

Ride across Inland Sea of Japan



Setouchi Shimanami Kaido International Cycling Event

CYCLING Shimanami

2014.10.26 SUN

A massive cycling event
featuring a famous expressway
and spectacular islands

Shimanami Kaido Fureai Course (Courses F~I) Participant Guide

● SCHEDULE

10/25 (Sat.) Reception Desk / EXPO

10:00 a.m. to 6:00 p.m.

Check-in point : The Matsuyama venue[Okaido Shopping Arcade]
The Imabari venue[Shimanami Earthland]
The Onomichi venue[Onomichi Public Hall]

10/26 (Sun.) CYCLING Shimanami

【Courses F-H】

5:00 a.m. ~ Parking areas open
5:30 a.m. ~ Venue open
6:00 a.m. ~ Shimanami Kaido Expressway closed
between the Imabari Interchange and the
Innoshima Kita Interchange and the regular
roads near the starting line will close.
Bicycle rental and baggage room open.
6:30 a.m. ~ Group alignment and parade preparation
7:00 a.m. ~ Departure ceremony
7:05 a.m. ~ Parade ride
7:30 a.m. ~ Start on the Shimanami Kaido Expressway
10:00 a.m. Course F finish line closes
12:00 noon. Course G finish line closes
Finish area closes (H Course), last call
12:00 noon. Shimanami Kaido Expressway reopens

【Course I】

6:00 a.m. ~ Shimanami Kaido Expressway closed
between the Imabari Interchange and the
Innoshima Kita Interchange and the regular roads
near the starting line will close.
Parking areas open
Bicycle rental station (Sunrise Itoyama) opens
7:30 a.m. ~ Venue and baggage room open.
8:30 a.m. ~ Group alignment and parade preparation
9:20 a.m. ~ Departure ceremony
9:30 a.m. ~ Parade
9:45 a.m. ~ Start on the Shimanami Kaido Expressway
(one group after another)
12:00 noon. Shimanami Kaido Expressway reopens
1:30 p.m. Finish area closes, last call

- Main Organizer: Setouchi Shimanami Kaido – International Cycling Event Executive Committee
- Co-organizers: Ehime Prefecture Tourism Association, Ehime Shimbun and Chugoku Shimbun
- Sponsors: Chugoku Regional Development Bureau of the Ministry of Land, Infrastructure, Transport and Tourism, Shikoku Regional Development Bureau of the Ministry of Land, Infrastructure, Transport and Tourism, Chugoku District Transport Bureau, Shikoku District Transport Bureau, Tourism Agency of the Ministry of Land, Infrastructure, Transport and Tourism, Honshu-Shikoku Bridge Expressway Company, NHK Matsuyama Area Broadcasting Station, Nankai Broadcasting, Ehime Broadcasting, i-Television, Ehime Asahi Television, Ehime FM, NHK Hiroshima Area Broadcasting Station, RCC Broadcasting, Hiroshima Telecasting, Hiroshima Home Television, Shinhiroshima Telecasting, Hiroshima FM Broadcasting

<http://cycling-shimanami.jp/english/>

1 Participation in the Event



Participants agree to read and fully understand all the information given below.

This event is not a race measuring rank or time. The course includes sections on the "Shimanami Kaido Expressway" and part of regular roads that have been closed off to general car traffic.

All participants are asked to respect the routes and time indications given, to cycle in accordance with all traffic regulations, to follow all event rules and obey directions given by police officers, security guards and event staff.

Participants are asked avoid dangerous behavior and to be responsible for their own and other's safety, so that everyone can enjoy a safe and fun ride.

【 Notes 】

※ For further information, please see the event rules posted on the official Setouchi Shimanami Kaido International Cycling Event home page.

■ General Course and Riding Rules

[Shimanami Kaido Expressway: traffic regulations specific to highways]

- Participants are to ride on the northbound car lane only (Nobori Shasen, heading to Honshu). The southbound lane (Kudari Shasen) is reserved for emergency vehicles --- participants are not allowed to use.
- Participants may be asked to stop riding when emergency vehicles use the lane.
- On one-lane sections, participants should ride up to two abreast in the center of the lane.
- It is forbidden to stop, except in case of accidents or bicycle breakdowns. It is forbidden to stop to take pictures or video, and also to take pictures or video while riding. Only cameras fixed on the body of the bicycle or wearable cameras, such as helmet-mounted cameras, may be used to film while riding.

[Traffic regulations for regular roads and pedestrian areas]

- Traffic is restricted on certain sections of the course only. Participants are asked to observe all applicable traffic regulations and to ride safely.
- Do not ride in multiple lines or two-by-two; ride in single file, keeping to the left side of the road.
- Please keep to the left of the road as a rule, but note that some sections require participants to ride on the sidewalk. Furthermore, some sections also require participants to circulate along traffic in two-way lanes. The participants should then decelerate sufficiently and follow event staff instructions.
- It is forbidden to pass the staff leader --- all participants must always stay behind this group leader.

