



**NINJA TRAIL RUN**

**2025**

# **RACE INFORMATION**



# ABOUT EVENT

## 1. Event Schedule

TIME	SCHEDULE
4:30	Sarubino Hot Spring Parking Open
4:45	Awa Citizen Center Parking Lot open
4:45	Seseragi Parking Lot open
6:40	Long Course runners line up
6:45	Long Course Opening Ceremony
7:00	Long Course Start
9:40	Short Course runners line up

TIME	SCHEDULE
9:45	Short Course Opening Ceremony
10:00	Short Course Start
14:00	Short Course Presentation
15:00	Short Course Cut-off
15:00	Long Course Presentation
17:00	Long Cut-off
17:15	Closing Ceremony

## 2. Event Cancellation

- Cancellation of the race will be announced via email and on the official website by 21:00 of the day before the race.

Contact : [iga@nijatrailrun.com](mailto:iga@nijatrailrun.com)

(Ninja Trail Run Executive Committee)

## 3. Certificate and Rankings

- No record certificates will be issued after the finish line on race day. Please check your record on the website and issue your record certificate on your own. To download the certificate, please read the QR code on the right to access the website.

Record updates : <https://timesync.jp/nijatrail/2025/>



## 4. Free Shuttle Bus Between Uenoshi Station and Venue

## ● Time Schedule

\* See the last page for the detailed meeting spot

The shuttle buses operate according to the following schedule.

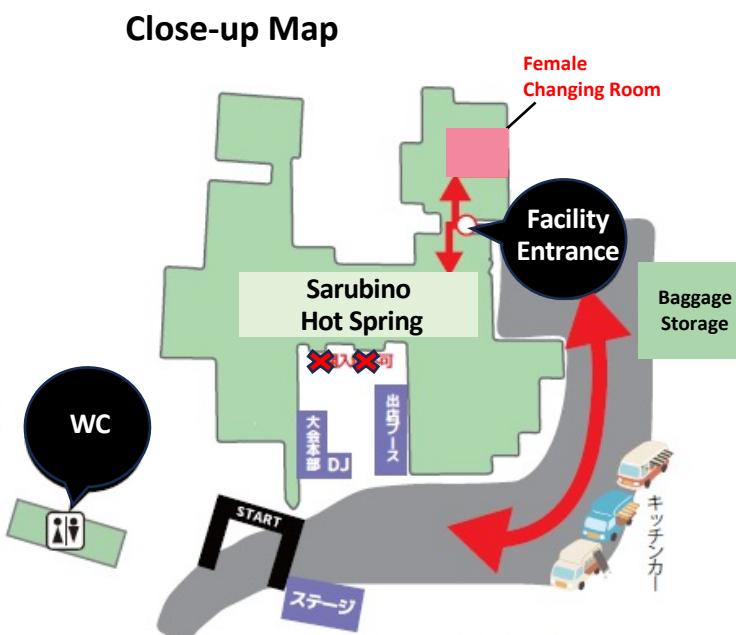
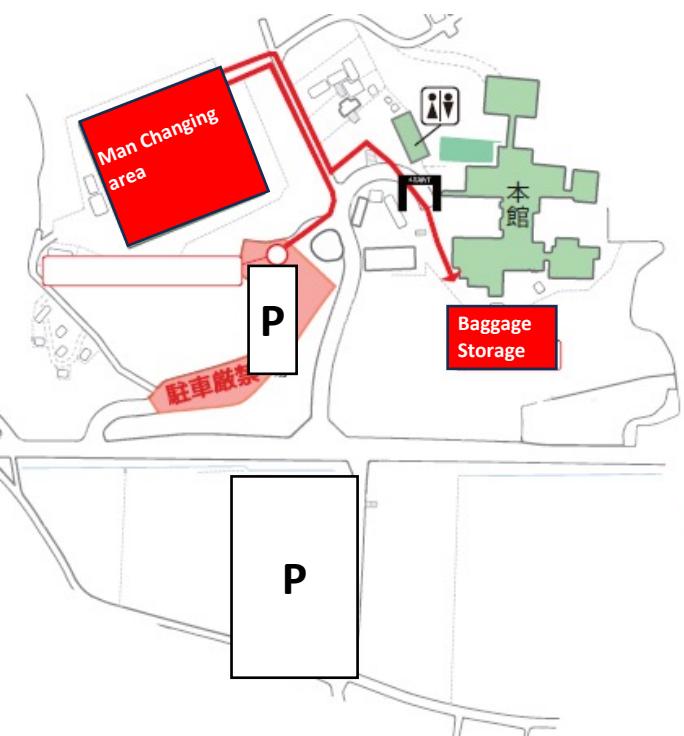
Please note the last bus's departure time.

