<table>
<thead>
<tr>
<th>Question</th>
<th>Accommodation in Saku city</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Accommodation Styles of bedrooms, meals, prices and others</strong></td>
<td></td>
</tr>
<tr>
<td>1 Type of accommodation</td>
<td>Saku Ichimanri Onsen Hotel Golden Century</td>
</tr>
<tr>
<td>2 Meals</td>
<td>Japanese Style</td>
</tr>
<tr>
<td>3 Bed rooms</td>
<td>Type of rooms</td>
</tr>
<tr>
<td>Number of rooms</td>
<td>59</td>
</tr>
<tr>
<td>Size of rooms</td>
<td>17 m²</td>
</tr>
<tr>
<td>Size of bed</td>
<td>900mm × 1950mm</td>
</tr>
<tr>
<td>4 Prices</td>
<td>Prices vary seasonally</td>
</tr>
<tr>
<td>5 Level of English</td>
<td>Daily English conversation</td>
</tr>
<tr>
<td>6 Means of transportation</td>
<td>A Hotel owned bus can be used.</td>
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<tr>
<td>7 Emergency hospitals</td>
<td>4 minutes by car (Saku central hospital or Saku central hospital Advanced Care Center)</td>
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<tr>
<td>8 Others</td>
<td>The hotel has hot spring bath and sauna. Coin operated laundry is available. Wi-Fi is equipped.</td>
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<tr>
<td><strong>Distance between training facilities and accommodation</strong></td>
<td>2.6km</td>
</tr>
<tr>
<td><strong>Distance from Narita Airport to Accommodation</strong></td>
<td>Narita Airport to Tokyo Station 79.2km (54 minutes by car, 72 minutes by train)</td>
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<tr>
<td><strong>Can you make European style meals with Japanese ingredients?</strong></td>
<td>The hotel usually serves Japanese meals, but it can be possible to do depending on menus.</td>
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<tr>
<td><strong>Can you prepare meals suited for each athlete?</strong> e.g. for athletes who practice a sport that requires stamina or explosive power, etc.</td>
<td>Our meals are basically Japanese style, so it would be difficult to serve all the meals for your requests. But we can add some dishes for your requests.</td>
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<tr>
<td><strong>Can we take our cooks to Japan?</strong> Hotels</td>
<td>According to the Food hygiene law, the kitchen must be used by the cooks who work for the hotel. Our meals are basically Japanese style, but we can offer the meals as close as your requests if your cooks show specific menus.</td>
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<tr>
<td><strong>Other facilities:</strong></td>
<td>Your cooks must not cook in the hotel, but a municipal facility near the training facility can be used. Ingredients can be prepared by users. High-powered gas cooker can be equipped if necessary. The hotel where you stay will have a chauffeur service between the hotel and the facility. Cookware: 5 gas cookers with 3 fires, 2 high-powered gas cookers, 5 gas ovens, 5 microwave ovens, 1 large-size refrigerator</td>
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</tbody>
</table>
The material of the track at the Athletic field.

It is paved with all-weather type urethane painted by rollers, which has been certified by IAAF. The method has been used for the venues where the IAAF World Championships in Athletics was held, such as the National Stadium in Tokyo(1991) and the Olympiastadion in Berlin(2009). The surface was finished with embossing, which is an original method of construction and no chip was used, called “non-chip embossing”. It expects to improve athletes' records because when they kick a ball, their body is still and hardly shift so that it eliminates an energy loss.

The color of the track is blue. The color has calming effect which can enhance concentration and relaxation and rises fixation as well.

Can you combine with accommodation and training facilities?

This is one of the public social sports facilities in Saku City. A variety of facilities are available with fees. ( ¥100/2H ) It can be used without fee on certain occasions. Shower rooms are equipped. (The kinds of training tools are mentioned on a separate sheet of paper.)

The facility is operated by private organization next to the hotel. If the timetable is made, the facility can be used by 5~6 people at one time.

Fees: usually ¥500

When the facility is used for training camp purpose, fees are negotiable.

Exclusive use is possible out of business hours. (Some days may not be available when the number of our staff is not enough.)

Fees: about ¥20,000/H (Depending on how much area will be used, fees vary.)

We accepted National triathletes for the Olympics in Rio de Janeiro.

During business hours: It cannot be used exclusively, but used with our members. It can be used by a small group of people in a limited time. Those who have tattoos are not accepted during business hours (in the case of exclusive use, the above doesn't apply.)

