

ROAD RACE DIVISION

Date: November 13th (Sun)



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

- Competitors must be in conformity with the competition road racer rules based on Japan Cycling Federation. (Note 1, Note 2, Note 3) *However, elementary school students are excluded. (Please refer to Japan Cycling Federation competition rules: URL <http://u0u0.net/x09g1>) Note 1. 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 and disc wheels are not permitted. Note 2. Use of disc breaks are prohibited. (Because it may hurt others.) Note 3. Riders are not allowed to equip a camera (action cameras and wearable cameras, etc.) onto a bicycle. (Because it may hurt others at the time of accidental contact.)
- Competitors must wear a helmet officially authorized by the Japan Cycling Federation. Elementary school students should wear a helmet of hard material.
- Competitors must participate in the clothes in line with the Japan Cycling Federation competition rules third, Section 8 of Article. (Compression type pants such as would tighten the limb (regardless of intensity) is prohibited.)
- Both men and women who were under 18-year-old or high school student as of January 1, 2016 must follow the limitation of the gear ratio regulations. *The excuses such as adjustment of broken derailleur and others are not allowed.
- Players cannot pass through the checkpoint on the courses within cut-off time is disqualified as a general rule. Therefore, those players will be excluded from the competition. Players that have been excluded from the race, be sure to leave the course in accordance with the instructions of the check point referees. Excluded athletes and bicycles will be transported to the venue by pick up vehicle. Bicycles can be received at "Bicycle Claim" provided in the race head quarter.

- Competitors must use the left side of the road as a general rule. Using mobile phones or smartphones and cameras during the competition are prohibited. (In preparation for an emergency, possession of mobile phones and smartphones, are allowed.)
- 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.
- Competitors, littering of the bottle in the other than the depot designated by the organizer is prohibited. Throwing wastes away on the course is prohibited. It may result in being disqualified or downgraded.

Participation conditions for each categories of citizen races.
 ① JPGA registered players cannot participate citizen race 210km, 140km, 100km and 50km categories.
 ② Professional Keirin cyclist cannot participate in any citizen race 50km categories.
 ③ Those who do not have cycle road race experience (Note) cannot participate for the Citizen race 210km.
 Note: Participation experience such as Enduro or Hill Climb is not included in the road race experience.

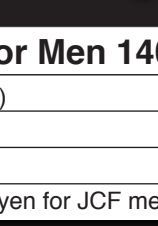
Gathered up competitive racers! The highest peak of the road race in a day

Citizen Road Race for Men 210km	
Date	November 13th (Sun)
Maximum	400 participants
Eligibility	Age between 19-59 for Men
Entry Fee	18,000 yen (17,000 yen for JCF members)



Serious battle for citizen racers in the vasty nature.

Citizen Road Race for Men 140km	
Date	November 13th (Sun)
Maximum	400 participants
Eligibility	16 y/o or older
Entry Fee	16,000 yen (15,000 yen for JCF members)