	<b>1</b>	<b>2</b>
<b>To Race Venue (Sarubino Hot Spring)</b>	<b>5:30</b>	<b>7:00</b>
<b>To Uenoshi Station</b>	<b>17:00</b>	<b>18:00</b>

Free shuttle bus is available between Uenoshi Station and Sarubino Hotspring (race venue). Please note that there are two buses each.



## 5. Venue Map



※No entry to Sarubino Hot Spring  
Main Building before 10 AM

# RACE STARTING

## 6. Please line up 20 minutes before the start

- **The race time will start when you cross the timing mat at the start gate.**

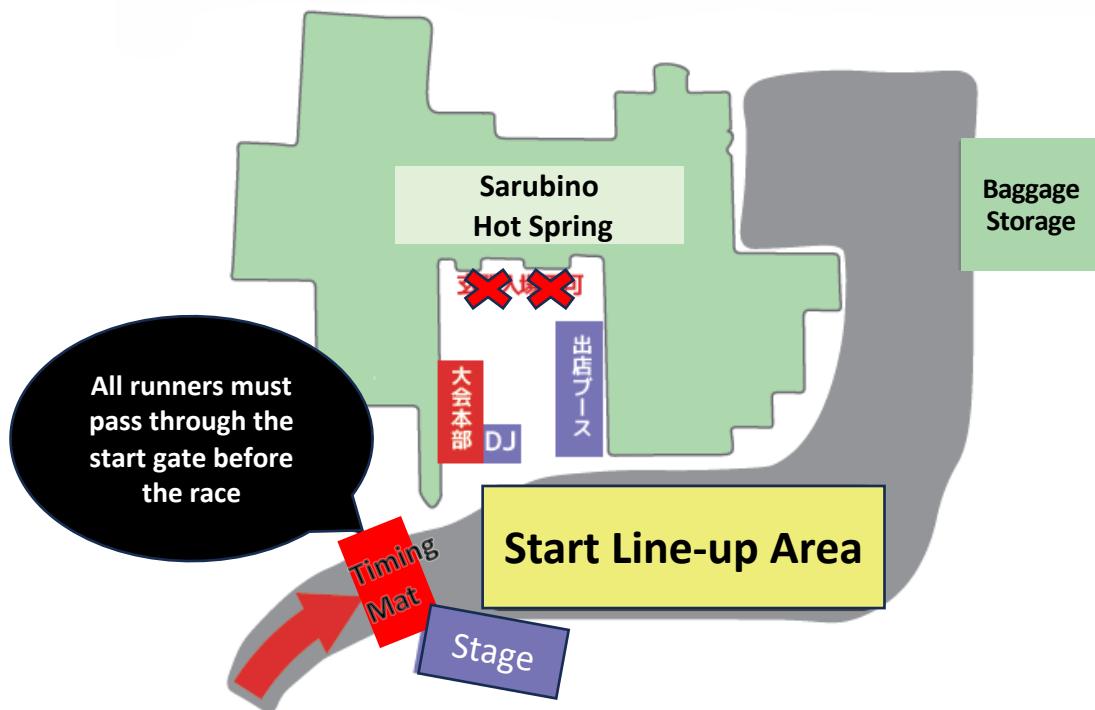
Since the timing is based on the mat installed at the gate, there will be no time difference due to your starting position.

Please keep a safe distance from other runners and start calmly.

- **Please pass through the start gate once before lining up.**

There will be no check-in desk this time, so the timing system is the only way for us to confirm that you have arrived at the venue.

Please pass through the start gate before proceeding to the line-up area.



Before the line-up time, please make sure to pass through the start gate once and gather at the start line-up area.

## 7. About Bag Drop

- Please place your belongings in the 45L plastic bag provided at the baggage storage area. Attach the baggage tag sticker that was given to you along with your bib, and hand your bag to the staff at the baggage storage area.
- Valuables, precision instruments, and hazardous items cannot be accepted.
- The organizer will not be responsible for any loss or damage to personal belongings.

# ABOUT RACE

## 8. Must-have Items

- **We will not check your must-have items before the race, but any missing items will be dealt with strictly.**

We will not check your equipment at the reception venue. However, if any runner is found without a backpack or rainwear, we will take strict action.

If you are missing any mandatory equipment, you will be disqualified. Please make sure you have all the required items with you.

