

# HOKKAIDO TRIATHLON

## RACE INFORMATION

Bringing people together. That is the aim of HOKKAIDO TRIATHLON. Swimming in clear water of Lake Toya, riding through scenery you've dreamed about, and running through while feeling the breeze that blows through the surface of the lake.

Time isn't everything. Take a pause, enjoy the scenery and the community.



### Event Dates

Saturday, 19 August 2023 - Sunday, 20 August 2023

### Race Date

Sunday, 20 August 2023

### Race Location

Lake Toya & Mt. Yotei Area

(Toya Town, Sobetsu Town, Toyoura Town, Makkari Village, Rusutsu Village, Kimobetsu Town, Kyogoku Town)

### Race Distance

SWIM 2.0km BIKE 137.3km RUN 23.1km Total Distance 162.4km

### Race Entrants

Maximum 300 entrants

### Qualifications

- Is in good health condition and will listen to any and all instructions from Race organizer.
- Can respect traffic rules and regulation.
- Registered member of Japan Triathlon Union for 2023.
- Can participate Race Briefing, to be held 19 August. It may be held remotely depending on the infection status of COVID-19.

Entry to HOKKAIDO TRIATHLON can only be done online.

Please click the link below to proceed to entry.

Any questions, don't hesitate to contact HOKKAIDO TRIATHLON at; [contact@hokkaido-triathlon.jp](mailto:contact@hokkaido-triathlon.jp) 142, Toyako Onsen, Toyako-Cho, Abuta-Gun, Hokkaido, 049-5721

### Organizer

Hokkaido Triathlon Executive Committee

## Committee Members

Toyako Town, Sobetsu Town, Toyoura Town, Makkari Village, Rusutsu Villabe, Kimobetsu Town, Kyogoku Town, Kutchan Town, Rankoshi Town, Niseko Town, Toyako Onsen Tourist Association, Toya Tourism Association, Sobetsu Tourist Association, Toyoura Sightseeing Network, Makkari Tourism Association, Rusutsu Tourism Association, Kimobetsu Tourism Association, Kyogoku Tourism Association, Kutchan Tourism Association, Rankoshi Tourism Association, Niseko Resort Tourist Association, Hokkaido Triathlon Union

## Race Management

Hokkaido Triathlon Union

## Race Support

ATHLONIA Corp.

## RACE SUMMARY

### For a Persistent Race

HOKKAIDO TRIATHLON has been on a search for a sustainable and persistent method to run the race. One conclusion we came to is to hold the race with minimum road blocks. This beautiful race venue is also land of agriculture and tourism. The race and other activities should not interfere with each other, they need to be good partners. Race participants must respect all road regulations during the race. Race organizers will place staff and signs along the race course.

### Road Regulations

Road blocks is kept to a minimum for the race. Participants must respect and obey all road regulations during the race such as Stop Signs, Traffic Signals, Keep Left. Local Law Enforcement will be present at certain sections of the course to ensure safety of both race participants and local traffic. Details to be announced.

### Penalty

Please stick to the traffic rules such as “Momentary Stop” and “Crossing and Turning right”

There are more than 18 intersections and you need to stop momentarily.

Momentary Stop means the wheels have to be stopped completely.

When making right at the intersection, you are not allowed to take centerline and you have to take left side along the street.

You will be punished as 30 minutes penalty when breaking the traffic rules

### Safety Measures

Race Organizer will support the participants by preparing aid stations, course staffs, Doctors, Rescue, Life Savers, Ambulance, Sag Wagon etc. However, the race course is long and is difficult for the Organizer to oversee every single section. Safety is your responsibility. Please look after yourself. We strongly encourage you to keep your cell phone.

## ENTRY

Please click the following URL.

<https://amarys-itb.jp/hokutora2023/?&q=1>

## WITHDRAWALS

Athletes confirmed in the race who wish to withdraw, must do so in writing to the race office via email

[contact@hokkaido-triathlon.jp](mailto:contact@hokkaido-triathlon.jp)

Any requests received before 30 April 2023, 11:59 p.m. (JST) will eligible for 50% refund.

Any requests received before 30 June 2023, 11:59 p.m. (JST) will eligible for 20% refund.

Any requests received after 1 July 2023, 0:00 (JST) will not be eligible for refund under any circumstance.

System usage fees ¥1500 is applied to above policy as well

