
The 1st
Yattemare Ride Tsugaru Pen. Century plus
EVENT RULES

Ver. 2021.04.20



Executive Committee of Yattemare Ride Tsugaru Pen. Century plus
Secretariat
General Incorporated Association Cycle Explorer Aomori

The 1st Yattemare Ride Tsugaru Pen. Century plus

Event Rules

These RULES are set, for this cycling event, in the interests of safety and successful personal goal in this fun cycling of any skilled participants from the less to the rich. Please be noted “By entering this event you agree these rules”. You are requested to understand these rules well.

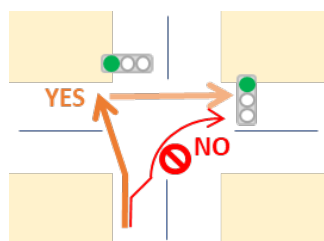
COVID-19 Clause

Applicable rules and guidelines are shown in Clause 15 in respect to COVID-19 control in this event.

1. General format of this event

- ① This event is NOT A RACE, but a fun cycling event run over local public roads at your own risks.
- ② Always keep “SAFETY FIRST” in your mind, and follow the road traffic law, warning signs of Japan and this “Event Rules”. This is for your own safety, as well as for the other road users’ and other participants’.
- ③ Please be reminded that no compliance with the laws and rules and/or any dangerous actions such as reckless bike riding during the event time, shall become the reason for disqualification of you.

examples for traffic manner and sign under the laws



Two-steps right turn
(Hook turn)



“STOP”, traffic sign

2. Entry Qualifications

Participants should be satisfied with the followings.

- ① You must judge yourself that, you are healthy enough and able to finish your choice of the distance (course) within the designated travel time safely.
- ② You must agree with this “Event Rules”.
- ③ Your options

■Course 1 「Century plus」 - approx. 175K

You must be a high school student (10th-12th Grade) or elder.

You can finish this course (approx. 175Km) within 10 hours.

In case you are age17 or under, you must have the consent of a guardian.

■Course 2 「Half」 - approx. 80K

You must be a junior high school student (7th-9th Grade) or elder.

You can finish this course (approx. 80Km) within 7 hours 30 minutes.



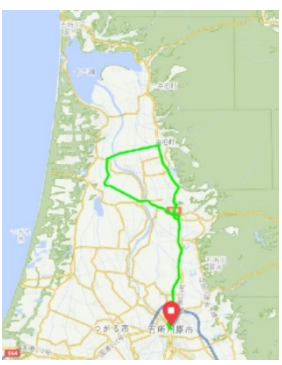
In case you are age17 or under, you must have the consent of a guardian.

■Course 3 「Quarter」 - approx. 45K

You must be an elementary school student (1st-6th Grade) or elder, however, an elementary school student must be accompanied by an adult over 18.

You can finish this course (approx. 45Km) within 7 hours.

In case you are age17 or under, you must have the consent of a guardian.

COURSE 1	COURSE 2	COURSE 3
Century plus (175K)	Half (80K)	Quarter (45K)
		
Goshogawara City Hall→ Nakadomari Town Hall→Kanita→ Cape Takanozaki→Chokandai→ →Tsugaru Reiwa Bridge→ →Goshogawara City Hall https://ridewithgps.com/routes/35750378	Goshogawara City Hall→ Nakadomari Town Hall→ Roadside St. Jusanko kogen→ Tsugaru Reiwa Bridge→ Kanagi→Goshogawara City Hall https://ridewithgps.com/routes/35750922	Goshogawara City Hall→ Nakadomari Town Hall→ Tsugaru Reiwa Bridge→ Kanagi→Goshogawara City Hall https://ridewithgps.com/routes/35751217

3. Bicycle

- ① Your bicycle should be fully equipped and featured for cycling on local public roads under the laws.
- ② A headlight, a taillight or light reflector(s), a bell, front and aft brakes are mandatory.
- ③ Any accessories (seem) unnecessary for and/or disturbing cycling safety are prohibited including DH handlebar.
- ④ You may use an “Electric-assisted bicycle” in Course 2 Half and Course 3 Quarter.

4. Bicycle maintenance and supervision

- ① Participants must be fully responsible for preparing and maintaining their own bicycles in good order in advance.
- ② Daytime lighting is recommended for good visibilities and safety of you against other road users.
- ③ You must be responsible for supervision of your own bicycle during the event. The organizer cannot be held responsible for theft, damage, loss etc. of bicycles.

