



POSB PAssion
RUN FOR KIDS
2023

FUN FOR KIDS

RACE GUIDE

5 November 2023

The Promontory @ Marina Bay



POSB PASSION RUN FOR KIDS 2023

Thank you for joining us in giving back!
You have made a difference in the lives of the children by running for kids.

An annual event organised by POSB and People's Association, it's the perfect opportunity for you and your loved ones to enjoy a day of endless fun. What's more, you get to support the POSB PASSION Kids Fund and make a difference in the lives of children in our community.

POSB PASSION Kids Fund

The POSB PASSION Kids Fund aims to support children in the community through development programmes in Singapore. To date, approximately 867,600 children have benefited from the 218 programmes supported by the Fund. Notable programmes this year include:

Nee Soon Football and Study Programme

In collaboration with Espzen Soccer School, the Nee Soon Football Study and Programme is a ground-up initiative launched in 2015 to promote healthy living and build confidence amongst primary and secondary schools students in the Nee Soon Group Representative Constituency (GRC). The programme comprises two key components – study and character building and football training, which offers students under the Ministry of Education Financial Assistance Scheme (MOE FAS) a chance to learn and grown in education and sports; as well as provides opportunities for benefitting youths to do their part for the community.

Community Scouting @ North East

Community Scouting is a programme that provides youths with an opportunity to join scouting activities beyond classrooms and schools. Through fun and wholesome activities with family members and community members, these youths experience achievements and learning as well as family bonding and community integration through their parents' direct involvement.

YEAH Programme

Youth Engage at Heartland (YEAH!) @ Tampines West aims to assist children between 9 and 12 years old to develop their life skills and build capabilities necessary for character development, civic mindedness and sustain academic success.



POSB **Passion** RUN FOR KIDS 2023

POSB -Jurong Spring Zone E RC Dream Savers, Dream Makers 2022

The POSB – Jurong Spring Zone E RC's Dream Savers aims to build financial literacy and inculcate good savings habits amongst underprivileged children and youths aged between 7 to 16 years old. It is hoped that the positive money attitudes acquired by the participants can percolate to the rest of their families, hopefully having a transformative effect on the financial behaviours and cycles. Participants were rewarded with incentives after they had completed eco challenges in reducing, reusing, and recycling.



SM 40 KEELBOAT TRYOUTS

SAILING AT THE BAY

Live more with our DBS' Sailing At The Bay programme and experience the bay like never before!

Come sail with us and experience amazing views of Marina Bay on board our DBS sailboats, these 40 footer boats are part of our commitment to enliven the bay and provide more opportunities for everyone to try sailing.

SCAN QR CODE TO PRE-REGISTER



<https://go.gov.sg/posbsm40>



HANSA SAILING TRYOUTS

The Hansa Sailing tryouts seeks to provide an opportunity for the community to discover sailing in the city. The Hansa sail boat is stable and easy to sail which caters to people of all abilities. Each participant will be accompanied by a trained volunteer during the tryout.



<https://go.gov.sg/posbhansa>

PA Activities

Healthy Cupcake Decorating Workshop

- Challenge our kids to an experiential workshop of cupcake decorating
- Introducing healthy ingredients and ways to make their cupcakes healthy and delicious

Miniature Terrarium Workshop

- Teach the importance of having a natural world
- Hands on activity to build their own self-sustaining ecosystems

Paper Quilling Workshop

- Teach our kids the importance of recycling through creating magnificent works of art
- Paper quilling is a popular craft where strips of paper are fixed together to create cards and pieces of art

FLAG-OFF TIMINGS

CATEGORIES	TIME
10KM Adult, Team & NSF's Competitive	06:30AM
5KM Adult Competitive	07:15AM
1.2KM Boys Competitive (11 & 12 years old)	07:45AM
1.2KM Girls Competitive (11 & 12 years old)	08:00AM
1.2KM Boys Competitive (9 & 10 years old)	08:15AM
1.2KM Girls Competitive (9 & 10 years old)	08:30AM
1.2KM Team Competitive, Boys & Girls (9 - 12 years old)	08:35AM
800M Boys Competitive (7 & 8 years old)	08:45AM
800M Girls Competitive (7 & 8 years old)	09:00AM
3.5KM Family Walk	09:30AM

Please report 30 minutes before flag-off.



