

Contestant Instructions

bility Age between 19-59 for Men

NAKIJIN

NAKAO

Serious battle for citizen racers in the vasty nature.

entry Fee 20,000 yen (19,000 yen for JCF members)

(P)

START210km

21st Century Fores Gymnasium

Citizen road race

1. Competitors must be in conformity with the competition road racer rules based on Japan Cycling Federation. 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

3. Both men and women who were under 18-year-old or high school student as of January 1, 2018 must follow the limitation of the gear ratio regulations. imes Adiustment such as the movement of the derailleur is not permitted.

4. 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 orrespond to neutral service (wheel supply) to wheel with disc brake.

5. The start time may be changed depending on the race situation.

6. 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 nstructions 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.

7. Because there are emergency vehicles and commissioners vehicles traveling in the courses during the competition, the riders in principle must run on the left side of the road. For safety aspect, if traveling on the right side of the road in the situation of unavoidable, do not prevent the running of emergency vehicles or commissioners vehicles.

8. 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.)

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

10. Based on the JCF regulation, lack of manners in public, especially such indecent behaviors as urination in public, may result in being

. 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.

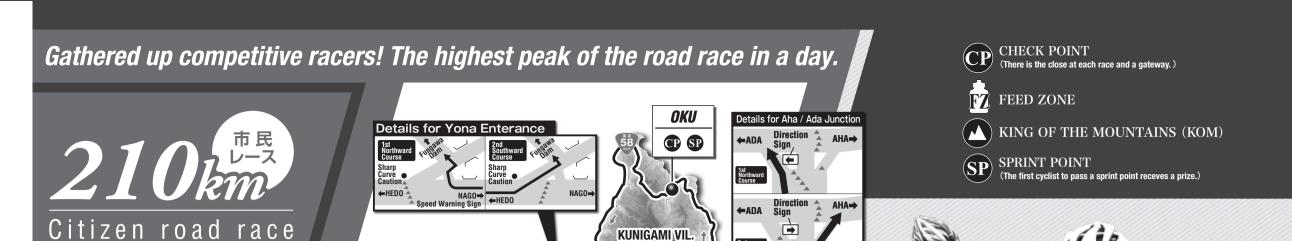
①JPCA registered players cannot participate citizen race 140km, 100kn 2 Professional Keirin cyclist cannot participate in any citizen race 50km

Those who do not have cycle road race experience cannot participate

ience, such as enduro, is not included in the



RULES and REGULATIONS via INTERNET



FUKUGAWA

1st & 2nd

etails for Yona

HIGASHI VIL.

GESASHI

FUKUGAWA

1st & 2nd

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YONA

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GESASHI

KAWAKAMI

1st Century Fore

CP

HIGASHI VIL.

Citizen road race





Date / November 11th (Sun) / Date / November 11th (Sun) Eligibility Age between 16 to 39 y/o | Eligibility 40 y/o or older |
Entry Fee | 16,000 yen | Entry Fee | 16,000 yen |
(15,000 yen for JCF members) | (15,000 yen for JCF members)



GESASHI

Koad Race Bus Tour

Entry fee: 5,000 yen for 16 y/o or older,

KAWAKAMI

CP

CP

мотови V

TOWN

Entry Fee 12,000 yen

Citizen road race 50km Requirement to participating Citizen Race 50km: Those who meet the age restriction of each category and those who can finish a 50 km course LESS than 1 hour 30 minutes

Challenge Race 50km

Under39

Entry Fee 12,000 yen

Forty (40s)

7:45

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

Eligibility Age between 16 to 39 y/o

Eligibility Age between 40-49

Eligibility 50 y/o or older

Entry Fee 12,000 yen

Over 50

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

Date November 11th (Sun) Maximum 200 participants

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and completion times posted. (There is time limit at each Check-Point Gate.)

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

Under39

November 11th (Sun) Maximum 200 participants Eligibility Age between 16 to 39 y/o Entry Fee 13,000 yen(12,000 yen for JCF members)

Forty (40s) Date November 11th (Sun) Maximum 200 participants

Age between 40-49 Entry Fee 13,000 yen(12,000 yen for JCF members)

Fifty(50s) Date November 11th (Sun) Maximum 200 participants

Men's Champion Road Race Eligibility Age between 50-59 Entry Fee 13,000 yen(12,000 yen for JCF members)

Over 60

November 11th (Sun) Maximum 200 participants Eligibility 60 y/o or older Entry Fee 13,000 yen(12,000 yen for JCF members)

There is the close at each race and a gateway.

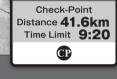






21st Century Forest Gymnasii ALL RACE/FINISH istance**51.1km** Time Limit**9:40**





Women's Citizen Road Race 50km 50 Km for battle of the women's racer!

