



ツール・ド・東北

Guide for Group Ride Riders

75km Higashi-Matsushima Group Ride

Saturday, September 13, 2025

General Incorporated Association Tour de Tohoku

Tour de Tohoku 2025 Guide for Riders Sep.13th edition

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00_What's new about Tour de Tohoku 2025

The Tour de Tohoku aims to help rebuild the areas affected by the Great East Japan Earthquake on 11 March 2011, through the joy of cycling. Together with riders, volunteers and local residents, the event has made history. The Tour de Tohoku was founded in 2013 and this is the 12th edition.

In the table below, you can see the differences between previous and current events.

a. Differences from past Tour de Tohoku series

	Tour de Tohoku 2025	Notes
Event Date	Saturday, 13 September. and Sunday, 14 September.	There will be refreshment stands at the start and finish gate areas on both Saturday and Sunday.
Car Parks	Saturday, 13 September. Opens: 7:00 Closes:18:00 Sunday, 14 September. Opens: 3:30 Closes: 18:30	Overnight stays, entry before the start/finish venue opens, and overnight parking are prohibited.

01. Particularly important notes

Riders must accept the event rules of participation. You will be required to prepare in advance for several details. Please review them before participating.

a. Pre-event inspection and maintenance is mandatory.

This event is not a competition for ranking or time, and no special traffic regulations will be implemented. Many people with different riding abilities are expected to coexist with pedestrians and cars. Permission to start will be determined based on vehicle regulations.

The first rule is that riders must have their bikes inspected and serviced by a mechanic before the event. Unfortunately, at past events, some riders have entered the venue with clearly poorly maintained equipment and received a warning during the pre-ride inspection. Even riders with a certain amount of experience may install parts incorrectly. Equipment problems can pose a threat to you and others.

[Vehicle Regulations \(The text on the linked website is in Japanese only\)](#)

b. Miyagi Prefecture "Bicycle Safety Ordinance"

To ride a bicycle in Miyagi Prefecture, you must take out bicycle liability insurance, etc., with the user as the insured person (effective from April 2021, Prefectural Ordinance Article 14).

Some insurance policies must be contracted annually. In Miyagi Prefecture, the obligation is imposed on bicycle riders.

[Miyagi Pref. website: "Regarding Bicycle Liability Insurance" \(same as above\)](#)

c. Notes about a car park (Seihoku Park Ishinomaki) and Ishinomaki Senshu University area.

- It is strictly prohibited to wait on nearby roads or in stores before the car park opens.
- Please refrain from causing nuisance to local residents (noise, littering, talking loudly, etc.).
- Illegal parking will be reported to the police immediately.
- The organizers are not responsible for any accidents, thefts, trouble, etc. that occur in the car park.
- Please use the designated route when coming from the car park to the university and when leaving the university to the car park.

d. Penalties for cell phone gazing and drunken riding have been severely revised.

Riding a bicycle while looking at a cell phone is punishable by imprisonment for up to six months or a fine of up to 100,000 yen.

If you cause a traffic accident while gazing at your cell phone, you will be imprisoned for up to one year or fined up to 300,000 yen.

Riding a bicycle under the influence of alcohol carries the same penalties as driving a car.

Riding under the influence of alcohol is punishable by imprisonment for up to three years or a fine of up to ¥500,000.

The following other dangerous riding practices are also subject to penalties. Remember that all riders are expected to ride safely.

Riding a bicycle under an umbrella carries a fine of up to 50,000 yen.

Riding a bicycle while wearing earphones or headphones and unable to hear the sounds around you is subject to a fine of up to 50,000 yen.

A fine of up to 50,000 yen will be imposed if two people ride on one bicycle.

If two or more bicycles ride side by side, they will be fined up to 20,000 yen.

e. Required and recommended items

[Required items] Please make sure to carry the following items.

☒		
	Bib number (for waist and helmet)	*Shipped in advance
	Helmet	*Must wear a helmet (Kask is not allowed) *Helmets without a chinstrap, cap-type and hat-type helmets are not permitted. *Kask brand helmets are allowed.
	Gloves	
	Front light (self-illuminating)	*Headlights must be self-illuminating.
	Tail light or reflector	*Self-illuminating tail light is preferred.
	Health insurance card	
	Supplies	*The amount of exercise and calories burned will vary greatly depending on how you ride your bike. Eat breakfast and carry small amounts of high-calorie supplies to prevent hunger knocks.

[Recommended items] We recommend that you take the following items.

