

7 Cycling Ride

[Mukaishima IC start A B C]

[How to see the pictograms.]

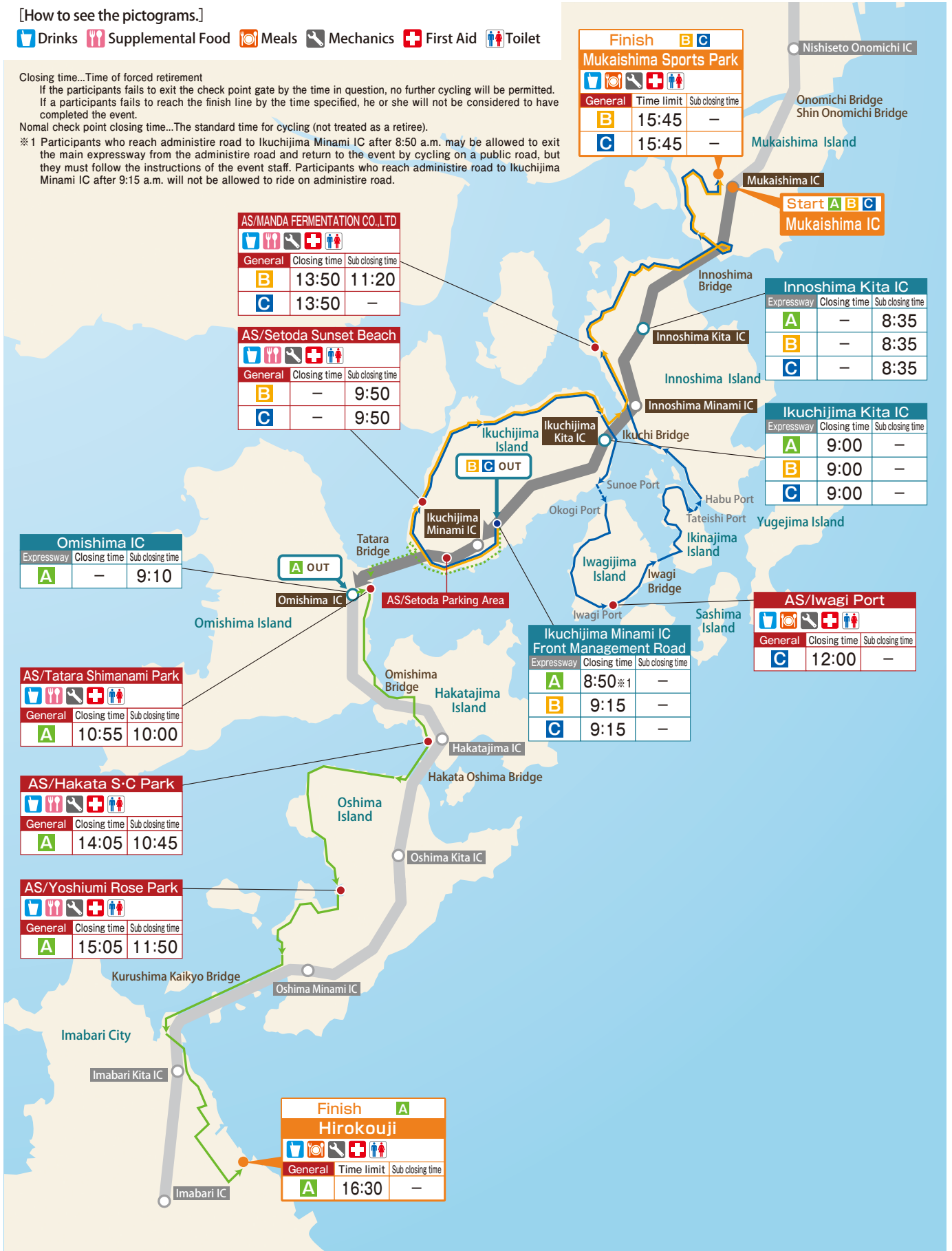
🍷 Drinks 🍴 Supplemental Food 🍷 Meals 🛠️ Mechanics 🏠 First Aid 🚻 Toilet

Closing time...Time of forced retirement

If the participants fails to exit the check point gate by the time in question, no further cycling will be permitted. If a participants fails to reach the finish line by the time specified, he or she will not be considered to have completed the event.

