

NEW LIFE
COMMUNITY SERVICES

25
YEARS OF
BUILDING *Hope*

CHARITY RUN 2025



New Life Charity Run 2025 E-Guide

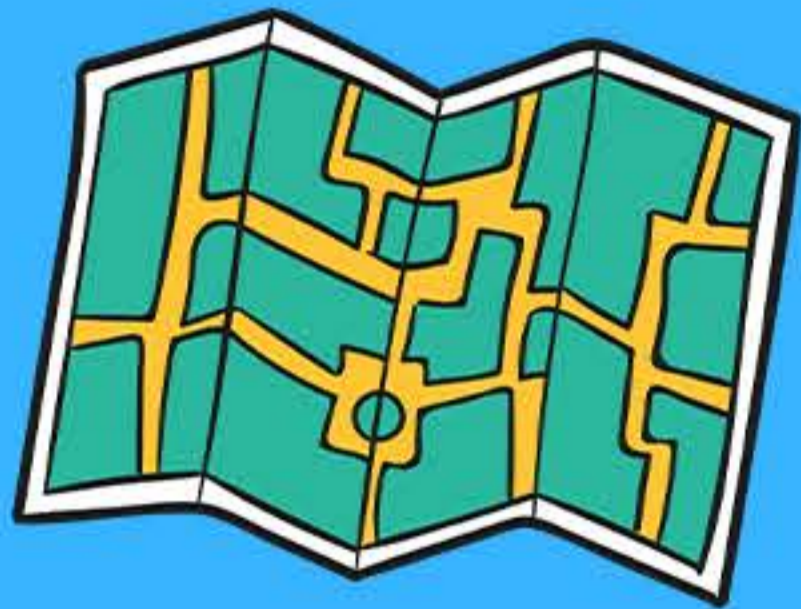
19.07.25
Saturday, 19 July 2025

🕒 4:00 PM – 8:00PM

📍 Bishan-Ang Mo Kio Park



Checklist for the Run!



1 Familiarise yourself with the routes ahead of the event day.



2 Assess your physical condition.



3 Plan your transport for the event day!



4 For safety and race entitlement purposes, all participants must wear their race T-shirt. Bring your bib along!



5 Bring minimal personal belongings. There is no bag deposit area.



6 For the best experience, be at the start pen at least 30 minutes before your flag off time.



Checklist for the Run!



7

If you miss the entry time into the start area for your category, don't worry - you can still run your registered distance by joining the next wave.



8

Take action to prevent heat stress by taking precautionary measures, such as hydrating adequately.



9

Bring a set of clothes to change, if necessary.



10

Should you feel unwell at any time before or during the run, please approach our Marshals and First Aid station for assistance.



Follow us on Facebook or Instagram (@newlifecommunityservices) for updates on the event day!

Event Day Programme

Race Category	Flag Off Time	Location
10km	4.50pm	Beside Runner Village
5km	5.10pm	
3km Family Fun Run	5.45pm	

Runner Village Programme

Time	Programme	Location
3.30pm	Runner Village Open! <ul style="list-style-type: none"> • Carnival Games • Bouncy Castle • Food & Drinks Station 	Runner Village
4pm-4.45pm	Stage Performances & Zumba Warm up	
6.20pm-6.45pm	Stage Performances	
6.45pm-6.50pm	 Top Runners Prize Presentation For runners in the 10km, 5km, and 3km race categories	
6.50pm-7pm	Grand Finale Performance	

We request that all top runners and Fun Run team members be present on site to receive their medals and prizes. In the event of absence, the award will be presented to the next eligible participant or team.

Carnival Fun for the Whole Family

Before the race kicks off, come early and enjoy our **Carnival Zone** – packed with **7 exciting games** and **2 bouncy castles** for families and kids to enjoy!



Game Tickets

1

Available for purchase from **3.30pm onwards** at the Ticketing Booth.

2

Tickets are sold in bundles of **4 for \$12**, and can be used for all games and bouncy castles.

