

21 July 2016

## **MEDIA RELEASE**

### **NEW FAMILY FUN AND SPECIAL LIGHTING ELEMENTS AT SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2016**

- Giant inflatables to be introduced at SAFRA 5km Fun Run
- Illuminated street-side festivities to spur runners at Army Half Marathon

**SINGAPORE, 21 JULY 2016** – The SAFRA Singapore Bay Run & Army Half Marathon (SSBR & AHM) returns on 28 August 2016 after a one year hiatus last year with new initiatives to provide more bonding opportunities and an enhanced running experience for participants.

Into its 24<sup>th</sup> edition, the event is jointly organised by SAFRA and the Army to promote fitness and strengthen bonds among Singapore Armed Forces (SAF) national servicemen and their families. This is echoed by the event's theme, 'Together We Run'.

#### **More Bonding Opportunities**

For the first time, two giant inflatables inspired by the SAF's Standard Obstacle Course will be introduced in the SAFRA 5km Fun Run. Participants can look forward to scaling a five-metre-tall Apex Ladder and maneuver their way through a Rubble inflatable which will be located at the Promontory @ Marina Bay, adjacent to the main running route. Organisers hope that this will enable SAF national servicemen to share a part of their National Service (NS) experience with their loved ones in a fun way and create more fond memories together.

The Families for Life 800m Challenge, which was previously open only to father-and-child pairs, has now been opened to mothers this year to enable more family members of Operationally Ready National Servicemen (NSmen) to pair up and run together.

COL (NS) Simon Lim, Director of National Service Affairs at the Ministry of Defence, and chairman of the SSBR & AHM organising committee, said: "Having strong family support provides the peace of mind for our NSmen to give their best when they serve their national service commitments, so it is important that we continue to strengthen bonds not only among our soldiers, but also their families." COL (NS) Lim is also Vice President of SAFRA.

He added: "The SOC is a memorable part of our national servicemen's training regime. Many will remember the experience and the close camaraderie they forged with their NS buddies as they trained together. We hope that the SOC-inspired inflatables will enable them to share more about their NS experience with their loved ones, and also create meaningful memories together."

## **An Enhanced Running Experience**

New enhancements will also be made to the 21km Army Half Marathon running route this year to provide participants with a better running experience.

Participants will run a longer stretch towards Shenton Way after being flagged off from the start point at Esplanade Bridge to provide a longer distance for the flow of runners to space out before reaching the Marina Barrage, minimizing the potential for congestion in the vicinity. They will also be running along the Stadium Park Connector this year, which will bring them closer to the iconic Sports Hub and minimize the number of sharp turns in the route.

The running routes have been fine-tuned over the years to ensure a smooth flow and minimize congestion, while enabling participants to enjoy a spectacular view of the Marina Bay and its iconic developments.

To motivate and encourage participants during the run, a series of street-side festivities will also be featured along the various running routes. Crowd favourites such as cheerleaders and belly dancers will make a comeback this year. New ones will also be introduced such as illuminated performances along the 21km Army Half Marathon running route to spur runners on with exhilarating lights and sounds as they race along the cityscape before the break of dawn. These will include firehead dry drummers, LED stilt walkers and LED water drummers.

## **Significant Discounts extended to SAF National Servicemen and their families**

SAF active servicemen, NSmen and those who have completed their Operationally Ready National Service training cycles continue to enjoy more than 75 percent discount on the 21km, 10km and 5km categories. They can also nominate up to five family members to participate together with them at special rates and this also includes an enhanced discount of over 60 percent on registration fees for the SAFRA 5km Fun Run this year.

This initiative has been well-received and more than 38,000 participants have already registered for the event to date. Registration will close on 28 July. For more information, visit [www.safra.sg/ssbr\\_ahm](http://www.safra.sg/ssbr_ahm).

