



# Ride across Inland Sea of Japan



瀬戸内しまのわ 2014  
Cycling Shimanami is the grand finale of the seven-month Setouchi Shimanamiwa 2014 festival.

## About the Event



### ① One of the Largest Cycling Events in Japan

Cycling Shimanami is a domestic cycling event at the highest level, in which 8,000 people will participate from home and abroad. The event will be held in the Shimanami Kaido, an expressway known as the "Holy Land of cyclists," this year, which marks the 15th anniversary of the opening of the Shimanami Kaido in the Seto Inland Sea and the 80th anniversary of the designation of the area as Setonaikai National Park.



### ② See the Superb Scenery of the Seto Archipelago on a Variety of Courses

Any of the nine courses are available, including a course traveling through the Shimanami Kaido, a long-ride course touring islands, a cruising course across the Seto Inland Sea by boat, and a short course in which beginners and families can participate.



### ③ The One and Only Cycling Event in Japan on an Expressway

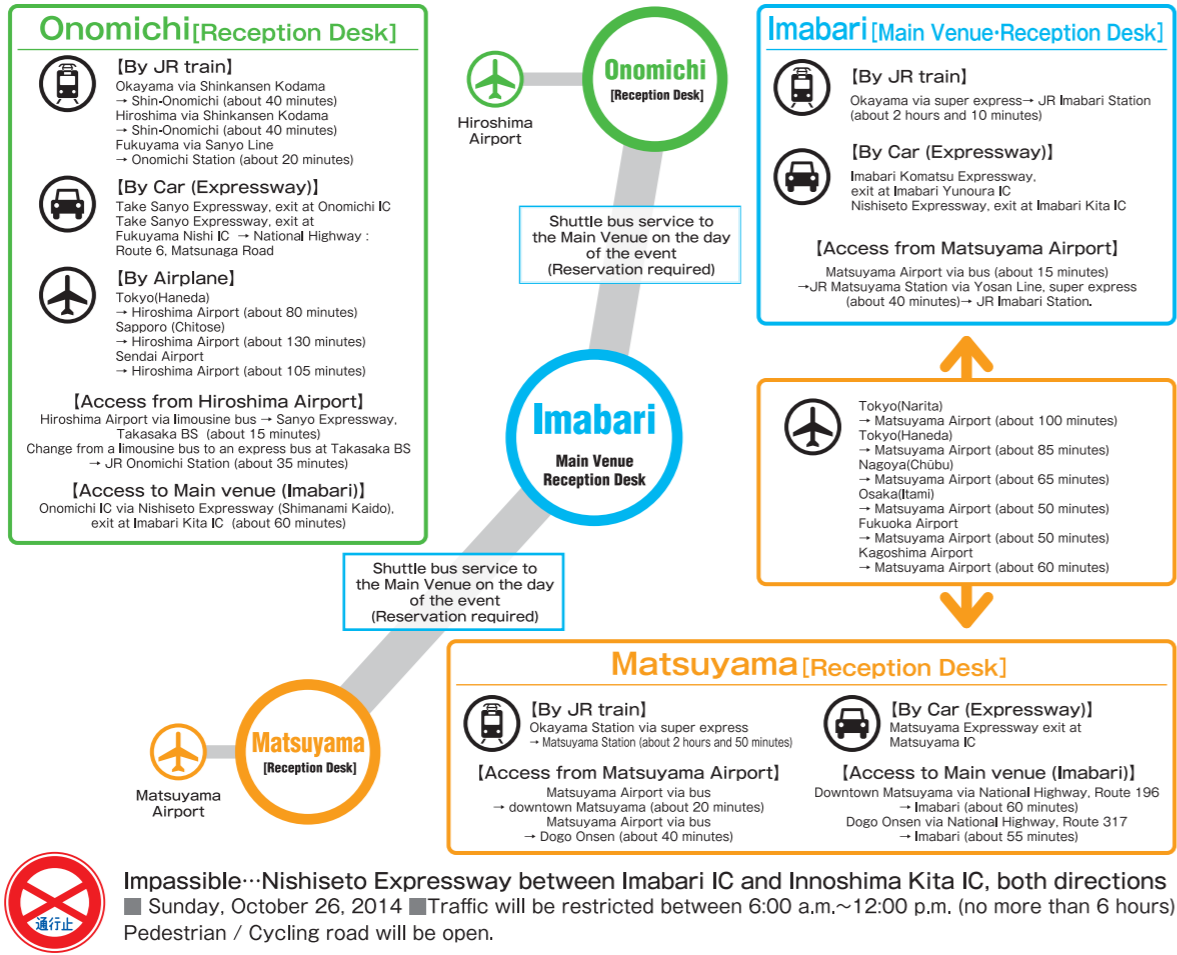
Participants can enjoy cycling that will create a sense of openness on the highway where usually only automobiles are allowed to run. Cyclists will ride 43 km of the course traveling through the Shimanami Kaido. The distance which is approximately the same as that of a marathon.



