

# Race Inspired!

2025

**NKF**

 **Buddy Up For Kidney Health** 



**6 APRIL 2025**  
**2.00PM - 7.00PM**

**WATERWAY POINT**  
**THE PLAZA, BASEMENT 1**

*Flag off at 5pm with staggered timing*

*Guest-of-Honour:*  
*Er. Dr. Lee Bee Wah*

*Information is correct as of 30 March 2025.  
The event organiser reserves the right to update or modify this document from time to time.*

NKF Race Inspired! is back!

Through NKF Race Inspired! 2025, we aim to unite individuals and organisations in support of a healthier Singapore.

At the same time, we hope to raise \$350,000 to support kidney failure patients with financial challenges. Without subsidy, dialysis can set a patient back more than \$2,500 a month. However, with support from donors like you, 67% of our patients only pay between \$0 and \$50.

Let's buddy up to support NKF patients and raise awareness on kidney health!

## ABOUT THE EVENT



# CONTENT

Page No.

**04** Walk Information

**07** Programme

**08** Getting to the Venue

**11** Kidney Health Carnival

Page No.

**12** 3KM Route Map

**13** 6KM Route Map

**14** Hear from our Patient

**15** Make a Donation



# WALK INFORMATION



## EVENT DETAILS & PACK COLLECTION

6 April 2025, Sunday

Waterway Point,  
The Plaza, Basement 1

Carnival - 2pm

Walkathon - 5pm

Pack Collection - 5.30pm

*\*It is compulsory for all race participants to check in and collect the race pack after completing the walk. All 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.



## GET READY!

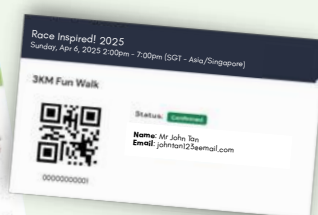
Assess your physical readiness  
by taking the Get Active  
Questionnaire (GAQ) online.

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



# WALK INFORMATION

- Prepare your email confirmation or e-Ticket for Registration.
- Register at the Registration/Collection booth before 4.30pm.
- Gather at The Plaza at around 4.45pm to 4.55pm.
- Remember to collect race pack at the Registration/Collection booth after you finish your walk.
- Be mindful of other members of the public also using the park.
- Come light. Baggage storage is not available.



Email Confirmation / e-Ticket



Start/End Point

# WALK INFORMATION

## WET 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 race packs at The Plaza's Registration/Collection 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.*



# PROGRAMME LINE-UP



Time	Programme
2.00pm	Commencement of Carnival Registration for Race Participants (Closes at 4.30pm)
3.30pm	Exercise Challenge
4.30pm	Registration Closes
	Arrival of Guest-of-Honour, NKF Ambassador, Er. Dr. Lee Bee Wah
4.45pm	Presentation of Certificates of Appreciation
4.55pm	Warm Up Exercise
5.00pm	Walkathon Flag-Off (Staggered Timing)
5.30pm	Race Pack Redemption for Race Participants
7.00pm	End of Event

# 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)

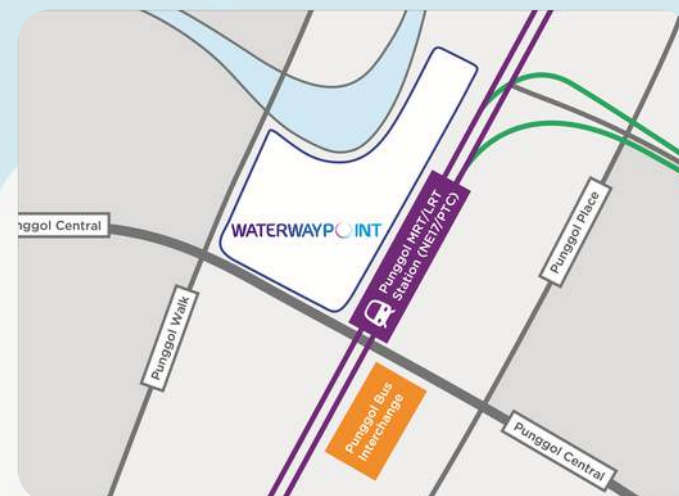
- Head northeast on TPE
- Take exit 10 for Sengkang East Road towards Punggol Way
- Continue on Punggol Way and turn right onto Punggol Field
- Turn left onto Punggol Place and turn left onto Punggol Central
- Waterway Point will be on the left