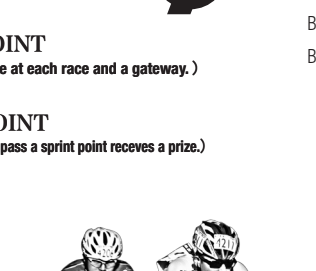
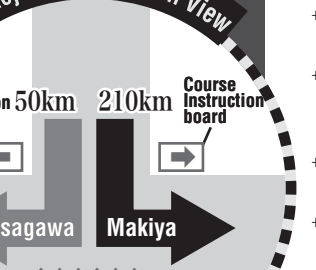
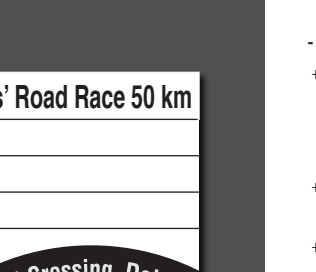
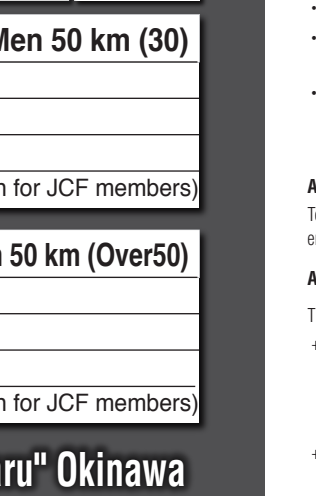
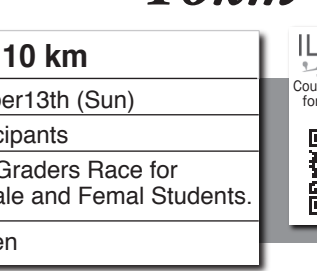
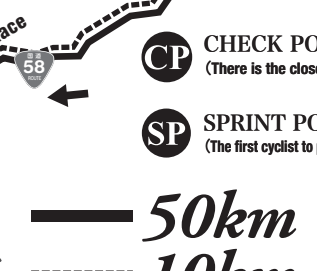
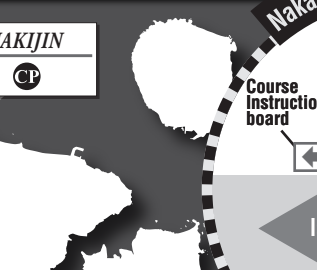
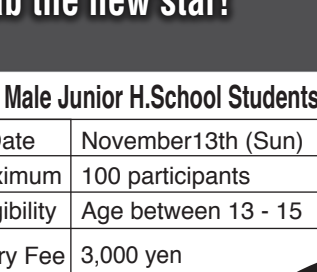
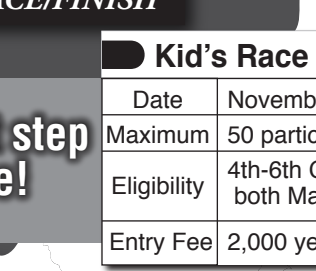
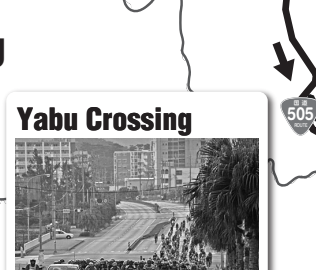
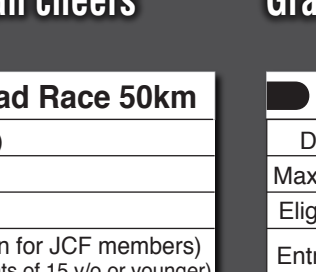
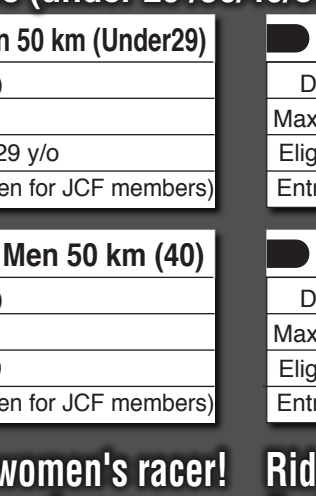
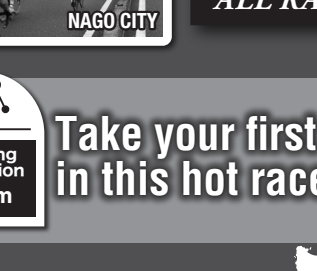
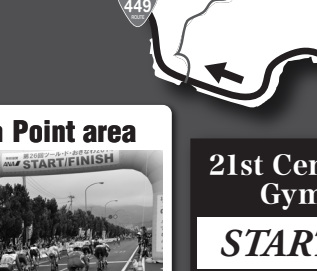
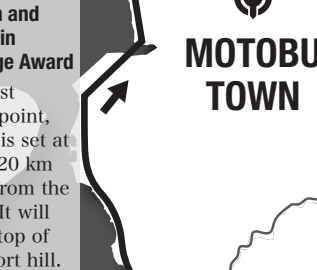
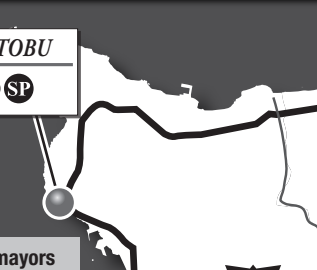
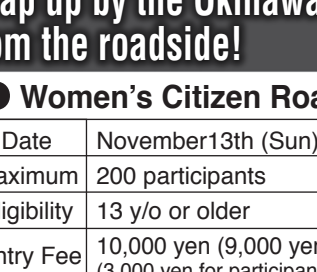
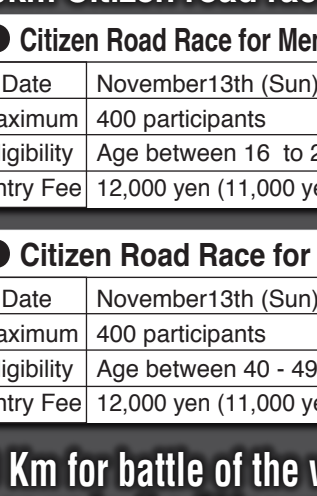