### ④ Experience "Omotenashi" Hospitality from the Islanders of Setouchi

Participants will be able to enjoy the natural landscape, including the beauty of the tiny dotted islands, the history and culture of each island, and delicious food produced in the rich nature of the Seto Inland Sea. Besides all of this, they will experience the warm heart of all islanders through the roadside aid stations and spectators on each island.

## How to get there



## Setouchi Shimanami Kaido International Cycling Event

# CYCLING Shimanami

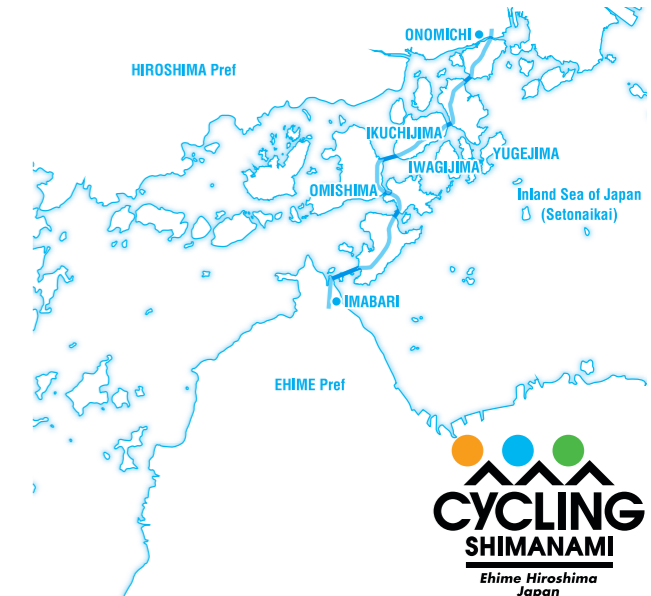
## 2014.10.26 SUN

A massive cycling event featuring a famous expressway and spectacular islands

- Date: Sunday October 26, 2014
- Course Location: Setouchi Shimanami Kaido and Surrounding Area / 10 courses, ranging from 15 km to 111 km in distance
- Organizer: Setouchi Shimanami Kaido International Cycling Event Executive Committee

Registration Period:  
 <Advanced Registration> Official Package Tour; Friday, May 9 to Thursday, July 31  
 <General Registration> Friday, May 23 to Thursday, July 31  
 How to Register: Applications are only accepted through the Internet or mobile phone site.

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



Please inquire about entry at:  
 Cycling Shimanami Entry Center TEL:+81-6-6267-5164  
 ■ Inquiry hours: 10:00 a.m. ~5:00 p.m. (Closed Saturdays, Sundays and national holidays)

Please inquire about the event at:  
 Setouchi Shimanami Kaido International Cycling Event Executive Committee, Imabari Onsite Headquarters TEL:0898-31-3190  
 ■ Inquiry hours: 9:00 a.m. ~5:00 p.m. (Closed Saturdays, Sundays and national holidays)

