

# **Setouchi Shimanami Kaido International Cycling Meeting CYCLING Shimanami 2018 Event Rules**

The “Event Rules” are defined as the rules that people participating (herein “participants”) in Setouchi Shimanami Kaido International Cycling Meeting, ‘CYCLING Shimanami 2018’ (herein “the event”) must observe or take note of. .

## **1 General Notes**

1. This event is not a race measuring rank or time. Participants will give first priority to safety and enjoy cycling across the Setouchi Shimanami Kaido. Participants will cooperate in the smooth operation of the event.
2. Participants must agree and fully understand the rules defined by the organizer and other rules and important regulations (herein “Event Rules”) when participating in this event.
3. Participants should pay attention to the announcements and mailed materials from the event organizer and make efforts to obtain the latest information on this event through the official web site and other media channels.
4. Participants not in compliance with the “Event Rules”, may have their right to participate revoked.
5. Participants are responsible for their own safety and health.

## **2 Participant Eligibility**

(1) To the participants for all courses

- ① Participants must judge themselves to be in good health and possessing the ability to complete their selected course within the time limit.
- ② Participants agree to the “Event Rules”.

(2)Course A

Participants must check their riding course information on the website and be able to ride 33 kilometers (13 km on the highway and 20 km on a regular road) from the starting point, Mukaishima Sports Park to the highway exit, Omishima IC within 1 hour 45 minutes due to traffic control of the course.

(3)Course A-F

Participants must be in their first year of high school and 15 years of age or older and have completed the same distance as the course to which they are applying in a previous cycling event.

(4)Course G

Participants must be in the 4th grade of elementary school and 9 years of age or older and able to ride on their own. Children in elementary school or junior high school must be accompanied by a parent or guardian at all times.

## **3 Bicycle Class Rules**




(1) Allowable Bicycle Class

- ① Bicycles must be equipped and fully featured for road-cycling, complying with laws and regulations.
  - ② Bicycles shall be freewheel with gears and both front and rear brakes in perfect working condition.
  - ③ Use of City bicycles are confined to those with a drive train.
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Allowed ○	Course A-F	<Sport-type bicycle> ※Tire width: free (any width) <ul style="list-style-type: none"> <li>• Road race bicycle</li> <li>• MTB Mountain bicycle</li> <li>• Hybrid bicycle</li> <li>• Small tire diameter bicycle (16-24 inches in diameter)</li> </ul>
	Course G	<Sport-type bicycle/City bicycle/Tandem bicycle> ※Tire width: free (any width) <ul style="list-style-type: none"> <li>• Road race bicycle</li> <li>• MTB Mountain bicycle</li> <li>• Hybrid bicycle</li> <li>• Small tire diameter bicycle (16-24 inches in diameter)</li> <li>• City bicycle (with drive train system)</li> <li>• Tandem bicycle</li> </ul>
Prohibited ×	<ul style="list-style-type: none"> <li>• Piste bicycle (fixed gear)</li> <li>• Recumbent bicycle</li> <li>• Hand cycle</li> <li>• Bicycle with training wheels</li> <li>• Bicycle trailer</li> <li>• Bicycle with auxiliary chair for a child</li> <li>• Any vehicle which is not within the limits outlined for each course</li> </ul>	

## (2) Handlebar shape

- 1) Handlebars without a quick brake operation and/or are unfit for controlling on steep roads are prohibited.
- 2) Handlebars differing from the original equipment and are considered dangerous for travel are prohibited.

Sport-type bicycle	Allowed ○	<ul style="list-style-type: none"> <li>• Ordinary drop handlebar</li> <li>• Flat bar (Bar ends are usable)</li> <li>• Riser bar</li> <li>• Bullhorn handlebar</li> </ul>
	Prohibited ×	<ul style="list-style-type: none"> <li>• DH handlebar</li> <li>• Clip-on bar</li> <li>• Spinaci</li> <li>• An extension handlebar which is attached to the drop handle listed above</li> </ul> <div>    </div> <p>(Reason) It prevents quick brake operation and it is unfit for controlling on steep roads.</p>
City bicycle / Tandem bicycle	Allowed ○	<ul style="list-style-type: none"> <li>• The handlebar equipped at the point of purchase or the one which is the same form</li> </ul>
	Prohibited ×	<ul style="list-style-type: none"> <li>• Any handlebar which is different from the one equipped at the point of purchase</li> <li>• Any handlebar angled beyond necessity or oppositely-attached, although they are the same form</li> </ul>

