

LOVE RUNS

FIT For Charity Run 2025

実開催とオンラインを併用したハイブリッド形式で開催

Hybrid in-person and online events

2025年12月7日(日)

Sunday, Dec 7 2025

明治神宮外苑周辺道路

Meiji Jingu Gaien Circular Road

Participant & Volunteer Manual (v2.2: 4th Dec Edition)

If you are going to participate, please read this material before the day and bring it with you.

Feel free to make use of e-handbook on the event day.



<https://sites.google.com/fitforcharity.org/2025/>

FIT Official SNS

 Facebook: <https://www.facebook.com/fitforcharityrun/>

 Instagram: <https://www.instagram.com/fitforcharityrun/>

 LinkedIn: <https://www.linkedin.com/company/fitforcharity/>

Greetings from the Organising Committee

FIT Charity Run: Expecting to exceed 100,000 cumulative participants as it heads into next 20 years.

This year's FIT For Charity Run ("FIT") will once again be held in a hybrid format, combining both online and in-person participation, just like last year. We are supported by 62 sponsoring financial institutions and related companies, and a total of 99 companies are taking part. We would first like to express our sincere gratitude to all the companies that have endorsed FIT's mission and offered their support.

This year, 30 organizations were nominated as potential beneficiaries, and after a strict screening process, 8 organizations were selected (details are available on our website). Social issues are becoming increasingly diverse, and the challenges addressed by each organization vary widely — many of them are still not well recognized by the broader public. Through FIT, we were once again reminded of the significance of supporting organizations working on such a wide range of complex social issues. We truly hope FIT will continue to be not only a safe and enjoyable event for all participants, but also an opportunity to spark interest in social causes.

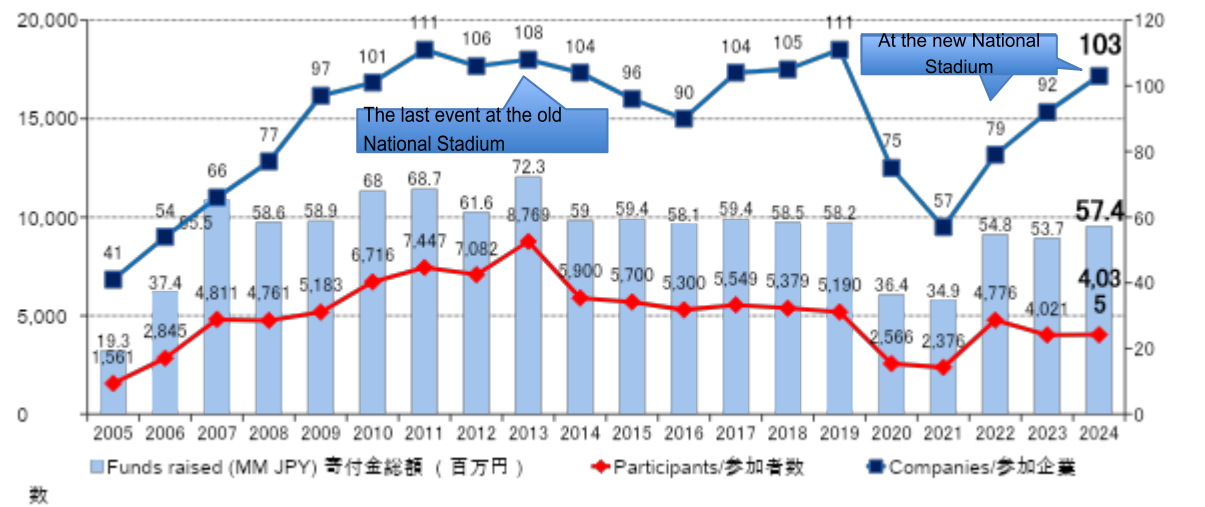
This year marks the 21st FIT For Charity Run, and as of last year, cumulative donations surpassed 1.1 billion yen. On October 17, we held our 20th Anniversary Ceremony, celebrating this major milestone. We would like to once again extend our heartfelt thanks to all sponsoring companies, partner organizations, volunteers, and participants who have supported FIT over the years. The 21st FIT Charity Run — the first step into the next twenty years — will be held on December 7 around the Meiji Jingu Gaien area.

From planning to event-day operations, FIT is run almost entirely by volunteers who work for participating financial institutions and related companies. All food and drinks provided at the event, as well as raffle prizes, are generously donated by donor companies. Thanks to this support, FIT has been able to maintain an average pass through ratio of nearly 90% (the percentage of funds donated after deducting operating costs).

This year's T-shirt design was selected from submissions gathered from students studying design. This was FIT's first time trying this approach, and the final selection was made through a fair process within the Organising Committee. We hope you will continue to have high hopes for FIT as it evolves each year.

Lastly, this year we welcome 99 participating companies and more than 4,300 runners. We ask for your cooperation in ensuring that the event is held safely above all else. We truly hope that FIT will once again be an enjoyable event for everyone.

