

Guide to BRM715 Hokkaido 1200km “Cape Nosappu”

Thank you for your registration for BRM715 Hokkaido 1200km “Cape Nosappu”. This document is prepared to provide you with information on schedule and rules of the event.

Organizer: AJ Hokkaido Naomi Nagase 090-8897-7032
Contact: aj.hokkaido@gmail.com (Hiroshi Horikawa)

Event: RM (Randonneurs Mondiaux) approved BRM 1200km
Organizer: General Incorporated Association, Audax Japan Hokkaido (AJ Hokkaido)
Supported by: Hokkaido, Sapporo city, Kitami city, Nemuro city, Education board of Kitami city, Education board of Minamifurano town, Education Board of Betsukai town, Education Board of Ashoro town.
Registration: July 14 (Thu) 2016, 15:00~18:00
Sapporo Community Dome, Tsudome (Sapporo Health & Sports Foundation)
885-1 Sakaemachi, Higashi Ward, Sapporo, Hokkaido 007-0852
Start: July 15 (Fri), Sapporo Community Dome, Tsudome
3:50 Sapporo Community Dome, Tsudome open
4:20 Opening ceremony, briefing
5:00~5:40 Start (see below for details)
Goal: July 18 (Mon). Takino Shizen Gakuen
106 Takino, Minami Ward, Sapporo, Hokkaido 005-0862
23:00~23:40 Finish closes (see below for details)
Time limit: 90 hours
Course: Sapporo Community Dome, Tsudome ⇒ Kitami city ⇒ Betsukai town ⇒ Nemuro city (Cape Nosappu) ⇒ Betsukai town ⇒ Kitami city ⇒ Ashoro town ⇒ Minamifurano town ⇒ Sapporo Takino Shizen Gakuen
Participants: About 200 randonneurs
Documents: Guide, Cue sheet and course map
(Downloadable from AJ Hokkaido website)

[Rule]

1. Basics

- BRM715 Hokkaido 1200km “Cape Nosappu” is a Brevet event sanctioned by RM (Randonneurs Mondiaux), and operated on the Audax Japan BRM (BRM/AJ) rules. Participants are expected to understand and follow the BRM/AJ rules. <http://www.audax-japan.org/BRM-part-regulation.html>
- Participants must sign the form prepared by the organizer at Registration, after they read and agree on “Responsibility and Risk of Participants, Waiver for Indemnity” included in the end of this Guide.
- During the ride, riders must follow traffic and other regulations. The organizer reserves the right to disqualify any participant in the Brevet if they commit any offenses (e.g. disregarding a traffic signal).
- If a rider is involved in an accident, they should report immediately to the contact staff. The organizer does not assume any responsibility for any accidents during the ride.

2. Equipment: Mandatory

- (1) **Headlights (at least two lights required. Carrying a spare light is also recommended.)**
 - Lights must be attached firmly to the bicycle body.
 - Lights attached to the helmet are not counted as Headlights.
 - Headlights must be attached to the bicycle and be ready for use at all times.
 - Lights must be turned on from evening to dawn.
 - As well as at night, you must also turn lights on in tunnel, and in poor visibility conditions such as rain or fog.
 - Even when you are riding in a group, you must use your own lights.
- (2) **Rear light (at least one rear light required)**
 - At least one rear light should be attached firmly to the main part of the bicycle (frame, seat pillar, etc.).
 - Rear lighting should be in steady mode. Blinking mode is not permitted.
- (3) **Reflective gear (required to wear on the upper half of the body)**
 - Please wear a reflective vest, or similar wear with reflective materials in front and back during the ride.

