

Athlete first

The town of the plateau that breeds athletes **Komoro**

Komoro City Highland Training Area is a field centered on the altitude of 2000 m which spreads around Mt. Asama. We will introduce four points in this area that provide optimum environment for athlete's effective training.



1 climate

High sunny weather and cool summer temperatures

Komoro city has many annual sunny year rates exceeding 60% in many years, and the rain rate is on average 8%, which is one of the best weather conditions in Japan. In addition, summer is also known as a summer resort, the average temperature in August is 4.5 °C lower than in urban areas in Japan, and Takamine Plateau with higher altitude is a comfortable environment for training and training camps.

平均気温のグラフ

| 地域 | 小諸 | 東京(23区) | 大阪 |
|---------|---------|----------|----------|
| 平均気温 | 10.8°C | 16.6°C | 16.7°C |
| 8月の平均気温 | 23.3°C | 27.6°C | 27.8°C |
| 年間降水総量 | 870.5mm | 1808.0mm | 1278.5mm |

晴れが多い

資料：小諸市「統計小諸」、気象庁「気象統計情報」

2 access

Two hours from the metropolitan area. Place 30 minutes to altitude 2000 m

Komoro City located in the eastern part of Nagano Prefecture can travel by Joshinetsu Expressway and Hokuriku Shinkansen etc for transportation, 2 hours by train from Tokyo and 2.5 hours by car. You can also reach the altitude of 2000 m from the city in just 30 minutes by car.

It is a training spot that can make effective use of limited time.



3 support

The latest medical facility supports athletes

The Asama Futsu Sports Medical Research Institute, which is based in Komon welfare general hospital, supports various athletes from a comprehensive viewpoint of medicine by accumulating various data related to highland training.

In case of an emergency in the high altitude area, you can access to Komon Okinawan General Hospital with emergency medical system 30 minutes by car, accessed to Saku Medical Center by doctor helicopter in 10 minutes round trip.



新病院イメージ(平成29年12月移転オープン)

4 Natural hot spring

A variety of spa-quality hot springs overflowing from six sources

In Komoro, hot springs are abundantly gushing due to the grace of Mt. Asama.

There are six sources from urban area to altitude of 2000 m area, but because there is personality in each fountain quality, you can choose hot springs meeting the condition of the day on a daily basis.

源泉名

| | | |
|--|---|---|
|  小諸温泉 |  高峰温泉 |  天狗温泉 |
|  中棚温泉 |  布引温泉 |  菱野温泉 |

小諸市 高地トレーニングガイドマップ

KOMORO

Altitude Training Guide Map

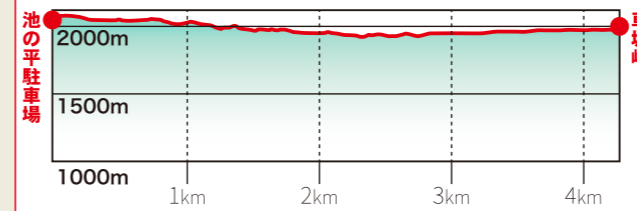
長野県小諸市

2000m Forest road

Rare in Japan! Altitude2000m course

The Yu Maru Takahara combined forest road which passes Takamine Plateau from Komoro City car ride pass to Ikenohira Marshland is an ideal course for highland training where unpaved roads at altitude of 2000 m level last 4 km or more. The area around the course is a treasure trove of alpine plants, refreshing air and a wonderful landscape are also attractive.

DATA
距離：4.2 km 標高：1910~2061m

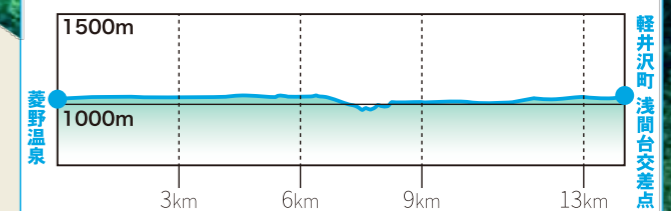


1000m Forest road

Long course, almost flat, 14 km in length

It is a paved road connecting Komoro and Karuizawa at an altitude of 1000 m. It is ideal for road biking and running as a quasi-altitude where the effect of 'Living High Training Low' can be obtained. In this course you can train for a long time while enjoying a cool shade of shade and a wonderful view overlooking agricultural land and city area far away.

