

TOUR DE OKINAWA
ROAD RACE
35th DIVISION

Please complete the reception by the day before all events.
* No registration will be accepted on the day.

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

Contestant Instructions

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 and disc wheels are not permitted.
2. Competitors must wear a helmet officially authorized by the Japan Cycling Federation. * Elementary school students should wear a helmet of hard material.
3. 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.
4. The start time may be changed depending on the race situation.
5. 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.
6. 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.
7. 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.)
8. If a mixed run with another category is confirmed, the winners will be subject to disqualification / demotion.
9. Based on the JCF regulation, lack of manners in public, especially such indecent behaviors as urination in public is prohibited.
10. Competitors, littering of the bottle in other than the depot designated by the organizer is prohibited. Throwing wastes away on the course is prohibited.

Participation conditions for each categories of citizen races.

1. JPCA registered players cannot participate citizen race 140km, 100km and 50km categories.
2. Professional Keirin cyclist cannot participate in any citizen race 50km categories.
3. Those who do not have cycle road race experience cannot participate for the Citizen race 200km.* Participation experience, such as enduro, is not included in the road race experience.

International road race

Men's Champion Road Race

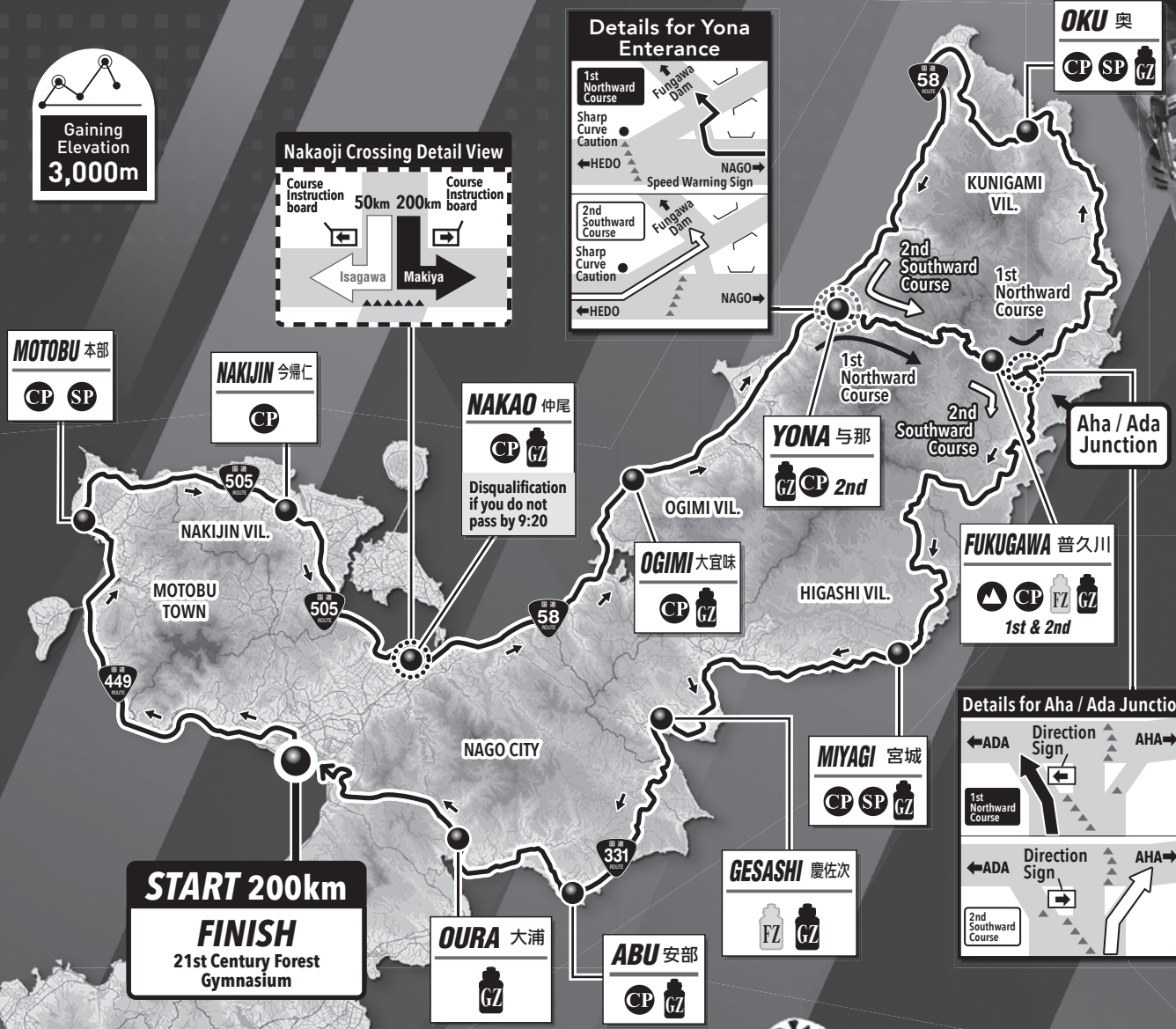
Maximum: 100 Participants. Candidate: Invited / Preferential country athletes (Europe, USA, Australia, Asian neighboring countries) Domestic Corporate team, student federation team.