CARNIVAL PROGRAMME

**JOIN US AT THE CARNIVAL TO ENJOY A FUN-FILLED DAY
WITH EXCITING GAMES AND ACTIVITIES!**

TIME	PROGRAMME	VENUE
07:30AM	Carnival Activities Open	All activity tents including: • Future World • Healthy World • Happy World • Recycle World • Nature World
08:30AM - 12:00PM	Hansa Sailing and SM 40 Keelboats Tryouts	Beside Custom House
09:45AM - 10:15AM	Award Ceremony for Competitive Races	Main Stage Tent
10:15AM - 10:45AM	Zumba for Kids - 30 Minutes	Main Stage Tent
10:45AM - 11:15AM	K-POP Fitness for Kids - 30 Minutes	Main Stage Tent
11:15AM - 12:00PM	Flying Cape Robotics Activity for kids aged 6 and above Stand to win 3 FREE AI Robotic sessions at Titan Tech Academy worth \$300	Main Stage Tent





- A** ENTRANCE / BAG CHECK
- B** PRE-RACE POINT
- C** BAGGAGE POINT
- D** INFORMATION COUNTER
- E** **K** PORTABLE TOILETS
- F** DARTZONE

- | | |
|--|----------------------------------|
| G CORPORATE HOSPITALITY TENT | L COMMUNITY ACTIVITY ZONE |
| H HANSA SAILING AND
SM 40 KEELBOAT TRYOUTS | M HYDRATION POINT |
| I MAIN STAGE TENT | N FIRST AID |
| J PHOTOBOOTH | O POST-RACE POINT |
| | P FLAG-OFF STAGE |

- W1** HEALTHY WORLD
- W2** HAPPY WORLD
- W3** RECYCLE WORLD
- W4** NATURE WORLD
- W5** FUTURE WORLD

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CARNIVAL ACTIVITIES



MAIN TENT

- MyPAssion App
- POSB Kerchinggg Activity Booth
- Pink Dolphin
- yuu Rewards Club
- Esplanade Activity Booth
- F&B Retail Booth* - The Ice Cream & Cookies Co.
- FREE Snack Corner by Dairy Farm International
- Main Stage ([CLICK HERE](#) for programme schedule)

*Cashless/digital payment is preferred



NATURE WORLD

- Miniature Terrarium Workshop by PA
- Botanical Ink Painting by Wild Dot
- Beach Clean Up Activity by Flying Cape



HEALTHY WORLD

- Family Hub with POSB Smart Buddy & Plan on Digibank
- Health Promotion Board Activity Booth
- Healthy Cupcake Decorating Workshop by PA
- Reaction Game and Cycle Blender



FUTURE WORLD

- 3D VR & AR Gameplay by Flying Cape
- STEM Workshop by Flying Cape
- Coding Workshop by Flying Cape



HAPPY WORLD

- PayLah! Claw Machine
- Face Painting Station
- Balloon Sculpting Station



RECYCLE WORLD

- Full-Time National Servicemen Activity Booth
- Paper Quilling Workshop by PA
- Plastify Workshop
- Defence Collective Singapore



COMMUNITY ACTIVITIES

- Nee Soon Football and Study Programme
- Community Scouting @ North East
- Chingay 2024 Community Float Making by PAssionArts



HANSA SAILING TRYOUTS

[Click here to register](#)



SM40 KEELBOATS TRYOUTS

[Click here to register](#)



FAMILY FOR LIFE BOUNCY CASTLE



DARTZONE ACTIVITY STATION

POSB **PA**ssion **RUN FOR KIDS** 2023

RACE ENTITLEMENTS



EVENT TEE

MADE OF 100%
RECYCLED POLYESTER



TOTE BAG



MEDAL

MADE OF
RECYCLED METAL

*FOR COMPETITIVE CATEGORIES ONLY

*PRODUCT IMAGES ARE FOR ILLUSTRATIVE PURPOSES ONLY AND MAY DIFFER FROM THE ACTUAL PRODUCT.
FOR PARTICIPANTS WHO HAS OPTED ONLY.