- You are required to wear reflective gear all the time, both at nighttime and during daytime. (AJH local rule)
- It is not permitted to ride wearing only a reflective sash. (AJH local rule)
- (4) **Helmet (Required)**
 - Wearing a helmet is mandatory, which is also required by Japanese Road Traffic Law as well as for insurance coverage. (AJ rule)
- (5) **Bell (Required)**
 - Carrying a bell is mandatory, which is also required by Japanese Road Traffic Law as well as for insurance coverage. (AJ rule)
 - Your bell should be attached firmly to the main part of the bicycle.
- (6) **Helmet tail light (Required)**
 - Tail light should be attached to the back of the helmet, to improve the visibility from following vehicles. Blinking mode is permitted. (AJ rule)

2. Equipment: Recommended

- (1) **Helmet light**
 - Helmet light is useful at night when checking road signs (to avoid missing a turn), cue sheet, map, cycle computer and when you have to cope with a flat tire.
- (2) **Rescue sheet (or Survival sheet)**
 - Useful when you need to stay outdoors in the cold weather.

[Route and Controls]

- Follow the route as specified in the cue sheet. Stop at each PC and ride toward the goal.

Check by Receipt	PC1, PC2, PC7, PC9
Check by Staff	Yoshino Park parking, PC3, PC4, Nosappu Kaikan, PC5, PC6, PC8

- Check point PC1, PC2, PC7, PC9 are convenience stores. Purchase something and keep the receipts. Hand over the receipts to the staff at the Goal or at manned controls. Times printed on the receipts will be counted as your PC times. Please be aware that losing one or more receipts can lead to disqualification.
- At Yoshino Park parking, PC3, PC4, Nosappu Kaikan, PC5, PC6, PC8, staff member will check your time.
- It is permitted to leave the specified route for food, repairs and other reasons. After you do this, go back to the point you left and resume your ride on the specified route.

[Rest Places]

1. Kitami City Shizen-Kyuyo-Mura Center (PC3, PC6)

- Largest facility in the ride (accommodation for sleeping) <http://kousya.sakura.ne.jp/kyu.html>
- Staff leader: Kazuyuki Sasaki (090-5226-1189)
- Drop bag (see below for details)
- Bike parking: inside a hut on the premises
- Sleeping facility: gender-separated rooms with futon and sheets, first come first served, no wake-up service (throughout all rest places)
- Food: supplied
- Bath: available
- Other: shower, laundry, vending machine, no convenience stores nearby

2. Betsukai Choumin Gymnasium (PC4, PC5)

- <http://betsukai.jp/blog/0002-2/index.php?ID=139>
- Staff leader: Yasuhiro Katagiri (090-8720-8342)
- No drop bag
- Sleeping facility: Gymnasium (wooden floor, mat, blanket and pillow available)
- Food: Bread and milk locally produced (subject to change)
- Bath: small number of showers available

3. Kanayama Lake Sports Kenshu Center (PC8)

- http://www.donkoro.com/?page_id=4744
- Staff leader: Yuichiro Ohba (090-8899-5473)
- No drop bag
- Bike parking: outside the building on the lawn

- Sleeping facility: gender-separated rooms and a hall with mats, blankets and pillows available.
- Food: supplied
- Bath: two showers each for males/females
- Other: Laundry, There is a bath facility in 'Kanayama Lake Recreation Center' 200m away. Open 10:00-21:00 (410 yen)

4. Nosappu Kaikan

- Staff leader: Tadashi Nomura (090-3672-8498)
- No drop bag
- Open: July 15, 21:00 ~ July 16, 21:00 (In case rider arrives outside of this time period, they are asked to obtain a proof of passing by themselves, e.g., by taking a picture.)
- Bike parking: outside the building on the lawn
- Sleeping facility: Hall (tatami and wooden floor, blankets available)
- Food: light snacks (subject to change)
- Bath: not available
- Other: Restaurant nearby (Tomoshihi: open 8:30~17:30)

5. Ashoro Chomin Center

- http://obikan.jp/post_venue/9143/
- 500m off the course. no check. use is optional.
- Staff leader: Akinari Iwanaga (080-5582-7195)
- No drop bag
- Open: July 17, 7:00 ~ 22:00
- Sleeping facility: Hall (tatami floor, no blanket)
- Food: not available
- Other: vending machine in the building, convenience store nearby