100km International Women's Road Race

Maximum: 100 Participants. Candidate: Invited / Preferential country athletes (Europe, USA, Australia, Asian neighboring countries) registered with invited national teams with the classification of 25th ranking or higher, or women of high school age or older registered with her respective national bicycle federation.
* Overseas team invitations will be handled depending on the situation

市民レース
200km
Citizen road race

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

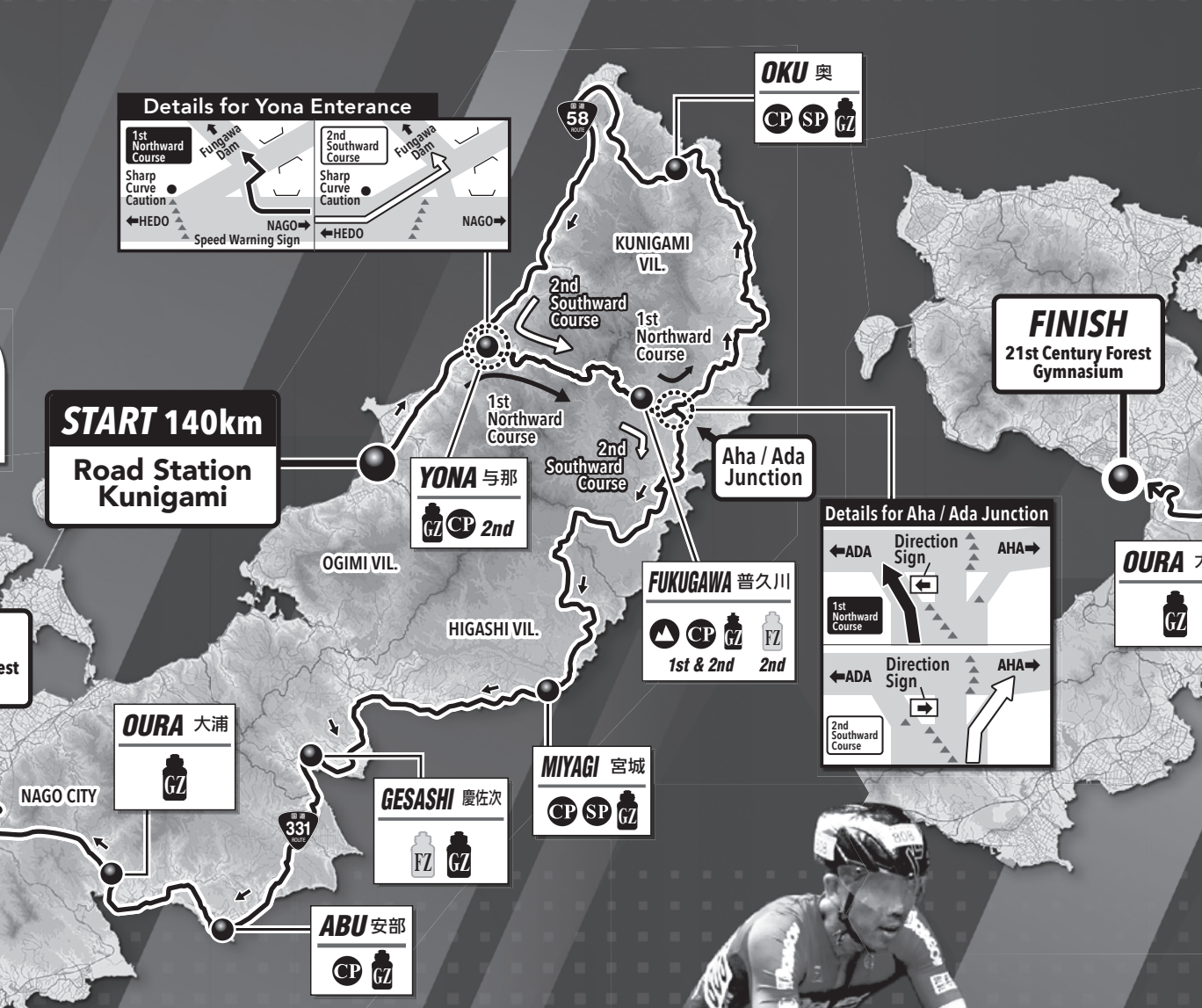


Date	November 12th (Sun.)
Maximum	200 participants
Eligibility	19 y/o or older
Entry Fee	35,000 yen

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

市民レース
140km
Citizen road race

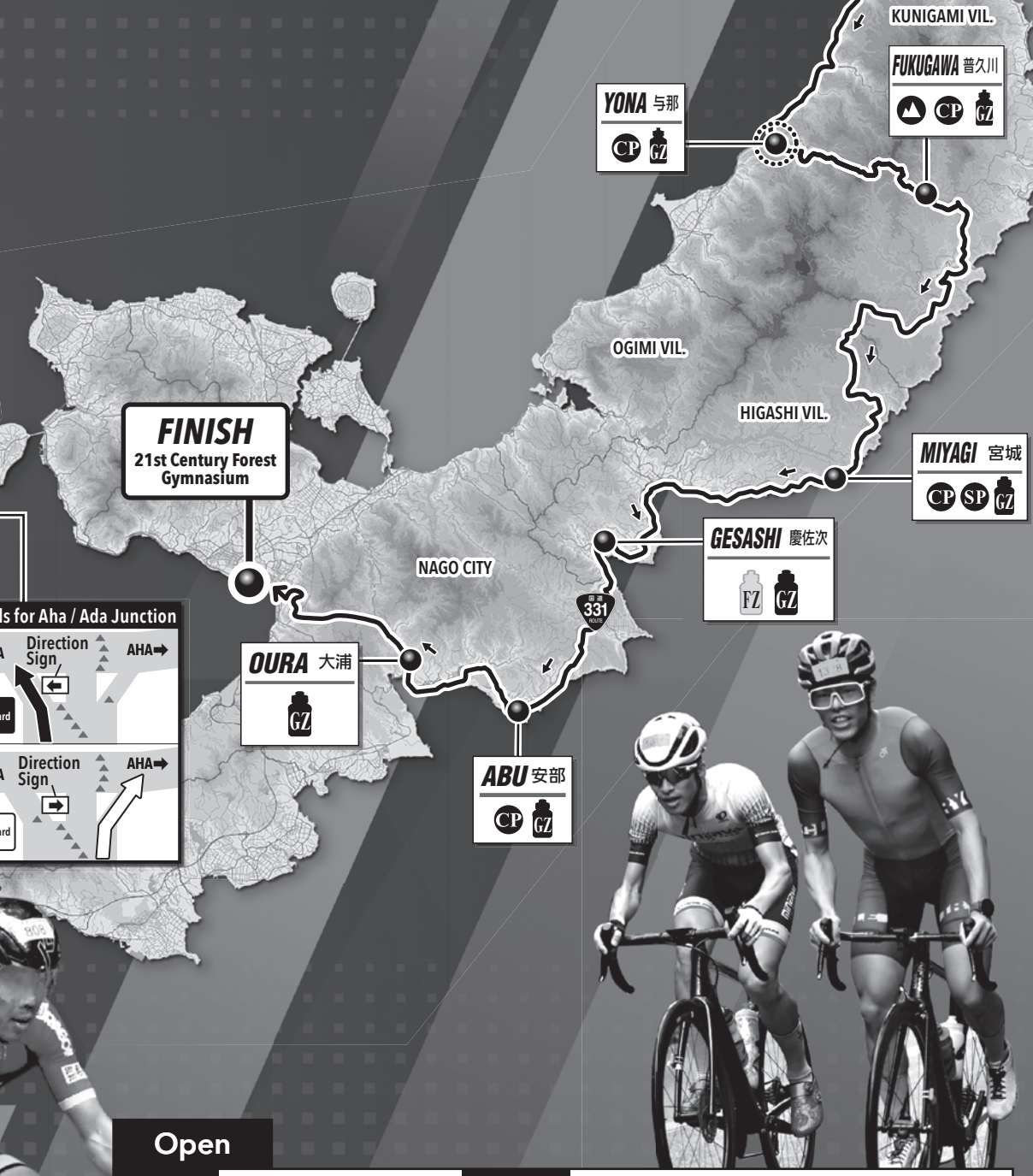
Serious battle for citizen racers in the vasty nature.