## (3) Accessories    •    Equipment

- 1) Helmet, headlight, taillight or light reflector and bell are mandatory. Gloves are recommended.
- 2) Accessories which are not necessary for the ride and prevent safe riding are prohibited.

Mandatory	<ul style="list-style-type: none"> <li>• Helmet (leather or fabric helmet is prohibited.)</li> <li>• Bell</li> <li>• Headlight</li> <li>• Taillight or light reflector</li> <li>*Taillight is advisable for the ride in tunnels.</li> </ul>
Recommended	<ul style="list-style-type: none"> <li>• Gloves</li> <li>• Portable air pump</li> <li>• Inner tube</li> </ul>
Allowed	<ul style="list-style-type: none"> <li>• Bottle cage</li> <li>• Cyclocomputer</li> <li>• Portable air pump</li> <li>• Saddlebag</li> <li>• Light</li> <li>• Mudguards</li> <li>• Others, necessary for the ride</li> </ul>
Not Allowed	<ul style="list-style-type: none"> <li>• Accessories which are not necessary for the ride and prevent safe riding</li> <li>• Baggage or clothes carried in any bike baskets are prohibited.</li> </ul>

#### 4 Bicycle Inspection and Supervision, Clothing, Accessories

##### (1) Bicycle Inspection

- ① Participants are responsible for preparing and maintaining their bicycles in accordance with the rules and regulations. All bicycles must be equipped with a headlight, taillight or light reflectors, and a bell.
- ② Participants are encouraged to undergo inspections and maintenance of their bicycles in advance at a bicycle shop or elsewhere.
- ③ Participants are required to submit a self-conducted bicycle inspection report at the reception on the day before the event.
- ④ On the day of the event, event staff will conduct visual inspections of bicycles.
- ⑤ If the organizer finds bicycles with safety problems, such as not being properly equipped, having forbidden decorations attached, or not being well-maintained, the rider will not be allowed to participate.

##### (2) Bicycle supervision, theft and damage

- ① The organizer does not take responsibility for theft, damage, loss, etc. of bicycles.
- ② Participants are responsible for basic precautions such as locking their bicycles, and are encouraged to insure their bicycles.

##### (3) Clothing

- ① Participants should wear clothing that is suitable for exercise and highly visible.
- ② Costumes and fur suits are not allowed.
- ③ Participants must wear helmets while riding and are encouraged to wear gloves to protect themselves from injury in case of a fall.

##### (4) Accessories

- ① Participants must attach their number to their clothing, as the registration numbers are used by the organizer to identify individual participants.
- ② Participants who lose or forget to bring their helmets, numbers (with passage check chip), number plate or helmet sticker are not allowed to participate.
- ③ Participants are in principal required to repair flat tires on their own. Please carry the necessary tools, an air pump and a spare inner tube.
- ④ Please carry gear appropriate for the weather (rain gear, wind breakers, etc).
- ⑤ Participants should carry their health insurance, cell phone and money in case of emergency.

- ⑥ Participants are encouraged to bring food and drinks or a water bottle.
- ⑦ Participants are not allowed to carry items in the basket of their bicycles when riding because of the danger falling items could pose to others.

## **5 During the Event**

### **(1) General riding rules**

- ① Participants must obey the rules and regulations as well as directions and guidance given by event staff (hereby “staff”), police officers, and security staff in each course.
- ② Participants must obey all traffic regulations and ride safely. Participants must mind traffic manners and not pose any harm or danger to traffic.
- ③ If a participant’s riding is judged to be dangerous, or does not obey the directions given by event staff, they will be given a warning. If their behavior is not changed or is judged to be malicious, they may be disqualified.
- ④ Participants should check their running course in advance, such as the route, forks in the road, aid stations, checkpoints, time limit, precaution statements and so on.
- ⑤ Participants involved in or witnessing an accident or injured should alert staff immediately. If there is no staff available, participants should contact the event headquarters directly.

