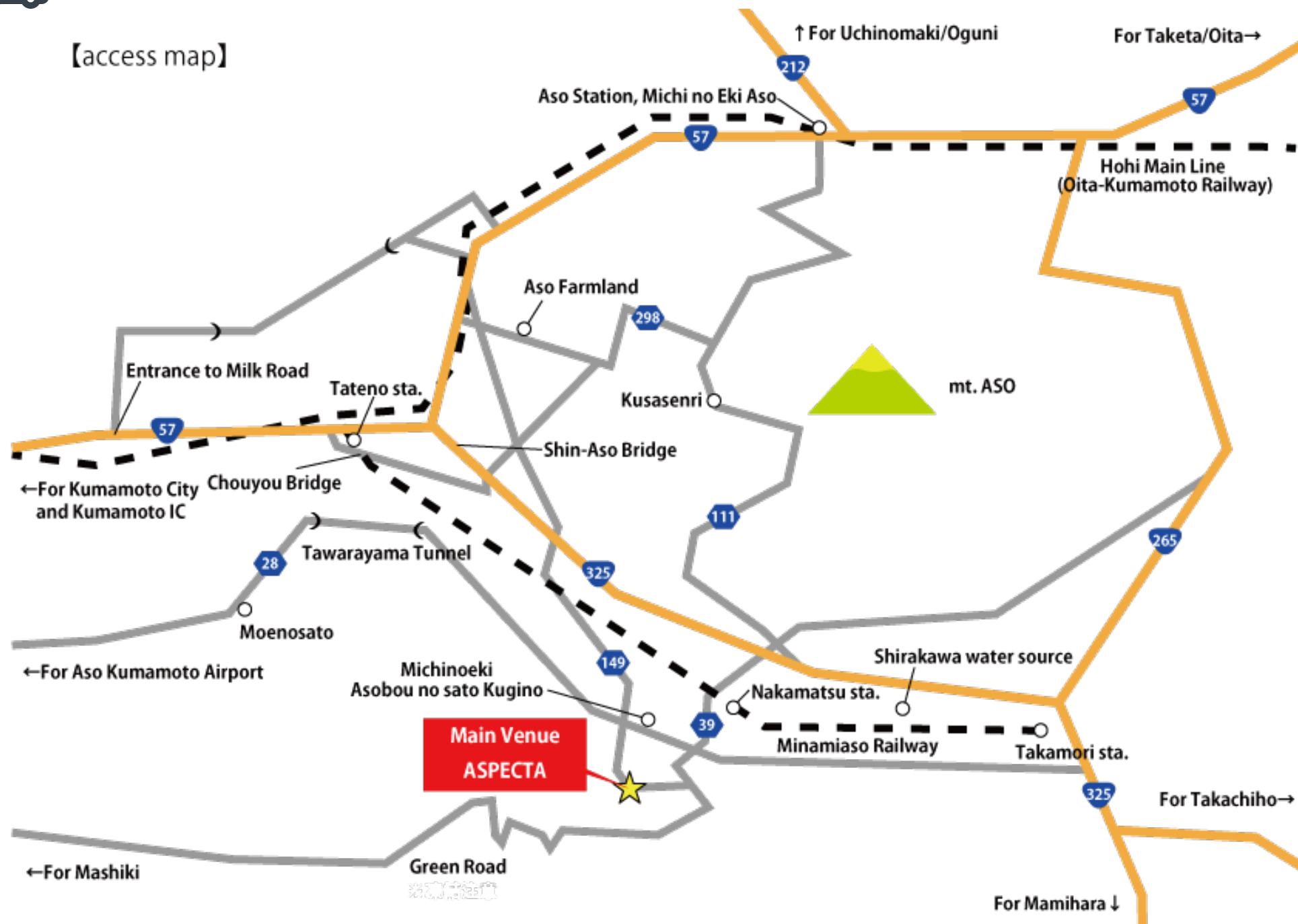
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### ●Directions

