

G

COURSE

Imabari⇄Oshima (round trip) 30km

OSHIMA 30

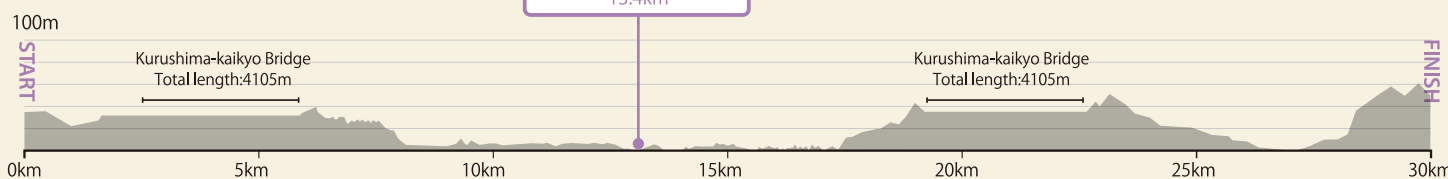
Fun course that can also be enjoyed by beginners and families—Gazing over scenery from the Kurushima-Kaikyo Bridge—



Shimanami Kaido
the Sanctuary for cyclists from all over the world



Kurushima-kaikyo 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

7:30	Participants assemble (Line up starts)	9:30	Start (by group)
7:30	Start checking personal belongings (Ends 9:05)	17:00	Finish (Closing time)
9:10	Line up completed		

About starting

- In this event, about 25 cyclists will start every minute after lining up by in groups of about 125 cyclists for blocks 1&2 and about 250 cyclists for blocks 3 through 5 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
9:30	Course G Block 1	71001 ~
9:35	Course G Block 2	72001 ~
9:40	Course G Block 3	73001 ~
9:50	Course G Block 4	74001 ~
10:00	Course G Block 5	75001 ~

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.

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

▶ 13.4km

Aid Station

Yoshiumi Rose Park

FINISH

Shimanami Earth Land

Water
Sports drink
Coke

Bread
Jakoten (fish cake)
Roasted pork
Soup
Blueberry sherbet

Banana

🔧

🚑

🚻

Starting venue

▶ 19.3km

Aid Station

Yoshiumi Rose Park

FINISH

Shimanami Earth Land

Water
Tea
Coke

Roasted pork and egg over rice
Rice cooked with hard-shelled mussel
Fried red snapper burger
Noodles wrapped in thin omelet
Uzushio pie (cookie)
Soup

Banana

🚑

🚻

🚻

[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.

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 is 1 checkpoint 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
Checkpoint #1	13.4km	Yoshiumi Rose Park	16:00
Finish	32.7km	Shimanami Earth Land	17:00

※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.