Kindly refer to:

- Annex A – Fact sheet on the event
- Annex B – Route map

### **About SAFRA National Service Association**

SAFRA was formed in 1972 to provide for the social and recreational needs of NSmen and their families through quality sports, social, educational and cultural programmes to recognise NSmen for their contributions to National Defence. SAFRA currently has a network of six clubs conveniently located in Jurong, Mount Faber, Punggol, Tampines, Toa Payoh and Yishun. Complementing the modern facilities at SAFRA clubs are a host of quality membership benefits and activities specially packaged for over 370,000 members and their families.

## SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2016

### FACT SHEET

#### Event Details

Date: Sunday, 28 August 2016

Venue: Flag-off at Esplanade Bridge  
Finish at Padang

Event Organisers: SAFRA and the Army

#### Race Categories

Categories	Eligibility
<b>21km Army Half Marathon (AHM)</b>	
21km AHM Men's	SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen) only
21km AHM Women's	SAF Active Servicewomen only
21km AHM Men's Master	SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen) age 40 years old and above only
21km AHM Women's Master	SAF Active Servicewomen age 35 years old and above only
21km AHM Men's Open	All male participants who are not eligible for the above categories inclusive of: - Non-SAF active servicemen & NSmen - Singaporeans/ PR - Foreigners
21km AHM Women's Open	All female participants who are not eligible for the above categories inclusive of: - Non-SAF servicewomen - Singaporeans/ PR - Foreigners
<b>SAFRA 10km Race</b>	
SAFRA 10km Race Men's	SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen) only
SAFRA 10km Race Women's	SAF Active Servicewomen only
SAFRA 10km Race Men's Master	SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen) aged 40 years old and above only
SAFRA 10km Race Women's Master	SAF Active Servicewomen aged 35 years old and above only

SAFRA 10km Race Men's Open	All male participants who are not eligible for the above categories inclusive of: - Non-SAF servicemen & NSmen - Singaporeans/ PR - Foreigners
SAFRA 10km Race Women's Open	All female participants who are not eligible for the above categories inclusive of: - Non-SAF servicewomen - Singaporeans/ PR - Foreigners
<b>SAFRA 5km Fun Run</b>	
SAFRA 5km Fun Run	Participants of the 5km Fun Run must be 6 years and above on race day.
<b>Others</b>	
Families for Life 800m Challenge	Open to both fathers and mothers. Child must be aged 4 years old to 12 years old on race day.

### **Registration Fees**

Categories	Rates (per person)			
	SAF NSmen*	SAFRA Members	SAF Family Members**	Public
21km Army Half Marathon	\$13	\$53	\$59	\$70
SAFRA 10km Race	\$9	\$35	\$41	\$50
SAFRA 5km Fun Run	\$6	\$18	\$9	\$25
Families For Life 800m Challenge	\$10	\$10	\$12	\$20

*Registration closes on 28 July, 11.59pm. Prices stated above are inclusive of 7% GST.*

*\*Only NSmen (Operationally Ready National Servicemen, MINDEF Reserves & Ex-NSmen) from the three arms of the Singapore Armed Forces – the Singapore Army, the Republic of Singapore Air Force (RSAF) and the Republic of Singapore Navy (RSN).*

*\*\*Only applicable for registered SAF active servicemen and NSmen immediate family members (parents, siblings, spouse and children). Each SAF active servicemen and NSmen participating in the event can nominate up to five immediate family members to enjoy this rate.*

## **Street-side Festivities**

- Assorted Stilt Walkers
- Belly Dancers
- Cheerleaders
- Firehead Dry Drummers
- LED Stilt Walkers
- LED Water Drummers
- Live Band Performers
- Mascots
- Samba Percussion Performers

## **Welfare Management**

### Water Points

- There are a total of 13 water points along the running routes.
- For the 21km route, there will be 12 water points.
- For the 10km route, there will be seven (7) water points.
- For the 5km route, there will be three (3) water points.

### Medical Support

- To ensure medical support, there will be a total of four (4) medical posts and 13 ambulance posts along the running routes.
- There will be 13 casualty collection points located at the water points
- There will be eight (8) medical buggies on standby.

