



ツール・ド・東北

Guide for Fondo Riders

190km Kesenuma Ooya Kaigan Fondo

100km Kitakami Fondo

65km Onagawa – Ogatsu Fondo

Sunday, September 14, 2025

General Incorporated Association Tour de Tohoku

Tour de Tohoku 2025 Guide for Riders Sep.14th 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.
Check-in time	The start of check-in on September 14 was standardized to 4:30 a.m.	Check-in deadlines are 5:30 for the 190km, 7:30 for the 100km, and 8:30 for the 65km.
Fond Mileage	The longest fonds will be 190 km, an increase of 10 km over the previous year.	In Kesennuma City, riders will visit a school building destroyed by the tsunami.
Rest Point	At Kesennuma Ooya Kaigan fondo, Rest Point will be opened at Ruins of the Great East Japan Earthquake, Kesennuma City Memorial Museum.	Toilet and water services will be provided at the Rest Point. Passage through the rest areas established at the Ruins of the Great East Japan Earthquake will be permitted. Passage through Aid Stations is prohibited.
Aid stations; Kesennuma Ooya Kaigan Fondo only	Changing course direction stopping at the Kesennuma Oya Kaigan aid station.	Last year, this aid station was the turnaround point. This year, with the course extension, it was changed to a stop on the southbound return trip.

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.
	Course map	

In addition, you will need to bring your written oath to the reception desk at the starting venue (forms will also be available at the venue).

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.

02. Announcement by the organizer and crisis management

a. Decision to hold the event and announcement

If a disaster occurs in the Tohoku region or severe weather is forecast, a decision will be made in consultation with the co-hosting local governments etc. as to whether the event can be held.

The final decision will be announced on the event's official website and social media at around 4 am on Sunday, September 14th.

b. Cancellation, interruption, or reduction of ongoing events

In the occurrence of a serious accident, traffic disruption or unexpected change in the weather during the event, the safety of riders and staff is our first priority and the event may be cancelled, suspended or reduced. Please follow the instructions of staff at the venue, on the course, at aid stations, etc.

Please note that no refunds will be given in such cases (as per "Disclaimer" 3 of the Event Terms and Conditions).

c. Natural disaster during the event

In the event of an earthquake, tsunami (including advisories and warnings), lightning, strong winds, sudden heavy rain, dense fog, etc., stop riding immediately.

If there is a risk of a tsunami, evacuate to higher ground immediately.

The government and Miyagi Prefecture predict that if a super-large earthquake occurs off the Pacific coast of the Tohoku region, a tsunami of up to 20 meters in height will occur along the northern coast. Riders will often see signs indicating "Areas hit by past tsunamis." However, high ground is not always safe. A tsunami larger than that of the Great East Japan Earthquake may occur. Escape to higher ground as much as possible.

d. Safety confirmation system during disasters

If you are affected by a disaster, you will receive a "safety confirmation email." Open the URL in the email and register your safety status, etc.

You may receive the email before the start, after the finish, or even if you cancel.

03_ Riding rules and communication

a. Cautions and instructions from staff

Security guards and volunteer sentinels will be stationed around the course to guide cyclists as they make right and left turns. If you see a sign or signal asking you to slow down, please maintain a safe speed. At the scene of an accident or in an area where caution is required, the staff will blow a whistle or wave a red flag to warn of danger. Please pay close attention to the following riders and vehicles.

At the front, center, and rear of the group, there will be a "Management motorbikes" and support rider. They may issue warnings or instructions depending on the situation, so be sure to obey them. Do not pass the "Management motorbikes" at the front of the fondo.

Points of caution are also indicated on the "course map." Some of these locations have actually caused accidents in the past. For your safety, we expect you to look at the map.

If you do not follow the cautions and instructions, your participation will be voided on the spot and your bib number will be taken away.

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
- Always turn on your headlights in tunnels

*Riders should use their front lights at the point of departure from the aid stations at Onagawa (all fondo), Ogatsu (all fondo), Kamiwarizaki (Kitakami fondo) and Shizugawa (Kesennuma Ooya Kaigan fondo).

