



ツール・ド・東北

Guide for Riders

180km Kesen-numa Ooya Coast Fondo

100km Kitakami Fondo

65km Onagawa – Ogatsu Fondo

Sunday, September 15, 2024

General Incorporated Association Tour de Tohoku

Tour de Tohoku 2024 Guide for Riders

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00_What's new about Tour de Tohoku 2024

The Tour de Tohoku aims to help rebuild the areas affected by the Great East Japan Earthquake through the joy of cycling. Together with riders, volunteers and local residents, the event has made history. The Tour de Tohoku was founded in 2013 and this is the 11th edition.

In the table below, you can see the differences between previous and current events.

a. Differences from past Tour de Tohoku series

	Tour de Tohoku 2024	Notes
Event Date	Only on Sunday, September 15th	The venue will not be open on Saturdays due to preparations.
Car Parks	Sunday, September 15th Opens: 4:00 Closes: 18:30	Overnight stays, entry before the venue opens, and overnight parking are prohibited.
New Aid Stn.	[Kesenuma-Ooya Coast Fondo] Shizugawa AS will be established on return route (southbound)	The Hotel Kan-yoh aid station has been abolished.
Some Aid Stn. changed to one-way stops	[Kesenuma-Ooya Coast Fondo] "Kamiwarizaki AS" and "Utatsu AS" are both one-way stops on the outbound route (northbound)	Toilets are available on the return trip as well.
Turnaround point (180km)	[Kesenuma-Ooya Coast Fondo] Kesenuma-Ooya Coast AS will be changed to turnaround point	The previous 210km and 150km courses have been abolished, and a new 180km course has been added. Pay attention to the right-turn exit.
Certificate	Paper "Completion Certificate" will be issued at Ishinomaki Senshu University after the finish	You will receive a printed completion certificate. Don't forget to pick up it after you finish the event.
Bicycle number band	Gig bands (No. bands) will be sent in advance instead of bicycle bibs	Write your bike number on your gig band and attach it to your bike.

01. Particularly important notes

Riders and organizers will act in accordance with the "Event Regulations". The regulations include matters to be prepared in advance as well as on the day of the event. Please review them before participating.

a. Pre-event inspection and maintenance is mandatory

This event is not a competition for ranking or time, and no special traffic regulations will be implemented. Many people with different riding abilities are expected to coexist with pedestrians and cars. Permission to start will be determined based on vehicle regulations.

The first rule is that riders must have their bikes inspected and serviced by a mechanic before the event. Unfortunately, at past events, some riders have entered the venue with clearly poorly maintained equipment and received a warning during the pre-ride inspection. Even riders with a certain amount of experience may install parts incorrectly. Equipment problems can pose a threat to you and others.

[Vehicle Regulations \(The text on the linked website is in Japanese only\)](#)

b. Miyagi Prefecture "Bicycle Safety Ordinance"

To ride a bicycle in Miyagi Prefecture, you must take out bicycle liability insurance, etc., with the user as the insured person (effective from April 2021, Prefectural Ordinance Article 14).

Some insurance policies require annual renewal. Please be careful not to forget to renew.

[Miyagi Pref. website: "Regarding Bicycle Liability Insurance" \(same as above\)](#)

c. Notes about a car park (Seihoku Park Ishinomaki) and Ishinomaki Senshu University area.

- It is strictly prohibited to wait on nearby roads or in stores before the car park opens for use.
- Please refrain from causing nuisance to local residents (noise, littering, talking loudly, etc.).
- Illegal parking will be reported to the police immediately.
- The organizers are not responsible for any accidents, thefts, trouble, etc. that occur in the car park.
- Please use the designated route when coming from the car park to the university and when leaving the university to the car park.

d. Required and recommended items

[Required items] Please make sure to carry the following items.

<input checked="" type="checkbox"/>		
	Bib number (for waist and helmet)	*Shipped in advance
	Helmet	*Must wear a helmet (Kask is not allowed) *Kask brand helmets are allowed.
	Gloves	
	Front light (self-illuminating)	*Headlights must be self-illuminating.
	Tail light or reflector	*Self-illuminating tail light is preferred.
	Health insurance card	
	Supplies	*The amount of exercise and calories burned will vary greatly depending on how you ride your bike. Eat breakfast and carry small amounts of high-calorie supplies to prevent hunger knocks.

[Recommended items] We recommend that you take the following items.

<input checked="" type="checkbox"/>		
	Portable tools (Allen keys, tire levers, etc.)	*Participants are expected to repair their vehicles.
	Spare tubes (2 or more are recommended)	
	Spare tire	
	Portable pump	
	Sunglasses	
	Cycle computer	
	Cell phone, spare battery	*If you have a smartphone, you can use the web form to send your location to the event headquarters in case of trouble.
	Windbreaker, rain gear, etc.	
	Coins	*It is rare for roadside vending machines to offer cashless payment.
	Course map	

In addition, you will need to bring your written oath to the reception desk at the starting venue (forms will also be available at the venue).

e. Prohibited matter

The vehicle regulations prohibit the following:

- Riding with a plastic bottle in the bottle cage (excluding products compatible with plastic bottles)
- Clothing and personal belongings that compromise safety. They may pose a threat to other riders.
- Riding while wearing headphones or earphones (including speakers and bone conduction types. Only hearing aids are permitted)
- Taking pictures or videos while riding (filming with wearable cameras attached to the bicycle itself, helmet, etc. is permitted)
- Riding with children or other non-participants as passengers
- Riding with pets, animals, or other items that may impede safe riding

f. Approvals

Notes approved with entry (excerpts).