■ Riding manners

- When overtaking slower participants, please warn them before overtaking, and always ride in a safe, mutually respectful and tolerant manner.
- When riding on curves and other roads with poor visibility, participants should expect oncoming cars and keep left, riding very cautiously.
- In order to avoid rear-end collisions due to sudden braking or abrupt steering, please keep enough distance from riders behind and in front of you, and always stay focused.

■ Insurance

All participants are covered by the accident insurance provided by the organizer.

■ Coverage Period: event start to finish

Coverage Benefits			Payment
Accidental Death	Accidental Injury		¥5 million
	Specified Diseases		¥5 million
Disability	Accidental Injury		¥5 million max
	Specified Diseases		¥5 million max
Medical Treatment	in-patient (per day)	Accidental Injury	¥5,000 (within 180 days)
		Specified Diseases	¥5,000 (within 180 days)
	out-patient (per day)	Accidental Injury	¥3,000 (within 90 days)
		Specified Diseases	¥3,000 (within 90 days)

※ Treatment and other expenses shall be borne by the customer. Participants are encouraged to purchase supplementary insurance on their own.

※ Emergency first-aid for injuries having occurred during the event will be provided, however the compensation claims do not extend beyond the range of the accident insurance provided by the organizer for the duration of this event. Subsequent treatment costs etc. will be borne by the participant himself, which is why participants are required to bring and carry their insurance card.

※ Please note that for claims for insurance premiums other than those covered by the insurance provided by the organizer, a police traffic accident certificate might be required.

Please note that damage or theft of bicycle, helmet or wear is not covered by the insurance provided by the organizer.

【 In case of road traffic accidents 】

Please note that establishing a traffic accident certificate implies reporting the accident to the police in order to attest its veracity and factual accuracy, which is why participants involved are asked not to leave the premises on their own and to follow event staff directions.

1 Participation in the Event



■ Traffic Restrictions

Shimanami Kaido Expressway

- Closed sections: both lanes between the Imabari Interchange to the Innoshima Kita Interchange.
- Expressway closure period: 26/10/2014 (Sun.) 6:00 a.m. to 12:00 noon.

※ It will not be possible for cars to enter the Expressway after 6:00 a.m. on the day of the event. Please take this closing time in consideration if you are planning to drive to the event using the Shimanami Kaido Expressway.

[Cancellation or suspension of the event]

【No postponement for rain】

The organizer may cancel or suspend the event due to natural disaster such as earthquakes, flooding, inclement weather such as strong winds or snowfall, accidents, emergency situations, infectious disease outbreaks, etc. Entry fees will not be returned in the case that the event is cancelled due to such events beyond the organizer's control.

- Date and time of the final decision: 5:00 a.m. on the 26/10/2014 (Sun.)
- Announcement method: the decision will be announced on the event's official homepage:
<http://cycling-shimanami.jp/english/>

Privacy Policy

The organizer understands how important personal information is and agrees to handle any personal information that we collect in accordance with the laws, acts, and regulations governing the protection of personal information, and our own privacy policy.

We will use your personal information only to send notifications related to the event or to offer services from supporting groups aimed at improvement of the event for all participants. The organizer or an agent handling applications may contact you regarding the information found in your application.

Please note that the event will begin 10~15 minutes earlier than previously announced on the event's homepage and elsewhere.

2 Preparation for Participation



■ Bicycles and accessories used

- Circulation time on the Expressway being limited by traffic restrictions, we have limited the types of bicycles which can be used in each course. (See table below)
- All bicycles must be equipped with a headlight, taillight or light reflector, and a bell. Participants must wear helmets at all times while riding and are encouraged to wear appropriate riding clothing and equipment.
- Participants are required to submit a self-conducted bicycle inspection report and a signed participation contract at the reception desk, on the day before the event. While no inspection is performed at the participant check-in, participants are asked to take responsibility for the proper maintenance and preparation of their bicycles and equipment. In case of doubt, it is recommended to check with your local bicycle shop if you have any concern about your equipment
- On the day of the event, staff will conduct a visual inspection of the bicycles. If the organizers find a dangerously altered bicycle or equipment that might constitute an obstacle to the proper functioning of the event, the rider will not be allowed to participate.

Bicycle Classes

○ Allowed	
Courses F G H	【Sports & city bicycles】 <ul style="list-style-type: none"> • Road race bicycles • Mountain bicycles • Crossover bicycles • Small tire diameter bicycles (16-24 inches in diameter) • City bicycles (only if equipped with a multi-speed gears) ※ Tire width: free (any width)
Course I	【Sport bicycles, city bicycles & tandems】 <ul style="list-style-type: none"> • Road race bicycles • Mountain bicycles • Crossover bicycles • Small tire diameter bicycles (16-24 inches in diameter) • City bicycles (only if equipped with a multi-speed gears) • Tandem bicycles ※ Tire width: free (any width)
× Prohibited bicycles (all courses)	
<ul style="list-style-type: none"> • Piste bicycles (fixed gear) • Recumbent bicycles • Handcycles (with gear) • bicycles with training wheels • Bicycle trailers • Bicycle with an auxiliary chair for a child • Any bicycle which is not listed in the allowed bicycle class list 	