- 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



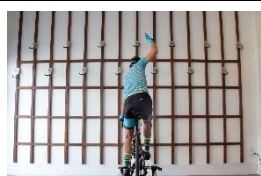
Ask the car to go ahead



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



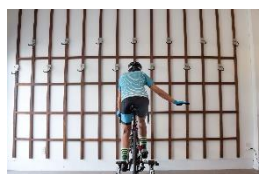
Tilt right 2



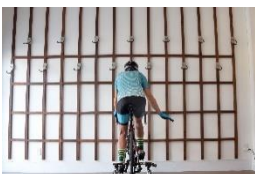
Tilt left 1



Tilt left 2



Slow down 1

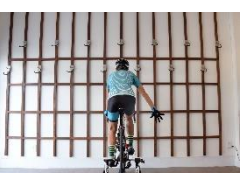


Slow down 2

(Move your right hand slowly up and down)



Stop notice 1



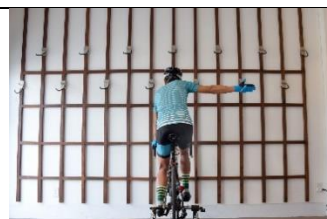
Stop notice 2

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



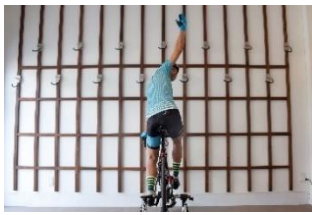
Turn left

(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 3:30 to 18:30 on Sunday, September 14th.
- ▷ 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.



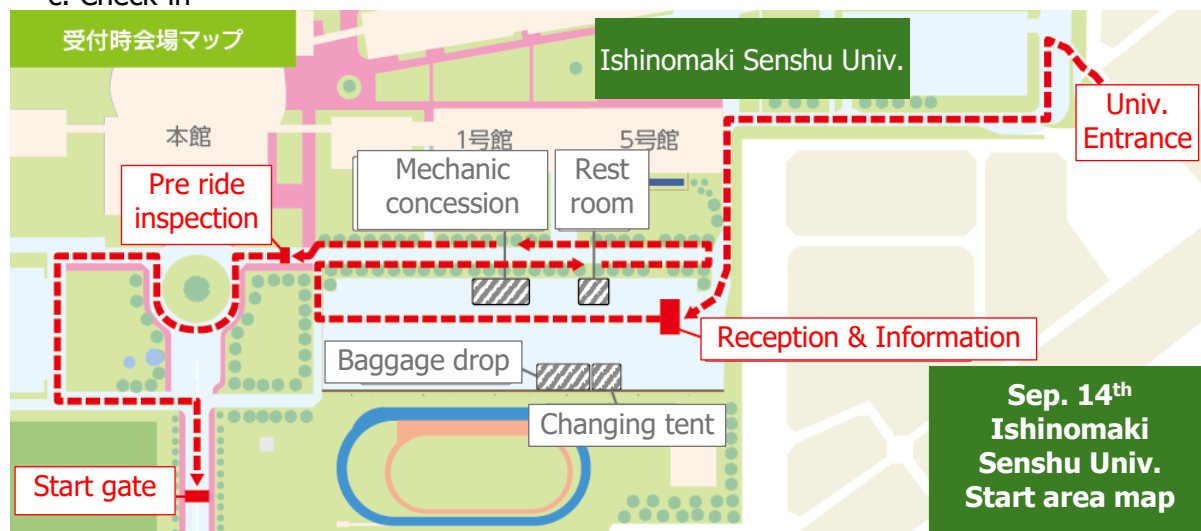
- a. From your home or accommodation to the starting point
 - You will find out by 4:00 whether the event will be held or not via the official website or social media.
 - Have you checked the weather forecast? Please prepare for rain and cold weather in case of bad weather.
 - Check the mandatory and 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



- Check-in begins at 4:30 for all fondo. Deadlines will be set by each fondo.
- Pre-ride inspection and start will be held at different times for each fondo.

	Kesen-numa Ooya Kaigan Fondo (190km)	Kitakami Fondo (100km)	Onagawa-Ogatsu Fondo (65km)
check-in	4:30~5:30	4:30~7:30	4:30~8:50
start	5:30~ every 2 or 2.5 min	7:00~ every 2 or 2.5 min	9:00~ every 2 or 2.5 min

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

d. Steps before the start

- After checking in, you can change clothes at changing tent, use the restroom, and check your necessary equipment. Proceed to the pre-ride inspection.

《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 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

《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 18:00). Please be sure to collect your checked baggage within the return time.

e. Pre-ride inspection and start instructions

《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, leave the line, correct the relevant parts, line up at the end, 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.
- ▷Riders will be grouped together as they are led to the start gate. Please use the restroom before lining up.
- ▷Starts will be at a maximum of 25 bicycles at a time, with intervals of 2 to 2.5 minutes.
- ▷Before the start, communication activities will be held to ensure a safe ride. The organizer may also provide information about the course and points to note for the day.

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.
- ▷The position of the course supervisor motorcycle is important information for aid station staff and the organizer. If you are at the front of the fondo, never overtake a course supervisor motorcycle.

g. Time limits and checkpoints

《Aid station》

- ▷Time limits are scheduled at most aid stations.
- ▷If you exceed the time limit, you will be forced to drop out or turn back.
- ▷If you drop out, no food will be provided at any further aid stations.