- The event will be held in areas that were severely damaged by the Great East Japan Earthquake. Riders must be considerate of those in the affected areas, such as safe riding and photography etiquette.
- The event is not a competition for ranking or time. Riders must obey traffic and other laws and regulations, prioritize safety, enjoy the ride event, and cooperate in the smooth running of the event.
- Riders must train in advance, be examined at a medical institution if necessary, and pay attention to safety, physical condition, and equipment management before participating in the event.
- If a rider violates the regulations, the organizer will decide to retire. In addition, riders who commit serious violations will not be allowed to participate in the following year or later.
- Riders are not permitted to wear or display ① personal names, including company names and other trade names and product names, or items intended for the promotion or advertising of specific regions or organizations (except for items approved in advance by the organizer), or ② items intended for the promotion or advertising of political or religious claims.
- Solicitation, donations, signatures, etc. are prohibited except in cases approved by the organizer.

g. Written Oath

If you understand the "particularly important notes", fill out the oath (sent to you before the event) and submit it at the start venue on the day of the event. If you forget your bib number or written oath, please ask the information desk at the venue.

ツール・ド・東北 2024 誓約書 Tour de Tohoku 2024 Written oath

ツール・ド・東北 2024 (以下「大会」といいます) への参加にあたり、必ず誓約書に**自筆署名で記入**のうえ、**出走当日の受付で提出**してください。

In order to participate in the Tour de Tohoku 2024 (the 'Event'), you are required to submit a self-signed oath to the registration desk at the start point on the day of the event.

次の事項について誓約します

I promise the following:

- 「大会参加規約」「大会参加ガイド」をすべて読み、記載内容をすべて承諾したうえで参加します。
I will participate after reading and agreeing to all of the "Event Participation Rules" and "Guide for Riders".
- 道路交通法をはじめとする交通法規その他の法令を必ず守り、安全を最優先にライドイベントを楽しむとともに、大会の円滑な運営に協力します。
I will comply with the Road Traffic Act and other traffic laws and other laws and regulations, and will enjoy the ride event with safety as my top priority, and cooperate in the smooth operation of the event.
- 私の自転車は技術者による点検を受けました。また、「大会参加ガイド」に記載されている「車両・ハンドル形状・持ち物・装備品レギュレーション」を十分に理解したうえで、遵守します。
My bike has been inspected by an engineer at a bike shop or similar. And, I will fully understand and comply with the "vehicle, steering wheel shape, belongings, and equipment regulations" described in the "Guide for Riders".
- 事前に十分にトレーニングし、必要に応じて事前に医療機関を受診する等し、体調には万全の配慮をしたうえで、自身の責任において本大会に参加します。また、体調不良の場合は参加を差し控えます。
I understand my personal responsibility and will train and prepare well in advance, including seeking medical attention if necessary. If I am unwell, I will avoid participating by overdoing it.
- 参加中の事故・傷病に対する補償について、主催者が加入する保険の範囲内に限られることを承諾するとともに、当該保険に不足があると思われる場合には自身の負担において別途保険に加入します。
Regarding compensation for accidents, injuries and illnesses during participation, I agree that it is limited to the scope of the insurance that the organizer subscribes, and if it seems that the insurance is insufficient, I will take out separate insurance at my own expense.
- 大会に関する放送、WEB サイト、印刷物、大会公式 SNS アカウント等の媒体、次回大会以降の広告物等において、主催者が参加者の個人情報、肖像、氏名・肖像を含む写真、動画等を使用することを承諾します。
I agree that the organiser may use personal information, portraits, photos, videos, etc. of participants in broadcasts, websites, printed materials, media such as the event's official SNS account, and promotional materials for the subsequent event.
- 個人情報については、必要に応じ宮城県警察本部、各消防署、保健所などから要請があった場合には関係機関に提供されることを承諾します。
I consent to the release of personal information to related organizations upon request by Miyagi Prefectural Police Headquarters, Fire Department, Public Health Center, etc.

私は本大会に参加するにあたり、上記の誓約内容を順守します。
また私が未成年の場合は保護者の承諾を得ていることを保証します。
I will abide by the above pledge by participating in this event.
If I am a minor, I confirm that I have parental consent.

氏名 (本人自署) Name (self-signed)	ゼッケン No. Bib No.	date 2024 / /
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The above is a sample and may be subject to change.

02. Event notification and crisis management

a. Decision to hold the event and announcement

If a disaster occurs in the Tohoku region or severe weather is forecast, a decision will be made in consultation with the co-hosting local governments etc. as to whether the event can be held.

The final decision will be announced on the event's official website and social media at around 4 am on Sunday, September 15th.

b. Cancellation, interruption, or reduction of ongoing events

In the occurrence of a serious accident, traffic disruption or unexpected change in the weather during the event, the safety of riders and staff is our first priority and the event may be cancelled, suspended or reduced. Please follow the instructions of staff at the venue, on the course, at aid stations, etc.

