

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.