

4·24

(S A T)

§ Race Registration/Race Briefing (Ishigaki City Indoor Practice Arena) 屋内練習場

- ◇ 13:00~16:00 **Race Registration, Distribution of Race Materials**
※At the registration desk, please present the registration card that you received in the mail.
※Athletes who fall under category② on the Bicycle Self Check Sheet please bring your bicycle and helmet.
- ◇ 13:00~16:00 **Mechanic Service** (Partially charged service.)
- ◇ 14:00~15:00 **Race Briefing 1** ※Please register before attending the briefings. Recommended for Age Class, mandatory for Citizen and Relay Classes
- ◇ 16:00~17:00 **Race Briefing 2**
- ◇ 17:00~18:00 **Official Swim Training** (Tonoshiro Fishing Port) 登野城漁港
※Optional. Those participating, please attend race briefing 1.

**Race Registration is
not allowed on race day.
Please be sure to register on
Saturday, April 24th, 2010.**

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- ◇ 06:00 ~08:00 **Transition Area Opens**
- ◇ 06:00 ~07:50 **Final Reception (Electronic ankle bands distributed)**
※Finish in reception area by 7:30(Age), 7:40(Relay), or 7:50(Citizen)
- ◇ 07:00 ~07:30 **Warm Up for Swim (Once you enter the swim area you cannot leave)**
- ◇ 07:45 **Swim Entry Check (Affix electronic ankle bands, standby)**
- ◇ 07:50 ~07:55 **Triathlon Opening Ceremony**
- ◇ 08:00~ **Race Start**

Class	Start	Wave	Race Number	No. of Participants
Age (individ., JTU membership)	08:00	1	1~ 130	130 人
	08:01	2	131~ 260	130 人
	08:02	3	261~ 390	130 人
	08:03	4	391~ 520	130 人
	08:04	5	521~ 642	122 人
Relay (Team)	08:10	6	2001~2134	134 人
Citizen (individ., non-JTU member)	08:20	7	1001~1140	140 人
	08:21	8	1141~1280	140 人
	08:22	9	1281~1420	140 人
	08:23	10	1421~1560	140 人
	08:24	11	1561~1682	122 人

**Citizen Class
athletes must
wear wetsuits!**

- ◇ 12:45 **Race Finish**
- ◇ 11:30~13:15 **Remove Bikes from Transition Area**
*From the time the last runner starts (about 11:30) until about 1 PM
- ◇ 11:30~12:00 **Award Ceremony** (Near the Race Start/Finish)
- ◇ 15:00~17:00 **Certificate of Completion Distributed** (At Reception Tent)

2010 Ishigaki Triathlon World Cup

- ◇ 13:15~15:30 **Elite Women's Race Start** ITU Authorized Race Grounds
- ◇ 15:45~17:45 **Elite Men's Race Start** ITU Authorized Race Grounds
- ◇ 17:45~18:00 **Award Ceremony** Near the Race Start/Finish
- ◇ 19:00~20:30 **Triathlon - World Cup Party** Indoor Practice Arena

List of Athlete Activities from the Day Before Until Race Day...

【April 24】 Race Registration

- ① Find your place of registration from the number downloaded from the official race web site. Please give it, along with your name, to the registration staff.
 - ※If you do not know your race number, please present your JTU members' card or other self identification, and have the staff confirm your number.
- ② Hand in the Bicycle and Helmet Self Check Sheet.
 - ※Please follow the race official's instructions in case you declared ② on the sheet.
 - ※A bike mechanic will be on hand to service your bike. Labor is free but the cost of parts will be charged.
- ③ Have the staff put your ID wristband on you.
 - ※The ID wristband is important because it distinguishes you as an athlete. Please keep it on for the duration of the event.
- ④ Take a transition bag.
 - ※You must complete registration before participating in the race briefing.



Race Briefing

- ① Athletes who have completed race registration may proceed to the briefing area by the time the briefing starts. Once the briefing starts, entry will not be permitted.
 - ※ Age group category exempt from the briefing. Citizen and Relay category must attend the briefing.
 - ※ If you don't live in Japan, please buy the 1 day license of Japan Triathlon Union for 1000 JPY.

【April 25 – Race Day】 Preparations for Race Start

①Body Numbering

We recommend that you write your numbers on yourself. Numbers should be written on both arms with a black marker. If you cannot do it yourself, our volunteers will do it for you.

②Timing Bands

You must wear a timing band in order to be shown as finishing. Please handle the timing bands with care as if they are damaged we will not be able to properly time your results. Please return the timing bands immediately after completion of the race.

③Transition area

Please place your bicycle in the rack with your race number printed on it.

※Stand in front of the race number printed on the rack, and slide your bicycle in rear tire first, so that the handlebars face you. Place any equipment needed for the bicycle and running portions of the race neatly within your own transition area.

④Warm up for Swim

You must stay within 50 m from the beach.

