



# Fuchu City, Tokyo Training Camp Guide

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Norio Takano  
Mayor of Fuchu City

## Greetings

Fuchu City has a population of about 260,000 and is situated at the center of metropolitan Tokyo. We are very conveniently located in terms of access to various means of transportation, with a convenient network to various cities across Japan and around the world.

Fuchu is a town with a long history and cultural tradition. The capital of Musashino Province was located here in ancient times, and the area prospered as the region's center of politics, economy and culture. Early in the modern era, the area bustled as a lodging town. While Fuchu is located near the center of downtown Tokyo, it is a town blessed with waterways and greenery, such as the Tama River and the rows of zelkova trees of Baba Daimon, which is a national natural monument.

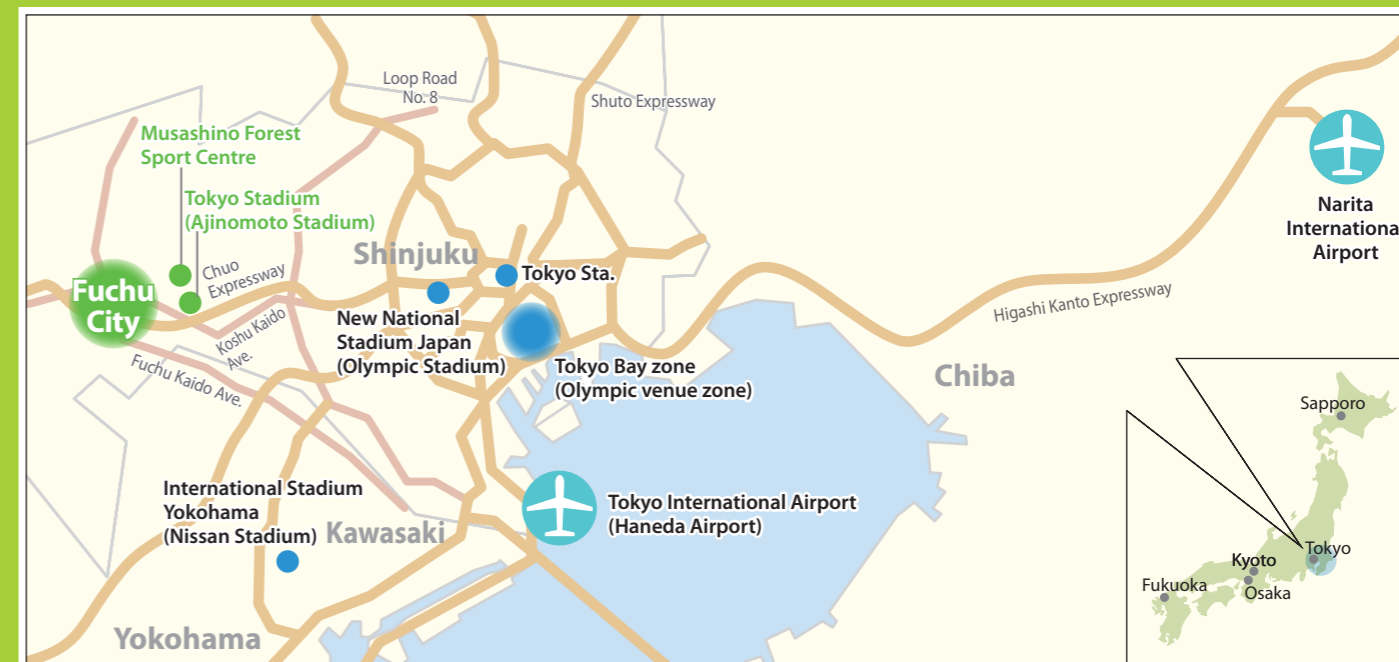
In addition, our community has gained a reputation as "Sports Town Fuchu" in recent years. Athletes of sports teams based in our city and from our city are succeeding, not only within Japan but also in international events such as the Olympics, Paralympics and the Rugby World Cup. Many adults and children of the city also participate in a wide range of sports.