☒		
	Portable tools (Allen keys, tire levers, etc.)	*Participants are expected to repair their vehicles.
	Spare tubes (2 or more are recommended)	*Please pay 1,500 yen per roll as a cooperation fee if you use the items brought by support riders.
	Spare tire	
	Portable pump	
	Sunglasses	
	Cycle computer	
	Cell phone, spare battery	
	Windbreaker, rain gear, etc.	
	Coins	*It is rare for roadside vending machines to offer cashless payment.

f. Prohibited matter

The vehicle regulations prohibit the following:

- Riding with a PET bottles in the bottle cage (excluding products compatible with PET bottles)
- Clothing and personal belongings that compromise safety. They may pose a threat to other riders.
- Riding while wearing headphones or earphones (including speakers and bone conduction types. Only hearing aids are permitted)
- Taking pictures or videos while riding (filming with wearable cameras attached to the bicycle itself, helmet, etc. is permitted)
- Riding with children or other non-participants as passengers.
- Riding with pets, animals, or other items that may impede safe riding.

g. Approvals

You have approved the following points in your entry.

- The event will be held in areas that were severely damaged by the Great East Japan Earthquake in 2011. Riders must be considerate of those in the affected areas, such as safe riding and photography etiquette.
- The event is not a competition for ranking or time. Riders must obey traffic and other laws and regulations, prioritize safety, enjoy the ride event, and cooperate in the smooth

running of the event.

- Riders must train in advance, be examined at a medical institution if necessary, and pay attention to safety, physical condition, and equipment management before participating in the event.
- If a rider violates the regulations, the organizer will decide to retire. In addition, riders who commit serious violations will not be allowed to participate in the following year or later.
- Riders are not permitted to wear or display ① personal names, including company names and other trade names and product names, or items intended for the promotion or advertising of specific regions or organizations (except for items approved in advance by the organizer), or ② items intended for the promotion or advertising of political or religious claims.
- Solicitation, donations, signatures, etc. are prohibited except in cases approved by the organizer.

h. Written Oath

If you understand the chapter "01_particularly important notes", fill out the oath (sent to you before the event) and submit it at the start venue on the day of the event. If you forget your bib number or written oath, please ask the information desk at the venue.

ツール・ド・東北 2025 誓約書
Tour de Tohoku 2025 Written oath

ツール・ド・東北 2025（以下「大会」といいます）への参加にあたり、必ず誓約書に**自筆署名で記入**のうえ、**出走当日の入場時に提出**してください。

In order to participate in the Tour de Tohoku 2025 (the 'Event'), you are required to submit a self-signed oath to the registration desk at the start point on the day of the event.

次の 1～7 の項目すべてに当てはまることを確認し、☒をしてください。Please check the following matter and mark it with a ☒.

☒	項目 check point
1	「大会参加規約」「大会参加ガイド」をすべて読み、記載内容をすべて承諾したうえで参加します。 I will participate after reading and agreeing to all of the "Event Participation Rules" and "Guide for Riders"
2	道路交通法が改正され、自転車乗車中の規制が強化されたのを理解しました。私は、諸法令を遵守し、安全を最優先にイベントを愉しみ、大会の円滑な運営に協力します。 I understand that the Traffic Law has been revised and regulations have been tightened for bike. I will comply with all laws and regulations, enjoy the event with safety as my top priority, and cooperate in its smooth operation.
3	私の自転車は技術者による点検を受けました。また、「大会参加ガイド」に記載されている「車両・ハンドル形状・持ち物・装備品レギュレーション」を十分に理解したうえで、遵守します。 My bike has been inspected by an engineer at a bike shop or similar. And, I will fully understand and comply with the "vehicle, steering wheel shape, belongings, and equipment regulations" described in the "Guide for Riders".
4	事前に十分にトレーニングし、必要に応じて事前に医療機関を受診する等し、体調には万全の配慮をしたうえで、自身の責任において本大会に参加します。また、体調不良の場合は参加を差し控えます。 I understand my personal responsibility and will train and prepare well in advance, including seeking medical attention if necessary. If I am unwell, I will avoid participating by overdoing it.
5	参加中の事故・傷病に対する補償について、主催者が加入する保険の範囲内に限られることを承諾するとともに、当該保険に不足があると思われる場合には自身の負担において別途保険に加入します。 Regarding compensation for accidents, injuries and illnesses during participation, I agree that it is limited to the scope of the insurance that the organizer subscribes, and if it seems that the insurance is insufficient, I will take out separate insurance at my own expense.
6	大会に関する放送、WEB サイト、印刷物、大会公式 SNS アカウント等の媒体、次回大会以降の広告物等において、主催者が参加者の個人情報、肖像、氏名・肖像を含む写真、動画等を使用することを承諾します。 I agree that the organizer may use personal information, portraits, photos, videos, etc. of participants in broadcasts, websites, printed materials, media such as the event's official SNS account, and promotional materials for the subsequent event.
7	個人情報については、必要に応じ宮城県警察本部、各消防署、保健所などから要請があった場合には関係機関に提供されることを承諾します。 I consent to the release of personal information to related organizations upon request by Miyagi Prefectural Police Headquarters, Fire Department, Public Health Center, etc.

