

7th Edition

IZU-OSHIMA GEOPARK

ROGAINE 2019

Sat. November 2, 2019

EVENT PROGRAM



WELCOME TO IZU-OSHIMA ROGAINING

Izu-Oshima is a volcanic island located 120km south of Tokyo. The island was created from a series of volcanic eruptions millions of years ago resulting in a unique natural environment and unusual land formations that can be seen to this day. As such, because of its unique environment, the island was officially designated as a “Japan Geopark” in 2010.

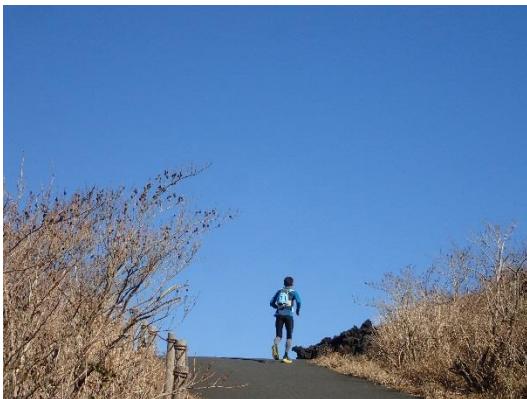
The Izu-Oshima Rogaine is an event that aims to take you to some of the most interesting places on the island including historical and cultural points as well as amazing land formations created millions of years ago. The course has been set up so that it can be enjoyed by a wide variety of people from different points of view including those who want to test their navigation and endurance skills, those who are interested in geological land formations and history, as well as those who simply want to enjoy exploring and discovering different parts of the island.

When preparing for this race, Japan was hit by the major typhoon #15 in September resulting in regional landslides and subsequent road closures. While our team has reviewed all the checkpoints after the typhoon to ensure safety, this outdoor sport takes place in an environment where every factor cannot be foreseen or controlled and we ask that you use your best judgement when proceeding. Please read through this Event Program carefully before the race and while we want you to thoroughly enjoy the race, we ask that you please put you and your team's safety first.

This year is the 7th edition of this popular event.

We would like to welcome you to come and see the grandeur and amazing scenery that can't be experienced anywhere else in Japan!

Have fun and good luck!



EVENT INFORMATION

Event Name	IZU-OSHIMA ROGAINE 2019
Date	Saturday, November 2, 2019
Organizers	<p>Race Organizer: Oshima Tourism Association & Oshima Geopark Rogaining Committee</p> <p>Supported by: Tokyo City, Japan Orienteering Association, Tokyo Orienteering Association</p> <p>Cooperation: Oshima Town, Oshima Town Commerce & Industry Association, Oshima Police</p> <p>Sponsors: Sakaiya Sports, Tsubaki Ltd., Umi-no-sei Ltd., Showameriyasu Ltd. (OLENO)</p> <p>Race Director: Hisanori Ohara, Adventure Divas/Avid Adventures</p> <p>Course Planner: Shigeyuki Koizumi, O-Support</p>
Race/Map Area	Middle and North Izu Oshima Island (Mt. Mihara - Okada Port)
Courses & Award Categories	<p>6 Hour Course: Men, Women, Mixed (A team can consist of 2 to 5 members)</p> <p>4 Hour Course: Adult, Family, Solo (A team can consist of 1 (solo) to 5 members.)</p> <p>Awards and prizes will be given to the top 3 teams in each category for each course.</p>
Event Venue & Racer Check-in	<p>Racer Check-in & Start/Finish: MOTOMACHI PORT, Izu Oshima Island</p> <p><Getting There></p> <p>Izu Oshima Island is a 2 hour high speed jet ferry ride from Tokyo Takeshiba Port. There are 2 main ports in Izu-Oshima, OKADA PORT and MOTOMACHI PORT. The port at which the ferry will arrive that day depends on the weather. If the ferry arrives at the OKADA PORT, take the public bus from Okada Port to the MOTOMACHI PORT (approximately 15 minute bus ride, bus fare is 370 yen).</p> <p>If you take the slower overnight boat from Tokyo, you will arrive early in the morning. The GOJINKA HOTSPRINGS facility which is about a 3 minute walk to the Motomachi Port is a good place to spend time until the racer check-in desk opens. (You can take a hot spring bath and eat breakfast at Gojinka).</p> <p>The race will take place rain or shine. However, if the event needs to be cancelled, a decision will be made by 9pm on the day before the race and will be communicated via the event website as well as by email sent to each team leader/representative.</p>

