

A male athlete with dark hair is shown in a low, powerful starting crouch. He is wearing a black tank top and black shorts with red and white patterns. His skin is glistening with sweat, and his muscles are highly defined. He is wearing a black athletic shoe with white laces. The background is solid black, making the athlete stand out. Large white Japanese calligraphy is positioned to the right of the athlete.

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Miyoshi

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Rejuvenate Miyoshi through Sports!

# Miyoshi, aims to be known as a city of sports

Miyoshi, a small city with a population of 55,000, the hometown of Yoshinori Sakai who was the final torchbearer for the 1964 Tokyo Olympic Games, is a self-acknowledged city of sports that has produced and continues to produce a number of Olympians and professional athletes.

With the goal of taking a greater leap forward as a city of sports, since December 2013, we have been promoting a pre-2020 Tokyo Olympic Games Training Camp Invitation Research Project by utilizing well-developed sports facilities.

Our aim is to move forward and expand invitation activities while receiving cooperation from everyone involved so that children and adults alike can come into contact with the greatness of sports and international exchange through joining together as a united community and provide hospitality and support to top athletes from around the world.

I would therefore like to ask for your utmost cooperation as we take on this challenge.

Kazutoshi Masuda  
Mayor of Miyoshi City, Hiroshima



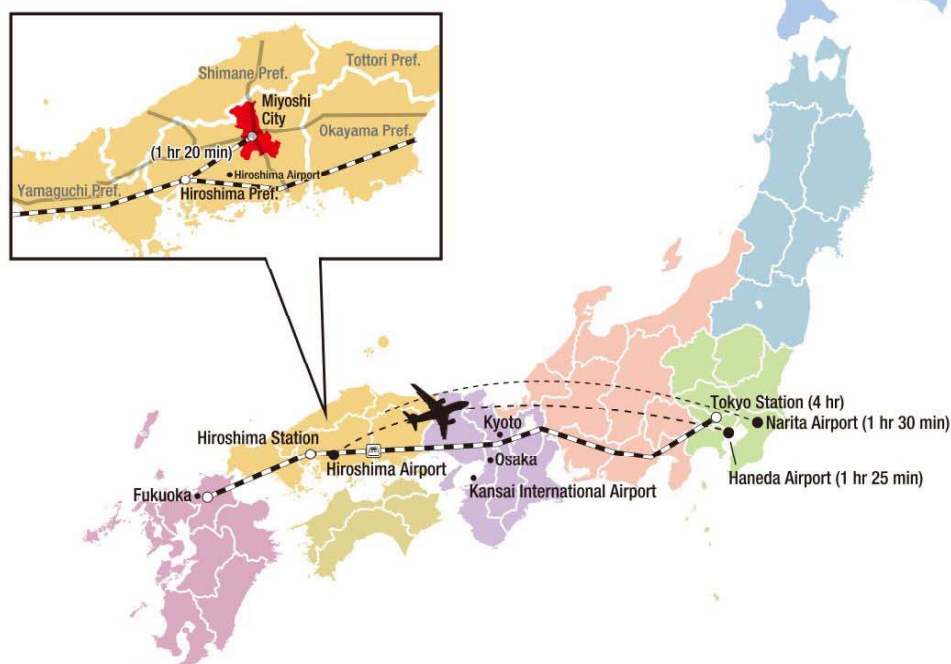


## Location of and Access to Miyoshi City

Miyoshi is a quiet city surrounded by abundant nature, located in northeastern Hiroshima Prefecture, roughly in the center of the Chugoku Region. Two expressways cross through the heart of the city, the Chugoku Jukan Expressway and the Chugoku Odan Expressway Onomichi-Matsue Route, making it possible to travel to Hiroshima Airport and the Hiroshima Station Shinkansen Entrance in about 80 minutes.

You can travel from Hiroshima to the Tokyo metropolitan area in about 1 hour and 30 minutes by plane and in 4 hours by bullet train.

### Access



### Access to sports facilities in the city

Sports facilities, including an athletic field and arena, are located on the outskirts of the urban area, and are accessible from all expressway interchanges, hotels, and JR stations within 15 minutes.