Open	Date	November 12th (Sun.)	Eligibility	16 y/o or older
	Maximum	200 participants	Entry Fee	30,000 yen(10,000 yen for H. School. Stu.)
Masters	Date	November 12th (Sun.)	Eligibility	40 y/o or older
	Maximum	200 participants	Entry Fee	30,000 yen

市民レース
100km
Citizen road race

Ride through the scenery of Okinawan dynamic course!



Open	Date	November 12th (Sun.)	Eligibility	16 y/o or older
	Maximum	200 participants	Entry Fee	25,000 yen(10,000 yen for H. School. Stu.)
Masters	Date	November 12th (Sun.)	Eligibility	40 y/o or older
	Maximum	200 participants	Entry Fee	25,000 yen

Citizen road race 50km

Open	Date	November 12th (Sun.)
	Eligibility	16 y/o or older Maximum 200 participants
	Entry Fee	15,000 yen (10,000 yen for H. School. Stu.)
Forty (40s)	Date	November 12th (Sun.)
	Eligibility	Age between 40-49
	Entry Fee	15,000 yen Maximum 200 participants

Fifty (50s)	Date	November 12th (Sun.)
	Eligibility	Age between 50-59
	Entry Fee	15,000 yen Maximum 200 participants
Over 60	Date	November 12th (Sun.)
	Eligibility	60 y/o or older
	Entry Fee	15,000 yen Maximum 200 participants

Challenge Race 50km

Open	Date	November 12th (Sun.)
	Eligibility	16 y/o or older Maximum 200 participants
	Entry Fee	13,000 yen (8,000 yen for H. School. Stu.)
Forty (40s)	Date	November 12th (Sun.)
	Eligibility	Age between 40-49
	Entry Fee	13,000 yen Maximum 200 participants

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.)		
	Over 50	Date	November 12th (Sun.)
		Eligibility	50 y/o or older
Entry Fee		13,000 yen Maximum 200 participants	

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 12th (Sun.)
Eligibility	13 y/o or older Maximum 100 participants
Entry Fee	15,000 yen (10,000 yen for H. School. Stu.) (6,000 yen for M. School. Stu.)