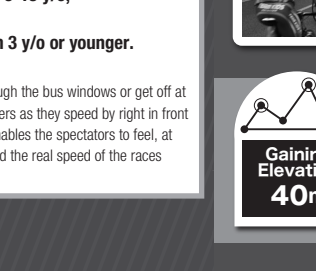
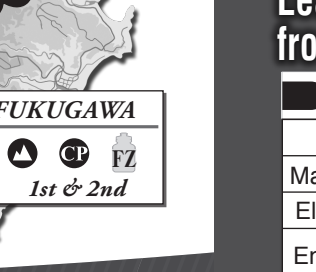
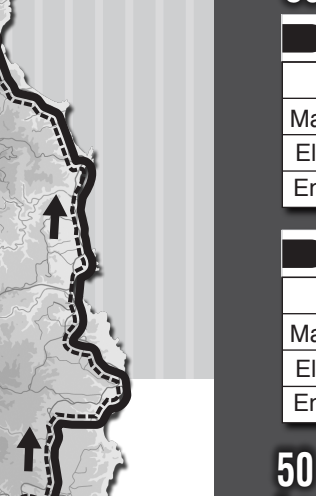
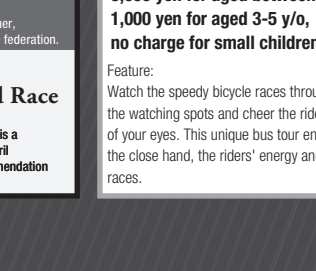
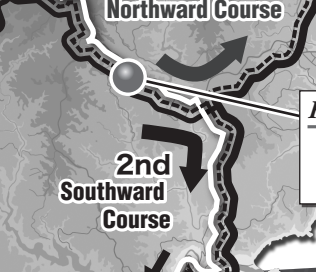
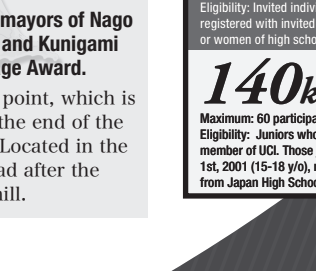
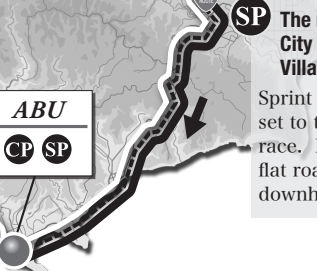
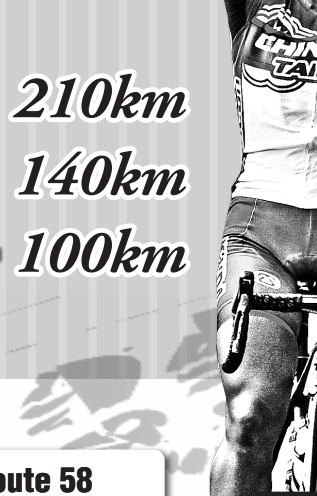
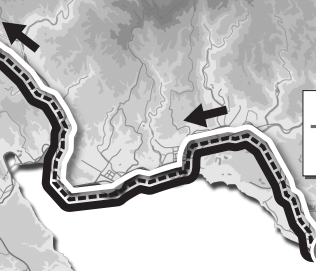
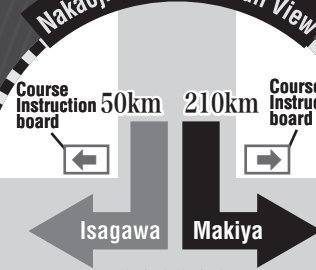
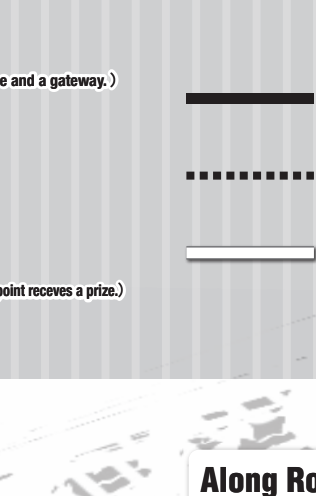
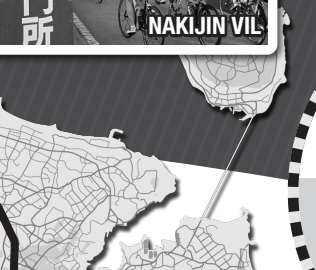
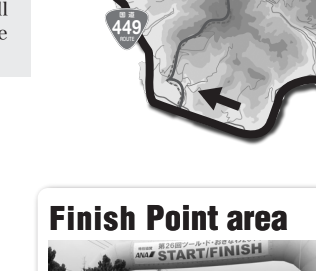
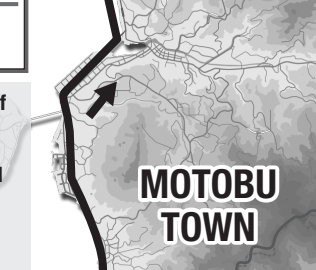
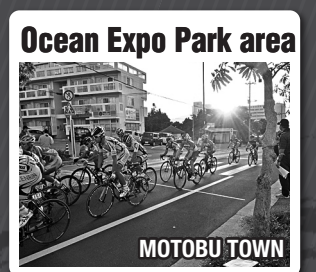
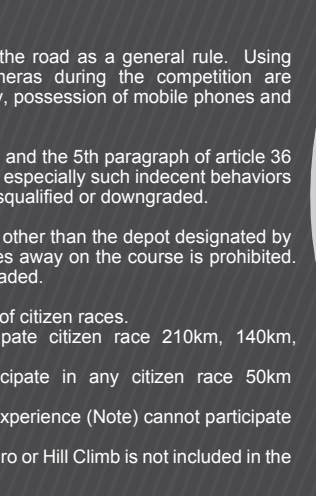
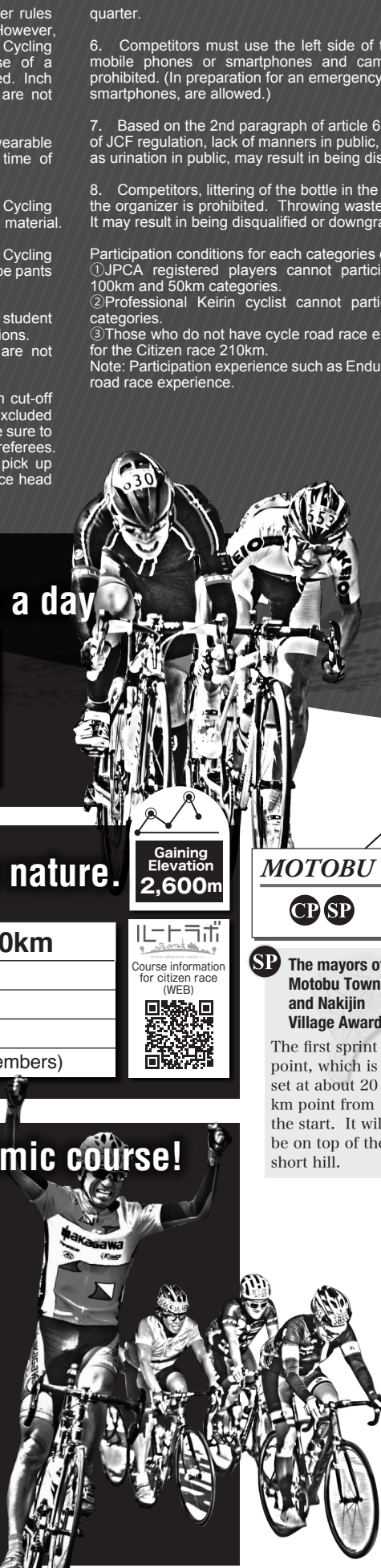