Please note that no refunds will be given in such cases (as per "Disclaimer" 3 of the Event Terms and Conditions).

c. Natural disaster during the event

In the event of an earthquake, tsunami (including advisories and warnings), lightning, strong winds, sudden heavy rain, dense fog, etc., stop riding immediately.

If there is a risk of a tsunami, evacuate to higher ground immediately.

The government and Miyagi Prefecture predict that if a super-large earthquake occurs off the Pacific coast of the Tohoku region, a tsunami of up to 20 meters in height will occur along the northern coast. Riders will often see signs indicating "Areas hit by past tsunamis." However, high ground is not always safe. A tsunami larger than that of the Great East Japan Earthquake may occur. Escape to higher ground as much as possible.

d. Safety confirmation system during disasters

If you are affected by a disaster, you will receive a "safety confirmation email." Open the URL in the email and register your safety status, etc.

You may receive the email before the start, after the finish, or even if you cancel.

サークル・ド：東北2024 災害時安全確認フォーム
Reporting Form for your safety during a disaster

安全 safety Please let us know if you are safe.

安全 Safety

怪傷 Minor injuries

怪傷 Serious injuries

状態 status Your status.

出発前 Before departure

コース上 無問題 すでにコース上、問題ありません Already departed, no problems with course

コース上 移動困難です Already departed, difficult to move

コース上 待機中 Waiting at the aid station

コース上 コースを離れる Leaving the aid station

避難完了 高台等へ避難済み Already reached high ground or evacuation site

コース上(入場) 会場裏まで戻りました Finished and on campus

コース上(入場) イベントに参加しませんでした Missed the event

その他 ほか Others

ゼッケン Bib number

メールアドレス e-mail

送信 Submit

03_ Riding rules and communication

a. Cautions and instructions from staff

Security guards and volunteer sentinels will be stationed around the course to guide cyclists as they make right and left turns. If you see a sign or signal asking you to slow down, please maintain a safe speed.

At accident sites or areas requiring caution, staff will blow whistles or light flares to warn of danger. Be sure to watch out for following riders and cars.

There will be "road management motorbikes" and "road management riders" on bicycles at the front, middle and back of the group. They may give warnings or instructions depending on the situation, so be sure to follow them. Do not overtake the "road management motorbike" at the front of the fondo.

Points requiring caution are also indicated on the "course map." Accidents have actually occurred in some locations in the past. We expect you to look at the map for your safety.

If you do not follow warnings or instructions, your participation will be invalidated on the spot, and your bib number will be taken away.

b. Obeying traffic rules

- Obey stop signs and red lights
- Keep to the left
- Two-stage right turns
- Single-file (no double-file)
- Close distance between cars (5 car lengths on long downhill stretches)
- Pedestrians have priority
- Always turn on your headlights in tunnels

*Riders should use their front lights at the point of departure from the aid stations at Onagawa (all fondo), Ogatsu (all fondo), Kamiwarizaki (Kitakami fondo) and Shizugawa (Kesenuma Ooya Coast fondo).

- No sudden steering or reckless overtaking
- Other safe driving according to road conditions

c. Share the Load

When local drivers feel stressed about cyclists, the risk of accidents increases. Let's practice share the road.



Approaching the roadside
















Ask the car to go ahead



Make a gesture of gratitude

d. Hand Signs

Hand signals help you communicate with other riders and vehicles. Use clear gestures and say loudly, "I'm turning right" or "I'm slowing down." Some drivers may not know hand signals. Be careful to make sure the driver understands your signal.

			
<p>Tilt right 1</p>	<p>Tilt right 2</p>	<p>Tilt left 1</p>	<p>Tilt left 2</p>
			
<p>Slow down 1 (Move your right hand slowly up and down)</p>	<p>Slow down 2</p>	<p>Stop notice 1 Stop notice 2 (Show your palms to the rider behind you. If it is difficult to raise your shoulders, raise your hands 45 degrees to the right.)</p>	
	<p>Turn left (Show the back of your hand to the person behind you and stick your thumb up. Keep your bent arm parallel to the ground.)</p>		 <p>Turn right (Show the back of your hand to the person behind you and stick your thumb up. Keep your bent arm parallel to the ground.)</p>
	<p>Obstacles (Point and spin your finger)</p>		 <p>Proceed</p>
 <p>Two-stage right turn (Raise your hand and make a peace sign)</p>	<p>Calling out "Brake!" (sudden brakes) "Fall off!" : "RAKUSHA!" in Japanese. (discovery of fallen bike ahead)</p>		

e. Accidents and troubles

If you encounter an accident or trouble, you should first ensure the safety of the surrounding area. If a bicycle or person has fallen, it is difficult for drivers to see them and this is extremely dangerous. Cooperate with other riders around you to stop traffic in front of and behind you.

Once you have avoided the danger from automobiles, contact the event headquarters if there is anyone in need of rescue.

If there is any serious injury or loss of consciousness, call 119 immediately.

You are required to report all traffic accidents to the police, regardless of their details (Article 72 of the Road Traffic Act).

f. Rescue Request Form

If you encounter an accident or trouble, you should use the "Rescue Request Form" to report your current location to the event headquarters. Use the GPS function on your smartphone. The phone number of the event headquarters will be displayed on this form (this is a temporary phone number and cannot be disclosed in advance).

