



32nd Annual Meeting of the Japanese Association of Cardiac Rehabilitation



Register Here



Jogging:5Km
Walking:2.7Km



Chasing the Sea Breeze Makuhari Seaside Jog&Walk

7/19 SUN

Registration 6:30~ AM
Start 6:45~ AM
Finish ~7:45 AM



Meeting Point : Makuhari Messe Vision Screen



All participants will receive an original commemorative towel!



Please note that the course and event details may be modified depending on weather and other conditions.

Organized by
Japan Heart Club (NPO)

AED Support
Nihon Kohden Corporation

Course Information



Jogging Course (5 Km)

Start : Messe Vision

- Rute 1 :** Kaihin Makuhari Park
 2 : JFR YUME Field
 3 : Makuhari Onsen Yuraku no Yu
 4 : Mihama Ohashi Bridge (turnaround point)

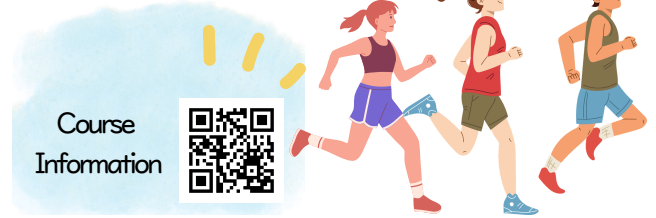


Walking Course (2.7Km)

Start : Messe Vision

- Rute 1 :** ZOZO Marine Stadium and Maihama seaside
 2 : Kaihin Makuhari park

Meeting Point : In front of the Makuhari Messe Vision Screen



Drinking water will be available for participants.



For weather updates, check the JHC X account.



Optional Bath Facility

Makuhari Onsen Yuraku no Sato (JFA YUME Field)

Opens: 9:00 AM Admission: ¥1,600

Access: Approximately 20 minutes on foot from JR Kaihin-Makuhari Station

Free shuttle bus available

Participation Information

Advance registration is recommended (walk-in participation is also welcome).

Open exclusively to participants of the Annual Meeting.

If the event is cancelled due to weather, an announcement will be posted around 5:50 AM on the Japan Heart Club official X (formerly Twitter) account.