

35th Tour de Okinawa 2023

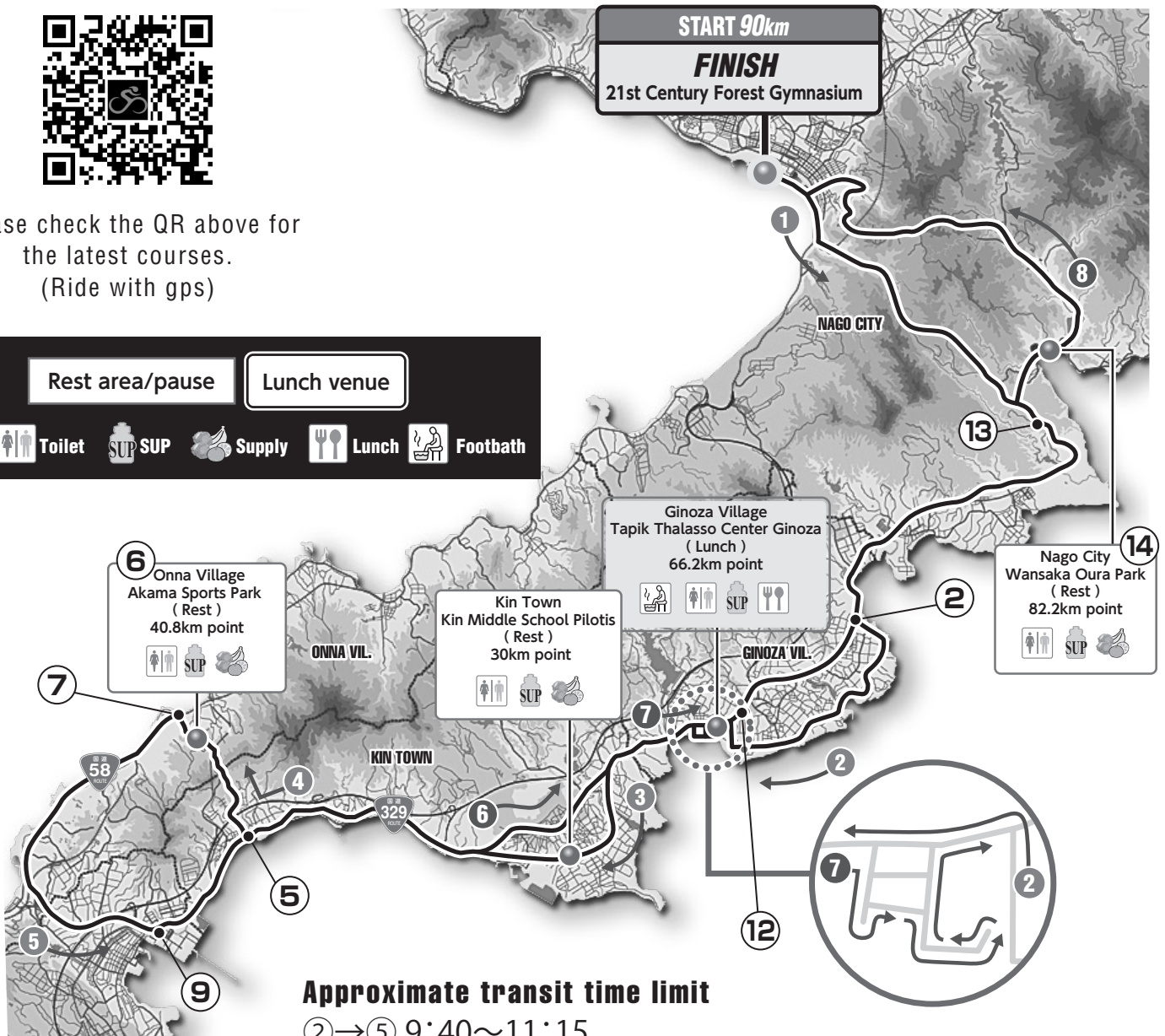
Challenge Cycling

Overall map and locations for LUNCH, REST and SHORT BREAK.



Please check the QR above for the latest courses.
(Ride with gps)

Rest area/pause		Lunch venue	
Toilet	SUP	Supply	Lunch
		Footbath	



Approximate transit time limit

- ②→⑤ 9:40~11:15
- ⑥ 11:45
- ⑦→⑨ 12:00~12:45
- ⑫→⑬ 15:05~16:15
- ⑭ 16:30

About Lunch

At the Tappik Thalasso Center, lunch will be provided in the form of boxed meals. For those who cannot eat meat, we will prepare a vegetarian menu of rice balls and miso soup. If you wish to have a vegetarian menu, please let us know in advance by e-mail. We appreciate your cooperation in reducing food loss and ensuring the smooth operation of the event.

Please send your e-mail to: tdo@moriken.okinawa

Please include the name of the participant who wishes to have a vegetarian menu and a statement that you wish to have a vegetarian menu.

Challenge Cycling 2023 Supplemental Material ①

In order to make the event safer and more sustainable, the time limits at each checkpoint have been set more precisely starting this year.

We are also working to improve the efficiency of the assignment of race officials.

We have also set a time limit at each checkpoint to ensure the efficiency of the assignment of race officials, to change their route or guide them to the collection trucks, etc. We ask for your cooperation.