5. Clothing

- ① Participants are requested to wear suitable for exercise and highly visible for your safety. Any character costumes or fancy-dress are not allowed for safety view point.
- ② Participants must wear helmets while riding. Leather and/or fabric made helmets are not allowed.
- ③ For the purpose of body protections, cycling gloves and sunglasses are also recommended, however, wear or not wear is participants' decision.

6. Carrying articles

- ① Please carry necessary portable tools, a portable air pump and inner tubes etc. In case of bike troubles, not major ones like flat tires, generally requested that such are to be recovered by yourselves. (otherwise, call the headquarter for a rescue staff. Please keep yourselves safe out of the road while waiting.)
- ② Any ID or your health insurance card, mobile phone, some money etc.
- ③ Any goods with cool touch fabric functions, rain wear, windbreaker etc., when necessary.
- ④ Any foods, drinks, health supplements which can lead to amelioration of the power, muscular fatigue, durability etc., if necessary.
- ⑤ Any personal carrying articles cannot be carried in the opened bicycle baskets.

7. During the Event

① Headquarter

Goshogawara City Hall (五所川原市役所) 1F
41-1, Nunoya machi, Goshogawara City, 037-0053

② Reception desk for check-in

Reception desk will open at the headquarter at 06:00.

You are requested to finish "check-in" not later than 15 minutes before starting time of each courses.

③ Announcements

Announcements will be made 15 minutes before starting time in each course. The latest information will be shared in there. Please come to the starting gate.

④ Start

Each course will start from the gate at the city hall as follows;

■Course 1 「Century plus」	Starting time 7:00, every 20 riders/2 min.
■Course 2 「Half」	Starting time 8:00, every 20 riders/2 min.
■Course 3 「Quarter」	Starting time 8:30, every 20 riders/2 min.

⑤ Checkpoints (CP)

Each course has a checkpoint(s).

Each CP has “closing time”. You are requested to enter and pass each CP before closing.

When delayed, we, organizers, should declare disqualification of you and request you to get an event vehicle back to “finish point”. Please make your ride plan well in advance and achieve your challenge successfully.

For your reference, the goal (finishing line) also has “closing time”. See “⑥Goal” below.

Each closing time is subject to change depending upon progress of the event.

■Course 1 「Century plus」

CP 1 Chokandai parking/view point, Tatsudomari Line
(龍泊ライン眺瞰台, L/L 41.21398945,140.35661817)
108Km point (67km to go)
Closing time : 13:45

CP 2 Muraokoshi Base Building “Flat”
147Km point (28Km to go)
Closing time : 15:45

■Course 2 「Half」

CP 1 Muraokoshi Base Building “Flat”
53Km point (27Km to go)
Closing time : 14:00

■Course 3 「Quarter」

CP 1 Tsugaru-jamisen Hall
35Km point (12Km to go)
Closing time : 14:30

⑥ Goal

The goal (finish line) is the same gate at the city hall.

1)Closing time

■Course 1 「Century plus」	17:00
■Course 2 「Half」	15:30
■Course 3 「Quarter」	15:30

2)A finisher certificate will be delivered when completed within the time.

3)Participation prize are delivered to all participants.

4)There is no further program of this event after finishing.

Time line	Course 1	Course 2	Course 3
	Century plus (Long·175km)	Half (80km)	Quarter (45km)
6:00	Open the event Receptions		
6:45	Announcements	↓	↓
7:00	Start	↓	↓
7:45		Announcements	↓
8:00		Start	↓
8:15			Announcements
8:30			Start
13:45	Chokandai CP1 closed		
14:30		Muraokoshi Base Building “Flat” CP1 closed	Tsugaru-jamisen Hall CP1 closed
15:30		Goal closed	Goal closed
15:45	Muraokoshi Base Building “Flat” CP2 closed		
17:00	Goal closed		
	Headquarter closed (accordingly)		

8. Time Keeper

Travel time is measured at the Headquarter.

9. Discontinuance

When you discontinue (not able to continue any further) your ride halfway by any reasons, tell so to our event staff nearby or call the Headquarter immediately (Do not walk away without such notice, please). It helps our safety control of participants, thank you.

(1)Discontinuance by Participants

When you discontinue your ride due to health, tiredness, bike troubles, accidents etc., get off the road and do secure your safety at first, and tell to our event staff nearby or call the Headquarter immediately. As soon after your notice, possible measures will be taken place by the Headquarter.

- ① Especially, when you are not feeling well, stop and rest safely, or never hesitate to call your relief as soon as possible. Remember this is an outdoor event in mid-summer.
- ② When your bike does not work.
- ③ When you are injured.

(2)Discontinuance by Organizers

We, Organizers, may declare disqualification to participants during the event time in case of the followings. When declared, follow our instructions.

