

LET'S TAKE A WALK 2010
28 Hours. Round island. 72,000 strides

Press Release

28 hours Round-island Endurance Walk, *Let's Take A Walk 2010* seeks public participation to raise funds for charity this December.

Register before 1st October for early bird discount.

A volunteer-run walkathon aims to \$80,000 for Boys' Town and Raleigh Society

14 September 2010....Make this Christmas extra special by taking part in ***Let's Take A Walk 2010***, an overnight endurance walk that spans the island-city of Singapore. The charity walkathon *Let's Take A Walk* hopes to raise S\$80,000 for two beneficiaries, Raleigh Society and Boys' Town.

Let's Take A Walk is an overnight, round-island group walking event organised by Raleigh Society to raise funds for a good cause. The walks will span the centre and eastern part of Singapore and will incorporate many of the park connectors, malls and the new hotspots in Singapore.

Let's Take A Walk offers three types of walks, *10km JalanWalk*, *50km PowerWalk* and *100km ExtremeWalk*. These walks are specially designed to cater to the varied participants and their interests. Registration fee is at S\$25 for *10km JalanWalk* and S\$60 for *50km PowerWalk* & *100km ExtremeWalk*.

The *10km JalanWalk* is ideal for families and groups of friends to enjoy a relaxing workout. Participants will walk from Tampines One Mall through to new hotspots such as Helix Bridge and Marina Bay Sands. The *50km PowerWalk* is designed for sports fanatics and adventurous people who are game to put their fitness level to an endurance test. The *100km ExtremeWalk* is the most challenging walk amongst the three walks. This walk is an overnight walk that requires participants to walk for long hours and is a real test of one's perseverance and physical strength. The *50km PowerWalk* and *100km ExtremeWalk* are designed to pass through many park connectors across Singapore and new scenic hotspots and malls. These walks provide great opportunities to gather like-minded friends, colleagues and relatives to take part, as co-walkers, or as supporting team to meet the participants at selected checkpoints to provide moral support, refreshments and massages.

Amidst the numerous marathons and sports events in Singapore, *Let's Take A Walk 2010* seeks to stand out as the only endurance walking event in Singapore. This sports event seeks to encourage Singaporeans to give themselves a personal challenge, be it the 10km or the overnight *50km PowerWalk* and *100km ExtremeWalk*. This event is fully organised by a group of volunteers from diverse backgrounds such as undergraduates, engineers and administrators who share the passion in the cause of *Let's Take A Walk*. The volunteers handle all matters required to organise such a large-scale, overnight event from the conceptualisation of the website, route planning, to marketing and sponsorship.

“We hope to make *Let's Take A Walk* the most awaited walking event in Singapore and allow participants to better appreciate the park connectors, malls and greenery in our surroundings that we sometimes take for granted. Through **Let's Take A Walk 2010**, we also hope to inspire others to push their personal boundaries and follow our footsteps to organise walkathons or other events for charity,” said Ng Yousi, Chairman of **Let's Take A Walk** Organising Committee 2010.

“Boys' Town has embarked on a new building project as our dormitories are long overdue for upgrading. We're happy that *Let's Take A Walk 2010*, has pledged part of their funds raised from this volunteer-run charity walkathon to Boys' Town. We hope that more corporate organisations and individuals would come forth and support us in our endeavour to serve the underprivileged youth and touch their lives,” said Mrs Irene Loi, Executive Director of Boys' Town.

Let's Take A Walk 2010 will be held from 18 December to Sunday 19 December. Registration fee is S\$25 for the **JalanWalk** and S\$60 for either the **PowerWalk** or the **ExtremeWalk**. Members of the public are encouraged to register before 1st October 2010 to enjoy the early bird discount for the **PowerWalk** and **ExtremeWalk**. All proceeds will be donated to Boys' Town and Raleigh Society. For details and registration, please log on to www.letstakeawalk.sg.

To ensure that participants are well-trained for the endurance walks, the organising committee has planned a series of progressive training walks for the participants to simulate segments of the actual walks from September onwards. The training sessions are open to the public and is free. Details can be found at www.letstakeawalk.sg.

Let's Take A Walk was first conceptualised and executed in 1997 as an overnight, round island endurance walk in which 36 members of Raleigh Society ushered in Year 1998 by walking a distance of 130km in 36 hours and successfully raised \$36,000 for Spastics Children's Association of Singapore. In 2004, 2006 and 2008 and 2009, four more walks were organised and the event raised over S\$200,000 for various beneficiaries including Dover Park Hospice, Singapore After Care Association, Sunshine Welfare Action Mission (Swami) Home, Movement for the Intellectually Disabled of Singapore (MINDS) and Boys' Town.

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About the organiser, Raleigh Society

Raleigh Society is a non-profit organisation dedicated to the development of youths through adventure-based activities. Through overseas expeditions and local adventure projects, youths are challenged to discover their full potential. For more information on Raleigh Society, please visit www.raleigh.org.sg



About Boys' Town

Boys' Town is a Catholic institution founded by the Brothers of St. Gabriel in 1948 to work with youth-at-risk, between the ages of 11-18, and their families. Boys' Town provides Residential, Outreach, School-based and Community-Based programmes and services to youths from mainly disadvantaged backgrounds. Its mission is to help youth-at-risk become socially integrated, responsible and contributing members of society. Boys' Town provides boarding and residential care services which include counseling and guidance support by professional social workers. Their programmes include financial assistance, education & training, sports, social & recreational and leadership & mentorship. For more information, visit www.boystown.org.sg