

Dear Participants [Race Category]

Thank you very much for your application for the 37th Tour de Okinawa 2025. Please read these instructions carefully and take all possible precautions to ensure your participation.

1. About Bib Number Exchange Voucher (200km・50km) (140km・100km)

Electronic tickets will be introduced. Please follow the instructions below for Check-In on the event day.

<Check-In Procedure>

For Smartphone Users

*If this email has been sent to a computer-only email address, please forward it to an address accessible from your smartphone so that it can be viewed on your device.

<Check-In Steps>

*Please be sure to bring your smartphone on the event day.

1. Open the electronic ticket URL included in this email.

2. Confirm that the name on the opened electronic ticket matches your own.

3. Show the screen in Step 2 to the staff. A digital stamp will be applied by staff on your smartphone screen.

[Important] Electric Signature cannot be applied to screenshots of the electronic ticket. Please do not use a screenshot.

For those without a smartphone or unable to open the electronic ticket URL

If you open the URL on a computer, you will be able to print out a “printed ticket” PDF.

2. Tournament Schedule

Date and Time	Contents	Place
November 7 (Fri.)		
13:00～17:00 18:00～20:00	Registration: Participants Check-in(All events) After-hours reception (Pre-registered person only) *Participant check-in is available only on the day before the race. Please note that there will be no check-in on race day.	Nago City Indoor Sports Ground
November 8 (Sat.)		
Overtime reception		
6:00～6:30	Overtime reception * Pre-registered person only Yanbaru Gourmet Ride, Warumi Bridge & Kouri Bridge Cycling, Ie Island Family Cycling, Izena Island Cycling	Nago City Indoor Sports Ground
Start Time		
6:50 7:00 7:20 7:30 7:40	Ie Island Family Cycling Touring Around Okinawa Island Course, Yanbaru Century Ride Warumi Bridge & Kouri Bridge Cycling Izena Island Cycling Yanbaru Gourmet Ride	Around 21st Century Forest Gymnasium
Finish Time		
14:00～18:00	Warumi Bridge & Kouri Bridge Cycling Yanbaru Gourmet Ride Ie Island Family Cycling Yanbaru Century Ride	21st Century Forest Gymnasium
November 9 (Sun.)		
Finish Time		
14:00～ 18:00	Touring Around Okinawa Island Course Izena Island Cycling	21st Century Forest Gymnasium

***Start times are subject to change for certain reasons.**

3. Tournament Schedule

Date	Registration Time	Subjects
November 7 (Fri.)	13:00～17:00	All events
	18:00～20:00	After-hours reception (pre-registrants only)
November 8 (Sat.)	06:00～06:30	After-hours reception (pre-registrants only)

For those who wish to register outside of regular check-in hours for the Tour de Okinawa, please register at the following link:
<https://forms.gle/AxDMY8WZUAJrLkYv9>.

4. Certificate of Completion Issuance

After you finish, a completion certificate will be issued at the Nago city indoor playground.

5. Notes and Requests

※ Please be sure to carry your health insurance card or pocketbook. (Photocopies are also acceptable)

※ To avoid congestion, please attach a “Baggage Deposit Card” to your baggage in advance and leave it at the baggage deposit area.

6. Access to the venue “Nago City Indoor Sports Ground

▼ Bicycle From Naha, take Route 58 north to Nago, approx. 67 km (approx. 70 km from the airport)

▼ Bus ○ Yanbaru Express Bus

From Naha Airport: get off at “Nago City Hall” bus stop. (3 min walk)

・ Fee: 1,600 yen. Travel time: approx. 1 hr. 50 min.

○ Highway Bus(№111, №117)

From Naha Airport: get off at “Nago City Hall” bus stop. (3 min walk)

・ Fee: 2,520 yen Travel time: approx. 1 hr. 40 min.

○ Nago West – Airport Line (№120)

From Naha Airport: get off at “Hokubu-godo-chosha-mae” bus stop.(5 min walk)

・ Fee: 2,240 yen. Travel time: approx. 2 hr. 30 min.

○ Okinawa Airport Shuttle

From Naha Airport: get off at “Nago City Hall” bus stop. (3 min walk)

・ Fee: 2,000 yen. Travel time: approx. 2 hr. 30 min.

[Attention] Please note that space for luggage is limited on public buses. Depending on the level of congestion, bicycles (in bike bags) may not be accepted on board. We kindly ask for your understanding and recommend allowing sufficient time when using public transportation. It is recommended that wheeled bags and other luggage be couriered to your lodging in advance.