- ① Acts against laws including traffic laws in Japan, event rules and requirements.
- ② Failure of Checkpoint passing including Finish line in time.
- ③ When Organizers judge that the participants delay so much and obviously appear hard to pass Checkpoints or Finish line within the designated time.
- ④ Acts of violation to our event operations.

In addition, may declare cancellation or suspension (or modification) during the event time when any contingency beyond our control such as natural disasters. Please refer to Clause 12 below.

In failure of passing Checkpoints by closing time, you have options.


- a. You will get our event vehicle onboard and go back to the finish line.
- b. You will continue riding without our supports, however, understand that, in this case, you are recognized as a finisher and not able to have any supply and support including insurance coverage by Organizers for the rest of ride.


Please make your ride plan well in advance, clear checkpoints in time, and achieve your challenge successfully.

10. Service stations (SS)

Service stations are to be provided as follows;



■Course 1 「Century plus」 (175K) : 7 stations to be provided


Mark	Service station	Distance from Start point	Drinks	SUP	Light meal	Others
Ⓑ	Nakadomari Town Hall	19Km	○	○		
Ⓒ	Taihei TN Pocket Park	40Km	○	○		
Ⓓ	Cape Takano Camp Site	75Km	○		○	
Ⓔ	Ajisai Road Parking	97Km	○	○		
Ⓕ	Chokandai Parking	108Km	○	○		CP 1
Ⓖ	Roadside Station Kodomari	120Km	○	○		
①	Muraokoshi Base Building “Flat”	147Km	○	○		CP 2  at Tsugaru-Nakasato St.

 : [Planned] Train No.12, Lv. Tsugaru-Nakasato St. at 15:02, Lv. Kanagi St. at 15:18
served for persons who have problems, difficulties to continue riding only

■Course 2 「Half」 (80K)


: 5 stations to be provided


Mark	Service station	Distance from Start point	Drinks	SUP	Light meal	Others
㊤	(Red roofed café) Ekisha	13Km	○	○		
㊥	Nakadomari Town Hall	19Km	○	○		
㊦	Roadside Station Lake Jusanko kogen	32Km	○		○	
㊧	Muraokoshi Base Building “Flat”	53Km	○	○		CP 1  at Tsugaru-Nakasato St
㊨	Tsugaru-jamisen Hall	69Km	○	○		 at Kanagi St.

 : [Planned] Train No.12, Lv. Tsugaru-Nakasato St. at 15:02, Lv. Kanagi St. at 15:18
served for persons who have problems, difficulties to continue riding only

■Course 3 「Quarter」 (45K)

: 3 stations to be provided

記号	Service station	Distance from Start point	Drinks	SUP	Light meal	Others
㊤	(Red roofed café) Ekisha	13Km	○	○		
㊥	Nakadomari Town Hall	19Km	○	○		
㊨	Tsugaru-jamisen Hall	35Km	○		○	CP 1  at Kanagi St.

 : [Planned] Train No.12, Lv. Tsugaru-Nakasato St. at 15:02, Lv. Kanagi St. at 15:18
served for persons who have problems, difficulties to continue riding only

- ① All service stations have restrooms.
- ② Please be rested and hydrated well enough at service stations.
- ③ Please bring any foods, drinks, health supplements which can lead to amelioration of the power, muscular fatigue, durability etc., if necessary.
- ④ Please make your ride plan well in advance and achieve your challenge successfully.
- ⑤ You may stop at any shops and stores alongside the course any time.

11. Reminders for your safety

- ① Always keep “SAFETY FIRST” in your mind, and follow the road traffic law, warning signs of Japan and this “Event Rules”.
(Do not call while cycling. Also prohibited to use headphones including earphones which block your ears in riding under the laws.)

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- ② The roads set as cycling courses are open to other traffic and local communities. Please pay due attention to the road ahead and other road users including other participants, and show consideration to such road users and less experienced participants for mutual fun and safety all through the ride.
 - ③ Please be advised that you shall ride in single file on the right side of the roads. Please do not attempt dangerous passing or cut-in. Always keep a safety distance between you and other participants.
Also give signal or speak briefly any intention to turn, pass or stop to others. Do not stop suddenly.
 - ④ You shall make two-steps right turn (hook turn) at the cross with traffic lights.
 - ⑤ Stop at the traffic sign of STOP and at red signal.
 - ⑥ We will provide possible assistance and support however, understand you remain responsible for making decision when it is safe to proceed including your health conditions. Please make your ride plan well in advance together with course data, service information and weather information etc.
 - ⑦ If you have an accident, injured or spot such of someone else, inform to our event staff nearby or call the Headquarter immediately.
 - ⑧ We will provide an event vehicle at the tail of each course (It is not for repair/mechanical service. In case of bike troubles, not major ones like flat tires, generally requested that such are to be recovered by yourselves).

