



HOKKAIDO TRIATHLON

2019 ATHLETE INFORMATION GUIDE



HOKKAIDO
TRIATHLON

北海道トライアスロンは雄大な北海道を舞台に、トライアスロン大会を通じて地域とスポーツの共生を目指しています。

澄み切った淡水の洞爺湖でのスイム、地平線を望みどこまでも続くバイク、

湖畔の木陰のもと、湖面を吹き抜けるそよ風を感じ駆け抜けるラン。

北海道のすべてを楽しみ尽くせる。

気持ちに余裕を持って、時には一時停止して深呼吸。そんな新しいスタイルのトライアスロン。

contact@hokkaido-triathlon.jp



2019 HOKKAIDO TRIATHLON

Important notices;

- No roadblocks. MUST obey traffic rules.
- Must follow all traffic rules. Stop on stop signs, and red lights. Otherwise, you will be penalized.
- Everyone MUST participate in the **Race Briefing.**



**17:00- @ Toya Bunka Center
Saturday, August 18th**

- **Mandatory**
- **Head-counts will be taken**
- **No participation, no race**

Schedule of Events;

Saturday, 17 August

11:00 – 16:30	Mechanic Service	Toya Bunka Center Car Park
14:30 – 16:45	Registration	Toya Bunka Center
17:00 – 18:10	Race Briefing	Toya Bunka Center

- No Bike check-in on Saturday.
- Please bring your bikes/gears to T1 & T2 on race morning.
- Fee required for Mechanic Service(s).

Sunday, 18 August * detailed race day schedule on pg.4

5:30 – 6:40	Transition Areas Open	T1 : Mt.Usu Memorial Park T2 : Toya Bunka Center Car Park
7:00	Swim Start	---
15:30 – 19:00	Begin race bag return & bike pick-up	T2 (Race Organizer will bring T1 bags to T2)
18:00	Race Close	
17:00 – 18:30	After Party Awards Ceremony	Toya Bunka Center

- Please collect your bike and gears by **19:00.**

Weather;

- Average temperature ... 19.6 degrees Celcius
 - Big temperature difference between daytime and night.
- Keep an eye on most updated weather conditions;
[accuweather](#) [Japan Weather Association](#)
-

Getting to Race Venue (Lake Toya);

- Nearest airport ... **New Chitose Airport**
120km, 90 minute distance by car -> [google maps](#)
 - Other means of transportation (train, bus) not recommended.
 - Please inquire if you intend to use train and/or bus from airport or Sapporo city.
-

Race Venue (Lake Toya);

- Main Venue ... Toya Bunka Center -> [google maps](#)





- Limited public parking available around Toya Bunka Center venue.
- No car parking available around Start / T1 / Finish Area.
- Helmets must be worn & strapped when riding your bike.

Race Registration

Saturday, 18 August

11:00 – 16:30	Mechanic Service	Toya Bunka Center Car Park
14:30 – 16:45	Registration	Toya Bunka Center
17:00 – 18:10	Riders Meeting	Toya Bunka Center

Must Bring Items;

- Photo ID
- JTU License *1 (1-day license can be issued at venue for 1000 yen)
- Copy of Japanese Health Insurance Card (not required for oversea athletes)
- Hard copy of Waiver Form with your sign

*1 ... JTU License

All athletes must hold a valid Japan Triathlon Union license. Oversea athletes can register & pay for a 1-day license at venue.

Please have 1000 yen ready.

Swim

- Water depth is approx. 50m on swim course.
- Test swim **only** possible before swim start on Race day.
- Water temperature as of 5 August is around 20-24 degrees Celcius.

Bike

- Must follow all traffic rules. Stop on stop signs, and red lights.
- Watch out for tractors and other farm vehicles.
- Careful not to disturb or violate private land/property.

Race Regulations

- Details to be explained at Riders Meeting
- No road blocks. **MUST** obey traffic rules.
- Must carry cellphone during bike & run.

