

GRAND CYCLE TOKYO "RAINBOW BRIDGE RIDE 2024" Regulations

Terms and Conditions

Please confirm the following terms and conditions before applying.

< Terms and Conditions of Participation >

1. General information about the event

- (1) The GRAND CYCLE TOKYO Rainbow Ride (hereinafter referred to as "the Event") is a fun ride event, not a race for rankings or times. Participants are requested to put safety first, enjoy the fun ride and cooperate with the smooth running of the Event.
- (2) Participants are requested to pay attention to the latest information from the event organisers via email and other announcements, the official website, official SNS and other media, and to confirm the content of such information.
- (3) Participants may not be allowed to participate in the event if they are in breach of any of the rules and regulations.
- (4) Participants must be aware that the roads on which they will be riding are not roads specially designed for bicycles, but are highways, etc., and must be mindful of their own safety and manners when participating in this event.
- (5) Helmets must be worn by all participants. Helmets are mandatory as of April 1, 2023.
- (6) To ensure safe riding, please use the Tokyo Metropolitan Bicycle Safety Learning App "Rintore" to learn about bicycle safety before riding. If you pass the test on the app, a pass number will be issued. Those who pass the test will receive novelty goods on the day of the event.
- (7) If a participant cancels or changes his/her entry after winning the drawing for entry, the entry fee will not be refunded.
- (8) The entry fee will not be refunded if the entry is cancelled due to excessive or duplicate payments, false declarations of name, date of birth, etc., or fraudulent entry (entry by a person other than the entrant).
- (9) Please take care of your health, and have sufficient training before participating in this event.
- (10) Please be aware that there are risks in this event, including the risk of falling, collisions with other cyclists, cyclists, motor vehicles, pedestrians and disabled objects, poor maintenance of bicycles and other equipment, operational errors, weather conditions, and carelessness on your part and that of others.
- (11) By participating in this event, participants consent to the reporting, publication and use of their personal information, including portrait, in videos, photographs, articles and records of the event on television, newspapers, magazines, the internet, brochures and other media. The participant also agrees that the right to publish and use such information belongs to the organisers.
- (12) The participant warrants that all the information submitted in the application form and the entry information registered for participation in the event is true and correct.
- (13) In the event of injury sustained during participation in the Event, the Participant agrees to emergency treatment and transport as deemed appropriate by the medical professionals commissioned by the Event Organisers. Furthermore, the participant agrees to a potential burden of any medical and other costs arising there from.

(14) You are solely responsible for any accident, injury (including death), loss, or damage to property resulting from your participation in this event, except in the case of willful misconduct or gross negligence on the part of the organizer.

2. Eligibility for participation

(1) Course completion guidelines

Participants must have the leg strength to complete each course within the following time limits and must be in good health and able to ride safely without overexertion. (Including time spent at aid stations, etc.)

<Estimated time to complete the race by course>

Course	Distance	Estimated time to complete the race
Rainbow Long	35 km	within 3 hours
Rainbow Middle	19 km	within 1 hour 40 minutes
Rainbow Short	8 km	within 50 minutes

(2) Participation requirements for each course. Course selection guidelines

Please check the following table for the entry requirements for each course, and only those who are able to judge for themselves that they are fit and able to ride safely are eligible.

Please note that the standard for participation in this event is that you must have experience in similar riding events and ride a bicycle on a daily basis. If you do not meet these criteria, please consider participating with an electric bicycle.

Course	General (18 years and older), From primary school grades 3 to High School.
Rainbow Long	<u>There is a 1.5 km slope with a 5% gradient in the course.</u> <u>There is also a 1.3 km slope with a gradient of 4%.</u>
Rainbow Middle	<u>There is a 1.5 km slope with a 5% gradient in the course.</u>
Rainbow Short	

Reference: "Slopes with a gradient of around 5% in Tokyo".

We recommend that you check the gradient of the course you are participating in beforehand, either by riding the course or using Google Maps, etc.

(3) Minors (under 18 years old) participants

Minors (under 18 years old) participants require the consent of a parent or guardian.

(4) Primary school student participants

Participants must be in the third grade of primary school or above, in good health and able to ride safely without straining themselves. However, one parent/guardian(over 18 years old) must accompany each participant who is in the third grade of primary school or above.

