

Information Sheet of Rowing Boat Course

As of October 10, 2017

Name	: ShinTanabu Rowing Course		
Address	: 2 Chome, Tomabucho, Mutsu City, Aomori, Japan.		
Phone No.	: +81-175-22-1111		
Mail Address	: mt-kikaku@city.mutsu.lg.jp	Web Site URL	:
Person in Charge	: Manabu Toku		

Selling Points : Located in the city near hotels and other facilities.
 The flow of the river is slow, due to tide blocking gates downstream. There is little to no side wind, so all the lanes run at the same speed.
 The river is straight, with a concrete walkway along both sides perfect for viewing and coaching.
 Which country ever had been stayed?

*m: meter / cm: centi-meter

1 Boat Course : Regular Open Hour: sunrise ~ sunset

1-1 Competitive Course : Length: 1000 m How many lanes: 3 lanes

1-2 Training Area : 4000 m Straight or curve: curve

1-3 Verocity of Stream : 0 cm/second

1-4 Pontoon Length : - m Width: - m How many: -

1-5 Motor Boats : 2 boats

1-6 Buoys/intervals/lanes : 50 m 3 N° (lanes)

1-7 Distance Markers/intervals : 250 m

1-8 Course Location : Natural Lake: Yes/No River: Yes/No Sea or cannal Yes/No

1-9 Clearness(Transparency) : Very clear() / Normal(O) / Not clear() *check (x) Transparency, if possible: 1 m

1-10 Depth : Average meters: 2 m Lowest: - m Highest: - m

1-11 Coaches Viewing Course : Roads alongside the course Yes/No Floating platforms Yes/No

2 Boat House Regular Open Hour: ~

2-1 Meeting Rooms : Yes/No Multimedia Facilities: Yes/No Extra charge: Yes/No

2-2 Shower Rooms : Yes/No How many: 8 rooms Extra charge: Yes/No

2-3 Training Room : Yes/No 3 rooms Extra charge: Yes/No

2-4 Rowing Machine : Yes/No 20 sets Extra charge: Yes/No

2-5 Rental Bicycle : Yes/No 20 bikes Extra charge: Yes/No

2-6 Internet Enviroment : Yes/No Extra charge: Yes/No

2-7 Boat for Trainer or Rescue : Yes/No Extra charge: Yes/No

2-8 Boat Storage Rack : Yes/No Extra charge: Yes/No

2-9 Trailer Parking Place : Yes/No

2-10 Places of 40 Feet Container: Yes/No For how many containers: 8

2-11 Massage and Physiotherapy Space/Room : Yes/No

2-12 Ice-making machine : Yes/No

3 Accommodations Bath-tub Shower

3-1 Boat House : _____ rooms with Single bed Yes/No Yes/No
 _____ rooms with Twin beds Yes/No Yes/No
 Large rooms _____ rooms with _____ beds Yes/No Yes/No

3-2 Hotel (Western style) : 300 rooms Distance from the course: 5 minutes by bus / on foot

3-3 Japanese Style Inn with Tatami Mat: 30 rooms Distance from the course: 5 minutes by bus / on foot

3-4 Transportation Service between the course and the Accommodation: Yes/No Extra charge: Yes/No

3-5 Are they in the hot spar resort area? Yes/No Extra charge: Yes/No

4 Meals

4-1 Are there any restaurants within walking distance from the boat house?
 Western foods Yes/No Japanese foods Yes/No Chinese foods Yes/No Other foods: _____

4-2 Are they offered by accommodations? Hotel: Yes/No Boat House: Yes/No

4-3 Are there any facillities so that guests can cook by themselves? Hotel: Yes/No Boat House: Yes/No

5 Convenience Store : 5 minutes walking distance from the venue or accommodations

6 Access

6-1 Misawa Airport to the venue 80 kilometers 90 minutes hours by/on bus / foot

6-2 Shimokita Railway Station 3 kilometers 5 minutes hours by/on bus / foot

6-3 Is there transportation service from the airport / the rail station? Yes/No Extra charge: Yes/No

7 Safety/Emergency Rescue Staff: Yes/No

7-1 Hospital Name : Mutsu General Hospital Tel.: 0175-22-2111

7-2 Address : 1-2-8 Kogawamachi, Mutsu City, Aomori, Japan Mail address: mt-byouin@city.mutsu.lg.jp

7-3 Aavailable Language : English: Yes/No Other language: Yes/No (German) / No

8 Interpreter Service English: Yes/No Extra charge: Yes/No

8-1 (Volunteer or specialist) Other language: Yes/No (_____) / No Extra charge: Yes/No

9 Welcome Ceremony Yes/No By City officers, Boat Club Staffs, Athletes, Others

10 Friendly Meeting with Japanese : Yes/No Citizens, Athletes, Others (_____) No

11 Weather :

	Spring	Summer	Autum	Winter
Average Temperature (centigrade)	8.5	19.9	12.2	0.0
Wind (m/second)	3.0	2.4	2.5	2.8
Average Humidity (%)	72.7	84.6	76.3	74.3

12 Altitude above sea level : 3.7 m