



25th anniversary of the opening
of the Setouchi Shimanami Kaido

Ride across Inland Sea of Japan

Setouchi Shimanami Kaido International Cycling Event

CYCLING SHIMANAMI 2024

Participation Information

2024.10.27 SUN

⚠ Important confirmation. Please be sure to read them.

In order to allow for cycling on expressway main lines, etc., this event is being held in consultation with related organizations, etc., with the aim of holding a safe event with no accidents. Please observe not only the road traffic laws but also good manners and be considerate of local residents and other participants.



1 To Participate in the Event

Traffic Regulations

■Setouchi Shimanami Kaido (Expressway) Main Line

Road Closed Section	Road closure hours
Upstream and downstream from the Imabari IC to the Innoshima North IC	Sunday, October 27, 6:00 a.m. to noon (6 hours)
From Onomichi Bridge entrance to Innoshima Kita Interchange (up and down)	Sunday, October 27, 6:00 a.m. to 10:00 a.m. (4 hours)
Shin-Onomichi Bridge (expressway) is closed to traffic, Onomichi Bridge (public road) is open to traffic.	

- Please be careful if you are traveling to the venue via the Setouchi Shimanami Kaido.
- Traffic regulations will be enforced on some public roads as well.
Please be careful when traveling to the start venue and returning home after the finish.
Please refer to the official website for detailed information on the regulations.

Event Insurance

The organizer will provide accident insurance for all participants.

■Insurance period: From the start of the event to the end of the event

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

- ※Compensation for injury, illness, or accident to participants during the event will be covered by the organizer's accident insurance, except in cases of willful misconduct or gross negligence on the part of the organizer.
- ※The organizer's insurance does not cover damage to or theft of bicycles, helmets, clothing, etc., so participants are requested to purchase the necessary insurance on their own.
- ※If you are injured during the event, first aid will be provided at the first aid station, but if you require medical treatment at a hospital, etc., you will be responsible for the cost of that treatment (including initial medical fees).
Please be sure to bring cash and your health insurance card (no photocopies).

What to do in the event of a traffic accident

If a traffic accident certificate is required, the accident must be reported to the police to prove the facts, so please do not leave the area easily and follow the instructions of the event staff or others.

Call center on the day of the event (emergency contact)

Phone: 0898-22-2022 [Reception Hours] October 26 (Sat) 10:00 am – 8:00 pm. October 27 (Sun) 3:30 am – 7:00 pm

Personal Information

The organizer recognizes the importance of personal information and will handle personal information in strict compliance with the laws and regulations concerning the protection of personal information and related laws and regulations. Personal information will be used for the purpose of improving services to participants and for notifications related to participation information. In addition, the organizer or its subcontractors may contact you to confirm the details of your application.

1 To Participate in the Event

! Precautions

※For details, please refer to the event rules on the official website.



■ When cycling on the course

【General cycling rules】

- Please be sure to check the route, branches, closing times, etc. of the course you are going to run.
- Do not overtake the bicycles of the lead staff members cycling at the front of each course.
- Do not wear earphones (except for hearing aids, etc.).
- No drones or other small unmanned aircraft may be flown by participants or related parties.

【Shimanami Kaido: Expressway Main Line】

- Participants in the event will travel only in the lane bound for Onomichi. The downhill lane is for emergency vehicles and entry to the lane bound for Imabari is reserved for emergency vehicles. please not cycle on this lane.
- In single-lane sections, please drive two abreast in the center of the lane.
- Except in the case of an accident or breakdown, stopping on the Expressway is prohibited, and cameras, video cameras, etc. are prohibited while cycling. However, it is possible to take pictures with a wearable camera fixed to a helmet or the like.

■ Three requests from Cycling Shimanami on the Expressway

1. Photography is prohibited.
Stopping is also prohibited except in an emergency.



2. Do not enter the opposite lane! Emergency vehicles will be coming through.



3. Do not enter the shoulder of the road! There is a danger of collision with the set-up and staff.



【General roads and roads for bicycles and pedestrians.】

- Traffic regulations are not enforced except in some areas. Please obey all traffic laws and regulations, do not ride side-by-side, and ride on the left side of the roadway in a single file.
- Please follow the directions of the event staff and others.
- When traveling around curves with poor visibility, always anticipate oncoming traffic and slow down sufficiently.

【Other】

- If an emergency situation such as a J-Alert occurs during the event, please ensure your own safety first, and then follow the instructions of the staff.
- If you see a suspicious person or object, please notify the nearest staff member.

■ Manners

- When overtaking slower participants, please call out to them from behind, and please drive safely, giving each other the right of way.
- To avoid collisions or rear-end accidents caused by sudden braking or steering, please do not look away and keep a sufficient distance between vehicles.

Event canceled.

The organizer reserves the right to cancel or suspend the event in case of earthquake, windstorm, flood, strong winds, incidents, accidents, infectious diseases, J-Alert bulletins, terrorism, or other anticipated dangers. In such cases, entry fees will not be refunded.

■ Final Decision Date: October 27, 2024 (Sun.) 4:00 a.m.

■ Announcement Method: The final decision will be announced on the official website and SNS.

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

2 Preparation for Participation

Bicycle and Maintenance

● Due to traffic control hours on the main expressway, the course of bicycles allowed on each course is limited (see regulations for Bicycle Class Rules).

● The bicycles must be equipped with a head light, tail light (taillight) or reflector, bell, and helmet.

● Please have your bicycle inspected and maintained by a bicycle store prior to the event.

On the day of the event, staff will be patrolling the starting area to conduct a visual inspection of the bicycles. Vehicles violating the rules and regulations of the event will not be allowed to start the event.

Bicycle Class Rules

✓ Allowed	
Course A-G	[Sports -type bicycle] ※Tire width is free ● Road Bike ● MTB Mountain bicycle ● Cross bicycle ● Small tire diameter bicycle (16-24 inches in diameter)
Course H	[Sports -type bicycle, City bicycle, Tandem bicycle] ※Tire width free ● Road bike ● MTB Mountain bicycle ● Cross bicycle ● Small tire diameter bicycle (16-24 inches in diameter) ● City bicycle (must have multi gear system) ● Tandem bicycle (Two-seater only)
✗ Prohibited (all courses)	
● Piste bike (fixed gear) ● Recumbent bicycle ● Handcycle ● Bicycle with training wheels ● Bicycle trailer ● Bicycle with auxiliary chair for a child ● Any vehicle which is not within the limits outlined for each course	

※ There are no restrictions to tire type or width, but please note that tubular tires are unable to repair.

※ City bicycle with electrically assisted bicycles cannot be used on courses A to G. Only H course can be used. Allowed only for Course H.

