

15 July 2014

Media Release

To News Editors

2 OUT OF EVERY 3 NSMAN REGISTRANTS TO RUN 21KM AT SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2014

The SAFRA Singapore Bay Run & Army Half Marathon (SSBR & AHM) will return for its 23rd edition on Sunday, 31 August. About 40,000 runners, comprising mainly full-time national servicemen, NSmen and their families have already registered for the event. Gracing an event preview at The Float @ Marina Bay this morning was Dr Maliki Osman, Minister of State for Defence and Deputy President of SAFRA.

Jointly organised by SAFRA and the Army, this year's SSBR & AHM will see a larger proportion of NSman registrants choosing to run the longer distance of 21km. Out of the 14,000 NSmen who have registered for the event till date, 65% or over 9,100 of them will be running in the 21km AHM. This is an encouraging increase as compared to last year when 60% of 16,800 NSman registrants joined the category. Dr Maliki Osman commented, "This shows greater ownership among NSmen of their own fitness – that they see fitness as important and they are going all out to test their endurance."

Many more NSmen and their families are expected to sign up for the event in the weeks ahead till registration closes on 7 August. Organisers have pulled out all the stops to ensure that participants have a good running experience and memorable moments with their NS buddies and families. Besides getting NSmen runners more actively involved in the planning of the running route, a host of unique fringe activities have also been planned.

NSmen Participants Involved in Route Planning for the First Time

In an unprecedented move to heighten engagement among NSmen runners, a group of 23 participants that involved runners mainly from the SAFRA Running Club and Team FatBird were invited to participate in a trial run along selected parts of the proposed running route on 14 June to better understand runners' concerns and solicit feedback.

These included areas such as the Skyline Promenade Park Connector, Marina Barrage and a new section of the running route along Rhu Cross, which offers a wider carriageway to better accommodate the expected volume of runners.

Other suggestions received from participants have also helped organisers make further enhancements to the running experience with provisions made for better lighting at dim sections of the route in the early morning along Skyline Promenade Park Connector.

Dr Maliki Osman presented tokens of appreciation to representatives from the various running clubs during the event preview to thank them for their involvement in the trial run.

Unique Fringe Activities to Bond NSmen & Their Families

More fun-filled fringe activities have also been planned to entertain runners and create more bonding opportunities for NSmen and their families.

In addition to a series of 15 street-side festivities such as belly dancers and fire twirlers spread along the running route to excite and motivate all runners, the SAFRA 5km Fun Run will also adopt a **special theme, “Bring the fun to your run”**, to excite participants. The category will feature a series of happy elements, including a 500m bubble zone, “HAPPY” mascots giving high-fives to runners, specially-designed distance markers, motivational banners with hilarious quotes and exuberant songs played along the running route.

Participants of the **Families for Life 800m Father & Child Challenge** can also look forward to being part of two record breaking attempts to be the “Largest gathering of people to wear masks” and the “Largest father and child race” in the Singapore Book of Records. Participants will be given handheld masks during the warm up formation and each father-and-child pair will have to run hand-in-hand throughout the race.

The carnival at the Padang will feature a series of **fun-style challenges inspired by the SAF Standard Obstacle Course (SOC)** such as the tunnel, balancing bridge, stepping stones and an inflatable Apex ladder. These are specially designed to be suitable for children and are aimed at providing NSmen fathers with opportunities to share a part of their NS experience with their kids in a fun-filled way. Camouflage cream, helmets and mini “field packs” will also be provided to our little soldiers.

Special Discounts for NSmen and their Families

For the second year, all Singapore Armed Forces (SAF) Operationally Ready NSmen (ORNS) and those who have completed their ORNS training cycles enjoyed a significant discount of more than 75 percent on registration fees for the 5km, 10km and 21km categories.

Each participating NSman also continue to be able to nominate up to three immediate family members to participate with them at a special SAF Family rate to recognise the critical role families play in supporting NSmen’s commitment towards their NS duties. More than 2,900 NSmen’s family members have already registered for the event this year.

Dr Maliki Osman commented, “It is a good opportunity for NSmen and their families to bond. For families with young children, there are activities like the Families for Life 800m Father and Child Challenge. For those with slightly older kids, they can do the 5km run. I did this a couple of years back with my son. It’s always a wonderful experience to see fathers running with their children and for children to also see what dads actively involved in keeping themselves fit. This is one thing that we would want to continue to promote.”

Kindly refer to the **fact sheet** at **Annex A** for more information.

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 and educational programmes to recognise NSmen for their contributions to National Defence.

SAFRA currently has a network of five clubs conveniently located in Jurong, Mount Faber, Tampines, Toa Payoh and Yishun. Complementing the modern facilities at SAFRA clubs is a host of quality membership benefits and activities specially packaged for over 330,000 members and their families.