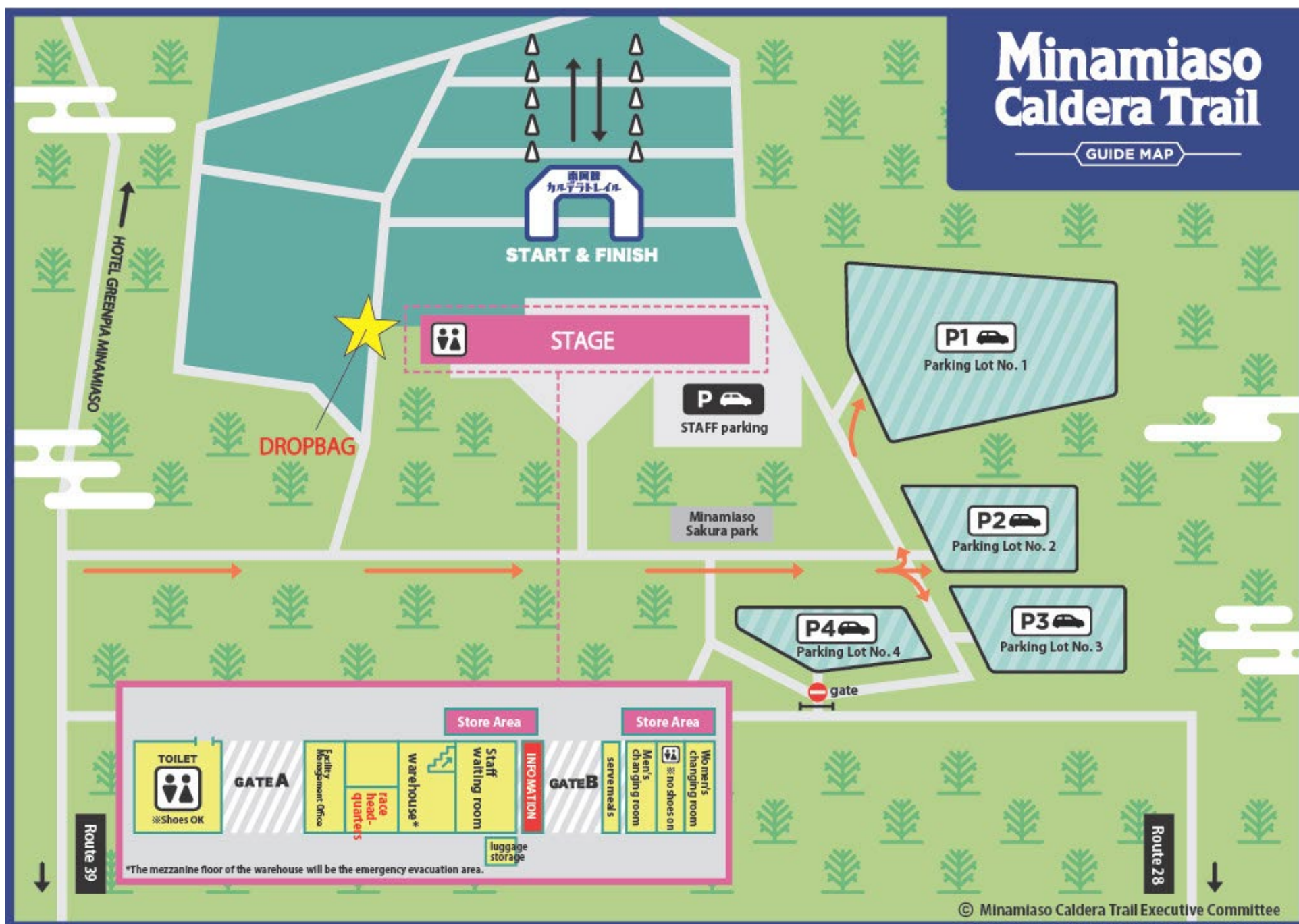
 Approximately 50 minutes (35 km) from Kumamoto IC on the Kyushu Expressway

[access map]



### ●Map around the main venue

- Free parking is available from 4:30 AM.
- No overnight parking is allowed as the parking lot is closed at night.