## **Runner's Entitlement**

<b>Categories</b>	<b>Entitlements</b>
21km Army Half Marathon	<ul style="list-style-type: none"><li>- SSBR &amp; AHM ARMY Singlet (applicable only to all SAF Active Servicemen, NSmen &amp; Family Members) OR Event Tee (applicable only to SAFRA members &amp; the public)</li><li>- Exclusive Finisher Tee (21km finisher only)</li><li>- Personalised Race Bib &amp; Timing Device</li><li>- Exclusive Finisher Medal</li><li>- Personalised e-Certificate</li><li>- Goodie Bag</li><li>- Insurance Coverage</li><li>- Muscle Rub Down Service</li><li>- RunPix Performance Review</li></ul>

SAFRA 10km Race	<ul style="list-style-type: none"> <li>- SSBR &amp; AHM ARMY Singlet (applicable only to all SAF Active Servicemen, NSmen &amp; Family Members)</li> <li>OR Event Tee (applicable only to SAFRA members &amp; the public)</li> <li>- Personalised Race Bib &amp; Timing Device</li> <li>- Exclusive Finisher Medal</li> <li>- Personalised e-Certificate</li> <li>- Goodie Bag</li> <li>- Insurance Coverage</li> <li>- Muscle Rub Down Service</li> <li>- RunPix Performance Review</li> </ul>
SAFRA 5km Fun Run	<ul style="list-style-type: none"> <li>- SSBR &amp; AHM ARMY Singlet (applicable only to all SAF Active Servicemen, NSmen)</li> <li>OR Event Tee (applicable only to SAFRA members &amp; the public)</li> <li>- Personalised Race Bib</li> <li>- Exclusive Finisher Medal</li> <li>- Personalised e-Certificate</li> <li>- Goodie Bag</li> <li>- Insurance Coverage</li> </ul>
Families for Life 800m Challenge	<ul style="list-style-type: none"> <li>- A pair of Families for Life Event Tee</li> <li>- A pair of Personalised Race Bib</li> <li>- A pair of exclusive Finisher Medal</li> <li>- Families for Life Goodie Bag</li> <li>- Insurance Coverage</li> </ul>

**Limited Edition Army Singlet**



**Event Tee**



***Families for Life 800m Challenge Event Tee***



**Lead Up Runs**

	<b>Date &amp; Time</b>	<b>Venue</b>	<b>Distance</b>
Lead Up Run 1	Sun, 3 Jul 2016, 7am	All 6 SAFRA Clubs	10km – 15km
Lead Up Run 2	Sun, 17 Jul 2016, 7am	All 6 SAFRA Clubs	12km – 18km
Lead Up Run 3	Sun, 24 Jul 2016, 7am	SAFRA Tampines & SAFRA Toa Payoh	15km – 17km
Lead Up Run 4	Sun, 31 Jul 2016, 7am	East Coast Park Carpark B1	21km
Lead Up Run 5	Sun, 7 Aug 2016, 7am	All SAFRA clubs, except SAFRA Tampines	10km – 20km
Lead Up Run 6	Sun, 14 Aug 2016, 7am	East Coast Park Carpark B1	21km

**Running Clinics by Soleus**

Organised by Soleus, the running clinics are helmed by international multi-sport endurance coach and fitness trainer, Yuvaraj Turiadhassu. Yuvaraj, who has trained the VISA running team, SINDA Youth team, and many other running clubs in Singapore, shared with participants of the run about running and stretching techniques, nutrition and injury prevention.

	<b>Date &amp; Time</b>	<b>Venue</b>	
<b>Running Clinic 1</b>  <i>Registration closed on 13 Jul 2016</i>  <i>Max 80pax</i>	Sat, 16 Jul 2016, 11am - 12.30pm	SAFRA Mount Faber, Crystal Room (Level 2)	<ul style="list-style-type: none"> <li>• Running Techniques</li> <li>• Heart Rate Monitoring</li> </ul>
<b>Running Clinic 2</b>  <i>Closing registration: 21 Jul 2016</i>  <i>Max 80pax</i>	Sun, 24 Jul 2016, 11am – 12.30pm	SAFRA Mount Faber, Crystal Room (Level 2)	<ul style="list-style-type: none"> <li>• Customised Training Plans</li> <li>• Food and Nutrition Preparation</li> </ul>
<b>Running Clinic 3</b>  <i>Closing registration: 28 Jul 2016</i>  <i>Max 80pax</i>	Sun, 31 Jul 2016, 11am – 12.30pm	SAFRA Mount Faber, Crystal Room (Level 2)	<ul style="list-style-type: none"> <li>• Customised Training Plans</li> <li>• Food and Nutrition Preparation</li> </ul>

