

DATE: 2nd October 2011

The 2nd Annual NIPPON IT Charity Relay Race



Run to help Japan

Helping people to help themselves



Event Chairman
Chuck Wilson



Special Guest
Hiromichi Ishige
(Former Seibu Lions baseball player)

Ganbarou Nippon!

Proceeds from this 2011's relay race will be divided between FDA and charities responding to the Tohoku Earthquake.



The Tohoku Earthquake

We would like express our heartfelt condolences to the families and friends of all the victims of the earthquake and tsunami on March 11th this year. Our sympathies are also with all those people who lost their jobs, their homes and possessions.

To show our support to half of all proceeds raised by this years Nippon IT Charity Relay race will be donated to charities responding to the disaster in the Tohoku region through the Nippon Foundation.

The 2nd Annual NIPPON IT Charity Relay Race

The NIPPON IT Charity Relay Race was founded by Chuck Wilson in 2010 to support the charity Future Dream Achievement (FDA) which assists people suffering from depression and acute social withdrawal to find or return to work and lead regular lives.

- Currently, an estimated 2.7million people in Japan suffer from depression or acute social-withdrawl.
- According to a Ministry of Health study, one in every 15 people in Japan will at sometime in their lives will suffer from some degree of depression.
- The majority of people suffering from acute social withdrawal are young men aged 16-40 years old.

For sufferers, depression and acute social withdrawal are often be a long-term and debilitating conditions which can have a very serious impact on both their lives and the lives of their families and friends.

NIPPON Charity EKIDEN

Event Information

Date: Sunday October 2nd, 2011

Location: Tama Marathon Course,
Furuichiba Track and Field Stadium,
Kawasaki, Kanagawa-ken

Access: JR Kawasaki West Exit - 20 mins
by northward bus lines 73,74,75 – five minute
walk from Furiichiba Koban Mae bus stop
JR Kashimada (Nambu Line) - 15 mins walk
JR Shin Kawasaki Station (Yokosuka Line) -
18 minutes walk

**Please use public transport as parking is limited and
it is better for the environment.**

Race Information

Course: Tama Marathon Course is a flat riverside run.

Length: 12km relay race (5 sections). Section 1: 3km.
Sections 2 – 4: 2km. Section 5: 3km

Runners: All are welcome* – serious and fun runners.
Teams can be mixed, there are no restrictions
on age.

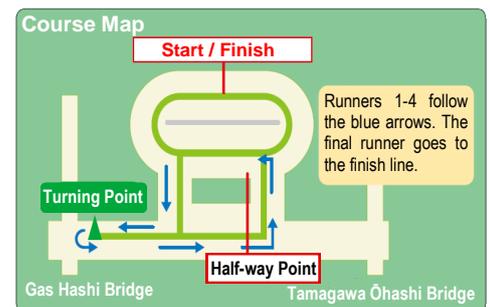
*We advise only runners in good health to take part. Please
see the health advisory on the back of this leaflet.

Fee: ¥3,000 per person / ¥15,000 per team

Event Program*

10-11:30am Race registration open
11:00am Charity Musical
11:30am Opening Ceremony.
12:00am Race Start.
2:30pm Closing Ceremony.

*The schedule may be subject to changes.



Access Map



Other Attractions

Fancy dress competition
Fresh food, fruit and vegetable stalls
Charity Raffle
Awards Ceremony

How to apply

You can apply online at:

<http://www.nit-run.com> Japanese only

For applications in English, please email Graham at: eigo@isfnet.com

Entry Period:

June 22nd - August 31st, 2011

- Applications can be made by teams or individuals. Please be careful not to register twice.
- You will be asked to give your name and/or team members' age, gender and telephone number when you apply.