《Shin Kitakami Bridge》

- ▷At the Shin Kitakami Bridge, just beyond Kamaya Pass, a time limit is set for riders of the Kesennuma Ooya Kaigan Fondo (190km) and Kitakami Fondo (100km). If you exceed the time limit, you will not be able to proceed to the Shin Kitakami Bridge. Instead of crossing the bridge, you will proceed on the Onagawa-Ogatsu Fondo (65km) course.
- ▷After the downhill stretch of Kamaya Pass, staff will manage the time limit. Please follow their instructions.

Time Limits	Kesen-numa Ooya Kaigan Fondo (190km)	Kitakami Fondo (100km)	Onagawa-Ogatsu Fondo (65km)
Onagawa Aid Station			1 2 : 0 0
Ogatsu A.S.			1 4 : 3 0
Shin Kitakami Brg.		1 2 : 4 0	
Kamiwarizaki A. S .		1 4 : 2 5	
Utatsu A. S .	1 1 : 3 5		
Kesennuma Memorial Museum	1 2 : 5 5		
KesennumaOoya A.S.	1 3 : 3 0		
Shizugawa A. S .	1 5 : 0 0		
Kitakami A. S .	1 6 : 1 0		

h. 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 18:00). Please make sure to collect your checked baggage at the return time.



- ▷If you wish to break away from event, please inform the staff at the aid station.
- ▷If you are on the course and decide to abstain, you may request assistance from a support rider. The support rider will contact the organizer.
- ▷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 buses, light vans, and trucks, 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.

The map shows the area around Lawson and the car park. Key features include:

- Route for car park:** A green box indicating the route for cars.
- EXP. WAY ONAGAWA IC:** A green box indicating the exit for the car park.
- Keep left, proceed to Lawson:** A red box indicating the route for cyclists.
- LAWSON:** A blue box indicating the location of Lawson.
- Bicycle turning points:** A red box indicating the turning points for cyclists.
- No Exit:** Two red boxes with a red 'X' indicating no exit points.
- TourdeTohoku FINISH GATE:** A yellow box indicating the finish gate for the Tour de Tohoku.
- Ishinomaki Senshu Univ.:** A green box indicating the location of Ishinomaki Senshu University.
- MINISTOP:** A yellow box indicating the location of a Mini-Stop.
- 臨時駐車場 (Temporary Car Park):** A blue box indicating the location of the temporary car park.
- CAR PARK open 3:30-18:30:** A yellow box indicating the opening hours of the car park.
- 石巻市民球場 (Ishinomaki City Stadium):** A green box indicating the location of the stadium.
- 石巻駅 (Ishinomaki Station):** A blue box indicating the location of the station.
- Get off your bike and enter car park:** A red box indicating the instruction for cyclists.
- Car Park Exit:** A blue box indicating the exit from the car park.
- Legend:** A red dashed line with an arrow indicates the bike route, and a blue dashed line with an arrow indicates the car route.

- 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 18:30.

06 Timeline on Sep. 14th

	Kesen-numa Ooya Kaigan Fondo (190km)	Kitakami Fondo (100km)	Onagawa – Ogatsu Fondo (65km)
Car Park	3:30~18:30		
Check in	4:30~5:30	4:30~7:30	4:30~8:50
Preparation for departure (change of clothes, baggage drop-off, toilets, etc.)	4:30~5:30	4:30~7:30	4:30~8:50
Pre-Ride Inspection	4:30~5:40	6:00~7:40	8:00~9:00
Start	5:30~6:30	7:00~8:30	9:00~9:30
Snack stand	11:00~		
Finish Gate close	17:30		
Baggage drop/pickup	4:30~18:00		
Bicycle Shipping (Seino Transportation)	11:30~18:00		
Stage Event	12:00~16:00 (Intermittently)		

07 Points of caution on the course

a. Miyagi Prefectural Rifle Shooting Range

This is the first mountain pass. After climbing a steep, almost straight hill, turn left into the waiting area near the entrance to the Miyagi Prefectural Rifle Shooting Range. We will coordinate the number of cyclists and give instructions for them to depart. After passing through the hairpin curve and going down the hill, there will be a T-junction with a signal light. Please be careful not to be rear-ended.



b. Tunnels between Onagawa and Ogatsu

Please turn on your front light and depart from the Onagawa Aid Station. After leaving Onagawa midtown, you will enter the Sakiyama Tunnel, which has a long gradient and curves. After the tunnel, you will enter the Ogatsu area after going up and down and curving repeatedly, and the tunnel continues into the Wakehama and Mizuhama areas.

c. Ogatsu Aid Station

Both the entrance and exit require a right turn. Be sure to turn on your front light before leaving the Ogatsu Aid Station. Please proceed with caution. Shortly after the start, there is a long uphill climb up Kamaya Pass.

d. Kamaya Tunnel

This tunnel runs through Kamaya Pass between the Ogatsu and Kahoku districts. There are grooves in the road surface, and condensation forms on the road, sometimes even on sunny days. Safety control cars will adjust their speed to ensure safety. Do not overtake cars under any circumstances.

