



2026.6.13-14
UCI Gran Fondo World Series
Tour de FUKUSHIMA

Technical Guide

Ver. 3.1 (2026/6/10)

General Incorporated Association Minpo Sports & Culture Commission

<https://fukushima-cycle-series.jp/event5cp/97/>

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Welcome to Tour de FUKUSHIMA 2026



Tour de FUKUSHIMA 2026 is a cycling event held in the Hamadori region of Fukushima Prefecture. Now in its fourth year, the event continues to support the region's recovery while showcasing its unique landscapes, culture, and hospitality. More than 2,400 participants are expected to take part across both the road racing and cycling categories.

The road race category serves as the only Japanese qualifying event for the UCI Gran Fondo World Series, one of the world's most prestigious amateur cycling series, attracting riders from around the globe.

First day, competitors will race an individual time trial along the scenic Ozu Matsukawa Line, renowned for its beautiful coastal views. On the second day, two mass-start road races will be held across the Hamadori region: the Gran Fondo Fukushima 140 and the Medio Fondo Fukushima 80. The event headquarters and main venue will be located at Tenjinmisaki Sports Park in Naraha Town.

This year marks the 15th anniversary of the Great East Japan Earthquake. While reconstruction and new community development continue to move forward every day, there are still places where time seems to have stood still since that day. Along parts of the race route, riders will pass areas near the former evacuation zones that remain a powerful reminder of the disaster and the region's ongoing recovery. We hope that participating in this event will provide an opportunity not only to race, but also to experience the reality of Fukushima today.

The Hamadori region is also known for its outstanding local cuisine, fresh seafood, and excellent sake. We encourage all participants and their families to enjoy the local culture and hospitality during their stay.

As an official event of the UCI Gran Fondo World Series, Tour de FUKUSHIMA 2026 proudly embraces the theme: "From Fukushima to the World" In August 2026, the UCI Gran Fondo World Championships will be held in Niseko, Japan—the first time this prestigious event has ever been hosted in Asia. The UCI Gran Fondo World Series is founded on the principle that cyclists of all ages and backgrounds should have the opportunity to challenge themselves on an equal stage.

We wish all participants a safe, enjoyable, and successful race, and look forward to welcoming you to Fukushima.

Tour de FUKUSHIMA Organizing Committee

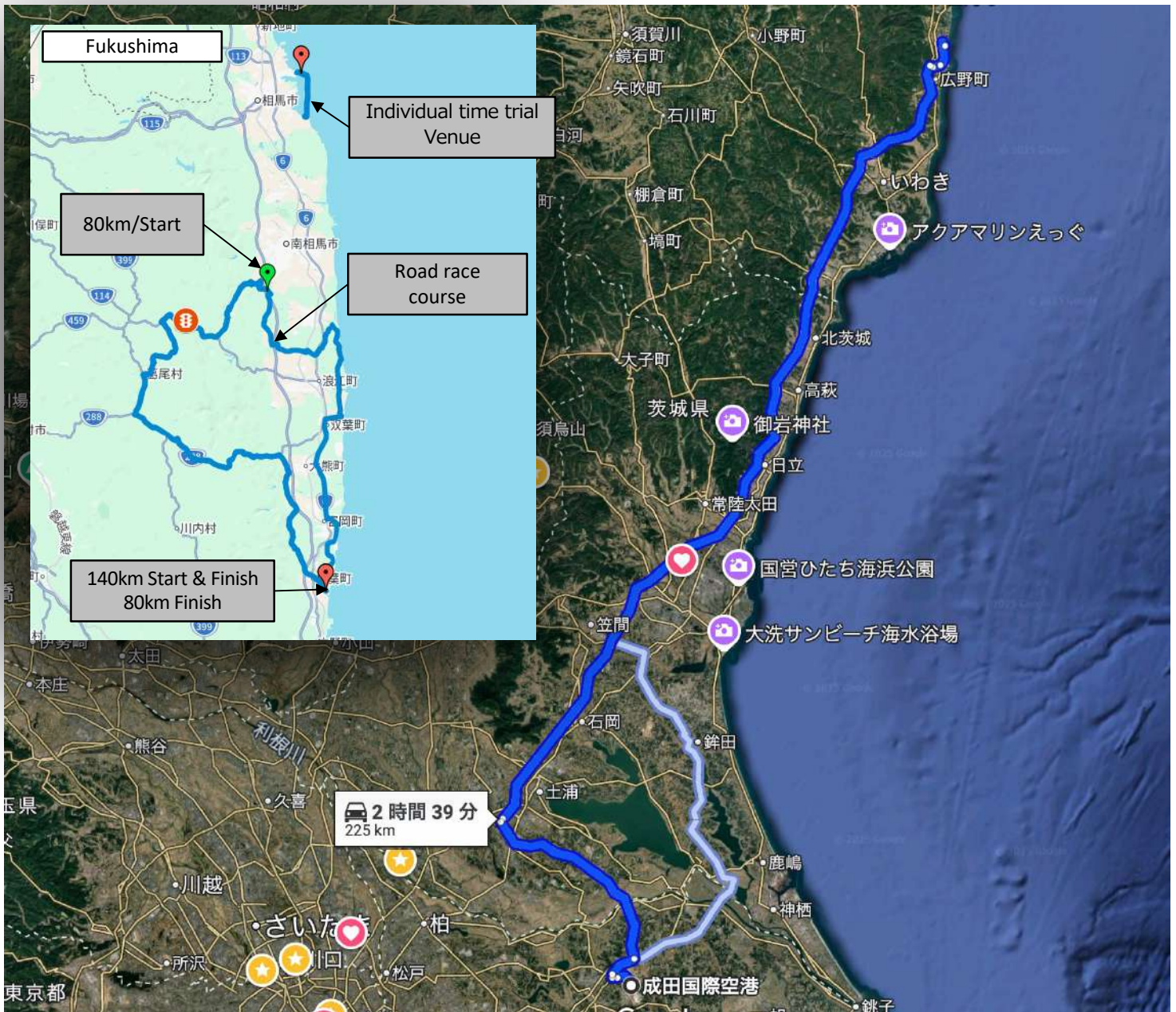


Event President	Koichi Yoshimi President & Representative Director, The Fukushima Minpo Co., Ltd.	
Event Director	Shinji Tsumuraya Director of Business Affairs, The Fukushima Minpo Co., Ltd.	Event Director
Headquarters	Hidemitsu Nagasawa General Manager, Business Department, The Fukushima Minpo Co., Ltd.	Race Headquarters Coordinator
	Yoshimasa Matsuzaki Business Department, The Fukushima Minpo Co., Ltd.	Cycling Coordinator
	Yuma Shibuya Business Department, The Fukushima Minpo Co., Ltd.	Gran Fondo Fukushima 140 Course Marshal Headquarters Coordinator
	Koki Soeda Business Department, The Fukushima Minpo Co., Ltd.	Time Trial & Medio Fondo Fukushima 80 Coordinator

Commissaires' Panel			
140km Chief Commissaire	MORIJJIRI, Hiromichi	80km Chief Commissaire	ASHIZAWA Takuro
140km Commissaire2	OKAWADA, Shinji	80km MOTO COM5	IWASA Chiho
140km MOTO COM1	ITO, Masashi		
Technical Delegate			
Technical Delegate	ONOGUCHI Hiroaki		

Event Name	Tour de FUKUSHIMA (UCI Gran Fondo World Series)
Dates	Friday, June 12th to Sunday, June 14th, 2026
Venue	Iwaki City · Soma City · Tamura City · Minamisoma City · Kawamata Town · Hirono Town · Naraha Town · Tomioka Town · Kawauchi Village · Okuma Town · Futaba Town · Namie Town · Katsurao Village · Shinchi Town · Iitate Village
Organizer	Minpo Sports & Culture Commission (General Incorporated Association)
Managed by / Supported by	Fukushima Cycling Federation / Japan Cycling Federation (JCF)
Supported by	Ministry of Economy, Trade and Industry (METI) Reconstruction Agency Fukushima Prefecture
Events	<ul style="list-style-type: none"> • 13.5km Individual time trial • 140km & 80km Road race
Eligibility	<p>1, Men and women aged 16 years or older (high school age and above).</p> <p>2, Holders of a valid cycling license or a temporary registration (1-Day License).</p> <p>※ Riders without a license must select the "Non-Licensed Rider" category when submitting their entry.</p> <p>However, riders who meet any of the following criteria are not eligible to enter any event category:</p> <ul style="list-style-type: none"> • Riders who are members of a UCI-registered team during the current year. • Riders who have participated during the current year in any of the following events: <ul style="list-style-type: none"> • UCI World Championships • Olympic Games • Continental Championships • Continental Games • Commonwealth Games • UCI World Cup events • Riders who hold any UCI points at the time of the qualifying event.
Rules and Regulations	UCI Regulations and the Event Regulations.
Official Language	Japanese and English.
Awards	Medals and prizes will be awarded on the podium to the top three riders in each distance and the top three riders in each age category. The rider who passes KOM prize point in first place will be awarded the mountain prize. The rider who passes the sprint point in first place will be awarded the sprint prize.
Event Date	Saturday, June 13, 2026 Individual time trial (13,5km) Sunday, June 14, 2026 Road race (140km,80km)
Opening Ceremony	Saturday, June 13, 2026 06:55 Individual time trial : Matsukawa Ura Fishing Port Sunday, June 14, 2026 05:30 Road race : Tenjinmisaki Sports Park Venue Sunday, June 14, 2026 06:50 Road race : Bajikoen Venue
Awards Ceremony	Saturday, June 13, 2026 11:00 Individual time trial : Matsukawa Ura Fishing Port Sunday, June 14, 2026 11:00 Road race : Tenjinmisaki Sports Park Venue

From the airport to the venue




<p>Driving time to Tenjinmisaki Sports Park</p>	<p>Route A: Distance 225km Ken-o Expressway → Joban Expressway → Prefectural Route 393 Travel Time: 2 hours 39 minutes Main road: Joban Expressway</p> <p>Route B: Distance 130km Ken-o Expressway → Higashi-Kanto Expressway → Joban Expressway → Prefectural Route 393 Travel time: 2 hours 28 minutes Main roads: Higashi-Kanto Expressway & Joban Expressway</p>
<p>Travel time to Tenjinmisaki Sports Park by JR (train)</p>	<p>Narita Airport Terminal 2 Station - Ueno Station - Iwaki Station - Tatsuta Station Travel Time: 5 hours 15 minutes ※The nearest station to the venue is "Tatsuta Station"</p>

Event Schedule (Individual time trial)

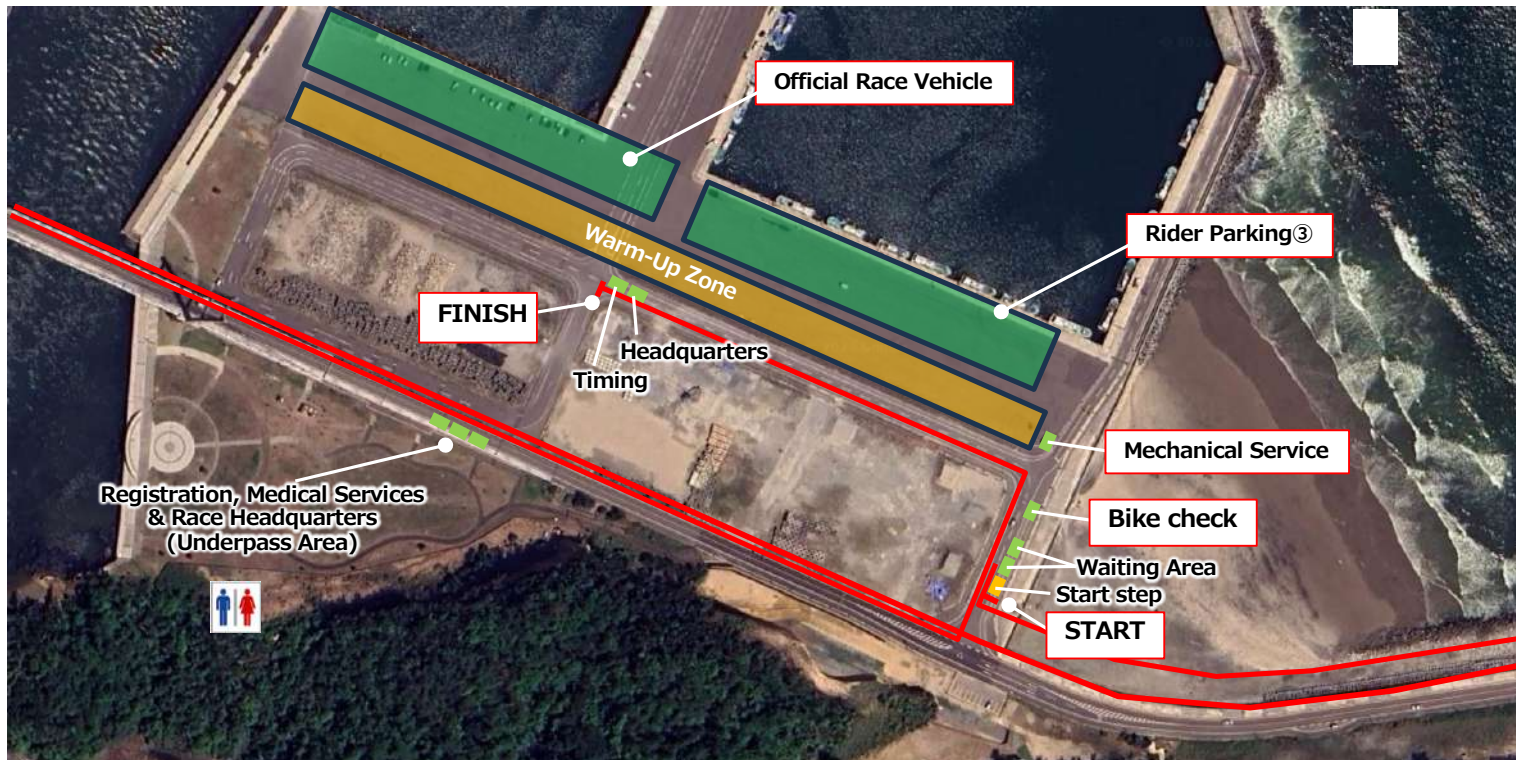
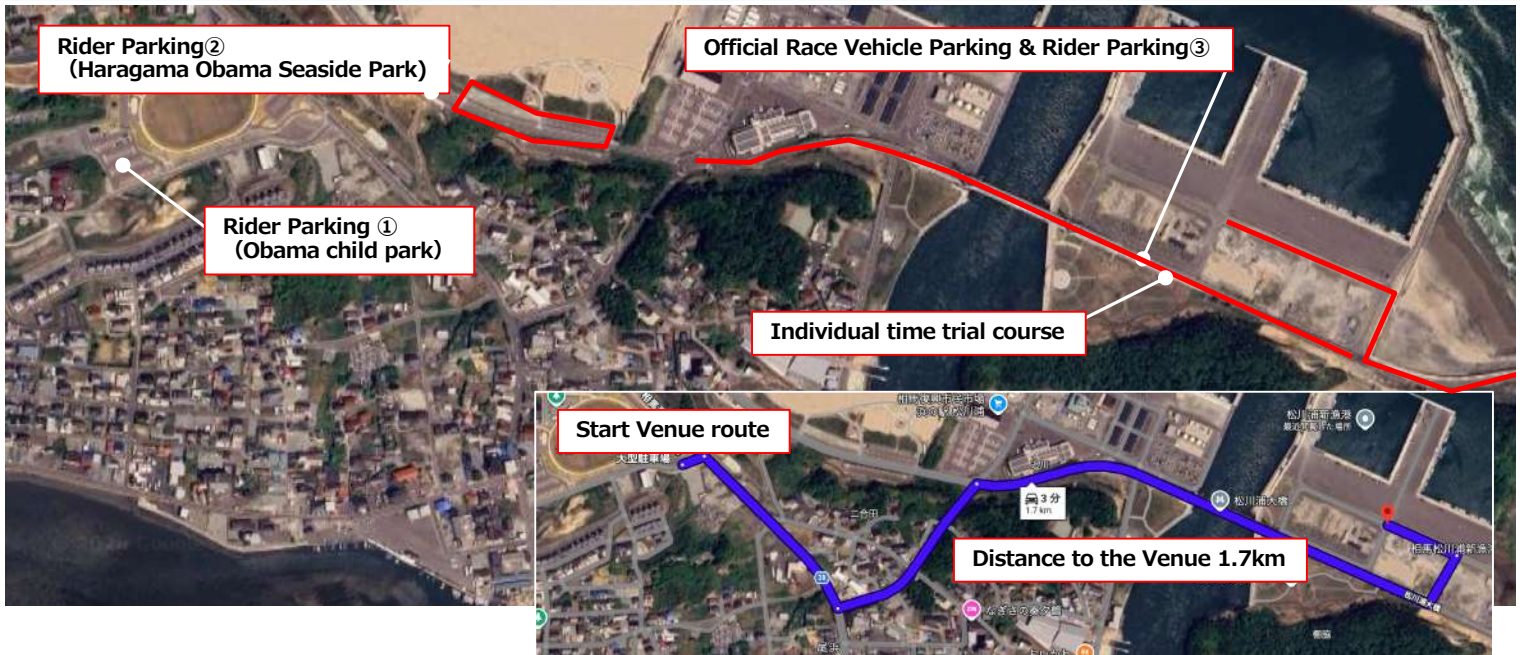
Friday, June 12, 2026 If "Tenjinmisaki Sports Park" is selected during registration.		
5:00-18:00	Headquarters and Event Secretariat	Narahama Cycling Terminal
13:00-17:00	Parking Opens (No Reservation Required / Free of Charge)	Tenjinmisaki Sports Park Venue
13:00-17:00	Reception · License control	Tenjinmisaki Sports Park Venue
17:00-17:30	Riders Meeting Broadcast	Online address
Friday, June 12, 2026 If "Obama Children's Park" was selected during registration (changed to Matsukawa Ura Fishing Port).		
6:00-14:00	Headquarters Individual time trial	Matsukawa Ura Fishing Port
13:00-17:00	Parking Opens (No Reservation Required / Free of Charge)	Matsukawa Ura Fishing Port, Obama child park
13:00-17:00	Reception · License control	Matsukawa Ura Fishing Port
17:00-17:30	Riders Meeting Broadcast	Online address
Saturday, June 13		
3:00-	Parking Opens (No Reservation Required / Free of Charge)	Matsukawa Ura Fishing Port, Obama child park, Haragama Obama Seaside Park
5:00-18:00	Headquarters and Event Secretariat	Narahama Cycling Terminal
6:00-14:00	Headquarters Individual time trial	Matsukawa Ura Fishing Port
4:30-6:00	Reception · License control	Matsukawa Ura Fishing Port
60 minutes before the start.	Transponder Check	Matsukawa Ura Fishing Port
20 minutes before the start.	Start Line Assembly	Matsukawa Ura Fishing Port
7:00-	Individual time trial START	Matsukawa Ura Fishing Port
11:00-	Award ceremony (22category)	Matsukawa Ura Fishing Port

