

Reminders and Information

1. Race Orientation

Please be sure to attend the race orientation. Please check the schedule on the race guide. There will be an additional race brief conducted in English at 14:00 on Saturday 29 October at the Izena Community Center (where most foreign athletes will be lodging).

2. Course Route Bus Tour

A bus tour will be available for interested athletes. Please check the race guide for the schedule.

3. Transition Bag Contents

Please check the contents of the provided transition bag to confirm the following items:

1)Swim Cap; 2)Run race bib; 3)Bike race bib; 4)Tshirt^ 5)Transition Bag x 3EA;
6)Health Questionnaire Form *Form must be filled out and submitted on race day at the Swim Start.; 7)Safety Pins; 8)Race Program Guide; 9) Race Info Guide; 10)Reminders and Information

4. Procedure for handing in Run Transition Bag

There will be staff at the swim area that will receive your run transition bag to transport to the T2 transition area. Only the provided Run Transition Bag will be accepted. Do not place any fragile items in the transition bag. We will not be responsible for any broken or missing items.

5. Bike Carrier Service

*Please reference the reverse-side of this page.

6. Bike Maintenance

Bike Maintenance will be available as follows:

Maintenance Company: OKINAWA RINGYOU Corporation

Location: RINKAI FUREAI Park Gymnasium

Times: 10/28 (Fri) Upon Arrival of the 2nd Ferry until sunset

10/29 (Sat) 11:00-sunset

10/30 (Sun) Prior to race start at the bike rack area

~Bike Lap Check Pit Standby Mechanic

Inspection/Assessment Fee is 500yen. *In the case that repairs are required, additional fees may be incurred. Additional fees may also be incurred for replacement of parts during the race.

Regarding Bicycle Delivery (For Triathlon)

Thank you for using Carrier Service.

The 29th Annual Izena Triathlon 88 will be held on 30Oct16. The following is an explanation of how bicycles will be handled after the completion of the race. Thank you for your cooperation and understanding.

1. Delivery Location

Izena RINKAI FUREAI Park Gymnasium (Rear-side)

10/28 (Fri) 13:00-17:00; 10/29 (Sat) 09:00-17:00

2. Receiving Information

1. Receiving Method will be through Yamato Carrier Shipping Service
2. The delivery fee will be based on the heavier of the actual weight and the reported weight.
3. Only items meeting carrier service regulations will be accepted for delivery.

3. The time from receipt until delivery

Outside Okinawa Prefecture: 6-12 days

Within Okinawa Prefecture: 3-5 days

4. Delivery Fee and Insurance Fee

1. Please reference the price sheet and insurance information when checking-in the package.
2. A minimum of 50yen Insurance fee will be charged for each package voucher.

5. Receiving Time

10/30 (Sun) Until 17:00 and 10/31 (Mon) until 12:00 noon

*Delivery Insurance is only available with the company that Yamato Carrier Service is contracted with. Thank you for your understanding.

Contact Information

Okinawa Yamato Carrier Service Corporation Nago Branch Office

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Tel: 070-6595-9953 Fax 0980-53-0110

*Please be sure to check the notice on the reverse-side of this page