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



# GETTING TO THE VENUE



Alight at Punggol MRT/LRT Station (NE17/PTC)

Walk through Exit A and walk down Waterway Point's 24-hour Boardwalk to The Plaza, Basement 1



## **TAKE BUS SERVICE NOS:**

Bus No. 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)

Alight at Punggol Interchange then walk about 5 mins to Waterway Point

Walk down Waterway Point's 24-hour Boardwalk to The Plaza, Basement 1



**The Boardwalk**



**The Plaza**  
(Where our Carnival will be at!)

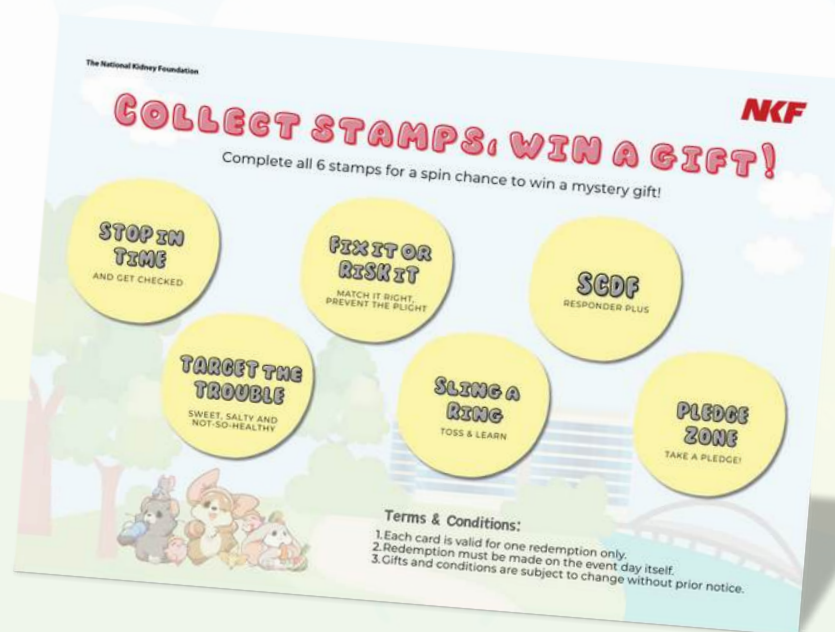
# KIDNEY HEALTH CARNIVAL

## STEP 1: REGISTER & COLLECT YOUR ACTIVITY STAMP CARD

Happening from 2pm - 7pm, join us at our carnival for a fun-filled afternoon of exciting activities!

With activities suitable for all ages, try your hands at our kidney health interactive games and stand a chance to win attractive prizes!