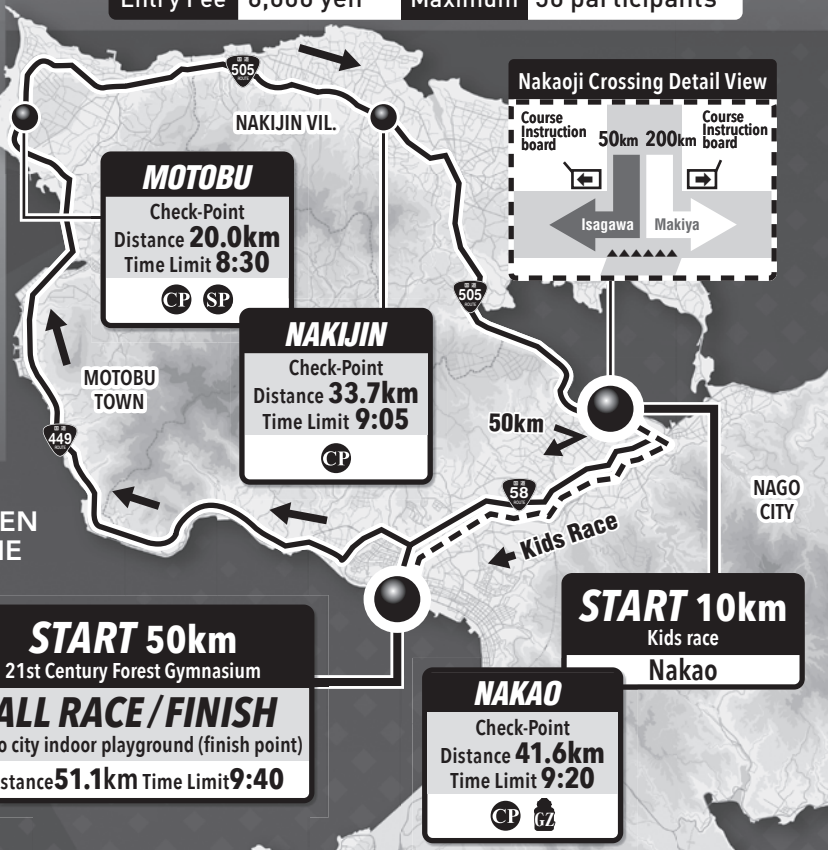
Male Junior H.School Students' Road Race 50km

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

Date	November 12th (Sun.)
Eligibility	Age between 13-15
Entry Fee	6,000 yen Maximum 50 participants

Kids Race 10km
Take your first step in this hot race!

Date	November 12th (Sun.)
Eligibility	4th-6th Graders Race for both Male and Femal Students.
Entry Fee	4,000 yen Maximum 50 participants



START 50km	21st Century Forest Gymnasium
ALL RACE / FINISH	Nago city indoor playground (finish point)
	Distance: 51.1km Time Limit: 9:40
START 10km	Kids race Nakao
	Check-Point Distance: 41.6km Time Limit: 9:20

- CP** CHECK POINT
There is the close at each race and a gateway.
- SP** SPRINT POINT
The first cyclist to pass a sprint point receives a prize.
- GZ** GREEN ZONE
- 350m** gaining elevation for 50 Km-Based Course
- 50km**
- 10km**



35th CYCLING

* Saturday Events * Restroom * Supply * Snack * Lunch * The courses, the aid stations, and the lunch places may be changed.