[Drop Bag]

1. Check-in and Transfer

- (1) **Start (Sapporo Community Center) ⇒ PC3·PC6 (Kitami City Shizen-Kyuyo-Mura Center)**
 - Bag check-in accepted on July 14 during registration period.
 - Receive a baggage tag with your entry number at registration. Attach the tag on your bag and check it in to the bag staff. Receive and keep your half of the tag.
 - If checking in a box, tape your tag on the box. Write your name clearly in a visible place on the box.
- (2) **PC3·PC6 (Kitami City Shizen-Kyuyo-Mura Center) ⇒ Goal (Takino Shizen Gakuen)**
 - Check in during PC3 and PC6 open time.
 - PC6 check-in closes at 17:00 July 17 (Sun).
 - Recheck-in of bags transferred from the start accepted. Keep the tag on the bag.
 - Check-in of new bags also accepted. Containers (e.g., boxes) must be prepared by the rider.

2. Pick-up

- (1) **PC3·PC6**
 - Pick-up available during PC3·PC6 open time.
 - Retrieve your bag by showing your Brevet card or drop bag tag.
 - Keep the bag tag (with entry number) on the bag.
- (2) **Goal / Finish**
 - Pick-up available from 23:00 July 17 (Sun) to 10:00 July 19 (Tue) at the Goal, Takino Shizen Gakuen.
 - Retrieve your bag by showing your Brevet card or drop bag tag.
 - Pick-up time and place is the same for people who've abandoned the ride early.
 - No bag dispatch service is available and checked-in bags must be picked up by participants, or they will be discarded.

3. Number and Size

- One bag per person. Max size 25 liters. Bags, boxes or wrappings should be prepared by participants.
- Max box size 100cm (Length+Width+Height)
- Pack carefully. No compensation in case of damage/loss.
- Fragile items and valuables not accepted.

[Luggage Storage and Transfer]

- Storage and transfer service for luggage other than drop bags, such as bike boxes and bags (no valuables), is available at the Start, Sapporo Community Dome, Tsudome.
- Pick-up is at the Goal, Takino Shizen Gakuen.
- Luggage will be transferred directly to the Goal. Note that riders who've abandoned early must also pick up their luggage at the Goal.

[Support & Withdrawal]

1. Support

- Participant must complete the ride on their own. Escort and other support by car or bicycle (including drafting) by people other than participants are prohibited during the ride. Third party support can only be received at PCs.
- Receiving help from other participants or from a third party without pre-arrangement (including bicycle shop repairs) is permitted.

2. Ride Withdrawal

- Riders must notify the staff immediately in case of withdrawal, accident, sickness, time over, loss of receipts, etc. Staff contact numbers are on the Brevet card. Participants are responsible for handling accidents by themselves.
 - ⊙ Emergency contact information for domestic participants
 - * Naomi Nagase 090-8897-7032 (Organizer)
 - * Toshio Muto 080-6096-3483
 - ⊙ Emergency contact information for overseas participants
 - * Hiroshi Horikawa 090-7510-9164
 - * Shin'ya Kawabe 090-3592-0772
 - * Akinari Iwanaga 090-5582-7195
- In the case of DNS (Do Not Start), inform the staff beforehand.
- In the case of withdrawal, Riders are responsible for securing transportation back to the Goal by themselves. AJ Hokkaido DOES NOT provide nor arrange SAG service for collection of participants or bicycles.

[Event Cancellation]

- Bad weather and other contingencies may force the organizer to decide to cancel the event before or after the event started. Even when the organizer decides to continue, it does not guarantee the safety of the riders. Each rider should be responsible to make their own judgment to continue, suspend or abandon the ride. No refund of the entree fee is provided in case of event cancellation.

