**Okinawa’s Sporting Calendar**

Please be sure to pay attention to seasonal weather conditions and pack accordingly.

- **Spring**: Okinawa’s sunny spring season begins in March. So please bring short sleeves for the pleasantly warm days and long sleeves for the chillier nights.
- **Summer**: Summer in Okinawa means it’s time for marine and beach sports! From the end of the rainy season in late June, sunscreen is a must.
- **Autumn**: Although autumn is still warmer in Okinawa than in the rest of Japan, there is a significant change in the sporting calendar. You can still swim at the beaches until October, but please bring extra clothes for the mornings and nights.
- **Winter**: Winter is the best season for sports in Okinawa. While it is generally considered to be mild, temperatures may vary greatly, especially when cold winter winds prevail. Please bring a range of attire for both warmer and colder days.

**Access to Okinawa**

Okinawa’s sunny spring season begins in March, so please bring short sleeves for the pleasantly warm days and long sleeves for the chillier nights. Summer in Okinawa means it’s time for marine and beach sports! From the end of the rainy season in late June, sunscreen is a must. Although autumn is still warmer in Okinawa than in the rest of Japan, there is a significant change in the sporting calendar. You can still swim at the beaches until October, but please bring extra clothes for the mornings and nights. Winter is the best season for sports in Okinawa. While it is generally considered to be mild, temperatures may vary greatly, especially when cold winter winds prevail. Please bring a range of attire for both warmer and colder days.

**Okinawa Tourist Information Service**

Click here for information on sports facilities and other sports-related information in Okinawa.

http://sports.okinawastory.jp

**Okinawa Convention & Visitors Bureau**

1831-1 Okiha, Naha City, Okinawa 901-1552, Japan

(Tel: +81-98-593-5875 | FAX: +81-98-593-5876 | E-mail: sports@ocvb.or.jp)

**Average temperatures**

Data: The Japan Meteorological Agency

Average values: Monthly average temperatures in Naha city from 1981 to 2010

**Okinawa Prefecture**

Okinawa Convention & Visitors Bureau

Enjoy an all-new travel experience in Okinawa through sports

**SporTrip in Okinawa**

Experience the Okinawan islands’ beauty firsthand on a sporting vacation!
Making every season the perfect season for travel!

Okinawa is the premier resort destination in Japan. Blessed with mild temperatures of 15 to 20°C even in winter, Okinawa is ideal for a wide range of sports at any time of the year. Extensive sports facilities can be found not only on the main island of Okinawa, but also on its many outer islands. Whether it’s international events, professional camps, or training venues for professionals and amateurs alike, Okinawa boasts the finest environment for all types of sports.

Travel with ease from anywhere in Japan!

Okinawa is served by an abundance of direct flights from regional cities as well as the major airports of Japan. The islands are easily accessible; every day there are more than 20 flights between Okinawa and Tokyo, over 10 connecting flights to Fukuoka and Osaka, and new routes are currently being opened by a number of budget airlines. So why not come and take a sports-themed holiday with a “SporTrip”?

Be touched by the warm hospitality of Uchinanchu!

Experience the warm and laid-back atmosphere of the genial people of Okinawa, known as “Uchinanchu”. Whether they’re cheering you on in a marathon or laying out their wonderful cuisine at event after-parties, you will never forget their famous hospitality. Make new friends and discoveries through sports with “SporTrip”, or for those who have visited before, don’t hesitate to reconnect with old friends from your last trip!

Sports Island OKINAWA

Okinawa is a resort destination that boasts both beautiful nature and a rich cultural heritage. Whilst taking it easy is always an option, we recommend a “SporTrip” as an exciting combination of sports and tourism! Come and experience the excitement of your very own sporTrip!
Find Yourself Naturally Moving with a Lighter Step

Running

With a more moderate summer climate than the rest of Japan, running in the gentle rays of the setting sun in Okinawa is a real pleasure.

