



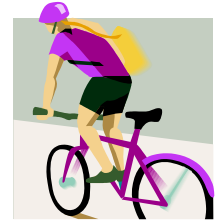
Cycling Festival ASAMA **Let's Ride!**

At the foot of Mt Asama, build up a healthy sweat on your bike while enjoying nature.

From kids, beginners to expert, we welcome everyone who loves bicycle riding! We have prepared a program which promises to be enjoyed by every participant. It includes lectures about keeping healthy using a bicycle; kids' ranger mountain bike event; cycling for fitness and health, and real hill climbing. And we have bike hire for those who do not own a bike but wish to join this program (a hire fee will apply).

Now is the time to get involved and discover how cool it is to ride a bike!

Date: Saturday September 10, 2005
 Event Reception: Nagano ken Komoro seinen no ie
 (Komoro-City, Nagano prefecture)



Program of events:

Program	Grade	Entry fee	Event schedule
Lecture: Aerobics fitness and Health By the chief of the bureau of Cycle center bicycle museum, Koji Nakamura	Everyone	Free	Register 9 : 00 ~ 9 : 30 Lecture 9 : 30 ~ 10 : 30
1000m Forest trail cycling course 《10 k m · 20 k m · 30 k m》 · All nationalities, genders, generations and abilities – even riders with disabilities. Everyone can join the ride and feel the wind on a bike.	Everyone	500 yen (includes insurance)	Register 9 : 00 ~ 10 : 00 Ceremony 10 : 30 ~ Start 10 : 40 ~ 12 : 00
1300m Forest trail kids' ranger mountain bike. · Cycling club students will introduce the mountain trail.	Elementary and junior high school students	500 yen (includes insurance)	Register 7 : 00 ~ 7 : 30 Travel to location Start 9 : 00 ~ 12 : 30
Kurumazaka Pass hill climbing demonstration. · Entries limited to the first 100 to register.	Everyone (Experts)	2,000 yen (includes insurance)	Register 6 : 30 Start 8 : 00 Finish 9 : 00 ~ 11 : 00
Class session how to be lively and healthy. Session themes: Listen to the voice of your body. Body and food. Exercise to relax your body.	Everyone	Free	Register 10 : 30 Session 10 : 45 ~ 12 : 00
Lunch			
Awards ceremony and spot prizes			13 : 00 ~ 14 : 00

Event entries: Please call in or post to Komoro City Office, Planning Division (Komoro Shiyakusho, Kikaku-ka)

Entry dates: Wednesday August 10, to Saturday August 25, 2005

Miscellaneous: · Events will be held wet or fine.
 · Please bring your own lunch.
 · We have bikes for hire. (1,500yen per bike)

Principal Organizer: Komoro rebirth project bicycle event steering committee

Co Organizers: The Ministry of Environment, the Forestry Agency, Nagano prefecture, The board of education Nagano prefecture, Togo city, Karuizawa cho, Miyota cho, etc.

Entry and Enquiry Komoro City Office
 (Event bureau) Planning Division
 3-3-3 Aioi cho,
 Komoro city
 〒384 8501
 ☎ 22 - 1700 (ex254)



Entry form (Please include entry fee and bike hire fee)

Name	male • female	Date of birth (date, month, year)	
Address	〒	Tel	Fax • E-mail
Name of event			
Bike hire	Yes (Height : c m)	No	

No refunds on accepted entries. Please note.

To enter, please fill in this entry form and contract(over leaf). And bring it or send it by registered mail with the entry fee and (if required) bike hire fee.

We will send you a notice of acceptance for each entry by the end of August.

Your personal information will not be used except for the notice of entry acceptance and the notice of event information, without your consent. (Complying with the privacy laws)

Entry contract

I agree with the conditions below when entering this event.

- 1 . I will follow all rules, agreements, and instructions which are provided by the event organizer.
- 2 . During the competition and associated events, I will take complete responsibility for my private belongings.
- 3 . During the competition and associated events, in case of accident causing injury or death to myself, my family, or supervisor, compensation will not be sought from the event organizer or associates apart from compensation from this event s accident insurance.
- 4 . I give permission for photographs or motion pictures including myself to be used by the organizers.
- 5 . I will not ask for a refund of the entry fee in the case of unfavorable climate or courses, resulting in this event being cancelled.

(Month) (Date) 2005

Signature _____