

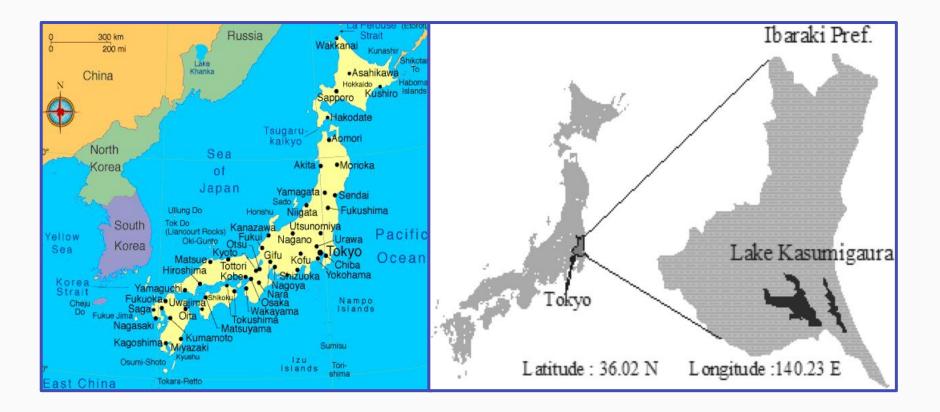
Tsuchiura, Ibaraki, Japan

Talk for Palo Alto Town Council





Tsuchiura, in the Ibaraki Prefecture, is ~ 1 hour northeast of Tokyo



Ibaraki is best known for fabulous food & manufacturing



Sake Brewing



Hitachi Wagyu Beef



Lotus Root / Lotus Flower



Natto



Soy Sauce Brewing



Melon

Ibaraki is also known for getting away from it all



Buddha



The Falls



Cherry Blossoms



The Rolling Countryside



Lake & Seaside Parks



Traditional Fishing



Tsuchiura is best known for traditional family & town life



Fireworks



Tradition



Town Life



Meditation



Natural Beauty



Family Traditions



And, the Lake Kasumigaura International Blind Marathon



Feel ONE Passion. ~

At Kasumigaura Marathon, everyone can be a "Hero".









But for us, Tsuchiura is best known for fabulous people



Town Leadership



A Local Icon





The International Assoc.



The wonderful students















As well as a race with 20K neighbors







spoiler alert: *<u>not</u> my finishing time^a



And then there was my running "race"

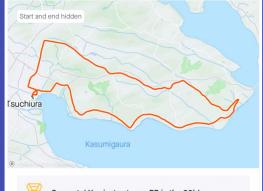




Chris Cummings

Marathon Day: Lake Kasumigaura International Marathon

It was Hot for us Californians since it's been cold and wet. But achieved the goal to represent Palo Alto well and have a min/mike pace that started with an 8 and... well I needed all the 59 seconds tacked on. I would have liked to be faster, but the heat made that hard.



PR	Congrats! You just set your PR in the 30k!	
	Distance 26.49 mi	Avg Pace 8:59 /mi
	Moving Time 3:57:50	Elevation Gain 449 ft





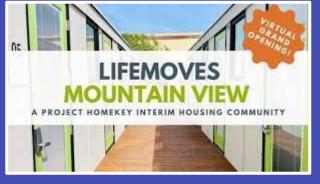
And our race to raise >\$50K for Lifemoves















I know all of us in Palo Alto look forward to reciprocating Tsuchiura's hospitality & kindness in the near future



