

## The 22st Annual NAC Niseko Trail Run Event Summary

*as of 2021/03/15*

<b>Objectives</b>	To increase the degree of recognition about the trail running in Hokkaido. To vitalize the Niseko under operating conference.		
<b>Host</b>	NAC Niseko Adventure Centre		
<b>Supported by</b>	Kutchan City Council Niseko City Council Shiribeshi Forestry Management Office		
<b>Sponsors</b>	Niseko Grand Hirafu IKEUCHI Group Salomon Descente Marmot Inov-8 Columbia Montrail Mountain Hard Wear The North Face Smith Millet Finetrack Altra Munieq Sprout Trail Hut Jojo's Café Roko NAC Sapporo		
<b>Location</b>	Niseko Annupuri Mountain Resort , Niseko-cho Kutchan-cho Yamada Abuta-gun Hokkaido		
<b>Date</b>	September 4 - 5, 2021		
<b>Cost</b>	<b>Run</b>	<b>Price</b>	<b>Age</b>
	30 km	¥6,300	Adults
		¥5,300	Students
	10 km	¥4,900	Adults
		¥3,900	Students
	5 km	¥4,100	Adults
		¥3,100	Students
¥2,900		Kid's	

Schedule			
Date	Time	Details	Location
September 4	15:00 - 19:00	Pre-registration	NAC Centre
September 5	06:30 - 07:15	Open registration	Niseko Grand Hirafu, Special venue
	07:30 - 08:00	Opening ceremony for 30km race	
		Race start	
	9:15	Kids registration for 5km and 10km closing time	
	09:30 - 10:00	Opening ceremony for 10km race	
		Race start	
	10:00 - 10:30	Opening ceremony for 5km kids race	
		Race start	
11:30 , 14:00	Race cut-off time for 30km only, 2 Places		
12:30	Awards Ceremony	Niseko Grand Hirafu, Special venue	

<b>Awards</b>	Goodie bags from sponsors Medal Merits		
<b>How to join</b>	Request for registration form and documents via call or email Completion of forms and payment is required <b>Entry notices are not considered confirmed</b> Fee is paid thru cash, or credit card or PayPal No refunds for cancellations after the registration Online application deadline on August 22 RUNNET <a href="https://runnet.jp/">https://runnet.jp/</a> NAC Reception deadline on August 29, 2021		
<b>Accommodations available</b>	<b>Accommodation</b>	<b>Contact #:</b>	
	Hotel Niseko Alpen	0136(22)1105	
	Hilton Niseko Village	0136(44)1111	
	AYA NISEKO	0136(44)1280	
	Green Leaf Hotel	0136(44)3311	
<b>Contact</b>	Name:	NAC Niseko Adventure Center	
	Address:	Aza Yamada 179-53 Kutchan Cho, Abuta-gun, Hokkaido 044-0081	
	Tel. No.:	0136-23-2093 / 0136-23-2094	
	Website:	<a href="http://www.nacadventures.jp">www.nacadventures.jp</a>	
	Email:	info@nacadventures.jp	

Coronavirus countermeasures	
1	Please check your temperature before you leave your home or accommodation on the morning of the run. You will not be allowed to participate if any of these will apply: [a] Fever is 37.5 degrees or higher. [b] Bad physical condition such as cold, cough, lack of taste and smell. [c] Had close contact with a person who tested positive for coronavirus in the last 2 weeks. [d] If you're living with someone who is suspected of coronavirus. [e] If within the past 14 days, you've traveled to a country or region where our local government requires quarantine procedures, et al.
2	We are planning some course changes to avoid congestion (within a few kilometers from the start). We will inform you of the changes on the day.
3	At the venue, please wear a mask until just before the start of the run and thoroughly disinfect with alcohol.
4	Practice social distancing of at least 2m apart from other participants and organizers.
5	As much as possible, avoid conversing in the area.
6	Please avoid coughing and spitting. No sharing of towels and bottles.
7	Please note that the event may be canceled due to the pandemic situation in the future or at the request of local governments and related government offices. We will accept participants after the government's announcement.