Normal check point closing time...The standard time for cycling (not treated as a retiree).

※ 1 Participants who reach administrative road to Ikuchijima Minami IC after 8:50 a.m. may be allowed to exit the main expressway from the administrative road and return to the event by cycling on a public road, but they must follow the instructions of the event staff. Participants who reach administrative road to Ikuchijima Minami IC after 9:15 a.m. will not be allowed to ride on administrative road.



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(Imabari IC start **D E F G H**)

[How to see the pictograms.]

Drinks Supplemental Food Meals Mechanics First Aid Toilet

Closing time...Time of forced retirement

If the participants fails to exit the check point gate by the time in question, no further cycling will be permitted. If a participants fails to reach the finish line by the time specified, he or she will not be considered to have completed the event.

Normal check point closing time...The standard time for cycling (not treated as a retiree).

※2 Participants who reach the Ikuchijima Minami IC after 10:40 a.m. may be allowed to exit the main expressway line from this IC and return to cycling on general roads thereafter, but they must follow the instructions of the event staff.

AS/Setoda Sunset Beach			
General	Closing time	Sub closing time	
F	11:50	—	

Ikuchijima Minami IC			
Expressway	Closing time	Sub closing time	
E	10:40 ^{※2}	—	

AS/MANDA FERMENTATION CO.,LTD			
General	Closing time	Sub closing time	
D	11:20	—	
E	13:50	12:25	

congestion!

Simple/AS/Setoda Parking Area			
Expressway	Closing time	Sub closing time	
D	10:45	—	
E	10:45	—	
F	10:45	—	

*Pouch-type drinks will be provided.
*Please leave as early as possible.

Omishima IC			
Expressway	Closing time	Sub closing time	
D	10:30	—	
E	10:30	—	
F	10:30	—	

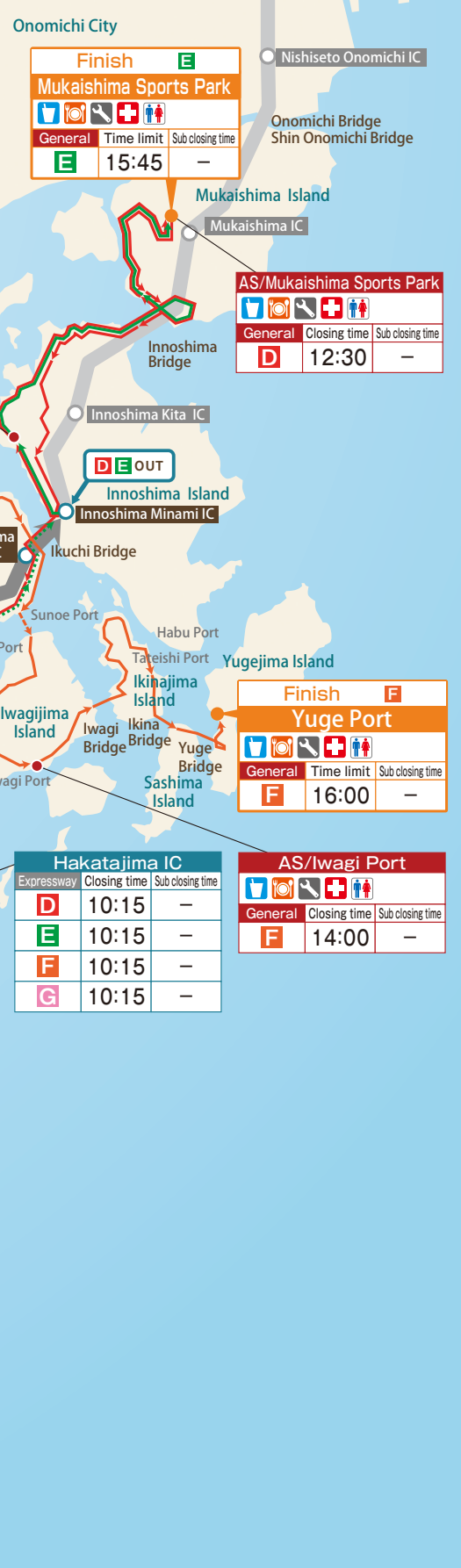
AS/Omishima Branch			
General	Closing time	Sub closing time	
G	12:25	—	