私は本大会に参加するにあたり、上記の誓約内容すべてを順守します。

また私が未成年の場合は保護者の承諾を得ていることを保証します。

I will abide by the above pledge by participating in this event.

If I am a minor, I confirm that I have parental consent.

氏名（本人自署）Name (self-signed)	ゼッケン No. Bib No.	Date
		2025 / /

The above is a sample and may be subject to change.

[illegible]

03_ Riding rules and communication

a. Attention and instructions by the support riders and staff

In the Higashi Matsushima Group Ride, volunteers called "support riders" will ride with the participants on bicycles. The course is easy to ride with few ups and downs. However, the section through the mid-town of Ishinomaki City has heavy pedestrian and car traffic, as well as railroad crossings, so please ride with caution. Security guards and staff will be deployed in areas that require special vigilance and will be on hand to provide guidance. In addition, the organizer's vehicles will be positioned behind the convoy in case of unforeseen circumstances.

In the event of an accident or in areas where caution is required, staff members will blow whistles and extend their hands to warn riders of danger. Please pay close attention to the riders and vehicles behind you to ensure your safety.

The support riders are fully experienced and have been trained by the organizer. However, it may be difficult for the support riders to solve problems alone, such as assisting riders with limited riding experience or those with physical, mental, or equipment problems. Until the arrival of the organizer vehicles and public agencies, each rider is encouraged to cooperate and assist where possible in situations that require a division of roles, such as traffic safety and first aid. The Tour de Tohoku participants are from diverse regions and age groups. We ask for your understanding so that we can all enjoy the day in a mutually pleasant manner.

If you do not follow the cautions and instructions given by the organizers for the safety and smooth operation of the event, your entry qualification will be invalidated on the spot and your bib will be collected.

b. Obeying traffic rules

- Obey stop signs and red signal lights
- Keep to the left
- Two-stage right turns
- Single-file (no double-file)
- Keep distance between cars and bicycles (5 car lengths on long downhill stretches)
- Pedestrians have priority
- No sudden steering or reckless overtaking
- Prohibit drunken riding, riding under the influence of alcohol, riding while using a cell phone, and obstructive riding.
- Encourage sharing and communication among riders with different leg strength and riding ability.
- Other safe riding according to road conditions

c. Share the Load

When local drivers feel stressed about cyclists, the risk of accidents increases. Let's practice share the road.



Approaching the roadside



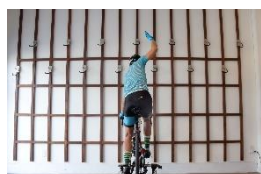
Ask the car to go ahead



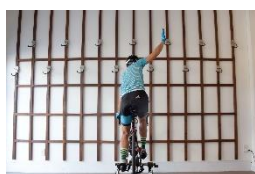
Make a gesture of gratitude

d. Hand Signs

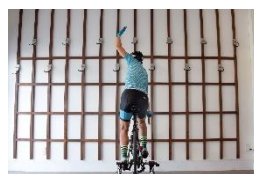
Hand signals help you communicate with other riders and vehicles. Use clear gestures and say loudly, "I'm turning right" or "I'm slowing down." Some drivers may not know hand signals. Be careful to make sure the driver understands your signal.



Tilt right 1



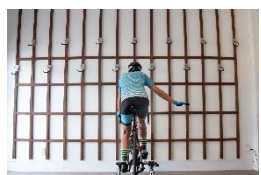
Tilt right 2



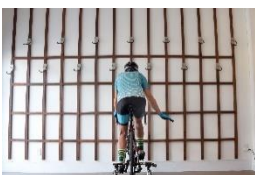
Tilt left 1



Tilt left 2



Slow down 1

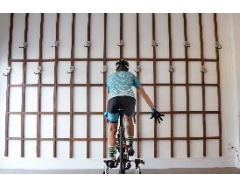


Slow down 2

(Move your right hand slowly up and down)

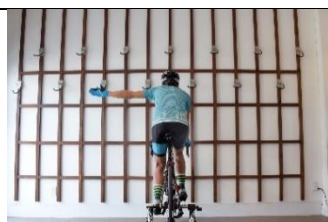


Stop notice 1



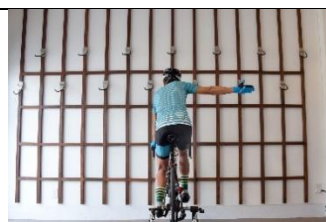
Stop notice 2

(Show your palms to the rider behind you. If it is difficult to raise your shoulders, raise your hands 45 degrees to the right.)