After exiting the tunnel, safety control cars will slow down (or stop if there are oncoming vehicles) and enter the parking zone on the right.



Safety control cars inform prohibition of overtaking in tunnel

e. Shin Kitakami Ohashi Bridge

This is the branching point of the course.

For the Onagawa-Ogatsu Fondo (65km), do not cross the bridge but turn left just before the intersection (there is a temporary stop). For the Kesennuma Ooya Kaigan Fondo (190km) and Kitakami Fondo (100km), cross the bridge and turn right.

f. Juusanhama -13 Beaches- Tunnels [Kitakami fondo, Kesennuma Ooya fondo]

There is a relatively long tunnel between Shin-Kitakami Ohashi Bridge and Kamiwarizaki Aid Station. Riders may pass each other in this tunnel. Please keep your front light on as you pass through.

g. National Route 45 [Kesennuma Ooya fondo]

There is more traffic than on National Route 398. Most sections are marked with blue arrowhead-shaped road markings, and there are also signs indicating narrowing shoulders. Some of the entrances and exits to the Sanriku Expressway are without traffic signals. Please pass through with care, although road managers also urge car drivers to be careful.

h. Ruins of the Great East Japan Earthquake, Kesennuma City Memorial Museum [Kesennuma Ooya fondo]

Turn right at the intersection of Route 45 and ride counterclockwise through the Hajikami area. Ride with caution as there are visitors to the museum, scenic Iwaisaki, sports facilities and parks.

i. Around Kesennuma Ooya Kaigan Aid Station [Kesennuma Ooya fondo]

The Kesennuma Ooya Kaigan Aid Station has been changed this year to a "return trip; southbound stopover". From Route 45, turn right into the north parking lot of the roadside station. Please note that the right turn will also cross Route 45 on the departure.

j. Around Shizugawa Aid Station [Kesennuma Ooya fondo]

Turn left before the bridge across from the Minamisanriku San San shopping street (at the crossroads without traffic lights). Bicycles entering and leaving the aid station will pass each other. Please watch out for each other.

k. Around Kitakami Aid Station [Kitakami fondo, Kesennuma Ooya fondo]

After exiting the tunnel, turn left when you see a traffic guide volunteers. The road in front of the aid station will be shared by not only event participants but also neighbors, fishermen, and others.

Once you leave the aid station, you will soon reach the mouth of the Kitakami River. Go slightly downhill along the coastal road and it will merge onto National Route 398. Be sure to observe the stop sign at the T-junction.

l. Kitakami River - Miyagi Pref. Rd.33 - Futamata T-junction - Ishinomaki Senshu Univ.

The levee road of the Kitakami River continues upstream from the Shin-Kitakami Ohashi Bridge for about 11 km. After leaving the levee road, take Prefectural Route 33 in the direction of Ishinomaki Senshu University. Be careful at the "Futamata T-junction" past the Family Mart, as bicycles are likely to get traffic jam there.

The final right turn towards Ishinomaki Senshu University is an irregular intersection that suddenly appears after some ups and downs. Please follow the traffic lights and security guards' directions carefully and pass through.

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

Sunday, September 14th, from 4:30 am to 9:30 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_Rescue

If you fall off your bike, feel unwell, or need assistance, please contact a support rider or event staff member nearby, or contact the organizer.

"03_Riding rules and Communication" introduces how to respond to accidents and troubles.

10_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

11_ Bicycle delivery service (application and fee required)

"Kangaroo Bicycle Event Delivery Service" is a fee-based service available only to those who apply in advance.

《Picking up》

Date and time: Saturday, September 13th, 11:00-17:00

Location: Ishinomaki Senshu University

《Shipping》

Date and time: Sunday, September 14th, 11:30-18:00

Location: Ishinomaki Senshu University

*The "Kangaroo Bicycle Event Delivery Service" is a service provided by Seino Transportation Co., Ltd. See the official website for details.

12_ 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.

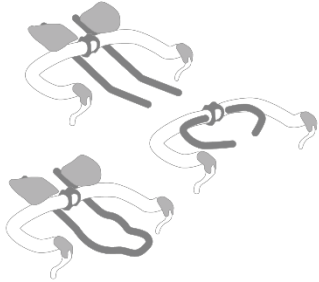
References

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.