All proceeds will go to support the beneficiaries of **New Life Community Services**, so every game you play helps make a difference.



Getting There

Let's Go Green Together!

We encourage all runners and families to take public transport to the New Life Charity Run. Choosing public transport helps ease congestion, reduces our carbon footprint, and keeps the event grounds safe and accessible for everyone.

Let's run for hope, and travel sustainably too!
Thank you for doing your part to care for our community and the environment.



By MRT

- **Bright Hill (TEL)** is closest: Approximately 5min walk to Ang Mo Kio Ave 1 entrance



By BUS

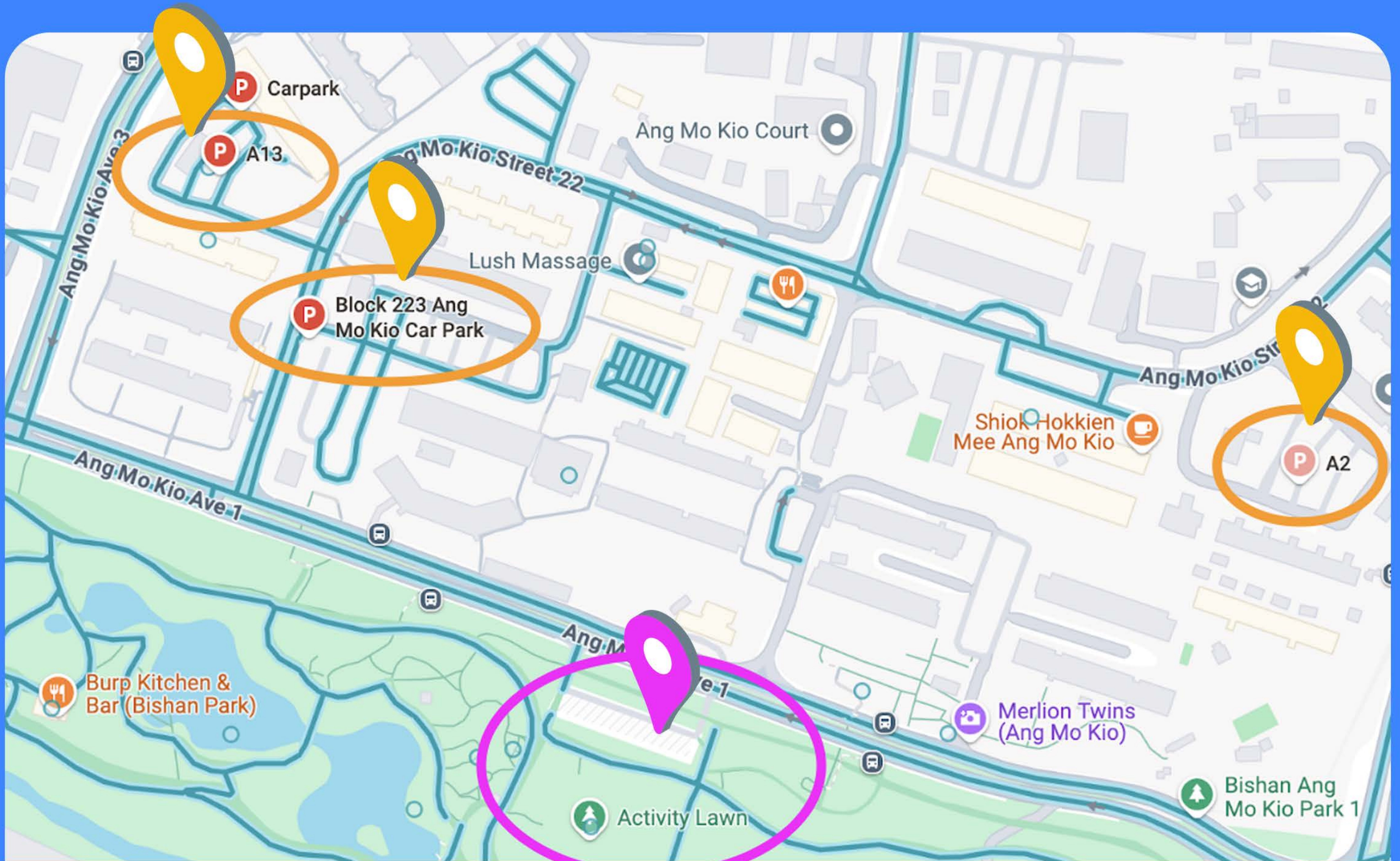
- From Opposite Bishan MRT Station, take Bus 71. Alight after 7 stops at Opp Blk 223. Walk to activity lawn within the Bishan park.