Schedule	<p>•6 hour category</p> <table> <tbody> <tr><td>Racer check-in</td><td>7:30 - 8:15</td></tr> <tr><td>Opening ceremony & racer briefing</td><td>8:30 - 8:55</td></tr> <tr><td>Map handout & Strategy planning time</td><td>8:55 - 9:15</td></tr> <tr><td>Start</td><td>9:15</td></tr> <tr><td>Finish/Cutoff</td><td>15:15</td></tr> <tr><td>Point calculation</td><td>15:15 - 16:15</td></tr> </tbody> </table> <p>•4 hour category</p> <table> <tbody> <tr><td>Racer check-in</td><td>9:40 - 10:15</td></tr> <tr><td>Opening ceremony & racer briefing</td><td>10:20 - 10:40</td></tr> <tr><td>Map handout & Strategy planning time</td><td>10:40 - 11:00</td></tr> <tr><td>Start</td><td>11:00</td></tr> <tr><td>Finish/Cutoff</td><td>15:00</td></tr> <tr><td>Point calculation</td><td>15:00 - 16:15</td></tr> </tbody> </table> <p>ALL: Awards Ceremony 16:15 - 17:00</p>	Racer check-in	7:30 - 8:15	Opening ceremony & racer briefing	8:30 - 8:55	Map handout & Strategy planning time	8:55 - 9:15	Start	9:15	Finish/Cutoff	15:15	Point calculation	15:15 - 16:15	Racer check-in	9:40 - 10:15	Opening ceremony & racer briefing	10:20 - 10:40	Map handout & Strategy planning time	10:40 - 11:00	Start	11:00	Finish/Cutoff	15:00	Point calculation	15:00 - 16:15
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Before race start	<p style="text-align: center;">BEFORE RACE START</p> <p>[Racer Check-in]</p> <p>6 hour category: From 7:30 / 4 hour category: From 9:40</p> <p>“Entry Form” is needed if you want to change your team members and your contact number during the race. The “Entry Form” will be provided to you upon request at racer check-in:</p> <ul style="list-style-type: none"> ● Bus route map and schedule, racer bib and safety pins, participant prize, tourism pamphlets, etc. <p>Items that will be given to you 20 minutes before race start:</p> <ul style="list-style-type: none"> ● Race map, checkpoint list, plastic bag to put map and checkpoint list in. (1 set per person) <p>[Compass Rentals]</p> <p>Free compass rentals available. You can reserve a compass beforehand, otherwise they will be available on a first come first serve basis. Please provide your team name and the number of compasses required at racer check-in. (Supplies are limited)</p> <p>[Luggage Check]</p> <p>You can leave luggage you don't need during the race at the Luggage Check.</p>																								

You will be given a luggage tag that you can take with you and show when retrieving your bags.

- Open from: Racer check-in start to Race Start time
- Luggage Returned: From Finish time to Awards ceremony

【Opening Ceremony & Racer Briefing】

6 hour category: 8:30~ / 4 hour category: 10:20~

Please come to the waiting area by the stage inside the Motomachi Port by the above times. The course director will go over the race rules and will provide important updates about the course. Nonetheless, please be sure to read the race rules beforehand.

【Map Handout】

6 hour category: 8:55~ / 4 hour category: 10:40~

The race maps will be handed out **20 minutes before the race start time**. Once you receive your map, you can start preparing a strategy. There will be one map and checkpoint list per person available.



RACE START!

6 hour course: 9:15~ / 4 hour course: 11:00~

【Advice for Beginners】

Right after race start

Beginners can get advice on how to read the map and set up a strategy right after the start of the race. Staff will be on hand for about 10 minutes to assist beginners.



FINISH(CUT-OFF TIME)