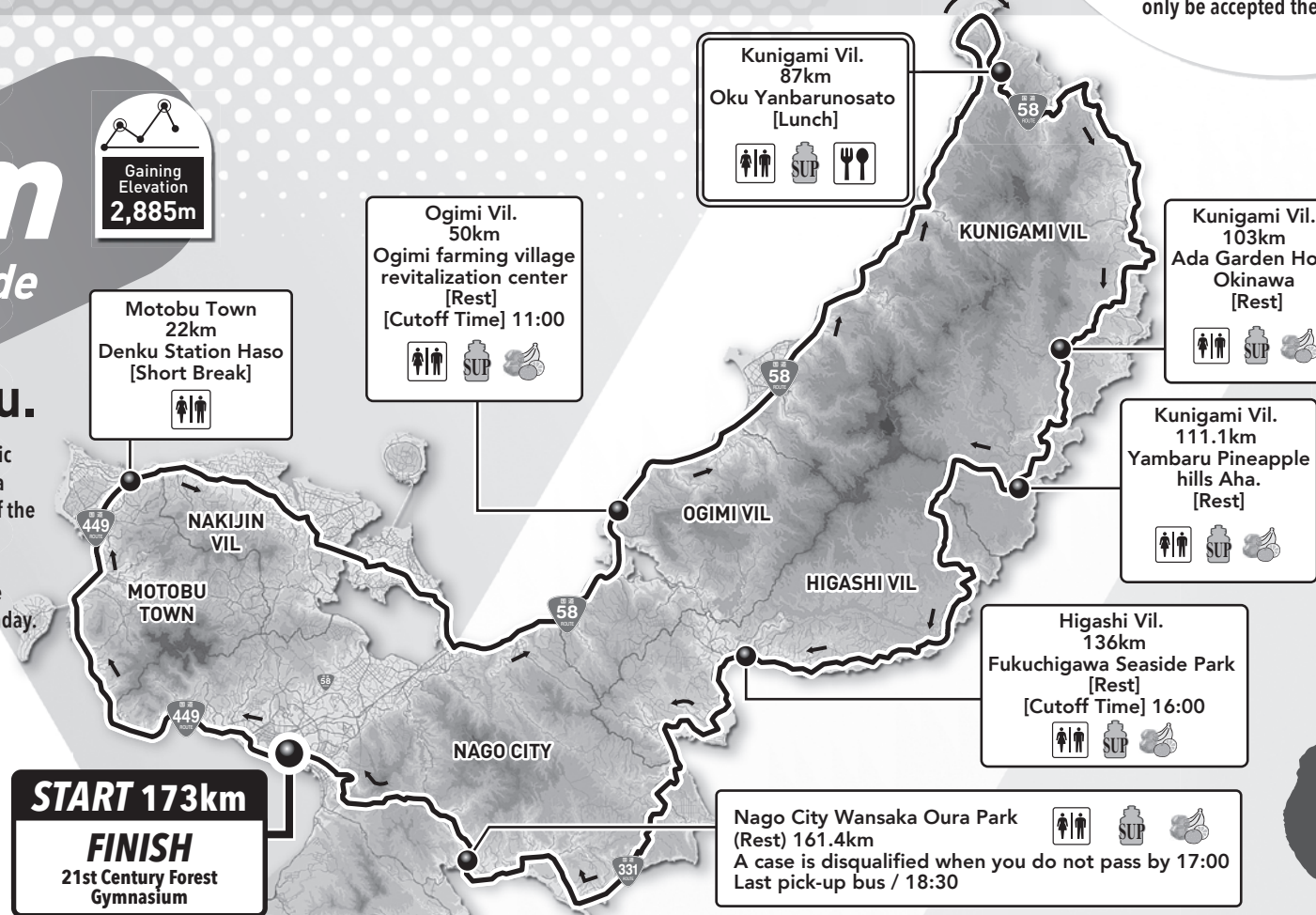
173km

Yanbaru Century Ride

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.

Date: November 11th (Sat.)
Maximum: 300 participants
Eligibility: 16 y/o or older
Entry Fee: 14,000 yen



