**BRM713 Hokkaido Cape Erimo 1000km Particpation Guide**

**ＢＲＭ７１３ 北海道１０００ｋｍ襟裳岬出走ガイド**

Thank you very much for participating in the BRM713 Hokkaido Cape Erimo 1000km Brevet. This participation guide explains the rules and schedule and other important information for this Brevet.

**※ This guide contains information not usually found in such a guide. So, even riders used to Brevets, should read this guide carefully, especially those points in red.**

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※ Audax Japan Hokkaido (AJH)is a gathering of Hokkaido cyclists who wish to participate in Brevets. BRM are organized and managed by volunteers.

The AJH web site: http://sappwind.sakura.ne.jp

【**Schedule**】

Event type: A 1000k Brevet officially recognized by the ACP.

Date: 13th July (Friday) to 16th July (Monday)

Reception begins: 06:00

Briefing: 06:30

Start time: 07;00 to 08;00

Start location: Moere Numa Park, the South Gate, in front of the ‘Field House’

Time limit: 75 hours

Course: Sapporo – Monbetsu – Abashiri - Urahoro – Obihiro – Cape Erimo – Sapporo

Handouts: cue-sheet, a rough course map: these can be downloaded for the AJH web site.

【**Rules**】

1. Basic items

* Your participation in this event assumes that you understand the BRM/AJ rules which can be found here; <https://www.audax-japan.org/brevet/brm/brm-part-regulation/>
* You must sign the ‘waiver form’ in the place indicated by the organizers. There is a copy of the waiver form at the end of this guide. This waiver form makes clear that participants cannot hold the organizer responsible for any accident.
* Please observe all traffic laws. Any participants that are seen to ignore or are reported to have ignored a traffic light may be disqualified.
* Should participants be involved in an accident or be injured, please inform the organizers. The organizers will not bear any responsibility for any accidents that occur during the event.

2. Required equipment

(1) Front lights

* At least two front lights are compulsory, spare lights are also recommended.
* These lights must be fixed to the bicycle.
* Lights attached to the helmet are not counted as front lights.
* These front lights must always be attached to the bicycle and be operable.
* These lights must be turned on from sunset until sunrise.
* These lights must also be turned on when visibility is poor, such as when going through tunnels, and when there is fog or rain.
* Even when cycling in a group, all riders must have their front lights turned on.

(2) Rear light

* At least one rear lights is compulsory.
* At least one rear light must be fixed to the bicycle frame or sit post.
* It is not permitted to use rear lights in flashing modes.

(3) Reflective outfit for the upper body

* When riding, participants must wear a reflective vest, or something similar that has reflective material that can be seen from both the front and back.
* The reflective vest must be worn at all time, not just when it is dark. This is a local AJH rule.
* The use of a reflective sash as a reflective vest is not permitted. This is a local AJH rule.

(4) Helmet

* In line with the law and insurance requirements, a helmet must be worn at all times.

(5) Bell

* In line with the law and insurance requirements, a bell must be attached to the bicycle at all times.

(6) Helmet rear light

* At least one rear helmet light is required.
* It is permitted to have this light in a flashing mode.

2. Suggested equipment

(1) Helmet front light

* A light attached to the front of the helmet is useful for; reading signs at night, fixing punctures, reading maps and cue-sheets.

(2) A rescue/survival sheet

* This is very useful for when you have to be outside in cold weather.

【About Support】

* Participants are expected to do the ride without any support. Riders are forbidden to be accompanied (e.g. drafting) by riders who are not themselves participants. Riders may only receive support from third-parties at checkpoints.
* Riders may receive assistance from other participants and from third parties as long as this support has not been pre-arranged. For example, riders may seek mechanical assistance from bicycle shops.

【Cancelling or discontinuing the ride】

The organizers may cancel or discontinue the ride due to bad weather or other reasons without any prior warning. It is possible that the ride may be discontinued even after the start of the ride. Even the ride is not discontinued, it is the responsibility of individual riders to decide to quit or wait for conditions to improve to protect their own wellbeing and safety. If the ride is cancelled or discontinued the participation fee will not be returned.

【Belongings】

Please understand that the organizers will not look after luggage either at the start or goal.

