



Cheer up HIROSHIMA・EHIME



Ride across Inland Sea of Japan

Setouchi Shimanami Kaido International Cycling Event

# CYCLING SHIMANAMI 2018

2018.10.28 SUN

**Participant Guide**



This is an important item that needs to be verified. Make sure to read this.

Cycling Shimanami2018 is a fun ride event, not a race to compete with each other's race times. Further, the competition is held by closing off the northbound and southbound "Nishiseto Expressway (Setouchi Shimanami Kaido)" and parts of local streets, so there are restrictions to race time and the race track. All of the participants should safely enjoy cycling by following the highway rule and the competition agreement, as well as the directions of police, security, and competition staff members.

Please be advised that course routes may be changed from the ones listed during the application.



# ① Participating in the Event

## ■ Traffic control

Northbound and southbound from Imabari IC to Innoshima-Kita IC are closed to traffic. They will be closed from 6:00 am to 12:00 pm (6 hours) on October 28 (Sunday).

- The expressway will be closed to traffic from 6:00 am on the day of the event. Individuals planning to come to the event venue via Shimanami Kaido should keep this in mind.
- Roads will be partially closed to traffic. Please be advised with traffic regulations coming to the start venue and returning home after the event. See the official event website for more information on traffic regulations.

## ■ About insurance

All participants are enrolled in accident insurance through the sponsor.

### ■ Insured period: From the beginning to the end of the event

Coverage of insurance		Amount of insurance
Compensation of accidental death		5,000,000 JPY
Compensation for physical impediment		Maximum 5,000,000 JPY
Compensation for medical treatment	Hospitalization coverage (per day)	5,000 JPY (within 180 days)
	Commuting to Hospital coverage (per day)	3,000 JPY (within 90 days)

\*Accident insurance provided by the sponsor covers illness, injuries, and accidents of participants during the event, excluding cases of deliberate or gross negligence on the part of the sponsor.

\*Damage or theft of bicycle, helmet, or clothing is not covered by the insurance provided by the sponsor. Participants should individually obtain insurance if necessary.

\*First aid will be provided at the First-Aid station for injuries during the event; however, if an injury requires medical attention at a hospital or clinic, the cost for the treatment (including fees for initial medical examinations) shall be the responsibility of the individual. Please bring cash and your health insurance card (copy not acceptable).

## ■ Dealing with accidents when they arise

If an accident report is needed, it is necessary to report the accident to the police to prove the parties involved, so do not leave the scene, and follow the directions of the competition staff members.

## ■ Call Center on the day of the event (Emergency contact)

Phone: 0898-24-6660 [Hours of operation] October 27 (Sat) 10:00 am – 8:00 pm  
October 28 (Sun) 4:00 am – 6:00 pm

## ■ Personal information

The sponsor is aware of the importance of the proper handling of personal information and will strictly observe laws and regulations related thereto. Personal information will be used to upgrade services and for communicating guide information to event participants. The sponsor or consignees may contact participants to confirm the content of their applications.

# ① Participating in the event

## Notes

\*Please see the event regulations posted on the official event website.

### ■ While cycling

#### 【General Cycling Rules】

- Participants should check their cycling course in advance including the route, branching roads, check point time limits, etc.
- Never overtake the staff guide leading each course. Always stay behind them.
- Participants are prohibited from using earphones (excluding necessary hearing aid equipment) while cycling.

#### 【Shimanami Kaido Line: Expressway】

- Northbound lanes (in the Honshu direction) are open for cyclists. Southbound lanes are for emergency vehicles only. Entry into southbound lanes is strictly prohibited.
- Participants may be asked to stop when an emergency vehicle is passing.
- On two-lane zones on the expressway, proceed in two lines close to the center of the traffic lane.
- Participants are not allowed to stop on the expressway except in the case of an accident, bicycle trouble, or other unavoidable circumstances. Photography is prohibited on the expressway. However, photography using wearable cameras fixed on helmets, etc. is allowed.

#### 【Local roads and bicycle-pedestrian lanes】

- With the exception of some areas, traffic control is not in place. Participants should comply with road traffic regulations and ride in a single line.
- Fundamentally, participants should keep to the left. Follow the guidance of the event staff in zones where participants must ride on sidewalks and when alternating traffic is being conducted on narrow roads.
- When riding on curved and other roads that offer poor visibility, participants should expect oncoming traffic and decelerate.

#### 【Others】

- In the event of emergency situations, such as J-Alert, etc., first ensure your own safety and follow the instructions of the event staff.
- If you see suspicious persons or objects, inform the nearest staff.
- There may be areas with gravel on the course. Be careful when passing.

#### ■ 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

### 【Cancellation of the event】

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.

- Time of final decision 4:00 am on October 28, 2018 (Sunday)
- Announcement method It will be announced on the official website of the event.  
<http://cycling-shimanami.jp/>

## ② Preparation for the Event

### ■ Bicycles and accessories used

- The expressway has traffic regulations; therefore, the type of bicycle allowed on each course is restricted. (See the list below)
- Bicycles are required to have a headlight, a tail light or reflector, and bell. All riders are required to wear a helmet.
- Participants are required to submit a bicycle inspection certificate/written oath at the reception on the day before the event. Please have your bicycle checked and maintained at a bicycle shop in advance.

On the day of the event, staff will patrol and conduct visual inspections at the starting venue. Have your bicycle checked thoroughly because participants in violation of the rules will not be allowed to participate in the event.

### Vehicle rules

✓ Allowed	
Courses A~F	【Sport-type bicycle】 ※Tire width: free (any width) • Road race bicycle ● MTB Mountain bicycle ● Hybrid bicycle ● Small tire diameter bicycle (16-24 inches in diameter)
Course G	【Sport-type bicycle/City bicycle/Tandem bicycle】 ※Tire width: free (any width) ● Road race bicycle • MTB Mountain bicycle ● Hybrid bicycle ● Small tire diameter bicycle (16-24 inches in diameter) ● City bicycle (with drive train system) ● Tandem bicycle
× Prohibited (all courses)	
● Piste bicycle (fixed gear) ● Recumbent bicycle ● Hand cycle (with gear) ● Bicycle with training wheels ● Bicycle trailer ● Bicycle with auxiliary chair for a child ● Any vehicle which is not within the limits outlined for each course	

### Handlebar shape

Sport-type bicycle	
✓ Allowed	● Ordinary drop handlebar ● Flat bar (Bar ends are prohibited) ● Riser bar ● Bullhorn handlebar
× Prohibited	● DH handlebar ● Clip-on bar ● Spinaci ● An extension handlebar which is attached to the drop handle listed above 【Reason】 It prevents quick brake operation and it is unfit for controlling on steep roads.
City bicycle / Tandem bicycle	
✓ Allowed	● Original / default equipment and non-original but similarly designed replacement equipment
× Prohibited	● Bicycles with standard equipment that differs from time of purchase ● Same as above, but with attachments at unnecessary and excessive angles or mounted backwards

### Accessories attached

Allowed	● Bottle cage ● Cyclecomputer ● Portable air pump ● Saddlebag ● Light ● Mudguards ● Others, necessary for the ride
Not Allowed	● Accessories which are not necessary for the ride and prevent safe riding ● Baggage or clothes carried in any bike baskets are prohibited.

