

HOMETEAMNS 2024
REAL[®]RUN
REGULAR EXERCISE ACTIVE LIFESTYLE



2024

RACE BOOKLET

 6 October 2024  OCBC Square

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ABOUT

HOMETEAMNS

HomeTeamNS is a non-profit organisation set up to recognise the invaluable contributions of the Singapore Police Force (SPF) and Singapore Civil Defence Force (SCDF) National Servicemen to the safety and security of the nation. HomeTeamNS aims to build a greater sense of camaraderie amongst SPF and SCDF National Servicemen by providing a shared environment for them to network and build bonds through sporting and social activities.

HomeTeamNS has a membership base of over 260,000 National Servicemen, with four clubhouses conveniently located at Balestier, Bedok Reservoir, Bukit Batok and Khatib and actively renews its commitment to be the

desired place for National Servicemen and their families to get together, have fun and feel proud to be part of the Home Team family. The clubhouses are equipped with sports and recreational facilities such as gyms, villas, food and beverage establishments and child-friendly facilities and enrichment centres.

For more information, please visit www.hometeamns.sg.

HOMETEAMNS 2024 REAL[®] RUN REGULAR EXERCISE ACTIVE LIFESTYLE

The HomeTeamNS REAL[®] (Regular Exercise, Active Lifestyle) Run is an annual flagship event organised by HomeTeamNS. It was first inceptioned in 1996, organised by the Singapore Police Association for National Servicemen (SPANS). With the merger of SPANS and Singapore Civil Defence Association (CDANS) in 2005, HomeTeamNS continues to organise REAL[®] Run to promote a healthy lifestyle among all Home Team National Servicemen and their families.

This year, the Fun Walk category has been refined to a shorter route for a more comfortable and leisurely experience, suitable for multi-generation families or anyone looking to have a fun-filled and active morning walk with their loved ones.

For 10km competitive and 5km runners, it's time to lace up your shoes and experience the exhilaration of crossing the finish line together with thousands of other REAL[®] Runners. Get ready for an unforgettable journey filled with passion, camaraderie, and a healthier, happier you. Don't miss your chance to be a part of this extraordinary annual event!



CHAIRMAN'S MESSAGE

Dear Participants of REAL® Run 2024,

On behalf of the HomeTeamNS REAL® Run Organising Committee, I would like to welcome each and every one of you to REAL® Run 2024! To those who are joining us for the first time, welcome to the family!

REAL® Run is HomeTeamNS' iconic and unique running event as it is organised and executed by a group of Home Team National Servicemen volunteers from the Singapore Police Force and Singapore Civil Defence Force. REAL® stands for "Regular Exercise, Active Lifestyle" – a belief that we advocate and hope to resonate with our fellow National Servicemen, their families, and members of the public.

Every year, our committee looks at different ways to improve our event to make it interesting and relevant to our participants, while keeping our identity of who we are and what we do. For our 28th edition, REAL® Run will be flagged off once again at OCBC Square, with a new route experience for our runners. This year's Finisher Medals feature a special mirror design—a symbol of the reflections of strength and perseverance in every runner. We are also thrilled to unveil our very own ReRu plushie that was customised exclusively for the 1.6km Fun Walkers.

REAL® Run has always been an avenue for bonding and a great way to get inspired by runners from different backgrounds and through their fitness journeys. We all start somewhere, and it's never too late to kickstart your journey of regular exercise. When no one is looking, it's easy to give up. So why not bring a close friend or family member to join you on your fitness journey?

We are excited to show you what we have in store for you this year, and we look forward to meeting each and every one of you on race day.

See you on 6 October, REAL® Runners!








Terence Choo

**SUPT (NS) Terence Choo, Chairman
REAL® Run Organising Committee**





RACE CHECKLIST

-  Familiarise yourself with the routes prior to the race day. (Refer to pages 13-16)
-  Plan your transport to OCBC Square. (Refer to pages 06-09)
-  Hydrate adequately.
-  Bring along both your race bib and shoe tag. You will not receive your race timing without the shoe tag.
-  Carry light and pack all essential race items early. You can deposit your bag at the Race Village before proceeding to the start pen.
-  Arrive early and be ready at the start pen at least 30 minutes before your flag off time.
-  Know your limit. If you are feeling unwell, please refrain from continuing and do not hesitate to approach our crew and first-aiders for assistance.