Tour de FUKUSHIMA2026 Special Rules (for ITT)



1, Organiser	<p>Tour de Fukushima 2026 is organized by the Minpo Sports & Culture Commission and The Fukushima Minpo Co., Ltd. as a round of the UCI Gran Fondo World Series (UGFWS) under the regulations of the Union Cycliste Internationale (UCI). The sporting aspects of the event are governed by the Japan Cycling Federation (JCF).</p> <p>The event consists of an Individual Time Trial on 13 June 2026 and a Road Race on 14 June 2026</p>																						
2, Detail-UGFWS	<p>The UGFWS (UCI Gran Fondo World Series) categories of Tour de Fukushima 2026 are open to riders holding a valid license issued by a UCI-affiliated national federation, as well as riders holding a temporary registration (1-Day License), where applicable. Age categories are determined by the rider's age as of 31 December of the calendar year in which the event takes place. Results in these categories are eligible for qualification for the UCI Gran Fondo World Championships.</p> <p>Categories for riders aged 75 years and over may be further divided into 5-year age groups in accordance with UCI regulations, depending on the number of entries received</p> <p>The age and distance categories conducted as part of the UCI Gran Fondo World Series (UGFWS) are as follows:</p> <p>Gran Fondo Fukushima 140 = 140 km Road Race (RR) Medio Fondo Fukushima 80 = 80 km Road Race (RR)</p> <table border="0" style="width: 100%;"> <tr> <td style="text-align: center;">【Individual time trial Men】</td> <td style="text-align: center;">【Individual time trial Women】</td> </tr> <tr> <td style="text-align: center;">Age19-34 · 13.5kmTT</td> <td style="text-align: center;">Age19-34 · 13.5kmTT</td> </tr> <tr> <td style="text-align: center;">Age35-39 · 13.5kmTT</td> <td style="text-align: center;">Age35-39 · 13.5kmTT</td> </tr> <tr> <td style="text-align: center;">Age40-44 · 13.5kmTT</td> <td style="text-align: center;">Age40-44 · 13.5kmTT</td> </tr> <tr> <td style="text-align: center;">Age45-49 · 13.5kmTT</td> <td style="text-align: center;">Age45-49 · 13.5kmTT</td> </tr> <tr> <td style="text-align: center;">Age50-54 · 13.5kmTT</td> <td style="text-align: center;">Age50-54 · 13.5kmTT</td> </tr> <tr> <td style="text-align: center;">Age55-59 · 13.5kmTT</td> <td style="text-align: center;">Age55-59 · 13.5kmTT</td> </tr> <tr> <td style="text-align: center;">Age60-64 · 13.5kmTT</td> <td style="text-align: center;">Age60-64 · 13.5kmTT</td> </tr> <tr> <td style="text-align: center;">Age65-69 · 13.5kmTT</td> <td style="text-align: center;">Age65-69 · 13.5kmTT</td> </tr> <tr> <td style="text-align: center;">Age70-74 · 13.5kmTT</td> <td style="text-align: center;">Age70-74 · 13.5kmTT</td> </tr> <tr> <td style="text-align: center;">Age75+ · 13.5kmTT</td> <td style="text-align: center;">Age75+ · 13.5kmTT</td> </tr> </table>	【Individual time trial Men】	【Individual time trial Women】	Age19-34 · 13.5kmTT	Age19-34 · 13.5kmTT	Age35-39 · 13.5kmTT	Age35-39 · 13.5kmTT	Age40-44 · 13.5kmTT	Age40-44 · 13.5kmTT	Age45-49 · 13.5kmTT	Age45-49 · 13.5kmTT	Age50-54 · 13.5kmTT	Age50-54 · 13.5kmTT	Age55-59 · 13.5kmTT	Age55-59 · 13.5kmTT	Age60-64 · 13.5kmTT	Age60-64 · 13.5kmTT	Age65-69 · 13.5kmTT	Age65-69 · 13.5kmTT	Age70-74 · 13.5kmTT	Age70-74 · 13.5kmTT	Age75+ · 13.5kmTT	Age75+ · 13.5kmTT
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3, Detail ※non-UCI	<table border="0" style="width: 100%;"> <tr> <td style="text-align: center;">【Individual time trial Men】</td> <td style="text-align: center;">【Individual time trial Men】</td> </tr> <tr> <td style="text-align: center;">Age16-18 · 13.5kmTT</td> <td style="text-align: center;">Age16-18 · 13.5kmTT</td> </tr> </table>	【Individual time trial Men】	【Individual time trial Men】	Age16-18 · 13.5kmTT	Age16-18 · 13.5kmTT																		
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4, Bike	<p>Equipment used in the Individual Time Trial must comply with UCI and JCF regulations, including wheels and other components.</p> <p>Bicycles weighing less than 6.8 kg are not permitted and will result in disqualification.</p> <p>Riders must wear a helmet approved by the national federation of their country.</p>																						
5, Headquarters	<p>· The Individual Time Trial Race Headquarters will be located at the following venue: 【Matsukawa Ura Fishing Port】 Saturday, June 13,06:00-14:00</p>																						
6, Reception	<p>License control for this event will be conducted in advance through data verification and again at the registration venue. All riders must collect their body number, frame plate, and timing transponder at the Tenjinmisaki Sports Park venue.</p> <p>Friday, June 12, 2026 13:00-17:00 (Individual time trial)</p> <p>The Riders' Meeting, attended by the Commissaires' Panel, will be conducted online. All riders are required to access the online briefing and receive the information and instructions provided.Friday, June 12, 2026 17:00-17:30</p> <p>https://teams.microsoft.com/meet/45587187681255?p=ldE4UKbofKTOsM7IHG</p> 																						
7, Individual Time Trial Rider Call-Up, Bicycle Inspection & Start	<p>Riders must report to the start area no later than 15 minutes before their scheduled start time.After entering the start grid, riders must remain in the start area until their start. Bicycle inspections, including dimension and weight checks, may be conducted.</p> <p>The organizer will determine the start order and start times in advance. Riders will start individually at 30-second intervals (subject to change), generally by age category.</p> <p>Riders must start only upon the instructions of the Timekeeper and Commissaires. The Timekeeper will conduct the countdown and start the timing at the scheduled start time. Riders who arrive late will have their time calculated from their assigned start time.</p>																						
8, Communiqué	<p>Communiqués will not be posted or distributed within the venue. They will be posted online on the conference website and through social media.</p>																						
9, Regarding injury	<p>Medical coverage meeting UCI standards will be provided.</p> <p>Medical assistance during the event is limited to first aid. Any further treatment or medical expenses incurred after the event shall be the responsibility of the participant.</p>																						
10, About insurance	<p>Participants must be covered by personal accident and third-party liability insurance. Overseas participants must hold insurance valid in Japan.</p>																						

Matsukawa Ura Fishing Port (Parking Race Venue)



Matsukawa Ura Fishing Port (Parking Race Venue)	License control START/FINISH
Rider Parking	<ul style="list-style-type: none"> • Matsukawa Ura Fishing Port (100Vehicles) Access permitted until the race start. Exit permitted after the race finish. • Obama child park Parking (126Vehicles) Free Entry and Exit 1.7 km to the Start Area • Haragama Obama Seaside Parking Lot
Official Race Vehicle Parking	Parking : 100Vehicles (Official Race Vehicle Parking) Matsukawa Ura Fishing Port

Individual time trial course MAP

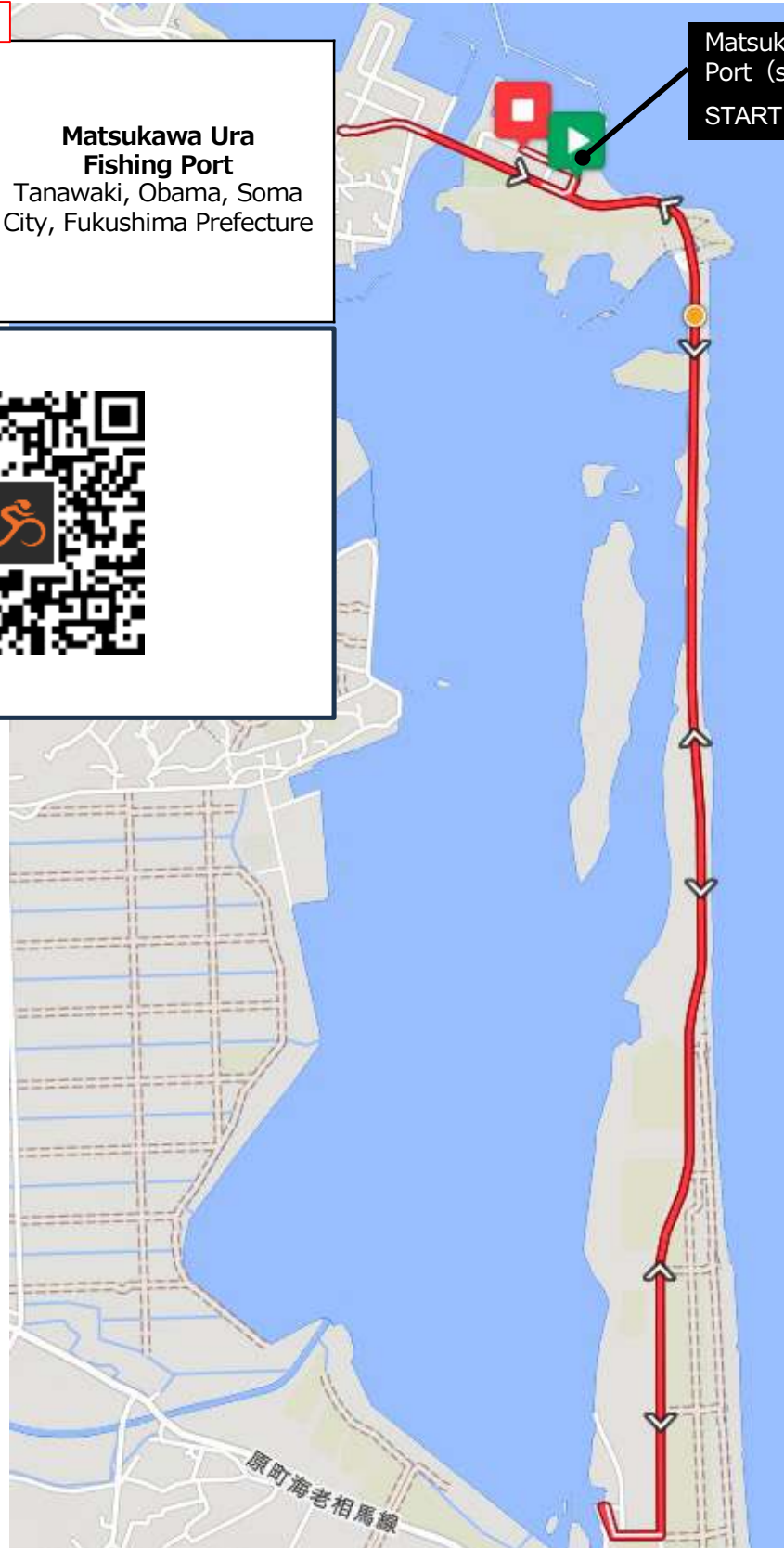
13.5km Individual time trial

Individual time trial
START/FINISH

**Matsukawa Ura
Fishing Port**
Tanawaki, Obama, Soma
City, Fukushima Prefecture



Matsukawa Ura Fishing
Port (soma)
START / FINISH



Bib Number & Race Number(Time trial)

1, Category	Race numbers are color-coded according to each category.
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UCI	Category	BG Color / Text Color	Bib No,
UCI	140/TT MEN 19-34	White / Black	1-270
UCI	140/TT MEN 35-39	Pink / White	301-456
UCI	140/TT MEN 40-44	Lime Green / White	501-665
UCI	140/TT MEN 45-49	Navy / White	701-866
(non-UCI)	140/TT MEN 16-18	bright light blue / Black	3101-3113
UCI	80/TT MEN 50-54	Orange / White	1001-1220
UCI	80/TT MEN 55-59	Yellow / Black	1301-1491
UCI	80/TT MEN 60-64	Light Blue / Black	1501-1629
UCI	80/TT MEN 65-69	Red / White	1701-1750
UCI	80/TT MEN 70-74	Black / White	1801-1823
UCI	80/TT MEN 75+	Brown / White	1901-1910
(non-UCI)	80/TT WOMEN 16-18	ocher / Black	5201-5202
UCI	80/TT WOMEN 19-34	White / Black	2001-2034
UCI	80/TT WOMEN 35-39	Pink / White	2101-2118
UCI	80/TT WOMEN 40-44	Lime Green / White	2201-2216
UCI	80/TT WOMEN 45-49	Navy / White	2301-2317
UCI	80/TT WOMEN 50-54	Orange / White	2401-2421
UCI	80/TT WOMEN 55-59	Yellow / Black	2501-1519
UCI	80/TT WOMEN 60-64	Light Blue / Black	2601-2615
UCI	80/TT WOMEN 65-69	Red / White	2701-2706
UCI	80/TT WOMEN 70-74	Black / White	2801-2805
UCI	80/TT WOMEN 75+	Brown / White	5301-5302

2, Notes	All riders must check their assigned race number before participating in the race.
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2, Awards	<p>The Individual Time Trial Award Ceremony will commence immediately after the top-ranked riders have finished.</p> <p>Award recipients must promptly proceed to the podium as directed by event staff.</p> <p>Riders attending the podium ceremony must wear their race clothing. Hats, sunglasses, headbands, and sandals are not permitted.</p> <p>The award ceremony will be conducted in the following order:</p>
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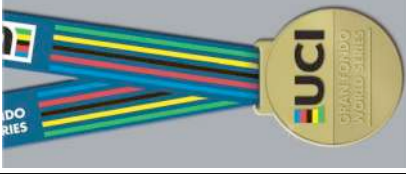
Individual time trial Awards