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







# Application Guidelines

Event Name	Setouchi Shimanami Kaido International Cycling Event "CYCLING Shimanami"		
Date	Sunday, October 26, 2014 Registration and an Expo will be held on Saturday, October 25th		
Organizers	Setouchi Shimanami Kaido International Cycling Event Executive Committee		
Member organizations	Ehime Prefecture, City of Matsuyama, City of Imabari, Kamiijima Town, Ehime Prefectural Federation of Chambers of Commerce & Industry, Ehime Prefectural Federation of Societies for Commerce & Industry, Ehime Passenger Boat Association, Ehime Bus Association, Ehime Trucking Association, Shikoku Railway Company, Ehime Tourism and Local Products Association, Matsuyama Convention and Visitors Bureau, Imabari District Sightseeing Association, Japan Cycling Association, Hiroshima Prefecture, City of Onomichi, Hiroshima Chamber of Commerce and Industry, Hiroshima Federation of Societies of Commerce and Industry, Hiroshima Passenger Boat Association, Hiroshima Bus Association, Hiroshima Trucking Association, West Japan Railway Company, Hiroshima Prefectural Tourist Federation, Onomichi Tourist Association, Innoshima Tourism Association		
Schedule	check-in	10 a.m - 8 p.m., Saturday, October 25th (Registration occurs only on this day). Participants choose from one of the following three sites ① Matsuyama: Okaido Shopping Arcade ② Imabari: Shimanami Earthlands ③ Onomichi: Onomichi Public Hall	
	[Start]	[Main Venue] 7:45 a.m., Sunday, October 26th	} ※Starting time and location vary by course chosen
	[Finish]	5 p.m. (last call)	
Maximum number of participants	8,000 (over all nine courses) For a breakdown of number of participants by course, please see the chart below. Registration for each course closes upon reaching the maximum.		

## Course Descriptions

Course name	Distance	Capacity	Bicycle Class	expressway	Number of Aid Stations	Entry Fee (General)	Entry Fee (Elementary and junior high school students)	Category (Expected Time to Finish / Bicycle Class)
International cycling course								
A COMPLETE SHIMANAMI Imabari~Onomichi (one way)	65km	2,000 Participants	Sport	Imabari Interchange →Innoshima minami interchange <43km>	3	10,000yen ※1	—	①Under 3:30 ②between 3:30 and 4:30 ③between 4:30 and 5:30
B IKUCHI 100 Imabari~Ikuchijima (round trip)	100km	1,000 Participants		Imabari Interchange →Ikuchijima minami interchange <35km>	5	8,000yen ※1	—	①Under 5:30 ②between 5:30 and 6:30 ③between 6:30 and 7:30
C YUMESHIMA 70 Imabari~Yugejima (one way)	70km	300 Participants		Imabari Interchange →Ikuchijima minami interchange <35km>	2	7,000yen ※1	—	①Under 5:30 ②between 5:30 and 6:30
D IWAGI 60 Imabari~Iwagijima (one way)	62km	200 Participants		Imabari Interchange →Ikuchijima minami interchange <35km>	2	7,000yen ※1	—	①Under 4:00 ②between 4:00 and 5:30
E OMISHIMA 110 Imabari~Omishima (round trip)	111km	2,000 Participants		Imabari Interchange →Omishima Interchange <30km>	5	8,000yen ※1	—	①Under 5:30 ②between 5:30 and 6:30 ③between 6:30 and 7:30
Shimanami kaido rapport course								
F OMISHIMA to IKUCHI 15 Omishima~Ikuchijima (round trip)	15km	500 Participants	Sport City	Omishima Interchange →Ikuchijima minami interchange <5km>	1	2,000yen ※1	1,000yen ※1	①Sport ②City
G HAKATA to IKUCHI 30 Hakatajima~Ikuchijima (round trip)	30km	500 Participants		Hakatajima Interchange →Ikuchijima minami interchange <11km>	2	3,000yen ※1	1,500yen ※1	①Sport ②City
H OSHIMA to OMISHIMA 30 Oshima~Omishima (round trip)	30km	500 Participants		Oshimakita Interchange →Omishima Interchange <11km>	2	3,000yen ※1	1,500yen ※1	①Sport ②City
I KURUSHIMA 25 Kurushima service area ~Oshima (round trip)	25km	1,000 Participants	Sport City Tandem	Kurushimakaiyou service area →Oshima minami interchange <7km>	1	2,600yen ※1	1,300yen ※1	①Sport ②City ③Tandem

※1 There is a registration fee in addition to the entry fee. [Registration fee: 205 yen for any amount under 4000 yen, and 5.15% of the total (tax incl.) for totals over 4000 yen.] Entry fees will not be refunded under any circumstances, including cancellation.

