

ATHLETE GUIDE

Sunday September 9th, 2018

Dear 2018 Athletes,

On behalf of our entire team, we welcome you to ALL KIDS TRIATHLON EVENT!

Special THANKS to the support of our:



Eat Well, Live Well.



Daiwa House Group



● KEY CONTACTS

Race Organizer: TEAM KEN'S

Contact(Japanese): Jun Nishizawa Tel 042-468-3513 info@teamkens.co.jp

Contact (English): Tomoko Oda Tel 090-6005-3000 applegg@gmail.com

Event Web Site: <http://www.allkidstriathlon.com/>

●DATE: Sunday September 9th, 2018

●LOCATION

VENUE

Showa Kinen Park <http://www.showakinen-koen.jp/html/english/>

* Race day registration at Tachikawa Gate

Parking <http://www.showakinen-koen.jp/html/english/info/index.htm#opening>

Local Transportation <http://www.showakinen-koen.jp/html/english/info/access.htm>

● RACE TYPE

Category	Distance
Elementary 1-3	Swim 0.1km・Bike 5km(1 lap)・Run 1km(1 lap)
Elementary 4-6	Swim 0.15km・Bike 10km(2 laps)・Run 2km(2 laps)
Junior High 1-3	Swim 0.2km・Bike 15km(3 laps)・Run 3km(3 laps)

● AWARD CEREMONY

Top 3 Athletes for each grade (Boys and Girls)

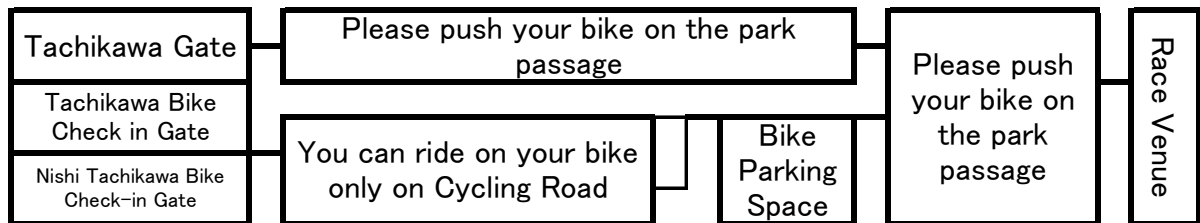
* All finishers receive finisher's medal.

【Remarks】

<PLEASE OBEY THE PARK RULES> Please refer to the event map.

●Registration and Entrance: TACHIKAWA GATE ONLY

●How to bring your bike



※Only participating athletes can bring their bikes on the park passage other than Cycling Road.

●From where can I bring my bike to the park?

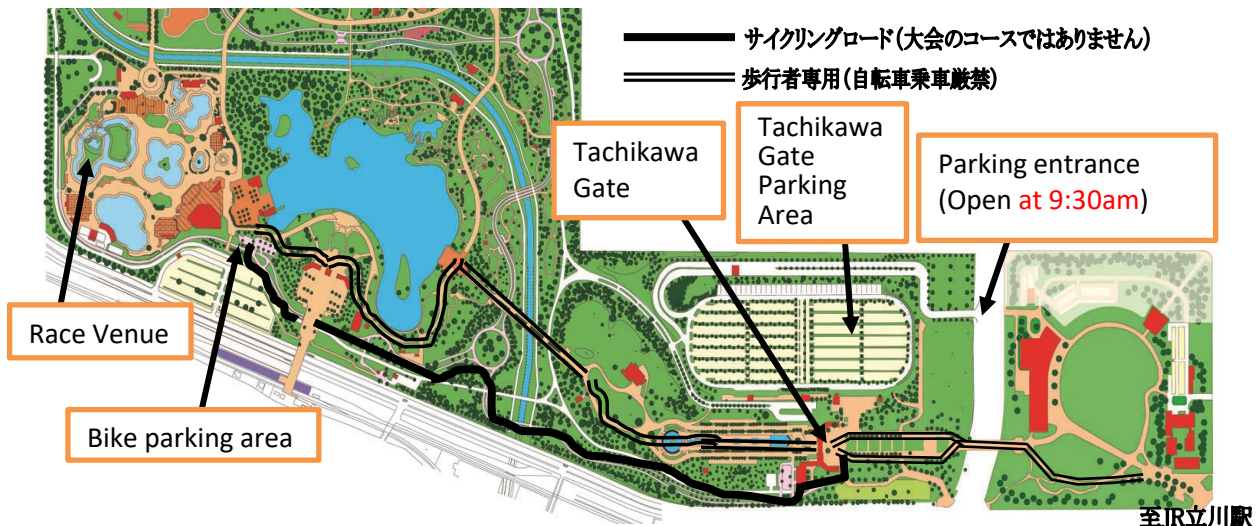
You can only bring your bike from Tachikawa Gate to race venue (RV).

If you walk from Tachikawa gate to RV, it takes about **15 minutes**.

If you like to go outside of the race venue by bike, please use Cycling Road and park your bike in the Bike Parking Space.

●Where can I park my car?

Only Tachikawa Gate Parking is available. (Not Nishi Tachikawa Gate Parking)



● SCHEDULE

Sunday, September 9th, 2018

The race adopts a "Wave Start" to avoid congestion at the start.

"Wave Start" means that each competitor starts the event with his/her assigned start time.

	TIME	CONTENT	LOCATION	
Before Race	8:30	Paring Gate Open	Tachikawa Gate	
	9:00~10:00	Registration	Tachikawa Gate	
	9:30	Park Gates open	Tachikawa Gate	
	9:30~10:25	Transition Preparation	Transition Area	
	10:30~10:45	Opening Ceremony	Attendance is mandatory	Under the Big Roof
		General Briefing	Attendance is mandatory	Under the Big Roof
10:50~11:05	Race Briefing	For beginners and 1st time competitors in the p	Transition Area	
1st Group	11:20~11:30	Elementary1-3 Swim Warm up	Designated Pool Area	
	11:35	1st group athletes gather for Briefing, Swimming cap & Timing chip to	Nakanoshima	
	12:05	1st Wave Elementary 3 Boys Start		
	12:07	2nd Wave Elementary 3 Girls Start		
	12:09	3rd Wave Elementary2 Boys Start		
	12:11	4th Wave Elementary2 Girls Start		
	12:13	5th Wave Elementary1 Boys Start		
12:15	6th Wave Elementary1 Girls Start			
2nd Group	12:25~12:35	Elementary4-6 Swim Warm up	Designated Pool Area	
	12:40	2nd group athletes gather for Briefing, Swimming cap & Timing chip to	Nakanoshima	
	13:10	7th Wave Elementary6 Boys Start		
	13:12	8th Wave Elementary6 Girls Start		
	13:14	9th Wave Elementary5 Boys Start		
	13:16	10th Wave Elementary5 Girls Start		
	13:18	11th Wave Elementary4 Boys Start		
13:20	12th Wave Elementary4 Girls Start			
3rd Group	13:30~13:40	JuniorHigh1-3 Swim Warm up	Designated Pool Area	
	13:45	3rd group athletes gather for Briefing,Swimming cap &Timing chip to b	Nakanoshima	
	14:00	13th Wave JuniorHigh3 Boys Start		
	14:02	14th Wave JuniorHigh3 Girls Start		
	14:04	15th Wave JuniorHigh2 Boys Start		
	14:06	16th Wave JuniorHigh2 Girls Start		
	14:08	17th Wave JuniorHigh1 Boys Start		
14:10	18th Wave JuniorHigh1 Girls Start			
After Race	15:20ish	Cut off time/ End of all competitions		
	13:30ish	Elementary1-3 Award Ceremony	Under the Big Roof	
	14:20ish	Elementary4-6 Award Ceremony	Under the Big Roof	
	15:20ish	JuniorHigh1-3 Award Ceremony	Under the Big Roof	
	15:50ish	End of all programs		

As Japanese school and various International schools have different starting date of school grade, we ask you to register your school grade according to the Japanese school grade definition as below.

● RACE TYPE

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Junior High 1-3	Swim 0.2km・Bike 15km(3 laps)・Run 3km(3 laps)

【Course Map】

■ スイム SWIM	———
■ バイク BIKE	———
■ ラン RUN
■ エイドステーション AID STATION	★
■ フィニッシュ FINISH	■



【Pool/ Transition area/ Warm-up area】

1、Warm-up area will be provided as below

	Permitted are	Prohibited area
Swim	Designated area in the pool	Anywhere else
Bike※ Run	Bike and Run warm-up area *Please refer the map below Parking area (only with bicycle trainer)	Parking (without bicycle trainer) Cycling road Anywhere other than shown in the map below

※Bike warm-up is possible only with cycle trainer.



1. Things to bring

◎Mandatory

○Suggested

●Registration

- ◎Athlete Guide
- ◎Race Number, Number Stickers (For Bike and Helmet)
- Health Insurance Card

●Bike & Run

- ◎Bike and bike bottle
- ◎Helmet
- ◎Clothes (bare torso is prohibited)
- ◎shoes

●Swim

- ◎Swim wear (trisuit is ok, wetsuit is not allowed)
Designated swim cap will be provided
- Swim goggles

●Other

- Cap
- Towel
- Sun screen

<Attention please!>

- * All athlete must bring their own bike. The race organizer does not provide rental bikes.
- * You can not race with a park rental bike.

2. Registration

<Attention please!>

★ If you walk from Tachikawa Station to Tachikawa Gate (Registration area) it takes about 15 mins.
From Registration area to race venue also takes about 15 mins to walk.

1) Registration is at Tachikawa gate.

2) Please bring the athlete guide.

3) We will provide:

● Race numbers

※ We do not provide safety pins.

• Number stickers for bike and helmet

* We suggest you use a race number belt which will be available to buy at the booth.

* If you don't wish to buy one, we can provide a simple belt band for free at registration .

● At Registration

• Event Brochure • A gift from our sponsors

• Park admission ticket (athlete only)

● Just before race start

• Swim Cap

• Timing Chip

3. Parking

1) Only Tachikawa gate parking is available. (Not Nishi Tachikawa gate parking)

2) **Dismount your bike in the parking area. (Roller stand is allowed)**

3) Tachikawa gate parking opens around 9:30 a.m.

4. Race number

1) Race number and Swim cap color

Grade	#	Gender	Start	Cap color
Elementary1	1001~	Boys	5th wave	Red
	1501~	Girls	6th wave	White
Elementary2	2001~	Boys	3rd wave	Blue
	2501~	Girls	4th wave	Yellow
Elementary3	3001~	Boys	1st wave	Red
	3501~	Girls	2nd wave	White
Elementary4	4001~	Boys	11th wave	Blue
	4501~	Girls	12th wave	Yellow
Elementary5	5001~	Boys	9th wave	Red
	5501~	Girls	10th wave	White
Elementary6	6001~	Boys	7th wave	Blue
	6501~	Girls	8th wave	Yellow

* Swim cap will be given right before swim start

Grade	#	Gender	Start	Cap color
Junior High1	7001~	Boys	17th wave	Red
	7501~	Girls	18th wave	White
Junior High2	8001~	Boys	15th wave	Blue
	8501~	Girls	16th wave	Yellow
Junior High3	9001~	Boys	13th wave	Red
	9501~	Girls	14th wave	White

*Your race number is printed on the front side of the envelope.

2) Body Numbering

After registration, put your number on both arms and legs (4 parts)

- ※Boys with black pen and Girls with red pen
- ※You can write your number by yourself
- ※Race number is printed on the envelop




3) Where to place race numbers

◆Please refer to the photos.

Bike: Back side

Run: Front side



* Bring your race number belt.
Or you can buy it in the sales booth.
Because of safety reasons, we do not provide safety pins. 



Write emergency contact on the back of race number.
It is helpful in case of an emergency.

* You can use an elastic band as your race number belt. (Make sure your number is visible)

◆ Number sticker for Helmet (Front side)



* You can stitch race number on the front & back of your top wear. (If you wear 2 numbers, you don't need to change its position from bike to run)

◆ Number sticker for bike (Left side)



5. If you are late.

1) You may race but the result may not be official. Please consult with Race Officials.

6. Award ceremony and results

- 1) Award ceremony will be held after the race "Under the big roof".
- 2) Results will be posted on board "Under the big room" when available.
- 3) The official results will be posted on the event homepage in the following days.

7. DNF

- 1) Securing safety for athletes is the first priority at the event.
If you don't feel well, please stop racing. We'd like you to race safely and pleasantly.
- 2) If you decide to discontinue the race (DNF), report to the nearby officials or staff.
Provide your race number and hand in your timing tip to Race Organizer office.
*Please don't hand in your timing chip to the time measuring tent near finish area as computer detects your chip as "finished".

8. Taking pictures

Recently secret filming at sports events has been reported,
If you would like to take picture or video,
1, Please sign up at Registration and put "Ribbon" as a proof.
(We mail you 2 ribbons per athlete. If you need more, please let us know.)
2, If someone is taking picture or video without a ribbon, we may ask you to show the contents.
3, Professional photo service is also available.
4, If you see any suspicious person, please report to Race Organizer.
If you see any secret filming, please talk to a nearby guard or call us (090-1764-5366)

9. Mechanic service

1)Mechanic service is available with fees.

There is no bike check before the race, Bring "ready to race" bicycle.

Mechanic service cannot fix any improperly maintained bicycle.

10. Cancellation, Modification and interruption of the competition

1)Due to the weather condition, if we find it dangerous to conduct the race, we will announce any changes or cancellation of the event at Registration tent around 9am.

※We may change the competition from triathlon to duathlon by canceling swim leg.

2)If lightening occurs, we may interrupt the competition until safety is secured.

Whether we resume or cancel the competition will be determined by the weather condition.

3)If the competition is interrupted and cannot resume, the award is determined by HQ and officials.

4)The competition fee is non refundable if the competition is cancelled.

11. In case of emergency

1)In case of emergency, if an ambulance is called, we will interrupt the competition to escort the ambulance. The time spent during this halt is counted toward your race time.

Please understand. Safety is the first priority.

2) If you find any athlete in trouble, please talk to the nearby officials and staff.

12. Other remarks

1)Please make sure to hydrate yourself at least one day before the race.

2)Please be prepared for rain or even cold temperature.

3)Wearing head gear is suggested.

4)If you find any athletes in trouble, please contact nearby staff or guards.

5)Make sure your health condition is good before you race.

6)If we make any changes, we will post it on the board near Headquarter.

7)Please bring your trash home with you.

8)You cannot send your belongings to the park.

9)Coin Lockers are available for your personal belongings (In the Pool Locker Room:¥100)

10)Please make sure to keep your valuables safe.

11)We have race insurance for athletes.

12)Timing chips must be returned at the finish or to Headquarter. If you lose it, you will be charged for it.

13)Please bring one bike per athlete.

14)TV or newspaper crews may be on site.

15)Spectators need to pay a park admission fee.

15)Athlete can only swim in the designated pool.

16)Please do not enter the off limit area.

17)Only participating athlete can go into the pool.

【Competition Rules】

Managing your health condition is important before the race.

- ◆If you don't feel well, do not push yourself to race.
- ◆If you become sick during the race, ask someone nearby for help.
- ◆Hydrate enough at least one day before the race.

1. Basics

- 1) The race complies with JTU Competition Rules and local rules partially.
- 2) "SAFETY" for everyone related to the race is the number one priority.
- 3) The race goal is for the kids to enjoy triathlon.
In order to secure safety and to enjoy triathlon, officials or staff may assist athletes.
- 4) Junior Triathlon is a healthy sport to enjoy swim, bike and run. It is not only to compete with others.
- 5) The Race Organizer has the rights on the basis of (2) and (3)
 - A) We may change the race contents if we cannot secure safety due to bad weather conditions
 - B) We may disqualify athletes who violate the rules and ignore the instructions
 - C) We may discontinue an athlete due to accident or lack of technical ability or fatigue.
- 6) Triathlon is an individual sport. Any support from parents or others is not allowed.
(In order to secure safety, our staff may assist athletes. Running along side athletes or giving drinks or food is not allowed. Any kind of personal support is prohibited.)
- 7) Please follow the instructions of race officials and staff.
- 8) Please remember the fair play spirit at all the times.
- 9) You may rest during the race but make sure you are not in anyone's way.

2. Call-up time, time limit, DNF

- 1) Don't be late for the gathering time at the start area.

3. Race number

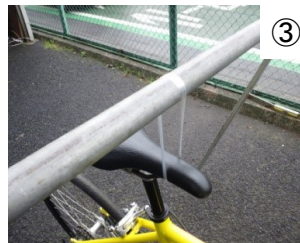
- 1) Before you start, make sure you set out your clothes, shoes and race numbers in transition area.
- 2) Racing without clothes and putting race number improperly is prohibited.
We may stop you to fix it.
- 3) You must show your race number to enter transition area and also to pick up your bike and personal belongings after the race.

4. Transition

(Transition is a place where you change from swim to bike, bike to run)

<1>Preparation and pick-up

- 1) Rack your bike on your race number as shown in photo ①
- 2) Put your bike on the rack and your number should be visible as shown in photo ②
(Same when you rack your bike before run) ... (Photo ②)



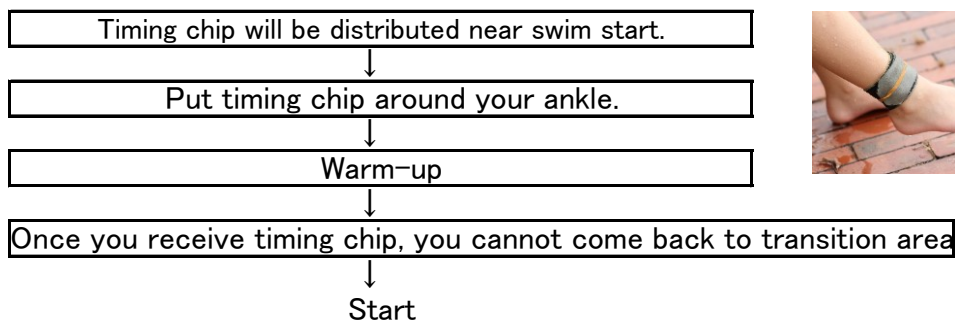
- 3) You can use a marker such as a balloon only if it does not disturb other athletes.
We may remove it without warning if it is an obstacle to others.
 - A) If necessary, using string to rack your bike is allowed as shown in photo ③ and ④.
 - B) You cannot bring a box or a bike stand into the transition area.
If officials find any unnecessary articles, they will be removed without warning.
- 4) The transition area can be very crowded. Make sure you put your belongings neatly.
- 5) Only athletes can enter the transition area.
However, parents/guardians may enter the transition area during the preparation period.

- 6) After the last athlete finishes in each group, an announcement to open the transition area will be made.
 Please take your bike and belongings from the transition area before 15:20.
 Any bikes left after 15:20, they will be stored at the other location.
 ※ Due to the ongoing competition, you may have to wait to take your belongings.
 7) Bring your race number to access the transition area and bike set up.
 Upon picking up your belongings, we ask you to show your race number, helmet and bike number.

<2> Competition

- 1) The transition area is a part of the Field of Play (FOP). You must dismount your bike in Transition area.
- 2) Helmet strap must be securely fastened before you unrack your bike.
Helmet strap must be securely fastened until you rack your bike after bike finish.
- 3) You must pass Mount Line to mount your bike.
You must dismount your bike before Dismount Line.
- 4) You have to wear clothes during the race. (Racing with a bare torso is subject to penalty.)
- 5) Make sure you put your number card in right position before bike and run leg.
- 6) Leaving your personal belongings outside of the designated area is subject to penalty.

5. Swim familiarization Counting the number of athletes (Timing chip distribution)



6. Swim

<1> Equipment

- 1) Designated swim cap will be given right before the swim start.
- 2) Only goggles and earplugs are allowed to be used. (wetsuits are not allowed)

<2> Competition

- Pool is 1.1 meter deep. A raised floor is provided at the star area for Elementary 1–3.
- 2) Make sure of the location of the Swim Start and Finish Area before the competition.
 - 3) **Dolphin through (proceed by kicking the floor) or walking in the pool is prohibited.**
 - 4) You may cling to wall or stand to rest.
 - 5) If you need help, stop swimming and wave your hand to get attention.
 Don't panic, and wait to be helped.
 - 6) Swim in a fair-minded way, especially when there are many athletes around you.
 Don't pull someone's hand or leg or push someone down in the pool.

<3> Others

- 1) You may leave your eye glasses at the swim finish. (Bring your own eye glasses before swim start.)
- 2) Swim familiarization is available at designated time and area.

7. Bike

<1> Equipment

- 1) It is mandatory to wear and securely fasten your helmet strap while riding the bike on the course and pushing the bike in the transition area.

◆ Kinds of helmet

Helmet must be approved by an accredited testing authority.
 The athlete with a non approved helmet is subject to DNS.



<Examples of prohibited helmet>

- Helmet for construction, Non-bicycle helmet
- Helmet strap made of rubber

Safety is the most important. Use an approved helmet by authority.

2) Securely fasten the strap to avoid unnecessary injury.

If the strap is too loose, we will ask you to stop and securely fasten it.

- 3) Use a bike which you are familiar with.
- 4) Take all unnecessary equipment off from the bike to avoid injury if you fall from bike.
It is suggested to take off the bike stand.
- 5) No battery assisted bicycle is allowed.
- 6) Aero bars and assist bars are prohibited. (Please take them off before the race)
- 7) Put end caps on handle bars to avoid injury if you fall from bike.
- 8) Bring your own bike repair kits if you use a road bike.



- Make sure you can fix your puncture by yourself.
- 9) Bring enough drink in the bottle to hydrate yourself during the race.
(There is no aid station on bike course)
- 10) **Using a pet bottle and pet bottle cage is prohibited. Make sure to use a bike bottle.**
(Pet bottles can easily come off from the bike and become obstacles on the bike course.
Trying to open a bottle cap on the bike is also dangerous)
- 11) Wear trisuits, T-shirts or running shirts during the race.

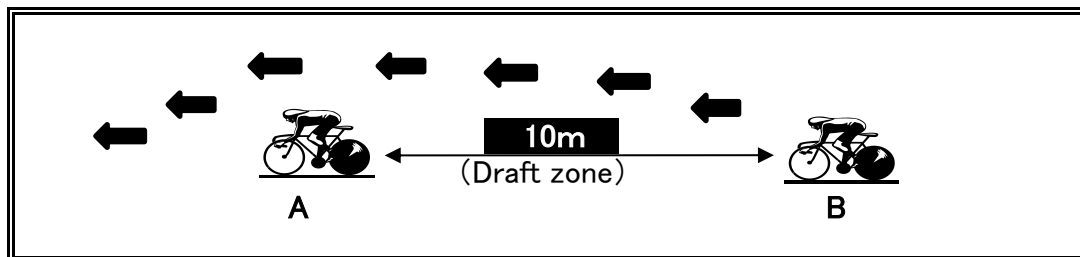
<2> Competition

- 1) Bike course is a 5km loop.
- 2) You will be DNF if you lack the required laps. We recommend you use a cycle computer
Officials and staff can not tell you your laps. Count them by yourself.
 - A) We will judge the number of your laps by checking
 - ① the number of your race number counted at check points
 - ② other athletes' time in your wave
 - ③ the distance on your cycle computer
- If we find you finish without completing the required laps, you will be DNF.
- B) If you realize you did not complete your laps before you dismount your bike, report to officials.
Officials will guide you back to the bike loop course, push your bike to the point.
- 3) **Cycling in the wrong direction on the bike course is prohibited.**
- 4) Obey the traffic rules. Make sure to follow the instructions posted and officials and staff.
- 5) Keep to the left on the bike course. When you pass another athlete, pass from the right side and clearly and loudly say "On your right" in English or "右=Migi" in Japanese.
- 6) You may pass an athlete when it is safe. If someone tries to pass you, do not obstruct.
- 7) Slow down at the acute curves and passing is prohibited.
- 8) If your bike has technical problems, talk to the nearby officials or staff.
If you cannot ride the bike, you may push your bike by walking on the left side of the course.
- 9) There is no Spare wheel stop.
- 10) When you finish the bike leg, bring your bike to the rack with your race number in transition area.
- 11) **Drafting, cycling in a group, and cycling next to someone is prohibited.**

Especially junior high school athletes should be aware of it!

※What is drafting? . . . (Refer the diagram below)

- Drafting means you cycle within the draft zone of someone in front of you.
In draft zone, you can avoid the air resistance and cycle easier.
- You may enter draft zone only when:
 - you can pass the front athlete within 20 seconds
 - when you are slowing down near mount/dismount line or near the turn around point



- If B tries to pass A, pass as the arrows show within 20 sec.
When you finish passing, come back to the left side of the course.
- A must keep left and can not accelerate while being passed.

★Attention

- Make sure you know the location of mount and dismount line.
- It is 100m to 200m from transition area to mount/dismount line.
- Mount and dismount line area is narrow. Make sure to slow down near these areas. (especially near dismount line)

8. Run

<1>Equipment and course

- 1) The run course is a 500meter out and back loop in the park.
- 2) Wear trisuits, T-shirt, or running shirts during the race. (Bare torso is prohibited)

<2>Competition

- 1) You will be DNF if you lack the required laps.
- 2) Run on left side. Pass on right side. You may say “ on your right” in English or “右=Migi” in Japanese to pass someone smoothly.
- 3) Parents, friends or supporters cannot run along beside you.
- 4) How to check the number of laps

We will give you a rubber band at the far side turn around.

- If you want to make sure the number of laps, take the rubber band and count them before you finish.
- It is not mandatory to take the rubber bands.

Elementary 1-3	1lap	(finish with 1 rubber band)
Elementary 4-6	2lap	(finish with 2 rubber bands)
Junior High1-3	3lap	(finish with 3 rubber bands)

9. Penalty

- 1) If we predict any penalty or cause danger, we will give you a warning.

10. Protest

- 1) Any protest regarding the competition will be accepted at Headquarter within 30 minutes after the race ends.

11. Aid Station

◆We will provide cold water at the aid stations. Drink it to hydrate yourself.
If you don't feel well, don't push yourself. Have some rest.

- 1) Aid stations are located at Swim Finish, on run course, and near Finish Area. (Not on bike course)
- 2) Put your used cups in the trash boxes on the course.

Littering on the course is subject to penalty.

- 3) Staff don't run with you to give cups. Slow down when you take cups.
- 4) Only taking drinks at aid station is allowed.

12. Finish

- 1) You will be DSQ(Disqualified) if your parents, friends or supporters run along beside you to finish.

<All Kids Triathlon / Race flow chart and transition>

If you have any questions, please ask to the near by race officials and staff!

● Before race



1. Attach your bib number to a race belt or a elastic

● Transition



1. Prepare all gears you need for Bike and Run near the front wheel of your bike
2. Make sure your helmet or bib number do not fall off or fly away from your bike. Please refer the photo as an example

● Basic race wear

◇ Swim



The swim cap will be given at the pool before the race

- Goggles
- Swim wear
- * You do not swim with your bib number

◇ Bike



- Bike
- Helmet
- Bottle for hydration
- * We recommend you to practice how to drink from bottle while you cycle
- Shoes
- Shirts
- Socks are optional

◇ Run



- Wear your timing chip on your ankle as shown.
- * Timing chip is given the pool before the race



- We recommend you wear a cap
- Shirts
- Shoes
- Socks are optional

● **Swim to Bike**



Swim gears to place near your bike

After swim, you will take off your swim cap and place it near your bike. You have leave your gears at the designated place.



Wear a shirt
If you swim with a tri-shirt, you can go with it. No bare torso is allowed



Wear your bib number



During the bike, wear your bib number on your **BACK**.



Wear your shoes.
(if not attached to your pedals)



Wear your helmet



Buckle up completely



Then you are ready to push your bike



Push your bike until the Mount line. And let's cycle!

● **Bike to Run**



You get off your bike before the dismount line



Bring back your bike to your place



First you rack your bike and then take off your helmet



Bring our bib number from back to **FRONT.**

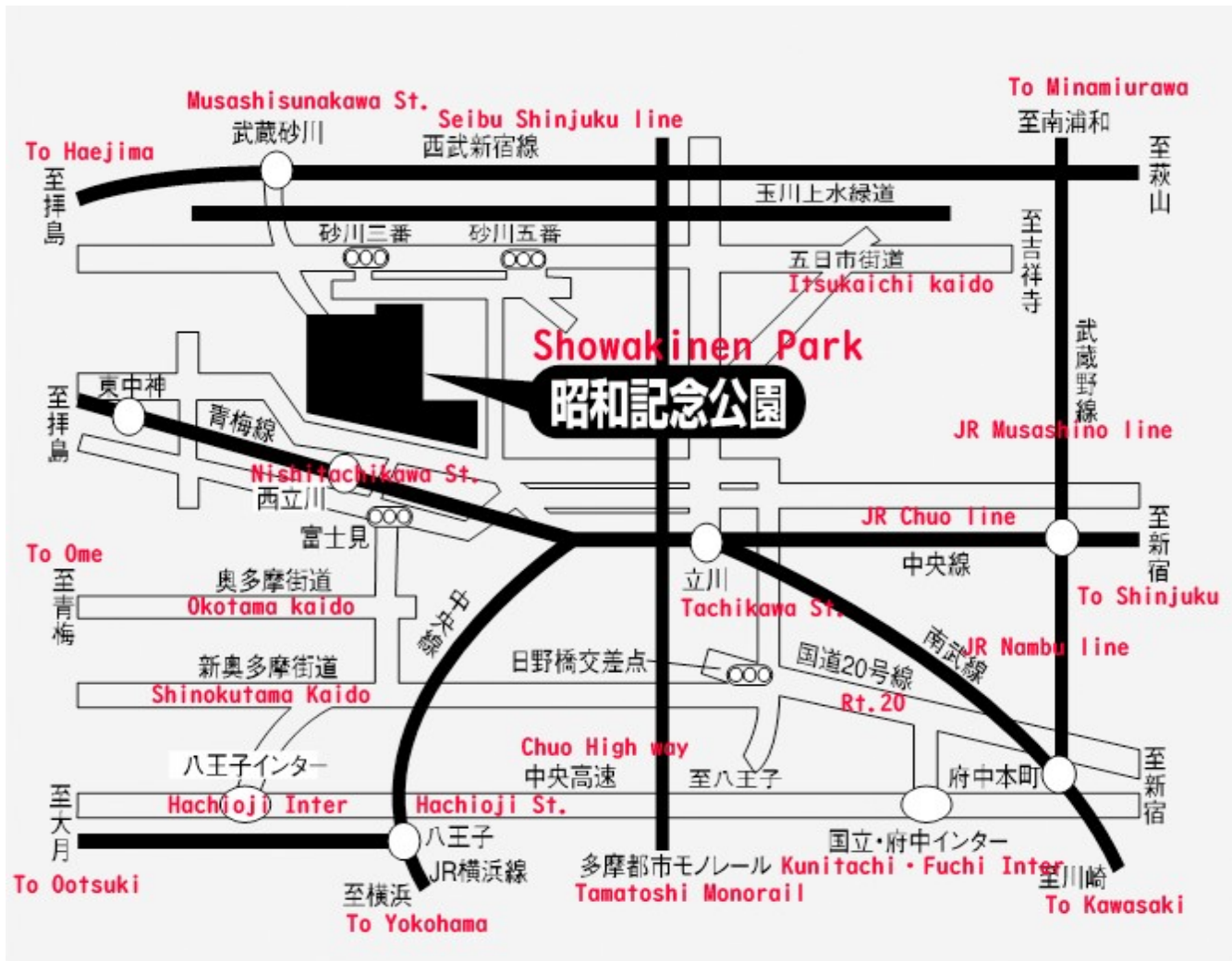
Leave your helmet near your bike. Make sure it is not anyone's way. (You can leave it on your bike, too)
If you need to change your shoes, do it here!



Now, let's Run!



【Transportation】



Estimated time required

Shinjuku	Local street	80mins
	Highway (Chuuodou&Shutokou)	40mins
	JR Chuo Line local	40mins
	JR Chuo Line Express	30mins
Hachioji	Local street	30mins
Sagamioono	JR Chuo Line (from Hachioji)	15mins
Kawasaki	JR Nambu line	60mins
Yokohama	JR Yokohama line Express	70mins
Tokorozawa	Seibu line (transfer at Kokubunji)	25mins
Urawa	JR Musachino&Chuo line	50mins

※Exclude time needed for transfer

Time required from Gates and stations by foot

Akebono gate	JR Chuo line Tachikawa St.	10mins
	Tamatoshi Monorail Tachikawakita St.	8mins
Tachikawa gate	JR Chuo line Tachikawa St.	15mins
	Tamatoshi Monorail Tachikawakita St.	13mins
Nishitachikawa	JR Ome line Nishitachikawa S	2mins
Akishima gate	JR Ome line Higashinakagami	10mins
Tamagawac housui gate	Seibu Haejima line Musashisur (via Zanboriryokudo)	25mins
Sunagaw	Seibu line Haejima line Musasf	20mins

Parking fee

Large	1750yen
Regular car	820yen
Motor bike	260yen

(Parking)

• Tachikawa gate parking is only available
(Not Nishitachikawa gate parking)

• Parking opens at 9:30a.m.

(Street parking is prohibited.)

• Tachikawa gate parking and the race site is about 15 mins away by foot.

Park Admission

Adult	450yen
Children (7-15)	free
65 years of age or older	210yen

For more information, please refer the park homepage

<http://www.showakinenpark.go.jp>

English guide: <http://www.showakinen-koen.jp/html/english/info/access.htm>