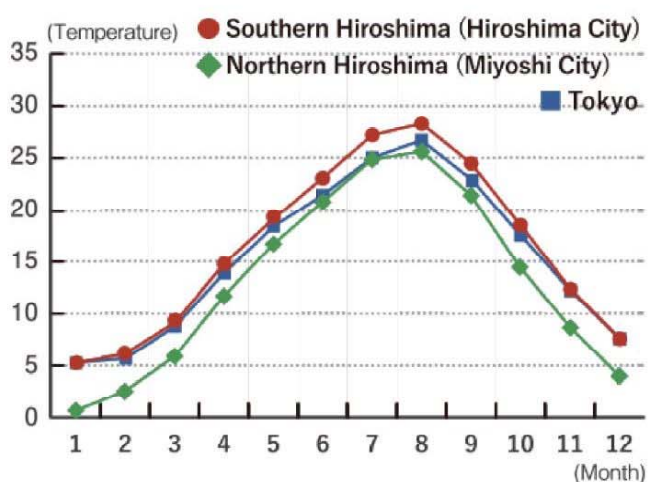




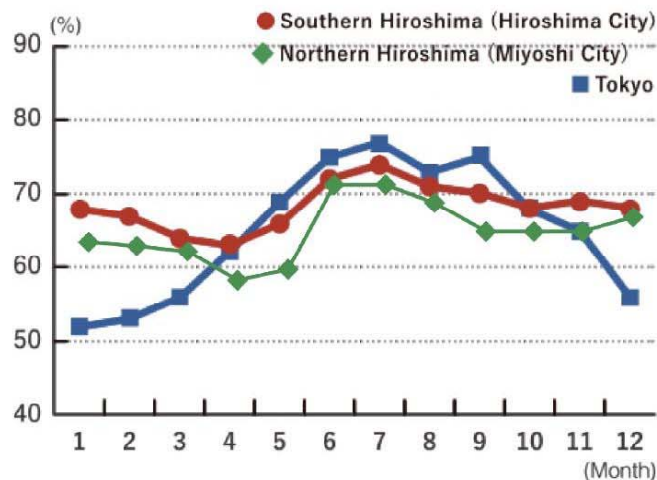
# An environment blessed with a mild climate that's just right for sports

With its relatively warm climate and predominantly fair weather, Miyoshi City has the perfect environment for sports.

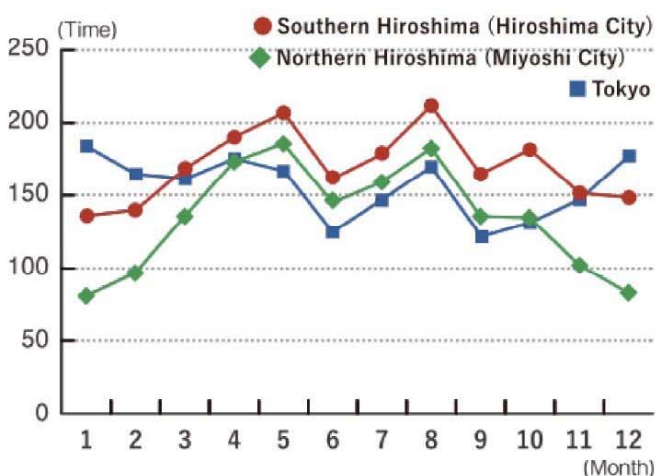
## Monthly average temperatures of Hiroshima and Tokyo (Celsius)



## Monthly average humidity of Hiroshima and Tokyo



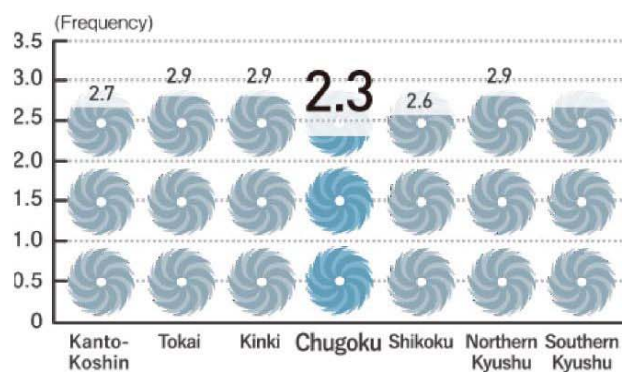
## Sunlight hours in Hiroshima and Tokyo



(Averaged figures: 1981 to 2010)

\*Source: Japan Meteorological Agency website

## Average frequency of typhoon approaches (to within 300km)



(Averaged figures: 2005 to 2014)

\*Figures for Yamaguchi Prefecture are included here in Northern Kyushu and not Chugoku. Figures for Kanto-Koshin' etsu do not include figures for the Izu Islands or Ogasawara Islands.

