



2016

2016 第4回スポーツ振興賞 大賞受賞

# TOUR DE OKINAWA

第28回 ツール・ド・おきなわ2016大会

特別協賛



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熱帯の花となれ  
風となれ



2016.11.

12 (sat) - 13 (sun)

ツール・ド・おきなわ  
公式サイト

[www.tour-de-okinawa.jp](http://www.tour-de-okinawa.jp)



主催 NPO法人ツール・ド・おきなわ協会 北部広域市町村圏事務組合 (公財)日本自転車競技連盟 主管 ツール・ド・おきなわ大会実行委員会  
後援 内閣府(予定) 経済産業省(予定) 文部科学省(予定) 国土交通省(予定) (公財)JKA 沖縄県 他31団体

2016ポスター公募選定作品 デザイン：並木 風磨



北部12市町村の絆



Nago City  
名護市



Ogimi Vill.  
大宜味村



Higashi Vill.  
東村



Kunigami Vill.  
国頭村



Nakijin Vill.  
今帰仁村



Metabu Town  
本部町



Onna Vill.  
恩納村



Ginza Vill.  
宜野座村



Kin Town  
金武町



Ie Vill.  
伊江村



Iyaya Vill.  
伊平屋村



Izena Vill.  
伊是名村

# Convention Schedule

**11/11**  
FRI

15:00 ~ 20:00	Entrant Enrollment [Distribute Number Tags]	Nago Indoor Gymnasium
	Touring Around Okinawa Island Course	//
	Yanbaru Century Ride	//
	Ie island Family Cycling	//
	Izena island Cycling	//
15:30 ~ 16:30	Orientation : Touring Around Okinawa Island Course	//
(1st)	Yanbaru Century Ride	//
18:30 ~ 19:30	Orientation : Touring Around Okinawa Island Course	//
(2nd)	Yanbaru Century Ride	//

**11/12**  
SAT

06:00 ~ 06:30	Roll Call (Begin ~ End)	Minato 1 chome Crossing
07:00 ~ 07:30	Starts Ie island Family Cycling	//
07:00 ~ 07:30	Starts Touring Around Okinawa Island Course	//
	// Yanbaru Century Ride	//
	// Izena island Cycling	//
	// Challenge Cycling	//
08:00 ~	Uni-Cycle Session	Nago Civic Hall Parking Lot
12:00 ~ 18:00	Entrant Enrollment [Distribute Number Tags & Chips] : Each Races for Sunday	Nago Indoor Gymnasium
16:30 ~ 18:00	Entrant Enrollment [Distribute Number Tags] : Cycling Events for Sunday	//
16:30 ~ 18:00	Shuttle Bus Departure (100km,140km Race to Kunigami)	Nago Civic Hall
16:30 ~ 18:00	[Opening Ceremony]	Nago Indoor Gymnasium
14:00 ~ 19:00	Finish Yanbaru Century Ride	Nago 21st Century Forrest Gymnasium
14:00 ~ 19:00	// Challenge Cycling	//
	// Ie island Family Cycling	//
	Completion Certificate Issuance	Nago Indoor Gymnasium

**11/13**  
SUN

	Roll Call (30 min before the starting time)	Nago 21st Century Forrest Gymnasium
06:45 ~ 07:50	Start Men's Champion Race	Crossing In front of Nago Tennis Court
	// Citizen Road Race (All 50km, All 210km)	//
	// Barrier-Free Cycling	//
08:00	Start Onna Family Cycling Course	Minato 1 chome Crossing
07:00 ~ 08:00	Departure Road Race Spectator Bus Tour	Nago 21st Century Forrest Gymnasium
08:10 ~ 10:00	Finish All Citizen Road Race 50km finishing sequentially	Crossing In front of Nago Tennis Court
09:00 ~ 12:00	Go Go Tricycle	Nago Midst Community Hall West Parking Lot
*08:30 ~ 09:30 Approx.	Start Junior International Road Race 140km	Road Station Yui Yui Kunigami
	// Citizen Road Race 140km	//
*09:00 Approx.	// Kids' Race 10km	Nakao Control Gate
*09:40 ~ 10:40 Approx.	Start Citizen Road Race 100km - Age Over 40	Oku Yanbaru no Sato
	// Citizen Road Race 100km - Age Under 39	//
	// Women's International Race 100km	//
11:00 Approx.	Awards Ceremony (All 50km Races)	Nago Indoor Gymnasium
12:00 ~ 14:30 Approx.	Finish Men's Champion Race	Crossing In front of Nago Tennis Court
	// All other races finishing sequentially	//
	// Rearmost Riders of All Races Arrive	//
14:30 Approx.	Arrival Road Race Spectator Bus Tour	Nago Indoor Gymnasium
14:30 ~	Finish Touring Around Okinawa Island Course	Nago 21st Century Forrest Gymnasium
11:00 ~ 11:30	// All other cycling courses finishing sequentially	//
15:00 ~ 17:00	[Ending Ceremony • Awards Ceremony • Social Gathering Party]	Nago Indoor Gymnasium
	Completion Certificate Issuance	//

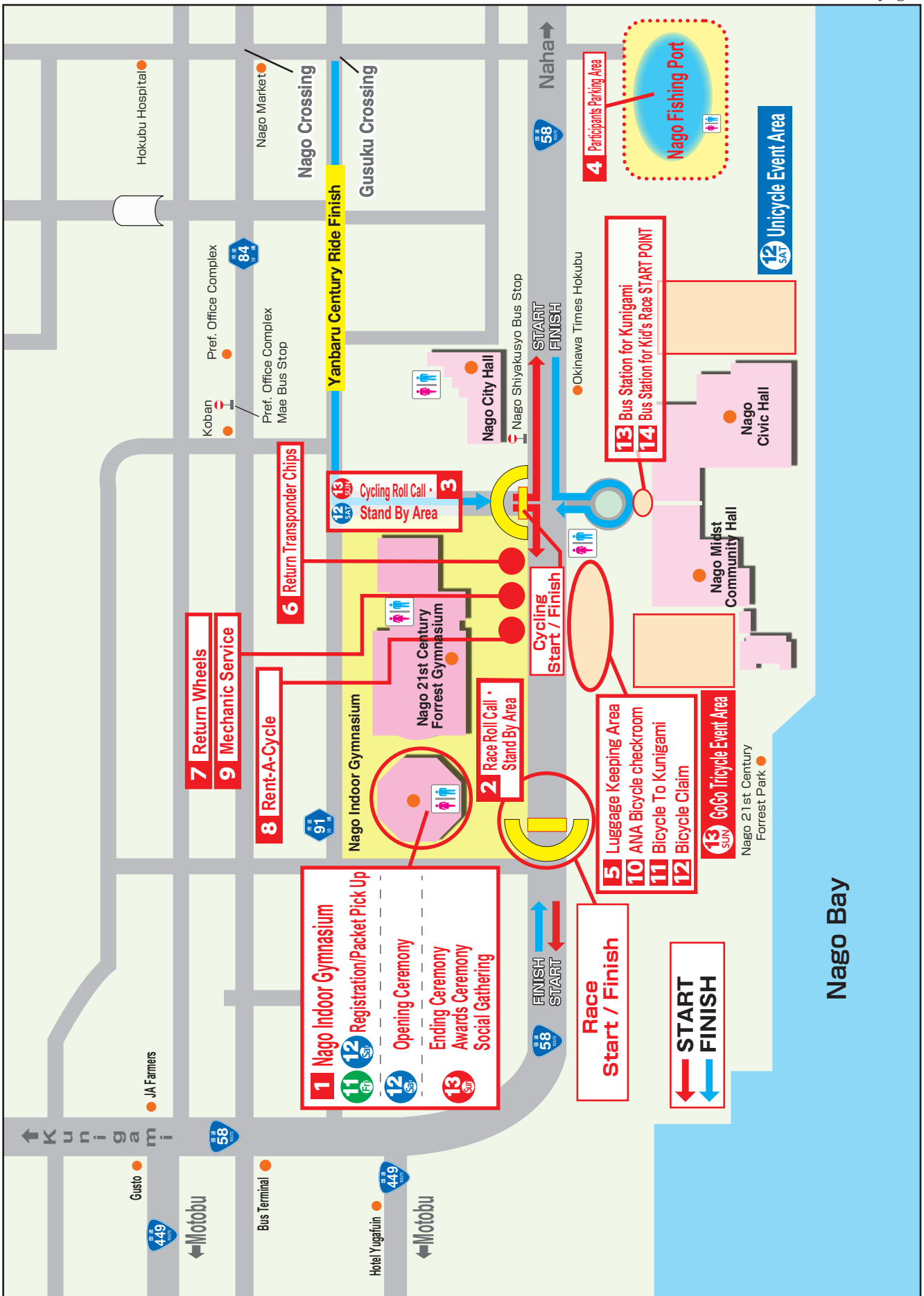
\* The schedule or the start time could be changed without advance notice.