※Registration for the International Cycling course requires participants to choose an expected time to finish in order to participate. Base your estimate on past cycling events and include breaks at aid stations in your estimates. ※Registration for the Shimanami-Kaido Fureai course requires the selection of a bicycle class at registration. Please see the "Bicycle Class Rules" for more information. ※Tandem users must register as a pair, and pay entry fees for each member. ※Tax and accident insurance are included in the entry fees.

Participant Eligibility	<b>[All courses]</b>
	<ul style="list-style-type: none"> <li>● Participants must be in good health and have the ability to complete each course within the time limit.</li> <li>● Participants must satisfy the bicycle class and event rules stipulated by the Executive Committee.</li> </ul>
	<b>[International cycling course-Course A-E]</b>
	<ul style="list-style-type: none"> <li>● Participants must be in their first year of high school or above and have previously completed an event over 60km in distance.</li> </ul>
	<b>[Shimanami kaido rapport course-Course F-I]</b>
	<ul style="list-style-type: none"> <li>● Participants must be in grade 4 of elementary school or above and accept responsibility for their own safety. Elementary and junior high school students must be accompanied by a leader(s) or guardian(s). Written permission from the guardian will be required in advance.</li> </ul>

# Application Guidelines



■ Expected arrival times at each checkpoint · Expected finish time  
 Checkpoints on expressway sections are set with an expected average speed of 20 km/h.

Course	Starting time	Expressway Section Expected Finish Time (Location, Distance from Start)	Expected finish time
<b>International cycling course</b>			
A	COMPLETE SHIMANAMI Imabari~Onomichi (one way) 7:45~8:20 250 participants every 5 minutes	10:55 (Setoda Bus Stop (39 km))	3 p.m. (Minato Oasis Onomichi) Buses to Imabari provided
B	IKUCHI 100 Imabari~Ikuchijima (round trip) 8:25~8:40 250 participants every 5 minutes	11:00 (Setoda Parking Area (34 km))	5 p.m. (Shimanami Earthlands)
C	YUMESHIMA 70 Imabari~Yugejima (one way) 8:45 All at once	11:05 (Setoda Parking Area (34 km))	4 p.m. (Yuge Port) Ferries to Imabari provided
D	IWAGI 60 Imabari~Iwagijima (one way) 8:50 All at once	11:10 (Setoda Parking Area (34 km))	3 p.m. (Iwagi Port) Ferries to Imabari provided
E	OMISHIMA 110 Imabari~Omishima (round trip) 8:55~9:30 250 participants every 5 minutes	10:50 (Hakatajima Interchange (23km))	5 p.m. (Shimanami Earthlands)
<b>Shimanami kaido rapport course</b>			
F	OMISHIMA to IKUCHI 15 Omishima~Ikuchijima (round trip) 7:40~7:52 100 participants every 3 minutes	8:10 (Setoda Parking Area (5 km))	10 a.m. (Tatara Shimanami Park)
G	HAKATA to IKUCHI 30 Hakatajima~Ikuchijima (round trip) 7:40~7:45 250 participants every 5 minutes	8:15 (Setoda Parking Area (11 km))	12 p.m. (Marine Oasis Hakata "Hakata S-C Park")
H	OSHIMA to OMISHIMA 30 Oshima~Omishima (round trip) 7:40~7:45 250 participants every 5 minutes	8:50 (Omishima Interchange (11 km))	12 p.m. (Miyakubo Stone Park)
I	KURUSHIMA 25 Kurushima service area ~Oshima (round trip) 10:00~10:15 250 participants every 5 minutes	11:00 (Oshima-minami Interchange (7 km))	1:30 p.m. (Itoyama Park)

\*Each course has designated closing times for each of the checkpoints and aid stations aside from those listed above. For detailed times and locations, please see the official site.

