

TOUR DE OKINAWA



熱帯の花となれ 風となれ



2018ポスター公募選定作品 デザイン 仲地静香

第30回記念 ツール・ド・おきなわ2018大会

特別協賛

2018 11/10 SAT - 11/11 SUN

KEIRIN 競輪の補助事業

このプログラムは、競輪の補助により作成しました。

<http://hojo.keirin-autorace.or.jp>



ツール・ド・おきなわ 公式サイト www.tour-de-okinawa.jp



主催：ツール・ド・おきなわ協会/北部広域市町村圏事務組合 主管：ツール・ド・おきなわ大会実行委員会

後援：自転車活用推進本部 内閣府 経済産業省 国土交通省 スポーツ庁 (公財)JKA (公財)日本自転車競技連盟 (公財)日本サイクリング協会 自転車産業振興協会 日本自転車普及協会 沖縄県 沖縄県サイクリング協会 沖縄県自転車競技連盟 沖縄県バイクロジーをすすめる会 沖縄県教育委員会 沖縄県体育協会 沖縄県金融協会 沖縄観光コンベンションビューロー 米国総領事館 北部市町村会 北部振興会 沖縄県建設業協会 北部支部 沖縄県建設産業団体協議会 北部地区連合婦人会 名護青年会議所 北部地区商工会協議会 名護地区交通安全協会 本部地区交通安全協会 石川地区交通安全協会 名護市商工会 国頭郡体育協会 名護市体育協会 国頭地区市町村教育委員会協議会 中部広域市町村圏事務組合 南部広域市町村圏事務組合



北部12市町村の絆

- Nago City 名護市
- Kunigami Vill. 国頭村
- Ogimi Vill. 大宜味村
- Higashi Vill. 東村
- Nakijin Vill. 今帰仁村
- Motobu Town 本部町
- Onna Vill. 恩納村
- Ginzoa Vill. 宜野座村
- Kin Town 金武町
- Ie Vill. 伊江村
- Iheyu Vill. 伊平屋村
- Izena Vill. 伊是名村

Convention Schedule

11/9
FRI

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

11/10
SAT

06:00 ~ 06:30	Roll Call (Begin ~ End)	Minato 1 chome Crossing
07:00 ~ 07:30	Starts Ie island Family Cycling	//
	Starts Touring Around Okinawa Island Course	//
	// Yanbaru Centry Ride	//
	// Izena island Cycling	//
	// Challenge Cycling	//
08:00 ~ 17:00	Uni-Cycle Session	Nago Civic Hall Parking Lot
16:30 ~ 18:00	Shuttle Bus Departure (100km,140km Race to Kunigami)	Nago Civic Hall
16:00 ~ 19:00	Finish Yanbaru Century Ride	Nago 21st Century Forrest Gymnasium
	// Challenge Cycling	//
	// Ie island Family Cycling	//
12:00 ~ 18:00	Entrant Enrollment [Distribute Number Tags & Chips] : Each Races for Sunday	Nago Indoor Gymnasium
	Entrant Enrollment [Distribute Number Tags] : Cycling Events for Sunday	//
16:00 ~ 17:30	Champion Race Reception Party [Invitee only]	Nago City Municipal Hall Medium Hall