Tournament notes	
1	Participation player must join the opening ceremony.
2	Participants who miss the starting gun will be disqualified.
3	When you felt abnormality in physical condition, please cancel a competition immediately and report to nearest staff and you must return your competition number.
4	After acceptance, if you need to abstain for some reason, please contact to tournament head quarters before start the race and you must return your competition number.
5	Equipment and wear is suitable for trail run.
6	The accident that is caused by the contact between players, we do not participate at all so please process the sponsor by each other's responsibility.
7	About an injury accident during the race, the sponsor performs only first aid, it does not assume any subsequent responsibility.
8	The competition should be entered by consent in advance that it is dangerous and severe racing.
9	If the competitors find anyone needs to be rescued, they always have to help them to get rescued.
10	In case of such extreme bad weather, the event will be cancelled in advance but does not postpone held.
11	No refunds will be given for any reason.
12	The course depending on the weather of the day, there might schedule is subject to change without notice.
13	Portrait rights and the video of this event contestants all belong to NAC Niseko Adventure Centre.
14	Follow a privacy policy of the NAC Niseko Adventure Centre about the personal information.

Other considerations	
1	Drink stations will be provided ( 3 places in the 30km, 2 places in the 10km ) but please be sure to carry a water and energy food.
2	A bear protection bell and rubber caps for all stock are required for natural environments protection. You have to wash your soles at the wash corner for natural environment conservation. (For participants and supporters)
3	In order to avoid contact with lacquer, branches and grass of the tree, please wear clothing that avoids as much as possible the exposure of the skin.
4	Wear shoes that are appropriate for trail running.
5	The general mountain climbers uses the trail as well. Please slow down to never come into contact.
6	The vegetation of the alpine belt also the special topography are easy to receive damage so please never enter the place except the course.
7	Please bring your rubbish home. Please do not throw it away. If you do not comply with about 3 points, please note it will be matters related to future events continuation.
8	On the course when you pass the areas where partially overlap, uphill is the priority. The downhill one stops, and please consideration to pass each other safely.
9	There is a possibility of off the track if you cannot find the guidance and course tape at 1km or more of running. Please check the course back to the point where some of the display again.
10	Untill the first of the water supply point, the use of stock will prohibited.
11	We are counting the number of players. Please never do renunciation and descent without contact to the staff otherwise we would considered to be in distress. If you need to abstain, you must return your competition
12	Such as poor physical condition or injury when it becomes difficult to competition continue, please follow the instructions of the course staff always.
13	If an accident occurs on the course, please be sure to announce to the nearby staff. If staff is absent, please request to other players to contact the staff.
14	We put 2 cutback point on 30km course. 1st : 10km point : entrance of Annupuri climbing way. (until 11:30) 2nd : 22.5km point (Grand Hiratu Center4) Cross point in this event course. (until 14:00)
15	We may ask you to abstain or change the course if we judge whether you can finish in the time or not.