# Convention Area Map ②

## ◆ Convention area

The numbers are related to the details on the next page.





# Convention Area Descriptions

## 1. Nago Indoor Gymnasium (Main Event Site)

All participants must register and receive the event packet at 21st Century Forest Gymnasium within the time listed below.

DATE	REGISTRATION TIME	CATEGORIES
November 11th (Friday)	15:00~20:00	Touring Around Okinawa Island · Yanbaru Century Ride · Ie Island Cycling Izena Island Cycling · Challenge Cycling
November 12th (Saturday)	12:00~18:00	All the races including Onna Family Cycling · Road Race Spectator Bus Tour

• 11/11 (Fri) Orientation for “Touring Around Okinawa Island Course” and “Yanbaru Century Ride” will be held at 21st Century Forrest Indoor Gymnasium.

Orientation			
1st	15:30~	2nd	18:30~

※ For those who participate 2 events among with “Yanbaru Century Ride”, “Ie Island Cycling” or “Challenge Cycling”, both events can be registered at the same time.

※ Awards ceremony, Ending Ceremony, and Social Gathering will be held in this site at 15:00 on Sunday, November 13.

## 2. Race Roll Call·Stand By Area

• Race Program (Except 140km、100km、Kids 10km)  
Please gather 30 minutes before each starting time.

## 3. Cycling Roll Call·Stand By Area

※ Cycling categories for both 11/12 (Sat) and 11/13 (Sun)  
※ Please gather 30 minutes before each starting time.

## 4. Parking Area

• Nago Fishing Port will be the main parking area during the Event on 11/11 (Fri) through 11/13 (Sun).  
※ From the Parking Area (4) to the Main Events Site (1) is 10 min. by walking.

## 8. Rent-A-Cycle (Cycling Category Only)

Rent-A-Cycle		
Nov. 11 (Fri)	15:00~20:00	Rental
Nov. 12 (Sat)	06:00~06:30	Rental
Nov. 12 (Sat)	12:00~18:00	Rental   Return
Nov. 13 (Sun)	06:00~07:00	Rental
Nov. 13 (Sun)	14:00 ~18:00	Return

## 5. Temporary Baggage Keeping Area

Temporary Baggage Keeping Area	
Nov. 12 (Sat)·13 (Sun)	05:30~07:30
Nov. 12 (Sat)·13 (Sun)	08:30~19:00

## 6. Return Transponder Chips

Return Transponder Chips	
Nov. 13 (Sun)	09:00~17:00

## 7. Return Wheels

Nov. 13 (Sun)	
All 50km Categories	11:00~12:00
210km·140km·100km	15:00~17:00

※ Time for Returning Wheels may delay depending on the race situations.

## 9. Mechanic Service

Tour de Okinawa Mechanic Availability		
Nov. 11 (Fri)	13:00~18:00	
Nov. 12 (Sat)	05:30~07:30	12:00~18:00
Nov. 13 (Sun)	05:30~08:00	09:00~18:00

## 10. ANA bicycle checkroom

• ANA intended for customers of departure from Naha Airport on November 14, we keep your bicycle in advance as the tournament venue for free.

Also, Bicycle that you have entrusted to us are installed in booking flights of November 14 and we will return at the arrival airport.

## 11. Bicycle Check-In for Kunigami Area

Bicycle Check-In for Kunigami Area	
Nov. 12 (Sat)	13:00~18:00

■ Free Transportation Service without Packing = FREE

■ Paid Transportation Service with Packing = ¥2,100 (Tax Included)

※ Both above services DO NOT guarantee for damages or scratches on your bike nor compensations for them.

※ This service is from Nago Civic Hall to START POINT for 100km and 140km only.

## 12. Bicycle Claim Area

Bicycle Claim Area Nov. 13 (Sun)			
All 50km Categories	11:00~12:00	210km·140km·100km	15:00~17:00

※ The arrival time of the cargo track may delay depending on the race situations or the number of cut-off people.

## 13. Shuttle Bus Service to Kunigami

• Shuttle Bus Service to Kunigami (Saturday, Nov. 12 ONLY)

	In front of Nago Civic Hall	Private Resort Okuma Entrance	Kunigami Village Office	Bus Stop: Welfare Center
1st Run	–	13:00 Departure	13:10 Arrival/Departure	13:20 Arrival/Departure
2st Run	17:00 Departure	17:50 Arrival	18:10 Arrival	18:20 Arrival (Last)
3st Run	17:50 Departure	18:40 Arrival	19:00 Arrival	19:10 Arrival (Last)

◀ (Shuttle Bus Service to Ada Garden Hotel (Ada in Kunigami Village))

	Nago Civic Hall	Ada Garden Hotel
1st Run	16:40 Departure	18:00 Arrival (Last)

※ About 1 hr. 20 min. from Nago City to Ada Section of Kunigami.

※ NOTICE: Those who return to the accommodation at Kunigami area, please go back by on your own after the competition is finished on Sunday, November 13. The shuttle bus is not available from Nago where the main event venue is.