Handle Shape

Sports -type bicycle	
✓ Allowed	● Ordinary drop handlebar ● lat bar (Bar ends are usable) ● Riser bar ● Bullhorn handlebar
✗ Prohibited (all courses)	● DH handlebar ● Clip-on bar ● Spinaci bar ● An extension handlebar which is attached to the drop handle listed above 1) Handlebars that are unsuitable for operation on a steep gradient because they impede quick braking operations are prohibited. 2) Handlebars with a shape different from that of standard equipment and deemed dangerous for cycling are prohibited.
City bicycle, Tandem bicycle	
✓ Allowed	● Standard equipment at the time of purchase or the same shape
✗ Prohibited (Course H)	● Different type from the standard equipment at the time of purchase ● Items of the same shape but angled more than necessary or mounted in the opposite direction

Accessories

✓ Allowed	● Bottle cage ● Cycle computer ● Bicycle bags (saddle bags, frame bags, etc.) ● Mudguards ● Cameras (only allowed when they are fixed directly onto bicycles or helmets etc. with adequate protection from falls) ● Other equipment necessary for cycling
✗ Not available (all courses)	● No equipment or decorations that are unnecessary or obstructive to safe cycling (all courses) ● No luggage, clothes, etc. in the basket ※ However, this does not apply to items for which fall prevention measures are taken, such as cage covers, etc.

2 Preparation for Participation

Preparation <Checklist>

● Equipment required (If you are not equipped or wearing this equipment, you will not be allowed to drive.)

☐ Helmets (leather and cloth helmets are prohibited) ☐ Bells ☐ head lights

☐ Taillight or reflector ※Since the vehicle will be traveling in a tunnel, it is advisable to install a taillight.

● Required personal effects

☐ Cash ☐ Health insurance card (copy not acceptable)

☐ Pad spacer ※For those who have applied for the shuttle bus and are equipped with disc brakes.

● Recommended personal effects

☐ Watch ☐ Warm clothes, windbreakers ☐ Rain gear ☐ Gloves ☐ Sunglasses (for sports) ☐ Change of clothes

☐ Identification card ☐ Cell phone and spare battery ☐ Writing utensils ☐ Towel ☐ Beverages & Bottles

☐ First-aid kit, regular medicines (adhesive plasters, spray-type analgesic anti-inflammatory drugs, etc.)

☐ a supply of provisions ※There will be no water or food service at the start site.

● Puncture Repair Supplies

You will be responsible for your own puncture repair. Please have repair supplies ready.

☐ Portable tools ☐ Portable pump ☐ Tire levers ☐ Spare tube ※Two or more are preferred if possible. ☐ Work gloves

■ Temperature on October 27 at the starting point

● Imabari City

Average temperature 15.9°C, Highest temperature 21.4°C, Lowest temperature 11.8°C

● Onomichi City

Average temperature 16.9°C, Highest temperature 22.4°C, Lowest temperature 12.5°C

※From JMA data for the past 5 years

※Due to the early morning start and weather conditions, temperatures may drop.

3 Participant reception and events

Saturday, October 26

- Please be sure to check in participants during reception hours on the day before the event (substitute reception is acceptable).
Please note that no reception will be accepted on the day of the event or outside of reception hours.
- Reception will only take place at the reception venue selected at the time of entry, so please be sure to confirm your entry before coming to the venue.
- ※ Please confirm what you need to bring to the reception desk.

Onomichi Venue

【Shimanami Koryukan “Teatro Shell-rune”】
10-1 Higashi Goshomachi, Onomichi City, Hiroshima Prefecture
Reception hours: 10:00-17:00

- **Parking is not available at the reception site or at the bike reception the day before the event.**
Please use nearby parking lots (for a fee).
- Bicycle storage for those who have applied for the outbound shuttle bus will be available at the West Goshō Prefectural Office Warehouse No. 3.
October 26 (Saturday) Event
Exhibitions and sales of goods by sponsors and bicycle-related companies, and stage events are scheduled to be held.
- **Venue: Shimanami Koryukan “Teatro Shell-rune”**
- **Time: 10:00-17:00 (Stage event from 13:00-17:00)**
- “Gourmet Summit in Onomichi” will be held around the square in front of JR Onomichi Station



Items to be brought to the reception desk

- Bib Number Exchange Ticket
(Bicycle Inspection Certificate/Certificate of Commitment)

Items to be handed in at the reception desk

- Bib Number ● Helmet number ● Souvenir of participation
- Bicycle Bib Number (with disposable measuring tip and vinyl tie)
- Baggage deposit bag
- Baggage Identification Number Stickers (Pre-reception only, fee required)
- ※ Please check the contents of the Bib Number Exchange Ticket in advance, fill out the Bicycle Inspection Certificate/Pledge Form and submit it at the reception desk. Minors must have the consent of a parent or guardian.

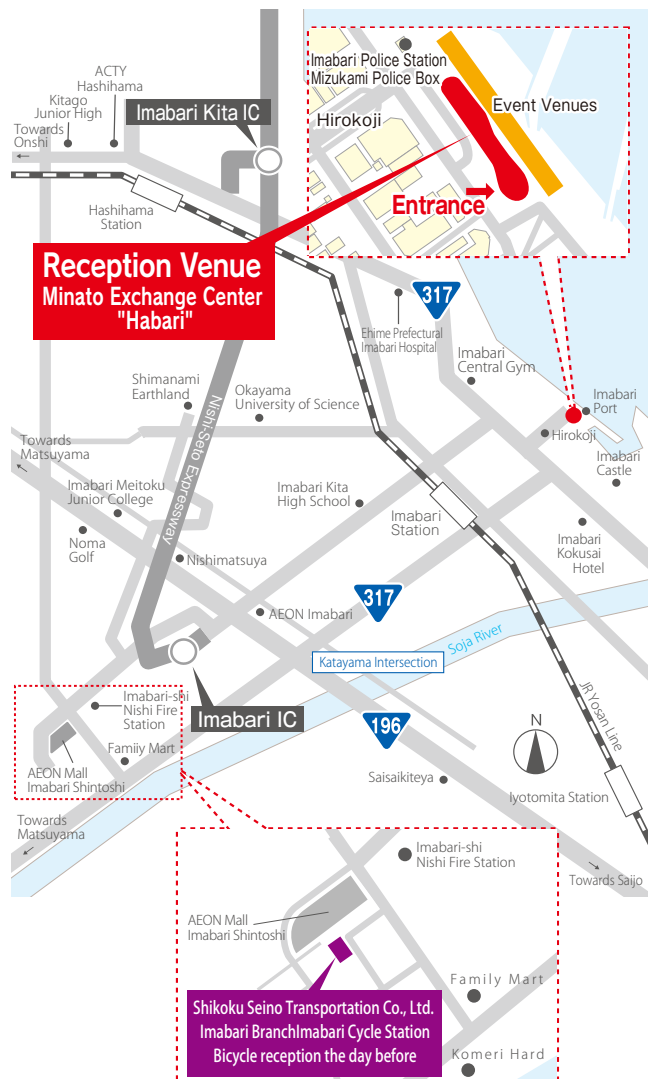
About proxy acceptance

- If a participant is unable to register the day before the event, he/she may delegate the reception procedures to a proxy. The proxy must have the “Bib Number Exchange Ticket” signed by the participant to complete the reception procedures.
- ※ No one other than the participant himself/herself is allowed to participate in the event.
 - ※ Please note that if you have registered at different reception sites, you will need to go through the procedures at each of the reception sites.

