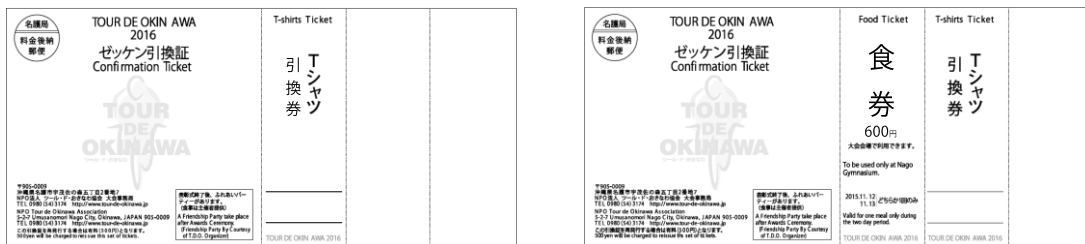


Thank you for applying for “Tour de Okinawa 2016.”
Carefully read the following information and prepare yourself for the event.

1. About Confirmation Ticket



※At race registration and packet pick-up on Nov. 12th (Sat), you need to show your confirmation ticket to the staff at the pick-up counter in order to receive race numbers, transponder, etc.

Please make sure you bring your confirmation ticket. Reissuing the set of tickets will cost you an extra ¥500.

2. Confirmation of Participation

<Citizen 210km Road Race, Citizen 50km Road Race>

On the race day, the transponder will be affixed to your bike and will automatically start as you cross the start line, confirming your actual participation to the road race.

<Citizen 140km Road Race, Citizen 100km Road Race>

On the race day, tear off the “Entry Card” portion of your race ticket and put it in the entry card box near the start line to prove your participation.

※Return the transponder after you finish the race. (¥5,000 will be charged if not returned.)

3. Competition Schedule (Summary)

November 12th (Saturday)

07:00 Start

- ↳ le Island Family Cycling
- Touring Around Okinawa Island Course
- Yanbaru Century Ride
- Izena Island Cycling

07:30 Challenge Cycling

12:00-18:00 Pick up Confirmation of Participation Packet at Nago Indoor Gymnasium

16:00-18:00 Opening Ceremony at Nago Indoor Gymnasium

16:00-19:00 Yanbaru Century Ride- Finish at 21st Century Forest Gymnasium
le Island Family Cycling - Finish at 21st Century Forest Gymnasium

November 13th (Sunday)

・There will be no absolutely packet pick-up on the race day.

06:45 Start Men's Champion Race 210km from near Nago Indoor Gymnasium

06:55 Start Citizen's Road Race 50km (Over 50) from near Nago Indoor Gymnasium

07:00 Start Citizen's Road Race 50km for Women from near Nago Indoor Gymnasium

07:00 Depart Road Race Spectator Bus Tour in front of Labor welfare center

07:10 Start Citizen's Road Race 50km (Under 29) from near Nago Indoor Gymnasium

07:20 Start Citizen's Road Race 50km (40s) from near Nago Indoor Gymnasium

07:28 Start Citizen's Road Race 50km (30s) from near Nago Indoor Gymnasium

07:30 Start Male Jr. High Students Road Race 50km from near Nago Indoor Gymnasium

07:47 Start Man's Citizen's Road Race 210km from near Nago Indoor Gymnasium

07:50 Start Barrier-Free Cycling from near Nago Indoor Gymnasium

08:00 Start Onna Village Family Cycling from near Nago Indoor Gymnasium

08:12~09:30 Finish 50km Road Races as follows at 21st Century Forest Gymnasium

Continues November 13th (Sunday)

Approx. 09:05 Start Citizen's Road Race 140km from Road Station Yui Yui Kunigami
Approx. 09:05 Start Kid's Race 10km from Nakao CHECK-POINT
Approx. 09:30 Start Jr. International Road Race from Road Station Yui Yui Kunigami
Approx. 09:45 Start Lady's International Road Race from Oku Yanbaru no Sato
Approx. 10:00 Start Citizen's Road Race 100km (Over 40) from Oku Yanbaru no Sato
Approx. 10:30 Start Citizen's Road Race 100km (Under 39) from Oku Yanbaru no Sato
11:00 Awards Ceremony for all 50km races at 21st Century Forest Gymnasium
12:00~13:00 Finish Men's Champion Road Race 210km at 21st Century Gymnasium
Other race categories will begin to finish
Approx. 14:30 Finish Rearmost Riders of Road Race at 21st Century Gymnasium
14:50 Arrive Road Race Spectator Bus Tour at 21st Century Gymnasium
15:00~ Finish Touring Around Okinawa Island Course at 21st Century Gymnasium
Other Cycling Categories will begin to finish at 21st Century Gymnasium
15:00~ **【Closing ceremony and Social Gathering at Nago Indoor Gymnasium】**

