

General Information for Participants of Tour de Okinawa (Associated **Cycling Events**)

Thank you for applying for the 31st "Tour de Okinawa 2019."

Please read the following information carefully and be prepared for your event.

1. About Confirmation Tickets



※At race packet pick-up, 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 that you bring the ticket. Reissuing the set of tickets will cost you an extra ¥500.

2. EVENT SCHEDULE (Map of underlined locations attached.)

November 8th (Friday)

- 15:00~20:00 Pick up Confirmation of Participation Packet at Nago Gymnasium
Touring Around Okinawa Island Course
Yanbaru Century Ride
Ie Island Family Cycling
Cycling Tour for Iheya Island
Challenge Cycling
- 15:30~16:30 Briefing (Session 1) at Nago Gymnasium
Touring Around Okinawa Island Course
Yanbaru Century Ride
- 18:30~19:30 Briefing (Session 2) at Nago Gymnasium
Touring Around Okinawa Island Course
Yanbaru Century Ride

You could attend
either one.

November 9^h (Saturday)

- 06:00~06:30 Assemble at 21st Century Forest Gymnasium (Appendix 1 See area map III)
- 07:00 Start
Ie Island Family Cycling
Touring Around Okinawa Island Course
Yanbaru Century Ride
Iheya Island Cycling
- 07:30 Challenge Cycling
- 12:00~18:00 Pick up Confirmation Packet for Onna Family Cycling at Nago Gymnasium
- 16:00~19:00 Finish Ie Island Family Cycling, Challenge Cycling, Yanbaru Century Ride at 21st Century Forest Gymnasium

November 10th (Sunday)

06:45 Start Men's Champion Race 210km from the Crossing at Nago Tennis Courts
06:50 Start Over 50 from near Nago Indoor Gymnasium
06:55 Start Lady's Citizen's Race 50km from the Crossing at Nago Tennis Courts
07:09 Start Citizen's Race 50km for (40s) from near Nago Indoor Gymnasium
06:55 Start Jr. High Students Race 50km from near Nago Indoor Gymnasium
07:09 Start Citizen's Race 50km for (30s) from near Nago Indoor Gymnasium
06:50 Start Citizen's Race 50km for (Under 29) from near Nago Indoor Gymnasium
06:50 Start Citizen's Race 210km from near Nago Indoor Gymnasium
06:50 Start Barrier-Free Cycling from near 21st Century Forest Gymnasium
08:00 Start Onna Village Family Cycling from near 21st Century Forest Gymnasium
Approx. 14:00 Finish all the race categories' rearmost at 21st Century Gymnasium
15:00~ Finish Touring Around Okinawa Island Course Cycling at 21st Century Gymnasium
Other Cycling Categories will begin to finish
15:00~17:00 **【Closing ceremony and Social Gathering at Nago Indoor Gymnasium】**

Scheduled start time may change depends on the situations.

3. Packet Pick-up

There will be absolutely no packet pick-up on the race day. BE SURE TO PICK UP YOUR PACKET THE DAY BEFORE THE RACE.

- Place: Nago Indoor Gymnasium

November 8th (Fri) 15:00~20:00

Around Okinawa Cycling, Yanbaru Century Ride, Ie Island Family Cycling,
Iheya Island Cycling, Challenge Cycling

November 9th (Sat) 12:00~18:00

Onna Villege Family Cycling

4. Certificate of Completion

- Receive your Certificate of Completion at Ngo Gymnasium Award Center.
- The participants of Yanbaru Century Ride, Ie Island Family Cycling, Challenge Cycling, will be given Certificate of Completion at next to General Information place on Saturday, November 10th.

5. Travel Notes

- Please carry your own health insurance card and ID in case of medical emergency.
- Please attach a baggage claim ticket to your baggage before checking it at baggage claim to avoid congestion.
- Aviation laws in many countries, including Japan, prohibit passengers to carry aerosol-type instant flat-tire fixer onto a passenger airline.
- Participants MUST assemble 30 min. before at their races' designated location. Late-comers will be left behind. Strict adherence to the timetable is requested.

*All of participated in Okinawa with air plane, please refer to each airline's regulation.

Because the carry-on capacity of a mobile cylinder for tire flat repair is limited by Aviation law.

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)

【The 31st “Tour de Okinawa 2019”】

Touring Division

- ① Touring Around Okinawa Island Course
- ② Yanbaru Century Ride
- ③ Cycling Tour of Iheya Island
- ④ Ie Island Family Cycling
- ⑤ Challenge Cycling Course
- ⑥ Onna Village Family Cycling
- ⑦ Barrier-Free Cycling

<p>Touring Division is not a competition for time or speed. Please have a safe ride and aim for completion.</p>

■ Event Regulations and Notes

1. Follow the Japanese Traffic Rules:

- The Touring Division – the above listed categories - is not a competition and will not be timed.
- Courses are not under traffic control.
- Public roads are used for the race; please do not chase or interrupt other riders. Please maintain a single file formation while riding.
- Please observe the traffic signals as well as stop signs and come to a complete stop at red lights.
- To prevent obstruction of traffic, accompanying/support vehicles are prohibited.

2. Directions Given by Staff:

- Please do not pass the pace car. (Tour de Okinawa staff cannot help in the event of an accident or provide aid at aid/support stations.)
- You will be asked to stop riding if staff considers your behavior to be dangerous.

3. Maintenance of Your Bicycle.

- It is your responsibility to maintain your own bicycle or to have a bike mechanic at a bike shop maintain your bike for you. A poorly maintained bicycle should not be used for the cycling.
- While on the course, all necessary repairs will be performed by the rider. The support car will not stop.
- While cycling, you must wear a bicycle helmet.
- Bicycles should be equipped with lights and reflectors. Please use them during early morning and evening hours and while in tunnels.

4. About On Course Accidents:

- In the event of an accident, staff will provide emergency aid but afterward it is the responsibility of the rider to seek appropriate medical care.
- If you wish to retire, please follow staff instructions.

5. Distribution of the prize for completion

- After finish, a prize will be distributed for completion, in the competition site.

6. Using the Ferry for the Transportation

- The method of loading and transporting the bicycle by the ferry boat is to be superimposed on other bicycles. Although there is a possibility that the body frame of bicycle may be scratched by the influence of the wave etc., please understand beforehand that it will not be held responsible on the host organizer side.

- ◇ It is advised to bring sufficient snacks to avoid medical problems and performance issues associated with extreme hunger.
- ◇ The course follows public roadways so be cautious of oncoming and passing traffic.

Please observe Event Regulations and Notes.