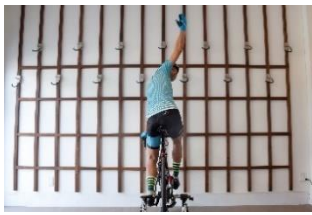
Turn left

(Show the back of your hand to the person behind you and stick your thumb up. Keep your bent arm parallel to the ground.)



Turn right

(Show the back of your hand to the person behind you and stick your thumb up. Keep your bent arm parallel to the ground.)

 Obstacles (Point and spin your finger)	 Proceed
 Two-stage right turn (Raise your hand and make a peace sign)	Calling out "Brake!" (sudden brakes) "Fall off!" : "RAKUSHA!" in Japanese. (discovery of fallen bike ahead)

e. Accidents and troubles

If you encounter an accident or trouble, you should first ensure the safety of the surrounding area. If a bicycle or person has fallen, it is difficult for car drivers to see them and it is extremely dangerous. Cooperate with other riders around you to stop traffic in front of and behind you.

Once you have avoided the danger from automobiles, contact the event headquarters if there is anyone in need of rescue.

If there is any serious injury or loss of consciousness, call 119 immediately.

You are required to report all traffic accidents to the police, regardless of their details (Article 72 of the Road Traffic Act).

f. Digital Guide

The organizer provide a "Digital Guide" to help you check a few things on the day of the event, such as the offerings for each AS and the distance to the next AS. Please make use of it by bookmarking it in your smartphone browser.

The URL is <https://tourdetohoku.jp/guide>

04 Access to the Start and Finish venue

a. Start and finish points

Ishinomaki Senshu University, 1 Minamisakai Shinmito, Ishinomaki, Miyagi Prefecture

b. Free parking

Seihoku Park Ishinomaki (Ishinomaki City General Sports Park) 18 Shinkozutsumi, Minamisakai, Ishinomaki city, Miyagi Prefecture

For more information, please visit the [official website](#) (sorry, in Japanese only)

Notes:

- ▷ The car park is open from 7:00 to 18:00 on Saturday, September 13th.
- ▷ Please refrain from parking on the surrounding streets or at stores.
- ▷ Please turn left at the entrance to the car park and also turn left at the exit.
- ▷ The use of tents, tarps, camping, etc. in the car park is strictly prohibited.
- ▷ Many bicycles participating in the Tour de Tohoku will be passing through Ishinomaki City. if you drive a car, please take extreme care of bicycles, when passing through in the early morning and dark hours of the night.



05 Event schedule on Sep. 13th

a. From your home or accommodation to the starting point

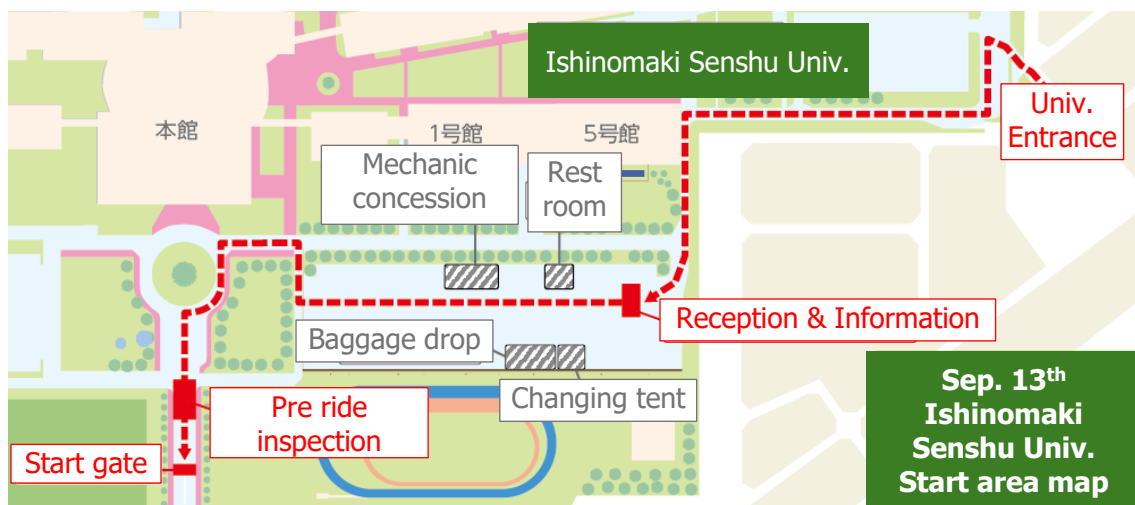
- You will find out by 7:00 whether the event will be held or not via the official website or social media.
- Have you checked the weather forecast? Please prepare for rain and cold weather in case of bad weather.
- Check the mandatory and recommended items to bring.
- Are you in perfect health?
- Don't forget to sign the written oath.
- It is no need to contact the organizers if you cannot join.