Handlebar shape

Sports type	
○ Allowed	<ul style="list-style-type: none"> • Ordinary drop handlebars • Flat bars (bar ends are prohibited) • Riser bars • Bullhorn handlebars
× Prohibited	<ul style="list-style-type: none"> • DH handlebar • Clip-on bars • Spinaci • An extension handlebar that is attached to the drop handlebars listed above 【Reason】 It prevents quick braking operations and it is unfit for control on steep roads.
City bicycles & tandems	
○ Allowed	<ul style="list-style-type: none"> • Original / default equipment and non-original but similarly designed replacement equipment
× Prohibited	<ul style="list-style-type: none"> • Handlebars differing from the original equipment • Original / default equipment or similar replacements, but mounted or set with a steeper angle than required for normal operation, or mounted upside down.

Accessories attached

○ Allowed	<ul style="list-style-type: none"> • bottle cage • cyclocomputer • portable air pump • saddlebag • light • mudguards • accessories equipped by default and necessary for the ride
× Prohibited	<ul style="list-style-type: none"> • Accessories or decorations that are not necessary for the ride and prevent a safe ride • Baggage or clothes carried in any bike baskets are also prohibited

Participant 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.

● Mandatory Equipment (participants must have this equipment in order to participate)

- ☐ Headlight ☐ Taillight or reflector ☐ Helmet (leather or fabric helmets are prohibited.) ☐ Bell

● Recommended equipment

- ☐ Gloves ☐ Insulated clothing ☐ Windbreaker ☐ Rain gear ☐ Sunglasses (for sport) ☐ Towel ☐ Drinks or a bottles
☐ Change of clothing ☐ Health insurance card (ID card) ☐ Watch ☐ Money ☐ Writing material
☐ Mobile phone – Spare battery ☐ First Aid kit – Medical supplies (Band-Aids, anti-inflammatory spray etc....) ☐ Food

● Tire puncture repair equipment

※ Participants are required to repair flat tires on their own, so please carry the necessary tools.

- ☐ Portable tool kit ☐ Portable air pump ☐ Tire lever ☐ Spare inner tube (more than two if possible) ☐ Cotton work gloves

Temperatures recorded in Imabari City 〈Starting point〉 on October 26th

Average temperature : 16.0°C Maximum temperature : 20.5°C Minimum temperature : 12.0°C

※ Data recorded by the Japan Meteorological Agency, for the past five years

※ Please note that the temperatures given are averages, and that the events start early in the morning, which is why it is recommended to wear clothing offering appropriate cold protection.

③ Participant Check-in - Events



Saturday, October 25th

【 Check-in times 】 10:00 a.m. to 6:00 p.m.

- Please check-in at the reception desk of your choice during operational hours, the day before the event.
- Please note that participant check-in is not possible outside of reception desk operating hours, and that it is possible on this day only.
- Participants must check-in at the reception desk they chose at the time of their registration. It is not possible to check-in at other venues' reception desks.
- ※ Please check the information on the enclosed registration confirmation / participant bib exchange voucher (self-conducted bicycle inspection report / participation contract), sign, and submit to the reception desk.
- ※ We provide a mechanic service (only for emergency care) at each venue.

Imabari Venue

【 Shimanami Earthlands 】

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

10/25 (Sat.) Check-in – Events

CYCLING Shimanami EXPO 2014

On October 25th, a reception desk / check-in area will be set up on the lawn of the Shimanami Earthland Park. An exhibition and sales booths will also be set up by the event sponsors and bicycle related companies, and will also include Japan's oldest bicycle and a replica of Tour de France 2012 overall winner Bradley Wiggins' *Maillot Jaune* on display in an exhibition area. Additionally, a large gathering of local producers will present Ehime Prefecture cuisine and local gourmet specialties, and in the special stage area, local talents will host a talk show, alternating with live performances by local idols, regional folk ensembles and the Imabari Jazz Combo.

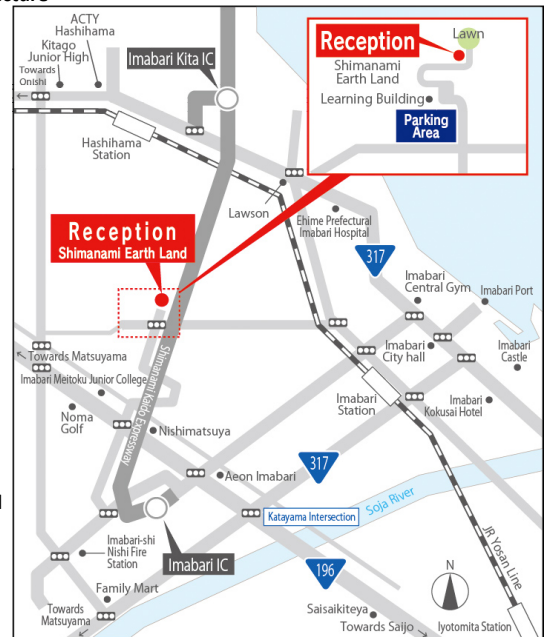
- Venue location / Shimanami Earthlands
- Time / 10:00 a.m. to 6:00 p.m.
- Performers / Yasuda Dai Circus's Dancho, Loveli, local idols (MANAMINORISA, nanoCUNE) etc. (to be confirmed)

