



BARRAMON KING

INTERNATIONAL TRIATHLON

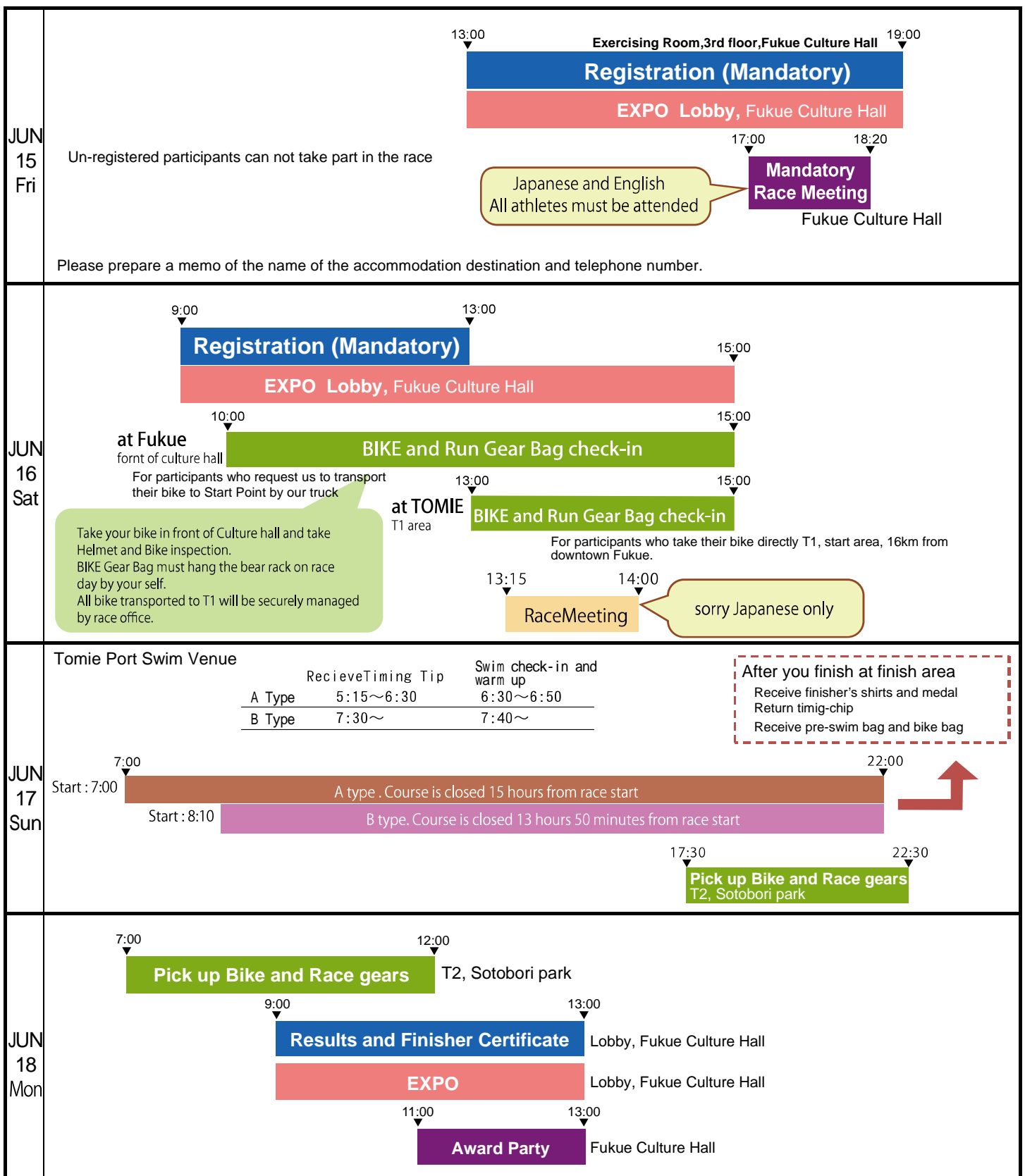
GOTO NAGASAKI



GOTO NAGASAKI INTERNATIONAL TRIATHLON 2018
ULTRA LONG DISTANCE TRIATHLON NATIONAL CHAMPIONSHIP
RULE and INFORMATION



2018 BARAMON KING RACE WEEK SCHEDULE



Please check information board on 1st floor of the Fukue Culture Hall

EXPO VAUCHER : 1000JPY OFF for one items at EXPO

3 Award Party Tickets : sigle ticket can change to one food

2018 Goto Nagasaki International Triathlon

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I. Main Rules and Local Rules

General

- Rules of 2018 Goto Nagasaki International Triathlon are based on the Japan Triathlon Union Competition rules (referred as JTU rule) and 2018 Goto Nagasaki International Triathlon rules (referred as this rule). Should any rule or direction not be in this rule book, then they will apply with reference to an JTU rule.

- Time limitation (so called cut-off time) at the end of swim, bike and run legs are set for the safety of the race. When competitors are not able to pass through each cut-off point within the time specified below, or when it is judged by Race Officials that passage is difficult, competitors can continue the race skipping the part, however they will not be considered to be a race finisher and outside of awards.

The time limits (cut-off time) in each finish point are as follows;

- Swim Finish: 9:20 a.m.
- Bike Start: 9:25 a.m.
- Bike Finish: 5:00 p.m.
- Run Start: 5:10 p.m.
- Run Finish: 10:00 p.m.

Any changes to the regulation and contents of the race, announcement, and athlete disqualifications will be indicated on the "Official Bulletin Board" at swim place (Tomie Port), Bike to Run transition and Finish Area (Goto Minato Park).

Important notices for safety during the race

- At any time of the bicycle ride during the race, as well as training and transportation rides whilst on the island, all athletes must obey rules "Use bike helmet" and "Observe traffic laws".

It is necessary to understand that any traffic accident as the result of a breach of the law is the sole responsibility of the competitor, and also causes trouble for the race management. Especially the fundamental rules such as "Observe traffic signal", "Do not ride side by side", "Careful of the front" and "Left-hand traffic (keeping left)" are compulsory for all athletes.

- All competitors must maintain and have responsibility for their race gear including bike.

Bicycle Equipments (Instration)

- Instration of camerra is prohibited. However, head light and rear blinking light are allowed because several tunnels during the bike course.

Race numbers and ID Wrist Band

- Competitors are required to wear their ID wristband all the time during the race week. It is your identification; don't remove it until race week is ended. It becomes the ID for any events including carbo and award parties and entrance into the transition areas etc.

- Race number card must be attached on front during Run, and on back during Bike. It is encouraged that the number be sewed or pinned at the four corners in the required position for easy visibility. Competitors can use a race number belt.

- Race numbers must always be clearly visible during the race, especially at the finish line.

- Body number TATOO will be included in the race pack. Each athlete must put both left and right side, ether upper arm, thigh, or out of the shin, to well visible location. If paste failed or lost, during the final registration of the race day, we will numbering staff in magic pen.