12. Disclaimer, Limitation of Liability

- ① We, Organizers, may cancel or suspend (or modify) this event due to any contingency beyond our control, including but not limited to natural disasters, bad weathers, earthquakes, tsunami, floods, fire, incidents, accidents, road conditions, infections, and demands or requests of the Government including local governments.
In such cancellation, suspension or modification, entry fees will not be refunded. Also, we will not be liable for any costs incurred on you as a result of such cancellation, suspension, or modification.
- ② Remember this event is NOT A RACE, but a fun cycling event run over local public roads at your own risks. You shall understand cycling can be dangerous activity. We, including event staff, cannot be held responsible for personal injury, accident, loss, damage, or public liability.
- ③ We, Organizers, will buy the accident insurance for this event. The insurance coverage is as shown in Clause 13 below and always covered within the coverage.

13. Coverage of accident insurance (planned)

We, Organizers, will buy for participants.

Period : from 06:00 to 17:30 or when you become a finisher whichever comes first, on August 9th 2021

Type of benefit			Insurance coverage
Accidental death indemnity benefit		Accidental injury	¥21,180,000. -
		Specified diseases	
Disability indemnity benefit		Accidental injury	¥21,800,000. -
		Specified diseases	
Nursing indemnity benefit	In-patient (per day)	Accidental injury	¥10,000
		Specified diseases	Within 180 days
	Out-patient (per day)	Accidental injury	¥3,000. -
		Specified diseases	Within 90 days

14. Personal information

- ① We, Organizers, will ensure that personal information are kept correct and safe which are collected in your entry to this event.
- ② Such personal information will be used for the purpose of event operations appropriately; Guidance for participation, Notification of record, Some notifications for event related matters, Invitation to next event, Event publicity and so on. Also understand that, we, Organizers, and/or, our contractors on our behalf, may contact to you when necessary.
- ③ Such personal information may be used for purpose to request you event impression coverage, interview, survey, questionnaire and to provide service in relation to this event.
- ④ Such personal information may be provided to the insurance company for us to buy the above accident insurance in Cl.13 for this event.
- ⑤ Photographs including videos taken during the event time may be used for publicity purposes, not only our official SNS, websites and printed matters of the event, but also movies, newspapers, TV programs, magazines and so on.
- ⑥ We, Organizers, may provide such personal information to governments including their organizations in case we are obliged by laws and/or administrative guidance to supply such information.
- ⑦ We, Organizers, do not supply such personal information to the third parties without prior consent except above①~⑥.

15. COVID-19 Clause

Participants shall use App “COCOA”, COVID-19 Contact-Confirming Application, provided by Ministry of Health, Labour and Welfare.

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/cocoa_00007.html

You may not take part in this event if you meet any of the following conditions **on and past 14 days before the event day;**

- ① You have body temperature of 37.5 degrees and above
- ② You have wet/dry cough, sore throat
- ③ You have excessive fatigue, shortness of breath
- ④ You have loss or abnormality of sense of taste and/or smell
- ⑤ You have exhaustion, tiredness
- ⑥ You have had close contact(s) with someone who is confirmed as positive for COVID-19
- ⑦ You have had contact(s) or been living with person(s) with suspected infections
- ⑧ You have entered in Japan or have had close contact(s) with immigrant(s) who are under two weeks period of self-isolation / self-quarantine after arrival from overseas
- ⑨ You live in the regions where a state of emergency is declared for COVID-19 by Japanese government

You are requested to bring masks and **mask up at closed and crowded places** such as city hall, other buildings and facilities, start/goal area, service stations and so on. When you are riding without mask or enjoying drinks and meals at service stations without mask, please mind how to avoid 3Cs situations each other and would show consideration to other personals and participants for spending a good time all together.

All participants must advise Organizers if you are confirmed to have infection with COVID-19 during two (2) weeks' time after this event.

We, Organizers, may cancel or suspend (or modify) this event due to demands or requests of the Government including local governments for purpose of measures to prevent local spread of the COVID-19 situation.

In case such cancellation will occur before July 8th 2021, we, Organizers, will consider to refund **a part of entry fees**. Amount of such refundment will be determined after balance of actual fees, expenses, and costs consumed in advance for preparations of this event. However, we will not be liable for any costs incurred on you as a result of such cancellation. Unless otherwise noticed or specified, we follow the manners of Cl.12.
