



THE MOST FUN RUN & WALK EVENT IN JAPAN

11th

RUN & WALK

along with Historic Bessho Line

Saturday May 25 2019

This unique running and walking event is fun for everyone.
See Japan's beautiful countryside.
Follow this historic train-line and see the well preserved stations along the way.



Date **May 25 (Saturday) 2019 (8:30am-4pm)**

Place: Ueda city, Nagano Pref.

Distance: Ueda Castle to Bessho Onsen Spa

Course (A) Bessho Line Course (along with Bessho line from Ueda castle to Bessho onsen spa.) 18km

Course (B) Historical Temple & Shrine Course (For tough runners. some hilly and off-road areas) 21km

Start: Ueda Castle Park

Goal: Aisome Spa, Bessho Onsen Spa resort.

Time Schedule: Registration:8:30am -9:30am

Race Start:10:00am Event cutoff:3:00pm

Participation fee ¥4,400 adult, ¥2,700 children 13-18,

¥2,200 children under 13 (children under 6 free)

Participants receive

- 1) Round trip tickets between Ueda and Bessho Onsen spa.
- 2) Aisome Spa admission ticket
- 3) Event memorial gift

○主催：別所線と走ろう実行委員会 ○共催：別所線の将来を考える会、N
○協賛：株式会社タリス・ジャパン、若林醸造(株)、カスタムプロデュース(株)、B
○特別協力・協賛：ずくだせ農場
○後援：上田市、上田市教育委員会、信濃毎日新聞社、上田電鉄(株)、別所温泉観光協会、別
○協力：TAG CLUB、Club TOSHI、侍学園スクオーラ今人、スポーツサイクルバレーニョ、
やまほうし自然学校、リスタート・ランニングクラブ、太郎山園生会

For your entry

Runnet Japan
<https://runnetglobal.com/japan/>

RUN or WALK designated route from Ueda Castle to Bessho Onsen spa along with Bessho Line(railways). You can also ride Bessho Line anytime you want.

Commemorative events

- Welcome bazar and food booths at the goal area.
- Welcome music and entertainment along the course.



For more information, Contact

Run and Walk with Bessho Line Organizer Office
TEL:03-3465-2888 FAX:03-3465-2444
besshoson@sports-fitness.co.jp
www.sports-fitness.co.jp/event

RUN&WALK along with Historic Bessho Line 2019 Application Form FAX : 03-3465-2444

Name		Sex		Date of birth	Year	Month	Date
Address	〒						
E-mail address				Contact Ph No#			

Next Year Event Schedule
May 23 2020