Race Day

Sunday, 18 August		
5:30 – 6:40	Transition Areas Open	T1 : Mt.Usu Memorial Park T2 : Toya Bunka Center Car Park
1.) Run gears in RED bag, Bike gears in BLUE bag 2.) Go to T2 first, prepare your Run gears 3.) Go to T1, set your Bike gears * Dressing rooms located in both T1 & T2		
6:00 – 6:45	Pre-Swim Bag Drop Ankle Band Distribution Body Marking	Swim Start Area
<ul style="list-style-type: none">- For items you'd like to receive right after race finish, put them in BLACK bag, and drop the bag off at "Pre-Swim Bag Drop," located at Swim Start Area.- Ankle bands must be worn on your ankles. Please make sure the race number is correct.- Body markings must be drawn either on the <u>back of your hand</u> or <u>upper arm</u>.		
6:40 – 6:55	Swim Check Warm-up	Swim Start Area
<ul style="list-style-type: none">- Ankle bands must be worn to enter start area.- You will not be allowed to go out of the area once entered.		

SWIM



- Fresh water (not sea water)
- Water temperature expected to be around 23.0 degrees Celsius.
- Feet will not touch ground, water depth is 50m at deepest location.
- Large yellow buoy show turnaround.
- **Cut-off time 1hour 15min.**
- Marshall may instruct the athlete to stop before the cut-off.
- **Wetsuits are highly recommended.**
- Based on JTU regulations, if water temperature is 20 degrees and under, all athletes must wear wetsuits.
- When sun is out, glare makes it hard to see where the buoy is. Use of dark or tinted goggles recommended.
- Swim skip is possible. Request to marshall before swim start or until 8:00 at the landing point (④, ⑦)

Lifesaver checks the physical condition by speaking to athlete who needs help. Please respond with two signs.

- Hit the top of the head with your hand
- Answer "Okay" with a loud voice

If you can't do these two signs quickly, you will be rescued immediately.

TRANSITION 1 (T1)

- Bike gears to be put in **BLUE** bag and placed with your bike on race morning (T1 open from 5:30am – 6:40am).
- After swim, place your swim gear **inside** the **BLUE** bag.
- **BLUE** bag will be collected by Race organizers and returned to athletes at T2, after race finish.
- Those items not placed inside the **BLUE** bag will be collected as lost items, and can be redeemed at T2.

** Race organizers will not be responsible for items lost or damaged.*

BIKE



- Roads not closed.
- Must obey general traffic regulations.
- Stay on left hand side of the road.
- 100m, 50m, 20m signs show distance to turn.
- The left turn at 63.6km is a hard-to-see intersection because of the gap between the windbreak boards (preventing snowstorm walls). Slow down early and don't turn left after protruding right. In addition to this, be careful when turning right as the 35km point has poor visibility.

TRAFFIC REGULATIONS

There have been comments from volunteers and security guards that in the previous years, “some athletes intentionally did not stop at places with stop signs.”

The race can not be held if the rules are not kept.

At Riders Meeting, Race organizers would like to hear thoughts and comments from athletes on how/what sort of penalties should be given when violation of the rules have been spotted.

BIKE

- **Three traffic lights** on bike course;
 - ✓ 4.9km ... Kept at green light. No need to stop.
 - ✓ 69.2km ... Must obey traffic light.
 - ✓ 134.7km ... Must obey traffic light.
- **Twenty One stop-signs** on bike course;
 - ✓ Volunteers and security guards will be stationed to “assist” the athletes. It is the athletes' responsibility to acknowledge the stop sign and come to a complete stop.
Security guards and volunteers do not give instructions to "proceed". If the danger is imminent, it may be stopped. If you ask them "Is it OK to proceed?" Or "Is it OK if I stop for this amount of time?", They are not in a position to make that decision. Safety checks and rules must be followed by the athlete himself. Marshall will determine whether the rule has been violated.
- **Seven right-hand turns** on bike course;
 - ✓ These locations do not have stop-signs.
 - ✓ Athletes must stay on the left-hand side of the road until the very turn, and NOT ride on the center of the road.
 - ✓ Volunteers and security guards will be stationed to “assist.”

