

## The Gratification that Follows Challenge



Fumiko Hayashi  
Mayor of Yokohama

The 2016 ITU World Triathlon Yokohama event is going to be held on May 14th and 15th. The leading triathletes and paratriathletes from around the world will be swimming in the seas off Yamashita Park and racing through the beautiful streets of Yokohama. It will be the seventh time for our city to hold this gripping event, which has become a fixture of life in Yokohama amid the balmy breezes of May.

In triathlons, athletes swim in the sea, cut through the wind on bicycles, and then run as fast as they can, expending all remaining strength in the process. Many dramatic and moving stories are born as they test their limits on the way to the finish line. I would like as many people as possible to awaken to the appeals of the triathlon. The children of Yokohama who watch the race close at hand will undoubtedly be excited and filled with aspiration by the sight of the very best athletes competing with each other, and inspired to make the effort to fulfill their own wishes on a worldwide stage. And the picture broadens from Yokohama to the whole world. I want to give a big hurrah to the hard-fought contest unfolding before my eyes, while imagining a future in which our children will be active on the global scene.

The event is broadcast in countries around the world, and evokes comments from other countries about the attractive cityscape of Yokohama, with its beautiful seas and greenery. Similarly, the athletes praise our city, remarking that the waters were clean and easy to swim in, and how heartened they were by the warm cheers of the spectators lining the course. Yokohama continues to be chosen as one of the sites of this sports festival, thanks to the tireless efforts of the citizens who assist its staging as volunteers, and the companies and other groups which support its operation. I would like to take this opportunity to express my heartfelt gratitude to them for all the work that makes this event such a moving one.

## 2016 ITU World Triathlon Yokohama



A world-class triathlon held in Yokohama!

May 14 (Sat.) & May 15 (Sun.)  
Special venue in the vicinity of Yamashita Park

Swimming, cycling, running  
The impact, speed, and jockeying by the athletes in each event is bound to captivate all spectators.

→ For more details, please see the next page.

## A tough battle with sights set on the Rio de Janeiro Olympics & Paralympics

# 2016 ITU World Triathlon Yokohama

May 14 (Sat.) & May 15 (Sun.)

- May 14 (Sat.)
- Paratriathlon: 6:55 - 9:10 a.m.
  - Elite (Women's): 10:06 a.m. - 12:16 p.m.
  - Elite (Men's): 1:06 - 3:06 p.m.

May 15 (Sun.) ● Age Group (paratriathlon, standard distance, relay): 7:15 a.m. - 2:00 p.m.

Special venue in the vicinity of Yamashita Park (Naka Ward): Yamashita Park starting and finishing line

All the drama will also be shown on TV! (live broadcast)

NHK BS1 May 14 (Sat.), 10:00 a.m. - 3:15 p.m.  
Elite Women's & Elite Men's events

2016 ITU World Triathlon Yokohama will be the seventh time that Yokohama has hosted this spectacle since 2009. It will also be a qualifying meet for the 2016 Rio de Janeiro Olympic and Paralympic Games. As such, it will be an opportunity to win the points required for entry into the Summer Olympics and Paralympics. We therefore can expect spirited races attracting the world's top athletes, against the background of Yamashita Park, the Minato Mirai 21 district, and other Yokohama sights.

On both days, Yokohama will be thronged with people who come to watch world-class races, spectators rooting for entrants in the Age Group open to participation by the general public, and the many volunteers supporting the event. Please be sure to come to Yokohama to watch the races and add to the excitement!



### Elite course map



### Recommendations for spectators

#### Best place for feeling the heat of the competition — the Yokohama Three Towers area

This area is defined by the Kanagawa Prefectural Government Building, Yokohama Customs, and the Yokohama Port Opening Memorial Hall. It affords a good vantage for watching the skills of the athletes as they navigate curves on their cycles and even hearing them pant as they sprint by.



#### Cycles racing by at speeds of around 50 km per hour—Shinko area

The Minato Mirai 21 district and vicinity of the Red Brick Warehouse are favored spectator points for people who love bike racing. The speeds and impact literally take the breath away.

#### Main venue for watching all events—Yamashita Park

Yamashita Park is the perfect place for watching the start and finish of the Triathlon as well as all the transitions from one event to the other. In the Elite events, the course is circular, and takes the athletes back to Yamashita Park.



### Requesting your cooperation with traffic regulations

On both days of the event, please avoid going by car in the direction of the venue, as far as possible. Check information on the triathlon website about traffic regulations and detour routes before leaving the house, and follow instructions on signs and by the on-site staff.

### Only in Yokohama—the Triathlon EXPO

A show with music and dancing will be staged on the grassy area in Yamashita Park, the main venue. While enjoying this show, visitors will be able to buy goods only available at the venue and sample foods distinctive to Yokohama.

Contact:  
ITU World Triathlon Yokohama event office  
TEL: 045-680-5538 FAX: 045-641-2371  
HP: <http://yokohamatriathlon.jp>



A stage event



The EXPO site

# Yokohama Agriculture Festival 2016

**May 28 (Sat.), 10:00 a.m. - 5:00 p.m.**

**May 29 (Sun.), 10:00 a.m. - 3:00 p.m.**

**Art Plaza, Grand Mall Park (Minato Mirai 3, Nishi Ward)**

Contact: Yokohama Agriculture Policies Office, JA Yokohama  
TEL: 045-805-6811 HP: <http://ja-yokohama.or.jp>

Contact: Agriculture Promotion Division, Environmental Planning Bureau  
TEL: 045-671-2639 FAX: 045-664-4425

This event gives visitors a chance to see, feel, and taste agriculture in Yokohama. It includes a rich variety of features, including stalls for sampling the fruits of vegetable and livestock farming in the city, and shows on a special stage. Please get a first-hand experience of the delights of Yokohama's diverse agriculture producing vegetables, fruits, trees, flowers, and livestock!

