

Longest course with a round trip over the Seto Inland Sea —Fully enjoy the attractions of Shimanami Kaido—

Shimanami Kaido
the Sanctuary for cyclists from all over the world



Innoshima Bridge



Ikuchi Bridge



Tatara Bridge

Aid Station 4
Minato-Oasis Onomichi
65.0km
Checkpoint closing time: 12:30

Shinhamu Port
67.0km
Checkpoint closing time: 12:40

Aid Station 2
Manda Fermentation
46.9km
Checkpoint closing time: 11:40

Setoda Bus Stop 38.4km
Expected passing time: 10:17
Checkpoint closing time: 11:05

Aid Station 3
Mukaishima Junior high school
64.1km
Ferry queue

Innoshima minami IC
42.8km
The main line of the highway ends here

Aid Station 1
Setoda Parking Area 33.5km
Expected passing time: 10:02
Checkpoint closing time: 10:45

Aid Station 5
Tatara Shimanami Park
93.3km
Checkpoint closing time: 14:35

Aid Station 6
Hakata SC Park
102.7km
Checkpoint closing time: 15:10

Aid Station 7
Yoshiumi Rose Park
115.7km
Checkpoint closing time: 16:00

Omishima IC 30.2km
Expected passing time: 9:47
Checkpoint closing time: 10:50

Hakatajima IC 23.7km
Expected passing time: 9:26
Checkpoint closing time: 10:30

Oshima Minami IC 12.4km
Expected passing time: 8:49
Checkpoint closing time: 9:45

FINISH
Shimanami Earth land
Checkpoint closing time: 17:30

START
Imabari IC 8:05~

Please use the restrooms at the starting venue because the distance to nearest Aid Station is about 34km.



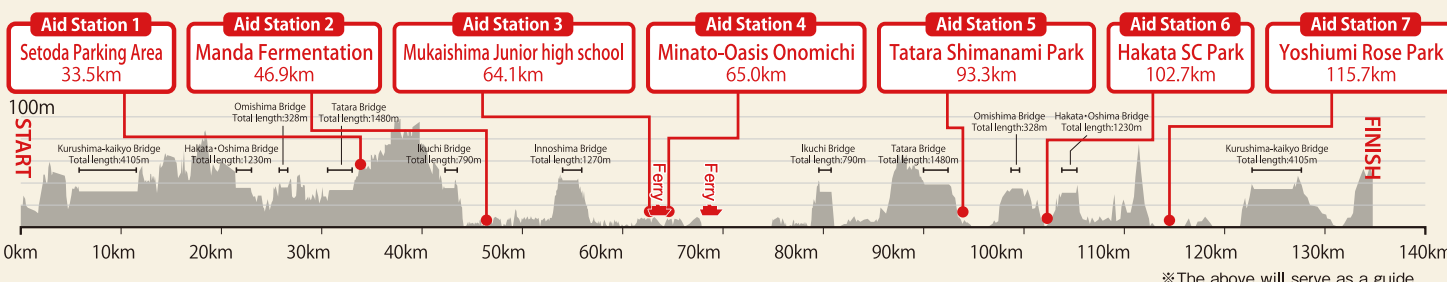
Omishima Bridge



Hakata-Oshima Bridge



Kurushima-Kaikyo Bridge



※The above will serve as a guide.



To Enjoy "Cycling Shimanami 2018"

Event schedule

6:30	Participants assemble (Line up starts), start checking personal belongings (Ends 7:15)
7:05	Line up completed
8:05	Start (by block)
17:00	Finish (Closing time)

About starting

- In this event, cyclists will start every 4 minutes by block (about 250 cyclists per block) after lining up by blocks 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
8:05	Course Block 1	31001~
8:09	Course Block 2	32001~

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.

⚠️ Precautions during cycling

The following safety measures will be in effect, please follow instructions from the staff.