AID STATIONS

- **Five aid stations** on bike course;

	From Bike Start	From previous	
1	23.9 km	---	Toya
2	52.9 km	29.0 km	Rusutsu
3	69.1 km	16.2 km	Kyogoku
4	87.4 km	18.3 km	Makkari
5	116.8 km	29.4km	Toya

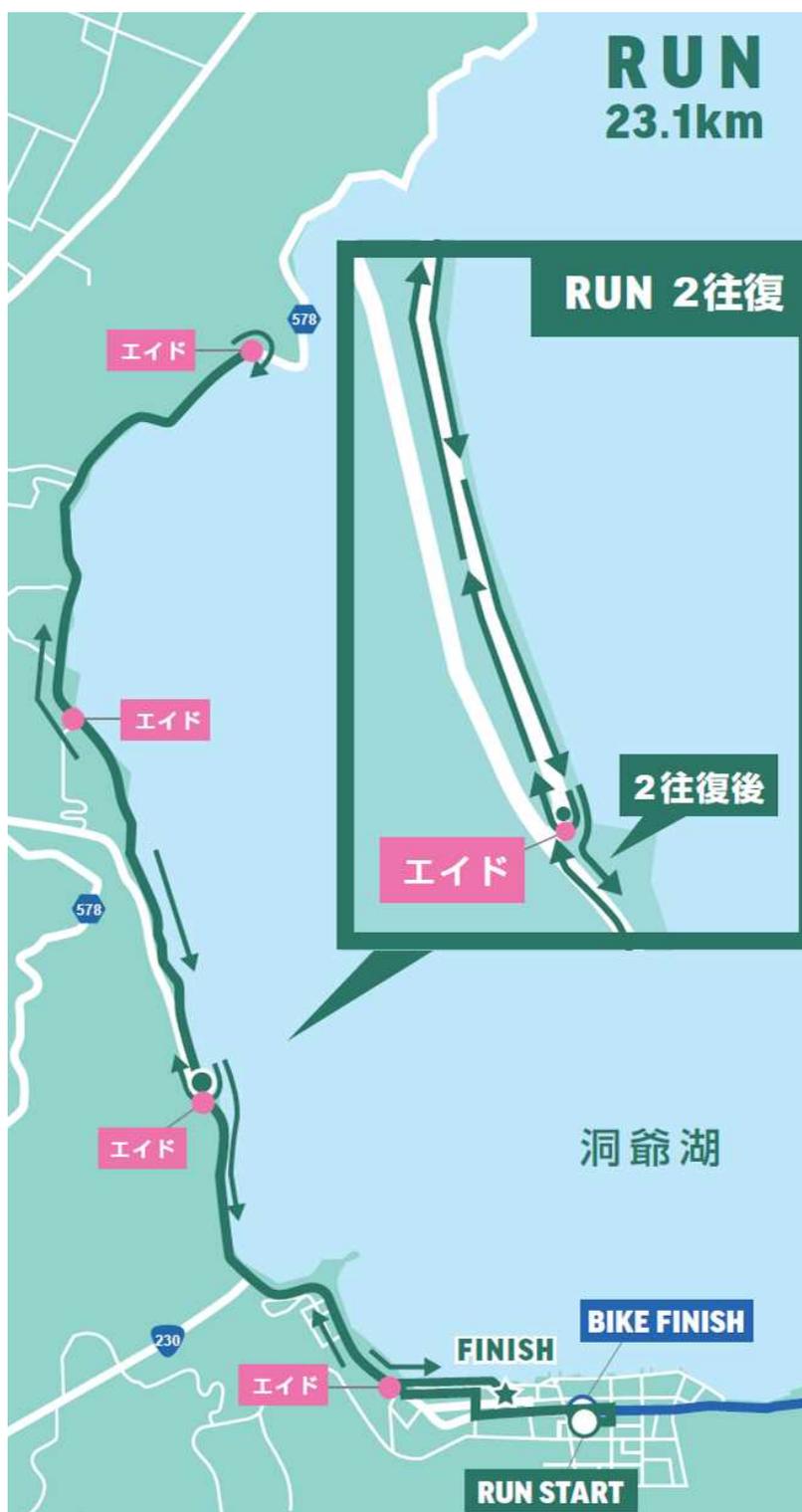
- Athletes must STOP COMPLETELY to use the aid stations.
- Water will be served in 750ml bottles. (these bottles would fit in most bottle cages)
- Sports drinks will be served in 500ml bottles. Please fill your bike bottles, at the Aid Station. Do not take the 500ml bottle with you on the course.
- Energy gels available.

