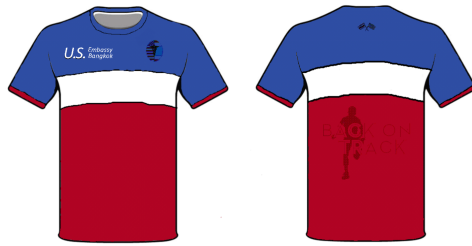


Back on Track

Looking for a way to get fit this year?

Join the U.S. Embassy Bangkok Community for a
5K Health Run/Walk



Let's get "Back On Track!"

ISB is putting together a team of runners/walkers to take part in this family-friendly event. Join us!

When: End of January, 6.30am (Final date to be confirmed)

Where: Lumpini Park

Registration Fee: 500 THB** (includes t-shirt, bib, medal, water and healthy snacks)

****A good portion of your registration fee will be donated to the US Embassy Thai Staff Community Scholarship Fund**

T-shirt Sizes Available (chest dimension measured in inches): Adult: XS (36), S (38), M (40), L (42), XL (44), 2XL (46), 3XL (48) Child: 26, 28, 30, 32, 34, 36

Registration Closes on November 25th

Contact ISB captain, Mindy Lorber, mindylorber@gmail.com to register! Payments can be made to the Community Activities Office