

# Cycling Mountain Bike

## Izu MTB Course



# United by Emotion

The world is a community of astounding diversity.  
So many nationalities. So many ethnicities.  
So many different cultures and values.  
People of every shape and size and gender,  
young and old.

And now, together, all of us, everywhere,  
will witness the athletes—  
Their physicality, their competitive spirit, their courage.  
We'll root them on, together.  
And we will be moved, laughing and crying together.

Because, though we are each different,  
we are all so much the same.

In these moments we experience and these emotions we share,  
we change what we can imagine together.  
We find what we need to go beyond what separates us.

Coming together now, we learn how to live together tomorrow.

TOKYO 2020

# 01.Competition Introduction

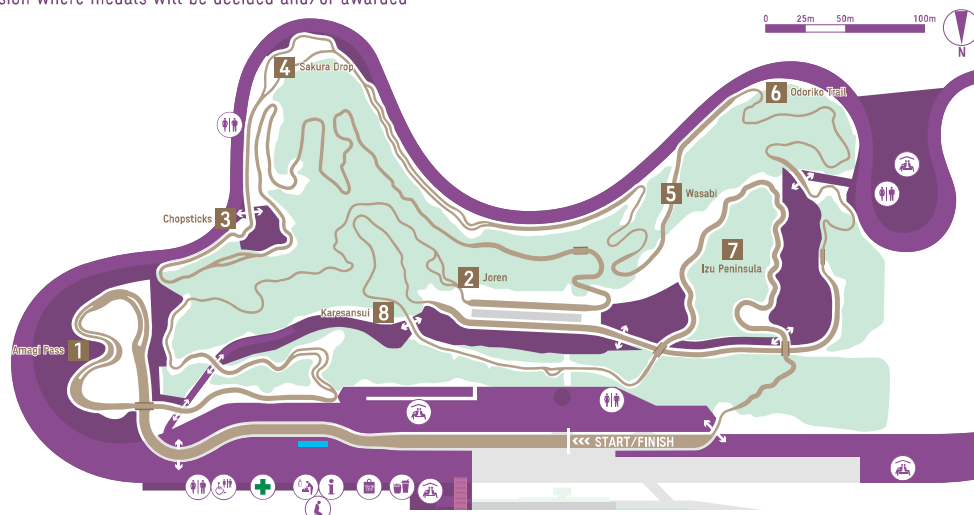


## The excitement of dynamic racing on a natural rough terrain

Mountain biking is said to have originated in the United States in the 1970s, having began when those who enjoyed both cycling and the outdoors modified their bicycles to ride on mountain roads. Later, specialised bicycles built for the off-road cycling were introduced and races using these bicycles were held. It was in the 1990s that this form of cycling came to be recognized by those all around the world as an outdoor sport. At the 1996 Olympic Games in Atlanta, the Cross-Country form of mountain biking became an official Olympic event. The dynamic racing that takes place on a natural rough terrain adds to the appeal of this discipline of Cycling. Athletes compete on bikes that have been built to perform even on rough terrain.

7/26 (Monday)	7/27 (Tuesday)
15:00 - 17:00	15:00 - 17:00
Men	Women

🏆 Session where medals will be decided and/or awarded



### 1 Amagi Pass

Upon starting the race, the athletes will come face to face with mountains where they will need to speed uphill to "cross Amagi Pass (Amagigoe)". After crossing the pass, there still awaits the hills of Izu filled with rocks and logs. Athletes will meet a fork in the road, where it will be up to them to choose which path to take.

### 5 Wasabi

As the name says, this is a hard climb that makes your legs bum.

### 2 Joren

Here, the athletes come to a winding, rocky part of the road in the woods where they will gain momentum by riding over the rocks while working to maintain control of their bikes.

### 6 Odoriko Trail

Athletes will be turning this way and that through the narrow pass wide enough only for one rider to pass at a time in order to swiftly clear this part of the course.

### 3 Chopsticks

This part of the course features a more playful design with two logs that have been placed on the course like a pair of chopsticks. The athletes will be sailing mightily over these logs on their bikes.

### 7 Izu Peninsula

What do you think of when you see green earth surrounded by blue ocean? What comes to mind is the breathtaking Izu Peninsula. Sculpted into this landscape is the appreciation and gratitude towards the local people.