Use of Cellular Phone

- Competitors are permitted to carry a cellular phone on the bike and run legs for use in the case of an accident and emergency contacts. However, it must not be used whilst riding on the bike or for receiving the direct support from other than race staff.

SWIM LEG

- 3.8km of 2 laps for A type. Color of swim cap provide are BLUE for A-type, GREEN for B-type, ORANGE for physical challenge, and PINK for Elites.

-After the first lap, competitors run up the beach to the 1st lap check and turn cone and then go into the second lap.

- Swim warm-up is allowed after swim check-in from 06:30. Before 6:50 all competitor must be behind the official start line.

- Race will start 7AM sharp (for A type)

- 2.0km of single lap for Age groups of the B type. Race will start 8:10AM sharp and before 0750AM. All age group competitors must be check their timing tip at the Swim Gate.

- It is a simultaneous start, start area is specified according to a category and swim ability.

- Any false start will result in a penalty of five minutes for those athletes who in the sole opinion of the officials caused the false start.

- Wetsuit allowed. Do not forget to bring your wetsuit because water condition may vary and will be cool. (Estimated water temperature is 19 to 22 degrees Centigrade on race day).

- Timing chip (it winds around an ankle) will be received at the swim registration of the race day morning.

A type: from 05:15 to 06:30a.m. B type: from 07:30 to 08:00,.

- Competitor who is not feeling well on race morning will need to consult with the medical staff at the Swim area.

- When Swim conditions are bad competitors who have finished the first lap of swim can skip the second lap and progress to the bike upon his/her request (so called "SKIP". Note, any competitor who continues on after skipping the second swim lap will not be considered as an race finisher).

1st transition, Swim to Bike (T1)

- All competitors must start with at least one full bike bottle. The use of a PET bottle is not allowed as these are not held securely in the bike bottle cages. And are therefore strictly prohibited.

- Bike helmet must be put into the bike gear bag.

- Putting bike shoes on pedals is allowed. These may be placed on the pedals race morning.

- Fasten helmet strap firmly before handling and removing a bike from a rack. No riding of the bike in transition area.

- "Bike Start Line": Competitors can get on their bike after the front wheel crosses the bike start line.

- Competitors are allowed to take the bike-bag from rack, and must proceed to change at change tent.

BIKE LEG

A type:180.2 km 2 laps in a part. B type 124km

- Color of bib card provide are BLUE for A-type, GREEN for B-type, and PINK for Elites.

- The penalty of five minutes is applied for drafting. The second violation is assumed to be a disqualification.

- Although non race traffic is regulated, competitors must obey general traffic rules and laws, and follow the directions of the police officers and race staff. In addition, always be careful and prepared for an unexpected situation, since the official (including media) vehicles and the emergency vehicles are always on the race course. Road may be temporary closed for emergency or accident.

- Competitors must ride as close to the LEFT SIDE of the road as possible (about 1 meter from left shoulder). Centerline violations are prohibited. Riders must not cross the centerline at any time.



Drafting zone, 10meters
five bicycles



- No Drafting permitted. **Drafting zone is 10 meters long and 3 meters wide** from the edge of the front wheel to the edge of your front wheel. A competitor may enter this zone of another competitor but must be seen to be progressing through that zone. Maximum of 15 seconds will be allowed to be through the zone of another competitor.

- For competitors who had penalty from race marshals, a Stop & Go rule is applied on that spot, and FIVE minutes penalty is applied at T2 . Second drafting violation is taken as disqualification from the race.

- Competitors entering the draft zone of other competitors must pass or try to pass other competitors. If it not seen, it is regarded as drafting.

- In case of puncture (flat tire) and any problems of the bike, official mechanical assistance can be received.

- Be careful(SLOW DOWN) in the sections of the bike course described below:

Facing traffic zone: 0.9km and 13.2km from bike start (corner of Tomie down town)

BIKE CUT OFF TIME AND POINTS

	POINTS	Distance A	Distance B	Cutt-off Time	Discription
1	Seto, Fukue	24km	24km	10:40	Outward
2	Nihongusu	33km	33km	11:10	Outward
3	Nihongusu	88km	—	13:10	1st loop for A
4	Daiho (AS)	102km	46km	13:45	2nd loop for A 1st loop for B
5	Arakawa (AS)	113km	57km	14:10	2nd loop for A 1st loop for B
6	Miiraku (AS)	125km	69km	14:40	2nd loop for A 1st loop for B
7	Kusuhara (AS)	137km	81km	15:10	2nd loop for A 1st loop for B
8	Nihongusu	144km	88km	15:30	2nd loop for A 1st loop for B
9	Kurozo (AS)	157km	101km	16:05	Return

Note: NO "SKIP" during Bike Leg

- BIKE SPECIAL NEEDS:

81km and 136km for A type, 81km for B type, just before Kusuhara AS. Any competitor who needs to pick up own special needs bag, go to special needs aid station located on the left of the bike course.

- After finishing the large loop twice for A type, single loop for B type, turn left at Nihongusu for bike finish.

- Penalties, such as drafting, are carried out with the penalty box in the 2nd transition area.

2nd transition Bike to Run (T2)

- At "Bike Finish Line", competitor must get off the bike before the edge of a front wheel crosses the line, then pass your bike to bike catchers. Competitor must not remove a helmet strap until bike catcher holds the bike..

- Receive your run bag from staff then go into change tent. Please put the removed bike gear into your bag, and put it in the place indicated.

RUN LEG

- 42.2 km 2-lap for A type, 21.1km 1-lap for B type.

- Color of bib card provide are BLUE for A-type, Yellow for B-type, and PINK for Elites.

- Reflecting tapes must be put run clothing. Put tapes toe and heel of run shoes and back and front of running shirt and shorts. Prepare reflecting tapes by yourself.

- Traffic is not regulated completely. General traffic rule must be observed, and obey directions of the race staff.

- Always keeps LEFT of the road (left-hand traffic). When passing on the narrow road, you must call out to the runners then passes on the right-hand side.

- Competitors of A type must receive the Yellow wrist band for loop check after finishing 21km of the first loop.

- After receiving the wrist band, passes through the gate running, athletes will head to round the second loop.

- Special Needs Bag (A type only) for running: runners of all types can receive at the end of the first lap (21km).

RUN CUT OFF TIME AND POINTS

POINTS	Distance A	Distance B	Cutt-off Time	Discription
RUN GATE	21km (2nd LAP)	—	19:30	Passes Run Gate 2-time for A including run start
Dozaki Church	32km (2nd LAP)	11km	20:40	
Sanshin Concrete yard	38km (2nd LAP)	17km	21:25	

Note: NO "SKIP" during Run Leg

- Competitors who skiped the swim leg must passes through the finish gate for safety measures. However, finishers medal is not received.

- Finish with other persons (family members, e.g.) is permitted only at the finish zone.

- Competitors who cross the line together will be allocated a finishing position by the finish marshalls. There are no equal finish places. Safety is a Priority

- "Safety First" is a motto of the race. We hope all competitors will have a good race.

LOCAL BUSES

- Your competitor wrist band will gain you free travel on regular route buses during race week.