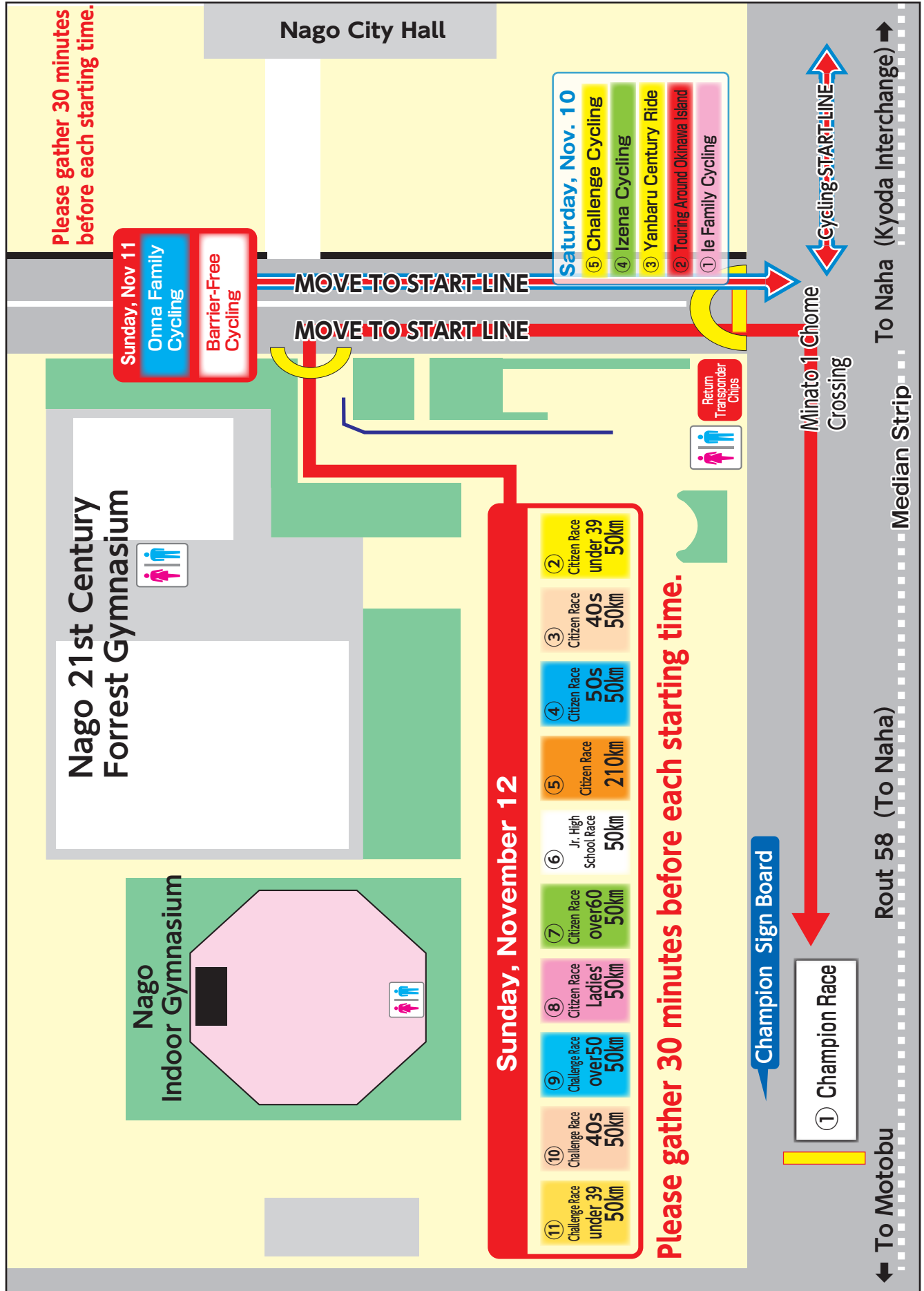
11/11
SUN

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

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

Convention Area Map ①

◆ Start Area

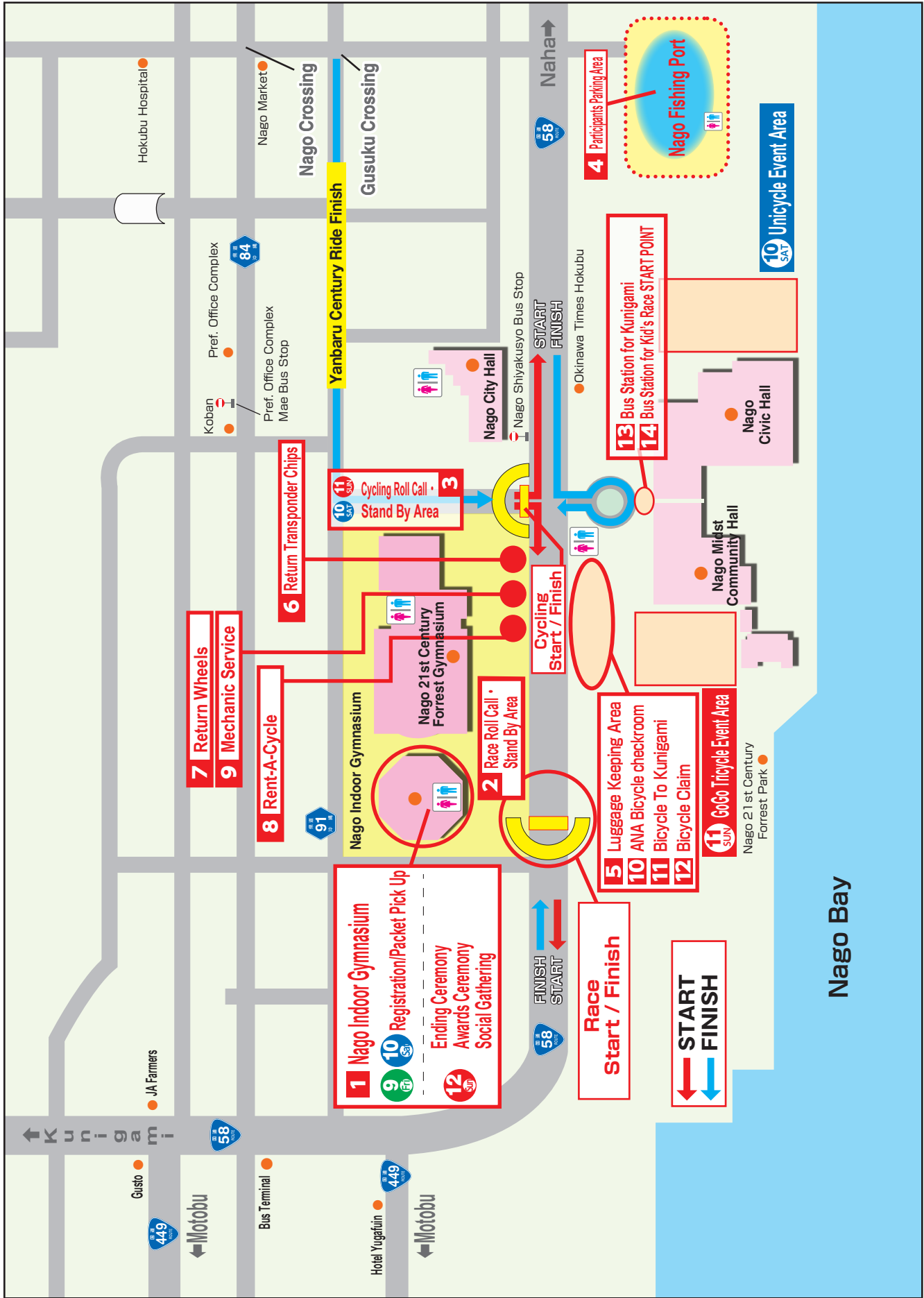


Please gather 30 minutes before each starting time.

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 9th (Friday)	15:00~20:00	Touring Around Okinawa Island · Yanbaru Century Ride · Ie Island Cycling Izena Island Cycling · Challenge Cycling
November 10th (Saturday)	12:00~18:00	All the races including Onna Family Cycling · Road Race Spectator Bus Tour

• 11/9 (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 11.

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 11/9 (Sat) and 11/10 (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 11/9 (Fri) through 11/11 (Sun).
※ From the Parking Area (4) to the Main Events Site (1) is 10 min. by walking.

5. Temporary Baggage Keeping Area

Temporary Baggage Keeping Area		
Nov. 10 (Sat)·11 (Sun)	06:00~07:30	
Nov. 10 (Sat)·11 (Sun)	08:30~18:00	

6. Return Transponder Chips

Return Transponder Chips		
Nov. 11 (Sun)	08:00~17:00	

7. Return Wheels

Nov. 11 (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.

10. ANA bicycle checkroom

• ANA intended for customers of departure from Naha Airport on November 11 (10:30~17:00), 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 12 and we will return at the arrival airport.

11. Bicycle Check-In for Kunigami Area

Bicycle Check-In for Kunigami Area		
Nov. 10 (Sat)	13:00~17:00	

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

※ The arrival time of the cargo truck 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. 11 ONLY)

	In front of Nago Civic Hall	Okuma Resort Entrance	Kunigami Village Office	Bus Stop: Welfare Center
1st Run	16:30 Departure	17:20 Arrival	17:40 Arrival	17:50 Arrival (Last)
2st Run	17:30 Departure	18:20 Arrival	18:40 Arrival	18:50 Arrival (Last)

※ From Nago City to Kunigami Village: About 50 minutes.

※ Participants staying at Hotel Kunigami or Izumiya will get on and get off at "Kunigami Village Hall".

※ If you stay at Yanbaru Kuina Inn, get off at the bus stop where "welfare center".

〈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 11. The shuttle bus is not available from Nago where the main event venue is.

14. Shuttle Bus Service for Kid's Race

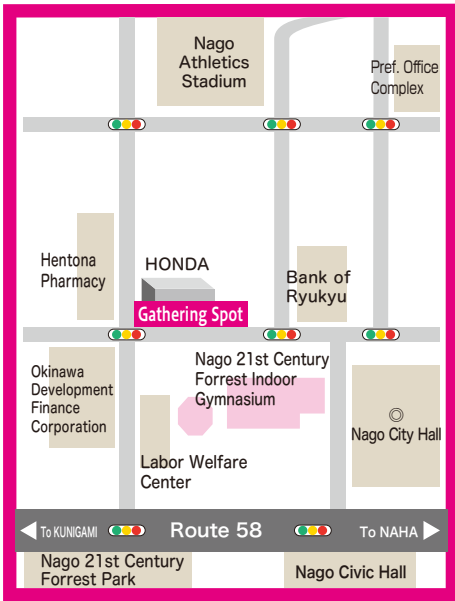
〈(Nakao in Nago City)〉

Nago Civic Hall	
6:30 Departure	

※ Sunday, November 11 ONLY.

Convention Area Map ③

◆ Enlarged View



Road Race Spectator Bus Tour DEPARTURE Area Map



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	● (82km 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 (B)) 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.
- ◆ Riders dropping out of the race must return their numbers to the 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.
- ◆ For citizen race 50km, do not give a rank to those who completed the finish line for more than 1 hour 30 minutes. Results will be FAD. ※ Only Citizen race 50km over 60th will be 1 hour 40 minutes.
- ◆ 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 cargo truck 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 (B)) after the race.
- ◆ Table of Cut-Off Times at each of Control Gates (or check points) are listed below.

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

5. Handlebars:

- ◆ Riders shall wear a helmet and use Road Racer approved by JCF or by national federations of their own countries.
- ◆ Use of a bull-horn shaped handlebar, a clip-on handlebar or a flat bar is prohibited.
Not accept addition of attachments, only in a dropped handlebar. Also, brakes are not normal, a different in the inch before and after the tire and the disk wheel not accept.

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 50th assumes it a seeded player. The players except it line up on a first-come-first-served basis.
- ◆ The races starting from Nago (210Km, 50Km) is a parade start.
- ◆ The races starting from Kunigami (140Km, 100Km) is a real start.

Cycling Sports Competition for Citizens: Rules for Road Races

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 (B))

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

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	Kunigami Village Oku CHECK POINT	100.0 km
Prize by the Mayors of Nago City and Kunigami Village	Higashi Village Miyagi CHECK POINT	161.0 km

12. Hill Climb Awards:

- ◆ Riders who passed the hill climb points in the first place will be awarded with a hill climb award, a certificate and an extra prize.
- ◆ Points of hill climb awards:
Near summit of Mt. Terukubi point (1st) and (2nd time).
- ◆ Citizen 210km Race and Citizen 140km Race riders who passed the hill climb points in the first place will be awarded with a hill climb award twice, a certificate and an extra prize.

13. 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.
- ◆ If a mixed run with another race is found out, the winner will be subject to disqualification / demotion.

14. 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.

15. Application for objection:

- ◆ The opposition shall be submitted with written as well as deposit of 5,000 yen. (Opposition can be received at the convention secretariat.) If an objection is approved, this deposit will be refunded. Not knowing the rules does not constitute a reason for opposition. For Citizen Race is assumed that the objection of 50 km race will be until 10:30. For Citizen Race of 210 km, 140 km, 100 km series race shall be until 14:45. Those notified of disqualification after 14:45 will be within 30 minutes from the notified time. In principle, we will not accept objections after the above time.

