

GRAND CYCLE TOKYO Rainbow Bridge Ride 2026 Terms and Conditions

1. Basic Principles of this Event

- (1) The Rainbow Ride (hereinafter referred to as 'this event') is a fun ride event, not a race in which participants compete for positions or times. Participants are asked to prioritise safety above all else whilst enjoying themselves, and to cooperate in ensuring the smooth running of this event.
- (2) Please participate in this event with a full understanding that it involves risks such as 'the risk of falling', 'the risk of collision with other cyclists, bicycles, motor vehicles, pedestrians or obstacles', 'poor maintenance of bicycles or other equipment, or operational errors', 'weather conditions', and 'carelessness on the part of oneself or others'.
- (3) Participation is restricted to those who possess the physical fitness to complete each course within the time limit, are in good health, and are capable of cycling safely without overexertion.
- (4) This event will be run using a 'wave system', in which groups of 100 participants (waves) are formed and each wave rides in turn. For safety reasons, ride control riders will be positioned at the front and rear of each wave to lead the way. Overtaking the ride control riders whilst they are in position is strictly prohibited.
- (5) Participants shall guarantee that all entry information provided upon registration for this event is true and accurate.
- (6) By participating in this event, participants are deemed to have consented to the use of their personal information, including their likeness, in videos, photographs, articles, records and other materials relating to this event, which may be broadcast, published or utilised on television, in newspapers, magazines, on the internet, in pamphlets and elsewhere. Participants are also deemed to have consented to the organiser retaining the right to publish and use such materials.
- (7) Should it be discovered that a participant is in breach of these Terms and Conditions or other relevant regulations, they will be refused entry into this event.
- (8) Course changes cannot be made after registration. As a general rule, entry fees will not be refunded once payment has been made. Furthermore, should a participant's entry be cancelled due to false declarations regarding their name, year of birth, or if their entry is cancelled due to fraudulent participation (such as a non-participant running in their place), the entry fee will not be refunded. (Entry rights may not be transferred.)
- (9) Participants agree that, should they sustain an injury whilst participating in this event, they will undergo any emergency treatment or transport deemed appropriate by medical personnel commissioned by the event organiser. Furthermore, please be aware in advance that participants may be required to bear any medical expenses or other costs arising therefrom.
- (10) Except in cases of wilful misconduct or gross negligence on the part of the organisers, participants shall bear sole responsibility for any accidents, injuries (including death), losses or damage to property arising from their participation in this event.
- (11) Personal information collected during 'Rainbow Bridge Ride 2026' will be appropriately managed and used within the scope of the following three points for events organised by the GRAND CYCLE TOKYO Organising Committee. It will not be used for any other purpose.
 - A. To provide information on entertainment, goods and services offered by the event organiser

- B. To verify your identity upon entry to the event venue
- C. To notify participants of the cancellation, postponement or changes to the event programme, and to process any associated refunds (where applicable)

2. Eligibility

(1) Eligibility

This event is open to participants in 3rd year elementary school or above who are able to ride safely without overexerting themselves.

(2) Minors (under 18 years of age)

Parental consent is required for minors wishing to participate.

(3) Elementary School Pupils (Years 3–6)

One parent or guardian (an adult aged 18 or over) must accompany each primary school pupil.

(4) Pre-school children

One pre-school child may ride as a passenger only if both the parent/guardian and the child are in good health and capable of cycling safely without overexertion, and provided that a specific type of bicycle (*) is used. Helmets and seat belts must be worn at all times whilst riding.

(*Specific vehicles: Bicycles fitted with a child seat (with electric assist).)

(5) Group Participation by School Clubs and Societies

We accept group entries for the Long Course from school clubs and cycling clubs based in Tokyo that organise year-round cycling activities for elementary, junior high and senior high school pupils (limited to approximately the first 100 applicants). Applications must be submitted by a representative, regardless of whether the pupils themselves are participating. Please submit a list of participants and a record of activities for the 2025 academic year at the time of application.

Please note that if primary school pupils are participating under the group participation quota, one supervisor (aged 18 or over) must accompany every five elementary school pupils.