- Be sure to check the time and bus stop for the race day morning.

Competitor Standards and Expectations

1) Please dress accordingly

Please attend ceremonies with suitable clothing as the sport competitors. Sandals, cap are good for relax time but not suitable for the ceremonies including award banquet.

2) Punctual

Smooth race management begins from your actions of being on time for all briefings and functions.

3) Do not pass your ID wristband

Do not pass or lend your ID wristband to a family members and friends. Entrance of family members or friends in transition area will make confusion of safety control. You have responsible for your own race gear.

4) Keep the Course Clean

Because the race course is settled around rice paddies and farms PLEASE do not litter. Paper cups or bottles in the paddy fields on the bike and run course could damage the agricultural work, and this will make it difficult for the continuation of the next race. Please dump in a bottle catcher or a garbage box, or discard after asking of the race staff, when no boxes are found.

5) Race Suggestions

There may be unfamiliar crews or volunteers. All race staff and volunteers will try every effort to make this race good. Your opinions for an improvement to the race are welcome.

II. Race Schedule and Information

1. Registration

Time: June 15 (Friday) 13:00 - 19:00
June 16 (Saturday) 09:00 - 13:00

* Be sure to finish registration within the times above.

Location: 3rd Floor, Athletic room of Fukue Lyceum

- Bring personal photo ID (a driver's license, passport, etc.) for confirmation.
- ID wristband will be affixed to your wrist. This will permit you to enter to all authorized areas and Award and Carbo parties. It must not be removed before the Award Banquet on Monday.
- Bring details of your hotel name and telephone number.
- As soon as receiving race pack. Check contents according to the list enclosed.
- The timing chip for measurement is received on race day morning.
- If you find that your name or race number is marked in front of registration room please see the race office.
- NO REGISTRATION, NO RACE!

2. Mandatory Pre-Race Meeting

Time: June 15(Friday) 17:30 - Japanese and English
June 16(Saturday)13:15 - Japanese only

Location: 1st Floor, Fukue Lyceum

- Be sure to be attend. It is your responsibility to know all details of the course and any rule changes that may be announced at the briefing.

3. Checking in Your Race Gear

Bike check-in will occur in two places. It is your choice.

1) Fukue Check-in

Bikes are transported to T1 area by trucks. Bikes are protected by blankets during transportation.

Time: June 16(Saturday) 10:00-15:00

Location: Front of Fukue Culture Hall

2) Tomie Swim-Bike Transition Check-in (Tomie is 16km from center of Fukue city)

Time: June 16 (Saturday) 13:00 - 15:00

Location: T1 (Swim Area at Tomie Port)

- Competitors must attend to check-in. Any competitors who does not finish bike inspection and check in, bike and run gear check-in within the time above without prior arrangement with the Race Office, will not be able to start the race.

- Both bike and helmet must be inspected. Race staff will keep your

bike after check-in.

- * Use a bike as a road racer and specification follows JTU rule.
- * A helmet also follows JTU rule and they are passed EN, ANSI, SNELL, Swedish Consumer Standards, and JCF approved or other than approved by JTU. Dented and cracked helmet will not pass the inspection.

• Attach a race number sticker on your helmet in advance. It is rechecked when bike and helmet do not pass the inspection after an improvement (e.g. mechanic maintenance). Mechanical REPAIRS will be charged to you. After the bike check-in, athletes can not enter the T1 area without approval of the staff.

• Bikes checked at Fukue Culture Hall are transported by race office using trucks. Although it is carefully dealt with in conveyance, no responsibility will be taken for damage such as scratch and breakage.

Race office and transportation person or organization in charge will not take any responsibility for the claims. Therefore, all competitors who check-in the bike at Fukue city need to submit written oath. Competitors who cannot submit a written oath must carry or ride his/hers bike to Tomie for check-in. A written oath paper is distributed at the time of bike check-in.

- Please deposit a run gear bag only after checking contents.

* Please be sure to put your bike bag on the rack yourself on race day morning.

* Bike shoes are allowed to be put on your bike on race day morning.

Put following gears on your bags;

BIKE BAG	1. Bike clothing (Bib card attached) 2. Inspected Bike helmet (with inspection sticker)
RUN BAG	1. Running clothing (Bib card and reflection tapes attached) 2. Running shoes (Reflection tapes attached)

*Race number belt may be used during bike and run

<Note>

1. Sunglasses and sun visor can be put in the bag. Remind that Race office will take no responsibility for breakage of the goods in the bags. Bike bag is accessible on race day morning.

4. Race Day (Final) Registration

Time: June 17 (Sunday) 05:15 to 06:30 a.m. A type
from 07:30 a.m. B type

Location: T1 Swim Start Gate
(Swim-Bike Transition, Tomie Port)

• By presenting an ID wristband, you will receive a timing chip ankle band. For A type, receive from 05:15 to 06:30
The timing chip for B type will receive from 7:40 in the swim gate side (from 08:20 for Elite category)

• NO timing-chip, No race.

• Be careful not to lose your timing chip before cutting the finish line.

If you lost it, you will be charged the cost.

• After final Registration put your BIKE BAG on your rack by yourself.

• Check the contents, and deposit special needs bag (Optional) before 06:50.

5. Swim Check-in (Timing chip check-in)

Location: Swim gate (Tomie Port)

A type June 17 (Sunday) 06:30 to 06:50 a.m.

B type/Age June 17 (Sunday) 07:40

• For the safety control and measurement, when competitors go into swim area, timing bands must be checked to ensure it works. In coming out from swim area for some reasons after you have entered the area, please be sure to check with the race staff.

• Wetsuit allowed. However, competitors must bring their wetsuit because "Wetsuit mandatory rule" may apply for the case of rough waters or low water temperature.

• Special needs bags not picked up during the race will be discarded. Do not put valuables.

• Pre-swim bags will be returned to the finish area so competitors can change after the race. Please be reminded that race office has no responsibility for the contents of the pre-swim bag.

• Glasses table will be set near the swim gate.

6. Transition Area

• The transitions from swim to bike and bike to run are different places.

• In transition area, only authorized competitors and the race crews can be entered.

• Gear bags left in transition area will return to competitors at finish area. Race office has no responsibility for the contents of the bags.

1) T1 -The 1st transition (Swim to Bike)

• Swim time is measured at swim finish gate.

• Pick up your bike bag before go into the change tent. All competitors must enter the change tent regardless of changing clothing or not.

• Put swim gear and wetsuit into your bike bag before coming out of a change tent. Pass the bag to race crew.

2) T2 -The 2nd transition (Bike to Run)

• Arriving at Bike Finish, get off the bike behind the Bike Finish Line. Pass your bike to the bike catchers. They receive and put your bike on the rack.

• Bike helmet must not be removed before you get off the bike.

• Pick up your run bag and go into the change tent. Even if only putting run shoes, all competitors must go into the change tent.⁷

• Put your removed bike gear into your run bag.