[How to use]

1. Tap this [link](#) or read the QR below



2. When the screen on the right opens, fill in all the fields.

*After you tap "Agree to obtain location information," you will see a message requesting permission to use the GPS function. If you agree, the latitude and longitude of your current location will be measured. Basic information required for rescue can be sent to the organizer.
*The form will be available only during the event.

The screenshot shows the 'TOUR de TOHOKU 2024 救援要請フォーム Rescue Request Form'. It includes instructions in Japanese and English, a consent section for location information, and several input fields: '救援カテゴリ Rescue Category' (with a red circle around the '同意する' option), '救援理由 Reason for request', '救援対象者セクション Bib number of rescue target', '救援対象者氏名 Name of rescue target', '通報した方のお名前 Reporter's name', and '通報した方電話番号 Reporter's phone number'. A green '内容を送信 Submit' button is at the bottom.

04 Access to the venue

a. Start and finish points

Ishinomaki Senshu University, 1 Minamisakai Shinmito, Ishinomaki, Miyagi Prefecture

Notes:

- ▷ Entry to the Ishinomaki Senshu Univ. campus is only possible on Sunday, Sep.15th.
- ▷ There are no Tour de Tohoku events or official dates on Saturday, Sep.14th.

b. Free parking

Seihoku Park Ishinomaki (Ishinomaki City General Sports Park) 18 Shinkozutsumi, Minamisakai, Ishinomaki, Miyagi Prefecture

For more information, please visit the [official website](#)

Notes:

- ▷ The car park is open from 4:00 to 18:30 on Sunday, September 15th
- ▷ Please refrain from parking on the surrounding streets or at stores
- ▷ Please turn left at the entrance to the car park and also turn left at the exit
- ▷ The use of tents, tarps, camping, etc. in the car park is strictly prohibited
- ▷ Many bicycles participating in the Tour de Tohoku will be passing through Ishinomaki City. Please take extreme care when passing through in the early morning and dark hours of the night



05 Event schedule on Sunday, September 15th

a. From your home or accommodation to the starting point

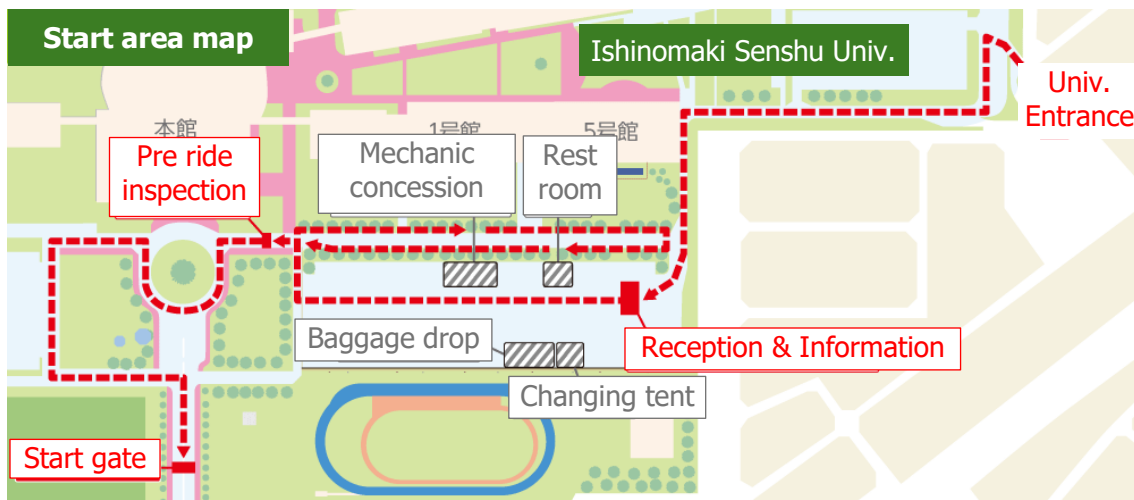
- You will find out by 4:00 whether the event will be held or not via the official website or social media.
- Have you checked the weather forecast? Please prepare for rain and cold weather in case of bad weather.
- Check the mandatory and recommended items to bring.
- Are you in perfect health?
- Don't forget to sign the written oath.
- It is no need to contact the organizers if you cannot join.

b. From the car park to the starting point



- The starting point is located in a residential area. Please proceed quietly.

c. Check-in



- Check-in times are designated for each fondo and bib number.

	Kesen-numa Ooya Coast Fondo (180km)	Kitakami Fondo (100km)	Onagawa-Ogatsu Fondo (65km)
check-in time	A 5:00~5:50	B 6:00~7:00	D 7:50~8:50
		C 7:00~7:45	
start	6:00~ every 2 or 2.5 min	7:15~ every 2 or 2.5 min	9:00~ every 2 or 2.5 min

- If your bib number starts with 'P' or '応縁', focus only on the following A, B, C and D.
- If you wish to start with someone at a different check-in time for the Kitakami fondo (100km), please check-in the second half (7:00 to 7:45)
- Please present your waist bib number and helmet bib number at reception and submit your written oath

- Follow the directions of volunteers on campus
- Organization vehicles may be passing through campus roads. Please follow the instructions of staff

d. Steps before the start

- After checking in, you can change clothes at changing tent, use the restroom, and check your necessary equipment. Proceed to the pre-ride inspection.