3. Bicycles to be used

(1) Permitted Bicycles

A. Only bicycles that comply with laws and regulations and possess the necessary equipment and functions for use on public roads may be used.

B. If the event organiser determines that a bicycle contravenes the law or these Terms and Conditions, they may disqualify the rider from the race, whether before the start or whilst riding.

C. Bicycles used must be equipped with either multiple gears or electric assist, or both, and must have tyres with a diameter of 16 inches or more. (See table below)

Course	Permitted Bicycles						
	Road bike (with multiple gears)	Sports bicycles (with multiple gears or electric	City bike (commonly known as a 'mama-chari') (with multiple gears or electric	Mini-velo 16–24 inches (with multiple gears or	Beach cruisers and fat bikes (with multiple	Rental Bicycles (with multiple gears and electric assist)	Tandem bicycles (with multiple gears or electric

		assist)	assist) *Bicycle fitted with a child seat	electric assist)	gears or electric assist)		assist)
Rainbow Long	○	○	○	○	○	○	○
Rainbow Middle	○	○	○	○	○	○	○
Rainbow Short	○	○	○	○	○	○	○

<Bicycle Specifications>

Vehicle Category	Key Definitions	Affected vehicles	Relevant handle shapes
Road bike	Bicycles mainly fitted with drop handlebars and tyres of 25 inches or more in diameter Fitted with multiple gears	• Road bikes • Gravel bikes • Cyclocross bikes	• Drop handlebars * Road bikes with flat handlebars are classified as ‘sports cycles’
Sports cycle	Sports bikes with flat handlebars, such as road bikes and MTBs	• Trail bike • Hybrid bike • MTB	• Flat handlebars (bar-end grips optional) • Riser handlebars
City bike (commonly known as a ‘mama-chari’)	The frame is designed for a city bicycle rather than a sports bike	• City bike (commonly known as a ‘mama-chari’)	• Handlebars designed for standard light bicycles (commonly known as ‘mama-chari’) *Modifications are not permitted
Mini-velo	Vehicles with tyre diameters of 16–24 inches	• Mini-velo	• Flat handlebars • Drop handlebars
Tandem bicycle	A bicycle designed for two riders, with the pedal assemblies arranged in a single row	Tandem bicycle	• Flat handlebars • Drop handlebars
Special-purpose vehicles	Vehicles other than those listed above	• Fat bikes (beach cruisers), etc.	• Depending on the vehicle

*The term ‘Rental bicycles (with multi-speed gears and electric assist)’ above refers to rental bicycles

provided by the organisers.

*The primary criterion for assessment will be the 'vehicle shape', which allows the organisers to make a clear distinction.

* If you are unsure whether your own bicycle complies with the requirements, please check with the organising committee in advance.

(2) Prohibited Bicycles

Even if a bicycle is permitted for use on public roads, the use of the following bicycles and handlebars is prohibited at this event for safety reasons. Should the event organiser deem this to be a breach of the regulations, your participation may be cancelled, regardless of whether this occurs before the start or whilst riding.

<Prohibited Vehicles>

- Bicycles that contravene the law
- Electric-assist bicycles that move without pedalling (electric mopeds) • Fixed-gear bicycles
- Electric-assist bicycles with features not permitted under domestic regulations (e.g. those providing assistance at speeds of 25 km/h or more)
- Recumbent bicycles
- Handcycles
- Tricycles
- Bicycles with training wheels
- Mini-velos with tyre diameters of less than 16 inches
- Triathlon bikes (commonly known as TT bikes)
- Tall bikes
- Trailers* (not permitted from 2026)
- Any other vehicles deemed dangerous by the event organisers

<Prohibited Handlebars>

- DH handlebars
- Clip-on handlebars
- Spinach
- Aero bars
- Triathlon bars
- Bullhorn handlebars
- All auxiliary bars that attach to drop handlebars as described above via an attachment system. Additionally, any bars that hinder rapid braking or are unsuitable for use on steep gradients.
- All auxiliary bars designed to be attached via an attachment system are included; any handlebars deemed hazardous whilst riding are prohibited.
- Any other handlebars deemed dangerous by the event organisers

(3) Equipment and Accessories

- A. The wearing of a helmet (with a strap that can be fastened under the chin) and the fitting of a front light, rear light (or reflector) and a warning device (bicycle bell) are mandatory.
- B. The fitting of unnecessary equipment or accessories that hinder safe riding is prohibited.
- C. Furthermore, the event organisers may instruct participants to remove any equipment or accessories if they deem them to be dangerous.