## 14. Shuttle Bus Service for Kid's Race

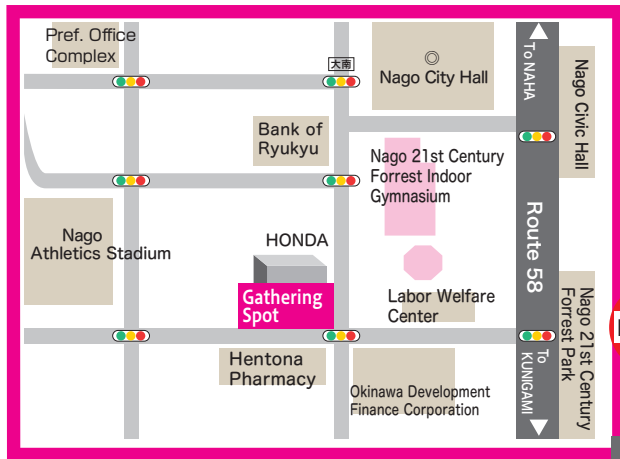
◀ (Nakao in Nago City)

Nago Civic Hall	
6:30 Departure	

※ Sunday, November 13 ONLY.

# Convention Area Map ③

## ◆ Enlarged View



**観戦バスツアー発着場所  
拡大図**  
Road Race Spectator  
Bus Tour DEPARTURE  
Area Map



Road Race Spectator  
Bus Tour DEPARTURE

- 12 Sat** Opening Ceremony
- 13 Sun**
  - Awards Ceremony
  - Social Gathering Party

Social Gathering  
Party Food Booth



Labor Welfare Center

Bike Rack

- 12 Sat** Receptionist's Desk
- 13 Sun**
  - Award Center
  - Recording, Completion Certificate Issuance

Bicycle Prohibited Area

- Information Desk
- Goods Shop
- Yanbaru Bussan
- Road sta. Haneji
- Makoto Mochi
- Domino's

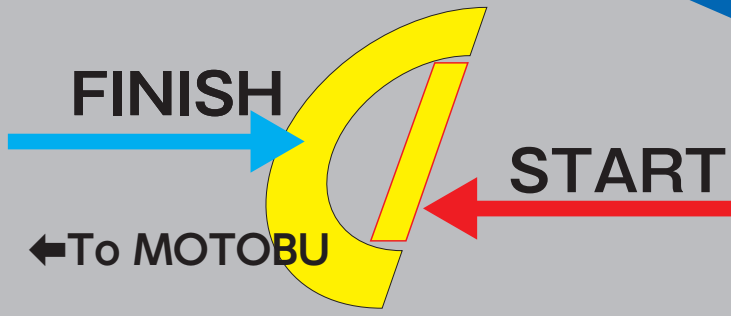


Event Main Office    Secretariat

AID

SUGURIMUN

Champion Sign Board



Rout 58 (Lane to Naha)

Median St

※ From the Event Parking Area to the Main Events Site is 10 min. by walking.



**大会駐車場(名護漁港) [拡大MAP]**

Event Parking Area (Nago Fishing Port) Map

**名護市21世紀の森体育館**

Nago 21st Century Forrest Gymnasium



# Cycling Sports Competition for Citizens: Rules for Road Races

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

Time limits are established at several points throughout the race course and riders will be eliminated from the race if they fail to go through those points by those specified times.

### 1. Riders' rights and responsibilities:

- ◆ Follow the race regulations and the Traffic Law of Japan.
- ◆ Riders who cause damages to others' or public properties are liable for the damages even during the race.
- ◆ Enter the race with a bicycle which has been well-maintained.
- ◆ Riders may lend, borrow or exchange foods, drinks, tools, bicycle parts, etc.
- ◆ Riders may take advantage of services provided by the organizer's neutral cars.
- ◆ Have words and conducts of sportsmanship all the time.

### 2. Refreshments

- ◆ Refreshment shall be supplied at fixed feeding stations, located at two points below:

Place	Citizen210km Races	Citizen140km Races	Citizen100km Races	Citizen50km Races
Fukugawa Dam 1st	● (83km point)	—	—	—
Fukugawa Dam 2nd	● (134 km point)	● (70km point)	—	—
Gesashi Point	● (174km point)	● (109km point)	● (65km point)	—

- ◆ The organizer will provide water or energy drink at those stations:  
(Plastic bottles with blue label: energy drink; without label: water)
- ◆ Discard the provided bottles at designated points

### 3. Neutral Vehicle

- ◆ The organizer provides neutral vehicle services (automobiles and motorcycles) that supply spare wheels. Spare wheels are of SHIMANO with 10 gears. Those who borrowed a wheel must return the wheel and retrieve one's own wheel at "Bicycle Wheel Claim" (Appendix 1 See area map (VII)) after the race, after the cargo truck has arrived at the area and 5:00 PM.
- ◆ Riders must change the borrowed wheel with one's own wheel on their own.

### 4. Dropping out or being eliminated from the race:

- ◆ Acts of pushing other riders are prohibited under any circumstance and failing to obey the rule will result in being eliminated from the race.
- ◆ Riders dropping out of the race must return their numbers to a race commissar.
- ◆ Organizer establishes several control gates—those gates are called or written as "check points in some other documents—and cut-off times are established at those gates. Failing to pass through each of the gates before those times will result in being eliminated from the race. Disqualified riders must not continue riding back to the finish line.
- ◆ Disqualified riders must follow the commissars' directions to pull over, and return one's numbers and transponder.
- ◆ Riders who are disqualified at a control gate will be picked up by a broom wagon which will take those riders back to the race head quarters; so when you are eliminated from the race, stop competition and wait for the broom wagon to pick you up. Your bicycle will be loaded and transported by a cargo truck dispatched by the organizer. Retrieve your bicycle at "Bicycle Claim" (Appendix 1 See area map (V)) after the race, after the cargo truck has arrived at the area and 5:00 PM.
- ◆ Table of Cut-Off Times at each of Control Gates (or check points)

Municipality	Check Point	Time Limit	Citizen Road Race 210km	Citizen Road Race 140km	Citizen Road Race 100km	Citizen Road Race 50km
Motobu twn.	Motobu Butterfly Garden	8:30	●	—	—	●
Nakijin Vill.	Nakijin Amesoko Otobaen Mae	9:05	●	—	—	●
Nago City	Nakao Iriguchi	9:20	●	—	—	●
Ogimi Vill.	Ogimi-son Municipality Office	9:35	●	—	—	—
Kunigami Vill.	Fukugawa Dam (1st)	10:20	●	●	—	—
Kunigami Vill.	Oku Kyodobaiten	10:45	●	●	—	—
Kunigami Vill.	Yona Check Point (2nd)	11:30	●	●	●	—
Kunigami Vill.	Fukugawa Dam (2nd)	12:00	●	●	●	—
Higashi Vill.	Miyagi Seeding Center	12:50	●	●	●	—
Nago City	Abu	13:35	●	●	●	—
Nago City	Kawakami	14:00	●	●	●	—

### 5. Handlebars:

- ◆ Competitors must wear certified helmets of Japan Cycling Federation.
- ◆ Competitors must conform the Japan Cycling Federation competition rules as road racer.<sup>(※1)</sup>  
(Reference: Japan Cycling Federation competition rules URL <http://goo.gl/Fz4wlv>)
- <sup>(※1)</sup> A drop handle only. Do not allow the additional attachment, the brake is not normal behavior, different inch size between front and back wheels.
- ◆ Competitors must dressed as in line with the Japan Cycling Federation competition rules in Article 3, Section 8. (There is video judgment only the top winners after the end of the race.)
- ◆ Use of disc brakes are prohibited. (There is video judgment only the top winners after the end of the race.)
- ◆ There are gear ratio regulations for men and women of less than 18 years of age and men and women in high school as of January 1, 2015. (There are inspections only the top winners after the end of the race.)  
※Derailleur adjustment does not accept, such as that does not move.

