



# RACE INSPIRED! 2023

Be **KASU** About Your Health

30 April 2023 | Waterway Point  
2.00pm - 7.00pm | The Plaza, Basement 1

Flag off at 5pm with staggered timing  
Guest-of-Honour: Mr Tan Chuan-Jin, Speaker of Parliament

**NKF Race Inspired!** is returning this year and will take shape as a physical event for the first time.

Through NKF Race Inspired! 2023, we aim to stem the tide of chronic kidney disease by **raising greater awareness of kidney health** and **inspire participants to lead and advocate a healthier lifestyle.**

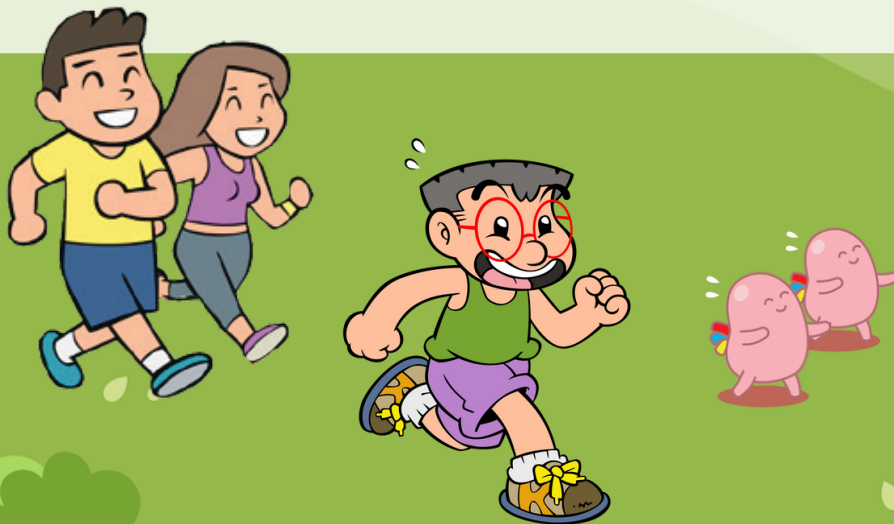
At the same time, we hope to raise \$400,000 to support kidney failure patients with financial challenges. Dialysis is a significant economic burden. Without subsidy, fees can set a patient back more than \$2,000 a month. With support from donors like your and the government, **77% of our patients only pay between \$0 and \$50.**

# ABOUT THE RACE



# CONTENT

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# RACE INFORMATION



## Event Details & Race Pack Collection

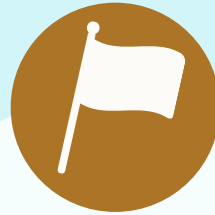
30 April 2023, Sunday

Waterway Point,  
The Plaza, Basement 1

Race Pack Collection &  
Registration:  
**2pm - 4.30pm**

*It is compulsory for all race participants to check in and collect the race pack on the event date.*

*Uncollected race packs will be distributed to NKF patients after the event.*



## Flag Off Timing

Race will flag off from  
**5pm onwards** with  
staggered timings

Your estimated flag-off  
time will be shared during  
registration



## Get Ready!

Assess your physical  
readiness by taking Physical  
Activity Readiness  
Questionnaire (PAR-Q)  
online.

If you are feeling unwell at  
any time, please stop and  
approach our crew for  
assistance.





# RACE INFORMATION

- ✓ Prepare your email confirmation or e-Ticket for Registration.
- ✓ Register at the "Everything Also MUST HAVE" **Registration/Redemption** booth before 4.30pm.
- ✓ Gather at the Starting Point **10 mins before** your flag off time.
- ✓ Collection of finisher entitlements after race at The Plaza's "Everything Also MUST HAVE" **Registration/Redemption** booth.
- ✓ Be mindful of other runners, cyclists and members of the public using the park.
- ✓ Come light. Baggage storage is **not available**.



Email Confirmation  
/ e-Ticket



Starting/Ending Point

# RACE INFORMATION

## Weather



In the event where there is light drizzle, the race will continue.



Should there be heavy rain or lightning, a maximum holding time of 40 mins will be observed. If the inclement weather persists, the race will be cancelled. Participants may then proceed to collect their finisher entitlements at The Plaza's "Everything Also **MUST HAVE**" **Registration/Redemption** booth.



The race may cease if the hourly update of the 24-hour PSI reading exceeds unsafe levels.