DATA
距離：14 km 標高：1000~1050m



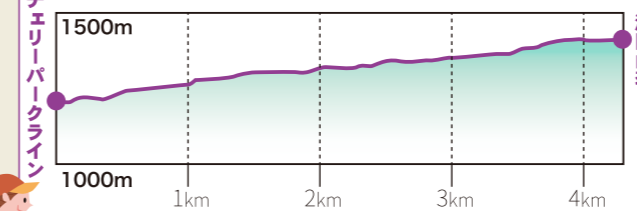
Asama mountain climbing mouth forest road

A good route to experience nature following Mount Asama

It is an unpaved course that gently climbs about 200 m in height from the altitude of Cherry Park Line near 1200 m toward Mt. Asama.

You can run while feeling the sunshine through the rich forests and the fragrance of the trees.

DATA
距離：4.5 km 標高：1205~1410m

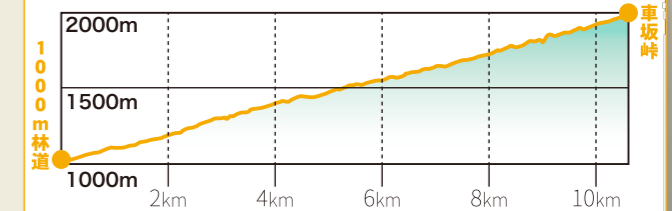


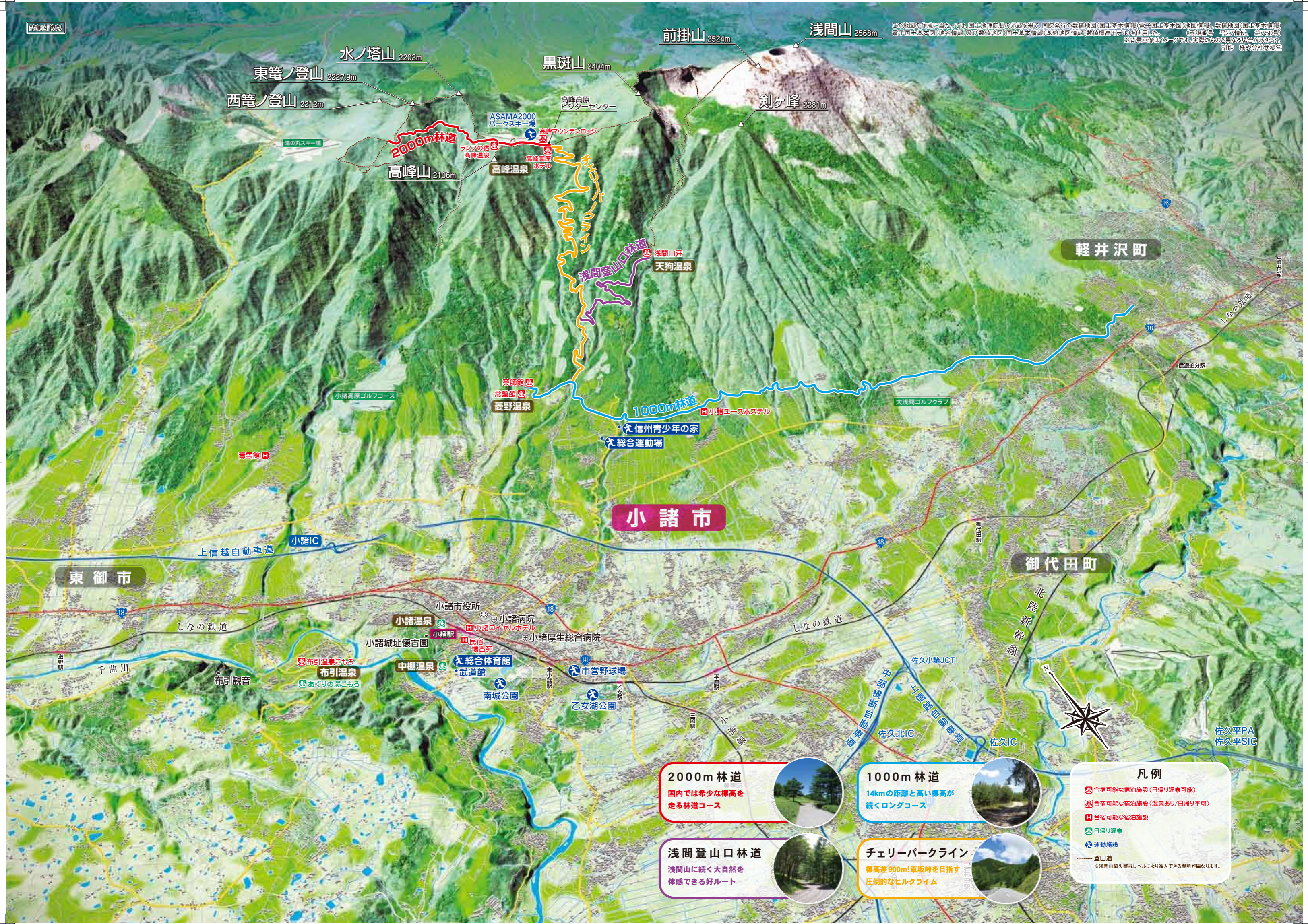
Cherry park line

Elevation difference 940 m Overwhelming hill climb aiming for carsaka pass

It is a paved road where the average slope is 8.8% and the steep slope continues for more than 10 km to altitude 2000 m. It is also used for the course of bicycle competitions, which is the best course for training with stress.

DATA
距離：10.7 km 標高：1030~1973m





小諸市

御代田町

東御市

凡例

- 🏠 合宿可能な宿泊施設(日帰り温泉可能)
- 🏠 合宿可能な宿泊施設(温泉あり/日帰り不可)
- 🏠 合宿可能な宿泊施設
- ♨️ 日帰り温泉
- 🏊 運動施設
- 👤 登山道

※浅間山噴火警戒レベルにより進入できる場所が異なります。

2000m林道

国内では希少な標高を走る林道コース




1000m林道

14kmの距離と高い標高が続くロングコース




浅間登山口林道

浅間山に続く大自然を体感できる好ルート



チェリーパークライン

標高差900m!車坂峠を目指す圧倒的なヒルクライム



Komoro

Triathlon training camp for Tokyo 2020

