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## Mt. FUJI 100 welcomes 3,400 athletes from around the world under a new name on April 26th and 27th

- The third race of the Gran Canaria World Trail Majors, featuring two races: FUJI100mi and KAI70k
- 3,400 participants from 34 countries and regions will run the race while enjoying the view of Mt. Fuji as it changes over time
- The course running through the foothills of Mt. Fuji requires a balance of challenging trail climbs and descents and smooth running surfaces
- Live programs with commentary on the FUJI100mi race from the event venue and course are planned to be broadcast in Japanese and English

The Mt. FUJI 100 (formerly known as ULTRA-TRAIL Mt. FUJI) will hold its 10th event on Friday, April 26th and Saturday, April 27th. 3,400 athletes will participate in two races: the 166.6km **"FUJI100mi"** with a cumulative elevation gain of 7,039m, and the 69.4km **"KAI70k"** with a cumulative elevation gain of 3,493m, which covers the second half of the FUJI100mi course. The areas around Mt. Fuji, known as a representative international trail running event venue in Japan, will welcome trail runners and their families from 34 countries and regions around the world, serving as the stage for the "Emotional Discovery", subtitle of this year's event.

## Mt. FUJI 100 becomes a member of Gran Canaria World Trail Majors

This year's event will be held for the first time under the new name Mt. FUJI 100. In



addition, it will also be the first edition as a member of the international trail running circuit, **"Gran Canaria World Trail Majors"**.

The Gran Canaria World Trail Majors was created in November 2023, with Mt. FUJI 100 as one of its founding members. It is a non-profit organization established by trail running events around the world that share values such as respecting the diversity, identity, nature, and culture of trail running events and their locations. Currently, there are 10 events participating.

For more information about Gran Canaria World Trail Majors, please visit the following website: <https://worldtrailmajors.com/>



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## It started with a passion to create a world-class trail running event in Japan

Mt. Fuji is a symbol of Japan's rich nature and spiritual culture. The idea of holding an event where runners would run a 100-mile trail around the foothills of Mt. Fuji for two days and nights was conceived by the event chairman, **Tsuyoshi Kaburaki**. As one of the few professional athletes in the early days of the Japanese trail running scene, Kaburaki, who put his heart and soul into challenging the UTMB, had a dream of *"realizing this emotional experience at Mt. Fuji"*.

At that time, there were no events in Japan where more than 1,000 runners participated and ran for two full days, and there were many difficulties in realizing the dream. However, Kaburaki's dream inspired his friends, and the first event was realized in 2012. Since then, Mt. FUJI 100 has grown to become a leading trail running event in Japan. It has gained popularity among trail running fans as an opportunity to challenge their own limits and test their potential.

The popularity of the event has also spread overseas, and it has attracted attention from around the world as a high-level race featuring many top international athletes. In the 100-mile race, François D'Haene (France) and Núria Picas (Spain), who won the men's and women's races respectively in 2014, became the annual champions of the international race circuit, Ultra-Trail World Tour.

Last year in 2023, the victories of China's Jiaju Zhao and Fuzhao Xiang in the men's and women's races respectively symbolized the growing popularity of trail running in Asia. For this year's 2024 event, there are over 300 participants from four countries and regions: China, Hong Kong, Thailand, and South Korea.



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On the occasion of the 10th event, chairman of organizing committee Kaburaki says, "I hope the event will be an opportunity to connect with friends and family and to interact with people from all over the world. And through the great trail running journey, I would like to convey to society at large the excitement of discovering a yet-unknown self."



## The course around the active volcano Mt. Fuji is a challenging course full of variety

The course for Mt. FUJI 100 is the foothills area surrounding Mt. Fuji, the highest mountain in Japan. In contrast to the desolate summit area, only 300 years after the last eruption, the foothills area is a trail running paradise with lush green mountains, forests, and clear lakes. On the other hand, Mt. Fuji has long been regarded as a symbol of great nature and an object of worship, and towns have flourished in the foothills to accommodate pilgrims from all over Japan. You can feel this history in the townscapes that appear between the courses.

