

Tsuchiura – April 2014



Zachi Baharav

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Tsuchiura: Kasumigaura – marathon (Palo Alto Sister city, Japan)



NEIGHBORS ABROAD
OF PALO ALTO



Zachi Baharav
PARC (Palo Alto Run Club)

Kasumigaura-marathon

- Sunday April 20, 2014, rain or shine
- 25,000 participants who run along the shores of Japan's second largest lake, Lake Kasumigaura.
- It is jointly organized by Tsuchiura City and Kasumigaura City. Both cities are located about 40 km northwest of Narita International Airport and about 60 km northeast of Tokyo.



<http://www.kasumigaura-marathon.jp/english/index.html>

Thank You !



- **City of Tsuchiura.**
- **City of Palo Alto:** Mayor Nancy Shepherd, City Council members.
- **City Staff:** Thomas (Tommy) Fehrenbach.
- **Neighbors abroad team:** Keiko Nakajima.
- **PARC:** Palo Alto Run Club





- ~250 members - managed by Board of Directors (all volunteers who love to run)
- Non-profit organization since 1986
- 3 weekly runs, 1 Saturday long run, 1 monthly trail run
- Monthly social events
- Annual anniversary party

Sport as a connection between:

- Countries and cities.
- Cultures.
- Local Communities.

...Among people!

“Run for Japan”:

Woodside to HMB, 18M
(March-27-2011)



“PARC monthly trail-run + BAJR”

Arastradero+Foothills, Feb-16-2014)



★Schedule for the invited Marathon Runner from Palo Alto & Friedrichshafen★

 **Runner from Palo Alto** : Mr. Zachi Baharav (male/49), anticipated goal time/4:15

 **Runner from Friedrichshafen** : Mr. Jens Ziganke (male/26), anticipated goal time/2:30

Date	Time	Plan
4/17 (Thu.)	0:00 0:00 0:00	Arr. at Narita Airport Dep. for Tsuchiura Check in Hotel Marroard Tsukuba
4/18 (Fri.)	9:30 9:40 10:30 12:15 13:00 16:00 17:00	Assembling staff at hotel lobby Sightseeing downtown Tsuchiura(City Museum/ Kijo Park etc.) Seeing Tsuchiura elementary school & class School lunch with students Dep. Tsuchiura elementary school (if you wish, seeing marathon course or shopping etc.) Visiting students at Tsuchiura 2 nd High school Dep. for hotel
4/19(Sat.)	9:50 10:20 10:30- 12:30 13:00 16:30 17:00- 18:30	Assembling staff at hotel lobby Arr. at Komachi Museum Making & eating Soba noodles Dep. Komachi Museum Arr. at hotel (if you wish, seeing marathon course) Assembling staff at hotel lobby again Marathon Eve. (La Foresta di Magnifica) Arr. at hotel
4/20(Sun.)	8:30 8:40 10:00 12:30 14:15 16:00	Assembling staff at hotel lobby (Walk to Marathon venue) Warm-up Full-Marathon start time Estimated finish time (Mr. Jens Ziganke) Estimated finish time (Mr. Zachi Baharav) Arr. at hotel
4/21(Mon.)	8:00 17:00 18:30-	Assembling staff at hotel lobby Dep. for the world heritage Nikko (Toshogu & Kegon Fall) Arr. at hotel Farewell Party
4/22(Tue.)	0:00 0:00 0:00	Dep. Tsuchiura for Narita Airport Arr. at Narita Airport Dep. Narita Airport

Dinner on first day...



Reception before the race!





Zachi Baharav

19 hours ago

Talking running and life with Yuko Arimori, Japan Olympic medalist in 1992 and 1996, Marathon (Bronze and Silver). Very impressive woman.



Zachi Baharav

19 hours ago

Talking beauty with Miss Japan. She *is* a very friendly, happy, person. — with Jens Zig.



Visit to Elementary school



Teaching 'Rock, paper, scissors' in 3 languages!



Singing “Edelweiss” in music class



Lunch in school.



Visiting High-School





Soba noodles making.



Marathon day!





Jens Ziganke







スポーツニッポン

2014 かすみがうらマラソン

A2237
2014 KASUMIGURA MARATHON

GUIDE

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Highest falls...



Special thanks to the team in japan

- The team that was with us the whole time!
 - Manami Wada. Organizing it all!!! (Staff of international desk /city)
 - Atsuko Fujimura. Translator. (staff of association).
 - Etsuo Sato. Drove all around! (Staff of international desk/city).
- Ryoichi Mochizuki. Supported the team all the time! (section manager of civic activity dept./city).
- Takehiko Kikuta. Runner! (Leader of international desk/city).
- Yuko Fujita. Chaperoned us to the museum and temple! (VP of association).
- Volunteers:
 - Sachiko Oyama. There were others, who simply helped and came with us, and made the stay and trip so much warmer!
- Yoshihiro Iida. (Association chair of sister city/friendship city)
- Tomotsugu Sano. (Vice chair of association) .



Farewell dinner.