10/26 (Sun.) Event

CYCLING Shimanami EXPO 2014

On October 26th, the venue will warmly welcome the 3,000 participants who will have completed the B - E courses. As a follow up to the events of the previous day, presentations will continue in the event sponsor and local gourmet booths, a live talk show will be held on the special stage, and the *Setouchi Ring (Shimanowa)* 2014 Seto Inland Sea Island Promotion Group will host a closing ceremony. All participants are warmly invited to join in the fun and excitement of the Expo, and share the thrilling sense of fulfillment of having reached a common goal together!

- Venue location / Shimanami Earthlands
- Time / 10:00 a.m. to 5:00 p.m.
- Performers / Tomochika, Angaruzu, local idols (HIMEKYUN FRUIT CAN, MANAMINORISA) etc. (to be confirmed)



※Free parking available (the parking lot is freely accessible on October 25th, but on the 26th, day of the event, a parking reservation voucher is required to park one's car in the designated parking space)

※A shuttle bus will be running between the Imabari Station and the venue.

Matsuyama Venue

【 Okaido Shopping Arcade 】

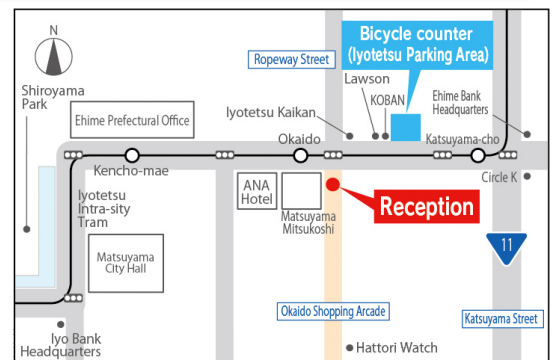
2 Chome Okaido, Matsuyama-shi, Ehime Pref.

10/25 (Sat.) Check-in – Events

Matsuyama Cycling Festa

Located in the heart of Matsuyama City, in the Okaido Shopping Arcade, the venue will welcome all participants to this edition of CYCLING Shimanami, for check-in and information. The venue will also host special stage hosting performances by local talents and a special local gourmet, KEIRIN experience corner.

- Venue location / Okaido Shopping Arcade
- Time / 10:00 a.m. to 6:00 p.m.
- Performers / Yasuda Dai Circus's Dancho, Loveli, local idols (MANAMINORISA, nanoCUNE) etc. (to be confirmed)



※ The organizer and venue do not provide parking arrangements.

Onomichi Venue

【 Onomichi Public Hall 】

1 Chome 15-1 Kubo, Onomichi-shi, Hiroshima Pref.

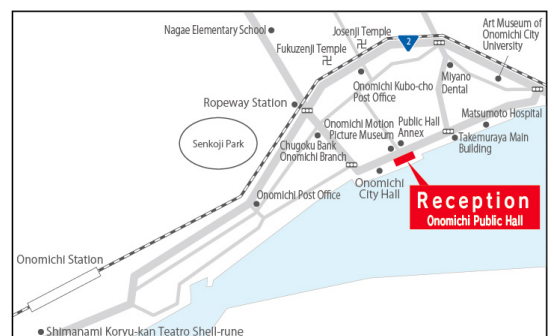
10/25 (Sat.) Check-in – Events

Onomichi Cycle Fiesta

The venue will welcome participants for check-in and information, at the Onomichi Kokaidomae Square, in front of the Onomichi Public Hall.

A 60-minute screening of the ten short film entries of the BFF2014 (Bicycle Film Festival) will be held inside the Onomichi Public Hall. During the intermission, a talk session will be held, featuring local "PAPERSKY" in-flight travel magazine editor-in-chief Mr. Lucas B.B. (New High Media Japan) and Mr. Ogawa of the Onomichi Freedom University.

- Venue location / Onomichi Municipal Hall
- Time / 10:00 a.m. to 5:00 p.m.



※ The organizer and venue do not provide parking arrangements.

3 Participant Check-in - Events



What to bring to the participant check-in

- ☐ Bib exchange voucher (self-conducted bicycle inspection report / participation contract)

What to receive from the reception desk at check-in

- ☐ Participant number bib (with the rider checkpoint clearance control chip)
- ☐ Bicycle number plate (with vinyl fastener)
- ☐ Shoulder bag for baggage storage (with bib number sticker)
- ☐ Helmet sticker
- ☐ Participation souvenir

※ Please double-check the information on the participant bib exchange voucher, sign the participation contract and submit at the reception desk.

■ On checking-in by proxy

On the day preceding the event, if the participant is unable to check-in in person at the reception desk, it is possible to send a delegate to do the check-in procedure in one's place.

The delegated representative must be in possession of the signed "Bib exchange voucher" and contract, signed by the participant himself.