Please come visit Fuchu City, a refined town that harmonizes an urban environment with natural scenery.

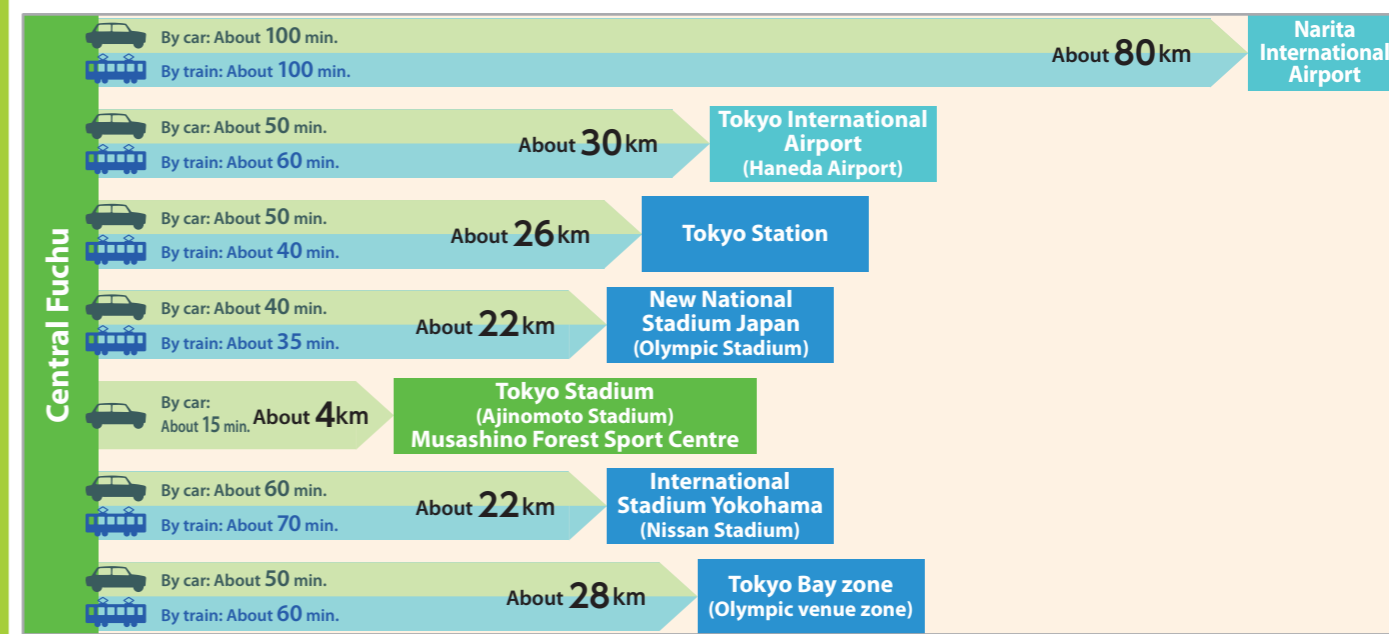


## Access

Access to facilities, such as stadiums and major stations in Tokyo, is extremely convenient.