16. Notifications of changes in rules and regulations hereby:

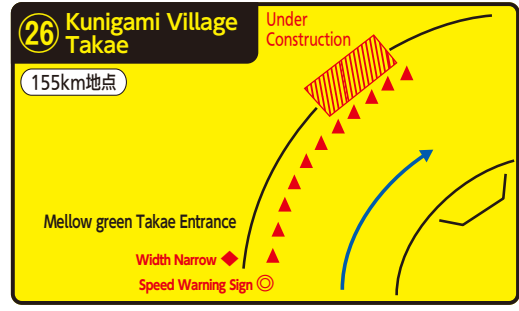
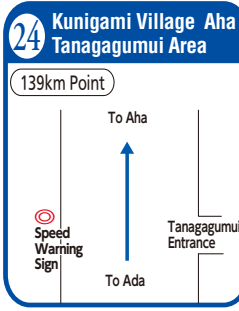
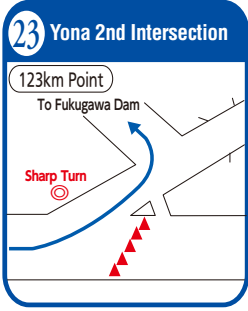
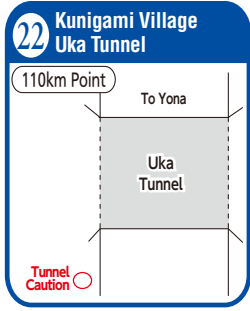
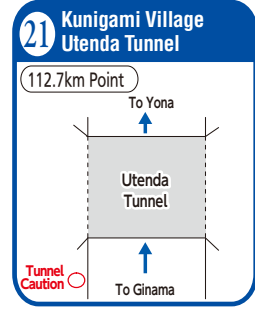
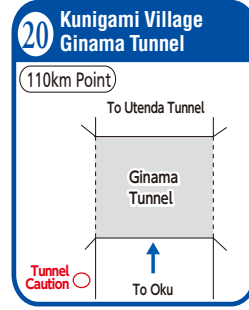
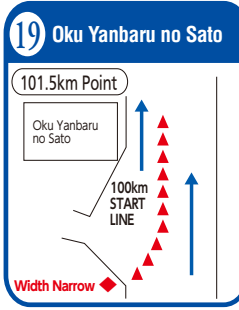
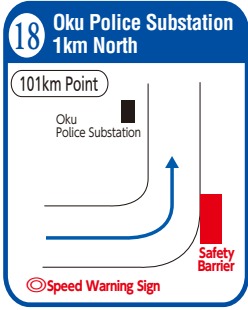
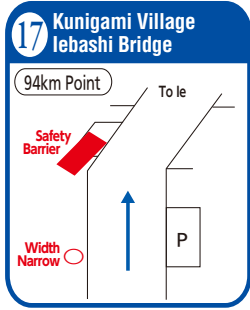
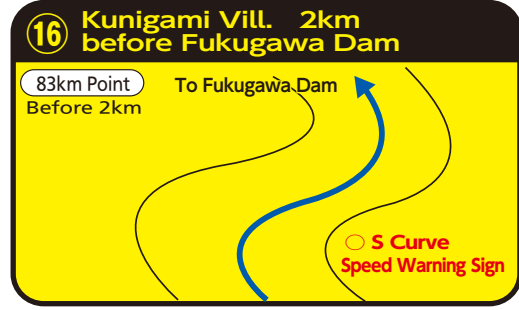
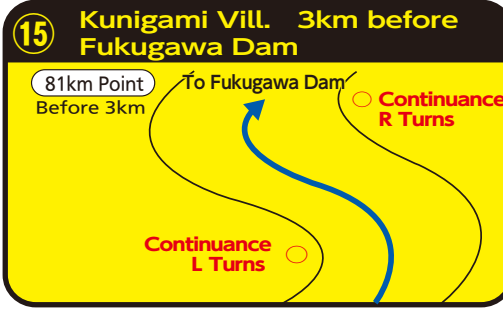
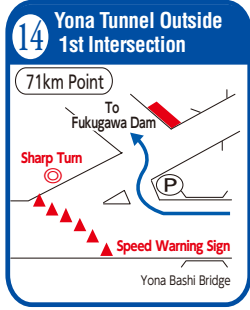
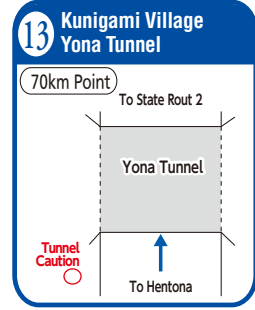
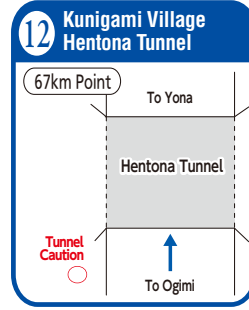
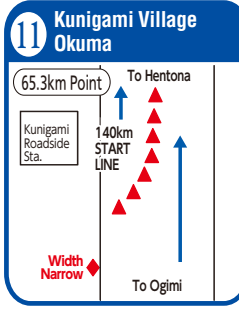
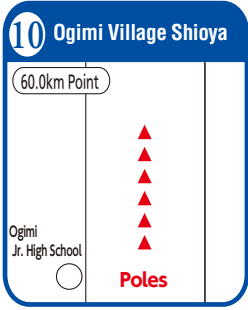
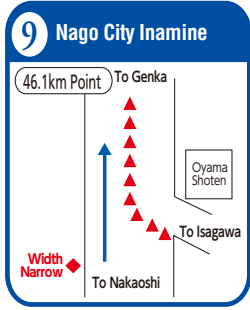
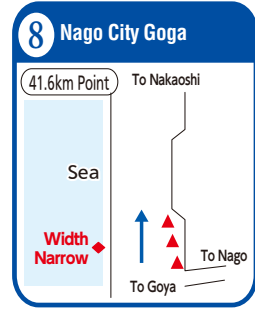
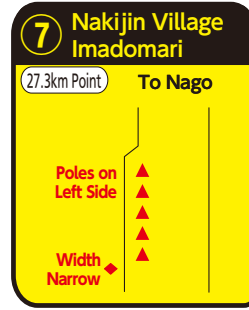
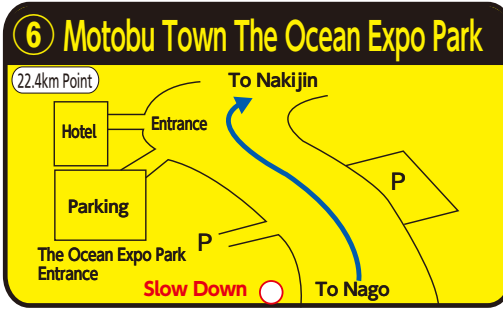
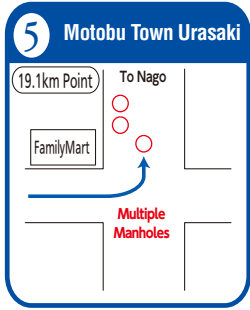
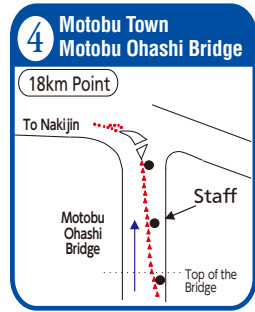
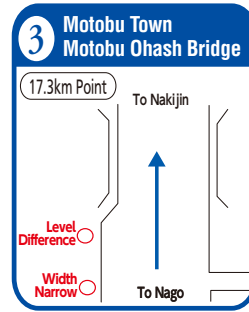
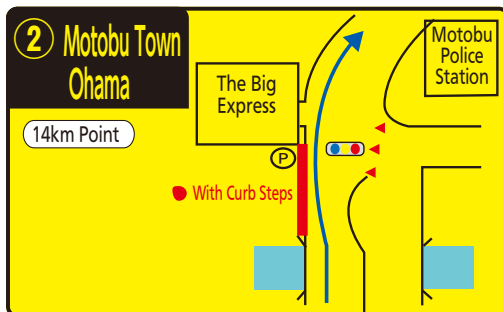
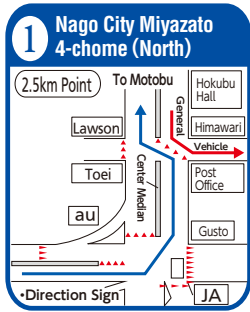
- ◆ In the event of unexpected schedule changes, changes will be announced at the opening ceremony and/or included in an updated event program.