(5) Pre-school children

<Vehicle definitions>

Type	Definition	Example	Handlebar shape
Road bike	Mainly vehicles with drop handlebars and tyre diameter of 25" or more, with multiple gears	road bikes, gravel roads, cyclo-cross	Drop handlebars *Road bikes with flat handlebars are considered sports cycles
Sport cycle	Crossbikes, MTBs and other sports bikes with flat-shaped handlebars	trail bikes, cross bikes, MTBs	Flat handlebars (bar ends allowed), Riser bars
Mama-chari	Frame is not a sports bike, but a light vehicle specification	Mama-chari	Handlebars of a standard mama-chari *Cannot be modified
Mini velo	Bicycles with tyre diameters between 16 and 24 inches.	Mini velo	Flat handlebars, Drop handlebars
Tandem bicycle	A two-wheeled bicycle with two or more passengers and pedalling equipment installed in a row.	Tandem bicycle	Flat handlebars, Drop handlebars
Special bicycles	Bicycles other than those listed above	fat bikes, beach cruisers, etc.	Depends on each bicycle

*Bicycles without multi-stage gears, without electric power assist, and bicycles smaller than 16 inches mini velo are not allowed to participate.

*The main criterion is the shape of the vehicle, which is easy for the operator to identify.

*The number of different types of bicycles is increasing every year. If you cannot determine whether your bicycle is suitable or not, please contact the RAINBOW RIDE Organising Committee Secretariat in advance.

*The above-mentioned "rental cycle (electrically assisted)" refers to the rental cycle (with helmets) provided by the organisers.

(2) Unacceptable vehicles

For safety reasons, the following vehicles are not permitted to participate in the event, even if they are generally permitted to ride on public roads. Please understand.

<Unacceptable vehicles >

Bicycles that are in violation of the law.

Bicycles with electric power assisted bicycles equipped with functions not specified in Japan (e.g. electrically assisted at speeds of 25 km/h or more).

Electrically power assisted bicycles (electric mopeds) that can be ridden without pedalling.

Recumbents

Handcycles

Tricycles

Pisto bicycles (fixed-gear vehicles)

Bicycles with auxiliary wheels

Minivelo tyres less than 16" in diameter.

Vehicles that do not correspond to the vehicles allowed on each course.

Time trial bike

<Unacceptable handlebars>

DH handlebars

Clip-ons

Spinatch

Aero bars

Triathlon bars

Auxiliary bars attached to drop handlebars such as those listed above in attachment system in general. Other bars that impede quick braking and are unsuitable for operation on steep gradients.

Any handlebar that is unsuitable for use on steep gradients and hinders quick braking.

Handles that are deemed dangerous to ride on, including auxiliary bars that are attached by attachment, are prohibited.

The event organiser reserves the right to cancel a rider's entry if it is deemed to be in breach of the regulations.

(3) Equipment and accessories

(i) Helmets (with a strap that can be fastened under the chin) and front and taillights (or reflectors) must be worn (even when riding a light vehicle or rental bicycle).

(ii) Unnecessary equipment and accessories that hinder safe riding are prohibited.

<Equipment and accessories Standard>

Essential	Helmets (leather Kasks are not permitted. Helmets of the helmet brand "Kask" can be used.) Helmets must have a chinstrap and be able to hold the head in place. Front lights. Tail light or reflector
Recommended	Gloves (preferably bicycle gloves to protect the palms of the hands in the event of a fall) Portable pump (inflator) Spare tubes
Unnecessary	Bottle cage (do not put cans, bottles, PET bottles, etc. in the cage to prevent them from falling off) Cycling computer Saddlebags Mudguards Camera (must be secured to the bike or helmet, and must have safety and fall prevention measures in place).
Prohibited	Equipment or accessories that interfere with safe riding are prohibited. Riding with luggage in the bicycle basket without any covers is prohibited. (Covers are not included for the rental cycle provided by the organisers)

4. With regard to bicycle management, vehicle inspection, clothing and personal effects

(1) Bicycle management, theft and damage

The organiser is not responsible for theft or damage of bicycles. There will be a bicycle rack at the registration area, but please use at your own risk.

(2) Car inspection

(i) Please maintain your bicycle sufficiently at your own responsibility so that it conforms to the laws and regulations, vehicle classification, etc.

(ii) It is recommended to have your bicycle inspected and maintained in advance at a bicycle shop.

(iii) Before the start, staff will visually check the vehicle and equipment.

(iv) Any vehicle deemed by the organisers of this event to be in breach of the law or vehicle classification may not be allowed to start. In addition, the entry fee will not be refunded even if you are unable to participate.

(3) Clothing

(i) Wear clothing suitable for exercise.

Please note that temperatures on the bridge are expected to be low, so please take adequate measures to protect yourself from the cold.

(ii) Do not wear clothing that may be dangerous when riding or cover your entire face.

(iii) Please do not wear clothing that is not appropriate for a sporting event, such as that which makes other participants or spectators uncomfortable.

(iv) Do not participate in the event wearing clothing that promotes political or religious claims or promotes or advertises a specific individual, region, or organization that is not authorised by the race organisers.

(v) There are no changing rooms in the start area (except for the VIP), so please come dressed in the clothes you will be running in. Please do not change in the surrounding facilities.

(vi) Helmets (with a strap that can be fastened under the chin) must be worn while riding and gloves are recommended to prevent injury in the event of a fall.

Also when attaching a camera to a helmet, please be aware that there is a risk of serious injury in the event of a fall

(vii) For security reasons, participants wearing the following clothing will not be allowed to participate in the race.

Also, please be careful not to drop any of your personal belongings.

<Example of clothing that prohibits participation>

- Headgear and costumes that do not allow sufficient visibility to check the front, back, left, and right directions, or that prevent the user from hearing surrounding sound
- Clothes and accessories that may get caught in wheels or gears, such as long skirts, hakama, and wigs that reach under the saddle when seated.
- Items that may interfere with safe driving or cause injury, such as geta, straw sandals, high heels, beach sandals, bare feet, etc.

(4) Personal belongings

(i) The front number must be fixed to the handlebars of the bicycle or the front basket so that it can be seen from the front.

(ii) The back number must be attached to the back of the bicycle so that it can be seen from the surroundings. If

you carry a backpack, etc., be sure to attach it to the backpack and not to your clothing so that it can be seen.

(iii) Participants are responsible for repairing punctures, etc., and it is recommended that they prepare tools, pumps and spare tubes to deal with problems such as punctures, etc.

(iv) Please prepare sufficient clothing to protect against cold and rain.

(v) Carry your health insurance card and mobile phone in case of an emergency.

(vi) Pets and other objects that may impede safe riding are not permitted to ride with you.

5 Driving management

(1) Driving rules

(i) Participants must be fully aware of the route, junctions, gates, time limits, driving precautions, etc. of the course to be raced before participating in this event.

(ii) Participants must follow the instructions and guidance of police officers, security guards, guides and staff. If they do not follow the instructions, they may be ordered to stop riding in order to prioritise safety.

(iii) A "wave start system" will be used, in which the participants start in order according to their bib numbers.

(iv) Participants must observe all laws, regulations and rules, ride safely and take extra care to avoid any contact or trouble.

(v) Participants must contact the nearest staff member or other person in the event of an accident or if they witness an accident.

(2) Common rules on motorway mainlines and public roads

(i) In principle, driving in the opposite direction is prohibited.

(ii) Riding with earphones, etc. is prohibited. (Excluding hearing aids and other devices to supplement hearing functions.)

(iii) Standing still to take photographs is prohibited except for areas where photography is permitted. Please note that it is possible to take pictures with a camera fixed to the bicycle (Please be careful for safety.).

(iv) Driving with one hand is prohibited.

(3) Rules for driving on motorway and Tokyo Gateway Bridge mainlines

[Important]: With special permission, driving on the motorway mainline is allowed. If there are any violations, this event may be suspended or cancelled.

(i) The main motorway is not designed for cyclists. Please always ensure that safety is your first priority.

(ii) The height of the outer walls and guardrails on the main motorway is lower than that of ordinary roads to prevent falls. Do not drive on the roadside strip where fences, etc. are installed, and drive as close to the centre as possible.

(iii) As a rule, ride two abreast in the middle of the lane.

(iv) Except for unavoidable circumstances such as staff instructions or accidents, stopping on the motorway mainline is prohibited.

(v) In the event of an emergency, emergency vehicles will travel on the highway mainline even during traffic control. In such cases, please follow the instructions of the staff and stop driving temporarily.

(vi) From the viewpoint of safety management, the organiser may decide to stop driving on the motorway due to weather conditions.

(vii) From a safety management perspective, the organiser may advise participants who are deemed to be unable to ride on the motorway to stop riding. In such cases, please follow the instructions of the organiser.

(viii) For safety management purposes, a ride control rider will be positioned in front of and behind the each waves to lead the ride. Overtaking of the rider in charge of the ride during the ride is prohibited. If you have no choice but to overtake a rider, please be sure to sign or call out to him or her.

(4) Bicycle breakdown

(i) If a bicycle breaks down, please contact the nearest staff member and move the bicycle to a safe place such as an emergency parking zone on the highway main line or a footpath on a public road before carrying out repairs.