Ride through the scenery of Okinawan dynamic course!

Citizen Road Race for Men 100km(Under39)	
Date	November 13th (Sun)
Maximum	350 Participants.
Eligibility	Age between 16 to 39 y/o
Entry Fee	15,000 yen (14,000 yen for JCF members)



Citizen Road Race for Men 100km(Over40)	
Date	November 13th (Sun)
Maximum	350 Participants.
Eligibility	40 y/o or older
Entry Fee	15,000 yen (14,000 yen for JCF members)



50 Km-Based Race Total Capacity: 1,500 participants

Please understand the registration may be closed as soon as reaching the total capacity of participants for 50 Km-Based Race even some of categories are not reached to the capacity of the limits.

The gateway to success the road race!

This is the course running while feeling the sun and the sea breeze.

50km Citizen road race (under 29/30/40/over 50)

Citizen Road Race for Men 50 km (Under29)	
Date	November 13th (Sun)
Maximum	400 participants
Eligibility	Age between 16 to 29 y/o
Entry Fee	12,000 yen (11,000 yen for JCF members)

Citizen Road Race for Men 50 km (30)	
Date	November 13th (Sun)
Maximum	400 participants
Eligibility	Age between 30 - 39
Entry Fee	12,000 yen (11,000 yen for JCF members)

Citizen Road Race for Men 50 km (40)	
Date	November 13th (Sun)
Maximum	400 participants
Eligibility	Age between 40 - 49
Entry Fee	12,000 yen (11,000 yen for JCF members)

Citizen Road Race for Men 50 km (Over50)	
Date	November 13th (Sun)
Maximum	400 participants
Eligibility	50 y/o or older
Entry Fee	12,000 yen (11,000 yen for JCF members)

50 Km for battle of the women's racer!

Leap up by the Okinawan cheers from the roadside!

