

JSDR2023 Morning Run Event (Unofficial) in Yokohama

Date: Sunday, September 3, 2023

Meet: 5:50 a.m, at the 1st (ground) floor entrance of the Pacifico Yokohama North

Warm-up exercises on your own

Start: 6:00 a.m.

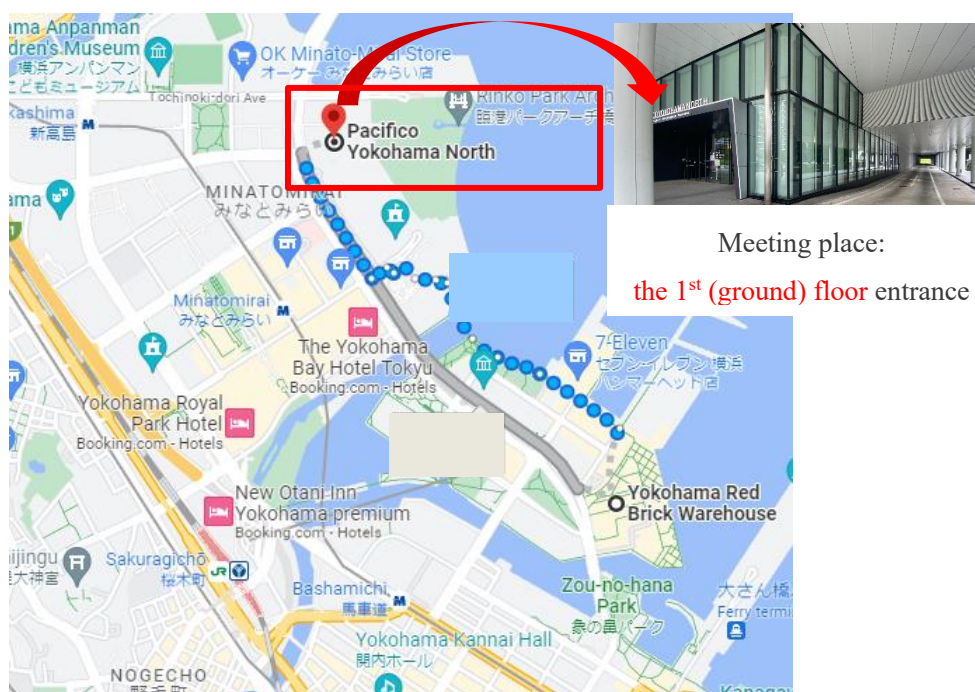
Finish: 6:30 a.m., photo with Dr. Haga, the JSDR2023 Chairperson.

Participation Prize for all participants!



2. Course

3km round course from Pacifico Yokohama North to Yokohama Red Brick Warehouse



3. Notes

- Registration is not required. Please come directly to the meeting place.
- The event **will be canceled in case of rain**. Please check a post on Facebook by 5:30 a.m. on the morning of the day. <https://www.facebook.com/asako.kaneoka>
- Please bring your own hydration supplies if necessary.
- If you have flu symptoms, hangovers, etc., please refrain from participating and have enough rest.
- This is not an official event of the JSDR2023. Please do not contact the conference secretariat.

Hosts: Asako Kaneoka, Rumi Ueha, Yuto Ochiai, and Masato Hasegawa

Sponsor: FoodCare Co.,Ltd.