7. Bike Mechanics

• Fixed Bike mechanic Services;

June 15(FRI): Fukue Culture Center 13:00 to 18:00

June 16(SAT): Fukue Culture Center 09:00 to 15:00

Tomie transition area(T1) 13:00 to 15:00

June 17(SUN): Tomie transition area(T1) 06:00 to 09:00

Nihongusu(Hotcorner) 10:00 to 16:00

During the bike leg, three mechanic vehicles will service the course.

Bring your necessary goods such as tire or rim-cements by yourself, because there are no triathlon shops in the island.

• Repairing flat tires (puncture) by yourself

• Basically any troubles during the bike leg are the responsibility of each competitor and repairs are to be carried out by the competitor. If you can not manage call mechanic van. The number of tires and wheels are limited and will be charged to the competitors.

8. Penalty

• Cyclists who receive drafting or other penalties by race marshals, 5 minutes stop (SIN-BIN) penalties are applied at T2.

• Two time penalties lead to disqualification from the race.

9. Aid Station

• The aid stations are located at appropriate intervals on the race course for food-and-drink supply.

• The bottle of water and nutritional drinks are prepared for the bike aid stations.

• Prepare two bike bottles at the time of bike start (put your own bike). Water can be filled in before a race start. Dumped bottles are recycled.

1) Location of Aid Stations

- Swim area (also swim turnaround on beach)

- Bike course (12 aid stations for A type, 7 aid stations for B type from AS 1 to 6 and 12)

AIDSTATION	A approx. distance		B approx. distance
	1st lap	2nd lap	
Kurozo	20km	—	20km
Nakao	34km	90km	34km
Daiho	46km	102km	46km
Aragawa	57km	113km	57km
Big Wave	69km	125km	69km
Kusuhara church	81km	137km	81km
Kokuzo	—	157km	101km

- T2, Bike to Run Transition

- Run course (8 stations per circle: every 1.5 km)

- Finish area

2) Location of Water Stations

- Bike course

Water Station	A approx.distance	B approx.distance
Bike Turn, Central Park	164km	108km

- 7km ahead of Kokuzo aidstation. Only water bottle will be served.

2) Bottle catcher (Bottle dump)

- A bottle catcher (dump) will be placed about 100 meters in front of each aid stations on bike leg.

Dump empty bottles into it before arriving at aid station.

* Competitors who throw their bottle away intentionally in places other than dump areas or aid stations will be subject to disqualification.

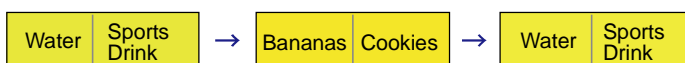
* Aid station volunteers will help your easy pick-up but you must be prepared to slow down or stop, otherwise you will possibly miss what you need.

3) Preparation of an aid station

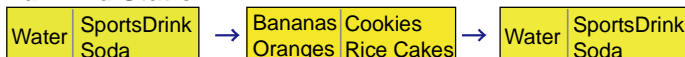
- The order of arrangement of the foods and drinks in each aid station is as follows.

- Call out your requirements to the crews before the aid station.

Bike: Aid Station (Red bottle: Water/ Blue bottle: Nutrition drink)



Run: Aid Station



4) Special needs bags

- Special needs bags are optional -not mandatory- and any foods and drinks you want can be put into the bag. These should be deposited at the special needs bags table at swim area on race day morning. Please confirm the contents and tell crews bike or run clearly.

- Special needs bags which are not picked-up by competitors during the race will be disposed, without notice. Do not put in valuables.

- Avoid putting foods which tend to rot in the bags. The race office is not responsible for the content or quality of any special needs bags.

*** Bike Special Needs Location (A type Either in 81km or 136km, B type 81km)**

- Picking up your special needs bag is only once. Choose 1st lap or 2nd lap by yourself.

- Picking-up the special needs bags at the area on bike becomes a competitor's individual responsibility. Competitors



must be prepared to fully drop speed or to stop and collect their own bag. If area is busy, collect and remove quickly for other competitors.

- No items (such as shoes, air pump, etc.) other than foods and drinks are allowed in the bags.

*** Run Special Needs Location
(only for A types at 21 km)**

- Since temperature on run course after dark expected to be low, it is allowed to put T-shirt or warm jacket in it. However, for confirmation, race number card must be seen (on front) at all times.. Using number belt or clear warm jacket is good idea.

- Picking up your special needs bag is only once.



10. Finish Area

- After you finish, receive finishers' items. Foods and drinks will be provided in finish area.

- Only competitors and the family ID holders can enter recovery and medical area. Once you leave the area, a check with a wristband/ID is needed in the case of re-entrance.

- Do not dump garbage in finish area. Write your name and race number on bag. Lost and found will be held at race office until June 13 then all items left will be discarded.

11. Withdrawing from Race

If you are withdrawing from the race, please report to race staff and return timing chip to timing clerk.

• Withdraw on SWIM

- Wait until the swim leg finished (2:15 from race start) at race headquarter or medical tent of swim area

- Return timing band to timing clerk.

• Withdraw on Bike and Run

- Notify to drop-out to marshal or race staff

- Return timing band, race number card, bike number plate (Bike only) to timing clerk.

12. Medical Information

- There will be medical staff throughout the race course. If you need any medical assistance during the race, please ask to our medical or race office staff.
- Although the medical staff does their best so as you to finish the race, please agree they must protect your safety. In case of withdrawing from the race is recommended from the medical staff, please accept obediently.
- Medical facilities will not serve TAPING or unnecessary intravenous drip is not performed.
- Medical treatment outside of race course (i.e. hospitals), all costs will be the responsibility of the athlete.

13. Bike and Gear Bags Return

**Time: June 17 (Sunday) 17:30 - 22:30 and
June 18 (Monday) 07:00 - 12:00**

Location: T2, Bike to Run transition area, at Sotobori Park

- ID wristband is necessary for bike and a gear bags pick up.

- Only competitors are allowed their gear pick-up, as long as there is no special permission from race staff.
- Race office is not responsible for the bike and bags which are not collected by noon on Monday, June 18.

14. Race Results / ITU Long Champs Qualifiers

Official results and finish certificate are distributed at lobby, Fukue Cultural Center from 9:00 a.m. on Monday, June 18.

- Distribution of the first qualifying slot for the 2019 ITU Long Champs (Japanese nation or resident more than 3-year in Japan) will regard as JITU regulation for Elite and Age group athletes.

15. Awards

- A-type: Men and Women: TOP 10
and TOP 3 for each age-group
- B-type: Men and Women: TOP 5
and TOP 3 for each age-group
- Elite: TOP 3 Men and Women



III. Fukue Island Information

Approach and Accommodation of Fukue Island

Jet Foil of Kyushu Shosen (vessel operation) and ORG announced that they cannot carry the bike (or bike case) with passengers. Japanese residents must send bike using delivery service.

Airplanes bound for Goto Fukue may be small in size and their cargo capacity has limitation. Although race office will propose to ANA (Air Nippon) for carrying the luggage including bike case only for overseas competitors, please manage at your own responsibility.