<Equipment and Accessories Standards>

Standards	Equipment and Accessories
Mandatory	• Helmet (Leather helmets and soft-shell helmets are not permitted. *Helmets from the 'Kask' brand are permitted.) *Please ensure your helmet has a chin strap and is capable of securing your head securely. • Front light • Rear light or reflector • Bicycle bell
Recommended	• Gloves (cycling gloves are preferable to protect the palms in the event of a fall) • Portable pump • Spare inner tube
Available for use	• Bottle cage (please do not place cans or glass bottles in the cage to prevent them from falling out) • Cycle computer • Saddle bag • Front pannier (limited to those that do not protrude beyond the frame) • Mudguards • Camera (limited to those securely attached to the bicycle frame or helmet, etc., with safety measures and anti-fall precautions in place)
Prohibited	• The fitting of unnecessary equipment or accessories that hinders safe cycling is prohibited • Riding with luggage placed in an uncovered bicycle basket is prohibited (Rental bicycles provided by the organiser do not come with covers.)

(4) Vehicle Inspection, Maintenance and Management

- A. Please ensure that your bicycle is serviced in advance to comply with these regulations. We recommend having a pre-event inspection and service carried out at a specialist bicycle shop or similar establishment.
- B. Please ensure your tyres are inflated to the correct pressure for your bicycle. If you are unsure of the correct pressure, we recommend checking this at a shop or similar establishment and ensuring the correct pressure is achieved by the day before the event. Please be aware that incorrect tyre pressure may cause a puncture.
- C. Please ensure you check all functions requiring charging or batteries—such as front lights, rear lights and

electric assist systems—in advance, and charge or replace batteries as necessary before taking part.

D. We do not provide mechanical services (repairs, charging, etc.) for electric-assist bicycles. In the event of a breakdown or the battery running out, you must either ride without the assist function within the time limit or return to the venue using the collection vehicle.

E. At registration on the day of the event, staff will carry out a visual inspection of your bicycle and equipment.

F. Bicycles deemed by the event organiser not to meet the conditions of these Terms and Conditions may be barred from participating.

Please note that no refunds will be issued even if you are barred from participating.

G. The organisers accept no responsibility for theft or damage to bicycles. Bicycle racks will be provided at the registration venue and at aid stations; please use these at your own risk.

4. Clothing, Race Numbers and Personal Belongings

(1) Clothing

A. You must wear a helmet (with a strap that can be fastened under the chin) at all times whilst riding. We recommend wearing gloves to prevent injury in the event of falling. Please be aware that attaching a camera to your helmet may lead to serious injury in the event of falling.

B. Please participate in clothing suitable for exercise. Please note that low temperature and strong winds are expected on the Rainbow Bridge and Tokyo Gate Bridge, so please take adequate measures to protect yourself against the cold.

C. Wearing clothing that may pose a hazard whilst cycling, or covering your entire face, is prohibited.

D. Please avoid clothing that is inappropriate for a sporting event, such as attire that may cause discomfort to other participants or spectators.

E. Please do not participate in clothing intended to promote political or religious views, or to publicise specific individuals, regions or organisations not approved by the event organisers, or for advertising or promotional purposes.

F. Please do not change clothes at nearby facilities or other locations.

G. For safety reasons, participation in the following attire is not permitted. Please also take great care to ensure that any personal belongings do not fall off.

<Examples of prohibited clothing>

- Headwear or costumes that are deemed to obstruct your field of vision when looking forwards, backwards, left or right, or to prevent you from hearing surrounding sounds clearly
- Clothing or accessories that could become entangled in the wheels or gears, such as long skirts, hakama, or wigs that extend beneath the saddle when seated
- Geta, straw sandals, high heels, sandals, bare feet, etc., which may hinder safe riding or pose a risk of injury

(2) Race Numbers and Personal Belongings

A. Please ensure that your race number is attached to your back so that it is visible to those around you. If you are carrying a rucksack or similar item, attach the number to it and ensure it remains clearly visible.

