

TOUR DE OKINAWA

31st ROAD RACE DIVISION

2019 11.10 SUN

Contestant Instructions

- Competitors must be in conformity with the competition road race 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 and disc wheels are not permitted.
- Competitors must wear a helmet officially authorized by the Japan Cycling Federation. * Elementary school students should wear a helmet of hard material.
- Neutral service (supply of wheels) can be received by neutral cars (equipment vehicles and equipment motorcycles) prepared by the organizer. The spare wheel is made by Shimano. *We do not correspond to neutral service (wheel supply) to wheel with disc brake. Unless we announce in our homepage. <http://t-d-okinawa.jugem.jp>
- The start time may be changed depending on the race situation.
- Players cannot pass through the checkpoint on the courses within cut-off time is disqualified as a general rule. Therefore, those players will be excluded from the competition. Players that have been excluded from the race, be sure to leave the course in accordance with the instructions of the check point referees. Excluded athletes and bicycles will be transported to the venue by pick up vehicle. Bicycles can be received at "Bicycle Claim" provided in the race head quarter.
- 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.
- 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.)
- If a mixed run with another category is confirmed, the winners will be subject to disqualification / demotion.
- Based on the JCF regulation, lack of manners in public, especially such indecent behaviors as urination in public is prohibited.
- Competitors, littering of the bottle in other than the depot "Green zone" designated by the organizer is prohibited. Throwing wastes away on the course is prohibited.

Participation conditions for each categories of citizen races.

- JPCA registered players cannot participate citizen race 140km, 100km and 50km categories.
- Professional Keirin cyclist cannot participate in any citizen race 50km categories.
- Those who do not have cycle road race experience cannot participate for the Citizen race 210km.

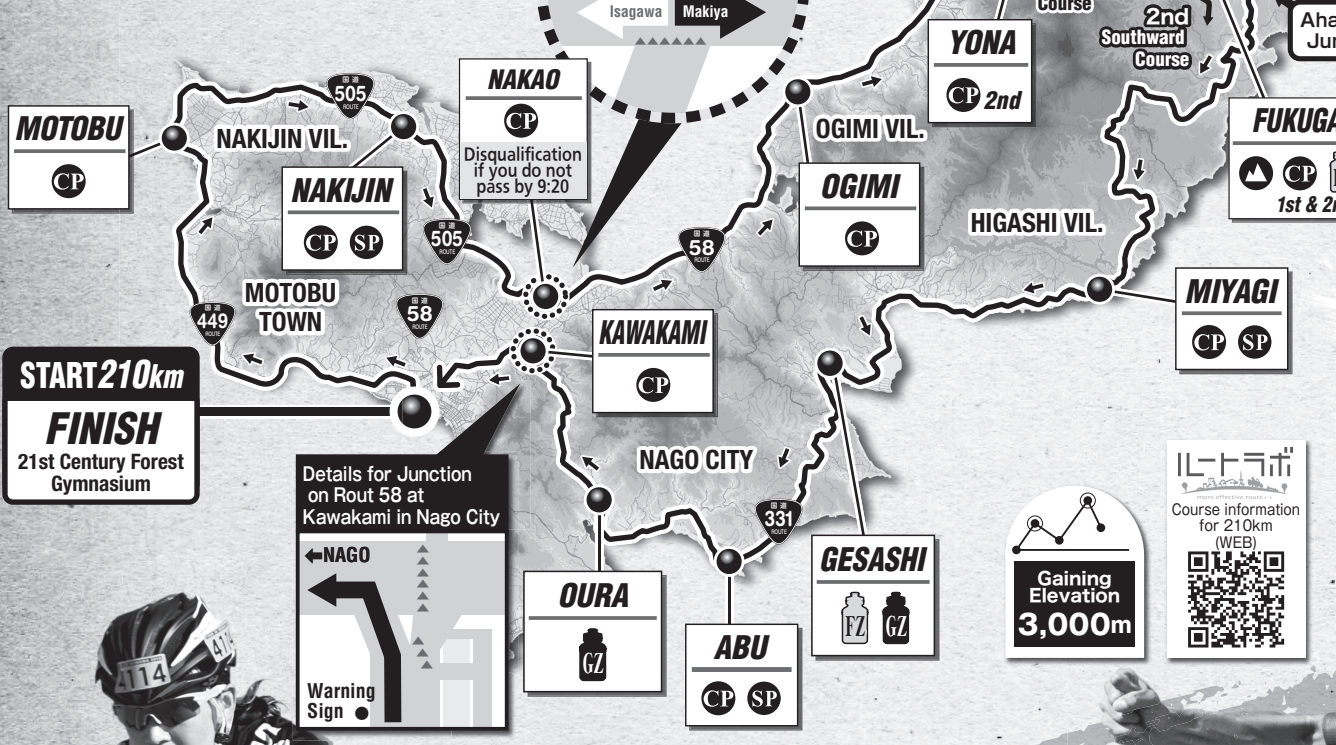
* Participation experience, such as enduro, is not included in the road race experience.