6 hour course 15:15 ／ 4 hour course 15:00

30 points deducted for every minute after the cut-off time

【Finish】

- ① Remember to take a photo of the clock showing your finish time once you

	<p>reach the finish line.</p> <ol style="list-style-type: none"> ② After reaching the finish line, pick up a checkpoint sheet and write down the CP's you went to in the order you visited the CP. Also remember to write down your finish time. ③ After filling in the checkpoint sheet, bring it to the photo check desk along with your camera. <p>【Awards Ceremony】</p> <p>6 hour course & 4 hour course 17:00~</p> <p>The awards ceremony will begin at 17:00 at the stage inside the Motomachi Port Waiting Area. Awards will be given to the top 3 teams in each category. Racer satisfaction questionnaires will also be handed out to all participants. We would appreciate it if you could fill it out and provide your feedback while waiting for the awards ceremony to start.</p>
Race Rules PLEASE READ THIS SECTION CAREFULLY BEFORE THE RACE	<p>Rogaine is an outdoor sport in which participants use a map distributed by the organizer to find Check Points (CP's) written on the map. The objective is to find these CP's in order to obtain the highest total score within the given time limit. Coming up with a good strategy to maximize your total score is therefore key!</p> <p>【Checkpoints (CP's) and Points】</p> <ul style="list-style-type: none"> • The start and finish line is at the MOTOMACHI PORT waiting area. • The CP number is equal to the number of points you will receive if you go to that point. (For example, CP45 = 45 points, CP134 = 134 points). CP's that are far away or difficult to find are generally assigned higher points. You do not need to find all the CP's. • When you find a CP, each team must take a photo of the CP. The photo must be taken from the same angle as the photo shown on the CP List given to you at the start of the race. It is therefore mandatory that you bring with you a <u>digital camera, mobile phone camera or smartphone camera</u> in order to take these photos. • <u>Important note: If you bring your mobile or smartphone, the use of the GPS functionality or any GPS apps is prohibited.</u> • If on the day of the race you are unable to go near the CP to take the photo (e.g. due to emergency construction, etc), please take a photo from a safe place close to the CP. • When taking the photo, everyone on your team except for the person taking

- the photo must be in the photo. Go ahead and have fun with your poses when taking the photo!
- If you are participating in the solo category, you do not have to be in the photo. Just take a photo of the CP as shown on the CP List.
 - Some of the CP's will be marked with a 30cm orange and white orienteering flag. Each flag will have a tag with a unique symbol/letter written on it. When you find such a flag, take a photo of the flag with your team members making sure that the tag can be clearly seen in the photo.



Take a photo of the flag with your team members clearly showing the tag on the flag.

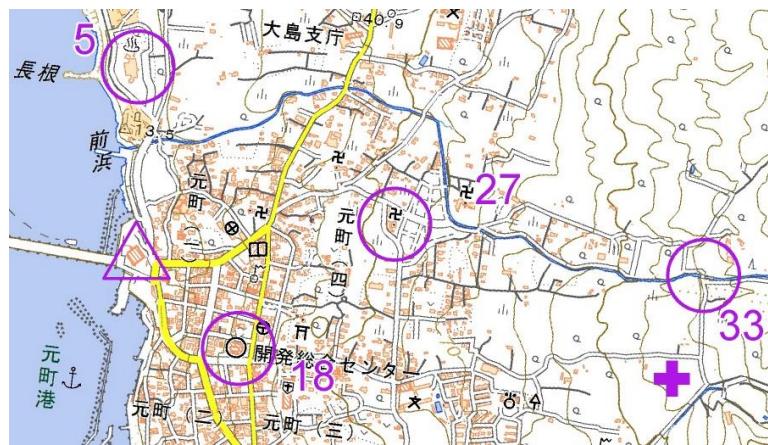
【Cutoff Time】

- Please make sure you reach the finish line within the cut-off time.
- Rankings will be based on the total points accumulated within the cutoff time. If teams have the same number of points, they will be ranked by finish time (the earlier the finish time, the higher the ranking).
- You can come back to the finish line anytime before the cutoff time but staff will only begin checking photos/points 3 hours after the start time for the 4 hour course and 4 hours after the start time for the 6 hour course.
- 30 points will be deducted as a penalty for every minute after the cutoff time. (e.g. 30 seconds after the cutoff time → 30 point deduction, 2 min 5 seconds after the cutoff time → 90 point deduction.)
- Your team will automatically be disqualified if 20 minutes over the cutoff time. Please make sure you reach the finish line before the cutoff!
- If you think you will be more than 15 minutes late after the cutoff time, please contact race headquarters to inform them of your estimated arrival time. This is important as the race needs to be able to account for all teams

	<p>and participants and will need to send out a search and rescue team if unaccounted for.</p> <ul style="list-style-type: none"> • If you decide to drop out of the race, you must return to the finish line and check-in with race headquarters. <p>【Team members must stay together】</p> <ul style="list-style-type: none"> • Team members must stay together (within 30 meters of each other) from the start until the finish. If team members are split apart, your team may be disqualified. • If a team member is no longer unable to continue due to an injury, the team will be disqualified. <p>【Public Transportation】</p> <ul style="list-style-type: none"> • While you will need to go to the CP's mainly on foot, participants may also use any of the public transportation buses operated by Oshima Bus. You will be given a bus schedule and bus stop map at racer check-in. Please be aware however, that buses may be delayed, full or may not be on-time all the time. Please leave extra time if you plan to use the buses. • If you plan to use Oshima bus transportation, they ask for you cooperation in having the exact change ready in order to avoid delays at the bus stop. 1-day bus passes available at a special discount (Usually 2,050 yen → Discounted price 1,850 yen). These passes will be sold at the race venue on the day of the race. • The use of bicycles, cars, motorcycles, taxis and any other mode of transportation other than the above are strictly prohibited.
About the maps	<p>【Map Scale】</p> <ul style="list-style-type: none"> • Maps are created based on 1:25,000 electronic topographic maps put out by the Geospatial Information Authority of Japan (GSI). The maps distributed will be on a scale of 1:25,000 with contour lines at intervals of 10m. The magnetic north line will be printed on the maps. An enlarged section of the map will be shown on a 1:15,000 scale. • Some parts of the map have been modified to reflect the most up to date information. (Note: Not all the regions included on the map have been updated.) • <p>【Symbols】</p> <ul style="list-style-type: none"> • The purple triangle  is the start and finish line (within the Motomachi Port

