

Dear Participants [Cycling Division]

Thank you very much for registering for the 35th Tour de Okinawa 2023. Please read these instructions carefully and take all possible precautions to ensure your participation.

1. About Bib Number Vouchers

Upon registration, the participants will receive their bibs after confirming the enclosed bib exchange slip. Please be sure to bring your voucher. In the unlikely event of loss, a 500 yen reissue fee will be required.

2. Tournament Schedule

大会日程

Date Time	Contents	Place
<i>Nov. 10 (Fri.)</i>		
13:00~17:00	<u>Registration</u> : Yanbaru Century Ride Challenge Cycling Ie Island Family Cycling Izena Island Cycling Citizens' Race Section	Nago City Indoor Sports Ground 〃 〃 〃 〃
18:00~20:00	After-hours Reception	〃
<i>Nov. 11 (Sat.)</i>		
06:00~06:30	Mustering Of Athletes(Start ~ End)	Around 21st Century Forest Gymnasium
07:00	Start Ie Island Family Cycling 〃 Yanbaru Century Ride 〃 Challenge Cycling 〃 Cycling on Izena Island	〃 〃 〃 〃
09:15	〃 Barrier-free cycling	In Ocean Expo Park 〃
9:00~15:00	<u>Registration</u> : Each Race Category	Nago City Indoor Sports
14:00~18:00	Finish Ie Island Family Cycling , Challenge Cycling Yanbaru Century Ride	21st Century Forest Gymnasium
<i>Nov. 12 (Sun.)</i>		
16:00~17:00	Finish Izena Island Cycling	

※ Start times are subject to change for certain reasons.

3. Registration No registration is allowed on the day of the start. Please register the day before the start.

- ・ Place : Nago City Indoor Sports Ground
- ・ Date and Time

Nov. 10 (Fri.) 13:00~17:00
・ Yanbaru Century Ride ・ Ie Island Family Cycling ・ Izena Island Cycling ・ Challenge Cycling
Nov. 11 (Sat.) 18:00~20:00
・ After-hours Reception

4. Issuance of Certificate of Completion

After the finish line, the finisher's certificates for Yanbaru Century Ride, Ie Island Family Cycling, Izena Island Cycling, and Challenge Cycling (Saturday event) will be issued next to the information desk at the venue.

5. Notes and Requests

- ※ Please be sure to carry your health insurance card or pocketbook. (Photocopies are also acceptable)
- ※ To avoid congestion, please attach a "Baggage Deposit Card" to your baggage in advance and leave it at the baggage deposit area.
- ※ **For participants from outside Okinawa, please refer to the regulations of each airline company as the capacity of portable cylinders for tire puncture repair is restricted by the Civil Aeronautics Act.**

6. Access to the venue "Nago City Indoor Sports Ground"

- ▼ Bicycle From Naha, take Route 58 north to Nago, approx. 67 km (approx. 70 km from the airport)
- ▼ Bus ○ Yanbaru Express Bus From Naha Airport: get off at "Nago City Hall" bus stop.
Fee: 1,600 yen Travel time: approx. 1 hr. 50 min.
○ Highway Bus(No.111) From Naha Airport: get off at "Nago City Hall" bus stop.
・ Okinawa, Ryukyu Bus common (2,230 yen) Travel time: approx. 1 hr. 40 min.
○ Nago West Airport Line(No.120)
From Naha Airport: 5 min. walk from "Hokubu-godo-chosha-mae" bus stop, Okinawa Pref.
・ Common for Okinawa and Ryukyu Bus (1,980 yen). Travel time: approx. 2 hr. 30 min.
○ Nago West Line(No.20) From Naha Bus Terminal: get off at "Hokubu-godo-chosha-mae" and walk 5 minutes.
・ Common for Okinawa and Ryukyu Bus (1,880 yen). Travel time: approx. 2 hr. 20 min.

[Attention] Depending on the amount of baggage carried by passengers, it may not be possible to board the bus. It is recommended that wheeled bags and other luggage be couriered to your lodging in advance.

- ▼Automobile ○ Naha Airport Expressway from Naha Airport
Tomigusuku / Nakachi I.C., ~ Kyoda I.C. ~ Nago (Fishing Port)
The Time Required : About 1 Hour And 20 Minutes (About 80 Km)
○From Naha Airport, take Route 58 north to Nago.
The Time Required:About 2 Hours (About 70 Km)
- ▼Walking Nago Fishing Port (parking lot) → Registration site "Nago City Indoor Sports Ground" (approx. 750m)

The 35th [Tour de Okinawa 2023]

Cycling Division Competition Rules and Precautions

■ Cycling Division All 5 Events

Event Name : ①Yanbaru Century Ride ②Challenge Cycling ③Ie Island Family Cycling ④Izena Island Cycling ⑤Barrier-free cycling

Cycling is not a time or speed competition. Please ride safely and aim to complete the race.

■ Event Rules and Precautions Rules and Precautions

(1) Strict adherence to road traffic laws

- The above 5 events are cycling events, not races. No times will be competed.
- No traffic control on the course.
- Since this is a public road, do not chase, run alongside, or interrupt others, ride single file on the left side of the road, and strictly observe all traffic rules, such as stopping temporarily or stopping at red lights.
- Accompanying participants in their own vehicles is prohibited as it obstructs other traffic.

(2) Official Instructions

- Participants in the lead must not overtake the lead car.
(Due to the possibility of accidents at aid stations and on the course, and the inability to provide support to participants such as course officials, etc.)
- Participants who are judged to be unable to make it to the lunch venue in time for its operation time may be collected once or have the course changed and moved to the lunch venue. In such cases, participants must follow the recommendations and instructions of the officials.
- If the event officials deem a participant's ride to be dangerous, they may stop the participant's ride.
- If it is determined that a participant cannot meet the time limit, he/she will be stopped, collected, etc., and must follow the advice and instructions of the race officials. (In such cases, participants must follow the advice and instructions of the race officials.)

(3) Bicycle maintenance, etc.

- Participants must have their bicycles serviced and inspected at a specialized store or other facility prior to participation. Unmaintained bicycles will not be allowed to participate.
- Please make your own bicycle repairs while riding.
- Helmets (even if not for competition) must be worn.
- Lights and reflectors (reflectors) must be installed, and lights must be turned on early in the morning, at sunset, and in tunnels.

(4) Accidents while riding

- First aid will be provided for any accidents that occur during the cycling but the participant must bear the burden of any subsequent treatment.
- If you wish to retire for any reason, please notify the officials and follow their instructions.

(5) Distribution of Completion Certificates

- After the finish line, the certificates will be distributed at the Completion card issuing station at the event site.
- ※Completion certificates for Yanbaru Century Ride, Iejima Family Cycling, and Challenge Cycling (Saturday event) will be issued next to the information desk at the venue.

(6) Regarding shipping

- The method of loading and transporting bicycles by ferry boat is to place them on top of other bicycles. Please note that the organizers will not be responsible for any damage that may occur to the bicycles due to waves, etc.

**We recommend that each runner carry a supply of food to avoid hunger knock.
Please be careful of cars in the area, as there will be general traffic.**