※ Only the participant himself can take part in the event.

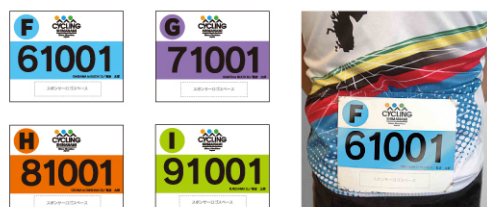
※ It is possible to send one delegate to check-in for a number of participants, but please note that if the participants intend on starting from different venues, the delegated representative must complete the participation formalities at each venue's reception desk.

■ How to attach the participant number bib

■ Participant number bib with the rider checkpoint clearance control chip

Please attach the bib as shown in the picture, using the safety pin to fasten it firmly on top of one's clothing (jacket), on the back over the waist (so that it can be easily seen from behind).

Please make sure that the bib stays visible at all times, taking care not to cover it with a backpack for instance, and also making sure to fasten it on top of your rainwear apparel or windbreaker, etc.



■ Helmet sticker

Please attach the helmet sticker as shown in the picture, attaching it firmly to the front of the helmet so that it can be read from the front



■ Bicycle number plate

Please attach the bicycle number plate as shown in the picture, using the vinyl fastener to tie it firmly to the handlebar or brake cable or similar frontal position, so that it can be easily read from the front. If the bicycle is equipped with a basket, please attach it to the front of the basket.





■ Start

10/26 (Sun.)

【 Starting venue 】 Imabari New City Area 1 (Imabari Interchange environs)

Course F ... Imabari-shi-Omishima Tatara Shimanami Koen

Course G ... Imabari-shi-Hakatajima Hakata S.C Park

Course H ... Imabari-shi-Oshima Miyakubo Ishibunka Undo Koen

Course I ... Imabari-shi Kurushima Kaikyo Service

■ Venue opening / assembly / and start of event time schedule

Course	Capacity	Opening	Assembly	Parade	Start (Shimanami Kaido Expressway)
Course F OMISHIMA to IKUCHI 15	500	5:30 a.m.	6:30 a.m.	7:05 a.m.	7:30 a.m.
Course G HAKATA to IKUCHI 30	500				
Course H OSHIMA to OMISHIMA 30	500				
Course I KURUSHIMA 25	1000	7:30 a.m.	8:30 a.m.	9:30 a.m.	9:45 a.m.

※ Please note that the event will begin 10~15 minutes earlier than previously announced on the event's homepage and elsewhere.

■ Baggage room & retrieval

- We will only accept shoulder bags for storage, provided by the reception desk at participant check-in.
- For stored baggage retrieval, the participant must show the participant numbered bib, which must match the numbered sticker affixed to the stored baggage.
- Course I finishes at a different location than the course starting point, so the participant baggage will be transported directly to the course finish point.
- Please place your baggage in a properly-closed shoulder bag for storage. We are unable to accept open bags, or where contents are sticking out of the bag.
- Please do not place valuables or fragile objects in your stored baggage.

Course	Baggage room & retrieval	Baggage room closing time	Baggage retrieval time	
Course F OMISHIMA to IKUCHI 15	Tatara Shimanami Prak	7:10 a.m.	8:20 a.m. ⇒ 9:30 a.m.	
Course G HAKATA to IKUCHI 30	Hakata S・C Park		9:20 a.m. ⇒ 11:30 a.m.	
Course H OSHIMA to OMISHIMA 30	Miyakubo Ishibunka Undo Prak		9:20 a.m. ⇒ 11:30 a.m.	
Course	Baggage room	Baggage room closing time	Baggage retrieval	Baggage retrieval time
Course I KURUSHIMA 25	Kurushima Kaikyo SA	9:20 a.m.	Itoyama Park	11:00 a.m. ⇒ 1:30 p.m.



Shoulder bag for storage

※ Please affix participant number sticker



Start

Starting Guidelines

【 Starting group alignment 】

● Following staff instructions, groups of participants will be aligned according to the starting block number specified on the participant number bib. Individual participant order inside the block is unspecified.

【Parade】

● Following staff instructions, groups of participants set off at 3 to 5 minute intervals on a block-by-block basis, led by volunteer staff. The groups will travel in parade formation to the starting point on the Shimanami Kaido Expressway.

● Participants will be riding in single-file on the left side on regular roads.

【Start】

● At the Shimanami Kaido Expressway starting point, participants will form 4 lines.

● Following staff instructions, waves of participants will set off every 3 to 5 minutes.

From the starting point's 4-line formation, participant will then form two single lines as they ride.



Block number



Sign for gathering point

【 Event staff 】

Around 3,000 staff members will facilitate this event.

Staff members will be wearing easily recognizable, distinctive clothing as shown below.

Please do not hesitate to approach them when necessary.



Ordinary staff uniform

Volunteer staff riders

Volunteer staff riders will be riding with the participants on the day of the event, to guide and support participants along the course.

Please always follow their instructions and warnings, depending on the situation. Participants should ask for their help when required, for instance if problems should arise that the participants cannot solve by themselves.