In the event of unexpected schedule changes, changes will be announced at the opening ceremony and/or included in an updated event program.

Please check the official WEB SITE for more details. www.tour-de-okinawa.jp

4. Participants Registration Registration on the race start day is not allowed.

- Date: November 12th (Sat) 12:00-18:00
- Place: Nago City Indoor Gymnasium

5. Attention

- ※Please take along your health insurance card (or a copy of the card) with you.
- ※Affix a baggage-claim tag on your baggage before you bring it into the Baggage Keeping Area.
- ※**If you are traveling from outside Okinawa to participate, please note that aviation laws limit the capacity of flat tire repair aerosols that you can take into the airplane. Please check the specific information with your airline company.**

6. Access to the Main Event Site [Nago City Indoor Gymnasium]

▼By Bus:

- Express Bus (No.111) Board the bus at Naha Airport, get off at "Nago Shiyakusho" (Nago City Office).
·Fare: ¥2,190 for Okinawa Bus or Ryukyu Bus. Total travel time: about 1H40M.
- Local Bus (No.120): Board the bus at Naha Airport, get off at "Hokubu Goudou Chosha Mae" (Okinawa Prefecture Office Complex), walk south about 5 minutes.
·Fare: ¥1,940 for Okinawa Bus or Ryukyu Bus. Total travel time: about 2H30M.
- Local Bus (No.20): Board the bus at Naha Bus Terminal, get off at "Hokubu Goudou Chosha Mae" (Okinawa Prefecture Office Complex), walk south about 5 minutes.
·Fare: ¥1,850 for Okinawa Bus or Ryukyu Bus. Total travel time: about 2H20M.

【Notice】 Too much baggage may result in rejection from boarding the bus. It is recommended that you have baggages like bike bags delivered to the place of your stay prior to your arrival.

▼By Car:

Toll Road: Enter Naha Airport EXPWY at Naha Airport, Exit at Kyoda. Continue driving north till you reach Nago Fishing Port. Total travelling time: about 1H20M (about 80 km)

▼By Foot:

Nago Fishing Port (parking space)→ Registration Site <Nago City Indoor Gymnasium> (about750m)

7. Access to Kunigami Village (Hentona) <Events of 140 km and 100 km>

▼By Taxi:

From Nago to Kunigami Village “JAL Private Resort Okuma” (about 30.5 km)

Fare: ¥5,000 – ¥6,000 Traveling time: about 45 minutes

[Tel: Nago Kyodo (0980) 52-3333]

[Tel: Marukin Taxi (0980) 52-5555]

[Tel: Kojin Taxi (0980) 53-3333]

▼Shuttle Bus Service

Nov. 12th (Sat)

Shuttle buses will run between Nago Civic Hall and hotels in Kunigami Village. See “Shuttle Bus Schedule” on [Appendix 2](#) for details.

Nov. 13th (Sun) <For all 100km races>

There is a shuttle bus/truck for riders and bicycles between JAL Private Resort Okuma to the starting point in front of ‘Oku Joint Shops’. Please refrain from moving by car and use the transportation bus instead.

There will be no shuttle bus service from Nago to the starting point in Kunigami Village available on the race day. Also, there will be no shuttle bus service available after the finish. If you continue staying at a hotel in Kunigami, you need your own transportation from Nago to Kunigami.

▼ If you have your own vehicle or are renting a car

<For all 140km, 100km races>

Please park your car at the designated parking lot at “Kuina Eco-Sport Recreation Park (Kunigami Athletic Field)” <free of charge>.

The parking lot at “JAL Private Resort Okuma” is a pay parking lot.