**** Please also refer the following photo-information ****

(1) Facilities

① Swim

- 「Blue Marine Komoro Sports Club」
25m 6-lane indoor pool (Training gym adjoining)

② Bike (Run also possible)

- 「Cherry park line」 - Elevation 1000-2000m
Elevation difference 940m Overwhelming hill climb aiming for carsaka pass
- 「View line」 - Elevation 790m
Flat, high speed course (max 6.5km flat course)

③ Run

- 「Amaike Athletic field」 - Elevation 1000m
An all weather 400m tracks、 Locker rooms
- 「Forest road」 - 2000m
Rare in Japan. An ideal course for highland training where unpaved roads at altitude of 2000m level last 4km or more.
- 「Cross country course at Asama 2000 ski park」 - Elevation 2000m
Adjoining accommodation Takamine mountain lodge
1km course in the Ski area.
- 「Forest road」 - Elevation 1000m
Long course, almost flat, 14km in length, paved road.

④ **Base camp facility**

- 「**Amaike Athletic field, Shinshu seishonen no ie**」
Guest house, Bath, Meeting room, Gymnasium

⑤ **Medical Center**

- 「**Komoro Medical Center**」

(2) **Accommodation**

① 「**Takamine Mountain Lodge**」 (at Asama 2000 Ski park)

Will relocate to new building from 2019 Sept.