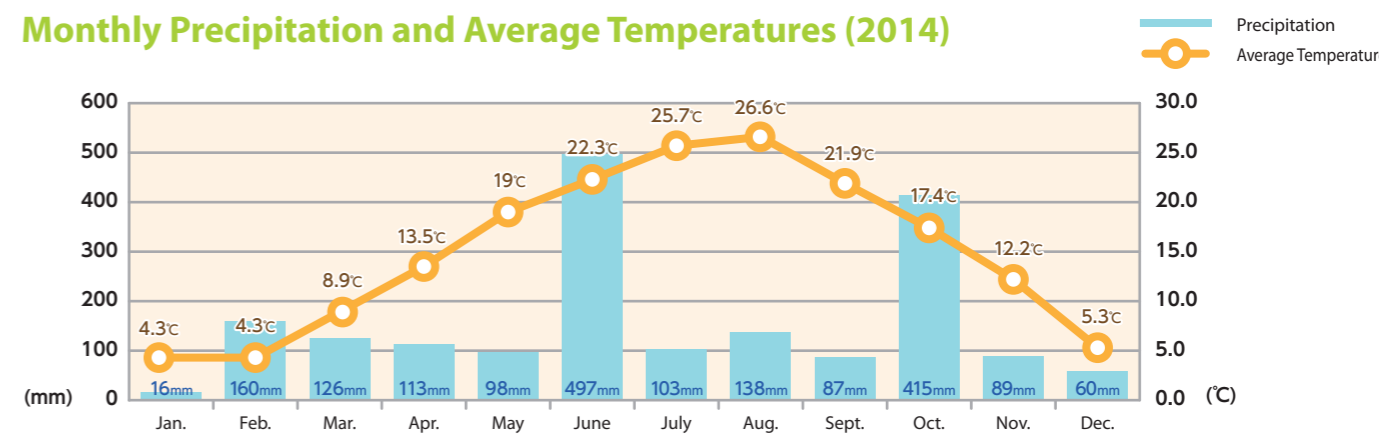


### Travel Times and Distances to Central Fuchu



## Climate

### Monthly Precipitation and Average Temperatures (2014)



# Sports Facilities

Fuchu City has excellent sports facilities, including public facilities that served as the venue for Sports Festival Tokyo 2013 (the National Sports Festival of Japan and National Sports Festival for People with Disabilities) and the home ground for two teams in the Japan Rugby Top League.

## Asahi Soccer and Rugby Field

- Soccer and rugby field (natural grass)

### Affiliated Facilities

Maintenance building  
(Meeting room and locker room)



## Lifelong Learning Center

- Large swimming pool

25 m × 6 lanes  
Depth: 110 cm to 140 cm

- Small swimming pool

12 m × 7 m  
Depth: 30 cm to 60 cm

- Gymnasium:

912 m<sup>2</sup>  
Ping pong (sixteen tables) /  
Volleyball (one court) /  
Badminton (four courts) /  
Basketball (one court) /  
other indoor sports

- Training room

### Affiliated Facilities

Meeting room and locker room



## Comprehensive Gymnasium

- Gymnasium No. 1

1,512 m<sup>2</sup> (Bleachers: 928 seats)  
Ping pong (twenty-four tables) / Volleyball (three courts) / Badminton (ten courts) / Basketball (two courts) / Handball (one court) / Futsal (two courts) / Gymnastics (one complete set) / other indoor sports

- Gymnasium No. 2

971 m<sup>2</sup> (Bleachers: 170 seats)  
Ping pong (eighteen tables) /  
Volleyball (two courts) /  
Badminton (six courts) /

Basketball (one court) /  
Futsal (one court) / other  
indoor sports

- Training room

- Sumo area

- Ping pong room

- Air rifle area

- Martial arts area  
(judo and kendo)

- Archery area  
(Japanese and Western)

### Affiliated Facilities

Meeting room, medical office, sauna and locker room



## Citizens Baseball Grounds

- Baseball field  
12,352 m<sup>2</sup>  
(Bleachers: 5,129 seats)  
Note: Equipped with lights for night games.

### Affiliated Facilities

Meeting room and locker room



## Toshiba Brave Lupus Rugby Grounds

- Rugby field  
2 fields (natural and artificial grass)
- Training room

### Affiliated Facilities

Clubhouse  
(Meeting room, locker room and physiology room)



## Suntory Sungoliath Rugby Grounds

- Rugby field (natural grass)  
Note: There is also a city-operated rugby field nearby (artificial grass).
- Training room

### Affiliated Facilities

Clubhouse  
(Meeting room, locker room and physiology room)



# Sports Town Fuchu



Fuchu Derby



Fuchu Athletic F.C.