By Taxi

- Alight at Activity Lawn, Park B
- 609 Ang Mo Kio Ave 1, Singapore 569973

Getting There



Carpark B will be reserved for our GOH and food truck operations during the event.



For all other participants and visitors, kindly park at these nearby public car parks:

- **A13:** 229 Ang Mo Kio Street 22, Singapore 560233
- **Blk 223:** Ang Mo Kio Car Park, Singapore 560223
- **A2:** 206/207 Ang Mo Kio Street 22, Singapore 560206

By Car

Help us go greener — carpool with friends and make your journey to the run more fun and eco-friendly!



Essential Run Information

1

SUPPORT BOOTHS

Various booths will be in the event area to assist you:

- Information Counter
- Registration
- Lost & Found
- First Aid

2

HYDRATION STATIONS

Plastic-free and compostable cups will be available at the two Water Points.

3

RUN TIMING

Your run time will be tracked! After the event, we will share a link where you can view your completion time and results online.

4

DISTANCE MARKERS

Clear signages will show your distance covered along the route. Keep an eye out and pace yourself safely!

Please keep to the **left lane** while running. If overtaking, do so from the **right** and call out politely, e.g. "On your right!".

5

LOST AND FOUND

Lost items will be kept at the Information Booth during the event.

After the event, unclaimed items will be held at New Life Community Services.

Please contact us charityrunenquiries@newlife.org.sg with a clear description to retrieve your items.

Runner Entitlements

Event Dry-Fit T-shirt

Old Chang Kee snacks

Each runner is entitled to 3 snack items*.

*Per queue.

Race Bib with Runner ID

Cotton Candy, Popcorn, and Ice cream

While stocks last.

Finisher Medal for all categories

100 Plus and Bottled Water

Sponsored by



Wear your event t-shirt to enjoy these perks!

Fundraise for New Life!

We're inviting all participants to team up with fellow runners and fundraise together. Rally your friends, family, or colleagues who have already signed up, and cheer one another on for a good cause!

Here's how to get started:

1. Make sure everyone in your fundraising team is registered as a runner
2. Visit this link: <http://bit.ly/45rwWtH>
3. Submit a group photo and share what inspired your team to support this cause
4. We'll send you a customised fundraising link via email
5. Share your team's link and invite others to support your run through donation

Thank You!

Thank you for running for hope and change.

Your support means the world to us.

See you at the starting line!

Contact & Socials

 charityrunenquiries@newlife.org.sg

 6892-7191

 <https://newlife.org.sg/>

Follow us on



@newlifecommunityservices

**Our
Sponsors**

Gold Sponsor:



Silver Sponsor:



About New Life Community Services

New Life Community Services (New Life or NLCS) is a social service agency passionate about serving children, youth and seniors in the community.

We operate twelve childcare centres, three student care centres and two youth hubs with an emphasis on imparting life skills and character values to the next generation. We conduct literacy and character mentoring programmes for disadvantaged children, as well as after-school engagement programmes and groupwork for youths.

We also believe in improving the situations of marginalised families with schooling children so that the latter will be adequately supported as they grow up. To that end, we provide families with financial assistance, casework management and counselling to address financial and social issues.

We conduct active ageing programmes to support the needs of the elderly, an often isolated and marginalised group in society.

Our faith-based ethos motivates us to love and care for each person. Over the years, we have reached out to thousands of individuals from different races and religions – with absolutely no strings attached.

