



Participation Guide

Saturday, October 25, 2025

@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 7th 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.

● Timetable

| 時間 | 内容 |
|-------|--|
| 9:15 | Opening Ceremony |
| 9:45 | 3km start |
| 10:30 | 20km start |
| 10:45 | 3km Division Awards Ceremony |
| 11:00 | Jurassic Ronsky |
| 11:30 | Fossil excavation (1st group) start |
| 12:10 | Outward trip Aid station (5.7km point) Checkpoint time limit |
| 12:30 | Fossil excavation experience (2nd group), BBQ registration start |
| 13:00 | 20km Division Awards Ceremony |
| 13:30 | Jizō Pass (11.4km) Checkpoint Time Limit |
| 13:50 | Return trip Aid station (13.4km point) Checkpoint time limit |
| 15:10 | 20km Finish time limit |
| 16:00 | BBQ ends |



● ACCESS

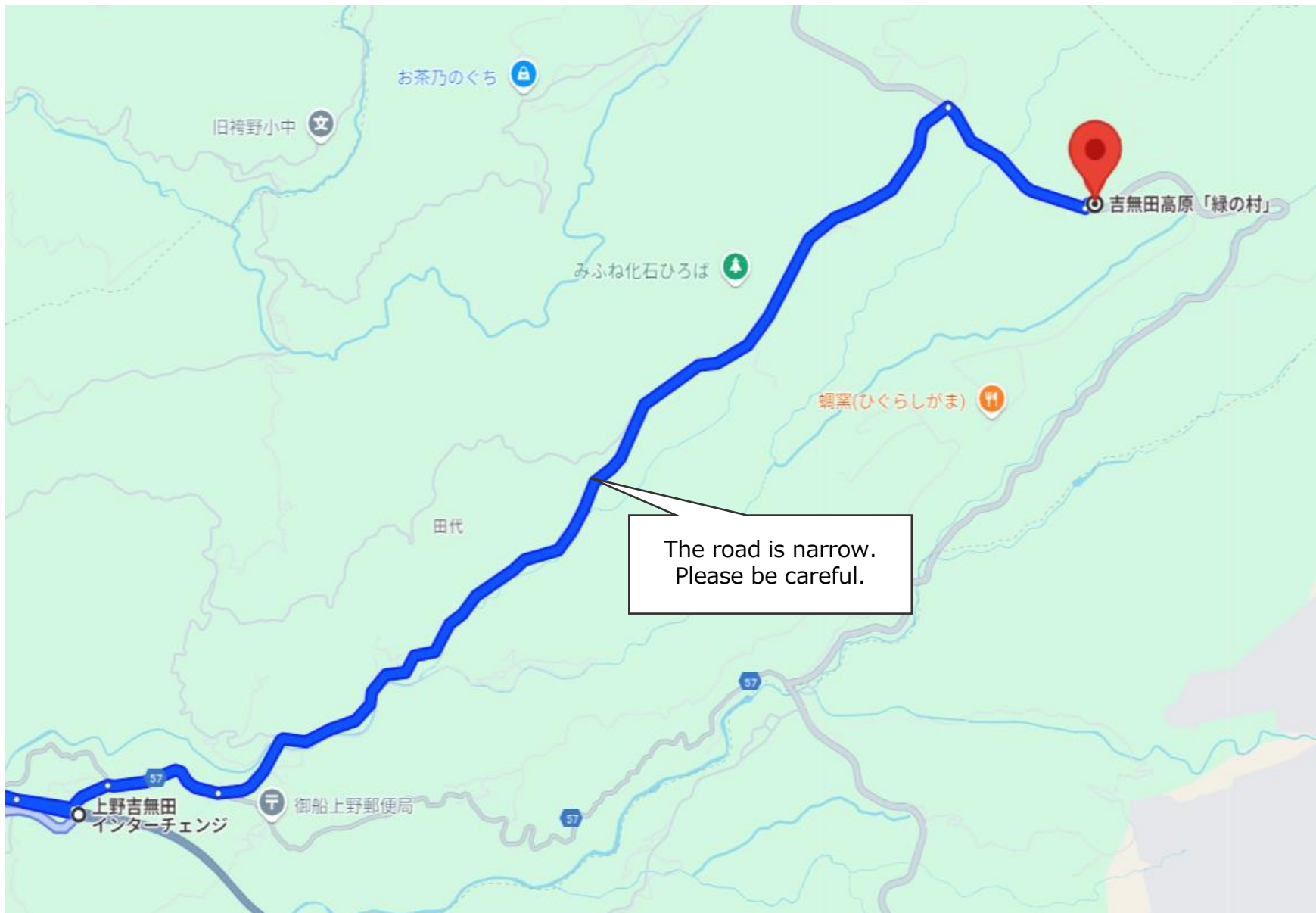
Yoshimuta Plateau, Mifune-town

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

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

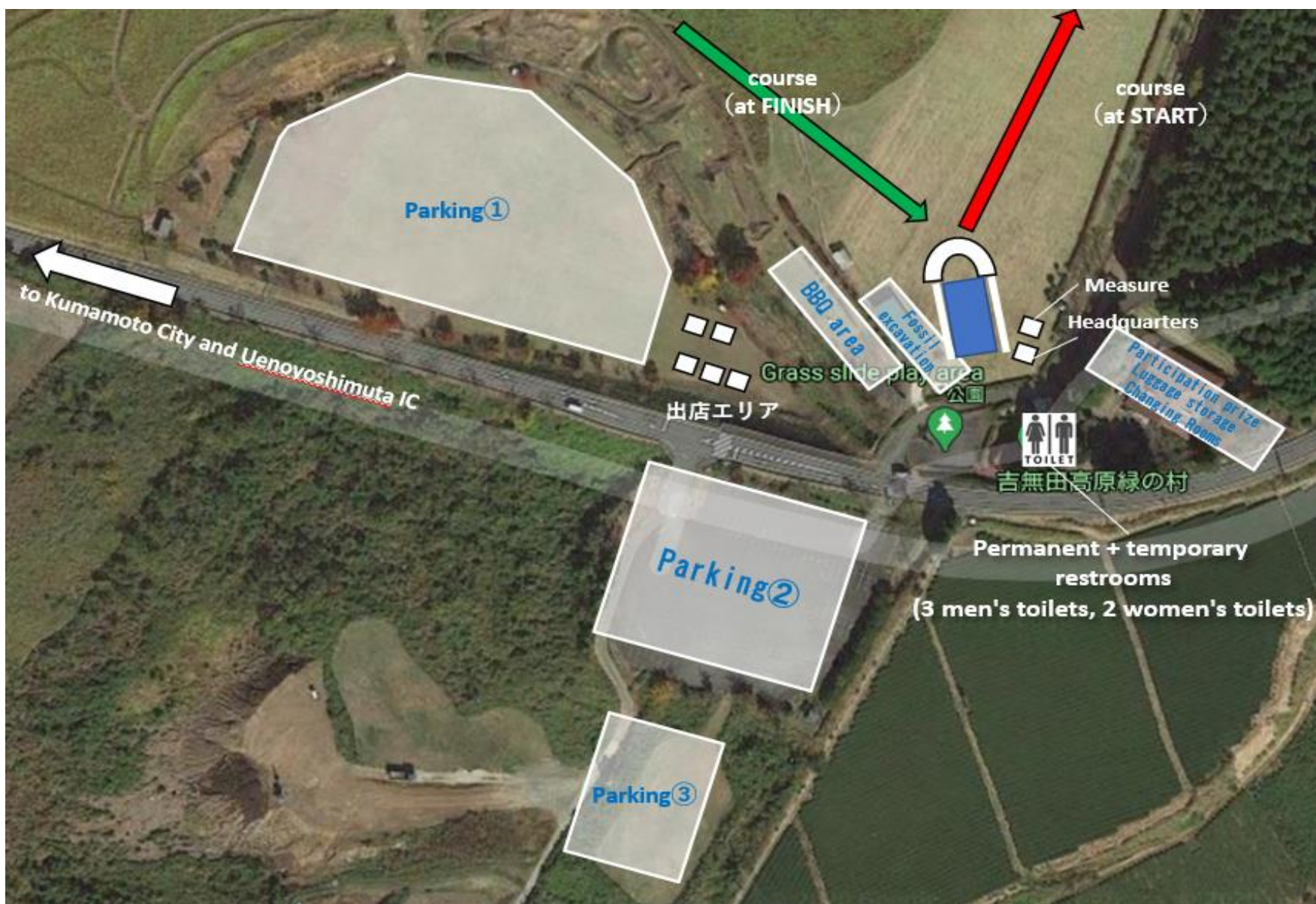
Please come by car or taxi. Approximately 7 km (10 minutes) from the Kyushu Chuo Expressway "Uenoyoshimuta IC" *Toll-free between Kashima IC and Uenoyoshimuta IC
The section between Kashima Interchange and Uenoyoshimuta Interchange is toll-free.

