

Japan Grandonnée 2025 – Hokkaido 1200km Participation Guide

Thank you for registering for the Japan Grandonnée 2025 – Hokkaido 1200km to Cape Nosappu. This participation guide provides information about the schedule, rules, and other important details.

What is the Japan Grandonnée?

According to the official website of Audax Japan:

“Japan Grandonnée” is a coined term from “Japan Grand Randonnee,” meaning “Japan’s great little journey.” It is a representative RM (Randonneurs Mondiaux) ride in Japan, promoted globally with the aim of continuous annual organization.

The Japan Grandonnée designation was given by Audax Japan to this RM hosted by Audax Japan Hokkaido.

Organizer Information

Organizer: AJ Hokkaido – Naomi Nagase

Event Director: Toshio Muto – 080-6096-3483

Contact: E-mail: aj.hokkaido@gmail.com (Hiroshi Horikawa)

Event Details

Event Type: LRM (Les Randonneurs Mondiaux) certified brevet

Organizer: Audax Japan Hokkaido

Cooperation: Audax Japan

Support: Hokkaido Prefecture, City of Sapporo, City of Nemuro, Kitami City Board of Education, Betsukai Town Board of Education, Shimizu Town Board of Education

Participant Registration and Rider Meeting

Date: Sunday, August 10, 2025

Venue: Kanamoto Hall (Kita 1-jo Nishi 1-chome, Chuo-ku, Sapporo, Hokkaido)

Time: Registration 13:00–15:00, 16:00–17:00

Welcome Stage & Briefing 15:00–16:00

※ All riders must attend the briefing.

※ Please do not come to the venue by bicycle (no bicycle parking available).

※ Safety equipment checks will not be conducted here, but at the start venue.

Start

Date: Monday, August 11, 2025

Venue: Okadama Fureai Center – Wa-no-Yakata (183-2 Okadama-cho, Higashi-ku, Sapporo)

Time: 2:30 – Venue opens & Group A check-in

4:00 – Group A (A①②③) wave start

4:30 – Group B check-in

5:40 – Group B (B①②③) wave start

※ Group assignments will be announced on the website in advance and available at check-in.

Finish

Date: Tuesday, August 12 – Friday, August 15, 2025

Venue: Okadama Fureai Center – Wa-no-Yakata

Time: Aug 12 (Tue) 20:12 – Group A① opening time

Aug 15 (Fri) 00:27 – Group B③ closing time

Time Limit: 1206 km / 90 hours 27 minutes (exact values per final cue sheet)

Route: Sapporo – Cape Nosappu – Sapporo

Participants: approx. 228

Materials: Participation Guide, Cue Sheet, Route Map, RWGPS Data (available on AJ Hokkaido website)

【Rules】

1. Basic Provisions

- This event follows the RM (Randonneurs Mondiaux) regulations and conforms to BRM/AJ regulations. Please ensure you have read and understood the rules:

<https://www.randonneursmondiaux.org/49-Regulations.html> (Revised on July 9, 2025)

<https://www.audax-japan.org/brevet/brm/brm-part-regulation/>

- You must agree to the separate “Participant Liability, Risk Assumption, and Waiver of Compensation and Rights” document and sign the form provided by the organizer at check-in.

- Obey all traffic laws. Disqualification may occur if violations such as running red lights are observed or reported.

- In the event of an accident or injury, report it to the organizer or staff, but handle it independently. AJ Hokkaido is not responsible for any accidents during this event.

2. Mandatory Equipment

- Front Lights (at least 2 required; spare lights recommended)

- Must be fixed to the bicycle frame.
- Helmet-mounted lights do not count as primary front lights.
- Must be permanently mounted and functional at all times.
- Lights must be turned on from dusk to dawn, in tunnels, during fog/rain, and in poor

visibility.

- Every rider must turn on their lights even in group riding.
- Rear Light (at least 1 required)
 - Must be securely mounted on the frame or seat post.
 - At least one of the rear lights must be in steady (non-flashing) mode. (Revised on July 7, 2025)
 - Reflective Gear (required on upper body)
 - Wear a reflective vest or equivalent garment with reflective material visible from front and back.
 - Must be worn not only at night but also during the day (local AJ Hokkaido rule).
 - Reflective sashes alone are not allowed (local AJ Hokkaido rule).
 - Helmet (required)
 - Required under traffic laws and insurance conditions (AJ regulation).
 - Bell (required)
 - Required under traffic laws and insurance conditions (AJ regulation).
 - Helmet Rear Light (required)
 - Improves visibility from behind. Flashing mode is allowed.