\*Source: Japan Meteorological Agency website



## Goals for Training Camp Invitations

Miyoshi City intends to inspire children by showing them “real” sports, and plans further promotion of sports and urban development by sports through training camp invitations for the Olympic and Paralympic Games.

### Providing “Dreams” for Children

The impressions created by witnessing the “real” force of world class “techniques” and “powers” with their own eyes will be a great treasure for our children.

Not only will they feel that the Olympic and Paralympic Games are close to them, but it will also increase their interest and passion for sports, which will give rise to dreams for the children of tomorrow.



### Supporting People Involved in Sports

Declaring that “Miyoshi is a city of sports,” the citizens of Miyoshi City are deeply passionate about and honored to be involved in the world’s greatest sports festival that is the “Olympic and Paralympic Games.”

We would like to unite as a city and welcome athletes with the greatest hospitality. And, we hope to continue to expand the circle of exchange long after the events have finished.



### Happy and Rich Civic Life through Sports

We will take the opportunity of the Tokyo Olympics and Paralympic Games as a learning environment for more citizens to grow to love sports throughout their lives and lead happy and rich lives through sports, and for citizens to pray for and protect peace through international exchange.





## International Athletic Meets and Training Camp Achievements

### Asian Games Hiroshima 1994

At the Asian Games Hiroshima in 1994, nine soccer matches including preliminaries and quarter finals (men's) with the participation of 15 countries were held at the Miyoshi Sports Park athletic field for 6 days. The Japan National Team soccer match drew a sellout crowd to the stadium, teaching us much about the management of an international sporting event.



### World Championships in Athletics, Osaka 2007 (training camp: Republic of Latvia)



For the World Championships in Athletics, Osaka 2007, a team of 6 athletes (javelin throwers and shot-putters) from the Republic of Latvia held their training camp in Miyoshi City. There were also exchanges with citizens through not only dinner parties to welcome the athletes, but also through the athletes' track and field workshops for local children and community performances of Miyoshi's traditional performing arts, Kagura (Shinto music and performance) and Taiko drums. On the day of the tournament, Miyoshi citizens organized a supporters' bus tour to cheer for the athletes.

#### Host and Operation Achievements of Other Athletic Tournaments

##### Interscholastic Athletic Meets

2004: Road cycling race  
2016: Soccer match

##### Official professional baseball games (Hiroshima Toyo Carp)

Held annually since 2009

##### High School Ekiden (long-distance relay race)

1974 – 1999, 2005 – present  
Hiroshima prefectural preliminaries for the national championship

# Miyoshi Sports Park



This park is situated in the center of the Chugoku region, a region with exceptional transport accessibility.



## **Athletic Field (Officially Sanctioned Class 2 Facility)**

The infield is covered with natural turf, and the all-weather track offers eight running lanes.

Address	493 Higashi Sakeya-machi, Miyoshi City
Site URL	<a href="http://www.mizuno.jp/facility/hiroshima/shi-miyoshi/">http://www.mizuno.jp/facility/hiroshima/shi-miyoshi/</a>
Time required to/from the nearest airport (one way)	Approximately 60min from Hiroshima Airport by car



## **Baseball Park “Miyoshi Kinsai Stadium”**

The stadium features a fully installed artificial turf field and a multi-purpose underground facility. Professional baseball games are held here every year.

## **Indoor and Outdoor Tennis Courts**

There are four indoor courts and eight outdoor courts, which are all fully installed with artificial turf.



## Sporting codes

Olympic events



Athletics

Paralympic events



Athletics

# Miyoshi Prefecture Park



This facility is suitable for a diverse range of activities from sports to play.