# Cycling Sports Competition for Citizens: Rules for Road Races

## 6. Assembly and start:

- ◆ Rider must gather in front of Nago 21st Century Gymnasium 30 min. before the race starts. (Appendix 1 See area map (II))
- ◆ After arriving at the area, follow the directions of the race staffs to proceed to the start line.
- ◆ As for starting order, riders must line up in ascending order from left to right. The athlete's number number 50th assumes it a seeded player. The players except it line up on a first-come-first-served basis.

## 7. Affixing racing numbers, helmet numbers, frame numbers, and a transponder:

- ◆ Improper affixation of numbers is subject to penalties. Protests against the penalties will not be accepted.
- ◆ Frame numbers must be affixed on the front frame or seat post. As for helmet numbers, one number must be affixed on the front and two numbers on the sides.
- ◆ As for a transponder, Matrix Inc.'s automatic time measurement system will be used, so each rider must affix his transponder on the front fork. After the race is over, return the transponder at a designated place. (Appendix 1 See area map (VI))

## 8. After Crossing the Finish Line

- ◆ After crossing the finish line, riders must follow the directions given by the race staffs and return to Nago fishery port. If you park your car at the port, load your bicycle on to your car and wait till the awards/closing ceremony to start at Nago public market's parking space. There will be no space for you to park your bicycle in the down town, so walk from the port to the market.

## 9. Points to be careful about:

- ◆ Riders must ride safely, paying attention to warning signs and guard fences.
- ◆ Refer to event booklet for points to be careful about. If there is a new point, the organizer will publicize it at the opening ceremony.

## 10. Awards (Top finishers will be awarded in order of results)

- ◆ The organizer presents a champion jersey, a cup, a certificate and an extra prize to 1st finisher.
- ◆ The organizer presents a certificate, a medal and an extra prize each to 2nd to 3rd finishers.
- ◆ The organizer presents a certificate and an extra gift to each 4th, 5th and 6th finishers.
- ※ The 1st through 3rd finishers will be awarded on the podium while 4th through 6th finishers will be awarded at "Awarding Center." The 1st through 3rd finishers must gather in the stage by 15 minutes. The person who does not attend is disqualified and may be demoted.
- ※ All the fourth to sixth places winner will be awarded at the Recognition Center (Nago indoor playground)

## 11. Sprint Award (Municipality Mayors' Awards)

- ◆ A rider who passed a Sprint Point in first place will be awarded with Spring Prize, a certificate and an extra prize from a mayor of each of those municipalities below. Each spring point will be indicated with a signboard and white line.
- ◆ Special Prize Points

Prize Name	Points where prize is set up	Distance
Prize by the Mayors of Motobu Town and Nakijin Village	Motobu CHECK POINT	20.0 km
Prize by the Mayors of Higashi Village and Ogimi Village	Higashi Village CHECK POINT	161.0 km
Prize by the Mayors of Nago City and Kunigami Village	Nago City Abu CHECK POINT	183.3 km

## 12. Hill Climb Awards:

- ◆ The participant who passed through a defined mountainous point (Terukubisan summit) at the 1st-position will be awarded the king of the mountains.  
The Citizen Road Race 210km/140km both king of the mountains is 2 times to give diplomas and prizes (the Yanbaru set) respectively.

## 13. Traffic Lanes:

- ◆ As for the use of traffic lanes, priorities will be given to emergency vehicles and commissaire vehicles: when riders see such vehicles, they have to travel the left side of the lane. If it is not safe traveling the left side and riders have no choice but traveling the right lane, follow the directions given by the commissaires and use the right lane. After passing the unsafe section of the course, go back to the left lane.
- ◆ Traveling on the right lane all the time may result in being eliminated from the race or downgraded.

## 14. Penalties:

- ◆ Failing to follow the rules and regulations for the citizens' road races may result in being penalized with being degraded or disqualified based on decisions made by commissaires. Protesting against the penalties will not be accepted under any circumstances.

## 15. Petition of Objection:

- ◆ Objection will be submitted with denoted by the deposit money (5,000 yen) in writing. (Written objection can be received at the convention secretariat. If the objection was observed, this deposit money will be refunded. Excuse of not knowing the rules can not be the reason for the objection.
  - Petition of Objection for Citizen Road Race 50km is until 10:30.
  - Petition of Objection for Citizen Road Race 210km, 140km and 100km is until 14:45.(Those who has disqualified at 14:45, must submit within 30min. after the notice.)
- \* For any objections after the above-mentioned time, not be accepted.

## 16. Notifications of changes in rules and regulations hereby:

- ◆ In the event of unexpected schedule changes, changes will be announced at the opening ceremony and/or included in an updated event program.