<For all 140km races>

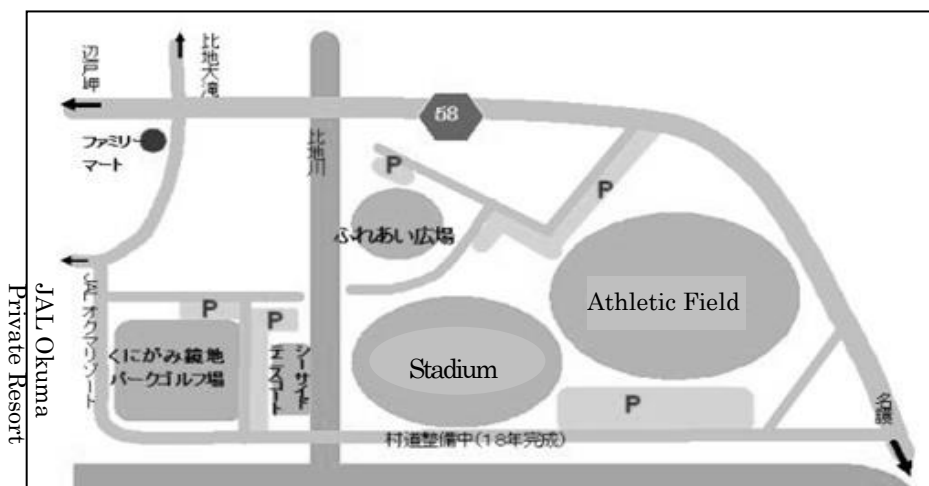
The distance from the parking lot to the starting point <Kunigami Village Depot> is 1.0 km.

<For all 100km races>

There is a shuttle bus/truck for riders and bicycles from Kunigami Village <JAL Private Resort Okuma> to the starting point <In front of Oku Kyodobaiten>.

Please load the bike onto the designated cargo truck and get on the bus **by 6:15 AM**.

The distance from Kunigami Athletic Field to <JAL Private Resort Okuma> is 1.0 km.



国際ロードレース大会 競技規則
(女子国際ロードレース100km)
100km Women's International Road-race Regulations.

本大会は、UCI（国際自転車競技連合）、JCF（日本自転車競技連盟）規則及び本大会特別規則により実施する。

Tour de Okinawa will be held in accordance with UCI, JCF and special local regulations.

1. 競技者の資格 Race Eligibility

- ◆女子国際レースに出場する者は各国連盟が派遣したエリート競技者並びに本協会が許可した者とする。
- ◆上記に該当する者はプロフェッショナル競技者を問わない。
- ◇By Invitation from the race organizer, or recommendation from elite woman's home country's cycling federation.
- ◇Amateur and professional cyclist may participate.

2. 競技者の権利及び義務 Rights and Obligations of Riders

- ◆競技規則及び競技の運営並びに管理上の規定及び交通規則を守ること。
- ◆競技中に引き起こした事故については一切の責任を負うこと。
- ◆完全に整備された自転車を用いて参加すること。
- ◆競技者は、飲食料及びホイールのみ貸与または交換しあうことが出来る。
- ◇It will be the responsibility of riders to conform to all administrative regulations and to all Japanese traffic regulations.
- ◇Riders shall also take the responsibility for any accident in which they may be at fault. Participants will be responsible for any property damage or legal fees.
- ◇Bicycles should be well maintained.
- ◇Riders may provide each other such minor services as lending or exchanging food, drink, or wheels only during the race.

3. 飲食料の補給 Refreshments

- ◆競技中の飲食料の補給は、下記の地点においてのみ行うことが出来る。
補給地点：①慶佐次補給所 約71.4km地点
- ◆主催者は、スポーツドリンク及び水のみを上記補給所に準備する。
- ◇Refreshments shall be supplied at a fixed station, located at the Supply Point below.
Supply Point：① Gesashi Supply Point about 71.4km.
- ◇The organizer will provide water or sports drinks at the station above.