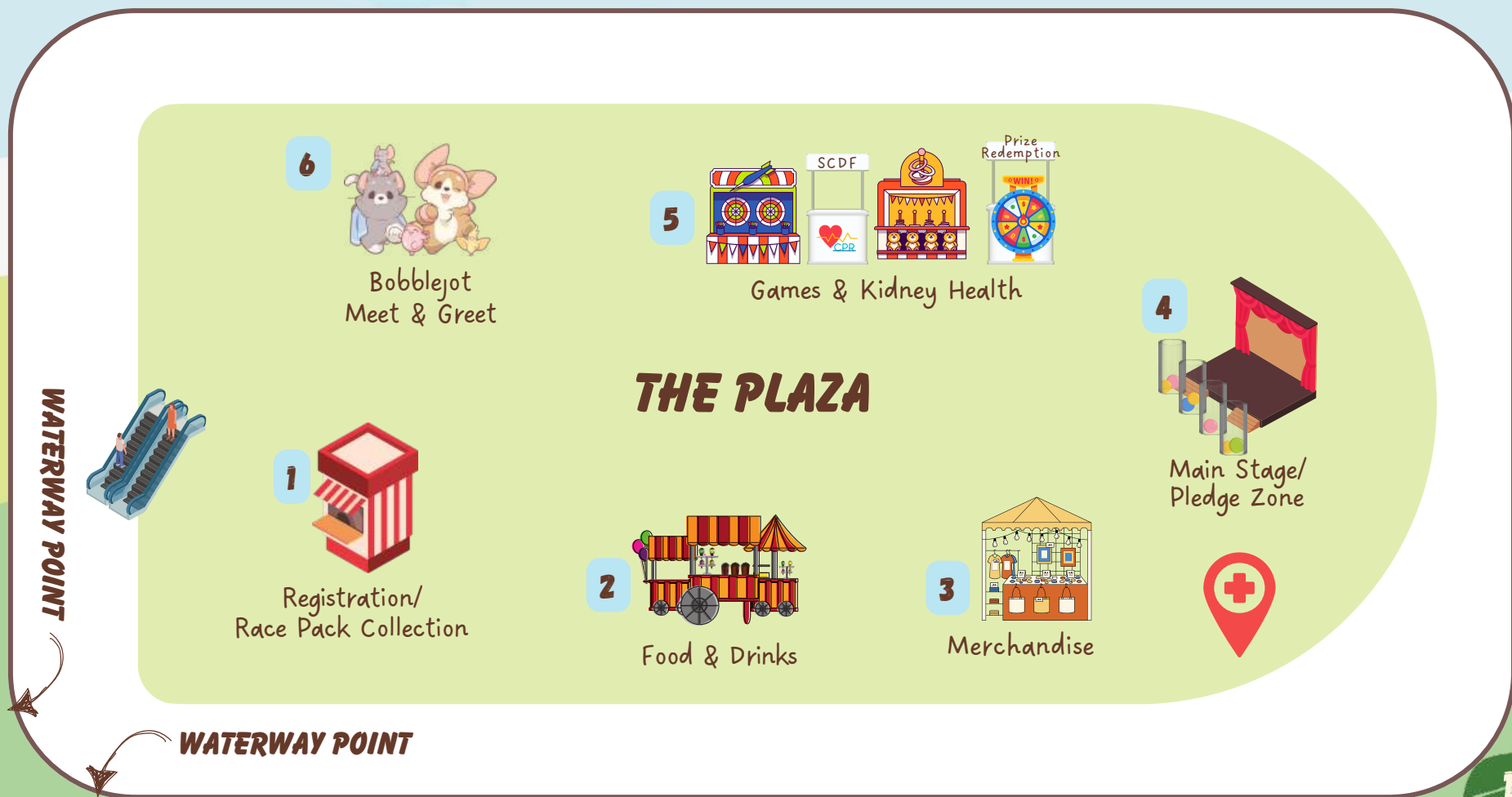
Remember to collect your stamp card upon registration!