### 4 Sakura Drop

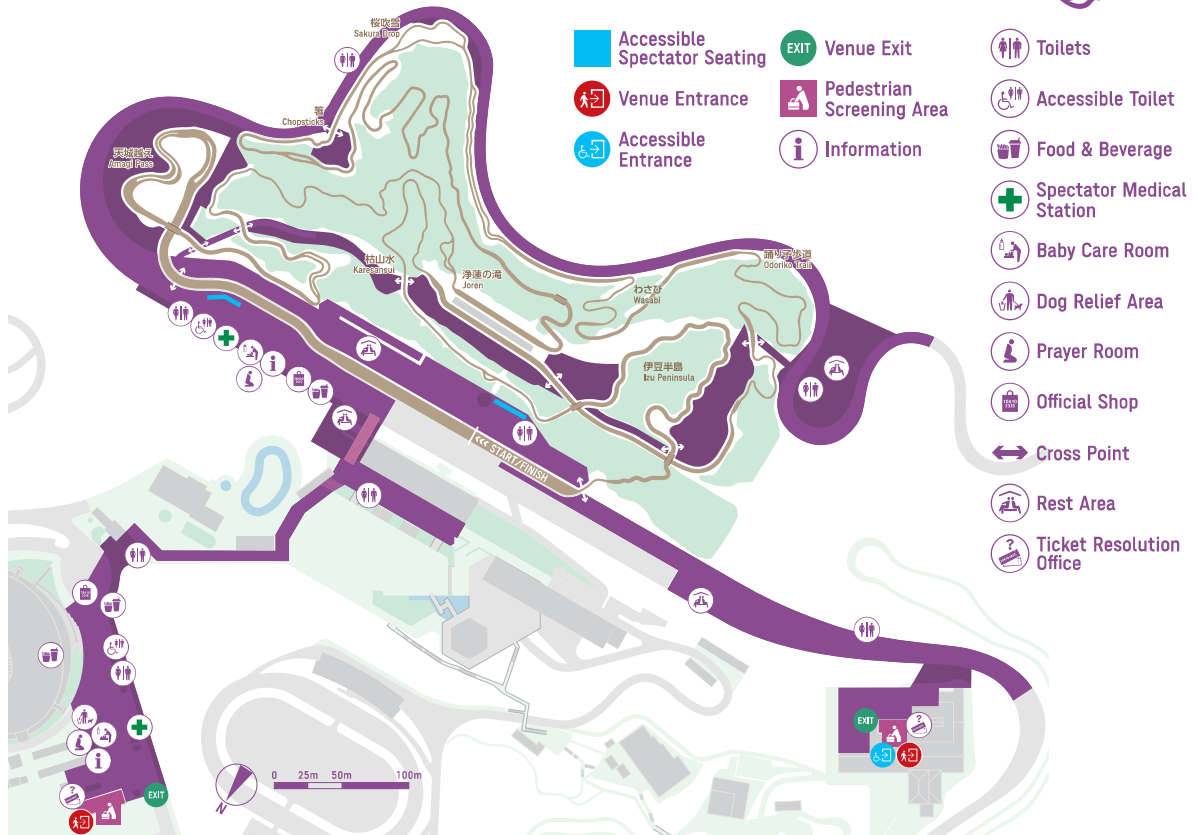
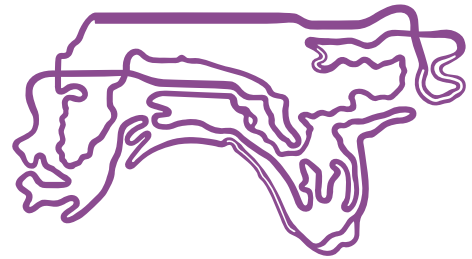
The highlight of the course will be the "Sakura Drop". Here, athletes will be hurtling out from atop a ridge as if they were "cherry blossom petals" soaring over "Mount Fuji".

### 8 Karesansui

Through this garden that has been named "Karesansui", the athletes will be riding down from all directions while cutting through between the trees. This formidable part of the course will require not only precise, strategic decision-making but also a high level of technical skill, making it an exciting sight worth seeing.

# 02. Venue Introduction

## Izu MTB Course



- The venue is outdoors. Protect yourself well against heat and sunburn. Don't forget your raincoat. Please refrain from using a folding umbrella near the course, as it may block the view of or be a danger to other spectators.
- Some parts of the course are not paved. Wear shoes that are easy to walk in when coming to this venue.
- Take precautions against insect bites and stings. Spray cans are prohibited from the venue, so we ask that you protect yourself using other methods.
- Please refrain from waiting near the venue before it opens in order to secure a place to sit. We also request that you refrain from saving seats by leaving your possessions on them or using picnic blankets.
- Smoking is prohibited in the venue. There are no smoking areas available.
- Please cooperate with trash sorting.
- Re-entry is not allowed.
- Visit the Venue Page of the Tokyo 2020 official website or Tokyo 2020 official app for the venue Wi-Fi information.

