

The 23rd Kamakura Live Demonstration Course 2016



Date & Time

December 17th Saturday, 19:30 – 21:00

Venue

Yokohama Royal Park Hotel / Banquet Room 'Hosho'



## Yokohama Bayside Morning Run & Walk 2016

Date & Time : December **17th** (SAT) & **18th** (SUN) , **7:00**a.m. - **8:30**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. 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