RACE DETAILS

10KM/5KM ADULTS COMPETITIVE AND 10KM TEAM CHALLENGE:

Official results are based on the Gun Time which begins upon the official flag off. This includes the distances covered before the start line (officially accepted by the international Athletics Federations).

KIDS COMPETITIVE:

Official results based on Chip Time, which is the time taken when runners run past the start to finish line.

PRE-RACE KIDS TENT (GET READY FOR YOUR RACE)

Report to Pre-Race Kids Tent at least 30 mins before flag-off time.

POST-RACE KIDS TENT

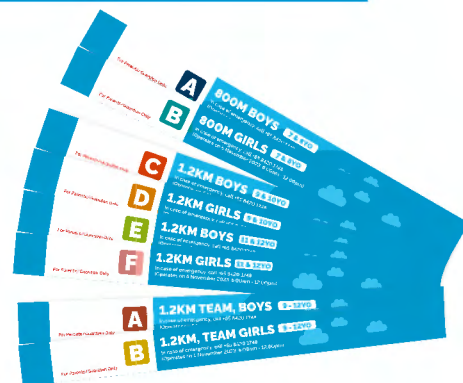
Kid participants will be directed to the Post-Race Kids Tent to receive their finisher medals and water in accordance to the letter in the alphabet indicated on their Race Bibs.

KIDS RUN ADVISORY

NOTE TO PARENTS WITH KIDS PARTICIPATING IN THE 1.2KM AND 800M COMPETITIVE CATEGORIES

Parents/Guardians have to wear the allocated wrist tag in order to pick up their kid from the Kids Pick-Up Area for security purposes.

Parents/Guardians who have lost their wrist tag will need to report to the information tent with their identification documents to obtain a new wrist tag.



PARTICIPANTS ADVISORY

MEDICAL AND SAFETY ADVISORY

Whilst every reasonable precaution will be taken by the Organiser to ensure the participants' safety, participants take part in this event at their own risks and **the Organiser, their sponsors, and their appointed officials will not be liable for any death or injury, loss or damage, suffered or otherwise, and howsoever arising.** The Organiser reserves the right to amend the rules and regulations without prior notification or any reasons thereof.

Please attempt the **Physical Activity Readiness Questionnaire (PAR-Q)** before the event to assess your level of readiness for physical activity.

Visit www.sportsingapore.gov.sg/sports-education/sports-safety/sports-safe-u-guide.



SECURITY ADVISORY

As part of the safety regulations, bags and other belongings brought into the event will be subjected to security bag checks. Plan to travel light!

- Complimentary Baggage Deposit is available from 05:00AM to 11:00AM.
- Participants are advised not to deposit valuable or fragile items.
- The Organiser will not be liable for any loss of belongings or contents deposited.



INCLEMENT WEATHER

In the event of inclement weather, the Organiser reserves the right to delay the commencement of the race, shorten the race or modify the route. However, Should inclement weather persist, the Organiser reserves the right to cancel the race without any refund of registration fee.

For updates, please refer to:

- www.facebook.com/PAssionCard/
- SMS updates to registered participants



EMERGENCY CONTACT

Participants' emergency contact details are printed on the reverse side of their Race Bib for contingency uses. Participants who did not provide their emergency contact details during registration are advised to write their details using a permanent marker. **For any emergency during the race, please call 8420 1748.**





NOTICE

SECURITY AND BAG CHECK

As part of national safety and security guidelines, all participants are required to undergo bag check(s) and/or security check(s), all participants are advised to minimise the number of personal belongings brought into the event grounds to facilitate quick security clearance.