The best running season is winter, when temperatures average a mild 17 to 18°C. Surrounded by the ocean and blessed with cool breezes, Okinawa is the perfect spot for running enthusiasts all year round.

In autumn, marathons are held throughout the islands, attracting an increasing number of participants from all over Japan and other countries. From verdant nature to bustling city centers, the islands of Okinawa make for a wonderful marathon course.

Well-equipped parks and easily navigable beaches are just some of the spots that runners will find attractive. Please come on a "travel run" and savor the best of local cuisine and shopping in Okinawa!

Beat UV rays with the right running gear

Remember to drink plenty of water while running

Effective exercises for warming up and cooling down

With plenty of sunshine throughout the year, protect your skin by applying sunscreen and wearing long-sleeved tops and leggings. Arm covers are also a convenient option. Choose exercise wear made from absorbent and cooling materials for maximum comfort. A running cap, hat, visor, or sunglasses are a must too!

It is said that the body loses one liter of its water content every hour when running. To prevent dehydration, it is important to hydrate frequently. The golden rule is to drink water even when you do not feel thirsty. For enhanced effect, choose isotonic drinks that contain sodium and amino acids over mineral water. Drink pouches with attached pockets and holders for bottled drinks are very handy.

Before a run, give your Achilles tendons and shoulder blades a good stretch. Gently rotate your hips to gradually warm up your body and start off with a slow jog. Careful stretching exercises are important at the end of your run. Applying ice packs to aching areas such as tired calves will also help to alleviate discomfort.
Touring Okinawa with a Leisurely Sightseeing Run

"Maranic" is a running style that offers the unique combination of running a marathon and having a picnic. Visit tourist attractions during your run, and savor local delights for lunch and tea time while resting your feet. Experience Okinawa with this relaxed and leisurely running style!

**A**

Tour Quaint Historic Towns
[Shurū - Central Naha City / 10.4 km]

A running course that allows you to stroll the ancient castle towns surrounding Shuri Castle. Soothe your spirits with a visit to Shuri Castle, a spiritual healing site known among locals, and learn how awamori is among the ancient castle towns surrounding Shuri Castle.

Located close to the Naha airport, this running course is extremely popular because it provides the thrilling experience of seeing airplanes take off and landing at the airport runway. Airplane lovers such as charging and showering, and a large variety of shops and cafes, make this running course a favorite among travelers. From Naha Airport you can get a bird's-eye view of the plane and support their takeoff and landing at the airport.

**B**

An Aggressive Run! Run Next to the Airplanes!
[Daimaru - Senagajima / 8 km]

Located close to the Naha airport, this running course takes you through the ancient castle towns surrounding Shuri Castle, which has been designated as a World Heritage Site. Entry to the castle ruins, one of the designated pilgrimage sites in agari-umai. Make your way slowly along the stone pavements from Chinen-ukka to the castle ruins and to the Chinen castle ruins, one of the designated pilgrimage sites in agari-umai. Make your way slowly along the stone pavements from Chinen-ukka to the castle ruins and to the Chinen castle ruins, one of the designated pilgrimage sites in agari-umai. Make your way slowly along the stone pavements from Chinen-ukka to the castle ruins and to the Chinen castle ruins, one of the designated pilgrimage sites in agari-umai.

A running course that allows you to stroll the ancient castle towns surrounding Shuri Castle. Soothe your spirits with a visit to Shuri Castle, a spiritual healing site known among locals, and learn how awamori is among the ancient castle towns surrounding Shuri Castle.

**C**

Agari-umai Maranic
Special Running of the East
[Nanjo City Chinen / 8.3 km]

This running course covers part of the pilgrimage route taken by pilgrims during the Nanjō period. Start your journey at the entrance of Shurū Castle. Soothe your spirits with a visit to Shurū Castle, a spiritual healing site known among locals, and learn how awamori is among the ancient castle towns surrounding Shuri Castle.