### What to prepare beforehand (checklist)

\*Participants, including those participating with city bicycles, are required to wear a helmet while riding during the event. Riders not wearing a helmet will not be allowed to take part in CYCLING Shimanami.

- Necessary equipment (cannot ride without equipping/wearing all of the items mentioned below)
  - Headlight  Helmet (leather and cloth are prohibited)  Taillight or reflector \*Preferably taillight because the course includes tunnel.  Bell
- Required items
  - Cash  Health insurance card (copy not acceptable)
- Recommended items
  - Watch \*To pace your time  Warm clothing, windbreaker \*Particularly recommended for Courses C, D, and F because they include transport on a ship  Rainwear  Gloves  Sunglasses (sport type)  Change of clothing  ID  Cell phone, spare battery  Pen/pencil  Towel  First aid kit, medicine (Band-aids, spray-type anti-inflammatory, etc.)  Beverage, water bottle  Food
  - Flat tire repair tools: Participants will need to repair their own flat tires. Please have repair tools ready.
  - Portable tools  Portable pump  Tire lever  Spare tube \*Preferably prepare more than two  Work gloves

Temperature on October 28 at the starting point

(Imabari City) Average temperature: 15.5°C, Highest temperature: 18.4°C, Lowest temperature: 12.1°C

(Onomichi City) Average temperature: 15.1°C, Highest temperature: 19.4°C, Lowest temperature: 12.8°C

\*Meteorological Agency data for the past five years

\*Since the event starts early in the morning and temperatures may be low depending on the weather, it is recommended you take precautions against the cold.



### ③ Participant Registration/Event

October 27 (Saturday)

- Complete participant registration during the registration period on the day prior to the event. (Proxy accepted)
  - Participant registration is not accepted on the day of the event or past the nonregistration time. No exceptions.
  - You can only check-in at the venue selected in your entry application. Ensure that you go to the right venue. You will not be able to sign-in at a venue you have not selected.
- \*Check your enclosed Bib ticket (bicycle inspection certificate/written oath), sign and present it at the reception.

#### Onomichi Venue

【Shimanami Koryukan (Teatro Shell-rune)】

10-1 Higashi Goshō-cho, Onomichi, Hiroshima

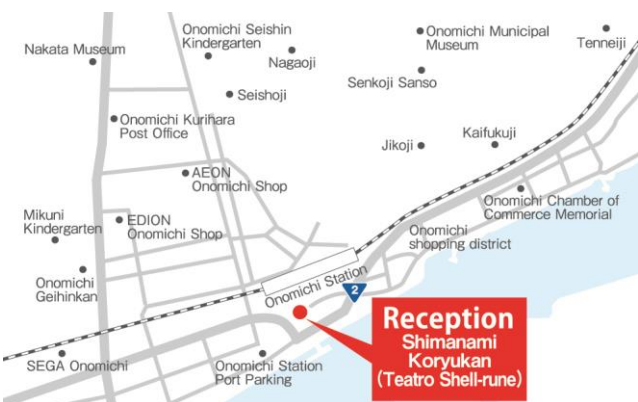
Reception hours: 10:00 to 20:00

- Parking is not available for event participants.
- Bicycles of participants who made reservations for the shuttle bus to the start venue will be collected here.

October 27 (Sat) Event

Exhibits by bicycle-related and sponsor companies, shops, dance performances, local entertainment, and talk show are planned to be held at the venue.

- Venue: Shimanami Koryukan
- Time: 10:00 - 18:00



#### Imabari Venue

【Shimanami Earth Land (Imabari Seibu Kyuryo Park)】

429-1 Otsu 2-chome, Kochi-cho, Imabari, Ehime

Reception hours: 10:00 to 20:00

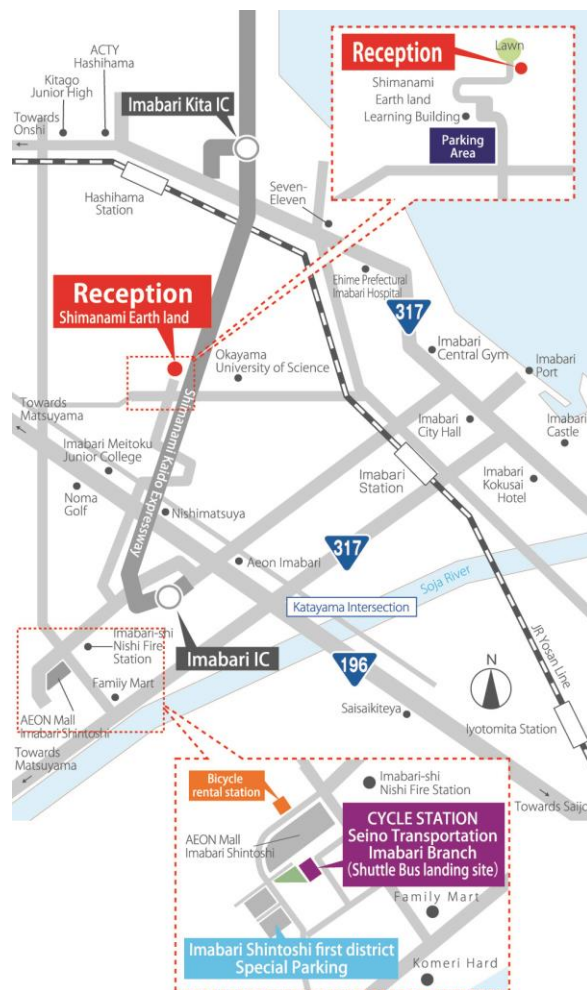
- Free parking available.
- Bicycles of participants who made reservations for the shuttle bus to the start venue will be collected at the Cycle Station (Seino Transportation Co., Ltd., Imabari Branch)
- A loop bus will operate from Imabari Station.

\*See “⑧ Loop Bus Operation” for more information.

October 27 (Sat) Event

Exhibits by bicycle-related and sponsor companies, shops, Ehime local cuisine, dance performances, local entertainment, and talk show are planned to be held at the venue.