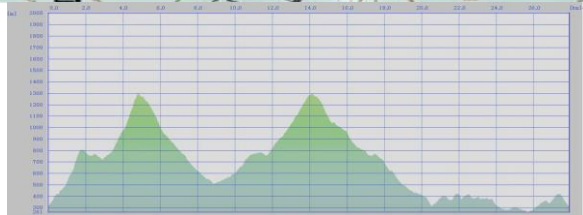
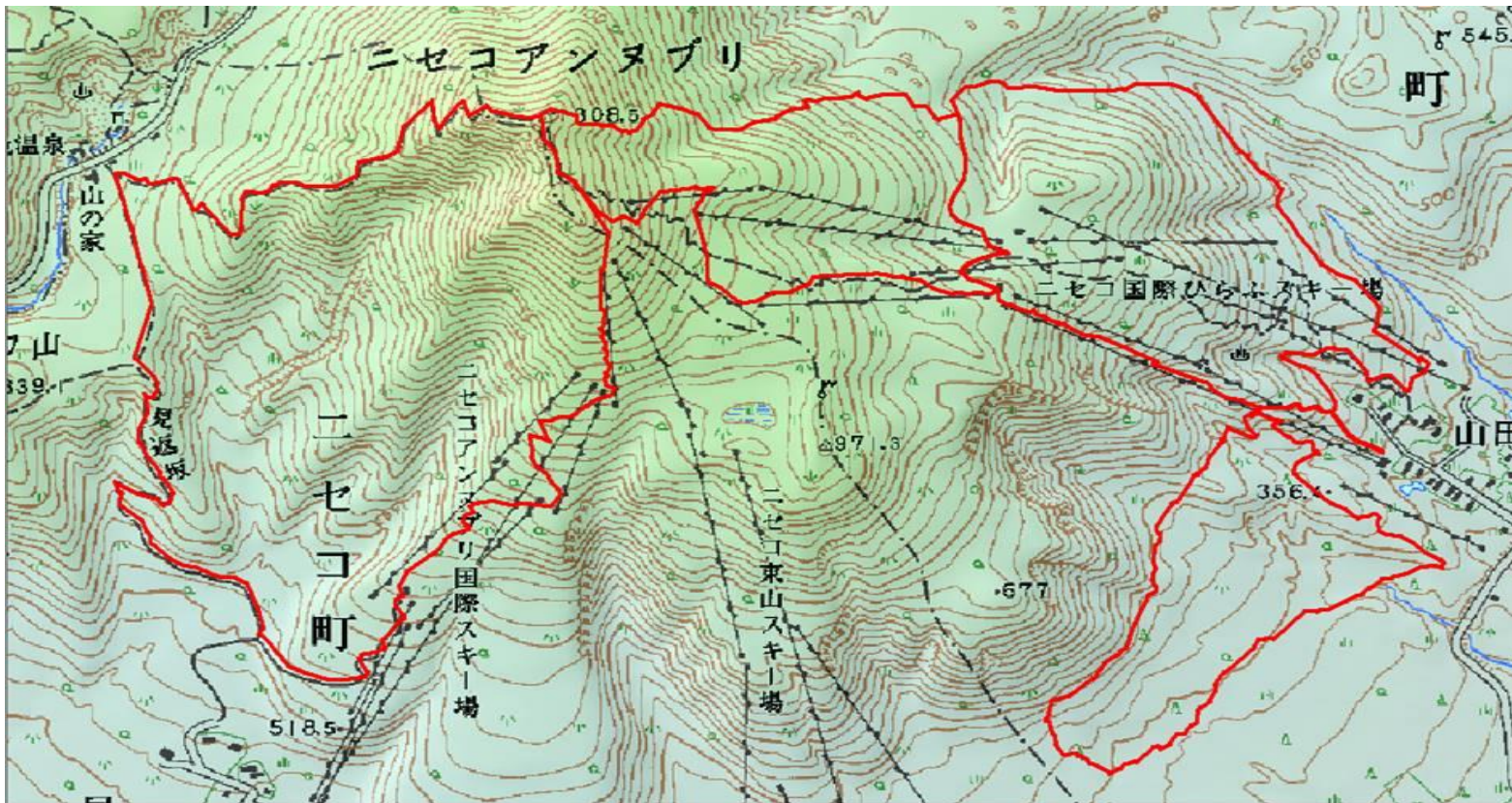
## List of Equipment

<b>30km</b>	Back pack
	Water (1L or more)
	Trail shoes
	Rain Jacket
	Bell
	Mobile phone
	Emergency food / snacks
	First aid kit
	Cup
<b>10km</b>	Back pack
	Water (500mL or more)
	Trail shoes
	Rain Jacket
	Bell
	Mobile phone
	Emergency food / snacks
	First aid kit
<b>5km</b>	Bell
<b>Others</b>	Pole with rubber cap
	Hat
	Sunglasses
	Watch
	Gloves
	Leg cover