Toyota Alvark Tokyo

Fuchu City is home to the Toshiba Brave Lupus and Suntory Sungoliath teams of the Japan Rugby Top League, as well as F.C. Tokyo of soccer's J.League, Fuchu Athletic F.C. of F.League (futsal), and Toyota Alvark Tokyo of the National Basketball League, so you can see a range of professional sporting skill. Rugby is especially well represented, since Fuchu is the only city in Japan with two teams in the Top League. The Fuchu Derby, which pits these two top teams against each other, is a match that rugby fans across Japan watch with great enthusiasm.

Friendly exchange programs between the athletes of these teams and local citizens are also vastly popular. The Ball Fureai Festa, in which athletes and local residents can interact, is held every year. The environment is such that local residents gain a real sense of closeness to the athletes.



Ball Fureai Festa

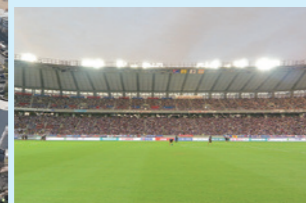
Fuchu City and neighboring areas are scheduled to host the Rugby World Cup 2019 and some events of the Tokyo Olympics and Paralympics Games.

## Rugby World Cup 2019

**Tokyo Stadium (Ajinomoto Stadium):** Opening ceremony and opening game



Tokyo Stadium (Ajinomoto Stadium)



## Tokyo Olympics

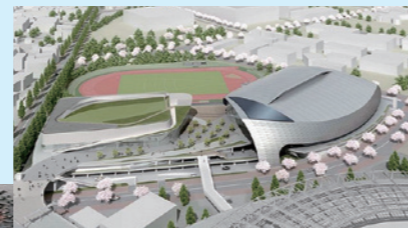
**Tokyo Stadium (Ajinomoto Stadium):** Rugby sevens, soccer and modern pentathlon (swimming, horsemanship, running and shooting)

**Musashino Forest Sport Centre:** Modern pentathlon (fencing) and badminton

**Within Fuchu City:** Bicycle racing (road race course)

## Tokyo Paralympics

**Musashino Forest Sport Centre:** Wheelchair basketball



Musashino Forest Sport Centre (Scheduled to be completed in January 2017)



Rugby World Cup 2015 Report Meeting at Fuchu

# Things to See in Fuchu City

## Zelkova trees at Baba Daimon

It is said that military commanders Minamoto-no Yoriyoshi and his son, Yoshiie, donated a thousand zelkova saplings in 1062 as a prayer of thanksgiving for their victories. Along with the zelkova trees, a total of about two hundred trees create a scenic environment appropriate for the entrance to Fuchu City. These rows of zelkova trees are the only ones designated as a national natural monument in Japan, and they are the symbol of Fuchu City that many city residents love best.



## Okunitama Shrine

Okunitama Shrine, located next to the rows of zelkova trees, was reportedly established in AD 111 as the shrine for worshipping Okunitama, the god protecting Musashino Province, and many people placed their faith in it as the province's flagship shrine. The Kurayami Festival (darkness festival), a grand festival held here every May, draws 750,000 tourists from across Japan.



## Tokyo Racecourse

Tokyo Racecourse is one of the leading horseracing tracks in Japan. Eight G1 races—including the Japanese Derby—are run here. Fireworks displays are also held every summer, and there are areas where children can play as well as an area where you can enjoy horseback riding. This is a location popular among many families and city residents.



## Lodging Facilities and Training Facilities

The Hotel Continental Fuchu is located in downtown Fuchu. In addition to 117 guest rooms, the hotel is equipped with training rooms and banquet rooms. Fuchu City also has Cross Wave Fuchu, a joint facility for lodging, meals and meetings. A fitness room adjoins this facility. There are many other hotels in Shinjuku and other areas near Fuchu City.



Hotel Continental Fuchu



Cross Wave Fuchu