



## MAY 2018 SELF-DISCOVERY ADVENTURE

Cross Mountain Bike 100km•42km•20km  
& MTB Fun Touring



### RACE GUIDE

#### Dear Riders,

Thank you very much for your entries to Self-Discovery Adventure "Cross Mountain Bike in Otaki". As the race day is approaching, please find enclosed your Race Guide. Please be sure to maintain your health conditions until the race day in order to fulfil your challenges.

We truly wish for your best performance, finishing the race, and ultimate outcome from your experiences. See you soon in Otaki!!

SDA in Otaki Operation Committee

#### **[Important] For residents in Japan:**

**If you received this letter by postal mail, your Envelope will be required at the registration, so please bring it along with you.**

- Your Race Number is indicated on your ENVELOPE, underneath your name. (For those who will join Fun-Touring ONLY, no Race Number is provided.)
- At the registration, please bring your envelope, and submit "Questionnaire Form".
- Enclosed:
  - Race Guide / Dear Riders (this letter)
  - Questionnaire Form
  - Single-Speed bike check-up (sent only to the participants of Single-Speed)

#### **[Important] For residents outside of Japan:**

**No enveloped letter is sent to you by postal mail, but only by email.  
Please tell your name and show your ID at the registration booth.**

#### **[REGISTRATION]**

**Registration booth will be open on Saturday May 19<sup>th</sup> (13:00-18:00) ONLY.**

- However, for those who CANNOT come to the registration on Saturday for some **special reasons**, please send us an email with your Race number on your envelope (if you are a resident in Japan) and full name to the organizer, prior to the event.
- **Without this prior notification, you cannot register on the race day / Sunday.**
- **Emergency Race Day Registration: Sunday May 20<sup>th</sup> (4:30AM – 5:30AM) ONLY – no time exception will be allowed.**

#### **[CAUTIONS inside the Matsubara Sports Park]**

After you cross the bridge, it is regarded as "inside the Park", and the following rules apply.

- Inside the Park, tents, tarps, camping, usage of fire (gas burner, etc.) are NOT ALLOWED.
  - Tent, tarp, blue-sheet attached to your car-carrier will NOT be allowed either.
- Parking in places other than parking lots, such as streets or other space is PROHIBITED.
- Please use the nearby campground. If you cannot follow the rules, you will be DISQUALIFIED.

**Organizer: Power Sports Inc. / Emergency Phone# (May 18-20, 2017) [TEL : 080 - 6516-1826]**

(Office open hours: Week days 9AM to 6PM) Phone: 0467-84-8639 [info@powersports.co.jp](mailto:info@powersports.co.jp)

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### SCHEDULE

Date	Time	Events	Venue
<b>May 19<sup>th</sup></b> <b>Saturday</b>	11 : 00~11 : 45	MTB Fun-Touring Registration	Matsubara Sports Park
	12 : 00~16 : 00	MTB Fun-Touring (Tour will leave at 12:00, so you cannot join the group if you are late)	
	13 : 00~18 : 00	<b>Cross MTB100km/42km/20km Registration</b>	
	16 : 30~18 : 00	Sponsor presentation, <b>Race Briefing*</b> & Welcome Party <b>*Please make sure to attend after Registration</b>	
<b>May 20<sup>th</sup></b> <b>Sunday</b>	04 : 30~05 : 30	Cross MTB100km/ 42km /20km Emergency Registration* *Only for those who cannot register on Saturday (Details as indicated above) Single Speed Category – bike inspection	Matsubara Sports Park
	04 : 30~	Cross MTB100km Bike Check-in	Matsubara Sports Park
	06 : 00	◆Cross MTB 100km <b>START</b>	Matsubara Sports Park
	07 : 00	◆Cross MTB 42km <b>START*</b>	*Tsurikichi Keikoku (Takigoe)
	08 : 00	◆Cross MTB 20km <b>START**</b>	**Yanagase Chiku, near Nigorigawa Bridge (Kokumin no Mori entrance)
	13:00 (approx.)	Cross MTB 20km/42km: Award Ceremony	Matsubara Sports Park
	16:00	Cross MTB all races FINISH	
	16:00 (approx.)	Cross MTB 100km/100km / SS: Award Ceremony	

**\*/\*\* MTB 42km and 20km: START gate is NOT at the Matsubara Sports Park.**

To get to each START gate, please walk/ride with your bike by yourself (no transportation provided).

There will be NO shuttle bus. Please plan ahead of time to make sure to be there on time for the START.

If you are late for the START time, you cannot enter the race.

Please see "START" column for the details.

