

GRAND CYCLE TOKYO Rainbow Bridge Ride Regulations

Terms and Conditions

Please confirm the following terms and conditions before applying.

<Terms and Conditions of Participation>

1. General information about the event

- (1) The GRAND CYCLE TOKYO Rainbow Bridge Ride (hereinafter referred to as "the Event") is a fun ride event, not a race for rankings or times. Participants are requested to put safety first, enjoy themselves, and cooperate in the smooth operation of this event.
- (2) Please be aware that there are risks in this event, including the risk of falling, collisions with other cyclists, cyclists, motor vehicles, pedestrians and obstacles, poor maintenance of bicycles and other equipment, operational errors, weather conditions, and carelessness on your part and that of others.
- (3) Participants must have the leg strength to complete each course within the following time limits and must be in good health and able to ride safely without overexertion.
- (4) This event will be run using the "wave system," in which groups of 100 people (waves) will be formed and each wave will be run separately. A ride control rider will be positioned in front of and behind each wave to lead the ride. Overtaking of the person in charge of the ride during the race is prohibited. (The rider in control will be riding at a speed of 26 km/h.)
- (5) Participants warrants that all the information submitted in the application form and the entry information registered for participation in the event is true and correct.
- (6) By participating in this event, participants consent to the reporting, publication and use of their personal information, including portrait, in videos, photographs, articles and records of the event on television, newspapers, magazines, the internet, brochures and other media. Participants also agrees that the right to publish and use such information belongs to the organisers.
- (7) Participants may not be allowed to participate in the event if they are in breach of any of the rules and regulations.
- (8) Participants cannot change the course after applying. Basically, entry fee will not be refunded after the payment. Also, entry fee will not be refunded if the entry is cancelled due to false declarations of name, date of birth, etc., or fraudulent entry (entry by a person other than the entrant). (The right of priority to run in the race is also non-transferable.)
- (9) In the event of injury sustained during participation in the Event, participants agree to emergency treatment and transport as deemed appropriate by the medical professionals commissioned by the Event Organizers. Furthermore, participants agree to a potential burden of any medical and other costs arising therefrom.
- (10) You are solely responsible for any accident, injury (including death), loss, or damage to property resulting from your participation in this event, except in the case of willful misconduct or gross negligence on the part of the organizer.
- (11) Personal information obtained at "Rainbow Bridge Ride 2025" will be managed and used appropriately within the scope of the following three points at the events organized by the GRAND CYCLE TOKYO Executive Committee. It will not be used for any other purpose.
 - a. To provide information on entertainment, products, services, etc. offered by the organizer of the event

- b. To confirm the identity of the person entering the venue of the event
- c. To notify the cancellation, postponement, change of content, etc. of the event, and to perform refund operations (if any refund is made) in connection therewith

2. Eligibility for participation

(1) Eligibility for participation

Participants must be in the third grade of primary school or above, in good health and able to ride safely without straining themselves.

(2) Minors (under 18 years old) participants

Minors (under 18 years old) participants require the consent of a parent or guardian.

(3) Primary school student participants

One parent/guardian (over 18 years old) must join each participant who is in the third grade of elementary school or above.

(4) Pre-school children

Both parents/guardian and pre-school children who are considered being able to participate safely and without strain may participate in the event with only one pre-school child in a specific vehicle*. Helmets and seatbelts must be worn when riding.

*Specific vehicles: Electrically assisted bicycle with infant seat attachment or trailer rides.

(5) Group participation by club activities

Group participation in the long course is open to clubs and clubs of elementary, junior high, and high school students who are active in year-round cycling activities located in Tokyo (first 100 applicants). Applications must be made on a representative, regardless of whether or not he/she participates in the event. Please submit a list of participants and the results of their activities in 2024 at the time of application.

Please note that elementary school students participating in the group competition must be accompanied by an instructor (over 18 years of age) for every five elementary school students.

3. Permitted bicycle vehicle categories

(1) Permitted bicycles

- a. Only use bicycles that comply with laws and regulations and have the necessary equipment and functions for riding on public roads.
- b. If the event organizer deems that the bicycle is in breach of the law or these rules, the entry to the event may be cancelled regardless of whether the vehicle is running before or during the event.
- c. The vehicle used must be equipped with either or both multi-stage gears and electric assist and must have tires at least 16 inches in diameter. (See table below)

<Bicycles that are permitted to use>

Permitted bicycle vehicles						
Road bike (multi-stage gears)	Sport cycle (multi-stage gears or electric assist)	Mamachari (multi-stage gears or electric assist.) * Electric assist.	Mini velo 16-24 " (multi-stage gears or electric assist.)	Beach cruisers, Fat bikes, (multi-stage gears or electric assist.)	Rental cycle (multi-stage gears or electric assist.)	Tandem Bikes (multi-stage gears or electric assist.)