b. From the car park to the starting point



- The starting point is located in a residential area. Please proceed quietly.

c. Check-in



	Higashi-Matsushima Group Ride (75km)
Check-in	7:30~8:00
Final call time for briefing and pre-ride inspection	8:10
Start	9:00~9:30

- Please present your waist bib number and helmet bib number at reception and submit your written oath.
- Organizer vehicles may be passing through campus roads. Please follow the instructions of volunteers and staffs.

《Temporary Baggage Storage Tent》

- ▷ You will be given one plastic bag (45 liters) and a baggage sticker. Please put your luggage in the bag and write the necessary information on the sticker.
- ▷ Items that cannot be stored: valuables, fragile items, dangerous items, documents, electromagnetic recording media, animals, plants, refrigerated or frozen items, and other items that may endanger the safety of staff or other luggage.
- ▷ The organizer will not be liable for compensation if your checked baggage is lost or damaged.
- ▷ The baggage storage tent will close promptly after the last rider arrives (scheduled for 17:30). Please be sure to collect your checked baggage within the return time.

d. Procedure before the start

- After check-in, please change your clothes, use the restroom, check your belongings, and assemble in front of the starting gate by 8:10 a.m.

《Bib (for waist)》

- ▷ Attach the bib on your back or waist where it is easily visible to staff.
- ▷ If you are wearing a windbreaker or carrying a backpack, attach the bib on the outermost side.

《Helmet number》

- ▷ Stick it on the front of your helmet.

《Gig Band》

- ▷ Write your bib number and attach it to the seat post of your bike.
- ▷ If the organizer needs to respond to a problem or accident, the gig band will let them know who owns the bike.

《Safety Declaration Sticker》

- ▷ Attach them to your helmet or clothing. Please make sure they do not overlap with

your bib number or helmet number.



Safe speed



Single file



Obey traffic laws

- Riders will be asked to confirm their attendance and grouping near the start gate.

About grouping:

- *Grouping will take place on the day of the event. (Parent-child pair participants will always be in the same group.)
- *The participants will be grouped in the order of arrival, and acquaintances will be directed to the same group.
- *Participants who wish to join in the same group should meet together in front of the start gate.
- *A group of about 6 or 7 participants and 2 support riders will form one group. If there are too many participants, they will be split into two or more groups.

- The support riders of each group will give a briefing and pre-ride inspection to the participants.

e. Briefing, pre-ride inspection, start

《Pre-ride inspection》

- ▷ Form a line according to the instructions, and check the regulations for bicycles and handlebar shapes and equipment. Prepare your equipment so that you are ready to start, and turn on the front light.
- ▷ If you are judged to be non-compliant, correct the relevant parts, and undergo the pre-ride inspection again.
- ▷ If the organizer judges you to be non-compliant with the regulations, you will not be able to start the event.
- ▷ The rider should fix the problem themselves. The mechanic support at the venue may not be able to fix it either.
- ▷ It may take time to fix the problem, or there may not be a replacement part, so you may not be able to start at the scheduled start time. The organizer will not be held responsible in such cases.

《Start》

- ▷ After completing the pre-ride inspection, you will follow the instructions of the staff and proceed to the starting gate.
- ▷ Please use the restroom before lining up.
- ▷ Starts will be at a 8 - 10 bicycles at a time, with intervals of 2 minutes.