3. Recommended Equipment

- Helmet-mounted light: useful for reading signs, cue sheets, and maps, and for roadside repairs.
- Ankle Reflectors * Recommended according to LRM Rules 2023, section 3.8 (Revised on July 7, 2025)"
- Emergency (survival) blanket: useful for cold weather or emergency rest situations.

【Course Navigation】

- Follow the route using the cue sheet and pass through each PC (control point) in order.
- PC open/close times are not required for certification but serve as a pacing guide.
- Staffed PCs are staffed only during their designated time. If passing during unattended hours, riders must prove passage themselves (e.g., take a photo with your bike and a landmark using a smartphone).
- Receipt Check: PC3, PC4, PC10, PC12, PC13, PC14
 - These are convenience store checkpoints. Make a purchase and submit the receipt at the next staffed PC or at the finish. Lost receipts may result in disqualification.
- Staff Check: Start, PC1, PC2, PC5, PC6, PC7, PC8, PC9, PC11, Goal (some use ticket machines).

- Leaving the route for shopping or repairs is not prohibited, but you must return to the same spot before rejoining the official route.

- There are two routes on Prefectural Road 35 connecting central Nemuro and Cape Nosappu: the southern route and the northern route. The official route listed in the cue sheet follows the southern route, but riders may choose to take the northern route if they prefer.

【Rest and Sleeping Facilities】

<About Charging Facilities at Rest and Sleep Stops>

Power strips will be provided for device charging; however, please note that there may not be enough outlets for every participant. Please come prepared accordingly.

1. Kitami Nature Recreation Village Center (PC5, PC9)

- Located around 340 km and 780 km
- Staff Leader: Shinya Todoroki 090-2057-8067
- Largest rest area: tatami and large shared rooms, futons, large bath, meals provided
- Drop bags accepted via delivery service (see below)
- Amenities: showers, laundry, vending machines (no nearby convenience stores)

2. Betsukai Town Gymnasium (PC6, PC8)

- Located around 480 km and 640 km
- Staff Leader: Yuichi Kishi 090-9083-0273
- Large gymnasium floor, mats & blankets, shower, bread and drinks
- No drop bag service

3. Nosappu Hall (PC7)

- Located around 560 km
- Staff Leader: Toshiyuki Ishima 090-9431-3026
- Small facility: tatami and floor room for ~30 people, blankets, snacks
- No drop bag service

4. Shimizu Town Agricultural Training Center (PC11)

- Located around 970 km
- Staff Leader: Shinsuke Fukano 090-2057-0722
- Large facility: bunk and tatami shared rooms, futons/mats & blankets, showers, light meals
- No drop bag service

【Drop Bags】

1. Drop-off & Delivery

(1) From Registration (Kanamoto Hall) → PC5/PC9 (Kitami Center)

- Drop off at registration on August 10.
- Receive a luggage tag with your entry number, attach it to your bag, and submit to staff by 16:00.
- Payment and shipping label for return can be completed here. Accepted: cash, QR (PayPay, Rakuten Pay, etc.), or Credit card. **Please note that return shipments are limited to cash-on-delivery (COD) only.**
- If using a cardboard box, write your name clearly and attach the tag with tape.
- You may also pre-ship your luggage to PC5 using courier service. Ensure delivery by the morning of August 11 (prepaid only).
- Note: Drop bags are NOT accepted at the start venue.

(2) From PC5/PC9 → **To Home, Hotel, Yamato Transport Branch, etc. (within Japan)**

- **Return shipments will only be accepted as freight collect (cash on delivery). You will need to fill out the required information on the freight collect shipping label, such as the destination address.**
- **Shipments to the goal location (Okadama Fureai Center) will not be accepted.**
- **Please note that some hotels may not accept freight collect shipments. Be sure to check with your hotel in advance.**
- **The Yamato Transport branches in central Sapporo that accept freight collect shipments are as follows: 1. Sapporo ekimae station office 2. Kita 1-jo dori office 3. Ohdori ekimae office 4. Okadama office**
- **Shipping procedures must be completed during the operating hours of PC5 or PC9. The final deadline is Wednesday, August 13, at 17:00.**
- **International shipping is not available.**
- **Freight collect labels will also be available at the reception the day before.**

2. Retrieval

(1) At PC5/PC9: Show brevet card or tag during their open hours.

