

# Invitation to Morning Run/Walk

Join us and run/walk through some of Yokohama's most scenic and historic areas for the 10km. This fun themed running event is the perfect balance for both new and seasoned runners. Running/Walking instructor Ms. Tohie Kawazu will advise about your running and walking on December 9th.

Commemorative T-shirts will be given to the first 50 people.

Please gather in the first floor at the Yokohama Royal Park Hotel.

No entry fee and registration required.

**Toshiyuki Matsumura (Kumamoto Rosai Hospital)**  
**The President of AMEX Club**



**Yokohama Bayside Morning Run & Walk 2012**

**Time & Date: 7:00a.m.-8:30a.m.,  
December 8th (SAT) & 9th (SUN)**

**Venue: Yokohama Minato Mirai 21**

**Meeting point: The lobby, 1<sup>st</sup> Floor,  
Yokohama Royal Park Hotel**