【map】



● Venue Map

Please use parking lots ①～③.





● Reception

- Participants will receive a bib number, Souvenir, and T-shirt (for pre-purchasers only). Confirm your bib number on the start list and line up in the corresponding lane.
 - ※ Please note that the previously announced pre-event mailing will not be conducted.
- Participants not running on the day may only collect their participation gift. Please inform staff of your bib number and name.
- Participation gifts will not be shipped at a later date.
 - ※ Please note that the previously announced shipment of number cards will not take place.

● Baggage Storage

- Luggage storage is available for a fee (¥500). Please present your race bib to staff when dropping off or picking up your items.

● 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.

▼ Required Equipment (20km only)

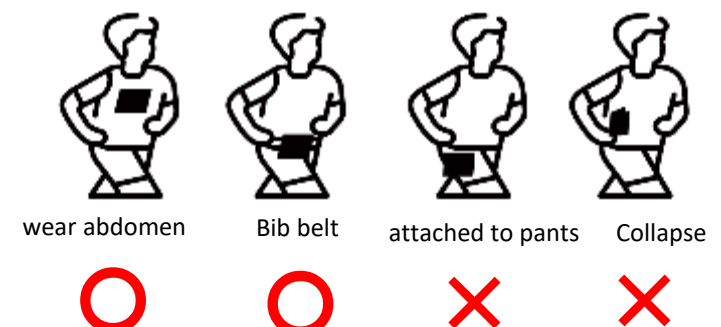
Water (1 liter or more) Course Map ※Available for download on the website My Cup ※Paper cups are not provided to conserve resources. Cell phone (In case of emergency, contact the headquarters phone number printed on your bib)

▼ Recommended Gear

Action food (energy gels, salt candy, etc.)
First aid kit (band-aids, tape, poison remover, petroleum jelly, etc.)
Hat

● How to wear Your Bib

- **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.



● Course Information

- Course tape (pink, see photo) will be placed approximately every 100 meters on the 20km course and approximately every 50 meters on the 3km course.
- Multiple tapes will be placed at branching points and areas prone to confusion, along with arrow signs and course guidance by staff. Please pay close attention to your surroundings to avoid missing markers.
- If you cannot find course tape for more than 5 minutes, you may be on the wrong course. Please turn back immediately.

Actual photo of course tape



● Aid Stations and Cut-Off Points (20km course only)

- Aid stations (AS) will be set up at 5.7km (out) and 13.4km (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.



● Race Timing 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 .**

● Retire

- **You can quit the race only at aid stations(AS). If you are not confident that you will be able to 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.

● Injury 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 on Postponement or Cancellation of the Event

- 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/>



●About the Jurassic Lawn Ski

This fun event involves wearing a dinosaur costume, riding a sled, and sliding down the grassy slope at full speed!

You can sign up on the day of the event. Why not join this brand-new category and experience the excitement?

▼ Click here for details

On-site Registration: Main Event Tent (see venue map on page 2)

Participation Fee: Free

Costume Rental Fee: 2,000 yen

Wearing a dinosaur costume is required to participate. If you don't have one, a rental fee of 2,000 yen will be charged.

【Inquiries about the event】

Mifune Jurassic Trail Tournament Secretariat

株式会社LocalGain

info@local-gain.com

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