Volunteer staff rider uniform



5 Cycling Guidelines



■ Checkpoints

Checkpoints are set up along the course, and each checkpoint has a specific closing time.

Participants are asked to obey event staff instructions, and stop riding if they fail to pass through the checkpoint before its closing time. Participants who do not pass through a checkpoint before its closing time will be directed by event staff to board the checkpoint pick-up vehicle, which will transport them to their course finish point.

If staff members consider that a participant will be unable to finish within an allotted closing times, the participant will be instructed to board the pick-up vehicle, regardless of the closing time of the next check point. Please always obey staff instruction in such a situation.

■ Checkpoint closing times

	Course	Checkpoint location	Distance from starting point	Checkpoint closing time
Course F	OMISHIMA to IKUCHI 15	Setoda P.A	4.7 km	8:10 a.m.
Course G	HAKATA to IKUCHI 30	Setoda P.A	11.0 km	8:50 a.m.

■ Aid Stations

Aid Stations are set up along different courses.

At the aid stations, you will find “local hospitality” in the form of drink refreshments, toilets and rest areas. First aid stations and checkpoints will also be set up here.

※ For more information, please refer to the course map provided for each course.

■ Mechanic Service

- We offer mechanical service at course starting points and at main aid stations.
- This mechanic service is primarily a mechanical first-aid service, with a very limited scope, which is why participants are strongly encouraged to have their bicycles checked at a bicycle shop, and to carry out all necessary repairs and maintenance operations, before taking part in the event.
- Participant’s bicycles maybe be scratched or dirtied during mechanical servicing.
- If replacement parts are needed, the participants are responsible for any resulting costs. Please note that in some cases the required tools or parts will not be available.
- Participants are required to repair flat tires on their own. Please carry the necessary tools, an air pump and a spare inner tube. (Sports bicycles only)
- If you are having difficulties doing the repairs yourself, please notify event staff. In certain cases, the mechanic support car might be called in for repairs. Please note that it might take some time for the mechanic support car to reach your location.
- ※ Partially or inadequately maintained bicycles will not be serviced after the event is over or after the participant has reached the finish point.
- ※ We do not repair bicycles which have not been properly maintained, before or after finishing.
- ※ Please note that it is sometimes not possible to repair flat tires on some models of city bicycles.

■ Medical Centers

- Medical Centers are located at the course starting points as well as at each aid stations
- At medical center, only basic, initial treatment of injuries will be administered. Please note that it is not possible for first-aid station staff to take responsibility to administer any other sort of treatment, which is why we encourage participants to avoid dangerous behavior and to be responsible for their own and other’s safety.
- No over-the-counter, common medicine (such as gastrointestinal agents, cold medicine, etc.) will be available at medical centers (※ Analgesic anti-inflammatory spray treatment commonly used to treat cycling-related muscle fatigue is also not provided)
- If a physical problem or condition should occur or worsen during the event, please notify the nearest staff member. If no staff member is available, please contact the event call center, set up for this day. In certain circumstances, the call center will contact a rescue vehicle or ambulance for assistance.

■ Event day call center telephone number: 0898-24-1611

【Working hours】 10/25 (Sat.) 10:00 a.m. to 6:00 p.m. 10/26 (Sun.) 5:00 a.m. to 6:00 p.m.

5 Cycling Guidelines



■ Withdrawal

- Participants must speak with event staff if they wish to retire from the event because of equipment failure or adverse physical condition. Do not quit without speaking to staff first. If no staff member is available, please contact the event call center, set up for this day.
- Participants who have retired will be taken to a pick-up vehicle or ambulance.
- Participants who have retired should follow staff instructions; remove their participant number bib (including the bicycle number plate etc.) from their clothing and bicycle, and return the rider checkpoint clearance control chip.
- Participants who have retired will be taken by pick-up vehicle to the course finish point.
- Participants should never, for any reason, retire, change course or go home on their own accord, without informing event staff.

■ Please facilitate emergency vehicle traffic at all times

During the event, emergency vehicles may need to circulate on the course in case of traffic accident or injuries. Participants are asked to facilitate emergency vehicle traffic by giving them priority and obeying staff instructions. Participants may be asked to stop riding when emergency vehicles circulate on the Shimanami Kaido Expressway.

■ Rest Rooms

- Toilets are available at every aid-station, and also roughly every 10km on each course (on the Expressway, toilets are only available at the Oshima bus stop and at the Setoda parking area)
- ※ For more information, please refer to the course map provided for each course.

■ International Cycling Course

In this event, the “Shimanami Kaido Fureai Course” (Discover Shimanami Kaido Course) and the “International Cycling Course” are intended for medium to advanced riders, which need to be in their first year of high school or older to participate.

- ※ Riders following the “International Cycling Course” can at times ride alongside those of courses B and E.
- ※ Please note that this might imply riding alongside participants going at much higher speeds.