[Registration on July 14]

1. **Place: Sapporo Community Dome, Tsudome** (885-1 Sakaemachi, Higashi Ward, Sapporo, Hokkaido 007-0852)
2. **Time: 15:00 ~ 18:00**
In the event that you cannot come to registration within this time, inform the staff beforehand.
E-mail: aj.hokkaido@gmail.com (Hiroshi Horikawa)

3. Registration procedure

(1) Participant must sign the waiver document

- Riders must sign the form prepared by the organizer at Registration, after they read and agree on "Responsibility and Risk of Participants, Waiver for Indemnity" included in the end of this Guide.

(2) Choice of start time (group)

- Riders will be divided into groups and start in 10 min. intervals.
- Choose your start time at registration.

Group	Start Time	Group Size
1	5:00	40
2	5:10	40
3	5:20	40
4	5:30	40
5	5:40	40

(3) Brevet card and Bag tag

- Receive your brevet card for your start group.
 - Make sure PC open/close times are printed according to your start time.
 - Fill in necessary items in the brevet card, which must be carried until you reach the goal. (Bring a pen to the registration.)
 - Those who use the drop bag service should receive a bag tag. Write your name on the tag.
- (4) **Bike check**
- Go to the bike check and get your bike and safety equipment inspected. Staff will sign on the Brevet card if the bike passes inspection. In case the inspection fails, you must make necessary corrections and receive inspection by the start time the next day.
 - Bring your bike in the same condition as at the start with all safety equipment attached. Helmet, helmet tail light and reflective gear will also be inspected.
- (5) **Drop bag check-in**
- Put the bag tag on your bag and bring it to the Drop Bag Check-in Desk.
- (6) **AJ pin badge** (in support of Kumamoto earthquake victims)
- Pin badge with AJ logo will be sold for 500 yen.
 - Out of proceeds, 200 yen per badge will be donated by Audax Japan to Kumamoto earthquake support fund.
- (7) **Commemorative jersey** (Overseas residents)
- Those who ordered can make a payment and pick up commemorative jerseys. Make sure to check the number and size before pick up.
- (8) **Insurance** (Overseas residents)
- For overseas residents who did not enter their insurance information at sign-up, AJ Hokkaido purchase insurance premium necessary for them to participate in the event. They are requested to pay 1,000 yen for the cost.

[Start on July 15]

1. **Start: Sapporo Community Dome, Tsudome** <http://www.shsf.jp/tsudome/>
2. **Car parking**
 - Available: July 15 3:00 ~ July 19 21:00
 - Drive out time: 9:00–21:00 (gate closed at night).
 - Park your car in the allotted space for Brevet participants.
3. **Open: 3:50**
 - Walk your bike and enter from the specified entrance. (No registration required)
 - Those who did not complete registration or bike check should talk to the staff. (Registration required)
 - Those who did need to check in their drop bags should receive a bag tag at the registration and check it in at the Drop Bag Check-in Desk.
4. **Light meal**
 - Sandwiches and coffee will be served.
5. **Opening Ceremony & Briefing: 4:20**
 - In the Entrance hall.
6. **Start procedure**
 - Line up at the start place designated by the staff 10 min. before the start time of your group, which is indicated on the Brevet card.
 - Depart after you get your Brevet card signed by a staff member.
 - Depending on the traffic, the staff may control the timing when leaving the premise to the public road. Follow the instructions given by the staff.
 - Departure is permitted until one hour after the start time. (Staff will sign on the Brevet card)

Group	Start Time	Group Size	Line up by
1	5:00	40	4:50
2	5:10	40	5:00
3	5:20	40	5:10
4	5:30	40	5:20
5	5:40	40	5:30