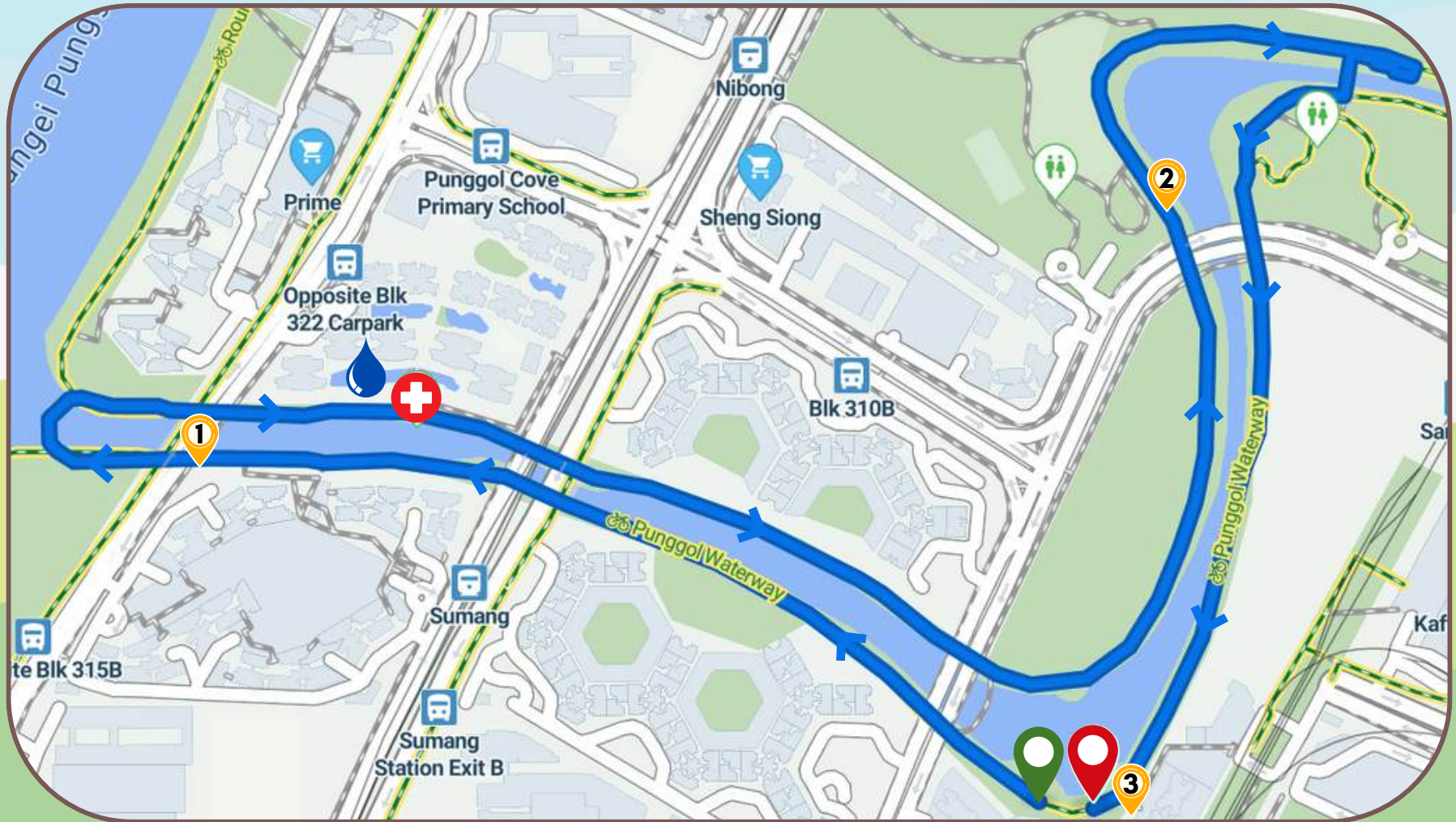
Activity Stamp card

# KIDNEY HEALTH CARNIVAL

**STEP 2: COLLECT STAMPS FROM THE BOOTHS AND STAND A CHANCE TO WIN PRIZES!**



# 3KM FUN WALK ROUTE MAP

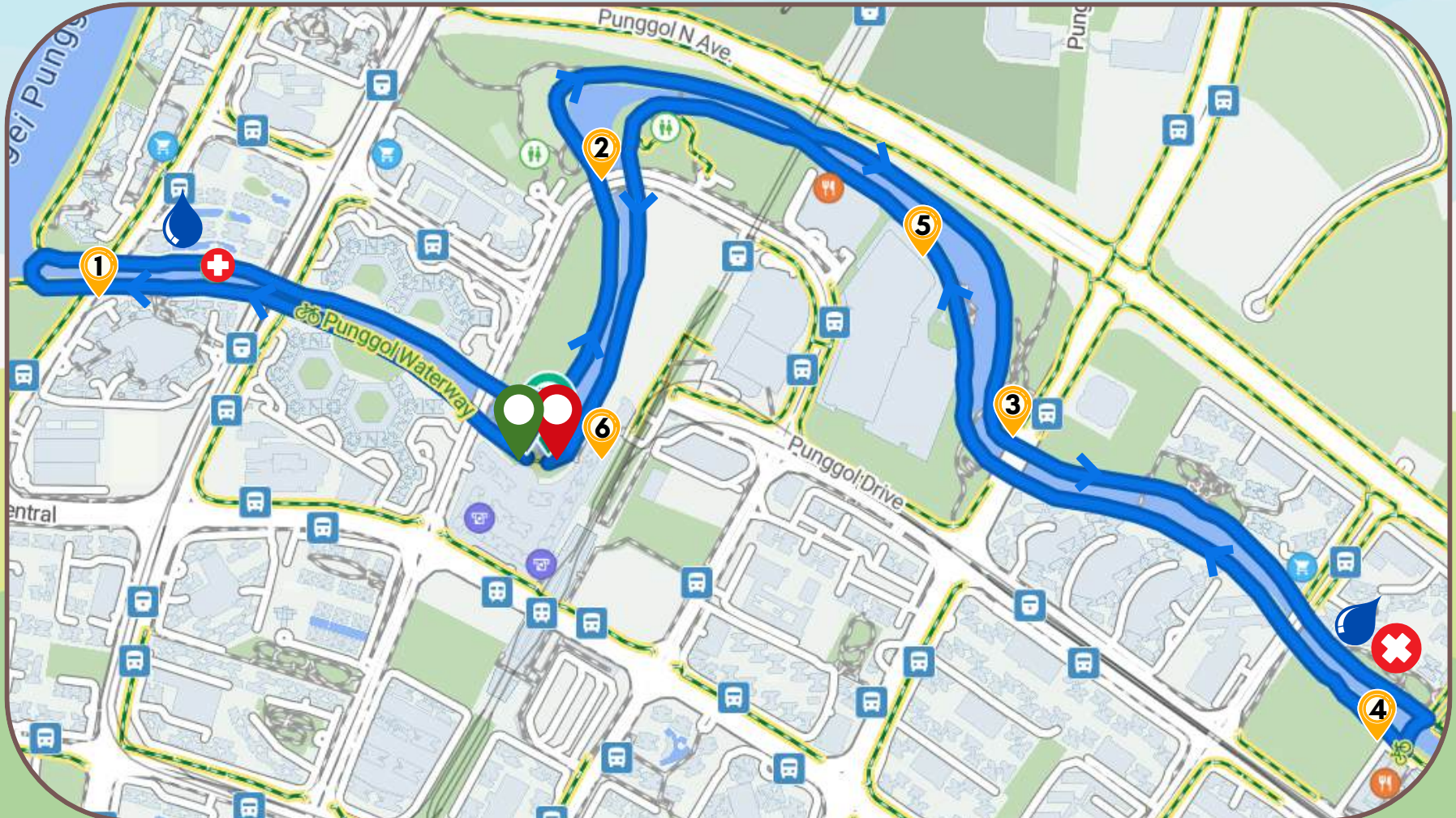


**Legend:**

- 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 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.*

# HEAR FROM OUR PATIENT!



For 7 years, Faizal Kamaruddin had to endure dialysis. He made a point to stay active by swimming more than 20 laps thrice a week so that he could continue working and serving the community. With help from his village of support, he was able to thrive. Now that he has received a new lease of life and renewed health after transplant, he continues to advocate for healthy living.



<https://bit.ly/nkfbuddyup>

# MAKE A DONATION



**DONATE HERE**

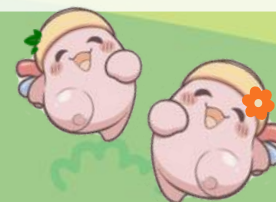


[tinyurl.com/givingri2025](https://tinyurl.com/givingri2025)

Join us in Giving Life & Hope by making a donation towards Race Inspired!

Your donation is entitled to a tax-deduction of 2.5 times the donated amount and will be matched by Tote Board, capped at \$100,000!

*Campaign ends on 30 April 2025*



**NKF**

# Race Inspired! 2025

*Buddy Up For Kidney Health*

BUDDY  
UP!

SEE YOU  
ON 6  
APRIL!