FIT ForFor Charity Run 2025 Executive Committee



- Total amount of raised funds: JPY 1,100,490,964
- Charities supported (cumulative total*): 152
- Pass through ratio (average): 88% *as of 2024
- Total number of participants: 99,857 ppl

<Event Summary Schedule/Program>

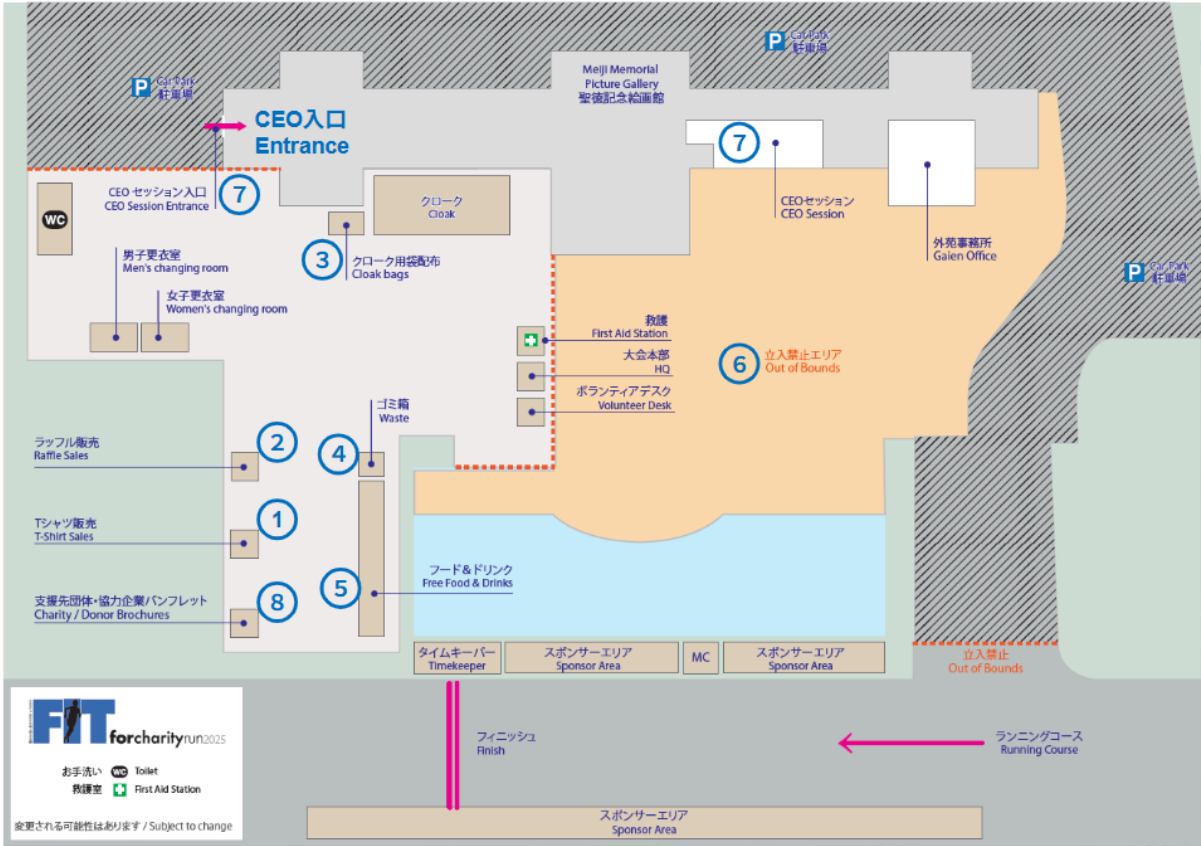
- Date: Sunday, December 7, 2025 - Rain or shine
- Venue: Around Kaigakan Picture Gallery, Meiji Jingu Gaien Circular road, Kobushi Stadium
- Access: Toei Subway Oedo Line National Stadium station (exit A2, 5 minutes)
JR Sobu Line Sendagaya station (5 minutes)
Tokyo Metro Ginza Line Gaien-mae station (10 minutes)

Program

Event	Time to Head for the Start Line	Start Time	Location
Venue open	8:30		
10K Run	9:10	9:30 (10:50 course closure)	6 laps around Ring Road
Corporate relay Qualifying heats Final	Registration 10:30~45	11:00	In front of Picture Gallery
5K Run (4.8K)	11:15	11:35 (12:10 course closure)	3 laps around Ring Road
1K Walk	12:00	12:20	1 lap around Ring Road
Kids Run Pre-school Elementary 1~3 Elementary 4~6	12:25	12:45 Start by age group	Kobushi Stadium
Closing		13:30	
Clear venue		14:00	

- Number of Participants: 4,733 (as of December 4th)
 - Online run: 772
 - 10km run: 1,460
 - 5km run: 1,904
 - Walk: 1,030
 - Kids’ run: 585
 - Corporate relay: 36 companies
- Awards
10K and 5K Run: 1st to 3rd places for men and women
Corporate relay: 1st to 3rd places

<Event venue map>



① Sale of official FIT T-shirts

Sold from 8:30 to 13:30
1,000 yen for 1 T-shirt, 500 yen for prior year's
You can purchase this year's T-shirt in case you missed the application deadline. Size and quantity are limited, so be quick!

② Charity Raffle

Sold from 8:30 to 13:30
500 yen per ticket, no limit on number of tickets purchased
Draw: Held at the end of the event purchase them.

Payment for ① and ② taken by: Cash, Credit Card, Suica/PASMO, iD, QUICPay, PayPay

All sales are donated to the charities. We encourage you to purchase raffle tickets as the prizes include tickets to stay or eat at luxurious hotels.

Details of the raffle can be found here.
<https://sites.google.com/fitforcharity.org/2025/>



③ Cloak station

We will hold your belongings between 8:30 and 13:30. However, we cannot take responsibility for valuables. Please be sure to keep them with you at all times.

④ Waste Bins

Please help us reduce waste by taking home your own waste. If you use the bins, be sure to sort your waste. Volunteers will also sort the waste.