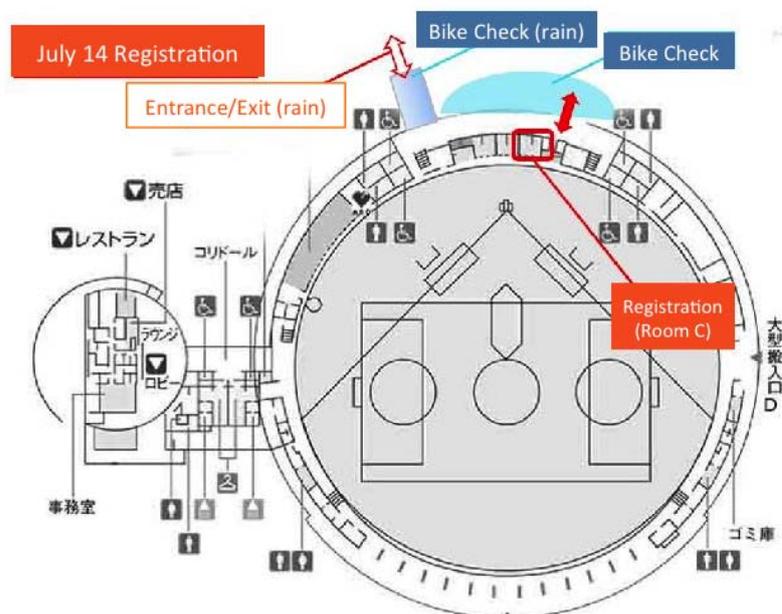
[Advice during the Ride]

- Please be courteous to others and be mindful about manners, particularly in convenience stores. The behavior of each participant will affect how Randonneuring is accepted by society. Do not throw away garbage on the road. Be responsible for your actions as a Randonnee (cyclist).
- Ride carefully and watch the road surface for gaps and pot holes.
- Prepare for the cold weather. Even when it is warm in daytime, it can get cold, even below 10°C , after sunset to early morning.
- Information on the trial run report, additional instructions and other notifications may be posted on the AJ Hokkaido web site. (<http://www3.rocketbbs.com/13/bbs.cgi?id=ajhokkai>)

[Goal]

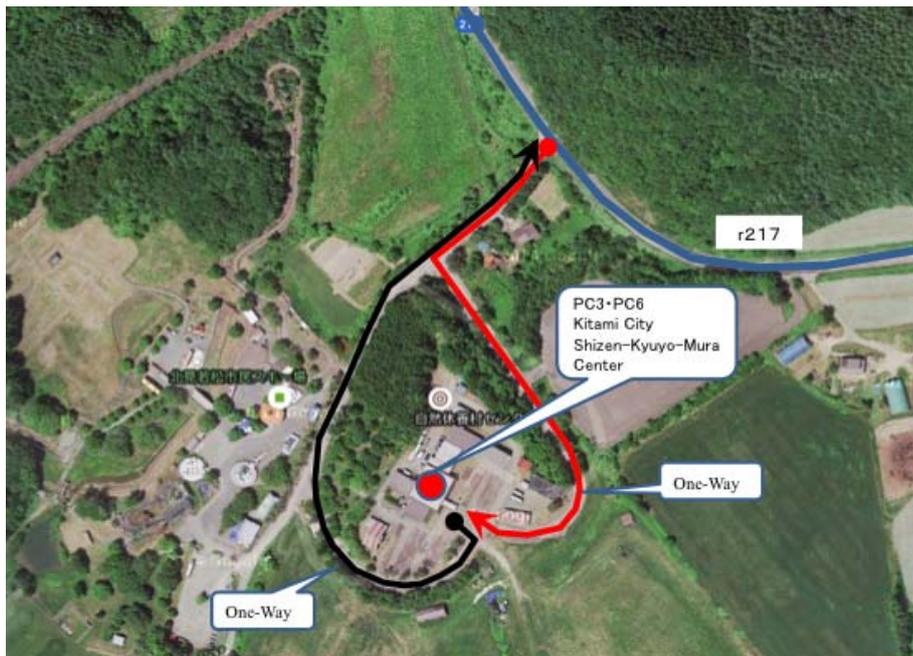
- Place: Takino Shizen Gakuen (<http://www.syaa.jp/takino/index.html#id1>)
- Staff leader: Naomi Nagase (090-8897-7032)
- Open: July 16, 22:00 ~ July 19, 10:00
- Sleeping facility: Gender-separated large shared rooms (Wooden floor classrooms). Mat, sheets, sleeping bags available.
- Bath: Communal baths for males and for females. Shower available.
- Food: Breakfast, lunch and supper will be provided while the Goal is open.
- Others: laundry, nearest convenience store 3.6km away.