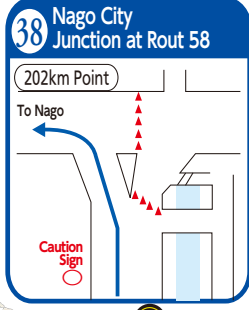
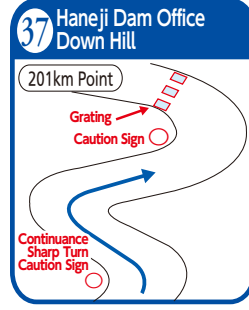
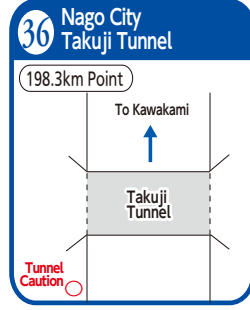
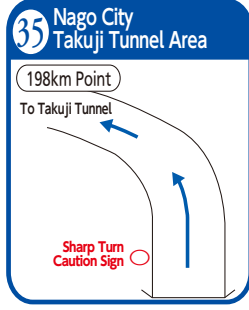
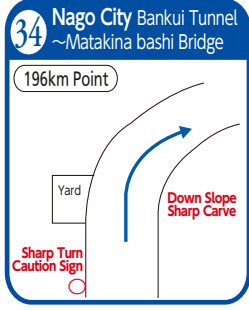
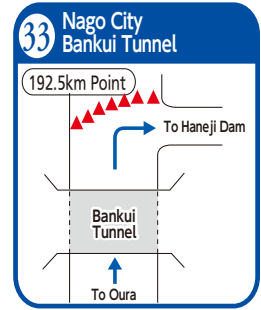
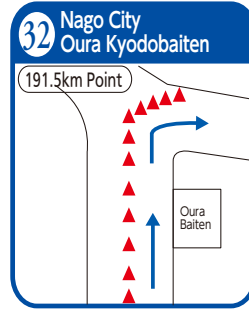
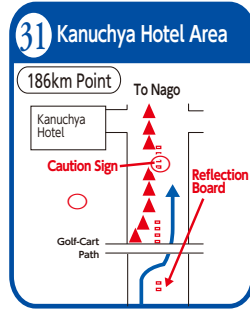
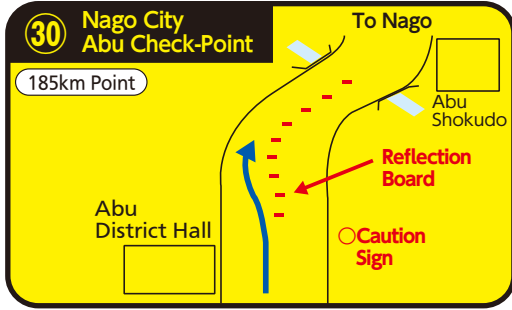
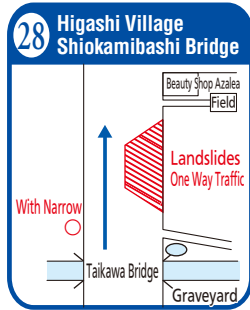
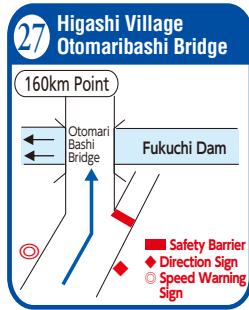
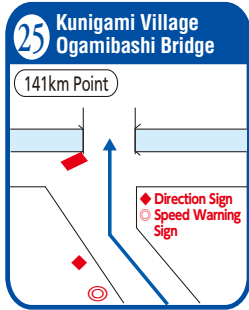
17. Race manners:

- ◆ 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.

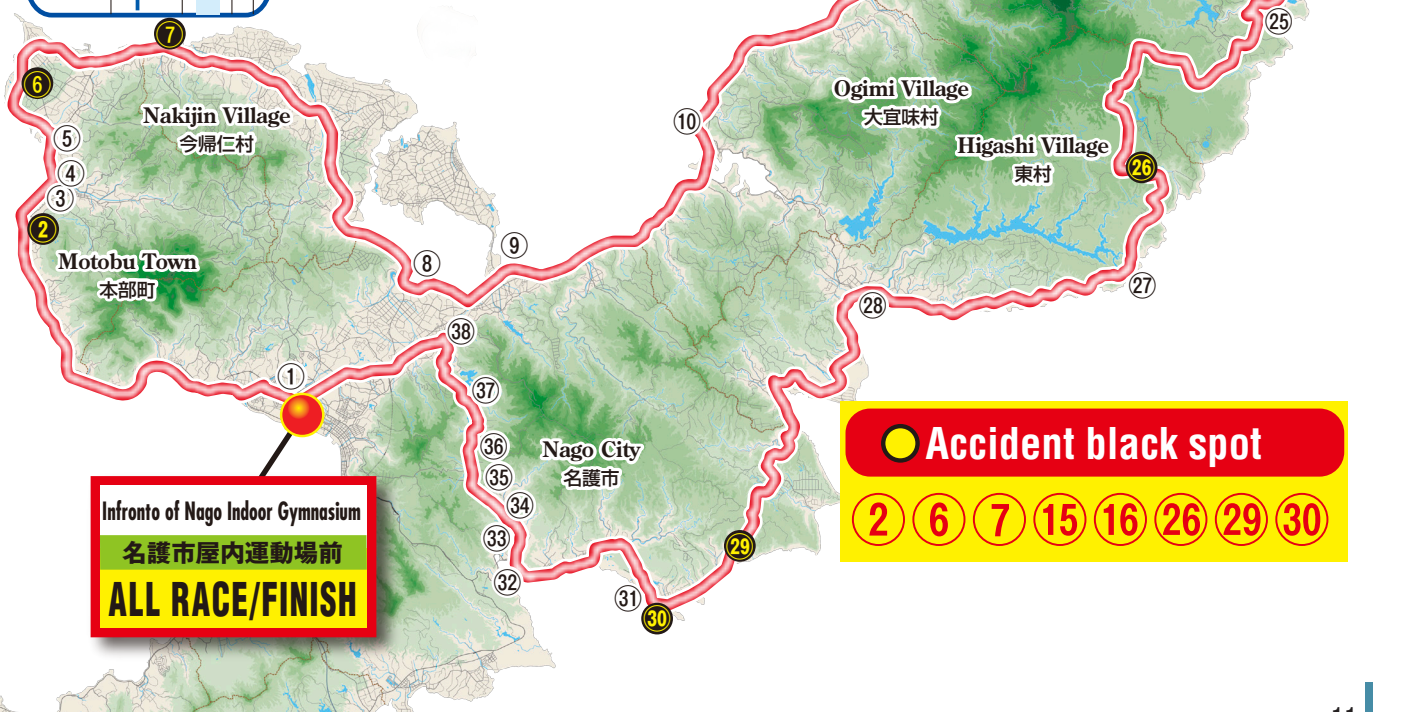
※ These guidelines and rules may change without a previous notice.

Caution Areas





During the goal sprint, please stop the act leading to the accident such as skewing or pressing, etc. Violation will be subject to DISQUALIFICATION or DEMOTION.



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 [W16cm × H18cm]
- ☆ Citizen's Road Race 210km, 140km, and 100km (including Under 39 / Over 40) are [W20.8cm × H18.2cm] TWO pair for ONE set
- ☆ All Citizen's Road Race 50km are [W25cm × H18.2cm] TWO pair for ONE set.

①	Men's Champion Race 210km	Black text on White	1 ~ 199
②	Women's International Road Race 100km	Black text on Pink	201 ~ 299
③	Junior International Road 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 39)	Black text on Yellow	2501 ~ 2799
⑨	Citizen Road Race 50km (40s)	Black text on Beige	3001 ~ 3299

⑩	Citizen Road Race 50km (50s)	Black text on Blue	3301 ~ 3599
⑪	Citizen Road Race 50km (over 60)	Black text on Green	3601 ~ 3899
⑫	Jr. High School Road Race 50km	Red text on White	3901 ~ 3999
⑬	Citizen Ladies' Race 50km	Black text on Pink	4001 ~ 4199
⑭	Challenge Race 50km (Under 39)	Black text on Yellow	4201 ~ 4399
⑭	Challenge Race 50km (40s)	Black text on light blue	4401 ~ 4699
⑭	Challenge Race 50km (Over 50)	Black text on Yellow green	4701 ~ 4899
⑭	Kids Race 10km	Red text on Yellow	4901 ~ 4999

