

1 Aid Station

※ Details above on foods may be subject to change.

km Location		Sports drink	Water	Sponge	Pickled plum	Chocolate	Creamfilled roll	Dollshaped pancake	OMOTENASHI Aid
1	5km Aid Station	○	○						
2	7km Aid Station		○						
3	10km Aid Station	○	○						
4	12km Aid Station		○						
5	15km Aid Station	○	○						
6	17km Aid Station		○						
7	20km Aid Station	○	○	○					
8	22km Aid Station		○		○		○		
9	25km Aid Station	○	○	○					
10	27km Aid Station		○		○	○		○	
11	30km Aid Station	○	○	○					
12	32km Aid Station		○						
13	35km Aid Station	○	○						
14	38km Aid Station		○		○	○			
15	40km Aid Station	○	○						