

# 19th IWATE GINGA ULTRA MARATHON

*The view can be seen only by those who have challenged Nametoko Mountain rising into sky.*



## June 8, 2025 (Sun.)

Entry deadline

April 30, 2025 (Wed.)

### Courses

- **Newly established course:**
  - **Ultra 70 (70km)** : Hanamaki City to Shizukuishi Town
  - **Ultra 100 (100km)**: Kitakami City to Shizukuishi Town
  - **Ultra 50 (50km)**: Nishiwaga Town to Shizukuishi Town

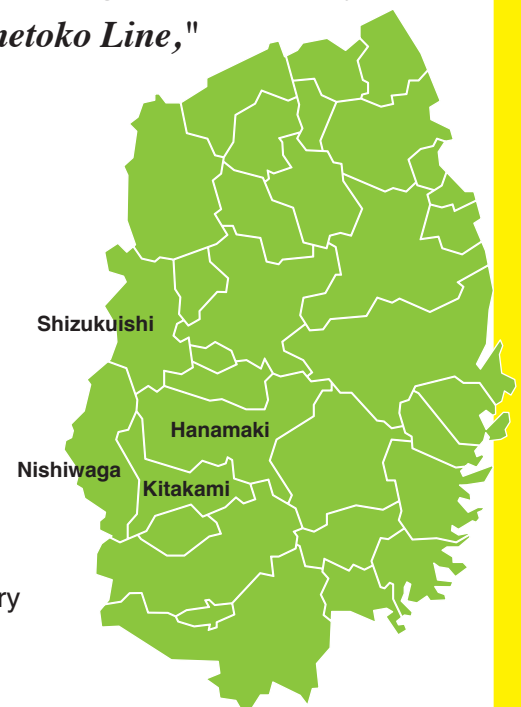
*This nature-rich course runs through five cities, towns, and villages in Iwate Prefecture. Ultra runners across Japan take on the challenging "Nametoko Line," which features a 400-meter elevation difference.*

### Official website

[iwate-ginga100.jp](http://iwate-ginga100.jp)

- [Sponsor]** Iwate Galaxy Ultra Marathon Executive Committee  
**[Supervisor]** Iwate Masters Track & Field Federation /  
Iwate Prefecture Sports Volunteers Association / Office Try  
**[Co-sponsor]** MJ Sportsnet (General Incorporated Association)

This event is operated and managed without subsidies from the local government; relying solely on your entry fees and the support of our sponsoring companies.



**Date** **June 8, 2025 (Sun)**, held rain or shine

Event name	Venue (tentative)	Start time (Time limit)	Entry fee*	Capacity
<b>Ultra 100</b>	Kitakami Sports Park, Western Digital Stadium Kitakami (27-36, Takamaedan, Aisari-cho, Kitakami City, Iwate pref.)	Start at 4:00 a.m. (Time limit: 14 hours)	JPY 20,000	2000 participants
<b>Ultra 70</b>	Hanamaki Rural Village Community Center (1-171, Yokoshida, Hanamaki City, Iwate pref.)	Start at 7:00 a.m. (Time limit: 11 hours)	JPY 18,000	500 participants
<b>Ultra 50</b>	Shigarai Dome (17-165, Ono, Sawauchi, Nishiwaga-cho, Waga-gun, Iwate pref.)	Start at 10:00 a.m. (Time limit: 8 hours)	JPY 16,000	500 participants

\*The participation fee includes a race bib, food and drinks during the race, insurance, a commemorative gift, and post-race refreshments.

**Goal site (tentative)** Shizukuishi General Athletic Park (104 Takamaeda, Shizukuishi-cho, Iwate-gun, Iwate pref.)

**Closing time: 6:00 p.m.**

### Competition events

- ① Ultra 100 (100 km): Men
- ② Ultra 100 (100 km): Women
- ③ Ultra 70 (70 km) : Men
- ④ Ultra 70 (70 km): Women
- ⑤ Ultra 50 (50 km) : Men
- ⑥ Ultra 50 (50 km): Women

### Eligibility Requirements

- Participants must be 18 years or older on the race day (high school students are not allowed), regardless of nationality. They must be in good health, able to follow the runner etiquette and rules, and capable of completing the race on their own.
- Wheelchair users are not eligible to participate.
- Only those who have submitted the official entry form and waiver as specified in the application regulations and have been approved by the organizer may participate.

### Registration

#### Day-Before Registration (All categories)

**Time:** 12:00 -17:00 **Location:** Near JR Kitakami Station (tentative)

#### Race-Day Registration

**Ultra 70 Time:** 5:30-6:30 **Location:** Hanamaki City Rural Village Community Center (tentative)

**Ultra 50 Time:** 8:00-9:00 **Location:** Shigarai Dome (tentative)

### Aids

The placement may vary slightly.

- ① Water supply and meal stations: approximately every 5 km after the 10 km point.
- ② Rest stations: at 66.5km points; light snacks, changing rooms, and other facilities will be provided.



### Inquiries about the event

#### Ultramarathon Race Secretariat Office

Ad Village 2F, 1-12-5, Distribution Center Kita,  
Morioka-City, Iwate pref. 020-0846

**TEL:** 019-614-3830 **FAX:** 019-614-3850

**E-mail:** info@iwate-ginga100.jp

**Website:** <https://iwate-ginga100.jp>

For inquiries by phone, please call between 10:00 and 17:00 excluding Saturdays, Sundays and national holidays.)



A shuttle service to each venue will be available (fee charged).  
The schedule will be posted on the website as soon as it is determined.

## How to Register

You can register through the official event website or RUNNET.

### ● Entry from the official event website

Please fill in the required information on the entry form on the official website and submit it.

#### Official Website

<https://www.iwate-ginga100.jp/>

### ● Entry from RUNNET



<https://runnet.jp/>

**Application period**

**Until April 30, 2025 (Wed)**