RULES and REGULATIONS via INTERNET
Follows Japan Cycling Federation competition rules and special regulations of Tour de Okinawa.

210km

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

Date	November 10th (Sun)
Maximum	300 participants
Eligibility	Age between 19-59 for Men
Entry Fee	24,000 yen (23,000 yen for JCF members)



100km

Citizen road race
Ride through the scenery of Okinawan dynamic course!

Date	November 10th (Sun)
Maximum	350 Participants.
Eligibility	16 y/o or older
Entry Fee	19,000 yen (18,000 yen for JCF members)

Date	November 10th (Sun)
Maximum	350 Participants.
Eligibility	40 y/o or older
Entry Fee	19,000 yen (18,000 yen for JCF members)



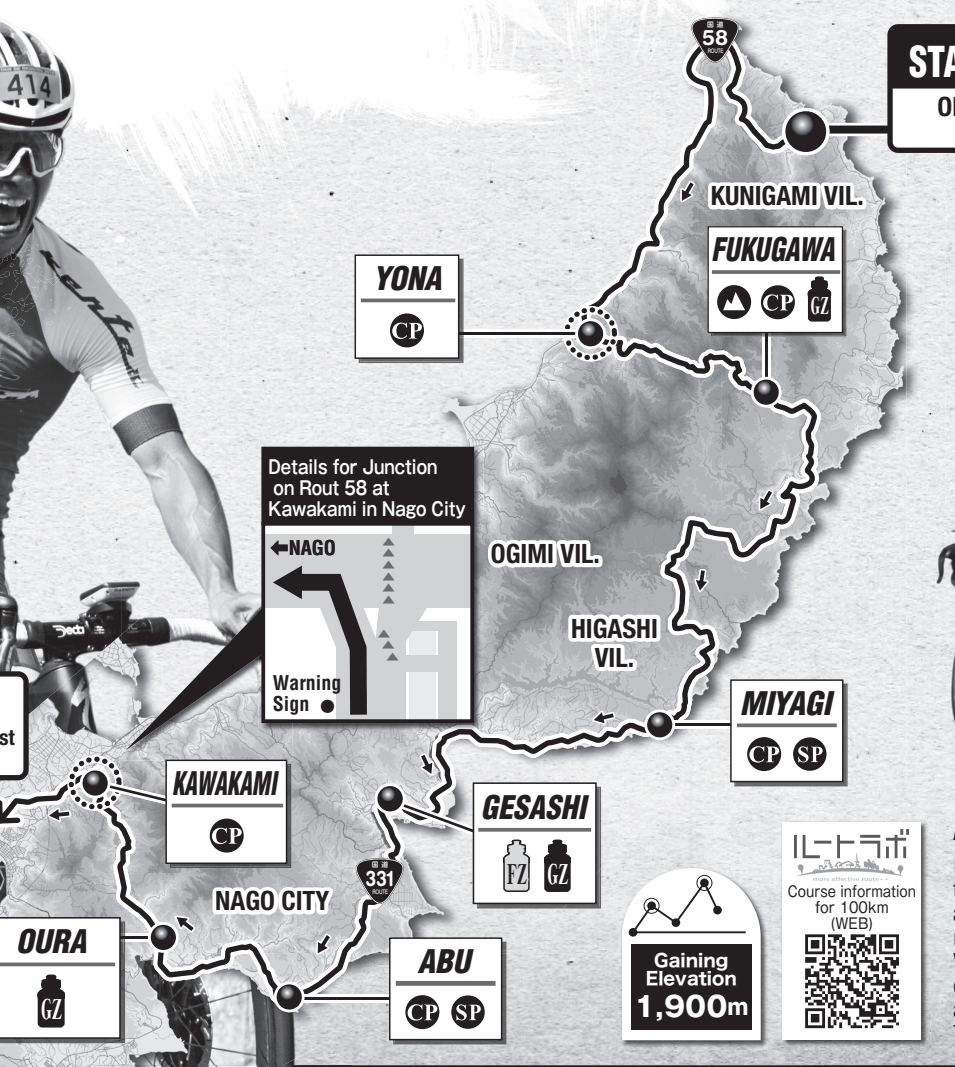
140km

Citizen road race
Serious battle for citizen racers in the vasty nature.

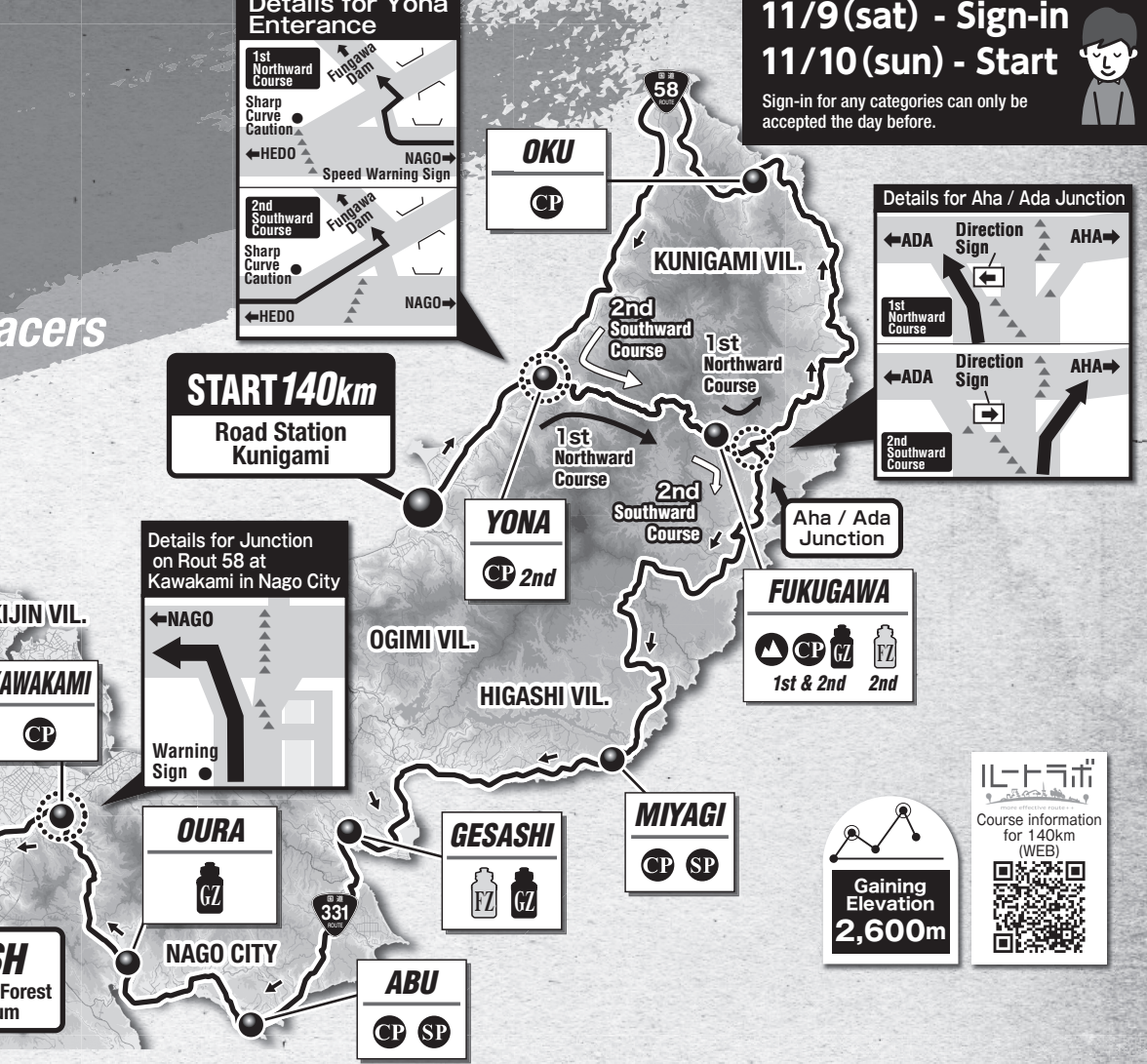
Date	November 10th (Sun)
Maximum	300 participants
Eligibility	16 y/o or older
Entry Fee	20,000 yen (19,000 yen for JCF members)