If to load a bike is refused, please send using parcel delivery service (it will take two days) or use Nagasaki to Goto Ferry. Please understand that we announced to all competitors living in Japan to send bike using delivery services, and this transportation support is exceptional for overseas competitors. (So all athletes living in Japan regardless the nationality must send the bike by delivery services.)

From this reason and emergency contact while you stay in Fukue Island, Race office needs to know your flight number and accommodation plan.

Contact Telephone

1. Ferry from Nagasaki Harbor, Kyushu Shosen Ferry and High-speed Ship (Jet Foil)

Nagasaki office:095-822-9153 Fukue office:0959-72-2191

2. From Hakata Harbor, Nomo Shosen Ferry

Fukuoka office: 092-291-0510 Fukue office:0959-72-5108

3. From Sasebo Harbor, Goto Sangyo Ferry

Sasebo office: 0956-23-0202 Fukue office:0959-88-9970

4. Air Nippon (ANA) / Fukuoka to Goto, Fukue Airport

- Toll Free 0570-029-222

5. Oriental Air Bridge (ORG) /Fukuoka or Nagasaki to Goto Fukue Airport

- Toll Free 0570-064-380

6. Fukue Airport 0959-72-5151

Public Transportations in Fukue Island

- From Goto Fukue airport to down town Goto city: Shuttle buses are available for every arrivals and departures. (Normal charge of 300 yen/one way)

- From Goto downtown to Tomie, swim place, Kishiku, Miiraku,

and Tamanoura (Arakawa hot spring).

Local regular route buses are operated. Since the bus on a regular route from Fukue airport to Tomie, Kishiku, Miiraku, and Tamanoura (Arakawa hot spring) does not operate, all visitors must go Fukue city then transfer for your destination.

(Normal one way charge: 750JPY to Tomie, 660JPY to Kishiku, 920JPY to Arakawa, Tamanoura and 1030JPY to Miiraku from Fukue city.)

- Ask GOTO BUS 0959-72-2173/5191 for detail.

a) Bus for swim leg spectators will operate from side of Fukue Castle Park at 6:00AM, on race day morning.

b) Bus and taxi for race course inspection, see page 12.

Competitor's Transportation during Race Week

Race office will charter buses for competitors to Tomie, swim start, race day morning.

Race office will also provide the chartered buses for family and spectators. See bus time table pages 9 for details. If you have question, ask race information desk in the registration room.

Parking Lots

All the race relation area of the Fukue Culture Halls (the race headquarters, registration, pre-race meeting, EXPO, and official information board) and the Ishida Castle / Goto high school (finish area) serves as NO PARKING. Near the race office, use the following parking lots.

(1) The parking lot in front of a Champana hotel (Charge).

(2) Hon-cho parking lot (Charge).

(3) City Hall Parking Lot (No Charge)

Tomie, Swim venue: use parking zone. Follow instruction of race staff.

Parcel Delivery Services

Delivery services are available in the island. Please ask for details at front of your hotel.

Transportation of a bike case, for all competitors living in Japan regardless of nationality because cargo capacities of airplanes are limited, should use parcel delivery service. It is announced that bike cases cannot load into an airplane and a jet foil with passengers.

The standard charge is found in the booklet of the official tour sent the other day.



Banks and Credit Cards

Although there are some branch offices of the following banks in Fukue, regular office hour is 9 am to 3pm on week day.

- (1) Jyuhachi Bank Fukue Branch (0959-72-2131)
- (2) Shinwa Bank Fukue Branch (0959-72-2151)
- (3) Kyushu Labor Bank Fukue Branch (0959-74-3117)
- (4) Fukue Credit Union (0959-72-4181)

Race office confirmed that (1) Jyuhachi Bank and (2) Shinwa Bank can handle and exchange U.S. Dollar to Japanese Yen within the office hours (9 am to 3 pm, on Monday to Friday).

Handling other currencies and exchange from Japanese Yen to US Dollar are not confirmed. (5) Post Office Cash Dispenser (ATM) will manage cashing from credit cards including Visa, Amex, and Citicorp Diners Club. Any hotels and shops in Fukue Island can not accept foreign currencies.

Considering cashing problem in the island, WE STRONGLY RECOMMEND you to exchange immediately after you arrive at the international airports (e.g. Fukuoka or Tokyo) in Japan before arriving Fukue island.

Postal-savings user can use cash dispensers of the post office in Fukue city and each town. Postal CD available day and time will vary with the offices.

Moreover, please remind that in Fukue, few hotels, restaurants, and stores can accept the credit.

Convenience (DRUG) Stores

In Fukue Island there are two convenience stores (Drug) available for water, food, and daily goods.

- Poplar Fukue Hori-mae and Yoshikuki (24hours)
- Poplar Tomie, Kishiku, Goto hospital: 06am to mid night

Lunch (on the race day) for your family

Outside of Fukue city, the number restaurants for your lunch are limited. Confirm Ironmates' (family and friends) lunchtime or availability on your lodge/hotel or prepare lunch beforehand. Please be remind that traffic will be controlled or closed for about 5 to 6 hours in some areas during bike leg.

Rental Car

The following rent-a-car companies are in Fukue.

- Chance rental car 0959-72-2415
- Ikeda rental car 0959-74-1133
- Kanko rental car 0959-72-8788
- Ebisu rental car 0959-72-6100
- Goto rental car 0959-72-5015
- Small car Tsubaki 0959-72-1800
- Itsumo rental car 0959-75-0797
- Irie rental car 0959-72-7535
- Toyota rental car 0959-72-7048
- NISSAN rental car 0959-72-5175
- NIPPON rental car 0120-510-947 toll free
- Happy rental car 0959-88-9500
- Line rental car 0959-88-9795
- Easy Rental Goto 0959-88-9218
- BaRa Car 050-3433-5055

Attractive Sightseeing Plans

- Inquiry of a sight-seeing ship and a beach line bus : Goto Bus, call 0959-72-2173

A course: 2500JPY: Start Fukue port 09:20 - Osezaki - Dozaki - Abunze - Onidake - Samurai St. arrival 11:15

B course: 3500JPY: Start Fukue port 12:35 - Osezaki - Takahama - Mizunoura - Fukue arrival 15:50

C course: 5500JPY : above A and B

D course: 5500JPY B course + A course (2 days)

****No sightseeing buses operate on Race Day**

Taxi (also sight seeing tour of the island)

The charge of the usual taxi from downtown Fukue to the main points are as follows.

Kishiku of 2,920 JPY, Miiraku of 6,040 JPY, Tamanoura (Arakawa) of 4,680 JPY, and Tomie of 4,280 JPY, The airport of 1,160 JPY.