B. Please carry your My Number Card as your Health Insurance Certificate or eligibility certificate and a mobile phone in case of an emergency.

- C. Participants must carry out their own repairs, such as for punctures. We recommend that you bring tools, a pump and a spare inner tube to deal with problems such as punctures.
- D. It is prohibited to ride whilst carrying pets or any other items that may hinder safe cycling.

5. Registration

- (1) Please ensure you register on the day of the event (23 November). (We do not accept advance registrations.)
Details on how to register will be provided separately.
- (2) Please note that anyone who fails to complete the registration procedures within the designated time will not be able to take part in this event.

6. Race Management

(1) Riding Rules

- A. Participants must strictly follow the instructions and guidance given by police officers, security guards, marshals, staff and others. Failure to comply with these instructions may result in being ordered to stop riding in the interests of safety.
- B. Participants must ride safely in compliance with laws, regulations and other relevant rules, whilst taking great care to avoid collisions and incidents.
- C. The event will be run using the 'wave system', in which participants are organised into groups (waves) of 100 people based on their race number, with each wave riding in turn.
- D. Participants must contact nearby staff or officials immediately if they are involved in or witness an accident.

(2) Common rules on the Metropolitan Expressway and public roads

- A. Riding in the wrong direction is prohibited.
- B. Riding whilst wearing earphones or similar devices is prohibited (excluding hearing aids and other devices designed to assist with hearing).
- C. Stopping to take photographs on the course is prohibited, except in areas where photography is permitted. However, filming using cameras mounted on bicycles is permitted (please take due care to ensure safety).
- D. Riding with one hand is prohibited.

(3) Riding Rules on the Metropolitan Expressway and the Tokyo Gate Bridge

Rainbow Bridge Ride has obtained special permission to allow cycling on the Metropolitan Expressway and other routes where cycling is normally prohibited. Please ensure you comply with these rules at all times, as any violations may result in the event being suspended or cancelled.

- A. The Metropolitan Expressway and similar roads are not designed with cycling in mind. Please ensure that you always prioritise safety when cycling.
- B. On the Metropolitan Expressway and similar routes, the height of safety barriers, guardrails and other fall-prevention structures is lower than on ordinary roads. Do not ride on the hard shoulder where iron railings or similar barriers are installed; as a general rule, please ride in two columns towards the centre of the traffic lane.
- C. Stopping on the Metropolitan Expressway and similar roads is prohibited, except where instructed by staff or in unavoidable circumstances such as accidents.
- D. In the event of an emergency, emergency vehicles and the like may travel on the Metropolitan Expressway

and similar roads even whilst traffic restrictions are in place. In such cases, please follow staff instructions and temporarily stop riding at a safe location.

- E. Please note that, for safety reasons, the organisers may decide to cancel the ride on the Metropolitan Expressway or similar routes depending on weather conditions. We ask for your understanding in advance.
- F. From a safety perspective, the organisers may advise participants to cease riding if they deem that such participants are unable to ride safely on the Metropolitan Expressway or similar routes. In such cases, please follow the organisers' instructions.
- G. For safety reasons, a ride control rider will position themselves at the front of the wave and lead the group. Overtaking the ride control rider whilst riding is prohibited. If you are unavoidably forced to overtake, you must signal or call out to them.

(4) Bicycle Breakdowns

- A. In the event of a bicycle breakdown, please contact the nearest member of staff and move your bicycle to a safe location—such as the emergency hard shoulder on the Metropolitan Expressway or the pavement on public roads—before carrying out any repairs.
- B. If you are unable to repair the bicycle yourself, please inform the nearest member of staff. A mechanic's vehicle will attend to you in turn; however, please note that this is strictly limited to emergency repairs and may not cover all issues. (Depending on the nature of the breakdown, we may be unable to assist.)
- C. Depending on the nature of the breakdown and the time required to resume riding, you may be deemed to have withdrawn from the event.