## ● Omission of Reception

To reduce congestion, there will be **no registration desk** for domestic participants.

*Overseas participants will receive their number card on the day of the event at the registration desk.*

• If you are not participating on race day, there is **no need to return** your number card.

## ● Participation Prizes & T-Shirts

### Participation Prizes:

Prizes will be handed out after finishing, from **10:00 to 16:00** at **GATE B**.

Refreshments will also be provided. Please present your bib to receive your prize.

**Note:** If you forget to pick up your prize, it will **not be shipped** later, including for overseas participants.

### T-shirts for Purchase:

T-shirts will generally be handed out at the same time as the participation prizes.

However, if you prefer, you may pick up your T-shirt **before the race**.

**Note:** T-shirts will **not be shipped** later if not picked up on race day, including for overseas participants.

## ● Required equipment

All participants must carry the following required equipment at all times during the race.

Failure to carry the required equipment may result in disqualification.

### For 50km, 30km, and 18km Courses:

1. **Water & Food:** To meet personal needs.

2. **Cold Weather Gear (Rain Gear):** Mountains can be up to 10°C colder than the plains.

3. **Gloves:** For hand protection and warmth. **Fingerless gloves are not allowed.**

4. **Course Map:** Printed map or smartphone app with imported GPS log.

5. **Personal Cup:** **Paper cups will not be provided** for environmental conservation.

6. **Mobile Phone:** For emergency use, with the emergency contact number listed on your bib.

7. **Emergency Sheet (Aluminum Sheet):** At least 130cm x 200cm.

*Note: Trail running poles are prohibited on all courses to protect vegetation.*

### 50km Course Only:

8. **Headlight:** Mobile phone lights are **not allowed**.

9. **Mobile Battery:** To ensure your phone stays charged for emergencies.

## ● How to Wear Bib Numbers

• Wear the bib horizontally on your chest or stomach. The **IC tag** attached to the bib is used for timing, so make sure it's worn correctly to ensure accurate measurement.

• **Safety pins** are not provided to conserve resources. Please use commercially available bib fasteners, bib belts, or safety pins you have at home.

• Safety pins will be available at the reception for those who need them.

## ● Course Information

### Course Markers:

- White course tape will be placed approximately every **100 meters**.

### Junctions and Unclear Points:

- At junctions or unclear areas, course maker tape, **arrow signs**, and **guide staff** will help indicate the correct course.

### Stay Alert:

- Be attentive and keep an eye on the markers while running to avoid losing your way.

### If You Lose Sight of Markers:

- If you cannot find a course marker for more than **5 minutes**, you may be off course. Quickly return to the last known marker and rejoin the correct route.

### Environmental Responsibility:

- The course passes through specially protected areas in national parks. **Please do not litter** and stay within the marked course.



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



## ● Aid Stations and Gate (50km, 30km, 18km)

### Aid Stations:

- Aid stations with drinks and refreshments will be available at the following locations:

4 stations for the 50km course

2 stations for the 30km course

1 station for the 18km course

### Bring Your Own Cup/Bottle:

- Paper cups will not be provided. Please ensure you bring your own reusable cup or bottle.

### Checkpoint Times:

- Each aid station has a set checkpoint time. Participants must depart by this time.
- If you arrive after the checkpoint time or are unable to leave by that time, your participation will be concluded on the spot.
- You will be transported to the main venue by the event vehicle.

## ●Request for registration of "YAMAP", a location-aware application

All athletes are requested to download the "YAMAP" location map application for smartphones and pre-register for the tracking system. Both the app and registration are free of charge.

This will allow you to download the course map and check your own location in real-time. By registering in advance, the organizers will also be able to track your location (only during the competition and while the app is running).

This feature will help protect your safety in the event of an accident or if you lose your way during the event. We kindly ask for your cooperation in this important safety measure.

### ▼How to download "YAMAP" and pre-register



### ▼Dedicated "YAMAP" course map



## ●About Drop Bags

- **50km Only:** You can leave your luggage at the aid station (A3) at your own risk.
- **Bag Size:** Any type or size of bag is acceptable. Please keep bags in one place, mark them for easy identification, and leave them **15 minutes before the start**.
- **Liability:** The event is not responsible for lost or damaged luggage.

