



# Heartful Jogging & Walking

## July . 14<sup>th</sup> (SUN), 2024

reception time : AM 6 : 30 ~ AM 6 : 45

Exercise time : AM 6 : 45 ~ AM 7 : 45

**Jogging : 5km Walking : 3km**

**[KOBE CONVENTION CENTER]**

**HALL NO.3 Building ,Exhibition HALL**

\* **Cancelled in case of rain !**

I'll report back at 6:15 AM on JHC 「X」 (<https://x.com/JHCMEDEX>)

\* **Reservations are required !**

\* **it is possible to participate on the day !**

\* **Only those who participate JACR are eligible to participate !**

**【Application Form】**



Japan Heart Club

The 30<sup>th</sup> Annual Meeting the JACR

AED:NIHON KOHDEN

# 【Course】

Bathing facilities  
are available  
(not free)



Jogging 5km

Walking 3km

Start/Goal

**Participants will receive  
a commemorative gift!**