## Course Map

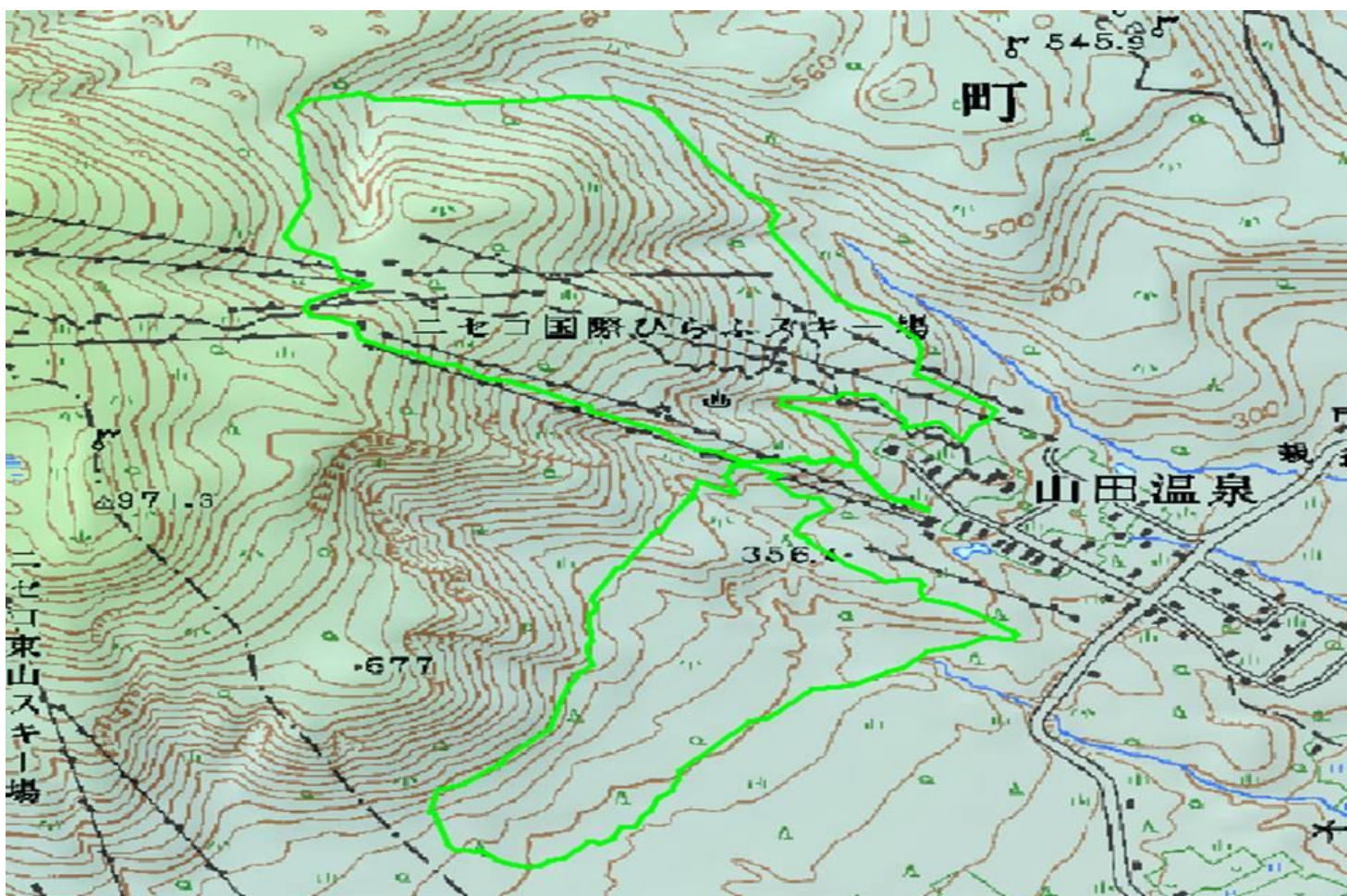
**30km Course (27km)**

Cumulative altitude : approx. 2420m



10km Course (12km)

Cumulative altitude : approx. 956m



5km Course (6.2km)

Cumulative altitude : approx. 399m