Do note that the following items are NOT ALLOWED:

- Bicycles, skate scooters and other PMDs
- Pets except for guide dogs
- Remote controlled devices including drones
- Sharp objects such as, not limited to, pocket knives and scissors
- Pyrotechnic devices such as flares or fireworks
- All items listed under SPF prohibited items

All prohibited items found will not be allowed inside the race venue. Items found will be recorded and reported to the relevant authorities. For items found that are under the list of SPF prohibited items, a police report will be made. All participants are advised to travel light and must have their race bib to enter the race course.

LIST OF PROHIBITED ITEMS BUT NOT LIMITED TO:



HAND CUFFS



KNIVES



POCKET KNIFE



SCISSORS



MANICURE SETS



WEAPONS



AEROSALS



SPARKLES



GOLF SETS



BASEBALL BATTS



HOCKEY STICKS

POSB **P**Assion **RUN FOR KIDS** 2023

RACE BIB INSTRUCTION

Participants must wear their allocated race bib at all times during the race. Runners without the allocated race bib will not be allowed to take part in the race.



- Display your race bib clearly on the front of your race apparel at all times during the race.
- Do not alter, modify, fold or crumple the race bib.
- Please ensure that the bib is pinned on all four corners.
- The race bib is strictly non-transferable. Participants found doing so will be disqualified.
- Participants without race bibs will not be allowed to participate in the race.



HOW TO WEAR YOUR SHOE TAG

FOR COMPETITIVE CATEGORIES ONLY



IMAGE 1

STEP 1

STRING your shoelace through the two holes as shown as **Image 1**. The white side with the timing chip must face up. Tie a double knot to secure the tag.

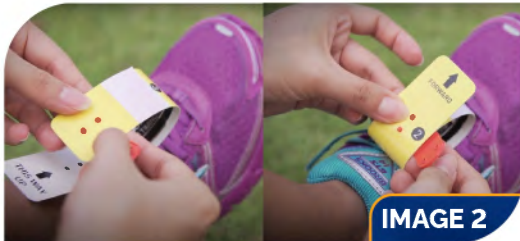


IMAGE 2

STEP 2

LOOP the shoe tag. Use the orange clip to fasten the tag, as shown as **Image 2**.



IMAGE 3

STEP 3

SECURE the tag using the sticky tap as **Image 3**. Now you are ready to run and record your time!

INCORRECT WAYS OF WEARING YOUR SHOE TAG



DO NOT tie the shoe tag at the front laces of your shoes.



DO NOT flatten the shoe tag and stuff it under your laces.



RACE ROUTES



DISTANCE	10KM	5KM	1.2KM (11 & 12 YO)	1.2KM (9 & 10 YO)	800M (7 & 8 YO)	3.5KM FAMILY WALK
FLAG-OFF	WAVE 1 6:30AM WAVE 2 6:40AM	WAVE 1 7:15AM WAVE 2 7:25AM	BOYS 7:45AM GIRLS 8:00AM	BOYS 8:15AM GIRLS 8:30AM	BOYS 8:45AM GIRLS 9:00AM	9:30AM



WATER POINT / DRINKING STATIONS

Available at approximately every 2.5km for all categories



DISTANCE	10KM
FLAG-OFF	WAVE 1 6:30AM WAVE 2 6:40AM



10KM (ADULT)



RACE ROUTES



DISTANCE

5KM

FLAG-OFF

WAVE 1
7:15AM
WAVE 2
7:25AM



HYDRATION POINT



MEDIC

5KM (ADULT)



DISTANCE

1.2KM
(11 & 12 YO)

1.2KM
(9 & 10 YO)

800M
(7 & 8 YO)

FLAG-OFF

BOYS
7:45AM
GIRLS
8:00AM

BOYS
8:15AM
GIRLS
8:30AM

BOYS
8:45AM
GIRLS
9:00AM



HYDRATION POINT



MEDIC

1.2KM & 800M (KIDS)



HOW TO GET TO THE PROMONTORY @ MARINA BAY



BY MASS RAPID TRANSIT (MRT):