⑤ Food and drink corner (after the run)

Drinks and light snacks such as bananas are available for participants of the 10K and 5K run. Please approach after the run.

⑥ Restricted area

It is strictly prohibited to enter the prohibited areas such as the Picture Gallery. The Gallery is a nationally significant cultural property. Thank you for your understanding and cooperation.

⑦ CEO session venue

This is a gathering for the representatives of sponsor companies and the charities. The session will start at 11:30, and representatives should arrive when the venue opens at 11:15.

⑧ Charity & Donor Brochure Area

Brochures will be provided to understand more about the charities and donors FIT is supporting and supported by this year.

<Course Map / Run Event>



- ◆ We do not operate a competitive run. Runners should line up at the start line by the start time.
- ◆ Run on the left, overtaking on the right. For fast runners, run on the far right of the course.
- ◆ Please refrain from running with earphones on, as you may not hear signals from volunteers and from accompanying cyclists when the leading group overtakes.
- ◆ Those who use a buggy or wheelchair can participate in the Walk. In order to ensure the safety of all participants, buggies and wheelchairs are not allowed to participate in the 10 km and 5 km Runs.
- ◆ Please be mindful of cars as some roads and part of the venue will be open to traffic on the day of the event.
- ◆ For 10 km/5 km Runs, a course closure time is set to secure the venue for subsequent events. At this time, we may ask you to run a shortened course or move to the sidewalk. Please follow the guidance of the volunteers.
- ◆ The course is on a public road. Please note that we may ask you to stop running in order for the general public to cross the course. Please follow the guidance of the volunteers.
- ◆ In the center of the course, the Tokyo Christmas Market is being held on the day. Please be considerate of its participants. If you would like to attend after the FIT run, we recommend that you purchase an admission ticket in advance (admission restrictions apply). <https://tokyochristmas.net/>



<Quiz Rally>

Event Time: 9:30–12:30 (Prize distribution is available until 13:00)
Answer the quiz at three or more of the four stations set up around the venue, to receive a prize. Just pick up an answer sheet at the Charity Desk to begin.



<Kids’ Run> @ Kobushi Stadium

12:25 Assembly begins
12:45 Start after a short explanation (you may go directly to the Kids’ Run after joining the Walk.)

Distance by Age Group

- Preschoolers (ages 3–5): 20 m
- Lower elementary (ages 6–8): 50 m
- Upper elementary (ages 9–12): 100 m

【Important Notes】

- Last entry is at 13:00. No entry will be accepted after that.
- Guardians may not enter the running area. Please wait in the designated waiting area.
- Follow the instructions of the volunteer staff.
- Tripods are not allowed for photography.
- Space inside the stadium is limited, so after finishing the run, please collect your prize and exit the course area promptly.
- Prizes cannot be chosen.

<Blind Soccer> @ Kobushi Stadium

(Hosted by: KPMG Japan) Open to: Everyone, children to adults
Starts at 10:00. Experience blind soccer, which is played with a blindfold, relying on sound. Give it a try!



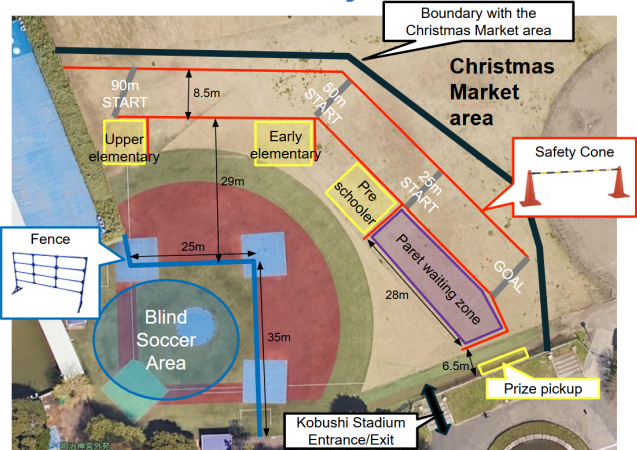
<Blind Run> @ Kobushi Stadium

(Hosted by: MUFG) Open to: Everyone, children to adults
Starts at 10:00. Can you run 100 m blindfolded!? We eagerly await all challengers!

Access from the Kaigakan (Picture Gallery) to Kobushi Stadium



Kobushi Stadium Layout



※We look forward to welcoming visitors to the Kobushi Stadium with a small gift, given on a first-come, first-served basis!

<Sponsor Area>

The following spaces are available as a benefit for Sponsors. Please be cooperative with the other Sponsors around you when using this area.

- Only the space is provided, FIT cannot provide any equipment such as mats.
- Participants may bring food and drinks into their designated area. Please clean up the area and take home your own waste, including dropped food, after the event.
- Refrain from activities that block the path, such as setting up tents and taking large group photos. Simple chairs and rugs can be used but please be considerate of other teams and avoid inconveniencing the general public as space is limited,

Benefits for Sponsors

- You can display your company's logo banner in the sponsor area on the day.
- You can post your participation in the FIT For Charity Run, including photos of the day, on your company's official website and SNS.

The above is a benefit for Sponsors only. Non-Sponsors (Participating Companies) must refrain from displaying their banner and from posting on their company's website / SNS. We would appreciate it if you could consider sponsoring us next year. If you need a landmark to indicate your company such as signaling a meeting place, please use a text display instead of a logo.