Leap up by the Okinawan cheers from the roadside! Date November 11th (Sun) Maximum 200 participants

Eligibility 13 y/o or older

10,000 yen (9,000 yen for JCF members) (3.000 ven for participants of 15 v/o or vounger)

Male Junior H.School Students' Road Race 50km

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

Date November 11th (Sun) Entry Fee 3,000 yen Maximum 100 participants

ligibility Age between 13 - 15

Kid's Race 10km

Take your first step in this hot race! Date November 11th (Sun)

	Maximum	100 participants
	Eligibility	4th-6th Graders Race for both Male and Femal Stud
	Entry Fee	2,000 yen

100km International Women's Road Race

Maximum: 100 Participants. Entry fee: 10,000 yen
Eligibility: Invited individual elite women in Japan or other countries, elite women egistered with invited national teams with the classification, of 25th ranking or higher.

nternational road race

UCI Official-recognition Course

140km International Junior Road Race

Maximum: 60 participants Entry fee: 10,000 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, 2000 and April 1st, 2003 (15-18 y/o), must be offically invited by the race organizer or have recommendat from Japan High School Athletic Federation.



The 30th Anniversary Convention

LONG RIDE

Touring Around Okinawa

Island Course (2-day/1-night trip)

Be chocked full of Okinawan local charm.

First day 180km The 2nd day 156km

rst day/2,280m the 2nd day/1,670m

In day one, they will tour along the roads in the 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.

lovember 10th (Sat.) 1th (Sun.) (2-day/1-night trip)

00 participants. 5km/h (15.5mile/h)

6 v/o or older, but limited to articipants who are able to ide at the average speed of 5,000yen *The accommodation

Hotel information

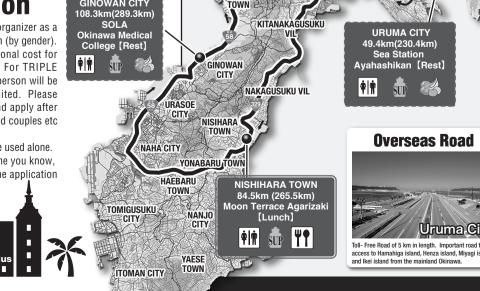
basic number of 4 people as a shared room (by gender). * If you would like a TWIN ROOM, additional cost for 4,000 yen / 1 person will be charged. For TRIPLE ROOM, additional cost for 2,000 yen / 1 person will be charged. The number of rooms are limited. Please check with the convention secretariat and 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

* Participants can not pick hotels.







Course Guide

Sat. Nov. 10 Lunch. Rest. Short Break and Start

Lunch | | Restroom Supply Supply Snack | T

(Distance from 21st Century Forest Gymnasium.)

Warumi Bridge

Nago City Wansaka

case is disqualified when v

st pick-up bus/18:30

Gaining Elevation 1,900n

Course informal for 175km (WEB)

Events

Oura Park (Rest)164.6km



The gateway to success the long ride cycling. Challenge to 100 km!

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

Also be able to participate in another event on Sunday as well.

and the lunch places may be changed.

Lunch charges (in the cycling section in lunch of each item, the race

section a meal ticket), a meeting souvenir (goods), the budget of each

section, a premium are included in a meeting participation fee. Contac party, the cities, towns and villages souvenir from a sponsor is provided

Challenge Cycling TT Lunch Snack

Course Guide

*The details of the courses can be looked up at LatLongLab.

kama Sports Park

KIN TOWN

[Rest] 52.5km

it it it

Enjoy the great nature of Yanbaru.

This course goes around the full of nature scenic coastline of Yanbaru (Northern part of Okinawa Prefecture). The east coast in the second half of the course is ups and downs, gives in satisfying cycling. Since it is held on the first day of the convention (Saturday), it is also attractive to be able to participate in different category on Sunday.

Yanbaru Century Ride

able to ride at the average speed of 25km/h

300 participants

6 y/o or older but limited to participants who are

Name of Event: The 30th Anniversary Convention. Tour de Okinawa 2018 Date: November 10th (Sat.)-11th (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:

• 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 (Wed.) - September 30th (Sun.), 2018. (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, Flite Women, Ellite 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.

+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. 11th (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

+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: 1.500 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 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. 10th (Sat.)- 11th (Sun.), 2018)

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

- Access to Nano City

бъ BICYCLE To north the National Highway 58 to Nago City about 67km / 100km to Okuma Beach BUS *By Yanhal 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. 50 min)

(Approximate travel time: 1 hr. 40 min)

Catch Bus No. 120 at Naha Airport and get off at Hokubu-Godochosha-mae then walk 5 min. (¥1,940) (Approximate travel time: 2 hr. 30 min)

Ryukyu Bus(098-852-2530) Okinawa Bus(098-862-6737) Okinawa Bus Association(098-867-2316)

Yanbaru Express Bus https://www.ok-connection.net *Operating Yanbaru Express Bus only.

+Application forms without signatures for waiver and a release of liability will not be accepted. (In case of

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

*By Okinawa Airport Shuttle From Naha Airport to get off at Nago Shiyakusho-mae (Nago City Hall) then walk 1 min. (¥1,800)

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)

from the actual time in the traffic jam and such For information about city service, call those bus companies:

Okinawa Airport Shuttle https://www.okinawa-shuttle.co.jp *Operating Okinawa Airport Shuttle only.

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

From Naha Airport to get off at Nago Shiyakusho-mae (Nago City Hall) then walk 1 min. (¥2,190)

*By City Bus (Line No.120)

(Approximate travel time: 2 hr.) *By City Bus (Line No.20)

*The travel time listed above is approximate. Please use as a guide only. Please note that there may be different

Toyo Bus Naha office(098-947-1070) Highway Bus only.