Course	Distance	Bicycle used	Capacity	Running section
Course A COMPLETE SHIMANAMI	65km	Sports bicycles	2000	Imabari — Onomichi
Course B IKUCHI 100	100km		1000	Imabari — Ikuchijima
Course C YUMESHIMA 70	70km		300	Imabari — Yugejima
Course D IWAGI 60	62km		200	Imabari — Iwagijima
Course E OMISHIMA 110	111km		2000	Imabari — Omishima

6 Finish



■ Finish points

Each finish point has a set closing time, so please make sure to reach the finish point before this time limit.

Course	Finish point	Closing time
Course F OMISHIMA to IKUCHI 15	Tatara Shimanami Park	10:00 a.m.
Course G HAKATA to IKUCHI 30	Hakata S・C Park	12:00 noon.
Course H OSHIMA to OMISHIMA 30	Miyakubo Ishibunka Undo Park	12:00 noon.
Course I KURUSHIMA 25	Itoyama Park	1:30 p.m.

■ Returning the rider checkpoint clearance control chip

- After finishing the course, participants are asked to return the control chip, handing it directly to the event staff in charge of collecting them.

※If the control chip is lost or not returned to the organizers, the participant will be charged 2,160 yen (including tax).

■ Completion certificates

Participants who have completed the course within the time limits will be given a course completion certificate. Please present your participant number bib to receive your course completion certificate.

■ Stored baggage retrieval

In order to have your personal belongings returned, you must present your rider number bib. In order to ensure that you collect the correct shoulder bag, we encourage you to also do a visual check of the rider numbers yourself.

Please be sure not to forget to collect your personal belongings.

※ Please check the baggage storage and retrieval times indicated on the front of this booklet.

■ Finish line food

Complimentary food will be offered to all participants at each finish point.

■ Post-event caution

- Please note that the event organizer will not be held responsible for any loss or theft of participant bicycles or baggage after it has been retrieved.
- After the event, participants leaving the site on their bicycles are asked to observe all applicable traffic regulations and to ride safely

6 Finish



■ Shuttle Bus Schedule 【Free】

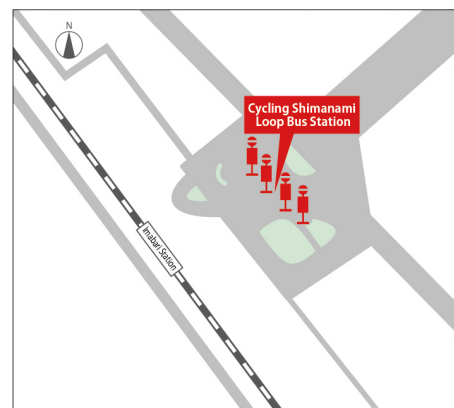
10/25 (Sat.)

- JR Imabari Station ⇄ Shimanami Earthland【Expo – Reception desk】
- Bus schedule 10:00 a.m. ~ 6:00 p.m. ※ Every 30 minutes

10/26 (Sun.)

- JR Imabari Station ⇄ Shimanami Earthland【Expo – Reception desk】
- Bus schedule 8:00 a.m. ~ 6:00 p.m.

※ Please check the timetable on the event's homepage.



■ Radio broadcasts ~Only Japanese~



Shimanami radio special broadcast (FM78.9MHz) FM Radio Baribari presents

10/25 (Sat.) –10/26 (Sun.) Hot live broadcasts on CYCLING Shimanami

● 25th (Sat.) 9:00 a.m. to 11:55 a.m. (includes interruptions)

Live from the EXPO – Check-in venue, with lots of information and highlights on recommended spots along the “CYCLING Shimanami” courses.

● 26th (Sun.) 7:00 a.m. to 5:00 p.m. (includes interruptions)

An entire day dedicated to the “CYCLING Shimanami” adventure. The best of the islands in an information-packed feature, featuring live interviews of participants from reporters posted along the Shimanami Kaido. This program is broadcasted all across the world through an Internet simulcast.

[Note to supporters]

[To all supporters]

~ Shimanami Kaido participant cheering guidelines ~

Please refrain from parking your car along or near the courses in order to cheer passing participants. Note that it is not possible to enter the Shimanami Kaido Expressway by car to cheer participants during the event. Furthermore, it is also prohibited to follow participants, driving your vehicle alongside them to encourage them. Please respect these rules, and enjoy cheering and your visit to the Shimanami Kaido.