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**D**

Fantastic! Feel Like Running in America!
[Ginowan City - Chatan Town / 12.3 km]

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Run Design OKINAWA Yusuke Kojima

With a stopover at Araha Beach, Sunset Beach, and the Chinen castle ruins, this running course is perfect for replenishing your energy with the very best of Shurū gourmet cuisine. This running course covers part of the pilgrimage route taken by pilgrims during the Nanjō period. Start your journey at the entrance of Shurū Castle. Soothe your spirits with a visit to Shurū Castle, a spiritual healing site known among locals, and learn how awamori is among the ancient castle towns surrounding Shuri Castle.

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Participate in a Marathon and aim for the Finish Line!

In Okinawa, marathons are lined up one after another once summer comes to an end. In addition to large-scale events such as Naha Marathon and Okinawa Marathon that see participants from all across the country, there are numerous locally-based events such as half marathons that cover short distances of 5 to 5.5km and feature a variety of running courses. Such events have seen an increasing number of runners from other parts of Japan and even overseas.

A satisfying sense of accomplishment

The real thrill of marathons lies in the mixture of emotions that include the excitement of taking part in running events and the challenge of overcoming personal limits. Completing a grueling run makes the sense of achievement all the more sweeter. The marathon gatherings are popular, and there are many runners who motivate themselves with the singular goal of downsizing ice-cold beer after completing a marathon. Some others swear that they will never attempt to run another marathon ever again, only to find themselves promptly signing up for a second by the following year. Marathons can be addictive, and this is what accounts for their intriguing allure.

Check out the runners decked out in fancy dress!

Runners dressed in unique costumes liven up marathons and ease the tension of other participants. Be it 4-legged suits inspired by Okinawa motifs such as bitokus and pineapples, costume of superheroes and popular cartoon characters, places, and other items in nature, runners spend a great amount of time and effort hand-making their original costumes. There is no need to fret over making these marvelous costumes, though, as there is a wide range of pre-made costumes suitable for the Okinawa theme. Moreover, the number of items available is sure to increase as more and more runners become familiar with the concept of wearing costumes. This is why you should not join in and take up the challenge of the spirit of costuming!

Supporters doing their bit to help motivate and cheer the runners on. Small children hand out brown sugar candy and soft smile (Okinawa donut), while other supporters set up food stations on the sidelines!

Runners being cheered up by cheers from supporters.

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Ride with the sea winds on a southern country cruise!

**Cycling**

Beautiful ocean vistas, tender green forests, the sound of sugarcane swaying in the wind, and quiet village settlements. See the world in a new light by venturing outdoors and experiencing Okinawa's natural beauty.

**Enjoy cycling with rental bicycles**

Flux-free and convenient rental bicycle services are gaining attention as a popular activity in Okinawa. Aside from standard bicycles, electric power-assisted models and professional road bicycles are available for rental. There are also many shops specializing in bicycles and cycling goods. Professionals are on hand to provide advice to beginners, so select the right bicycle that best suits your travel objectives and needs.

**Let's participate in monthly bicycle touring!**

Monthly bicycle tours organized by Okinawa Cycling Association and NPO Tour de Okinawa Association are open to all participants. Picturesque cycling courses are planned by staff members familiar with road conditions in Okinawa. Enjoy a whole new travel experience in Okinawa with fellow cycling enthusiasts!

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**For an Enjoyable Cycling Experience in Okinawa**

Feel the wind on your skin and the beauty of nature while enjoying the passing scenery with a leisurely ride. Cycling and sightseeing are a wonderful combination, but what should you prepare when planning a cycling tour at your holiday destination? Here, we provide some useful tips that will help make cycling fun for everyone!

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**3 tips for an enjoyable Long Riding Rides**

1. **Stay well-protected from the heat and sun**
   - Sunscreen is essential for a cycling holiday in Okinawa. Applying a high SPF sunscreen helps to prevent physical sunburn. While the sun is not the same as in your home country, the body actually produces significant heat when cycling. Be sure to attach a bottle holder to your water bottles and refill it regularly.