UGFWS · Top3

19-34Ag (Men · Women)	35-39Ag (Men · Women)	40-44Ag (Men · Women)	45-49Ag (Men · Women)
50-54Ag (Men · Women)	55-59Ag (Men · Women)	60-64Ag (Men · Women)	65-69Ag (Men · Women)
70-74Ag (Men · Women)	75+Age (Men · Women)		

FCF · Top3

16-18Ag (Men · Women)			
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<p>1, UGFWS-Jersey</p>	<p>At the UCI Gran Fondo World Series, jerseys are awarded to the male and female winners of each age category. The awards will be presented on stage at the awards ceremony, so winners must participate in the photo session.</p> 
<p>2, UGFWS-Medal</p>	<p>At the UCI Gran Fondo World Series Qualifiers, medals will be awarded to all riders who finish in all age categories (top 25% of RR). The top three riders in each age category will be presented with their medals on the podium, while other riders will receive their medals at the medal and completion certificate presentation tent at Tenjin Misaki Sports Park.</p> 
<p>3, Qualification</p>	<p>Qualification places for the UCI Gran Fondo World Championships are allocated at each UCI Gran Fondo World Series event based on the number of finishers in each age category. The top three riders in each age category automatically qualify for the UCI Gran Fondo World Championships, irrespective of the number of starters in that category.</p> <p>For inquiries regarding special entry allocations info@ucigranfondonworldseries.com</p>
<p>4, Registration</p>	<p>Qualified riders in each age category will be announced on the UCI Gran Fondo World Series website and invited by email. Championship registration is accepted only through the official World Championships website via the link provided in the invitation email. Results of the top 50% of riders in each age category are retained to allow reallocation of qualification places if a qualified rider declines or is unable to participate.</p>
<p>5, Eligibility</p>	<p>At Tour de FUKUSHIMA, riders finishing within the top 25% of their respective age category will be eligible to qualify for the UCI Gran Fondo World Championships. To participate in the UCI Gran Fondo World Championships, riders must hold a valid racing license issued by their national cycling federation and possess a UCI ID. Participation with a temporary license or one-day license is not permitted. JCF-licensed riders may apply for a UCI ID through the link below. https://jcf.or.jp/news-83517/?category=jcf</p>
<p>7, National Jersey</p>	<p>Riders participating in the UCI Gran Fondo World Championships are required to wear a national jersey. The jersey does not need to be the official national jersey issued by the rider's national cycling federation; however, it must clearly represent and identify the rider's country.</p>
<p>8, World Championships: Dates & Venue</p>	<p>2026 UCI Gran Fondo World Championships: 26–30 August 2026 NISEKO JAPAN https://nisekoclassic.com</p>

Event Schedule – Granfondo 140


Friday, June 12, 2026 for Road Race		
5:00-18:00	Headquarters and Event Secretariat	Narahama Cycling Terminal
Friday, June 12 Pre-Race Registration If "Tenjinmisaki Sports Park" Pre-Registered Participants Only.		
8:00~	Parking Opens (Pre-Registered Participants Only)	Tenjinmisaki Sports Park Venue
Saturday, June 13 Naraha Town General Ground Parking Lot		
5:00-18:00	Headquarters and Event Secretariat	Narahama Cycling Terminal
8:00-	Parking Opens (No Reservation Required / Free of Charge)	Naraha Town General Ground Parking Lot
10:00-16:00	Reception • License control	Tenjinmisaki Sports Park Venue
16:00-16:30	Riders Meeting Broadcast Online address	Riders Meeting Broadcast Online address
Saturday, June 13 Iwasawa Beach Parking Lot		
5:00-18:00	Headquarters and Event Secretariat	Narahama Cycling Terminal
8:00-	Parking Opens (No Reservation Required / Free of Charge)	Iwasawa Beach Parking Lot
10:00-16:00	Reception • License control	Tenjinmisaki Sports Park Venue
16:00-16:30	Riders Meeting Broadcast Online address	Riders Meeting Broadcast Online address
Sunday, June 14, for Road Race		
5:00-18:00	Headquarters and Event Secretariat	Narahama Cycling Terminal
2:00-	Parking Open ※Pre-Registered Participants Only	Tenjinmisaki Sports Park north Venue
4:15-5:15	Baggage Drop-Off (Available if Needed)	Tenjinmisaki Sports Park Venue
4:15-5:15	Transponder Check	Tenjinmisaki Sports Park Venue
4:45-5:30	Start Line Assembly	Tenjinmisaki Sports Park Venue
5:45	Gran Fondo Fukushima 140 START	Tenjinmisaki Sports Park Venue
8:55	140kmTOP Finish	Tenjinmisaki Sports Park Venue
10:35	Road race Finish	Tenjinmisaki Sports Park Venue
11:00-13:00	Gran Fondo Awards Ceremony (8 Categories)	
13:00-15:00	UCI Gran Fondo Medal Presentation	Tenjinmisaki Sports Park Venue

Event Schedule – Mediodondo 80

Friday, June 12, 2026 for Road Race		
5:00-18:00	Headquarters and Event Secretariat	Narahama Cycling Terminal
Saturday, June 13 Pre-Race Registration Naraha Town Office West Parking Lot (Tenjinmisaki Sports Park Venue)		
5:00-18:00	Headquarters and Event Secretariat	Narahama Cycling Terminal
8:00-	Parking Opens (No Reservation Required / Free of Charge)	Naraha Town Office – West Parking Lot
10:00-16:00	Reception · License control	Tenjinmisaki Sports Park Venue
16:00-16:30	Riders Meeting Broadcast Online address	Riders Meeting Broadcast Online address
Saturday, June 13 Pre-Race Registration For Participants Parking at Naraha Town General Ground (Approx. 5 km from the Venue)		
5:00-18:00	Headquarters and Event Secretariat	Narahama Cycling Terminal
8:00-	Parking Opens (No Reservation Required / Free of Charge)	Naraha Minami Disaster Prevention
10:00-16:00	Reception · License control	Tenjinmisaki Sports Park Venue
16:00-16:30	Riders Meeting Broadcast Online address	Riders Meeting Broadcast Online address
Sunday, June 14 for Road Race		
5:00-18:00	Headquarters and Event Secretariat	Narahama Cycling Terminal
4:30-	Move to Bajikoen Minamisoma City	Tenjinmisaki Sports Park Venue →Bajikoen Minamisoma City
6:00-7:00	Transponder Check	Bajikoen Minamisoma City
7:10	Medio Fondo Fukushima 80 START	Bajikoen Minamisoma City
9:40-	80kmTOP FINISH	Tenjinmisaki Sports Park Venue
11:45	Road race FINISH	Tenjinmisaki Sports Park Venue
11:00-13:00	Medio Fondo Awards Ceremony (20 Categories)	
13:00-15:00	UCI Gran Fondo Medal Presentation	Tenjinmisaki Sports Park Venue

Tour de FUKUSHIMA 2026 Special Rules (Part 1)



1, Organiser	<p>Tour de Fukushima 2026 is organized by the Minpo Sports & Culture Commission and The Fukushima Minpo Co., Ltd. as a round of the UCI Gran Fondo World Series (UGFWS) under the regulations of the Union Cycliste Internationale (UCI). The sporting aspects of the event are governed by the Japan Cycling Federation (JCF).</p> <p>The event consists of an Individual Time Trial on 13 June 2026 and a Road Race on 14 June 2026</p>																						
2, Detail-UGFWS	<p>The UGFWS (UCI Gran Fondo World Series) categories of Tour de FUKUSHIMA 2026 are open to licensed riders of UCI-affiliated national federations and eligible temporary license holders. Age categories are based on the rider's age reached during the calendar year of the event.</p> <p>※Results in these categories count toward qualification for the UCI Gran Fondo World Championships.</p> <p>※Riders aged 75 years and over may be divided into additional 5-year age categories in accordance with UCI regulations.</p> <p>UGFWS Categories</p> <p>Gran Fondo Fukushima 140 – 140 km Road Race (RR) Medio Fondo Fukushima 80 – 80 km Road Race (RR)</p> <table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: center;">【Road Race Men】</th> <th style="text-align: center;">【Road Race Women】</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Age19-34 · 140 km RR</td> <td style="text-align: center;">Age19-34 · 80 km RR</td> </tr> <tr> <td style="text-align: center;">Age35-39 · 140 km RR</td> <td style="text-align: center;">Age35-39 · 80 km RR</td> </tr> <tr> <td style="text-align: center;">Age40-44 · 140 km RR</td> <td style="text-align: center;">Age40-44 · 80 km RR</td> </tr> <tr> <td style="text-align: center;">Age45-49 · 140 km RR</td> <td style="text-align: center;">Age45-49 · 80 km RR</td> </tr> <tr> <td style="text-align: center;">Age50-54 · 80 km RR</td> <td style="text-align: center;">Age50-54 · 80 km RR</td> </tr> <tr> <td style="text-align: center;">Age55-59 · 80 km RR</td> <td style="text-align: center;">Age55-59 · 80 km RR</td> </tr> <tr> <td style="text-align: center;">Age60-64 · 80 km RR</td> <td style="text-align: center;">Age60-64 · 80 km RR</td> </tr> <tr> <td style="text-align: center;">Age65-69 · 80 km RR</td> <td style="text-align: center;">Age65-69 · 80 km RR</td> </tr> <tr> <td style="text-align: center;">Age70-74 · 80 km RR</td> <td style="text-align: center;">Age70-74 · 80 km RR</td> </tr> <tr> <td style="text-align: center;">Age75+ · 80 km RR</td> <td style="text-align: center;">Age75+ · 80 km RR</td> </tr> </tbody> </table>	【Road Race Men】	【Road Race Women】	Age19-34 · 140 km RR	Age19-34 · 80 km RR	Age35-39 · 140 km RR	Age35-39 · 80 km RR	Age40-44 · 140 km RR	Age40-44 · 80 km RR	Age45-49 · 140 km RR	Age45-49 · 80 km RR	Age50-54 · 80 km RR	Age50-54 · 80 km RR	Age55-59 · 80 km RR	Age55-59 · 80 km RR	Age60-64 · 80 km RR	Age60-64 · 80 km RR	Age65-69 · 80 km RR	Age65-69 · 80 km RR	Age70-74 · 80 km RR	Age70-74 · 80 km RR	Age75+ · 80 km RR	Age75+ · 80 km RR
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3, Detail ※non-UCI	<p>The FCF (Fukushima Cycling Federation) categories of Tour de FUKUSHIMA 2026 are open to licensed riders of UCI-affiliated national federations and eligible temporary license holders. Age categories are based on the rider's age reached during the calendar year of the event.</p> <p>Results in these categories do not count toward qualification for the UCI Gran Fondo World Championships.</p> <p>FCF Categories(The age and distance categories are listed below.)</p> <table border="0" style="width: 100%;"> <thead> <tr> <th style="text-align: center;">【Road Race Men】</th> <th style="text-align: center;">【Road Race Women】</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Age16-18 · 140 km RR</td> <td style="text-align: center;">Age16-18 · 140 km RR</td> </tr> <tr> <td style="text-align: center;">Age16-18 · 80 km RR</td> <td style="text-align: center;">Age19+ · 140 km RR</td> </tr> <tr> <td style="text-align: center;">Age19-39 · 80 km RR</td> <td style="text-align: center;">Age16-18 · 80 km RR</td> </tr> <tr> <td style="text-align: center;">Age40-49 · 80 km RR</td> <td></td> </tr> <tr> <td style="text-align: center;">Age50+ · 140 km RR</td> <td></td> </tr> </tbody> </table>	【Road Race Men】	【Road Race Women】	Age16-18 · 140 km RR	Age16-18 · 140 km RR	Age16-18 · 80 km RR	Age19+ · 140 km RR	Age19-39 · 80 km RR	Age16-18 · 80 km RR	Age40-49 · 80 km RR		Age50+ · 140 km RR											
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Age50+ · 140 km RR																							
4, Bike	<p>All equipment must comply with UCI and JCF regulations.</p> <p>Road Race: Time trial bars, disc wheels, and time trial frames are prohibited.</p> <p>Minimum bicycle weight: 6.8 kg.</p> <p>National federation-approved helmets are mandatory.</p>																						
5, Headquarters	<ul style="list-style-type: none"> The Race Headquarters will be established at the following location: 【Narahama Cycling Terminal】 Friday, June 12~Sunday, June 14 for 05:00-18:00 																						
6, Reception	<p>License verification for this event will be conducted in advance through registration data and again at the registration venue. All riders must collect their body number, frame plate, and timing transponder at the Tenjinmisaki Sports Park venue</p> <p>Friday, June 12th 13:00-17:00 (Individual Time Trial) Saturday, June 13, 10:00-16:00 (Road race)</p> <p>The Riders' Meeting will be held online. All riders are required to attend the online briefing.</p> <p>Friday, June 12th 17:00-17:30 Saturday, June 13, 16:00-16:30</p> <p>https://teams.microsoft.com/meet/43116850601568?p=YqM4EuKLG24xgMkZGY</p> 																						
7, Road Race Rider Assembly, Sign-On & Start	<p>Timing transponder verification serves as rider sign-on for both RR140 km and RR80 km events.</p> <p>Riders will start in age-category waves and proceed to the start area as directed.</p> <p>The official start will be at 1.5 km (RR140 km) and 500 m (RR80 km) from the assembly area.</p>																						

Tour de FUKUSHIMA 2026 Special Rules (Part 2)

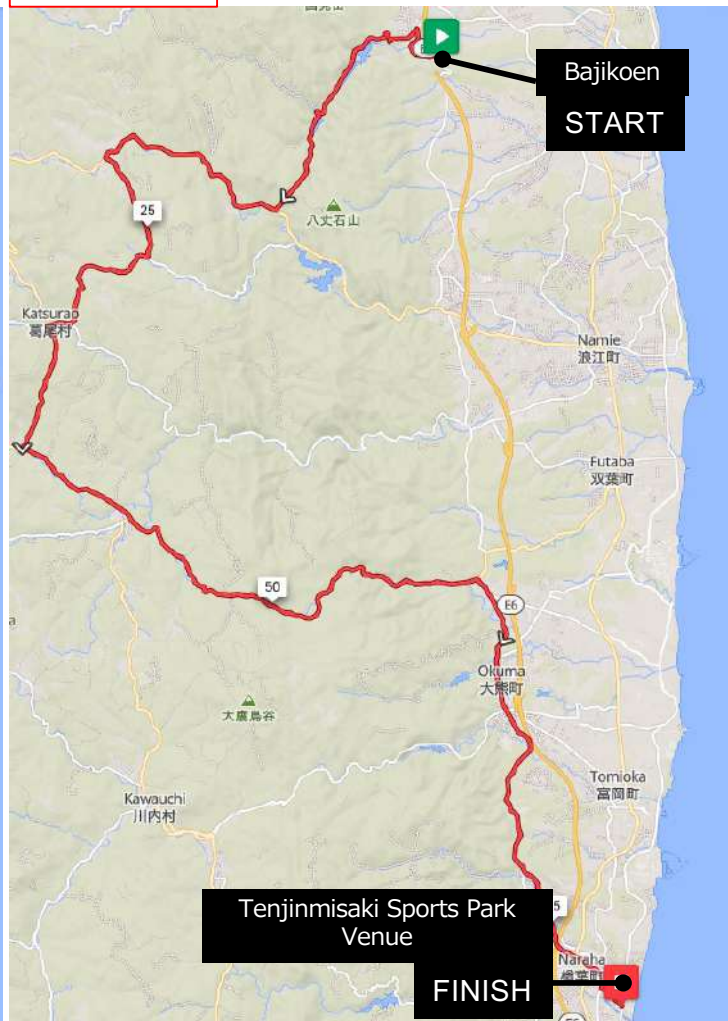
8, Neutral Service	Neutral Service (Common Equipment Service) Four neutral cars will be provided to support the competition (Cars: 2, Motorcycles: 2)
9, Feeding	Feed Zones <ul style="list-style-type: none"> • RR140 km: 51.5km / 89.6km / 105.5km • RR80 km: 32.6km / 48.5km Littering is permitted only in designated Feed Zones and Litter Zone
10, Time limit	Riders who abandon the race must wait on the left side of the road until the broom wagon arrives and return to Race Headquarters using the official race vehicle. Riders falling behind the prescribed time limit may be withdrawn from the race by the Commissaire in the SAG Wagon. Time cut-off points will be established on both the RR140 km and RR80 km courses. Riders failing to pass a cut-off point within the designated time limit will be disqualified and removed from the race. Disqualified riders must remove and return their race number, frame plate, and timing transponder at the designated location. Riders and bicycles will be transported to Race Headquarters by official race vehicles. Bicycles must be collected from the Bike Collection Area at Race Headquarters no later than 14:00. Riders choosing to return under their own power must not re-enter the race course.
11, KOM • SPRINT	Gran Fondo Fukushima 140 <ul style="list-style-type: none"> • Katsurao KOM – 84.7km • Tamura Miyakoji Sprint – 99.5km Medio Fondo Fukushima 80 <ul style="list-style-type: none"> • Katsurao KOM – 27.7km • Tamura Miyakoji Sprint – 42.5km Awards will be presented to the first rider to pass each KOM and Sprint point. Riders remain eligible for these awards even if they do not finish the race (DNF).
12, Special Award	Organizer's Award Minister of Economy, Trade and Industry Award Minister for Reconstruction Award Governor of Fukushima Prefecture Award Award criteria to be confirmed
13, Deviation	Vehicle Diversion Point: 300 m before the finish. All race vehicles except COM1, COM2, the SAG Wagon, and the Doctor Car must leave the course at the designated diversion point and follow the detour route. The race continues straight to the finish.
14, Body number, frame plate, transponder installed	Race numbers and frame plates must be correctly mounted in the designated positions. Riders must use the identification numbers provided by the organizer without modification. Timing will be performed using a transponder (Transponder), which must be attached to the bicycle as instructed. All transponders must be returned to the Transponder Return Area after the race.
15, Communiqué	Communiqués will not be posted or distributed within the venue. They will be posted online on the conference website and through social media.
16, Driving precautions	As a general rule, competitors and vehicles must keep to the left side of the road. Emergency vehicles have priority over racers. The race course is generally regulated in width (both inbound and outbound lanes), but for safety reasons, competitors must generally keep left , except in unavoidable circumstances. Crossing the center line, especially on steep downhill sections and blind corners, and overtaking competitors are prohibited. Additionally, under all circumstances, emergency vehicles and referee vehicles must not be obstructed.
17, Regarding injury	Medical coverage meeting UCI standards will be provided. Medical assistance during the event is limited to first aid. Any further treatment or medical expenses incurred after the event shall be the responsibility of the participant.
18, About insurance	Participants must be covered by personal accident and third-party liability insurance. Overseas participants must hold insurance valid in Japan.