▼ Automobile

○ Naha Airport Expressway from Naha Airport

Tomigusuku / Nakachi I.C., ～ Kyoda I.C. ～ Nago (Fishing Port) the time required: About 1 hour and 20 minutes (about 80 km)

○ From Naha Airport, take Route 58 north to Nago. the time required : About 2 hours (about 70 km)

▼ Walking Nago Fishing Port (parking lot) → Registration site “Nago City Indoor Sports Ground” (approx. 750m)

7. Information on Meals and Allergies

Due to operational reasons, the aid stations and meals provided during the event do not accommodate allergies, vegetarian diets, or halal requirements.

Ingredients and seasonings used may contain allergens such as milk, eggs, wheat, buckwheat, peanuts, shrimp, and crab. Participants with food allergies or specific dietary restrictions are advised to prepare their own supplementary food to ensure safety during participation.

We kindly ask for your understanding and cooperation.

For the Izena Island Cycling event, please provide your allergy information for the following reasons:

Iheya Island is a remote island located away from Okinawa's main island, and its medical facilities are limited. In the event of a food-related allergic reaction, it may be challenging to provide prompt medical assistance. In cases of severe allergic reactions, there could be life-threatening risks. Therefore, we are proactively collecting allergy information from participants in advance to ensure their safety.

The information from this survey will be used to take the utmost care when providing meals. To ensure that everyone can enjoy the event safely and comfortably, we kindly request that you provide accurate information.

[URL] <https://forms.gle/TXTeW2aomFMkTFH7>

For participants in events other than Iheya Island Cycling, if you wish to make meal modifications due to severe allergic reactions, please contact the event headquarter through the inquiry form.

The 37th Tour de Okinawa 2025

Cycling Division Competition Rules and Precautions

■ Cycling Division All 6 Events

Event Name : ① Touring Around Okinawa Island Course ② Yanbaru Century Ride ③ Warumi Bridge & Kouri Bridge Cycling
④ Yanbaru Gourmet Ride ⑤ Izena Island Cycling ⑥ Ie Island Family Cycling

Cycling is not a time or speed competition. Please ride safely and aim to complete the race.

■ Event Rules and Precautions Rules and Precautions

(1) Strict adherence to road traffic laws

- The above 6 events are cycling events, not races. No times will be competed.
- No traffic control on the course.
- Since this is a public road, do not chase, run alongside, or interrupt others, ride single file on the left side of the road, and strictly observe all traffic rules, such as stopping temporarily or stopping at red lights.
- Accompanying participants in their own vehicles is prohibited as it obstructs other traffic.

(2) Official Instructions

- Participants in the lead must not overtake the lead car.
(Due to the possibility of accidents at aid stations and on the course, and the inability to provide support to participants such as course officials, etc.)
- Participants who are judged to be unable to make it to the lunch venue in time for its operation time may be collected once or have the course changed and moved to the lunch venue. In such cases, participants must follow the recommendations and instructions of the officials.
- If the event officials deem a participant's ride to be dangerous, they may stop the participant's ride.
- If it is determined that a participant cannot meet the time limit, he/she will be stopped, collected, etc., and must follow the advice and instructions of the race officials.
(In such cases, participants must follow the advice and instructions of the race officials.)

(3) Bicycle maintenance, etc.

- Participants must have their bicycles serviced and inspected at a specialized store or other facility prior to participation. Unmaintained bicycles will not be allowed to participate.
- Please make your own bicycle repairs while riding.
- **Helmets (even if not for competition) must be worn.**
- Lights and reflectors (reflectors) must be installed, and lights must be turned on early in the morning, at sunset, and in tunnels.

(4) Accidents while riding

- First aid will be provided for any accidents that occur during the cycling but the participant must bear the burden of any subsequent treatment.
- If you wish to retire for any reason, please notify the officials and follow their instructions.

(5) Distribution of Completion Certificates

- After the finish line, the certificates will be distributed at the Completion card issuing station at the event site.
- * Completion certificates for Yanbaru Century Ride, Warumi Bridge & Kouri Bridge Cycling, Iejima Family Cycling, and Yanbaru Gourmet Ride (Saturday event) will be issued next to the information desk at the venue.

(6) Regarding shipping

- The method of loading and transporting bicycles by ferry boat is to place them on top of other bicycles. Please note that the organizers will not be responsible for any damage that may occur to the bicycles due to waves, etc.

**We recommend that each runner carry a supply of food to avoid hunger knock.
Please be careful of cars in the area, as there will be general traffic.**