Imabari Venue

【Minato Koryu Center “Habari”】
1-1-27 Katahara cho, Imabari City, Ehime Prefecture
Reception hours: 10:00-17:00

- **The reception venue will have its own parking lot (to be announced on the official website). However, the number of cars is limited, so if the parking lot is full, please use the parking lots (for a fee) in the surrounding area.**
- Bicycle storage for those who have applied for the outbound shuttle bus will be handled by the Imabari Branch of Shikoku Seino Transport Co.
- A loop bus is available from Imabari Station. (See p. 18)
October 26 (Saturday) Event
Exhibitions, sales of goods, and stage events by sponsors and bicycle-related companies are scheduled to be held.
- **Venue: Minato Koryu Center “Habari”**
- **Time: 10:00 - 17:00**
- Local marché event “Setouchi Minato Marché” will be held at the same time.



③ Participant reception and events

Baggage storage (on the day of the event, only for those who apply in advance (for a fee))

■ Those who have applied in advance (at the time of entry)

● Baggage will be checked in at the start venue on the day of the event.

● Those who have pre-registered will receive a baggage bib sticker at the reception desk the day before the event.

Please affix the sticker to your baggage deposit bag and drop it off at the start venue on the day of the event.

● Baggage will be returned at the finish venue of each course.

※ Arrival of baggage may be delayed due to traffic conditions.

● Checked baggage must fit in the baggage deposit bag.

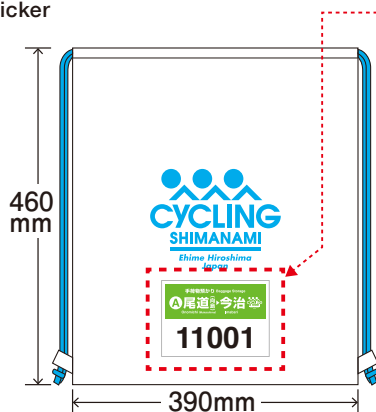
● Please make sure that the baggage deposit bag is tightly closed. Baggage whose contents are sticking out of the bag will not be accepted.

● Valuable or fragile items cannot be checked in.

● A change of clothes and shoes that are comfortable to walk in at the finish venue are useful.

Baggage deposit bag

※ Please affix a number sticker for your baggage.



Vertical: 460mm

Width : 390mm

Gusset : 100mm

手荷物の持ち方 Baggage Storage A 尾道・今治 Round Trip	手荷物の持ち方 Baggage Storage B 尾道 (南島) Round Trip	手荷物の持ち方 Baggage Storage C 尾道 (南島) Round Trip	手荷物の持ち方 Baggage Storage D 今治 Round Trip
11001	21001	31001	41001
手荷物の持ち方 Baggage Storage E 今治・尾道 Round Trip	手荷物の持ち方 Baggage Storage F 今治・上島 Round Trip	手荷物の持ち方 Baggage Storage G 今治 Round Trip	手荷物の持ち方 Baggage Storage H 今治 Round Trip
51001	61001	71001	81001

● Those who have not pre-registered and wish to check baggage Please inform the baggage application desk after the reception on the day before the event. (Paid service)

※ Please note that change cannot be provided.

Course	Fee: Cash only
Round Trip B C D G H Course	500 yen
One way A E F Course	1,000 yen

How to attach the Bib Number



Bib Number

Attach the number securely to the back of your jacket at the waist (easily visible from behind) with a safety pin, referring to the illustration. If you are carrying a backpack, etc., be sure to attach it to your backpack so that it is visible. If you are wearing a windbreaker or rain gear, attach it on top of it.

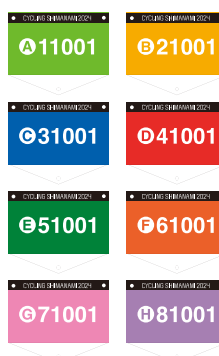
Bicycle Bib (with disposable measuring chip)

Referring to the illustration, attach the bicycle bib number securely to the handlebars or brake cables using vinyl ties so that it can be seen from the front. If your bicycle is equipped with a basket, please attach it to the front of the basket.



Helmet number

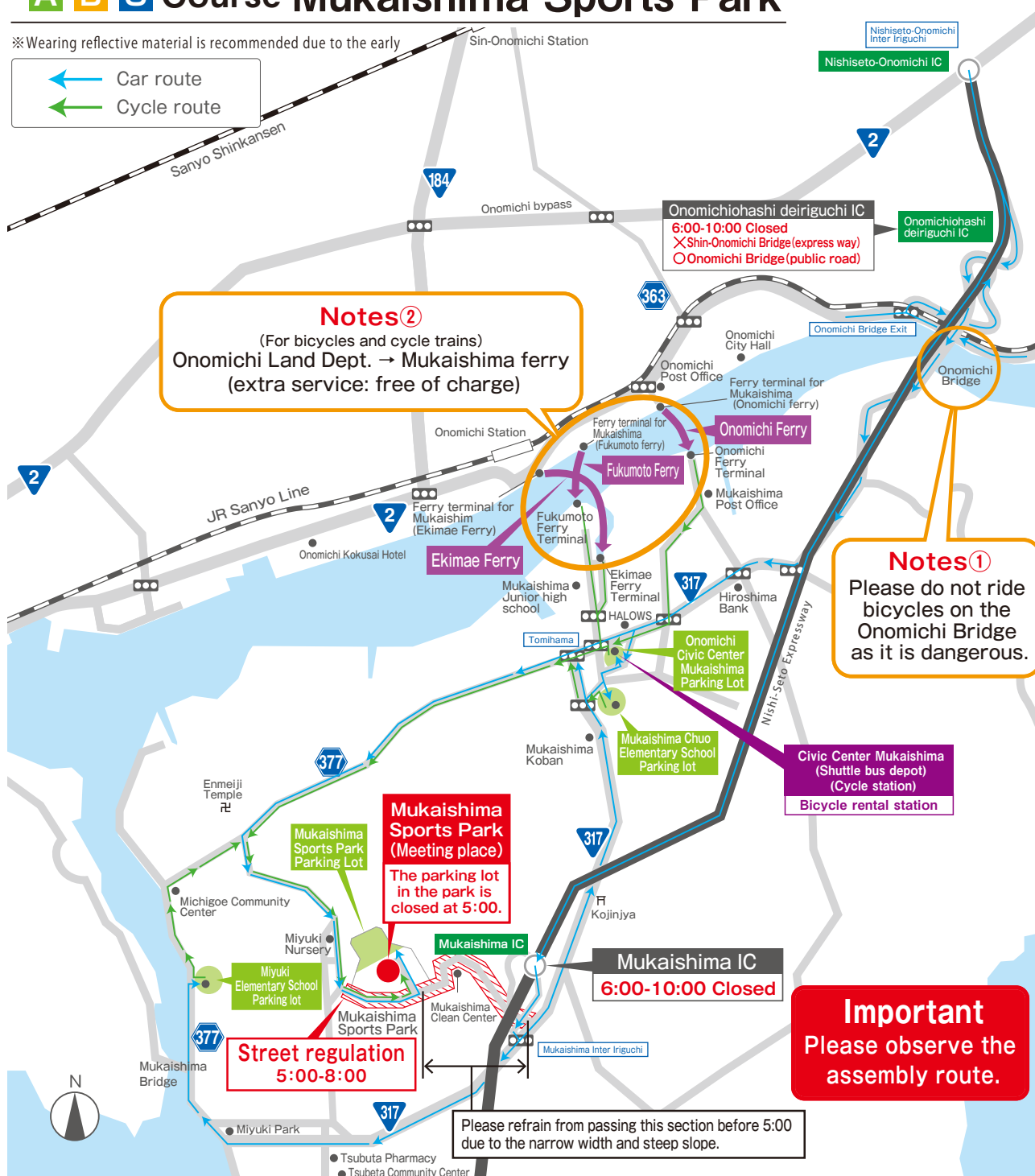
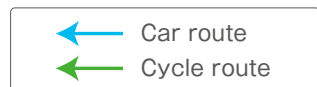
Helmet numbers should be attached firmly to the front of the helmet so that they can be seen from the front, referring to the illustration.