f. During the ride/Aid station

《During the ride》

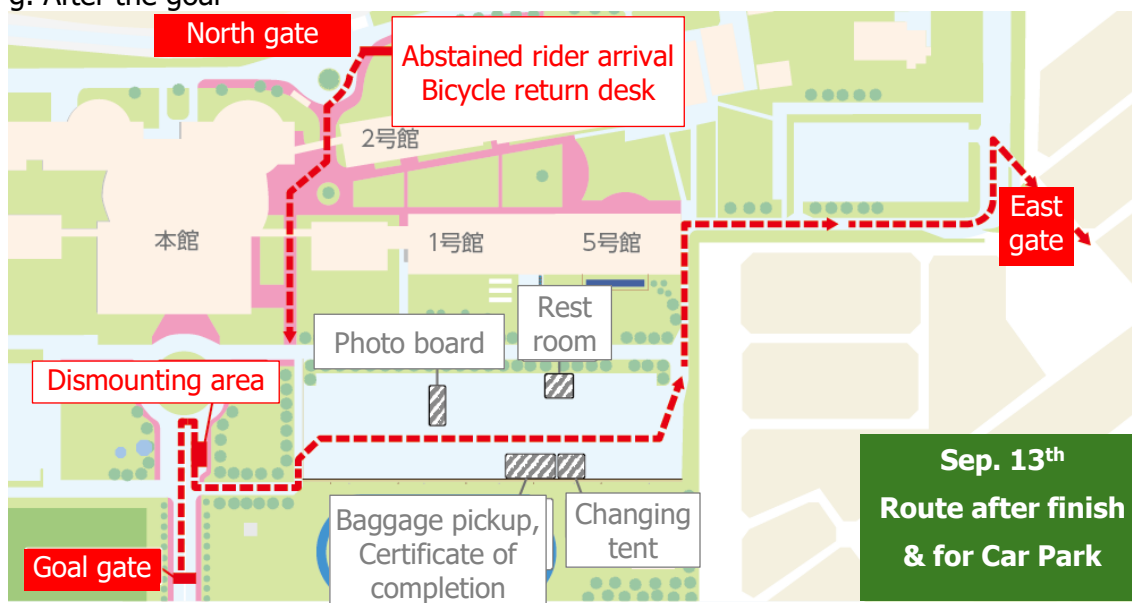
- ▷ Please follow "03_Riding rules and Communication" and enjoy your ride.

《Aid Station》

- ▷ Drinks and local food will be provided at the aid stations along the course.

▷Please be sure to stop at the aid stations to take sufficient rest and refuel.

g. After the goal



《Guidance after the goal》

- ▷After passing through the finish gate, follow the instructions of staff and proceed to the dismounting area.
- ▷Falls due to fatigue, cramps, etc. might occur. Please use the dismounting area as widely as possible.
- ▷You will be given a printed completion certificate. It is issued near the baggage storage tent.
- ▷Commemorative photo boards are available.
- ▷The baggage storage will close shortly after the last rider arrives (scheduled for 17:30). Please make sure to collect your checked baggage at the return time.

《Abstain》

- ▷If you wish to break away from event, please inform the support rider.
- ▷After abstain, participants will board an event management vehicle and travel to the starting point. The drop off point is shown on the map nearby "North gate".
- ▷Depending on the operation status of organizer vehicle, there may be a time lag between the rider and the bicycle returning to the starting point. Please note that there may be a waiting time until the bicycle will be returned.
- ▷It may take a long time to return to the starting point, and you may miss public transportation to get home. The organizers cannot take responsibility in such cases.

h. From the finish area to the car park



- Cars leaving the car park will have to wait at traffic lights. Please follow the directions of security guards.
- The car park will close at 18:00.

06_Timeline on Sep. 13th

	Higashi-Matsushima Group Ride (75km)
Car Park	7:00~18:00
Check in	7:30~8:00
Preparation for departure (change of clothes, baggage drop-off, toilets, etc.)	7:30~8:00
Final call time for briefing and pre-ride inspection	8:10
Start	9:00~9:30
Snack stand	11:00~
Finish Gate close	17:00
Baggage drop/pickup	7:30~17:30
Stage Event	12:00~16:00 (Intermittently.)

07_Points of caution on the course

a. Old Kitakami River bank

After exiting Ishinomaki Senshu University, turn left and proceed downstream along the left bank of the old Kitakami River embankment.

Pass in front of Ishinomaki Commercial High School and cross the Kaihoku Bridge.

After crossing the Kaihoku Bridge, turn right, this time along the right bank of the old

Kitakami River embankment to the upstream direction.

Shortly after passing under the Sobanokami Bridge on Route 398, turn left.

b. JR Ishinomaki Line Toriizaki Railroad Crossing

The crossing is located down from the Old Kitakami River embankment.

Over the crossing, soon you will come to T-junction, so check both sides of the road carefully and turn right.

c. Route 45 intersection - Ishinomaki City Road (farm road) - Route 108 intersection

Follow the road (turn left) to the intersection of Route 45. This intersection has a short time green light and many cars in the oncoming lane are turning right (turning with yellow lights), so following riders should proceed with caution. The road ahead has no centerline and in some places there are no guardrails.



About 1 km ahead there is a left curve and a left turn at a T-junction with a stop sign.