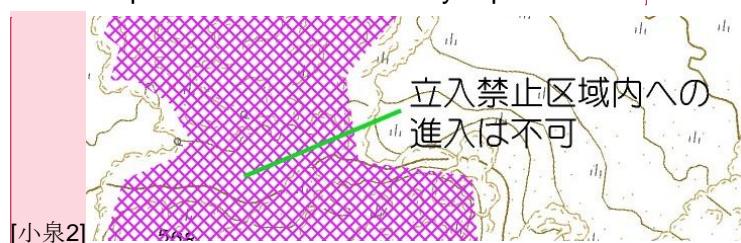
waiting area).

- The CP's are marked with a purple circle (○). The CP is located in the middle of the circle. The number beside the circle is the number of points assigned to that CP.
- The purple + symbols are staff waiting areas where staff will be located during the race.
- There will be a legend on the map explaining all the map symbols.
- The map below is an example of what the course map will look like:

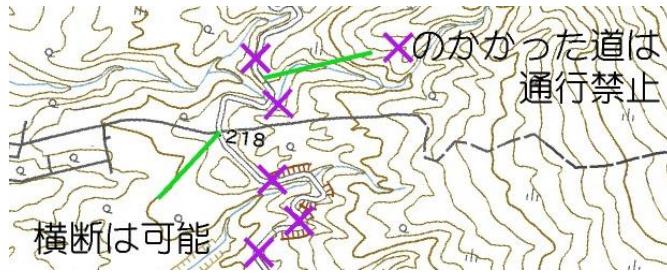


【Prohibited Areas】[小泉1]

- The purple thatched lines below are areas where **entry is strictly prohibited**. Please do not enter these areas.
- Example of an area where entry is prohibited:



- Roads with large purple X's are prohibited. While you are allowed to crossing the road to get to the other side, walking along these roads is not allowed.
- Example of a prohibited road.

	 <ul style="list-style-type: none"> Please do not enter private property, farming areas/fields/pastures, golf courses, school grounds and airports. Please be careful not to enter the above prohibited areas. If you are found within a prohibited area, your team will be disqualified. <p>[小泉3]</p>
Emergency Contact Info	<ul style="list-style-type: none"> If you run into trouble (e.g. you are injured) during the race and are unable to come back to the finish line on your own, please go to the nearest staff waiting point (marked with a purple + sign on your map) or contact race headquarters using the emergency phone number which will also be written on your map. If it is an urgent emergency, please do not hesitate to contact 119 directly to ask for immediate assistance/ambulance. If you decide to drop out of the race while out on the course, you must contact race headquarters and/or inform staff. <p>Emergency Phone Number: 090-1422-7171</p>
Staff Waiting Areas	<ul style="list-style-type: none"> There will be 3 staff waiting areas located on the map as follows (F1 will be marked with a red cross (+)): <ul style="list-style-type: none"> F0: Motomachi Port Waiting Area (Race Headquarters) F1: Miharayama Mountain Top Parking Lot F2: Sanohama Parking Lot <p>Staff will be at these 3 locations with first aid kits and will also have vehicles in case you need to be transported to a hospital.</p>
Bad Weather and other Natural Disaster Warnings	<ul style="list-style-type: none"> If on the day of the race, there is dense fog and/or strong winds at the top of Mt. Miharayama and vicinity, these CP's will be closed. All CP closures will be announced at the racer briefing before the start of the race. The CP's that may be subject to closure in such a case are marked on the map. If the weather suddenly changes during the race and there are strong winds and dense fog, please do not enter the area marked on the map as