【About the reception and start】

* Location: The Field House, Moerenuma Park, Higashi-Ku, Sapporo City
* Reception time: from 06:00
* Items to be distributed: Brevet Card. An envelope. Information about how to purchase a finishing medal, and the QR code containing information about how to contact the organizers.
* Briefing: 06:30
* Departure times: ①7：00　②7：15　③7：30. Your departure time can be found on the AJ web site.
* After completing reception, please assemble at the Field House 15 minutes before your departure time.
* After having your bike and required equipment checked, please set off on the ride.
* The first 1km of the ride is within the park in which pedestrians have priority, so ride slowly,

**※If you are unable to participate, please email the organizers.**

Email address: <[ajh713erimo@gmail.com](mailto:ajh713erimo@gmail.com)> Subject: DNS contact

DNS mail page < [<https://sites.google.com/view/ajh2018brm713/dns>](https://sites.google.com/view/ajh2018brm713)

※About parking and Taxis

For these of you getting a Taxi or a ride to the start, the Moerenuma Park South Gate will be open from 05:30 to 07:30. Please park in the car park marked P3 on the map below. However, please understand that it is not possible to leave cars in any car park within Moerenuma Park during the ride. Cars found in car parks during night time may be reported to the police.



【About the course】

Follow the course as described on the Que-Sheet, and stop at the PCs (which have time limits) and the Transit Points (which do not have time limits).

1. The PCs are convenience stores. At PCs, buy something and receive a receipt, which will be time-stamped. Keep the receipts in a safe place as these will be the record and proof of your having stopped at the PCs. The PCs have open and close times. If you arrive early at a PC, please wait until the open time and get a receipt.
2. The Transit Points A, B, E, (F) are ‘question checks’. The question for each Transit Point is written in the Brevet Card. At each Transit Point, find the answer to the question and write it in your Brevet Card. (Remember to bring a writing implement with you)
3. Transit Points C & D are convenience stores. Buy something, and your receipt will be proof of passage. Keep the receipts in a safe place.
4. The GOAL is also a convenience store. There will be no staff at the goal. Buy something, and the time printed on the receipt will be your finishing time. If this time is after the official closing time of the ride, your ride will not be officially recognized (DNF).

* Losing a receipt may well lead to you being disqualified, so please take great care with your receipts.
* Should you need to leave the official route for any reason (e.g. to buy something or for repairs) you must return to the same point that you left the route and continue on the official route.

★In the event of bad weather around Cape Erimo, there is an alternative route.

In the event of bad weather, the route between Hiroo (広尾) the 727k point and Samani (様似) the 810k point, may be closed by the authorities.

In case this section of the route is closed, we have prepared an alternative route. Please refer to these route at the bottom of the Que Sheet.

In the event of the road being closed please use this alternative route. Even if there is no indication that the road is closed, please use this alternative route should you feel it is necessary,

However, it is possible that alternative route could also be closed. Whatever happens, please follow the advice and instructions of the authorities.

※In the event that both routes are closed, please wait until one of them is open. In this event, it is possible that we will consider some kind of measure to take into account this extra time.

★It is each riders responsibity to check the road conditions.

If you have a smart phone, you can see the official local government road information page:

<http://info-road.hdb.hkd.mlit.go.jp/RoadInfo/index.htm>

It is also possible to get information about the roads at ‘Road Stations’ (Michi-no-Eki) . However, these ‘stations’ are often closed at night. The Road Station in Taiki is closed from 18:00 to 09:30.

【GOAL procedure】

After reaching the end of the ride. You need to send a ‘ride completed’ email, fill in your Brevet Card and send the cards with your receipts.

（1）Sending ‘ride completed’ email

Within 30 minutes of you completing the ride, send an email message to <[ajh713erimo@gmail.com](mailto:ajh713erimo@gmail.com)>. The subject must be ‘ride completed’. In the message type: tour ride number, your name, and the date and time of completing the ride.

At the start you will receive a piece of paper on which there will be a QR code. You can use this to send your ‘ride completed’ message.

★ The purpose of the ‘ride completed’ message, as with a DNF message, is to confirm the safety of the riders, so please help us by sending the message.

In the event of no email message, the emergency phone number that you listed in the entry form may be contacted.