- Venue: Shimanami Earth Land
- Time: 10:00 - 18:00



#### Matsuyama Venue

【Ehime Prefectural Office】

4-4-2 Ichiban-cho, Matsuyama, Ehime

Reception hours: 10:00 to 20:00

- Parking is not available for event participants.
- Bicycles of participants who made reservations for the shuttle bus to the start venue will be collected here.
- No events will be held at the Matsuyama Venue



## ③ Participant Check-in - Events

### ■ What to bring for the check-in

Bib ticket (bicycle inspection certificate/written oath)

### ■ What you will receive at the check-in

- Number with measuring chip
- Knapsack for your personal belongings to be checked in (with a number seal)
- Number plate for bicycle (with plastic tie string)
- Helmet seal
- Participation souvenir (T-shirt, Imabari towel, etc.)

\*Check the content of your number claim ticket, fill in the necessary fields of the bicycle inspection certificate and written oath, and submit them to the check-in reception. Minors will need consent from their legal guardian to participate.

\*Event training gear and local specialty goods will be sent to you at the beginning of October (only for premium entry participants)

## ■ Proxy registration

If the participant is unable to register the day before, he or she may delegate a proxy to register.

Proxies must present a Bib ticket with a signed written oath to be able to register.

\*Only the registered individuals are permitted to participate in the event.

\*One proxy may register for several participants; however, if the check-in venue differs, the proxy must register at the appropriate registration venue for each participant.

## ■ How to affix the number

### ■ Number with measuring chip

As shown in the photograph, place it on the back of your riding wear (top) at the lower back (make sure it is clearly visible from behind) and firmly affix with safety pins. Ensure that the number is not covered by the knapsack. If you are using a windbreaker or raingear, affix the number to it.



### ■ Helmet seal

As shown in the photograph, affix to the front of the helmet so it is visible from the front.



### ■ Number plate for bicycle

As shown in the photograph, place the number plate on the handlebar or break cable with a plastic tie, in a position visible from the front. If your bicycle has a basket, place it in front of the basket.



### ■ Check-in of personal belongings

- Only personal belongings in the knapsack assigned to you at reception can be checked in.
- Check in and out of personal belongings: Your number must match with the number seal on the knapsack.
- All knapsacks will be transported to the designated finishing venue.
- Ensure that the knapsack is firmly closed. Knapsacks with protruding items cannot be checked in.
- Valuable and breakable items cannot be checked in.

Knapsack for personal belongings to check in \*Affix with a number seal.

Height: 460mm Width: 390mm Gusset: 100mm

# ④ Start

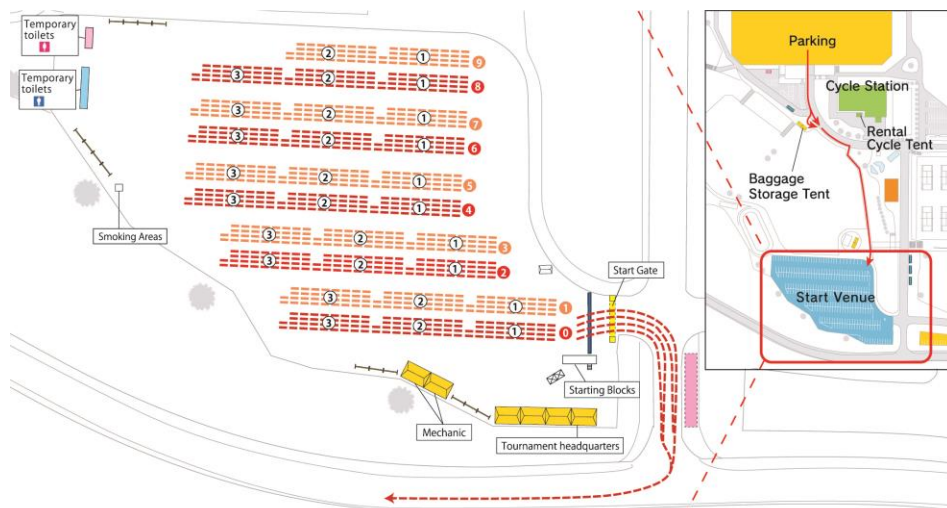
## ■ Start

### October 28 (Sun) **Start Venue Course A Mukaishima Sports Park**

Begin assembling at 5:15 am

\*Please be advised that the venue layout may be partially changed due to unavoidable circumstances.

**!Note** If you are not able to pass the Ikuchijima Minami IC checkpoint by 8:30 am, you may exit the expressway from the Ikuchijima Minami IC, and follow the local road to return to the course. Please see the enclosed course map for more information.



October 28, 2018 (Sun) Cycling Shimanami 2018

9:30 – 17:30 ● Course A Event Venue: Shimanami Earth Land

4:00 Parking lot opens

5:15 Course A participants begin to assemble and check-in personal belongings

6:00 Traffic control of Shimanami Kaido (between Imabari IC and Innoshima Kita IC) starts

6:00 Start Ceremony

6:15 Start (in groups)

12:00 Traffic control of Shimanami Kaido ends

17:30 Finishing venue closed

18:00 Parking lot closed

## ■ Assembly of start blocks

● 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.

● Number

● Guide Placard



Block number

## ■ Start

1 Move to start position, and lining up

● Staff will guide each block (3 groups) to the start position and position them in 4 lines.

2 Starting

● Groups will start at 1-minute intervals.

● The 4 lines will be separated into 2 lines to the right and 2 lines to the left and enter the local road.

● When entering the local road, move into a single line from the 2 line formation.

## ■ Time from assembly to the start

Course	Capacity	Block	Begin assembly	Lining up	Start
Course A IMABARI 70	1,000	0-9	5:15	5:55	6:15 -

## ■ Personal belonging check-in

Course	Check-in location	End of check-in	Check-out location
Course A IMABARI 70	Mukaishima Sports Park Check-in	5:50	Shimanami Earth Land (Imabari)