AS/Hakata S-C Park			
General	Closing time	Sub closing time	
D	15:00	—	
G	14:05	—	

AS/Yoshiumi Rose Park			
General	Closing time	Sub closing time	
D	15:30	—	
G	15:00	—	
H	15:05	11:50	

Bus stop Setodacho			
Expressway	Closing time	Sub closing time	
D	10:55	—	
E	10:55	—	

AS/Tatara Shimanami Park			
General	Closing time	Sub closing time	
D	14:30	—	
G	10:55	—	



Finish D G H			
Hirokouji			
General	Time limit	Sub closing time	
D	16:30	—	
G	16:30	—	
H	16:30	—	

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Aid Stations (AS)

There will be aid stations at various points along the course.

Aid stations will provide local hospitality (food and drink), restrooms and resting areas, as well as a first aid station, mechanics, and a check point.

Check point

Check point are set up on the course, and closing times are set for each.

Please be sure to keep a planned pace with plenty of time to spare.

If you cannot pass through the gate by the time, please follow the instructions of the event staff and stop cycling.

The vehicles will be used to transport the entrants to the finish line of each course. Even before the gate time, if the event staff determines that the participants will not be able to reach the gate time, the participants will be instructed to stop cycling.

If you retire during the course of the program

- If you need to retire due to a bicycle breakdown or illness, please do not force yourself to retire and notify a nearby event staff member. If you cannot find a staff member, please contact the call center on the day of the event.
- Retirees will be transported to the finish line of each course in an accommodated vehicle.
- **Never retire, stopover, or return home without permission.**
- **In the event of a retiree, be sure to remove the Bib Number.**

Request for cooperation with emergency vehicle traffic, etc.

- Emergency vehicles may pass through during the event due to incidents, accidents, etc.
Please follow the instructions of staff on the course and give priority to the passage of emergency vehicles. Please be aware that you may be asked to slow down on the Shimanami Kaido main line.

Course Information

- Please be sure to check each cycling course.
- ※For details, please refer to the respective course guide maps on the official website.



first-aid station

- First aid stations will be set up at the start/finish venues and at each aid station.
- First aid stations provide first aid for injuries and illnesses. If further treatment is required, the patient will be transported to a hospital or other facility.
- No household medicines (stomach, cold, etc.) are available at the first-aid station.
- ※Muscle fatigue that would normally result from cycling is not treated with spray analgesics and anti-inflammatory drugs.
- If you feel ill on the course, please report it to a nearby event staff member. If you cannot find a staff member, please contact the call center on the day of the event. Depending on the situation, we will call an ambulance or take other measures.

Mechanic Service

- Mechanic services will be provided at the start venues and main aid stations at the event.
- Mechanic services are based on first aid and are limited in what they can handle. Please have your bicycle thoroughly inspected and maintained by a bicycle store prior to the service, for example, by having it checked by a bicycle store.
- Scratches or stains may occur on the bicycle during bicycle repair.
- If parts replacement is required, it will be charged. Please note, however, that there may be cases where corresponding parts or tools are not available.
- You will be responsible for your own puncture repairs, so please come prepared with replacement parts such as tubes and tools.
- If you are unable to repair the damage yourself, please contact the nearest event staff member. Depending on the situation, a mechanic will be called. However, it may take some time for the mechanic to arrive.
- ※We do not support poorly maintained vehicles or post-finish maintenance.