4 Guide to the meeting place

A B C Course Mukaishima Sports Park

※ Wearing reflective material is recommended due to the early



[Notes on using the early-morning ferry (free of charge: no reservation required)]

(1) For those who will ride bicycles from Onomichi Land area to the starting site, please use the early morning ferry for the event instead of using Onomichi Bridge. The boats may be crowded, so please arrive at the respective boat terminal as early as possible.

Please note that in the unlikely event that you are unable to board the boat, you will not be able to make the start time. The first train of JR will not make it in time for the meeting.

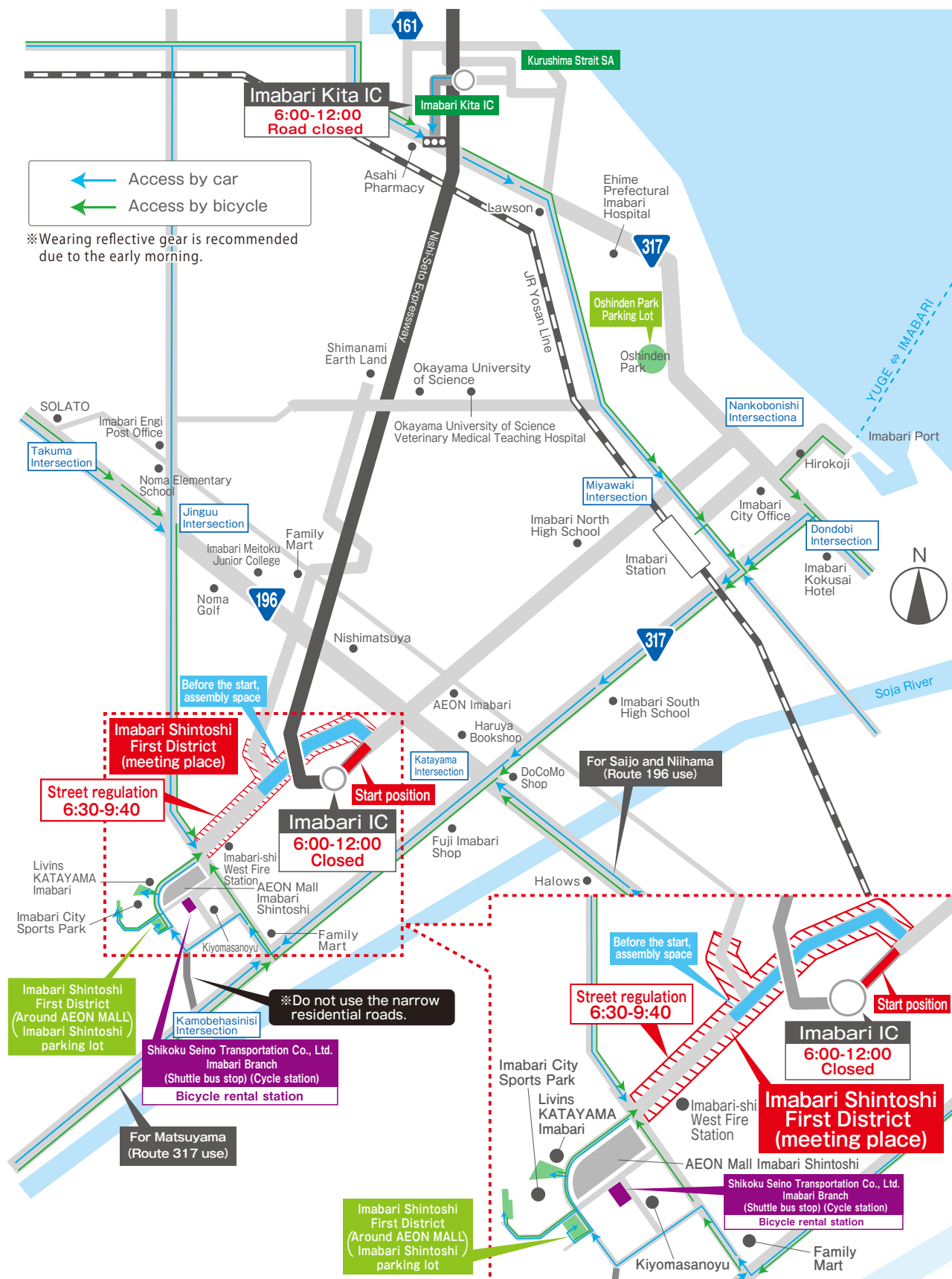
(2) Operating hours (Temporary service: Free of charge: No reservation required)

※ Crowding is expected on 3rd and 4th ferries. We recommend using the 1st and 2nd ferries.