Adjoining training room available. Max capacity 120 people

- **Accommodation fee (1-overnight/3meals incl. tax)**

Based on Twin bedded room with bath/toilet.

For 2 people / from 11,664 yen~ on weekday

For single use / from 14,904 yen~ on weekday

- **About meals**

Hotel can be managed any kind of meal.

② 「**Aqua hotel Sakudaira**」

- **Access**

Nearby Sakudaira station (Shinkansen)

15min by car to nearest training facilities.

40min by car to Elevation 2000m training facilities

- **Accommodation fee (overnight/Breakfast only)**

For Single room (total 105rooms) 7,800yen per room incl. tax

For Twin room (total 26rooms) 13,500yen per room incl. tax.

✕All rooms equipped Wi-Fi, Microwave, Humidifier, Washlet

- **Lunch/Dinner fee is excluded from the rates.**

(3) **Training Gym facilities**

The Gym facilities will be equipped in the New Takamine mountain lodge. Consulting with sports associations which machine will be the best for the athletes.

(1) ①Blue Marine Komoro Sports Club
(25m indoor pool / Elevation 720m)



(1) ①Blue Marine Komoro Sports Club
(Training gym)



(1) ②Cherry park line
(For hill climb / Elevation 1000-2000m)



(1) ②View line
(For road biking / Elevation 790m)



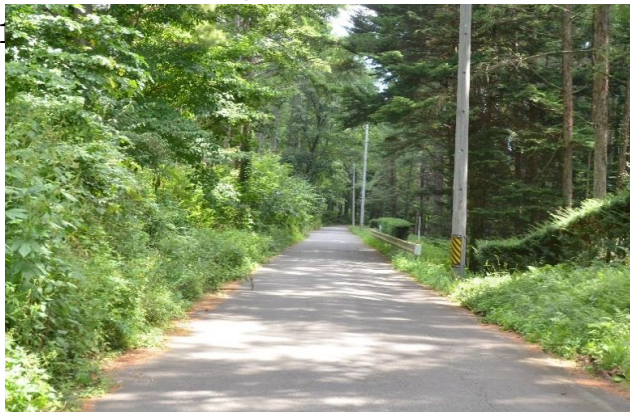
(1) ③Amaike Athletic field
(400m track / Elevation 1000m)



(1) ③Forest road
(For run / Elevation 2000m)



(1) ③Forest road
(For road biking and run / Elevation



(1) ④Shinshu seishonen no ie (Guest house)



(1) ⑤Medical center
(Schedule to be completed 2017 Dec)



(2) ①Takamine Mountain Lodge
(Accommodation / Elevation : 2000m)



(2) ②Aqua hotel
(Nearby Sakudaira station - Shinkansen)



Presentation to **USA Triathlon**

Triathlon training camp for Tokyo 2020

Additional Resume

KOMORO



From komoro to the Podium

Komoro Area Highland Training Promotion Council

(1) Available Accommodations

① AQA HOTEL Sakudaira



【Contact】

Address: Sakudaira Station North 23-6, Saku City,
Ngano, JAPAN

Tel +81-(0)267-68-9900

FAX +81-(0)267-67-2119

URL <http://www.aqa-hotel.com>

e-mail saku@aqahotel.com

【Access】

•By Shinkansen (bullet train):

About 1min. on foot (100m) from Sakudaira Station

•By car:

About 4 min. (2.3km) from Express Way Saku I.C.

【Access to Blue Marine Komoro Sports Club】

About 8 min. (3.1km) by car

【Facility Information】

- Wifi, microwave, humidifier, trouser press, bidet are available in all rooms.

- Check-in time: From 15:00, Check-out time: By 10:00

◆Guest room

○Single room (105 rooms)

• Bed size 195cm x 140cm

• Price: 16,000-yen(1 night 3 meals, tax included)



• Bathroom (for a single room)



○Double room (7 rooms)

- Bed size 195cm x 200cm
- 16,700-yen (1 night stay with 3 meals, tax included) (when 1 person uses the room.)