CATEGORY	FLAG OFF TIME	CUT OFF TIME
10KM COMPETITIVE RACE	7:30AM	2 HRS
5KM RUN	7:50AM	1.5 HRS
1.6KM FUN WALK	8:15AM	1 HR

RACE DAY PROGRAMME

- 6:30AM** RACE VILLAGE OPEN
- 7:30AM** 10KM COMPETITIVE RACE
FLAG OFF
- 7:50AM** 5KM RUN FLAG OFF
- 8:15AM** 1.6KM FUN WALK
FLAG OFF
- 9:00AM** PRIZE PRESENTATION &
LUCKY DRAW



YOUR NO.1

TOTAL SPORTS CARE SOLUTION



STARBALM is for everyone! Exercise With A Plan! Make us your go-to choice for sports care solutions. Use STARBALM Before, During or After your exercises.

GETTING THERE



BY MRT

via the Circle Line:

📍 Stadium MRT Station (CC6)

is the nearest station which links directly to the Singapore Sports Hub.

via the Green Line:

📍 Kallang MRT Station (EW10)

is approximately 600m walking distance to the Singapore Sports Hub.



BY TAXI

📍 Kallang Wave Mall

Stadium Place, next to OCBC Aquatic Centre and Kallang Wave Mall. (Location Code: I30)

📍 Singapore Indoor Stadium

Stadium Crescent, next to the Singapore Indoor Stadium. (Location Code: I28)

📍 OCBC Arena Taxi Stand

Stadium Boulevard, next to OCBC Arena. (Location Code: I29)

BY

📍 Drop-off Point B

Stadium Crescent, beside taxi stand I28, East of Singapore Indoor Stadium. From Gate 2 along 100PLUS Promenade, cross over to Singapore Indoor Stadium via the OCBC link bridge.

📍 Drop-off Point A

Stadium Drive, North of National Stadium. From Gate 14 along 100PLUS Promenade, cross the bridge and head down the second right stairwell.



BY BUS

📍 Bus Service 11

Alight along Stadium Crescent (Bus Stop No. 80199), which is directly outside Singapore Indoor Stadium.

GETTING THERE



BY CAR

From East Coast Parkway (ECP) and Marina Coastal Expressway (MCE)

- 1 Exit at Fort Road which connects to Mountbatten Road
- 2 From Mountbatten Road, turn left into Stadium Boulevard
- 3 Exit at Sims Avenue and drive along Sims Way
- 4 Keep left along Sims Way and continue onto Mountbatten Road

From **Central Expressway (CTE)**

Exit into PIE heading towards Changi Airport

- 5 From Mountbatten Road, turn right into Stadium Boulevard

From **Pan Island Expressway (PIE)** heading towards Changi Airport

- 6 From **Guillemard Road**

Keep left and enter the slip road into Mountbatten Road

From **Kallang-Paya Lebar Expressway (KPE)** heading to **East Coast Parkway (ECP)**

From Mountbatten Road, turn right into Stadium Boulevard



NEAREST CAR PARKS TO RACE VILLAGE

Car Parks B and K Entry & Exit, and Car Park D Exit are closed.

Nearest parking to OCBC Square is Car Park B, to enter from Car Parks C/D

Underground Car Parks -
B, C & D (linked)
Outdoor Car Park - L

VENUE	NEAREST CAR PARKS
OCBC Square	C
Kallang Wave Mall	D
Singapore Indoor Stadium	L

DAILY PARKING RATES

TIME PERIOD	PARKING RATES <small>(inclusive of GST)</small>	REMARKS
Mon to Sun & Public Holidays	\$0.65 per half hour	<ul style="list-style-type: none"> • 10 min grace • Per minute charging

PAYMENT METHOD

- Singapore Sports Hub car parks are equipped with Electronic Parking System (EPS) gantries.
- For foreign cars with In-Vehicle Units (IU), payment can be done via cash card or Autopass at exit gantries.
- Topping up of the cash card can be done on the cash card machine or any ATM machine located around Singapore Sports Hub.

