



ツール・ド・東北 Guide for Riders

80km Higashimatsushima Fondo

Sunday, September 20, 2026

General Incorporated Association Tour de Tohoku

Kahoku Shimpō Co., Ltd.

Tour de Tohoku 2026 Guide for Higashimatsushima Fondo

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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. Blue Ticket System Extended to Bicycles

Effective **April 1, 2026**, Japan's traffic violation notification system, commonly known as the "**Blue Ticket**" system, which had previously applied to motor vehicles and other vehicles, was extended to bicycles.

Applicable Violations

The system applies to **bicycle traffic violations committed by persons aged 16 or older**, including offenses such as:

- Ignoring traffic signals
- Failing to make a required stop

and other violations that a police officer directly observes and can clearly determine to be traffic offenses.

Procedure

A police officer will issue:

- A **Blue Ticket**, which describes the traffic violation, and
- A **Payment Slip**, which must be taken to a bank or post office when paying the penalty.

The case is closed once the traffic penalty is paid. It does **not** proceed to criminal prosecution and does **not** result in a criminal record.

Note: The Blue Ticket system applies only to offenders aged 16 and over. As a general rule, violations committed by persons under 16 are handled through guidance and warnings rather than penalty tickets.

Differences Between the Previous and New Systems

Previously, when bicycle violators were apprehended, all cases were processed using **Red Tickets**. Since the introduction of the Blue Ticket system, cases are now processed either with a **Red Ticket** or a **Blue Ticket**, depending on the nature and severity of the violation.

Cases Processed with a Red Ticket

Serious, dangerous, and major violations, or cases involving accidents.

Examples:

- Cycling while intoxicated
- Cycling under the influence of alcohol
- Dangerous or obstructive riding (road rage-type offenses)

Cases Processed with a Blue Ticket

Dangerous traffic violations or actions that create an actual traffic hazard.

Examples:

- Using a smartphone while riding*

- Entering a railroad crossing after the barriers have been lowered
- Riding a bicycle with defective brakes

* **Note:** If smartphone use while riding causes an actual traffic hazard, the offense is processed with a **Red Ticket**.

Reference: Violations Handled by Guidance and Warning

Violations that do not present a significant danger may be addressed through guidance and warning rather than ticketing.

Example:

- Riding at excessive speed on a sidewalk where the risk of causing a traffic accident is considered low.

Blue Ticket Processing Flow

1. Issuance of Documents

The police officer issues:

- A **Blue Ticket**, and
- A **Payment Slip** to be presented at a financial institution when paying the penalty.

2. Provisional Payment of the Penalty

If the offender admits the violation, the traffic penalty must generally be paid within **seven days** from the day following the issuance of the ticket.

3. If the Penalty Is Not Paid Within the Initial Period

If the provisional payment is not made as described above, the offender must appear at the **Traffic Violation Notification Center** on the date specified on the Blue Ticket. The offender will then receive:

- A formal notice of the traffic penalty, and
- A payment slip.

The penalty must generally be paid within **ten days** from the day following receipt of the notice.

Important: Completion of Step 2 or Step 3 results in administrative processing only and does not create a criminal record. However, if the penalty remains unpaid, the case may be transferred from administrative procedures to criminal proceedings.

e. Required and recommended items

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

☒		
	Bib number (for waist and helmet)	*Shipped in advance
	Written Oath	The form will be mailed to you in advance.

		Please fill out both sides and submit it at the registration desk on the day of the event.
	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.
	My Number Card with Health Insurance Card Functionality, or Health Insurance Eligibility Confirmation Certificate	
	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	

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 2026 誓約書
Tour de Tohoku 2026 Written oath

ツール・ド・東北 2026（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 2026 (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
		2026 / /

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 7 am on Sunday, September 20th.

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. Attention and instructions by the support riders and 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.