Date	November 10th (Sun)
Maximum	300 participants
Eligibility	40 y/o or older
Entry Fee	20,000 yen (19,000 yen for JCF members)

- CP** CHECK POINT (There is the close at each race and a gateway.)
- KING OF THE MOUNTAINS (KOM)**
- SPRINT POINT** (The first cyclist to pass a sprint point receives a prize.)
- FEED ZONE**
- GREEN ZONE** *Changes may be added.



About raising the participation fee
It is due to further strengthening of the rescue system, the response to rising costs of personnel expenses, transportation costs, and articles required for the tournament management and safety measures. We will place a burden on the participants, but we will continue our efforts to maintain safety and security and strive to improve the attractiveness of Tour de Okinawa and the services of the convention. Thank you for your understanding.



International road race
UCI Official-recognition Course

Men's Champion Road Race

100km International Women's Road Race
Maximum: 100 Participants. Entry fee: 12,000 yen
Eligibility: Invited individual elite women in Japan or other countries, elite women registered with invited national teams with the classification of 20th ranking or higher, or women of high school age or older registered with her respective national bicycle federation.

Challenge Race 50km

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

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

Date	November 10th (Sun)
Maximum	200 participants
Eligibility	Age between 16 to 39 y/o
Entry Fee	13,000 yen

Date	November 10th (Sun)
Maximum	200 participants
Eligibility	Age between 40-49
Entry Fee	13,000 yen

Date	November 10th (Sun)
Maximum	200 participants
Eligibility	50 y/o or older
Entry Fee	13,000 yen

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

Male Junior H.School Students' Road Race 50km

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

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

Kid's Race 10km

Take your first step in this hot race!

Date	November 10th (Sun)
Maximum	100 participants
Eligibility	4th-6th Graders Race for both Male and Femal Students.
Entry Fee	4,000 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

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

Date	November 10th (Sun)
Maximum	200 participants
Eligibility	16 y/o or older
Entry Fee	14,000 yen (13,000 yen for JCF members)

Date	November 10th (Sun)
Maximum	200 participants
Eligibility	Age between 40-49
Entry Fee	14,000 yen (13,000 yen for JCF members)

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

Date	November 10th (Sun)
Maximum	200 participants
Eligibility	60 y/o or older
Entry Fee	14,000 yen (13,000 yen for JCF members)



350m gaining elevation for 50 Km-Based Course

50km 10km

350m gaining elevation for 50 Km-Based Course

START 50km
21st Century Forest Gymnasium

ALL RACE / FINISH
Nago city indoor playground (finish point)
Distance: 51.1km Time Limit: 9:40

NAKAO
Check-Point Distance: 41.6km Time Limit: 9:20



31st LONG RIDE

336km

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

In day one, they will tour along the roads in the mountainous region called Yanbaru where they experience many hill crumbles 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.