### **(2) Traffic regulations applicable to both the highway and regular roads**

- ① Participants must ride in a speed and manner that does not pose any harm or danger to others, changing their pace in accordance to road conditions.
- ② Participants on each course must stay behind the staff guide.
- ③ Participants must run forward direction.
- ④ Participants must maintain a distance from each other sufficient to prevent accidents due to sudden braking.
- ⑤ Do not undertake dangerous riding, such as unnecessary turns or sudden stops.
- ⑥ When passing other participants is unavoidable, participants should give physical and verbal signals. Participants must ride safely and make mutual concessions.
- ⑦ If event staff judge a participant unable to finish within the time limit or unable to continue riding, they will be picked up in a vehicle. Participants must accept the judgments made by event staff.
- ⑧ Participants are prohibited to use earphones with the exception of necessary hearing aid equipment.
- ⑨ Participants must turn on their lights during inclement weather, at sunset, and in tunnels.
- ⑩ One rider per bicycle with the exception of tandem bicycles.

### **(3) Traffic regulations for the highway**

- ① Highways were not originally designed for bicycle traffic. The organizer will take measures to provide a safe environment, but participants are also responsible for riding safely.
- ② Walls to prevent falling and guard rails on the main highway are lower than on regular roads, so participants should ride in the left car lane between the white lines and median zone (nobori shasen bound for Onomichi) rather than keeping to the shoulder.
- ③ On one lane sections, participants should ride in two lines in the center of the lane.
- ④ The right car lane (lane for traffic coming from the opposite direction) (kudari shasen bound for Imabari) is reserved for emergency vehicles. Participants are not allowed to enter.
- ⑤ When emergency vehicles use the main lane of the highway, all traffic must stop.
- ⑥ Participants are not allowed to stop on the highway except in case of accidents or other unavoidable circumstance like the above.
- ⑦ Participants are not allowed to take pictures while riding or stop to take pictures.

### **(4) Traffic regulations for regular roads and bicycle and pedestrian areas**

- ① Participants must be mindful of pedestrians and other vehicles.

- ② Ride in single file. Dangerous riding, such as erratic lane changing, cutting in front of others or unsafe passing are prohibited.
- ③ On narrow roads, rampways, or bridge sections, where extra attention is required, passing is banned.
- ④ When riding on curved and other roads with poor visibility, participants should expect oncoming cars and keep left.
- ⑤ Participants are not allowed to stray from the course. If this is done intentionally, the offending riders will be disqualified.
- ⑥ Use basic hand-signals for safety when turning right or left.
- ⑦ When stopping for unavoidable reasons, riders should check back and front, give a sign to the riders behind them, stop slowly and move to a safer area such as a sidewalk.
- ⑧ When riding, participants are responsible for checking for approaching automobiles.
- ⑨ Family and friends are not allowed to drive parallel to your bicycle. This is dangerous and an obstruction to traffic.

#### (5) Bicycle Repair

- ① If your bicycle breaks down, move your bicycle to a safe place like the emergency parking area on the side of the highway or the sidewalk before doing repairs.
- ② If you cannot fix the problem by yourself, please seek help from the nearest staff member.
- ③ Participants should learn to do simple repairs like changing a flat tire before participating in this event.
- ④ We offer mechanical service at the starting point and aid stations. If replacement parts are needed, the participant is responsible for any resulting costs.

## 6 Checkpoints and retirement

#### (1) Checkpoints

- ① Checkpoints are set up as shown in the charts below on the main lane of the highway, regular roads (aid station) and at the finish. Each checkpoint has a closing time, and all participants except for those wishing to quit must pass through before then. The closing times may be changed.
- ② Participants should understand the closing times of each checkpoint to manage their riding time and pace.
- ③ If time runs out while a participant is between checkpoints on the highway, or aid station on the general road, they will be boarded onto an event vehicle and driven to the finish line. Follow the instructions of event staff in that case.
- ④ Participants unable to reach the next checkpoint by the closing time will be directed by event staff to board an event vehicle. Follow the instructions of event staff in that case.
- ⑤ On the highway, if a participant is judged as being unable to finish within the allotted closing times, they will be directed to board an event vehicle regardless of the closing time of the next checkpoint. Follow the instruction by the staff in that case.

#### 【Express way】

Course	Checkpoint	Distance from starting point	Start time	Closing time (subject to change) *1	Expected passing time*2
A	Innoshima Minami IC	About20km	35 participants every 1 minute from 6:15~6:44	—	8:00
	Setoda BS	About25km		—	8:15
	Ikuchijima Minami IC	About28km		8:25*	8:25

Course	Checkpoint	Distance from starting point	Start time	Closing time (subject to change) *1	Expected passing time*2
	Omishima IC	About33km		—	8:40
<b>B</b>	Oshima Minami IC	About13km	250 participants every 5 minutes from 7:35～8:00	—	8:45
	Hakatajima IC	About23km		10:30	9:25
	Omishima IC	About30km		—	9:50
<b>C</b>	Oshima Minami IC	About13km	250 participants every 4 minutes from 8:05～8:09	—	8:45
	Hakatajima IC	About23km		10:30	9:25
	Omishima IC	About30km		10:50	9:45
	Setoda Parking Area	About33km		10:45	10:00
	Setoda BS	About38km		11:05	10:15
	Innoshima Minami IC	About43km		—	10:30
<b>D</b>	Oshima Minami IC	About13km	250 participants every 4 minutes from 8:13～8:33	—	9:15
	Hakatajima IC	About23km		10:30	10:00
	Omishima IC	About30km		10:50	10:25
	Setoda Parking Area	About33km		10:45	10:40
	Setoda BS	About38km		11:05	11:00
	Innoshima Minami IC	About43km		—	11:15
<b>E</b>	Oshima Minami IC	About13km	250 participants every 4 minutes from 8:37～8:49	—	9:35
	Hakatajima IC	About23km		10:30	10:15
	Omishima IC	About30km		10:50	10:40
	Setoda Parking Area	About33km		11:10	11:00
	Ikuchijima Minami IC	About35km		—	11:05
<b>F</b>	Oshima Minami IC	About13km	250 participants every 4 minutes from 8:53～8:57	—	9:40
	Hakatajima IC	About23km		10:30	10:25

Course	Checkpoint	Distance from starting point	Start time	Closing time (subject to change) *1	Expected passing time*2
	Omishima IC	About30km		10:50	10:50
	Setoda Parking Area	About33km		11:10	11:05
	Ikuchijima Minami IC	About35km		—	11:10
<b>G</b>	Oshima Minami IC	About13km	25 participants every 1 minute from 9:30~10:09	—	10:55

\*1 Closing time: The time a participant will be required to retire.If a rider cannot pass each point within the time limit, they will be unable to continue riding.

\*2 Expected passing time: Use these times as guidelines to help you finish within the time limit.

\*If a participant must exit the highway at Ikuchijima Minami IC due to exceeding the closing time limit, the participant may continue riding on the regular road. In that case, the participant must follow the direction of the event staff.

【General road Aid Station/ finish】

Course	Checkpoint	Closing time *1	Expected passing time *2
<b>A</b>	AS/ Tatara Shimanami Park	14:35	8:45
	AS/ Hakata Sports and Culture Park	15:10	9:25
	AS Yoshiumi Rose Park	16:00	10:15
	Shimanami Earthland <<Finish>>	17:00	11:25
<b>B</b>	AS/ Tatara Shimanami Park	10:05	10:00
	AS/ Omishima Branch <Lunch>	12:25	12:15
	AS/ Hakata Sports and Culture Park	15:10	14:15
	AS Yoshiumi Rose Park	16:00	15:20
	Shimanami Earthland <<Finish>>	17:00	16:45
<b>C</b>	AS/ Manda Fermentation Co., Ltd	11:40	10:45
	AS/ Mukaishima Junior High School	13:15	12:00
	AS/ Minato Oasis Onomichi <Lunch>	—	12:25
	Shinhama Port [shipping course]	12:35	12:35
	AS/ Tatara Shimanami Park	14:35	14:25
	AS/ Hakata Sports and Culture Park	15:10	15:05
	AS Yoshiumi Rose Park	16:00	15:50
	Shimanami Earthland <<Finish>>	17:00	16:55
<b>D</b>	AS/ Manda Fermentation Co., Ltd	11:40	11:35
	AS/ Mukaishima Junior High School	13:15	13:10