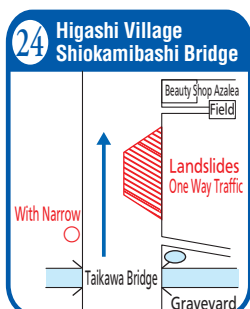
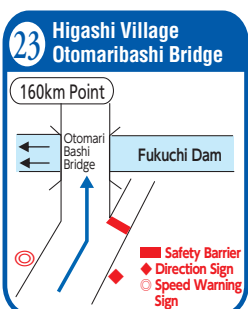
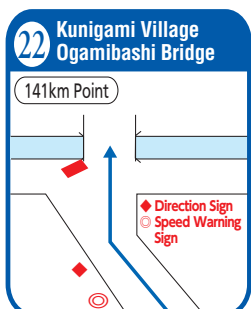
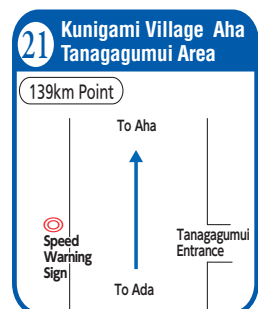
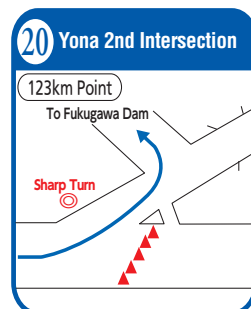
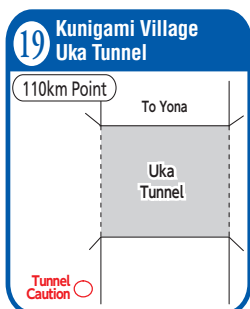
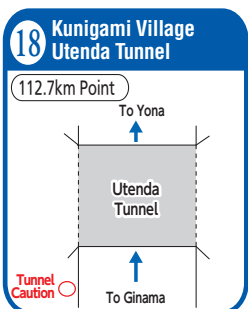
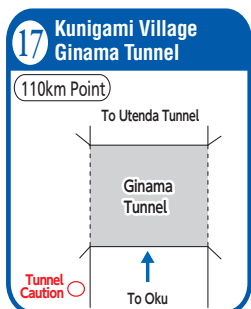
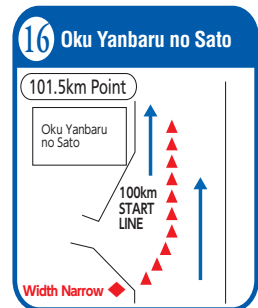
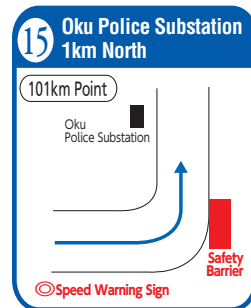
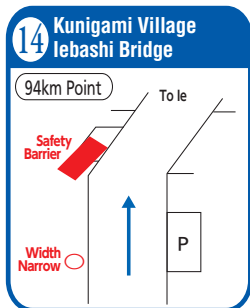
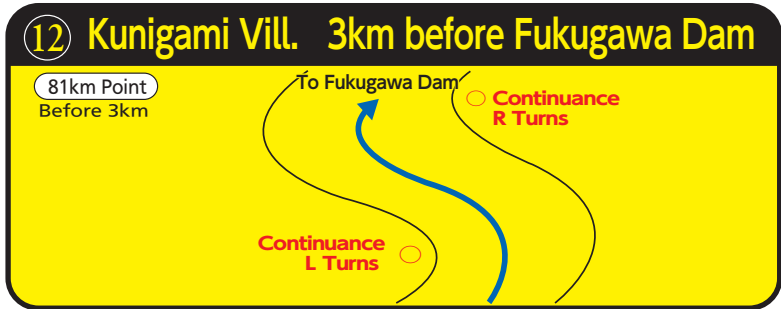
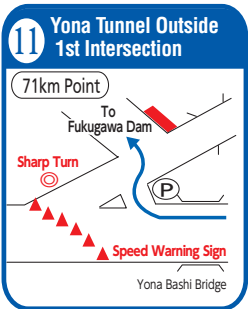
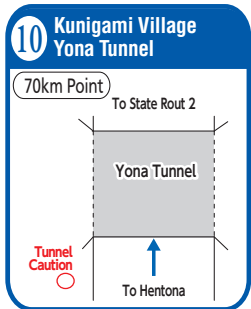
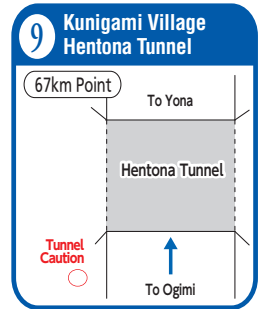
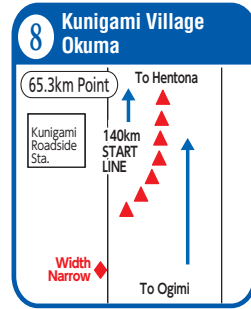
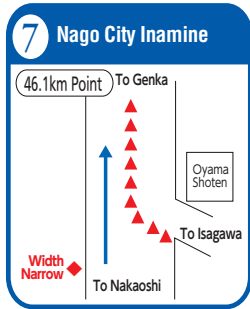
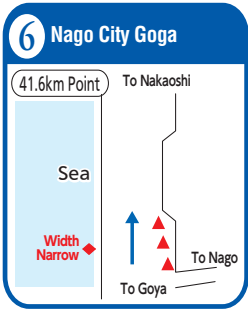
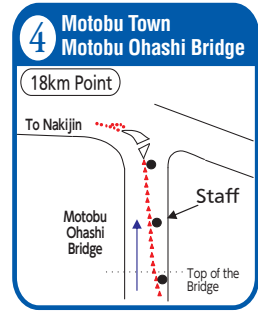
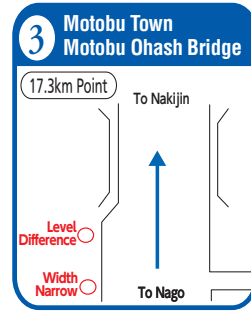
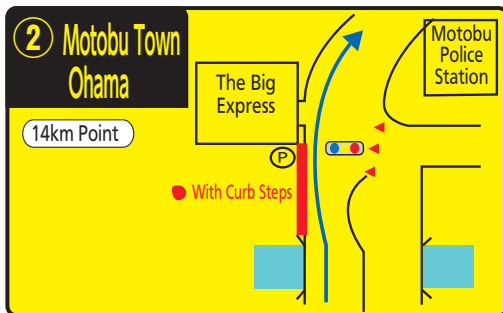
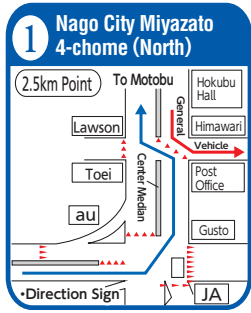
## 17. Race manners:

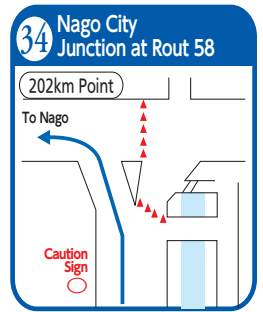
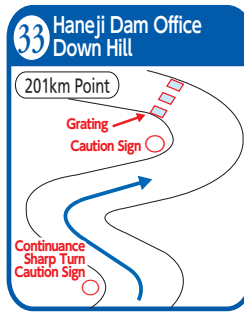
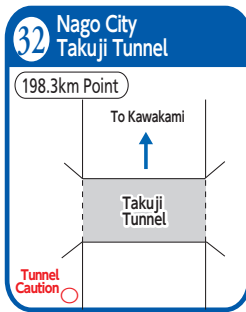
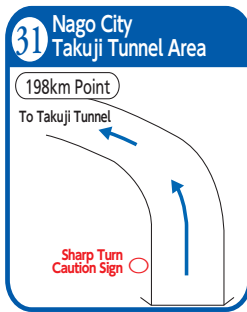
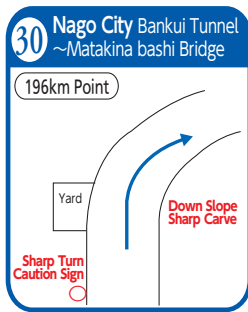
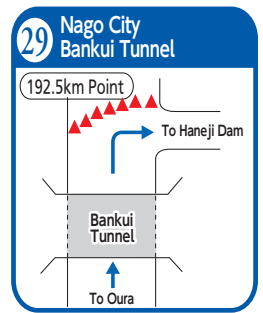
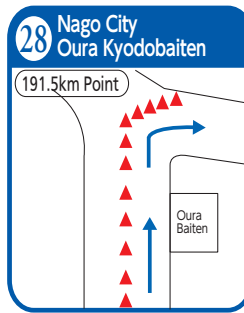
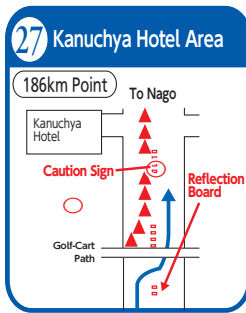
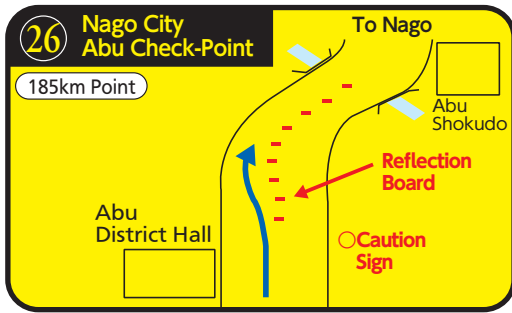
- ◆ Based on the 2nd paragraph of article 6 and the 5th paragraph of article 36 of JCF regulation, lack of manners in public, especially such indecent behaviors as urination in public, may result in being disqualified or downgraded.