Ferry	Operating Ferry			Departure from Onomichi	Toward Mukaishima
1	Fukumoto Ferry	Ekimae Ferry		4:45	4:50
2	Fukumoto Ferry	Ekimae Ferry		5:00	5:05
3	Fukumoto Ferry	Ekimae Ferry	Onomichi Ferry	5:15	5:20
4	Fukumoto Ferry	Ekimae Ferry	Onomichi Ferry	5:30	5:35

④ Guide to the meeting place

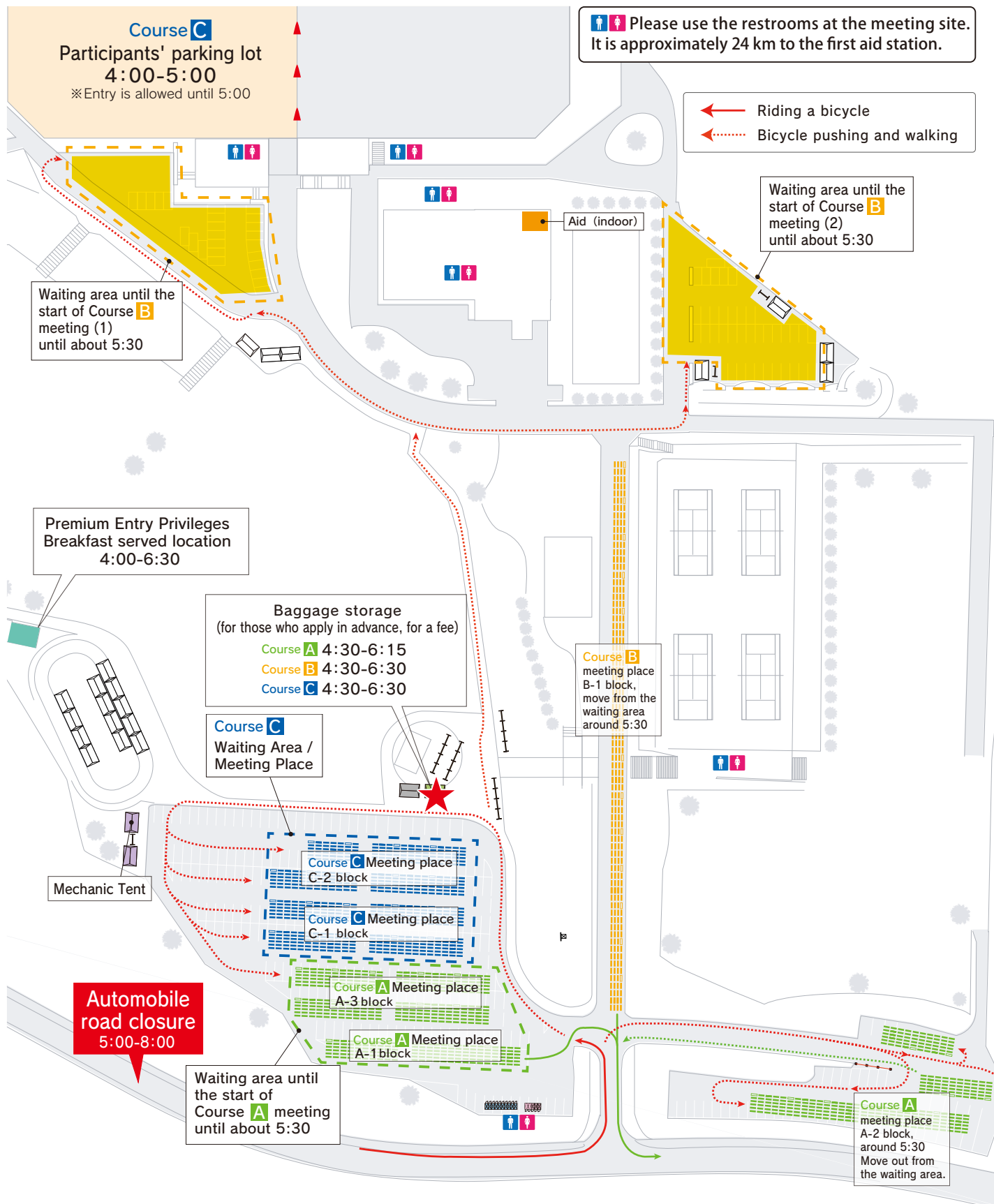
D E F G H Course Imabari Shintoshi First District



October 27 (Sun.) Meeting place: **A B C** Course Mukaishima Sports Park

5:30 Meet at Mukaishima Sports Park

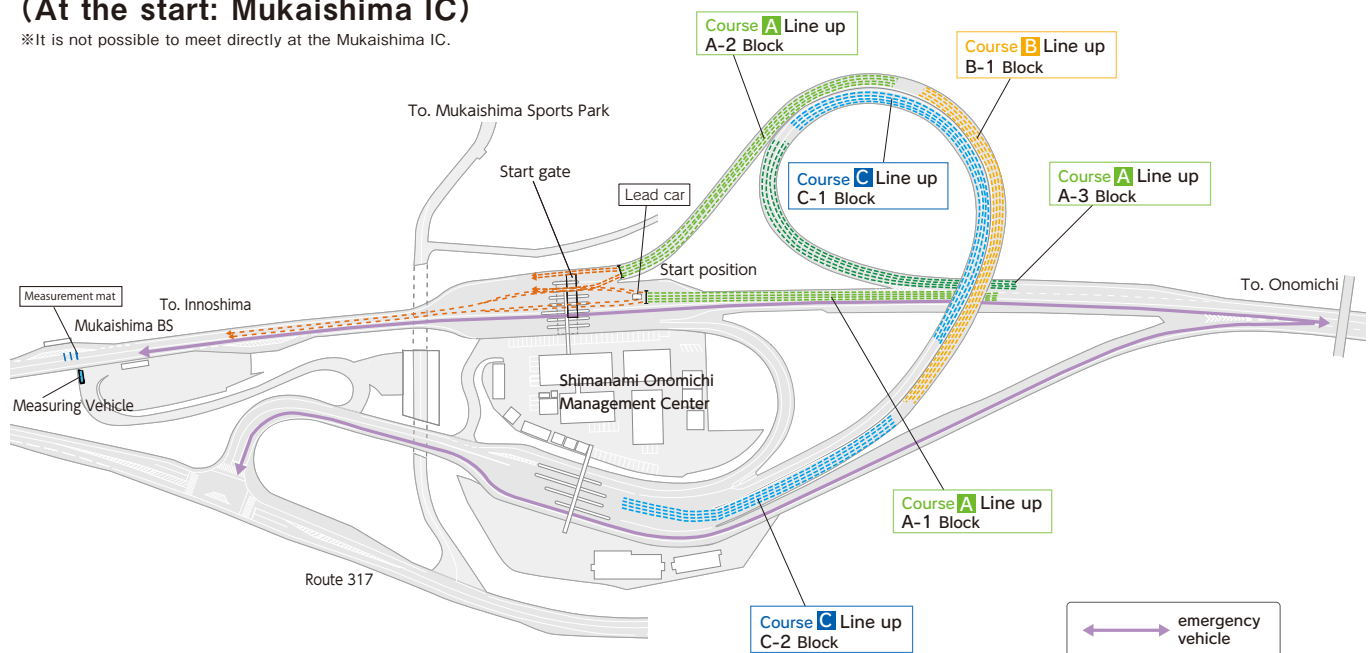
※Please note that the venue layout may be subject to change due to various conditions.
Please understand this beforehand.



5 Start

(At the start: Mukaishima IC)

※It is not possible to meet directly at the Mukaishima IC.



