

The 26th Kamakura Live Demonstration Course 2019

# *Welcome Party* *for All of Attendants*

*\* Date & Time \**

*December 14th Saturday, 19:30 - 21:00*

*\* Venue \**

*Yokohama Royal Park Hotel, Banquet Room 'Hosho'*



## **Yokohama Bayside Morning Run & Walk 2019**

**Date & Time :** December **14th** (SAT) & **15th** (SUN) , **7:00 a.m. - 8:10 a.m.**

**Venue :** Yokohama Minato Mirai 21

**Meeting point :** The lobby, 1st Floor, Yokohama Royal Park Hotel

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. Toshie Kawazu will advise about your running and walking on December 14th. 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**



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