More 1km ahead from T-junction, you will see a strawberry farm and you are in the city center. There will be a series of intersections with residential roads without traffic lights. Please be careful of vehicles entering and exiting.

After cycling through the residence area for about 300 meters, you will soon come to the intersection of Route 108 (7-Eleven can be seen behind).

Although there are no destination signs at this intersection, nearby the Aeon Mall and a lot of traffic. When making a two-step right turn, be careful of vehicles turning left from behind.



d. National Road 108 intersection - Prefectural Road 16 - Prefectural Road 43 intersection

From the intersection with 7-Eleven, go about 200 meters and immediately after the lane decreases and curves to the left, turn left at the T-junction (toward Prefectural Road No. 16 "Kashimadai").

Prefectural Road 16 also has many intersections with residential roads without traffic signals. Please ride with caution.

Follow the road for about 5 km to the intersection with Prefectural Road No. 43, where

there is a rather inconspicuous "Roadside Station (Michi no eki) Higashi-Matsushima" sign. Turn left, being careful of vehicles.

e. Intersection of County Road 243

Turn right at the T-junction. There are many vehicles coming straight ahead in the oncoming lane, and the whole group may not be able to cross before the signal changes. In some cases, it may be faster to get off your bicycle and cross the street at the crosswalk. Be flexible while taking care of your safety.

Follow the gently curving, peaceful road for about 1.5 km, then turn right toward "Roadside Station (Michi no eki) Higashi-Matsushima".

f. "Roadside Station (Michi no eki) Higashi-Matsushima"

Roadside Station Higashi-Matsushima is located at the end of a steep, almost straight climb. This station just opened in November 2024. Parking is available both at the Sanriku Expressway Yamoto Parking Area and on the public road, and Tour de Tohoku Group Ride use the access from the public road.

g. Roadside Station Higashi-Matsushima - Prefectural Road No. 243 - National Road No. 45 - Nobiru Coast

It is a steep downhill from Roadside Station Higashi-Matsushima to the prefectural road. Keep your speed down and watch out for cars.

When you reach Prefectural Road No. 243, head for National Road No. 45.

Turn right at the T-junction and go west on Route 45 for about 2 km, crossing the Naruse and Yoshida Rivers at the Naruse Ohashi Bridge.

Turn left at the west end of Naruse Ohashi Bridge and pass under the JR Senseki Line, you will see the mouth of Naruse and Yoshida Rivers. A gentle right curve will lead you to the Nobiru area.

h. Nobiru Coast

This is the road along the Nobiru Coast that makes a large arc. Many cars are parked along the seawall. Car doors may suddenly open and cars may move. This road has no trees or buildings around it, so if there is bad weather, the wind and rain could hit the riders directly.

i. In front of Aomina (passing through) - Tsukihama Beach - Aomina

Grass and trees along the road may be overgrown. The road administrator regularly maintains the road, but due to the intense heat, the vegetation is growing fast and in some places is overhanging the road. Ride with caution.

j. Nobiru Coast - Higashimatsushima City Earthquake Reconstruction Lore Museum - Naruse Bridge - Yamoto Seaside Green - Ishinomaki City

As with the outward route, the Nobiru Coast may be exposed to rain, wind, and strong

sunlight, depending on the weather. Fatigue will also accumulate. If you notice any of your companions feeling unwell, please inform the support rider. The organizer vehicles will be following behind the last group. On the Naruse Bridge, you will ride on the sidewalk. When turning left at the end of the bridge, follow the pedestrian crossing signals (please follow the instructions of the support rider on the day).

The area around Matsushima Air Base to the vicinity of Ishinomaki Industrial Port has many sections with good visibility, and the roads, which were improved after the earthquake, are relatively easy to ride on. Please be mindful of large vehicles.

k. Ishinomaki Genki Ichiba - Ishinomaki Senshu University

The course is located in the central area of Ishinomaki City and on the embankment of the old Kitakami River. There are intersections and road crossings without traffic lights. There are also many tourists and cars that are unfamiliar with the roads. Pay attention to the flow of people and cars, and drive safely to your destination.

08_Mechanic Support

Mechanic support will be available at the start, on the course, and at some aid stations according to the riders' movements.

- ▷Mechanic support will only provide first aid.
- ▷General inspections and maintenance are not covered by mechanic support.
- ▷Tubular tires cannot be repaired.

a. Mechanic booth opening hours at the start

Saturday, September 13th, from 7:30 am. Until the start is complete.

b. Support on the course

If you have a vehicle problem that you cannot fix yourself, please call out to a support rider or event staff member nearby.