<Taxi at Fukue City >

- Ohhato taxi 0959-72-2854
- Kanko taxi 0959-72-4151
- The Goto bus taxi 0959-72-2171
- Saikai taxi 0959-72-5131

<Taxi at Tomie>

- Kanko taxi 0959-72-4151

<Taxi at Miiraku>

- Miiraku taxi 0959-84-3136

<Taxi at Kishiku>

- Baramon taxi 0959-82-0032

- Inquiry concerning the sightseeing in Fukue, contact The Goto sightseeing league secretariat (the Fukue sightseeing association 0959-72-2963)

Information Desks in Race Term

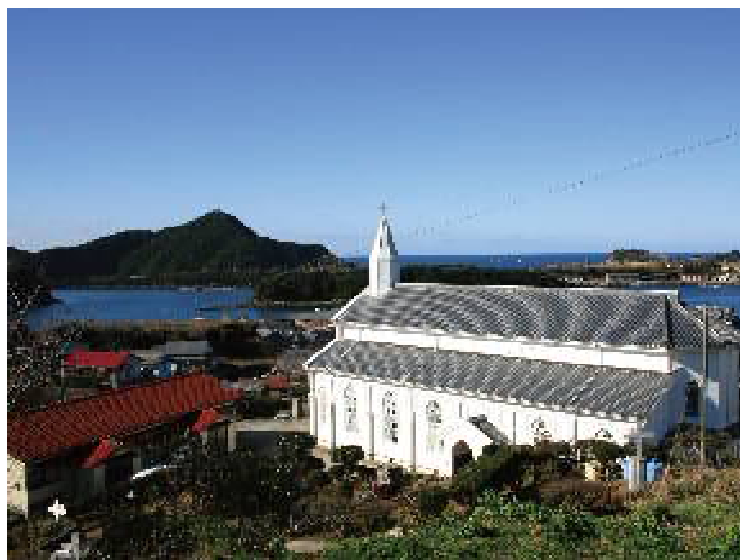
Temporary secretariat information desk will be provided in the following place during a race term, if you have question for the travel or stay in Fukue island, please use it freely.

- (1) Inside of Fukue Culture Center
- (2) Inside of Fukue Harbor Terminal Building (Fukue Sight-seeing Association Desk)
- (3) Inside of Fukue Airport Terminal Building

Cleanup activity to hold exchange concurrently with athletes by local population

Monday, 18 13:30 Departure point; Front of Fukue Cultural Center. Bring with work gloves and your smile.

For detail contact Ms. Toyoko Shimazato 090-2718-4968



OFFICIAL BUS SCHEDULE operation by race office

■ JUNE 15, Friday

After Race Briefing Free for participants, 500JPY for others (free under 12 years)

	Bound for	Dep	No	Route
1	Kishuku, Miiraku	Sotobori park 20:00	1	Sotobori Park >> Kishuku >> Miiraku (Kentoshi museum >> Seiko Inn >> Miiraku Junior High >> Youth Hostel >> Kubo inn >> Miiraku Bus Terminal)
2	Tomie		1	Sotobori Park >> Tomie Center >> Tomie Camp Village
3	Arakawa		1	Sotobori Park >> Arakawa

■ JUNE 17, RACE DAY

Free: only for participants

No	Indication	BusSize	No of buses	Route
1	for TOMIE	Large	1	Irie inn ~ Tomie park 04:45 05:15
2~11	for TOMIE	Large	10	Sotobori Park ~ Tomie park 04:45 05:15 ※for A-type Athletes (Please be set to 04:20)
2~6	for TOMIE	Large	5	Sotobori Park ~ Tomie park 05:50 06:20 ※for B-type Athletes (Please be set to 05:30)
11	via Konkana, Sakanoue for TOMIE	Large	1	Konkana ~ Sakanoue inn ~ Tomie park 04:45 05:25
12, 13	Konkana for TOMIE	Large	2	Konkana ~ Katarankana Bag Packers ~ Tomie park 04:45 05:20
14	for TOMIE	Medium	1	Gyogasaki Park~Rokuroba~ Kishiku Abiru inn~ Tomie park 05:00 05:45
15, 16	via Kubo, YH Miiraku and Seikou to TOMIE	Medium	2	Miiraku Bus Terminal ~ Kubo inn ~ Youth Hostel ~ Miiraku Junior High ~ Seiko inn ~ Tomie park 04:50 05:50
17, 18	via Arakawa for TOMIE	Large	2	Arakawa ~ Tomie park 05:00 05:40

There is if the number of the bus is subject to change upon number of guests.

Extraordinary Bus Operation on Race Day 800JPY for adult and 400JPY for child

	Indication	BusSize	No of buses	Depature	Route
1	Tomie Port Park	Large	1	06:00	Sotobori Park >> Tomie Park >> Sotobori Park 06:00 06:30 09:50 10:20

After Finish (back to hotels) Free for participants, others charged 500JPY (child: free)

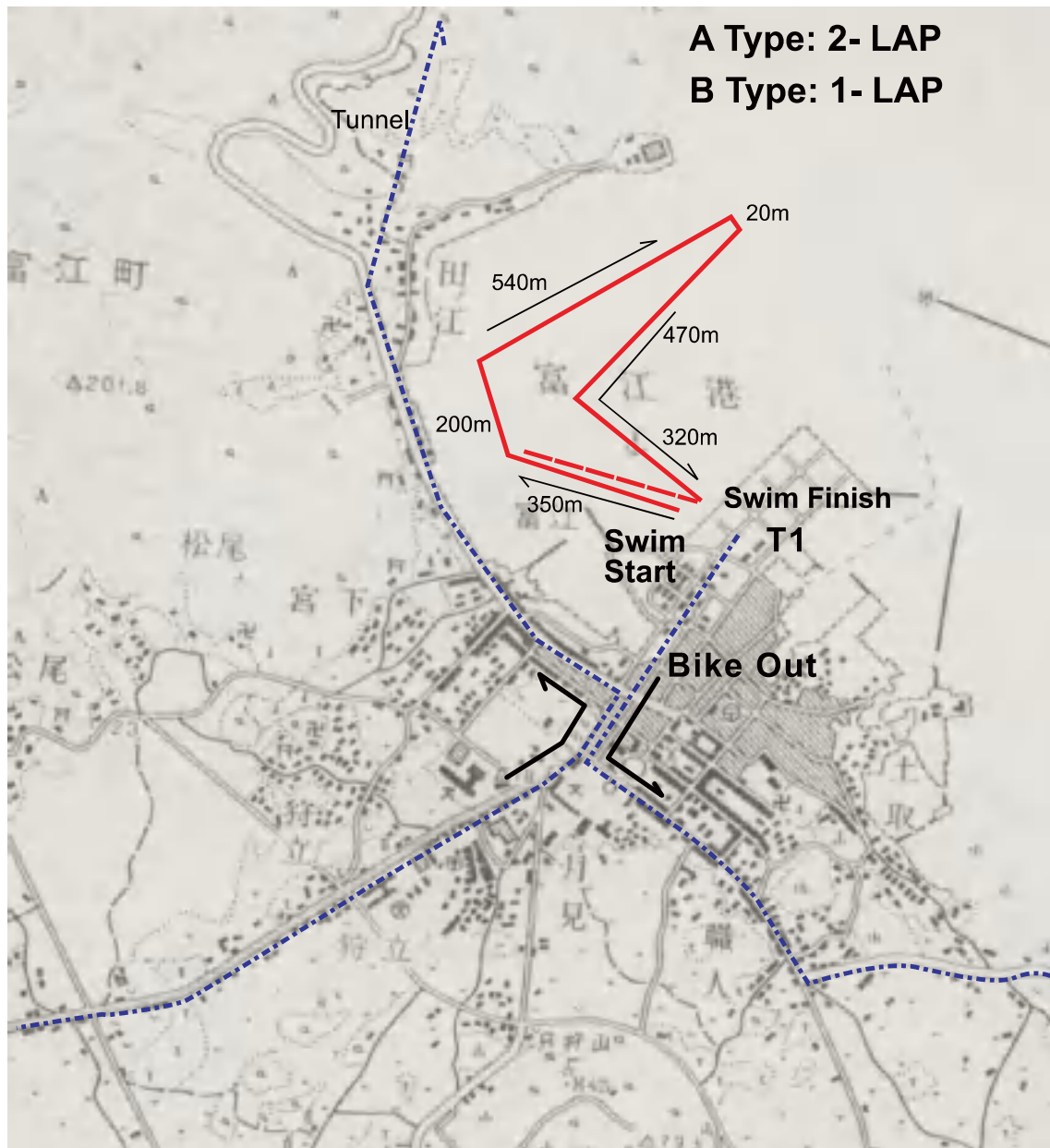
	Indication	BusSize	No of buses	Depature	Route
1	via Zapon inn Tomie Camp Village	Large	1	19:00 21:00 23:00	Fukue Port Parking >> Zapon inn >> Tomie >> Cmap Village 19:00 19:45 21:00 Shuttle buses 21:45 23:00 23:45
2	Irie inn, Abiru inn Miiraku, Arakawa	Mid	1	19:00 23:00	Fukue Port Parking >> Irie inn >> Abiru inn >> Miiraku (Kentoshi museum >> Miiraku Bus terminal >> Kubo inn >> YH >> Miiraku Junior High >> Seiko inn) >> Tanna >> Arakawa 19:00 20:20 23:00 Shuttle buses 00:20
3	Via Irie inn, Arakawa Miiraku, Kishiku	Mid	1	19:00 23:00	Fukue Port Parking >> Irie inn >> Arakawa >> Tanna >> Miiraku (Seiko inn > Miiraku Junior High > Youth Hostel > Kubo inn > Miiraku Bus Terminal > Kentoshi museum) >> Apiru inn >> Kishiku 21:00 22:30 23:00 Shuttle buses 00:30

