

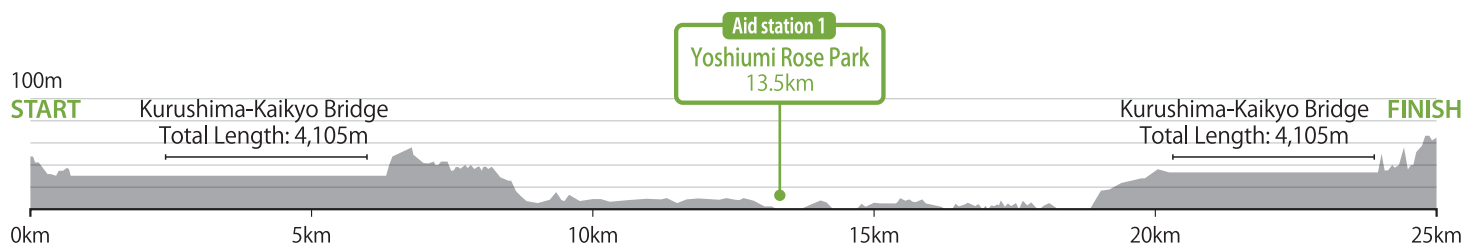


## SHIMANAMI KAIDO FUREAI COURSE

Kurushima Kaikyo Service Area ~ Oshima | Round Trip 25km

# KURUSHIMA 25

Make a Round Trip to the World's First Triple Suspension Bridges  
~Enjoy a Superb View 65 Meters Above the Sea~



※The above will serve as a guide.

# Some Tips For You To Enjoy Shimanami Cycling

## Event Schedule

05:00	Car park opens	09:20	Opening ceremony
07:30	Area opens/ check-in belongings (ends at 09:20)	09:30	Parade cycling begins
		09:45	Start (Shimanami Kaido Expressway)
08:30	Line up	13:30	Finish (within time limit)

## Start

- In order to ensure a smooth and safe start, participants are divided into blocks (250 people per block). Participants will then cycle in a parade to the starting point on the expressway. Line up at your designated block according to your number.
- Participants will line up again at the starting point on the main lane of the expressway and start in intervals of 5 minutes per wave.
- The position within the blocks will not be specified. You will start according to your queue.

Start Time	Block	Number
09:45	■ Course Block 1	9 1 0 0 1 ~
09:50	■ Course Block 2	9 2 0 0 1 ~
09:55	■ Course Block 3	9 4 0 0 1 ~
10:00	■ Course Block 4	9 5 0 0 1 ~

## Cycling Rules

- Along the main lane of Shimanami Kaido Expressway, cycle close to the middle of the lane in two lines.
- Picture taking on the main lane of Shimanami Kaido with cameras is not allowed except for wearable cameras and other devices that are fixed to the bike. Also, do not stop along the way unless there is an accident and you are requested to stop.
- Do not cycle side by side. Please ride in a line on the left side of the lane while cycling on roads and cycling paths.
- Do not pass the lead cyclist.

## ⚠ Cycling Hazards

The below safety measures will be implemented. Please follow the staff's directions accordingly.

- ① You will be cycling on the walkway at some points during your course (before the finish) in Imabari. Please proceed cautiously.

## Checkpoints

There is a checkpoint at the Finish Area. Please be aware that if you are not able to clear the checkpoint before the closing time, you will be disqualified.

	Range	Venue	Checkpoint closing time
Finish	25.9km	Itoyama Park	13:30

## Bicycle Mechanical Problems

Participants are responsible for any mechanical problems they experience during the course. If you are not able to make repairs on your own, seek help from nearby staffs. Contact the call center if there are no staffs in that area. Mechanic service will be called depending on the situation.

However, mechanic service does not guarantee the condition of your bicycle. Please note that fees will be incurred for parts exchanged, which will be billed to you later.

## Medical Centers

Initial treatment for injuries and sickness will be provided at aid stations at the Start/Finish Area and at each respective aid station.

## Withdrawal

If you aren't feeling well, or can't complete the course for any other reason, please do not force yourself to go on. If there are no staffs around you, please contact the call center. Transport to the Finish Area will be arranged.

## Rest Rooms

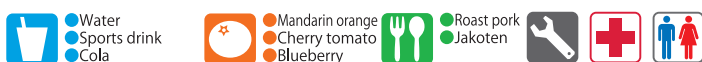
Rest Rooms are provided at all aid stations and they are also located at every 10km point along the road. Please note that they might be crowded.

※Please refer to the course map on the back of this sheet for the location of rest rooms.

## Aid Stations

Food supplements will be provided at all aid stations. Please help yourself when you need to rest or replenish your water/energy supply.

### Aid station 1 Yoshiumi Rose Park



### FINISH Itoyama Park



🥤 Drink 🍌 Fruit 🍴 Food 🛠 Mechanic 🏥 Medical Center 🚻 Rest Room

## Final decision to hold the event

The event will be held even in the event of some rain. In the case of earthquakes, flood damage, high wind, snowfall, infection or other hazardous incidents, the event could be called off or discontinued according to the decision of the organizer. Please note that the registration fee is non-refundable in this matter. Thank you for your kind understanding.

- 🕒 Final decision date & time : Sunday, October 26th, 2014 5:00am
- 🌐 Notification : Through the official website of this event <http://cycling-shimanami.jp/>

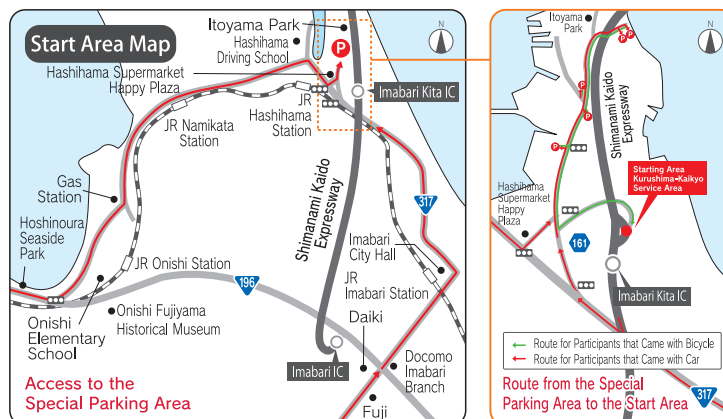
## Call Center (Emergency Contact)

☎0898-24-1611

[Office Hours]

October 25th (Sat) 10:00 ~ 18:00

October 26th (Sun) 5:00 ~ 18:00



- ※ For participants who will be coming from Matsuyama through Route 196, please come through prefectural Route 15 Onishi-Hashihama Port Line (turn left towards Namikata direction when you are around Imabari-shi Onishi-cho/Hoshinoura Seaside Park).
- ※ For participants who will be coming from Hiroshima, please be aware that the Shimanami Kaido Expressway from Imabari Interchange to Innoshima kita Interchange will be closed down on both directions from 6am onward.
- ※ Free parking areas are distributed around the Start Area (Kurushima-Kaikyo Service Area). Please follow the directions of the staffs accordingly to the designated car park.