

## **MEDIA RELEASE**

Dear News Editors

### **SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2018 TO ENHANCE RUNNERS' EXPERIENCE WITH COMPREHENSIVE TRAINING PROGRAMMES**

*A slew of training activities developed for different run categories will be introduced, including lead-up runs, fitness talks, fun workouts and an all-new Soldier Strong Coaching Programme by The Singapore Army.*

1. The SAFRA Singapore Bay Run & Army Half Marathon (SSBR & AHM) will feature a full range of pre-race training programmes this year, customised for different distances, to ensure that participants across all categories can be well prepared for the main event on Sunday, 26 August 2018. These programmes will include recreational activities as well as coaching workshops designed by the Singapore Army's Centre of Excellence for Soldier Performance (CESP).

2. Colonel (COL) (NS) Simon Lim, Chairman of the SSBR & AHM 2018 organising committee and Director of National Service Affairs, Ministry of Defence, commented, "After a successful Silver Jubilee edition of the event last year, we want to go even further in enhancing the positive experience for national servicemen and their families."

3. On the SSBR & AHM 2018, COL (NS) Lim elaborated, "The comprehensive range of training programmes introduced this year for runners across all categories is geared towards providing more opportunities for them to improve their fitness, enhance their performance and bond with their NS (National Service) buddies, families and friends. As one of the largest running events in Singapore, we want to actively engage participants both through these programmes and through sharing of invaluable insights on our social media platforms to help them in their fitness journey and to provide them with a holistic training experience."

4. Commencing in early May, these training programmes are designed to suit the fitness requirements of serious, casual and new runners.

#### **Soldier Strong Coaching Programme**

5. For the first time, the SSBR & AHM 2018 will provide coaching workshops by the Singapore Army's CESP to help half-marathoners in their fitness regime. Participants can register for the coaching sessions after signing up for the run. Early sign-ups are encouraged in view of the limited capacity for each session.

6. The CESP is set up as part of the Singapore Army's Soldier Strong efforts. The Soldier Strong campaign aims to develop soldiers to be physically strong, mentally resilient and adaptive through key performance areas, namely fitness and nutrition, resilience, injury management, and soldier systems.

7. Using data-driven approach applied in military training, the CESP has designed a programme where participants will learn about injury mitigation, running preparation, periodisation, resistance training, running psychology, and nutrition and hydration over six sessions.

### **Lead-up Runs**

8. Runners participating in the 21km Army Half Marathon and SAFRA 10km Race can also look forward to boosting their endurance levels by taking part in lead-up runs that progressively increase in distance with each session. Members of the SAFRA Running Club will be leading the runs ranging from 6km to 22km commencing from various SAFRA clubs around the island.

### **Fitness Talks**

9. There will also be two fitness talks to provide long distance runners with the invaluable *dos and don'ts* when preparing for the race, and tips on how families can keep fit together.

### **Fun Workouts**

10. Participants who are looking to enjoy a more leisure preparation for this year's event can opt for fun workouts to work up a sweat with our Zumba, Piloxing and Dance Party sessions.

11. Each participant can only register for sessions that are open for the run category that they have signed up for. Limited slots are available on a first-come, first-served basis.

### **Registration and Other Details**

12. Registration for the event is open at [www.safra.sg/ssbr\\_ahm](http://www.safra.sg/ssbr_ahm).

13. Kindly refer to the fact sheet for more information as follows:

- **Annex A** – Event details
- **Annex B** – Training programmes

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## **About SAFRA Singapore Bay Run & Army Half Marathon**

The SSBR & AHM is jointly organised by SAFRA and the Singapore Army with the aim of promoting fitness and bonding among SAF active servicemen, NSmen and their families. The event will feature two competitive categories – the 21km Army Half Marathon and SAFRA 10km Race, as well as three non-competitive categories – the SAFRA 5km Fun Run, NS Team Run and Families for Life 800m Challenge. The event attracted over 41,000 participants last year.

## **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 600,000 members and their families.

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*Issued on behalf of the SAFRA Singapore Bay Run & Army Half Marathon 2018 Organising Committee*

## SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2018

### FACT SHEET ON EVENT DETAILS

#### 1. Event Details

<b>Date:</b>	Sunday, 26 August 2018
<b>Venue:</b>	Flag-Off at Esplanade Bridge Finishing point at Padang
<b>Event Organisers:</b>	SAFRA and the Singapore Army

#### 2. REGISTRATION FEES

Singapore Armed Forces (SAF) NSmen and those who have completed their Operationally Ready National Service (ORNS) training cycles will enjoy significant discounts in appreciation of their contributions to Singapore's defence.

