

# The 11<sup>th</sup> Annual **100km Walking Event** in Mashu & Kussharo 2016

Friday, July 1 – Sunday, July 3, 2016 in Teshikaga, East Hokkaido

*Walk through Hokkaido's beautiful nature and share a unique experience with us!*

■ Revenue:

Teshikaga Town, Hokkaido, Japan

**Access Information** → <http://www.masyuko.or.jp/pc/english/access.html>

■ Schedule:

Fri, July 1	7:00 pm ~	Zenyasai - Pre Event Party
Sat, July 2	6:30 am ~	Opening ceremony / Start
Sun, July 3	~ 10:00 am	Goal / Closing ceremony
	7:00 pm ~	Koyasai – After Event Party

■ Entry Fee:

Participants - Supporter*	JPY 5,000 / Adult	JPY 3,000 / Child**
Participants - Walker	JPY 12,000 / Adult	JPY 5,000 / Child**
Zenyasai – Pre Event Party	JPY 5,000 / Adult	JPY 2,500 / Child**
Koyasai – After Event Party	JPY 5,000 / Adult	JPY 2,500 / Child**

(Tax included)

\*Supporter – Participate in the event to provide support for walking participants.

\*\*Child – 11 years old or under.

■ The purpose of the event

This is not a competition and it is not important whether you could complete the walk or not. You will make friends during this event and reaffirm the common spirit of mankind. We hope you will be reminded that people are not alone, but living with support from others. And, at the same time, you live through, while also providing, support for others.

During the long tough walk, you will be deeply moved by receiving and giving support to and from the participants and supporters. You will gain a strong sense of the meaning of *gratitude* through nature and fellowship.

We think it is important for you to participate in this event as both a walker and a supporter. So, if you walk this year, then join us again next year as a supporter!

■ Entry qualification:

- Participants should be willing to follow our event rules and observe good public morals as well as understand and agree to the purpose of the event.

## ■ Event rules and conditions

- Participants should be careful about traffics, manage their own health and assume full responsibility for their own actions while participating.

## ■ Course description

The full trail is 80km. It is less than 100km because there is an elevation gap of 486m. The walk starts from and end at Kawayu Elementary School in Kawayu Onsen.

**Course Map** → <http://www.100kmwalk.net/coursemap/>

## ■ Supporter

Supporter's activities during the event:

- Receive massage training after the walk is underway.
- Prepare dining areas for the walkers at checkpoints (Don't worry, local restaurants will handle the cooking).
- Have some fun in activities just for supporters: horseback riding, canoeing, and trying your hand at milking cows at a local farm.
- Provide massages for walking participants at checkpoints as a team.
- Check up on the walkers' condition and cheer them on at checkpoints.

## ■ Entry and payment

- Before you make an entry, please make sure that you agree to following statement:
  - I agree to the purpose of the event.
  - I will follow all traffic rules and the instructions of the event organizer.
  - I will observe public morals and good manners during the walk.
  - I will agree that the rights to and usage of any pictures taken during the event will belong to the event organizer.
  - I will be responsible for my own well-being.
  - I will be responsible for myself and my actions while participating in the event.
  - The event organizer will not be responsible for any accidents or health problems that occur during and after the event.
- Please send us the entry form by FAX or Email and we will contact you about payment by the middle of June.

## ■ Contact

Should you have any questions, please do not hesitate to contact us.

Event Organizer	<a href="mailto:hokkaido@100kmwalk.net">hokkaido@100kmwalk.net</a>
Event Information	<a href="http://www.100kmwalk.net/">http://www.100kmwalk.net/</a>
Tourist Information	<a href="http://www.masyuko.or.jp/pc/english/index.html">http://www.masyuko.or.jp/pc/english/index.html</a>

# 100km Walking Event

# Entry Form

FAX: 015-483-3520

Email:

[hokkaido@100kmwalk.net](mailto:hokkaido@100kmwalk.net)

Please fill in the form individually even if you participate in a group.

■ Participate as;

<input type="checkbox"/> Group	*group of friends, family, colleagues...	Group Name	
<input type="checkbox"/> Individual			

■ Participant's Information:

Name	First	Last
Email Address		
Mobile phone	The one you will use during the walk. Tel:	
Address		
Emergency contact		
Sex	Age	

■ Apply to;

<input type="checkbox"/> Supporter	5,000 JPY (3,000 JPY / Child)	<input type="checkbox"/> Walker	12,000 JPY (5,000 JPY / Child)
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■ Participation History:

<input type="checkbox"/> First time	<input type="checkbox"/> Participated before (When? )
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■ Pre & After Event Party:

<input type="checkbox"/> Participate in Pre-Event Party Friday, July 1. 7:30 pm- at Kawayu Onsen 5,000 JPY / Adult, 2,500 JPY / Child	<input type="checkbox"/> Participate in After-Event Party Sunday, July 3. Time – T.B.A at Kawayu Onsen 5,000 JPY / Adult, 2,500 JPY / Child
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■ Accommodation:

<input type="checkbox"/> I'll make arrangements myself	<input type="checkbox"/> I want the event organizer to make a reservation for me. - We will contact you later.
<input type="checkbox"/> I have already made a reservation at: Accommodation Name: _____ Dates: _____	
I have not made a reservation yet:	
<input type="checkbox"/> I'm going to make a reservation at: Accommodation Name: _____ Dates: _____	
<input type="checkbox"/> I want to make a reservation at: Accommodation Name: _____ Dates: _____	

■ Written oath: Please check in the box if you agree to the following statement.

<ul style="list-style-type: none"><li>● I agree to the purpose of the event.</li><li>● I will follow all traffic rules and the instructions of the event organizer.</li><li>● I will observe public morals and good manners during the walk.</li><li>● I will agree that the rights to and usage of any pictures taken during the event will belong to the event organizer.</li><li>● I will be responsible for my own well-being.</li><li>● I will be responsible for myself and my actions while participating in the event.</li><li>● The event organizer will not be responsible for any accidents or health problems that occur during and after the event.</li></ul> <p><input type="checkbox"/> I fully agree to the statement above.</p>
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☆ We will email you once we get your entry form. Please contact us if you do not receive the email.

Contact: **100km Walking Event Organizer** Email: [hokkaido@100kmwalk.net](mailto:hokkaido@100kmwalk.net)