Commenting on the unique characteristics of the Mt. Fuji 100 as a trail running course, Dylan Bowman (USA), the 2016 and 2018 champion, said, *"The unique thing about Mt. Fuji is that it alternates between flat, runnable sections and long, tough climbs and descents."* Climbing and descending steep slopes of rocks and tree roots is followed by long stretches of less hilly trails and paved roads that require athletes to balance not only their running ability but also their pace on various terrain.



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## Top athletes from around the world gather

This year's Mt. FUJI 100 will also see top athletes from overseas and Japan. **Courtney Dauwalter** (USA), the 2018 champion, will participate in the FUJI100mi for the first time in six years. Last year, in addition to her third win at UTMB, she achieved the feat of winning both the Western States and Hardrock 100 with new course records. Dauwalter, who has made a name for herself around the world as the strongest female trail runner, just won the Transgrancanaria, our World Trail Majors fellow event, for the second time in February. Also

entering from the United States is **Nicole Bitter** (USA), who finished 3rd at Javelina Jundred 100 in 2022 and 2nd at the Bandera 100k last year, making her mark in American ultrarunning. Attention is also focused on **Ki Chun Wong** (Hong Kong, China), who finished second in the 100km race at last year's TransLantau by UTMB and 7th in the 100km race at the Hong Kong 100, the kick off race of World Trail Majors last January.

Among the Japanese athletes, **Chizuru Ofuchi**, who finished 3rd in this race last year, **Yumi Hosokawa**, who finished 4th, **Kanako Edamoto**, who finished 10th, and **Junko Yano**, who finished 2nd in 2022, will line up at the starting line. **Yukari Seimiya**, who made a splash by winning 110km in Shin-Etsu Five Mountains Trail last year, her first race over 100km, will be taking on her first 100-mile challenge.

In the men's FUJI100mile, **Andreu Simon Aymerich** (Spain), winner of last year's Transgrancanaria Classic, and **Gregoire Curmer** (France), who won the 2019 Grand Raid Réunion, will compete from Europe. From China, **Guidu Qin**, who finished 4th in Hong Kong 100 100km in January, **Guomin Deng**, who finished 5th in the same race, and **John Ray "Stingley" Onifa** (Philippines), who lives in Hong Kong and won TransLantau by UTMB 50km last year, have registered.

Among the Japanese, **Yuya Kawasaki**, who finished 2nd in last year's FUJI100mi, **Tomonori Onitsuka**, who finished 3rd, **Hajime Mamba**, who finished 4th, **Takashi Doi**, who finished 2nd in 2022, and **Kento Tamura**, who won last year's KAI70k, will line up at the starting line. The men's race is expected to be as intense as women's.

Two athletes will represent Japan in the women's KAI70k. **Yuri Yoshizumi** just finished 6th in this year's Transgrancanaria Classic. A resident of Fujiyoshida, the host city of this event, she is currently on a five-year winning streak in the Mt. Fuji Ascent Race. She won the KAI70k in 2022. On the other hand, **Honoka Akiyama** placed 9th in the long distance event at Mountain and Trail Running World Championships last year. **Stephanie Howe**, the 2014 Western States champion, will also be competing from the United States. In addition, **Erika Fukuda**, who won the 110km Shin-Etsu Five Mountains Trail in 2022, **Natsuki Tomii**, who won 28km in Hakuba International Classic in 2023, and **Emi Iwai**, who finished 3rd in 100km of Oku-Shinano 100 in 2023, will join the list of athletes to watch this time around.

