

# D COURSE

Imabari⇒Onomichi (one-way) 70km

# ONOMICHI 70

One-way course over the Seto Inland Sea from Imabari—Ride past Shimanami to the north—



Shimanami Kaido  
the Sanctuary for cyclists from all over the world



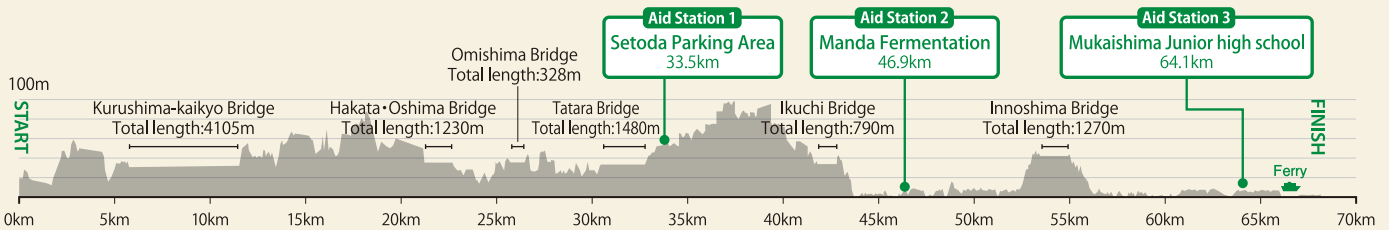
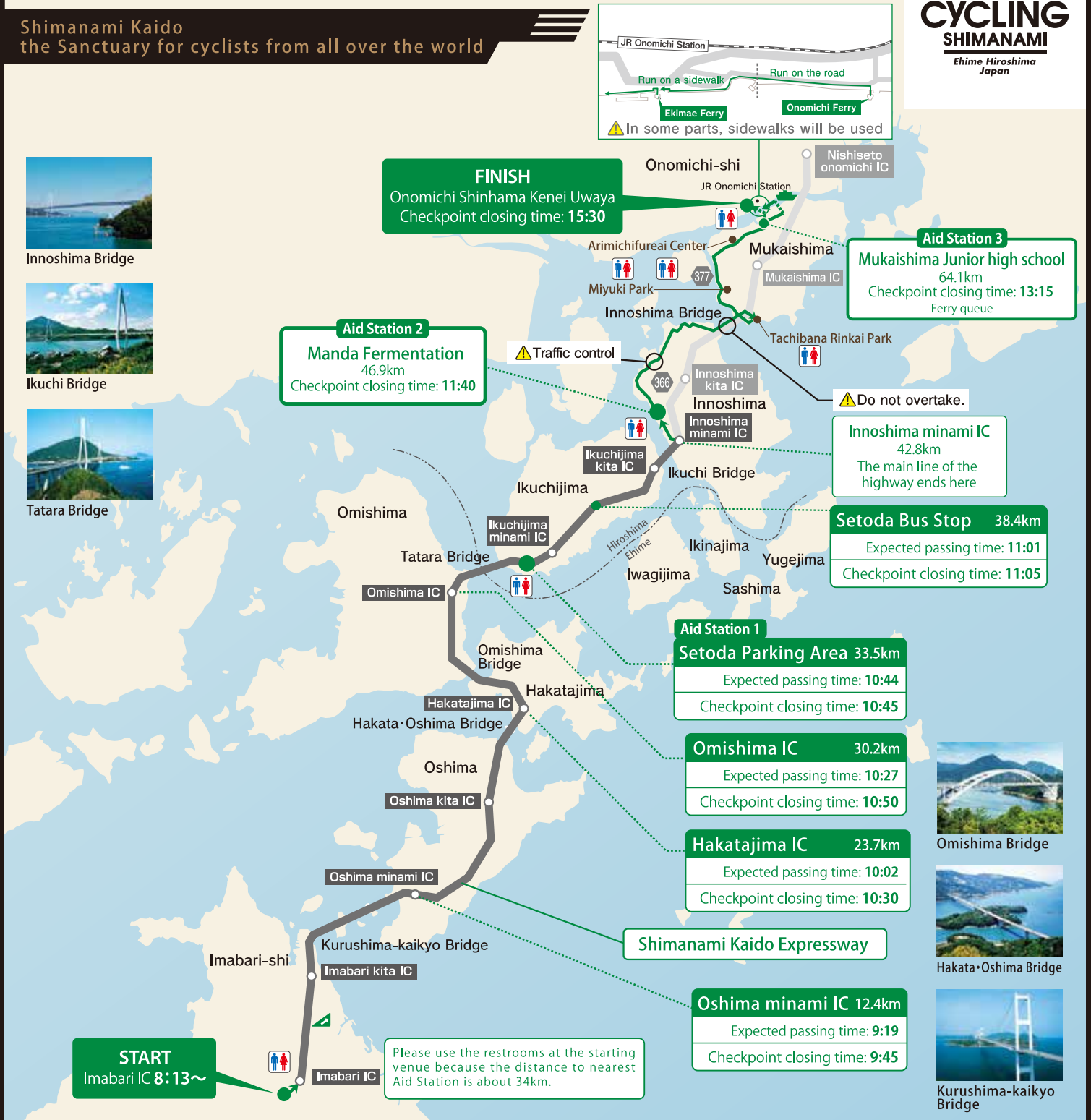
Innoshima Bridge



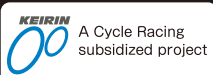
Ikuchi Bridge



Tataru Bridge



※The above will serve as a guide.