# ④ Start

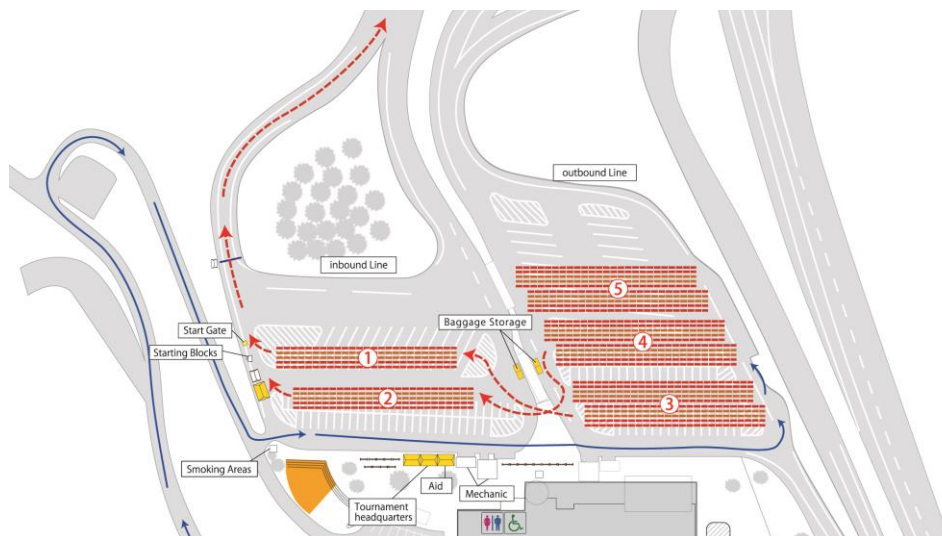
## ■ Start

### October 28 (Sun) Start Venue Course G Kurushima Kaikyo SA

Begin assembling at 7:30 am

\*Please be advised that the venue layout may be partially changed due to unavoidable circumstances.

**!Note** The venue will be closed until 7:30 am and entry will not be possible.



October 28, 2018 (Sun) Cycling Shimanami 2018

9:30 – 17:30 ● Course G Event Venue: Shimanami Earth Land

- 5:30 Parking lot opens
- 6:00 Traffic control of Shimanami Kaido (between Imabari IC and Innoshima Kita IC) starts
- 7:00 Traffic control of roads around the start venue starts
- 7:30 Course G participants begin to assemble and check-in

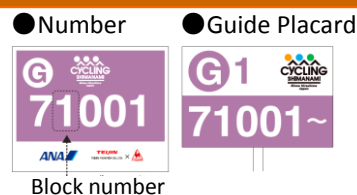
- 8:30 Traffic control of roads around start venue ends. Assembly of all participants completed
- 9:15 Start Ceremony
- 9:30 Start (in groups)
- 12:00 Traffic control of Shimanami Kaido ends
- 17:30 Finishing venue closed
- 18:00 Parking lot closed

## ■ Assembly of start blocks

● 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.

## ■ Start

- 1 Move to start position, and lining up
- Staff will guide each block to the start position and position them in 5 lines.
- 2 Starting
- Groups will start at 1-minute intervals.
- Start in 5 lines and move to a 2 line formation after passing the start gate.



## ■ Time from assembly to the start

Course	Capacity	Block	Begin assembly	Lining up	Start
Course G OSHIMA 30	1,000	1-5	7:30	9:10	9:30 –

## ■ Personal belonging check-in

Course	Check-in location	End of check-in	Check-out location
Course G OSHIMA 30	Kurushima Kaikyo SA check-in	9:05	Shimanami Earth Land (Imabari)



# ④ Start

## ■ Start

October 28 (Sun)

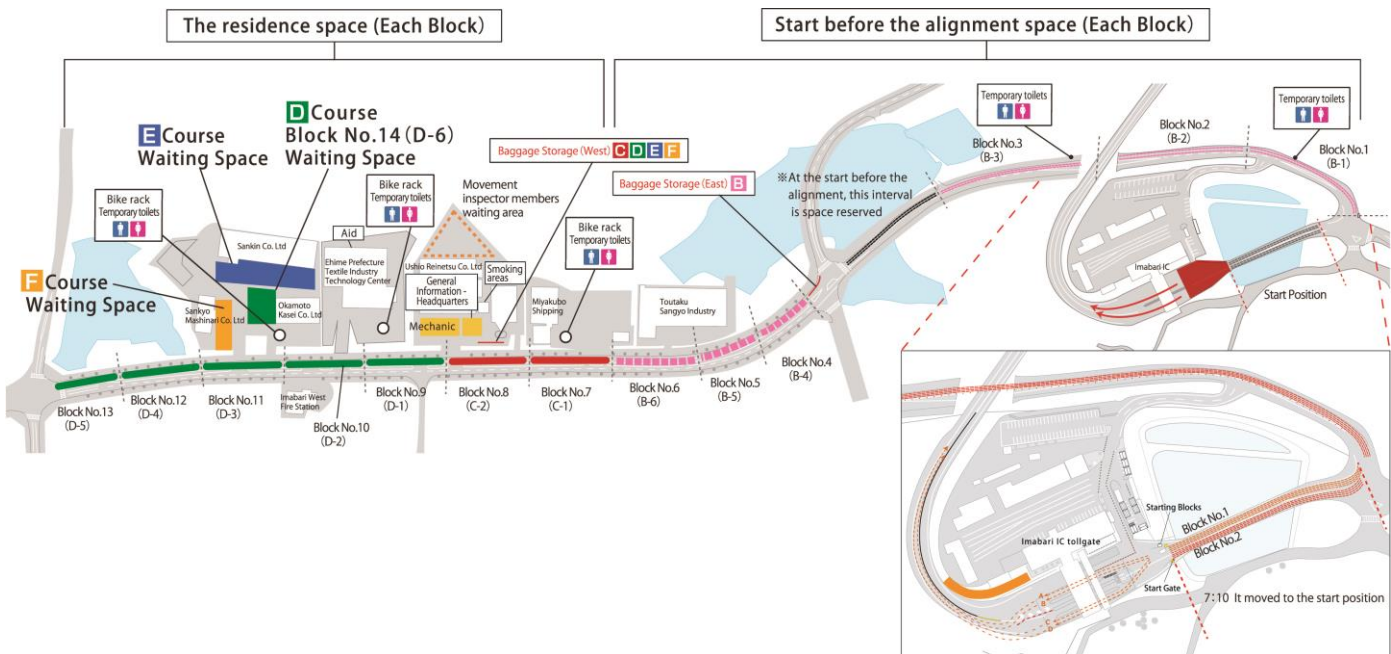
### Start Venue Courses B, C, D, E, and F Imabari Shintoshi First District

Begin assembling at 6:30 am

\*Please be advised that the venue layout may be partially changed due to unavoidable circumstances.

#### !Note

To avoid traffic congestion and ensure smooth guidance at the start venue, three assembly times have been set for each course: 6:30 am for Courses B and C, 7:00 am for Course D, and 7:40 am for Courses E and F.