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

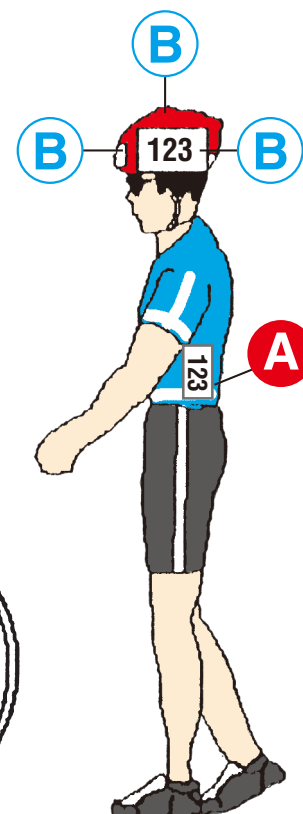
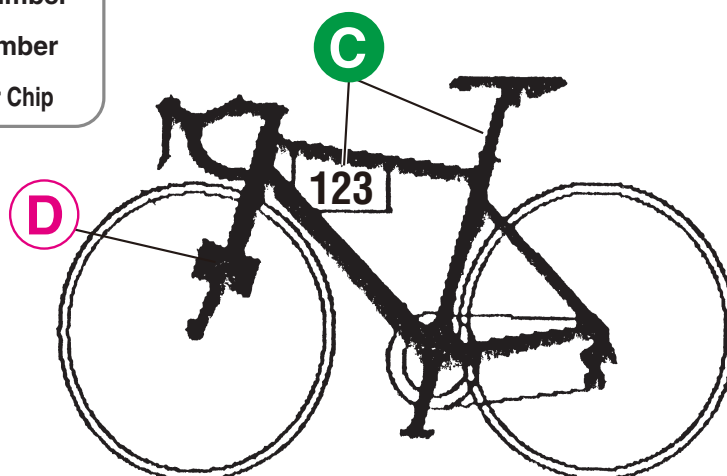
- Because it measures automatically, transponder tip is attached to the front fork of the bicycle.
- Receive it at the "Registration/Package Pick Up Area (1)" and return it after the race at "Return Transponder Chips Area (6)".

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	
A	Tag Number
B	Helmet Number
C	Frame Number
D	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 Iheya 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)

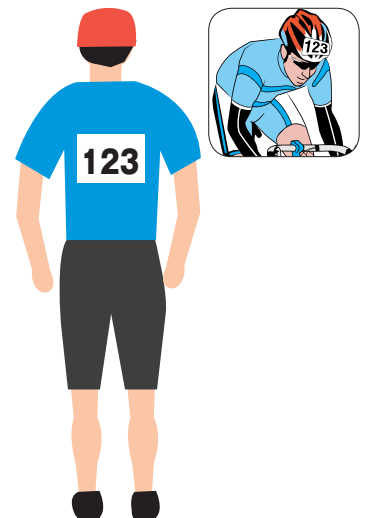
4. Certificate of Completion

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.

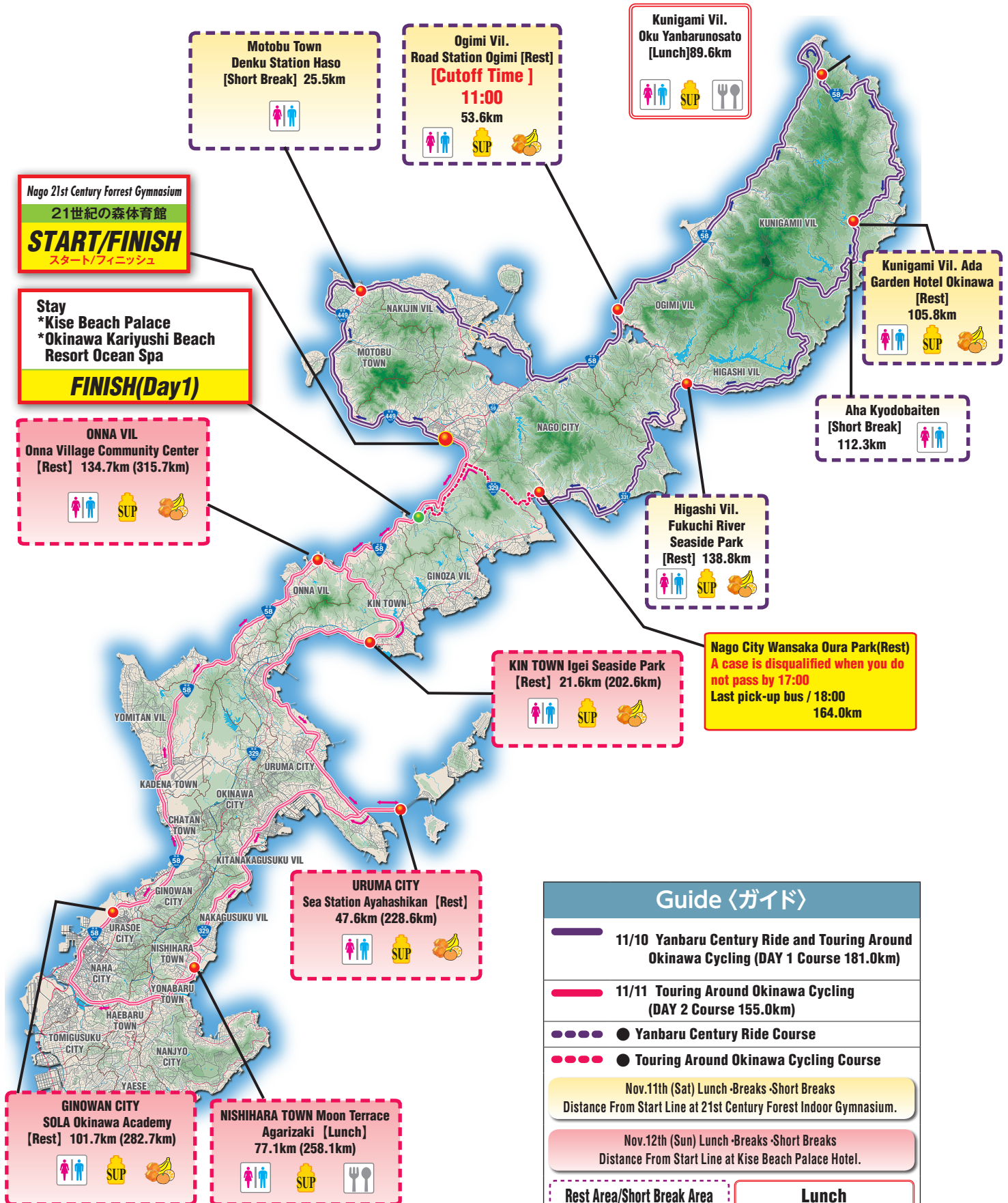
5. Number Tags for Cycling Program

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

①	Touring Around Okinawa Island Course (Kariyushi Beach Resort)	Black text on White	5001 ~ 5299
②	Touring Around Okinawa Island Course (Kise Beach Palace)	Black text on Red	5301 ~ 5799
③	Izena Island Cycling (1 Night Stay)	Black text on Green	5801 ~ 5599
④	Izena Island Cycling (Participants in the island)	Black text on Blue	1 ~ 30
⑤	Yanbaru Century Ride (Categories on Saturday Only)	Black text on Yellow	6001 ~ 6299
⑥	Onna Villege Family Cycling	Black text on Yellow	6301 ~ 6599
⑦	Ie Island Family Cycling (Categories on Saturday Only)	Black text on Pink	6601 ~ 6799
⑧	Barrier-Free Cycling	Red text on White	6801 ~ 6999
⑨	Challenge Cycling Course (Categories on Saturday Only)	Red text on White	7001 ~ 7399



Areal Map for Lunch, Breaks, & Short Breaks



Guide (ガイド)	
	11/10 Yanbaru Century Ride and Touring Around Okinawa Cycling (DAY 1 Course 181.0km)
	11/11 Touring Around Okinawa Cycling (DAY 2 Course 155.0km)
	● Yanbaru Century Ride Course
	● Touring Around Okinawa Cycling Course
Nov.11th (Sat) Lunch ·Breaks ·Short Breaks Distance From Start Line at 21st Century Forest Indoor Gymnasium.	
Nov.12th (Sun) Lunch ·Breaks ·Short Breaks Distance From Start Line at Kise Beach Palace Hotel.	
	Rest Area/Short Break Area
	Lunch
	Rest Room
	Supply
	Sunack
	Lunch