		bicycle with infant seat attachment *Trailers				
○	○	○	○	○	○	○

<Vehicle definitions>

Type	Definition	Example	Handlebar shape
Road bike	Mainly vehicles with drop handlebars and tires 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
Mama-chari	Frame is not a sports bike, but a light vehicle specification	Mama-chari	Handlebars of a standard mama-chari *Cannot be modified
Mini velo	Bicycles with tire diameters between 16 and 24 inches.	Mini velo	Flat handlebars, Drop handlebars
Tandem bicycle	A two-wheeled bicycle with two or more passengers and pedalling equipment installed in a row.	Tandem bicycle	Flat handlebars, Drop handlebars
Special bicycles	Bicycles other than those listed above	fat bikes, beach cruisers, etc.	Depends on each bicycle

*The above-mentioned "rental cycle (multi-stage gears / electrically assisted)" refers to the rental cycle (with helmets) provided by the organisers.

*The main criterion is the shape of the vehicle, which is easy for the organizer to identify.

*If you cannot determine whether your bicycle is suitable or not, please contact the RAINBOW RIDE Organising Committee Secretariat in advance.

(2) Unacceptable bicycle vehicles

For safety reasons, the following vehicles/handles may not be used at this event, even if they are permitted to drive on public roads. If the organizer of this event deems a vehicle to be in violation of the rules and regulations, the event organizer reserves the right to cancel the event regardless of whether the vehicle is running before or during the event.

<Unacceptable bicycle 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 rode without pedalling.
- Recumbents
- Handcycles
- Tricycles
- Pisto bicycles (fixed-gear vehicles)
- Bicycles with auxiliary wheels
- Minivelo tires less than 16" in diameter.
- Triathlon bike
- Tall bike
- Vehicles deemed dangerous by the event organizer

<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. Any auxiliary bars that is unsuitable for use on steep gradients and hinders quick braking.
- Handlebars that are deemed dangerous to ride on, including auxiliary bars that are attached by attachment, are prohibited.
- Handlebars deemed dangerous by the event organizer

(3) Equipment and accessories

- Helmets (with a strap that can be fastened under the chin) , front and taillights (or reflectors) and alarms (cycle bells) must be worn.
- Unnecessary equipment and accessories that hinder safe riding are prohibited.
- In addition, the organizers of this event may instruct the participants to remove the equipment if they deem it to be dangerous.

<Equipment and accessories Standard>

Essential	<p>Helmets (leather Kasks and Soft-Teck type are not permitted. Helmets of the helmet brand "Kask" can be used.)</p> <p>*Helmets must have a chinstrap and be able to hold the head in place.</p> <p>Front lights.</p> <p>Taillight or reflector</p> <p>Alarms (cycle bells)</p>
Recommended	<p>Gloves (preferably bicycle gloves to protect the palms of the hands in the event of a fall)</p> <p>Portable pump (inflator)</p> <p>Spare tubes</p>
Possible to use	<p>Bottle cage (do not put cans, bottles, PET bottles, etc. in the cage to prevent them from</p>

but unnecessary	falling off) Cycling computer Saddle bags Mudguards Camera (must be secured to the bike or helmet and must have safety and fall prevention measures in place).
Prohibited	Unnecessary equipment or accessories that interfere with safe riding are prohibited. Riding with luggage in the bicycle basket without any covers is prohibited. (Covers are not included for the rental cycle provided by the organizers)

(4) Bicycle inspection, maintenance and management

- a. Please maintain the bicycle to be used in advance so that it conforms to these terms and conditions. It is recommended to have your bicycle inspected and maintained in advance at a bicycle shop.
- b. Please use the proper tire pressure for the vehicle in use. If you are unsure of the proper air pressure, we recommend that you check with a store, etc., and have the air pressure adjusted to the proper pressure by the day before the event. Please note that incorrect air pressure may cause a flat tire.
- c. Please be sure to check the front light, taillight, electric assist, and other functions that require recharging and batteries in advance, and recharge or replace batteries as necessary before participating.
- d. Mechanic services (repair, charging, etc.) for electrically power assisted bicycles will not be provided. In the event of a breakdown or loss of charge, participants will be required to ride within the time limit without the assist function or return to the venue in a contained vehicle.
- e. At the registration desk on the day of this event, staff will visually check the vehicle and equipment.
- f. Any vehicle deemed by the event organizer to not meet the conditions of these regulations may be disqualified from the event. No refunds will be made in the event that a vehicle is deemed ineligible.
- g. The organizer is not responsible for theft or damage of bicycles. There will be a bicycle rack at the registration area and aid station, but please use at your own risk.