Address	Jindendani, Shijikkann-machi, Miyoshi City
Site URL	<a href="http://www.mizuno.jp/facility/hiroshima/ken-miyoshi/">http://www.mizuno.jp/facility/hiroshima/ken-miyoshi/</a>
Time required to/from the nearest airport (one way)	Approximately 60min from Hiroshima Airport by car



## Cultural Center Arena

The 38m x 50m arena that is integrated with meeting rooms can be used for various indoor sports.



## Training Room

The heated swimming pool facilities are equipped with a full-scale training room.



## Heated Swimming Pool

The general pool is a 25m x 8m officially sanctioned indoor swimming pool.

## Sporting codes

### Olympic events



Basketball



Judo



Table tennis



Wrestling



Volleyball

### Paralympic events

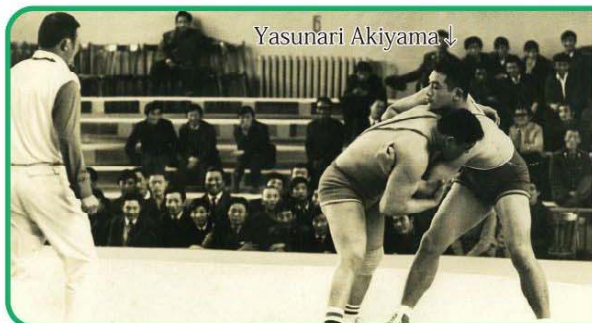


Wheelchair basketball

# Olympians and Paralympians with connections to Miyoshi



Miyoshi has produced 5 Olympians and Paralympians.



Yasunari Akiyama ↓

Born in Miyoshi

## Yasunari Akiyama Wrestling (Greco-Roman, Freestyle)

1973 : Asian Championships (Mongol) Second place prize (Freestyle)  
1973・1974・1975 : Participant at World Championships(Greco-Roman)  
1975・1976 : All-Japan Championships (100kg class) Gold (Greco-Roman)  
1976 : Participant at Montreal Olympic Games (100kg class) (Greco-Roman)  
1985 : All-Japan Championships (130kg class) Gold (Greco-Roman)



Born in Miyoshi

## Mikiko Sone (high jump)

1973 — 1976 : Japan Championships in Athletics Winner  
1974 : National Sports Festival Ibaraki Set a new Japan record  
7th Asian Games (Tehran) Won silver medal  
1976 : Participant at Montreal Olympic Games



Born in Miyoshi

## Masaru Nakashige (air pistol, free pistol)

1996 : Participant at Atlanta Olympic Games (air pistol, free pistol)  
2000 : Participant at Sydney Olympic Games  
2004 : Participant at Athens Olympic Games



Photo courtesy: PICSPOINT

Graduated from Miyoshi High School (born in Shobara City)

## Rie Kanetou (breaststroke)

2008 : Participant at Beijing Olympic Games 7th place finisher in the women' s 200m breaststroke  
2014 : 17th Asian Games (Incheon) Won silver medal in women' s 200m breaststroke  
2016 : Set a new Japan record at the Japanese National Swimming Championships  
Participant at Rio de Janeiro Olympic Game Gold medal in the women's 200m breaststroke



Born in Miyoshi

## Shota Kawamoto Cycling (track)

2014 : Participant at the WBC World Baseball Championships for the Physically Challenged in Japan  
2016 : Representative at the Rio de Janeiro Paralympic Games  
Individual pursuit 3000 meters 8th place prize  
Mixed team sprint 750 meters 8th place prize



## “Miyoshi,” a city which produced Olympic torch bearers

### 1964 Tokyo Olympic Games Final torch bearer **Yoshinori Sakai**

Born August 6, 1945.

In 1963, when he was attending Hiroshima Prefectural Miyoshi High School, he became a 400m champion in track and field at the National Sports Festival.

The following year, Yoshinori Sakai entered Waseda University, and became a qualifier for the 400 meters and 1600 meter relays at the Tokyo Olympic Games. However, he faced disappointment when he lost out at during the qualifiers of the Olympic games. At that time, Yoshinori Sakai who was born on the day the atomic bomb was dropped on Hiroshima, was designated to be the final torch bearer as a symbolic gesture to the world for peace. In fact, he was the 100,713 torch bearer to hold the Olympic flame by the end of the 1964 Tokyo Olympic Games.