Time to meet/start

Courses	Capacity	Block No.	Bib Number	parking lot	Meeting start time	Meeting end time	Line-up completion time	Start
Course A	900	1	11001-11999	From 4:00	Mukaishima Sports Park 5:30	6:10 Move toMukaishima IC as needed.	Mukaishima IC 7:10	From 7:37
		2	12001-12999			6:15		
		3	13001-13999					
Course B	300	1	21001-21999	From 4:00		6:30		From 7:52
Course C	550	1	31001-31999	4:00-5:00				
		2	32001-32999					

How to start

1 Move to starting position and line up

Each block will be led by a staff member to the starting position, where they will line up in four rows.

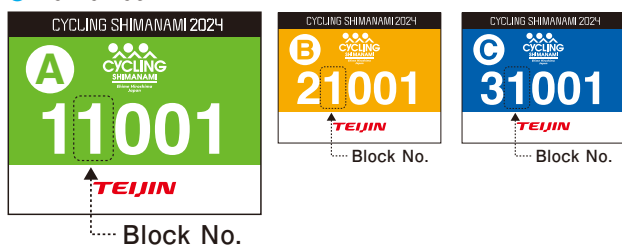
2 Starting Method

Each block will start at 5-minute intervals.

At the start of the event, the teams will split into two rows on each side from a four-row formation and pass through two gates on the Expressway.

After entering the toll booth, participants will join those who entered through another gate, forming a single line instead of two lines, and begin cycling in two lines.

● Bib Number



● Placard for guidance



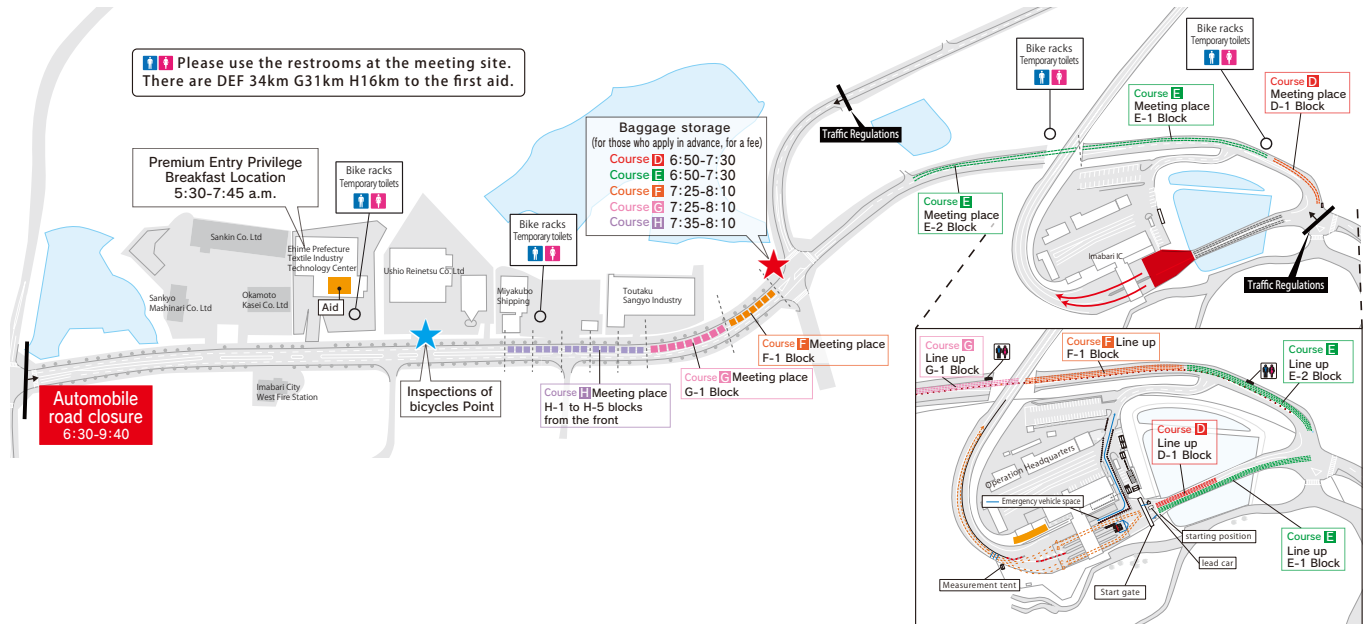
5 Start

October 27 (Sun.)

Meeting place: **D E F G H** Course Imabari Shintoshi First District

6:50~. The meeting will begin in three stages: Courses D and E at 6:50 a.m., Courses F and G at 7:25 a.m., and Course H at 7:35 a.m.

※Please note that the venue layout may be subject to change due to various conditions. Please understand this in advance.



Time to meet/start

Courses	Capacity	Block No.	Bib Number	Parking lot	Meeting start time	Meeting end time	Start
Course D	100	1	41001-41999	From 5:00	6:50	7:35	From 8:22
Course E	600	1	51001-51999				From 8:25
		2	52001-52999				From 8:29
Course F	250	1	61001-61999		7:25	8:10	From 8:33
Course G	300	1	71001-71999				From 8:37
Course H	500	1-5	81001-85999		7:35	8:20	From 8:47

How to start

1 Move to starting position and line up

Each block will be led by a staff member to the starting position and line up in four rows.

2 Starting Method

Each block will start at 3 or 4 minute intervals.

Starting from a four-row formation, the teams split into two rows on each side and enter the main Expressway line through the two toll booth entrances.

After entering the toll booth, participants will join those who entered through another gate, forming a single line instead of two lines, and begin cycling in two lines.

5 Start

Bib Number



Placard for guidance



6 About the Imadoko+ application



Cycling Shimanami Cyclist Support Service **Imadoko+.**

Cycling Shimanami offers the “Imadoko + (Plus)” application, which allows participants to see where they are on the course on a map on their smartphones. This is a location information sharing service that uses the GPS function of smartphones, and if you register in advance, you can check where you and your team members are cycling. Information on aid stations and check point is also included, making it very convenient.



Workout Function

You can record your time, distance and route.



Location information sharing function

The friends with whom you have shared your location information will be displayed on the map. You can also check the Event course information.

You can download the application (free of charge) to your smartphone to use the service.

- ※The android will come up with “Possibly harmful file”, but there is no security problem, so please feel free to install.
- ※Imadoko+ is a service of NTT Smart Connect Corporation.
- ※The use of smart phones while cycling is regulated by the Road Traffic Law. Please use your smart phone only when parked in a safe place where it will not interfere with other participants' cycling.

Click here to download ►►



For iPhone



For Android

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.