Women's Citizen Road Race 50km	
Date	November 13th (Sun)
Maximum	200 participants
Eligibility	13 y/o or older
Entry Fee	10,000 yen (9,000 yen for JCF members) (3,000 yen for participants of 15 y/o or younger)

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

Male Junior H.School Students' Road Race 50 km	
Date	November 13th (Sun)
Maximum	100 participants
Eligibility	Age between 13 - 15
Entry Fee	3,000 yen

International road race UCI Official-recognition Course

Men's Champion Road Race

100km International Women's Road Race
 Maximum: 100 Participants. Entry fee: 5,000 yen.
 Eligibility: Juniors who are registered with his respective national federation which is a member of UCI. Those juniors, born in the period between January 1st, 1996 and April 1st, 2001 (15-16 y/o), must be officially invited by the race organizer or have recommendation from Japan High School Athletic Federation.

140km International Junior Road Race
 Maximum: 60 participants. Entry fee: 5,000 yen.
 Eligibility: Juniors who are registered with his respective national federation which is a member of UCI. Those juniors, born in the period between January 1st, 1996 and April 1st, 2001 (15-16 y/o), must be officially invited by the race organizer or have recommendation from Japan High School Athletic Federation.

Road Race Bus Tour

The spectators get off the bus and watch the road races at those points along the race course: Starting area (Nago City, Makiya, Yona, and Kawakami).

Maximum: 40 participants
 Entry fee: 5,000 yen for 16 y/o or older, 3,000 yen for aged between 6-15 y/o, 1,000 yen for aged 3-5 y/o, no charge for small children 3 y/o or younger.

Feature:
 Watch the speedy bicycle races through the bus windows or get off at the watching spots and cheer the riders as they speed by right in front of your eyes. This unique bus tour enables the spectators to feel, at the close hand, the riders' energy and the real speed of the races races.

21st Century Forest Gymnasium

START 50km ALL RACE/FINISH

Kid's Race 10 km

Kid's Race 10 km	
Date	November 13th (Sun)
Maximum	50 participants
Eligibility	4th-6th Graders Race for both Male and Femal Students.
Entry Fee	2,000 yen

Finish Point area

START/FINISH

NAGO CITY

Take your first step in this hot race!