4. 機材補給車 Neutral Car and Motorbike

- ◆競技中主催者は、ニュートラルカー及びニュートラルバイクで車輪を提供する。提供する車輪はシマノ製とする。（数に制限あり）レース中車輪供給を受けた競技者は、レースフィニッシュ後、ホイール返却所（別紙1会場周辺案内図詳細(V)参照）にて午後2時30分(交通規制解除後回収トラック到着次第)～午後5時まで返却し、各自の車輪と交換する。
- ◆ホイールの交換は、競技者自身が行う。
◇The organizer shall provide spare wheels from either a neutral car and/or motorbike. We are providing Shimano made wheels only. After the race has concluded, the riders who were provided spare wheels during the race are required to return them at the 'Wheel Return' station (Refer to map V) between the hours of 2:30 (depending upon when the retrieval truck can return after traffic restrictions have been lifted) - 5:00 p.m. and must replace them without assistance.
- ◇Riders must change wheels themselves.

5. 棄権及び失格 Retiring from the race and disqualification

- ◆他の競技者を押す事は如何なる場合も禁止し、違反した者は失格とする。
- ◆コース上にチェックポイント（打切関門）を設け、時間以内に通過の出来なかった競技者は原則として失格とする。尚、最終関門（川上関門）において14時00分までに通過出来ない競技者は失格とする。
- ◆失格した者は審判員の指示に従いコースから退避しゼッケン及び計測チップを返却する事。
- ◆関門において失格になった者及び自転車は主催者が用意した収容車で大会本部まで輸送するので、失格後コ

ースを走行しないこと。自転車は、大会会場に設けられた「自転車返却所」で午後5時迄に受け取ること。

- ◇Riders must not push any other participants under any circumstances; if a rider does this, they will be immediately disqualified.
 - ◇If the rider does not pass each checkpoint within the time limit, as a general rule, they will be disqualified from the race. Furthermore, if the rider does not reach the final checkpoint (at the Kawakami checkpoint) by 14:00, they will also face elimination.
 - ◇A rider who is disqualified from the race will be followed by a commissaire and must exit the course immediately. Disqualified riders must remove their number and their transponder and hand it in to a commissaire.
 - ◇Riders who are disqualified at the check points should board the SAG wagon to return to the Main event place. Bicycles may be reclaimed at Nago Civic Hall Parking area “Bicycle claim” until 5:00 p.m.
- ◆関門所の場所は、下記の通りとする。
- ◇Each check point is written in the Program Book.

関 門/check points	時 間/time
与那関門(Yona)	AM 11:30
普久川ダム前(Hukugawa)	AM 12:00
宮城 (Miyagi)	AM 12:50
安部(Abu)	AM 13:35
川上(Kawakami)	AM 14:00
名護市屋内運動場 (Nago Gymnasium)	AM 14:20

◆競技を棄権する競技者はゼッケン及び計測チップをコミッセール（審判）に返却する事。

◇A rider dropping out the race, shall immediately remove his body number and transponder and hand it in to a commissaire.

6. ヘルメット及びハンドルバーの取扱 Helmets and Handlebars

◆競技者は、所属する国の公認ヘルメットを着用しなければならない。

◆ブルーホーンバーやクリップオンバー、フラットバーの使用は禁止する。

◇Riders shall wear only the types of helmet that have been approved by their home country.

◇All types of Aero Bars and Base Bars will not be permitted.

7. 出走・召集及びスタート Assembling, Roll and Starting.

◆競技者は午前6時30分までに指定場所に集合し、シャトルバスにてスタート地点に向かう。スタート地点にてサインシートに署名することで出走意思を確認する。

◆召集場所に集合した競技者は、指示に従いスタートラインに移動するものとする。

◆スタートの位置は、ゼッケン番号の若い順に進行方向に向かって右から左へ各列とも6名縦隊とする。

◇Riders must be assembled at the gathering point by 6:30a.m in order to catch the shuttle bus to the starting point (Kunigami Road Station). There is a bicycle check and a sign-in sheet at the starting point to verify intent to participate.

◇Riders will follow the organizers instructions and quickly proceed to the start line.

◇Riders will line up starting from the lowest number to the highest number, starting from the front right corner going left and back.

8. ゼッケン・ヘルメット番号・車番・電子判定器（自動計測チップ）の装着

Racing numbers, helmet numbers, number plates for bikes, and transponder

◆ゼッケン・ヘルメット番号・車番の装着が悪い場合順位判定が不可能な場合は、ペナルティを課す。この場合の異議は認めない。

◆ヘルメット番号は前1枚、横2枚とする。

◆自動計測チップを使用するので、競技者は自転車の前フォーク所定箇所に計測チップを装着すること。フィニッシュ後は計測チップを返却すること。

◆ゼッケン、ヘルメット番号、車番、自動計測チップは装着上の注意事項を守ること。

◇The organizer is not responsible for incorrectly attached numbers, helmet numbers, or number plates.