Course Map (Road race)

140km Road race



80km Road race



140km RR START/FINISH Venue
80km RR FINISH Venue

Tenjinmisaki Sports Park Venue
〒979-0604 福島県双葉郡楡葉町北田天神原 2 7 - 2 9

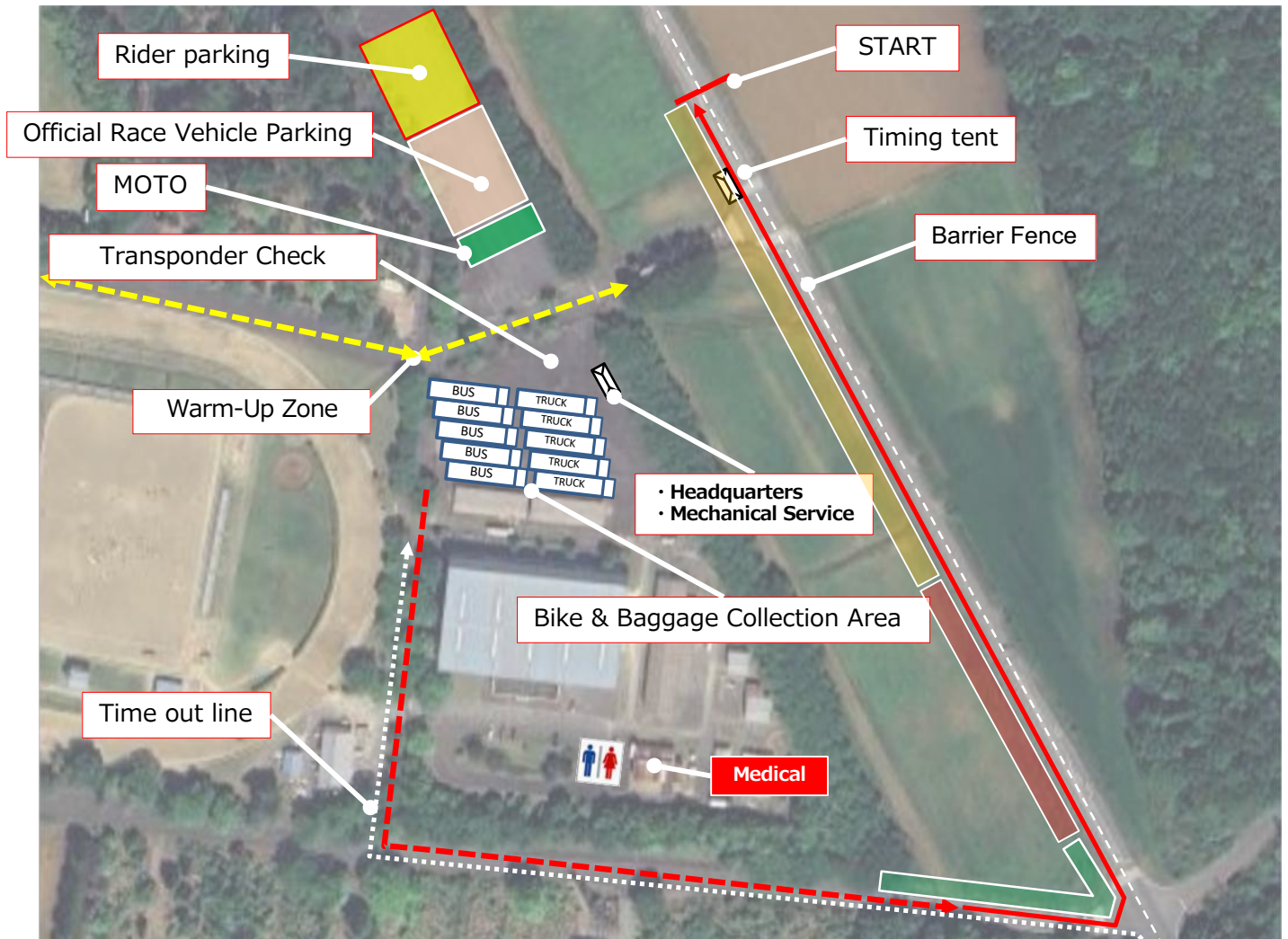
80km RR START Venue

Bajikoen Minamisoma City
4-1 Azebara, Katakura, Haramachi-ku, Minamisoma City,
Fukushima, Japan



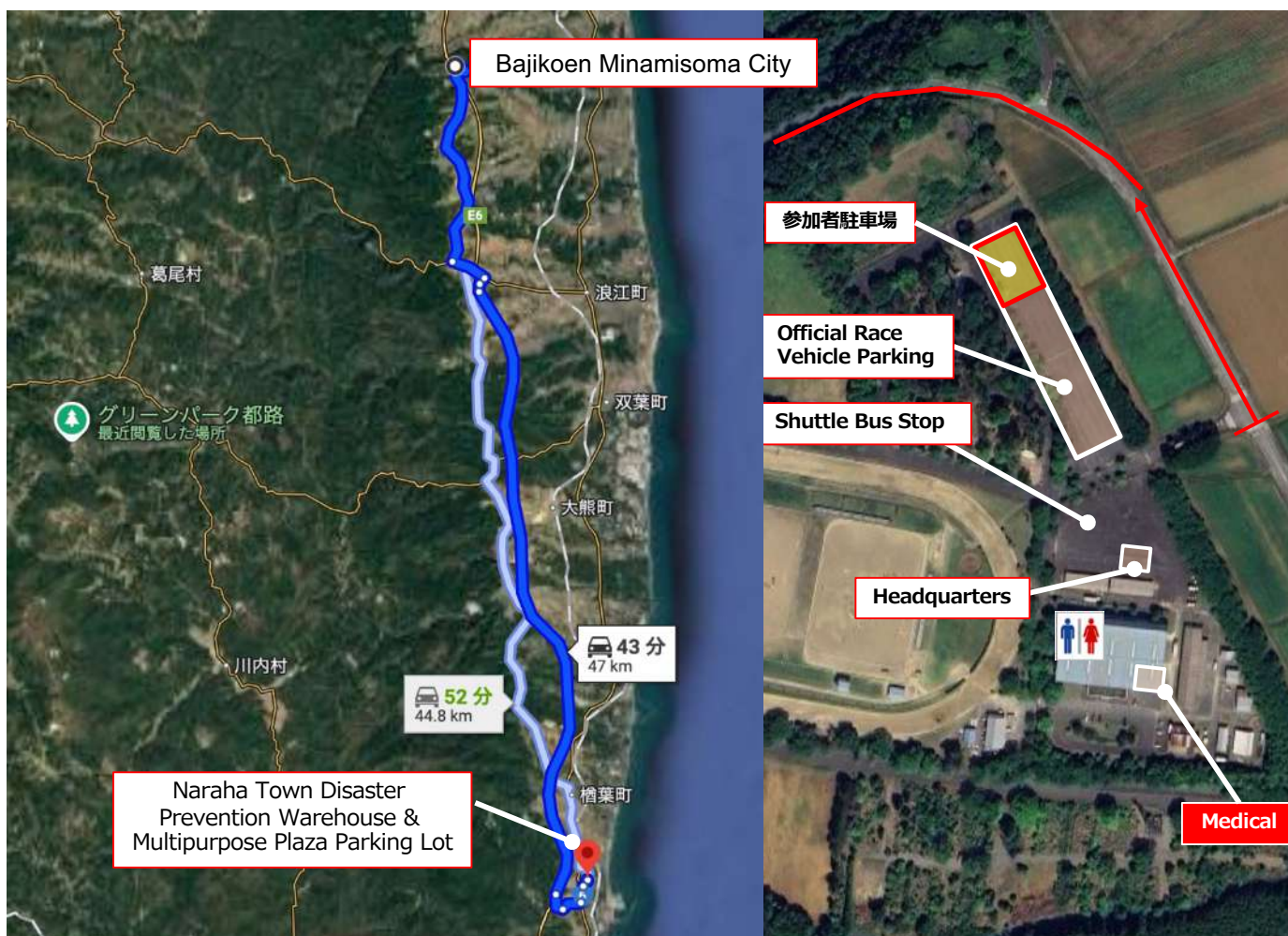
140km Road race Rider
Pre-Registered Participants Only

<p>Tenjinmisaki Sports Park Venue</p>	<ul style="list-style-type: none"> • Road race (140km & 80km) Reception • License control • food & Drink
<p>Rider parking</p>	<p>Parking : 50Vehicles ※Tenjinmisaki Sports Park Venue 14日 (日) Reserved Parking (Gran Fondo Fukushima 140 Only) Available from the morning of race day. Advance reservation and parking fee required. All other participants should use the free parking areas at the Multipurpose Plaza or Iwasawa Beach</p>
<p>Official Race Vehicle Parking</p>	<p>Parking : 41Vehicles (Official Race Vehicle Parking) ※Tenjinmisaki Sports Park Venue</p>





Bajikoen Venue	<ul style="list-style-type: none"> • Road race (Medio80) Reception • Mechanical Service
Headquarters	Medio Fondo Fukushima 80 Headquarters
Medical Station	Casualty Management
Official Race Vehicle Parking (Fri · Sat)	Official Race Vehicle Parking onry.
Medio 80 Rider Parking	<ul style="list-style-type: none"> • Naraha Disaster Prevention Warehouse & Multipurpose Park Parking Lot (200Vehicles) • J-Village Municipal Parking Lot • Iwasawa Beach Parking Lot
Shuttle Bus Service	Naraha Disaster Prevention Warehouse to Bajikoen Minamisoma City Shuttle Bus Service to [Destination]
Important Notes	<p>On Sunday, September 14, the parking area will be open free of charge for Medio Fondo Fukushima 80 participants from early morning.</p> <p>Rider shuttle buses and bicycle transport trucks arriving from the Naraha Town Disaster Prevention Warehouse & Multipurpose Park will also arrive at this location.</p>

Bus Plan(Medio Fondo 80)



Schedule	Saturday, June 13 Bike Drop-Off Location: Naraha Town Office West Parking Lot Bicycles will be transported to the start area at Bajikoen Minamisoma City on the morning of 14 June.
	Sunday, June 14 03:30-04:35 – Baggage Drop-Off 04:45 – Departure from Naraha Disaster Prevention Warehouse & Multipurpose Park Parking Lot 05:45 – Arrival at Bajikoen Venue 05:55 – Bicycle Collection By 07:00 – Report to Assigned Wave Start Box 07:05 – Wave Start
Duration	1hour
Medio Fondo 80 Rider Parking	Naraha Multipurpose Plaza (200Vehicles) J-Village Municipal Parking Lot Iwasawa Beach Parking Lot
Bus Plan	Naraha Multipurpose Plaza to Bajikoen Minamisoma Participants will be transported to the start area by shuttle bus.

1, Registration	Friday, June 12th 13:00-17:00	Saturday, June 13 10:00-16:00
	Time trial/140km/80km/Road race	140km/80km/Road race
2, Registration Flow	<p>Registration Procedure</p> <ol style="list-style-type: none"> License Control (JCF Tent) <p>JCF License Holders: Present your JCF license card (digital licenses accepted). Temporary JCF Registrants: No action required. Proceed past the JCF tent and follow the designated route to the registration tents.</p> Event Registration <p>Collect your race number, timing chip, and event materials at the appropriate registration tent. Separate tents will be provided for Gran Fondo Fukushima 140 and Medio Fondo Fukushima 80, with counters organized by age category. Please provide your race number and name as listed on the official start list.</p> Collect Participant Items <p>Receive your participant gifts and other event materials.</p> Emergency Contact Information <p>Complete the emergency contact information on the back of your race number before the start. Writing stations will be available next to the registration tents.</p> 	
3, Information board	<p>Information and assistance regarding the event will be available at this location.</p> <p>For any questions, please contact the staff at the Registration Tent or Race Headquarters.</p>	
4, Bib Number & Race Number	<p>Race numbers must be worn as shown below.</p> <p>Race numbers must not be folded, cut, or altered in any way.</p> <p>The frame number plate must be attached beneath the top tube or secured to the seat post.</p> <div style="display: flex; justify-content: space-around;">   </div>	

Bib Number & Race Number(Road race)

1, Category

Race numbers are color-coded according to each category.

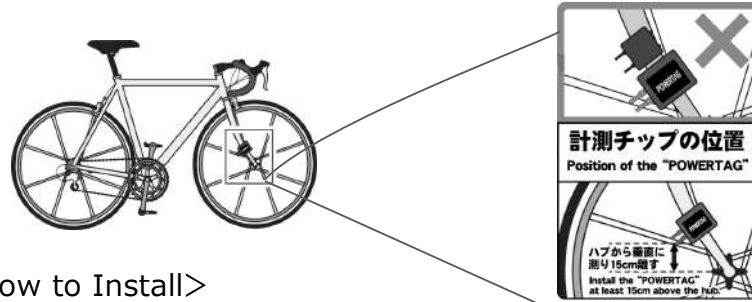
	Category	BG Color/Text Color	Bib No,
UCI	140/TT MEN 19-34	White/Black	1-270
UCI	140/TT MEN 35-39	Pink/White	301-456
UCI	140/TT MEN 40-44	Lime Green/White	501-665
UCI	140/TT MEN 45-49	Navy/White	701-866
(non-UCI)	140km MEN 50+	Gray/White	3001-3026
(non-UCI)	140/TT MEN 16-18	bright light blue/Black	3101-3113
(non-UCI)	140km WOMEN 16-18	ocher/Black	5101-5102
(non-UCI)	140km WOMEN 19+	ocher/Black	5001-5007
(non-UCI)	80km MEN 16-18	Emerald Green/Black	4001-4008
(non-UCI)	80km MEN 19-39	Bright Lime Green/White	4101-4137
(non-UCI)	80km MEN 40-49	Dark Purple/White	4201-4258
UCI	80/TT MEN 50-54	Orange/White	1001-1220
UCI	80/TT MEN 55-59	Yellow/Black	1301-1491
UCI	80/TT MEN 60-64	Light Blue/Black	1501-1629
UCI	80/TT MEN 65-69	Red/White	1701-1750
UCI	80/TT MEN 70-74	Black/White	1801-1823
UCI	80/TT MEN 75+	Brown/White	1901-1910
(non-UCI)	80/TT WOMEN 16-18	ocher/Black	5201-5202
UCI	80/TT WOMEN 19-34	White/Black	2001-2034
UCI	80/TT WOMEN 35-39	Pink/White	2101-2118
UCI	80/TT WOMEN 40-44	Lime Green/White	2201-2216
UCI	80/TT WOMEN 45-49	Navy/White	2301-2317
UCI	80/TT WOMEN 50-54	Orange/White	2401-2421
UCI	80/TT WOMEN 55-59	Yellow/Black	2501-1519
UCI	80/TT WOMEN 60-64	Light Blue/Black	2601-2615
UCI	80/TT WOMEN 65-69	Red/White	2701-2706
UCI	80/TT WOMEN 70-74	Black/White	2801-2805
UCI	80/TT WOMEN 75+	Brown/White	5301-5302

2, Notes

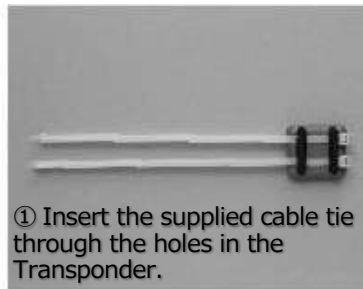
All riders must check their assigned race number before participating in the race.