Gaining Elevation 40m

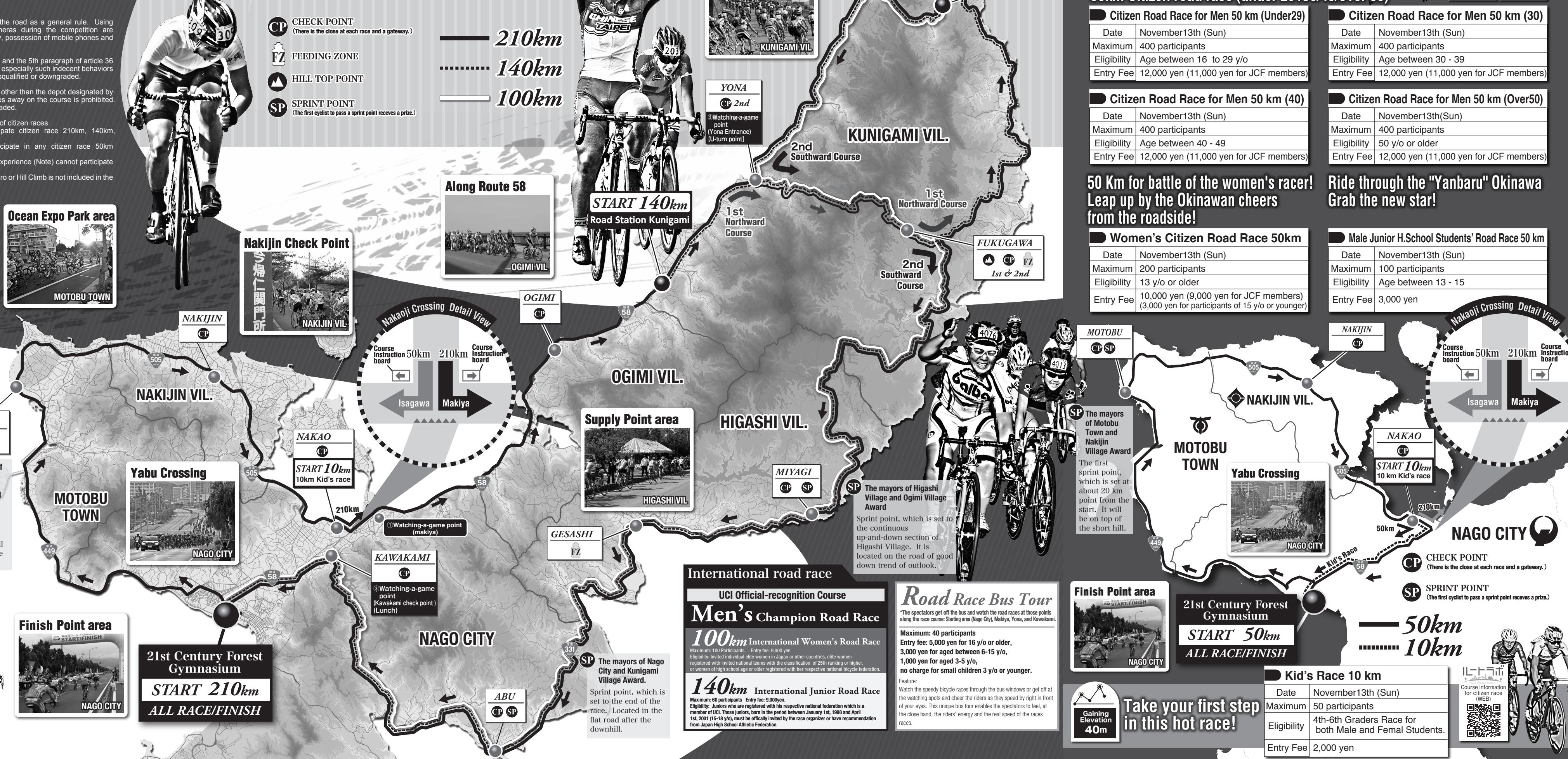
Access to Nago City

BICYCLE To north the National Highway 58 to Nago City about 67km / 100km to Okuma Beach.

BUS
 *By Yanbaru Express Bus
 From Naha Airport to get off at Nago Shiyakusho-mae (Nago City Hall) then walk 1 min. (¥1,600) (Approximate time required: 1 hr. 40 min)
 *By High Way Bus (Line No.111)
 Catch bus No. 111 at Naha Airport and get off at Nago Shiyakusho-mae (Nago City Hall) then walk 1 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-Godocho-mae then walk 5 min. (¥1,940) (Approximate travel time: 2 hr. 30 min)
 *By City Bus (Line No.20)
 Catch Bus No. 20 at Naha Airport and get off at Hokubu-Godocho-mae then walk 5 min. (¥1,850) (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:
 Ryukyuu Bus(098-852-2530), Okinawa Bus(098-861-0385), 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.



Name of Event: Tour de Okinawa 2016 Date: Nomerber 12th (Sat.)-13th (Sun.)
 Hosts: NPO Tour de Okinawa Association, Okinawa Northern Region Wide-area Local Public Bodies, Japan Cycling Federation
 Organizer: Tour de Okinawa Organizing Committee
 Supporting Organizations: Cabinet office, Ministry of Economy, Trade and Industry; Ministry of Education, Culture, Sports, Science and Technology; Ministry of Land Infrastructure and Transport; the JKA Foundation; the Prefecture of Okinawa; Japan Cycling Association

How to Apply for Race/Cycling:

- 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 organizing committee.
- Please note that entry fee will not be refunded after the application procedure is completed.

Period of Application: August 1st (Mon.) - September 30th (Fri.), 2016 (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. Accepted entrants will receive a voucher exchangeable with body/frame numbers.

Awards Stipulation:
 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. (Refer to the awards stipulation for Pro Tour, Elite Women, Elite Junior, 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 riders.
- The application must be completed before the official deadline. No one can participate the race/cycling without being registered.
- 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. 8th (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 take out insurance for bodily injury (hospital expenses and medical care: 2,000 yen/day for out-patient, 3,000 yen/day for in-patient, maximum of 5 million yen for permanent disablement or death). Each participant should take out insurance for bodily injury and material prejudice on his/her own.
- Application forms without signatures for waiver and a release of liability will not be accepted. (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. 12th (Sat.)- 13th (Sun.), 2016)
- As a general rule, riders of the road races of this event must keep to the left side. Use of a cell phone while riding is prohibited.

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

Long Ride

Be chocked full of Okinawan local charm.

Touring Around Okinawa Island Course

336km First day **181km** the 2nd day **155km** (2-day/1-night trip)
 Gaining Elevation First day / 2,280m the 2nd day / 1,670m

Date: November 12th (Sat.)-13th (Sun.) (2-day/1-night trip)
 Maximum: 600 participants.
 Entry Fee: 23,000yen *The accommodation fee included.
 Eligibility: 16 y/o or older, but limited to participants who are able to ride at the average speed of 25km/h (15.5mile/h).