11/10.11 336km Touring Around Okinawa Island Course



Schedule for Touring Around Okinawa Island

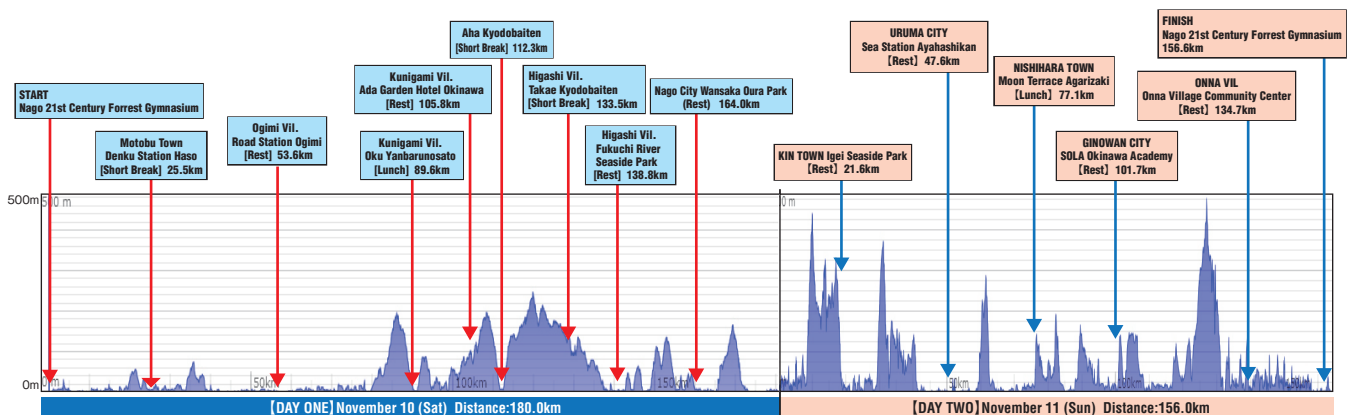
Saturday, Nov. 10, 2018

Roll Calls 6:00~6:30 ※Please deliver to Baggage Keeping Area by yourself before 6:30.		
START	Nago City·21st Century Forest Gymnasium	7:10
53.6km	Ogimi Village·Road Station Ogimi (AID)	11:00 Pick Up
89.6km	Kunigami Village·Oku Yanbaru no Sato (Lunch)	10:30~13:30
105.8km	Kunigami Village·Ada Garden Hotel (AID)	
138.8km	Higashi Village·Fukujigawa Seaside Park (AID)	16:00 Pick Up
164km	Nago City·Wansaka Oura Park (AID)	17:00 Pick Up
GOAL (179km)	Nago City·KISE BEACH PALACE	Overnight Stay

Sunday, Nov. 11, 2018

Roll Calls 6:00~6:30 ※Please load your baggage onto the truck by yourself, then assemble at in front of the hotel by 6:50.		
START	Nago City·KISE BEACH PALACE	7:00
21.6km	Kin Town·Igei Seaside Park (AID)	
47.6km	Uruma City·Sea Station Ayahashikan (AID)	10:30 Pick Up
77.1km	Nishihara Town·Moon Terrace Agarizaki (Lunch)	10:00~13:30
101.7km	Ginowan City·SOLA Okinawa Academy (AID)	16:00 Pick Up
134.7km	Onna Village·Onna Village Community Center (AID)	
GOAL (157km)	Nago City·21st Century Forest Gymnasium	

Touring Around Okinawa Island Vertical Interval 11/10(Sat)-11(Sun) Entire Distance 336.0km



※ルートラボ参考。

ROAD RASE

Citizen Road Race: 210km / 140km
100km (Under 39 / Over 40)
Citizen Road Race

210km / 140km / 100km under39/100km over40

Citizen Race 210km [Guidelines]

※ Since there are explanations of safety precautions, be sure to attend.

Roll Call before START

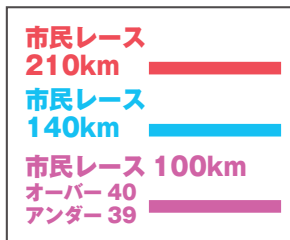
- (1) DATE: Sunday, Nov. 11, Be sure to get together at 30 min. before START.
- (2) Location: Nago Indoor Gymnasium
- (3) Participants must check the transponder chip and indicates intention to attend.

Estimated START

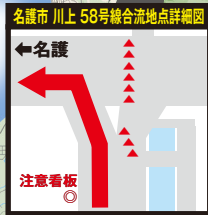
time is 7:27.

※ Please stop the acts leading to accidents such as skewing and pressing while goal sprint.

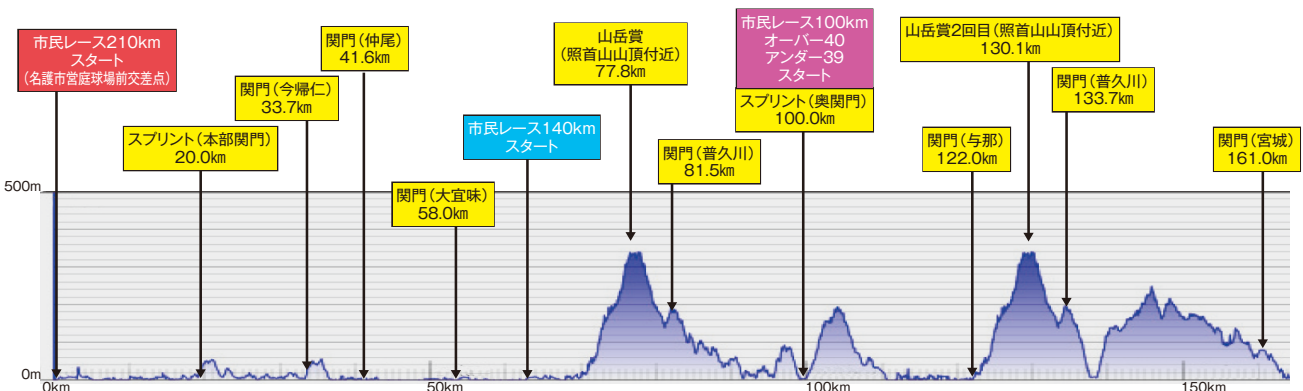
- CP CHECK POINT** [打ち切り関門]
※各レース、関門において、打ち切りがあります。
- FZ FEEDING ZONE** [補給所]
- HILL TOP POINT** [山岳賞ポイント]
(1回目と2回目の合計で山岳賞が与えられるポイント)
- SP SPRINT POINT** [スプリントポイント]
※1位で通過する選手にスプリント賞が与えられるポイント

