

General Information for Participants of Tour de Okinawa

(Associated RACE Events)

Thank you for applying for the 31st "Tour de Okinawa 2019".
Carefully read the following information and prepare yourself for the event.

1. About Confirmation Ticket (210km / 50km)



(140km / 100km)



※At race registration and packet pick-up on Nov. 9th (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 9th (Saturday)

07:00 Start at 21st Century Forest Gymnasium

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

07:30 Iheya Island Cycling

12:00-18:00 Pick up Confirmation of Participation Packet 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 10th (Sunday)

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

06:45 Start Men's Champion Race 210km from the Crossing at Nago Tennis Courts

07:00 Start Citizen's Road Race 50km (Under 39) from near Nago Indoor Gymnasium

07:06 Start Citizen's Road Race 50km (40s) from the Crossing at Nago Tennis Courts

07:12 Start Citizen's Road Race 50km for (50s) from near Nago Indoor Gymnasium

07:27 Start Man's Citizen's Road Race 210km from near Nago Indoor Gymnasium

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

07:35 Start Citizen's Road Race 50km for (Over 60) from near Nago Indoor Gymnasium

07:38 Start Citizen's Road Race 50km for Women from near Nago Indoor Gymnasium

07:41 Start Challenge Race 50km (Over 50) from near Nago Indoor Gymnasium

07:43 Start Challenge Race 50km (40s) from near Nago Indoor Gymnasium

07:45 Start Challenge Race 50km (Under 39) from near Nago Indoor Gymnasium

08:00 Start Onna Village Family Cycling from near 21st Century Forest Gymnasium

Continues November 12th (Sunday)

08:12~09:30 Finish 50km Road Races as follows at 21st Century Forest Gymnasium
Approx. 09:05 Start Kid's Race 10km from Nakao CHECK-POINT
Approx. 09:20 Start Citizen's Road Race 140km (OPEN) from Road Station Yui Yui Kunigami
Approx. 09:30 Start Citizen's Road Race 140km (MASTERS) from Road Station Yui Yui Kunigami
Approx. 09:45 Start Lady's International Road Race from Oku Yanbaru no Sato
Approx. 10:08 Start Citizen's Road Race 100km (OPEN) from Oku Yanbaru no Sato
Approx. 10:16 Start Citizen's Road Race 100km (MASTERS) from Oku Yanbaru no Sato
12:00 ~ 14:20 Finish Men's Champion Road Race 210km at the Crossing at Nago Tennis Courts
Other race categories will begin to finish
Approx. 14:20 Finish Rearmost Riders of Road Race 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~ **【Awards and 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 9th (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 Bicycle:

From Naha take Rout 58 travel North to Nago about 67km.

▼By Bus:

- Yambaru Kyuko Bus From Naha Airport to "Nago Shiyakusho" (Nago City Office).
 - Fare: ¥2,190 Total travel time: about 1H40M.
- 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 for 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 (Private) Taxi (0980) 53-3333]

▼Shuttle Bus Service

Nov. 9th (Sat)

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

Nov. 10th (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.



Cycling Sports Competition for Citizens: Rules for Road Races

Tour de Okinawa will be held in accordance with rules established by JCF (Japan Cycling Federation).

Time limits are established at several points throughout the race course and riders will be eliminated from the race if they fail to go through those points by those specified times.

1. Riders' rights and responsibilities:

- ◆ Follow the race regulations and the Traffic Law of Japan.
- ◆ Riders who cause damages to others' or public properties are liable for the damages even during the race.
- ◆ Enter the race with a bicycle which has been well-maintained.
- ◆ Riders may lend, borrow or exchange foods, drinks, tools, bicycle parts, etc.
- ◆ Riders may take advantage of services provided by the organizer's neutral cars.
- ◆ Have words and conducts of sportsmanship all the time.