2. **Remember to follow traffic rules**
   - Although cycling has gained popularity in Okinawa, priority must be given to pedestrians on the roads and to vehicles such as cars. Always obey traffic signals and look for traffic rules in order to ensure your safety and enjoyment of cycling trips. When driving, ensure you are familiar with Okinawa’s traffic laws.

3. **Always carry an emergency repair kit**
   - To ensure you can maintain your cycling holiday, be sure to bring an emergency repair kit with you. In addition, carrying a first-aid kit is also recommended.

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**Tips for Transporting your own bicycle to Okinawa**

- **Dismantling and packing your bicycle**
  - Dismantling and packing your own bicycle is a convenient option. For those who are keen on participating in cycling events with their own bicycles, consider checking in your bicycles at the airport by utilizing special storage bags or engaging the services of a delivery courier. For further information on delivery fees and procedures, check with the courier or airline concerned.

- **Preparing your bicycle**
  - Keep your bicycle clean and check for any visible damage before setting off on your trip. Replace any parts that may have sustained damage during transport. For maximum comfort and performance, do not forget to attach a bottle holder to your water bottles and refill it regularly.

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**Contact Information**

- **Okinawa Cycling Association**
  - Located within Okinawa Ringyo Ltd., Naha Haebaru Branch
  - Telephone: 098-963-9294

- **Naha Maejima Nigoukan**
  - Telephone: 098-896-7010

- **Plus 2 Do**
  - Telephone: 098-862-1852

- **NPO Shimazukuri Net**
  - Telephone: 098-943-6768

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An excursion around Cape Shirihana, situated on the eastern coast of southern Okinawa. As the last of the Shio series, this location served as a stopping point for the Ryukyu Kingdom. It was also a popular location for fishing, with its sandy beaches stretching along the coast. The cape is also home to a variety of sea life, including turtles and dolphins.

Okinawa cuisine and desserts a wide array of delicious options such as while you’re at it! explore them and take a well-deserved rest resorts along Route 58, so do take the time to

The Nirai and Kanai bridges feature a hairpin curve set against stunning ocean backdrops, while Shinzato - bira is an uphill slope with a height difference of 150 m. Stretches of tropical coconut trees add further variation to this interesting cycling course, which has special user-friendly lanes for cyclists, in addition to numerous scenic spots, cafes offering breathtaking views, and other well-maintained resting places.

Endless fun! Enjoy Casual Cruising Here we recommend two cycling courses that are perfect for relaxed sightseeing and cruising*. In addition to numerous uniquely Okinawan sights, cyclists can look forward to a variety of rest spots that include cafes, beaches and parks. Cross-country and automatic gearbox bicycles enable stress-free cycling, especially for ladies.

To experience nature on your bicycle, head for Kaichu-doro

**Main Cycling Events in Okinawa**

**Cycling Events**

Cycling events have been enjoying considerable popularity of late. Cycling meets organized in Okinawa have also been staged with growing success each year.

*Enjoy downtime with fellow cyclists at interaction events!*

- **Let’s cruise the side road!**
  - **West Coast Resort Cycling Course**
  - Distance/68km Approximate journey time/1 hour
  - **Endless fun! Enjoy Casual Cruising**
  - **Spiritual Journey through Southern Okinawa**
  - Distance/18.4km Approximate journey time/1 hour

Looking forward to unwinding at post-event parties after a day of fun with one of Okinawa’s many cycling courses. Rejuvenate your tired body with friendly interaction with cyclists from all parts of Japan and the warm hospitality of the local people. Past parties have featured signature dishes such as spit-roasted pork and other Okinawan delicacies, and entertainment by local artists and performers. Many cyclists make new friends and widen their interaction networks through sporting events, and enjoying that post-race beer at an event with your newfound companions is sure to be unforgettable.

