

A

COURSE

Onomichi (Mukaishima)⇒Imabari (one-way)70km

IMABARI 70



One-way course over Seto Inland Sea from Onomichi—Ride through Shimanami to the south—



Shimanami Kaido
the Sanctuary for cyclists from all over the world



Innoshima Bridge



Ikuchi Bridge



Tatara Bridge



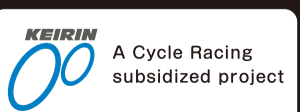
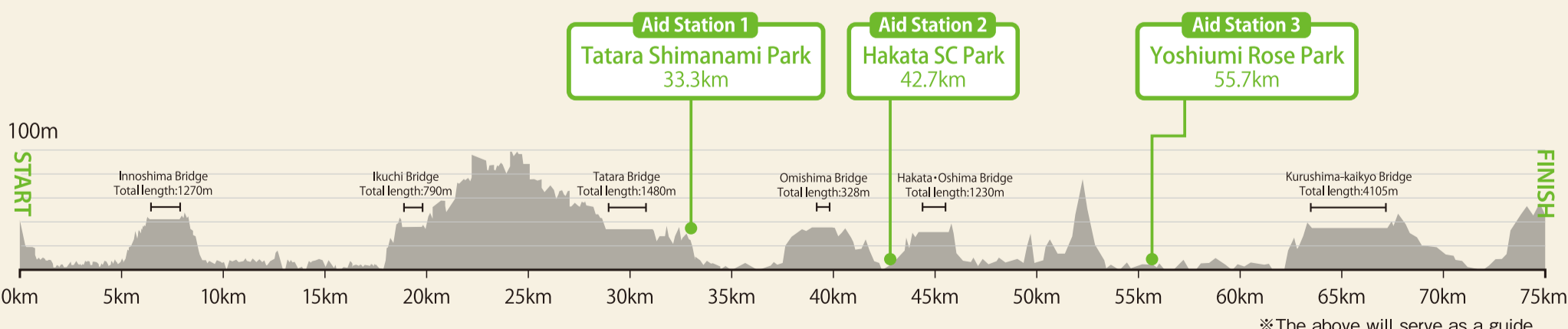
Omishima Bridge



Hakata-Oshima Bridge



Kurushima-Kaikyo Bridge



The home page features links to the route lab page for each course

<http://cycling-shimanami.jp/course.html>



To Enjoy "Cycling Shimanami 2018"

Event schedule

5:15	Participants assemble (Line up starts)	6:15	Start (by group)
5:15	Start checking personal belongings (Ends 5:50)	17:00	Finish (Closing time)
5:55	Line up completed		

About starting

- In this event, 35 cyclists will start every minute after lining up by blocks (about 100 cyclists per block) for a safe and smooth start. Please line up at your assigned block as indicated on your race bib. The order within blocks are not designated. Cyclists start in the order they line up.

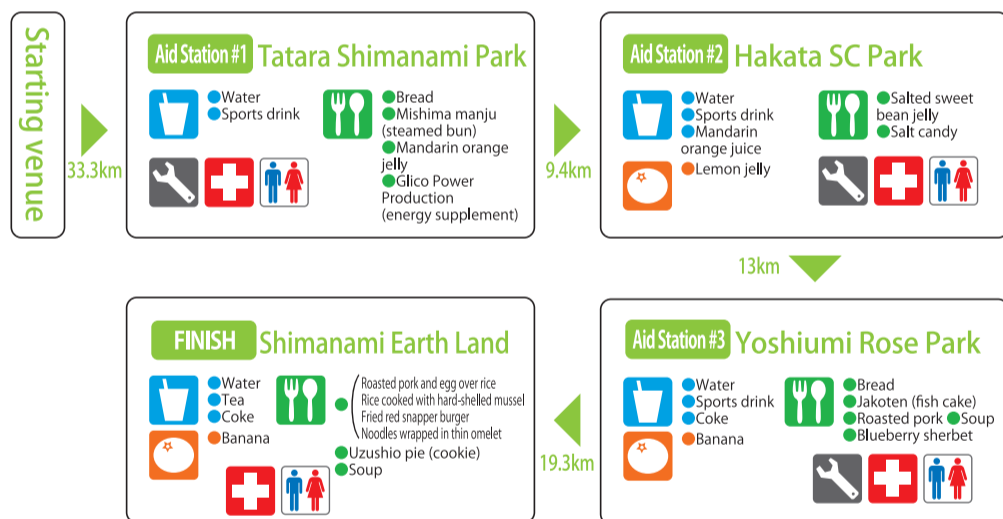
Starting time	Block	Race bib number
6:15	Course A Block 0	1 0001 ~
6:18	Course A Block 1	1 1001 ~
6:21	Course A Block 2	1 2001 ~
6:24	Course A Block 3	1 3001 ~
6:27	Course A Block 4	1 4001 ~
6:30	Course A Block 5	1 5001 ~
6:33	Course A Block 6	1 6001 ~
6:36	Course A Block 7	1 7001 ~
6:39	Course A Block 8	1 8001 ~
6:42	Course A Block 9	1 9001 ~

Cycling rules, etc.