Date	November 9th (Sat.) 10th (Sun.) (2-day/1-night trip)
Maximum	600 participants.
Eligibility	16 y/o or older, but limited to participants who are able to ride at the average speed of 25km/h (15.5mile/h).
Entry fee	-Accommodation Fee on Saturday is included. 30,000yen -No stay on Saturday 25,000yen

Hotel information (Staying on Saturday, 9th.)

- * The hotel room will be adjusted by the organizer as a basic number of 4 people as a shared room (by gender).
- * If you would like a TWIN ROOM, additional cost for 4,000 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 form.
- * Participants can not pick hotels.
- * Not accepted change of accommodation.

twin (Per person)
¥4,000 plus

triple (Per person)
¥2,000 plus

Course Guide

First day	11/9 Yanbaru Century Ride Touring Around Okinawa Island Course The First Day	Sat. Nov. 9 Lunch, Rest, Short Break and Start (Distance from 21st Century Forest Gymnasium.)
The 2nd day	11/10 Touring Around Okinawa Island Course	Sun. Nov. 10 Lunch, Rest, Short Break and Start (Distance from Kise Beach Palece.)

Rest Area, Short Break Area: Lunch, Restroom, Supply, Snack, Lunch

About raising the participation fee

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We will place a burden on the participants, but we will continue our efforts to maintain safety and security and strive to improve the attractiveness of Tour de Okinawa and the services of the convention. Thank you for your understanding.