AS/MANDA FERMENTATION CO.,LTD			
General	Closing time	Sub closing time	
B	13:50	11:20	
C	13:50	-	

AS/Setoda Sunset Beach			
General	Closing time	Sub closing time	
B	-	9:50	
C	-	9:50	

Omishima IC			
Expressway	Closing time	Sub closing time	
A	-	9:10	

AS/Tatara Shimanami Park			
General	Closing time	Sub closing time	
A	10:55	10:00	

AS/Hakata S-C Park			
General	Closing time	Sub closing time	
A	14:05	10:45	

AS/Yoshiumi Rose Park			
General	Closing time	Sub closing time	
A	15:05	11:50	

Finish B C			
Mukaishima Sports Park			
General	Time limit	Sub closing time	
B	15:45	-	
C	15:45	-	

Innoshima Kita IC			
Expressway	Closing time	Sub closing time	
A	-	8:35	
B	-	8:35	
C	-	8:35	

Ikuchijima Kita IC			
Expressway	Closing time	Sub closing time	
A	9:00	-	
B	9:00	-	
C	9:00	-	

Ikuchijima Minami IC Front Management Road			
Expressway	Closing time	Sub closing time	
A	8:50※1	-	
B	9:15	-	
C	9:15	-	

AS/Iwagi Port			
General	Closing time	Sub closing time	
C	12:00	-	

Finish A			
Hirokouji			
General	Time limit	Sub closing time	
A	16:30	-	

7 Cycling Ride

[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.

Nomal 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 E					
General	Time limit	Sub closing time			
E	15:45	—			

AS/Mukaishima Sports Park					
General	Closing time	Sub closing time			
D	12:30	—			

Finish F					
General	Time limit	Sub closing time			
F	16:00	—			

AS/Iwagi Port					
General	Closing time	Sub closing time			
F	14:00	—			

Hakatajima IC					
Expressway	Closing time	Sub closing time			
D	10:15	—			
E	10:15	—			
F	10:15	—			
G	10:15	—			

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

7 Cycling Ride

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.

8 Cycling management

Event Staff

Approximately 2,500 staff members are involved in the operation of the event.
Our staff wears staff wear as shown below, so please let us know if you need anything.



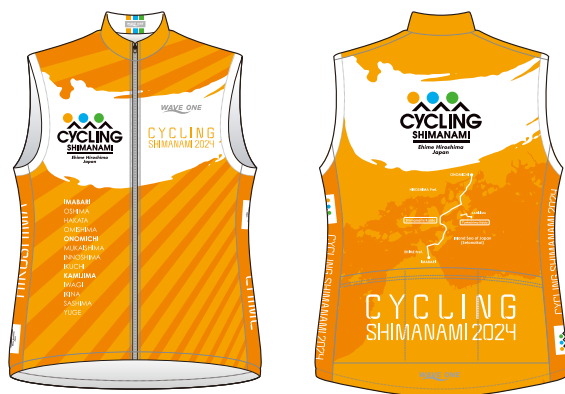
General Staff Uniforms

※Staff members wear some different clothing.

Traveling Staff

On the day of the event, a traveling staff of local cyclists will cycle with participants to guide them along the course and support them in completing the event. Depending on the situation, they may give warnings and instructions, which must be followed.

If you have any problems that you cannot handle on your own, please contact the cycling staff for assistance.



Cycling Staff Uniforms

9 Finish

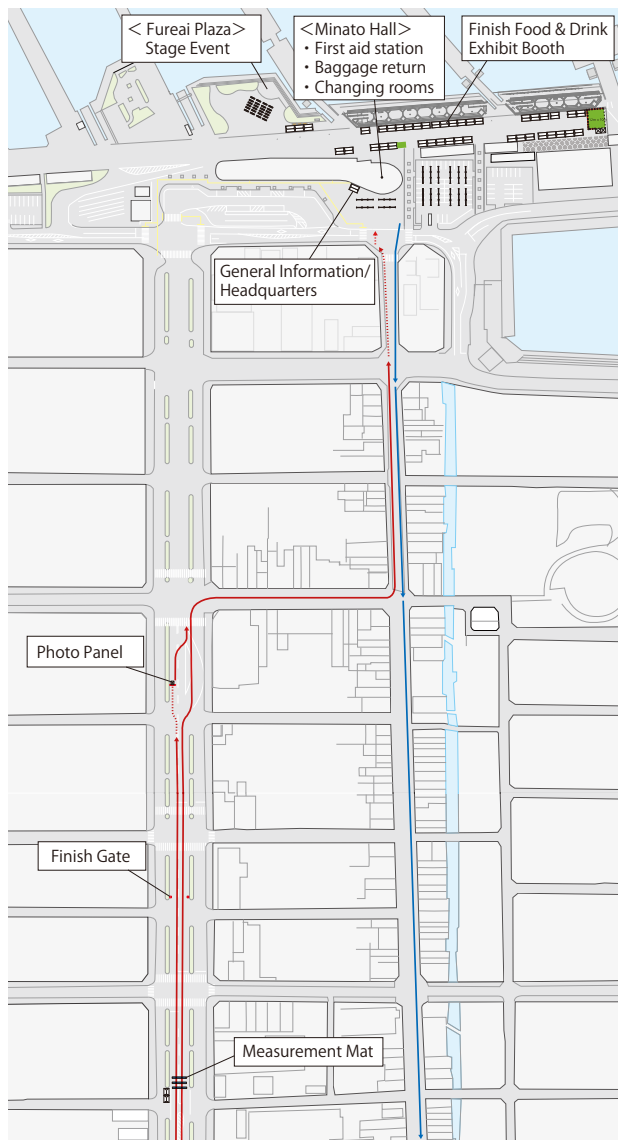
← Entry flow line

← Return flow line

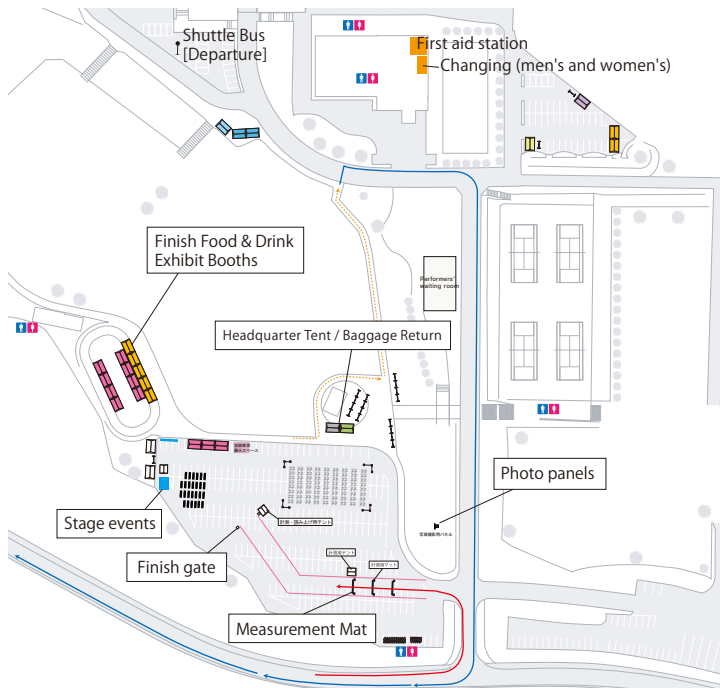
※Layout is subject to change.