All participating SAF NSmen can also nominate up to five immediate family members to enjoy the discounted SAF Family Members rates.

Early Bird Registration Period (Till 28 May 2018)			
Categories	Fees (per person)		
	SAF NSmen*	SAFRA Members / SAF Family Members+	Public
21km Army Half Marathon	\$16	\$50	\$65
SAFRA 10km Race	\$12	\$35	\$47
NS Team Run (5km   5-7 pax)	\$10 per pax	-	-
SAFRA 5km Fun Run	\$9	\$15	\$30
Families for Life 800m Challenge	\$10 per pair	\$12 per pair	\$20 per pair

<b>Normal Registration Period (29 May – 26 July 2018)</b>			
<b>Categories</b>	<b>Fees (per person)</b>		
	<b>SAF NSmen*</b>	<b>SAFRA Members / SAF Family Members+</b>	<b>Public</b>
21km Army Half Marathon	\$18	\$60	\$75
SAFRA 10km Race	\$14	\$40	\$55
NS Team Run (5km   5-7 pax)	\$12 per pax	-	-
SAFRA 5km Fun Run	\$11	\$18	\$33
Families for Life 800m Challenge	\$12 per pair	\$15 per pair	\$23 per pair

Prices stated above are inclusive of 7% GST.

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

+Only applicable to immediate family members (parents, siblings, spouse and children) of registered SAF active servicemen and NSmen. Family members must be nominated to enjoy the SAF Family Members rate. Each SAF active serviceman and NSman can nominate up to 5 immediate family members to enjoy this special rate during registration.

### **3. CATEGORY ELIGIBILITY**

<b>Categories</b>	<b>Eligibility</b>
<b>21km Army Half Marathon</b>	
21km Army Half Marathon Men's	SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen) only
21km Army Half Marathon Women's	SAF Active Servicewomen only
21km Army Half Marathon Men's Master	SAF Active Servicemen and SAF NSmen (ORNS, MR & Ex-NSmen), aged 40 years old and above only
21km Army Half Marathon Women's Master	SAF Active Servicewomen, age 35 years old and above only

21km Army Half Marathon Men's Open	All male participants who are not eligible for the above categories; including: <ul style="list-style-type: none"> <li>• SAF Active Servicemen and SAF NSmen's (ORNS, MR &amp; Ex-NSmen) family members</li> <li>• Non-SAF active servicemen &amp; NSmen</li> <li>• Singaporeans/PR</li> <li>• Foreigners</li> </ul>
21km Army Half Marathon Women's Open	All female participants who are not eligible for the above categories; including: <ul style="list-style-type: none"> <li>• SAF Active Servicewomen's family members</li> <li>• Non-SAF servicewomen</li> <li>• Singaporeans/PR</li> <li>• Foreigners</li> </ul>
<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; including: <ul style="list-style-type: none"> <li>• SAF Active Servicemen and SAF NSmen's (ORNS, MR &amp; Ex-NSmen) family members</li> <li>• Non-SAF active servicemen &amp; NSmen</li> <li>• Singaporeans/PR</li> <li>• Foreigners</li> </ul>
SAFRA 10km Race Women's Open	All female participants who are not eligible for the above categories; including: <ul style="list-style-type: none"> <li>• SAF Active Servicewomen's family members</li> <li>• Non-SAF servicewomen</li> <li>• Singaporeans/PR</li> <li>• Foreigners</li> </ul>
<b>NS Team Run</b>	
NS Team Run (5km   5 - 7pax)	A team of 5 to 7 SAF NSmen (ORNS, MR & Ex-NSmen)

<b>SAFRA 5km Fun Run</b>	
SAFRA 5km Fun Run	Participants must be aged 6 years old and above on race day
<b>Families for Life 800m Challenge</b>	
Families for Life 800m Challenge	Open to fathers, mothers and extended family members. Child must be aged 4 to 16 years old.