- Downtown MRT Station (DT17) - 5 mins walk from Exit B
- Raffles Place MRT Station (NS26/EW14) - 6 mins walk from Exit J
- Marina Bay MRT Station (NS27/CE2) - 9 mins walk from Exit B
- Bayfront MRT Station (DT16/CE1) - 12 mins walk from Exit E



BY CAR:

Participants may park at the following locations which are in close proximity to event venue:

- Marina Bay Open Carpark
\$0.80/30 mins from 7am to 7am the following day
- One Marina Boulevard (NTUC Centre)
\$3.21/entry from 7am to 7am the following day
- Marina Bay Link Mall
\$3.21 for first 4 hrs, \$0.30/10 mins from 6am to 6am the following day
- Marina Bay Financial Centre Tower 1, 2 & 3
\$3.21 for first 4 hrs, \$0.27/10mins block or part thereof from 6am to 6am the following day



BY BUS:

Available Bus Services:

653, 655, 657, 661, 662, 106, 133, 513, 97, 97e



ON RACE DAY, THERE WILL BE CLOSURE OF 2 LANES

2 left lanes between Marina View Link and Marina Way will be closed from 3am to 11am.



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THANK YOU FOR MAKING A DIFFERENCE!

CORPORATE DONORS



ALLEN & GLEDHILL



Aw&Sons
CAPITAL



CHUBB

DELL Technologies



Linklaters





THANK YOU FOR MAKING A DIFFERENCE!

CORPORATE DONORS

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Flintex Consulting Pte Ltd	NETS	Vincar Pte. Ltd.
Fujitsu Asia Pte Ltd	Nikko Asset Management Asia Limited	Wearnes Automotive Pte Ltd
Geometra International Private Limited	Pertinent Law LLP	Wongpartnership LLP
Hafary Pte Ltd	Pinnacle Credit Services Pte Ltd	Yong Tai Loong (Pte) Ltd
HEC Holdings Pte Ltd		

AAK Logistics Services Pte Ltd	Compasia Pte Ltd	Lingjack Engineering Works Pte Ltd	Seng Heng Engineering (Private) Limited
AL Autocar Pte Ltd	Containers Printers Pte Ltd	Mahesh & Co Pte Ltd	SG Car Choice Pte Ltd
Allen & Overy LLP	Dickson Capital Pte Ltd	Mikas Stainless Steels Pte Ltd	Shook Lin & Bok LLP
Ann Aik Pte. Ltd.	Eng Lee Shipping Co Pte Ltd	Modust Investment Pte Ltd	Singapore Telecommunications Limited
Apeiron Agrocommodities Pte. Ltd.	Engtek (Pte) Ltd	Multico Infracore Holdings Pte Ltd	Skylink Auto Pte Ltd
Apex Law LLC	En-Syst Equipment and Services Pte Ltd	Nanshan Group Singapore Co. Pte Ltd	Solent Chemicals Private Limited
Aromatics & Botanics	Eppen Asia Pte Ltd	Nam Leong Co Pte Ltd	Solent Private Limited
Ashurst LLP	Fomento Commodities Pte Ltd	NCR Singapore Pte Ltd	Song Brothers Realty Pte Ltd
ASSA ABLOY Global Solutions Singapore Pte. Ltd.	Fulco Pte Ltd	Oh Aik Guan Food Industrial Pte Ltd	Spacelogic Pte Ltd
Autobahn Rent A Car Pte Ltd	Futar Enterprises Pte Ltd	Orangetee Advisory Pte Ltd	Super Steel Pte Ltd
Bath Labz Pte Ltd	GMTC Private Limited	Orchard Credit Pte Ltd	Tai Sin Electric Limited
Beng Soon Machinery Services (S) Pte Ltd	Grand Venture Technology Limited	Pacific Central Teknik Pte Ltd	Technics Communications & Electronic
Beyondsoft International (Singapore)	Green Packet Global Pte Ltd	Pan Pacific Van & Truck Leasing Pte Ltd	Ten-League Engineering & Technology
Big Foot Logistic Pte Ltd	Greenbay Marine Technologies Pte Ltd	Pawa Brothers Trading Pte Ltd	Think One Credit Pte Ltd
Bok Sing Hardware Paints Pte Ltd	Helicap Pte Ltd	Prime Deli Trading Pte Ltd	Tiong Woon Crane & Transport Pte Ltd
Borbolsh Pte Ltd	Henly Enterprises Co Pte Ltd	Puppet by Perforce	Toppan Security Systems Pte Ltd
Brink's Singapore Pte Ltd	International Remittance Pte Ltd	Raffles Health Insurance Pte Ltd	Toyo Adtec Pte Ltd
Capstone Aluminium Pte Ltd	JPMorgan Asset Management (Singapore)	Ribar Industries Pte Ltd	Tribal Worldwide Pte Ltd
Cemtes International Pte Ltd	Karexparts Pte Ltd	Ricardo Cars Pte Ltd	TS Auto Pte Ltd
Chin Seng Hin (Private) Limited	Kienta Engineering Construction Pte Ltd	Rotating Offshore Solutions Pte Ltd	TT Energy Pte. Ltd.
Clifford Chance Pte Ltd	Kim Hock Corporation Pte Ltd	Royal Marina Pte Ltd	WSJ Credit Pte Ltd
Cloudera Singapore Pte Ltd	KY Management & Consultation Pte Ltd	SC Financial Services Pte Ltd	YHI Corporation (Singapore) Pte Ltd