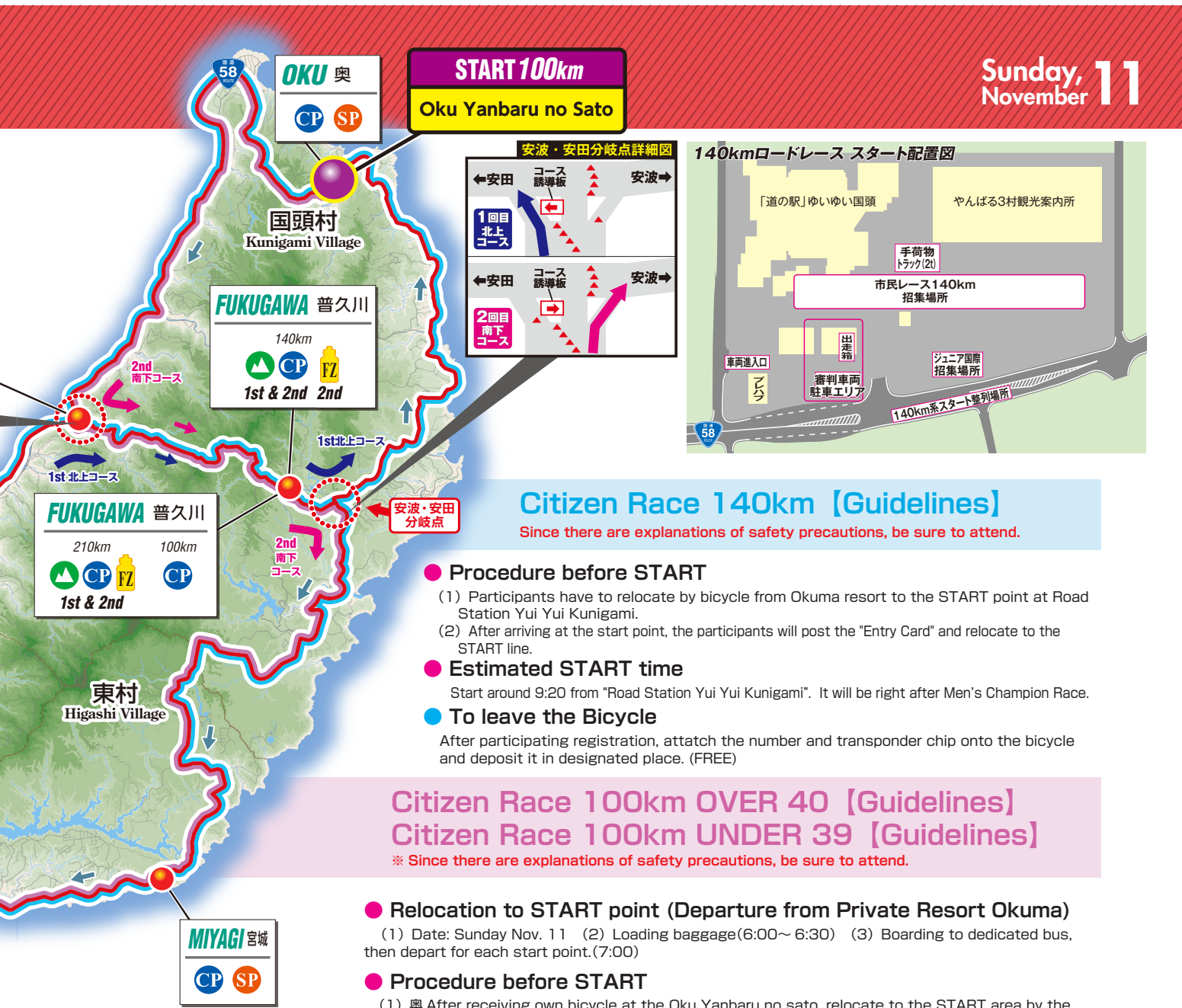


START 210km
ALL RACE FINISH
Intersection in front of Nago Tennis Courts

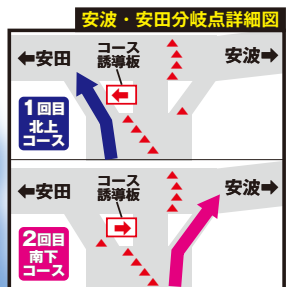
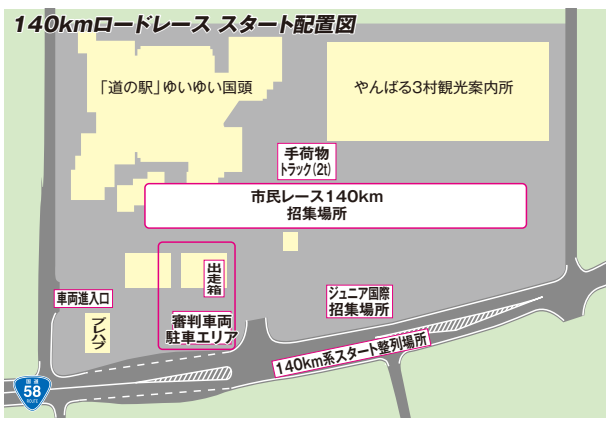


市民レース高低図 (210km・140km・100km)





START 100km
Oku Yanbaru no Sato



Citizen Race 140km [Guidelines]

Since there are explanations of safety precautions, be sure to attend.

- **Procedure before START**
 - (1) Participants have to relocate by bicycle from Okuma resort to the START point at Road Station Yui Yui Kunigami.
 - (2) After arriving at the start point, the participants will post the "Entry Card" and relocate to the START line.
- **Estimated START time**
Start around 9:20 from "Road Station Yui Yui Kunigami". It will be right after Men's Champion Race.
- **To leave the Bicycle**
After participating registration, attach the number and transponder chip onto the bicycle and deposit it in designated place. (FREE)

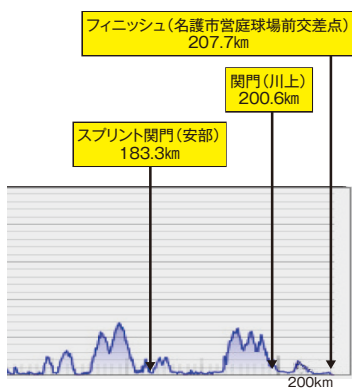
Citizen Race 100km OVER 40 [Guidelines] Citizen Race 100km UNDER 39 [Guidelines]

※ Since there are explanations of safety precautions, be sure to attend.

- **Relocation to START point (Departure from Private Resort Okuma)**
 - (1) Date: Sunday Nov. 11 (2) Loading baggage(6:00~ 6:30) (3) Boarding to dedicated bus, then depart for each start point.(7:00)
- **Procedure before START**
 - (1) 奥 After receiving own bicycle at the Oku Yanbaru no sato, relocate to the START area by the guidance of the staff and wait.
 - (2) Participants will post the "Entry Card" and indicates intention to attend.
- **Estimated START time**
OVER 40 starts around 10:08, UNDER 39 starts around 10:16 from Oku Yanbaru no Sato. (Start with the signal of the starter)
- **Deposit a bicycle**
After participating registration, attach the number and transponder chip onto the bicycle and deposit it in designated place. (FREE)

Accident-prone zone
※For details, refer to the notes on page 32.

Please stop the acts leading to accidents such as skewing and pressing while goal sprint.

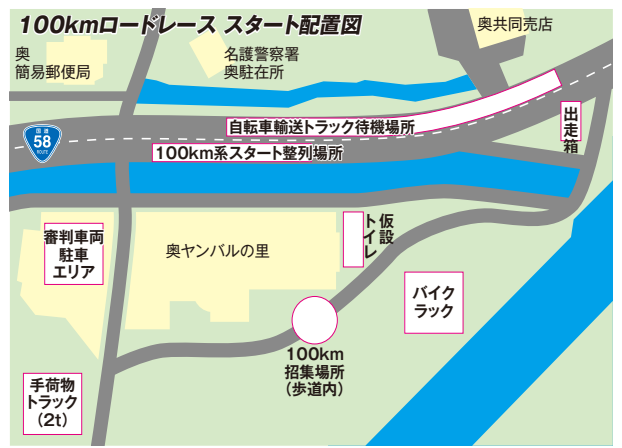


FRESHLIVE

Access from PC, SmartPhone.

FRESHLIVE broadcasts races of Tour de Okinawa lively!

スタート・フィニッシュシーンなども含めて、会場の盛り上がりを生々の臨場感でお伝えします!



50km

市民レース50km アンダー39/フォーティ/フィフティ/オーバー60
チャレンジレース50kmアンダー39/フォーティ/オーバー50/市民レディース/中学生レース
Citizen Road Race

Citizen Road Race under39/forty/fifty/over60 Challenge Race under39/forty/over50/Women's/Junior highschool



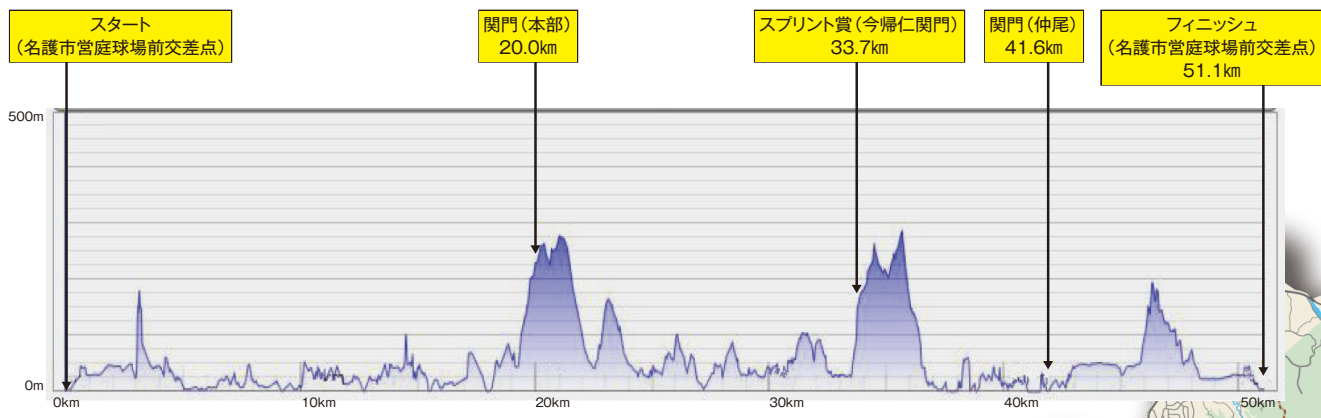
MOTOBU 本部
関門
距離 **20.0km**
制限時間 **8:30**
CP SP