TRANSITION 2 (T2)

- Run gears to be put in **RED** bag and placed on designated location on race morning (T2 open from 5:30am – 6:40am).
- After bike, place your bike gear **inside** the **RED** bag.
- Those items not placed inside the **RED** bag will be collected as lost items, and can be redeemed at T2.

** Race organizers will not be responsible for items lost or damaged.*

RUN



- Athletes must run on sidewalks where available.
- On the laps section, cars will be restricted, but please run on the left hand side of the road.
- Keep eyes open and give way to foregoing runner.

AID STATIONS

	From Run Start	From previous
1	1.4 km	---
2	3.3 km	1.9 km
3	5.3 km	2.1 km
4	7.6 km	2.3 km
5	10.0 km	2.4 km
6	12.1 km	2.1 km
7	14.2 km	2.1 km
8	16.5 km	2.3 km
9	18.8 km	2.3 km
10	20.9 km	2.1 km
11	22.8 km	1.9 km
12	23.1 km	0.3 km

AID STATIONS

- All aid stations will have water, sport drinks, salt tablet, bananas.
- Red Bull, Coke, energy gels and energy jerry, available on certain aid stations.
- All rubbish **MUST** be thrown away in rubbish bins placed at aid stations.
 - ✓ **NEVER** throw anything away in between the aid stations.

MECHANIC SERVICE

- Maintain and adjust your bike thoroughly by yourself in advance.
- Mechanical service at the venue will be handled near the Toyako Bunka Center the day before the race. Pay the cost directly for the service and parts costs.
- CO2 cartridges that cannot be brought into the aircraft will be sold
- They only support repairs in case of emergency before the start of the race. Ask them about bike maintenance the day before the race.
- There are no mechanics on the course
- Repair any troubles such as puncture during the race yourself. Please carry simple tools, spare tubes, pumps, etc.

MEDICAL SUPPORT

- Medical tents placed at Swim Start and Finish Areas.
- If feeling abnormal during race, do not hesitate to stop, rest and call Race organizers at 080-1600-6137.

RETIRE & CUT-OFF

- If you choose not to continue the race, please inform nearby race volunteer or race officials. If no staff nearby, please call Race organizer at 080-1600-6137.
- Race Marshall may instruct athletes to stop and discontinue the race when athlete's race pace is not fast enough.
- In such event, please follow Marshalls' instructions and board the sag wagon.

FINISH & AFTER PARTY

- At the finish, praise you with a medal. You can download the race certificate from the race website.
- At the after party, delicious dishes using plenty of local ingredients are waiting for you.

Hokkaido Triathlon 2019

Event Acknowledgement, Release and Waiver of Liability Agreement

[INTRODUCTION]

Please read this entire Acknowledgment and Assumption of Risks & Release and Indemnity Agreement (hereafter "ARWL") carefully before signing. The adult participant (those 18 yrs. of age or older), or the participant's legal guardian (for the participant and on his/her behalf), if applicable, must sign this Form. In consideration of the services of Organizer in allowing me to participate in this scheduled Hokkaido Triathlon (hereafter "Event") and other activities, I acknowledge and agree as follows:

I agree to waive, release and against liability from any and all claims relating to the Event.

I, the participant, hereby certify to consent to the following Acknowledgement, Release and Waiver of Liability "ARWL" in consideration of participating in Hokkaido Triathlon 2019 ("the Event") held on August 19th, 2019.

[Obligation to abide by the rules of the Event (the "Rules") and responsibility for self-management]

1. I acknowledge and agree to abide by all regulations, rules, and instructions set by public authorities, by the facility management as the event uses public and private streets, the venue facilities, and other facilities. I agree to participate in the Event with full attention to my own health and safety and acknowledge to do so in my sole responsibility. In the event of any physical or mental conditions arising during the Event, I certify and agree to retire or walk out from the Event immediately.

I hereby agree to abide by Article 11 of the Competition Rules of Japan Triathlon Union (JTU) [Matters to observe when on the bike] and will strive to conduct a safe race, with full regard to vehicles and pedestrian during the entire Event.