1, Transponder Installation Instructions

- A timing transponder (Transponder) and cable ties will be provided at registration.
- The Transponder must be securely attached in the designated position as shown in the diagram below.
(The chip may be mounted on either the left or right side.)
Failure to correctly install the Transponder, or racing without it, may result in no timing being recorded.
- Bicycle computer sensors should be mounted on the fork opposite the side where the Transponder is installed.
If the bicycle computer sensor and Transponder are positioned too close together, interference may occur and either device may fail to function properly.



<How to Install>



① Insert the supplied cable tie through the holes in the Transponder.



② Secure the Transponder to the front fork using the supplied cable ties.



③ Trim off the excess cable tie.

2, Transponder Return

- All timing transponders must be returned to the organizer or the designated Transponder Return Area after the race.
- Cutting pliers will be available after the finish line. Riders are responsible for removing their own transponder and returning it.



3, Important Notes

If you do not return the transponder, you will be charged 10,000 Japanese yen, so please be sure to return it.

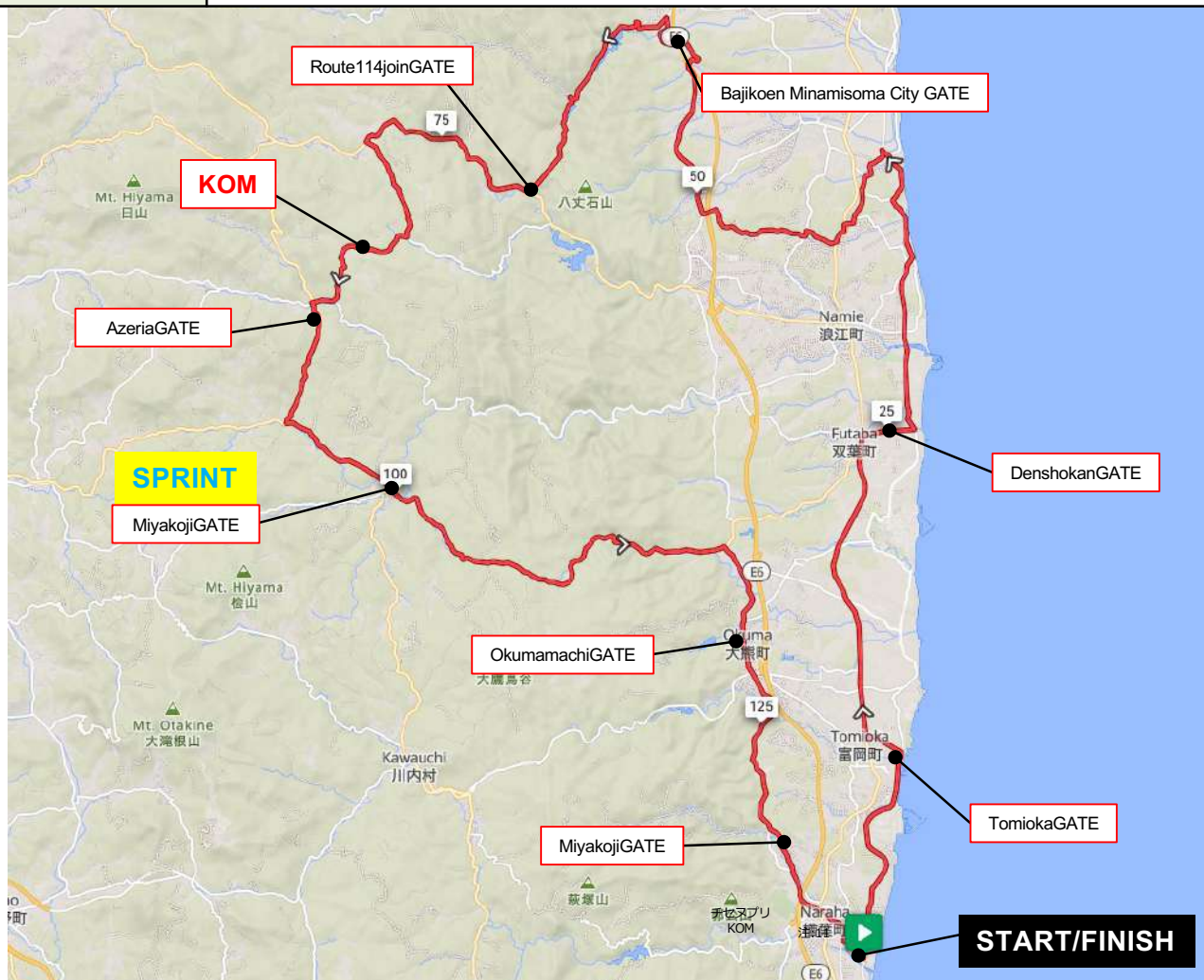
Tenjinmisaki Sports Park Venue (Gran Fondo 140 START)



Starting area	Riders must enter the starting area 15 minutes before the start time. *Once participants enter the starting area, they cannot leave.
Warm up area	• Test course (210m one way: 420m round trip)
Riders parking	Tenjinmisaki sports park North parking area.(Reserved Parking) Naraha Town General Ground Parking Lot Iwasawa Beach Parking Lot
Related person parking	Parking for race-related personnel (including staff) and temporary storage area for materials
Race vehicle parking	MOTO waiting area & Race vehicle parking
Precautions	• Transponder Check • Starting grid

Event overview for 140km Course map

1, Overview	Tour de FUKUSHIMA2026 : https://fukushima-cycle-series.jp/
2, 140km : MAP	Gran Fondo 140km : https://ridewithgps.com/routes/53852046

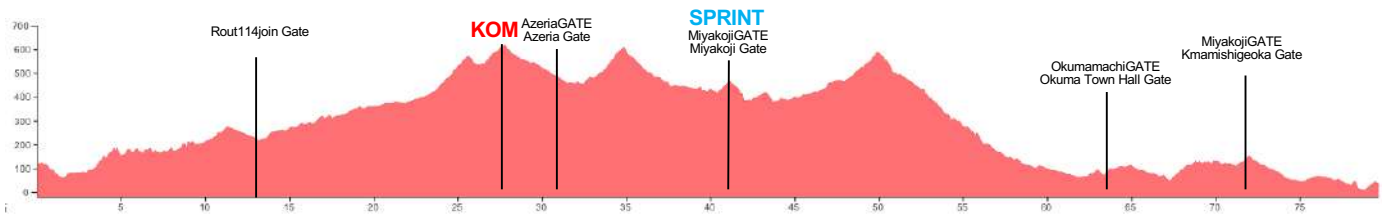
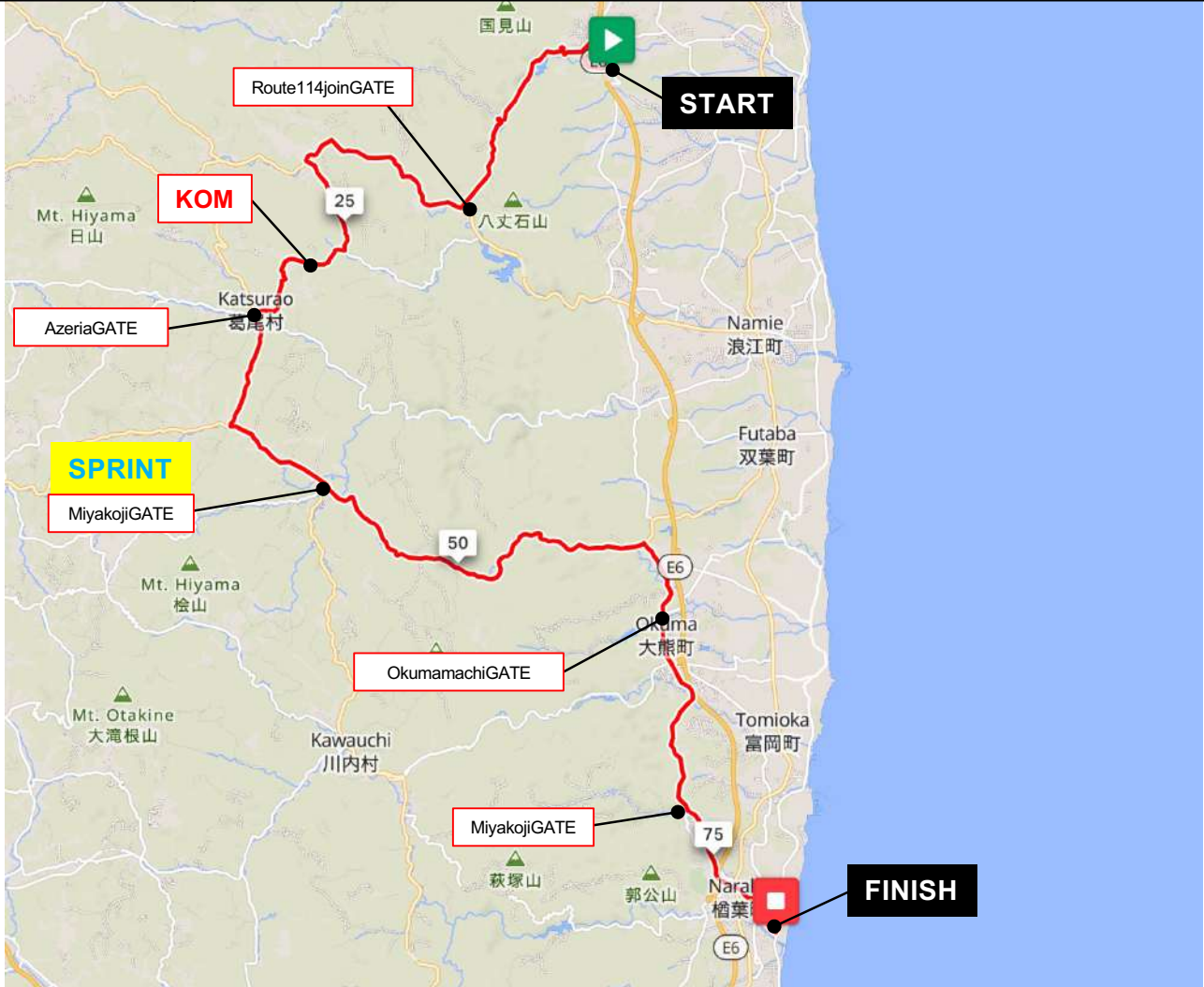


Distance (km)	Lead Rider Time	Last Rider Time	備考
START	5:45	5:45	
5km	5:58	5:55	
10km	6:05	6:05	TomiokaGATE11km
20km	6:18	6:25	
25km	6:25	6:35	Denshokan25km
30km	6:31	6:45	
35km	6:38	6:55	
40km	6:45	7:05	
45km	6:51	7:15	
50km	6:58	7:26	
55km	7:05	7:38	Bajikoen Minamisoma City 57km point GATE. Medio80 join
60km	7:13	7:49	
65km	7:20	8:01	
70km	7:28	8:12	Route114joinGATE70km

Distance (km)	Lead Rider Time	Last Rider Time	備考
75km	7:35	8:24	
80km	7:43	8:35	
80km	7:50	8:47	AzeriaGATE89.4km
90km	7:57	8:58	
95km	8:04	9:06	MiyakojiGATE99.7km
100km	8:10	9:13	
105km	8:17	9:21	
110km	8:24	9:28	
115km	8:30	9:37	
120km	8:37	9:47	OkumamachiGATE121km
125km	8:44	10:00	
130km	8:50	10:12	MiyakojiGATE131km
FINISH	8:57	10:25	
Average	43.8km	29.6km	

Event overview for 80km Course map

1, Overview	Tour de FUKUSHIMA2026 : https://fukushima-cycle-series.jp/
2, 80km : MAP	Medio Fondo 80km : https://fukushima-cycle-series.jp/event5cp/394/



Distance (km)	Lead Rider Time	Last Rider Time	備考
START	7:10	7:10	
5km	7:19	7:22	
10km	7:28	7:34	
15km	7:38	7:57	
20km	7:49	8:20	
25km	7:59	8:43	
30km	8:13	9:06	AzeriaGATE32.3km
35km	8:27	9:29	
40km	8:41	9:52	MiyakojiGATE42.6km
45km	8:54	10:12	
50km	9:01	10:32	
55km	9:09	10:46	
60km	9:17	10:59	OkumamachiGATE64.0km
65km	9:24	11:13	
70km	9:32	11:27	MiyakojiGATE73km

Distance (km)	Lead Rider Time	Last Rider Time	備考
75km	9:37	11:36	FINISH point
FINISH	9:40	11:40	12:15cut out
Average	31.8km	18.3km	

Katsurao KOM



For the RR140 km, the point is located at 84.6km
For the RR80 km, the point is located at 27.7km



Tamura Miyakoji SPRINT



For the RR140 km, the point is located at 99.7km
For the RR80 km, the point is located at 42.5km



Zone1 MInamisoma for 140km



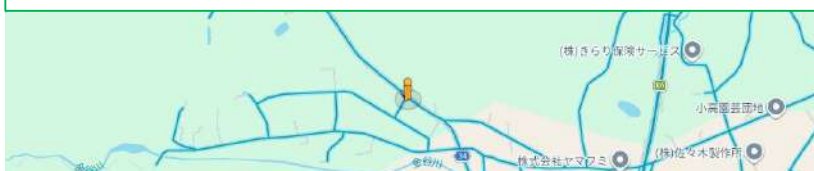
▷ Located on the right side between 51.2km~51.3km of the RR140



Zone1 FEED



▷ RR140: Located on the right side of the climb between 51.5km ~ 51.9km (400 m section).



Zone1 Map

Located on the left side of the climb.



Feed Zone hydration will be provided using event cycling bottles and 600 ml Green Dakara PET bottles with sports caps.

The bottles are cylindrical and generally fit standard bottle cages. Riders are advised to check compatibility with their equipment before the event.



[Feed Zone Information]

Sports Drink (PET Bottle) → Water (Event Cycling Bottle)

[Hydration Recommendations]

Riders are encouraged to take only one bottle per pass whenever possible.

Taking both water and sports drink is permitted if required.

Due to race conditions and rider position within the peloton, it may not always be possible to receive a bottle.

Riders should plan their hydration accordingly and carry sufficient fluids (e.g. dual bottles, large-capacity bottles, or additional bottles in jersey pockets).

Personal Feed Support

[Personal feeding from teammates or support personnel is permitted under the following conditions:]

Parking on or alongside the race course is strictly prohibited. Support personnel must access the Feed Zone on foot from outside the course.

Unauthorized parking on private property or commercial premises is prohibited.

Support personnel must remain behind the official Feed Zone staff area designated by the organizer.

Failure to comply with these regulations may result in the disqualification of the rider receiving support.

Zone 2 is used for left side the RR140 and RR80

Zone2 Katsurao 140km & 80km



RR140 : Right side, 89.4km–89.5km
 RR80 : Right side, 32.4km–32.5km



Zone2 FEED START



▷ RR140: 89.6km–89.9km (300 m section)
 ▷ RR80: 32.6km–32.8km (300 m section)



Zone2 Map

Located on left sides of the climb



Feed Zone hydration will be provided using event cycling bottles and 600 ml Green Dakara PET bottles with sports caps.
 The bottles are cylindrical and generally fit standard bottle cages. Riders are advised to check compatibility with their equipment before the event.



[Feed Zone Information]

Sports Drink (PET Bottle) → Water (Event Cycling Bottle)

[Hydration Recommendations]

Riders are encouraged to take only one bottle per pass whenever possible.

Taking both water and sports drink is permitted if required.

Due to race conditions and rider position within the peloton, it may not always be possible to receive a bottle.

Riders should plan their hydration accordingly and carry sufficient fluids (e.g. dual bottles, large-capacity bottles, or additional bottles in jersey pockets).