- On two-lane zones on the expressway, proceed in two lines close to the center of the traffic lane.
- Photography is prohibited on the expressway. However, photography using wearable cameras fixed on helmets, etc. is allowed.
- Participants are not allowed to stop on the expressway except in the case of an accident, bicycle trouble, or other unavoidable circumstances.
- On local roads and bicycle/pedestrian roads, obey traffic laws, do not cycle side-by-side and cycle on the left side in one lane.
- Do not overtake the staff leading the course.
- You may be on a bicycle/pedestrian road along the way. If so, follow staff instructions and proceed slowly and with caution.
- Parts of the course may have debris left from the flood disaster occurred in July 2018. Please proceed with caution.

Aid Station

- Each Aid Station has prepared refreshments. Use these stations for hydration, to supply energy, and as resting areas.



[Pictographs] Drinks Food Fruit, etc. Mechanic First-aid station Restroom

※The menu may be subject to change.

Etiquette

- When passing a slower cyclist, call out to them, be considerate and keep safety in mind.
- In order to avoid contact and collisions among participants due to sudden braking and steering, keep your eyes on the road and maintain adequate distance.

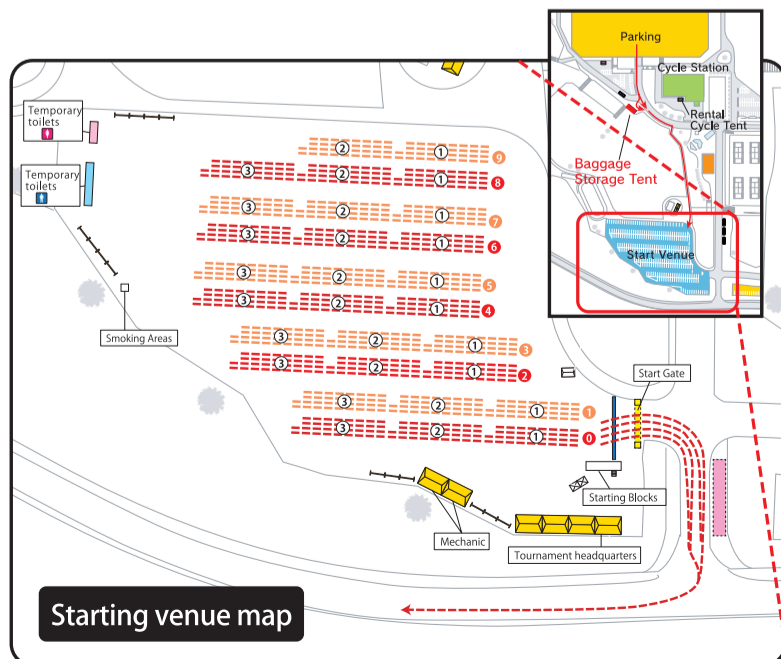
Final call on holding the event

<No postponement for rain> In the event danger is anticipated, such as earthquake, storm and flood damage, strong wind, incident, accident, infectious disease or a J-Alert warning, the event may be cancelled or discontinued at the discretion of the event organizer. In such event, participation fees will not be refunded.

◎Final decision-making date and time
October 28, 2018 (Sun) 4:00
 ◎Announcement method
The final decision will be announced on the event's official website.
<http://cycling-shimanami.jp/>

Call Center on the day of the event (Emergency contact)
Phone: 0898-24-6660

[Hours of operation]
 Oct. 27 (Sat) 10:00 - 20:00
 Oct. 28 (Sun) 3:30 - 18:00



Checkpoints

- There are 7 checkpoints in the course. You will be withdrawn if you cannot pass or exit a checkpoint by its closing time or if the staff determine you will clearly not make it by the checkpoint closing time.

Classification	Distance	Location	Checkpoint time, etc.	
			Expected passing time	Checkpoint closing time
Local road	19.0km	Intersection near Innoshima Minami IC	7:48	8:05
	23.4km	Setoda Bus Stop	8:15	8:35
Expressway	27.1km	Ikuchijima Minami IC	8:30	8:50
	31.6km	Omishima IC	8:40	
Local road	33.3km	Tatara Shimanami Park		14:35
	42.7km	Hakata SC Park		15:10
	55.7km	Yoshiumi Rose Park		16:00
	75.0km	Shimanami Earth Land		17:00

※Expected passing time is set between the intersection near Innoshima Minami IC and Ikuchijima Minami IC.