~~(2) At Goal: Available between August 13, 23:00 – August 15, 0:30. Early DNF riders must retrieve bags during this time. Organizers will not ship bags to your home.~~

3. Rules of baggage size

- 1 item per person, up to 200 cm (total length of sides), 30 kg max. Prepare your own box/bag.
- Securely packed to avoid item loss. No compensation for damage/loss.
- No fragile or valuable items. Manage valuables personally.

【Regarding Baggage Storage at the Start Venue】

- As a general rule, baggage storage will **not** be provided at the start/goal venue (Okadama Fureai Center – Wa-no-Yakata).
- However, in exceptional cases (e.g., when your hotel cannot store luggage or you are unable to send it via courier), we may store your baggage during the event **free of**

charge. This service is only for those who fully understand and accept the following conditions.

- We accept **no responsibility or claims** for any damage, loss, or issues involving the contents or the exterior of stored baggage.
- When depositing your baggage, please write your **entry number and name** clearly on the luggage tag. As the process must be done in a short time before the start, your cooperation for a quick and smooth check-in is appreciated.
- **Pick-up is only available at the finish venue**, during its open hours.
- **Even in the case of withdrawal**, baggage must be picked up at the finish venue.
- **No baggage will be accepted at the registration venue (Kanamoto Hall) on the previous day.**

【Support and Retirement】

1. Support Policy

- Riders must be self-sufficient. No support from non-participants (vehicles, bicycles, etc.) during the ride is allowed.
- Support from third parties is only allowed at official checkpoints.
- Unplanned assistance (e.g., from other riders or bike shops) is permitted.

2. Retirement and Incidents

- In case of retirement, accident, illness, **finish** time over, or lost receipt, contact staff immediately via email (muto@mbc.nifty.com).
- Riders are responsible for managing their own transportation if they retire.
- Staff will not recover participants or bicycles.
- If you plan not to start, please report using the DNS form:

<https://x.gd/NKNjt>

(Revised on July 7, 2025)

Emergency Contacts (Domestic):

- Kazuyuki Hosoya 070-9006-1816 (Finish Area)
- Toshio Muto 080-6096-3483 (Event Director)

Emergency Contacts (International): (Facebook message or WhatsApp message available)

- Hiroshi Horikawa +81-90-7510-9164
- Takuro Shinano +81-80-5598-7664

【Event Cancellation Policy】

- The organizer may cancel the event due to bad weather or other unavoidable circumstances. No specific timing will be set in advance.
- Cancellation may occur even after the event starts.
- Continuing the event does not guarantee rider safety. Riders must decide whether to pause

or stop based on their own judgment.

- Entry fees will not be refunded, even if the event is canceled.

【August 10 (Sun): Registration & Briefing】

1. Venue: Kanamoto Hall (Kita 1-jo Nishi 1-chome, Chuo-ku, Sapporo)

2. Time: 13:00–15:00, 16:00–17:00

※ If you cannot attend, please contact via email in advance: aj.hokkaido@gmail.com (H. Horikawa)

3. Procedure:

(1) Confirm your starting group (approx. 40 riders per wave; grouped at 10-min intervals).

(2) Receive brevet card and luggage tag; fill out required information (bring a pen).

(3) Drop off your drop bag and pay for return shipping.

(4) AJ Hokkaido 20th Anniversary Pin Badges available for 1,000 yen.

(5) Overseas participants: collect commemorative jerseys ordered in advance.

(6) Overseas participants without insurance info must complete insurance procedures before registration:

<https://ajhokkaido.jp/insurance100m.html>

【August 11 (Mon): Start Procedures】

1. Venue: Okadama Fureai Center – Wa-no-Yakata

<https://x.gd/RwZbV>

2. Parking: No parking at venue. Please arrange on your own.

3. Entry opens: 2:30 AM

4. Check-in: A Group 2:30–3:30, B Group 4:30–5:00 (near venue)

• Sign the waiver form provided by the organizer.