Course	Checkpoint	Closing time *1	Expected passing time *2
	Shinhama Kenei Uwaya <<Finish>>	15:00	13:35
<b>E</b>	AS Setoda Sunset Beach <Lunch>	12:05	11:50
	AS/ Tatara Shimanami Park	14:35	13:45
	AS/ Hakata Sports and Culture Park	15:10	14:30
	AS Yoshiumi Rose Park	16:00	15:30
	Shimanami Earthland <<Finish>>	17:00	16:55
<b>F</b>	AS Setoda Sunset Beach <Lunch>	12:05	12:00
	Sunoe Port [shipping course]	—	13:00
	AS/ Iwagi Port	14:00	13:50
	AS/ Yuge Port <<Finish>>	16:00	15:15
<b>G</b>	AS Yoshiumi Rose Park	16:00	11:40
	Shimanami Earthland <<Finish>>	17:00	14:05

\*1 Closing time: The time a participant will be required to retire..

If a rider cannot pass each point within the time limit, they will be unable to continue riding.

Riders who do not make it to the finish by the allotted time will not be certified as having completed the course.

\*2 Expected passing time: Use these times as guidelines to help you finish within the time limit.

## (2) Retirement

- ① Do not retire without first speaking to staff.
- ② Participants who retire should obey the direction of event staff and remove their numbers from their clothing and bicycles.
- ③ The participants who retire will be taken by an event vehicle or ambulance to the finishing point.
- ④ Participants must speak with event staff if they wish to retire from the event because of equipment failure or adverse physical condition.

## 7 Reception and Starting Points

### (1) Reception

- ① Check in at the reception desk at the location selected at the time of application on the day before the event (October 27).
- ② Participants must go to the reception desk selected at the time of registration. No changes are allowed.
- ③ If you fail to check in during reception hours, you will not be allowed to participate.
- ④ Reception will not be held on the day of the event.

### (2) Starting Points

- ① Parts of the Shimanami Kaido highway will be closed from 6:00am on the day of the event (October 28) along with some roads near the designated starting points of Course B-F at the Imabari IC. Please consider your traveling time and come to the directed starting point on time.
- ② Participants who apply for parking can park their car in a designated parking area.
- ③ Participants are responsible for their transportation from parking areas to the starting points.



- ④ Participants who do not arrive at the starting point by the designated time will be disqualified and are not entitled to refunds.

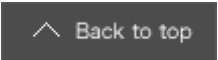
8 Exemption of Liability

- (1) Cancellation or suspension of the event
- ① The organizer may cancel or suspend the event due to natural disaster, inclement weather, accidents, emergency situations, infectious disease outbreaks, J-Alert etc.
- ② Entry fees will not be returned in the case that the event is cancelled due to events such as inclement weather or unsafe road conditions beyond the organizer’s control.
- (2) Event Insurance
- ① Compensation for illness and injury of participants is limited to that specified within the range of the accident insurance provided by the organizer except when the result of an intentional act or gross negligence by the organizer.
- ② Damage or theft of bicycle, helmet or wear is not covered by the insurance provided by the organizer. Participants are encouraged to purchase supplementary insurance on their own.
- ③ Participants will receive first aid treatment at the aid stations for injuries sustained during the event, however, they are responsible for any resulting treatment cost including initial visit fees when they receive required treatment in a hospital. Please bring health insurance.

[Contents of accident insurance (could change)]

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)
	outpatient (per day)	Accidental Injury	¥ 3,000 (within 90 days)
		Specified Diseases	¥ 3,000 (within 90 days)

Coverage Period: Event start to finish



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