Personal Feed Support

[Personal feeding from teammates or support personnel is permitted under the following conditions:]

Parking on or alongside the race course is strictly prohibited. Support personnel must access the Feed Zone on foot from outside the course.

Unauthorized parking on private property or commercial premises is prohibited.

Support personnel must remain behind the official Feed Zone staff area designated by the organizer.

Failure to comply with these regulations may result in the disqualification of the rider receiving support.

Zone 3 is used for both the RR140 and RR80 events

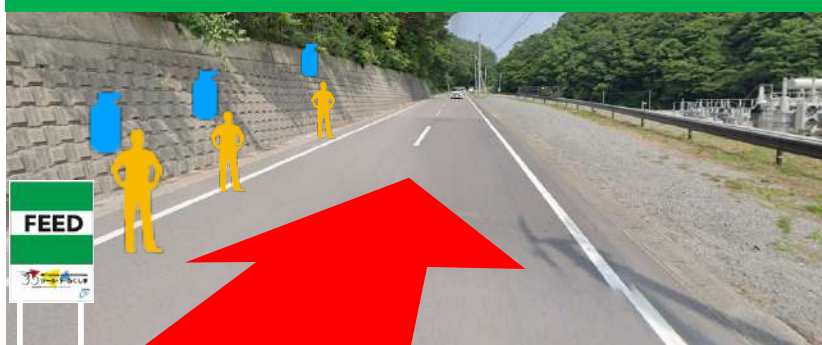
Zone3 Tamura140km & 80km



- ▷ RR140 : Right side, 105.3km–105.4km
- ▷ RR80 : Right side, 48.3km–48.4km



Zone3 FEED START



- ▷ RR140 : 105.5 km–105.8 km (300 m section)
- ▷ RR80 : 48.5 km–48.8km (300 m section)



[Feed Zone Information]

Sports Drink (PET Bottle) → Water (Event Cycling Bottle)

[Hydration Recommendations]

Riders are encouraged to take only one bottle per pass whenever possible.

Taking both water and sports drink is permitted if required.

Due to race conditions and rider position within the peloton, it may not always be possible to receive a bottle.

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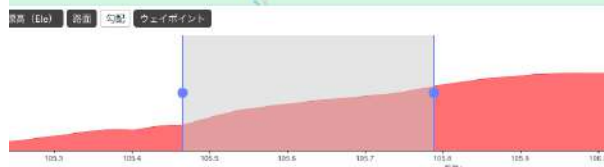
Support personnel must remain behind the official Feed Zone staff area designated by the organizer.

Failure to comply with these regulations may result in the disqualification of the rider receiving support.



Zone3 Map

Located on both sides of the climb.



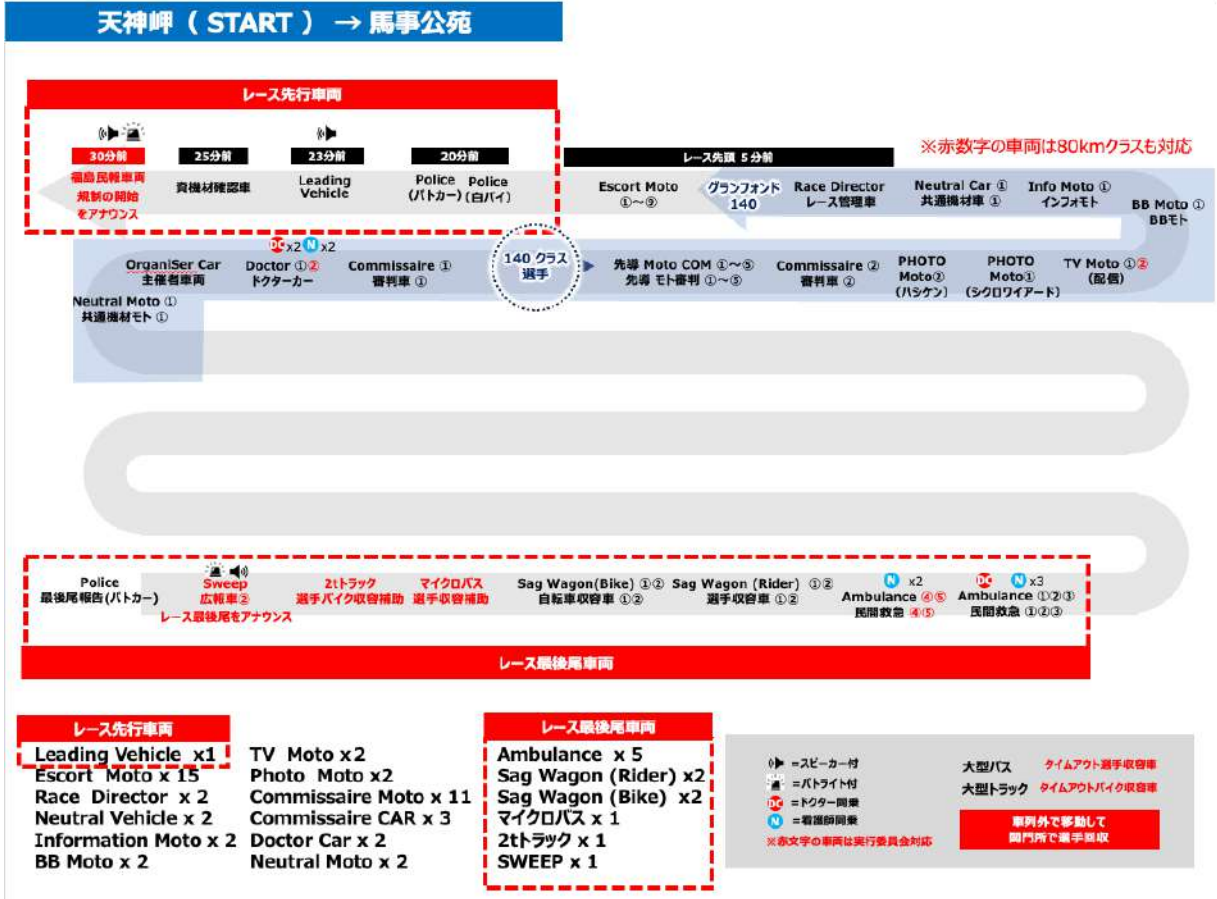
Feed Zone hydration will be provided using event cycling bottles and 600 ml Green Dakara PET bottles with sports caps.

The bottles are cylindrical and generally fit standard bottle cages. Riders are advised to check compatibility with their equipment before the event.

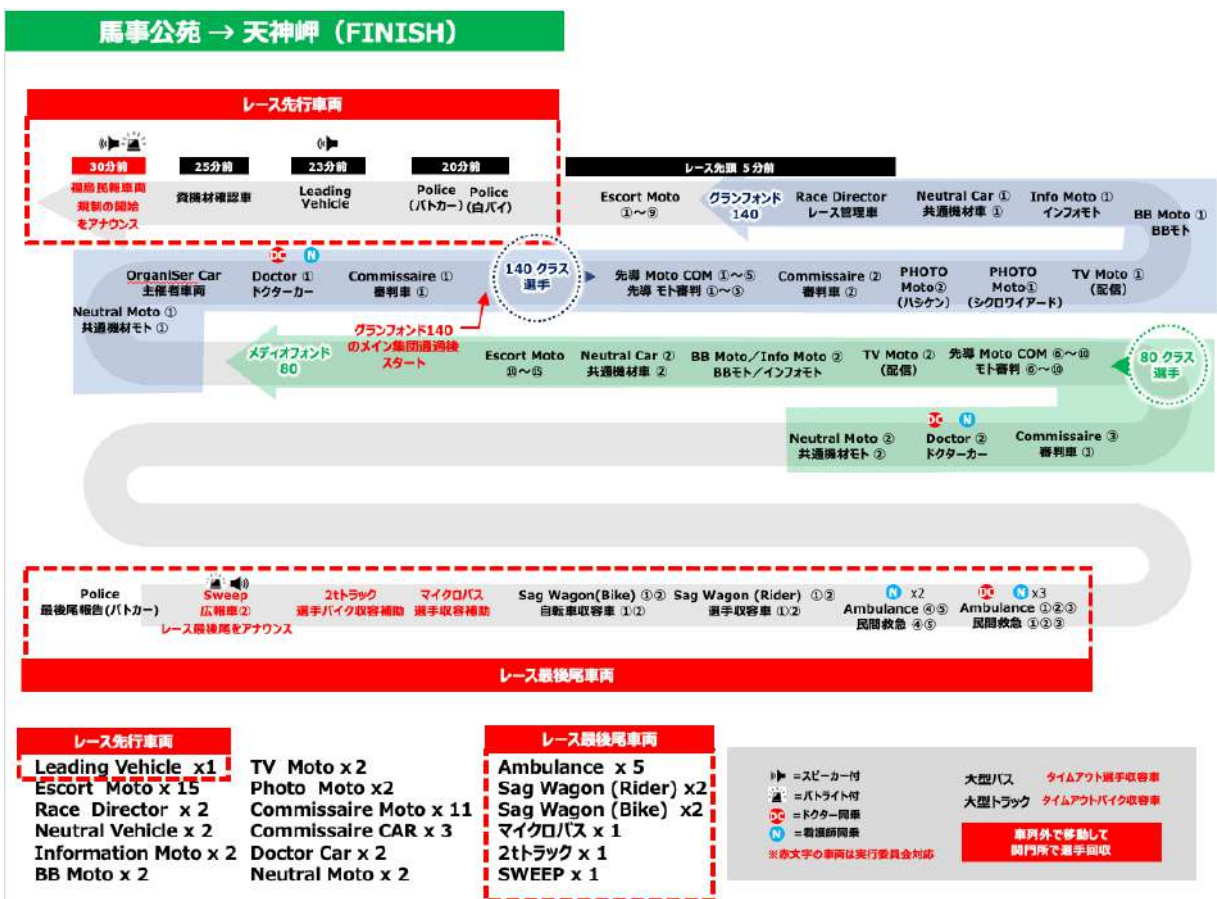




START grids				
<p>Start grids will be assigned by category. Riders must line up in their designated start grid no later than 15 minutes before the start. Once assembled, riders may not leave and re-enter the start grid. Leaving a bicycle unattended in the start grid is strictly prohibited. Riders starting from a grid other than their assigned category will be disqualified and will not be included in the results.</p>				
RACE	GROUP	START TIME	TOTAL	CATEGORIES
140km RR	G1	5:45	250	RR 140Km MEN 19-34
	G2	5:49	135	RR 140Km MEN 35-39
	G3	5:51	152	RR 140Km MEN 40-44
	G4	5:53	153	RR 140Km MEN 45-49
	G5	5:55	22	RR 140Km MEN 50+(non-UCI)
			10	RR 140km MEN 16-18(non-UCI)
			5	RR 140km WOMEN 19+(non-UCI)
80km RR	G6	7:10	202	RR 80Km MEN 50-54
	G7	7:13	170	RR 80Km MEN 55-59
	G8	7:15	123	RR 80Km MEN 60-64
	G9	7:17	67	RR 80Km MEN 65-69
				RR 80Km MEN 70-74
				RR 80Km MEN 75+
	G10	7:19	94	RR 80Km MEN 16-18(non-UCI)
				RR 80Km MEN 19-39(non-UCI)
				RR 80Km MEN 40-49(non-UCI)
	G11	7:20	110	RR 80Km WOMEN 19-34
				RR 80Km WOMEN 35-39
RR 80Km WOMEN 40-44				
RR 80Km WOMEN 45-49				
RR 80Km WOMEN 50-54				
RR 80Km WOMEN 55-59				
RR 80Km WOMEN 60-64				
RR 80Km WOMEN 65-69				
			RR 80Km WOMEN 70-74	

140km



80km

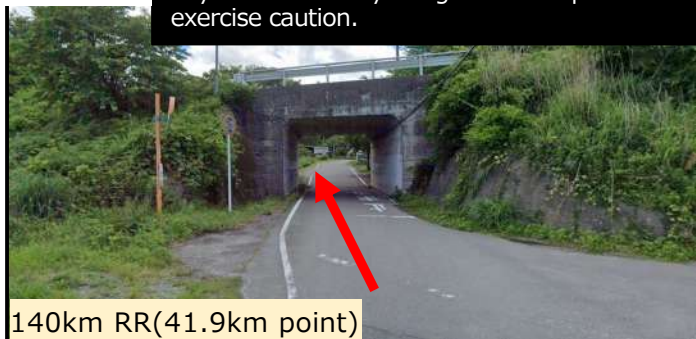


1, Cut off GATE	To ensure safe operation on public roads, riders who fall behind the prescribed schedule may be withdrawn from the race at designated Cut-Off Gates and recorded as DNF (Did Not Finish). Cut-off times have been established to balance the need to minimize road closure periods while providing participants with a reasonable opportunity to complete the course.																																													
2, Gate Location	<p>Eight Cut-Off Gates are located along the course, each with a designated time limit. A warning sign will be placed 1 km before each Cut-Off Gate. For the locations and time limits of all Cut-Off Gates,</p> <table border="1" data-bbox="368 416 1501 846"> <thead> <tr> <th>GATE名</th> <th>Cut off time (RR140)</th> <th>Distance (RR140)</th> <th>Cut off tim (RR80)</th> <th>Distance (RR80)</th> </tr> </thead> <tbody> <tr> <td>TomioKaGATE</td> <td>6:30</td> <td>11km地点</td> <td>-</td> <td>-</td> </tr> <tr> <td>DenshokanGATE</td> <td>7:00</td> <td>25km地点</td> <td>-</td> <td>-</td> </tr> <tr> <td>Bajikoen Minamisoma City GATE</td> <td>7:55</td> <td>57km地点</td> <td>-</td> <td>-</td> </tr> <tr> <td>Route 114 join GATE</td> <td>8:30</td> <td>70km地点</td> <td>-</td> <td>-</td> </tr> <tr> <td>AzeriaGATE</td> <td>9:10</td> <td>89km地点</td> <td>9:10</td> <td>32km地点</td> </tr> <tr> <td>MiyakojiGATE</td> <td>9:35</td> <td>99km地点</td> <td>9:35</td> <td>42km地点</td> </tr> <tr> <td>OkumamachiGATE</td> <td>10:15</td> <td>121km地点</td> <td>10:15</td> <td>64km地点</td> </tr> <tr> <td>MiyakojiGATE</td> <td>10:35</td> <td>130km地点</td> <td>10:35</td> <td>73km地点</td> </tr> </tbody> </table> 	GATE名	Cut off time (RR140)	Distance (RR140)	Cut off tim (RR80)	Distance (RR80)	TomioKaGATE	6:30	11km地点	-	-	DenshokanGATE	7:00	25km地点	-	-	Bajikoen Minamisoma City GATE	7:55	57km地点	-	-	Route 114 join GATE	8:30	70km地点	-	-	AzeriaGATE	9:10	89km地点	9:10	32km地点	MiyakojiGATE	9:35	99km地点	9:35	42km地点	OkumamachiGATE	10:15	121km地点	10:15	64km地点	MiyakojiGATE	10:35	130km地点	10:35	73km地点
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3, GATE Cut off	Riders withdrawn at a Cut-Off Gate must follow the instructions of the Commissaires. When the time limit has expired, the Commissaire will signal the cut-off by waving a red flag. Withdrawn riders must proceed to the Cut-Off Gate, dismount, report their name and race number to the gate staff, and load their bicycle onto the collection truck. Riders will then be transported to the event venue by shuttle bus.																																													
4, Feed Zones	Feed Zones are established on the course for rider safety and nutrition. Feeding is permitted only in designated Feed Zones.																																													
5, Litter Zones	Three Litter Zones are located on the course in accordance with UCI Cycling for All Regulation 15.1.012. Littering is permitted only within designated Litter Zones.																																													
6, Feed & Litter Location	<p>Two Feed Zones and Litter Zones are established on the course. Signs will be placed 5 km before and at the start of each zone. See the table below and the Road Race Course Map for locations and supplies..</p> <table border="1" data-bbox="368 1339 1422 1597"> <thead> <tr> <th>Feed Location</th> <th>Aid</th> <th>Distance</th> </tr> </thead> <tbody> <tr> <td>Minamisoma Feed Zones · Litter Zones</td> <td>Water and Sports Drink</td> <td>RR140-51.5km point</td> </tr> <tr> <td>Katsurao Feed Zones · Litter Zones</td> <td>Water and Sports Drink</td> <td>RR140-86.4km付近RR80-29.6km point</td> </tr> <tr> <td>Tamura Feed Zones · Litter Zones</td> <td>Water and Sports Drink</td> <td>RR140-105.5km付近RR80-48.5km point</td> </tr> </tbody> </table> 	Feed Location	Aid	Distance	Minamisoma Feed Zones · Litter Zones	Water and Sports Drink	RR140-51.5km point	Katsurao Feed Zones · Litter Zones	Water and Sports Drink	RR140-86.4km付近RR80-29.6km point	Tamura Feed Zones · Litter Zones	Water and Sports Drink	RR140-105.5km付近RR80-48.5km point																																	
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7, Sports drink & water	Sports drink and water will be handed to riders in separate bottles at the Feed Zone. Use caution when receiving supplies while riding.																																													
8, Aid Stations	Aid Stations within the Feed Zones provide food and refreshments. Riders must dismount to collect supplies. Follow staff instructions and exercise caution when entering the Aid Station.																																													
9, Discard bottles	Discard bottles and waste only within designated Litter Zones. All waste must be deposited in the green nets provided. Littering outside Litter Zones is prohibited.																																													

1, Traffic Regulations	The race is held on public roads. Riders and race vehicles must use only the designated left side lane and must not cross the center line. All riders must comply with the instructions of the Commissaires.			
2, Priority of Emergency Vehicles	Emergency vehicles, including police, fire, and ambulance vehicles, always have priority over the race. When an emergency vehicle approaches, riders must move to the left, slow down, and allow it to pass without obstruction.			
3, Course Caution Areas	Warning signs and orange safety netting will be installed at hazardous sections of the course, including sharp corners and merge points. Center-line taping will be used on steep descents to enhance rider safety. See the table below and the Road Race Course Map for caution areas.			
	NO	Race	point	Distance
	1	140km	Railway Underpass (Narrow Section)	41.9km
	2	140km/80km	Tunnel Exit Sharp Right Turn (Tight Corner)	140km RR(61.5km) 80km RR(4.5km)
3	140km/80km	Right side Lane Only (Single-Lane Traffic)	140km RR(61.5km) 80km RR(4.5km)	
4, Course Hazard Information Review	"Road Race Course Hazard Information" will be distributed to all Road Race participants before the event via the email address provided during registration. Participants must review the document and sign an acknowledgment of receipt and understanding.			