（2）Posting your Brevet Card

① Each rider must copy the times from the PC and Transit Point check receipts to their Brevet Cards.

② Check that the answer to Transit Point questions have been written in your Brevet Card.

③ Sign your Brevet Card.

④ Put your Brevet Card and receipts in an envelope.

⑤ Attach a stamp and post the envelope.

★ It is possible to buy stamps and post your Brevet Card and receipts from the Lawson Convenience store, the GOAL. We encourage you to do this.

★ It is also possible to submit your Brevet Cards and receipts at the ‘Goal Party’ on the 16th July.

★ Your Brevet Card and receipts MUST arrive by the 18th July (Wednesday). If you do mot post your Brevet Card and receipts within Sapporo, it is possible that they may not arrive on time.

【DNF – What to do if you don’t finish the ride】

* In the event of not competing the course, you MUST email or phone the ride organizers.
* The phone number is on your Brevet Card.
* If sending an email message, send the message to <[ajh713erimo@gmail.com](mailto:ajh713erimo@gmail.com)>, with a subject of ‘Ride DNF’, and in the body of the message type: your ride number, your name, and your situation.
* At the start you will receive a piece of paper with a QR code on it. You can use this to send a DNF message.
* In the event of an accident, please deal with the situation yourself.
* If you are unable to complete the ride it is your responsibility to find transport to get back to start area or to where ever you need to go. The organizers will not be able to assist with transport in any way.

（3） 完走メダルの申し込み

ＡＣＰ発行の完走認定メダルをご希望の方は、完走後、7月18日（水）までに、指定のゆうちょ口座にメダル代金1,000円を振り込んでください。入金確認をもってメダル申し込みの受付けとします。受付結果については仮リザルトにて公表しますので各々確認してください。(振込手数料は各自負担でお願いします)

★口座情報は以下です (スタート受付の際に紙片に印刷してお渡しします)

郵便局（又はゆうちょ銀行）から送金される場合  
【ゆうちょ銀行総合口座】  
【記号・番号】19000-15232571  
【口座名】オダックス　ジャパン北海道（オダックス ジャパンホッカイドウ）  
  
銀行等から送金される場合　  
【金融機関名】ゆうちょ銀行  
【店名】九〇八(キュウゼロハチ)  
【店番】９０８  
【預金種目】普通預金  
【口座番号】１５２３２５７  
【口座名】オダックス　ジャパン北海道（オダックス ジャパンホッカイドウ）

※当該ブルベのメダル購入専用口座です。他の振り込みには使用しないで下さい。

（4）ゴールクローズ時刻を過ぎてしまったがコース通りに走った場合

ＰＣと通過チェックの全てを通過したことが証明できる場合（時間は不問）、時間外完走者としてＡＪ北海道リザルトに発表します。集めたレシートと、クイズの答えが記入されていることを確認して、上記同様に投函してください。ゴールパーティーでの提出も可能です。

ＡＣＰ認定はありません。完走メダルの購入もできません。

【リタイヤについて】

**・**リタイアや事故などの場合は、必ず、運営スタッフへ電話かメールで連絡してください。

・電話番号はブルベカードに記載してあります。

・メールでの連絡の場合は、専用メールアドレス<[ajh713erimo@gmail.com](mailto:ajh713erimo@gmail.com)>に、件名を「ＤＮＦ連絡」として、①出走番号、②氏名、③状況等を入力して送信してください。