《Bib (for waist)》

- ▷ Attach the bib on your back or waist where it is easily visible to staff.
- ▷ If you are wearing a windbreaker or backpack, attach the bib on the outermost side.

《Helmet number》

- ▷ Stick it on the front of your helmet.

《Gig Band》

- ▷ Write your bib number and attach it to the seat post of your bike.
- ▷ If the organizer needs to respond to a problem or accident, the gig band will let them know who owns the bike.

《Safety Declaration Sticker》

- ▷ Attach them to your helmet or clothing. Please make sure they do not overlap with your bib number or helmet number.



Safe speed



Single file



Obey traffic laws

《Temporary Baggage Storage Tent》

- ▷ You will be given one plastic bag (45 liters) and a baggage sticker. Please put your luggage in the bag and write the necessary information on the sticker.
- ▷ Items that cannot be stored: valuables, fragile items, dangerous items, documents,

electromagnetic recording media, animals, plants, refrigerated or frozen items, and other items that may endanger the safety of staff or other luggage.

- ▷ The organizer will not be liable for compensation if your checked baggage is lost or damaged.
- ▷ The baggage storage tent will close promptly after the last rider arrives (scheduled for 18:00). Please be sure to collect your checked baggage within the return time.

e. Pre-ride inspection and start instructions

《Pre-ride inspection》

- ▷ Form a line according to the instructions, and check the regulations for vehicles and handlebar shapes and equipment. Prepare your equipment so that you are ready to start, and turn on the front light.
- ▷ If you are judged to be non-compliant, leave the line, correct the relevant parts, line up at the end, and undergo the pre-ride inspection again.
- ▷ If the organizer judges you to be non-compliant with the regulations, you will not be able to start the event.
- ▷ The rider should fix the problem themselves. The mechanic support at the venue may not be able to fix it either.
- ▷ It may take time to fix the problem, or there may not be a replacement part, so you may not be able to start at the scheduled start time. The organizer will not be held responsible in such cases.

《Start》

- ▷ After completing the pre-ride inspection, you will follow the instructions of the staff and proceed to the starting gate.
- ▷ After the pre-ride inspection, the bicycles will be lined up. Please use the restroom before lining up.
- ▷ Starts will be at a maximum of 25 bicycles at a time, with intervals of 2 to 2.5 minutes.
- ▷ Before the start, communication activities will be held to ensure a safe ride. We may also provide information about the course and points to note for the day.

f. During the ride/Aid station

《During the ride》

- ▷ Please follow "03_Riding rules and Communication" and enjoy your ride.

《Aid Station》

- ▷ Drinks and local food will be provided at the aid stations along the course.
- ▷ Please be sure to stop at the aid stations to take sufficient rest and refuel.
- ▷ The position of the course supervisor motorcycle is important information for aid station staff. If you are at the front of the course, never overtake a course supervisor motorcycle.

g. Time limits and checkpoints

《Aid station》

- ▷Time limits are scheduled at most aid stations.
- ▷If you exceed the time limit, you will be forced to drop out or turn back.
- ▷If you drop out, no food will be provided at any further aid stations.

《Shin Kitakami Bridge》

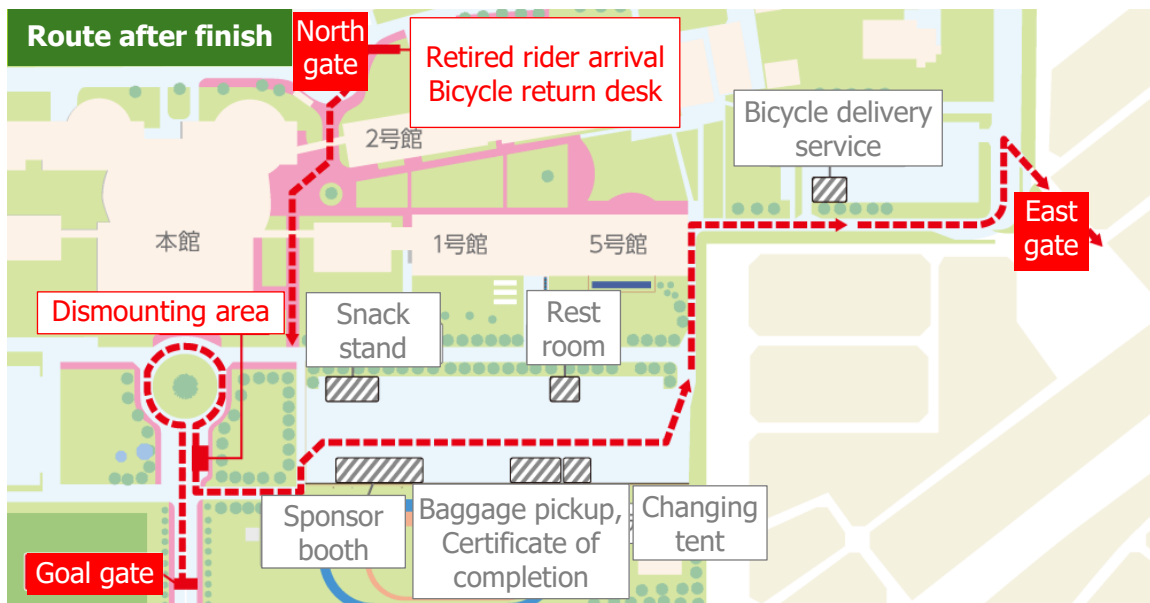
- ▷At the Shin Kitakami Bridge, just beyond Kamaya Pass, a time limit is set for riders of the Kesennuma Ooya Coast Fondo (180km) and Kitakami Fondo (100km). If you exceed the time limit, you will not be able to proceed to the Shin Kitakami Bridge. Instead of crossing the bridge, you will proceed on the Onagawa-Ogatsu Fondo (65km) course.
- ▷After the downhill stretch of Kamaya Pass, staff will manage the time limit. Please follow their instructions.