Sponsor Area - Width 3.0m * Length 4.0m Barrier - Width 1.8m * Height 1.2m									
Picture Gallery 絵画館									
Picture Gallery Side									
タイムキーパー -	Fence #	Fence #				Fence #	Fence #		
Time Keeper	1→2→・・・	・・・→20→21 MC MC				22→23→・・・	・・・→38→39		
	Finish	フィニッシュライン							
Fence #	Fence # Fence #				Fence #				
40→41→・・・	・・・→73→74 75→76→・・・				・・・→101→102				
Sponsor name		Fence #		Sponsor name		Fence #			
A001 Aberdeen Investments		94		K001 KJR management		31			
A003 AllianceBernstein Japan Ltd.		95		K002 KKR Japan		32			
A004 Amazon Web Services		96		K004 KPMG Japan		33-36			
A006 Aozora Bank, Ltd.		97		L001 Lazard		37			
A007 Australia and New Zealand Banking Group Limited		98		L002 LGT Wealth Management Trust Inc		38			
A008 AXA		99		L003 LSEG		39			
B004 BlackRock Japan Co., Ltd.		100		M002 Mitsubishi HC Capital Inc.		55-58			
B005 Bloomberg L.P.		101-102		M003 Mitsubishi UFJ Financial Group,inc		40-51			
B006 BNP Paribas Group		1-2		M007 Morgan Stanley		52-54			
B007 The Bank of New York Mellon		3		N001 NAITO SECURITIES CO., LTD.		59-62			
C004 Citi		4		N004 Amova Asset Management		84			
C005 Colt Data Centre Services		5		N006 Nomura Holdings, Inc.		63-65			
C007 Crédit Agricole Group		6		O002 Ostra Japan K.K.		66			
C008 CVC Asia pacific (Japan)		7		P001 PIMCO Japan Limited		67			
C009 Citadel		8		P002 PwC Japan		68-70			
C010 Crowe Watanabe CT		9		P003 Pantheon Partners		71			
D001 Deloitte Japan		10-12		R001 RBC BlueBay		72			
E001 Endeavour United Co.,Ltd.		13		R002 RGA Reinsurance Company		73			
G003 Grant Thornton Japan		14-17		R003 RSM Japan		74			
H001 HAKLUYT		18		S002 SBI Shinsei Bank Group		75			
H003 Houlihan Lokey		19		S003 Schroder Investment Management (Japan) Limited		76			
I002 Ichigo Asset Management, Ltd		20		S005 SMBC Nikko Securities Inc.		77-79			
I003 IG Securities Limited		21		S006 SMBC Trust Bank Ltd.		80-81			
I005 Invesco		22		S007 Standard Chartered		85			
J001 J-STAR		23		S010 Sumitomo Mitsui DS Asset Management		82			
J002 J.P. Morgan		24		S011 Sumitomo Mitsui Trust Group		83			
J003 Janus Henderson Investors		25		S012 Sunrise Capital		86			
J005 JASDEC		26		T001 T. Rowe Price Japan, Inc.		87			
J006 Japannext JNX		27		T003 The Hongkong and Shanghai Banking Corporation Limited		88-89			
J007 Jones Lang LaSalle K.K.		28-29		U001 UBS Group		90-92			
J009 The Japan Private Equity Association		30		W004 White & Case LLP		93			

<Corporate relay>

10:30~ Registration

10:45 Registration Cutoff *Teams that have not yet registered at this time, will be disqualified

10:55 Runners 2 & 4 to move to their start positions

11:00 Qualifying Heats x4

11:20 Finals

12:00 Awards (1st to 3rd)

[Requirements for Participation]

Four runners, all employees of a sponsoring company, of which one or more runners must be female.

[Registration]

From 10:30 to 10:45, a staff member will hold a "Relay Registration" sign near the Charity Booth.

Please have all four members together when registering.

*When there is a change in member for the Final, the substitute member is to wait in the company's sponsor area.

[Start Configuration]

When all members of the three Heats are gathered, volunteer staff will guide Runners 2 and 4 toward the National Stadium end and Runners 1 and 3 to the starting line.

[Run / Passing the sash or baton]

The format is a 100-m shuttle run in front of the sponsor area. If you step out of the handover area before receiving the sash / baton, the team will be disqualified based on video judgment. Four qualifying heats (of 8 to 9 teams) will be held, and the top two teams from each heat, a total of eight teams, will advance to the Finals. Your qualifying heat and lane will be decided on 11/25 by a draw. It is possible to substitute runners for the team that will advance to the Finals. However, the above participation conditions also apply to the Finals.

[Awards]

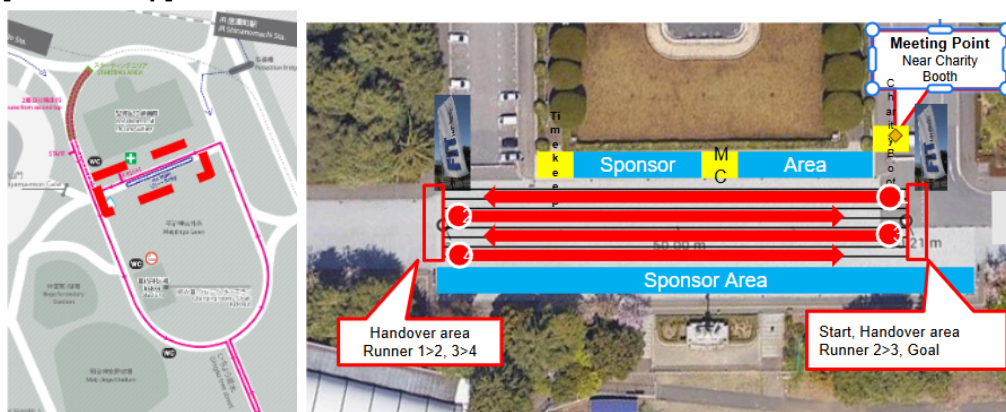
The awards will be given at 12:00 along with the 5km awards. All four members of 1st to 3rd place teams should gather at the MC booth. We will not rank 4th onwards.