\* The activities in the event are subject to change.



## Food section

Sales of food made with Yokohama farming and livestock products, and sampling of Yokohama beef and pork

## Exhibition section

Publicity for Yokohama farms using vegetable and flower seedlings, show for judging of flowers, etc.

## Stage show

Theatrical pieces and quizzes revolving around Yokohama agriculture

## Sales section

Sales of Yokohama farming and livestock products, and processed foods made with them

## Participation section

Workshops, gardening consultation services, etc.

## Temporary window for distribution of My Number cards open until December 2016

- **Open until:** December 2016 (tentative)
- **Open at:** conference rooms in all ward offices (except in the case of the Hodagaya Ward Office, where the window will be inside the Karugamo Meeting Room in front of the ward office)  
\*The location of the temporary windows may change beginning in July. Please check the location for receiving your My Number card when making a reservation.
- **Ward office hours:** 8:45 a.m. - 5:00 p.m., Monday - Friday (excluding holidays)  
9:00 a.m. - 4:45 p.m., second and fourth Saturdays  
\*Requests will be received up to 15 minutes before the window is closed.



My Number mascot "Maina-chan"

Receipt of the cards requires advance reservations. Please make a reservation by telephone, computer, or smartphone, following the instructions on the distribution notification letter mailed from your ward office. If you do not have a computer or smartphone and cannot telephone because of hearing impairments or other reasons, please consult the family registry division in the ward office of the ward where you live, in person or by fax.

## You will be able to use your My Number card to obtain all sorts of official certificates at convenience stores!

Beginning in January 2017 (tentatively), Yokohama residents will be able to obtain transcripts of the resident certificate and other official certificates at convenience stores, using their My Number card.

We will provide more information on this through the website and other means in the future.

### ● Certificates able to be obtained

- (1) Resident certificate transcript
- (2) Seal registration certificate
- (3) Certificate of items on the resident certificate
- (4) Certificate of the entire family register or individual items
- (5) Transcript of address history attached to the family register

## More time needed for distribution of My Number cards

We have already received more than 300,000 applications for My Number cards, and more time is needed to distribute all of them. We will be mailing out a notification of distribution providing information about how to obtain your card in the order of application receipt, so please wait for this notification to arrive.

Yokohama My Number System Call Center

**TEL: 0120-045-505**

Hours: 9:00 a.m. - 5:00 p.m., Monday - Saturday

(excluding Sundays, holidays, and the year-end holiday season)

Note: Please check the telephone number and make sure not to misdial. It may be hard to get through between 9:00 and 10:30 a.m., when many people call. If the line is busy, wait and try again later.

FAX: 045-664-5917 HP: <http://www.city.yokohama.lg.jp/somu/org/gyosei/mynumber>

\* The toll-free service is not available for IP phones and certain other types of phones. If you have such a phone, telephone 045-367-5272 (for a charge).

## Start of examinations for stomach cancer by endoscopy in FY2016

The City of Yokohama has added an examination by endoscopy to the examinations for stomach cancer it offers. In endoscopy, a tube is inserted into the stomach through the mouth or nose, for examination and observation of the stomach interior. Residents aged 50 or more now have a choice of examination by X-ray (with barium) or by endoscopy.

For early discovery of cancer, it is important to regularly receive cancer examinations even before you are aware of any symptoms. Please get examinations for cancer on a regular basis, as part of management of your health.

Yokohama implements cancer examinations for citizens who do not have the opportunity to receive such examinations under employee health insurance or other insurance policies they currently hold.

### Parts for which the examinations are implemented

Stomach, lung, colon, uterus, breast

### Eligible ages, examination interval, application procedure, etc.

For information on these items, please call or fax using the Yokohama Health Exam Hotline or check the city website.

Contact: Yokohama Health Exam Hotline

TEL: 045-664-2606 FAX: 045-664-2828

Hours: 8:30 a.m. - 5:15 p.m., Monday - Saturday (excluding holidays)

HP: <http://www.city.yokohama.lg.jp/kenko/14594.html>

## Protect yourself from victimization by fraudulent business practices etc.

Cases of consultation concerning victimization by scams in forms such as phony bills sent by e-mail or solicitation of renovation work that is completely unnecessary reach a large number (about 24,000) every year. Yokohama residents are advised to routinely check the latest approaches and parties to consult in the event of victimization.

Consultation unit: Yokohama City Consumer's Center

TEL: 045-845-6666 FAX: 045-845-7720

Hours: 9:00 a.m. - 6:00 p.m., Monday - Friday

9:00 a.m. - 4:45 p.m., Saturday & Sunday (excluding holidays)

HP: <http://www.yokohama-consumer.or.jp>

### About the Yokohama City Consumer's Center

The Center employs expert consultants who stand ready to handle inquiries about matters such as trouble related to contracts for goods and services. It also provides information and holds classes on ways to prevent yourself from becoming a victim of fraudulent business practices.

Contact: Consumer Economy Division, Economic Affairs Bureau

TEL: 045-671-2568 FAX: 045-664-9533