<For Participants in the Beginner 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



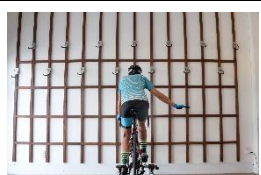
Tilt right 2



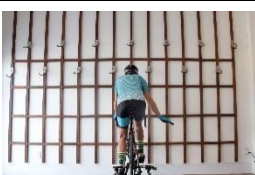
Tilt left 1



Tilt left 2



Slow down 1

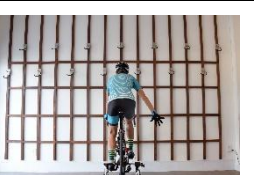


Slow down 2

(Move your right hand slowly up and down)

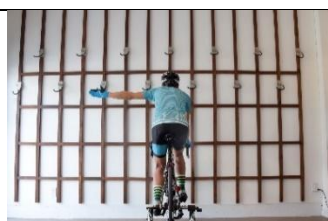


Stop notice 1



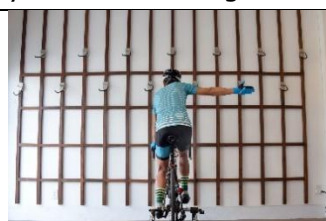
Stop notice 2

(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)



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.)	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//2026/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 20th.
- ▷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. 20th

a. From your home or accommodation to the starting point

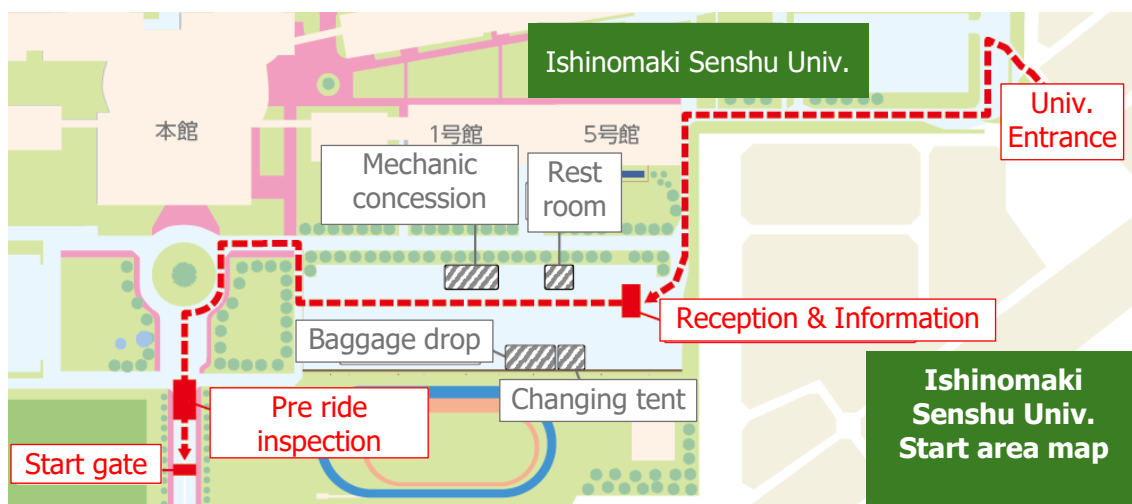
- You will find out by 4:00 whether the event will be held or not via the official website or social media.
- Have you checked the weather forecast? Please prepare for rain and cold weather in case of bad weather.
- Check the mandatory and recommended items to bring.
- Are you in perfect health?
- Don't 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



	Higashimatsushima Fondo
Check-in	4:30～9:10
Final call time for briefing and pre-ride inspection	9:10
Start	9:15～9:37

- 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 18:00). 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 9:10 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

- For Participants in the Beginner Group Ride
- 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.

《Pre-Start Checkpoint》

- ▷ After the pre-ride bicycle inspection, participants will be checked in before starting. Event staff will scan the QR code printed on your race number (bib) using a handheld device, so please line up with the QR code clearly visible.

《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.
- ▷ 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.

