



Recruiting Participants for “RAINBOW BRIDGE RIDE” Ride across the Rainbow and Tokyo Gate bridges on a bicycle!

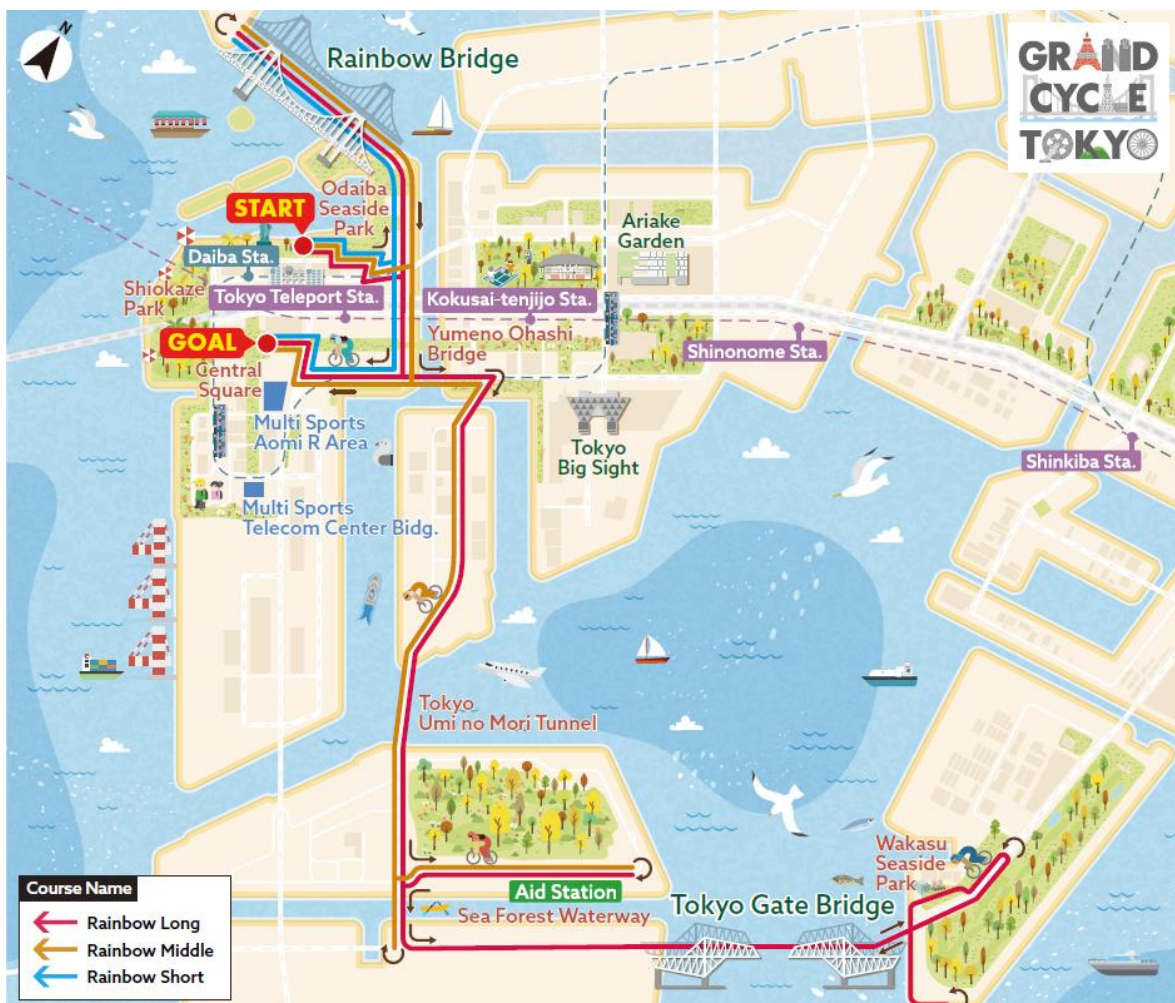
Also recruiting participants for Tama region “Challenge Race in Ajinomoto Stadium”!