	Kesennuma Ooya Coast Fondo (180km)	Kitakami Fondo (100km)	Onagawa-Ogatsu Fondo (65km)
Ogatsu Aid Station			1 4 : 1 0
Shin Kitakami Brg.		1 2 : 3 0	
Kamiwarizaki A. S.		1 4 : 1 5	
Utatsu A. S.	1 1 : 5 0		
KesennumaOoya A.S.	1 3 : 0 0		
Shizugawa A. S.	1 4 : 3 5		
Kitakami A. S.	1 6 : 0 0	1 6 : 0 0	

h. After the goal

《Guidance after the goal》

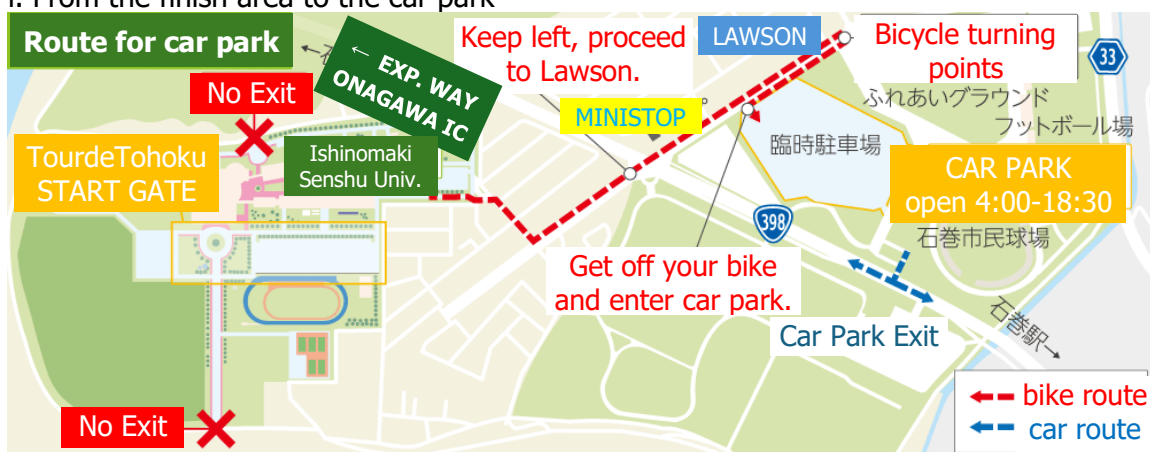
- ▷After passing through the finish gate, follow the instructions of staff and proceed to the dismounting area.
- ▷Falls due to fatigue, cramps, etc. will occur. Please use the dismounting area as widely as possible.
- ▷You will be given a printed completion certificate. It is issued near the baggage storage tent.
- ▷Commemorative photo boards are available.
- ▷The baggage storage will close shortly after the last rider arrives (scheduled for 18:00). Please make sure to collect your checked baggage at the return time.



《Retirement》

- ▷If you wish to retire, please inform the staff at the aid station.
- ▷If you are unable to continue riding on the course, you can also retire using the web form (Rescue Request Form).
- ▷After retiring, participants will board an event management vehicle and travel to the starting point. The drop off point is shown on the map nearby “North gate”.
- ▷Depending on the operation status of buses, light vans, and trucks, there may be a time lag between the rider and the bicycle returning to the starting point. Please note that there may be a waiting time until the bicycle will be returned.
- ▷It may take a long time to return to the starting point, and you may miss public transportation to get home. The organizers cannot take responsibility in such cases.

i. From the finish area to the car park



- Cars leaving the car park will have to wait at traffic lights. Please follow the directions of security guards.
- The car park will close at 18:30.

06 Schedule

	Kesen-numa Ooya Coast Fondo (180km)	Kitakami Fondo (100km)	Onagawa – Ogatsu Fondo (65km)
Car Park	4:00~18:30		
Check in	A 5:00~5:50	B 6:00~7:00 C 7:00~7:45	D 7:50~8:50
	<p>*Entry to the start area and queuing for the pre-ride inspection will be done for each number from A to D. (e.g. B number holders cannot enter the start area before the check in time for “B” at 6:00, even if they arrive together with A number holders).</p> <p>*If your bib number starts with 'P' or '応縁', focus only on the following A, B, C and D.</p>		
Preparation for departure (change of clothes, baggage drop-off, toilets, etc.)	5:00~6:00	6:00~8:00	7:50~9:00
Start	6:00~6:30	7:15~8:30	9:00~9:30
Snack stand	11:00~17:30		
Goal close	17:30		
Baggage drop/pickup	5:00~18:00		
Bicycle drop for delivery (SEINO LOG)	11:30~18:00		
Stage Event	12:00~16:00		

