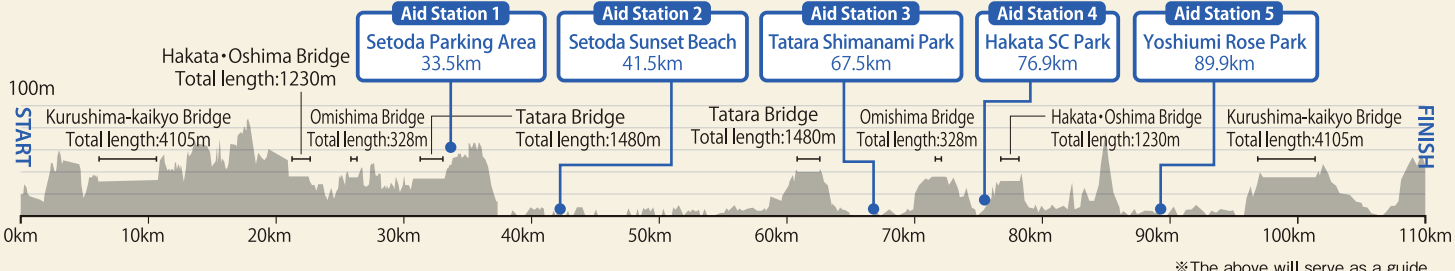


Middle course over four bridges to cross the prefectural border—Crossing islands, dreaming of islands—



Shimanami Kaido
the Sanctuary for cyclists from all over the world



To Enjoy "Cycling Shimanami 2018"

Event schedule

7:40	Participants assemble (Line up starts)
7:40	Start checking personal belongings (Ends 8:00)
8:10	Line up completed
8:37	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
8:37	Course E Block 1	51001 ~
8:41	Course E Block 2	52001 ~
8:45	Course E Block 3	53001 ~
8:49	Course E Block 4	54001 ~

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.

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.

Aid Stations

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

Starting venue	Aid Station #1	Aid Station #2	Aid Station #3	Aid Station #4	Aid Station #5	FINISH
	33.5km	8.0km	26.0km	9.4km	13.0km	19.3km
	Setoda Parking Area ● Water ● Sports drink ● Bread ● Lemon ● Banana	Setoda Sunset Beach ● Water ● Sports drink ● Tea ● Momiji manju (mistletoe-shaped steam bun) ● Rice-cooked with octopus ● Miso soup ● Banana	Tatara Shimanami Park ● Water ● Sports drink ● Bread ● Mishiina manju (steamed bun) ● Mandarin orange jelly ● Glico Power Production (energy supplement)	Hakata SC Park ● Water ● Sports drink ● Mandarin orange juice ● Salted sweet bean jelly ● Salt candy ● Lemon jelly	Yoshiumi Rose Park ● Water ● Sports drink ● Coke ● Bread ● Jakoten (fish cake) ● Roasted pork ● Soup ● Blueberry sherbet ● Banana	Shimanami Earth Land ● Water ● Tea ● Banana ● Coke ● Roasted pork and egg over rice ● Rice-cooked with hand-rolled mochi ● Fried red snapper burger ● Noodles wrapped in thin omelet ● Utsushio pie (cookie) ● Soup

[Pictographs] Drinks Food Fruit, etc. Mechanic First-aid station Restroom ※The menu may be subject to change.

Checkpoints

● There are 8 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 dosing time (Final expected passing time for Course E)
Checkpoint #1	12.4km	Oshima Minami IC	9:45 (9:35)
Checkpoint #2	23.7km	Hakatajima IC	10:30 (10:18)
Checkpoint #3	30.2km	Omishima IC	10:50 (10:43)
Checkpoint #4	33.5km	Setoda Parking Area	11:10 (11:00)
Checkpoint #5	41.5km	Setoda Sunset Beach	12:05 (11:52)
Checkpoint #6	67.5km	Tatara Shimanami Park	14:35 (13:49)
Checkpoint #7	76.9km	Hakata SC Park	15:10 (14:34)
Checkpoint #8	89.9km	Yoshiumi Rose Park	16:00 (15:34)
Finish	109.2km	Shimanami Earth Land	17:00 (16:57)

※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.

Final call on holding the event

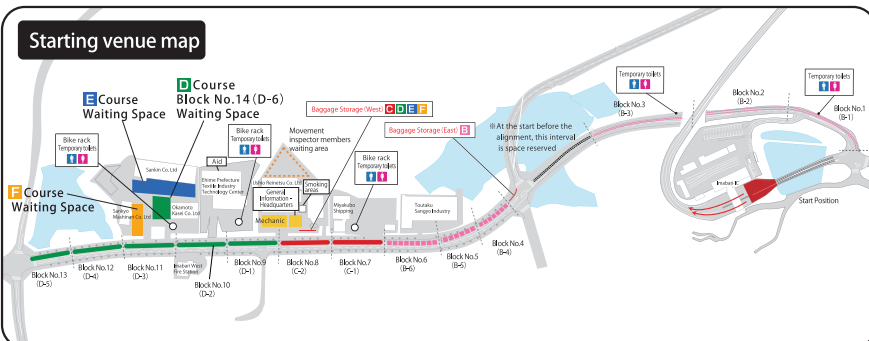
〔No postponement for rain〕 In the event danger is anticipated, such as earthquake, storm and flood damage, strong wind, incident, accident, infectious disease or a J-Alert warning, the event may be cancelled or discontinued at the discretion of the event organizer. In such event, participation fees will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

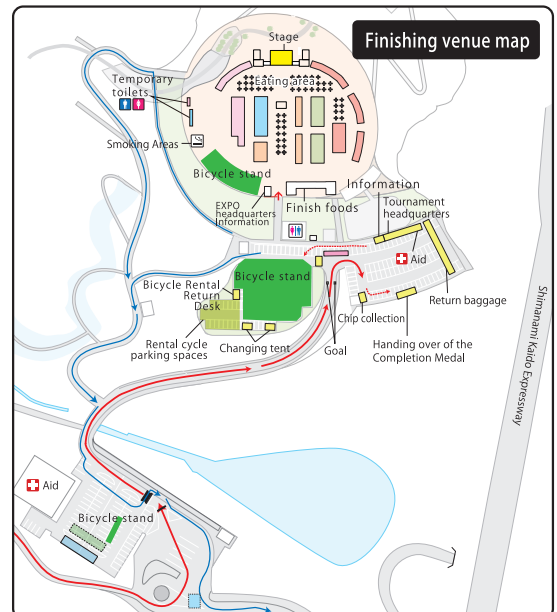
Call Center on the day of the event (Emergency contact)
Phone: 0898-24-6660

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

Starting venue map



Finishing venue map



※The venue layout may be subject to change.