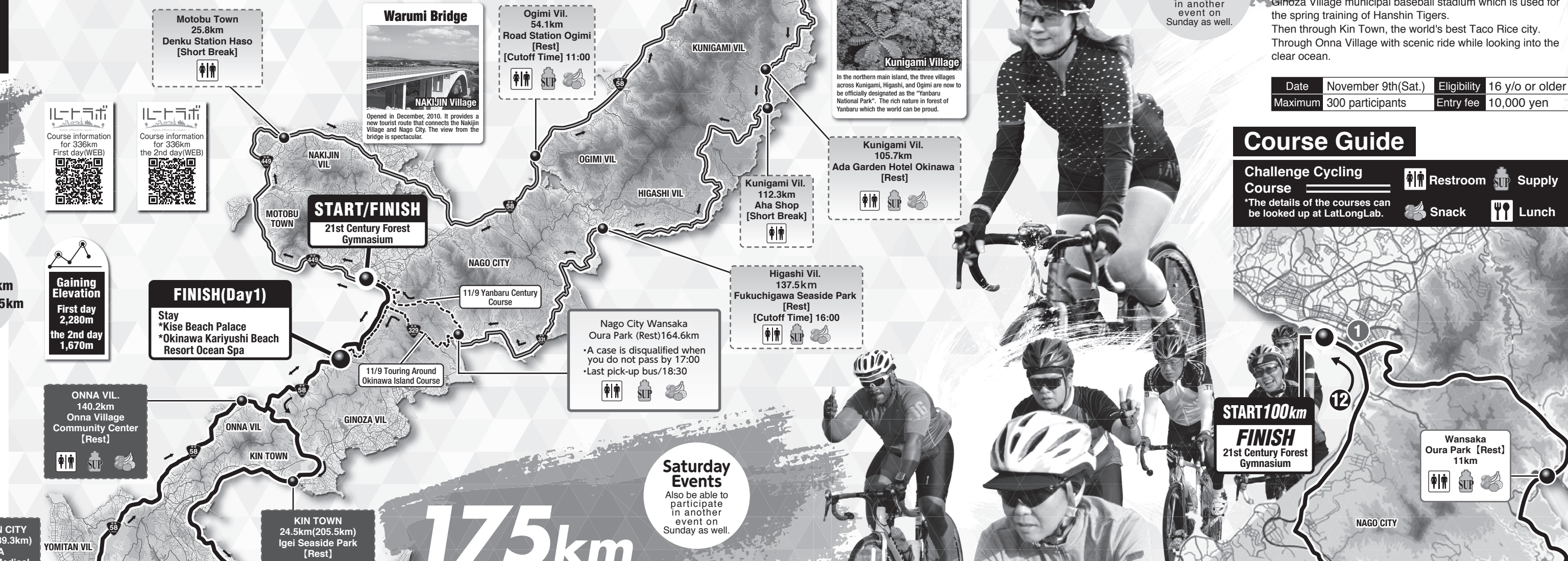
11/8 (fri) - Sign-in

11/9 (sat) - Start

Sign-in for any categories can only be accepted the day before.

Saturday Events

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



Course Guide

Challenge Cycling Course

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

Restroom, Supply, Snack, Lunch

Date	November 9th(Sat.)	Eligibility	16 y/o or older
Maximum	300 participants	Entry fee	10,000 yen

Notes Common to All Categories

- The application must be completed before the official deadline. No one can participate the race/cycling without being registered.
- Competitors must register to the receptionist on the designated date. (The day before starting time of each category). The competitor would not be able to participate the event without registering.
- Vehicular traffic will be closed for automobiles after 6:00 AM on Nov. 10th (Sun.). Be sure to gather at the starting area at the designated time.
- Although first-aid treatment will be delivered to a participants in need, all the costs for further medical treatment will be charged to the participant. Every participants are responsible for having medical insurance for the race and be sure to carry the insurance card/note.
- When being involved in an accident during the race, he/she must notify the race organizer, or event insurance will not be applied.
- Disobeying race rules will result in disqualification, and the race organizer can not take any responsibility for any consequence that result.
- The organizer will apply accident insurance to the participants.
- Citizen Road Race: 1,000 yen for Hospitalization, up to 5,000,000 yen for death or sequelae.
- Long Ride Cycling: 1,500 yen for doctor's visit, 3,000 yen for hospitalization, up to 5,000,000 yen for death or sequelae.
- **If you are not satisfied with this insurance content, please apply for different insurance in yourself.
- Applications without a written signatures on the convention pledge are invalid. (In case of application online, agreement is necessary to complete.)
- Automobiles that belong to participants or spectators must be parked at Nago Fishing Port during the race period (Nov. 9th (Sat.) - 10th (Sun.), 2019)
- As a general rule, riders of the road races of this event must keep to the left side. Use of a cell phone while riding is prohibited.

90km

Challenge Cycling Course

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

Access to Nago City

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

- *By Yanbal Express Bus From Naha Airport to get off at Nago Shiyakusho-mae (Nago City Hall) then walk 3 min. (¥1,600) (Approximate travel time: 1 hr. 50 min)
- *By High Way Bus (Line No.111, No.117) From Naha Airport to get off at Nago Shiyakusho-mae (Nago City Hall) then walk 3 min. (¥2,190) (Approximate travel time: 1 hr. 40 min)
- *By City Bus (Line No.120) Catch Bus No. 120 at Naha Airport and get off at Hokubu-Godochosha-mae then walk 10 min. (¥1,940) (Approximate travel time: 2 hr. 30 min)
- *By Okinawa Airport Shuttle From Naha Airport to get off at Nago Shiyakusho-mae (Nago City Hall) then walk 3 min. (¥1,600) (Approximate travel time: 2 hr.)
- *By City Bus (Line No.20) Catch Bus No. 20 at Naha Bus Terminal and get off at Hokubu-Godochosha-mae then walk 5 min. (¥1,900) (Approximate travel time: 2 hr. 20 min)