How to Register	<p><b>Apply from the official homepage</b> ※Applications are only accepted via the PC and mobile versions of the site. Applications will no longer be accepted once the maximum number of participants has been reached.</p>
Please note	<ul style="list-style-type: none"> <li>● Registrations may not be transferred to another person. Once received, no changes may be made to the application.</li> <li>● Please use caution when registering multiple participants, double-checking the names and participating course for each member of your party. For children of junior high school and younger, guardians must be present with them at all times.</li> <li>● Problems registering may occur as a result of your internet connection or software.</li> </ul>
Application Period	<p><b>[Advanced Registration]</b> Participants can register for an earlybird package consisting of a hotel stay and the entry fee before general registration opens. Comes complete with hotel stay!  <b>Official Package Tour</b> ●Registration Period: 8 p.m. Friday May 9, 2014 ~ 5 p.m. Thursday, July 31st (Spaces Limited!)</p> <p><b>[General Registration]</b> ●Registration Period: 8 p.m. Friday May 23, 2014 ~ 5 p.m. Thursday, July 31st (Spaces Limited!)          ※We may accept a second round of applications in August depending on the number of entries received.</p>
Shuttle Bus Schedule	<p>Shuttle buses from Matsuyama and Onomichi to Imabari will be available to participants on the day of the event.          ※Reservations for the shuttle buses will begin after registration. Please see the official website for details.</p>
Cycle Train	<p>Participants coming from Matsuyama to Imabari will be able to board the train without stowing their bikes on selected trains.          ※Reservations for the Cycle Trains will begin after registration. Please see the official website for details.</p>
Please note	<p>※Please see the Event Rules for full details.</p> <div style="display: flex; justify-content: space-between;"> <ul style="list-style-type: none"> <li>● This event is not a race measuring rank or time. Please cycle in accordance with all traffic regulations.</li> <li>● Follow all directions given by police, security, and event staff.</li> <li>● On one-lane sections of the expressway, please ride in two lines in the middle of the lane.</li> <li>● Ride in single-file on regular roads.</li> <li>● Checkpoints will be located at aid stations and on the IC. If you arrive after a checkpoint has closed, please follow the directions given by event staff.</li> <li>● If staff judge you as unable to complete the expressway section within the time limit, you will be placed in the rescue vehicle.</li> <li>● If at any point you cannot continue, please alert the event staff and follow their instructions.</li> <li>● Alert staff immediately if there is an accident between participants or vehicles during the event.</li> <li>● All participants must wear helmets and use front lights, tail lights or reflectors, and a bell. The use of gloves is strongly recommended.</li> </ul> <ul style="list-style-type: none"> <li>● Participants must submit a self-inspection certificate during registration on the day before the event. On the day of, staff will conduct a visual inspection of all bicycles.</li> <li>● If the organizer determines that a particular bicycle has been dangerously altered or that a participant is an obstacle to the functioning of the event, they may cancel that rider's participation.</li> <li>● This event may be cancelled due to inclement weather, natural disaster, emergency situations, infectious disease epidemic, or other causes.</li> <li>● Please plan your arrival on the day of the event. There will be traffic closings in the areas surrounding the starting points. If a participant does not arrive at their starting point on time, they forfeit their right to ride and their participation fees will not be refunded.</li> <li>● In addition to anything listed above, participants must follow directions given by the organizers.</li> </ul> </div>

Please inquire about entry at:

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

□Inquiry hours: 10:00 a.m. ~ 5:00 p.m. (Closed Saturdays, Sundays and national holidays)

Please inquire about the event at:

**Setouchi Shimanami Kaido International Cycling Event**  
 Executive Committee, Imabari Onsite Headquarters

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□Inquiry hours: 9:00 a.m. ~ 5:00 p.m. (Closed Saturdays, Sundays and national holidays)

the official homepage <http://cycling-shimanami.jp/english/>