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Pulse 5K

Aug 4

Things to Do

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Our latest issue



14-16 years
17-19 years
20-34 years
35-44 years
45-49 years

This Event has ended

Taking place on the first Sunday of August this year, the Pulse 5K run will be based in the surroundings of Faqra Club, about 1700m in altitude. Runners, joggers and walkers are all welcome as the run is split into several categories:

The 5K Run (starting at 11am):

10 years and under
11-13 years



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Spinney's Entertains Children in Need



In celebration of Ramadan, Spinney's has launched an entertainment programme for underprivileged children

Home Sweet Hope



The Children's Cancer Center in Lebanon (CCCL) Launches "Home Sweet Hope" Buy One of 10,000 Lottery Tickets to Win Your Dream House in Beit Misk while Helping in the Treatment of a Child with Cancer

MYSCHOOLPULSE 5K



50 years and above
The 1K Run with Mum (starting at 10.45am):
6 years and under
7-8 years (must be accompanied by a parent)
The 5K Walk (starting at 11.05am):
All ages

Parents who are running are welcome to bring their children (2-8 years old) as activities organised by the Club des Deux Clowns will be available from 9am-1pm to keep them entertained while you are participating. The first 100 children to register by emailing info@myschoolpulse.com are in on a first in-first registered basis. Check out the full programme for more details.

Transportation is provided for those who would like it - contact 71 705027 or email info@myschoolpulse.com. Meeting point is 8.30am SHARP at the entrance to the Spinney's Dbayeh parking area. Return transportation is also included, at 3pm, to the initial pickup point.

You can register for the event either online or at their booth in ABC Achrafieh (L1) (from 13 July to 2 August). The deadline is **28 July** at 10pm, however walkers and runners with no chips can register until 10.15am on 4 August.

If you want to contribute more to the fundraising, you can ask people to sponsor you.

The rest of the day includes a medal ceremony held at the church at 12.30pm and an outdoor lunch buffet by Faqra Club with musical entertainment and sales of saj and fresh juices.

Check out the course map [here](#).

For details on bib number and timing chip pick ups, [click here](#).

Water will be provided at various points throughout the run, and first aid will be available at all times.

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Details

Address

In the area surrounding Faqra Club

Area Faqra

Times 9.45am arrival at Faqra Club gate

Fee \$25 per participant

If you would like to update the above details, please send your changes [here](#).

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August 2013
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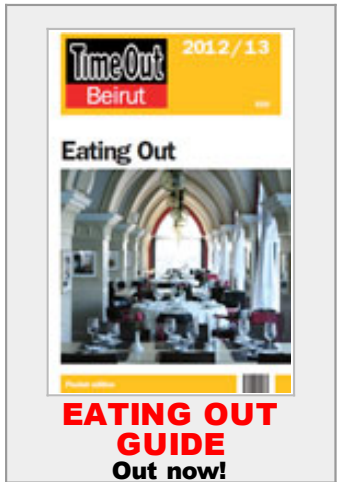


MYSCHOOLPULSE 5K
successful fourth edition
took place last Sunday on
the 4th of August in the
Faqra Club

MasterCard's Iftar



MasterCard Celebrates
Spirit of Ramadan with Key
Customers in Beirut




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Saturday, August 17

**Marianne
Faithfull**

Friday, August 23

Eliane Elias

Saturday, August 24

Marcel Khalifé

Friday, August 30

Puz/zle