[Sapporo Community Dome, Tsudome]

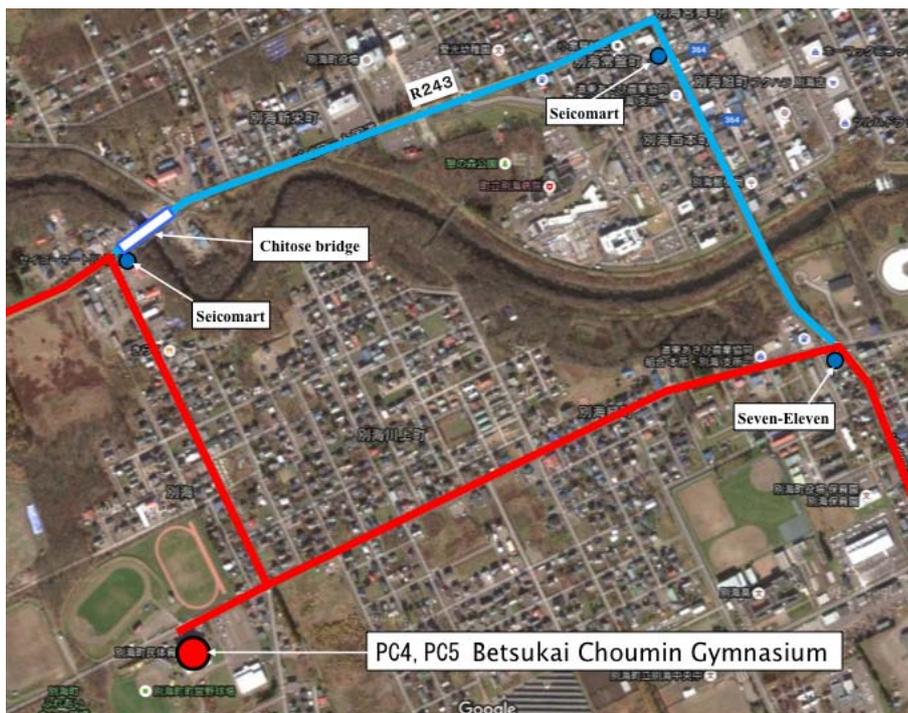




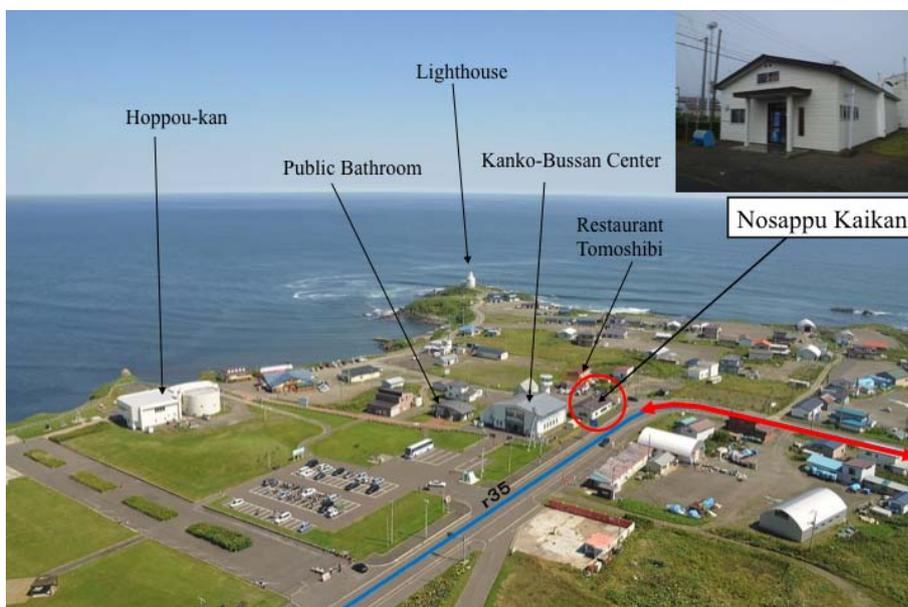
[Kitami Shizen-Kyuyo-Mura Center]