*Issued on behalf of the SAFRA Singapore Bay Run & Army Half Marathon 2014
Organising Committee*

SAFRA SINGAPORE BAY RUN & ARMY HALF MARATHON 2014

Fact Sheet

Event Details

Date: Sunday, 31 August 2014

Venue: Flag-Off at Esplanade Bridge
Finish Point at Padang

Event Organisers: SAFRA and the Army

Race Categories

Categories	Eligibility
21km Army Half Marathon (AHM)	
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 Family Men 21KM AHM Family Women	Up to 3 nominated immediate family members of participating SAF Active Servicemen/ Servicewoman and SAF NSmen (ORNS, MR & Ex-NSmen). Servicemen / Servicewoman and NSmen must register first
21KM AHM Men's Open	All male participants including: - Non-SAF active servicemen & NSmen - Singaporeans/ PR - Foreigners
21KM AHM Women's Open	All female participants including: - Non-SAF servicewomen - Singaporeans/ PR - Foreigners

Categories	Eligibility
SAFRA 10km RACE	
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 Family Men	Up to 3 nominated immediate family members of SAF Active Servicemen/ Servicewoman and SAF NSmen. Servicemen / Servicewoman and NSmen must register first.
SAFRA 10KM Race Family Women	
SAFRA 10KM Race Men's Open	All male participants including: <ul style="list-style-type: none"> - Non-SAF servicemen & NSmen - Singaporeans/ PR - Foreigners
SAFRA 10KM Race Women's Open	All female participants including: <ul style="list-style-type: none"> - Non-SAF servicewomen - Singaporeans/ PR - Foreigners
SAFRA 5KM FUN RUN	
SAFRA 5KM Fun Run	Open to all
OTHERS	
800m Father and Child Challenge	Open to father-and-child pairs. Child must be aged 4 years old to 16 years old.

Registration Fees & Period

A) Priority Registration: Wed, 16 Apr to Tue, 17 Jun

Categories	Rates		
	SAF NSmen*	SAF Family⁺	SAFRA Members
21KM AHM	\$12.85	\$48.15	\$42.80
SAFRA 10KM Race	\$8.55	\$34.25	\$29.95
SAFRA 5KM Fun Run	\$5.35	\$19.25	\$17.10
800m Father and Child Challenge	\$8.55	\$12.85	\$8.55

B) Early Bird Registration: Wed, 18 Jun to Wed, 2 Jul

Categories	Rates			
	SAF NSmen*	SAFRA Members	SAF Family⁺	Public
21KM AHM	\$12.85	\$42.80	\$48.15	\$58.85
SAFRA 10KM Race	\$8.55	\$29.95	\$34.25	\$40.65
SAFRA 5KM Fun Run	\$5.35	\$17.10	\$19.25	\$23.55
800m Father and Child Challenge	\$8.55	\$8.55	\$12.85	\$21.40

C) Normal Registration: Thu, 3 Jul to Thu, 7 Aug

Categories	Rates			
	SAF NSmen*	SAFRA Members	SAF Family⁺	Public
21KM AHM	\$12.85	\$53.50	\$58.85	\$69.55
SAFRA 10KM Race	\$8.55	\$35.30	\$40.65	\$47.10
SAFRA 5KM Fun Run	\$5.35	\$17.10	\$19.25	\$23.55
800m Father and Child Challenge	\$8.55	\$8.55	\$12.85	\$21.40

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 three immediate family members to enjoy this rate.

Registration Figures (As of 15 July 2014)

Distance	Registered Participants
21km Half Marathon	20,000
10km Race	13,400
5km Fun Run	3,900
800m Father and Child Challenge	2,500

Streetside Festivities

Featured at 15 locations along the running routes to entertain and cheer runners on.

- Samba Percussion Band
- Cheerleaders
- Stilt Walkers
- Belly Dancers
- Fire Twirlers
- Bhangra Dancers
- Mascots

Welfare Management

Water Points

- There are a total of 13 along the running routes.
- For the 21km route, there will be 11 water points
- For the 10km route, there will be 5 water points
- For the 5km route, there will be 2 water points.

Medical Support

- To ensure medical support, there will be a total of four (4) medical posts and ten (10) ambulance posts along the running routes.
- There will also be seven (7) medical buggies on standby and eight (8) wheeled stretchers in total.

Sponsors & Partners

Official Sponsor	ST Engineering	
Sponsors/ Partners/ Supporters	Official Partner	SIM University
	Official Apparel	Brooks
	Official Muscle Rub	Tiger Balm Active
	Official Skin Care	Garnier Men
	Official Low Gi Sports Nutrition	32Gi
	Official Timer	Soleus
	Official Sports Drink	100plus
	Official Drinking Water	Ice Mountain
	Official Running Magazine	RUN Magazine
	Official Online Media	Run Society
	Official Radio Stations	Power 98FM; Jia88.3FM
	Official Fitness Centre	EnergyOne Gym
	Official Hotel	Fullerton Heritage
	Official Lifestyle Magazine	FHM
Supported by	Kidz Amaze; NurtureStars; Families for Life; Ministry of Social and Family Development	
In Celebration of	International Year of the Family 2014	
Partner in Sports	National Parks	

For more information, log on to www.safra.sg/sbr_ahm