7. Time Limits and Withdrawal

(1) Time Limit

- A. Due to traffic control schedules, a time limit has been set. Checkpoints will be established along the route; please ensure you pass through them by the checkpoint closing time (time limit).
- B. If you are unable to pass through a checkpoint within the time limit, you may be required to take a shortened route or be transported by a recovery vehicle at that checkpoint. Please follow the instructions of the staff.
- C. Regardless of the checkpoint closing time, if it appears unlikely that you will be able to complete the course within the time limit, you may be treated as having withdrawn and taken to the support vehicle; please follow the instructions of the staff.

(2) Withdrawal

- A. If you wish to withdraw, please inform a nearby member of staff.
- B. Participants who withdraw will be taken to the finish line by a support vehicle or similar.

8. Rental bicycles

- (1) The rental bicycles provided by the organisers are electric-assist bicycles and are intended for participants who are 150 cm or taller. Bicycles and helmets are hired as a set.
- (2) In the event of loss, damage or theft of the bicycle (including accessories such as lights and locks) or the helmet, you will be charged the actual cost.
- (3) The organisers accept no liability whatsoever for accidents, theft or similar incidents, unless caused by their wilful misconduct or gross negligence.

- (4) Please comply with the Road Traffic Act and take every care to ensure your safety whilst using the bicycles.
- (5) Before riding, please ensure you check the tyres, brakes, gear changes and battery charge.
- (6) In the unlikely event of an accident, breakdown or other problem, please speak to the nearest member of staff.

9. Disclaimer

(1) Cancellation or Suspension of this Event

- A. In the event that danger is anticipated due to natural disasters or weather conditions such as earthquakes, floods, or strong winds, or due to incidents, accidents or infectious diseases, the organiser reserves the right to alter the route or to cancel or suspend the event itself at its discretion.
- B. If this event is cancelled or suspended due to reasons beyond the organiser's control—such as natural disasters, deteriorating weather conditions, or other circumstances that prevent safe riding—participation fees will not, in principle, be refunded.
- C. Except in cases of wilful misconduct or gross negligence on the part of the organiser, participants shall be solely responsible for any accidents, injuries (including death), losses or damage to property arising from their participation in this event.
- D. Even if any part of these Terms and Conditions is deemed invalid, the remaining provisions shall remain in full force and effect.

(2) Compensation during the event

- A. Except in cases of wilful misconduct or gross negligence on the part of the organiser, compensation to participants shall be limited to the scope of cover provided by the accident insurance policy taken out by the organiser.
- B. Damage to or theft of bicycles, equipment, personal belongings, etc., is excluded from the scope of the organiser's insurance cover. If you have any concerns, please take out the necessary insurance yourself.
- C. In the event of injury or similar incidents during this event, first aid will be administered at the first-aid post; however, please bring your My Number health insurance card or certificate of eligibility in case treatment at a hospital or similar facility is required. Please be aware in advance that participants may be required to bear any medical expenses or other costs incurred as a result.

(3) Insurance

- A. Injuries sustained whilst participating in this event will be covered within the scope of the accident insurance taken out by the organiser. However, the following are excluded from the organiser's insurance cover:
 - Accidents resulting from contact with third parties (participants, event staff, general vehicles, pedestrians, etc.) for which the organiser is not at fault
 - Accidents occurring outside the venue or before the start or after the time limit (cutoff time) of the event (e.g. whilst travelling to the venue)
 - Damage to, loss of or theft of bicycles (frames and various parts), accessories or personal belongings
 - Malfunctions of personal belongings, etc.
 - Any other incidents not recognised by the organisers

B. Important Notes

- If you have any concerns regarding the scope of cover, please take out your own insurance.
- In the event of injury to another party or damage to a bicycle or accessories caused by your own negligence and not attributable to the organiser, please settle the matter directly between the parties

involved . Please also settle matters directly between the parties involved in the event that you yourself suffer harm.

C. Details of Cover (for reference)

- Compensation for death due to an accident: 10 million yen
- Compensation for permanent disability: Up to 10 million yen
- Medical treatment compensation: 7,500 yen per day of hospitalisation (up to 180 days)
5,000 yen per day for outpatient treatment (up to 90 days)
- Period of cover: From the start of this event until its conclusion