**Advice from professional athletes!**

**To experience Kaichu-doro as a cycling paradise**

When you are cycling, you can experience the myriad world of plants and animals, which really makes you feel like you are right in the middle of Mother Nature. My ‘bicycle mode’ of sightseeing and cycling is my new hobby, and I have this particular events of cycling race where I can ride my bicycle itself or someone's bicycle.

**Mr. Kohzi Uchimaa**

Mr. Kohei Uchimaa was one of the fastest-rising young cycling artists and performers. Many cyclists make new friends and widen their interaction networks through sporting events, and enjoying that post-race beer at an event with your newfound companions is sure to be unforgettable.

**Cruise through southern roads dotted with world heritage sites**

Cruise through the island along with the best-known cycling event Usher in the new year with the prefecture’s best-known cycling event **February**

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Okinawa’s cycle-friendly environments are well-received by cyclists, who point to balmy weather even under 30°C temperatures and the ability to engage in cycling even during winter.

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  - **Endless fun! Enjoy Casual Cruising**
  - **Spiritual Journey through Southern Okinawa**
  - Distance/18.4km Approximate journey time/1 hour

Looking forward to unwinding at post-event parties after a day of fun with one of Okinawa’s many cycling courses. Rejuvenate your tired body with friendly interaction with cyclists from all parts of Japan and the warm hospitality of the local people. Past parties have featured signature dishes such as spit-roasted pork and other Okinawan delicacies, and entertainment by local artists and performers. Many cyclists make new friends and widen their interaction networks through sporting events, and enjoying that post-race beer at an event with your newfound companions is sure to be unforgettable.

**Advice from professional athletes!**

**To experience Kaichu-doro as a cycling paradise**

When you are cycling, you can experience the myriad world of plants and animals, which really makes you feel like you are right in the middle of Mother Nature. My ‘bicycle mode’ of sightseeing and cycling is my new hobby, and I have this particular events of cycling race where I can ride my bicycle itself or someone’s bicycle.

**Mr. Kohzi Uchimaa**

Mr. Kohei Uchimaa was one of the fastest-rising young cycling artists and performers. Many cyclists make new friends and widen their interaction networks through sporting events, and enjoying that post-race beer at an event with your newfound companions is sure to be unforgettable.

**Cruise through southern roads dotted with world heritage sites**

Cruise through the island along with the best-known cycling event Usher in the new year with the prefecture’s best-known cycling event **February**

**Main Cycling Events in Okinawa**

**Cycling Events**

Cycling events have been enjoying considerable popularity of late. Cycling meets organized in Okinawa have also been staged with growing success each year. Events with professional road races also feature short-distance racing, participating categories for beginners and seniors, and cycling courses that have been combined with sightseeing, making participation easy for everyone.

Okinawa’s cycle-friendly environments are well-received by cyclists, who point to balmy weather even under 30°C temperatures and the ability to engage in cycling even during winter.
Enjoy the feeling of being in a resort destination!

The biggest pleasure of golfing in Okinawa is exclusive locations featuring stunning views of the ocean. Any golfer would be charmed by the large expanses of green turf that stay verdant all year round, and stunning ocean views that place Okinawa’s golf courses on a par with the best of the world. Amongst the many seaside courses are famous holes set against impressive precipitous cliffs. Golfers can also experience the sheer exhilaration of driving tee shots towards cobalt blue oceans. Golf in summer is cooling with balmy sea breezes, and play in short-sleeved tops is possible in winter if the weather is good. Experience enjoyable rounds of golf at any time of the year, only in Okinawa.

Extensive vistas of breathtaking oceans and sub-tropical forests of blooming island flora stretch beyond the green. Golf courses surrounded by rich primeval nature are the subject of envy from golfers around the world. Enjoy golf at any time of the year with a sophisticated golf vacation complete with a relaxing resort stay.