4 Clothing, bib numbers and personal belongings

(1) Clothing

- a. Helmets (with a strap that can be fastened under the chin) must be worn while riding and gloves are recommended to prevent injury in the event of a fall. Also, when attaching a camera to a helmet, please be aware that there is a risk of serious injury in the event of a fall.
- b. Wear clothing suitable for exercise. Please note that temperatures on the bridges are expected to be low, so please take adequate measures to protect yourself from the cold.
- c. Do not wear clothing that may be dangerous when riding or cover your entire face.
- d. Please do not wear clothing that is not appropriate for a sporting event, such as that which makes other participants or spectators uncomfortable.
- e. Do not participate in the event wearing clothing that promotes political or religious claims or promotes or advertises a specific individual, region, or organization that is not authorised by the race organizer.
- f. Please do not change in the surrounding facilities.
- g. For security reasons, participants wearing the following clothing will not be allowed to participate in the race.

Also, please be careful not to drop any of your personal belongings.

<Example of clothing that prohibits participation>

- Headgear and costumes that do not allow sufficient visibility to check the front, back, left, and right directions, or that prevent the user from hearing surrounding sound.
- Clothes and accessories that may get caught in wheels or gears, such as long skirts, hakama, and wigs that reach under the saddle when seated.
- Items that may interfere with safe driving or cause injury, such as geta, straw sandals, high heels, beach sandals, bare feet, etc.

(2) Bib numbers and personal belongings

- a. The front number must be fixed to the handlebars of the bicycle or the front basket so that it can be seen from the front.
- b. The back number must be attached to the back of the bicycle so that it can be seen from the surroundings. If you carry a backpack, etc., be sure to attach it to the backpack and not to your clothing so that it can be seen.
- c. Carry your health insurance card and mobile phone in case of an emergency.
- d. Participants are responsible for repairing punctures, etc., and it is recommended that they prepare tools, pumps and spare tubes to deal with problems such as punctures, etc.
- e. Pets and other objects that may impede safe riding are not permitted to ride with you.

5 Registration

- (1) Please make sure to register on the day of the event (7th December). (No registration on the day before the event.) The Registration procedures will be announced separately.
- (2) Those who fail to complete the registration procedures within the registration time will not be permitted to participate in the event.

6 Bicycle riding management

(1) Bicycle riding-rules

- a. Participants must follow the instructions and guidance of police officers, security guards, guides and staff. If they do not follow the instructions, they may be ordered to stop riding in order to prioritise safety.
- b. Participants must observe all laws, regulations and rules, ride safely and take extra care to avoid any contact or trouble.
- c. Groups of 100 runners (waves) will be formed according to their bib numbers, and each wave will be run in a "wave system".
- d. Participants must contact the nearest staff member or other person in the event of an accident or if they witness an accident.

(2) General rules on metropolitan expressway and public roads

- a. Riding in the opposite direction is prohibited.
- b. Riding with earphones, etc. is prohibited. (Excluding hearing aids and other devices to supplement hearing functions.)
- c. Standing still to take photographs is prohibited except for areas where photography is permitted. Please note that it is possible to take pictures with a camera fixed to the bicycle (Please be careful to ensure safety.).
- d. Riding with one hand is prohibited.

(3) Rules for riding on metropolitan expressway and Tokyo Gateway Bridge

With special permission, the Rainbow Bridge Ride allows cyclists to ride on the Metropolitan Expressway and other roads where bicycles are normally prohibited. If there are any violations, this event may be suspended or cancelled.

- a. The metropolitan expressway is not designed for cyclists. Please always ensure that safety is your priority.
- b. The height of the outer walls and guardrails on the metropolitan expressway is lower than that of ordinary roads to prevent falls. Do not drive on the roadside strip where fences, etc. are installed, and ride two abreast in the middle of the lane.
- c. Except for unavoidable circumstances such as staff instructions or accidents, stopping on the metropolitan expressway is prohibited.
- d. In the event of an emergency, emergency vehicles will travel on the metropolitan expressway even during traffic regulations. In such cases, please follow the instructions of the staff and stop riding temporarily in a safe place.
- e. From a safety management perspective, the organizer may decide to cancel riding on the metropolitan expressway due to weather conditions.
- f. From a safety management perspective, the organizer may advise participants who are deemed to be unable to ride on the metropolitan expressway to stop riding. In such cases, please follow the instructions of the organizer.
- g. For safety management purposes, a ride control rider will be positioned in front of each wave to lead the ride. Overtaking of the person in charge of the ride is prohibited. If you have no choice but to overtake a rider, please be sure to make a sign or call out to him or her.