[Other Notes]

We do not provide any sash or batons. Each company brings their own.

Relay participants must register as a runner and pay the participation fee of 6,000 yen.

[Course map]



[Ensuring safety of participants and avoiding collisions]

- The course is 22 meters wide. No lanes marked, but volunteers line up teams every 2 meters.
- Hold the sash / baton in your right hand, pass it to the right hand of the next runner as you run past them to the left

List of Participating Companies in Corporate Relay (9 team per Heat)

*Listed under the Marketing names submitted by each company

ヒート - レーン Heat - Lane (エントリー(くじ)番号) (※)	企業名	Company Name
Heat 1		
1-1 (1)	BNPパリバ・グループ	BNP Paribas Group
1-2 (2)	アモーヴァ・アセットマネジメント	Amova Asset Management
1-3 (3)	LGTウェルスマネジメント信託株式会社	LGT Wealth Management Trust Inc.
1-4 (4)	KPMGジャパン	KPMG Japan
1-5 (5)	RBCブルーベイ	RBC BlueBay
1-6 (6)	三井住友トラストグループ	Sumitomo Mitsui Trust Group
1-7 (7)	三井住友DSアセットマネジメント	Sumitomo Mitsui DS Asset Management
1-8 (8)	ブラックロック・ジャパン株式会社	BlackRock Japan Co., Ltd.
1-9 (9)	株式会社あおぞら銀行	Aozora Bank, Ltd.
Heat 2		
2-1 (10)	三菱HCキャピタル株式会社	Mitsubishi HC Capital Inc.
2-2 (11)	S M B C 日興証券株式会社	SMBC Nikko Securities Inc.
2-3 (12)	アライアンス・バーンスタイン	AllianceBernstein
2-4 (13)	J.P. モルガン	J.P. Morgan
2-5 (14)	KJR マネジメント	KJR Management
2-6 (15)	RSM ジャパン	RSM Japan
2-7 (16)	シティ	Citi
2-8 (17)	ハクルート	HAKLUYT
2-9 (18)	フーリハン・ローキー株式会社	Houlihan Lokey
Heat 3		
3-1 (19)	株式会社SMBC信託銀行	SMBC Trust Bank
3-2 (20)	野村ホールディングス株式会社	NOMURA HOLDINGS, INC.
3-3 (21)	UBS グループ	UBS Group
3-4 (22)	デロイト トーマツ グループ	Deloitte Japan
3-5 (23)	KKR ジャパン	KKR Japan
3-6 (24)	アクサ	AXA
3-7 (25)	三菱UFJフィナンシャル・グループ	Mitsubishi UFJ Financial Group, Inc.
3-8 (26)	ホワイト&ケース	White & Case LLP
3-9 (27)	ラザード	Lazard
Heat 4		
4-1 (28)	モルガン・スタンレー	Morgan Stanley
4-2 (29)	インベスコ	Invesco
4-3 (30)	SBI新生銀行グループ	SBI Shinsei Bank Group
4-4 (31)	Crowe Watanabe CT	Crowe Watanabe CT
4-5 (32)	ブルームバーグ・エル・ピー	Bloomberg L.P.
4-6 (33)	PwC Japan	PwC Japan
4-7 (34)	ジョーンズ ラング ラサール株式会社	Jones Lang LaSalle K.K.
4-8 (35)	ピムコジャパンリミテッド	PIMCO Japan Limited
4-9 (36)	ティール・ロウ・プライス・ジャパン株式会社	T. Rowe Price Japan, Inc.

<Other information 1/2>

■ Cloak station and changing room

- ✓ A cloak service is available in the Picture Gallery car park (see the event venue diagram). Please keep your baggage to a minimum. Space is limited, so please be aware that one 45 liter plastic bag per person is a maximum, and we cannot keep luggage that does not fit in one bag. We will give you the plastic bag at the cloak station on the day.
- ✓ You must not leave valuables at the cloak station. Please carry them with you.
The FIT For Charity Run 2025 Organising Committee shall not be liable for theft, loss or damage to any personal belongings.
- ✓ The cloak station is open 8:30-13:00. Participants should collect their belongings within this time period.
- ✓ We have a changing room in front of the Picture Gallery, but the space is limited, so please make space for others. Note that the changing rooms attached to the indoor sports arena cannot be used. Be sure to use only the changing rooms provided by FIT.

■ Notes for the run and walk events

- ✓ In the interest of safety, always follow the volunteer's instructions.
- ✓ Runners may be asked to stop to allow pedestrians or emergency vehicles to pass / cross the course.
- ✓ Refrain from dangerous activities such as running on the sidewalk.
- ✓ Remember that this is a charity event for running and that the course is on a public road.
As there have been actual accidents in the past, please note that runners who do not follow instructions may be refused from participating in the future.