スタートでお渡しする紙片に「連絡用ＱＲコード」が印刷してありますので、そちらもご利用いただけます。

・事故処理等は各自が行ってください。

**・**リタイアの場合は、自力で移動手段を確保してスタート地点に戻るか、直接帰宅して下さい。主催者による参加者及び自転車等の回収（手配を含め）は行いません。

【注意事項】

**・主催者側では、参加者留め置き用の駐車場は用意していません。また、モエレ沼公園に車を留め置くことはできません。**

**・**北海道の道路は総じて気候条件によるダメージで、段差、陥没など諸所に見られます。コース全般にわたって路面には十分に注意してください。

**・**日中は暖かくても日没後、急激に冷え込むことが予想されます。雨が降る可能性も含め、防寒装備は念入りにご準備ください。

**・**試走報告や注意点の追加など、AJ北海道サイトの掲示板（下記URL参照）で周知することがあります。こちらも併せて確認するようにお願い致します。

<http://www3.rocketbbs.com/13/bbs.cgi?id=ajhokkai>

【マナーについて】

**・**路上にゴミを捨てることは論外です。ランドネ（自転車乗り）として自らの行動に責任を負ってください。

**・**コンビニでは、他の利用者に迷惑とならないようマナーに心がけてください。私たちが社会から敬意をもって受け入れられるように、皆様一人一人の行動でご協力ください。

【別紙】

**一般社団法人オダックス・ジャパン北海道が開催するイベントへ参加する者の**

**責任・リスクの負担・及び補償の免除と権利放棄書**

　AJが公認する主催者が主催するブルベ・ド・ランドヌール・モンディオー（以下“イベント”）への参加申し込みをするにあたり、私は、私自身、相続人及び最近親者を代表して

1．自転車走行イベントの本質を理解し、私が健康でそのようなイベントに参加するのに適した身体状態にあり、その資格があることを、承認、同意、断言します。更に、私は走行開始後において、疲労、けが、事故、その他の予測不可能なアクシデントにより、走行継続が安全でないと思われた時点で自己の判断において、直ちにイベントへの参加を中止することに同意し保証します。

2． 私はイベントが公共道路上にて行なわれ、走行中の危険性も予測されることを承認します。また、走行にあたり、全ての交通法規を守り、信号機、標識に従って安全に走行することに同意し保証します。更に、私は天候及び地理的状況が安全でないと思われた時点で自己の判断において、直ちにイベントへの参加を中止することに同意し保証します。

3．以下のことを十分に理解します。

（a）　自転車走行イベントには、永続的な身体障害、麻痺、及び死亡を含む重い身体障害のリスクと危険（以下“リスク”）が伴うこと。

（b）　これらのリスクや危険が、私自身の行動、イベントに参加する他者の行動、イベントが行われる状況、あるいは第三者の過失によって起こるかもしれないこと。

（c）　今の時点で私が知っている、または現時点では簡単に予知できない、その他のリスク及び社会的、経済的損失があるかもしれないこと。そして私は、イベントへの参加の結果私が被るであろう、全てのそのようなリスクと、損失、費用及び損害の全責任を負い、それを完全に受諾します。

4．AJが公認する主催者、ボランティア、及び当てはまる場合はイベントが行われる敷地の所有者および貸主〔被免除者〕に対し、私のために起きた、全ての責任、賠償請求、要求、損失または損害に関して、免除、免責し、訴訟を起こさないことをここに約束します。更に私は、この責任、リスクの負担、及び補償の免除＆権利放棄書にかかわらず、私または私に代わる誰かが被免除者のいずれかに対して要求を申し出た場合、そのような要求の結果招かれる、訴訟の費用、弁護士料、損失、責任、損害または費用において、被免除者のそれぞれを補償、保護し、無害に留めることに同意します。

5．私は、イベント中に私が病気やけがをした際には望ましいとされる医療を受けることに同意いたします。また、私が受けた医療行為にかかった費用を負担することに同意します。

6．私は、私の名前、声、写真、映像が本イベントに関するラジオ放送、テレビ放送、インターネットウェブサイト、録画物、報道、その他本イベントのために無償で使用されることを許可します。私はこの同意書を読み、その条件を十分に理解し、これに署名することで多大な権利を放棄したこと、更に如何なる質の勧誘や保証も受けることなく自発的に署名したこと、またこれが法のもと許される限り最大限の全責任を無条件に完全に免除するものであることを理解し、またもし本同意書にある如何なる箇所が無効とされた場合も、尚且つ、残りの部分は引き続き完全に有効であり実施中であることに同意します。

7.私は、申し込んだイベントが天候や災害などやむを得ない事情により中止された場合、主催者が参加費の返還をしないことに同意します。

8.私は、イベントへの参加手続において、自己完結して走れる責任あるランドヌールとして主催者が求める条件を満たす保険に加入していることを確認し、その情報について正確に記載・提出することに同意します。また、イベントの実施期間に変更が生じた場合、当該保険適用期間であることを自らの責任で確認することに同意します。