

# **Contestant Instructions**

Note. Use of a bull-horn shaped handlebar, a clip-on handlebar or a flat bar is prohibited. Inch sizes of the front and rear wheels must be equal

2. Competitors must wear a helmet officially authorized by the Japan Cycling Federation. \* Elementary school students should wear a helmet of hard material.

3. Neutral service (supply of wheels) can be received by neutral cars (equipment vehicles and equipment motorcycles) prepared by the organizer. The spare wheel is made by Shimano. \*We do not correspond to neutral service (wheel supply) to wheel with disc brake. Jnless we announce in our homepage. http://t-d-okinawa.jugem.jp

will be transported to the venue by pick up vehicle. Bicycles can be received at "Ricycle Claim" provided in the race head quarter

6. Because there are emergency vehicles and commissioners vehicles

7. Using mobile phones or smartphones and cameras during the competition are prohibited. (In preparation for an emergency,

8. If a mixed run with another category is confirmed, the winners will be

9. Based on the JCF regulation, lack of manners in public, especially such indecent behaviors as urination in public is prohibited.

10. Competitors, littering of the bottle in other than the depot "Green zone" designated by the organizer is prohibited. Throwing wastes away

## Participation conditions for each categories of citizen races.

Citizen road race

Okinawan dynamic course

Date November 10th (Sun)

Maximum 350 Participants.

Eligibility 16 y/o or older

Entry Fee | 19,000 yen

Ride through the scenery of

**Masters** 

Date November 10th (Sun)

(18,000 yen for JCF membe

Maximum 350 Participants.

Eligibility 40 y/o or older

Entry Fee | 19,000 yen

①JPCA registered players cannot participate citizen race 140km, 100km

2Professional Keirin cyclist cannot participate in any citizen race 50km

3 Those who do not have cycle road race experience cannot participate for the Citizen race 210km

\* Participation experience, such as enduro, is not included in the



## **RULES and REGULATIONS via INTERNET**



KAWAKAMI

*OURA* 

HIGASHI

OP SP

**About raising the participation fee** 

It is due to further strengthening of the rescue system, the response

to rising costs of personnel expenses, transportation costs, and

articles required for the tournament management and safety

We will place a burden on the participants, but we will continue our

efforts to maintain safety and security and strive to improve the

attractiveness of Tour de Okinawa and the services of the convention.

# Challenge Race 50km

Requirement to participating Challenge Race 50km: Those who meet the age restriction of each category and those who aim to complete a 50 km course for MORE than 1 hour 30 minutes

For all the Challenge Race 50km events, none of the competitors are recognized at the award ceremony as it will be the events for those who aim for completion. Those who completed the race will receive a certificate with ranking and completion times posted. (There is time limit at each Check-Point Gate.)



## Women's Citizen Road Race 50kg

50 Km for battle of the women's racer! Leap up by the Okinawan cheers from the roadside

Date	November 10th (Sun)	Maximum	200 participants
Eligibility	13 y/o or older		
Entry Fee	12,000 yen (11,000 yen for JCF members) (6,000 yen for participants of 15 y/o or younger)		

## Male Junior H.School Students' Road Race 50km

Ride through the "Yanbaru" Okinawa Grab the new star!

International road race

UCI Official-recognition Course

Men's Champion Road Race

Date November 10th (Sun) Maximum 100 participants Eligibility Age between 13 - 15 Entry Fee 6,000 yen

## Kid' s Race 10km

Take your first step in this hot race!

		Date	November 10th (Sun)	Maximum	100 participants
rnational Women's Road Race Entry fee: 12,000 yen lite women in Japan or other countries, elite women		Eligibility	4th-6th Graders Race for both Male and Femal Students.		
nal teams with the classification of 25th ranking or higher, or older registered with her respective national bicycle federation.		Entry Fee	4,000 yen		

Citizen road race 50km

The participants who completed the finish line later than 1 hour 30 minutes will not be able to receive any ranks THE RESULT TO BE FAD. (Only Citizen Race 50 km over 60 will RULES be 1 hour 40 minutes.)