5. Briefings: A Group – 3:30 AM / B Group – 5:10 AM

6. Start (wave starts after safety equipment inspection and check-in):

A① – 4:00 (Finish close: Aug 14, 22:27)

A② – 4:10 (Finish close: Aug 14, 22:37)

A③ – 4:20 (Finish close: Aug 14, 22:47)

B① – 5:40 (Finish close: Aug 15, 00:07)

B② – 5:50 (Finish close: Aug 15, 00:17)

B③ – 6:00 (Finish close: Aug 15, 00:27)

※ Riders may still start within 1 hour after their assigned time.

【Important Notes During the Ride】

- At convenience stores and other facilities, be mindful not to disturb other customers.

- Please act respectfully so that we, as randonneurs, are accepted by society.

- Absolutely no littering. Riders are responsible for their own conduct.

- Watch out for road hazards such as bumps or depressions.

- Even during warm daytime hours, nights and early mornings can be very cold. Prepare adequate cold-weather gear.

- Updates including test ride reports, cautionary notes, or cancellation notices may be posted on the AJ Hokkaido website and message board. Please check regularly up to the day of the event:

<https://ajhokkaido.jp>

<http://www3.rocketbbs.com/13/bbs.cgi?id=ajhokkai>

【About the Medals】

The following three types of medals are available for finishers of the Japan Grandonnee:

- **1. AJ Hokkaido 1200km Original Medal:** Provided free of charge. (Given to all finishers, including those who finish outside official finish hours. Will be sent by mail at a later date.)

- **2. RM Medal:** 1,000 yen (Optional; must be applied for during the finish procedure. Will be sent by mail at a later date.)

- **3. AJ 20th Anniversary Commemorative Medal:** 2,000 yen (Optional; can be purchased during the finish procedure and will be handed out on the spot.)

【Liability Waiver and Release Agreement】

As a participant in an event hosted by Audax Japan Hokkaido, I, on behalf of myself, my heirs, and close relatives, agree to the following:

1. I understand the nature of long-distance cycling events and confirm that I am in good health and physically fit to participate. I agree to cease participation immediately if I determine that continuing poses a risk to my safety.

2. I acknowledge the event is held on public roads, with inherent risks. I agree to obey all traffic laws and signals. I will also withdraw from the event if I judge the weather or conditions to be unsafe.

3. I understand:

(a) Cycling events involve the risk of serious injury, including permanent disability, paralysis, or death.

(b) Such risks may arise from my own actions, actions of others, conditions of the event, or negligence of third parties.

(c) Additional risks, including social and economic losses, may occur unexpectedly.

I accept full responsibility for all such risks, losses, and damages.

4. I release and waive any claims against Audax Japan, its organizers, volunteers, and venue owners from all liability, damages, or demands related to the event. If any claims are brought against these parties on my behalf, I agree to indemnify and hold them harmless.

5. I consent to receive medical treatment deemed necessary during the event and accept full financial responsibility for such treatment.

6. I grant permission for my name, voice, photographs, or video footage taken during the event to be used in media, websites, or promotional materials without compensation.

7. I understand that the participation fee will not be refunded if the event is canceled due to weather or unavoidable circumstances.

8. I confirm that I have valid insurance as required by the organizer and will provide accurate policy details. If the event schedule changes, I will ensure that my insurance remains valid.

By signing this waiver, I acknowledge that I am waiving significant rights. I affirm this agreement is made voluntarily and without reliance on any representations or guarantees. If any portion of this waiver is deemed invalid, the remainder shall continue in full force and effect.

【Disaster Preparedness in the Nemuro Area】

*(Please note that some pages on the official Nemuro City website are available in Japanese only.)

The Nemuro Peninsula is rich in natural beauty and offers stunning scenery. However, due to sudden weather changes and its geographic isolation, it is essential to be well-prepared in advance.

To receive disaster-related information as quickly as possible, we strongly recommend the following:

Register for the administrative email service “Nemuro Mail.”