The Tokyo Metropolitan Government (TMG) is promoting “GRAND CYCLE TOKYO”, a series of events that seek to familiarize the public with cycling as a mode of getting around that is both environmentally-friendly and good for health.

We are now accepting applications for “RAINBOW BRIDGE RIDE,” a ride event for cycling across the Rainbow and Tokyo Gate bridges to be held on Thursday, November 23 (national holiday), and “Challenge Race in Ajinomoto Stadium,” a race experience program for general cyclists to be held on Saturday, December 2, the day before “THE ROAD RACE TOKYO,” a full-fledged bicycle road race in the Tama region.

1. Application Overview for RAINBOW BRIDGE RIDE (Tokyo Waterfront Area)

- (1) Date: **Thursday, November 23, 2023 (national holiday)**
- (2) Course



(3) Number of Participants and Participation Fee

Name	Distance	No. of Participants		Participation Fee		
			(For locals)	Adults (18 years and older)	3rd grade elementary school to high school students	VIP (100 people)
Rainbow Bridge & Tokyo Gate Bridge Course						
(1) Rainbow Long	32km	2,500 people	(1,000 people)	15,000 JPY	7,500 JPY	55,000 JPY
Rainbow Bridge Course						
(2) Rainbow Middle	19km	2,000 people		8,000 JPY	4,000 JPY	55,000 JPY
(3) Rainbow Short	8km	500 people		6,000 JPY	3,000 JPY	

* Rental bicycles are also available for the above courses. (additional 1,500 yen)

(4) How to Apply

Applicants	Overview	Course	Participant Selection	Note
For general public	[Apply through website] From Thu. Jul 20 at 15:00 to Mon. Aug 28 2023	(1) - (3)	Lottery held if too many applicants	<ul style="list-style-type: none"> You can apply for the group section (up to 6 people). Such applicants will be selected by group and not individually. Residents of Minato City and Koto City can apply for the local section (Higher chance of selection)
For locals				
For VIP	[Apply through website] From Fri. Jul 28 at 12:00	(1) - (2)	First-come, first-served basis (Ends when participant capacity reached)	Guaranteed entry, preferential starting positions, VIP-only prizes, etc.

* You may only apply for one section: general public, locals, or VIP.