## ●Record Measurement

- **IC Tag:** The race will use an IC tag attached to your bib for timing. Please follow the correct attachment method and do not remove it until the end of the competition.
- The IC tag and bib do not need to be returned after the race.
- **Finish Certificates:** Finish certificates will be available online. After completing the race, you can download your certificate by clicking your name on the event results page.

## ●Awards

- **50km, 30km, 18km:** The top 3 finishers in each category (male and female) will receive awards and prizes.
- **2km:** The top 3 finishers in each category (elementary school, middle school, high school, and above, for both male and female) will receive certificates. No prizes will be awarded.

## ●Retirement (DNF)

- As nearly the entire course is on trails (mountain trails and footpaths), **retirement can only be declared at aid stations**, and transportation will be provided from there.
- If you feel you cannot reach the next aid station or finish line, please take it easy and decide to retire early.
- **Retirement and transportation is not allowed at water stations.**
- **If You Must Retire:** Please inform the nearest staff or contact event headquarters by phone and follow their instructions. Failure to do so may result in a search party being dispatched at your expense.
- **Injury or Illness:** If you are unable to continue due to injury or illness, notify the nearest staff or event headquarters immediately.
- **Helping Others:** If you encounter a participant who is unable to move or in poor health, please stop running and cooperate with race staff to assist in their rescue.

## ●Personal Accident Insurance

Injuries caused by falls, heat stroke, hypothermia, acute heart disease, etc. during the event will be covered by the accident insurance taken out by the organizer.

### Compensation Amounts:

Death and Permanent Disability: 2,000,000 yen

Hospitalization (admitted): 2,500 yen/day

Hospitalization (outpatient): 1,500 yen/day

- Medical expenses for pre-existing conditions and search and rescue costs are not covered.

**Recommendation:** As search and rescue can be expensive, we strongly recommend that trail runners and climbers purchase individual mountain insurance (e.g., mountain rescue, hiking insurance, and search and rescue insurance).

## ●Event Postponement or Cancellation

If the organizer deems it difficult to hold or continue the event for any of the following reasons, the event may be **cancelled** or **postponed** to the next day:

- In the event of **adverse weather warnings**.
- In the event of a **cliff collapse** or **falling rocks** along the course, or other situations where it is deemed impossible to ensure the safety of runners.
- In the event of a **disaster**, such as when the "Kyushu Earthquake Early Warning" or "Kyushu Earthquake Prediction Information" is issued.
- In the event of a **major earthquake** near the course, or in the event of a **weather warning** or **landslide warning** due to heavy rain or windstorms in the surrounding area.

If the event is cancelled or postponed, a notice will be posted on the event website. Please refrain from making inquiries by phone. If the event is cancelled or changed during the race, information will be announced at each aid station.

**Please note: Entry fees will not be refunded** in the event of cancellation.

### ▼Event Website

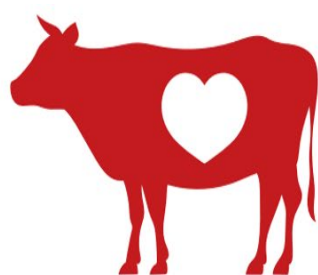
[https://local-gain.com/minamiaso\\_trail/](https://local-gain.com/minamiaso_trail/)

## ●Livestock Quarantine Measures

The race passes through pastures (grazing and foraging land) with special permission, and there are many wild animals such as deer and wild boar in the vicinity of the course.

To prevent the transmission of livestock infectious diseases, such as foot-and-mouth disease and swine fever, we ask for your cooperation in taking preventive measures. This is not only important during the event but also when enjoying trail runs in general.

# 家畜防疫対策



Contact for Inquiries  
Minamiaso Caldera Trail Competition Secretariat  
LocalGain Inc.  
E-mail: info@local-gain.com  
When making inquiries, please mention "Minamiaso Caldera Trail".