










<Vehicles that can be used.>

Course	Road bike (multi-stage gears)	Sport cycle (multi-stage gears or electric assist.)	City Cycle (Mamachari) (multi-stage gears or electric assist.) *Rear seat-mounted bicycle for infants *Trailer	Rental cycle (multi-stage gears or electric assist.)	Tandem Bikes (multi-stage gears or electric assist.)
Rainbow Long					
Rainbow Middle					
Rainbow Short					

Course	Bicycle available					
	Road bike (multi-stage gears)	Sport cycle (multi-stage gears or electric assist.)	City Cycle (Mamachari) (multi-stage gears or electric assist.)	Beach cruisers, Fat bikes, (multi-stage gears or electric assist.)	Rental cycle	Tandem Bikes
Rainbow Long						
Rainbow Middle	○	○	○	○	○	○
Rainbow Short						

<Vehicle definitions>

Type	Definition	Example	Handlebar shape
Road bike	Mainly vehicles with drop handlebars and tyre diameter of 25" or more, with multiple gears	road bikes, gravel roads, cyclo-cross	Drop handlebars *Road bikes with flat handlebars are considered sports cycles
Sport cycle	Crossbikes, MTBs and other sports bikes with flat-shaped handlebars	trail bikes, cross bikes, MTBs	Flat handlebars (bar ends allowed), Riser bars
City Cycle (Mamachari)	Frame is not a sports bike, but a light vehicle specification	City Cycle (Mamachari)	Handlebars of a standard City Cycle (Mamachari) *Cannot be modified
Minivelo	Bicycles with tyre diameters between 16 and 24 inches.	minivelo	Flat handlebars
Tandem bicycle	A two-wheeled bicycle with two or more passengers and pedalling equipment installed in a row.	Tandem bicycle	Drop handlebars, Flat handlebars
Special bicycles	Bicycles other than those listed above	fat bikes, beach cruisers, etc.	Depends on each bicycle

<Unacceptable vehicles >

Bicycles that are in violation of the law.

Bicycles with electric power assisted bicycles equipped with functions not specified in Japan (e.g. electrically assisted at speeds of 25 km/h or more).

Electrically power assisted bicycles (electric mopeds) that can be ridden without pedalling.

Recumbents

Handcycles

Tricycles

Pisto bicycles (fixed-gear vehicles)

Bicycles with auxiliary wheels

Minivelo tyres less than 16" in diameter.

Vehicles that do not correspond to the vehicles allowed on each course.

<Unacceptable handlebars>

DH handlebars

Clip-ons

Spinatch

Aero bars

Triathlon bars

Auxiliary bars attached to drop handlebars such as those listed above in attachment system in general.

Other bars that impede quick braking and are unsuitable for operation on steep gradients.

Any handlebar that is unsuitable for use on steep gradients and hinders quick braking.

Handles that are deemed dangerous to ride on, including auxiliary bars that are attached by attachment, are prohibited.

The event organiser reserves the right to cancel a rider's entry if it is deemed to be in breach of the regulations.