### **MUST-HAVE ITEMS**

- Mobile phone (the number registered at entry)
- Water (at least 500 ml)
- Bib
- Backpack (waist pouches are not allowed)
- Rainwear (top and bottom)
- Your own cup
- Energy food/snacks
- First aid kit
- Poison remover
- Gloves
- Emergency blanket
- Passport (a copy or photo is fine)

For Long Course runners only:

- Headlamp

### **RECOMMENDED ITEMS**

- Bear bell
- Warm clothing

# DURING AND AFTER THE

## 9. Notes

- Courses are marked with white tape or signs (approximately every 100 meters). If there are no markings after a while, you have lost the course, so please turn around and return to the course.
- Please follow the instructions of the course guidance staff and run on the left side of the road.
- Do not run off the trail. Doing so may affect the natural environment, such as vegetation.
- For safety reasons, You can use sticks, canes, etc., **after** 5km from the start line (Follow the signs). The use of earphones is prohibited in the entire area.
- Competitors who lose their number plate during the race will be disqualified.
- The number plate must be worn on the front of the upper body.
- Runners who fail to pass a checkpoint within the time limit will not be allowed to continue on the course. Please return to the start area using the shuttle bus provided.
- Please note that the number of shuttle buses is limited, so it may take some time to get back to the start area.
- To prevent your body from getting cold, please use your emergency blanket, gloves, and rainwear, and take any additional measures necessary to stay warm.

## 10. GPX

- We attached GPX file on the mail. Use the file during the race to check the course.

## 11. Hot Spring

### How To Use

- Ninja Trail runners can use **Sarubino Hot Spring (public bath)** for free after the race. (Sarubino Hot Spring is the race venue)
- **When using the hot spring, please enter through the runners-only entrance (see page 3, venue map) and show your bib at the reception on the 2nd floor. (Entry through the main entrance is not allowed.)**
- make sure you get hydrated before getting in.
- If you have any questions about using the hot spring, please ask the staff.

# ABOUT AID STATION

## 12. Aid Station Supplies

At all aid stations, beverages provided include water, sports drinks, and Coke. Regarding food, the following items will be available for runners:

POINT	STATION	LOCATION		DRINKS	FOOD
		LONG	SHORT		
<b>W1</b>	Tashiro Lake	8km	8km	○	Banana, Onigiri, Brown sugar pudding, Bread
<b>A1</b>	Tsuge Citizen Center	18km	-	○	Banana, Onigiri, Brown sugar pudding, Bread, Katayaki
<b>W2</b>	Okuyono Park	25km	-	○	
<b>W3</b>	Okuyono Park	28km	-	○	
<b>A2</b>	Tsuge Citizen Center	33km	-	○	Banana, Onigiri, Brown sugar pudding, Bread, Katayaki
<b>W4/W2</b>	Tashiro Lake	43km	18km	○	Banana, Onigiri, Brown sugar pudding, Bread

FOOD	FOOD INFO	IMAGE
<b>Yokanzuke Onigiri (rice ball)</b>	Yokanzuke is a traditional pickled specialty of Iga. The core of a white gourd is hollowed out and filled with finely chopped ingredients such as shiso leaves, ginger, daikon radish, and cucumber, then naturally fermented in tamari soy sauce. The pickles were named by Todo Takatora, the lord of Iga Ueno Castle, with the meaning of boosting the spirits of samurai.	
<b>Brown Sugar Pudding</b>	Custard wrapped in a kuzu (arrowroot) mix blended with brown sugar. Smooth and silky, they slide down like a drink.	
<b>Bread</b>	Freshly baked, soft bread from the Bakery inside the Sarubino Hot Spring facility.	
<b>Katayaki</b>	This is said to have been a portable food for Iga ninja. Long-lasting and easy to carry, it was valued as a preserved food on the battlefield. Perfect as an energy snack for ninja training!	

## 13. Bib Pick-up - **IMPORTANT!**

You must pick up your bib on **November 1** at SAKAKURA BASE.

- bib counter is open from **13:00 – 18:00**
- See the map below for the bib counter

### SAKAKURA BASE



#### North Entrance

(the only entrance to get inside)

### ACCESS

- 5min walk from Uenoshi Station

Scan for  
Google Map



<https://maps.app.goo.gl/DwfLNrkFnHSLCW2a9>



# RACE BIB

## 14. About Bib

- You cannot start the race if you forget your bib or the timing chip attached to it on the race day.
- A baggage tag sticker will be provided along with your bib.

Please bring it to the venue on the race day and attach it to the 45L plastic bag distributed at the baggage area for identification.

Long Course Bib



Short Course Bib



## 15. Timing Chip

- This race uses a timing chip attached to your bib to measure your time. Please attach your bib securely to the front of your running wear using the provided safety pins.

Incorrect placement may result in inaccurate or failed time recording.

# SHUTTLE BUS MEETING SPOT

Free shuttle bus is **available between Uenoshi Station and Sarubino Hotspring (race venue)**. Please note that there are two buses each.

\*Your family can also ride on this bus to the venue



Scan for  
Google Maps



## ↑ Uenoshi Station

This is Uenoshi Station.

The shuttle bus to the venue will stop around here.

<https://maps.app.goo.gl/BiYgbhzpEcSv5s9p7>

1                    2

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<b>To Uenoshi Station</b>	<b>17:00</b>	<b>18:00</b>

Feel free to contact us: [gogo@iga-trailrunnersclub.com](mailto:gogo@iga-trailrunnersclub.com)