

PRESS CLIPPING

Bangkok Post	Section: MUSE/-					
	Date: Saturday 8 October 2016					
	Volume: -	No: -	Page: 19(Full Page)			
	Col.Inch: 95.38	Ad Value: 143,070	PRValue (x3): 429,210		Clip: Full Color	
Bangkok Post Circulation: 70,000 Ad Rate: 1,500	Headline: WEEKEND WATCH					



kitchen tasks, English and leadership skills. A booklet of 10 tickets is priced at 1,500 baht and can be purchased from EventBrite.com. Email CourageousBKK@gmail.com.

TALK

BUDDHA'S ACTUAL TEACHINGS [Rojana Dhamma Center, Sukhumvit 23, today, 1pm-3pm] "The Fire Ascetics" is the topic for the second week of the "Original Buddhism" lecture series conducted by Bangkok-based British monk Pandit Bhikkhu. It will show how the historical Buddha sought to lead people of his day away from superstitious practices, and on to practical meditation. On Friday, the talk will touch on "Thoughts on Thinking". There is no admission fee but donations for facilities are welcome. There is no need to book in advance. Visit www.littlebang.org.

SPORTS

RUN FOR HUA HIN [True Arena Hua Hin Complex, Prachuap Khiri Khan, tomorrow at 4am] Held to promote Hua Hin as a key destination for tourism, "Run For Hua Hin" is open to runners, athletes and tourists of any gender and all ages. There are three categories – a 21km half marathon, a 10.5km mini marathon and a 5km fun run. The route will take in picturesque sights and landmarks of the town such as Blúport Resort Mall, Chatchai Market, Clock Tower and Rajabhakti Park. Top three winners of the half marathon and mini marathon categories will receive trophies. There is no admission fee. To register, visit www.runforhuahin.com.

PET SHOW

Impact Exhibition Hall 1-2 Muang Thong Thani Today and tomorrow, 10am-8pm

The "SmartHeart presents Pet Variety – The Wonders of Pet World" will feature 50-70% discounts on a wide array of pet products including unique accessories, costumes and healthcare goods from over 200 booths. Highlighted creatures on display will be sloths, cats of ancient breeds, giant rabbits and aquatic animals. There are also many contests for cats, dogs, hamsters and pythons.

Visit www.pet-variety.com or call 02-833-5349 and 02-833-6394.

RUN TO HELP TURTLES [Phuket Gateway, tomorrow, 4.30am-7.30am] Organised by JW Marriott Phuket Resort and Spa, the 12th "Mai Khao Turtle Fun Run Across the Sea and Mini Marathon 2016" has three distances – 10.2km mini marathon, 5.3km run and 2.5km family run. The route will encompass the surrounding beauty of Had Sai Kaew beach, T Baan Ta Chat Chai and the village. The mini marathon will run across iconic Sarasin Bridge to Phangnga and back. Trophies and cash prizes will be awarded to first seven winners of the 5.3km and 10.2 run. Proceeds will go to the Mai Khao Marine Turtle Foundation. The fee is 300 baht for the 5.30km run, 350 baht for the mini-marathon and 1,000 baht per family for the family run. Call 076-338-000 ext 3309.