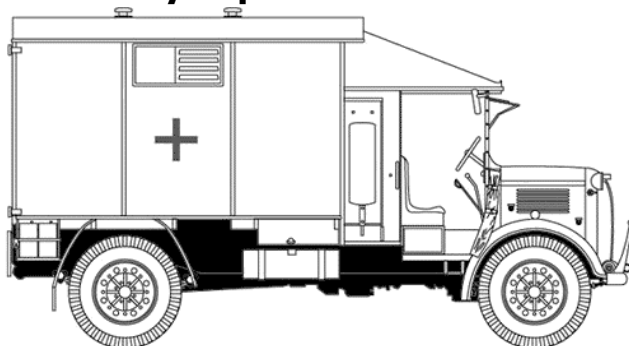


New Cairo British International School

Ice Cold in Alex Run 2010

Friday September 17th



Dear Colleagues, Parents and Acquaintances

In their wisdom, a group of staff members and parents from NCBIS are planning to run a half marathon in September at Alexandria. This is the weekend following the holiday of Eid el-Fitr, when we have all returned to school. Already eleven people have registered for the event, including a new member of staff arriving in August who read about our run on the school website. This is a diverse collection of runners, some new to running, some competitive and some leisurely. A few are using the event as an incentive to run this distance for the first time. **A 10 mile start will also be offered.**

Although not an official event, we would like to make it a special weekend by having race numbers, a commemorative medal, run t-shirt, support vehicles along the route and an evening meal to celebrate. Many of us intend to travel to Alexandria, some with family, on the Thursday evening and return Saturday. The run will start at 0600 hours, due to the heat and, being a Friday, the corniche will not be busy. After the run and time to recover, we will all meet at a central location for a meal in the evening.

Please consider joining us. The more runners we have registered the more we can subsidise the event. More information and registration forms available from Andy Davidson (adavidson@ncbis.net)

Registration closes on Thursday 29th April.