1. Passing cyclists is prohibited on the Innoshima Bridge.
2. At Mukaishima Junior High School, you will need to wait for the ferry that goes from Mukaishima to Onomichi.
3. You will be using the ferry running between Onomichi and Innoshima during your way back. Please board the ferry in a prompt manner.

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.

Checkpoints

- There are 11 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 to by checkpoint closing time.

Checkpoint #	Distance	Location	Checkpoint closing time (Final expected passing time for Course)
Checkpoint #1	12.4km	Oshima Minami IC	9:45 (8:49)
Checkpoint #2	23.7km	Hakatajima IC	10:30 (9:28)
Checkpoint #3	30.2km	Omishima IC	10:50 (9:47)
Checkpoint #4	33.5km	Setoda Parking Area	10:45 (10:02)
Checkpoint #5	38.4km	Setoda Bus Stop	11:05 (10:17)
Checkpoint #6	46.9km	Manda Fermentation	11:40 (10:48)
Checkpoint #7	65.0km	Minato Oasis Onomichi	12:30 (12:25)
Checkpoint #8	67.0km	Shinhamo Port	12:40 (12:40)
Checkpoint #9	93.3km	Tatara Shimanami Park	14:35 (14:27)
Checkpoint #10	102.7km	Hakata SC Park	15:10 (15:04)
Checkpoint #11	115.7km	Yoshiumi Rose Park	16:00 (15:52)
Finish	135.0km	Shimanami Earth Land	17:00 (16:56)

※The final expected passing time is used as reference to finish the course within the time available.

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.

Aid Stations

- 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.

Final call on holding the event

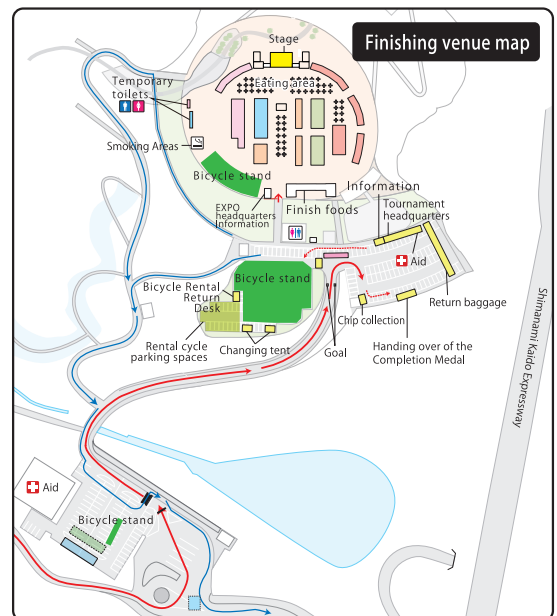
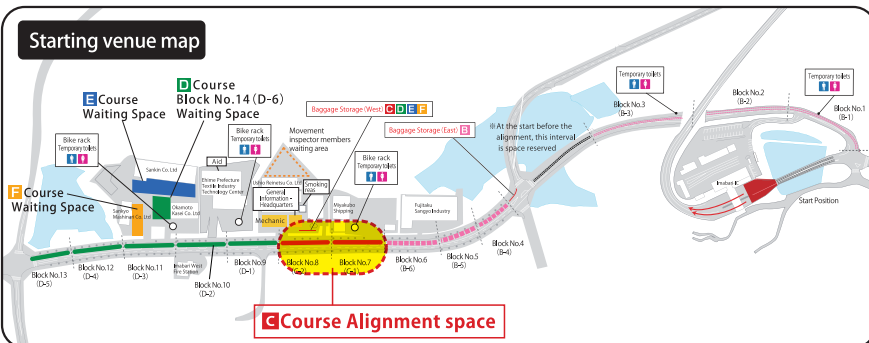
〈No postponement for rain〉 In the event danger is anticipated, such as earthquake, storm and flood damage, strong wind, incident, accident, infectious disease or a J-Alert warning, the event may be cancelled or discontinued at the discretion of the event organizer. In such event, participation fees will 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

Starting venue map



※The venue layout may be subject to change.