*\*The running clinics are complimentary and will last for 1.5hours each. Each participant will receive a goodie bag (worth \$30) at the end of the running clinic.*



## **Sponsors and Partners**

Event Organisers	SAFRA and The Army
Official Sponsor	ST Engineering
Official Apparel	Newton
Official Education Partner	SIM University
Official Timer	Soleus
Official Sports Nutrition	HIGH 5 SPORTS NURTITION
Official Muscle Rub	Tigerbalm Active
Official Music Gadgets	Sony Walkman
Official Men's Facial Care	Gatsby
Official Sports Partner	iFly Singapore
Official Hydration Partners	100PLUS ICE MOUNTAIN
Official Insurer	AIG
Official Skincare	Garnier Men
Official Race Expo Venue Partner	Marina Square
Official Running Magazine	RUN Singapore
Official Online Media	Just Run Lah!
Official Hospitality Partner	The Fullerton Heritage
Official Radio Stations	Jia88.3FM Power 98FM
Supported By	Families for Life Council LEE Foundation Lagoon Group Shiok! Kitchen Catering Nurture Stars Kidz Amaze
Official Gym	EnergyOne

For more information, please visit [http://www.safra.sg/ssbr\\_ahm](http://www.safra.sg/ssbr_ahm)

# SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2016 ROUTE MAP



## Route Map

### LEGEND



#### 21km Army Half Marathon

Esplanade Bridge - Fullerton Road - Collyer Quay - Finlayson Green - Robinson Road - Maxwell Road - Shenton Way - Raffles Quay - Marina Boulevard - Marina Mall - Marina Grove - Marina Barrage - Garden by the Bay (East) - Tanjong Rhu Promenade Park Connector - Geylang Park Connector - Kampong Kayu Road - Sampian Place - Kampong Arang Road - Tanjong Rhu Rd - Tanjong Rhu Bridge - Stadium Way - Stadium Cres - Stadium Place - Stadium Drive - Nicoll Highway - Republic Ave - Republic Boulevard - Raffles Ave - Esplanade Drive - Fullerton Road - Connaught Drive - St Andrews Road and end at Padang

#### SAFRA 10km Race

Esplanade Bridge - Fullerton Road - Collyer Quay - Finlayson Green - Robinson Road - Boon Tat Street - Raffles Quay - Marina Boulevard - Marina Bay Waterfront Promenade - Helix Bridge - F1 Pit - Marina Promenade Park - Kallang Riverside Park - Crawford Street - Republic Ave - Republic Boulevard - Raffles Ave - Esplanade Drive - Fullerton Road - Connaught Drive - St Andrews Road and end at Padang

#### SAFRA 5km Fun Run

Esplanade Bridge - Fullerton Road - Collyer Quay - Finlayson Green - Robinson Road - Boon Tat Street - Raffles Quay - Marina Boulevard - The Promontory @ Marina Bay - Marina Bay Waterfront Promenade - Helix Bridge - Youth Olympic Park - Raffles Ave - Esplanade Drive - Fullerton Road - Connaught Drive - St Andrews Road and end at Padang

#### Families for Life 800m Challenge

Esplanade Bridge - Fullerton Road - Connaught Drive - St Andrews Road and end at Padang

#### Streetside Festivities

- Assorted Stilt Walkers
- Belly Dancers
- Cheerleaders
- Firehead Dry Drums
- LED Stilt Walkers
- LED Water Drums
- Live Band
- Mascots
- Samba Percussions