※ It is not possible to put a bicycle



GOTO NAGASAKI International Triathlon RACE COURSE

SWIM COURSE



Course Description

The smooth and crystal clear water swim leg starts in front of the beach of "Tomie Port".

The swim course is so called "L" shape.

After the deep water start, the first corner at 350m followed by turn is at 200m and is an "obtuse angle" corner.

The next turn is reached after about 540m, and is a right angle bend.

A TYPE:

After the first lap, swimmers must turn the cone on the beach then go to the second lap.

After 2-loop swimmer will go to the swim finish gate.

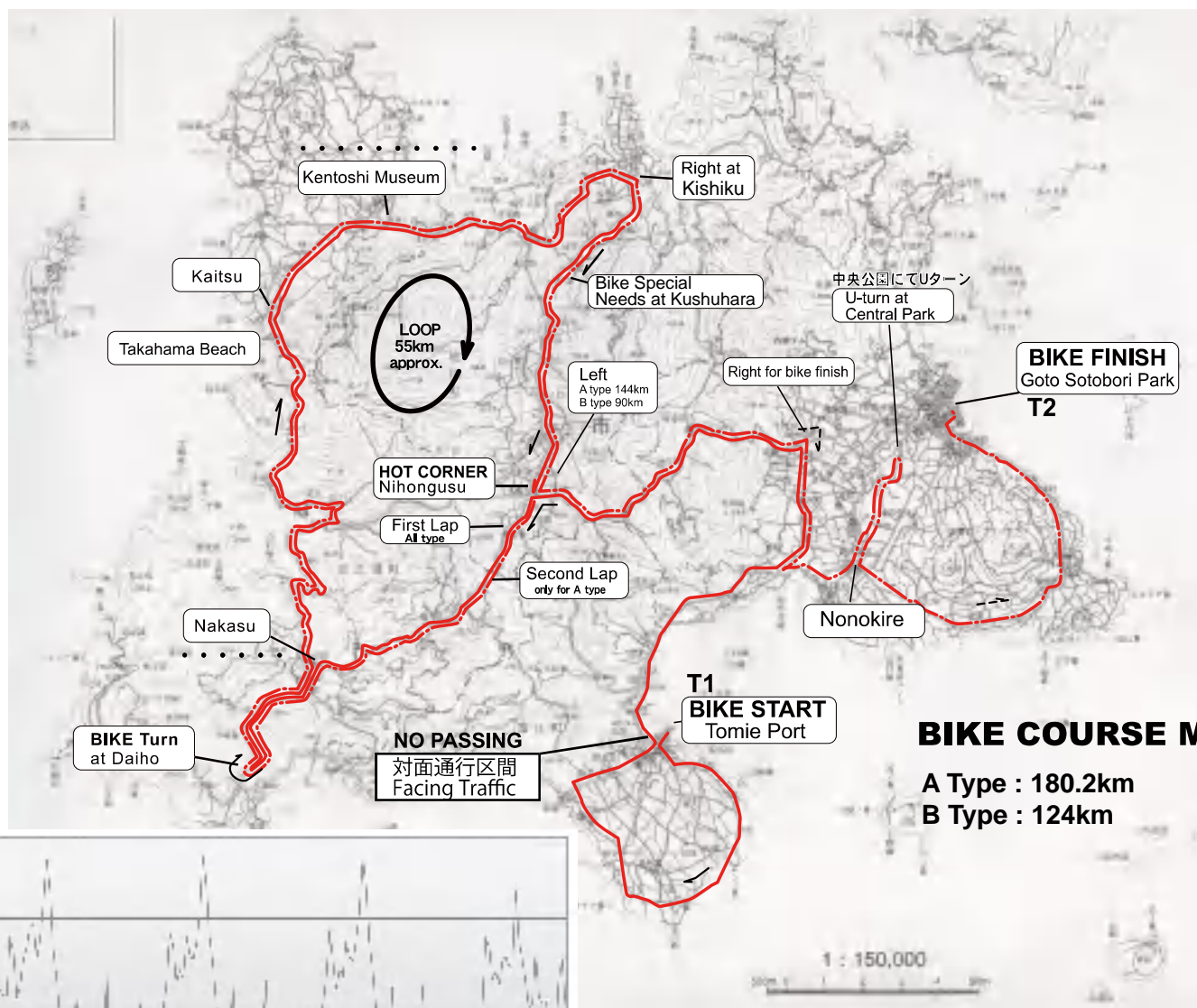
B TYPE (incl. Elite):

After the first lap swimmer will go to the swim finish gate.