The favorite to win the men's KAI70k is **Goshi Osada**, who won the 115km Aso Volcano Trail and 100km in Oku-Shinano 100 last season. **Koji Morimoto** and **Yutaro Yokouchi**, both of whom recently represented Japan at the World Trail Running Championships, are expected



to join the leaders group. It will be interesting to see how Spanish veteran **Tofol Castañer** joins the group of Japanese athletes. He finished 2nd in Marathon du Mont Blanc and won CCC in 2012, and finished 2nd in UTMB in 2014. He also has experience in our event, finishing 12th in the 100-mile in 2019. In addition, **Xingjing Li** (China), who won the 50km TransJeju by UTMB in 2023, and Japanese athletes **Hajime Kasagi**, **Minoru Yoshihara**, and **Tomohiro Machida** are expected to perform well.

## Live streaming to showcase the progress of top athletes and the appeal of the event to the world

During the Mt. FUJI 100 event period, participants can be searched on "Ouen Navi" to check their passing status and location information, and the "Leaderboard" will be updated with the passing status of the top 100 athletes in each category. IBUKIGPS also provides information on the location of FUJI100mi elite athletes and IBKIGPS holders.

During the event, please check the following sites for information on each athlete's location, ranking, running time, and other status.

**Ouen Navi** <https://v2.ouennavi.jp/teaser/?eid=000000000338673>

**Leaderboard** [https://leaderboard.runnet.jp/?tri=02524\\_20240426\\_01](https://leaderboard.runnet.jp/?tri=02524_20240426_01)

Available: April 26 (Fri) 0:00 - April 28 (Sun) 23:59

**IBUKIGPS\*** <https://ibuki.run/ev/8963646647679083605/>

\*Only for elite athletes in FUJI100mi and athletes with their own IBUKIGPS

Live programs in both Japanese and English will be broadcast from the late evening of Thursday, April 25, just before the start of the FUJI100mi until the late evening of Friday, April 26, when the top athletes finish. The programs will include footage from aid stations and the course, with commentary in both Japanese and English.

**Japanese program: Mt. FUJI 100 official YouTube channel**

<https://www.youtube.com/@mtfuj100>

**English program: Gran Canaria World Trail Majors official YouTube channel**

<https://www.youtube.com/@WorldTrailMajors>

In addition, Mt. FUJI 100's social media will provide updates on the event and information as it happens.

**Instagram:** <https://www.instagram.com/mt.fuji100/>

**Facebook:** <https://www.facebook.com/Mt.FUJI100/>

**X:** <https://twitter.com/MtFUJI100>

## About Gran Canaria World Trail Majors

Gran Canaria World Trail Majors is a non-profit association formed by ten independent trail running races with the aim of promoting the sport in a diverse, sustainable, and respectful way that aims to safeguard the original spirit of Trail/Ultra running. The association is formed by Anta Hong Kong 100 Ultramarathon, Black Canyon Ultras, The North Face Transgrancanaria, Mt. Fuji 100, MIUT - Madeira Island Ultra-Trail, Swiss Canyon Trail, South Downs Way 100, Quebec Mega Trail, Grand Raid des Pyrenees and RMB Ultra-Trail Cape Town. 2024 is the inaugural year for this race series.

For contact, please email to: [press@worldtrailmajors.com](mailto:press@worldtrailmajors.com) or your local race.

Web: <https://worldtrailmajors.com/>

Press Meeting Point to download resources:

<https://drive.google.com/drive/u/0/folders/1MCJ3AwKTj-ul85HK2euPdIX9MjOcBkOF>

Follow World Trail Majors on social media:

Facebook: <https://www.facebook.com/profile.php?id=100094819887205>

Instagram: <https://www.instagram.com/worldtrailmajors/>

Twitter/X: <https://twitter.com/worldtrailmajrs>

YouTube: <https://www.youtube.com/@WorldTrailMajors>

TikTok: <https://www.tiktok.com/@worldtrailmajors>

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YouTube : <https://www.youtube.com/channel/UCYTG7HNLx89OeaOsknc6mTg>

\*Back numbers of the past press releases: <https://mtfuji100.com/en/press/>

\*If you would like to see official photos of the competition for the press,  
please contact the above race headquarters.