	Open					
	Date	November 10th (Sun)	Maximum	200 participants		
ts	Eligibility	16 y/o or older 14,000 yen(13,000 yen for JCF members)				
_	Entry Fee					
4	Forty	(40s)				
	Date	November 10th (Sun)	Maximum	200 participants		

## Fifty(50s)

Date	November 10th (Sun)	Maximum	200 partici	
Eligibility	Age between 50-59			
Entry Fe	14,000 yen(13,000 yen for JCF members)			

## Over 60

_	OVCI	00				
	Date	November 10th (Sun)	Maximum	200 participa		
7	Eligibility	60 y/o or older 14.000 ven(13.000 ven for JCF members)				
	Entry Fee					



here is the close at each race and a gateway. SPRINT POINT The first cyclist to pass a sprint point receves a prize.)

50km 10km

gaining elevation for 50 Km-Based Course

## NAKIJIN VIL. istance 20.0km œ MOTOBU

stance 33.7km

NAKAO

Distance 41.6km
Time Limit 9:20 **CP** 

# ALL RACE/FINISH

ance51.1km Time Limit9:40



LONG RIDE

**Touring Around Okinawa** Island Course (2-day/1-night trip)

In day one, they will tour along the roads in the The 2nd day 155kn mountainous region called Yanbaru where they experience many hill crumbs while taking in the beautiful lush forests; on the second day, the riders move to the southern part of the island and enjoy riding through the roads that feature series of urban landscapes and resort areas, as well as sceneries of Okinawan country sides.

10th (Sun.) (2-day/1-night trip) 600 participants. 16 y/o or older, but limited to participants who are able to ride at the average speed of 5km/h (15.5mile/l ccommodation Fee on Saturday

-No stay on Saturday 25,000ye **Hotel information** 

(Staying on Saturday, 9th.)

\* The hotel room will be adjusted by the organizer as a basic number of 4 people as a shared room (by gender).

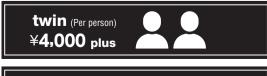
\* If you would like a TWIN ROOM, additional cost for 4,000 ven / 1 person will be charged. For TRIPLE ROOM, additional cost for 2,000 yen / 1 person will be charged. The number of rooms are limited. Please check with the convention secretariat and apply after confirming the number of rooms. (Married couples etc take precedence in the twin room.)

\* Twin rooms and Triple rooms CANNOT be used alone.