○Twin room (26 rooms)

- Bed size 195cm x 125cm
- 17,500-yen (1 night stay with 3 meals, tax included) (when 1 person uses the room.)
- 29,600-yen(1 night stay with 3 meals, tax included)(when 2 people use the room.)



◆ Front desk 1F

- Open 24 hours



◆ Front lobby 1F



◆ Grand spa (indoor) 9F

- Open from 06:00 to 12:00, From 14:00 to 25:00

(Closed from 9:00 to 15:00 every Monday for cleaning)



◆ Grand spa (sauna) 9F

- Open from 16:00 to 23:00



◆ Large bath (outdoor) 9F

- Open from 06:00 to 12:00, From 14:00 to 25:00

(Closed from 9:00 to 15:00 every Monday for cleaning)



◆ Laundromat 9F

- Open 24 hours
- Washer 300-yen/30min.; dryer 100-yen/15min.



◆ Restaurant 1F

17m x 4.9m = 83 m²

- Breakfast: Between 7:00 to 9:00 (for all guests)
 - Lunch: Can be provided on reservation based.
 - Dinner: Can be provided on reservation based.
 - Number of tables: 21 tables/42 seats
- (Restaurant can be used as a meeting room.)



★ Other information or suggestions

- Guest rooms are on the 2nd to 7th floors; 15 single, 4 twin, 1 double rooms are on each floor (thus total 24 people can stay per floor.)
- For exclusive use of floor if available with 210,000-yen/floor/night (tax included, meals are not included).
- The restaurant can be used as a meeting room with extra charge (1,000-yen/hour). Please consult us about how many houses you wish to use.
- Guest rooms can be used as a massage room. Single room. (7,800-yen/day; Twin room: 13,500-yen/day.)
- Meal menu can be flexible based on consultation. The kitchen can be lent as well.

(2) Facilities

①Swim

- ”Blue Marine Komoro Sports Club”



Newly opened in March 2019 (planned)

3 floors, areal size 4,600 m²

◆Exterior view image



- 1F : Entrance, swimming pool area
- 2F : Kids dance, female-only area (sauna in a bath house)
- 3F : Studio/gym area