With a strong desire by local citizens to honor his achievements, a “Sakai Yoshinori Relief Establishment Executive Committee” was launched and efforts were made to establish a relief honoring his achievements, and through the warm support of citizens, the relief was realized and finally unveiled at Miyoshi Sports Park on October 27, 2015.

Mr. Sakai’s brief biography together with a photo showing him raising the torch steps in front of the Olympic cauldron engraved on the relief made with an image of the Olympic cauldron at the former National Stadium, shines at the entrance of the Athletic Field in Miyoshi Sports Park.

### The current mayor was also a torch bearer

At the time of the last Tokyo Olympic Games, Kazutoshi Masuda, the current mayor of Miyoshi City, was a high school student, and ran through Miyoshi City bearing a torch as one of 100,713 torch bearers. Mayor Masuda’s special feelings for those Olympic Games remain one of his most cherished memories.



↑ Kazutoshi Masuda



## Accommodations

Various accommodation facilities are available near the training grounds, from urban hotels that provide ample facilities and fine services, to a hot spring where you can relax and enjoy a feeling of freedom in nature.

### Miyoshi Grand Hotel

Miyoshi Grand Hotel, located in central Miyoshi City, welcomes everyone with hospitality for any occasion, including business, sightseeing, banquets and meetings.



### Miyoshi Royal Hotel

For a comfortable and relaxing time, guests are welcomed to enjoy our Japanese and western buffet style breakfasts, facilities and amenities, and our attention to personalized service.



### Kimita-Onsen Mori-no-Izumi

Since ancient times, people have treasured bubbling springs as miracle water that heals wounds both in mind and body and as a therapeutic bath. Permeating your entire body, this miracle water will warm you through to the very core of your body.



### Go-no-kawa Canoe Park Sakugi

With an elegant and atmospheric irori sunken-floor hearth, experience a sense of warmth that you cannot find anywhere else. Fully enjoy a traditional Japanese night.

# History and Culture of Miyoshi



## Udatsu Streetscape (fire-resistant walls)

Miyoshi is a city that has long prospered since ancient times as a logistics and commercial hub thanks to the blessings of the Go-no-Kawa River.

Even now, a historical streetscape showing traces of Miyoshi's past remains.



## Ukai

(designated as a Hiroshima Prefectural Intangible Folk-Cultural Property)

Ukai (cormorant fishing) is a traditional Japanese fishing method in which domesticated birds called cormorants dive under the water to catch fish.

Ukai has a 400 year history in Miyoshi and is said to have been modified into the today's technique by Nagaharu Asano, a feudal lord of the Miyoshi Clan.

Ukai in Miyoshi is characterized by the 6.75m ropes manipulated by usho (fishermen), the longest in Japan, and the migration of cormorant boats and tour boats running side by side, for a closeup view of the dynamic cormorant hunting.



## Kagura

Kagura refers to songs and dances dedicated to Shinto gods. Kagura is a traditional performing art that has been offered at ritual sites to witness the gods' descent to earth, to pray to the gods, and to thank the gods.

These heroic and majestic dances rooted in tradition continue to be passed on today.



# Savor Delicious Miyoshi Cuisine



## Hiroshima Miyoshi Winery

Taking advantage of a climate with a stark contrast in cold and warm temperatures, grape production thrives in Miyoshi, and wine is produced using locally grown grapes.

Miyoshi Wine is held in high regard, producing award-winning wines in many domestic and international competitions.

Wine



Cheese



## Mirasaka Fromage

Cheeses are carefully made one at a time, using the natural gifts of livestock - the milk of cows and goats naturally raised in the mountains of Miyoshi. Mirasaka Fromage won a silver medal in the world cheese competition, “Mondial du Fromage 2013” in France.

## Mugi-Mugi Cafe

Bread is baked using locally harvested wheat and homemade yeast. The café, which is a refurbished traditional Japanese-style house over 80 years old, serves meals featuring a croque-monsieur with grilled vegetables, a potage of simmered vegetables, and other selections.

Bread



Fruits



## Hirata Tourist Farm

More than 150 items of fruit are grown in a space of 150 hectares. Seasonal fruits, such as strawberries, prunes, grapes, and apples, can be picked all year round. Experience outdoor farming and fruit-pizza making, and also enjoy an exquisite lunch using fruits picked from the farm. Enjoy a coffee break with specialty sweets you can't find anywhere else.



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