



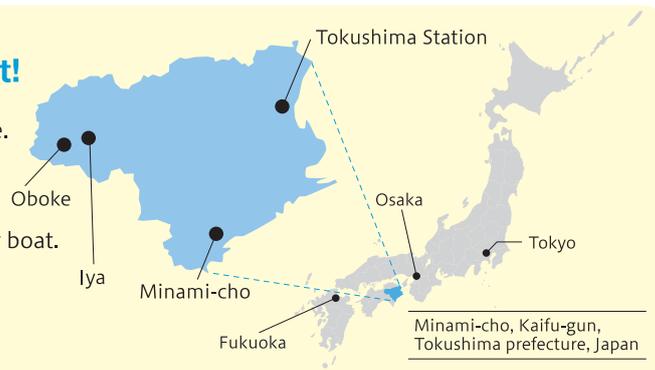
“2018 19th Hiwasa Umigame Triathlon” and exhilarating “Rafting and Zip-Slide Experience” Monitor Tour 5 days

Event Dates July 13 (Friday)-17 (Tuesday)

1 Join our Triathlon! ~ Let's run through Minamicho - the town where sea turtles visit!
 Sea turtles come to lay eggs at the beach of Minamicho. We offer you a Triathlon course where people and nature can become one.

2 Oboke Rafting Experience
 An exhilarating outdoor activity - Work as a team of eight, paddling down Japan's most breathtaking torrent of Yoshino River on a rubber boat.

3 Iya Zip-Slide Experience
 Enjoy sliding over Iya Valley and A-class Iya River on Japan's longest Zip-Slide of 360 meters, 50 meters above the ground!



Application Guidelines

- Application Conditions** Citizens of Taiwan, Hong Kong, Shanghai, USA, Canada, and Australia, from the age of 30 or above, who are able to participate in Triathlon during Monitor Tour. The participants will be asked to provide feedback regarding the sports events and tourism in Tokushima prefecture through questionnaires and a group interview.
*As the purpose of this Monitor Tour is to assess the quality of hospitality and tourism in Tokushima, the participants will be requested to provide feedback on site.
 *The participants will be asked to provide feedback through questionnaires on a daily basis as well as a group interview.
- Recruitment Conditions** One person from each country, maximum of six people, on a first-come first-served basis.
*Applications are offered in Taiwan, Hong Kong, Shanghai, USA, Canada, and Australia.
 *If there is not enough applicant from any of the above countries due to reservation circumstance, multiple applicants from a country may be accepted.

- Application Due Date** **May 31st**
- Triathlon Entry Fee** **22,000 yen (incl. tax)**
*Please make a payment of Triathlon entry fee upon your arrival in Japan.
 *In case of a severe weather or other reasons that could affect the safety of the event, the event may be canceled by the sponsor's discretion. The participation fee not refunded.
- Accommodation** Hotel Sunroute Tokushima, Tokushima prefecture (Western-style room / one person per room)
- Meal Conditions** Breakfast x4, lunch x2, dinner x1
*Excluding On-Board meals
- Tour Conductor** A tour conductor will accompany participants as per itinerary from arrival to departure from Japan.

Itinerary

A survey is conducted on a daily basis during the scheduled tour. ※More detailed schedule will be available separately.

DAY 1 July 13(Friday)	Place of departure ~Japan [Haneda Airport→(1 hour and 15 minutes)→Tokushima Awa-odori Airport →(30 minutes by bus)OR] →JR Tokushima Station→(1 minute walk)→ Hotel Sunroute Tokushima ※Details will be available after arriving flights are determined. <Staying over> 【In Tokushima city】
DAY 2 July 14(Saturday)	Hotel 12:30 → (90 minutes by bus) → Event Reception 14:30~ / Briefing for the event 16:00~ / Inspecting Sunline Road 17:30~18:30 Hiwasa Umigame Festival → Arriving at hotel around 20:10 ※The arrival time at hotel may change depending on the event schedule. <Staying over> 【In Tokushima city】
DAY 3 July 15(Sunday)	Hotel 6 : 30→(90 minutes by bus)→ SWIM warm-up exercise 8:15 / Checking the water 8:40 / Awa-odori exercise 8:45 / Opening Ceremony 8:50 / The race begins 9 : 00~ / Award ceremony 13 : 40~ ※Please refer to the event day schedule for more details→ Arriving at hotel around 16 : 00 【A banquet dinner】 ※The arrival time at hotel may change depending on the race schedule. <Staying over> 【In Tokushima city】
DAY 4 July 16(Monday)	Hotel 8 : 00 → Oboke Rafting Experience 9 : 30~12 : 00 → Lunch 12 : 30~13 : 30, Iya vegetarian soba noodles → Iya Zip-Slide Experience 14 : 00~15 : 30 → Arrival at hotel around 17 : 00 【A group interview after arrival 17 : 00~19 : 00】 <Staying over> 【In Tokushima city】
DAY 5 July 17(Tuesday)	Hotel→(1 minute walk)→JR Tokushima Station→〔(3 hours by limousine bus)→ Kansai International Airport (30 minutes by bus)→ Tokushima Awa-odori Airport →(Appro. 1 hour 15 minutes)→Haneda Airport〕 Japan~Destination ※Details will be available after arriving flights are determined

Course Features

[Participating Event] 2018 19th Hiwasa Umigame Triathlon

<Standard Triathlon Race (51.5 km)/ Total hours 4 hours 30 minutes (Other restrictions apply) >

Minamicho - a beach town where sea turtles come to lay eggs. Swim in the exotic atmosphere of Ohama Coast of scenic beauty, ride through the Sunline Road as you overlook Cape Muroto in the horizon, and run by clear water of Hiwasa River. Welcomed by heart-warming cheers of Minamicho residents, experience our Triathlon Race where human and nature can become one.