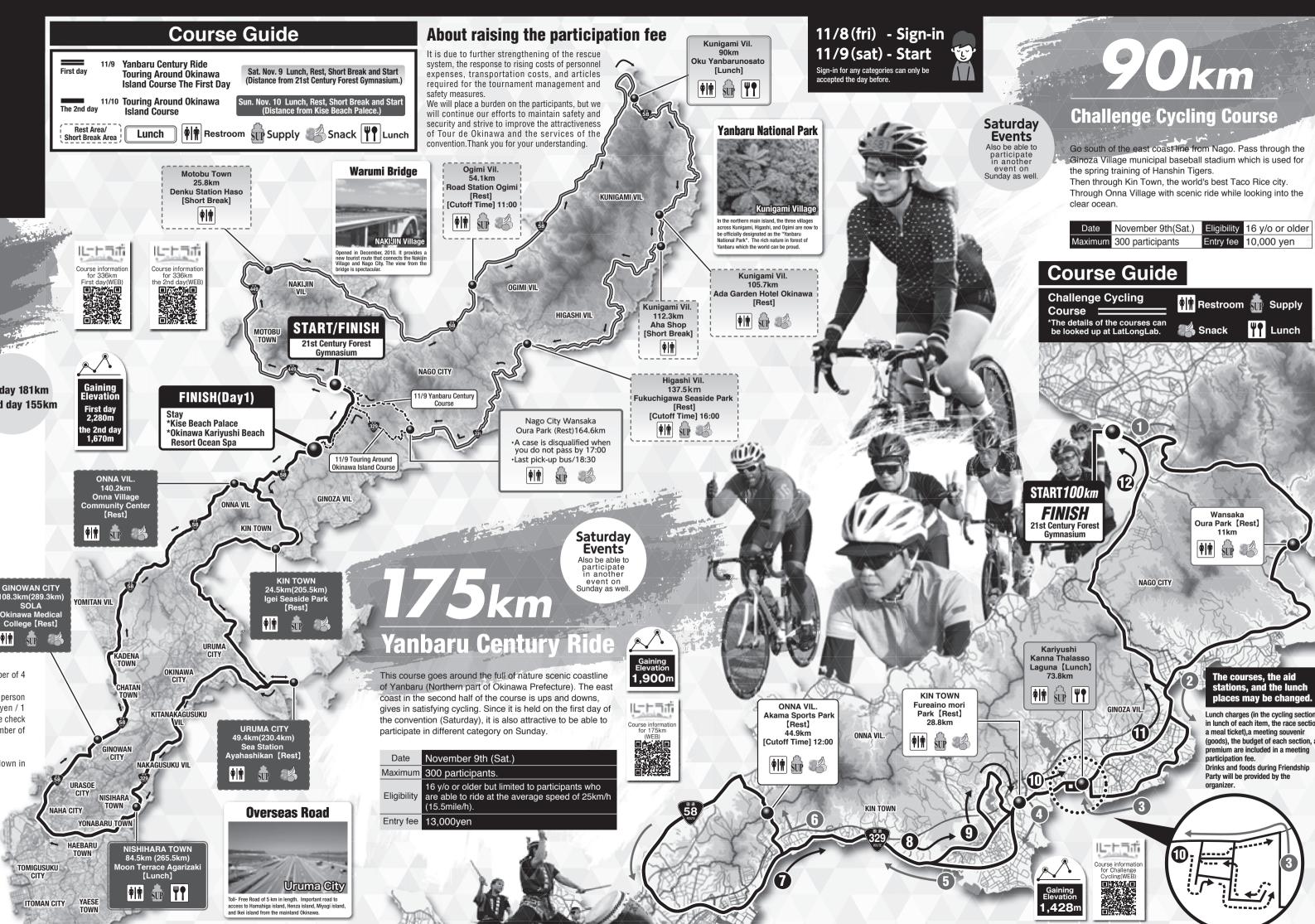
\* If you wish to share a room with someone you know, write it down in the remarks column of the application form.

\* Participants can not pick hotels.

\* Not accepted change of accommodation.







Name of Event: 31st Tour de Okinawa 2019 Date: November 9th (Sat.)-10th (Sun.) Hosts: NPO Tour de Okinawa Association, Okinawa Northern Region Wide-area Local Public

Organizer: Tour de Okinawa Organizing Committee Supporting Organizations: GOOD CYCLE JAPAN (TBD), Cabinet office(TBD). Ministry of Economy.

Trade and Industry(TBD). Ministry of Land. Infrastructure. Transport and Tourism(TBD). Japan Sports Agency (TBD), Japan Cycling Federation, Japan Cycling Association, the JKA Foundation,

special tie-up: Okinawa Times, Ryukyu Broadcasting Corporation, NHK Okinawa broadcasting, Hokubu Okinawa Medical Association

## How to Apply for Race/Cycling:

organizing committee.

• For applicants 18 y/o or younger, one of the parents/guardians need to sign to prove parental consent. • For applicants 70 y/o or older, he/she must submit a health certificate along with an application form to the

· Please note that entry fee will not be refunded after the application procedure is completed Period of Application: August 1st (Thu.)- September 30th (Mon.), 2019 (An entrant limit is set for each category: application will be terminated before the deadline when the entrant limit is filled.)

## Acceptance or Rejection of Application:

Tour de Okinawa Organizing Committee has the sole and exclusive right on application decisions. We will send you the tag number exchange certificate for the at the end of October to the event participants.

The 1st finisher through the 6th finisher of each citizens' road race category will receive awards.

+The 1st finisher through the 3rd finisher of each citizens' road race category will be awarded on the stage at the ceremony, whereas 4th-6th finishers will be awarded at the awarding center set up in a tent (booth) separate from the stage. (Refere to the awards stipulation for Pro Tour, Elite Women, and other categories not mentioned above )

+All finishers of every road race categories will receive a certificate of completion with the organizer's verification of the finishing time.