Finish Venue layout

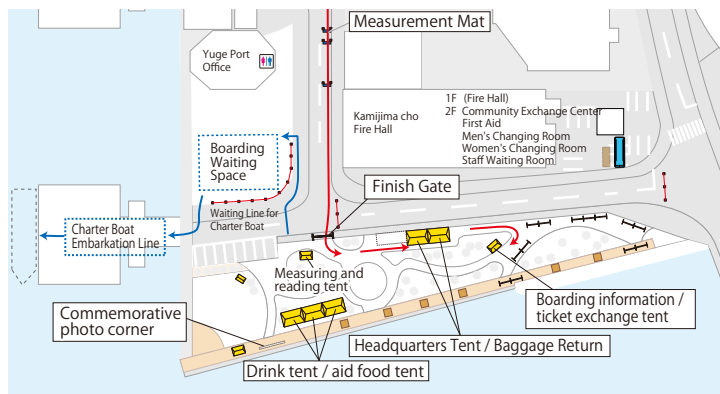
Finish Venue A D G H course (Hirokoji, Habari)



Finish Venue B C E course (Mukaishima Sports Park)



Finish Venue F course (Yuge Harbor)



Finish place time limit

Courses	Finish line and baggage return area	Time limit	Baggage return time (tentative)
Course A	Hirokoji Habari (Imabari)	16:30	10:30-16:30
Course D			
Course G			
Course H			
Course B	Mukaishima Sports Park (Mukaishima)	15:45	11:00-15:45
Course C			
Course E			
Course F	Yuge Harbor (Kamijima)	16:00	11:00-16:00

Measuring chip for the passage check (bicycle bib number)

The measuring chip is disposable and does not need to be returned.

certificate of completion

Participants who complete the event within the time limit will be issued a Web Finisher's Certificate. Please download the Web Finisher's Certificate from the official website of the event.

Baggage Return

To return baggage checked in on the day of the event, you will need to present your bib number. Please check your own bib number when you pick up your baggage, just to be sure that you do not get your baggage mixed up. ※Arrival of baggage may be delayed due to traffic conditions. Please understand this in advance.

Finish food

Finish food will be available at each finish venue, but each person will be offered one type of food. (Receiving and signing will be carried out on the bib) Two types of finish food will be available at the Habari-Mukaishima Sports Park

Post-Finish Notes

- Please note that we are not responsible for theft or loss of bicycles or baggage after return.
- After the finish, please obey all traffic laws and regulations and be careful of traffic accidents when riding your bicycle.

⑩ Loop bus service (free of charge, no reservation required)

Saturday, October 26, 10:00-15:40

JR Imabari Station		↔		Minato Koryu Center “Habari”		JR Imabari Station		↔		Seinou Transportation Imabari Branch (Imabari CS)	
The time required is about 5 minutes					The time required is about 15 minutes.						
	JR Imabari Station Departure	Minato Koryu Center “Habari”		JR Imabari Station Arrival	JR Imabari Station Departure	Seinou Transportation Imabari Branch (Imabari CS)		JR Imabari Station Arrival			
		Arrival	Departure			Arrival	Departure				
1	10:00	10:05	10:10	10:15							
2	10:20	10:25	10:30	10:35	10:40	10:55	11:00	11:15			
3	11:30	11:35	11:40	11:45							
4	11:50	11:55	12:00	12:05	12:10	12:25	12:30	12:45			
5	12:50	12:55	13:00	13:05							
6	13:10	13:15	13:20	13:25	13:30	13:45	14:25	14:40			
7	14:45	14:50	14:55	15:00							
8	15:05	15:10	15:15	15:20	15:25	15:40					

Sunday, October 27, 6:00-7:10

JR Imabari Station ↔ Seinou Transportation Imabari Branch (Imabari CS)	
The time required is about 15 minutes.	
JR Imabari Station	seinou Transportation Imabari Branch (Imabari CS)
Departure	Arrival
1	6:00 6:15
2	6:55 7:10

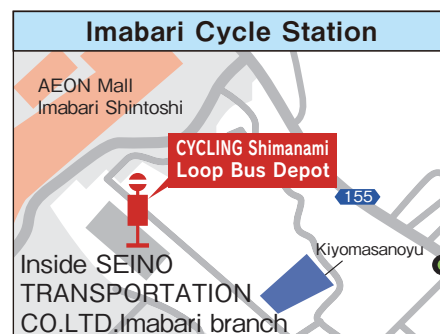
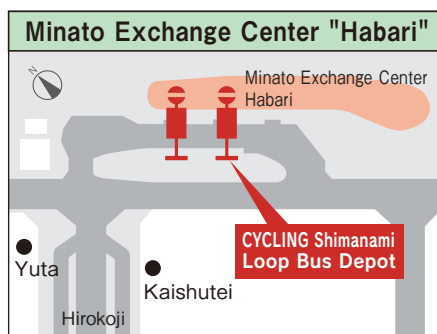
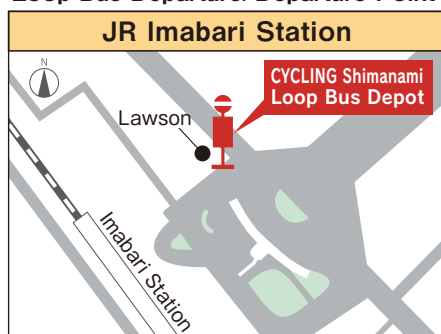
The time required is about 15 minutes.	
seinou Transportation Imabari Branch (Imabari CS)	JR Imabari Station
Departure	Arrival
	6:30 6:45

※Please note that bicycles cannot be transported.

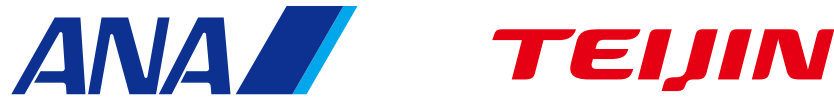
(Example of use)

- Those who return to the city center after leaving their bicycles at the Imabari Cycle Station the day before.
- Those who use the Kangaroo Bicycle Event Delivery Service and pick up their bicycles at the Imabari Cycle Station the day before or the day of the event.

Loop Bus Departure/Departure Point



Platinum Partners



Gold Partners



Silver Partners



Bronze Partners



As of August 31, 2024 (in a-i-u-e-o order)

Application related inquiries

Event related inquiries

Official Website

CYCLING Shimanami 2024 entry center

TEL: +81-570-031900 Office Hours: 10:00~17:00 Office Closed: Every Weekends and National Holidays

Cycling Shimanami 2024 Executive Committee Imabari Headquarters

Office Hours: 9:00~17:00 Office Closed: Every Weekends and National Holidays

E-mail: ima-soumu@pref.ehime.lg.jp

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