Unwind in relaxing post-golf surroundings
Indulge in post-play luxury in elegant resort hotels. In addition to restaurants, spa and treatment rooms, pamper yourself with ultimate relaxation during your stay. In summer, Okinawa’s long daytime hours and late sunsets ensure ample daylight until 7pm, making it perfect for a round of sunset golf. After checking into your hotel in the afternoon, take a short rest before heading out to the green. After a 9-hole game set against the charming backdrop of the setting sun, relax with a sumptuous meal, a leisurely swim in the pool, or refresh yourself with an item from the relaxation menus. There is plenty of time to slow down and unwind.

Once in a lifetime tee shot over the ocean!
This is the ultimate combination of golfing and relaxation, as you tee off over the ocean. Enjoy playing against the backdrop of the clear blue sea, and finish your round with a slow meal, a swim in the pool, or a relaxing break. Examine the lush fairways and greens, and experience the unique pleasure of golfing in Okinawa.
There are more than 40 golf courses in the main and offshore islands of Okinawa, which allows golf enthusiasts to choose a course that suits their level of play. Make your debut on the green with a wish come true with this golf paradise, where resort golf can be enjoyed at any time of the year!

Enjoy ease of access as most golf courses can be reached within 30 minutes to 1 hour from your resort. Enjoy golf and sightseeing in Okinawa are endless.

Let’s observe proper golf decorum

Known widely as a “gentleman’s sport”, golf prides itself on proper game etiquette. This is especially so for beginners, whose good golfing conduct is valued over playing skills. It is utmost importance to refrain from slow play. In order to prevent causing delays to waiting groups of golfers, always remember to start putting at each hole promptly.

Be a golf spectator in Okinawa!

Professional golf tournaments held in spring are very popular with spectators. Since its first staging in 1988, the ladies golf tour season in Japan is kick-started annually by the Okinawa Ladies Golf Tournament (Myoko Golf Club). In 2012, Japan’s flagship golf event, The Japan Open, was held in Okinawa for the very first time at Naha Golf Club. From 2013, the first tournament heralding the start of the senior men’s tour, the Kasumigaseki Senior Men’s Open Golf Tournament, will be organized in Okinawa at Kise Country Club. Enjoy putting yourself against the professionals with a round of golf at one of the tournament courses!
Dive into the world-class oceans of outstanding beauty!

Diving

Okinawa, the mecca for all types of marine sports.

In addition to diving, choose from other activities such as snorkeling, paragliding and kayaking. Okinawa’s oceans boast crystal-clear waters, vibrantly-colored coral reefs and tropical fish, as well as an amazing variety of underwater panoramas.

Come savor an extraordinary world like no other where surprising and impressive experiences await.

Advice to beginners

Feel free to take a dive! Save yourself the hassle of preparing diving equipment!

Non-swimmers and beginners may consider participating in experienced diving activities. Those who are unable to swim or walk can also enjoy diving from the comfort of a float. In such cases, the equipment will be provided by diving shops. After you're set, you need to wear your full diving gear available as well.

Sea kayaking

Enjoy a sporty adventure while being in the wonders of Mother Nature with sea kayaking. Kayaking has gained attention as a fuel-free and environmentally friendly marine sport that is perfect for people of all ages. The kayak’s compact frame allows for optimal safety and easy maneuvering even in shallow waters. Enjoy close encounters with beautiful corals and tropical fish from your kayak with the transparent waters of Okinawa. Tours that offer exploration of uninhabited islands and mangrove forests are also unique features of kayaking in Okinawa.

Advice to beginners

Let’s participate in a guided tour!

Sea kayaks are suitable for couples, making kayaking the perfect option for families. Participants can enjoy a guided sea kayaking tour to help you enhance your paddling control. Come prepared to enjoy what you don’t need getting wet, dry suits are available. Some shops also provide rental of raincoats and marine shoes.