No.1

Narrow Road Section for approximately 1 km beyond the railway bridge. Reduce speed and exercise caution.



No.2

Tunnel Exit – Sharp Right Turn



No.3

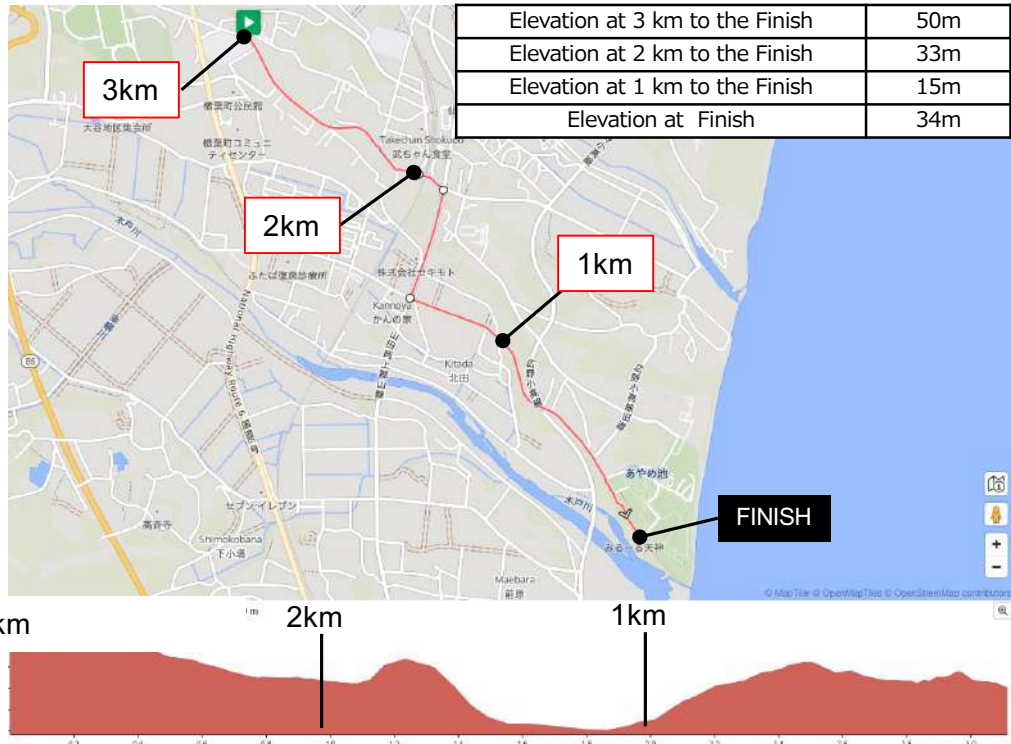
Center Median Ahead
Riders must stay on the mountain side of the guardrail



Last 3km & DEVIATION POINT

1, FINISH Aria

Both the RR140 km and RR80 km will finish on a flat finishing straight at the Tenjinmisaki Sports Park Venue.



2, Finish Line Signage

The following signs will be placed at intervals beginning 500 m before the finish line.



2, DEVIATION POINT

Vehicle Diversion Point: T-junction 400 m before the finish.
All race vehicles except COM1, COM2, the SAG Wagon, and the Doctor Car must turn left at the diversion point and proceed to the Race Vehicle Parking Area via the North Parking Lot of Tenjinmisaki Sports Park Venue.
The race course continues straight to the finish line.



Tenjinmisaki Sports Park Venue (After FINISH)



Tenjinmisaki Sports Park Venue	Baggage Collection & Hydration, Bicycle Manufacturer Exhibits, Local Food Trucks, Awards Ceremony & UCI Medal Presentation
Bus & Bike Transport Truck	DNF / Retired Rider Recovery Bus Arrival & Bike Collection Area
After finish route	After the finish, follow the designated route, return your transponder, and proceed to the bag return area.
Medical center	Medical Response & Recovery Tent
Race Vehicles parking	Race Vehicles only parking
140kmRR Reserved Parking	Parking Capacity: 50 Vehicles No Entry/Exit : 05:45-06:50(Until Road Race Finish)
Naraha Town Disaster Prevention Warehouse & Multipurpose Park Parking Lot	Parking Capacity: 200 Vehicles 04:30-12:15 (Until Road Race Finish)
Precautions	North Parking Lot No Entry/Exit Until Road Closure Is Lifted (XX:XX).

Awards (Road race)

2, Award

The Road Race Awards Ceremony will begin immediately after the top finishers have completed the race.
Award recipients must report promptly to the podium.
Race attire is mandatory. Hats, sunglasses, headbands, and sandals are prohibited.
Ceremony order is as follows:

Road race awards

UGFWS · Top3名

19-34Ag (Men140RR)	35-39Ag (Men140RR)	40-44Ag (Men140RR)	45-49Ag (Men140RR)
50-54Ag (Men80RR)	55-59Ag (Men80RR)	60-64Ag (Men80RR)	65-69Ag (Men80RR)
70-74Ag (Men80RR)	75+Age (Men80RR)	19-34Ag (Women80RR)	35-39Ag (Women80RR)
40-44Ag (Women80RR)	45-49Ag (Women80RR)	50-54Ag (Women80RR)	55-59Ag (Women80RR)
60-64Ag (Women80RR)	65-69Ag (Women80RR)	70-74Ag (Women80RR)	75+Age (Women80RR)

FCF · Top3名


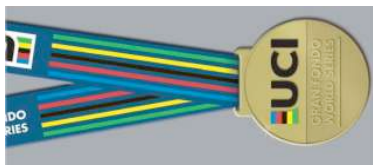
16-18Ag (Men140RR)	16-18Ag (Men80RR)	19-39Ag (Men80RR)	40-49Ag (Men80RR)
50+Ag (Men80RR)	16-18Ag (Women140RR)	19+Ag (Women140RR)	16-18Ag (Women80RR)

SPRINT · Top Rider

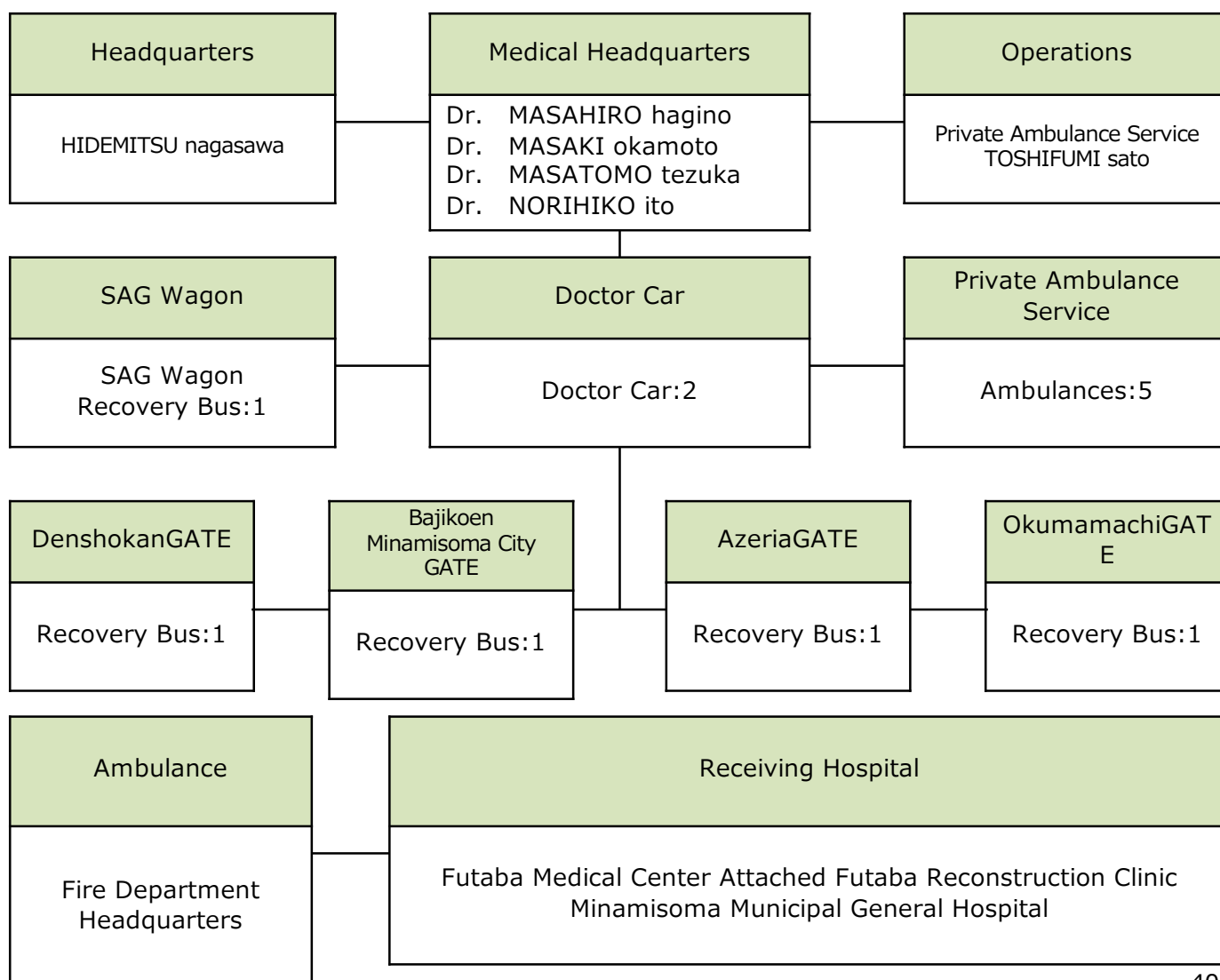
16-18Ag (Men140RR)	19-34Ag (Men140RR)	35-39Ag (Men140RR)	40-44Ag (Men140RR)
45-49Ag (Men140RR)	50Age+(140kmRR)	16-18Ag (Women140RR)	19+Ag (Women140RR)
16-18Ag (Men80RR)	19-39Ag (Men80RR)	40-49Ag (Men80RR)	50-54Ag (Men80RR)
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KOM · Top Rider

16-18Ag (Men140RR)	19-34Ag (Men140RR)	35-39Ag (Men140RR)	40-44Ag (Men140RR)
45-49Ag (Men140RR)	50Age+(140kmRR)	16-18Ag (Women140RR)	19+Ag (Women140RR)
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65-69Ag (Women80RR)	70-74Ag (Women80RR)	75+Age (Women80RR)	

<p>1, UGFWS-Jersey</p>	<p>At the UCI Gran Fondo World Series, jerseys are awarded to the male and female winners of each age category. The awards will be presented on stage at the awards ceremony, so winners must participate in the photo session.</p> 
<p>2, UGFWS-Medal</p>	<p>At the UCI Gran Fondo World Series Qualifiers, medals will be awarded to all riders who finish in all age categories (top 25% of RR). The top three riders in each age category will be presented with their medals on the podium, while other riders will receive their medals at the medal and completion certificate presentation tent at Tenjin Misaki Sports Park.</p> 
<p>3, Qualification</p>	<p>Qualification places for the UCI Gran Fondo World Championships are allocated at each UCI Gran Fondo World Series event based on the number of finishers in each age category.</p> <p>The top three riders in each age category automatically qualify for the UCI Gran Fondo World Championships, irrespective of the number of starters in that category.</p> <p>For inquiries regarding special entry allocations info@ucigranfondoworldseries.com</p>
<p>4, Registration</p>	<p>Qualified riders in each age category will be announced on the UCI Gran Fondo World Series website and invited by email. Championship registration is accepted only through the official World Championships website via the link provided in the invitation email. Results of the top 50% of riders in each age category are retained to allow reallocation of qualification places if a qualified rider declines or is unable to participate.</p>
<p>5, Eligibility</p>	<p>At Tour de FUKUSHIMA, riders finishing within the top 25% of their respective age category will be eligible to qualify for the UCI Gran Fondo World Championships. To participate in the UCI Gran Fondo World Championships, riders must hold a valid racing license issued by their national cycling federation and possess a UCI ID. Participation with a temporary license or one-day license is not permitted. JCF-licensed riders may apply for a UCI ID through the link below. https://jcf.or.jp/news-83517/?category=jcf</p>
<p>6, Rider Licensing</p>	<p>Rider licensing in Japan is administered by the Japan Cycling Federation (JCF). For inquiries, please contact: Website: http://jcf.or.jp/ Email: cycling@japan-sports.or.jp</p>
<p>7, National Jersey</p>	<p>Riders qualifying for the UCI Gran Fondo World Championships must wear a National Jersey. The jersey does not need to be an official federation jersey but must clearly represent the rider's country.</p>
<p>8, World Championships: Dates & Venue</p>	<p>2026 UCI Gran Fondo World Championships: 26–30 August 2026 NISEKO JAPAN https://nisekoclassic.com</p>

1, Medical Headquarters	<p style="color: red;">Tenjinmisaki Sports Park Venue</p> <p style="color: red;">A Medical Headquarters staffed by doctors and nurses will be located next to Race Headquarters.</p> <p style="color: red;">It will provide medical care, coordinate hospital transport when necessary, and oversee all race medical operations.</p>										
2, Medical Vehicle Operations	<p>An ambulance, Doctor Car, and Rider Recovery Vehicle will accompany the race convoy. Each vehicle will be staffed by medical personnel and equipped with an AED, stretcher, first-aid kit, and other essential medical supplies.</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td>140km Race</td> <td style="color: red;">Ambulances:3</td> <td style="color: red;">Doctor Car:1</td> <td style="color: red;">Sag Wagon:2</td> </tr> <tr> <td>80km Race</td> <td style="color: red;">Ambulances:2</td> <td style="color: red;">Doctor Car:1</td> <td style="color: red;">Sag Wagon:2</td> </tr> </table>			140km Race	Ambulances:3	Doctor Car:1	Sag Wagon:2	80km Race	Ambulances:2	Doctor Car:1	Sag Wagon:2
140km Race	Ambulances:3	Doctor Car:1	Sag Wagon:2								
80km Race	Ambulances:2	Doctor Car:1	Sag Wagon:2								
3, Accident and Injury Response	<p>Ambulances and the Doctor Car will respond to accidents and injured riders on the course. Medical treatment will be provided on site, and ambulance transport arranged when necessary. Major incidents will be coordinated through Race Headquarters with emergency services and local hospitals.</p>										
4, Injured Rider Response	<p>Riders may be allowed to continue racing following medical treatment, subject to the attending physician's decision. Transport to the Medical Headquarters or hospital will be arranged using the appropriate medical or recovery vehicle according to the rider's condition.</p>										



1, Medical Response to Rider Crashes

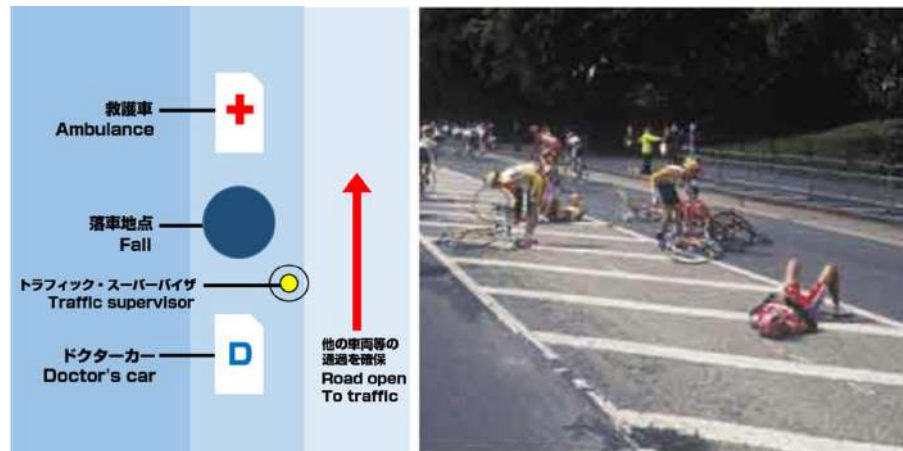
Doctor Cars and Medical Vehicles will respond to crashes under the direction of medical personnel.