Feature: Participants ride around the entire island of Okinawa in two days. Ideal for riders with preference for a long distance. In day one, they will tour along the roads in the mountainous region called Yanbaru where they experience many hill climbs 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 Okinawa country sides.

- * The organizer will make the room assignment based on room capacity of 4 people.
- * Those who wish a twin room are adjusted by the additional charge of 2,000 yen/per person.
- * Since the number of rooms has a limitation, please ask a secretariat before propose.
- * (Married couple, parent and child are considered as priority.)
- * All the twin rooms cannot be occupied by single person.
- * If you wish to share a room with someone you know, please fill in a sharing a room candidate's name and team name to the remarks column on the entry form.
- * Participants will be asked to stay at a hotel arranged by the organizing committee.

Course Guide

- 11/12 Yanbaru Century Ride Touring Around Okinawa Island Course The First Day
 - 11/13 Touring Around Okinawa Island Course
- Sat. Nov. 12 Lunch, Rest, Short Break and Start (Distance from 21st Century Forest Gymnasium.)
 Sun. Nov. 13 Lunch, Rest, Short Break and Start (Distance from Kise Beach Palace.)
- Rest Area/ Short Break Area Lunch

GINOWAN CITY SOLA Okinawa Academy [Rest] 111.2km

URUMA CITY Sea Station Ayahashikan [Rest] 47.5km

YONABARU TOWN Moon Terrace Agarizaki [Lunch] 87.1km

70km Onna Village Family Cycling Course
 Date: November 13th (Sun.)
 Gaining Elevation 400m

As the name of the course suggest, this is truly a course for families; few hills (very gentle if there is) and easy to follow along the beautiful coast line.

Maximum: 250 participants
 Eligibility: 6 y/o or older
 Entry fee: 6,000 yen (Elementary school students: 5,000 yen)

Okinawa's premier west coast! Enjoy cycling in a leisurely bicycle.

21st Century Forest Gymnasium **START / FINISH**

176km Yanbaru Century Ride
 Gaining Elevation 1,900m

Feature: It goes south on a coast line of the East Coast from Nago city and aim at the completion while challenging ups and downs between and Onna village. As for lunch, the taco rice world's best, and take a walk through Kin-cho. It is the long cycling course which is most suitable for the powerful charm of the cycling, a person of intermediate to run, and to be able to taste an encounter, and the meal.

Date: November 12th (Sat.)

Maximum: 300 participants.
 Entry Fee: 11,000yen
 Eligibility: 16 y/o or older but limited to participants who are able to ride at the average speed of 25km/h (15.5mile/h).

Sunday Categories Participating OK!!

50km Ie Island Family Cycling
 Date: November 12th (Sat.) (Day Trip)

The island of the flowers, the sunsets, and romances. Ride in a leisurely through the course in the nature.

Cyclists ride around Mt. Gusuku called "Iijima Tacchu". While touring, they will stop by the festival that you can have fun at the staples of Ie Island and taste them.

Maximum: 100 participants
 Eligibility: 6 y/o or older
 Entry fee: 7,000 yen (Elementary school students: 6,000 yen)

The related Events

Not only cyclists can have a good time. Last year a collection of adorable preschoolers and elementary aged kids participated in the tricycle and unicycle riding events. All the participants, friends, and others, all joined in and had a great time! Join us this year for another exciting event.

60km Cycling Tour for Izena Island
 Date: November 12th (Sat.)-13th (Sun.) (2-day/1-night trip)

The beauty of the clear sea is a must-see! Enjoy this remote island as much as you like!

Majestic landscape of Izena Island, beautiful sea and the island unique, enjoy cycling in the seems old-fashioned Okinawan streets.

Maximum: 100 participants
 Eligibility: 6 y/o or older
 Entry fee: 17,000 yen (Elementary school students: 16,000 yen)

Bus Tour for the Attendants of Izena Island Cycling Tour Participants for Families.

- * The organizer will make the room assignment based on room capacity.
- * If you wish to share a room with someone you know, write it down in the remarks column of the application form.
- * If the ferryboat bound for Iheya is cancelled due to bad weather, the participants will have a cycling tour in Okinawa main island.

* The participation fee includes accommodation costs, interaction costs.
 * The organizer will make the room assignment based on room capacity.
 * If you wish to share a room with someone you know, write it down in the remarks column of the application form.
 * Please contact us if participants include elementary students or under to the accompanied bus tour.
 * Iheya and Izena will be held every two years.