Water temperature is expected to 19 to 22C degrees in the middle of June.

GOTO NAGASAKI International Triathlon RACE COURSE BIKE COURSE



BIKE COURSE MAP

A Type : 180.2km
B Type : 124km

Bike Elevation Profile

A type

BIKE START at Tomie, T1
Soon Left and circle around Tomie town
No passing zone at Facing Traffic at Tomie

Left at Kokuzo 20km
Left at Seto intersection

Left at Nihongusu (Hot Corner marked A) 33km
U-turn at Daiho 46km
Arakawa AS, 57km
Hamanoko AS, Miiraku 69km
Right at Kishuku

Streight at Nihongusu (Hot Corner) 88km
U-turn at Daiho 102km
Arakawa AS, 113km
Hamanoko AS, Miiraku 125km
Right at Kishuku

Left at Nihongusu (Hot Corner), 144km
Right at Seto
Left at Kokuzo, 157km
Left at Nonokire
U-turn at Fukue Central Park
Left at Nonokire

BIKE FINISH at Goto Sotobori Park , 180.2km

BIKE COURSE POINT TO POINT

B type

BIKE START at Tomie, T1
Soon Left and circle around Tomie town
No passing zone at Facing Traffic at Tomie

Left at Kokuzo 20km
Left at Seto intersection

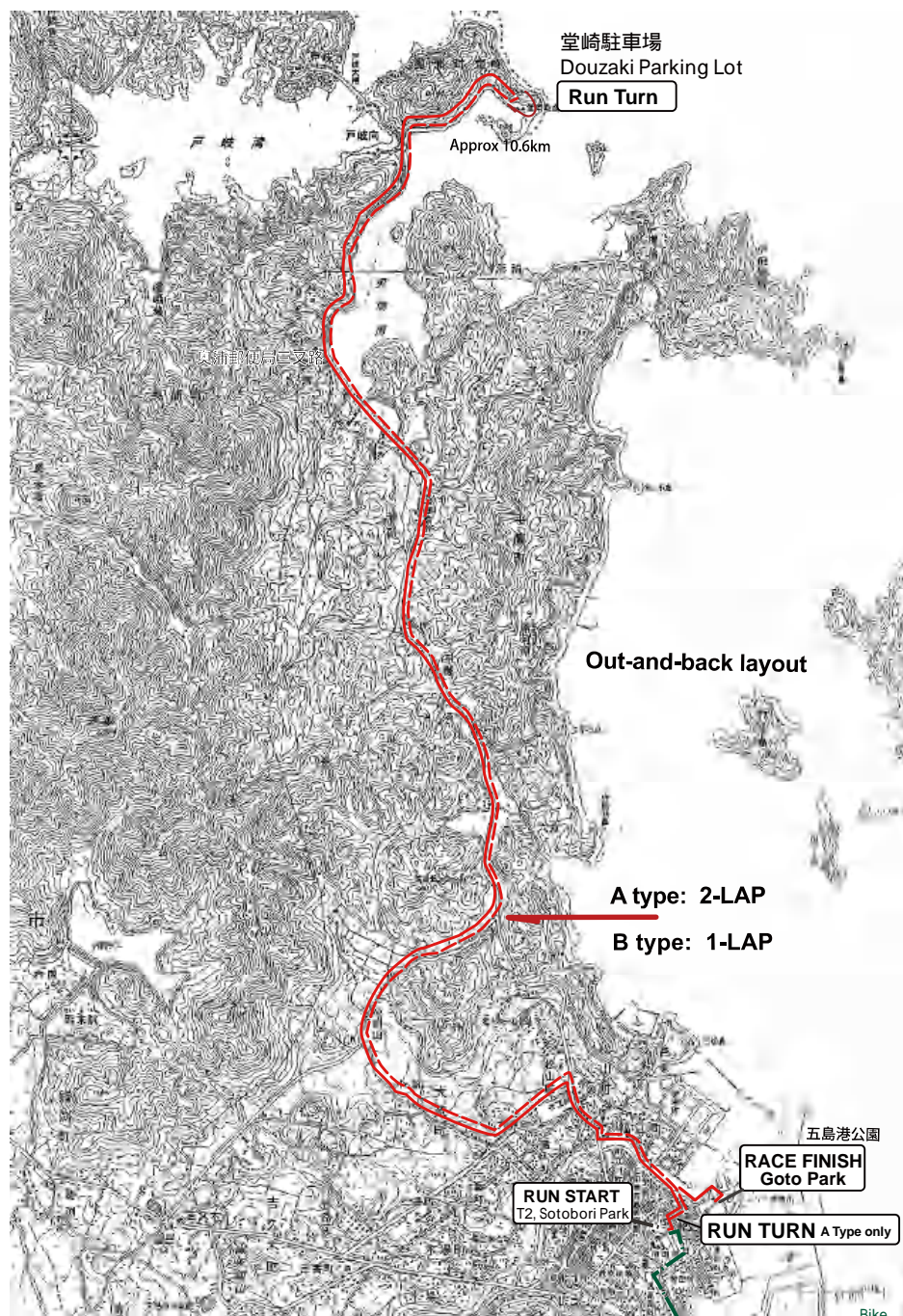
Left at Nihongusu (Hot Corner marked A) 33km
U-turn at Daiho 46km
Arakawa AS, 57km
Hamanoko AS, Miiraku 69km
Right at Kishuku

Left at Nihongusu (Hot Corner), 88km
Right at Seto
Left at Kokuzo, 101km
Left at Nonokire
U-turn at Fukue Central Park
Left at Nonokire

BIKE FINISH at Goto Sotobori Park , 124km

GOTO NAGASAKI International Triathlon RACE COURSE

RUN COURSE



RUN COURSE DISCRIPTION

A type: 2-LAP out- and-back course

Run course starts from the bike finish at Sotobori park, shuttles between Sotobori Park and Paking lot of Douzaki church, out-and-back layout.

B type: 1-LAP out- and-back

Run course starts from the bike finish at Sotobori park, shuttles between Sotobori Park and Paking lot of Douzaki church, out-and-back layout.

2018 Goto Nagasaki International Triathlon

Welcome to the Goto Nagasaki.

This year's race, A type will be held as the Japanese long distance championship which is the first time in Kyushu area.

The charm of triathlon is at the moment of the finish that visits ahead of a long challenge. Various feelings will come to mind at the moment of finishing such as "impression" "sense of accomplishment" "gratitude" "exaltation".

Everyone will consider the weather conditions of the race day and the characteristics of the course and so on, and control themselves to face long day. Thousand of volunteers will support your challenge from the roadside.

The long distance race requires careful preparation.

In addition to planned training, you have to consider the race is hold in rainy season. Prepare thoroughly so that we can cope with any situation, weather condition for rain, heat or cold .

Check this contents information and time table.

Please get ready for the race before you leave home.

We are waiting for all of your athletes.

Let's meet race week at Goto.



2018 Goto Nagasaki International Triathlon

JTU Team Leader

Mitsuhiro Yamamoto



2017 BARAMON KI