※ These guidelines and rules may change without a previous notice.

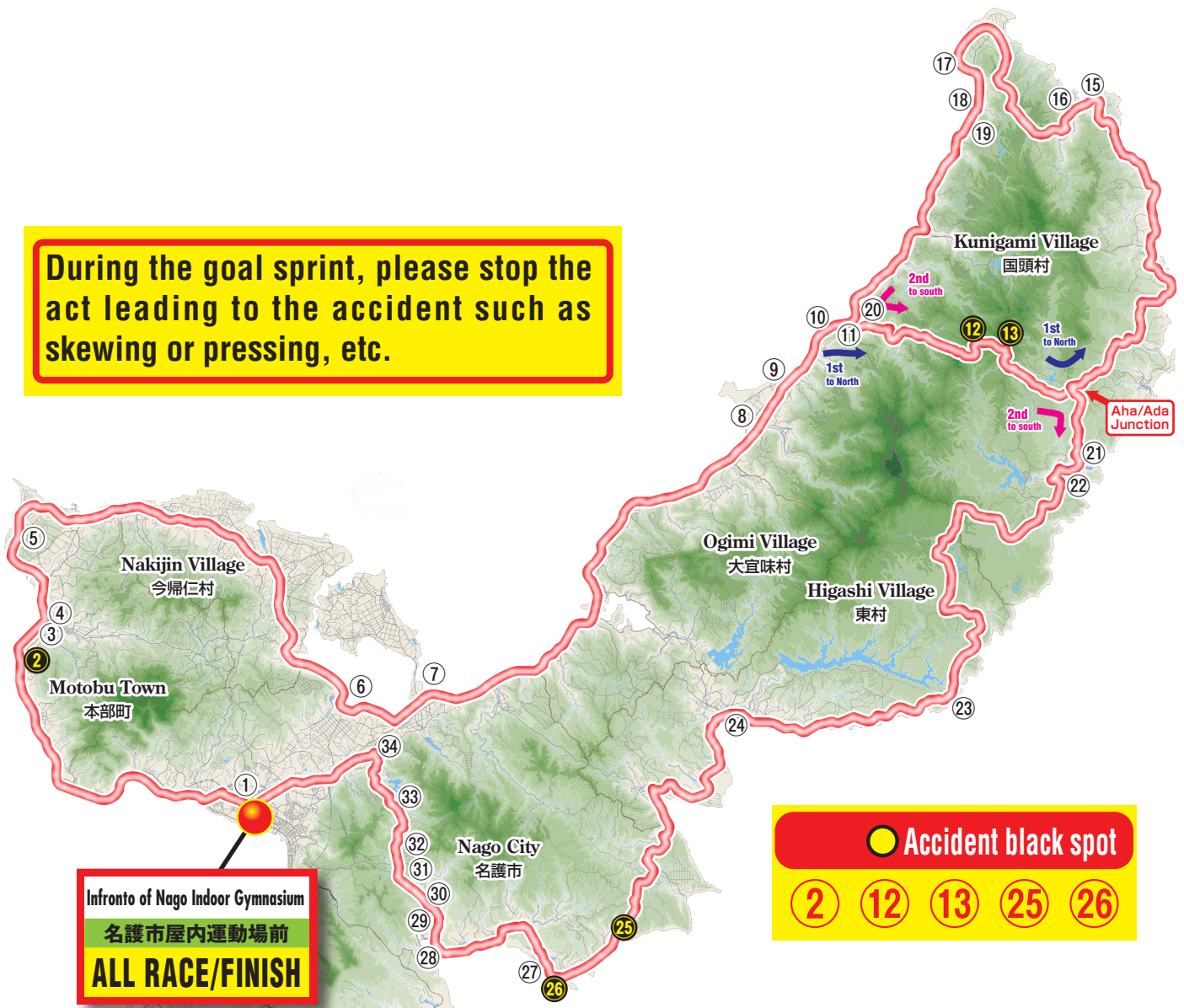


# Caution Areas





**During the goal sprint, please stop the act leading to the accident such as skewing or pressing, etc.**



# Convention Rules and Regulations RACING

Race Program includes 14 categories

## 1. Number Tags for Race Program

- ☆ Men's Champion Race, Women's International Road Race, Junior International Road Race [18cm × 16cm]
- ☆ All other sizes [H18cm × W21cm] Two pair for One set

①	Men's Champion Race 210km	Black text on White	1 ~ 199
②	Women's International Race 100km	Black text on Pink	201 ~ 299
③	Junior International Race 140km	Black text on Blue	301 ~ 399
④	Citizen Road Race 210km	Black text on Orange	401 ~ 899
⑤	Citizen Road Race 140km	Black text on Yellow	1001 ~ 1499
⑥	Citizen Road Race 100km (under 39)	Black text on Green	1501 ~ 1899
⑦	Citizen Road Race 100km (over 40)	Black text on Beige	2001 ~ 2499

⑧	Citizen Road Race 50km (under 29)	Black text on Yellow	2501 ~ 2699
⑨	Citizen Road Race 50km (30s)	Black text on Beige	2701 ~ 2999
⑩	Citizen Road Race 50km (40s)	Black text on Blue	3001 ~ 3499
⑪	Citizen Road Race 50km (over 50)	Black text on Green	3501 ~ 3999
⑫	Citizen Women's Race 50km	Black text on Pink	4001 ~ 4199
⑬	Jr. High School Road Race 50km	Red text on White	4201 ~ 4299
⑭	Kids Race 10km	Red text on Yellow	4301 ~ 4399

## 2. Frame Number · Helmet Number

The numbers and color of the tag on your back must match the number and color on your helmet.  
(There is no helmet numbers on the helmet.)

## 3. The tag number for the winner of the previous year (Only for Race Programs)

The winner of the previous year will be given the first number of each race, if they participate.