You can sign up via the disaster prevention section on the official Nemuro City website:

https://www.city.nemuro.hokkaido.jp/lifeinfo/kakuka/soumubu/kikikanri/kiki_JOHO/9340.html

Check the hazard maps on the Nemuro City official website:

<https://www.city.nemuro.hokkaido.jp/section/hazardmap/>

About Emergency Alert Messages:

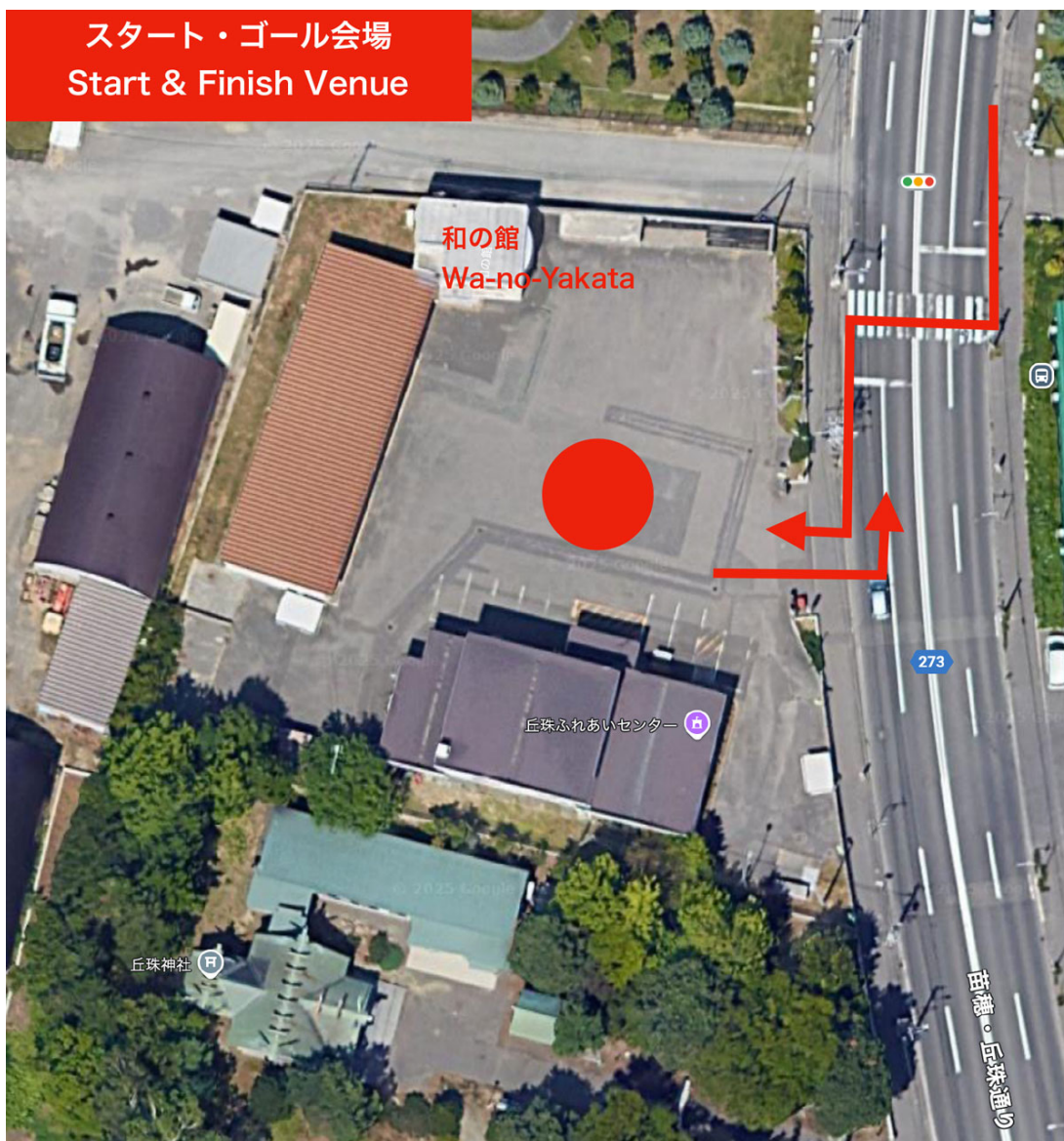
Nemuro City operates an emergency alert service (including NTT Docomo’s “Emergency Area Mail” and “Emergency Alert Mail” services provided by KDDI (au) and SoftBank Mobile).

These services automatically deliver emergency earthquake alerts and disaster/evacuation information to mobile phones located in the Nemuro area. No registration or fees are required to use this service.

In case of emergency, always follow the instructions of local authorities and police.

It is your personal responsibility to decide whether to stop or evacuate from the course, prior to contacting the event organizers about whether the event will continue.

スタート・ゴール会場
Start & Finish Venue



PC5,PC9 北見市自然休養村センター
Kitami City Nature Recreation Village
Center