Indoor pool (25 m) can be used.

Can we exercise throwing?

Possible, but beware of other athletes when they are using the field.

Is there any 50m Pools?

There is a public facility which has 25m indoor pool near the Saku City Gymnasium.

Can we train other sports? eg. Swimming

- Martial arts (Budo)

- Indoor athletics

Athletics event

1. Swimming
   - As each municipal junior high school has an outdoor 50m pool, some of them may be available with the cooperation of the public schools.

2. Martial arts
   - Budokan owned by Nagano prefecture will be completed (can be used some time between April 2019 and March 2020), and we will ask Nagano prefecture for the athletes to use Budokan.

3. Indoor athletics
   - Although the gymnasium do not reach the level of IF standards, it is equipped with training room, shower room, and changing room. You can play basketball (2 courts are available), volleyball, badminton, table-tennis and others.

Besides the accommodation facilities mentioned above there are 12 facilities that can accept athletes in Saku City.
Saku Sports and Athletics Stadium

★ Athletics Stadium ★
- Certified as a class two facility by the Japan Association of Athletics Federation
- Track and Field: 400m 9-lane, all weather track with a urethane coating
  Infield 105m × 88m, natural grass (6 seed mixture)
- Main Stand: Two-story, reinforced concrete structure. Capacity of around 1,300 people
- Back Stand: Grass stand including equipment storage and dugout. Capacity of around 8,200 people
- Additional features: Four night floodlights, announcer booth, locker rooms, shower rooms, etc.

★ Auxiliary Athletics Stadium ★
- Track and Field: 300m 6-lane, all weather track with urethane paving
  Infield 68m × 50m, artificial turf

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Come train in the crisp air of Saku, Nagano’s plateau city!!

— Saku City Attractions —
1. Saku City possesses top-notch medical facilities and healthcare.
2. Saku City has excellent weather and is cooler and less humid than most of Japan.
   Saku is also blessed with long daylight hours.
3. Saku City is easily accessible from the Tokyo metropolitan area. It takes 72 minutes by Shinkansen (bullet train), or two and a half hours by car from Tokyo.
4. Natural hot springs abound in Saku and aid in the relaxation and healing of both mind and body.
A City with Top-Notch Medical Facilities and Healthcare!

Asama General Hospital is a 323-bed traditional municipal hospital and has been open for over half a century. Its mission is the practice of patient-focused, good quality medical care. The hospital offers comprehensive and excellent medical care. In addition to caring for regular patients, the hospital has emphasized care for diabetics since its opening. The hospital possesses all necessary equipment for x-rays, CT, and MRI exams within its radiology department. For urgent examinations such as blood and urine tests, it is possible to receive results in one hour. Concerning head injury and cerebral vascular disease, we offer not only craniotomy procedures but also endovascular treatments using catheters at the neurosurgical department. And we also offer treatment of extremity and spinal trauma; arthroscopic surgery of the shoulder joint, elbow joint, wrist joint, knee joint, and ankle joint; and spinal endoscopic surgery at the orthopedic surgery unit.

We are prepared for any sudden illness or external injuries an overseas visitor might have during their stay here.

Asama General Hospital opened on March 1st 2014, after a transfer of facilities from Saku Central Hospital. Saku Advanced Care Center is the base hospital for the east area of Nagano prefecture with many specialized medical services and advanced acute care. By collaborating with local medical institutions and medical doctors, we aim to offer comprehensive health care. Saku Advanced Care Center is characterized by the following 5 Centers:

① Medical Emergency Center, which provides 24-hour assistance across advanced emergency medical care.
② Stroke and Cardiovascular Center, which collaborates with several medical departments.
③ Cancer Medical Care Center, which is the main hospital for local cancer care.
④ Perinatal Mother and Child Medical Care Center, which accepts women with high-risk pregnancies and children on a round-the-clock basis.
⑤ Advanced Diagnosis Center, which offers definite diagnoses through its advanced diagnostic imaging equipment, PET, high magnetic field MRI, etc.

We strive to practice medicine according to local needs.

Saku City is easily accessible from the Tokyo metropolitan area!!

The climate of Saku City makes it an ideal place for training!!

The climate of Saku City makes it an ideal place for training!!

【Advantages of Saku City】
It’s easy to sleep due to the cool mornings and evenings.

There is an abundance of natural hot springs.

All hot springs have a recuperative effect on joint pains, muscle pains, fatigue, etc.