October 28, 2018 (Sun) Cycling Shimanami 2018

9:30 – 17:30 ●Event Venue for Courses B, C and E: Shimanami Earth Land

10:30 – 15:00 ●Event Venue for Course D: Shinhama Kenei Uwaya

12:30 – 16:00 ●Event Venue for Course F: Yuge Port

- 4:00 Parking lot opens
- 6:00 Traffic control of Shimanami Kaido (between Imabari IC and Innoshima Kita IC) and roads around the start venue
- 6:30 Courses B and C participants begin to assemble and check-in personal belongings
- 7:00 Course D participants begin to assemble and check-in personal belongings
- 7:20 Start Ceremony
- 7:35 Start (by course and blocks)
- 7:40 Courses E and F participants begin to assemble and check-in personal belongings
- 9:40 Traffic control of roads around the start venue ends
- 12:00 Traffic control of Shimanami Kaido ends
- 15:00 Finishing venue closed (Course D)
- 16:00 Finishing venue closed (Course F)
- 17:30 Finishing venue closed (Courses A, B, C, E, and G)
- 18:00 Parking lot closed

# ④ Start

## ■ Assembly of start block

● 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 (\*5-minute intervals for Course B). 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. \*Traffic control will be placed on the roads to create start spacing. Please line up at the road after you hear the announcement to assemble. Assembly is scheduled from 6:30 am. Until the announcement, follow the directions of the staff and wait on the sidewalk or at the stand-by space.

### ● Number



Block number

### ● Guide Placard



## ■ Start

1 Move to start position, and lining up

● Staff will guide each block to the start position and position them in 4 lines.

2 Starting

● Blocks will start at 4-minute intervals. (5-minute intervals for Course B)

● The 4 lines will be separated into 2 lines to the right and 2 lines to the left and enter the expressway from two entrances at the toll gate.

● After entering the expressway, move to a single line from the 2 line formation and merge with riders entering from different entry points into a 2 line formation.

## ■ Time from assembly to the start

Course	Capacity	Block	Begin assembly	Lining up	Start
Course B OMISHIMA 110	1,500	1-6	6:30	7:05	7:35 -
Course C COMPLETE SHIMANAMI 140	500	7, 8			8:05 -
Course D ONOMICHI 70	1,500	9-14	7:00	7:40	8:13 -
Course E IKUCHIJIMA 110	1,000	15-18	7:40	8:10	8:37 -
Course F YUMESHIMA 70	500	19, 20		8:25	8:53 -

## ■ Personal belonging check-in

Course	Check-in location	End of check-in	Check-out location
Course B OMISHIMA 110	Imabari Shintoshi First District Higashi Check-in point	7:00	Shimanami Earth Land (Imabari)
Course C COMPLETE SHIMANAMI 140			
Course D ONOMICHI 70	Imabari Shintoshi First District Nishi Check-in point	7:30	Shinhamma Kenei Uwaya (Onomichi)
Course E IKUCHIJIMA 110		8:00	Shimanami Earth Land (Imabari)
Course F YUMESHIMA 70		8:15	Yuge Port

## ■ Note

- Passenger vehicles are prohibited from entering the area around the start venue on October 28 (Sun) from 6:00 to 9:40.
- Lanes opposite from those used for stand-by and lining up will be used by emergency vehicles. Entry is prohibited.
- Assembly venue differs by race tag. Check your race tag and assemble at the correct assembly venue.
- Follow the directions of the event staff for movement within the venue.
- Please use the restroom at the start venue. Distance to the first aid station (Tatara Shimanami Park or Setoda PA) is approx. 35km.

# 5 Cycling Route

## Checkpoints

Checkpoints are set up on courses within the time limit for each point.

Riders should be aware of the closing times for each checkpoint to manage their riding time and pace.

Riders unable to pass the checkpoint before the closing time cannot continue riding. Riders will be directed by the event staff to take an event vehicle to the finishing venue of their course.

If a rider is judged by the event staff to be unable to finish within the designated closing time, the rider must follow their directions.

## Closing time of Checkpoints

### Course A IMABARI 70

Classification	Innoshima Minami IC	Setoda BS	Ikuchijima Minami IC	Omishima IC	Tatara Shimanami Park	Hakata SC Park	Yoshiumi Rose Park
Expected passing time	7:48	8:15	8:30	8:40	14:35	15:10	16:00
Closing time	8:05	8:35	8:50	-			

\*Expected passing time is set up between the intersection of Innoshima Minami IC and Ikuchijima Minami IC.

\*The expressway exit will change to Ikuchijima Minami IC from 8:30 (Expected passing time for Ikuchijima Minami IC).

### Course B OMISHIMA 110

Oshima Minami IC	Hakatajima IC	Tatara Shimanami Park	Omishima Shisho	Hakata SC Park	Yoshiumi Rose Park
9:45	10:30	10:05	12:25	15:10	16:00

\*Time for Hakatajima IC applies to the subsequent start of Courses E and F.

### Course C COMPLETE SHIMANAMI 140

Oshima Minami IC	Hakatajima IC	Omishima IC	Setoda PA	Setoda BS	Manda Fermentation	Minato Oasis Onomichi	Shinhami Port	Tatara Shimanami Park	Hakata SC Park	Yoshiumi Rose Park
9:45	10:30	10:50	10:45	11:05	11:40	12:30	12:40	14:35	15:10	16:00

\*Time for Hakatajima IC and Omishima IC applies to the subsequent start of Courses E and F.

### Course D ONOMICHI 70

Oshima Minami IC	Hakatajima IC	Omishima IC	Setoda PA	Setoda BS	Manda Fermentation	Mukaishima Junior High School
9:45	10:30	10:50	10:45	11:05	11:40	13:15

\*Time for Hakatajima IC applies to the subsequent start of Courses E and F.

### Course E IKUCHIJIMA 110

Oshima Minami IC	Hakatajima IC	Omishima IC	Setoda PA	Setoda Sunset Beach	Tatara Shimanami Park	Hakata SC Park	Yoshiumi Rose Park
9:45	10:30	10:50	11:10	12:05	14:35	15:10	16:00

### Course F YUMESHIMA 70

Oshima Minami IC	Hakatajima IC	Omishima IC	Setoda PA	Setoda Sunset Beach	Iwagi Port
9:45	10:30	10:50	11:10	12:05	14:00

### Course G OSHIMA 30

Yoshiumi Rose Park
16:00

## First-aid stations

● First aid is available at the start and finishing venues and at each Aid Station.

● 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.

● No over-the-counter medicines (including stomach medicine, and cold medicine) are available at the Aid Stations.

\*Anti-inflammatory spray treatment for muscle fatigue from cycling will not be provided.

● 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.

