

No.96 April 25 ,2024

Weekend of "Emotional Discovery" Begins: Top Runners Share Their Thoughts Ahead of Mt. FUJI 100



The 10th edition of the **Mt. FUJI 100** (formerly known as ULTRA-TRAIL Mt. FUJI) is about to take place on April 26 (Friday) and 27 (Saturday). A total of 3,400 runners will participate in two races: the "FUJI100mi", spanning a distance of 166.6 km with a cumulative elevation gain of 7,039 m, and the "KAI70k", which covers the latter half of the FUJI100mi course, with a distance of 69.4 km and a cumulative elevation gain of 3,493 m. The event will be an international one, with 450 runners from 34 countries and regions around the world.



On Thursday afternoon, April 25, just 12 hours before the start of the FUJI100mi, a presentation featuring top runners was held under the clear blue sky and view of magnificent Mt. Fuji, at Fuji Hokuroku Park. Here are some comments from elite athletes:

Takashi Doi, who finished second in the 100-mile race at this event in 2022: "This will be my sixth time participating in the event. Although people around me have told me to talk about big goals, I just want to run my own race as usual."

Guomin Deng (CHN), who finished 10th in this event in 2018: "It's been six years since I ran Mt. Fuji, and I think I've grown as a runner. I'll do my best to achieve a good result."

Stephanie Howe (USA), the 2014 Western States champion: "Through Mt. FUJI 100, I'm looking forward to experiencing Japanese culture and interacting with the local people. Of course, I'm also excited to run while enjoying the beautiful views of Mt. Fuji."

Yuya Kawasaki, who finished second in this event last year: "I want to face my physical condition and run hard when I can, endure when I need to, and run my own race."

John Ray "Stinglay" Onifa (PHI), who lives in Hong Kong and finished 5th in STY in 2018: "In this race, I want to have a strong mind and keep moving forward. Of course, I also want to enjoy the magnificent views of Mt. Fuji during the day."

Kento Tamura, who won the KAI70k last year: "This will be my first time running a 100-mile race, and to be honest, I don't know what will happen. I want to face myself on the course and make it to the finish line."

Goshi Osada, a top contender for the men's title in the KAI70k: "My goal is to win. I want to aim for a world-class result and run an aggressive race."

Andreu Simon Aymerich (ESP), who won the Transgrancanaria Classic in 2022: "It was my dream to come to Japan. I was planning to run the 100-mile race, but due to a knee injury, I changed to the 70km race. I'll do my best."

Chizuru Ofuchi, who finished third in the FUJI100 Mile last year: "I want to enjoy running as usual. My rival is myself."





Nicole Bitter (USA), who finished second in the Bandera 100k in 2023: "When I run ultra-trail races, I prioritize enjoying the experience. I look forward to having new experiences and enjoying running while looking at Mt. Fuji."

Courtney Dauwalter (USA), the 2018 UTMF champion who won the Western States, Hardrock 100, and UTMB in succession in 2023: "I had a wonderful experience at Mt. Fuji in 2018, and since then, I've been determined to come back. This time, my goals are to give my all until the end and to celebrate the event with everyone at the finish line."

Yuri Yoshizumi, who is currently on a five-year winning streak in the Mt. Fuji Ascent Race: "When I encountered trail running and became an independent professional athlete, I moved to Fujiyoshida in search of a training environment. I'm happy to run a race in a place I love."

As a representative international trail running event in Japan, the areas around Mt. Fuji will welcome trail runners and their families from 34 countries and regions around the world, serving as the stage for the event's subtitle, "Emotional Discovery."



Mt.FUJI100 2024 Event Outline

■ **DATES** Friday, April 26, 2024 – Saturday, April 27, 2024 (2 days)

■ **Race category**

① **FUJI100mi**

- Distance: Approximately 166.6km
- Cumulative altitude gain: +7,039m / -7,614m
- Start: Fujisan Kodomo-no-Kuni, Fuji City, Shizuoka Prefecture
- Finish: FUJISAN NO MEISUI Stadium of Fuji Hokuroku Park, Fujiyoshida City, Yamanashi Prefecture
- Race start time:
 - WAVE1 600 racers, 0:00, Friday, April 26 (*cutoff time: 45 hours)
 - WAVE2 600 racers, 0:10, Friday, April 26 (*cutoff time: 44 hours and 50 minutes)
 - WAVE3 600 racers, 0:20, Friday, April 26 (*cutoff time: 44 hours and 40 minutes)
 - WAVE4 600 racers, 0:30, Friday, April 26 (*cutoff time: 44 hours and 30 minutes)
- Final cutoff time: 21:00, Saturday, April 27(*cutoff time: 44 hours and 30 minutes)
- Number of racers: 2,400 (including racers registered through priority registration, general registration, and donation-based registration)

② **KAI70k**

- Distance: Approximately 69.4km
- Cumulative altitude gain: +3,493m / -3,670m
- Start / Finish: FUJISAN NO MEISUI Stadium of Fuji Hokuroku Park, Fujiyoshida City, Yamanashi Prefecture
- Race start time: 0:00, Saturday, April 27 (*cutoff time: 21 hours)
- Final cutoff time: 21:00, Saturday, April 27
- Number of racers: 800(including racers registered through general registration and donation-based registration)

■ **Organizer:** Mt.FUJI100 Race Committee

<Member organizations>

General Incorporated Association Fuji Hakone Izu Trail Support

Mt.FUJI100 Joint Venture (Sotoe Co., Regionport LLC,Ltd., R-bies Co.,Ltd)