*No refund will be made if the race is cancelled due to bad weather or unforeseen circumstances.*

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## PROGRAMME



Time	Programme	Location
2.00pm	Commencement of Fringe Activities Registration for Race Participants	The Plaza, Basement 1
3.15pm	Mass Zumba Workout (Open for All)	The Cove, Basement 2
4.30pm	Registration Closes	The Plaza, Basement 1
4.35pm	Line Dance	
4.45pm	Arrival of Guest-of-Honour Mr Tan Chuan-Jin, Speaker of Parliament	
4.55pm	Presentation of Token of Appreciation	
5.00pm	Warm Up Exercise	
5.05pm	Race Flag-Off (Staggered Timing)	Waterway Park
5.40pm	Singing Performance by Jason Yu	The Plaza, Basement 1
7.00pm	End of Event	

# GETTING TO THE VENUE



- 1) Alight at Punggol MRT/LRT Station (NE17/PTC)
- 2) Walk through Exit A and walk down Waterway Point's 24-hour Boardwalk to The Plaza, Basement 1



- 1) Take Bus Service Nos:  
 Nos. 3 (from Tampines), 34 (from Changi), 43 (from Upper East Coast Terrace), 50 (from Bishan), 62 (from Geylang), 82 (Punggol Loop), 83 (from Sengkang), 84 (Punggol Loop), 85 (from Yishun), 119 (Punggol Loop), 136 (from Ang Mo Kio)
- 2) Alight at Punggol Interchange then walk about 5 mins to Waterway Point
- 3) Walk down Waterway Point's 24-hour Boardwalk to The Plaza, Basement 1



**The Boardwalk**



**The Plaza**

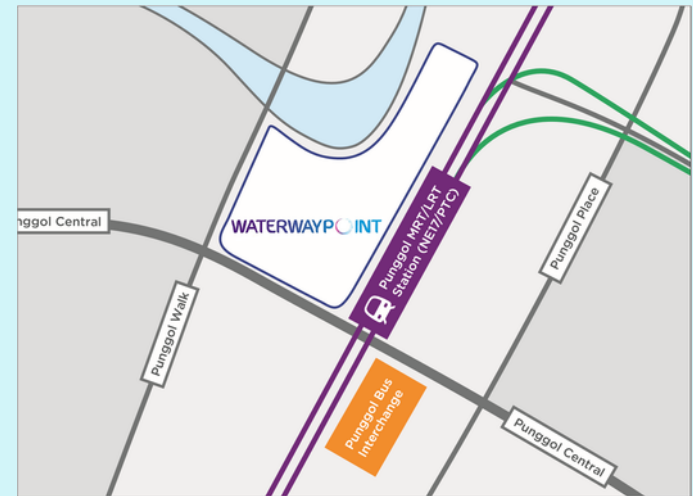
# GETTING TO THE VENUE



- 1) Drive from CTE (Central Expressway)
  - Head north on CTE
  - Keep right and merge onto TPE
  - Take exit 9 for Punggol Road
  - Continue on Punggol Road and turn left onto Punggol Central
  - Waterway Point will be on the left
- 2) Drive from KPE (Kallang - Paya Lebar Expressway)
  - Take the exit towards SLE/Jln Kayu/Punggol Road
  - Take exit 9 for Punggol Road
  - Continue on Punggol Road and turn left onto Punggol Central.
  - Waterway Point will be on the left
- 3) Drive from TPE (Tampines Expressway)
  - Head northeast on TPE
  - Take exit 10 for Sengkang East Road towards Punggol Way
  - Continue on Punggol Way and turn right onto Punggol Field
  - Turn left onto Punggol Place and turn left onto Punggol Central
  - Waterway Point will be on the left

1st hour entry (6am to 5.59am) : \$1.60 for first hour  
 Every subsequent half hour or part thereof: \$0.80  
 Motorcycle: \$1.50 per entry

All rates inclusive of prevailing GST



**Waterway Point Carpark Entrance**



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# FRINGE ACTIVITIES

2PM - 7PM

Mass Zumba Workout  
(Open for All!)  
3.15pm

THE COVE

## STAGE



6  
Everything Also  
MUST SEE



5  
Everything Also  
MUST KNOW

Everything Also  
MUST TRY

## THE PLAZA

Everything Also  
MUST HAVE

Registration/Redemption



1  
WELCOME

Everything Also  
MUST EAT



2

Everything Also  
MUST PLAY



3



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- 1 Race registration & collection of race pack and game card.  
Collection of finisher entitlements after race.
- 2 Get yourself hydrated and enjoy special snacks here!