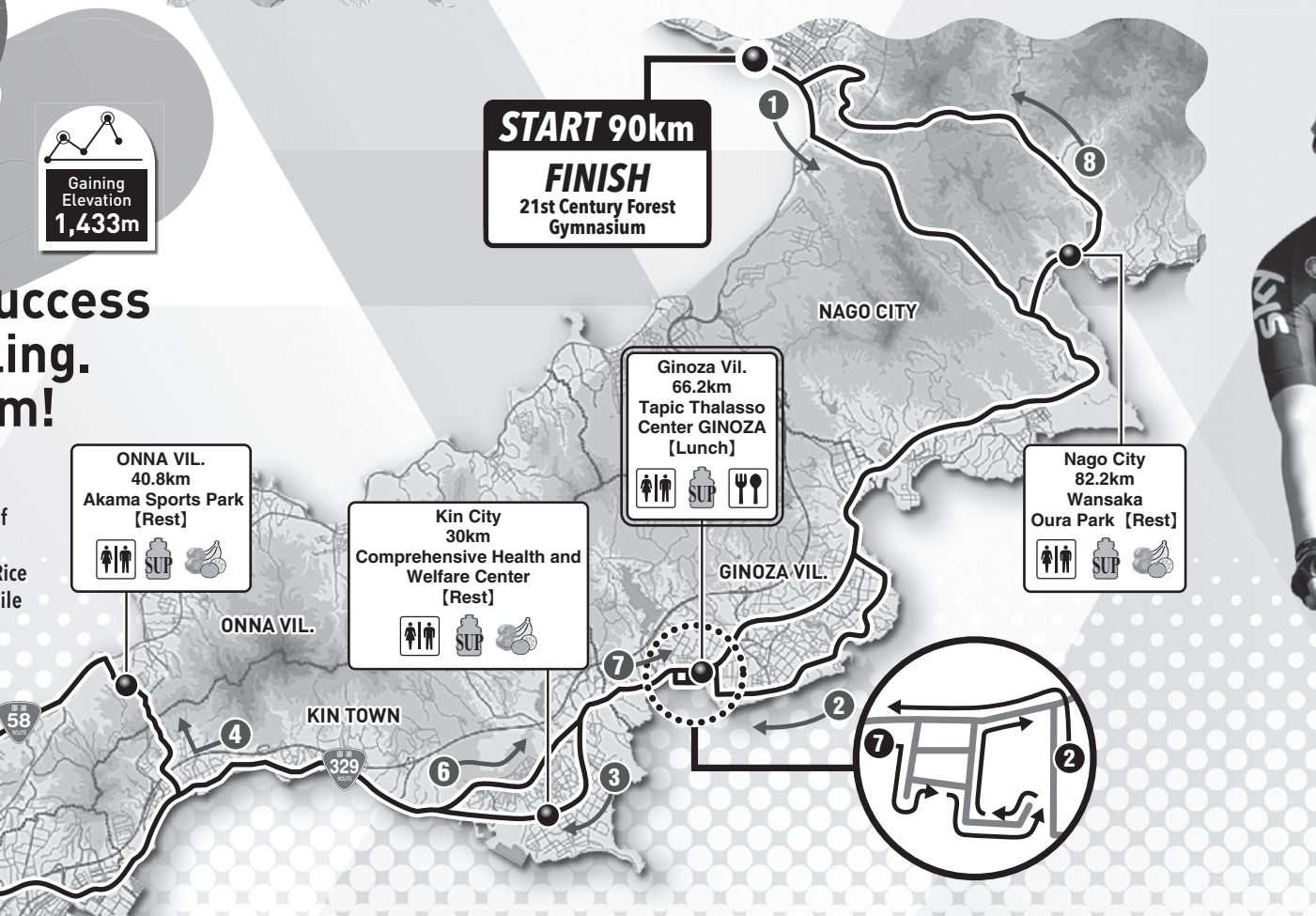
90km

Challenge Cycling Course

The gateway to success the long ride cycling. Challenge to 90km!

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

Date: November 11th (Sat.)
Maximum: 300 participants
Eligibility: 16 y/o or older
Entry Fee: 11,000 yen



11/10 (fri) - Sign-in 11/11 (sat) - Start

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



Hotel Information

* The participation fee includes Hotel fee, interaction costs.
* The organizer will make the room assignment based on room capacity.
* If you wish to share a room with someone you know, write it down in the remarks column of the application form.
* It will be held every other year with Iheya island cycling.

(2-day/1-night trip) This is the Tropical Island You Don't Want to Miss!

You can enjoy cycling in the majestic landscape of Izena Island, the beautiful sea unique to the remotest island and old-fashioned Okinawa-like townscape.



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



The Related Events

Unicycle, Tricycle, Barrier free cycling

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



60km Izena Island Cycling

Date: November 11th (Sat.)
November 12th (Sun.)
Maximum: 100 participants
Eligibility: 8 y/o or older
Entry Fee: 20,000 yen (18,000 yen for E. School Stu.)

* When a ship cannot be left according to the weather, it becomes cycling within Main Island

50km IE Island Family Cycling

Date: November 11th (Sat.) [Day trip]
Maximum: 100 participants
Eligibility: 8 y/o or older
Entry Fee: 10,000 yen (8,000 yen for E. School Stu.)