(4) Bicycle breakdown

- a. If a bicycle breaks down, please contact the nearest staff member and move the bicycle to a safe place such as an emergency parking zone on the metropolitan expressway or a footpath on a public road before carrying out repairs.
- b. If participants are unable to repair the bicycle themselves, please contact the nearest staff member. The mechanic's vehicle will take care of the problem in turn, but this is only a first aid measure, and not all repairs can be carried out. (Depending on the nature of the malfunction, we may not be able to respond to your request.)
- c. Depending on the circumstances of the breakdown and the time required to return to the race, you may be considered to be out of the race.

8 Time limit and retirements

(1) Time limit

- a. Time limits will be set due to traffic regulation time. A barrier gate will be set up on the route, so please pass through before the barrier gate closes.
- b. If you fail to pass through a barrier gate within the time limit, the course may be shortened or the participants may be accommodated in a truck at the relevant barrier.. Please follow the instructions of the staff as you are transported to the finishing area.
- c. Regardless of the gate closing time, if it is deemed difficult to complete the race within the time limit, the runner may be considered to be out of the race and accommodated in a collection vehicle, so please follow the

instructions of the staff.

(2) Retirement.

- a. If you wish to retire, please ask a staff member nearby.
- b. Participants who have retired will be accommodated in a collection vehicle and then transported to the finish line.

8 Bicycle rental

- (1) Bicycle rentals are electrically assisted bicycles and are available for those who are at least 145cm tall. Bicycles and helmets will both be provided.
- (2) The organizer will not be responsible for any loss, damage or theft of bicycles (including lights, keys and other accessories) and helmets.
- (3) Except in the case of wilful misconduct or gross negligence on the part of the organizer, the organizer will not be held responsible for any accidents or thefts.
- (4) Please observe all road traffic laws and take all necessary precautions for your safety.
- (5) Please check tires, brakes, gear change, etc. before riding.
- (6) In the event of an accident or breakdown, please contact the nearest staff member.

9 Disclaimer

(1) Cancellation or interruption of the event

- a. The organizer reserves the right to change the course or cancel or suspend the event itself in the event of natural disasters such as earthquakes, windstorms, floods, strong winds, weather conditions, incidents, accidents, infectious diseases or other hazards that are predicted.
- b. If the event is cancelled or suspended due to natural disasters, worsening weather conditions or other reasons beyond the organizer's control, such as when it is impossible to ride safely, entry fee will not be refunded in principle.
- c. Except in the case of wilful misconduct or gross negligence on the part of the organizer, participants shall be responsible for any accident, injury (including death), loss or damage to property resulting from his/her participation in this Event.
- d. If any part of these Terms and Conditions becomes invalid, the other parts shall remain in full force and effect.

(2) Compensation during the Event.

- a. Except in the case of wilful misconduct or gross negligence on the part of the organizer, compensation to participants shall be within the scope of compensation provided by the organizer's personal accident insurance, etc.
- b. Compensation for damage to or theft of the bicycle, equipment and personal belongings will not be covered by the organizer's. If you are unsure, please purchase the necessary insurance on your own.
- c. First aid will be provided at the first aid station for any injuries sustained during the event, but please bring your health insurance card in case you need medical treatment at a hospital or other institution. Participants are advised that they may be responsible for medical and other expenses incurred as a result of injuries.

(3) Insurance

- a. Injuries and other injuries sustained during participation in the event will be compensated for within the

scope of the organizer's accident insurance. However, the following are not covered by the organizer's insurance.

- Accidents caused by contact with third parties (participants, related persons, general vehicles, pedestrians, etc.) that are not the fault of the organizer.
- Accidents outside the venue (e.g. moving to the venue) outside the start to finish time limits.
- Damage, loss or theft of bicycles (frames, parts), accessories or property.
- Breakdown of personal belongings, etc.
- Other events not approved by the organizer.

b. Precautions

- If you are unsure about the coverage you will receive, please take out your own insurance.
- Injury to the other party or damage to the bicycle or accessories due to the participants negligence that are not the fault of the organizer, please deal with it between the parties. In case of any harm, please deal with it between the parties concerned in the same way.

c. Compensation details (Reference)

- Compensation for accidental death: JPY 10 million.
- Compensation for permanent disability: up to JPY 10 million
- Compensation for medical treatment: JPY 7,500 per day of hospitalisation (within 180 days)
- Compensation for outpatient visits: JPY 5,000 per day (within 90 days)
- Insurance period: from the start to the end of the event.