[Betsukai Chomin Gymnasium]



[Nosappu Kaikan]



[Kanayama Lake Sports Kenshu Center]



[Takino Shizen Gakuen]



Responsibility and Risk of Participants, Waiver for Indemnity

I acknowledge that I understand this waiver's intent, and I, for myself, my heirs, executors, administrators, and representatives, do hereby agree and will absolve and hold harmless the organizers of this Brevet Randonneurs Mondiaux (herein called Event) hosted by accredited person by Audax Japan (AJ).

1. I understand the risks inherent in Randonneur events, and approve, agree, and declare that I am physically and mentally capable of participating in and have the qualification to participate in the Event. I agree and guarantee to withdraw immediately from the Event in my judgment, when I find it unsafe to continue for any reason, including fatigue, injury and accidents during the Event.
2. I understand that the Event takes place on public roadway and accept the possible risks during the Event. I agree and guarantee to observe all local traffic regulations (in Japan), and to follow traffic lights and signs. Furthermore, I agree and guarantee to withdraw immediately from the Event in my judgment, when I find weather or road conditions are unsafe.
3. I fully understand the followings:
 - (a) Sport of cycling can be dangerous, exposing participants to many risks and hazards (herein called Risks) including permanent physical disorder, paralysis, or death.
 - (b) These Risks may result from my own actions, from actions of other participants of the Event, from conditions of the Event, or from accidents incurred by third parties.
 - (c) There are known and currently unforeseen Risks and possibilities of social and economic losses. I fully accept all the Risks and responsibility for loss, expense and damage incurred by participating in the Event.
4. I hereby release and forever discharge and hold harmless and agree not to sue the organizers accredited by AJ, volunteers, and the owner or the lender of the premises on which the Event takes place (herein called Released Parties) of any expense, compensation request, liability, loss or damage arising from my participation in the Event. Furthermore, I agree that, when, regardless of this waiver, release and indemnity, I or my representative submit a request for compensations to members of Released Parties, I shall compensate and protect each of Released Parties for all lawsuit cost, lawyer fees, requested compensations, damages and expenses incurred by said request.
5. I agree to receive medical treatment in case I suffer injury or disease during the Event. And I agree to pay the fee for the medical treatment I received.
6. I permit my name, voice, photographs, and images to be used, free of charge, in radio broadcasting, in television broadcasting, on the Internet website, in visual recording, in newscast, and other uses related to the Event.
7. I agree not to request a refund of the participation fee when the Event is cancelled under unforeseen circumstances, such as bad weather or disaster, not responsible for the organizers.
8. I agree that I present/submit my insurance information/document upon signing up to the Event to confirm that I am adequately covered by an insurance which meets the requirement of AJ. I also agree that I am responsible to secure adequate insurance coverage.
9. I agree that in case the schedule of the Event is altered due to unforeseen conditions, such as bad weather or disaster, it is my responsibility to reaffirm the validity of my insurance under the altered schedule. I agree that, if I find my insurance is not valid under the altered schedule, I will inform the organizer and refrain from starting. I also agree that I will not request a refund of the participation fee in said circumstances.

I hereby confirm that I have read this document and have fully comprehended its conditions, that I understand that by signing this form I have given up my rights as described in this document, that I have voluntarily signed without any coercion or guarantee, that I understand that this completely waives all responsibilities of Released Parties without any conditions within the laws, and that even in case any portion of this document be deemed void, remaining parts hold valid and effectual.