ROAD CLOSURE

LOCATION	TIME	TYPE OF CLOSURE	REMARKS
Nicoll Highway (towards City)	4:30am to 10am	Single Carriageway	From Mountbatten Road to Middle Road
Republic Avenue	4:30am to 10am	Both Carriageway	Between Crawford Street to Republic Boulevard
Stadium Drive (Roundabout 1)	4:30am to 10am	Lane Closure (Left side of Roundabout 1)	On Roundabout 1 in between Stadium Drive, Stadium Road, and Stadium Place
Crawford Street	4:30am to 10am	Lane Closure (2 left lanes)	Towards Republic Ave from LP 19
Stadium Place	4:30am to 10am	Lane Closure (One way lane closure towards Roundabout 1)	On Roundabout 1 in between Stadium Drive, Stadium Road, and Stadium Place

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- ✓ Four times more concentrated than traditional green tea
- ✓ Balances and energizes your body without a sugar or caffeine crash
- ✓ Zero fat, sugar, preservatives, or artificial sweeteners
- ✓ No added caffeine or chemicals

VISITOR CENTRE

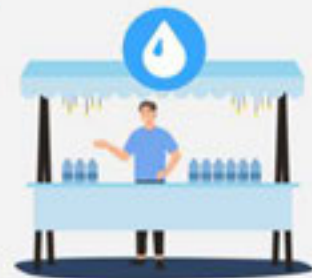
KALLANG WAVE MALL



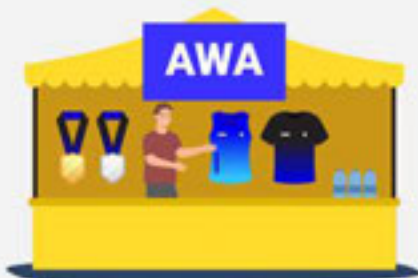
Stage



Winner Holding Area



Hydration Point



Athlete Welfare Area



Recovery Massage



Booths



Info Booth



ENTRANCE
(From Stadium MRT)

**BAGGAGE DEPOSIT
& TOILETS**
(Beside MRT Exit A)

RACE VILLAGE HIGHLIGHTS



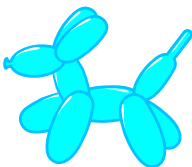
PODIUM WINNERS



LUCKY DRAWS



Get a complimentary 10-mins recovery massage by STARBALM masseurs after your race!



Catch our roving Balloon Artist and get your complimentary balloon sculpture!