- Medical Vehicle Dispatch
- Race Director Notification
- Emergency Services Activation (EMS, Fire Department, etc.)

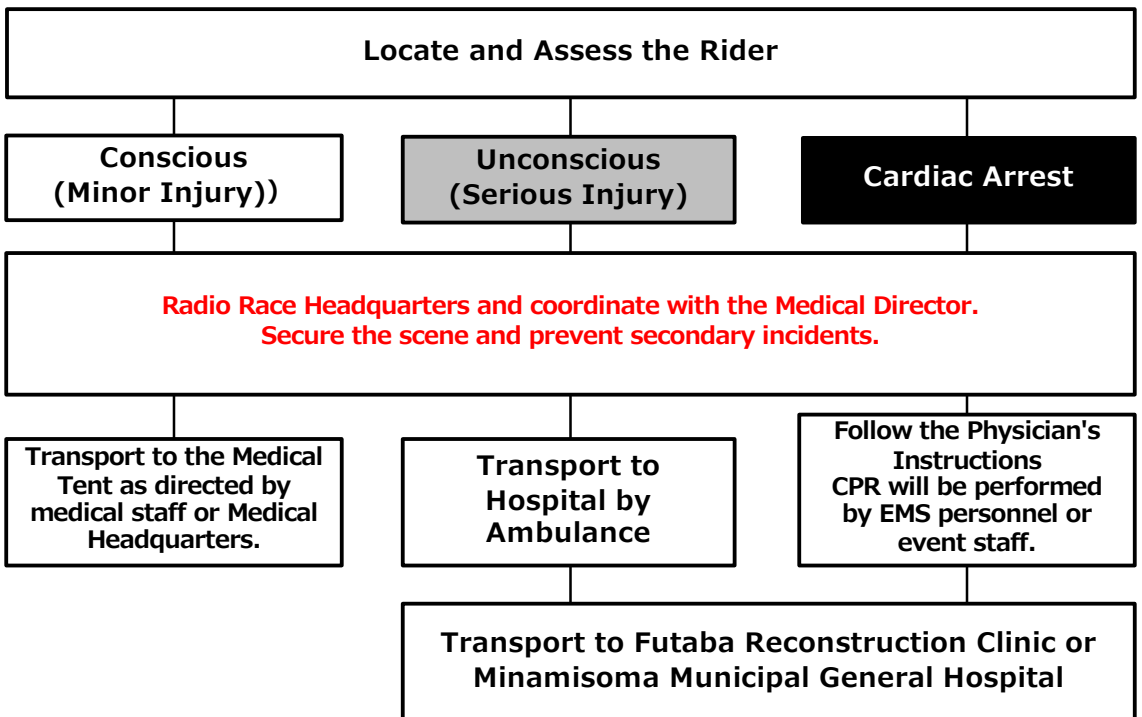
Event staff must secure the incident area and support medical operations.

Clear and timely communication via Race Radio is essential for effective incident management.

The Traffic Supervisor is responsible for coordinating vehicle movements and communications during incidents.

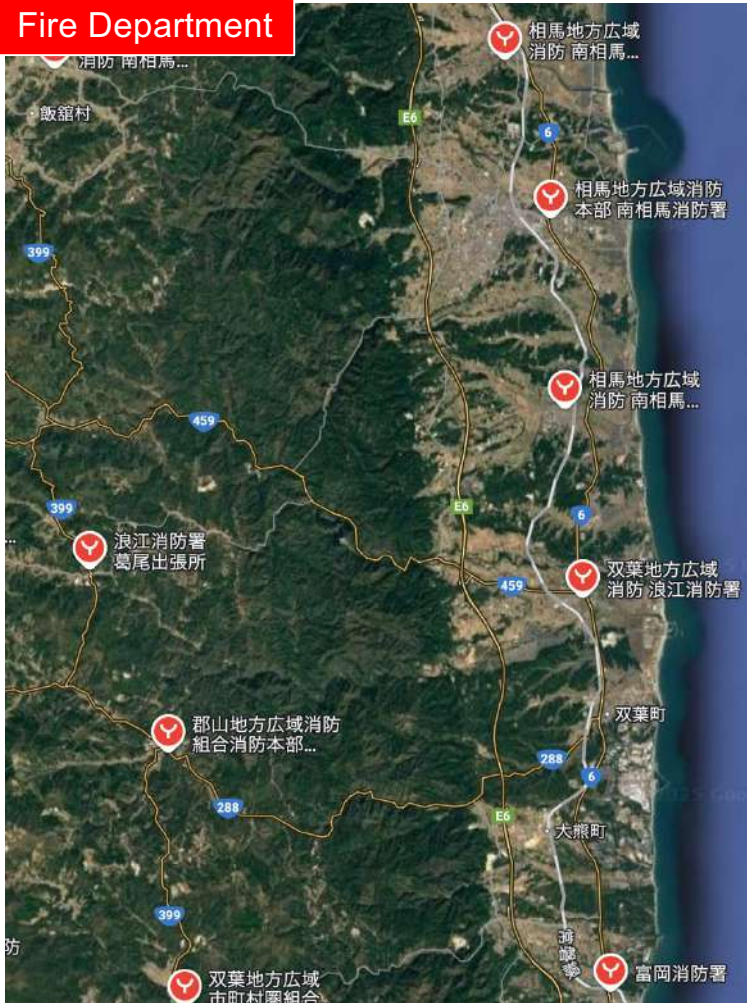


2, Hospital Transport Procedure



Do not call 119 directly unless there is an immediate threat to life. All medical incidents should be managed through the event medical system. Doctor Cars and Medical Vehicles are staffed by qualified medical personnel and can provide on-site medical care..

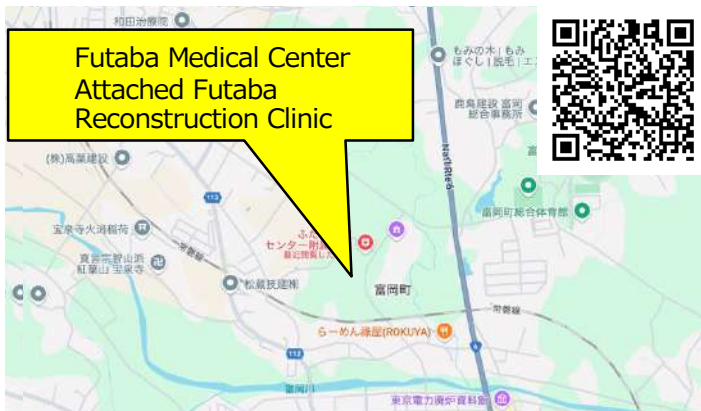
Fire Department



Hospital

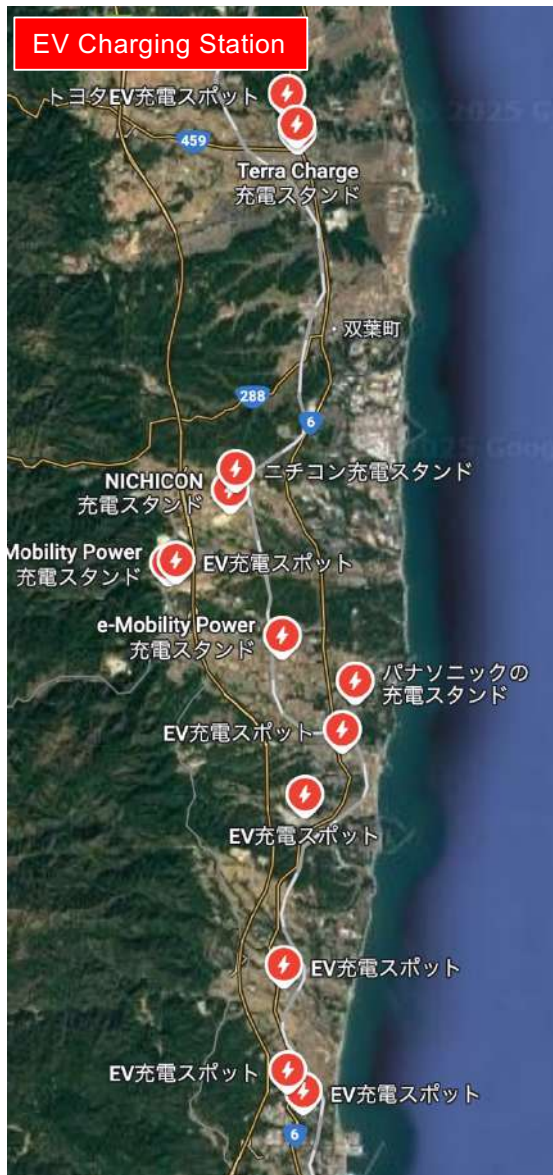


	Hospital	Address	TEL
要検討	Futaba Medical Center Attached Futaba Reconstruction Clinic	817-1 Otsuka, Motooka, Tomioka Town, Futaba District, Fukushima	024-023-5090
要検討	Minamisoma Municipal General Hospital	2-54-6 Takamicho, Haramachi-ku, Minamisoma City, Fukushima	024-422-3181



Note: Gas stations are available at several locations, primarily along major roads.
EV drivers should take extra care, as charging facilities are limited.

1, Gas Station



OFFICIAL EVENT PARTNERS

私たちはツール・ド・ふくしま2026を応援しています。



HITACHI

日立システムズパワーサービス



一般財団法人

ふくしま未来研究会



SaCuRa Knowledge Factory

security consulting risk management



CRS SPORTS INDUSTRIES LTD.



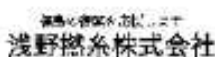
楢葉町
サイクリングターミナル
展望の塔 天神 道の駅ならは



FUTATABI



安心、信頼、実績 工つの約束
三浦電気工事株式会社



浅野燃系株式会社



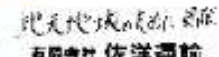
あぶくま信用金庫



いわきワシントンホテル
新山荘



CSK 常務
コストを省くお客様



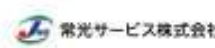
北米地域販売部
有限会社 佐洋運輸



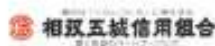
株式会社サンアメニティ



昭 栄



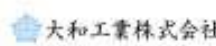
常光サービス株式会社



相双五城信用組合



大王製紙株式会社



大和工業株式会社



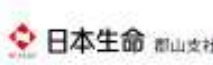
TAKARYO
高 良



田中建設株式会社



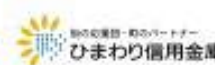
TSUBAME
GROUP



日本生命 郡山支社



HARAMACHI SIGN



福島の未来 福島の未来
ひまわり信用金庫



福島復興風力
Fukushima Future Research Association



WINSPACE



GREEN
DA-KA-RA



GOKISO



asahi



DT SWISS



POWER
PRODUCTION



YONEX

交通規制全体マップ

6月14日(日)全面通行止め

最後尾通過後
順次解除

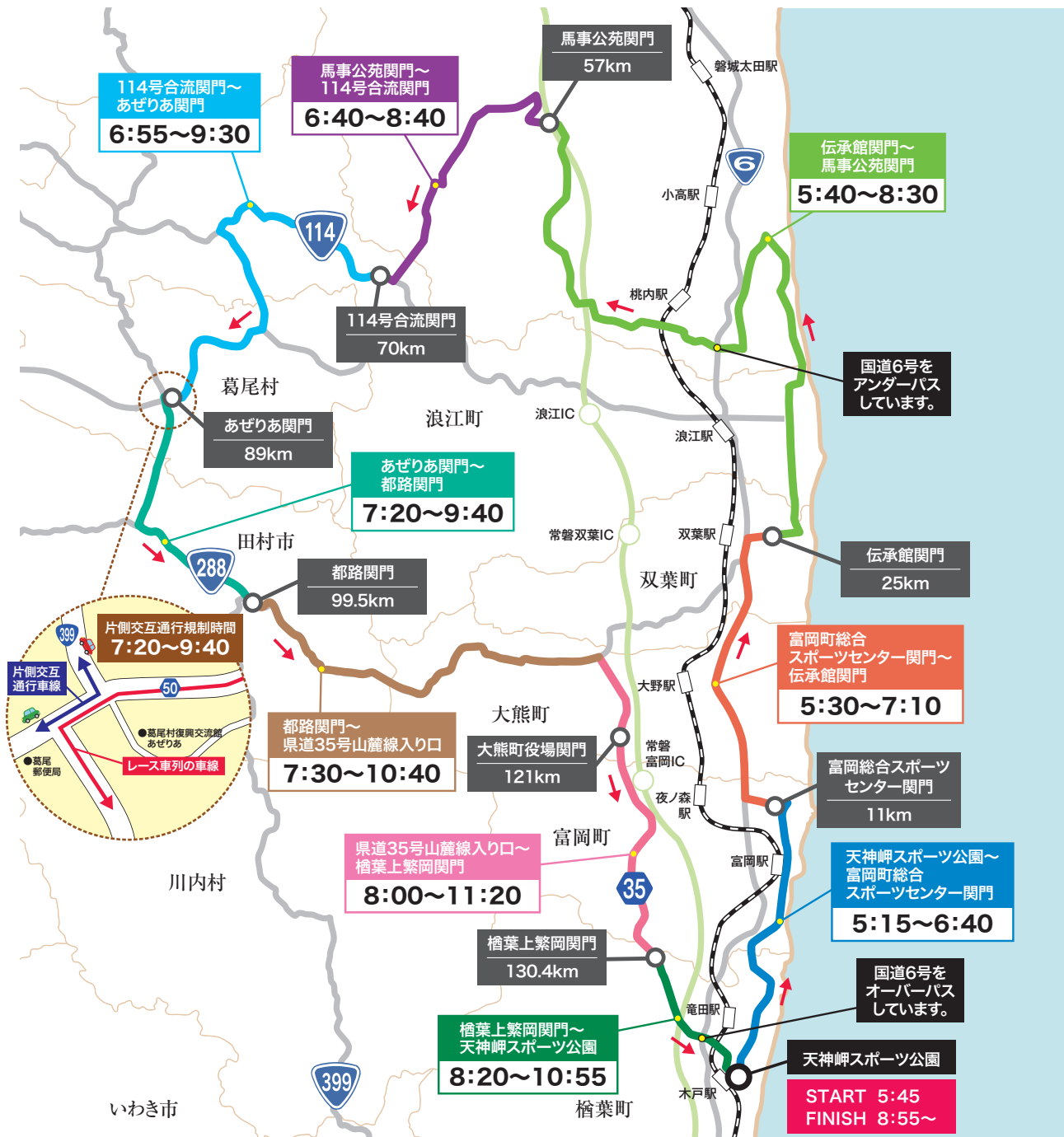
自転車ロードレースのため交通規制を実施します。

6月14日(日)に「ツール・ド・ふくしま2026」が開催されます。交通規制を下図のとおり実施しますので、迂回等ご協力をお願いいたします。



交通規制実施時間中は**全面通行止めになります。**

レース最後尾の警察車両が通過後順次道路規制は解除されます。



問い合わせ

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