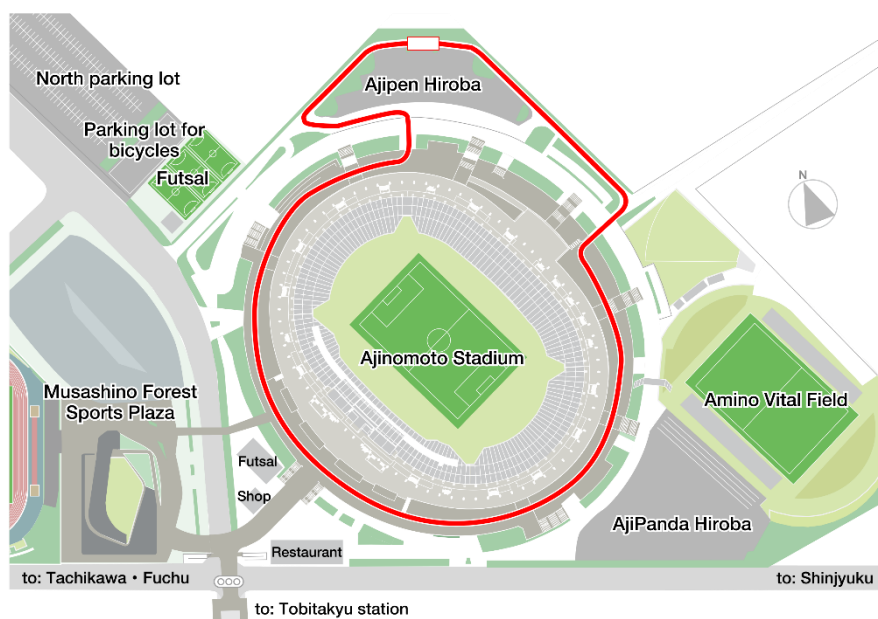
(5) Other

- ✧ This ride event is for enjoyment, not a competition of rankings or times.
- ✧ Each course has several long uphill slopes, such as an average slope of 5% that lasts about 1.5 km.
- ✧ Participants can use bicycles equipped with multiple gears or an electric power-assist system. (Tandem bicycles are also allowed)
- ✧ Traffic regulations will be enforced in the vicinity of courses on the day of the event (details to be announced in the future). We ask for your cooperation.

2. Application Overview for “Challenge Race in Ajinomoto Stadium” (Tama Region)

On the day before “THE ROAD RACE TOKYO” is held in the Tama region on Sunday, December 3, we will hold various race experience programs that general cyclists can participate in, from beginners to sports cycling enthusiasts.

- (1) Date: **Saturday, December 2, 2023**
- (2) Venue: Ajinomoto Stadium Outer Circuit Course (Start/Goal: Ajipen Hiroba)
- (3) Course Map (1 lap: approx. 1.15 km)



(4) Program

1. **Cycle School**

Classes are divided by level, such as beginners with no racing experience. The coach will deliver lessons on the correct way to ride a sports bicycle, riding techniques, etc., and at the end, a simulated race experience will be held.

2. **Guided Short Race**

Guide riders lead at a constant speed and participants will ride the course as a group. This is a race-style program in which participants compete only on the final lap while ensuring safety.

3. **Exhibition Race (Spectator Event/ Free)**

This is an exhibition race by the athletes who will participate in the road race on the following day. You can experience the powerful cycling of top athletes right in front of you.

4. **Cycle Marathon**

This is a race in which teams of 2 to 5 people take turns and compete for the highest number of laps completed in 80 minutes.

* Please see the website for details about each program.

(5) Number of Applicants and Participation Fee

	Program	Application	No. of Participants	Participation Fee
1	Cycle School	As individual	200 people	3,500 JPY
2	Guided Short Race		210 people	3,000 JPY
3	Cycle Marathon	As team	140 teams (70 teams x 2 races) (*2 to 5 people per team)	2-person team: 9,000 JPY
				3-person team: 12,000 JPY
				4-person team: 14,000 JPY
				5-person team: 15,000 JPY

(6) How to Apply

Please apply through the website. For safety reasons, applicants for each program must be junior high school students or older. A lottery will be held if there are too many applicants.

[Application Period] From Tuesday, August 1 to Sunday, September 10

3. **Change to Starting Point for Para-cycling Race**

For “THE ROAD RACE TOKYO” para-cycling race, the starting point has been changed as follows in order to accommodate more spectators and improve safety.

(1) Para-cycling Race Overview

Date: **Sunday, December 3, 2023**

Category: Tandem time trial (Men/Women)