For more information

MPO (Okinawa Tourism Promotion Council of Okinawa): 098-957-1588 e-mail: info@okinawasouvenir.com http://www.okinawasouvenir.com

Marine Sports

Scoring white hot goals, barefoot Beach soccer

Beach soccer, which is played by teams of 5 in courts smaller than those used in normal soccer games, features fast action and game progression with more attempts at goal-scoring. Beach soccer is also characterized by a "mid-air strategy" of ball-passing by lifting, making it an engaging sport for both players and spectators alike. Okinawa is home to the professional beach soccer team currently holding top position in the national beach soccer tournament. Team members are invited to savor the profile of beach soccer in Japan, and hope that more people can display their watch for an unforgettable diving experience!
**Care**

Post-workout care to heal your tired body

There are many relaxation salons and spas in Okinawa that offer comprehensive care for post-exercise damage. In addition to treatments using natural Okinawan ingredients, refresh yourself with an extensive array of therapeutic means.

Strenuous outdoor exercise leads to overheated bodies, and muscles accumulate heat and deposits of lactic acid. To completely remove such internal buildup, proper full-body cooling down treatments are recommended. Relieve stiff muscles and rejuvenate your body with a gentle 90-120 minute massage. For added efficacy, boost your body with a gentle 90-120 minute massage. For added efficacy, boost your body with a gentle 90-120 minute massage.

Sun protection begins with proper prevention of exposure to the sun!

The level of UV rays in Okinawa is 7-8 times stronger than those of other parts of Japan. Apart from summer, rays of the sun remain unexpectedly strong throughout the year so be sure to pay close attention to the difference in climate. It is of utmost importance to apply sunblock whenever you head outdoors. Apply a generous amount of SPF30+PA+++ or SPF50+PA+++ sunblock if you intend to engage in outdoor sports, and cover exposed parts of your body with proper attire and arm covers. Goggles are prone to go unprotected in the sun, so be extra careful of your neck areas by using hats and scarves. UV cut sunglasses are also a must. UV rays entering from the eye area stimulate the brain into melanin production and add to fatigue, so select sunglasses that offer full protection of the entire eye area.

Relieve sun damage with natural Okinawa-made goodness

Remove traces of sun damage with tranquilizing masks that alleviate hot flashes. Facial masks made from marine ingredients such as kuchu (natural sea moss of Okinawa) and mucuna work gently on damaged and tired skin. Skincare rich in vitamin C laden acerola is also recommended. Take careful measures to suppress heat and reduce the risk of sunburn. Use sunblock if you intend to engage in outdoor sports. A gentle 90-minute support for your face and neck.

Boost nutrient intake with Okinawa cuisine!

Dietary control should not be overlooked before and after engaging in sports. It is important to build a body that is resilient to fatigue by adhering to a diet that is suitable for physical workouts. For example, it is often said that consumption of amino acids and carbohydrates are crucial when running. Okinawa soba is recommended as a source of energy and nutrient replenishment. Rich in sodium and amino acids (lau), carbohydrates (noodles) and protein (pork), Okinawa soba contains all the nutrients that an exercising body requires. Island vegetables such as bittergourd (goya), Okinawa citrus (shikuwasa) and pawpaw are rich in antioxidants that are useful in reducing fatigue. Candy and tableware made with Okinawa wasabi and mineral-laden brown sugar are also effective nutrient options. These are also easy to bring around and serve as perfect energy supplements. The sports island of Okinawa is a treasure trove of foods items that are ideal when engaging in sports. Replenish your body’s energy intake while enjoying the variety of gourmet choices available in Okinawa!

Foods

A definite must-do! Preparing the right sports foods

Select the right pair of shoes for your first-ever marathon in Okinawa!

Selecting the right pair of shoes can make a huge difference in your running experiences!

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Not Content with Just Sightseeing? Spectator Sports in Okinawa are Just as Interesting!