⑤Swim Entry Check (Timing Check)

It is extremely important for your personal safety and your race results to check your timing band before the start of the race. If you leave the swim area after the check, you must hand your timing band to a race official to hold.

⑥Opening Ceremony Please be present.

Ishigaki Triathlon 2010 Start!

RULES OF ISHIGAKI

1. All local Ishigaki rules will be upheld by the JTU.
2. All rules are for the safety of the participants and the local people and environment.
3. The race may be changed or stopped if it is deemed by officials to be too dangerous due to weather or other conditions.

Common Rules

1. Athletes and those accompanying them should be respectful of the local population and their customs. Helmets must be worn at all times when on bicycle. No illegal parking.
2. Any athlete arriving late must notify a race official.
3. Athletes must observe all local traffic regulations.
4. The following time limits are to be applied at the following points: ①Swim finish 9:25 (Swim finish gate) ②Bike start 9:35 (Mount line) ③Run start 11:25(Mount line) ④Run 8km point 12:25 (ENEOS gas station) ⑤Finish (Finish gate) 12:45
Timing chips must be relinquished to a race official.

Swim

1. Running start from the beach and 2 laps swim. After the 1st lap, the race staff will collect your rubber band for counting laps.
2. You are allowed to hold onto the ropes, buoys or boat for safety reasons, but you cannot use them to move.
3. If an athlete requires assistance during the swim or wishes to retire, they must wave a hand above their head and call out for help.

Transition

1. It is 300m from swim exit to transition area. You must be barefoot. If you have any problems, please talk to the referee before the race starts.
2. You must bring your wetsuit, swim goggles, cap and any items to the transition area yourself.

Bike

1. All athletes are responsible for their own safety. All traffic regulations must be obeyed.
2. Drafting is prohibited. You must maintain your drafting zone (7m). Blocking of other athletes is prohibited. Passing is on the right. Call out when passing to avoid accidents.
3. Aid stations are at each 10km point.

Run

1. There are aid stations every 2km.
2. We recommend that you prepare your race number and remove sunglasses when crossing the finish line. Remember....SMILE!

Relay

1. Swim-Bike. After the swim the athlete will get a sash from the race staff and proceed to the relay zone at the entrance of the transition area. The sash and the timing band must then be passed to the next team member in the relay zone. Please don't take off your swim cap before you get the sash.
Helmet, shoes, sunglasses must be put on in transition only AFTER receiving the sash and the timing band.
2. Bike-Run. The sash and timing band must be passed to the next team member in the relay zone at the run start gate (near the mount line).
3. Finish. We recommend a team finish.

GOOD LUCK TO EVERYONE!!!

Bicycle Transportation

① As carry-on luggage on the plane

Please note that there will be a high volume of luggage on planes before and after the event, and due to airline luggage restrictions (such as weight, number of bags) your bicycle may not be allowed. Please confirm with your airline company about restrictions beforehand.

When putting your bicycle on the airplane, please be sure that you do not bring any CO2 cartridges on the plane. CO2 cartridges are prohibited aboard aircraft. If you need to purchase CO2 cartridges while here in Ishigaki, you can find them at the stores shown below.

Ishigaki Bicycle
(0980) 82-3367



Shinei Bicycle
(0980) 82-4636



② Sending to your hotel in advance

Depending on where you stay, your hotel/minshuku/ryokan may not have a place for safekeeping. Please confirm with your hotel in advance.

③ Sending to Official Bicycle Depot (Ishigaki City Public Gymnasium)

Please schedule your bicycle to be delivered between the dates of Tuesday April 20 and Thursday April 22. Please ship your bike to the address below: (Phone: 0980-88-5292)

〒907-0003 Ishigaki City Public Gymnasium Sub Arena 439 Hirae, Ishigaki City, Okinawa

※Please mark your race number largely and clearly on any and all boxes and cases that you use. This is necessary for a smooth return of your belongings. Note: The Triathlon Office and Organizing Committee are not responsible for bicycles damaged, broken or stolen in shipping.

※You may only pick it up on April 24, 9AM-4PM. Once you have picked up your bicycle, please take it with you. Once a bicycle has been picked up, we will not be able to hold it again.

--- Using Sagawa Express ---

There is no designated carrier when shipping your bicycle to and from the race grounds (Ishigaki), but we recommend Sagawa Express. Their service is limited to customers on round trip and outgoing flights.

Sagawa Express process:

1. Give your empty bicycle case to Sagawa at the sub arena on registration day
2. After the race, turn your bicycle over to the Sagawa Express Booth next to the transition area
3. Sagawa will pack and ship your bicycle for you.

For information regarding shipping your bicycle through Sagawa Express, please refer to the attached page.