## Sports-themed merchandise & heat protection items! Check out Tokyo 2020 Official Licensed Products before watching the events!

A must-see for cycling fans! Sports-themed merchandise and other items that make great souvenirs are available! There is also a lineup of items such as fans and towels available that are perfect for helping you keep cool while you're watching the competitions! Enjoy shopping before the competitions!



\*This information is correct as of June 2021 and is subject to change.

# 03.Spectator Plan Check List



## Going to see the Olympic Games

### Preparation



Do have your ticket and ID ready to take with you.

Please bring your ID with your ticket. Please bring a "home print ticket" which you print yourself in advance. (2D barcode needs to be certified to enter.)



Reserve a shuttle bus at the reservation website.

When coming to the venue, approach on foot or by shuttle bus from one of the designated stations or parking lots. Check the access route beforehand on the Tokyo 2020 official app or Tokyo 2020 official website.



Prepare for heat, sunburn and torrential rain.

There is no roof over the spectator area. You may also have to wait outside for baggage examination or other reasons. Please take protective measures against heat and sunburn by wearing a hat, applying sunscreen or using a UV umbrella. (Only foldable umbrellas are allowed. However, they cannot be used in the spectator areas.) It is also recommended that you bring a raincoat (long umbrellas are not permitted) in case of rain. Visit the Tokyo 2020 official website or see the Tokyo 2020 official app for more tips on coping with hot weather and other useful information.



Do have your Visa (card, mobile, etc.) or cash ready to take with you.

You can only use Visa and cash (Japanese yen) to make payments at the venues, and using your Visa to pay safely with contactless transactions is recommended. Please make sure you carry at least one of the above, as there will be no ATMs at the venues.



Make sure you do not have any prohibited items.

It is prohibited to bring in items which are hazardous, can be used as weapons, or may impede the management or operation of the Games. As a rule, it is prohibited to bring in food, beverages, medicine, etc. Minimal baggage is recommended for smooth entry. There are no lockers or baggage storage at venues. If prohibited items are found during security checks, guests will be asked to dispose of such items or be declined to enter venues.

\*Prohibited or restricted items may differ by venue and competition. For more information, visit the Tokyo 2020 official website.



\*The use of portable Wi-Fi devices is not permitted at the venues.



### Wheelchair access

Visit the Tokyo 2020 official website for information on wheelchair access and other accessibility facilities and services.



### Downloading the "OMOTENASHI GUIDE App" can be useful.

This app allows you to check the contents of the venue announcement in English, French, Chinese, Korean and Spanish. Those who do not understand Japanese or with hearing and vision impairments will enjoy the Games safely, securely and comfortably.



### On The Day



Check for any changes to the event schedule using the Tokyo 2020 official website or Tokyo 2020 official app.

Event schedules may change due to adverse weather conditions or other reasons. Check the Tokyo 2020 official website or Tokyo 2020 official app for any changes to the start time of your session.



Allow yourself plenty of time for transportation and activities (Venues open 210 minutes before the competition starting time)

The opening time depends on the event, venue and session and it may also be changed without notice. Before arriving, check the Tokyo 2020 official website for the opening time of the session that you will be spectating and arrive at the venue with plenty of time to spare.

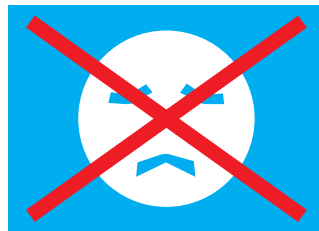
We ask for your kind cooperation and consideration to ensure that everyone is able to enjoy the excitement of the Games.