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### Cross MTB 100km / 42km / 20km Race Guide

<b>Registration</b>	<p><b>Venue for all categories: <u>Matsubara Sports Park (Under the dome)</u></b></p> <p><b>Cross MTB Fun-Touring: May 19<sup>th</sup> Saturday 11:00 – 11:45</b>  <b>Cross MTB: May 19<sup>th</sup> Saturday 13:00 – 18:00</b></p> <ul style="list-style-type: none"> <li>● Registration will be on the <b>Day Before the Race</b> only, because the Cross MTB races start very early on Sunday morning.</li> <li>● Registration on the race day will be available <u>only for the emergency</u> (May 20<sup>th</sup> Sunday 04:30 – 05:30 only). For this emergency registration, you need to email us (Organizer) your Race number and full name, prior to the event.</li> </ul>
<b>Race Briefing &amp; Welcome Party</b>	<p><b>May 19<sup>th</sup> Saturday, 16:30 – 18:00</b>  <b>Venue: Matsubara Sports Park</b></p> <p>You must attend the Race Briefing, as there will be a very important explanations on the course. Complimentary drink and snack available.</p>
<b>Parking</b>	<p><b>Available at Matsubara Sports Park.</b></p> <ul style="list-style-type: none"> <li>➢ There is NO parking available around Start gate of 42km/20km, so please park your cars at the official parking space in Matsubara Sports Park.</li> <li>➢ Please make sure to read the cautions on the following page, and park your cars at the official parking space as indicated.</li> </ul>
<b>START</b>	<p><b>100km : Matsubara Sports Park, at 6:00AM</b>  Guide Car will lead the whole group, so please follow in your cycling pace.  At the Entrance of Trail, the Guide Car will leave to let the race start.</p> <p><b>Distances between points:</b>  Matsubara Sports Park – Hyougase: 4.2km  Hyougase – Exit of Trail: 89km  Exit of Trail – Matsubara Sports Park: 5.5km</p> <ul style="list-style-type: none"> <li>➢ Total distance from Start Gate back to Matsubara Sports Park: 98km approx.</li> </ul> <hr/> <p><b>42km : Tsurikichi Keikoku (Takigoe), at 7:00AM</b>  <b>Caution:</b> Start gate is far away from Registration venue (11km).  Please make sure to walk/ride to the START gate with your bike ahead of time, to be on time for the Start.</p> <p><b>Distances between points:</b>  Matsubara Sports Park – Tsurikichi Keikoku (Takigoe): 11km</p> <ul style="list-style-type: none"> <li>➢ Total distance from Start Gate back to Matsubara Sports Park: 48km approx.</li> </ul> <hr/> <p><b>20km : Yanagase Area, Norigigawa Bridge, at 8:00AM</b>  <b>Caution:</b> Start gate is far away from Registration venue (7km).  Please make sure to walk/ride to the START gate with your bike ahead of time, to be on time for the Start.</p> <p><b>Distances between points:</b>  Matsubara Sports Park – Yanagase: 7km</p>
<b>FINISH</b>	<p><b>100km / 42km / 20km:</b>  All three categories – Time measurement will end at the Exit of Trail.  From FINISH / Exit of Trail back to Matsubara Sports Park (5.5km of cooling down) – please cycle back by yourselves (no shuttle bus).</p>

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<p><b>Check Points (CP) Cut-off Time</b></p>	<p>Each category will have Check-Point(s) (CP) on the course, and if you cannot go through the CP before cut-off time, your race will be ended at the CP (your time chip will be collected there). You will need to cycle back to the Start area by yourself (no shuttle bus).</p> <p><b>100km</b> [CP-1] 34.3km Cut-off: 4 hours after Start [CP-2] 63.9km Cut-off: 7 hours after Start [CP-3] 75.9km Cut-off: 8 hours after Start Finish Time Limit: 10 hours after Start</p> <p><b>42km</b> [CP-1] 30.1km Cut-off: 3.5 hours after Start Finish Time Limit: 5 hours after Start</p> <p><b>20km</b> No Check-points. Finish Time Limit: 3 hours after Start</p>
<p><b>Required Equipment (Mandatory)</b></p>	<p><b><u>Following equipment will be Mandatory during the race:</u></b></p> <ol style="list-style-type: none"> <li>1. Hydration gear – bike bottle(s), hydration pack, etc.</li> <li>2. Energy food / Food</li> <li>3. Rainwear (top/bottom)</li> <li>4. Light and spare batteries</li> <li>5. Bike helmet</li> <li>6. Spare bike tube(s)</li> <li>7. Repair tool</li> <li>8. Self-rescue emergency kit (Gauze, disinfectant, adhesive bandage, etc.)</li> </ol> <p>➤ You are free to add anything you need to above list.</p> <p>➤ <b>Light and spare batteries:</b> 42km point after the Start, there will be a long tunnel without any lights, and you will be cycling in a <u>complete darkness</u>. Also, you may need your light depending on the weather and/or time after dark.</p> <p>➤ <b>Wear:</b> race venue is deep in the mountains at 1,000m above sea level, so please make sure to bring appropriate clothing for all weather/temperature conditions.</p> <p><b>Caution:</b> Racers who are not well trained at off-road conditions, please receive advice/practice from bike-shops beforehand, to be able to cope with troubles by yourself (flat tire, chain cut, etc.).</p>
<p><b>Aid Station</b></p>	<p>Each CP will have an Aid Station. Water will be available. Other than Aid Stations, there will also be “Natural Aid Stations” such as rivers and swamps for fresh water.</p>
<p><b>Time Measurement</b></p>	<p>Please place your Race Number0 Card at the front of your bike - your Timing Chip is attached to your race number card. Please return your Timing Chip at the end of your race. <b><u>If you lose/damage your Timing Chip, you are asked to pay for 4,000yen for the expense.</u></b></p>
<p><b>Finisher’s Certificate</b></p>	<p>Your Finisher’s Certificate will be provided from the website. It will be announced on the following link as soon as it is available: <a href="http://powersports.co.jp/sda/18_otaki_bike_5/">http://powersports.co.jp/sda/18_otaki_bike_5/</a></p>
<p><b>Prohibited</b></p>	<p>➤ No racers are allowed to enter the race course other than the race day. You will be disqualified by breaking this rule.</p> <p>➤ Sleeping over / camping inside the Matsubara Sports Park, with using tents and tarps are PROHIBITED. Please stay at Camping Sites. You will be disqualified by breaking this rule.</p>