◇All numbers should be attached to their correct points: number plates on the front frame, one number on the helmet front and one number attached to each side of the helmet for a total of three numbers.

◇Riders should attach their own transponder on the front fork of the bicycle. Riders must return it after they finish.

◇Riders must follow the instructions on how to attach the various numbers and transponder.

9. フィニッシュライン (決勝線) 通過後 Finish Line (confirmation number)

◆競技者は、フィニッシュライン通過後に係員の指示に従い、ゼッケンを確認させる事。

◇After you finish the race, you must follow all instructions given by staff members in order to verify your identification.

10. 注意箇所 Attention Points

◆競技者は、コース上の注意表示看板や防護柵に注意し、且つ安全に留意すること。

◆注意箇所はプログラムに記載する。

◇Riders should pay attention to road signs, especially course warning signs during the race.

Riders should always be aware of the road and should ride safely.

◇See the Warning section in the program.

11. 競技上の変更 Race Alterations

◆競技上の変更は開会式及びレース出発前に大会責任者とコミッセル (審判) が協議のうえ決定し告知する。

◇Any alterations to the events or regulations described herein will be made after consultation between the commissaires and Tour de Okinawa officials before the opening ceremony and the start of the race.

12. 表彰 (順位による表彰) Prize (Rank order commendation)

◆女子国際レースの1位には、チャンピオンジャージ及びメダル、賞状を授与する。

◆2位から3位までの入賞者には賞状、メダルを授与する。

◆4位から6位までの入賞者には賞状を授与する。

◆女子国際レースの上位5位まで強化費を授与する。

*授与場所: 該当者及びチームの監督は表彰された目録を持参し大会事務局にて午後4時から5時までに受け取る事。

◇The winner will receive a winner's jersey, a medal, and a certification prize

◇Riders placing from 2nd-3rd will receive a certificate and a medal.

◇Riders placing from 4th-6th will receive a certificate.

◇The top five winners in the Women's International Race will receive a prize.

*Issuing Place: Winning women riders and their team managers will have to come to the main office to receive their full prizes between 4:00p.m. and 5:00p.m

13. スプリント賞 (市町村長賞) Sprint Prize (Rank order commendation)

◆スプリント地点を1位で通過した競技者には、市町村長よりスプリント賞として賞状を授与する。

◆スプリント地点は下記の地点においてのみ行う事が出来る。

◎東村長・大宜味村長賞: 東村宮城 約61.0km地点

◎名護市長・国頭村長賞: 名護市安部 約83.3km地点

◇The first rider who passes the Sprint Points shown below will receive an award.

◇Sprint Check Points (Banner-white line) at each point below.

◎ Higashi Village Prize : Front of Miyagi at about the 61.0km point

◎ Nago City Prize : Front of Abu at about the 83.3km point

14. 罰則 Penalty

◆規則違反等への罰則は降格・失格処置とし、コミッセル (審判) がその処置を決める。異議は一切、認めない。

◇Any breach of the regulations will result in disqualification from the race or may cause the rider to be returned to the back of his group of riders. The commissaries will decide upon the actions to be taken in the event that a regulation is breached in any of the categories of the race.

15. 公式言語 Official Languages of the Race

◆日本語及び英語とする。

◇Japanese and English only.

16. 走行区分 Race classification

◆競技者は原則として、道路の左側を走行しなければならない。（安全面上）やむを得ず道路の右側を走行する場合は、コミッセール（審判）の指示に従う事。

◆右側を走行したものは、失格及び降格もありうる。

◇All riders must keep to the left side of the road. If it's unavoidable, please follow the commissaire's instructions and go back to left side immediately or when instructed.

◇If you ride on the right side of the road and disregard the road rules, you may be disqualified.

17. 競技中のマナーについて Race etiquette.

◆競技者は走行中において公衆（観衆）の面前でのマナー違反、特に下品な行為（人前での放尿等は失格、降格の対象となる。

◇Please do not stop to urinate publicly during the race, if you do, you will be disqualified.