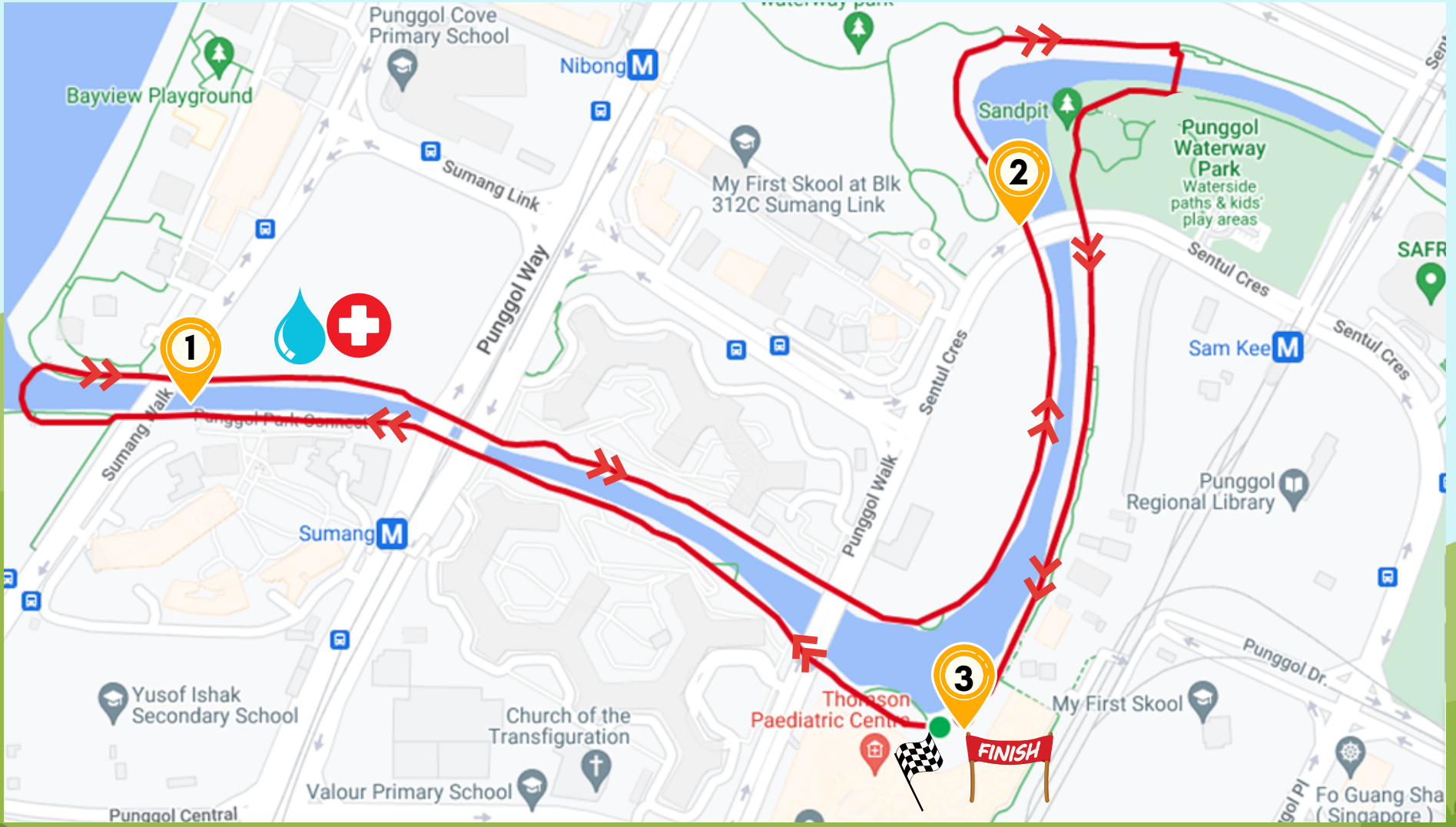
- 3 Enjoy a game of mini golf or other mini games at this fun-filled booth.
- 4 Get a temporary tattoo, balloon sculpture or Mr Kiasu's drawing by Mr Johnny Lau, only available for a limited time.

- 5 Learn how to take care of your kidneys.
- 6 Specially curated items such as succulent plants, tea leaves, coffee beans for sale.  
**FINAL STOP:** Spin the wheel and stand a chance to win a prize after accumulating 4 or more stamps.

Make a donation to enjoy the above activities. All proceeds will go towards providing kidney failure patients with dialysis treatment and holistic care.



# 3KM FUN WALK ROUTE MAP



**Legend:**

-  Starting Point
-  Ending Point
-  Distance Markers (KM)
-  Hydration Stations
-  First Aid

*Race route is not drawn to scale. Markers and total distance may vary across tracking devices.*

# 6KM LEISURE RUN ROUTE MAP



**Legend:**

- Starting Point
- Ending Point
- Distance Markers (KM)
- Hydration Stations
- First Aid

*Race route is not drawn to scale. Markers and total distance may vary across tracking devices.*



# HEAR FROM OUR PATIENTS



Watch how the **Fitness Buddies** developed a close-knit friendship as they began travelling weekly from Marsiling to Jurong for their exercise programme.



<https://qrco.de/fitnessbuddies>



Learn how double amputee **Mdm Nalini J Ball** lives life with gusto - never allowing her physical disabilities to limit her.

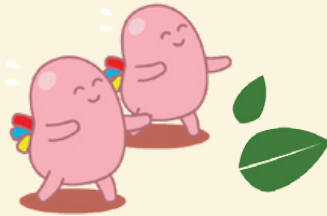


<https://qrco.de/inspiredtoinspire>



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# MAKE A DONATION



Donate Here



<https://qrco.de/giving-race2023>

Be the beacon of **Life and Hope** for kidney failure patients by donating directly to our campaign!  
Join us and race towards health together!

*Campaign ends on 14 May 2023*



**SEE YOU  
ON  
30 APRIL!**

**CHIONG**  
for Health!

Let's get  
**INSPIRED!**