	<p>subject to closure in order to avoid getting lost in the fog and/or any accidents. Please follow staff instructions.</p> <ul style="list-style-type: none"> If there are tsunami warnings issued during the race, please quickly move away from the coastline and head to higher grounds. After that, please follow the instructions provided by the local emergency crews and the Disaster Prevention loudspeaker announcements. The same goes for sudden earthquake or volcanic eruptions.
Other Notes	<ul style="list-style-type: none"> While we have made our best efforts to ensure that the course is safe, this race is held within a natural environment where it is difficult to foresee all the risks. We ask that you use your own judgement and proceed carefully. Remember to take into account your team's physical and navigational abilities and do not overextend yourselves. Please follow all the traffic rules. Use the pedestrian cross walks wherever available. Please be polite and give way to hikers and locals using the trails/roads. There may be roads and paths not written on the map with animal traps and electric wires. Please be careful. Please use the public washrooms during the race. Many of these are marked on the map. Do not litter and please take all your garbage back with you. <p>[成行4]</p>
Insurance	<ul style="list-style-type: none"> While the race organizer is enrolled in liability insurance, this insurance is mainly for those enrolled in a National Japanese Insurance plan. For those coming from overseas, we strongly recommend that you purchase your own overseas insurance to cover emergency rescue and medical costs. The race's liability insurance coverage (limit) provided by the race is as follows: <ul style="list-style-type: none"> ➤ Death & Disability: 6,000,000 Japanese Yen ➤ Hospitalization: 8,000 Japanese Yen (per day) ➤ Hospital Treatment: 5,000 Japanese Yen (per day)
Things to bring	<p>Mandatory Items</p> <ul style="list-style-type: none"> • Wristwatch/clock • Digital camera (mobile phones and smartphones are acceptable) • Compass • Warm clothing (e.g. fleece, down jacket) • Rainwear (e.g. rain jacket and pants, umbrella, poncho) • Food, drinks

	<ul style="list-style-type: none"> • Mobile phone/smartphone • Insurance card • First aid set (e.g. bandages, disinfectant) • Cash <p>Useful Items:</p> <ul style="list-style-type: none"> • Calculator • Pen, highlighters <p>Items given to you by the race:</p> <ul style="list-style-type: none"> • Racer bib and safety pins • Map, CP List, Plastic bag to put these in. • Bus schedule and route map • Izu Oshima tourist info • Questionnaire (to be handed out near the photo check desks)
Race Staff	<p>Race Committee Chairman: Kenji Sato (Oshima Tourism Association, Vice Chairman)</p> <p>Race Director: Hisanori Ohara (Adventure Divas Ltd.)</p> <p>Course Planner: Shigeyuki Koizumi (Orienteering Japan Representative Athlete / O-Support)</p> <p>Race Advisor: Pauline Kitamura (Adventure Divas Ltd.)</p> <p>Support: Oshima Tourism Association staff members, Izu Oshima Rogaining group, other</p>
Contact Info	<p>Adventure Divas Ltd. (Race Planning & Organization/Race Headquarters) TEL: (03) 5390-0961 Email: info@izuoshima-rogaining.com</p>  Adventure Divas

IZU-OSHIMA GEOPARK ROGAINING 2019
PARTICIPANT AGREEMENT & LIABILITY WAIVER

You may only participate in the Izu-Oshima Rogaine (“the Event”) if you agree to the following:

1. I have not made a false declaration of name, age or gender. I understand that someone else may not participate on my behalf (unauthorized participation). (If you would like to change team members, you must contact race headquarters and provide details about the new member.)
2. For minors (19 years old or under): I have the consent of my parents to participate in this Event.
3. I agree not to enter designated restricted areas, private land, farmland, ranches, airfield, golf courses, schools, etc.
4. I understand that I am responsible for my own safety management and will cooperate in upholding the Event rules and regulations in order to ensure my own safety and the safety of the Event. In the unlikely event that trouble occurs, I will immediately contact race headquarters.
5. I understand that I am responsible for my own physical management. If I do not feel well enough to continue and require assistance, I will stop immediately and contact race headquarters.
6. I understand that while the organizer will provide emergency assistance, I will not hold the organizer responsible or liable for any injuries or illnesses during the Event.
7. I understand and agree that the organizer will not be responsible for any loss, theft or accident during the Event.
8. If an accident occurs and I require treatment at a hospital, the organizer will provide insurance coverage as stipulated in this document. I understand that I am responsible for obtaining my own insurance if I required further insurance.
9. I understand that the organizer owns the rights to all photos, videos and Event results and agree to the fact that these may be used on the Event website, SNS as well as other media such as magazines, websites, etc.
10. I agree to abide by traffic laws and be well-mannered.
11. I agree to not litter and will take all trash back with me.