■ On arrival

- ✓ There is no car / bicycle parking at the venue. Please use public transportation.
- ✓ The venue opens at 8:30 and needs to be fully cleared by 14:00. Please note that participants cannot enter the venue before 8:30.
- ✓ Dress appropriately for the run and walk. You may use the changing room in front of the Picture Gallery, but it is not so big, so it is expected to be crowded.

■ Water station and food and drinks corner

- ✓ There will be one water station in the 10 km and 5 km runs in front of the west side of the Picture Gallery (see the course map). To avoid the risk of dehydration, keep yourself hydrated even in cold weather.
- ✓ Do not throw the used paper cups on the road, place them in a box by the water station, or give them to volunteers holding plastic bags along the road.
- ✓ After the run, there will be a food and beverage corner in front of the Picture Gallery.
- ✓ There are no stalls / shops; however, you may eat food that you bring with you.

<Other information 2/2>

- Request for consideration of volunteers and management staff
 - ✓ Many of these events are run by volunteers. We ask for your understanding and consideration so that all volunteers can participate safely, happily and comfortably.
 - ✓ The volunteer staff will wear special jackets. Please follow the instructions of the volunteers and cooperate in the smooth operation of the event.
 - Green Jacket or Blue bibs: Event Staff
 - Orange Jacket or Orange bibs: Volunteer
 - Red Jacket or Red bibs: Medical Team



- Other
 - ✓ The toilets are expected to be very crowded. We have more than one, so please check the locations of the toilets in advance by referring to the course map.
 - ✓ Please refrain from taking pets to the event.
 - ✓ Photography using a stepladder is prohibited.
 - ✓ There is no clock at the venue. Be sure to bring a watch and check the start time.
 - ✓ It is strictly prohibited to leave personal items such as clothes on the course, street or sidewalk. Please use the designated cloak station.
 - ✓ It is prohibited to remain stopped on the sidewalk around the course and strictly prohibited to block public roads while taking photographs.
 - ✓ It is prohibited to participate under the influence of alcohol. Consuming a large amount of alcohol the day before also increases the risk of dehydration. Please prepare yourself for participation.
 - ✓ Alcohol and tobacco consumption is prohibited in event and course areas.
 - ✓ Lost items will be kept at the volunteer desk in the parking lot on the day of the event. After the event, you can contact communications@fitforcharity.org
 - ✓ If you see any suspicious objects in the event areas or on the course, please contact the volunteer staff immediately.
 - ✓ If you receive outpatient treatment due to injury during the event, you will be able to claim through FIT's insurance. The claim form is available at the First Aid station inside Event Headquarters. If you need it after the event for any reason, please contact communications@fitforcharity.org as soon as possible.
 - ✓ When taking group photos in the sponsor area, please be mindful not to obstruct foot traffic.

FIT for Charity Run2025: Beneficiary Charities

	<p>Specified Nonprofit Corporation ATOPICCO Network for Children of the Earth</p> <p>We work to improve the quality of life of people with allergic diseases, socialize their issues, and solve difficult problems caused by disasters and poverty.</p>
	<p>Specified Nonprofit Corporation Foodbank Shonan</p> <p>For the sake of future children, we are working to reduce food loss and solve poverty issues.</p>
	<p>Specified Nonprofit Corporation Know School</p> <p>We provide farming programs for shut-ins and unemployed people, and aim to create a society where people can "make farming their food and their job."</p>
	<p>Specified Nonprofit Corporation Moridukuri Forum</p> <p>We are a non-profit organization that promotes "forestation with citizen participation." We aim to realize a society in which people can live with forests.</p>
	<p>Specified Nonprofit Corporation Origami</p> <p>It manages a network of about 850 youth volunteers and organizes and manages self-fulfilling volunteer projects.</p>
	<p>Specified Nonprofit Corporation Special Adoption Support Gummi Association Support</p> <p>Activities focus on support and interaction with families who have become parents and children through the special adoption system. In the consultation business, he also provides support for young people from social foster care</p>
	<p>Specified Nonprofit Corporation YUMESHOKUNIN</p> <p>With the vision of "supporting the learning and development of children and youth throughout society," we are engaged in projects related to social education and social welfare for children and youth.</p>
	<p>Specified Nonprofit Corporation Zenkoku Ido Service Network</p> <p>We are engaged in advocacy, training, research, and other activities to achieve a society in which everyone, including the elderly and people with disabilities, can move freely.</p>

99 Companies joining FIT for Charity Run2025

62 Sponsors as per below

*In alphabetical order



57 Donors for FIT for Charity Run 2025

Akira Fukunaga ANA Intercontinental Tokyo ANAKUMA CAFE Harajuku Andaz Tokyo Toranomom Hills Arrival Co., Ltd. Asahi Tekko Co., Ltd. BAKE INC. Barrier Free Co., Ltd. Benefit One Inc. Blue Note Tokyo BOB J Canadian Springs Water Company Japan Ltd. Capitol Hotel Tokyu Chuo Bussan International Co., Ltd (CBIC) Cine Focus Corp. Conrad Tokyo Cotton Club CRYPTOMERIA Inc DEMO Print Co., Ltd. DIGITALSTAGE INC. DoubleTree by Hilton Osaka Castle Ethical Spirits Finacee Pro Hotel New Otani Tokyo Hyatt Centric Kanazawa Hyatt Regency Kyoto Institute of Foreign Exchange and Trade Research IPG (Iino Personal Gym) ITOKI CORPORATION	La Posada Co., Ltd. LB Co., Ltd. Leona Aoki Masahiro Murakoshi Mercuria Investment Co., Ltd. MHD Moët Hennessy Diageo K.K. Mitsui Fudosan Building Management Co.,Ltd. Miyatake Seisakusho MORINO KYOTO DISTILLERY NIJI Inc. Norinaka Jeffery Matsuya OJ3 Palace Hotel Tokyo Peatix Japan K.K. Peninsula Tokyo Polaris Capital Group Co., Ltd. Prince Gallery Tokyo Kioicho Prince Park Tower Tokyo Rakuten Payment, Inc. RCF Ritz-Carlton, Tokyo ROLY-POLY Co., Ltd. Roots Sports Japan Co. Ltd. Royal Park ICONIC Shiodome Tokyo Soken INC. Square, Inc. Teal Unifrutti Japan Corporation
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Notice to Volunteers