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

For information about city service, call those bus companies:
Ryukyuu Bus(098-852-2530), Okinawa Bus(098-862-6737), Okinawa Bus Association(098-867-2316)
Toyo Bus Naha office(098-947-1070) Highway Bus only
Yanbaru Express Bus https://www.ok-connection.net *Operating Yanbaru Express Bus only.
Okinawa Airport Shuttle https://www.okinawa-shuttle.jp *Operating Okinawa Airport Shuttle only.

TOUR DE OKINAWA

2019.11.9 SAT - 10 SUN

名護局 料金後納
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Official Site www.tour-de-okinawa.jp

Special Sponsor ANA

UCI ASIA TOUR

Registration 12:00

Application Start 8:15

For more information <http://info@tour-de-okinawa.jp>

KEIRIN 競輪の補助業務
この要領は、競輪の補助にだけ作られた。 <http://info.keirin-awabara.or.jp>

Specialty of Okinawa: Blossom out, yourself in the tropical island as free as the wind!

What kind of place is "Yanbaru" where the tournament is held?

Yanbaru is the name given to the forested northern part of Okinawa Island in Japan. Yanbaru contains some of the last large surviving tracts of subtropical rainforest in Asia, with many endemic species of flora and fauna. In 2016, Yanbaru National Park was established and the area was included in a submission for inscription on the UNESCO World Heritage List. In addition to the nature, communities residing on Yanbaru have created commercial enterprises referred to as a "Kyodo-baiten". It is a community cooperative grocery stores that are operated by the local community.

The place of forests, water and relaxation
The warm, friendly atmosphere here, also drinking and sleeping.

The village of farmers, water and tranquility
The beautiful view of the sea.

Local Sponsors:

- Kunigami VIL. The home of Okuma. <http://www.kunigami.village.jp>
- Nago City The weaving town, Yagihara. <http://www.nago-city.jp>
- Onna VIL. The home of Okuma. <http://www.onna.village.jp>
- Ginoza VIL. The home of water, tranquility and sea. <http://www.ginoza.village.jp>
- Iheya VIL. The home of the spirit, long island. <http://www.ihaya.village.jp>
- Izena VIL. The island with no lake. <http://www.izenavillage.jp>
- Higashi VIL. The home of water and tranquility. <http://www.higashi.village.jp>

Official Tourist Nago tour center

E-mail: tour-desk@tour-de-okinawa.jp

453-6 (Nago) Nago City Okinawa, JAPAN 905-0011 TEL:0980-53-7500 FAX:0980-53-7586

Application Website www.tour-de-okinawa.jp
PHONE www.tour-de-okinawa.jp
TEL:0980-54-3174

Date	Event	Category	Notes
Friday, November 8	Around Okinawa Cycling	Challenge Cycling	15:00~20:00
Saturday, November 9	Around Okinawa Cycling	Challenge Cycling	07:00~07:30
	Around Okinawa Cycling	Challenge Cycling	08:00~17:00
	Around Okinawa Cycling	Challenge Cycling	14:00~19:00
	Around Okinawa Cycling	Challenge Cycling	12:00~18:00
Sunday, November 10	Around Okinawa Cycling	Challenge Cycling	09:30~10:30
	Around Okinawa Cycling	Challenge Cycling	12:00~14:30
	Around Okinawa Cycling	Challenge Cycling	14:30~
	Around Okinawa Cycling	Challenge Cycling	15:00~17:00
	Around Okinawa Cycling	Challenge Cycling	16:30~18:00
	Around Okinawa Cycling	Challenge Cycling	18:30~19:30
	Around Okinawa Cycling	Challenge Cycling	15:30~16:30
	Around Okinawa Cycling	Challenge Cycling	18:30~19:30
	Around Okinawa Cycling	Challenge Cycling	15:00~20:00