JTU Competition Rules Article 11: riders practicing or traveling to and from the meeting venue shall abide by traffic rules and regulations under the Highway Traffic Act and observe the following matters at all time when on the bike:

(Wear a helmet / Keep to the left / Stay alert to the surroundings / Do not accompany a runner / Keep a safe distance between vehicles / Observe all traffic signals / Give way to pedestrians / Be vigilant of other vehicles)

I agree to observe during the Event (including during the race and at all other times) all rules, regulations, matters to be observed and any recommendations issued by the Event organizers concerning the course and the Event.

[Understanding of the Event characteristics and appropriateness of the participants]

2. I represent that I have sufficient experience in triathlon, and other related sports, and that the Event takes place in a rapidly changing environment which may drastically affect my health condition.

3. I also understand that the conditions of the indoor or outdoor venues and property upon which the Event takes place may contain and there may exist uncertain factors which may prevent from the timely medical attention or treatment in case of an emergency.

4. I hereby certify, to best of my knowledge, that I am physically fit and have no medical condition that could likely worsen by participating in the Event.

5. I represent that I am in good health and that such fact has been determined by a medical advisor within the last 1 year.

6. I hereby agree to submit any medical conditions, such as allergic diathesis, physical idiosyncrasy and previous disease (including without limitation, excess symptom) or relevant religious remarks which should be known to its medical staff in case of a medical emergency in writing prior to the Event.

7. I understand to submit my medical certificate and stress electrocardiogram certificate upon the Organizers request.

8. I comply with the Event cancellation notice set by the Organizers in the event it is determined it would be disadvantageous to pursue the Event.

9. I hereby pre-authorize medical doctors, the Organizers and its representatives to arrange for emergency medical treatment on my behalf if medical attention is warranted during my participation in the Event and hereby release the Organizers from any liability relating to the provision of any rescue operations, first aid treatment, medical care, hospital expenses or the medical decisions made at the Event site or elsewhere on my behalf, except in the event of intentional misconduct or gross negligence of Organizer, as applicable, in which case such release will not apply to Organizer, as applicable.

[Exemption from injury and fatal accident]

10. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, permanent disability, paralysis and death, loss or damage to property, exposure to extreme conditions and circumstances, accidents, illness, contact or collision with other participants, spectators, vehicles or other natural or manmade objects. I WAIVE, RELEASE, AND DISCHARGE from any and all claims or liabilities for death, personal injury, property damage, theft or damages of any kind, which arise out of or relate to my participation.

11. I acknowledge and understand that compensation is made within the Organizers insurance coverage and the Event does not provide me with personal accident insurance coverage and that I am responsible to obtain my own personal accident insurance coverage should I wish to be eligible for accident benefits. I, or anyone on my behalf, hereby covenant not to sue, and further agree to indemnify, defend and hold harmless the Organizer and other related parties from any and all expenses incurred, claims made, or liabilities assessed against them, including but not limited to attorneys' fees and litigation expenses, arising out of or resulting from, directly or indirectly, in whole or in part, (i) my actions or inactions, (ii) my breach or failure to abide by any part of this ARWL including but not limited to my covenant not to sue; (iii) my breach or failure to abide by any of the Rules; or (iv) any other harm caused by me.

[Exemption from force majeure occurrence]

12. I hereby release the Organizer from any liability relating to the expenses to participate in the Event following the cancellation or modification to the Event due to weather conditions or other 'Act of God' or due to the loss or damage of the Event materials (including without limitation, the Event property, venue and facilities).

[Media and commercial usage of personal data]

13. I understand that at the Event or related activities, my personal data (including without limitation, images, name, address, age and race history) may be published in the media related to the Event. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns.

[Agreement and settlement of next of kin]

14. I and my parents, guardians, and next of kin hereby acknowledge the content of the Event set forth in this ARWL and permit to participate in the event.

[Settlement, governing law and jurisdiction]

15. In the event of any doubts arising in connection with or toward this ARWL, I agree to resolve them in accordance with the rules and regulation related to the Event. If by any chance a dispute arises, the exclusive jurisdiction of the first trial will be executed by the Sapporo municipal court and the statutes and laws of the Japan will apply to all matters relating to this ARWL.

August 17th, 2019

Signature