2. Refreshments

- ◆ Refreshment shall be supplied at fixed feeding stations, located at two points listed below:

Location	Citizen 210km Races	Citizen 140km Races	Citizen 100km Races	Citizen 50km Races
Fukugawa Dam 1 st	○ 83km point			
Fukugawa Dam 2 nd	○ 136km point	○ 70km point		
Gesashi Point	○ 174km point	○ 109km point	○ 65km point	

- ◆ The organizer will provide water or energy drink at those stations:
(Plastic bottles with blue label: energy drink; without label: water)
- ◆ Discard the provided bottles at designated "GREEN Zone" only. Violators are prohibited from entering the competition of next year.

3. Neutral Vehicle

- ◆ The organizer provides neutral vehicle services (automobiles and motorcycles) that supply spare wheels. Spare wheels are of SHIMANO with 10 gears. Those who borrowed a wheel must return the wheel and retrieve one's own wheel at "Bicycle Wheel Claim" ([Appendix 1](#)) See area map (B)) after the race.
- ◆ Only Citizen's Road Race 210km will be correspond to neutral service (wheel supply) to wheel with disc brake. (LIMITED QUANTITIES)

4. Dropping out or being eliminated from the race:

- ◆ Riders dropping out of the race must take the bib numbers off, then be sure to let the race commissar know.
- ◆ Organizer establishes several control gates—those gates are called or written as "Check Points" in some other documents—and cut-off times are established at those gates. Failing to pass through each of the gates before those times will result in being eliminated from the race.
- ◆ Disqualified riders must follow the commissars' directions to pull over, and return one's bib numbers and transponder.
- ◆ For citizen race 50 km, do not give a rank to those who completed the finish line for more than 1 hour 30

minutes. Results will be FAD. ※ Only Citizen race 50km over 60th will be 1 hour 40 minutes.

◆ Riders who are disqualified at a control gate will be picked up by a cargo truck which will take those riders back to the race head quarters; so when you are eliminated from the race, stop competition and wait for the broom wagon to pick you up. Your bicycle will be loaded and transported by a cargo truck dispatched by the organizer. Retrieve your bicycle at "Bicycle Claim" (Appendix 1) See area map (B)) after the race.

◆ Table of Cut-Off Times at each of Control Gates (or check points) are as follows:

Place	Control Gate (Check Point)	Cut-Off Time	Citizen 210km Race	Citizen 140km Race	Citizen 100km Race	All Citizen 50km Races
Motobu Town	Motobu Butterfly Garden	8:30	○	—	—	○
Nakijinn Village	Nakijin Amesoko Otobaen Mae	9:05	○	—	—	○
Nago City	Nakao Iriguchi	9:20	○	—	—	○
Ogimi Village	Ogimi-son Municipality Office	9:35	○	—	—	—
Kunigami Village	Fukugawa Dam (1st)	10:20	○	○	—	—
Kunigami Village	Oku Kyodobaiten	10:45	○	○	—	—
Kunigami Village	Yona Check Point (2nd)	11:30	○	○	○	—
Kunigami Village	Fukugawa Dam (2nd)	12:00	○	○	○	—
Higashi Village	Miyagi Seeding Center	12:50	○	○	○	—
Nago City	Abu	13:35	○	○	○	—
Nago City	Kawakami	14:00	○	○	○	—

5. Handlebars:

- ◆ Participants shall wear a Road Racer Helmet approved by JCF or national federations of their own countries.
- ◆ Use of a bull-horn shaped handlebar, a clip-on handlebar or a flat bar is prohibited. Not accept addition of attachments, only in a dropped handlebar. Also, brakes are not normal, a different in the inch before and after the tire and the disk wheel not accept.

6. Assembly and start:

- ◆ The convocations will be called 30 minutes before the start time at designated locations for each races.
- ◆ After arriving at the area, follow the directions of the race staffs to proceed to the start line.
- ◆ As for starting order, participants must line up in ascending order from left to right. The athlete's number 50 assumes a seeded player. Regarding all the other participants, they shall be arranged in order of arrival.
- ◆ The races starting from Nago (210Km, 50Km) is a parade start.
- ◆ The races starting from Kunigami (140Km, 100Km) is a real start.