■ **Cosponsored:** Fuji City, Fujinomiya City, Minobu Town, Narusawa Village, Fujikawaguchiko Town, Fujiyoshida City, Oshino Village, Yamanakako Village, Gotemba City, and Susono City

■ **Supervisor:** Mt.FUJI100 Joint Venture (Sotoe Co., Regionport LLC,Ltd., R-bies Co.,Ltd)

■ **Environmet Support:** NPO Fuji Trail Runners Club

■ **Special Partner:** THE NORTH FACE, GOLDWIN, W. L. Gore & Associates, Fuji-Q Highland

■ **Support:** Japan Sports Sgency, Japan Tourism Agency, Yamanashi prefecture, Doshi village, East Shizuoka Association for the Promotion of/thru Sports, Yamanashi Nichinichi Shimbun, Yamanashi Broadcasting System, Television Yamanashi, FM Fuji, the Shizuoka Shimbun, Shizuoka Broadcasting System, Shizuoka Telecasting, Shizuoka Asahi Television, Shizuoka Daiichi Television, and K-mix

■ **Honorary Race Committee:** Race Committee Members10 Municipal Heads

■ **Race President:** TSUYOSHI KABURAKI (General Incorporated Association Fuji Hakone Izu Trail Support Representative Director, Professional trail runner)

■ **Vice President of the race:** KOICHIRO HORIUCHI (President, Fuji Kyuko Co., Ltd.)

■ **Race Producer:** RICKA FUKUDA (Medical doctor and musician, resident of Fujikawaguchiko Town)

■ **Co-representative:**

TATSUO CHIBA (Representative Director, Sotoe Co., Ltd.)

YOSHIHIRO TAJIKA (Representative, Region Port, LLC.)

YU KUROSAKI (Representative Director, R-bies Co., Ltd.)

■ **Advisor**

SHIN MURAKOSHI (Professor, Faculty of Education, Shizuoka University)

MASUMI NAKAO (Representative Director of NPO Discover Rias)

TSUTOMU MIURA (Vice Chair and Head of Secretariat of NPO Fuji Trail Runners Club)

Mt.FUJI100 2024 Press Schedule

A press conference to introduce promising runners will be held from 11:30 a.m. on Thursday, April 25, the day before the race, followed by a press briefing at 1:30 p.m.

Also, the awards ceremony will be held on from 5:00 p.m. on Saturday, April 27.

■ Wednesday, April 24th

13:00-	Opening of press center	*1 Fuji Hokuroku Park Press center
13:00-17:00	Start press registration	*1 Fuji Hokuroku Park Press center
13:00-20:00	Mt.FUJI100 EXPO	*2 Fuji Hokuroku Park Stadium

■ Thursday, April 25th

09:00-10:30	Press registration	*1 Fuji Hokuroku Park Press center
09:00-20:00	Mt.FUJI100 EXPO	*2 Fuji Hokuroku Park Stadium
11:30-12:30	Press conference (Japanese / English)	*3 Fuji Hokuroku Park Special stage
13:30-14:30	Press briefing (Japanese / English)	*1 Fuji Hokuroku Park Press center
13:30-15:00	Press registration	*1 Fuji Hokuroku Park Press center
22:00-23:30	Press registration at the start venue	Fujisan Kodomo-no-Kuni
23:30	FUJI Opening Ceremony (Japanese / English)	Fujisan Kodomo-no-Kuni

■ Friday, April 26th

00:00-00:30	FUJI wave start	Fujisan Kodomo-no-Kuni
13:00-20:00	Mt.FUJI100 EXPO	*2 Fuji Hokuroku Park Stadium
19:10	First runner of the FUJI finishes (expected time)	*2 Fuji Hokuroku Park Stadium
21:52	First female runner of the FUJI finishes (expected time)	*2 Fuji Hokuroku Park Stadium
23:30	KAI Opening Ceremony (Japanese / English)	*2 Fuji Hokuroku Park Stadium

■ Saturday, April 27th

00:00	KAI start	*2 Fuji Hokuroku Park Stadium
07:30	First runner of the KAI finishes (expected time)	*2 Fuji Hokuroku Park Stadium
09:30	First female runner of the KAI finishes (expected time)	*2 Fuji Hokuroku Park Stadium
10:00-17:00	Mt.FUJI100 EXPO	*2 Fuji Hokuroku Park Stadium
10:45-11:15	mini long 5km awards ceremony	*3 Fuji Hokuroku Park Special stage
13:45-14:15	mini short 3km awards ceremony	*3 Fuji Hokuroku Park Special stage
17:00-18:00	KAI awards ceremony (Japanese / English)	*3 Fuji Hokuroku Park Special stage
18:00-19:00	FUJI awards ceremony (Japanese / English)	*3 Fuji Hokuroku Park Special stage
21:00	FUJI & KAI Final cutoff time	*2 Fuji Hokuroku Park Stadium
21:00	Closing on the press center	*1 Fuji Hokuroku Park Press center

[Location Details]

***1 Fuji Hokuroku Park Press center :**
Gymnasium 1st floor conference room

***2 Fuji Hokuroku Park Stadium:**
FUJISAN NO MEISUI Stadium

***3 Fuji Hokuroku Park Special stage:**
Special stage in FUJISAN NO MEISUI Stadium

MAP of Fuji Hokuroku Park



5000,Kamiyoshida-Tateishi,
Fujiyoshida City, Yamanashi-ken



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

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/@mtfuji100>

English live stream: Gran Canaria World Trail Majors official YouTube channel

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

English live stream: Mountain Outpost Official YouTube Channel

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

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>

Contact information

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Website: <https://mtfuji100.com/en/>

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

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

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

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.