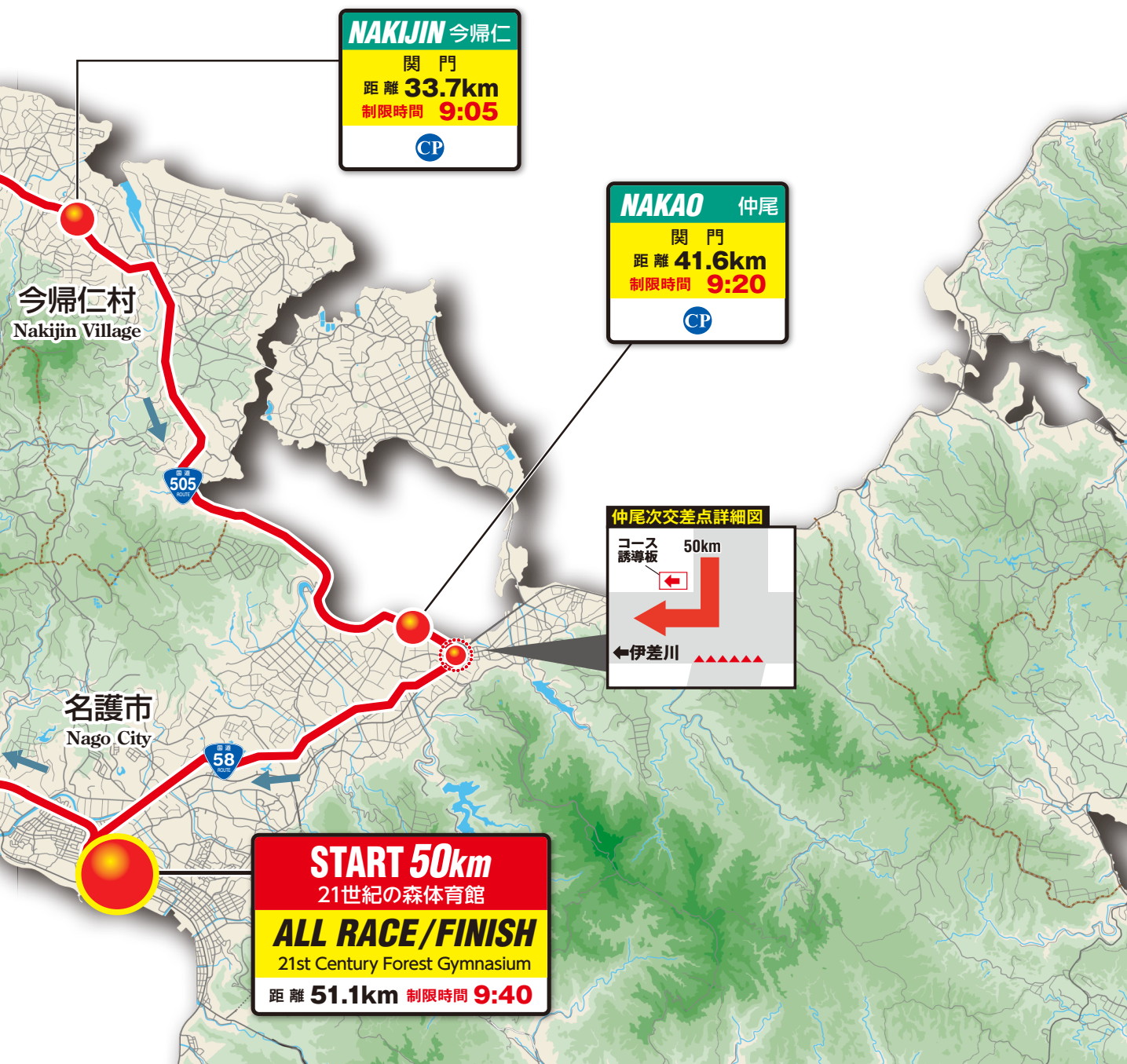
CP CHECK POINT [打ち切り関門]
※各レース、関門において、打ち切りがあります。

SP SPRINT POINT [スプリントポイント]
※1位で通過する選手にスプリント賞が与えられるポイント

Accident-prone zone
※For details, refer to the notes on page 32.

※ ゴールスプリントにあたっては、斜行・押圧等、事故につながる行為は止めてください。





[Guidelines] ※ Since there are explanations of safety precautions, be sure to attend.

● **Roll Call before START**

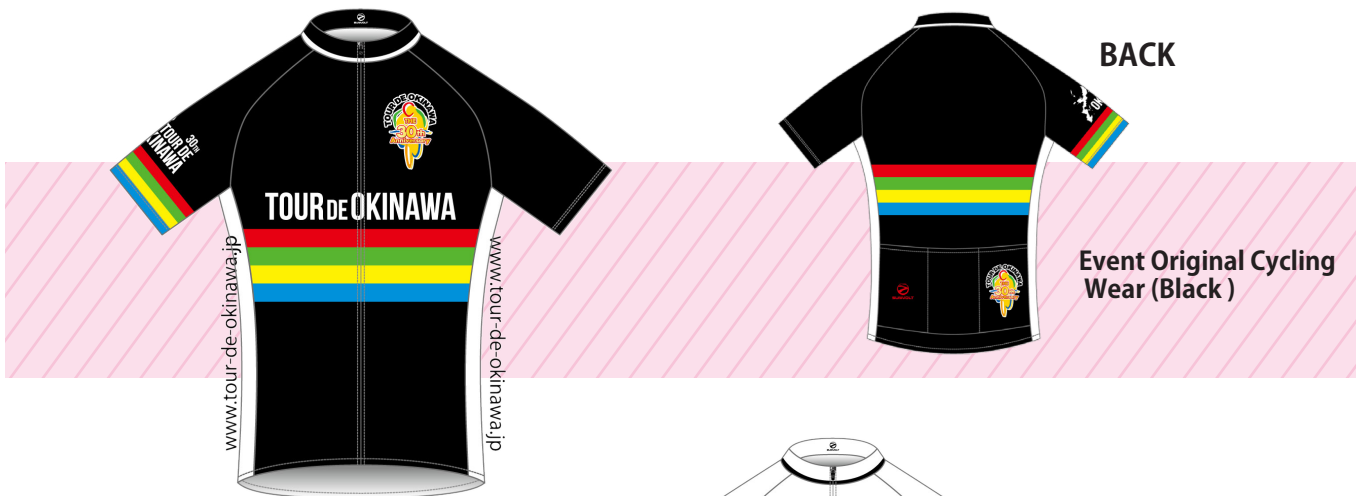
- (1) DATE: Sunday, Nov. 11, Be sure to get together at 30 min. before START.
- (2) Location: In front of Nago Indoor Gymnasium
- (3) Participants must check the transponder chip and indicates intention to attend.

● **Converge at START line**

Arrange at the start line by the staff induction.

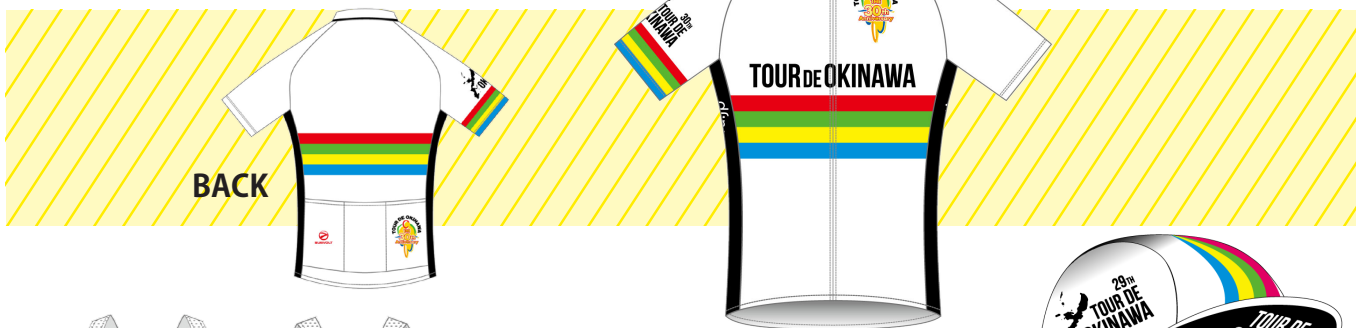
● **Arrange at the start line by the staff induction.**

- Citizen's Road Race UNDER 39 (7:00)
- Citizen's Road Race 40s (7:06)
- Citizen's Road Race 50s (7:12)
- Jr. High Students Road Race (7:30)
- Citizen's Road Race OVER 60 (7:35)
- Citizen's Road Race Women (7:38)
- Challenge Race OVER 50 (7:41)
- Challenge Race 40s (7:43)
- Challenge Race UNDER 39 (7:45)



BACK

Event Original Cycling Wear (Black)



BACK



Event Original Racer Pants



Event Original Cycling Cap (Black / White)



BACK

Event Original Squeeze Bottle



Event Original Tote Bag

Event Original Sacoche