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

Name of Event: 35th Tour de Okinawa 2023 Date: November 11th (Sat.)-12th (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, Other 38 organizations.
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 organizing committee.
*Please note that entry fee will not be refunded after the application procedure is completed.
Period of Application: August 1st (Tue.)noon- September 30th (Sat.), 2023 (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.

Awards Stipulation:
The 1st finisher through the 6th finisher of each citizens' road race category will receive awards.
+The 1st finisher through the 3rd finisher of each citizens' road race category will be awarded on the stage at the ceremony, whereas 4th-6th finishers will be awarded at the awarding center set up in a tent (booth) separate from the stage. (Refer to the awards stipulation for Pro Tour, Elite Women, and other categories not mentioned above.)

+All finishers of every road race categories will receive a certificate of completion with the organizer's verification of the finishing time.
+All finishers of each cycling course (non-competitive) will receive a certificate of completion.

- Notes Common to All Categories -
+The application must be completed before the official deadline. No one can participate the race/cycling without being registered.
+Competitors must register to the receptionist on the designated date. (The day before starting time of each categories). The competitor would not be able to participate the event without registering.

+Vehicular traffic will be closed for automobiles after 6:00 AM on Nov. 12th (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.
*Cycling: 1,000 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 designated parking lot during the race period (Nov. 11th (Sat.) - 12th (Sun.), 2023)

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

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

- Access to Nago City -

BICYCLE To north the National Highway 58 to Nago City about 67km / 94km to Okuma Beach.
BUS
*By Yanbu 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. 40 min)
*By High Way Bus (Line No. 111, No117)
From Naha Airport to get off at Nago Shiyakusho-mae (Nago City Hall) then walk 3 min. (¥2,230) (Approximate travel time: 1 hr. 40 min)
*By City Bus (Line No.120)
Catch Bus No. 120 at Naha Airport and get off at Hokubu-Godocho-mae then walk 10 min. (¥1,980)
*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. 30 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:
Ryukyu Bus(098-863-2821), Okinawa Bus(098-862-6737), Okinawa Bus Association(098-867-2316)
Toyo Bus Naha office(098-947-1040) Highway Bus only.
Yanbaru Express Bus https://yanbaru-expressbus.com *Operating Yanbaru Express Bus only.
Okinawa Airport Shuttle https://www.okinawa-shuttle.co.jp *Operating Okinawa Airport Shuttle only.

2023- Application 8:1TUE Start 12:00
Tour de Okinawa 2023 Application 8:1TUE Start 12:00
www.tour-de-okinawa.jp

Official Tourist Nago tour center
E-mail: toudeokinawa@nagoc.com
TEL: 0980-54-3174
www.tour-de-okinawa.jp

Date	Time	Event	Registration
Friday, November 10	13:00~17:00	Citizen Road Races and Cycling division *Yanbaru Century Ride, Challenge Cycling, Izena Island Cycling, Izena Island Cycling	Entry Registration (Distributing jersey number)
Saturday, November 11	18:00~20:00	Over time reception Citizen Road Races and cycling division *Pre-registered person only	Entry Registration (Distributing jersey number)
Sunday, November 12	17:00~20:00	Over time reception *Pre-registered person only	Entry Registration (Distributing jersey number)

Blossom out yourself in the wind!
Tropical island as free as the wind!
TOUR DE OKINAWA

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 entities referred to as a "Kyodo-baiten". It is a community cooperative of grocery stores that are operated by the local community.

Date	Time	Event	Registration
Friday, November 10	13:00~17:00	Citizen Road Races and Cycling division *Yanbaru Century Ride, Challenge Cycling, Izena Island Cycling, Izena Island Cycling	Entry Registration (Distributing jersey number)
Saturday, November 11	18:00~20:00	Over time reception Citizen Road Races and cycling division *Pre-registered person only	Entry Registration (Distributing jersey number)
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名護局 料金後納
TOUR DE OKINAWA

YANBARU is the ONE!

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