(ii) If the participant is unable to repair the bicycle themselves, please contact the nearest staff member. The mechanic's vehicle will take care of the problem in turn, but this is only a first aid measure and not all repairs can be carried out.

(iii) Depending on the circumstances of the breakdown and the time required to return to the race, you may be treated as a retiree.

6 Places that must be passed within the time limit and retirements

(1) Places that must be passed within the time limit

(i) Due to traffic restrictions, a barrier will be set up on the route, so please pass through before the barrier closes.

The closing time of the gate will be announced again.

(ii) If you fail to pass through a barrier gate within the time limit, you will be placed in a collection vehicle at the next barrier gate. Please follow the instructions of the staff as you are transported to the finishing area.

(iii) Regardless of the gate closing time, if it is deemed difficult to complete the race within the time limit, the runner may be treated as a retiree and accommodated in a detention vehicle, so please follow the instructions of the staff.

(2) Retirement.

(i) If you wish to retire, please ask a staff member nearby.

(ii) Participants who have retired will be accommodated in a storage vehicle and then transported to the finish line.

7 Registration

(1) Registration

(i) Please make sure to register on the day of the event (1st December). (No registration on the day before the event.)

The Registration procedures will be announced separately.

(ii) Those who fail to complete the registration procedures within the registration time will not be permitted to participate in the event.

8 Bicycle rental

Bicycle rentals are electrically assisted bicycles and are available for those who are at least 145cm tall. Bicycles and helmets will both be provided.

The organiser will not be responsible for any loss, damage or theft of bicycles (including lights, keys and other accessories) and helmets.

The organisers will not be held responsible for any accidents or thefts that are not the fault of the organisers.

Please observe all road traffic laws and take all necessary precautions for your safety.

Please check tyres, brakes, gear change, etc. before riding.

In the event of an accident or breakdown, please contact the nearest member of staff.

9 Disclaimer

(1) Cancellation or interruption of the event

(i) The organisers reserve the right to change the course or cancel or suspend the event itself in the event of natural disasters such as earthquakes, windstorms, floods, strong winds, weather conditions, incidents, accidents, infectious diseases or other hazards that are predicted.

(ii) If the event is cancelled or suspended due to natural disasters, worsening weather conditions or other reasons beyond the organiser's control, such as when it is impossible to ride safely, entry fee will not be refunded in principle.

(iii) Except in the case of wilful misconduct or gross negligence on the part of the Organisers, the Participant shall be responsible for any accident, injury (including death), loss or damage to property resulting from his/her participation in this Event.

(iv) If any part of these Terms and Conditions becomes invalid, the other parts shall remain in full force and effect.

(2) Compensation during the Event.

(i) Except in the case of wilful misconduct or gross negligence on the part of the organisers, compensation to participants shall be within the scope of compensation provided by the organisers' personal accident insurance, etc.

(ii) Compensation for damage to or theft of the bicycle, equipment and personal belongings will not be covered by the organiser's insurance. If you are unsure, please purchase the necessary insurance on your own. If you are planning to ride a bicycle in Tokyo from 1 April 2020, you will need to take out insurance against accidents involving bodily injury while using a bicycle.

(iii) First aid will be provided at the first aid station for any injuries sustained during the event, but please bring your health insurance card in case you need medical treatment at a hospital or other institution.

【Insurance】

<Insurance coverage provided by the organisers.>

Injuries and other injuries sustained during participation in the event will be compensated for within the scope of the organiser's accident insurance. However, the following are not covered by the organiser's insurance.

Accidents caused by contact with third parties (participants, related persons, general vehicles, pedestrians, spectators, etc.) that are not the fault of the organisers.

Accidents outside the venue (e.g. moving to the venue) outside the start to finish time limits.

Damage, loss or theft of bicycles (frames, parts), accessories or property.

Breakdown of personal belongings, etc.

Other events not approved by the organisers.

<Precautions>

If you are unsure about the coverage you will receive, please take out your own insurance.

Injury to the other party or damage to the bicycle or accessories due to the participants negligence that are not the fault of the organisers, please deal with it between the parties. In case of any harm, please deal with it between the parties concerned in the same way.

<Compensation details>

Compensation for accidental death: JPY 10 million.

Compensation for permanent disability: up to JPY 10 million

Compensation for medical treatment: JPY 7,500 per day of hospitalisation (within 180 days)

Compensation for outpatient visits: JPY 5,000 per day (within 90 days)

Insurance period: from the start to the end of the event.