7 Access to the Venues



(Course F) Tatara shimanami park



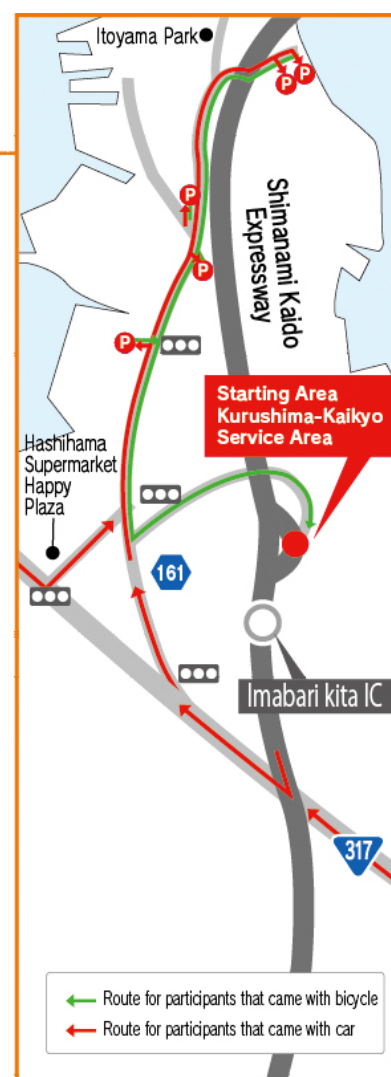
(Course G) Hakata S.C park



(Course H) Miyakubo Ishibunka Undo Park



(Course I) Kurushima Kaikyo S.A



【 Access to the venue 】



【Impassible】

Shimanami Kaido Expressway between Imabari Interchange and Innoshima Kita Interchange, both directions

■ 10/26(Sun.),2014 ■ Traffic will be restricted between 6:00a.m ~ 12:00noon

●Imabari 【 Main venue・Reception Desk 】

【JR】 Okayama Station ⇒〈Super express〉⇒Imabari Station about 2 hours and 10 minutes

【By Car (Expressway)】

Imabari Komatsu Expressway, exit at Imabari Yunoura IC

Nishiseto Expressway, exit at Imabari Kita IC

【Access from Matsuyama Airport】 Matsuyama Airport ⇒〈Bus=about 15 minutes〉⇒JR Matuyama Station⇒〈Yosan Line, super express=about 40 minutes〉⇒JR Imabari Station.

●Onomichi 【 Reception Desk 】

【JR】

Okayama Station⇒〈Shinkansen Kodama〉⇒Shin-Onomichi Station about 40 minutes

Hiroshima Station⇒〈Shinkansen Kodama〉⇒Shin-Onomichi Station about 40 minutes

Fukuyama Station⇒〈Sanyo Line〉⇒ Onomichi Station about 20 minutes

【By Car (Expressway)】

Take Sanyo Expressway, exit at Onomichi IC

Take Sanyo Expressway, exit at Fukuyama Nishi IC ⇒National Highway:Route 6, Matsunaga Road

【By Airplane】

Tokyo (Haneda)⇒Hiroshima Airport about 80 minutes

Sapporo (Chitose)⇒Hiroshima Airport about 130 minutes

Sendai Airport⇒Hiroshima Airport about 105 minutes

【Access from Hiroshima Airport】

Hiroshima Airport⇒〈Limousine bus=about 15minutes〉⇒Sanyo Expressway, Takasama BS⇒〈Change to an express bus=about 35minutes〉⇒JR Onomichi

【Access to Main venue (Imabari)】

Onomichi Station⇒〈Nishiseto Expressway (Shimanami Kaido)〉⇒Imabari Kita IC about 60 minutes

●Matsuyama 【 Reception Desk 】

【JR】 Okayama Station ⇒〈Super express〉⇒Matsuyama Station about 2 hours and 50 minutes

【By Car (Expressway)】 Matsuyama Expressway exit at Matsuyama IC

【By Airplane】

Tokyo (Narita)⇒Matsuyama Airport about 100 minutes

Tokyo (Haneda)⇒ Matsuyama Airport about 85 minutes

Nagoya (Chubu)⇒ Matsuyama Airport about 65 minutes

Osaka (Itami)⇒ Matsuyama Airport about 50 minutes

Hukuoka Airport⇒ Matsuyama Airport about 50 minutes

Kagoshima Airport⇒ Matsuyama Airport about 60 minutes

【Access from Matsuyama Airport】

Matsuyama Airport ⇒〈Bus〉⇒Downtown Matsuyama about 20 minutes

Matsuyama Airport ⇒〈Bus〉⇒Dogo Onsen about 40 minutes

【Access to Main venue】

Downtown Matsuyama via National Highway, Route 196 about 60 minutes

Dogo Onsen via National Highway, Route 317 about 55 minutes

●If you wish to make reservations for the shuttle bus, charter boats, "cycle train," or optional sightseeing tours, please make sure to check the coupons included with this pack.
●If you should wish to apply to use the parking facilities on the day of the event, please make sure to check the parking permits that are contained in this pack.

CYCLING Shimanami – Participant enquiries

Cycling Shimanami Entry Center TEL: +81-6-6267-5164

■ Opening hours : 10:00 a.m. ~ 5:00 p.m. (excluding weekends and holidays)

Event enquiries

Setouchi Shimanami Kaido – International Cycling Event Executive Committee – Imabari local headquarters

TEL: 0898-31-3190

■ Opening hours: 9:00 a.m. ~ 5:00 p.m. (excluding weekends and holidays)

Call center on the day of the event : **0898-24-1611**

【Opening hours】 10/25 (Sat.) 10:00 a.m. ~ 6:00 p.m.

10/26 (Sun.) 5:00 a.m. ~ 6:00 p.m.

Official event website: <http://cycling-shimanami.jp/english/>