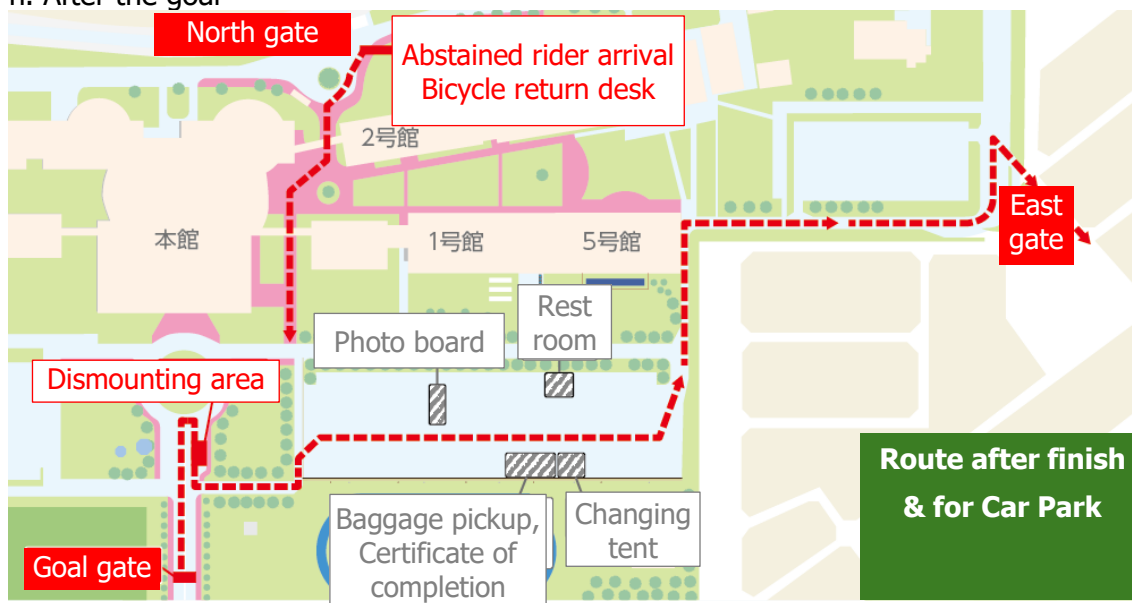
g. Time Cut-Off Limits

《Aid Stations》

- ▷ Each Aid Station has a designated cut-off time (shown in red in the table).
- ▷ Riders arriving after the cut-off time will be required to either withdraw from the event or turn back before completing the course.
- ▷ Please note that participants who withdraw from the event partway through the course will not be eligible to receive food and refreshments provided at the Aid Stations. Thank you for your understanding.

	Higashimatsushima Fondo
Pass Through Aomina	12:25
Aomina AS	14:15
Stop at the Higashimatsushima City Great East Japan Earthquake Reconstruction Memorial Museum	14:55
Yamato Seaside Green Park AS	16:10
Finish Ishinomaki Senshu University	17:30

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.

《Post-Finish Checkpoint》

- ▷ After you finish the event, your completion will be confirmed by event staff. Staff members will scan the QR code printed on your race number (bib) using a handheld device, so please line up with the QR code clearly visible

《Finisher Certificate & Participation Gift》

- ▷ 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.

《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.

i. 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. 20th

	Higashimatsushima Fondo
Car Park	3:30~18:30
Check in	4:30~9:10
Preparation for departure (change of clothes, baggage drop-off, toilets, etc.)	4:30~9:10
Final call time for briefing and pre-ride inspection	8:45~9:20
Start	9:15~9:37
Snack stand	11:00~
Finish Gate close	17:30
Baggage drop/pickup	4:30~18:00
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

Sunday, September 20th, from 4:30 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 Shimpou 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.21st, 2026

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 19th, 11:00-17:00

Location: Seihoku Park Ishinomaki

《Shipping》

Date and time: Sunday, September 20th, 11:30-18:00

Location: Ishinomaki Senshu University Student Parking Lot No. 2

*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 19 September, 9:00-18:00

Response time: Sunday 20 September, 4:00-18:00

Non-emergency

03-3354-2300

Response time: Saturday 19 September, 6:30-18:00

Response time: Sunday 20 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.