#### **4. RUNNERS' ENTITLEMENTS**

##### ***21KM ARMY HALF MARATHON***

1. Goodie Bag
2. SSBR & AHM Army Singlet (applicable to all SAF Active Servicemen, NSmen, SAFRA Members and SAF Family Members) OR Event Tee (applicable to public)
3. Finisher Tee
4. Personalised Participant Bib & Timing Device
5. Finisher Medal
6. Personalised e-Certificate
7. Insurance Coverage

##### ***SAFRA 10KM RACE***

1. Goodie Bag
2. SSBR & AHM Army Singlet (applicable to all SAF Active Servicemen, NSmen, SAFRA Members and SAF Family Members) OR Event Tee (applicable to public)
3. Personalised Participant Bib & Timing Device
4. Finisher Medal
5. Personalised e-Certificate
6. Insurance Coverage

**NS TEAM RUN**

1. Goodie Bag
2. SSBR & AHM Army Singlet (applicable to all SAF NSmen)
3. Personalised Participant Bib with Team Name
4. Finisher Medal
5. Personalised e-Certificate
6. Insurance Coverage

**SAFRA 5KM FUN RUN**

1. Goodie Bag
2. SSBR & AHM Army Singlet (applicable to SAF Active Servicemen & NSmen) OR Event Tee (applicable to SAFRA Members, SAF Family Members and public)
3. Personalised Participant Bib
4. Finisher Medal
5. Personalised e-Certificate
6. Insurance Coverage

**FAMILIES FOR LIFE 800M CHALLENGE**

1. Goodie Bag
2. Families for Life 800m Challenge Event Tee
3. Personalised Participant Bib
4. Finisher Medal
5. Insurance Coverage

**5. FLAG-OFF TIMINGS**

21km Army Half Marathon	4.30am
SAFRA 10km Race	6.30am
NS Team Run	7.30am
SAFRA 5km Fun Run	7.30am
Families For Life 800m Challenge	8.30am

## SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2018

### FACT SHEET ON TRAINING PROGRAMMES

1. A series of complimentary training programmes will be organised from **May to August** this year to support participants in their fitness journey. These are tailored for selected run categories ranging from lead-up runs and Soldier Strong Coaching Programme for long-distance runners to fitness talks and fun workouts for other participants.
2. Participants can sign up for the training programmes corresponding to their run categories after they register for the run, through the link provided in their confirmation slips. Limited slots are available on a first-come, first-served basis.
3. The eligibility criteria of the training programmes are as follow:

<b>Training Programmes</b>	<b>Who is eligible</b>	<b>How many sessions can I join</b>
Lead-up Runs	<ul style="list-style-type: none"> <li>• 21km Army Half Marathon participants</li> <li>• SAFRA 10km Race participants</li> </ul>	All sessions
Soldier Strong Coaching Sessions	<ul style="list-style-type: none"> <li>• 21km Army Half Marathon participants</li> </ul>	Limited to 1 session per participant
Fitness Talk – Training for Long Distance Runs	<ul style="list-style-type: none"> <li>• 21km Army Half Marathon participants</li> <li>• SAFRA 10km Race participants</li> </ul>	-
Fitness Talk – Family Fitness	<ul style="list-style-type: none"> <li>• Families for Life 800m Challenge participants</li> </ul>	-
Fun Workouts	<ul style="list-style-type: none"> <li>• NS Team Run participants</li> <li>• SAFRA 5km Fun Run participants</li> <li>• Families for Life 800m Challenge participants</li> </ul>	Limited to 1 session per participant
Fun Workouts – Dance Party with your kids <i>(recommended for kids up to 12 years old)</i>	<ul style="list-style-type: none"> <li>• Families for Life 800m Challenge participants</li> </ul>	

4. Details of the various training programmes are as follow:

**a. LEAD-UP RUNS**

<b>S/N</b>	<b>Session</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>	<b>Capacity</b>
1	Session 1: 6km / 12km	Sun, 20 May	6.30am	SAFRA Tampines	100
2	Session 2: 7km / 14km	Sun, 3 Jun	6.30am	SAFRA Yishun	100
3	Session 3: 8km / 16km	Sun, 17 Jun	6.30am	SAFRA Punggol	100
4	Session 4: 9km / 18km	Sun, 1 Jul	6.30am	SAFRA Jurong	100
5	Session 5: 11km / 22km	Sun, 15 Jul	6.30am	SAFRA Toa Payoh	100
6	Session 6: 9km / 18km	Sun, 29 Jul	6.30am	SAFRA Mount Faber	100
7	Session 7: 6km / 12km	Sun, 12 Aug	6.30am	East Coast Park, Carpark B1	100