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

|      |  |       |                       |
|------|--|-------|-----------------------|
| 7:00 | Start checking personal belongings (Ends 7:30) | 8:13  | Start (by block)      |
| 7:00 | Participants assemble (Line up starts)         | 15:00 | Finish (Closing time) |
| 7:40 | Line up completed                              |       |                       |

## 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 |
|---------------|-------------------------|-----------------|
| 8:13          | Course <b>D</b> Block 1 | 41001~          |
| 8:17          | Course <b>D</b> Block 2 | 42001~          |
| 8:21          | Course <b>D</b> Block 3 | 43001~          |
| 8:25          | Course <b>D</b> Block 4 | 44001~          |
| 8:29          | Course <b>D</b> Block 5 | 45001~          |
| 8:33          | Course <b>D</b> Block 6 | 46001~          |

## 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.

## 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.

## 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.

## 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 to by checkpoint closing time.

|               | Distance | Location                      | Checkpoint closing time (Final expected passing time for Course D) |
|---------------|----------|-------------------------------|--|
| Checkpoint #1 | 12.4km   | Oshima Minami IC              | 9:45 (9:19)  |
| Checkpoint #2 | 23.7km   | Hakatajima IC                 | 10:30 (10:02)  |
| Checkpoint #3 | 30.2km   | Omishima IC                   | 10:50 (10:27)  |
| Checkpoint #4 | 33.5km   | Setoda Parking Area           | 10:45 (10:44)  |
| Checkpoint #5 | 38.4km   | Setoda Bus Stop               | 11:05 (11:01)  |
| Checkpoint #6 | 46.9km   | Manda Fermentation            | 11:40 (11:39)  |
| Checkpoint #7 | 64.1km   | Mukaishima Junior High School | 13:15 (13:14)  |
| Finish        | 65.6km   | Shinham Kenei Uwaya           | 15:00 (13:37)  |

※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.

## 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.

**Starting venue** → 33.5km

**Aid Station #1 Setoda Parking Area**

- Water, Sports drink, Lemon, Banana
- Bread
- Mechanic, First-aid station, Restroom

→ 13.4km

**Aid Station #2 Manda Fermentation**

- Water, Sports drink, Manda Fermentation QIVGER individually packaged type
- Hassaku citrus jelly, Lemon cake
- Mechanic, First-aid station, Restroom

→ 17.2km

**Aid Station #3 Mukaishima Junior High School**

- Water, Sports drink, Coke
- Mechanic, First-aid station, Restroom

→ 1.5km

**FINISH Onomichi Shinham Kenei Uwaya**

- Water, Tea, Coke
- Okonomiyaki, Onigiri (rice ball), Momiji manju (maple leaf-shaped steam bun)
- Mandarin orange, Banana
- Mechanic, First-aid station, Restroom

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

※The menu may be subject to change.

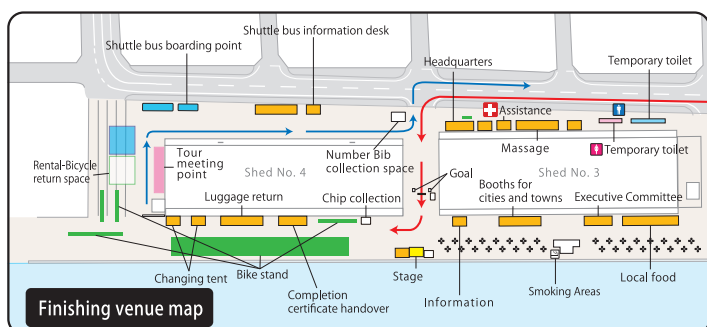
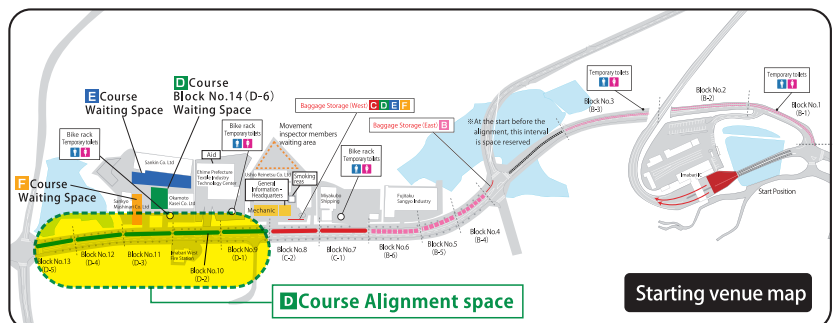
## Final call on holding the event

〈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



※The venue layout may be subject to change.