# 5 Cycling Route

## Aid Stations

Aid Stations are set up at the following points in the course. At the Aid Station a restroom, rest area, first aid staff and a checkpoint are available. Riders will receive refreshments (food and drink) from local residents. The services available at each Aid Station are shown in the chart below.

AID STATION	Course	Drink	Food	Lunch	Mechanic	Medical Center	Rest Room	Checkpoint
Setoda PA	C D E F	✓	✓		✓	✓	✓	✓
Yoshiumi Rose Park	A B C E G	✓	✓		✓	✓	✓	✓
Hakata SC Park	A B C E	✓	✓		✓	✓	✓	✓
Tatara Shimanami Park	A B C E	✓	✓		✓	✓	✓	✓
Omishima Shisho	B	✓	✓	✓	✓	✓	✓	✓
Iwagi Port	F	✓	✓		✓	✓	✓	✓
Setoda Sunset Beach	E F	✓	✓	✓	✓	✓	✓	✓
Manda Fermentation	C D	✓	✓		✓	✓	✓	✓
Mukaishima Junior High School	C D	✓			✓	✓	✓	✓
Minato Oasis Onomichi	C	✓	✓	✓	✓	✓	✓	✓

\*See the enclosed course map for more information.

\*Lunch is served at the finishing venue for Courses A, D, and G.

## Mechanic services

- Mechanic services are provided at the start venue and at major aid stations.
- Mechanics provide only emergency repairs and services are limited. Please have your bicycle fully checked and maintained at a bicycle shop in advance.
- Your bicycle may be scratched or stained during emergency repairs.
- If replacement parts are necessary, participants are responsible for the cost. Please be advised that the necessary parts or tools may not be on hand.
- 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 can call for a mechanic vehicle, if necessary. Note that it may take time for the mechanic vehicle to arrive.

\*The event staff will not assist with poorly maintained bicycles or provide maintenance after finishing.

## Retiring from the race

- If you wish to retire because of bicycle failure or illness, do not hesitate to contact the nearest event staff. If no event staff are nearby, call the event call center.
- Individuals who retire will be picked up by an event vehicle and taken to the nearest Aid Station for retirement procedures.
- Follow the instructions of the event staff and return the number tag (including the number plate on the bicycle) and your measurement chip.
- Individuals retiring will be taken to the finishing venue of their course by an event vehicle.
- Do not retire, take a detour, or go home without notifying the staff.

## Request for your cooperation with emergency vehicles

- Emergency vehicles may pass participants during the event because of an accident or other emergency. Please follow event staff instructions and allow the vehicle to pass. Riders on Shimanami Kaido may be asked to stop.

## Restrooms

- Restrooms are available at Aid Stations.

\*See the enclosed course map for more information.



# ⑥ Finish

## ■ Closure time of Finishing area

Closure time of each finishing area is designated, so please pass the finish line before this time.

Course	Personal belonging check-in station	Closure time	Personal belonging check-out time (schedule)
Course A IMABARI 70	Shimanami Earth Land (Imabari)	17:00	10:00 – 17:30
Course B OMISHIMA 110			11:00 – 17:30
Course C COMPLETE SHIMANAMI 140			
Course E IKUCHIJIMA 110			
Course G OSHIMA 30			
Course D ONOMICHI 70	Shinhami Kenei Uwaya (Onomichi)	15:00	11:30 – 15:30
Course F YUMESHIMA 70	Yuge Port (Kamijima)	16:00	12:40 – 16:30

## ■ Collecting of measurement chips for passage check

● Please make sure to return the measurement chip after finishing.

The competition staff members will collect the measurement chips, so we ask for your cooperation.

**! If it is not returned or lost, we will charge you 2,000 JPY (tax included).**

## ■ Completion certificate

We will issue completion certificates for participants who completed the course within the time limit. Please receive your completion certificate by presenting your Race tag.

## ■ Baggage return

It is necessary to present your Race tag to have your baggage returned.

Please check the Race tag number by yourself when receiving your baggage to make sure that there is no mix up. Please make sure not to forget to take your baggage.

\*The arrival of your baggage may be delayed due to traffic conditions. We kindly ask for your understanding.

## ■ Food after finishing

Each finish area will provide food that you can enjoy after finishing.

## ■ Supporters [Note on cheering on the riders]

- To Cheer on the Riders and Enjoy Shimanami Kaido - Do not cheer for riders on the course or park your car near the course.

Individuals wishing cheer on the riders are not allowed to enter Shimanami Kaido using their cars. Escorting the riders in vehicles or filming with drones is strictly prohibited.

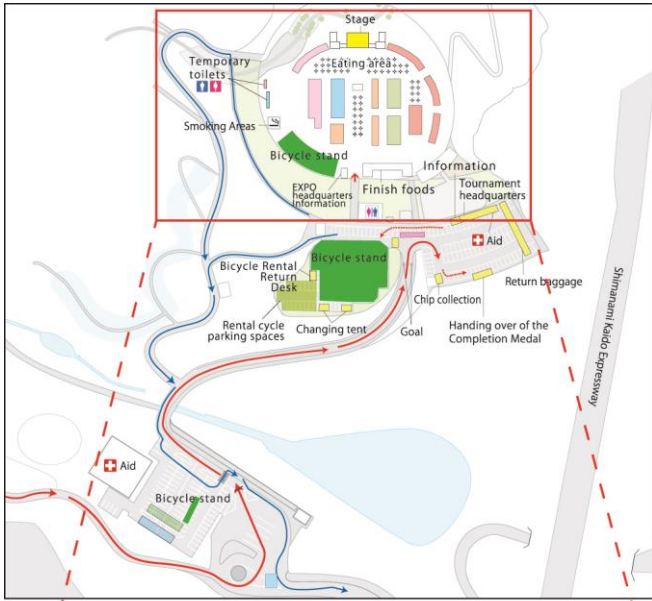
Please comply with the rules for cheering on the riders and enjoy sightseeing on the Shimanami Kaido.

# ⑥ Finish

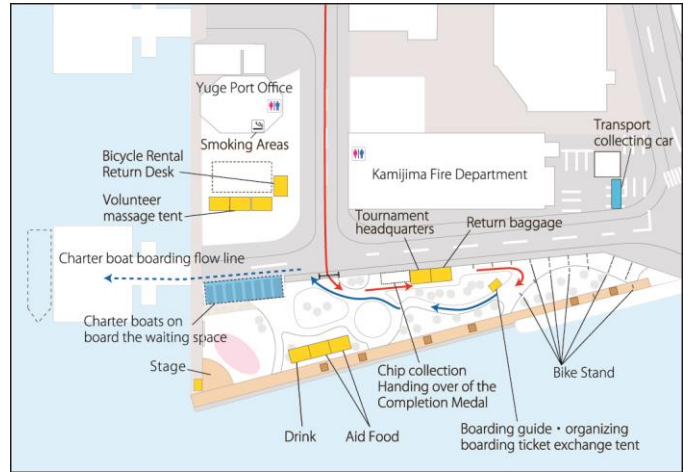
## Precautions after finishing

- Please be advised that we will not be responsible for the theft or loss of bicycles and returned baggage.
- Please follow traffic laws when traveling by bicycle after finishing, and please be careful of traffic accidents.
- There will be many bicycles in the area around Imabari Kita IC during the event. If you wish to use Shimanami Kaido after the event, enter the expressway from Imabari IC.