Information on Sending your Bicycle with Sagawa Express (Domestic only)

Requesting Shipping

1. Applications due by Fri. 4/16. Final day for shipping Sun. 4/18
2. Fee for round trip: Within Okinawa Pref. ¥7000 (inbound ¥3000, outbound ¥4000), Outside Okinawa Pref. ¥13000 (inbound ¥6000, outbound ¥7000) Payment for inbound, outbound made separately. Credit cards, Pay-on-arrival not accepted.
3. Please apply early, as we will be flooded with orders approaching the deadline.
4. See ③ on Bicycle Transportation for information on reclaiming your bicycle.
5. Dismantle bicycle and place in a hard case or cardboard case with clothing or cardboard to cushion the frame and other parts. Uncushioned frames may be prone to damage.
※Max case size 320cm (H+W+D< 320cm). Two cases banded together with one strap not allowed.
※Packing other items besides bicycle and cushioning not permitted. Sagawa not responsible for damages due to improper packing or the use of soft cases. Also, please do not pack dangerous items (spray cans, liquids, etc.), as they will be discovered in X ray screening, shipping will be halted and will result in late arrival of your bicycle.
6. If you wish to reclaim your bicycle before 4/24, you may do so by applying for standard shipping (standard fee) at a Sagawa Express nearest to you. For the closest Sagawa Express branch, please check out homepage at <http://www.sagawa-exp.co.jp/>

How to Apply

7. Email: Visit the Ishigaki Triathlon HP <http://ishigakijima-triathlon.jp/> and download Bike Transport Application Form (Excel file). Fill out, attach to email, and send to Mr. Sunabe at Sagawa Express Naha Branch.
Email: 0085@sagawa-exp.co.jp
8. Fax: (See 7 above) but send application form to Mr. Hoshino/Mr. Kakimoto at Naha Branch Ishigaki Service Office instead. FAX: (0980) 82-8903
9. TEL: Please call directly to Mr. Sunabe at Naha Branch Customer Service Division (098) 840-3920. Within one day of sending application, you will receive confirmation. If you do not, there is a chance we did not receive your application. In this case, please contact us. Bicycle pickup possible at least 1 day after your application.

Reminders on Inbound Shipping (To Ishigaki)

1. The driver for your area will visit your home for pickup, and bring a special payment voucher. At this time, you must pay with cash. You will receive a copy of the voucher, which you must present when reclaiming bicycle.
2. Please request air shipping. Please pack the bicycle yourself. After 4/16, the shipping fee will change.

Reclaiming Bicycle at Ishigaki City Public Gymnasium

※We will conduct outbound procedures when you reclaim your bicycle. This includes filling out an invoice and paying the outbound fee. Cash only please. Upon completing outbound procedures, we will forward your bicycle case and packing materials to the Sagawa Express Booth next to the Transition Area, where you can pick them up when you have finished the race and are preparing to send your bicycle back.

Reminders on Outbound Shipping (From Ishigaki)

1. We will return your case and packing materials to you at the baggage counter on the main race grounds, but please pack your bicycle yourself. When bicycle is packed, please bring it back to the baggage counter.
2. Delivery expected to take about 1 week (within Okinawa, about 4 days).

※Sagawa Express also offers travel bag (suitcase, sports bag) delivery from your home to accommodations for a special Triathlon rate. For questions, please contact Mr. Hoshino/Mr. Kakimoto at Naha Branch Ishigaki Service Office TEL: (0980) 82-8873 FAX: (0980) 82-8903

BICYCLE AND HELMET SELF CHECK SHEET

For Age Group, Citizen and Relay

❖ Due April 24th

Officials assess bicycles and helmets used in this competition based upon Japan Triathlon Union (Inc.) rules and Ishigaki local rules. Please hand in this completed form at race registration on April 24. Athletes declaring ① do not need to bring their bikes for examination. Those declaring ② must have their equipment inspected by an official, so please bring your bicycle and helmet. Please note that even on race day, if something does not conform to specifications, the athlete may not be able to enter the competition.

These provisions are established so that all athletes may have a safe, fair, and fun race. We appreciate your understanding and cooperation.

Q1 Check the type of bicycle which corresponds to yours and follow the arrow to the next question.

Road Racers
Triathlon Race Bikes

Mountain Bikes

Other Types

Q2 Check the corresponding items.

- No cut handlebar, backwards fittings, or other modifications
- Brakes and tires are properly aligned.
- Handlebar and seat properly tightened
- Front tire is not a disc wheel.
- Not equipped with items unnecessary for the race.
- Helmet is bicycle race type and has no cracks or damage.

Q2 Check the corresponding items.

- Handle width is under 60 cm and not modified.
- Brakes and tires are properly aligned.
- Handlebar and seat properly tightened
- No splash guard, loading space, or kickstand are attached.
- Not equipped with any other items unnecessary for the race.
- Helmet is bicycle race type and has no cracks or damage.

① If all six items are checked, no inspection is needed.
No need to bring bicycle and helmet to registration on April 24.

② Athletes with other types of bicycles or some items unchecked (above) please bring your bicycle and helmet to race registration on April 24 and follow the officials' instructions.

I hereby make the above declaration	Race No		Name	
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