



Main Picture By : Lim Chee Yong



Let's Take A Walk 2010

An endurance walk, for self, for others.

During the month of December, while most Singaporeans busied themselves with their Christmas shopping, a group of youth were hard at work preparing for the charity walkathon, *Let's Take A Walk 2010*.

Let's Take A Walk is an overnight, round-island group walking event organised by Raleigh Society to raise funds for a good cause. Those who are familiar with this event know that unlike most commercial walks, this event is fully run by a small group of volunteers and there are no fanciful goody bags or big prizes.

Yet, the spirit of giving remains high. This year, over 830 Singaporeans signed up for the three signature walks, *10km JalanWalk*, *50km PowerWalk* and *100km ExtremeWalk* – in the name of walking for a good cause. The registration fees of \$25 for the *10km JalanWalk* and \$60 for the *50km PowerWalk* and *100km ExtremeWalk* are donated to Raleigh Society and Boys' Town. *Let's Take A Walk 2010* aims to raise \$80,000 for Boys' Town and Raleigh Society.

24-year-old Kian Beng may be a newbie when it comes to volunteering his services for a charity walkathon, but he remains unfazed at the intensive preparatory work that he has to juggle with, besides his hectic school work and sports commitments. An undergraduate in NTU pursuing his chemical engineering degree, Kian Beng sees his involvement in the organising committee as a good opportunity to better understand the behind-the-scenes preparatory work of a charity sports event.

"Being one of the organisers in the *Let's Take A Walk 2010* is a refreshing learning experience from my usual participation as a walker. I like the fact that this endurance walk unites everyone through sports and is somewhat different from many biathlons and marathons out there," he said.

The Organising Committee comprises a small group of volunteers from diverse backgrounds such as undergraduates, engineers, 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.

The walking routes span the centre and eastern part of Singapore and incorporated many park connectors, malls new hotspots and little known places in Singapore.

"*Let's Take A Walk* is a unique volunteer-led walkathon that seeks to encourage walkers to explore Singapore and appreciate our beautiful natural surroundings, park connectors and



Right Column Pictures & Text by : Dorothy Ng





Left Column Photos by : Jetty



Pictures by : Lim Chee Yong



Right and Middle Column Pictures by : Dorothy Ng



Hear from our 18-year-old walker, Allen Lee and how he signed up for the 100km PowerWalk with his dad and his sister.

This is your first attempt to conquer the 100km walk. What motivates you to join this endurance walk?
I wanted to challenge my fitness. Having completed the Standard Chartered Singapore Full Marathon, the 100km walk would really test my endurance at a whole new level. This walk would allow me to have some quality time with my family and share a unique walking experience together. This event is also meaningful as it is a fun sports event that allows me to help those in need.

How did you rally your friends, your sister and dad to join you in the 100km dad?
When I came across the Let's Take A Walk website, I was immediately interested and asked my father and sister if they are keen to join. My father, being an avid trekker and mountaineer, naturally wanted to participate and we managed to convince my sister to join us as well. Soon, words got round and some of my father's friends decided to walk with us too.

What do you think of such an endurance walk event?
Signing up for the walk gives me an immediate goal to focus my mind and work towards it. The endurance walk is a real test of my physical and mental wellbeing, and to do so among my family and friends, and other like-minded people would be a great experience. I'm glad that my contribution, albeit small, would be used for a good cause.

cityscape. I would like to applaud the organisers for their dedication and hard work to formulate these scenic routes for the walkers to better appreciate our surroundings which we often take for granted," said Mrs Kartini Omar-Hor, Deputy Director, Hort Excellence, National Parks Board, Guest of Honour for the 50km PowerWalk flag-off on 18 December.

Twenty three overseas participants from Hong Kong, China, Bermuda, Australia, Malaysia and United Kingdom who are in town to participate in the Raleigh Asia Regional Conference organised by Raleigh Society (Singapore) also joined in part of the 10km JalanWalk. Boys aged 13 to 16 years old from Boys' Town were also amongst the 50km PowerWalk walkers with their mentors. Other interesting walkers included Ong Zixiang, SMU undergraduate, a third-time repeat walker of the 100km ExtremeWalk and our oldest walker was 61-year-old Martin Tay who successfully completed the 100km ExtremeWalk.

"We are deeply heartened to see that the unified power of a small group of Singaporeans to do something good for our society can be magnified into this

large-scale mass walkathon despite their limited resources. Their initiative to unite people through sports and organise Let's Take A Walk 2010 as a platform to give walkers a personal challenge and raise funds for a good cause is admirable." said Mrs Irene Loi, Executive Director of Boys' Town.

This event would not have been possible without the kind sponsorship and support from AsianMalls, Pokka, California Fitness, Popsicle Productions, Red Cross, NUS, The Ukulele Girls and the students of Meridien Junior College students who assisted as volunteers throughout the two-day event.

The Let's Take A Walk 2010 charity walkathon held from 18 to 19 December was a great success. The event also saw many youth participating as walkers and volunteers. 30 students from Meridien Junior College served as Walking Ambassadors and led participants through the scenic 10km JalanWalk.

For a glimpse of this meaningful event, please visit www.letstakeawalk.sg. Thanks to our walker, Climb Addict Muk for his wonderful documentation of his walk journey, <http://www.youtube.com/watch?v=Olzu4mRoi60>. If you are keen to be part of the Organising Committee for the next Let's Take A Walk, please contact Dorothy at dottiedot77@gmail.com