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### **SINGLE SPEED 100km Category**

#### **Race Guide**

**For Participants of SINGLE SPEED category:**

##### **[BIKE INSPECTION]**

**For SINGLE SPEED Category, please make sure to undergo the Bike Inspection.**

After you pass the Bike Inspection, you will receive a certification sticker.

Please place the sticker as guided.

Do not check-in your bike or line-up at the START gate without passing the Bike Inspection.

**Bike Inspection: May 20<sup>th</sup> 2018 Sunday, from 04:30AM**

**Venue: Matsubara Sports Park, next to the Registration (OSJ) booth**

##### **[REGULATIONS] SINGLE SPEED ONLY!**

- 1) Transmission NOT allowed
- 2) Only one gear each on front (crank part) and rear (rear wheel) is allowed
- 3) Allowed to use Tensioner
- 4) Bikes with Cassette sprocket (for transmission), internal transmission hubs, or Derailleur are NOT allowed
- 5) Shifter which is force-fixed with duct tape etc. is NOT allowed

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**Inquiry for Accommodations:** Otaki Tourist Office: Tel. 0264-48-2257

<http://www.vill.otaki.nagano.jp/en/index.html>

**Transportation and Access:** English / Chinese / Korean / Japanese

<http://www.vill.otaki.nagano.jp/en/information.html>

## Enquiries



**Otaki Village Office**  
3623 Otaki Village, Kiso-gun, Nagano Prefecture (Postal code: 397-0201)  
For enquiries by e-mail, click [here](#)  
(In Japanese only)

## Access

Tanohara (2,180m), the seventh stage of Mt. Ontake, is located about 20km from the center of Otaki.

### By Car

- From Osaka (300km from Suita I.C/ about 4.5 hours)
- From Nagoya (145km from Nagoya I.C/ about 2.5 hours)
- From Tokyo (255km from Takaido I.C/ about 3 hours 40 minutes)

### By Train/Bus

- From Osaka

Kansai International Airport → (Kansai Airport Limited Express 'Haruka') → Shin-Osaka → (Shinkansen\*) → Nagoya → (JR Limited Express 'Shinano') → Kisofukushima → (Ontake Kotsu Bus) → Otaki Village

- From Nagoya

Chubu Centrair International Airport → (Meitetsu Airport Limited Express 'μ-Sky') → Nagoya → (JR Limited Express 'Shinano') → Kisofukushima → (Ontake Kotsu Bus) → Otaki Village

- From Tokyo

Narita International Airport → (Narita Express) → Shinjuku → (JR Limited Express 'Azusa') → Shiojiri → (JR Limited Express 'Shinano') → Kisofukushima → (Ontake Kotsu Bus) → Otaki Village

Narita International Airport → (Narita Express) → Tokyo → (Shinkansen\*) → Nagoya → (JR Limited Express 'Shinano') → Kisofukushima → (Ontake Kotsu Bus) → Otaki Village

Shinjuku → (Highway bus) → Kisofukushima → (Ontake Kotsu Bus) → Otaki Village

\* 'Bullet Train'

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**Official Parking Space:**

Official Parking Space for the participants will be NO. 1, 2, 3 Parking inside the Matsubara Sports Park. Please read Cautions and follow the rules to park your cars in the guided space only.

**[CAUTIONS]**

After you cross the bridge, it is regarded as “inside the Park”, and the following rules apply.

- Inside the Park, tents, tarps, camping, usage of fire (gas burner, etc.) are NOT ALLOWED.
  - Tent, tarp, blue-sheet attached to your car-carrier will NOT be allowed either.
- Parking in places other than parking lots, such as streets or other space is PROHIBITED.
- Please use the nearby campground. If you cannot follow the rules, you will be DISQUALIFIED.

