

Participation Requirements

Category	Requirements
KOBE 21k	<ul style="list-style-type: none">• High school students and above• Capable of completing trails over 20km with 2,000m elevation gain• Experience climbing mountains over 1,000m• Past experience completing a 20km race within 5 hours
KOBE 4k	<ul style="list-style-type: none">• 4th grade elementary school students and above• Must have confidence in physical fitness
KOBE 4k Pair	<ul style="list-style-type: none">• 2 people per pair (e.g., parent-child or friends)• If a participant is 3rd grade or younger, they must run with a guardian
KOBE 15k	<ul style="list-style-type: none">• High school students and above• Capable of completing trails over 15km with 1,500m elevation gain• Experience climbing mountains over 500m• Past experience completing a 15km race within 5 hours
KOBE 15k EKIDEN	<ul style="list-style-type: none">• Same conditions as "KOBE 15k" for all team members; teams consist of 2–3 people