7. Affixing racing numbers, helmet numbers, frame numbers, and a transponder:

- ◆ Improper affixation of numbers is subject to penalties. Protests against the penalties will not be accepted.
- ◆ Frame numbers must be affixed on the front frame or seat post. As for helmet numbers, one number must be affixed on the front and two numbers on the sides.
- ◆ As for a transponder, Matrix Inc.'s automatic time measurement system will be used, so each rider must affix his transponder on the front fork. After the race is over, return the transponder at a designated place.

(Appendix 1 See area map (B))

8. After Crossing the Finish Line

- ◆ After crossing the finish line, riders must follow the directions given by the race staffs and return to Nago fishery port. If you park your car at the port, load your bicycle on to your car and wait till the awards/closing ceremony to start at Nago public market's parking space. There will be no space for you to park your bicycle in the down town, so walk from the port to the market.

9. Points to be careful about:

- ◆ Riders must ride safely, paying attention to warning signs and guard fences.

10. Awards (Top finishers will be awarded in order of results)

- ◆ The organizer presents a champion jersey, a cup, a certificate and an extra prize to 1st finisher.
- ◆ The organizer presents a certificate, a medal and an extra prize each to 2nd to 3rd finishers.
- ◆ The organizer presents a certificate and an extra gift to each 4th, 5th and 6th finishers.

***The 1st through 3rd finishers will be awarded on the podium while 4th through 6th finishers will be awarded at "Awarding Center." The 1st through 3rd finishers must gather in the stage by 15 minutes. The person who does not attend is disqualified and may be demoted**

11. Sprint Award (Municipality Mayors' Awards)

- ◆ A rider who passed a Sprint Point in first place will be awarded with Spring Prize, a certificate and an extra prize from a mayor of each of those municipalities below. Each spring point will be indicated with a signboard and white line.
- ◆ Special Prize Points

Prize Name	Points where prize is set up	Distance
Prize by the Mayors of Nakijin Village and Motobu Town	Nakijin CHECK POINT	20.0 km
Prize by the Mayors of Higashii Village and Kunigami Village	Higashi Village Miyagi CHECK POINT	161.0 km
Prize by the Mayors of Nago City and Ogimi Village	Nago City Abu CHECK POINT	183.1 km

12. Hill Climb Awards:

- ◆ Riders who passed the hill climb points in the first place will be awarded with a hill climb award such as a certificate and an extra prize.
- ◆ Points of hill climb awards:
Near summit of Mt. Terukubi point (1st) and (2nd time).
- ◆ Citizen 210km Race and Citizen 140km Race riders who passed the hill climb points in the first place will be awarded with a hill climb award twice, a certificate and an extra prize.

13. Penalties:

- ◆ Failing to follow the rules and regulations for the citizens' road races may result in being penalized with being degraded or disqualified based on decisions made by commissaires. Protesting against the penalties will not be accepted under any circumstances.
- ◆ If a mixed run with another race is found out, the winner will be subject to disqualification / demotion.

14. Traffic Lanes:

- ◆ As for the use of traffic lanes, priorities will be given to emergency vehicles and commissaire vehicles: when riders see such vehicles, they have to travel the left side of the lane. If it is not safe traveling the left side and riders have no choice but traveling the right lane, follow the directions given by the commissaires and use the right lane. After passing the unsafe section of the course, go back to the left lane.
- ◆ Traveling on the right lane all the time may result in being eliminated from the race or downgraded.

15. Application for objection

- ◆ The opposition shall be submitted with written as well as deposit of 5,000 yen. (Opposition can be received at the convention secretariat.) If an objection is approved, this deposit will be refunded. Not knowing the rules does not constitute a reason for opposition. For Citizen Race is assumed that the objection of 50 km race will be until 10:30. For Citizen Race of 210 km, 140 km, 100 km series race shall be until 14:45. Those notified of disqualification after 14:45 will be within 30 minutes from the notified time. In principle, we will not accept objections after the above time.

16. Notifications of changes in rules and regulations hereby:

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

17. Race manners:

- ◆ Based on the 2nd paragraph of article 6 and the 5th paragraph of article 36 of JCF regulation, lack of manners in public, especially such indecent behaviors as urination in public, may result in being disqualified or downgraded.

***These guidelines and rules may change without a previous announcement.**