# Please cooperate with the COVID-19 countermeasures.

## Check before arriving



Bring mask, handkerchief



Stay home if unwell



Arrive early  
Bring minimum items



Download the app

## Moving to / in venue



Wear a mask



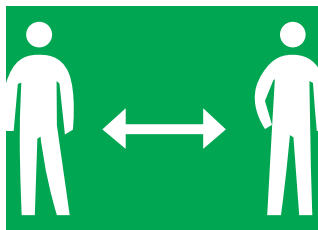
Temperature check



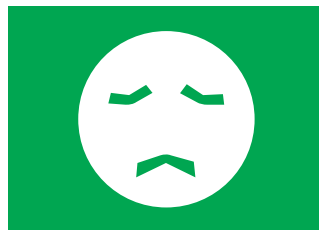
Sanitise hands



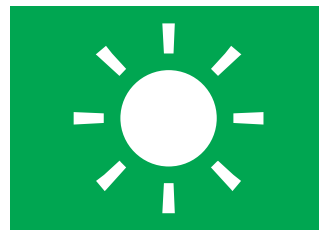
Cover your cough



Keep physical distance



Report if unwell

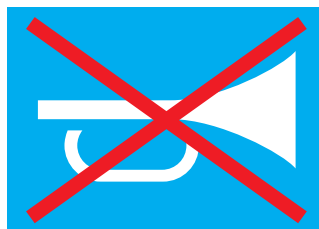


Be aware of heat stroke

## When cheering



Clap, do not sing or chant



No noisemakers



Avoid crowding  
or contact



Please visit the official website for more information and visitor requirements.

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# 04. Access to the Venue



## <Important Notices>

\*When coming to the venue, approach by shuttle bus from one of the following stations or car parks. \*Please use public transport, as there is no car/bicycle parking or taxi stand for spectators at the venue. \*Crowding is expected on the way to the venues or public transportation ride locations. We will also examine the baggage and take the temperature of all visitors at the entrance. As such, it will take more time than usual to reach the spectator area. Please give yourself plenty of time when coming to the venue. \*Crowding is expected when visitors are leaving the venue. We ask for your cooperation in helping reduce crowding. \*Please refrain from smoking on the route or in the vicinity of the venue.

## Access by train

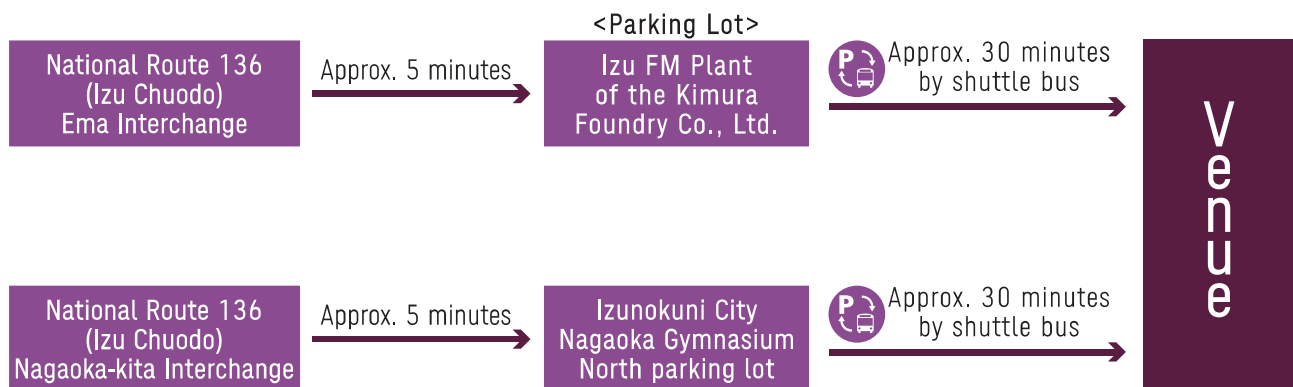
Take the train to Ito Station on the JR Ito Line or Izu Kyuko Line, or to Shuzenji Station on the Izuhakone Railway, and then take the shuttle bus from there.



\*You cannot use IC travel card at Shuzenji Station. Purchase a ticket at the departure station for this station.

## Access by car

Drive yourself to the following parking lot, and then take the shuttle bus from there.(Park & Ride)



**Reservations are required in advance** to use the shuttle bus and Park & Ride!  
For details on how to make reservations, the locations, and operating hours, refer to the reservation website to make a reservation before using the shuttle bus.  
URL: <https://access-reserve.tokyo2020.org/olympic/en>



Access for wheelchair users and other visitors who have difficulties advancing smoothly  
\*For details, refer to the Tokyo 2020 official website  
(<https://olympics.com/tokyo-2020/en/games/transportation-spectators/#accessible>)



## Take advantage of the Tokyo 2020 official website and Tokyo 2020 official app!

Visit the Tokyo 2020 official website and the "Venue Page" of the Tokyo 2020 official app to search for routes to the station from your current location. Please use it.



\*This information is correct as of June 2021 and is subject to change.



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