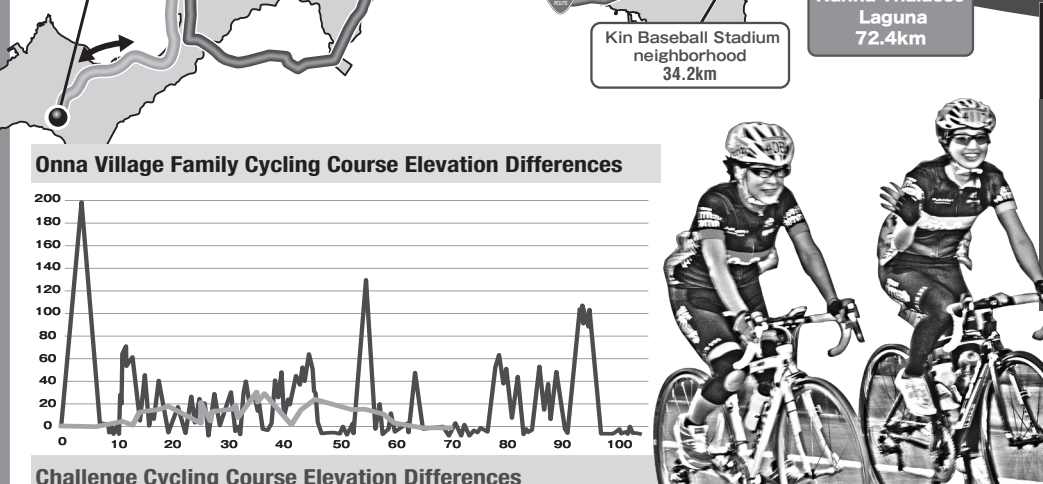
100km Challenge Cycling Course
 Date: November 12th (Sat.)

Challenging Southern Part of Yanbaru! The gateway to success the long ride cycling.

Go south of the east coast line from Nago. Pass through the Ginoza Village municipal baseball stadium which is used for the spring training of Hanshin Tigers. Then through Kin Town, the world's best Taco Rice city. Through Onna Village with scenic ride while looking into the clear ocean.

Maximum: 300 participants
 Eligibility: 16 y/o or older
 Entry fee: 8,000 yen

Sunday Categories Participating OK!!



2016.11.12 (sat) - 13 (sun)

2016. 8.1 (Mon) Start

Application Registration **12:00**

For more information www.tour-de-okinawa.jp

Official Tourist **Nago tour center**
 E-mail: tour-desk@tour-de-okinawa.jp
 APPLICATION Weekdays: 10:00~15:30 WWW.tour-de-okinawa.jp
 BY PHONE FAX: 0980-54-3169
 1-22-14 Mizuho Nago City, Okinawa, JAPAN 950-0011 TEL: 980-53-7500 FAX: 980-53-7508

2016 TOUR DE OKINAWA
 The 28th TOUR DE OKINAWA 2016

INTERNATIONAL LAKE SECTION
 CITIZEN LAKE SECTION
 CYCLING SECTION
 UNICYCLE MEETING
 TRICYCLE RACE

NPO Tour de Okinawa Association
 TEL. 0980-54-3174
 E-mail: info@tour-de-okinawa.jp

Date	Event	Start	End	Notes
Friday, November 11	Around Okinawa Cycling	15:00~20:00	Entry Registration (Distancing pre-ryunban)	
18:30~19:30	Around Okinawa Cycling	2nd Briefing		
15:30~16:30	Around Okinawa Cycling	1st Briefing		
Saturday, November 12	Around Okinawa Cycling	07:00~07:30	START	
08:00~	Unicycle Event			
12:00~18:00	Each Race and Cycling Categories (For the categories start on Sunday)		Entry Registration (Distancing pre-ryunban)	
16:30~18:00	Opening Ceremony			
14:00~19:00	Challenge Cycling Ie Island Family Cycling		FINISH	
Sunday, November 13	Men's champion race Road Races (50km, 250km)	06:45~08:00	START	
06:30~08:00	Each Cycling			
08:10~10:00	Spectators Bus tour for Road Race		Departure	
09:00~12:00	All 50km-Based Race		FINISH	
09:40~10:40	Tri-cycle Race			
08:30~09:30	International Junior Road Race (Chirasee Race Road Station) (Kinjigami Mirado Road Station)		START	
09:40~10:40	Kids Race 10km (Nago Nakao)		START	
11:00~	Chirasee Road Race 100km (over 40 Kinjigami Oku)			
12:00~14:30	All 50km-Based Race		Awards Ceremony	
14:30~	All Other Races		FINISH	
15:00~17:00	Awards Ceremony - Opening Ceremony - Friendship Party (Location: Nago Gymnasium)		FINISH	

* 本大会日程は天候などによる変更の可能性があります。
 ①一欠の開催は、大会一週前の変更受付締め切りを以て手す。