- ▷Depending on the location, it may take a long time for mechanic support to arrive.
- ▷We recommend that you bring a windbreaker or other clothing to keep warm while you wait.

09_Accident Insurance

a. Insurance to be taken out by the organizer (injury insurance)

The organizers have taken out the following insurance (insurance premiums are included in the entry fee):

name	Sompo Japan Insurance Inc. General Accident Insurance
content	Death and disability: 3 million yen / Daily hospitalization: 3,000 yen / Surgery insurance (inpatient): 30,000 yen (outpatient): 15,000 yen / Daily outpatient: 2,000 yen

If you feel that the amount is insufficient, please purchase another insurance.

*Damage, loss, theft, etc. of the bicycle (frame and parts) are not covered by this insurance.

b. Miyagi prefecture ordinance requires riders to take out bicycle liability insurance

*When using a bicycle in Miyagi Prefecture, the user must enroll in bicycle liability insurance, etc., in which the user is the insured person (see "01_Particularly important notes"). Please check the coverage and applicable conditions of the insurance you wish to enroll in advance.

c. Accident Procedure

In the event of an accident, participants are responsible for dealing with it themselves.

Participation regulations for the event, "General matters concerning the event", 7. is set forth as follows.

Participants are responsible for dealing with any accidents that occur during the event or related events (including, but not limited to, collisions between participants while riding, trouble, etc.).

Participants will not criticize or hold responsible the organizers, event managers, or other participants. However, this does not include cases caused by the organizers' intentional or gross negligence.

*If a traffic accident occurs, you must report it to the police in accordance with the Road Traffic Act (see "03_Riding Rules/Communication").

*If you do not have a traffic accident certificate from the police, your insurance claim may not be accepted.

d. Claims for insurance provided by the organizers

Contact details, requirements and deadlines for insurance purchased by the organizer

Contact: Kahoku Shimpō Promotion Center Manager: Mr.Habu, Phone: 022-723-4670 (Hours: Weekdays 9:30AM - 5:30PM)

Required information: Participating fondo (course), bib number, name, daytime contact (cell phone number), details of accident, injuries

Claim deadline: Oct.15th, 2025

10_ Bicycle delivery service (application and fee required)

Higashi-Matsushima Group Ride participants cannot use the bicycle delivery service.

11_ Others

a. Organizer

For general enquiries about the event

Tour de Tohoku Organiser
(within Roots Sports Japan Ltd.)
Email: info_tdt@roots-sports.jp
Telephone: 03-3354-2300

(Office hours: weekdays 10:00 - 17:30,
except Saturdays, Sundays and public holidays)

Contact details for the day before and on the day of the event

In case of emergencies

*For rented phones, the number will be disclosed shortly before.

Response time: Saturday 13 September, 9:00-18:00

Response time: Sunday 14 September, 4:00-18:00

Non-emergency

03-3354-2300

Response time: Saturday 13 September, 6:30-18:00

Response time: Sunday 14 September, 3:30-18:30

b. Lost and found items

On the day of the event:

▷ Lost and forgotten items will be kept at the information desk at the start and finish venue. If you may have lost something, please come directly.

After the event:

▷ Valuables will be reported to Ishinomaki Police Station. Phone: 0225-95-4141.

▷ Items other than valuables will be kept by the Kahoku Shimpō (Tour de Tohoku Office).

Email: info_tdt@po.kahoku.co.jp.

(Items other than valuables will be kept for one month after the event.)

c. No Drinking or Smoking

Alcohol and smoking are prohibited in all areas of the event, including the start and finish venue and aid stations.

References

a.Bicycle Type Regulation

Permitted	Road bikes  Mountain bikes  Cross bikes  Small wheeled vehicles (16-24 in.)  Light duty vehicles ('mama-chari') 
Not permitted	Recumbent  Pistobike (fixed gear)  Tandem  BMX with step  Trailers  Handcycle 

- *Bicycle types are limited due to severe road conditions.
- *Check with the organizer if you are concerned about regulations.
- *Single-gear bicycles equipped with front and rear brakes and free hubs are allowed to participate.
- *Electric bicycles are allowed to participate, but there will be no mechanic support specifically for electric bicycles.
- *If the organizer deems that a bicycle is in violation of regulations, it will not be allowed to depart.

b.Handle Type Regulation

Permitted	Normal drop handle Flat handlebar (bar ends may be used) Riser bars Bullhorn handle (non-integrated brakes are prohibited because they delay braking)
Not permitted	- DH Handle / Clip-on / Spinatch / Aero Bar / Triathlon Bar All auxiliary bars that are attached to drop handlebars by an attachment system. Other bars that interfere with quick braking and are not suitable for operation on steep gradients.