### Finishing venue for Courses A, B, C, E, G (Shimanami Earth Land)



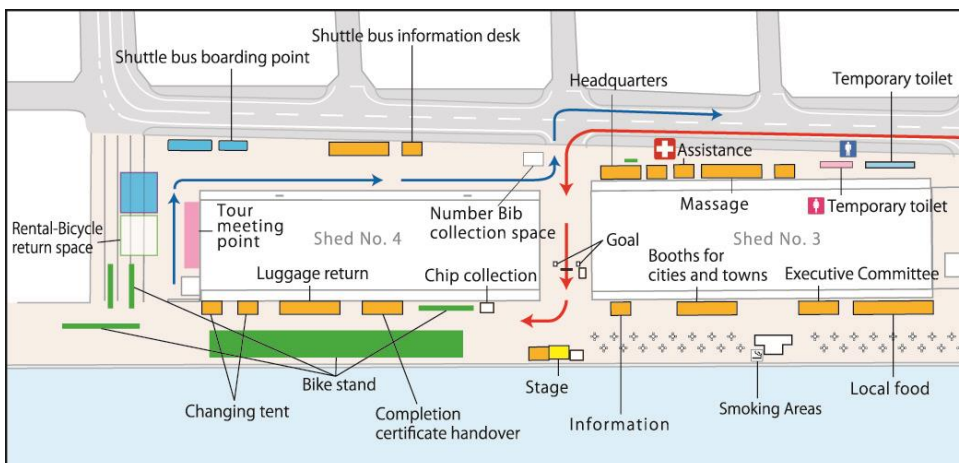
### Finishing venue for Course F (Yuge Port)



\*Layout of the finishing venue may change.

- ← Incoming flow
- ← Outbound flow

### Finishing venue for Course D (Shinhama Kenei Uwaya)



# ⑦ Access Information to Start Venue

## Course A Mukaishima Sports Park



### 【Note about using the early ferry】

(1) Individuals coming to the start venue by bicycle from Onomichi City should use the ferry and not the Onomichi Ohashi Bridge. A ferry ticket will be given to you along with information on which ferry to use and boarding times at the reception on the day before. Board the ferry departing at the designated time by presenting your ferry ticket. Be advised that if you are unable to board the designated ferry, you will not be able to arrive at the start venue by the start time.

### (2) Boarding time

Ferry to use	Travel time	*Approximately 5 to 7 minutes one way
Ekimae Ferry	4:20 – 5:00	
	5:05 – 5:30	*Only for individuals bringing a bicycle on the ferry
Onomichi Ferry	4:30 – 5:10	



# ⑦ Access Information to Start Venue

Course B C D E F IMABARI IC  
 Course G Kurushima kaikyo SA





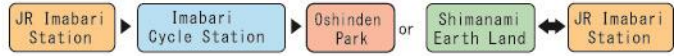
# ⑧ Loop Bus Operation <Free of charge>

10月27日(土) 10:55~18:55  
[Service at 30-minute intervals]

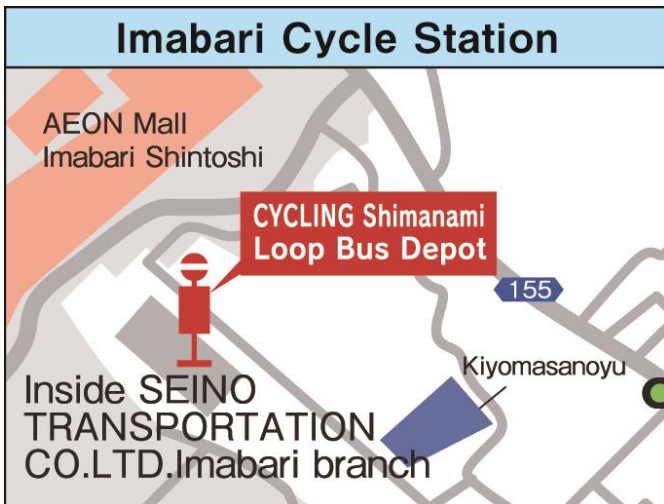
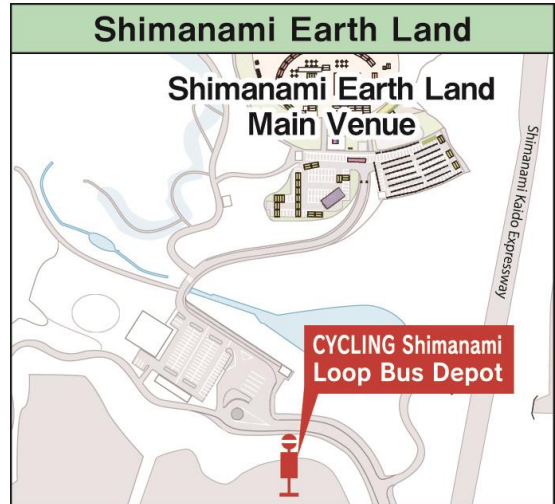
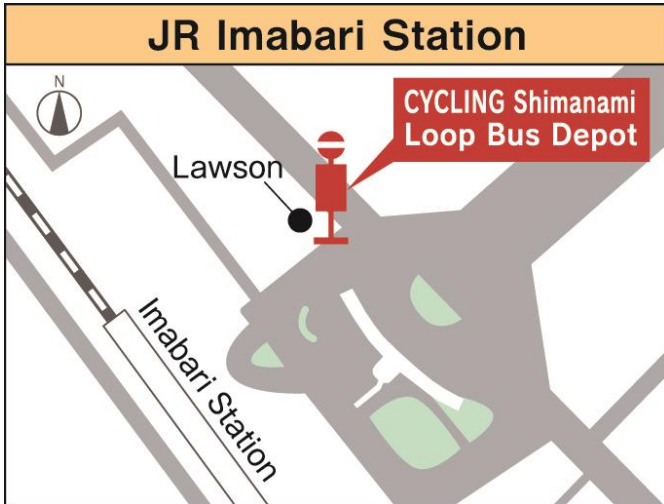