[Note]

- ▷ There will be no official schedule or events on Saturday, September 14th (bicycle transport service pick-up will be at a different venue)
- ▷ Please refrain from entering Ishinomaki Senshu University except on the day of the event, Sunday, September 15th

07 Points of caution on the course

a. Miyagi Prefectural Rifle Shooting Range

This is the first mountain pass. After climbing a steep, almost straight hill, turn left into the waiting area near the entrance to the Miyagi Prefectural Rifle Shooting Range. We will coordinate the number of cyclists and give instructions for them to depart. After passing through the hairpin curve and going down the hill, there will be a T-junction with a traffic light. Please be careful not to be rear-ended.



b. Tunnels between Onagawa and Ogatsu

After leaving Onagawa midtown, you will enter the Sakiyama Tunnel, which has a long gradient and curves. After the tunnel, you will enter the Ogatsu area after going up and down and curving repeatedly, and the tunnel continues into the Wakehama and Mizuhama areas. Please turn on your front light and depart from the Onagawa Aid Station.

c. Ogatsu Aid Station

Both the entrance and exit require a right turn. Please proceed with caution. Shortly after the start, there is a long uphill climb up Kamaya Pass. Be sure to turn on your front light before leaving the Ogatsu Aid Station.

d. "Coastline Art Museum" (an event held nearby Ogatsu Aid Station)

Outdoor art using the giant seawall as a canvas is a collaboration with Tour de Tohoku! It will be held nearby Ogatsu Aid Station. Recommended for those with time to spare. Art creators will be walking near the Ogatsu Aid Station. Please proceed with caution.



e. Kamaya Tunnel

This tunnel runs through Kamaya Pass between the Ogatsu and Kahoku districts. There are grooves in the road surface, and condensation forms on the road, sometimes even on sunny days. Event vehicles will adjust their speed to ensure safety. Do not overtake cars under any circumstances.

After exiting the tunnel, the event vehicles will slow down (or stop if there are oncoming vehicles) and enter the parking zone on the right.



Vehicle to inform prohibition of overtaking in tunnels

f. Shin Kitakami Bridge

This is the branching point of the course.

For the Onagawa-Ogatsu Fondo (65km), do not cross the bridge but turn left just before the intersection (there is a temporary stop). For the Kesenuma Ooya Coast Fondo (180km) and Kitakami Fondo (100km), cross the bridge and turn right.

g. Juusanhama -13 Beaches- Tunnels

There is a relatively long tunnel between Shin-Kitakami Ohashi Bridge and Kamiwarizaki Aid Station. Riders may pass each other in this tunnel. Please keep your front light on as you pass through.

h. National Route 45

There is more traffic than on National Route 398. Most sections are marked with blue arrowhead-shaped road markings, and there are also signs indicating narrowing shoulders. Some of the entrances and exits to the Sanriku Expressway are without traffic lights. Please pass through with care, although road managers also urge car drivers to be careful.

i. Around Shizugawa Aid Station

Turn left at the T-junction without traffic lights near Minamisanriku Sansan Shopping Street. When you start off, be careful of oncoming bicycles.

j. Around Kitakami Aid Station

After exiting the tunnel, turn left when you see a traffic guide. Regular vehicles can also use the entrance and exit to the aid station.

Once you leave the aid station, you will soon reach the mouth of the Kitakami River. Go slightly downhill along the coastal road and it will merge onto National Route 398. Be sure to observe the stop sign at the junction.

k. Kitakami River - Miyagi Pref. Rd.33 - Futamata Junction - Ishinomaki Senshu Univ.

With the Oppa River Sports Park on your right, head towards Ishinomaki Senshu University on Miyagi Prefectural Route 33. Be careful at the "Futamata T-junction" past the Family Mart, as bicycles are likely to get stuck there.

The final right turn towards Ishinomaki Senshu University is an irregular intersection that suddenly appears after some ups and downs. Please follow the traffic lights and security guards' directions carefully and pass through.

08_Mechanic Support

Mechanic support will be available at the start, on the course, and at some aid stations according to the riders' movements.

- ▷Mechanic support will only provide first aid.
- ▷General inspections and maintenance are not covered by mechanic support.
- ▷Tubular tires cannot be repaired.

a. Mechanic booth opening hours at the start

Sunday, September 15th, from 5:00 am to 9:30 am (until the start is complete)

b. Support on the course

If you have a vehicle problem that you cannot fix yourself, please call out to an official rider or event staff member nearby, or contact the event headquarters using the Rescue Request Form.

▷Depending on the location, it may take a long time for mechanic support to arrive.

▷We recommend that you bring a windbreaker or other clothing to keep warm while you wait.

09_Rescue

If you fall off your bike, feel unwell, or need assistance, please contact an official rider or event staff member nearby, or contact the event headquarters using the Rescue Request Form.

"03_Riding rules and Communication" introduces how to respond to accidents and troubles, and the Rescue Request Form.

10_Accident Insurance

a. Insurance to be taken out by the organizer (injury insurance)

The organisers have taken out the following insurance (insurance premiums are included in the entry fee):

name	Sompo Japan Insurance Inc. General Accident Insurance
content	Death and disability: 3 million yen / Daily hospitalization: 3,000 yen / Surgery insurance (inpatient): 30,000 yen (outpatient): 15,000 yen / Daily outpatient: 2,000 yen

If you feel that the amount is insufficient, please purchase another insurance.

