

Cycling-Tokyo 2020 Road Races – route summary

The following information aims to facilitate the reading of the route maps of the Men's and Women's Elite cycling road races at the Tokyo 2020 Olympic Games – in particular when riders reach the final "circuit" section of the course at the Fuji Speedway. The numbers and colours refer to the maps' legends and will allow a better understanding of the documents.

Both the Men and Women's Elite road races will begin from Musashinonomori Park in the north western suburbs of Tokyo.

For the first 40km, both male and female riders will ride through the mostly flat outskirts of Tokyo's metropolitan area until reaching Doushi Road, which marks the start of a long, steady climb with an elevation gain of more than 1000m. This section features an array of windy roads that snake their way alongside picturesque streams and pass through several small Japanese villages and dense forests.

After passing Lake Yamanaka and crossing the Kagosaka Pass, there follows a very fast descent of about 15km. It is here that the men and women's courses diverge.

The Men's race will take in the big crowds in and around Gotemba, before the route ventures out toward the Mount Fuji loop.

After cresting the Fuji Sanroku climb (after 14.3km on an average gradient of 6.0%) and returning to Gotemba, the race course then makes its way towards the Fuji Speedway.

On reaching point **7** on the circuits map, the riders will make their way through the Fuji Speedway section, a combination of internal and external roads, which provide excellent viewing for spectators, as well as roadways outside the Speedway facility. At point **8**, the race continues for another full lap of the Speedway circuit (**shown in red on the map legend**), crossing its finish line a second time, before exiting the Speedway and starting the ascent of Mount Mikuni and the Mikuni Pass loop (**shown in orange, point 9**) – a climb of approximately 35km to the finish.

The 6.5km climb of Mikuni Pass has an average gradient of 10.6%, with sections reaching 20%.

The course then re-visits Lake Yamanaka, crossing the Kagosaka Pass once more, before descending back down towards the Fuji Speedway and the finish. The Mikuni and Kagosaka climbs come at 30km and 18km from the finish respectively. The section encompassing these climbs and subsequent road to the finish (**shown in red at point 10**) will likely see intense racing as chasing groups aims to close the gap on breakaway leaders.

For the Women's race, riders will arrive at the Fuji Speedway's wider finish circuit (**shown in red**), where they will complete 1.5 laps. By the time they come off the descent and arrive into the Fuji Speedway itself, expect a group of riders to be clear of the field, with another select group trying to re-join them in time for the finale, perhaps having lost touch on the Doushi Road climb.

When riders cross the finish line for the penultimate time and hear the bell, there will be 17km to go.

In both the men and women's competitions, spectators at the Speedway will be in prime position to see the chase and ultimate sprint for the line. Everything points to a very tight finish and memorable finale that will produce very worthy Olympic medallists.

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