**b. SOLDIER STRONG COACHING PROGRAMME**

<b>S/N</b>	<b>Session</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>	<b>Capacity</b>
1	Injuries & Stretching	Tue, 8 May	7.00pm	SAFRA Toa Payoh, Everest Room	50
2	Running Workshop	Tue, 22 May	7.00pm	SAFRA Toa Payoh, Everest Room	50
3	Periodisation & Interval / Fartlek	Tue, 5 Jun	7.00pm	SAFRA Toa Payoh, Victoria Room	50
4	Resistance Training	Tue, 19 Jun	7.00pm	SAFRA Toa Payoh, EnergyOne Gym	50
5	Psychology & Slope Training	Tue, 26 Jun	7.00pm	SAFRA Mount Faber, Crystal Room	50
6	Nutrition, Hydration & Circuit Training	Tue, 17 Jul	7.00pm	SAFRA Toa Payoh, Victoria Room	50

<b>Synopsis</b>		
<b>Programme</b>	<b>Theoretical Session</b>	<b>Practical Session</b>
Injuries & Stretching	<p>In the build up to a half marathon, injury prevention is often neglected. Runners will learn about the concept of progressive training, and the way to detect the early signs of injuries and their potential remedies.</p> <p>A Medical Officer, specialising in sports medicine, from the Singapore Army's Centre of Excellence for Soldier Performance (CESP), will draw on his experience as a triathlete and a physician managing sports injuries to discuss common injuries in road running.</p>	<p>The Combat Fitness Trainer (CFT) from the CESP will share the importance of stretching and how it improves the elasticity of muscles and tendons, to ensure that joints are able to perform through their full range of motion. There will also be a demonstration of the different types of stretches, followed by a practical stretching session with the participants.</p>
Running Workshop	<p>A seasoned competitive runner will share his insights on running form, race preparation and competition tips. The session also includes an outdoor run of up to 3km.</p>	
Periodisation & Interval / Fartlek	<p>The Senior Exercise Scientist from the CESP will provide an overview of the principles and main considerations of designing a periodisation programme.</p> <p>The purpose of this periodisation plan aims to achieve optimal performance at a predefined time point. It encompasses a training regime designed to draw out the runner's optimal performance.</p>	<p>The CFT from the CESP will conduct an interval training session comprising a series of low- to high-intensity workouts interspersed with rest periods, as well as Fartlek training, which blends continuous training with interval training.</p>
Resistance Training	<p>The CFTs from the CESP will explain how resistance training can help improve muscular fitness and performance for the half marathon, and at the same time reduce injuries. There will a demonstration on the different types of resistance training, followed by a practical session with the participants.</p>	

Psychology & Slope Running	The Senior Psychologist from the CESP will educate runners on the importance of being psychologically prepared for the run, and provide mental strategies to overcome mental negatives.	The CFT from the CESP will conduct a slope running session, which serves as a form of resistance training.
Nutrition, Hydration & Circuit Training	The Nutritionist from the CESP will provide participants with an understanding of the principles in sports nutrition and the different types of diet to enhance performance and recovery.	The CFT from the CESP will conduct a circuit training session, which targets both aerobic capacity and muscular endurance, to complement run trainings.

**c. FITNESS TALKS**

S/N	Session	Date	Time	Venue	Capacity
1	Training for Long Distance Runs by Coach Steven Quek (SportSG)	Sun, 13 May	9.30am	SAFRA Toa Payoh, Reef Room	150
2	Family Fitness (SportSG)	Sun, 24 Jun	11.00am	SAFRA Yishun, Victoria Room	120

**d. FUN WORKOUTS**

S/N	Session	Date	Time	Venue	Capacity
1	Zumba Fitness	Sat, 9 Jun	10.00am	SAFRA Punggol, Atrium	100
2	Zumba Fitness	Sun, 24 Jun	10.00am	SAFRA Toa Payoh, Atrium	100
3	Dance Party with your kids (SportSG)	Sat, 30 Jun	9.00am	SAFRA Toa Payoh, Atrium	120
4	Zumba Fitness	Sat, 21 Jul	9.00am	SAFRA Toa Payoh, Atrium	100
5	Piloxing	Sat, 4 Aug	10.00am	SAFRA Punggol, Atrium	100

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