SPONSORS

CHUBB





Join the **Smart Buddy Challenge** while getting your child ready for the race!

What?

Get your child to clock 1.2km using their Smart Buddy watch prior to the actual race, sync it to your Smart Buddy mobile application and stand a chance to redeem a limited edition Smart Buddy watch strap at the Smart Buddy booth on event day itself. Terms and conditions apply.

When?

From 1st Oct 2023 till the event day on 5th Nov 2023 (inclusive)

Who can join?

Existing Smart Buddy user holding a Smart Buddy watch before/on the actual Run for Kids event day.

Don't have a Smart Buddy yet?

Head to POSB Smart Buddy website to apply for one for free.

Have a Smart Buddy card but no watch to track your little one's training yet?

You can purchase one at eShopeeNow.

Visit the Smart Buddy booth at

RUN FOR KIDS

carnival and stand a chance to get a free limited edition Run for Kids watch strap, first come first served!



What's more, participate in the activities at the POSB Family Hub booth on the actual Run for Kids event day for sure-win gift vouchers worth up to S\$100. First come, first served. Terms & conditions apply.

P.S. Bring along and use your Smart Buddy watch/card at Run for Kids merchants on 5th Nov 2023 to receive up to S\$2 reimbursement! Find out more [here](#).



Vouchers at more than \$1,000 From Flying Cape's Most Popular Enrichment Classes

Exclusively for POSB PAssion Run For Kids 2023



Supporting Partners @ POSB PAssion Run For Kids 2023



ST

FIRST HARVEST GREEN TEA

New



BE THE FIRST TO TRY



Lower in Sugar

This is
DBS digibanking

 **DBS**

Live more,
Bank less

Let your child stay #OneStepAhead with DBS PayLah!



THE ULTIMATE EVERYDAY APP



Transfer allowance
to them instantly!



Scan to pay islandwide
Never worry about your child
forgetting their wallet again!



Save more every day
Enjoy merchant deals & cashback!



Top up EZ-Link on the go
Use the EZ-Link app & pay with PayLah!

Win exciting prizes

Register your child for PayLah!
at our booth for **3 FREE claw
machine plays!**



Download PayLah! for your child today!

Get S\$5 when you register with
promo code **'FIVELAH'**.



Valid for new users only. T&Cs apply.

Monies in DBS PayLah! are a deposit. SGD deposits are insured up to S\$75k by SDIC.

Scan to download