Thank you so much for joining the FIT For Charity Run 2025 Volunteers. The Organising Committee would like to express its sincere gratitude for your cooperation.

How to volunteer:

- Please bring this material and the volunteer manual for your assigned task on the day.
- Please refer to the volunteer list and manual for the tasks of each volunteer.
- Please read the volunteer manual for each task thoroughly and understand the contents of the task before participating.
- Volunteer meeting times and places vary by task. Please check the volunteer manual, follow the instructions of the volunteer captain of each company, and gather at the designated place at the meeting time. If you are unavoidably late or cannot attend, we need to find a replacement, so please contact the volunteer captain of each company as soon as possible.
- We do not have a parking lot or bicycle parking lot. Please use public transportation.
- The changing room is in front of the Picture Gallery. It is not a large space, so please come in clothes such that you won't need to change. When it is crowded, please be mindful of others.
- There is no cloak station for volunteer staff. Please keep your belongings with you. The FIT For Charity Run 2025 Organising Committee is not responsible for theft, loss or damage to any personal belongings.
- On the day of the event, please wear the orange volunteer jacket. When you leave, please return it to the Volunteer Desk next to the main headquarters area in front of the Picture Gallery. The jackets will be used again in future years, so please do not take them home.
- You may be asked various questions while performing volunteer tasks. If you do not know the answer, instead of giving an ambiguous answer, ask the event staff wearing green jackets. If you can't find a staff member wearing a green jacket, please come to the volunteer desk.
- If you find someone with an accident, injury, or poor physical condition on the course, please guide them to the side of the road, contact the event staff with green jackets, or take them to the First Aid Station at the Event Headquarters. In case of emergency, please contact 080-2780-5014 (event headquarters).
- If you receive outpatient treatment due to injury while volunteering, you can claim insurance money from the insurance company. The application form is available at the First Aid Station in the Event Headquarters. If you need it after the event for any reason, please contact communications@fitforcharity.org as soon as possible.
- If you see anything suspicious, please contact the event office staff wearing green jackets.
- Do not accept lost items yourself. Please ask the finder to deliver it to the Volunteer Desk themselves.
- In order to ensure a smooth event, please bring your own wristwatch and strictly observe the various meeting times and timelines.
- If you have any questions about volunteer tasks, please ask your volunteer captain in advance.

List of volunteer companies

Company	Code	Task
BNY Mellon	A-3	CEO session
AXA	A-3	CEO session
Mitsubishi UFJ Financial Group, Inc.	B-01	Course management
Standard Chartered	B-01	Course management
NatWest Markets Securities Japan Limited	B-01	Course management
SMBC Trust Bank	B-01	Course management
Franklin Templeton	B-01	Course management
Aberdeen Japan Limited	B-01	Course management
Australia and New Zealand Banking Group Limited	B-01	Course management
Schroder Investment Management (Japan) Limited	B-01	Course management
Natixis Japan Securities co., Ltd.	B-01	Course management
T. Rowe Price Japan, Inc.	B-01	Course management
Nikko Asset Management Co., Ltd.	B-01	Course management
J-STAR Co., Ltd.	B-02	Volunteer desk
Grant Thornton Japan	B-02	Volunteer desk
PGIM Japan Co., Ltd.	B-03	Announcement
Janus Henderson Investors (Japan) Limited	B-03	Announcement
National Australia Bank Limited	B-03	Announcement
AllianceBernstein	B-03	Announcement
SBI Shinsei Bank, Limited	B-03	Announcement
Deloitte Tohmatsu Group LLC	B-04	Starer
JAPANNEXT CO., LTD.	B-05	Goal management
Japan International Cooperation Agency	B-05	Goal management
Jones Lang LaSalle K.K.	B-05	Goal management
Sumitomo Mitsui Trust Holdings, Inc.	B-05	Goal management
KPMG Japan	B-09	Cyclist
KJR Management	B-10	Corporate Relay
SMBC Nikko Securities Inc.	B-10	Corporate Relay
BDO Sanyu	B-10	Corporate Relay
Susten Capital Management Inc.	B-10	Corporate Relay
BBH Cares	B-10	Corporate Relay
PwC Japan Group	B-12	Kids Run
Citi	B-14	Quiz Rally
BNP Paribas	B-14	Quiz Rally
Sumitomo Mitsui DS Asset Management Company, Limited	B-15	Photographer support
KPMG Japan	B-16	Blind Soccer
RSM Japan	B-17	Kobushi reception