EXCLUSIVE FOR HOMETEAMNS MEMBERS

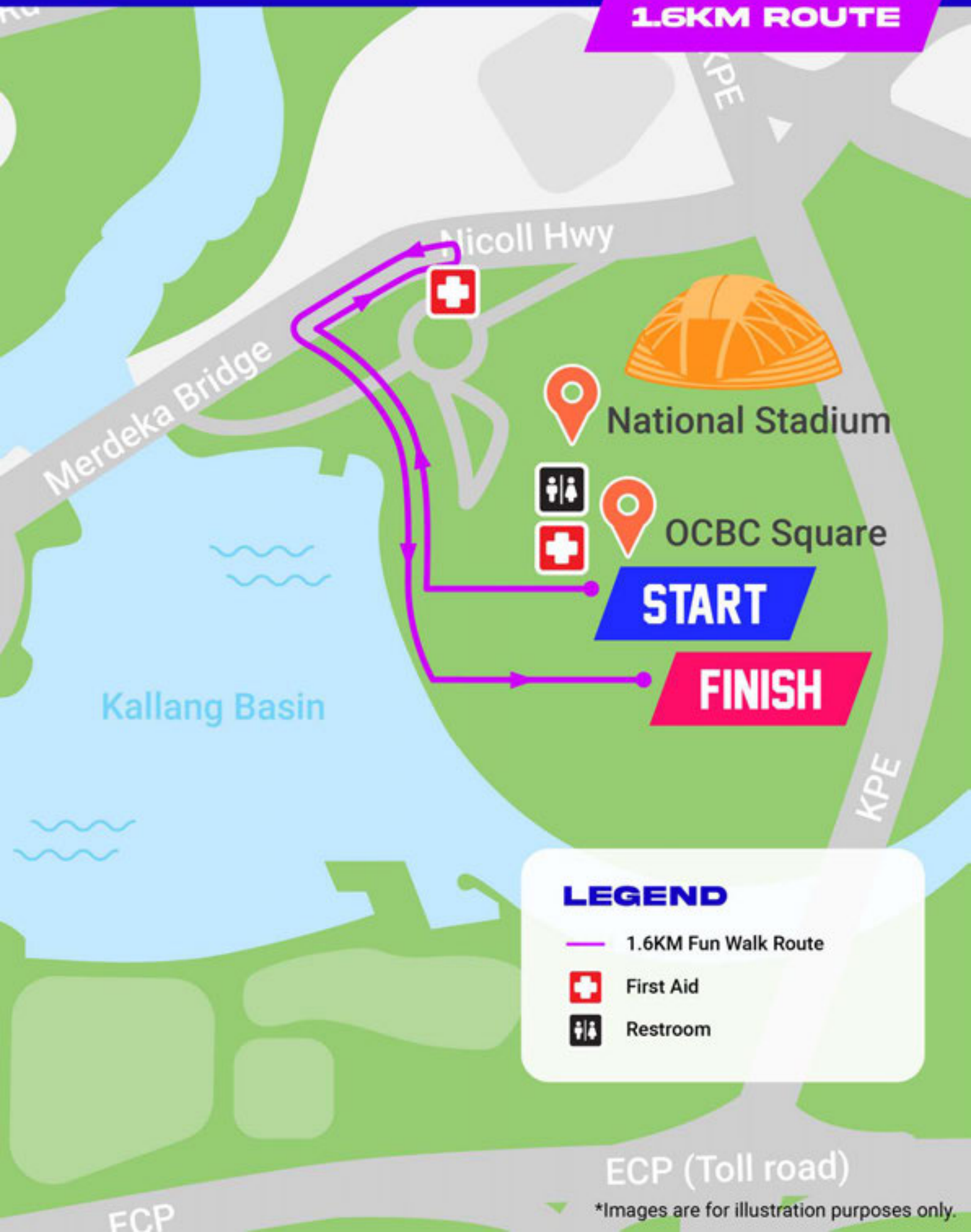
Visit our Membership booth to get a FREE 1-year HomeTeamNS membership extension and a FREE 1-year Singlife Group Personal Accident Insurance!

Complete a financial portfolio review with Singlife and redeem an OTO Back Support massager, while stocks last!




*T&Cs apply. For details, please visit <https://at.singlife.com/oto-tnc>. This policy is underwritten by Singapore Life Ltd. Protected up to specified limits by SDIC.



1.6KM ROUTE



LEGEND

-  1.6KM Fun Walk Route
-  First Aid
-  Restroom

ECP (Toll road)

*Images are for illustration purposes only.

5KM ROUTE



LEGEND

- 5KM Route
- KM** 5KM Route Distance Marker
- First Aid
- Hydration Point
- Restroom

10KM ROUTE



LEGEND

- 10KM Route
- KM 10KM Route Distance Marker
- ☒ First Aid
- 💧 Hydration Point
- ♿ Restroom

POLAR.



**Sports made
easy.**



Polar Ignite 3
Fitness and Wellness Watch



Polar Pacer Pro
Advanced GPS Sports Watch

RACE ENTITLEMENTS



Running Singlet



Finisher Tee



5KM Finisher Medal



10KM Finisher Medal



1.6KM Fun Walk Plushie

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OFFICIAL SPORTS DETERGENT



OFFICIAL FITNESS GYM



OFFICIAL VISUAL CONTENT



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no



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For more enquiries, check out the FAQs on our website or drop us an email!