*Damage, loss, theft, etc. of the bicycle (frame and parts) are not covered by this insurance.

b. Miyagi prefecture ordinance requires riders to take out bicycle liability insurance

*When using a bicycle in Miyagi Prefecture, the user must enroll in bicycle liability insurance, etc., in which the user is the insured person (see "01_Particularly important notes"). Please check the coverage and applicable conditions of the insurance you wish to enroll in advance.

c. Accident Response

In the event of an accident, participants are responsible for dealing with it themselves.

Participation regulations for the event, "General matters concerning the event", 7. is set forth as follows.

Participants are responsible for dealing with any accidents that occur during the event or related events (including, but not limited to, collisions between participants while driving, trouble, etc.).

Participants will not criticize or hold responsible the organizers, event managers, or other participants. However, this does not include cases caused by the organizers' intentional or gross negligence.

*If a traffic accident occurs, you must report it to the police in accordance with the Road Traffic Act (see "03_Riding Rules/Communication").

*If you do not have a traffic accident certificate from the police, your insurance claim may not be accepted.

d. Claims for insurance provided by the organizers

Contact details, requirements and deadlines for insurance purchased by the organizer

Contact: Kahoku Shimpo Promotion Center Manager: Mr.Habu, Phone: 022-723-4670 (Hours: Weekdays 9:30AM - 5:30PM)

Required information: Participating fondo (course), bib number, name, daytime contact (cell phone number), details of accident, injuries

Claim deadline: Oct.15th, 2024

11_ Bicycle delivery service (application and fee required)

You can use the "Kangaroo Bicycle Event Delivery Service" (application and fee required in advance) to pick up and ship your bicycle on-site. Please note that the pick-up and drop-off locations are different.

《Pick-up》 Date and time: Saturday, September 14th, 11:00-17:00

Location: Seihoku Park Ishinomaki (Ishinomaki City General Athletic Park)

《Drop-off》 Date and time: Sunday, September 15th, 11:30-18:00

Location: Ishinomaki Senshu University

*The "Kangaroo Bicycle Event Delivery Service" is a service provided by Seino Transportation Co., Ltd. See the official website for details.

12_ Others

a. Organizer

For general enquiries about the event

Tour de Tohoku Organiser

(within Roots Sports Japan Ltd.)

Email: info_tdt@roots-sports.jp

Telephone: 03-3354-2300

(Office hours: weekdays 10:00 - 17:30,
except Saturdays, Sundays and public holidays)

Contact details for the day before and on the day of the event

In case of emergencies

*For rented phones, the number will be disclosed shortly before.

Response time: Sunday 15 September, 5:00-18:00 only.

Non-emergency

03-3354-2300

Response time: Saturday 14 September, 9:00-18:30

15 Sep (Sun) 4:00-18:30

b. Lost and found items

On the day of the event:

▷ Lost and forgotten items will be kept at the information desk at the venue. If you think you may have lost something, please come directly.

After the event:

▷ Valuables will be reported to Ishinomaki Police Station. Phone: 0225-95-4141.

▷ Items other than valuables will be kept by the Kahoku Shimpo (Tour de Tohoku Office).

Email: info_tdt@po.kahoku.co.jp.










(Items other than valuables will be kept for one month after the event.)

c. No Drinking or Smoking

Alcohol and smoking are prohibited in all areas of the event, including the venue and aid stations.

References

a. Bicycle Type Regulation

Permitted	<p>Road bikes</p> 	<p>Mountain bikes</p> 	<p>Cross bikes</p> 
Not permitted	<p>Recumbent</p>  <p>BMX with step</p> 	<p>Pistobike (fixed gear)</p>  <p>Trailers</p> 	<p>Tandem</p>  <p>Handcycle</p> 

*Bicycle types are limited due to severe road conditions.


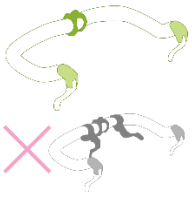
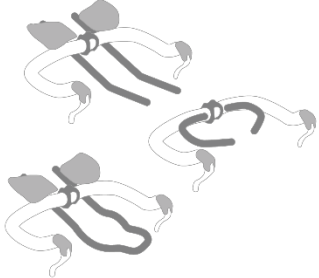
*Check with the organizer if you are concerned about regulations.

*Single-gear bicycles equipped with front and rear brakes and free hubs are allowed to participate.

*Electric bicycles are allowed to participate, but there will be no mechanic support specifically for electric bicycles.

*If the organizer deems that a bicycle is in violation of regulations, it will not be allowed to depart.

b.Handle Type Regulation

Permitted	<p>Normal drop handle Flat handlebar (bar ends may be used) Riser bars</p>  <p>Bullhorn handle</p>  <p>(non-integrated brakes are prohibited because they delay braking)</p>
Not permitted	<p>- DH Handle / Clip-on / Spinatch / Aero Bar / Triathlon Bar</p>  <p>All auxiliary bars that are attached to drop handlebars by an attachment system. Other bars that interfere with quick braking and are not suitable for operation on steep gradients.</p>