Be it professional sports training camps, baseball or handball at Okinawa you can enjoy watching a variety of professional sports in close proximity. At training camps, get up close and personal to athletes, obtain access to scenes and happenings not often seen on television and rub shoulders with your favorite players at meet-and-greet sessions! Here, we showcase the unique appeal of spectator sports in Okinawa.

Baseball and soccer camp information!

Following the start of the new year, professional Baseball and soccer teams begin filing into Okinawa. In 2011, Okinawa Cellular Stadium Naha became the camp ground of the Yomiuri Giants. This was followed by professional baseball teams from Korea, bringing the total to 10 domestic teams and S Korean teams. In addition, the inaugural Chura Island Soccer Camp in 2011 signaled the start of the season’s first training period (January to February) by hosting top soccer teams from J-League, Korea League and China Super League. During camp season, training matches are held all over Okinawa, including never before seen match combinations. What’s more, watching such matches is completely free of charge! Baseball has always enjoyed significant popularity in Okinawa. In 2006, the prefecture’s first-ever professional/basketball team, the Ryukyu Kings was created. The influence of America on Okinawa and its culture has allowed locals to become familiar with baseball, and many players from the Ryukyu Kings hail from Okinawa. In the second year of its inauguration, the Ryukyu Kings were crowned the champion of Japan’s professional baseball-league, the (J) League, and have been participating in playoff matches every year since then. The 2011-12 season saw the Ryukyu Kings aiming the championship for a second time. Home games are staged in Naha city and also central Okinawa, where fans are known to be particularly passionate about baseball: expect red-hot action when the Ryukyu Kings take to the court as players show off their skills running, batting and shooting. Table tennis fans will be delighted to know there are also the sounds of much entertainment. Fans of the Ryukyu Kings are extremely dedicated supporters, and have been awarded with the "Best Booster Prize" from league organizers. To watch the Ryukyu Kings in action, purchase your game tickets online or from the Fan Mart chain of convenience stores.

*Aiming for promotion to the J.League!*

FC Ryukyu is Okinawa’s only professional soccer team. Established in 2001, FC Ryukyu began participating in national soccer league matches in 2006 as the club representing Okinawa. In 2011, former national team player Rukiya Gamoza was added to the team line up amidst growing hopes for the club to be promoted for match appearances in the J-League. Eagerly, FC Ryukyu’s catchy team color, red, represents the succession of traditional Ryukyu culture and also symbolizes passion and fighting spirit. The team’s home stadium is the Okinawa Prefecture Integrated Sports Park and Athletics Stadium in Okinawa city, and home games are mostly held at the Chatan Park Athletics Stadium. During matches, cheers from supporters are mixed with traditional Okinawa folk songs and dialect, making it a much-anticipated attraction for spectators. Shows featuring Okinawa’s well-loved super-hero character “Ryujin Mabuyer” and soccer clinics are also held regularly, much to the delight of FC Ryukyu fans. Tickets to FC Ryukyu matches can be purchased from the teams’ official shop and convenience stores such as Lawson's.

**Handball is extremely popular in Okinawa, and teams engaging in the sport have been established across elementary schools in the prefecture. With strong support from schools and local communities, there is a very conducive environment for both kids and adults to engage in handball. Ryukyu Corona, a handball team based in Okinawa that participates in the top national league, shares close ties with the local community. With Okinawa as its home ground, Ryukyu Corona was created in 2008 before the team made its debut in the Japanese Handball League from the 2008-09 season. Many Ryukyu Corona players are from Okinawa, and home matches are held in the Urasoe City Indoor Gymnasium during league season, which takes place between September and March. Swift dribbling, jumps, aggressive close-range shots are all part of the fun of handball, which may sometimes seem more like a powerful display of martial arts. Feel your emotions rise as you cheer alongside the Ryukyu Corona supporters, Please check the Ryukyu Corona official website for ticket information.

http://www.ryukyu-corazon.com