

The 17th Annual Nancy Crosser Fitness Challenge

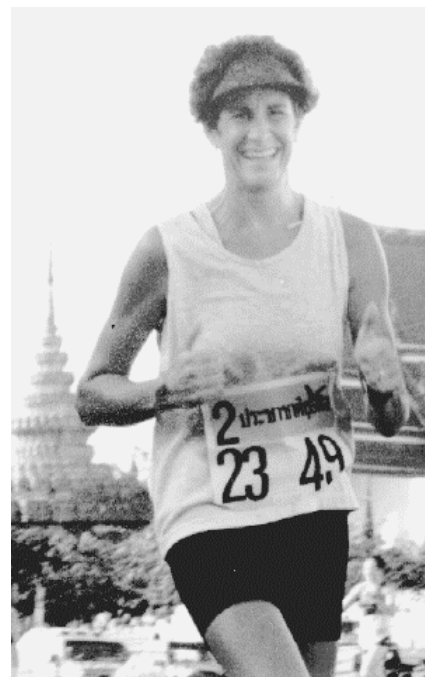
A fitness event for the whole family!

Saturday November 9th, 2013

at

International School Bangkok

Race Time: 7:45 am



*Nancy - An ISB teacher, coach,
and aquatics director.*

The Course: A 1 kilometer swim & 6 kilometer run

SWIM – ISB's 50m pool, each participant will swim 20 laps. Counters will keep track of laps and lanes will be sorted by ability.

RUN - Departing the pool, the run takes you on the roads of Nichada Thani, return to ISB's campus and finish on the 400m track near the pool.

Choose the event for YOU:

THE ULTIMATE CHALLENGE: DO IT ALL 1K Swim and 6K Run

THE DUO CHALLENGE: Tag-Team: Partner #1 does the swim; partner #2 completes the run.

THE MINI- ULTIMATE OR DUO CHALLENGE: Swim and Run distance is cut in half and open to individuals and/or teams who are under 14 years of age.

THE TEAM CHALLENGE: Geared for "teams in training" whose swimming needs a little extra help. Multiple members complete the kilometer swim and then everyone runs and finishes together.

6K PANTHER RUN or 3K/6K FITNESS WALK/RUN: If not into racing, then there is a walk distance for YOU! Whatever the event, start the day with fitness!

Registration: Pre or Day of Race at 7:00 am

Participant fee: B300 Adults B200 Students. T-Shirts to 1st 100 who register! THANK YOU PRAYOOK SPORTS for providing the shirts! *All proceeds support Habitat for Humanity*

Pre-Registration: Register online at this site <http://goo.gl/pR8Mh9> or on race morning.

Day of Race: Registration opens at 7:00 am at the ISB 50m Pool. All participants are welcome.

Everyone must check in at registration in front of ISB on race day to receive your race number & T-Shirt. Proceed to pool for start of swim & 5K run/fitness walk.

Additional Information Please contact Gaile Rockey, NCFC Race Director gailer@isb.ac.th