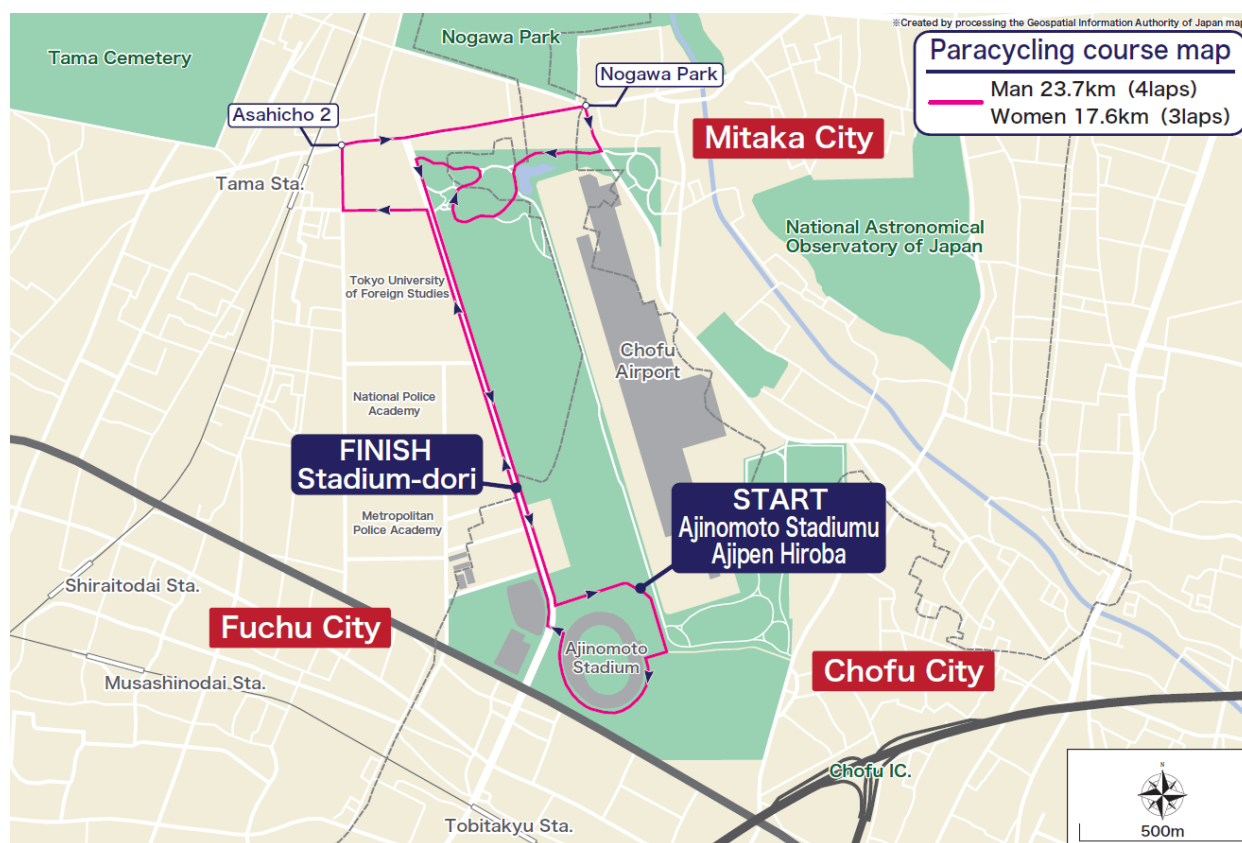
Course: Musashinonomori Park / Ajinomoto Stadium Outer Circuit Course



(2) Details of Changes

	After Change	(Before Change)
Starting Point	Ajinomoto Stadium premises Ajipen Hiroba	(Stadium-dori Avenue along Musashinonomori Park)
Distance	Men: 23.7 km Women: 17.6 km	(Men: 24.4 km) (Women: 18.3 km)

* The finishing point will remain the same: Stadium-dori Avenue along Musashinonomori Park.



4. Other Scheduled Events

In conjunction with the “RAINBOW BRIDGE RIDE” event on Thursday, November 23 (national holiday), “MULTISPORTS”, a sports experience event, will be held at the finishing point of the Ride event and at Telecom Center.

In addition, along with “Ajinomoto Stadium” and “THE ROAD RACE TOKYO,” we will hold events to promote the local area and cycle events on Saturday, December 2 and Sunday, December 3 at Ajinomoto Stadium. More information will be provided separately.

- ◇ GRAND CYCLE TOKYO official website:
<https://grand-cycle-tokyo.jp/en/> (English)
<https://grand-cycle-tokyo.jp/> (Japanese)



English



Japanese

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