## 4. Mounting transponder chip

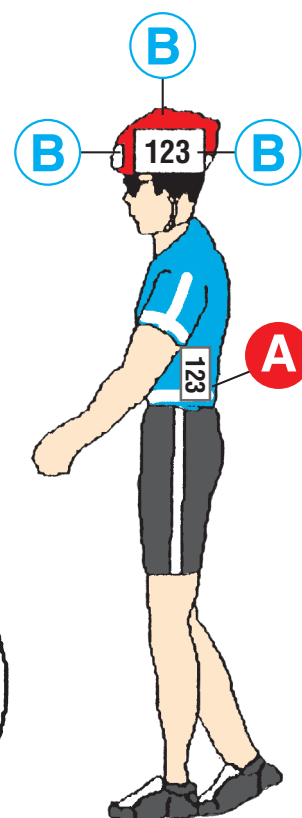
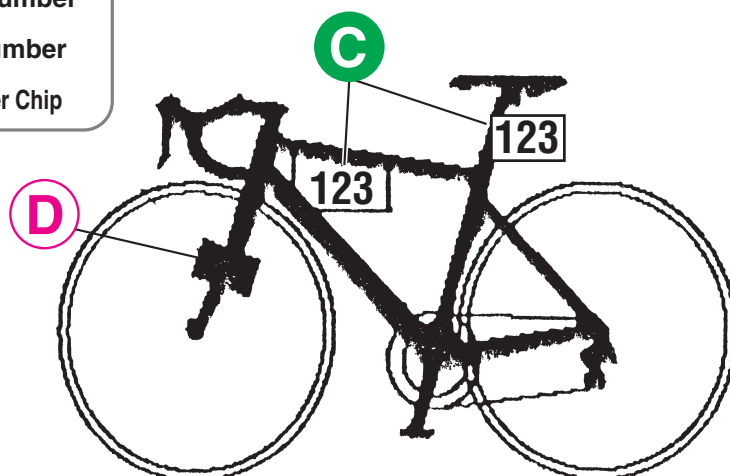
- Because it measures automatically, transponder tip is attached to the front fork of the bicycle.
- Receive it at the "Registration/Packet Pick Up Area (1)" and return it after the race at "Return Transponder Chips Area (6)".

## 5. Attention on mounting tag number and transponder chip

The mounting of the tag number is as shown below. Do not shrink the tag number.  
The transponder chip is attached according to the instruction manual distributed with the tag number at the time of participation registration.

## Mounting Tag Number and Transponder Chip

取付位置	
<b>A</b>	Tag Number
<b>B</b>	Helmet Number
<b>C</b>	Frame Number
<b>D</b>	Transponder Chip



# Convention Rules and Regulations CYCLING

## 1. Cycling Program includes 8 categories

- Events : ① Touring Around Okinawa Island Course      ② Yanbaru Century Ride  
 ③ Cycling Tour for Izena Island                      ④ Ie Island Family Cycling  
 ⑤ Challenge Cycling Course                              ⑥ Onna Villege Family Cycling  
 ⑦ Barrier-Free Cycling

※ **The cycling program IS NOT a competition and WILL NOT be timed. Try to make it through the finish line safely.**

## 2. 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.)
  - The participants who has judged not to be in time by the administration time at lunch location, collects it once and may move it to the lunch location. Please follow the instructions of the staff.
  - 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 Insurance:
  - Participants are covered disability insurance by the organiser (visit hospital for 2000 yen / hospital stay for 3000 yen / death or sequelae for highest at 5,000,000 yen).
  - However, please buy other insurance on your own if the above insurance is not enough for you.
6. Shipping your bicycle by ferry:
  - Transportation of the bicycle by ferry, will be placed in superimposed on the other bicycle. There is also a possibility to get cracks in the body frame under the influence of waves, etc., however, the organizer is not taking any responsibilities.

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

## 3. Manage boarding on ferry

- **Motobu Port — Ie Port:** Immediately after arriving at the port, a ferry can be boarded according to the officer's directions. (Ie Island Family Cycling)
- **Unten Port — Nakada Port:** Immediately after arriving at the port, a ferry can be boarded according to the officer's directions. (Cycling Tour for Izena Island and Bus Tour)

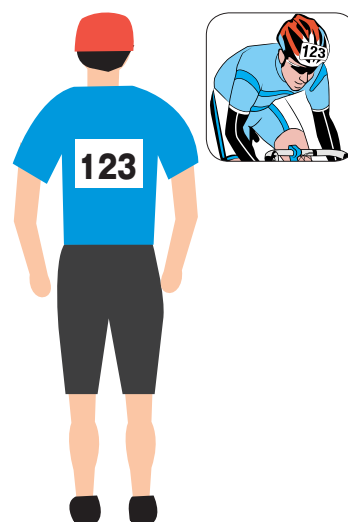
## 4. Certificate of Completion

Receive your Certificate of Completion at Ngo Gymnasium Award Center.  
 · The participants of Yanbaru Century Ride or Ie Family Cycling or Challenge Cycling will be given Certificate of Completion at next to General Information place on Saturday, November 12.

## 5. Number Tags for Cycling Program

(Size [21cm×24cm]  
 Only one tag on your back)

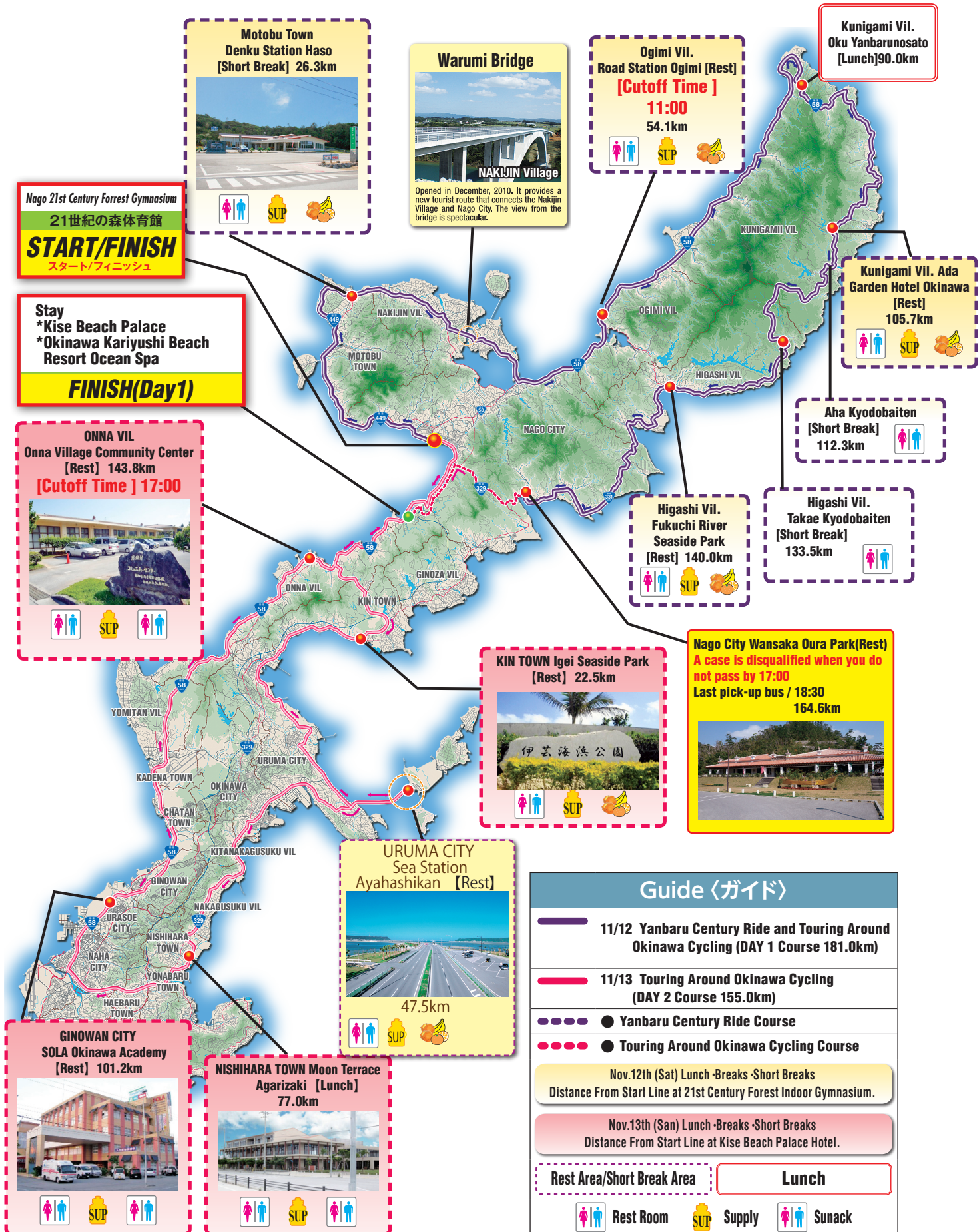
①	Touring Around Okinawa Island Course (Kariyushi Beach Resort)	Black text on White	4501 ~ 4699
②	Touring Around Okinawa Island Course (Kise Beach Palace)	Black text on Red	4701 ~ 4999
③	Yanbaru Century Ride (Categories on Saturday Only)	Black text on Yellow	5001 ~ 5299
④	Izena Island Cycling (1 Night Stay)	Black text on Green	5301 ~ 5399
⑤	Ie Island Family Cycling (Categories on Saturday Only)	Black text on Pink	5401 ~ 5499
⑥	Onna Villege Family Cycling	Black text on Blue	5501 ~ 5899
⑦	Barrier-Free Cycling	Black text on White	5901 ~ 5999
⑧	Challenge Cycling Course	Red text on Blue	6001 ~ 6399
⑨	Road Race Spectators Bus Tour		None