The minimum average speed at which you can complete the Challenge Cycling is

12 km/h or more

*Rest breaks of 10 minutes or less at each rest point and 30 minutes or less at the lunch point.

Based on the above speeds, you will be asked by the staff at the following points.
Please follow the instructions when asked to do so.

The location numbers refer to the numbers in the Appendix
The numbers refer to the numbers in the table "Transit Time Limits and Resting Places."

Location	Distance	Guidance details
(2) Entrance to Prefectural Road No. 234 (5) Yaka (North) Intersection	17.9km~ 38.5km	Shortcut or U-turn to Tapik Thalasso Center (lunch site)
(6) Akama Athletic Park, Onna Village	41.3km	U-turn to Tapik Thalasso Center (lunch site) or board the collection vehicle
(7) Prefectural Road No. 88 ~ (9) Route 329 (near Ishikawa)	42km~ 66km	Participants who missed the time limit will board the collection vehicle after being instructed to stop. (Participants will get off the bus for lunch at the lunch site.)
(12) Merging onto Route 329 (13) Route 329 (Futami intersection)	67.2km~ 81.3km	Participants who missed the time limit will board the collection vehicle after being instructed to stop.
(14) Wansaka Oura Park	83.3km	After 16:30, the race will be terminated. Participants who missed the time limit will board the collection vehicle after being instructed to stop.

Collected bicycles will be handed over at the bicycle exchange counter at Nago Civic Hall after 19:00.

Challenge Cycling 2023

Passing time limits and rest areas

Please note that each aid point has a (④、⑥、⑪、⑭) open/close time.

Transit (of a planet) over a given point in time	Distance/km	Interval distance	lead	Break	End of a line (queue)	Break	Time limit	Destination (of traveler's guide)	Remarks
○Nago Civic Hall	0.0 km	km	7:30		8:00		8:00		Start
①Route 58 - Prefectural Road	2.2 km	2.2 km	7:34		8:06		8:10		Left Turn Guidance
②National Road 329 - Prefectural Road 234 (in front of Ajimamae)	17.9 km	15.7 km	8:04		9:30		9:40		Left turn
Participants who exceed the time limit in sections (3) to (4) will be approached by the bike team or local staff and directed to the Tapik Thalasso Center (lunch site). Please follow the instructions of the staff when asked to do so.									
③Route 329 merge	24.3 km	6.4 km	8:24		10:05		10:10	Tapik Thalasso Center	left turn
④Kanatake Bypass - Kanatake Junior High School Piloti (Rest area: 8:30-11:00)	30.3 km	6.0 km	8:37	5'	10:32	10'	10:45	Tapik Thalasso Center	①Left side progression guidance ②Right turn instructions Break (10 minutes assumed) ③Right turn indication (for Ishikawa)
⑤National Highway 329 - Yaka (Kita) Junction	38.5 km	8.2 km	9:00		11:23		11:15	Tapik Thalasso Center	Right turn
⑤ will stop participants after 11:15 a.m. and guide them to make a U-turn at the Tapik Thalasso Center (lunch site). Please follow any instructions given by the staff).									
⑥Onna Village Akama Athletic Park (Rest Area) 9:00-12:00	41.3 km	2.8 km	9:07	5'	11:37	10'	11:45	Tapik Thalasso Center or collection vehicle	Left turn Break (10 minutes assumed)
*After 11:45, the tour will be terminated at (6) / return to the Tapik Thalasso Center or by collection vehicle.									
⑦Prefectural Road No. 88 - National Road No. 58 (lead to the old road)	42.0 km	0.7 km	9:15		11:50		12:00	Recovery vehicle	Going straight ahead
⑧Entrance to Prefectural Road 73 (Nakadomari Intersection)	47.9 km	5.9 km	9:29		12:23		12:25	Recovery vehicle	Going straight ahead
⑨Route 329 (near Ishikawa Police Station)	51.1 km	3.2 km	9:36		12:39		12:45	Recovery vehicle	Left turn
⑩Route 329 - Kanna Fishing Port Entrance	66.3 km	15.2 km	9:55		13:55		14:10	Recovery vehicle	Right turn
⑪Tapik Thalasso Center Ginoza (lunch venue) (Lunch room) 10:00-15:00	66.9 km	0.6 km	10:00	15'	14:05	30'	15:00	Recovery vehicle	Meals (30 minutes assumed)
*After 3:00 p.m., please follow the instructions to terminate at (11) / move by collection vehicle.									
⑫National Highway 329 confluence (in front of Kanna-ku Community Center)	67.2 km	0.3 km	10:20		14:40		15:05	Recovery vehicle	Right turn
⑬Route 329 (Futami intersection)	81.3 km	14.1 km	10:52		15:52		16:15	Recovery vehicle	Right turn
⑭Wansaka Oura Park (rest area) 12:00-17:30	83.3 km	2.0 km	10:56	5'	16:02	10'	16:30	Recovery vehicle	Turn right (rest 10 minutes assumed)
*After 4:30 p.m., please follow the instructions to terminate at ⑭/take the collection vehicle.									
⑮Agarie 1-chome from Prefectural Road 16	93.0 km	9.7 km	11:12		17:01		17:15		Left turn
⑯Nago 21st Century Forest Gymnasium (back goal)	94.6 km	1.6 km	11:37		17:10		17:30		Left turn
			(27km/h)		(12km/h)				