Start from JR Imabari Station	Shimanami Earth Land (Registration venue)		Imabari Cycle Station		Arrival at JR Imabari Station
	Arrival	Departure	Arrival	Departure	
10:55	11:05	11:15	11:25	11:30	11:45
11:25	11:35	11:45	11:55	12:00	12:15
11:55	12:05	12:15	12:25	12:30	12:45
12:25	12:35	12:45	12:55	13:00	13:15
13:05	13:15	13:25	13:35	13:40	13:55
13:35	13:45	13:55	14:05	14:10	14:25
14:05	14:15	14:25	14:35	14:40	14:55
14:35	14:45	14:55	15:05	15:10	15:25
15:15	15:25	15:35	15:45	15:50	16:05
15:45	15:55	16:05	16:15	16:20	16:35
16:15	16:25	16:35	16:45	16:50	17:05
16:45	16:55	17:05	17:15	17:20	17:35
17:25	17:35	17:45	17:55	18:00	18:15
17:55	18:05	18:15	18:25	18:30	18:45
18:25	18:35	18:45	18:55	19:00	19:15
18:55	19:05	19:35	19:45	19:50	20:05

10月28日(日) 5:50~17:45



Start from JR Imabari Station	Imabari Cycle Station		Oshinden Park	Shimanami Earth Land (Finishing venue)		Arrival at JR Imabari Station
	Arrival	Departure	Arrival	Arrival	Departure	
5:50	6:05	6:10				6:25
7:00	7:15	7:20				7:35
7:45	8:00	8:05	8:25			
11:00				11:10	11:15	11:25
11:30				11:40	11:45	11:55
12:15				12:25	12:30	12:40
12:45				12:55	13:00	13:10
13:30				13:40	13:45	13:55
14:00				14:10	14:15	14:25
14:45				14:55	15:00	15:10
15:15				15:25	15:30	15:40
16:00				16:10	16:15	16:25
16:30				16:40	16:45	16:55
17:15				17:25	17:30	17:40
17:45				17:55	18:00	18:10



# 9 Omotenashi

## Event staff

There are approximately 2,500 staff members working at the event. Staff will be wearing the clothing described below. Contact them if you need anything.

General staff uniform

\*Some of the worker volunteers are wearing different clothing with armbands that indicate they are "Staff."

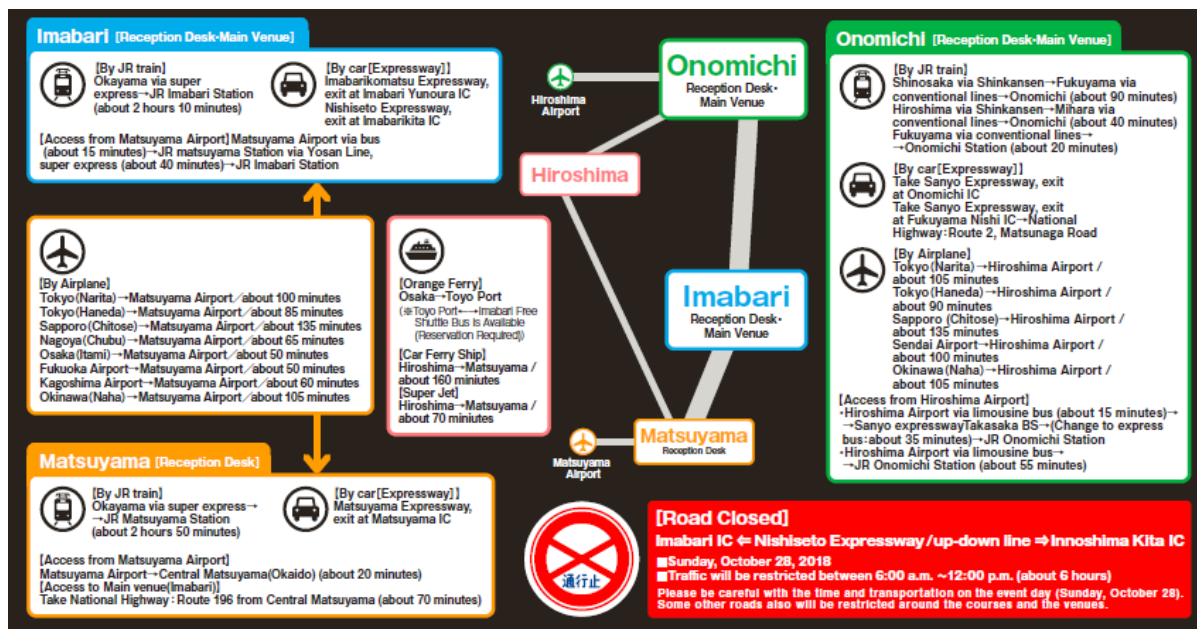


## Volunteer cycling staff

On the day of the event, local volunteer cyclists will guide and support participants on course route. Staff may need to issue warnings or give instructions that riders must comply with. When facing problems participants cannot deal with, inform the volunteer cycling staff. Volunteer cycling staff uniform.



# 10 Access



On the day of the event (October 28 (Sun)), there will be traffic control placed on the Nishiseo Expressway as well as the area around the start venue. Check access information and make sure to arrive in time for the start.

# 11 Donations for the July 2018 Storm Disaster

In July 2018, a storm inflicted significant damage not only to the Seto Inland Shimanami Kaido area but also to both Hiroshima and Ehime prefectures. Victims of the damage are steadily working toward restoration. To support these efforts, Cycling Shimanami 2018 is calling for people to make donations. Donations can be made through the Hiroshima and Ehime websites. Your generosity is greatly appreciated.

## Hiroshima

About making donations  
 Information about donations for the July 2018 Hiroshima Storm Damage



## Ehime

About donations for the July 2018 Storm Disaster



We support Cycling Shimanami 2018. As of August 31, 2018 (in a-i-u-e-o order)



平成30年8月31日現在 (50音順)

Application related inquiries	<b>CYCLING Shimanami 2018 entry center</b> TEL:+81-570-03-1900 Office Hours:10:00~17:00 Office Closed:Every Weekends and National Holidays	
Event related inquiries	Cycling Shimanami 2018 Executive Committee Imabari Headquarters TEL:+81-898-23-2870 Office Hours:9:00~17:00 Office Closed:Every Weekends and National Holidays E-mail : ima-syoko@pref.ehime.lg.jp	
Official Website	<a href="http://cycling-shimanami.jp/english/">http://cycling-shimanami.jp/english/</a>	