- If you reach Ikuchijima Minami IC before the expected passing time for Ikuchijima Minami IC (8:30 am), you will stay on the expressway until Omishima IC.
- After 8:30 am (the expected passing time for Ikuchijima Minami IC), the expressway exit will switch to Ikuchijima Minami IC.

~To cycle until Omishima IC on the main expressway line~

- You will need to travel faster than a certain pace (average 17km/h on 18km of local roads, 16km/h on 13km of the expressway) until Omishima IC.
- "Switching rider" staff wearing pink staff vests will be travelling at the pace described in (1). Try to travel faster than these staff members.
- Signs with expected passing time in between specific areas will be installed for your reference. (Watches are recommended)



Mechanic services

- Flat tire repair must be performed by the participant. Please bring replacement parts, such as tubes and tools. (Excluding rented bicycles, city bicycles, and tandem bicycles).
- If you are not able to make repairs by yourself, ask the nearest event staff for assistance. They will respond according to the situation, such as calling a mechanic vehicle. Note that it may take time for the mechanic vehicle to arrive. If replacement parts are necessary, participants are responsible for the cost. ※The event staff will not assist with poorly maintained bicycles or provide maintenance after finishing.

First-aid stations

- Aid Stations provides first aid for injuries and illness. Any participant with an injury or illness requiring medical attention will be transported to a hospital or clinic. **Bring cash and your health insurance card (no copies)** because treatment at a hospital will be paid at your own expense.
- Participants feeling ill while riding on the course should inform the nearest event staff. If there are no event staff nearby, call the event call center. If necessary, a rescue vehicle will be deployed.

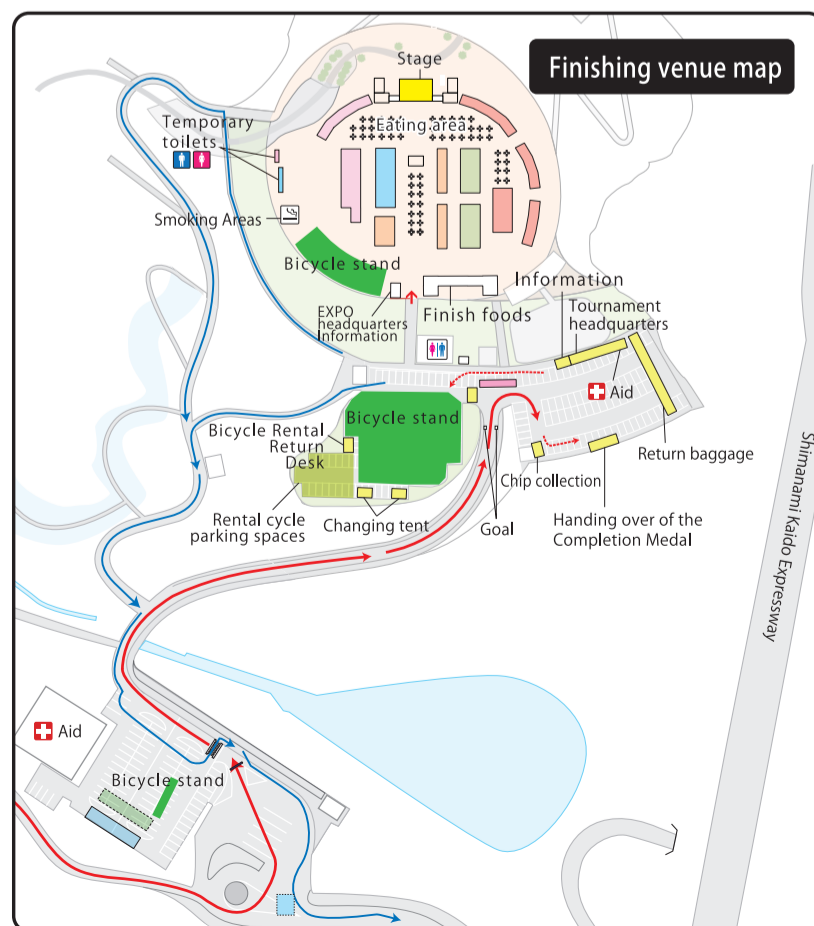
Retiring from the race

- If you wish to retire before finishing the race, tell a nearby staff member. If no event staff are nearby, call the event call center.
- After we process your retirement, we will transport you to the finishing venue with a rescue vehicle.
- Do not retire, take a detour, or go home without first speaking to the staff.

Restrooms

※See the course map on the reverse side for restroom locations.

- Restrooms are located in Aid Stations and on local roads. Please note that congestion should be expected.



※The venue layout may be subject to change.