Company	Code	Task
State Street Japan	C-1	Water station
Saxo Bank Securities Ltd.	C-1	Water station
Crowe Watanabe Consulting Co.	C-1	Water station
Aozora Bank	C-1	Water station
Colt Data Centre Services	C-1	Water station
OSTTRA Japan	C-1	Water station
LGT Wealth Management Trust Inc.	C-1	Water station
PIMCO Japan Ltd	C-1	Water station
London Stock Exchange Group	C-1	Water station
Gallagher Re Japan	C-1	Water station
RGA Reinsurance Company	C-1	Water station
BGC Shoken Kaisha Ltd.	C-1	Water station
FWD Life Insurance Company, Ltd.	C-2	Cloak station
BlackRock Japan Co., Ltd.	C-2	Cloak station
CapitaLand Japan	C-2	Cloak station
UBS Group	C-2	Cloak station
RBC BlueBay Asset Management	C-2	Cloak station
Houlihan Lokey	C-2	Cloak station
Barclays	C-2	Cloak station
Japan Private Equity Association	C-2	Cloak station
CITADEL	C-3	F&B, garbage management
Lazard	C-3	F&B, garbage management
NOMURA HOLDINGS, INC.	C-3	F&B, garbage management
Mitsubishi HC Capital Inc.	C-3	F&B, garbage management
The Hongkong and Shanghai Banking Corporation Limited	C-3	F&B, garbage management
Kotora Co., Ltd.	C-3	F&B, garbage management
J.P. Morgan	C-4	Raffle
Bloomberg L.P.	C-5	T-shirt

To the volunteer captain

- Tell all volunteers when and where to meet in advance. If anyone is absent on the day, coordinate with the event staff wearing green jackets as necessary.
- Pick up the orange volunteer jackets from the volunteer desk and distribute it to each volunteer at the meeting time for each task.
- After each task is completed, each company's volunteer captain should report the completion of the task to the volunteer desk across from the event headquarters and remind volunteers to return the distributed volunteer jackets to the volunteer desk themselves. Volunteer jackets are washed by volunteers in the Organising Committee and reused the following year. Please don't take them home.

It is expected to be cold on the day. Please dress warmly.

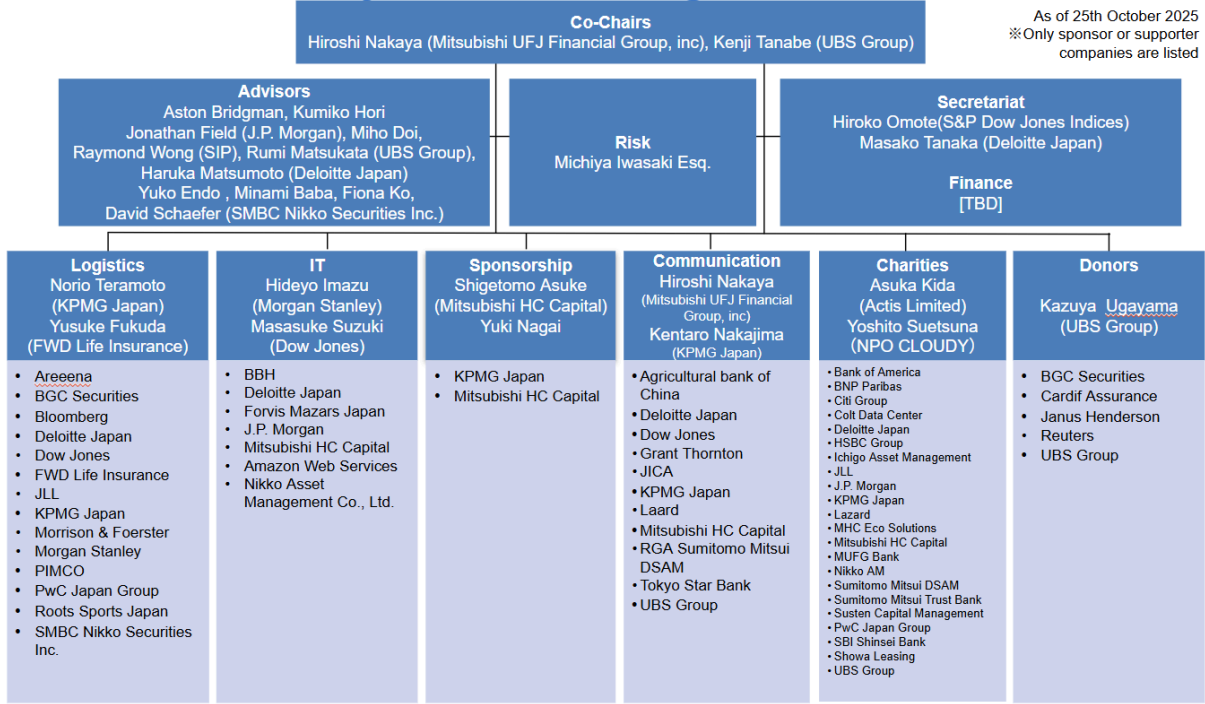
We hope that you will join us having had sufficient sleep and breakfast to have some fun and loud volunteering !

FIT For Charity Run 2025 Organising Committee

Volunteer Supervisor: logi-core@fitforcharity.org

Finally,
FIT For Charity Run is a charity event.
We appreciate your consideration and cooperation in order for everyone, not only runners but also volunteers to have a safe and enjoyable event.

FIT For Charity Run 2025 Organization chart



Record of revision:
Version1.0 12th Nov: Tanabe) Drafted JPN version1.1
Version2.0 22nd Nov: Tanabe) available for distribution to OCM
Version2.1 24th Nov: Tanabe) Updated Beneficiary Charities
Version2.2 4th Dec: Tanabe) Updated Participants, Corporate relay, Volunteers, Donors