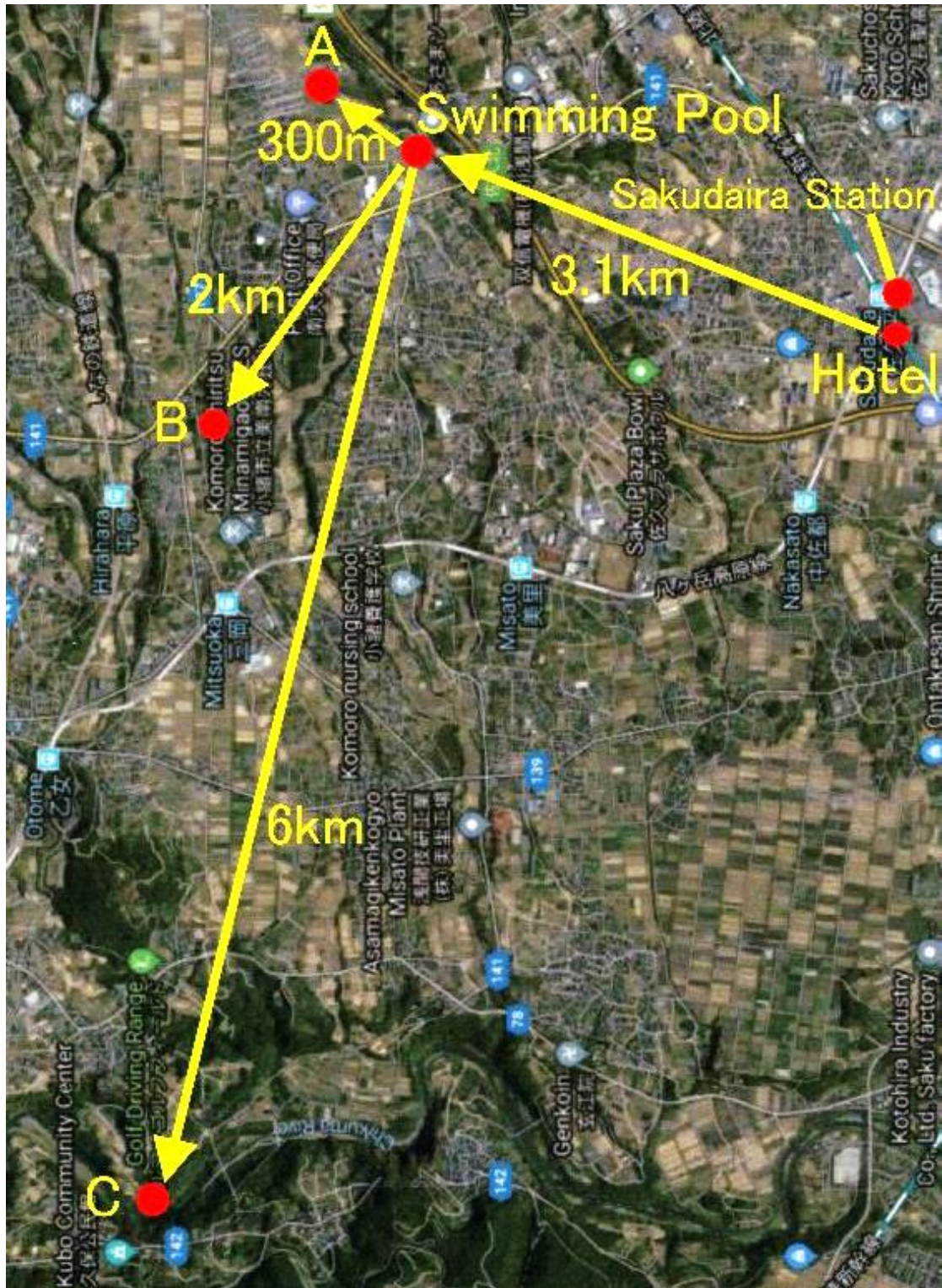
| | |
|---|---|
| <p>◆25m indoor swimming pool</p> <ul style="list-style-type: none"> • Pool : 25m, 7lanes • Walking pool • Jacuzzi • Outer circumferential running course (900m) |  |
| <p>◆Spa</p> <ul style="list-style-type: none"> • Female-only spa 2F • Female changing room, powder room • Sauna, shower room |  |

Facility information (Facility is closed on every Monday)

- (1) Indoor swimming pool
 - You can reserve and use 3-4 lanes all day on Mondays.
 - You can reserve and use 3-4 lanes before 10:00 except Mondays.
- (2) Training gym
 - 18 of “EXCITE Run600” by TECHNOGYM (made in Italy) are planned to be purchased, the machines can be used based on consultation.
 - The gym is shared with other sports club members.
- (3) Sauna (for cooling-down)
 - Sauna and pool (water bath) can be used based on consultation.
 - The sauna is shared with other sports club members.
- (4) About swimming pool’s water temperature and room temperature of swimming pool room
 - Water temperature of swimming pool: 30 degree.
 - Room temperature of the swimming pool room: 30 degree.

(School swimming pools (25m) in Komoro City can be used during office hours of the sports club.)

(3)Hotel, Swimming Pool, Training Spots Map



Source : Google Maps

- Hotel ⇔ Swimming Pool 3.1km (8min)
- Swimming Pool ⇔ A 300m (2min)
- Swimming Pool ⇔ B 2km (8min)
- Swimming Pool ⇔ C 6km (15min)

A



Running Ground

- Grass
- 400m around

YouTube URL :

<https://youtu.be/RUynbRCQ2Pg>

B



Running Ground

- Soil Ground
- 1,000m

YouTube URL :

<https://youtu.be/eXK7Z3JqmMg>

C



View Line (Bike Course) Entering Point

Hill climb course (2km)

→Flat course (17km)

YouTube URL :

<https://youtu.be/OdjkTqKAaH4>