+All finishers of each cycling course (non-competitive) will receive a certificate of completion.

### - Notes Common to All Categories -

+As it is necessary for the organizing committee to inform all participants of critical locations, precautions. changes compliance rules, etc. at the opening ceremony, be sure to attend the ceremony. The committee may reject riders who failed to learn the necessary information for the safety of him/her self as well as for other

+The application must be completed before the official deadline. No one can participate the race/cycling without

+Competitors must register to the receptionist on the designated date. (The day before starting time of each categories). The competitor would not be able to participate the event without registering.

+Vehicular traffic will be closed for automobiles after 6:00 AM on Nov. 10th (Sun.). Be sure to gather at the starting area at the designated time.

+Although first-aid treatment will be delivered to a participants in need, all the costs for further medical treatment will be charged to the participant. Every participants are responsible for having medical insurance for the race and be sure to carry the insurance card/note.

+When being involved in an accident during the race, he/she must notify the race organizer, or event insurance will not be applied.

+Disobeying race rules will result in disqualification, and the race organizer can not take any responsibility for any consequence that result.

+The organizer will apply accident insurance to the participants. • Citizen Road Race: 1,000 yen for Hospitalization, up to 5,000,000 yen for death or sequelae.

• Long Ride Cycling: 1,500 ven for doctor's visit. 3,000 ven for hospitalization, up to 5,000,000 ven for death or sequelae

If you are not satisfied with this insurance content, please apply for different insurance in yourself. +Applications without a written signatures on the convention pledge are invalid.

(In case of application online, agreement is necessary to complete.) +Automobiles that belong to participants or spectators must be parked at Nago Fishing Port during the race period (Nov. 9th (Sat.)- 10th (Sun.), 2019)

+As a general rule, riders of the road races of this event must keep to the left side. Use of a cell phone while

\*The details here by presented are subject to change without prior notice

### - Access to Nano City

BICYCLE To north the National Highway 58 to Nago City about 67km / 100km to Okuma Beach \*By Yanbal Express Bus

From Naha Airport to get off at Nago Shiyakusho-mae (Nago City Hall) then walk 3 min. (¥1,600) (Approximate time required: 1 hr. 50 min)

\*By High Way Bus (Line No.111, No117)

From Naha Airport to get off at Nago Shiyakusho-mae (Nago City Hall) then walk 3 min. (¥2,190) (Approximate travel time: 1 hr. 40 min) \*By City Bus (Line No.120)

Catch Bus No. 120 at Naha Airport and get off at Hokubu-Godochosha-mae then walk 10 min. (¥1,940) (Approximate travel time: 2 hr. 30 min) \*By Okinawa Airport Shuttle

From Naha Airport to get off at Nago Shiyakusho-mae (Nago City Hall) then walk 3 min. (¥1,600) (Approximate travel time: 2 hr.) \*By City Bus (Line No.20)

Catch Bus No. 20 at Naha Bus Terminal and get off at Hokubu-Godochosha-mae then walk 5 min. (¥1,900) (Approximate travel time: 2 hr. 20 min)

\*The travel time listed above is approximate. Please use as a guide only. Please note that there may be different from the actual time in the traffic jam and such

For information about city service, call those bus companies: Rvukyu Bus(098-852-2530) Okinawa Bus(098-862-6737) Okinawa Bus Association(098-867-2316)

Toyo Bus Naha office(098-947-1070) Highway Bus only. Yanbaru Express Bus https://www.ok-connection.net \*Operating Yanbaru Express Bus only. Okinawa Airport Shuttle https://www.okinawa-shuttle.co.jp \*Operating Okinawa Airport Shuttle only.

16:30~18:00	08:00~17:00	07:00~07:30	Saturday, November	18:30~19:30	15:30~16:30	
Shuttle bus departure to Kur	Unicycle Event	Around Okinawa Cycling Yanbaru Century Ride Challenge Cycling le Island Family Cycling Iheya Island Cycling		Around Okinawa Cycling Yanbaru Century Ride	Around Okinawa Cycling Yanbaru Century Ride	Theya Island Cycling