Competition Rules

1. The entrance fee is non-refundable after registration.
2. In the event of an earthquake, severe weather or other adverse conditions that result in the event being cancelled the organizers will have the executive decision over questions of rescheduling, the refund of fees, and notification of participants.
3. Participants must be of sound health and have no cardiac, respiratory, or any other physical condition that might be aggravated by participation in the race. Participants take part in the event at their own risk and the organizers will not be responsible for the aggravation of any prior illness or injury resulting from participation in the race.
4. Participants agree to follow all safety instructions issued by the organizers, including instructions to individual runners based on their perceived physical condition during the event.
5. Participants agree that should an injury occur they will accept the first aid provided. The organizers accept no responsibility for aggravation of injuries resulting from participants' refusal of medical attention.
6. Participants are responsible for their own property and the organizers will not be responsible for any loss or damage of property that occurs at the event.
7. In the event of an accident or injury during the event, the organizers shall only be liable to the amount covered by the insurance policy for the event.
8. Family teams are permitted to participate in the event though may be subject to approval from the organizing committee.
9. False declaration of age, sex or health condition will result in disqualification from this and future events. Participants who are disqualified in this manner will not be eligible for refunds of their entry fees.
10. Participants acknowledge during the course of the event that photographs, video and participant information (name and age) may be taken during the event and accept that these materials can be used for the purpose of publicizing this and future events in the media. Otherwise, no personal information about participants will be released without the express permission of the participants.
11. Our privacy policy regarding the handling of personal agreement is detailed in a separate agreement.
12. If any of the above rules contradict those of the event organizers agreement (found on the RUNNET website), the terms of the organizers agreement shall take precedent.

Handling of Personal Information

The organizers recognize the importance of privacy and security in handling the personal information and ensure adherence to all relevant laws and regulations in the Protection of Personal Information Act and in accordance with Sponsor's own Privacy Policy.

Personal information collected during registration shall only be used to notify participants of changes to the event schedule, to give guidance information, to notify of participants of future FDA events, and to improve services and facilities for participants at the event ground. Participants may be contacted to confirm their registrations.

Mental Health Problems in the IT Industry

At present there are an estimated 2.7million people in Japan that suffer from depression or are socially withdrawn, so called "hikikomori".

Depression can be a long-term and debilitating condition that has a serious impact on the lives of the sufferers, impacting their social lives, their personal relationships and their ability to work. According to a Ministry of Health study, one in every 15 people in Japan will at sometime in their lives will suffer from some degree of depression.

Stress is a major contributing factor and people in the IT industry have been shown to be at high risk of depression. The factors that cause this are many, however some of the key reasons are:

1. Chronic under-staffing and pressure from employers to work long hours.
2. Lack of communication with colleagues and managers because staff often work remotely and have few opportunities for regular personal contact, creating feelings of isolation and of lack of support.
3. Rapid innovation within the industry puts pressure people to keep up-to-date and causes anxiety about future roles and employment.

Working within the IT sector, it is difficult to ignore the problem which is why the NIPPON IT Charity Relay Race 2011 is supporting a charity that is active in assisting people suffering from depression and social withdrawal find or return to work and lead regular lives.

About FDA

FDA stands for Future Dream Achievement and is a nonprofit organization that works to create employment opportunities for a wide range of people with employment barriers. The groups we target are:

- people with or recovering from mental illness, especially depression
- acute socially-withdrawn people
- people with or recovering from mental illness, especially depression
- acute socially-withdrawn people primary care givers (people that look after sick or elderly relatives)
- working poor people
- homeless and near-homeless people
- people with no education and training
- people with a disability
- mid-late career unemployed

Work Training Programs

Target Groups

Acute-socially withdrawn people, people with a mental illness, people with no education and training, working poor people.

Gradual Workplace Integration

The program is adapted to each individual, but might for example begin with 2 hours of work or training a day then gradually build up to a full-time schedule.

Re-work Training Programs

Target Groups

People recovering from a mental health problems, people with an intellectual disability, people with learning difficulties.

Requirements

Open to people able to attend 2hrs/day five days a week. Gradual workplace and training integration depending on the individual. Maximum period of participation is 2 years.



Employment Preparation Assistance

- Courses IT courses, business manners and etiquette training, career guidance
- Communication skills training
- Support structures including counseling, medical advice and consultations
- Progress and issue monitoring.
- Goal setting with mentoring and counseling support.

Job Search Support

- Work experience placement
- Job application guidance and support
- Interview technique training

After Service Support

- Partnerships with regional and national employment organizations.
- On going support and job coaching as required.



Please spread the word

Tell your family, friends, and colleagues about the event and invite them along!

Even if you can't run, you can still take. We are always looking for event sponsors and volunteers to come and help on the event day.

For more information: TEL: 03-5786-2382 FAX: 03-5786-2309
E-mail: info@nit-run.com

Address:

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