SWIM / 1.5km (A lap on Ohama Beach *Hiwasa Bay in case of rain)
BIKE / 40.0km (A lap along Minami-awa Sunline Road with a turn)
RUN / 10.0km (A lap by Hiwasa River with a turn)

Schedule (The day before the event)

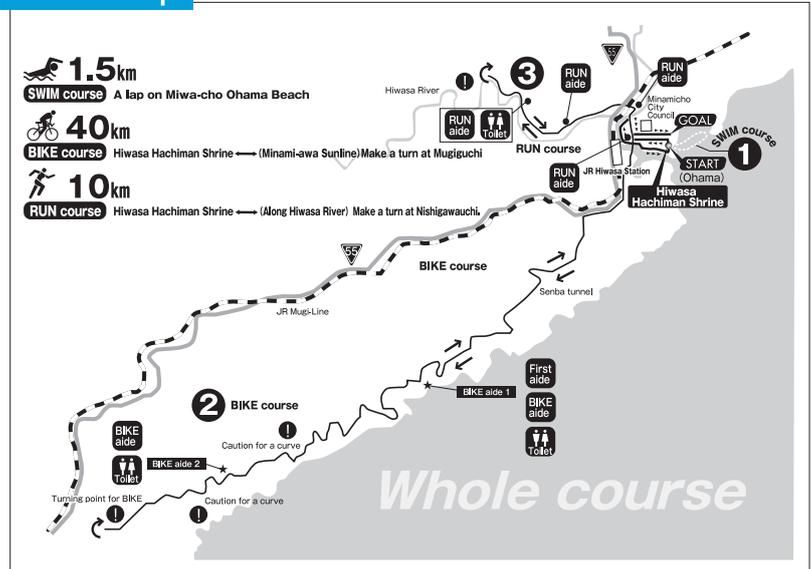
14:30	Reception
15:00~	Briefing for the event
16:00~	Sunline preliminary inspection bus (Required time: 1 hour)

Event Day Schedule

8:15~	Warm-up exercise for swimming
8:40~	Checking the water
8:45~	"Awa-odori" exercise
8:50~	Opening Ceremony
9:00	SWIM start (Ohama Beach)
10:10	Time limit for BIKE start
11:20	Half-time limit for BIKE
12:30	Time limit for RUN start
13:00	Half-time limit for RUN
~13:36	All events finish
13:40~	Award Ceremony and Lottery

※ Failing to keep the time-limit will result in disqualification. Please remove your race number and follow the instructions from staff members.

Course Map



Triathlon image



Triathlon image

Monitor Tour includes

* Flights from your country to the gateway airports in Japan (Narita, Kansai, Takamatsu)
 * Transportation from Haneda airport to Awaodori airport

- * Transportation fare as per itinerary (Economy class)
- * Sightseeing as per itinerary (Bus fares, tour guide, and entry fees)
- * Accommodation fees, taxes and services as per itinerary (The participation fee for the race is to be paid by the participant.)
- * Meals, tax, and services as per itinerary
- * Delivery fee for luggage during air-flight
- * Delivery fees for luggage in destination (Guests may be requested to carry luggage in some airports or hotels.)
- * Fare for a tour conductor as per itinerary
- ※ The above cost will not be refunded even if you do not use those services.

Monitor Tour excludes

- * Any other services not listed on the above are excluded during Monitor Tour. Examples:
- * Entry fee for the Triathlon Race or J TU registration fee
- * Rented items during the race
- * Fare for handling overweight luggage
- * Fare for laundry, telephone calls, telegraphs, tips for hotel staff, additional meals or drink, other personal expenses with taxes or service charges.
- * Costs related to travel arrangement
- * Additional fares charged by transport agency (Ex: fuel surcharge)
- * Airport facility fee
- * Transport or accommodation fees from one's home to the airport before and after the scheduled tour.
- * Airport taxes

< Triathlon Participation Requirements >

- ※ The age of 30 or above as of the end of December, 2018
- ※ An experienced swimmer in open water who is able to swim 1500m within 45 minutes without wearing a wetsuit.
- ※ A skilled cyclist who is able to finish a standard triathlon race (51.5km) within 4 hours.

< Oboke Rafting Experience Information >

- ※ In general, Rafting Experience is offered in a rainy weather, but the activity may be canceled or its location may be changed for safety reasons depending on the river condition.
- ※ Rafting is an outdoor sports to enjoy in nature. There is always some degree of potential danger to the activity.

Event Name 2018 19th Hiwasa Umigame Triathlon

Sponsor Minami town Japan Triathlon Union
Cosponsor The Organizing Committee of Kansai World Masters Games 2021
Authorized by Japan Triathlon Union
Supervisor Hiwasa Umigame Triathlon organizing committee