# 11/12.13 336km Touring Around Okinawa Island Course

## Areal Map for Lunch, Breaks, & Short Breaks



Guide (ガイド)	
	11/12 Yanbaru Century Ride and Touring Around Okinawa Cycling (DAY 1 Course 181.0km)
	11/13 Touring Around Okinawa Cycling (DAY 2 Course 155.0km)
	● Yanbaru Century Ride Course
	● Touring Around Okinawa Cycling Course
Nov.12th (Sat) Lunch·Breaks·Short Breaks Distance From Start Line at 21st Century Forest Indoor Gymnasium.	
Nov.13th (Sun) Lunch·Breaks·Short Breaks Distance From Start Line at Kise Beach Palace Hotel.	
<b>Rest Area/Short Break Area</b>	<b>Lunch</b>
Rest Room	Supply
Sunack	



# 11/12.13 336km Touring Around Okinawa Island Course



## Schedule for Touring Around Okinawa Island

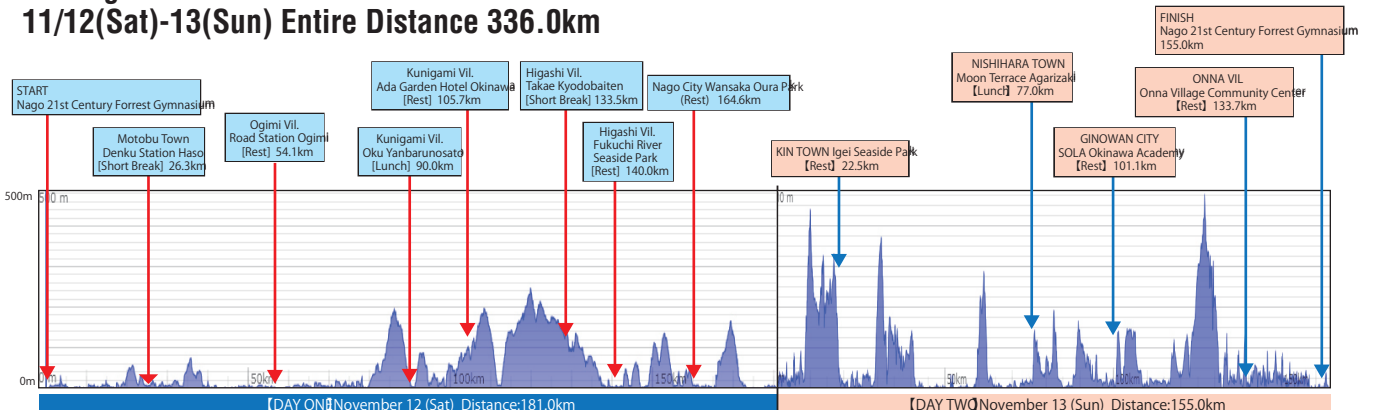
### 11/12(Sat)

Transit Cities	Transit Points	Leader's Time	Derivation Contents	Remarks
Participants Roll Call & Stand By 6:00-6:30 ※Be sure to take your luggage to Luggage Keeping Area before 6:30				
Nago	START Nago 21st Century Forrest Gymnasium	7:10	Turn Right	
Kunigami VIL	Okuyambarunosato(Lunch)	10:10	Turn Right Cross	Lunch
Lunch Time = Arrive between 10:30~13:30				
Nago	Kise Beach Palace	14:02	Finish	Finish Day 1
Free time after arrival (shower or bath each rooms)			Relax	
Dinner at hotel (10F restaurant between 18:00~21:00)				

### 11/13(Sun)

Transit Cities	Transit Points	Leader's Time	Derivation Contents	Remarks
Participants Roll Call & Stand By 5:50-6:50 ※Be sure to take your luggage to Luggage Keeping Truck before 6:50				
Breakfast at the hotel 5:00-6:45 possibly				
Nago	Kise Beach Palace	7:00	Start Day 2	
Nishihara Town	Nishihara Town moon terrace Agarizaki (Lunch)	9:39	Turn Left	Lunch
Lunch Time = Arrive between 10:00~13:00				
Nago	FINISH Nago 21st Century Forrest Gymnasium	13:15	Touring Around Okinawa Island・FINISH	

## Touring Around Okinawa Island Vertical Interval 11/12(Sat)-13(Sun) Entire Distance 336.0km



※ルートが参考。

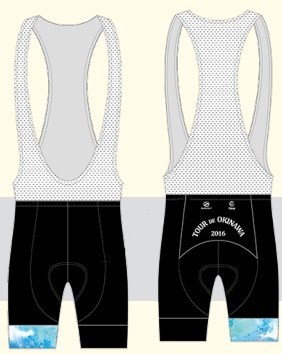
# Goods for Sale



Event Original Cycling Wear (Black / Pink / Yellow)



T-Shirt (Pink / Yellow)



Event Original Racer Pants



Event Original Cycling Cap (Pink / Yellow)



Event Original Squeeze Bottle (Pink / Yellow)



Event Original Sports Towel



Nylon Sling Sack



Nylon Tote Bag

Event Original Bar End Caps



Event Original Mini Calendar



Event Original Sacoche

