

# 5<sup>th</sup> Annual Shinetsu Shizenkyo / Five Highlands Long Ride Cycling

## Registration Form

Thank you for your participation in Shinetsu Shizenkyo / Five Highlands Long Ride Cycling.

Please fill out below and send the completed form along with another required form "Participation Oath" and registration fee of 6,000Yen altogether in a "cash registered mail (Gen-kinn-ka-ki-to-me)" administered by Japan Post\* to the event headquarters by or on Sunday, August 31, 2014\*.

\*Note: You may consult Japan Post teller for estimated delivery.

Please mail your registration packet to:  
Shinetsu Shizenkyo / Five Highlands Long Ride Executive Committee  
64 Madarao Kogen, Iiyama-shi, Nagano Prefecture 389-2257  
Telephone: 0269-64-3316 Fax: 0269-64-3316

Starting area: Please circle your choice of starting area:  
1. Madarao start 2. Ikenotaira start

Course: Please circle the course of your choice:  
1. 120km course (Cycling race only)  
2. 120km course (Reception and Cycling race)  
3. 95km course (Cycling race only)  
4. 95km course (Reception and Cycling race)

Reception admission fee is not included in the registration fee.  
It is 3,500Yen per person, payable at the event hall front desk  
on the day of the event.

\*This Dinner Reception is held at one location, in Ikenotaira.

Name and Sex: Name: Sex:

Birthdate: Day\_\_\_\_Month\_\_\_\_Year\_\_\_\_\_

On the race day, I am \_\_\_\_ yrs old.

Address:

Telephone number : Cell phone number:

Emergency contact: Name:

Phone number:

Relationship to you:

E-mail:

Any club you belong to:

Note: