

出 世 GRINDURO! MINAKAMI GAZETTE

WELCOME LETTER / SPONSOR INTRODUCTION / COURSE MAPS / EVENT SCHEDULE / RULES AND CONDUCT / MAXIN' & RELAXIN' INFORMATION
 ウェルカムレター / スポンサー紹介 / コースマップ / イベントスケジュール / 規約 / MAXIN' & RELAXIN' インフォメーション



GRINDURO JAPAN 2024! New Location. Same Challenge.



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A Chat with 'Bene'

Minakami has a long history with two wheeled fun on dirt and our main man Nathan 'Bene' has the inside scoop.



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2024 Grinduro Timed Segments

There are times for MAXIN' and times for RELAXIN'. these timed segments are for the former.

Grinduro 21 Step Survival Guide

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Welcome Letter: From the Grinduro Japan 2024 Team.

'UNITED IN GRAVEL' IN MINAKAMI, GUNMA. 'BRINGING THE WORLD OF GRAVEL TO JAPAN'

Author - Adam Cobain

IT is with great pleasure, we wish to welcome you all to Minakami and to Grinduro Japan 2024. In less than 2 weeks, the Grinduro family will join up again as a united gravel and fun times loving family in the mountains of Gunma. The region is a haven for outdoor activity, and we can't wait to share in the beautiful scenery and the stunning Koyo (紅葉) famous in the region during the fall season. The Grinduro global team, local stakeholders and Japan based event specialists have been

working hard since December 2023 to bring this global gravel cycling event to this new and welcoming region. One of the key principles of Grinduro globally is inclusivity and friendship we are honored to work with a host region that shares in this vision and wants to grow and unite gravel riders from around the world in Japan. With the support of Minakami Village, Minakami Tourism Association, Gunma Police, Outdoor Alliances, Canyons, MTBJAPAN and many more local and national partners we have created an amazing and safe venue with an 80km course taking in some of the most amazing and scenic back country trails the region has to offer. Working with our partners at Canyons and Forest and Water, we have provided grassy camping for all our devoted campers

and partnered with the team at M-Festival music festival, which will run simultaneous with Grinduro. The goal of Grinduro is to unite riders and to make everyone feel welcome and be a part of something special, and from our perspective as promoters, that goal is also to bring cultures together. To unite riders not only from Japan, but from Australia and New Zealand, North America, the United Kingdom, Europe, and whoever else wants to join the Grinduro family in Japan. We believe in the value that this unity brings to everyone in and around the event, the importance it plays in our world view, how it grows our global understanding and the simple joy that riding a bike and the comradery that ensues brings to us as cyclists.

(continued page 3)

/Global Sponsor

SHIMANO - United In Gravel

/In Gravel We Trust

At Grinduro we are United in Gravel. - We enjoy our rides, enjoy the company, enjoy nature and enjoy the racing. Maxin' and relaxin', together.

United in Gravel is our call to everyone, from any level, to go out and enjoy life in the saddle. It's about tackling that hill, bounding down the dirt roads and farm tracks, trails, and tarmac - or cruising the city streets and urban jungle in the best possible way. The joy of riding together in places beyond words. Just watch the video to see the beauty of riding beyond the beaten track.

Gravel is a collection of ground rock, sand, quartz, and clay - a mixture as diverse and unique as the riders the sport attracts. We leave ourselves on the tracks and accept all, no matter your strength or skillset. Riding gravel is about creating unique stories to share, building toward a healthier, more sustainable community empowered by individuality.

Whether you're out with your best friends for a post-work grind or going beast-mode bikepacking a far-off trail, you're out there, renewing your smile with every mile you ride.

So go out, explore your path, and join us in celebrating a world United in Gravel.

Join the Shimano Gravel family at Grinduro in Minakami and visit their inspired photo booth to capture your moment.

/Tech Support with Shimano

Did you show-up this weekend and realize your bike is so clapped out it's practically giving a standing ovation?

Well, worry not, we've got you covered. Shimano is here to help with any last minute repairs you might need to keep things rollin' smooth on the Grinduro course.

Swing by the Shimano booth to show your trusty (possibly rusty?) steed a little love.



30 YEARS OF DIRT IN JAPAN

Interview: Nathan (aka Bene) Bennett is no stranger to the dirt of Minakami. #mtbjapan

New Zealand-born Nathan Bennett, a long-term resident of Minakami, has raced in nearly every cycling discipline—except for gravel. That might change soon, as the avid bike racer gears up to help stage the wildest edition of Grinduro Japan yet, from October 18–20.

Bennett, the racer-turned-event organiser, is the self-starting owner of MTB Japan and a prolific competitor in the Japanese bike world. A keen motocross rider as a youth, he took to downhill, dirt jumping, and cross-country mountain biking before moving to Japan in 1996 at the age of 24 where he started out as a rafting guide.

"After a few months, I was loving Minakami but less so the rafting work, so I thought I'd try MTB guiding. This quickly gained momentum, and I've now hosted more than 40,000 riders around these mountains," he explains, clearly well-versed in how to stage a good time for all abilities. His early efforts caught the eye of Nobu Taguchi, a promi-

nent figure in Japanese cycling known for running successful bike shops and countless events including NODA Cycling Association Cup and always sold-out NCA Cup. "We ended up riding together for an article, and it was through him that I first got sponsored by Specialized." Bennett recalls how Taguchi gave him a comprehensive introduction to the Japanese cycling scene and brought him into the core of the country's off-road community—complete with more sponsorships, invitations to big competitions, free stuff, interviews, and more.

There is an infectious energy that Bennett exudes as we chat and it's hard not to be struck by his DIY ethics, which he's clearly picked up from years of extreme sports. You learn self-reliance by being out on the trails and backcountry. If something goes wrong, he's always had to fix it himself. That mindset is now being carried over into organising Grinduro Japan: "You can't wait for things to happen; you have to make them happen." As the discussion continues, his character feels more fitting

to Southern California than the reserved culture of Japan, but if there's one thing that Bennett has succeeded at over the past 28 years, it's bringing along the locals as he shares the excitement for all things two wheels. It's this what makes him such a good fit for the global series, even if the responsibility scares him.

Now decades into this student-mentor-role, Bennett acknowledges that he wouldn't be leading Grinduro Japan without Taguchisan's guidance and support. "Hell, no," he laughs. "It's one of those 'together, we're stronger' episodes. Taguchisan has been encouraging me to run an event for years, but even he burst out laughing when I said I'd been approached to stage Grinduro in Minakami." With a metre of snow outside his window in February when he was first approached, he found it challenging to envision the landscape bustling with gravel bikes, e-bikes, MTBs, and more by autumn. But luckily, Bene admits to rolling well in unpredictable situations, even if the scale of Grinduro feels like "a hard nut to crack."



Who really is Gravel Gary??

Grinduro, the ultimate, worldwide, party-to-race-ratio gravel festival, descended on the French Grand Est region, and we asked our good friend WynTV—Wyn Masters—to cover the vibe and, of course, join in the gravel fun. Check out the from Grinduro fun [here](#).

Wyn Masters goes to Grinduro!



Shimano GRX Di2 12-Speed

New 2x12 Di2 Addition to Shimano's Legendary Gravel Group

Gravel cyclists live to be in the moment. It's why we roll out of our driveway at dawn. Why we venture down lonely, unknown dirt roads. Why we take on routes and races with unpredictable outcomes. It's also why we demand the best from our gear; expecting precise, reliable, distraction-free performance in all conditions.

Shimano understands—and embraces—these lofty expectations, knowing that even the smallest hiccup can mean the difference between fun and frustration, failure and success. It's this pursuit that defines the latest addition to Shimano's growing family of GRX gravel-specific components.

Meet the new 12-speed Shimano GRX Di2 RX825 series, which includes dual control levers refined for comfort and control, a Shimano Shadow RD+ equipped rear derailleur for better chain management, and a gravel-optimized front derailleur for precise shifting.

This suite of components brings an electronic option to the 2x12 GRX RX820 items launched last year. Like with the RX820 mechanical components, riders can tailor their gearing with the RX820 crank and its 48/31-tooth chain-

rings or the RX610 crank with 46/30-tooth chainrings. At the back of the bike, both the HG710 11-36-tooth cassette and the full complement of Shimano 12-speed 11-34-tooth cassettes are compatible. *sunt, sit laccabor abor serum id qui blania dolestio tatur, volum in suatur.*

RX825 compatible gearing options:

- 48/31T RX820 crank
- 11-36T HG710 cassette
- 11-34T R9200, R8100, R7100 cassettes

Any of these gearing combinations pairs perfectly with Shimano's latest carbon gravel wheels, the WH-RX880. With 25-millimeter internal width and updated DIRECT ENGAGEMENT freehub, the RX880 wheels provide a vital connection between rider and road, however remote or rugged. All four of the gearing options listed above now benefit from

Electrified 2x12 Gravel Gearing Options.

Shimano's WorldTour-proven Di2 electronic shifting platform. RX825 delivers a wide gear range with tight gear steps so you can spin a comfortable cadence whether hammering at the front of a racing pack, spinning solo down a quiet country lane, enjoying endless dirt road rollers, or tackling a precipitously steep backcountry climb.

Maxin' & Relaxin' with your Grinduro Family.

(from page 1)

No one thing, or person, or brand is bigger than the sum of all of us, however, for the past 2 years, our global title sponsor Shimano have been paramount in their support of the Grinduro concept globally.

Their sponsorship has helped bring riders from around the globe together to share in their own Grinduro story and unite with each other in gravel. Also, in Japan, each Grinduro Japan edition pre and post COVID our loyal host sponsors Salsa have been there to support the vision and have always believed in the concept of inclusivity and the joining of gravel cultures of Japan with those from abroad.

The Global Grinduro story is also not complete without the support of Schwalbe, Wahoo and Leatt, where so much value and enthusiasm is brought to the event.

This global team, together with our local team of stakeholders, sponsors, local village tourism officers, police and medical that all come together, united in gravel and united in the vision to grow Japan's gravel scene and to create something special. Together we can achieve this goal and share in the success. We welcome you all to Grinduro, we welcome you all to Minakami and look forward to bringing the world of gravel to Japan.

Kindest Thanks

The Grinduro Team



/Global Sponsor



WE GET WHY YOU DO WHAT YOU DO!

LEATT

LEATT - No Such Thing As 'Too Much Of A Good Thing'...

/Global Sponsor

With an ever evolving range of helmets, body armor, braces, guards, hydration systems, apparel - whatever it takes to keep the committed 'Thrill seeker' safer. Yours is a confidence game. And we're in the business of making sure that you have the confidence and the equipment to push yourself faster, harder and further than you thought you could go"

The Leatt story began in 2001 when Dr. Christopher Leatt witnessed the death of a fellow motorcycle rider the weekend after his son, Matthew, began riding.

Dr Leatt began research and development of a device almost immediately, driven by a passion to protect not only his son, but all riders from the effects of catastrophic neck injuries. His first patents were filed in 2003.

The revolutionary Leatt-Brace® was developed in Cape Town, South Africa and tested by BMW engineers at their facility in Munich, Germany, with first production units sold in late 2006.

At Leatt's core is a passion to save lives!

Leatt are driven to protect the bodies and futures of athletes - professional and amateur.



Their mission is to extend our unique lab-tested and athlete-trusted performance protective gear to more sports and to more athletes globally. Trauma can affect virtually every part of an athlete's body. They started with protecting necks; and will remain technology and market leaders with product lines extended to protect more body areas. They started with protecting helmeted participants in off road motorsports; and now we protect downhill and BMX bicycle riders, but the goal is to protect more athletes in a wide range of sports with multiple product lines.

The Leatt plan is to continue to develop innovative, cutting edge products; move into high velocity winter and team sports; and address a broader range of bicycle and other popular helmeted sports.

...if it's got two wheels, Nathan Bennett will ride it.

(from page 2)

Once the town gave the green light to host the event, Bennett's to-do list grew dramatically. His expressive eyes widen, sharing a glimpse into his inbox and the sheer number of emails that had flooded in over the past 24 hours. "Right from the beginning, I knew what had to be done, but I didn't really know where to start. We're playing catch-up on the organisational front, to be honest. There's a very specific way of doing things in Japan, with a lot of paperwork. Each trail and dirt track had to be carefully inventoried for the environment agency before we could do anything," he says with a hint of relief, having received the final permits just two weeks ago.

Just yesterday, the crew from his chosen timekeeping company, Wakita Soft, arrived to check the satellite signal strength for their chip timing system. Providing flawless timing and a smooth sign-up process is a must in Bennett's eyes—it's what can turn an event from good to great. It's clear that even as an immigrant Bennett is keen to use the local skills on hand to make sure that Grinduro Japan is through-and-through a Japanese event. With all the necessary permissions in place, he's ready to go wild shaping the route on his brand-new gravel bike, A Specialized Diverge.

Besides there being no better time to visit Minakami than mid-October when the autumn

colours really pop, the Grinduro Japan team has ensured that the event coincides with the town's lively multi-day music event, M-Festival, making it a win-win for both organisers and riders, who get entry to all the shows. Research from Gravel Union shows that gravel event participation is never exclusively about the riding.

"Exactly" agrees Bennett. "The world is so small that any crazy trip could trigger a move somewhere new. I think a lot of people will fall for Minakami - there's a great outdoor community here and the terrain is really suited for Grinduro, with awesome trails that gravel bikes are perfect for looping together."

I MADE IT TO MINAKAMI- NOW WHAT DO I DO?

1. AREA MAP



4. REGISTRATION

Now you have parked. Great.

Before anything else, you need to get registered. That includes all camping set up. You can not access the campground without being registered first.

Make your way to Canyons and come see the Grinduro team at the registration tent.

Here you will get all the rider registration pack, including:

- Bib Plates
- Bike Plates
- Ties and Pins
- Wakitasoft Timing Chip Set
- Festival Access Wristband
- Grinduro Souvenirs
- Dinner tokens ¥1500
- Camping Pass*
- Sponsor Schwag

Once registered and signed in, please attach your race plate to the front of your bike and sticker on your seatpost.

If camping, you can now make your way to the Tanigawa Camping area office and checkin with the Grinduro team to allocate your campsite. If not, relax and unwind and check out the sponsor booths and get ready for the Schwalbe Shakedown.

2.DAY SCHEDULE

FRIDAY 18TH OCTOBER

- 12.00 - Site and Registration Open
- 12.00 - Camping Site open*
- 12.00 - 18.30 Bike Expo
- 12.00 - 24.00 Bar Opens*
- 12.00 - 18.00 Bands/Dj's* (Lineup)
- 14.00 - 16.30 Schwalbe Shakedown
- 17.30 - 18.00 Schwalbe Shakedown Presentation at Schwalbe Booth
- 18.00 - 24.00 M-Festival Pre-Party Bands/Dj's* (Lineup...)

3.PARKING

Welcome to Minakami.

Parking is provided in 2 locations. Please make sure you follow all instructions regarding where you can park. If you can, park the car at your accommodation and ride or walk to the event.

DO NOT PARK OUTSIDE OF THESE AREAS.

Location 1
Grinduro Village & Canyons Area. Oana River
(<https://maps.app.goo.gl/4k6DgXXPjbTV3nw39>)

Plenty of parking near the river and a short walk/ride to Canyons.

Location 2
Tanigawa Camping Area. Yubiso Park Area. Yubiso
(<https://maps.app.goo.gl/tUaz8pS3jktufb96>)

Preference for those camping and short walk/ride to Canyons.

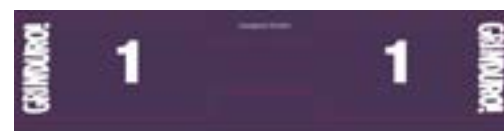
5. RACE PLATE & TIMING CHIP



Bike Plate - Must be visible on front of bike (DO NOT WRAP AROUND HEAD TUBE)

Please make sure to attach these two important items to your bike.

In addition, a sticker set will be provided that has various helmet and seat post sticker, along with a bib plate to attach to your t-shirt or jersey.



Timing Chip - Must be attached to fork. (Follow instructions and make sure to return the chip)



Timing Chip - Must be attached to fork. (Follow instructions and make sure to return the chip)

6. SCHWALBE SHAKEDOWN SCHWALBE



Schwalbe Shakedown

Bring Your Best Max Effort To The Schwalbe Shakedown.



The action starts at 2PM Friday afternoon with a rippin' fun timed stage:

The Schwalbe Shakedown.

Not more than 200m from the Grinduro Village is a warmup ride with more bite than a Schwalbe G-One.

Make sure you have your timing chip, strap on your number board and join us down by the river from the Grinduro Village from 2 pm to 4:30 pm.

The course is a short 1.2km short and sharp effort, but with a punchy sting at the end

Nothing technical out on course, but traction is key and certainly the Schwalbe G-One would be a safe choice.

You will need to put all your best efforts and skills to the test if you are going to win the great prizes on offer from Schwalbe! This special stage is timed. You can have multiple attempts to post your best time. In the evening, the winners will be rewarded at the Schwalbe awards ceremony.

Shakedown results aren't counted in overall Grinduro results. Get out there and have fun!

(NOTE* E-BIKES ARE WELCOME TO RIDE, BUT WILL BE EXCLUDED FROM FINAL RESULTS)

CSR at SCHWALBE

SCHWALBE ARE STRIVING TO BECOME THE MOST ENVIRONMENTALLY FRIENDLY BICYCLE TIRE MANUFACTURER.

As a manufacturer, Schwalbe take responsibility for their products - even beyond their life cycle. With the Schwalbe Recycling System, the manufacturer takes care of the return of inner tubes and tires in order to then recycle them and avoid unnecessary waste. The aim is to use the recovered material in the production of new goods and to further increase the proportion of recycling. With this want to take an important step towards the circular economy.

July 2024 marks a grandiose milestone in our company

history: since the introduction of our tire recycling system in 2022, one million tires have been successfully collected, recycled and thus returned to the cycle.

As the first bicycle tire manufacturer in the world we take care of the return and recycling of used bicycle tires of all brands. The completely closed

circulatory system contributes proactively to the conservation of energy and resources and saves 80% CO2. This holistic recycling process was awarded the Eurobike Innovators Prize.

Great work Schwalbe and thanks for being a part of Grinduro and making sure that riders stay rubber side down.

"WE TREAT RECYCLING LIKE A PRODUCT AND HAS THE SAME PRIORITY AS ANY TECHNICAL INNOVATION." HOLGER JAHN - COO

SCHWALBE AT A GLANCE 2023



GO FOR THE WIN WITH SCHWALBE G-ONE R

THE RACE GRAVEL TIRE.
The Schwalbe G-One R is made for use on light terrain, gravel roads and asphalt. Thanks to the Super Race carcass, it combines souplesse, speed and control at the highest level.

- New Boomerang profile for best traction uphill and ideal rolling behavior.
- Super Race carcass (Souplesse construction) for a particularly smooth ride with low rolling resistance and high impact protection.
- Angled side lugs create in conjunction with the



Race Directors Choice: Thunder Burt

LOW WEIGHT AND FAST!!

OUTSTANDING FOR FAST AND DRY XC TRACKS.

Its low weight and extremely low rolling resistance makes it Schwalbe's fastest MTB tire!

- Multiple small, flat studs for fast and quiet rolling.
- Numerous grip edges for hard ground.
- Edged shoulder studs for good grip and con-



SCHWALBE

/GRINDURO SURVIVAL CHECKLIST DAY 1

SHAKEDOWN MAXED --> TIME FOR THE RELAX

7. M-FESTIVAL PRE-PARTY

M FESTIVAL 2024
10月19日-20日
CANYONS MINAKAMI

渡辺俊美 (THE ZOOT 16) | 柳家睦 & THE RAT BONES
CARIBBEAN DANDY | SOUTH CARNIVAL
LA GORDA DUBS FT. YUGO TANIGUCHI
MC ANTSMAN & DJ RANGE | LIGHTCRAFT | AO YOUNG
MIDORINOMARU | OF TROPIQUE | THE MINNESOTA VOODOO MEN
HUMMINGBIRD | 満作ジブシーオルケスタ | THE SPATS MAN
RIP VAN WINKLE | BAR JACK BLUES TRIO | SHIMOKITA BAM BAM
AFRICAN BOLERO | LAWIND | MEXICAN CLUB BAND
ANTELOPE COLLISION | GAYA GOES ANALOGUE | PAUL BROTHERS BAND
DJ TXAKO | CUMBIA KID | METRALLETA DJ | KAZ SUDO | DOC.KOYAMANTADO
VENTE SONIDO COLECTIVO | DJ FERGUS | WEIRDAABOUT

While the Day 1 of the Grinduro Festivities wrap up after the Schwalbe Shakedown presentations, the party will continue at Canyons.

For food, we recommend heading into Minakami town and grabbing some food at one of the local restaurants, or sticking around the Canyons where the M-Festival Pre-Party will be starting.

Live music and bar will be open, with live bands and DJ's from early Friday

- 16:30 LIGHTCRAFT
- 17:10 SOUTH CARNIVAL
- 17:50 OF TROPIQUE
- 18:30 MIDORINOMARU
- 19:25 CARIBBEAN DANDY
- 20:30 S'n'D (M Festival)
- 21:10 METRALLETA DJ (from Colombia)
- 21:50 DOC.KOYAMANTADO (Rumba Loco)
- 22:30 TXAKO (Japonicus)
- 23:15 MIKE (Canyons)
- 24:00 END



8. CAMPING INFORMATION



Grinduro Japan is pleased to have an amazing location for those that wish to camp.

Located 1.5km from Grinduro Village at Canyons is Tanigawa Auto Camping Area.

<https://tanigawadakecamp.com/>

The Grinduro team and the staff will make sure that riders and families are well catered for, but please respect all rules and regulations are provided by the campground.

Camping is by booking only.

ONLY RIDERS WHO HAVE PURCHASED A CAMPING INCLUDED TICKET CAN CAMP.

EXTRA CAMPING SITES FOR FRIENDS OR FAMILY CAN BE PURCHASED ON THE DAY FOR YEN3000/HEAD.

YOU WILL NEED YOUR CAMPING VOUCHER

CAMPING VOUCHER

Name _____

Phone # _____

Bib # _____

Site # _____

Please present to the Grinduro team at the Campground. Valid for 1pax 2nights (Fri18 & Sat19 October).

キャンプ場にてグリーンデュロチームにご提示ください。10月18日(金)・19日(土)の2泊1バックに限り有効。

REGISTRATION

Please take your camping voucher to the Camping Area and register with the Grinduro team.

Tanigawa Camping Areas are located stumbling distance from the Grinduro Village, so you'll be able to easily get back to your tent after letting loose at the party.

RESPECT OUR NEIGHBORS

Please respect our neighbors by keeping noise to a minimum after 10pm and only parking in designated Grinduro parking areas, not on the nearby neighborhood streets.

KEEP IT TIDY

Be sure to clean up absolutely everything in your campsite. Please be diligent and leave nothing behind, there will be trash cans on site for your recyclables and to dispose of all garbage.

TERMS

Please keep to noise to minimum after dark and respect other campers.

All guests will be required to pay for camping and no parties or loud music.

BE RESPECTFUL AND LET THOSE THAT WANT TO SLEEP BE ABLE TO DO SO.

/GRINDURO SURVIVAL CHECKLIST DAY 2

IT'S GRINDURO DAY - TIME FOR THE MAXIN'

9. THE COURSE OVERVIEW

GRINDURO! MINAKAMI

CANYONS

SHIMANO PRESENTS GRINDURO! MINAKAMI | JAPAN

HOSTED BY **SALSA**

GRINDURO AM + GRINDURITO LOOP

52.3KM DISTANCE
1325M ELEVATION
2 TIMED STAGES



GRINDURO PM LOOP

30.2KM DISTANCE
650M ELEVATION
2 TIMED STAGES



/GRINDURO SURVIVAL CHECKLIST DAY 2

SATURDAY ACTION ON AND OFF THE BIKE

10. BREAKFAST



**BREAKFAST SERVED
6:00AM - 8:00AM AT CANYONS**

12. FOOD & DRINK

Your Grinduro Entry Includes 3 Meals

Available Saturday 19TH only

Breakfast - 6:00AM to 8:00AM (Canyons Cafe)
Bacon, Eggs, Toast, Coffee and Tea (Riders must show wristband)

Lunch - 10:30AM to 13:30PM (Canyons Cafe)
Bean Curry, Rice, Barley Tea (Riders must show wristband)

Dinner -13:30PM to Close (Various Food Vans)
Various Food Trucks at Grinduro Village



13. REGISTRATION SAT 19TH MORNING

If for some reason you can not make it to **Registration** on Friday 18TH, we will have a short window open for registration on the morning of the Saturday 19TH.

Please make your way between **6:00AM to 7:30AM** at the Grinduro Village Registration Tent to get registered.

14. START AND RIDER BRIEFING AREA

The Grinduro and Grindurito will start from Yubiso Park. Which is 1.5km from the Grinduro Village and next to the Tanigawadake Camping Area. Please **DO NOT** park in this area, Use parking area Location 1 near Canyons and ride or walk to the start area.

Please be at the Start Area at 8:00AM so that we can provide a rider briefing as well as introduction to local area from the Police.

After the Start Official we will have a guided 5km neutral section through Minakami Town. Please respect the road rules at all times.

11.DAY SCHEDULE

SATURDAY 19TH OCTOBER

- 06.00 - 08.00 Breakfast at the Grinduro Food Court (Canyons)
- 06.00 - 07.30 Registration opens for late arrivals*
- 07.00 - 09.00 Bike Expo (Shimano Tech support)*
- 08.30 - Mass Start: Morning Loop (Grinduro and Grindurito)
- 10.30 - 18.00 M-Festival Bands/Dj's* (Line-up)
- 11.00 - 24.00 Bar opens
- 10.30 - 13.30 Lunch served at the Grinduro Food Court (Canyons)
- 12.00 - 15.00 Afternoon Loop Start (Grinduro)
- 11.00 - 18.30 Bike Expo*
- 16.40 - 17.25 Award ceremony at Shimano Stage
- 11.00 - 19.30 Dinner available from Food Trucks (M-Festival)
- 19.00 - 24.00 M-Festival Bands/Dj's* (Line-up)

Grinduro Timed Sections : Who will reign supreme against the clock.

S1	IN DA' WOOD - 4.2KM 348M A juicy climb to get the Grinduro legs buring. Stage 1 is 100% gravel climb with multiple swtichbacks, waterfalls and whole lot of vertical.	S2	DON'T STOP NOW - 3.0KM 200M A mixed section of terrain with some techcal skills needed near the end. Stunning forest views and a nice fast open decent finish.
		S3	HOLD MY BENTO - 1.5KM 200M Heading up from Fujiwara Lake, we hope that your lunch has settled. Keep your bento down and the views will reward.
		S4	BENE'S B-LINE - 1.0KM 0M Ready to rip some singletrack. The final section has riders testing themselves on some hand-groomed flow trail. Let's get loose!!

**STAGE 1
IN DA' WOOD
4.2KM | 348M**

Stage 1 will be a test of of power to weight and also whether the your bike/tryre choice was a success or not. A proper gravel climb to get your first score on the board.

The gravel road snakes its way through the hills with multiple switchbacks to keep you thinking about line choice.

Be sure to pace yourself or through caution to the wind and just smash it. Timing gate finishes at the top of the climb.

After a nice descent at the back of the Gunma Cycling Sports Centre and from the 1100M dizzying heights of the stage 1 finish you'll

**STAGE 2
DON'T STOP NOW
3.0KM | 200M**

arrive at the Wahoo Feed Station.

The Wahoo vibes will get you primed for Stage 2, which starts right next to the feed, so hopefully the number of pastries consumed involved some thought of what is to come next.

A bit of climbing to begin before the trail levels and gets a bit technical. Wide tyres will thrive here, and a nice fast descent to finish the stage.

Be sure to hold up here and soak in the views of the Minakami Valley from 1100m and while you're here get a photo at the Shimano Photo Studio.

**STAGE 3
HOLD MY BENTO
1.5KM / 200M**

The road to lunch involves some more action as the descent down to Norn SKI Field and MTB Japan will bring some smiles, as will the photo ops on your way back to lunch at Canyons and the Grinduro Village.

With our Grindurito friends enjoying the afternoon vibes and M-Festival, for the Grinduro riders, there is still some riding to be done.

After taking in the stunning views of Fujiwara Dam, you'll have to tackle the technical Stage 3. The lungs will burn and the legs will need a good shout at. Keep going as the view from the finish is something special and a

**STAGE 4
BENE'S B LINE
1KM / 0M**

highlight for this region, especially during the October months.

The hard work is over and now its time for the the final stage and for this you take in some nice nice flow trail built and operated by MTB JAPAN. Just a short section, you'll have to ask Bene for his secret trail when you return to the region.

Following Bene's B-Line, the road is all downhill to the awaiting Grinduro Party and time to chat with friends and reflect on the days antics.

15. SAFETY LIGHTS... CAMERAS... ACTION...!

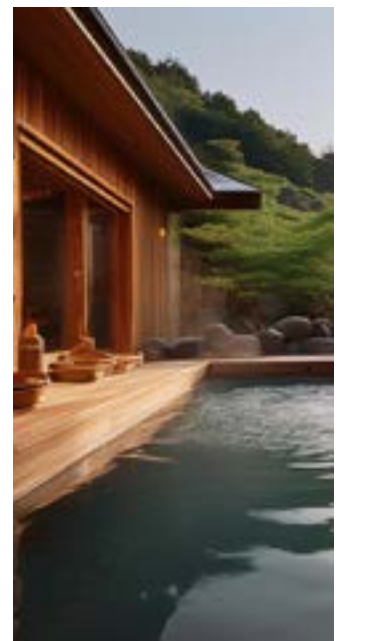
DON'T BE LEFT IN THE DARK! YOU WILL NEED A FRONT LIGHT



Note that there are a few tunnels out on course so please make sure you have a front light mounted on your bike.

16. ONSEN

It's more than just a bath. It's Tradition.



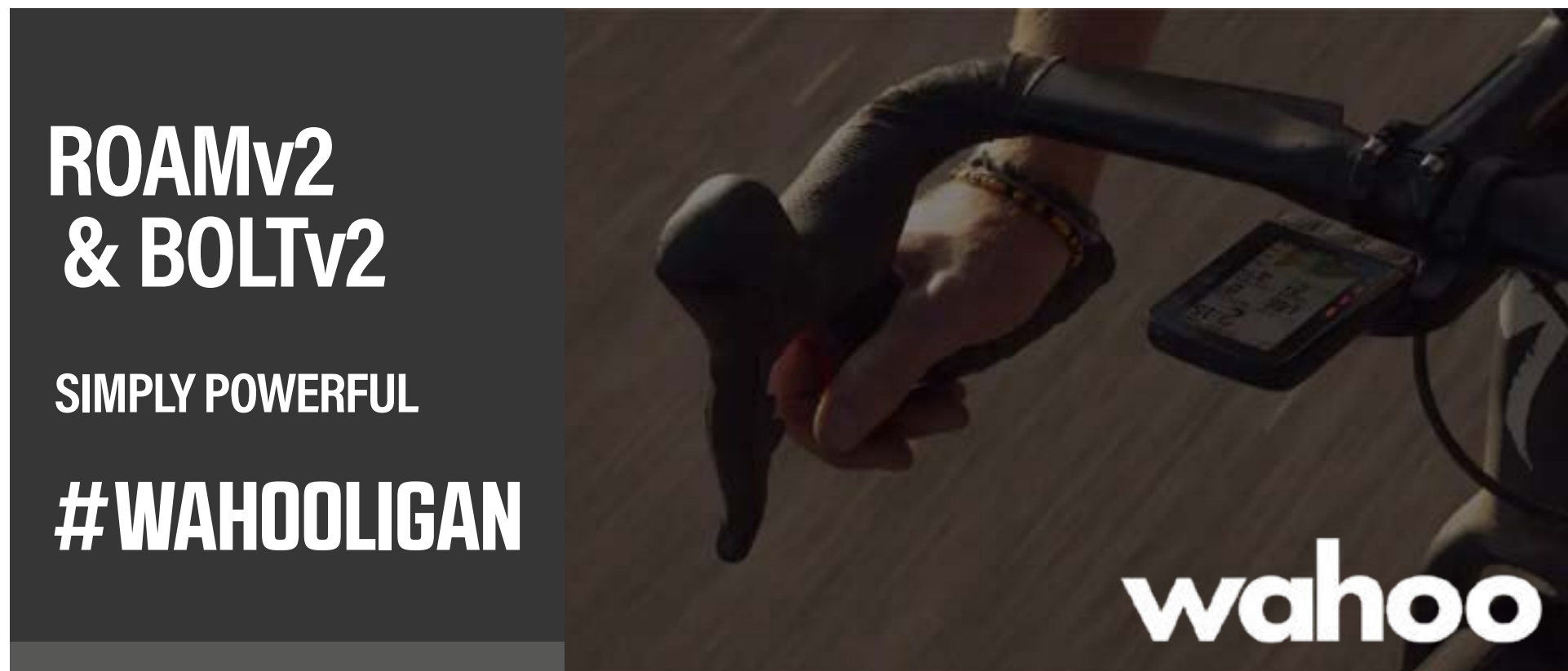
Minakami is a popular hot spring destination with some rather famous baths, including outdoor baths with beautiful views of nature. There are over a dozen separate hot spring sources found across Minakami's mountains and valleys, around which resorts of various characters have been built.

Grinduro riders have access to the beautiful Hotel Yunojin onsen for a discounted day rate of YEN1000. Tickets are only available from Tanigawa Camping office and hours are limited to use from 2PM-7PM on Friday and Saturday only.



Lunch Time: Recharge the battery at Canyons Cafe

Lunch is served at Canyon's Cafe during the Grinduro or at the completion of the Grindurito. Use your Grinduro wristband to access the home-cooked menu between 10:30AM-13:30PM.



A FANTASTIC OFFER FROM WAHOO

Want to test out the latest technology from Wahoo?

Visit the Wahoo booth and check the new Wahoo ELEMNT ROAM V2, ELEMNT BOLT V2 and the Wahoo Rival watches.

Wahoo is offering you the opportunity to test them out during the event, with the Grinduro routes preloaded on them already! We hear you think 'That's awesome!', we agree! Only a limited number of these Wahoo demo units are available and on a first come, first served basis.

WAHOO WILL BE ROAM(ING) OUT ON THE COURSE.

Bringing the vibes all the time.

Around the 25km mark on the morning AM Loop, Grinduro and Grindurito riders will be welcomed to join Wahoo for a moment of chill and reflection.

Moments before the legs start screaming at you again as you start STAGE 2, enjoy some friendly hospitality from the guys at Wahoo.



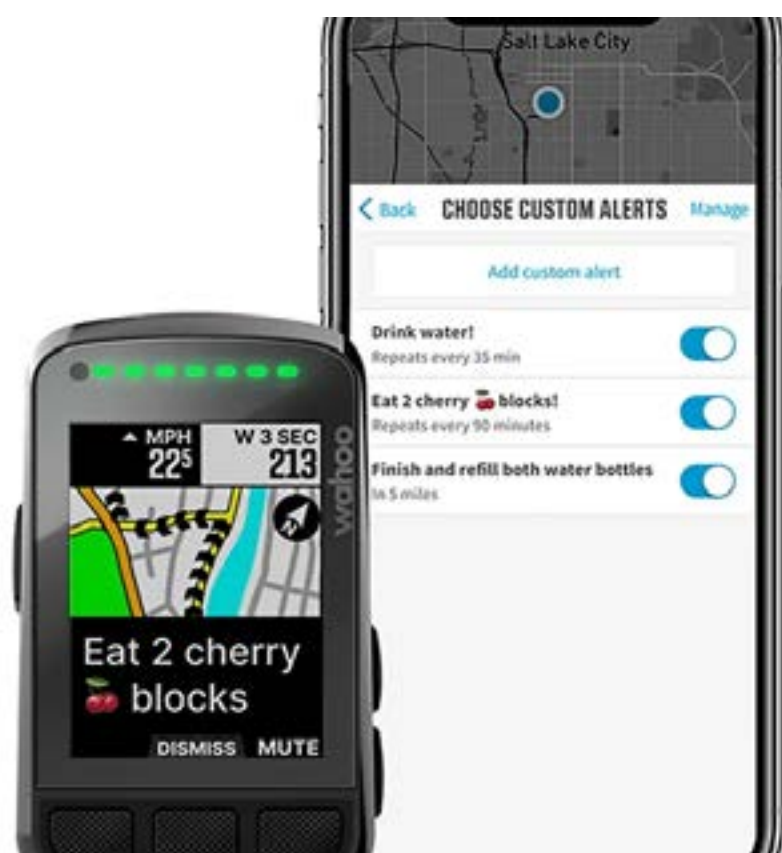
Navigate & Connect Seamlessly: GO ROAM AND BE A #WAHOOLIGAN

SIMPLY POWERFUL Whether you need a GPS for mountain biking, gravel rides, or unfamiliar roads, Wahoo ELEMNT cycling computers offer powerful features to track your performance, navigate new routes and stay connected before, during and after your rides. Smart navigation features provide the freedom to explore with confidence. Advanced performance features give you the tools to become a better cyclist. Using ELEMNT GPS for cycling connects you to a seamless indoor and outdoor ecosystem.

THE ELEMNT EXPERIENCE The ELEMNT companion app uses the intuitive interface of your smartphone to make using an ELEMNT gps bike computer powerfully simple. Customize workout screens, enable powerful smart navigation features, share routes, track fellow rider's locations—the ELEMNT companion app adds functionality without adding complexity to the bike computer experience.



READY TO RIDE ELEMNT's newest Ready to Ride feature simplifies Wahoo's pre-ride experience to get you out the door faster and with confidence. We updated the look and feel of the menu to improve usability and give you quick access to the features you need the most to get your ride started, from connected sensors and battery levels, to selecting a route or planned workout.



SUMMIT The powerful SUMMIT feature anticipates the grade changes and assigns intuitive color coding to help you visualize the road ahead.

SUMMIT FREERIDE feature delivers climb detection on your rides, giving you advanced notice of climbs that lie ahead without preloading a route. SUMMIT SEGMENTS makes it easy to visualize climbs while riding and alerts you to the beginning and end of a climb, regardless of the page you are on.

PUBLIC ROUTE SHARING Make sure the adventure is fun and safe for all with Public Route Sharing, the easiest way to share a route with other ELEMNT users. Just open the

ELEMNT app and anyone with a nearby ELEMNT can view and load the route into their device.

PERFORMANCE ON DISPLAY Never bonk again with custom alerts to ensure you stay properly fueled and hydrated; your ELEMNT will show personalized reminders or motivational messages programmed to workout time, distance intervals, or calories burned. With PerfectView Zoom™ and Quicklook LEDs™ it's easy to stay tuned into the data that matters most at a glance - this ELEMNT only innovation keeps you informed while focused.

WAHOO SYSTM OUTDOOR WORKOUTS ELEMNT ROAM plus a Wahoo X subscription keeps you ready for year-round adventures by

allowing you to follow structured training plans both indoors and outdoors. Just load a workout or training plan into your SYSTM calendar and follow the targets set by the Wahoo Sports Science team to maximize efforts regardless of your training environment.

Freedom to Connect From connecting to advanced training accessories like KICKR smart trainers and the ELEMNT RIVAL GPS sports watch to taking structured workouts from Wahoo X outdoors, ELEMNT GPS bike computers integrate seamlessly with the entire Wahoo ecosystem to elevate your indoor and outdoor rides and workouts.

DJ Chakku FROM TWO WHEELS TO TWO TURNTABLES WE WELCOME BACK DJ CHAKKU



Live Friday & Saturday

DJ Chakku has a very open selection of music, always looking to send out positive vibrations through sound. Electronic music, rock, reggae, hip hop, ambient... nothing is off limits for him. His newest project "Radiant" is a party that focuses on helping those in need by joining DJs, artists and live musicians together to collect food and daily essential goods for victims of natural disaster and in generally difficult times. He plays around Matsumoto, Japan for many different clubs, restaurants and cafes and has been a resident DJ for the party "ELE" the past 4 years. He also can be found playing music at outdoor festivals, private parties and sporting events around Japan.

17. PRESENTATIONS

ALL GOOD THINGS MUST END.

So, friend - you have finished your ride and returned you chip.

You are feeling good about your ride or maybe very good. Maybe you put in some solid efforts in the timed stages and maybe, just maybe, you get to stand on the famed Grinduro Podium to the applauding adulation of your peers and fellow Grinduro-ians. Our motto is: **MAXIN' & RELAXIN'** Our goal is to make sure the party off the bike is just as much fun as the party on the bike, so stick around and enjoy the presentations and celebrate your friends efforts.

We don't over complicate it, we want it to be fun, so grab a frothy beverage or a glass of milk and chill and clap and relax.

Thank you for being a part of Grinduro and welcome to the family.

Back Country Japan:

AUTHENTIC JAPAN CYCLING EXPERIENCES



Understanding the intricacies of cycling in Japan take a lot of experience. Roberto Colqui, based down in Kyoto has accumulated 1000's of hours both designing routes and guiding riders on some of the most incredible roads Japan has to offer. BackCountryJapan celebrates the balance of epic days on the bike with the right amount of scenery and cultural immersion. It takes a deft touch to understand the region and the rider and adjust , support

and embrace the unfolding story. Roberto and BCJ bring their expertise and team to help make Grinduro special and his enigmatic charm will be welcoming riders throughout the weekend. Beyond that, BCJ has been pre-eminent in designing and resourcing selected Grinduro Merchandise, so be sure to check out the tent and grab yourself a limited edition momento.



18. M-FESTIVAL PARTY SATURDAY

	WOOD STAGE	GARDEN STAGE
10:00	WEIRDABOUT	
11:00	CARIBBEAN DANDY FT. DJ HADI	
12:00	BAR JACK BLUES TRIO	DJ CHAKKU
13:00	FERGUS	ANTELOPE COLLISION (OPENING ACT)
14:00	DOC.KOYAMANTADO	METRALLETA DJ
15:00	LIGHTCRAFT	GAYA GOES ANALOGUE
16:00	METRALLETA DJ	WEIRDABOUT & FERGUS
17:00	MIDORINOMARU	MEXICAN CLUB BAND (DJ SET)
18:00	KAZ SUDO	CARIBBEAN DANDY
19:00	THE MINNESOTA VOODOO MEN	PAUL BROTHERS BAND
20:00	TXAKO	GRINDURO AWARDS
21:00	渡辺俊美 (THE ZOOT 16)	HUMMINGBIRD
22:00	CUMBIA KID	WEIRDABOUT
	SOUTH CARNIVAL	
	CARIBBEAN DANDY DJs (CLOSING ACT)	



渡辺俊美 (THE ZOOT 16)



THE MINNESOTA VOODOO MEN

/GRINDURO SURVIVAL CHECKLIST DAY 3

M-FESTIVAL + HANGOVER RIDE

19. M-FESTIVAL SUNDAY

10/20 SUN	WOOD STAGE	GARDEN STAGE
10:00	CARIBBEAN DANDY (OPENING ACT)	
11:00	Opening Ceremony	
12:00	AFRICAN BOLERO	FERGUS & WEIRABOUT
13:00	FERGUS	SHIMOKITA BAM BAM
	AO YOUNG	DOC.KOYAMANTADO
14:00	VENTE SONIDO COLECTIVO	RIP VAN WINKLE
	MC ANTSMAN & DJ RANGE	METRALLETA DJ
15:00	DOC.KOYAMANTADO	LIGHTORAF ACUSTIC
16:00	THE SPATS MAN	VENTE SONIDO COLECTIVO
	METRALLETA DJ	LAWIND
17:00	LA GORDA DUBS FT. YUGO TAGUCHI	CARIBBEAN DANDY
18:00	TXAKO	SOUTH CARNIVAL ACUSTIC
19:00	博作ジブシーオルケスタ	WEIRABOUT
	KAZ SUDO	
20:00	柳家睦 & THE RAT BONES	
21:00	CARIBBEAN DANDY (CLOSING ACT)	
22:00		

20.DAY SCHEDULE SUNDAY 20TH OCTOBER

- 08.00 - 11.00 Bike Expo
- 09.00 - 10.30 Guided Social Ride (Hangover Ride)
- 11.00 - Grinduro Japan Closed
- 11.00 - 22.00 M-Festival Bands/Dj's* (Lineup)
- 11.00 - Late Food Trucks



AO YOUNG (Live Sunday)

21. HANGOVER RIDE & FAREWELL

JOIN US AT THE GRINDURO VILLAGE AT 9:00AM FOR A 90MIN RIDE



EVENT

GRINDURO!

MINAKAMI JAPAN

HOSTED BY

SALSA

GLOBAL SPONSORS

SHIMANO wahoo SCHWALBE PR2 LEATT

2024 **10/18 FRI** → **20 SUN**

Grinduroは、マウンテンバイクエンデュロとグラベルロードスタイルを融合させたライディングイベントです。みなかみの大自然の中、素晴らしい食事、音楽フェス、キャンピングも楽しめます。みなさまのご参加心よりお待ちしております。

REGIONAL SPONSORS: MTB JAPAN Adventure Tours, GRAVEL UNION, equipt, CANYONS, GoPro, inno.

応援ショップ 応援団体: オルタナティブバイク / cyclowired / スペシャルライド熊本 / スペシャルライド自由ヶ丘 / スペシャルライド高橋 / スペシャルライドおたかの森 / サイクルハウスミカモ / サイクルショップフルート610 / サイクルショップFUN / オガワサイクル / BIKE SHOP FORZA / サイクルショップアマノ / サイクルレーシング / フォールドバイクショップ / じてんしゃ屋 住 / なるぶがサイクル / サイクルワークスオオタキ / シクル・モーター / 自転車工房佐藤 / サイクルメンテナンスカフェ WINDY / ワークショップモンキー / 輪工房 / ツール・ド・ソノカ / ノルンみなかみフラワーガーデン / ノルンみなかみスキー場

Team East Wind

QRコード

WITH THANKS
TO OUR
AMAZING
PARTNERS & FRIENDS
IN MINAKAMI AND JAPAN

AND TO
OUR
GLOBAL FAMILY OF
RIDERS AND FRIENDS WHO HELP MAKE
GRINDURO SPECIAL

SEE YOU IN 2025

