

# HOKKAIDO TRIATHLON

## RACE INFORMATION

Bringing people together. That is the aim of HOKKAIDO TRIATHLON. Swimming in clear water of Lake Toya, riding through scenery you've dreamed about, and running through while feeling the breeze that blows through the surface of the lake.

Time isn't everything. Take a pause, enjoy the scenery and the community.

### Event Dates

Saturday, 22 August 2026 - Sunday, 23 August 2026

### Race Date

Sunday, 23 August 2026

### Race Location

Lake Toya & Mt. Yotei Area  
(Toya Town, Sobetsu Town, Toyoura Town, Makkari Village, Rusutsu Village, Kimobetsu Town, Kyogoku Town)



### Race Distance

TRIATHLON

Type A : SWIM2.0km BIKE139.6km RUN 23.1km Total Distance : 162.0km

Type B : SWIM2.0km BIKE91.7km RUN23.1km Total Distance : 116.8km

BIKE & RUN

Type A : BIKE136.9km RUN 23.1km Total Distance : 160.0km

Type B : BIKE91.7km RUN23.1km Total Distance : 114.8km

### Race Entrants

Maximum 350 entrants

### Qualifications

- Is in good health condition and will listen to any and all instructions from Race organizer.
- Can respect traffic rules and regulation.
- Participants in the triathlon division must register with 2026 Triathlon Japan or Triathlon Japan 1Day. People living overseas can apply for a Triathlon Japan 1Day license without registering with 2026 Triathlon Japan. A fee of 5,940 yen will be charged when registering the day before the race. Participants who have registered for a Triathlon Japan 1Day license will be covered by Triathlon Japan personal injury insurance in addition to the insurance they will apply for at the race. For more information on insurance, please visit <https://www.jtu.or.jp/join/insurance/safetysports/>
- Participants in the Bike & Run category are encouraged to register for a Triathlon Japan 1-Day License (5,940 yen), but can participate in the race without registering with the Triathlon Japan.
- You must attend the race briefing held the day before the race. If you are absent, you will not be able to participate in the race.

Entry to HOKKAIDO TRIATHLON can only be done online.

Please click the link below to proceed to entry.

Any questions, don't hesitate to contact HOKKAIDO TRIATHLON at; [contact@hokkaido-triathlon.jp](mailto:contact@hokkaido-triathlon.jp) 142, Toyako Onsen, Toyako-Cho, Abuta-Gun, Hokkaido, 049-5721

### Organizer

Hokkaido Triathlon Executive Committee, Toyako Town

### Committee Members

Sobetsu Town, Toyoura Town, Makkari Village, Rusutsu Villabe, Kimobetsu Town, Kyogoku Town, Kutchan Town, Rankoshi Town, Niseko Town, Toyako Onsen Tourist Association, Toya Tourism Association, Sobetsu Tourist Association, Toyoura Sightseeing Network, Makkari Tourism Association, Rusutsu Tourism Association, Kimobetsu Tourism Association, Kyogoku Tourism Association, Kutchan Tourism Association, Rankoshi Tourism Association, Niseko Resort Tourist Association

Co-hosting organization  
Hokkaido Triathlon Union

Race Management  
Hokkaido Triathlon Union

## RACE SUMMARY

### For a Persistent Race

HOKKAIDO TRIATHLON has been on a search for a sustainable and persistent method to run the race. One conclusion we came to is to hold the race with minimum road blocks. This beautiful race venue is also land of agriculture and tourism. The race and other activities should not interfere with each other, they need to be good partners. Race participants must respect all road regulations during the race. Race organizers will place staff and signs along the race course.

### Road Regulations

Road blocks is kept to a minimum for the race. Participants must respect and obey all road regulations during the race such as Stop Signs, Traffic Signals, Keep Left. Local Law Enforcement will be present at certain sections of the course to ensure safety of both race participants and local traffic. Details to be announced.

### Penalty

Please stick to the traffic rules such as "Momentary Stop" and "Crossing and Turning right"

There are more than 18 intersections and you need to stop momentarily.

Momentary Stop means the wheels have to be stopped completely.

When making right at the intersection, you are not allowed to take centerline and you have to take left side along the street.

You will be punished as 30 minutes penalty when breaking the traffic rules

### Safety Measures

Race Organizer will support the participants by preparing aid stations, course staffs, Doctors, Rescue, Life Savers, Ambulance, Sag Wagon etc. However, the race course is long and is difficult for the Organizer to oversee every single section. Safety is your responsibility. Please look after yourself. We strongly encourage you to keep your cell phone.

## ENTRY

The registration site will open on February 1st.

## WITHDRAWALS

Athletes confirmed in the race who wish to withdraw, must do so in writing to the race office via email

[contact@hokkaido-triathlon.jp](mailto:contact@hokkaido-triathlon.jp)

Any requests received before 30 April 2026, 11:59 p.m. (JST) will eligible for 50% refund.

Any requests received before 30 June 2026, 11:59 p.m. (JST) will eligible for 20% refund.

Any requests received after 1 July 2026, 0:00 (JST) will not be eligible for refund under any circumstance.

System usage fees ¥1500 is applied to above policy as well

